

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, gʷədʔadad (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.

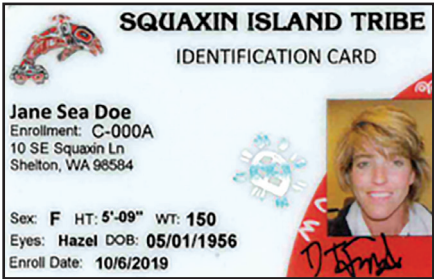


OFFICIAL Squaxin Island ID card changes:

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.



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.

More Information

<https://www.dol.wa.gov>





Squaxin Island TRIBAL NEWS

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Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

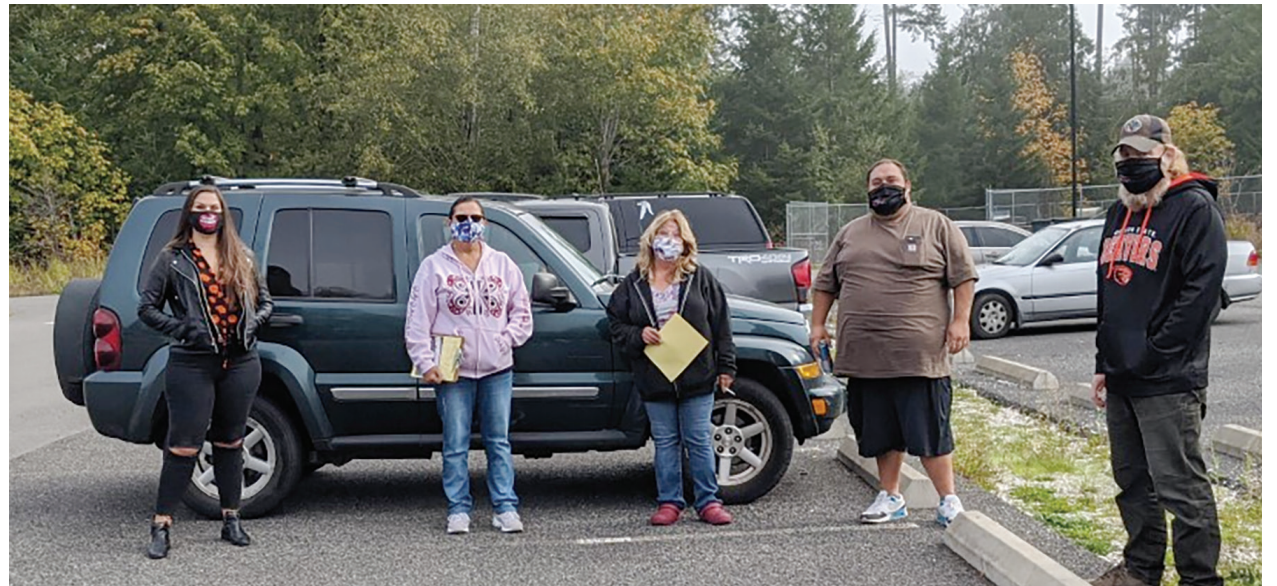
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DAVE WHITENER:	2nd Council Member
VINCE HENRY:	3rd Council Member

Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.us

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://squaxinisoland.org/community/emergency-operations> for helpful tips and information.



Natural Resources and Cultural Resources evacuating the building during the ShakeOut Earthquake drill on October 15th.

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.



Covid-19

Dear Squaxin family,

This is to inform you that someone living on the reservation has tested positive for Covid-19.

Everything possible is being done to ensure this person gets the best care available and that the virus does not spread any further.

We strongly encourage you to restrict any activity with people who don't reside in your household. This will aid us in ensuring it doesn't spread throughout the community.

We immediately began contact tracing and are striving to keep the community informed while respectfully maintaining confidentiality.

Sadly, Covid-19 cases will likely increase in the upcoming fall and winter months because coronaviruses spread more easily as people spend more time indoors and in closer proximity.

People who have tested positive for Covid-19, or have had close contact with someone who is Covid-19 positive, should remain in isolation until it's safe for them to be around others.

If a person is sick, the quarantine time is 10 days after they have no longer have symptoms or fever for 24 hours.

A person who tested positive, but is asymptomatic, should quarantine for 10 days from the date of the test.

People need to quarantine for 14 days after close contact/exposure to the person who is sick.

In the home, anyone who is sick, infected, or had close contact/exposure with someone who was infected should separate themselves from others by staying in a specific "sick room" or other designated area and use a separate bathroom (if available).

Tiny homes are available for those who cannot safely isolate themselves from others in their own home.

According to the Centers for Disease Control, CDC, close contact/exposure is defined as being within six (6) feet for a total of 15 minutes or more to a person who is contagious with Covid-19.

Persons with COVID-19 are considered contagious in the period from two (2) days before symptom onset (or a positive test for a person who is asymptomatic) until they meet criteria for discontinuing home isolation.

Note: This is irrespective of whether the person with COVID-19 - or the contact - was wearing a mask or other personal protective equipment (PPE). Also, a negative result before the end of the 14-day quarantine period does not rule out possible infection. By self-quarantining for 14 days, you lower the chance of possibly exposing others to COVID-19.

COVID-19 can be spread by people who do not have symptoms and do not know they are infected. Because someone may be infected and contagious two (2) days before symptoms develop, they can spread the virus without being aware of it. That's why second-hand contact/exposure, which is defined as being around a person who was in contact with someone else who had the virus, is also considered dangerous.

It is very important for all of us to practice social distancing by staying at least six (6) feet away from other people and wearing masks in public settings. Try to limit socialization with people who do not live in your own home. Try to stay healthy by getting outside to exercise and drink in some vitamin D.

Stay Squaxin strong!

Thank you for your thoughtfulness.

- Marvin Campbell



Thank YOU for Wearing Your Masks!

Squaxin Island Tribal Council Chairman

Kris Peters

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.

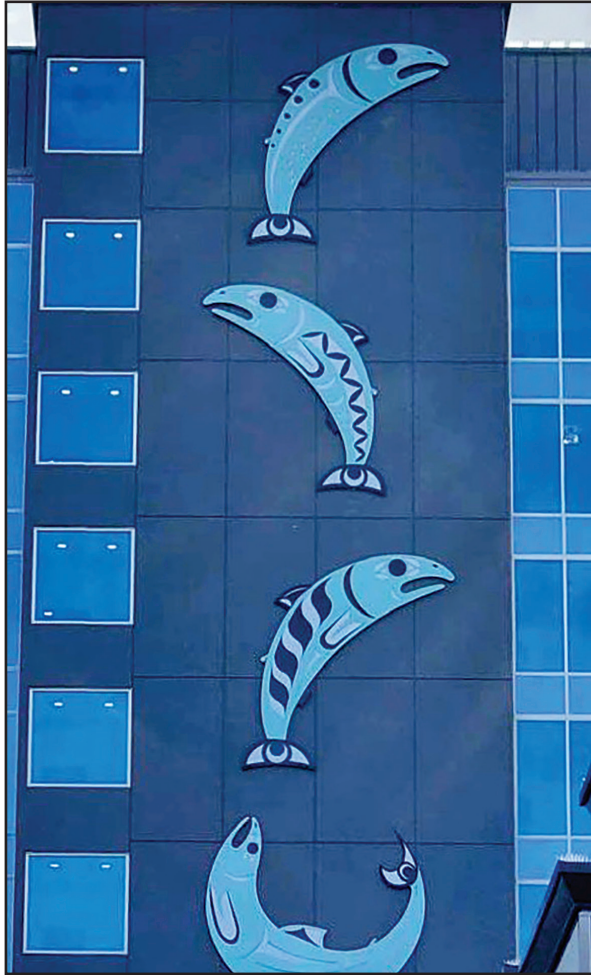
Be thankful, give, and care for one another.

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



Joe Seymour's Native Salmon Art Adorns New Building in Downtown Olympia



"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.

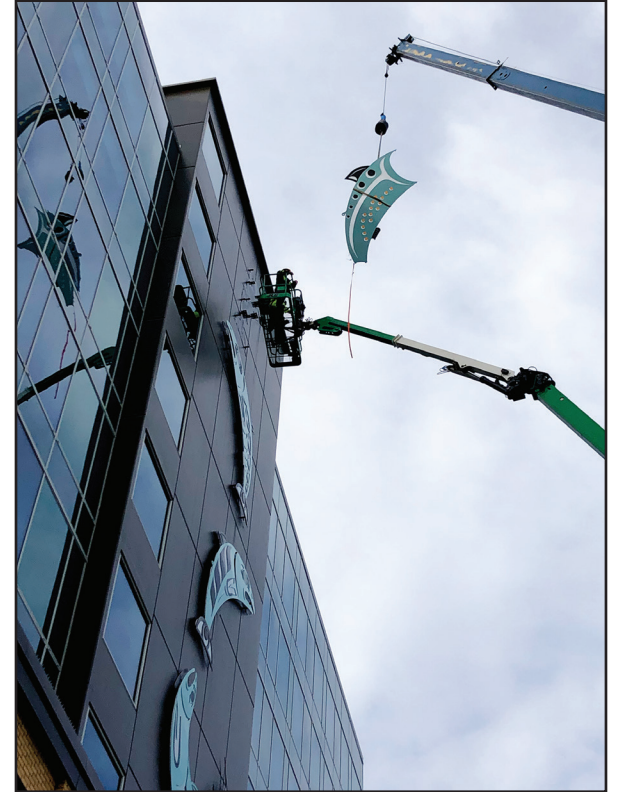
"I wanted to show salmon swimming upstream and circling in the pool below the falls (Deschutes). And what this formed was an exclamation point!"

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.



Its beautiful lit up at night!





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.”



**CHIEF
SEATTLE
CLUB**



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!



**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
Middle School and Junior High
High School

Lynice May at Lmay@squaxin.us
Lynn White at Lwhite@squaxin.us
Julie Youngs at Jyoungs@squaxin.us
or (360) 470-1493

Higher Education

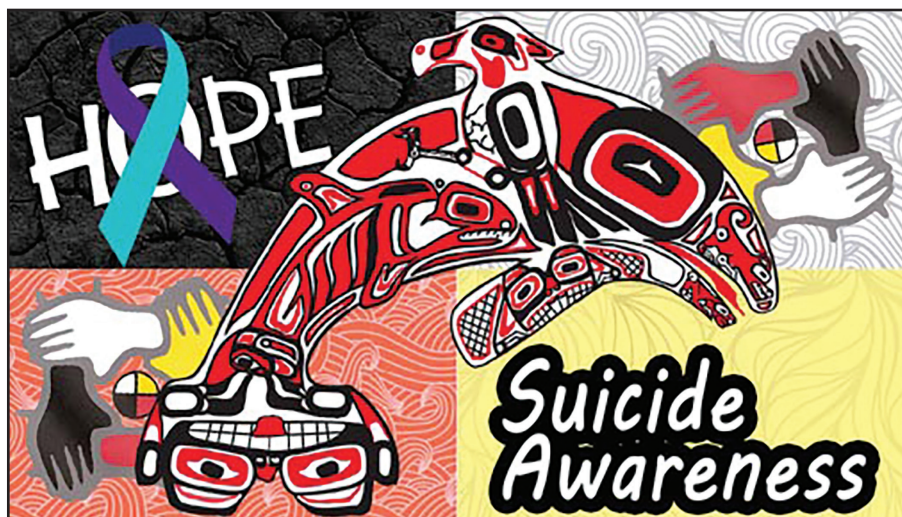
Current and future Higher Education students, if you need assistance filling out the paperwork for funding, filling out the FAFSA, scholarship help, or just have questions, please reach out to the Higher Education Coordinator Mandy Valley. She can be reached at Mvalley@squaxin.us or (360) 432-3882.



Our Hands Are Raised to YOU ...



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

*we all play
a small
part in
something
BIGGER*

M



HAPPY thanksgiving



Cool Cat

Wearing a face mask protects
your friends, family and teachers.



Bad Dog

Face mask should fully cover
nose and mouth.



Thank YOU for Wearing Your Masks!

- Squaxin Island Youth Council
(Pictured: Aj Weir, 7th Grade Rep)



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

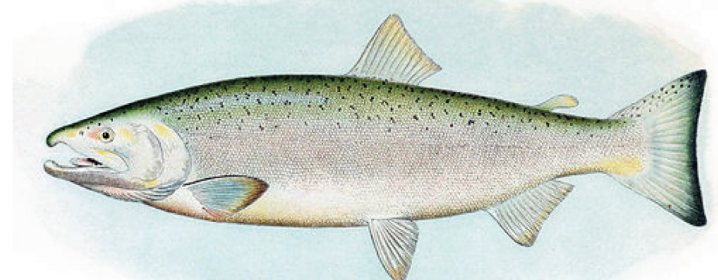
1985 Tiderunner 18' with a 2014 Evinrude 135

\$10,000

Contact Tyson Kruger: tysonkruger1@gmail.com



WE WANT YOU



FOR SALMON RECOVERY

Do YOU want a VOICE in local salmon recovery?

Join the Citizens' Committee
of the Kennedy-Goldsborough 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 bit.ly/36cRO9s for more information.

CONTACT: Steve Hagerty | shagerty@masoncd.org | (360) 427-9436 x130



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, dean 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 COVID19 Pandemic
- One-time assistance payment paid to vendor of need (i.e.. landlord, utility company, child care organization, etc.)

COVID19 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

COVID19 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

COVID19 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



Community Action Council
of Lewis, Mason & Thurston Counties

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](#)

More referral organizations listed on the ERAP web page at www.caclmt.org.

To become a referral organization email: info@caclmt.org



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.

- Keep air inlets on wood stoves open, and never restrict air supply to fireplaces. Otherwise you may cause creosote buildup that could lead to a chimney fire.
- Use fire-resistant materials on walls around wood stoves.

Safely Burn Fuels

- Never use flammable liquids to start a fire.
- Use only seasoned hardwood. Soft, moist wood accelerates creosote buildup. In pellet stoves, burn only dry, seasoned wood pellets.
- Build small fires that burn completely and produce less smoke.
- Never burn cardboard boxes, trash or debris in your fireplace or wood stove.
- When building a fire, place logs at the rear of the fireplace on an adequate supporting grate.
- Never leave a fire in the fireplace unattended. Extinguish the fire before going to bed or leaving the house.
- Allow ashes to cool before disposing of them. Place ashes in a tightly covered metal container and keep the ash container at least 10 feet away from your home and any other nearby buildings. Never empty the ash directly into a trash can. Douse and saturate the ashes with water.

Protect the Outside of Your Home

- Stack firewood outdoors at least 30 feet away from your home.
- Keep the roof clear of leaves, pine needles and other debris.
- Cover the chimney with a mesh screen spark arrester.
- Remove branches hanging above the chimney, flues or vents.

Protect the Inside of Your Home

- Install smoke alarms on every level of your home and inside and outside of sleeping areas. Test them monthly and change the batteries at least once a year. Consider installing the new long life smoke alarms.
- Provide proper venting systems for all heating equipment.
- Extend all vent pipes at least three feet above the roof.

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% or 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.

Number of household members	50% of AMI (Thurston County)
1	\$30,350
2	\$34,700
3	\$39,050
4	\$43,350
5	\$46,850
6	\$50,300
7	\$53,800
8	\$57,250

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



Community Action Council
of Lewis, Mason & Thurston Counties



Thurston County Public Health & Social Services
Office of Housing & Homeless Prevention
thomas.webster@co.thurston.wa.us. (360) 280-6265





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.

Contract Tracing

Anyone who comes into close contact with someone who has COVID-19 is at increased risk of contracting the infection themselves, and of potentially infecting others. Contact tracing can help prevent further transmission of the virus by quickly identifying and informing people who may be infected and contagious, so they can take steps to not infect others.

Contact tracing begins with identifying everyone who a person recently diagnosed with COVID-19 has been in contact with since they become contagious. In the case of COVID-19, a person may be contagious 48 to 72 hours before they started to experience symptoms.

To protect the Squaxin Island Tribal Community, Squaxin Island has instituted its own Contract Tracing, which is under the supervision of the Tribal Public Health Administrator. The contacts are notified about their exposure. They will be told what symptoms to look out for, advised to isolate themselves for a period of time, and to seek medical attention as needed if they start to experience symptoms.

For more information, please visit the Center for Disease Control (CDC) at: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/php/contact-tracing-CDC-role-and-approach.pdf>.

Or email the Tribal Public Health Administrator at jtaylor@squaxin.us

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.



Save your Baby/Toddler's Teeth from Decay

Sad Fact:

75% of American Indian/Alaska Native children 0-5 years old had dental caries (decay).

TEETH DECAY IS PREVENTABLE!



Teeth decay due to bottle to bed & sipping on milk, juice, and sweet drinks during the day.

Why are baby teeth important?

Your child needs strong and healthy teeth so he can learn to speak clearly, chew food, save space for growing permanent teeth, and smile with confidence.

TIPS for Teeth Free of Cavities:

- **Avoid bottle to bed**— let your infant finish their bottle before going to bed then wipe teeth with a washcloth or toothbrush.
- **Offer a cup with water to your child starting at 6 months.** Allow your child to practice drinking from a cup so they will be ready to drink from a cup exclusively by their birthday.
- Take your baby for a **dental checkup** as soon as teeth erupt or by age 1

Offer your toddler /child water only between meals.

- **Avoid providing sweetened beverages** such as pop, fruit drinks, sports drinks, and sweetened tea.
- **Do not allow your toddler to carry the sippy cup around** (even with water) due to the likelihood of a fall that may damage teeth.
- **Brush your baby's teeth** twice a day using a smear of fluoride toothpaste on a soft-bristly baby toothbrush.
- **Transition away from bottle** to a topless cup by first birthday.

The last thing in your child's mouth before bed should be a toothbrush.



This institution is an equal opportunity provider.

Washington State WIC Nutrition Program doesn't discriminate.



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)].

Life Stage	Recommended Amount
Birth to 12 months	10 mcg (400 IU)
Children 1–13 years	15 mcg (600 IU)
Teens 14–18 years	15 mcg (600 IU)
Adults 19–70 years	15 mcg (600 IU)
Adults 71 years and older	20 mcg (800 IU)
Pregnant and breastfeeding women	15 mcg (600 IU)

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/>).

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.



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

Submitted by Patty Suskin, Diabetes Coordinator - Your oven can caramelize 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:

<https://www.thekitchn.com/how-to-roast-any-vegetable-101221>

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)
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>

(check this out for more details & tips)





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."

GLENDATHOMAS 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 helpings. 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

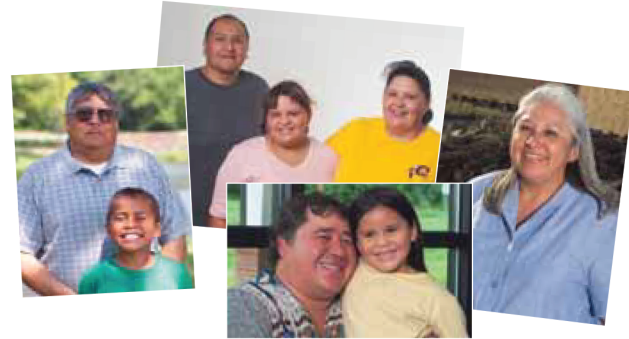


3

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

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

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



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.



Kelly Moore, M.D., contracted consultant with the Indian Health Service Division of Diabetes, Albuquerque, NM has reviewed this tip sheet for accuracy. A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention. Revised March 2008 NIH Publication No. 08-5525 NDEP-73



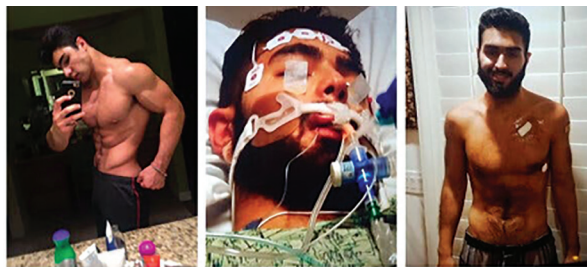
COVID-19: Higher Risk with Vaping and Tobacco Use

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:

<https://www.nytimes.com/2020/09/04/health/covid-vaping-smoking.html?referringSource=articleShare>

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 Quit-line at: 1-800-QUIT-NOW (1-800-784-8669). The 2Morrow Health smartphone app is also a helpful resource.



Washington State Department of Health
Tobacco Quit Line
1-800-QUIT-NOW
toll-free 1-800-784-8669
QUITLINE.COM



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.



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.



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



COMMUNITY



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 "Homebound" 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.



To contact a
Squaxin Island
Police Officer Call:
360-426-4441

If it is an
EMERGENCY
CALL 911



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



COVID-19 is real.
Stay home,
save lives.



November Happy Birthdays



1
Kimberly RayeAnn James
Wesley Arthur Fletcher

3
Juanita Catherine Pugel
Rickie Leigh Ramage
Roxsanne 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 Capoean
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
Jefferey 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

13
Arya Erika Johns
Carver Haitwas Sigo
Rachel Marie Parker
Ryan Dee Fox
Turumi Michelle Bush

14
Mary Elizabeth Mosier
Wolf Grace Allen

15
Richard Karl Peters

16
Bennett Percy Howard Henry
James Edward Orozco
King Julious Tom
Tammy Ruthann Rios

17
Casey Lee Lacefield
Elizabeth Ann Krise
Jennifer Lee Johns
Laura E. Snyder

18
Ethan Edward Pugel
Joseph Chetwoot Peters
Taeahni Emilion Fox

19
Lucille Arlene Quilt

20
Connie R Uribe
Jason Lawrence Kenyon
Lily Nicole Harris
Nathan Allen Nunes
Samantha C. R. Smith

21
Aleta C Poste
Bianca Angelina Saenz-Garcia
Vincent Gene Henry Sr.

22
Lahai'la Greenwood
Susan Colleen LaClair

23
Candee Graywolf Gillette
Delores Del Johnson
Diane Irene Deyette
Lyssa Renee Wier
Steven M. Dorland

24
Arelys Francisco-Coley
Cecily A. Neilsen
Joseph Hugh Seymour Jr.
Michael Aaron Parker

25
Terry Nakai Tahkeal

26
Anthony John Furtado Jr.
Candace Olivia Penn

27
Hope Victoria Pughe
Leonard Gene Cooper
Leslie Alan Cooper
Nokomis Butterfly Masoner

28
Ila Mae Ball
Redwolf Wilson Krise II

29
Mark Allen Peters
Sarah Elizabeth Thornton
Tyler Eric Burrow

30
Carol Ann Hagmann



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.

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



What's Happening



Court

We are conducting Family Court on-line via zoom and Criminal/Civil Court is held in-person.

September Court Dates:

FAMILY COURT: November 5
CRIMINAL/CIVIL COURT: November 10

USDA Food Program WIC

November 6
November 10



Help Protect Our Kids, Families and the Environment



Clean Out Your
Medicine Cabinet

Prescription Drug Take Back Boxes

Located At:

Mason County Sheriff's Office
322 North 3rd Street in Shelton
&

Mason Regional Fire Authority
460 Northeast Old Belfair Highway in Belfair

For More Information Call Mason County
Public Health & Human Services
360-427-9670 ext. 400



COMMITTEES COMMISSIONS & BOARDS



Committee

Aquatics Committee
Elders Committee/Inc.
Elections Committee
Enrollment Committee
Fireworks Committee (TC 6.04.040)
Fish Committee
Gathering Committee
Golf Advisory Committee
Hunting Committee
Shellfish Committee
Veterans' Committee



Council Rep.

Kris Peters
Charlene Krise
None per code
Charlene Krise
None per code
Vicki Kruger
Charlene Krise
Kris Peters
Kris Peters
Vince Henry
None

Staff Rep.

Jeff Dickison
Traci Coffey
Tammy Ford
Tammy Ford
TBD
Joseph Peters
Rhonda Foster
Marvin Campbell
Joseph Peters
Eric Sparkman
Kim Kenyon

Meetings

2nd Wednesday in Feb., May, Aug., Nov.
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.
TBD

Commission

1% Committee (Bylaws & Appendix X2)
Budget Commission
Education Commission
Gaming Commission (TC 6.08.090)
Housing Commission
Utilities Commission



Council Rep.

C.Krise, V. Henry, V. Kruger
Vicki Kruger
Vacant
None per code
Charlene Krise
Vacant

Staff Rep.

Marvin Campbell
Marvin Campbell
Gordan James
Dallas Burnett
Liz Kuntz
Vacant

Meetings

Feb., May, Aug., Nov.
June and August
2nd Friday
1st Thursday
1st Friday
1st Thursday



Board

Business Administration Board
Island Enterprises Board
Museum Library and Research Center Board
Skookum Creek Tobacco Board
SPIPA Board of Directors

Council Rep.

None per code
Kris Peters
Bev Hawks
Vinny Henry
Vicki Kruger

Staff Rep.

Nathan Schreiner
Dave Johns
Charlene Krise
Mike Araiza
Marvin Campbell

Meetings

As needed

Sept., Dec., March, June
4th Tuesday
2nd Friday



South Puget Intertribal Planning Agency



USDA Foods Program November Dates

PT. GAMBLE S'KLALLAM 11/4/20

SQUAXIN ISLAND 11/6/20

CHEHALIS 11/12/20

SKOKOMISH 11/17/20

NISQUALLY 11/19/20

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities.

If you're unable to make the date, please call and schedule an appointment with appropriate staff.

For USDA Food, call SPIPA at 360.426.3990

This institution is an equal opportunity provider.



**Thank YOU for
Wearing Your Masks!**
- Island Enterprises, Inc. CEO Dave Johns



Free Quality Preschool for Your Child

ECEAP helps all children enter kindergarten ready to succeed

Who is eligible?

Children 3 years old or 4 years old by August 31st who are:

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



Questions?

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

ECEAP Provides:

- ☒ Preschool
- ☒ Nutritious meals & snacks
- ☒ Health screenings
- ☒ Family support

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



Early Head Start

Now Recruiting Pregnant Women and Children Birth to Three



Early Head Start Provides:

- ☒ Parent Training
- ☒ Health Screenings
- ☒ Family Support



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



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

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