New Enrollment ID Cards
Tammy Ford, Enrollment Officer - The Squaxin Island Tribe has chosen to use the sun petroglyph in the design of our new enrollment cards. This design is one of many on a large stone, known as "The Love Rock," that was removed from the west side of Harstine Island in an area frequently called "The Maples."

The large rock was taken to Tumwater Falls Park where it was on display for several years before being returned to the Squaxin Island Tribe and placed as a focal point in the Veteran's Memorial near the Museum Library and Research Center.

Tradition says that, in ancient days, young lovers would sit on this rock and look out over the moonlit waters as they whispered sweet nothings to each other.

While there may be various interpretations of the sun design, we do know there is a Squaxin Island language term, g̓ʷədədəd (phonetically spelled: gwudd-zodd-odd), which means "teachings of our ancestors/traditional teachings" that calls us to understand the importance of the four directions:

North, East, South, and West
Infant, Child, Adult, and Elder
Body, Mind, Spirit, and Soul

There is also a Squaxin legend about Changer and his brother who made an agreement; the younger brother would be responsible for the daylight/Sun and Changer would be responsible for the evening/Moon.

What does the Squaxin Island Tribe ID CARD do for you?
It provides you with proof of membership in the Squaxin Island Tribe.

It entitles you to exercise your fishing and hunting rights guaranteed under the Medicine Creek Treaty of December 26, 1854. Make sure you have your tribal ID on you when fishing, clam digging and hunting.

Airline travelers aged 18 and older are required to present a state ID or driver's license - or another accepted form of identification, such as our Tribal ID cards or a passport - in order to fly within the United States. A passport is still required for international travel to countries other than Canada and Mexico. These two countries will accept your new tribal ID card and a passport will not be required.

TSA (airlines) honors our tribal ID as an acceptable form of ID for travel.

It may be used as official identification to verify the age of a person purchasing age-restricted products regulated by the Liquor and Cannabis Board.

These departments also honor our tribal ID:
- Department of Licensing
- Social Security

New 2020 tribal IDs are issued by appointment ONLY:
Wednesdays from 10:00 a.m. - noon and from 2:00 p.m. - 4:00 p.m.
Cost: $5

Please call (360) 432-3888 to make an appointment.

OFFICIAL Squaxin Island ID card changes:
We removed the images that were pressed behind your name and photo for a cleaner and clearer look.

We added a security feature: The Sun as a silver rainbow holographic image embedded into the ID cards.

The card will include: members name, enrollment number, address, sex, height, and weight.

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The Great Squaxin Island ShakeOut

On October 15th, the Squaxin Island Tribe, Island Enterprises Inc. and Little Creek Casino Resort participated in the Great ShakeOut. Due to the COVID-19 pandemic, ShakeOut participants adapted their activities to stay safe. In a year of uncertainties and challenges the ShakeOut provides the opportunity to increase individual and community resilience.

The pandemic, along with recent local wildfires, have underscored the importance of being prepared in the event of an emergency. One way to start is with a Communication Plan. Visit https://squaxinisland.org/community/emergency-operations for helpful tips and information.

Good day! Vicki Kruger here, your Tribal Council Treasurer

I’ve decided not to run for my position when my term is up in 2021. As you may remember, I’ve expressed several times that the Treasurer position needs to be filled by a tribal member with a financial background or financial experience. Please don’t think I’m here to toot my own horn; everything I discuss can’t be accomplished by me alone – hands up to our awesome employees!

In the nearly six years I’ve been here, I’ve learned so many things about the financial intricacies of our tribal government and our entities. I’d like to give you some examples every month about the things I do. Really, I’d like to make the point that the Treasurer has fiduciary responsibility. Simply, a fiduciary is responsible for the management and protection of the Tribe’s money and property. I’ll repeat this several times over the next few months.

The month of October has been especially busy with the new fiscal year. I’ve made every attempt to ensure budgets were submitted, reviewed, and approved, in most cases, prior to the beginning of the fiscal year – in the one case this didn’t happen, I went on record to ensure it does happen next year.

As you know, the Tribe has a number of investments, and we will be discussing this more in the next several months. We have a financial review team, which the Tribal Council Treasurer is a member of, that reviews and meets regarding our investments. Recently the Tribe requested information from about six different investment companies. The following statement is my first example, and it relates to this paragraph about investments:

If you have the ability to review Request For Proposals (RFP)’s from financial businesses, complete a matrix scoring those RFPs, and assist in determining the best financial option for the Tribe’s investments, then I encourage you to run for the Treasurer’s position.

Thank you for taking the time to read my short article and for giving me the opportunity to serve you these past years. My hope is that when you understand some of the things my position does, you will start thinking about who the best person is to take my place. Virtual hugs and kisses to all. Be safe, wash your hands, and wear a mask.
From the Chairman

November is Native American Heritage Month

To me, this is a month to acknowledge our ancestors who stewarded these lands since time immemorial and to carry myself in a way that hopefully makes them proud.

This is a month to walk with gratitude, value our surroundings and be thankful. It is also a time to value honesty, respect and compassion. The indigenous “7 generations mindset” is to honor our past, be “present” and protect our future.

It is a month to recognize the indigenous collectivist way of life that our ancestors lived. We can honor them by valuing each other, as family, community and as co-workers by working together, communicating, and collaborating in everything we do.

Be thankful, give, and care for one another.

November is commonly thought of as a month of giving thanks and family; it is also a fitting time to acknowledge the heritage, culture, history and way of life of our Native American heritage.

- Kris Peters, Chair
"This has been quite the experience," Joe said contemplating the enormity of the art project he just completed.

In 2018, Ken and Julie Brogan, developers of the 'Views on 5th" a new townhouse project in downtown Olympia across from Bayview Market, approached Joe about doing some artwork for the building (a friend of Joe’s daughter went to school with their daughter).

"When I talked to them, they were super excited to have found a Squaxin artist." Joe said.

The developers wanted a piece that would define Olympia.

The area is also known as Steh-Chass to the Squaxin Island Tribe.

For Joe it was pretty obvious that what defines Olympia/Steh-Chass is salmon.

"It’s where salmon run," Joe said. "And it was a hot spot for fishing rights battles in the 1960s. I have seen photos of tribal people being arrested on the shore along the west side of the 4th Avenue bridge," he noted.

"Because of the history of this place, because salmon represent who we are, and because everyone says salmon are the life of our people, I knew in my heart that salmon should be represented in the art," he said.

Joe, along with Jeremiah George, met with the developers to pitch the idea and it was immediately approved.

"They loved it," Joe said.

He quickly began to further develop his idea.

"I wanted to show salmon swimming upstream and circling in the pool below the falls (Deschutes). And what this formed was an exclamation point!"

Then came the long process of fabrication.

Then came Covid. Everything shut down and stopped. It wasn’t until mid-July that Joe was able to get back to work on the project.

"It was scheduled to be installed in April, but we didn’t get started on the installation until September 24th," he said. "We finished on October 9th."

Print sets of Joe’s salmon were donated to the Squaxin Island Museum Library and Research Center Native Art Auction and are available to purchase from Joe (great Christmas gift idea - and there are only 23 sets of four left - so hurry!).

He can be reached by email at jseymonster@gmail.com.
Andrea Wilbur-Sigo to Create Welcome Pole for Chief Seattle Club
Squaxin Island artist will create focal point of “Indigenized Half-Block” in downtown Seattle

Brad Angerman, Seattle, WA—Andrea Wilbur-Sigo, member of the Squaxin Island Tribe and first documented woman in her family’s history to carve, has been selected by a Chief Seattle Club panel to create a welcome pole for the entrance of ?al?al, an eight-story mixed-use building that will include seven floors of affordable housing for Native Americans.

The building will include 80 units total, with 10 units dedicated to veterans and 60 units dedicated to Native people experiencing homelessness.

“?al?al is about creating a thriving community for our Native peoples in Seattle,” said Colleen Echohawk, executive director of Chief Seattle Club. “Art created for Indigenous people by Indigenous people, is an important part of this vision.”

“We envision an Indigenized half-block in downtown Seattle for people to gather, tell stories and enjoy nourishing food at the Sovereignty Farm Café,” said Echohawk. “Before colonization, Pioneer Square was home to prime duck hunting and fishing for many tribes. The pole Andrea will create not only welcomes our relatives to this place, but reflects our deep ties to this land and our desire to honor the Coast Salish tribes.”

Andrea began her career as an artist at the age of three doing beadwork. By age eight, she was shipping her creations to buyers around the world. She is a member of the Squaxin Island Tribe and is descended from the Skokomish, Jamestown S’Klallam, Nisqually, Tulalip and Yakama tribes.

“I am a part of the people here,” said Wilbur-Sigo, “and I am connected to every living thing that inhabits the land, air and water. I have a strong bond with the tribes here in Washington who have always been here. This pole is a way to reclaim this area for our Indigenous peoples and celebrate them.”

When the ?al?al mixed-use development opens in 2021, it will include 80 units of affordable housing, an art gallery and café, and a clinic, and will include artwork from Native artists from across the country. Chief Seattle Club recently issued a Request for Proposals from area artists for “Sharing the Ancestors’ Gift.” When completed, ?al?al will include $850,000 in Native-made art.

“For too long our art has been appropriated and misused by non-Natives,” said Echohawk. “The art we create is sacred and tells our stories. We want for our community to feel the power and impact of having a dedicated space to showcase their stories.”

The welcome pole is partially funded by Pearl Jam’s Vitalogy Foundation, a longtime supporter of Chief Seattle Club, and other nonprofits addressing the homelessness crisis in Seattle.

“We are on Indigenous lands,” said Mike McCready, lead guitarist of Pearl Jam. “Colonization has had effects that have lasted through centuries. The work that Chief Seattle Club is doing to bring greater visibility to Native arts is an important visual reminder that this is not our land, and that a vibrant culture existed long before our white ancestors came to this country.”

Nominate Someone for the Shelton School District and Community Hall of Fame

The purpose of the Shelton School District & Community Hall of Fame is to recognize students/alumni, faculty/staff, friends/benefactors and community members who have contributed to the success, tradition, integrity, development and promotion of the Shelton School District and/or excelled in the areas of Athletics, Fine Arts, Academics and/or Business and have achieved a high level of excellence deserving of recognition.

Do you know someone who has made a significant contribution to Shelton? Nominate them for the Hall of Fame!

www.sheltonschools.org/community/hall_of_fame

Thank YOU for Wearing Your Masks!
- Squaxin Island Youth Council
(Pictured: Kiona Krise, Secretary)
2020 Distance Learning Support
Back-to-school this year meant “back to our at-home learning space.” While our community and school districts responded to COVID-19, it meant the online platform implemented in the Spring was here to stay for the 2020 school year. There is no one size fits all approach for virtual learning during a pandemic, but we are all in this together!

Our TLC team has been working hard connecting and conducting outreach to our Squaxin families about what items are needed to assist in this new distance learning landscape. After speaking with families, we are putting together Distance Learning kits to support the remote learning requirements. In an effort to provide the technological tools our youth need to excel, the following items will be included in the kits: Chromebooks, hotspots, noise-canceling headphones, at-home printer/scanner, ink refills and paper. Once we start to receive these items, we will be notifying those families of the distribution date. Be on the lookout in the Scoop.

If you missed out or are in need of a Distance Learning kit, please contact the Tu Ha’ But’s Learning Center for details (360) 432.3958.

Squaxin has TUTORS!
If you haven’t heard already, our amazing tutors are offering tutoring services in person and virtually!! In-person tutoring is available at the TLC, Monday through Friday, from 12:00 to 4:00 p.m. Please call Redwolf Krise at (360) 432-3958 to schedule an appointment.

Don’t forget to bring your material and a mask. A temperature check and health check are required to enter the center. We miss seeing the youth and can’t wait to help you! If you would like virtual tutoring, you can contact the tutor for your grade level:

Elementary School
Lynice May at Lmay@squaxin.us

Middle School and Junior High
Lynn White at Lwhite@squaxin.us

High School
Julie Youngs at Jyoungs@squaxin.us or (360) 470-1493

Higher Education
Current and future Higher Education students, if you need assistance filling out the paperwork for funding, filling out the FAFSA, scholarship help, or just have questions, please reach out to the Higher Education Coordinator Mandy Valley. She can be reached at Mvalley@squaxin.us or (360) 432-3882.

Thank YOU for Wearing Your Masks!
- Squaxin Island Tribal Council
Calling all Youth

Your participation is needed to complete the public art mural Creative Talks “We Matter.” With fall among us, and as we spend more time inside practicing safe social distancing, use this as an opportunity to get creative in your space. Invite an elder, parent, or other sibling in your home or make it a family project. You don’t need to have artistic talent to be part of the mural project.

The art mural is a fun way to get creative, combat boredom, and be a part of a lasting piece of artwork.

The final display will be located at the Squaxin Island Community Kitchen. It will consist of 28 12”x12” canvases – painted with acrylic paints – 4’ feet by 7’ feet in size. All craft supplies will be provided. Call today to schedule a pickup or porch drop off.

Participants will receive a gift upon completion.

Stay home and stay safe.

Jennifer Johns, Suicide Awareness Coordinator
Squaxin Island Behavioral Health Outpatient
(360) 426-1582 ext. 3616
Email: jjohns@squaxin.us
Parks and Rec Updates
Please like us on Squaxin Island Parks and Recreation Facebook. We share updates and other information happening around the community.

Just a reminder about the Food Program. Please give us a 24 hour notice if you are not in need of meals for the day. If you have any questions about the food program or would like to start receiving meals, contact Jerilynn @ 360-432-3992 or jvail@squaxin.us.

Grants for Native Artists
Greetings,
The Evergreen Longhouse is offering grants to individual Native artists for 2020 under the Native Creative Development Program.

The Native Creative Development Program, awarded by the Evergreen Longhouse, helps Native artists purchase the resources they need for individual artistic development.

As artists, YOU decide what you need.
Artists working in all forms of visual arts may apply. Literary, performance, and media arts will also be considered.
Native is defined as American Indian, Alaska Native or Native Hawaiian. Documentation of ancestry is required.

Awards are offered up to $5,000 and typically are at least $2,500. The awards go to creative Natives who are just starting out, mid-career, and master level.

The applications can be found at: https://evergreen.edu/longhouse/grantprograms

For Sale
1985 Tiderunner 18’ with a 2014 Evinrude 135
$10,000
Contact Tyson Kruger: tysonkruger1@gmail.com

FOR SALMON RECOVERY
Do YOU want a VOICE in local salmon recovery?

Join the Citizens’ Committee of the Kennedy–Goldborough Basin (WRIA 14) Lead Entity

- Visit and learn about local habitat projects in our community
- Voice community perspective on local habitat projects
- Help prioritize public investment in salmon recovery projects
- Help chart the future of our watershed and our community

- You might be a good fit if
You have enthusiasm and interest in salmon recovery, live or have worked in the area, represent yourself or a community group, and have time to attend some of our monthly meetings (3rd Thursday, 10 am – 12 pm). Meetings are currently virtual.
Visit [LINK] for more information.
CONTACT: Steve Hagerty | shagerty@masoned.org | (360) 427-9436 x130
**Planning and Community Development**

**CARES ACT Funds for PPE and Utilities for Reservation Residents**

The Squaxin Island Tribe, Office of Housing was excited to be awarded a Cares Act, COVID-19 grant. The monies were to be used to prevent, prepare, and respond to the Corona virus.

Personal Protective Equipment (PPE) boxes were created for all tribal members living on reservation and renting homes from the Tribe. Boxes included:

- Masks
- Hand sanitizer
- Disinfecting wipes
- Alcohol wipes
- Infrared thermometer
- Tissue
- Hand soap

In addition to each PPE box, a $300 payment was applied to all tribal members accounts that use Squaxin Island utilities.

The OOH staff was thankful for the receipt of this grant through which we were able to assist our tribal community.

*Photos: Office of Housing employees, Patrick Whitener, Juana Nelson, and Lisa Peters are preparing boxes of PPE for distribution to the community.*

**Fall Maintenance**

It may seem early, but now is the time to think about fall maintenance of the home. Everyone is busy and winter will be here before we know it. By doing a maintenance check now, the home will be ready for winter and it will save time and money later.

Schedule these jobs to be done this fall, as time permits, and involve the family in making the home and yard ready for next season.

- Rake debris away from the sides of the house and other outbuildings.
- Clean out gutters and check down spouts and roof for leaks.
- Clean out deck debris above joists.
- Note any foundation, brick or stucco cracks.
- Clean around air condition compressor.
- Trim away any limbs or shrubs touching the house.
- Clean flowerbeds and garden areas.
- Inspect and replace any worn weather-stripping.
- Inspect and clean windows, check storm window, if they are used.
- Inspect and lubricate windows for emergency exits.
- Clean out window wells and under decks and porches.
- After gardening season, clean and oil tools.
- Check chimney and have it cleaned, if necessary.
- Check crawl space for broken heating ducts, mold, excess moisture and insects.
- Prepare mowers and other yard equipment for storage.
- Clean the garage and/or storage shed.
- Find proper storage for summer games and sports equipment.
COVID-19 Emergency Fund

Community Action Council of Lewis, Mason, and Thurston Counties

This program assists individuals and families who have experienced a loss in income due to the COVID-19 pandemic.

Eligibility for the program:
- Household 200% of federal poverty line or 60% area median income (whichever is higher)
- Experienced a loss of income related to the COVID-19 Pandemic
- One-time assistance payment paid to vendor of need (i.e., landlord, utility company, child care organization, etc.)

COVID-19 Emergency Fund

Thurston County

Program funds available through a collaboration with the United Way of Thurston County and the Community Foundation of South Puget Sound. Call 360-438-1100 select option for COVID-19 Emergency Fund

COVID-19 Emergency Fund

Lewis County

Program funds available through a collaboration with the United Way of Lewis County and Community Development Block Grant funds. Call 360-736-1800 select option for COVID-19 Emergency Fund

COVID-19 Emergency Fund

Mason County

Program funds available through a collaboration with the Community Foundation of South Puget Sound and Community Development Block Grant funds. Call 360-426-9726 select option for COVID-19 Emergency Fund

Fireplace and Home Fire Safety

More than one-third of Americans use fireplaces, wood stoves and other fuel-fired appliances as primary heat sources in their homes. Unfortunately, many people are unaware of the fire risks when heating with wood and solid fuels.

Heating fires account for 36% of residential home fires in rural areas every year. Often these fires are due to creosote buildup in chimneys and stovepipes. All home heating systems require regular maintenance to function safely and efficiently.

The U.S. Fire Administration (USFA) encourages you to practice the following fire safety steps to keep those home fires safely burning. Remember, fire safety is your personal responsibility ...Fire Stops With You!

Eviction Rent Assistance Program (ERAP)

Rental assistance for those most likely to become homeless after an eviction, to suffer severe health consequences if evicted and to promote equity for groups of people disproportionately impacted by COVID-19 in Thurston County.

Eligible households:
This program is for people renting a home or room from a property management company, landlord, friend or family in Thurston County.

Eligible applicants will:
- Have current income (over last 60 days) at or below 50% Area Median Income
- Have at least one month of rent not paid or partially paid since March 2020

And meet one or more of the following:
- 50% or more of current monthly income is needed to pay rent
- Previously homeless within last five years
- Eviction history within the last seven years
- Housing disrupted due to household member’s race, ethnicity, gender identity, sexual orientation or religion
- At risk of severe illness (62 or older, underlying health condition)
- Disability of any household member (includes: physical, developmental, mental or emotional impairment, impairments caused by alcohol or drug abuse, person with HIV/AIDS)

Applicants are not required to provide immigration status.

How to Make an Appointment
Call Community Action Council to make an appointment.
(360) 438-1100
Press 8 for Housing, then 7 for ERAP
or visit their website
www.caclmt.org

Questions?
Not sure if you qualify?
Please contact us.
We believe everyone should have a safe and affordable place to live and call home.
(360) 438-1100
Press 8 for Housing, then 7 for ERAP
www.caclmt.org

Referral organizations

CIELO (Centro Integral Educativo Latino de Olympia)
COFA Alliance Network of Washington (CANN-WA)
Community Youth Services
Family Support Center of South Sound
Innovations Human Trafficking Collaborative


To become a referral organization email: info@caclmt.org
Planning and Community Development

Clean Fireplaces and Wood Stoves
- Have your chimney or wood stove inspected and cleaned annually by a certified chimney specialist.
- Clear the area around the hearth of debris, decorations and flammable materials.
- Leave glass doors open while burning a fire. Leaving the doors open ensures that the fire receives enough air to ensure complete combustion and keeps creosote from building up in the chimney.
- Close glass doors when the fire is out to keep air from the chimney opening from getting into the room. Most glass fireplace doors have a metal mesh screen which should be closed when the glass doors are open. This mesh screen helps keep embers from getting out of the fireplace area.
- Always use a metal mesh screen with fireplaces that do not have a glass fireplace door.
- Install stovepipe thermometers to help monitor flue temperatures.

Eviction Rent Assistance Program (ERAP)

How much of my rent will this program help pay for?
The Eviction Rent Assistance Program can cover up to three months of unpaid rent at 80% of Fair Market Rent for whichever amount is higher.

Examples
If one month of unpaid rent is $1,800 for a 3-bedroom unit, 80% is $1,440 and Fair Market Rent is $1,689 for a 3-bedroom. So the program would cover up to $1,689 a month for three months.

If one month of unpaid rent is $2,200 for a 3-bedroom unit, 80% is $1,760 and Fair Market Rent is $1,689 for a 3-bedroom. So the program would cover up to $1,760 a month for three months.

If your landlord accepts rent payments through this program, they must forgive any remaining unpaid rent between March 1, 2020 through the months paid for by this program.

Do I meet the income requirement?
An eligible household’s annual income is at 50% or less of Area Median Income (AMI), based on the last 60 days at the time of application.

<table>
<thead>
<tr>
<th>Number of household members</th>
<th>50% of AMI (Thurston County)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$30,350</td>
</tr>
<tr>
<td>2</td>
<td>$34,700</td>
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<tr>
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<td>$39,050</td>
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<td>7</td>
<td>$53,800</td>
</tr>
<tr>
<td>8</td>
<td>$57,250</td>
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</tbody>
</table>

What do I need to apply?
Applicants will be asked about the following:
- Name and address
- Landlord contact information
- Household characteristics & demographics
- Household income
- The amount of unpaid rent
- History of housing stability
- Household member vulnerabilities and health risks
- If applicant is 24 years old or younger

Documentation is requested, but not required.

Landlords must agree to participate in the program, complete the Landlord Payment Agreement Form, provide a W-9 form and accept rent payments from the Community Action Council.

Questions?
Not sure if you qualify?
Please contact us.
We believe everyone should have a safe and affordable place to live and call home.

(360) 438-1100
Press 8 for Housing, then 7 for ERAP
www.caclmt.org

Squaxin Island Tribe - Klah-Che-Min Newsletter - November 2020 - Page 11
**Covid-19 Tests Available at the Clinic**

The clinic now does screening and testing for Covid-19. Call (360) 427-9006 for an appointment.

If our appointment schedule is full and a patient does not want to wait, clinic staff will give patients the option of going to another clinic or urgent care facility. We do not know their screening criteria or wait times.

Patients wanting to use Purchase Referred Care (PRC) need to obtain payment approval from our Purchase Referred Care (PRC) Specialist Jaclyn Meyer prior to service. PRC is only available for tribal members.

Note that Medicaid usually covers the full cost of Covid-19 testing.

Please speak with one of our medical receptionists to find out more about coverage options. They are knowledgeable about rules regarding Indian Health Service covered costs and insurance.

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**CDC Guidelines for Covid-19 Close Contact**

Someone who was within six feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period* starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.

* Individual exposures added together over a 24-hour period (e.g., three 5-minute exposures for a total of 15 minutes). Data are limited, making it difficult to precisely define “close contact;” however, 15 cumulative minutes of exposure at a distance of six feet or less can be used as an operational definition for contact investigation. Factors to consider when defining close contact include proximity (closer distance likely increases exposure risk), the duration of exposure (longer exposure time likely increases exposure risk), whether the infected individual has symptoms (the period around onset of symptoms is associated with the highest levels of viral shedding), if the infected person was likely to generate respiratory aerosols (e.g., was coughing, singing, shouting), and other environmental factors (crowding, adequacy of ventilation, whether exposure was indoors or outdoors). Because the general public has not received training on proper selection and use of respiratory Personal Protection Equipment (PPE)(masks, etc.), such as an N95, the determination of close contact should generally be made irrespective of whether the contact was wearing respiratory PPE.
**Health Clinic**

**Vitamin D Is Important For Your Body to Work Properly and It Boosts The Immune System**

Most people living in the Pacific Northwest lack vitamin D because of how little sun we get. Vitamin D, specifically, is produced by exposure to ultraviolet radiation (UV) from the sun’s rays.

Vitamin D is extremely helpful for our bodies. It helps with calcium absorption, which enable bodies to build strong bones and teeth, and vitamin D plays a key role in the functioning of the immune system. The immune system beats back infections from bacteria and viruses. Vitamin D is even related to our mood, among many other bodily functions too numerous to mention.

Adding to lower levels of vitamin D due to limited sunlight, Vitamin D deficiency is also relatively common in our elders, obese individuals, and in persons with darker skin tone (darker skin pigment absorbs less of the sun’s rays).

There is evidence that regular oral vitamin D2/D3 intake is generally safe (at the right dose). If you are reasonably healthy, the National Institutes of Health Office of Dietary Supplements (NIHODS) recommends the average daily amounts below [in micrograms (mcg) and International Units (IU)].

<table>
<thead>
<tr>
<th>Life Stage</th>
<th>Recommended Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth to 12 months</td>
<td>10 mcg (400 IU)</td>
</tr>
<tr>
<td>Children 1-13 years</td>
<td>15 mcg (600 IU)</td>
</tr>
<tr>
<td>Teens 14-18 years</td>
<td>15 mcg (600 IU)</td>
</tr>
<tr>
<td>Adults 19-70 years</td>
<td>15 mcg (600 IU)</td>
</tr>
<tr>
<td>Adults 71 years and older</td>
<td>20 mcg (800 IU)</td>
</tr>
<tr>
<td>Pregnant and breastfeeding women</td>
<td>15 mcg (600 IU)</td>
</tr>
</tbody>
</table>

If you want to do it naturally, NIHODS recommends eating fatty fish (e.g., salmon, tuna, and mackerel) – which is the best available source of vitamin D (the People of The Water really knew what they were talking about!). Beef liver, cheese, and egg yolks (in small amounts) provide some vitamin D. Vitamin D is also added (or fortified) to many foods including milk, breakfast cereals, and to certain brands of orange juice, yogurt, margarine, and soy beverages. Please see the NIHODS for further details ([https://ods.od.nih.gov/factsheets/VitaminD-Consumer/](https://ods.od.nih.gov/factsheets/VitaminD-Consumer/)).

Readers please note: If you are taking medication or have a health condition, discuss this with a qualified medical provider. This article is not intended to be a substitute for sound professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have about taking supplements of any kind.

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**Don’t Like Vegetables? Want a Sweeter Tasting Vegetable? Try Roasting Them**

Submitted by Patty Suskin, Diabetes Coordinator - Your oven can carmelize and sweeten all sorts of produce including brussel sprouts, broccoli, asparagus, tomatoes, zucchini, bell peppers, cauliflower, and even cabbage. Vegetables take on a sweet, nutty, toasty flavor.

If you choose to roast several types of vegetables at a time, choose ones that take about the same cooking time, or just roast one type of vegetable – check this source for more details:


**Steps to roasting your vegetables**

1. Preheat oven to 425 degrees.
2. Cut vegetables into bite-size pieces and place in a bowl.
3. Toss in olive oil. Use enough to barely coat the vegetables, but not so much that you have puddles in the bottom of your bowl - a tablespoon or two is usually about right.
4. Toss in a little salt & pepper if desired. ([More seasoning tips at the source website](https://www.thekitchn.com/how-to-roast-any-vegetable-101221))
5. Place on a baking sheet – leave space between the vegetables (crowding will make vegetables steam instead of roast)
6. Roast until your vegetables are tender enough to pierce with a fork and you see some charred bits on the edges.

**General roasting times for vegetables**

Cooking times are for roasting vegetables at 425°F.

- Root vegetables (beets, potatoes, carrots): 30 to 45 minutes, depending on how small you cut them
- Winter squash (butternut squash, acorn squash): 20 to 60 minutes, depending on how small you cut them
- Crucifers (broccoli, cauliflower, Brussels sprouts): 15 to 25 minutes
- Soft vegetables (zucchini, summer squash, bell peppers): 10 to 20 minutes
- Thin vegetables (asparagus, green beans): 10 to 20 minutes
- Onions: 30 to 45 minutes, depending on how crispy you like them
- Tomatoes: 15 to 20 minutes

SOURCE:

[https://www.thekitchn.com/how-to-roast-any-vegetable-101221](https://www.thekitchn.com/how-to-roast-any-vegetable-101221) (check this out for more details & tips)
**Health Clinic**

We have the power to prevent diabetes.

We are American Indians and Alaska Natives, and we have the power to prevent type 2 diabetes. Science has proven that we can prevent diabetes if we lose as little as 10 pounds by walking 30 minutes 5 days a week and making healthy food choices.

“I know everyone can do it once they make up their mind. A lot of people out there know it runs in their family and they think ‘Okay, I’m going to get it.’ No, it is not so. You can prevent it. If I can do it, so can you.”

- Glenda Thomas Fifer
- Gila River Indian Community and Diabetes Prevention Program Participant

Here are 7 powerful steps you can take to get started today:

1. **Move More.** Get up, get out, and get moving. Walk, dance, bike ride, swim, or play ball with your friends or family. It doesn’t matter what you do as long as you enjoy it. Try different things to keep it fun.

   “I found ways to work activity into my day. I walk for 10 minutes every morning. At night, my wife and I walk with our daughter.”

   - Tom John Seneca

2. **Make Healthy Food Choices.** Focus on eating less. Eat fiber-rich fruits and vegetables each day. Choose whole grain foods such as whole wheat bread and crackers, oatmeal, brown rice, and cereals. Cut down on fatty and fried foods. You still can have foods you enjoy, just eat smaller servings. Choose water to drink.

   “I used to always go back for second servings. Now, I leave the leftovers for another day. I think it is working.”

   - Josephine Malemute, RN
   - Athabascan

National Diabetes Education Program
www.YourDiabetesInfo.org
HEALTH CLINIC

3

TAKE OFF SOME WEIGHT. Once you start eating less and moving more, you will lose weight. By losing just 10 pounds, you can cut your chances of getting diabetes.

“Since losing a few pounds, I feel better and have more energy to do the things I enjoy.”
LORELI DECORA
WINNEBAGO TRIBE OF NEBRASKA

4

SET GOALS YOU CAN MEET. Start by making small changes. Try being active for 15 minutes a day this week. Then each week add 5 minutes until you build up to at least 30 minutes 5 days a week. Try to cut 100 calories out of your diet each day (that’s one can of soda!). Slowly reduce your calories over time. Talk to your health care team about your goals.

“When I first started walking, I could only go for about 10 minutes. Now I feel stronger and am able to walk 45 minutes every day.”
JONATHAN FEATHER
EASTERN BAND OF CHEROKEE INDIANS

5

RECORD YOUR PROGRESS. Write down all the things you eat and drink and the number of minutes you are active. Keeping a diary is one of the best ways to stay focused and reach your goals.

“Keeping track of my activity allows me to see how I’m doing. By walking for 10 minutes at least 3 times a day, I’m able to get my 30 minutes in.”
LORRAINE VALDEZ, RN
ISLETA/LAGUNA PUEBLOS

6

SEEK HELP. You don’t have to prevent diabetes alone. Ask your family and friends to help you out. Involve them in your activities. You can help each other move more, eat less, and live a healthy life. Go for a walk together or play a pick-up game of basketball. Join a support group in your area to help you stay on track.

“After dinner I often take a walk with my family instead of watching TV.”
KELLY MOORE, MD
CREEK NATION OF OKLAHOMA

7

KEEP AT IT. Making even small changes is hard in the beginning. Try to add one new change a week. If you get off track, start again and keep at it.

“When I don’t think I have time to exercise, I just remember how important it is to be around for my family.”
RALPH FORQUERA
JUANEÑO BAND OF CALIFORNIA INDIANS

“We have the power to help our people and the generations to come. We have the Power to Prevent Diabetes.”
YVETTE ROUBIDEAUX, MD
ROSEBUD SIOUX

Take your first step today. Talk to your health care team about your risk for type 2 diabetes and the small steps you can take to prevent it. To find out more, call 1-888-693-NDEP (6337) or visit www.YourDiabetesInfo.org to get a free copy of Your GAME PLAN to Prevent type 2 Diabetes.
COVID-19: Higher Risk with Vaping and Tobacco Use
Submitted by Taylor Owens, Tobacco Cessation Specialist - New COVID-19 reports are showing a clear link between previous and/or current tobacco and positive diagnoses of COVID-19. According to the Journal of Adolescent Health published in August 2020, “COVID-19 diagnosis was five times more likely among ever-users of e-cigarettes.” Although youth are at a lower risk for COVID-19, smoking can weaken your immune system making you more susceptible to diseases including COVID-19.

Twenty-year-old Janan Moein was the picture of health before he started vaping and developed a serious “vaping-related lung illness” that collapsed his lung and sent him to the emergency room. Thankfully Janan survived and recovered (for the most part), but he did end up contracting COVID-19 a few months later. Janan also survived COVID-19 but stated that “if I had caught COVID-19 within the week before I got really ill, I probably would have died.” Link to Janan’s story:


According to the 2020 National Youth Tobacco Survey, disposable e-cigarettes (such as “blu” cigarettes and “puff bars”) have gained increasing popularity among middle school and high school age children. Among youth e-cigarette users, disposable e-cigarette use has increased from 2.4% to 26.5% among high school students and from 3.0% to 15.2% among middle school students from 2019 alone. This survey also showed that 8 in 10 youth e-cigarette users report using flavored e-cigarettes, and 61.8% of flavored products sold in 2020 were menthol flavored. If you or someone you know is struggling with tobacco dependency, call Squaxin Island Tobacco Cessation at (360) 432-3933, or the Washington Quitline at: 1-800-QUIT-NOW (1-800-784-8669). The 2Morrow Health smartphone app is also a helpful resource.

Squaxin Island WIC
(Women, Infants, and Children)
provides healthy foods & nutrition information for you and your child up to age 5.

Please have available:
Your child, Provider One Card or paystub and identification for you & your child

Contact at SPIPA for an appointment:
Patty at 360.462.3224, wicnutrition@spipa.org
or
Debbie Gardipee-Reyes 360.462.3227
gardipee@spipa.org
Main SPIPA number: 360.426.3990

Next WIC:
Tuesday, Nov 10
We are continuing remote phone appointments due to the COVID-19 virus

We will call you on your appt day

This institution is an equal opportunity provider.
Washington State WIC Nutrition Program doesn’t discriminate.

Flu Shots are in!
Available for patients at the clinic

KEEP HEALTHY AND GET YOUR FLU SHOT

Call Kimy at the Clinic
(360) 427-9006 to schedule your shot.

TRAUMA RECOVERY GROUP

Learn tools and gain support for dealing with past trauma.

Wednesday evenings online
starting October 28th

Facilitated by: Laurel and Giita

Contact BHOP for more information:
360-426-1582
Elders Menu... Fruit and salad at every meal

**MONDAY 2:**
Twice Baked Potato Casserole, Carrots

**MONDAY 9:**
Tuna Casserole, Peas

**MONDAY 16:**
Chicken Alfredo, Green Beans

**MONDAY 23:**
Chicken Pot Pie

**MONDAY 30:**
Teriyaki Chicken, Rice, Oriental Veggies

**TUESDAY 3:**
Chicken Noodle Soup, Egg Salad Sandwiches

**TUESDAY 10:**
Baked Potato Soup, Chicken Salad

**TUESDAY 17:**
Broccoli Cheddar Soup, Biscuits

**TUESDAY 24:**
Tomato Basil Ravioli Soup, Ham and Cheese Sandwiches

**WEDNESDAY 4:**
Stroganoff, Brussel Sprouts

**WEDNESDAY 11:**
Goulash, Corn

**WEDNESDAY 18:**
Steaks, Steamed Potatoes, Mixed Vegetables

**WEDNESDAY 25:**
CLOSED
Happy Thanksgiving!

**THURSDAY 5:**
Indian Tacos

**THURSDAY 12:**
Hot Dogs, Chips

**THURSDAY 19:**
Chicken Burgers, Mac Salad

**THURSDAY 26:**
CLOSED
Happy Thanksgiving!

In an effort to provide additional safety precautions, the Elders staff will only be delivering meals to "Home-bound" Elders at this current time. Elders who have met the requirements of "Homebound" will still call in to the Elders staff to request meals. Thank you for understanding.

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**NOTICE TO CREDITORS in the matter of the Estate of: Leanora Christine Krise Deceased.**

**Case No. CV-2020-03-11**

The personal representative named below has been appointed as personal representative of the estate of Leanora Christine Krise.

Mrs. Krise’s address at the time of her death was 10 SE Qua-TaSat Circle, Squaxin Island Tribe Reservation, Shelton, Washington, 98584.

Any person having claim against the decedent, or claiming to be an heir under the decedent’s will, must, within one hundred twenty (120) days of the date of the first publication of this notice, present the claim in the manner as provided in Squaxin Island Tribal Code, §8.07.010, by serving on or mailing to the personal representative or the personal representative’s attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. If the claim is not presented within this time frame, the claim is forever barred. This bar is effective as to claims against both the decedent’s probate and nonprobate assets.

Date of First Publication: 5/15/2020

Personal Representative declares under penalty of perjury under the laws of the state of Washington that the foregoing is true and correct.

Jaimie Cruz
271 SE Whitener Rd
Shelton, WA 98584

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COVID-19 is real.
Stay home, save lives.
November Happy Birthdays

Happy Birthday to Wyatt Lopeman-Bragg!
You deserve a great day & life!!!
Love,
Lopeman family

1 Kimberly RayeAnn James
Wesley Arthur Fletcher

2 Bennett Percy Howard Henry
James Edward Orozco
King Julious Tom
Tammy Ruthann Rios

3 Juanita Catherine Pugel
Rickie Leigh Ramage
Roxanne Rene White
Shannon Rae Bruff

4 Twana Remedios Machado

5 Beverly Jean Hawks
Elizabeth Anne Kuntz
Jason Charles Snipper
Jennifer Leann Briggs
Lawanna Bonnie Sanchez
Max Warren Johns
Olivia Ann Mason
Sophia Rose Johns

6 Keerah Lynn Brown
Laura Lee Smith
Terri Louise Capoeman
Thomas Richard Peterson

7 Anthony John Furtado
Cyrus Austin Little Sun
Elijah Blueback-Robinson
Russel W. Cooper

8 David Wayne Whitener Jr.
Tammi L. Birchall

9 Amy Grace Taylor
Jeffrey Allen Blueback
Kyler Matthew Guzman
Malena Rose Herrera
Mickey Lee Hodgson

10 Alibi Lucian Tageant
Jolene Sandra Jones
Monique Abigail Pinon
Virginia May Berumen

11 Benjamin James Sayers
Carlo Kenyon McFarlane

12 Arya Erika Johns
Carver Haitwas Sigo
Rachel Marie Parker
Ryan Dee Fox
Turumi Michelle Bush

13 Mary Elizabeth Mosier
Wolf Grace Allen

14 Richard Karl Peters

15 Ethan Edward Pugel
Joseph Chetwoot Peters
Taeahni Emilion Fox

16 Lucille Arlene Quilt

17 Connie R Uribe
Jason Lawrence Kenyon
Lily Nicole Harris
Nathan Allen Nunes
Samantha C. R. Smith

18 Aleta C Poste
Bianca Angelina Saenz-Garcia
Vincent Gene Henry Sr.

19 Lahai’la Greenwood
Susan Colleen LaClair

20 Candee Graywolf Gillette
Delores Del Johnson
Diane Irene Deyette
Lyssa Renee Wier
Steven M. Dorland

21 Terry Nakai Tahkeal

22 Anthony John Furtado Jr.
Candace Olivia Penn

23 Mark Allen Peters
Sarah Elizabeth Thornton
Tyler Eric Burrow

24 Alibi Lucian Tageant

25 Rory Victoria Pughe
Leonard Gene Cooper
Leslie Alan Cooper
Nokomis Butterfly Masoner

26 Hope Victoria Pughe

27 Ila Mae Ball
Redwolf Wilson Krise II

28 Redwolf Wilson Krise II

29 Warrant Amnesty Day

Shelton Municipal Court.
You will be able to quash your warrant, go into the
court room and either get a court date set or have
the matter settled that day.

November 4, 2020. 8:30am-4:00pm

Shelton Municipal Court
525 West Cota Street, Shelton, Washington

Please do not call the court to make arrangements. You
must appear in person.
### COMMITTEES COMMISSIONS & BOARDS

#### Committee
- **Aquatics Committee**
  - Council Rep.: Kris Peters
  - Staff Rep.: Jeff Dickison
  - Meetings: 2nd Wednesday in Feb., May, Aug., Nov.
- **Elders Committee/Inc.**
  - Council Rep.: Charlene Krise
  - Staff Rep.: Traci Coffey
  - Meetings: 1st Wednesday or Thursday
- **Elections Committee**
  - Council Rep.: None per code
  - Staff Rep.: Tammy Ford
  - Meetings: March, April, May
- **Enrollment Committee**
  - Council Rep.: Charlene Krise
  - Staff Rep.: Tammy Ford
  - Meetings: 2nd Tuesday
- **Fireworks Committee (TC 6.04.040)**
  - Council Rep.: None per code
  - Staff Rep.: TBD
  - Meetings: May and June
- **Fish Committee**
  - Council Rep.: Vicki Kruger
  - Staff Rep.: Joseph Peters
  - Meetings: 2nd Wednesday in March, June
- **Gathering Committee**
  - Council Rep.: Charlene Krise
  - Staff Rep.: Rhonda Foster
  - Meetings: TBD
- **Golf Advisory Committee**
  - Council Rep.: Kris Peters
  - Staff Rep.: Marvin Campbell
  - Meetings: 2nd Wednesday or Thursday
- **Hunting Committee**
  - Council Rep.: Kris Peters
  - Staff Rep.: Joseph Peters
  - Meetings: 2nd Tuesday of July, Oct., Jan., April
- **Shellfish Committee**
  - Council Rep.: Vince Henry
  - Staff Rep.: Eric Sparkman
  - Meetings: 1st Wednesday of March, June, Sept., Dec.
- **Veterans’ Committee**
  - Council Rep.: None
  - Staff Rep.: Kim Kenyon
  - Meetings: TBD

#### Commission
- **1% Committee (Bylaws & Appendix X2)**
  - Council Rep.: C.Krise, V. Henry, V. Kruger
  - Staff Rep.: Marvin Campbell
  - 1st Wednesday or Thursday
  - March, April, May
  - 2nd Tuesday
  - May and June
  - 2nd Wednesday in March, June
  - TBD
  - 2nd Wednesday or Thursday
  - 2nd Tuesday of July, Oct., Jan., April
  - 1st Wednesday of March, June, Sept., Dec.

#### Board
- **Business Administration Board**
  - Council Rep.: None per code
  - Staff Rep.: Nathan Schreiner
  - Meetings: As needed
- **Island Enterprises Board**
  - Council Rep.: Kris Peters
  - Staff Rep.: Dave Johns
  - Meetings: Sept., Dec., March, June
- **Museum Library and Research Center Board**
  - Council Rep.: Bev Hawks
  - Staff Rep.: Charlene Krise
  - Meetings: 4th Tuesday
- **Skookum Creek Tobacco Board**
  - Council Rep.: Vinny Henry
  - Staff Rep.: Mike Araiza
  - Meetings: 2nd Friday
- **SPIPA Board of Directors**
  - Council Rep.: Vicki Kruger
  - Staff Rep.: Marvin Campbell
  - Meetings: 2nd Friday
Thank YOU for Wearing Your Masks!

- Island Enterprises, Inc. CEO Dave Johns

Early Head Start
Now Recruiting Pregnant Women and Children Birth to Three

Early Head Start provides
family centered services for low income families with very young children.

We are committed to a high-quality Program. Ask us about:

Washington Early Achievers
Preparing Children for Success in School
Squaxin Island Child Development Center
Sabrina Green or Savannah Fenton
(360)426-1390

ECEAP Provides:

☑️ Preschool
☑️ Nutritious meals & snacks
☑️ Health screenings
☑️ Family support

Questions?
Squaxin Island Child Development Center
Sabrina Green or Savannah Fenton
(360)426-1390

Who is eligible?
Children 3 years old or 4 years old by August 31st who are:

☐ From a family with a low annual income;
☐ Qualify for school district special education services; or
☐ Have developmental or environmental risk factors that could affect school success.

Free Quality Preschool for Your Child
ECEAP helps all children enter kindergarten ready to succeed

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