

## Outdated sewage treatment is suffocating fish in Puget Sound

**100-year-old technology to treat human waste is depleting oxygen levels — and putting orcas, salmon and Dungeness crabs in peril.**

Reprinted from Crosscut.com, by Allegra Abramo InvestigateWest / December Dec. 8th - After four decades of fishing for salmon in Puget Sound, Joseph Peters increasingly finds a nuisance in his nets: wads of cream-colored moon jellyfish. Occasionally the jellyfish get so heavy that they tear the nets. They also make the net visible to fish, which just swim around it.

The only solution is “to pull your net out, and the jellies just fill your boat, and you are scooping them out,” said Peters, a member of the Squaxin Island Tribe who serves as the tribe’s natural resources policy representative. “Jellyfish can be a real pain in the butt.”



*Joe Peters walks along the shore at Kennedy Creek on South Puget Sound in Shelton, Washington, October 15, 2020. (Karen Ducey/InvestigateWest)*

Moon jellyfish occur naturally in Puget Sound, but in recent years unusually dense clusters stretching the equivalent of several city blocks have appeared.

These massive jellyfish “smacks” are one of the more visible signs that Puget Sound is ecologically out of whack. Another obvious sign of the imbalance: profusions of one-celled marine creatures blooming in such abundance that their red-dish-orange blobs can be seen from space. These changes are part of a far-reaching ecosystem breakdown that also is seeing oysters struggling to form proper shells, clam beds closed, salmon stocks crashing and, at the top of the food chain, orcas starving.

Inadequately treated human waste is an important — and growing — cause of that disruption, scientists say.

Dumping this sewage causes a chain reaction that exhausts the water’s supply of oxygen, leaving marine creatures essentially breathless. Since 2006, between 19% and 23% of Puget Sound has failed to meet oxygen standards mandated by the federal Clean Water Act, according to a 2019 state report.

These and other developments highlight a pressing state of environmental decay in Puget Sound that require a multibillion-dollar solution.

Environmentalists have sued the state over the sewage-treatment plants’ waste dumping, pointing out that the last time the Washington Department of Ecology required major modernization of wastewater plants was in 1987 — and that was an upgrade to a technology first deployed in the early 20th century.

The Department of Ecology is now on course to require plants to adopt better sewage treatment methods developed in the 1980s and used for decades on the East Coast. That technology is capable of removing “nutrients,” especially nitrogen, that act like fertilizer and feed Puget Sound’s algae and jellyfish explosions. But most of those upgrades on Puget Sound-area plants won’t be completed until at least 2035.

Representatives of wastewater treatment plants say they are concerned about rushing costly fixes.

“These are very large, complicated plants, not to mention expensive,” said Jeff Clarke, commissioner of the Mukilteo Water and Wastewater District and a member of a committee of experts advising the state. “And if you think it’s expensive to do it right, how about doing it wrong? If we spend a ton of money, it turns out that it wasn’t needed.... It really eats into public confidence.” By one estimate, this could cost households from \$11 to \$23 a month.

Pushing hardest on the other side of the argument is an environmental group that has sued Washington — so far unsuccessfully — to do a better job cleaning up sewage before it reaches the sound.

“What price do people put on having live orcas and salmon and Dungeness crab and all the things that people enjoy or want to protect ... in Puget Sound?” said Nina Bell, executive director of the Portland-based Northwest Environmental Advocates. “Cause that’s what’s at stake.”

### ‘Like tomato soup’

When Christine Goodwin gazed out at Holmes Harbor from her waterfront home on Whidbey Island in June, she saw a familiar orange-red stain covering the water. The telltale hue and musty smell told her right away that the algal bloom was caused by a type of one-celled marine organism called Noctiluca.

“It looks like Campbell’s tomato soup,” Goodwin said. Such blooms were a common sight in the harbor two decades ago, when, as president of Friends of Holmes Harbor, she began fighting to curb industrial runoff. Conditions improved. But now Goodwin notices the blooms are growing larger again.

“It saddens me, disappoints me,” Goodwin said.

Humans are fouling the only homes that fish, crabs and other marine life have, she said. But those creatures “can’t pack up in a U-Haul and move away,” she said. “They can’t defend themselves.”

Puget Sound’s algae and jellyfish explosions are fed, researchers say, by the chemical element nitrogen. Nitrogen is

*Continued on Page 11*



## Squaxin Island TRIBAL NEWS

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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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## Council Treasurer Vicki Kruger

Good day, Vicki Kruger, your Tribal Council Treasurer here.

This is the third in a series of articles I'm doing to help you understand what types of things I do so you can start thinking about who can take my place.

This month we will be discussing audits and one thing I mentioned in the last article.

In my last article, I offered to share audits with anyone interested. I also offered to share our investment information with anyone interested – any tribal member that is. Only one person reached out to me asking for this information, and I was really discouraged.

The Treasurer is often called upon to meet with the auditor during annual audits. Because I sit on three boards as Treasurer, I meet with the tribal government auditor as well as the SPIPA Auditor.

There is a specific set of questions asked each year: Do you suspect fraud? Are there any areas you want us to focus on? And so on.

In the above statement, I left out the IEI audit and this is the reason. For three years I complained that the IEI auditor wasn't meeting with me. Finally, last year I was able to complain to the auditor who then reached out to me. All of the issues I brought up were not considered as the audit was already complete. I did get them to put in the audit management letter that IEI needed to have a procurement policy, but other concerns I had, like lack of a donation policy, were not addressed.

I will continue to mention that the Treasurer's position is the most important position on the Tribal Council. If I had more experience, I would have known the auditor from IEI should have been meeting with me and it wouldn't have taken three years to make that happen. We manage millions of dollars, and the Treasurer position does, and should, continue to pay attention.

My message for this month is: If you have experience choosing audit firms, meeting with auditors and understanding various audit reports, you should run for the Treasurer's position.

An audit does not look at every single detail of your finances. Auditors only do a small sampling of expenditures and check to ensure the expenditures

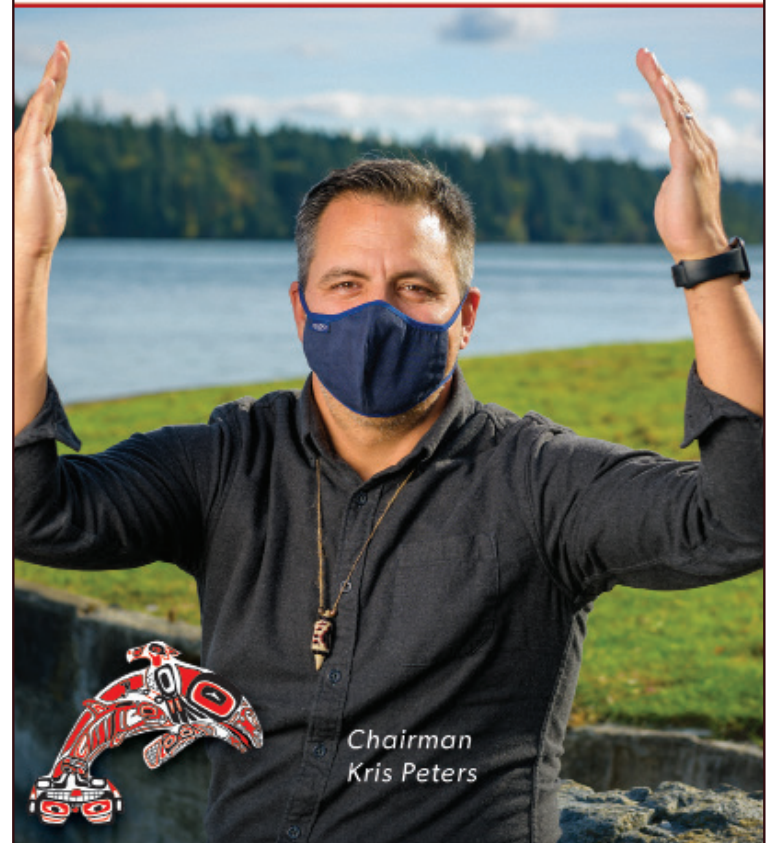
follow the organization's policies. They usually meet with the client and present a final audit report. The firm we use also makes recommendations about how to improve and, because of this, we now have an Investment Committee and the IEI and government audits are now with the same auditor. The firm also shared information about general welfare (we will all learn more about this).

Before I forget, I want to mention that one auditor who met with us assured us that, because tribal government's Finance Department has a multitude of policies and procedures, it would be impossible for any of us to embezzle money. Go Finance! Sadly, I had to promise to stop complaining about our computer system – Microid.

Finally, I'd like to thank you all for the opportunity to serve you these past six years. I wish you all a much better year in 2021!

**Thank YOU!**  
**For protecting our Elders**  
**by wearing a mask!**

- Squaxin Island Tribal Council



Chairman  
Kris Peters





## New Netpen Structure Construction underway!

Will Henderson - In late August, our Natural Resources department took delivery of the new components to replace the old Netpen facility structure. The new frames and float components were delivered to the Teamster property on Harstine Island, as the Teamster 313 organization graciously gave us permission to use their site for the construction project.

In October, Natural Resources staff along with employees from Washington Department of Fish and Wildlife started construction on the new structure. The process started upland, where we pre-attached the large blue floats (378!) to each of the frame sections. The steel frames are lifted and moved to the beach shoreline, where each piece is carefully fitted to one another and then bolted together. Once a set of four pens is complete, it is towed out to the anchoring site via boat for final connection. This process will be repeated until the construction is complete.

I would like to thank the NR staff along with WDFW staff that have been assisting with this large project. It has been hard tedious work at times with long days, but we are succeeding and will complete this project and be ready to move fish by January!

Merry Christmas and Happy Holidays to you all!

Stay tuned for the final completion update in January! - *More photos on Page 20*



*Kurt Poste and David Dorland*



*Dakodah Vigil and Terence Henry with the first piece to go in the water*



*David Dorland operating the forklift*



*Dakodah Vigil watching removal of the old structure*



*First completed and anchored set of four netpens*



*Dakodah Vigil, Terence Henry and David Dorland towing a completed structure*





## Tutoring

As the new year fast approaches, it is beneficial to review the lessons of 2020, and think of things we have learned and the things we could do better. Our 2020 education lessons have been many, and many have been hard learned: how to use technology effectively for our students to continue their educational growth, how to figure out what proved to be the rather labor-intensive K12 program, and how to find the help we needed to keep our students interested and involved in this education process.

One of the most important lessons we learned is that if our children didn't keep up on their lessons every day, climbing the mountain of lessons that piled up became daunting and discouraging. A good resolution for all of us this coming year as distance-learning continues, is to encourage and help our students to stay current on lessons; don't let them pile up. For the New Year, we at the Learning Center hope that learning partners and their students will seek our help in resolving any educational challenges you may have--let us help you keep up with their lessons. It is a privilege for us to work with your children.

After the break we will be back to tutoring one-on-one with Lyncie or Lynn. Please call Redwolf Krise at (360) 432-3958 to schedule an appointment. Remember to send your child with all supplies and a mask. Health checks will be done before your child can enter the building. If your child is having any symptoms, please keep them home.

### ELEMENTARY SCHOOL

Lynice May at [Lmay@squaxin.us](mailto:Lmay@squaxin.us)

### MIDDLE SCHOOL AND JUNIOR HIGH

Lynn White at [Lwhite@squaxin.us](mailto:Lwhite@squaxin.us)

### HIGH SCHOOL

Julie Youngs at [Jyoungs@squaxin.us](mailto:Jyoungs@squaxin.us)  
(360) 470-1493

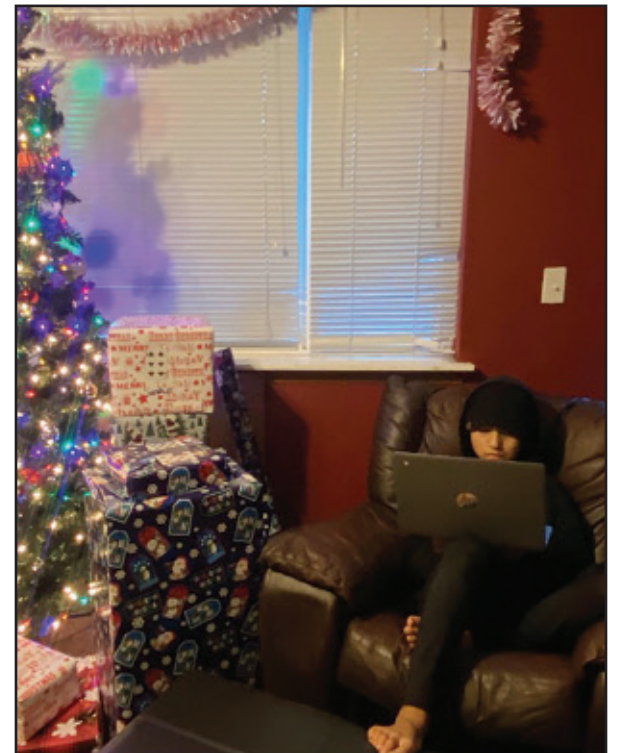
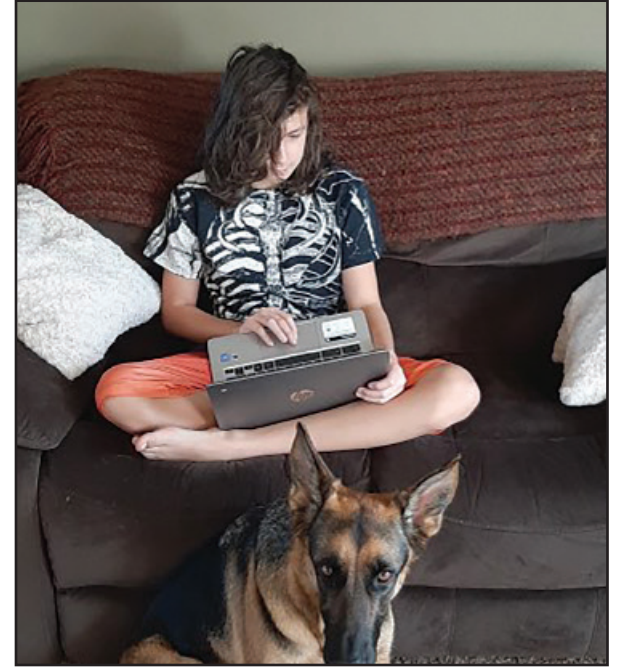
## Higher Education

If you haven't done so already, please turn final grades from fall quarter/semester in ASAP. Also, if you have not completed your FASFA (2021-2022 school year), please do so ASAP. FAFSA launched on October 1st 2020 and is open until June 30th 2021. I hope everyone has a great winter quarter/spring semester. If you have any questions regarding Higher Education or need assistance please feel free to contact me.

Thank you.

Mandy

(360) 432-3882 or [mvalley@squaxin.us](mailto:mvalley@squaxin.us)







## Vocational Rehabilitation Update

William Marchant - The Squaxin Island Vocational Rehabilitation (VR) program has changed procedures in order to assist eligible participants during the Covid-19 pandemic and will continue to work with individuals interested in the Squaxin VR program.

The VR program can assist eligible participants seeking employment and other qualifying opportunities.

During this second wave of the COVID-19 pandemic, the VR program will continue to follow guidelines provided by Directors, Tribal Administration and the Washington State Department of Health.

VR will assist in the application and intake process via phone call and email. Intake procedures may take place virtually. Telehealth services can also take place virtually with providers such as Outpatient and Behavioral Health Counselors.

Please provide an accurate email address to provide necessary documents. During this uncertain phase of the pandemic, Squaxin VR program can help eligible participants with a "resiliency bag" which will provide materials such as masks, gloves, hand sanitizer, herbal tea, sage, and sweet grass mist for COVID-19 relief.

### What is Vocational Rehabilitation?

Vocational Rehabilitation provides culturally appropriate services to Native Americans with disabilities who have a functional limitation and need assistance obtaining, maintaining, or regaining employment.

### Who can VR help?

VR can help any person who is old enough for employment and:

- Has a documented physical or mental disability; and
- The disability results in a substantial barrier to employment; and
- There is a need for VR services so that he/she can prepare for, engage in, or retain gainful employment; and
- Is an enrolled member of a federally recognized tribe; and
- Resides in the tribal service area.

*For more information, please call:*

Will Marchant, VR Counselor, at (360) 280-8375

## Thank **YOU!** for wearing your mask!

- Squaxin Island Tribal Council



## GET YOUR TAXES DONE FOR FREE

### SQUAXIN ISLAND

### TAX SITE

(Basic returns)

February 8, 2021—

April 9, 2021

By appointment only

Contact Lisa Peters to schedule an appointment 360-432-3871

#### WHAT YOU NEED:

- Proof of identification (photo ID)
- Social Security cards for you, your spouse and dependents, ITIN
- Birth dates for you, your spouse and dependents on the tax return
- Wage and earning statements (Form W-2, W-2G, 1099-R, 1099-Misc) from all employers
- Interest and dividend statements from banks (Forms 1099)
- A copy of last year's federal and state returns, if available
- To file taxes electronically on a married filing-joint tax return, both spouses must be present to sign the required forms
- Total paid for daycare provider and the daycare provider's tax identifying number such as their Social Security number or business Employer Identification Number
- Forms 1095-A, B and C, Health Coverage Statements
- Copies of income transcripts from IRS and state, if applicable
- Proof of bank account routing and account numbers for direct deposit such as a blank check



IRS Certified Volunteers Providing  
**FREE TAX PREPARATION**

Sponsored by Squaxin Island Tribe—Office of Housing



## If You Lived Like a Dog

From Gus, the Doggie Guy



### What would humans learn if dogs were teachers?

- When loved ones come home, always run to greet them.
- Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- Take naps
- Run, romp, and play daily.
- Avoid biting when a simple growl will do.
- On warm days, stop to lie on your back on the grass.
- On hot days, drink lots of water and lie under a shady tree.
- No matter how often you're scolded, don't pout. Run right back and make friends.
- Delight in the simple joy of a long walk.
- Be loyal. Never pretend to be something you're not.
- When someone is having a bad day, sit close by, nuzzle gently.
- When you're happy, dance around and wag your entire body.







## On a New Journey



### **Sally "Sis" Brownfield** **Child Development Center** **Director**

Most people at Squaxin and some at Skok and beyond just call me Sis. I was named after my mother Sally (Brown) Selvidge. I also carry the name of my great-great grandmother, Saspolitsa, that was given for me to carry on by my mother and uncle, Bill Brown. My parents were Kenny and Sally Selvidge. Kamilche Point has always been my family's home (The Brown's). I was married to Mike Brownfield for 37 years, and he passed in 2005. I have two sons; Toby passed in 2010 and Jess lives at Kamilche Point.

As of October 1, I accepted the Director position at the Child Development Center (CDC). Within the past year the CDC has experienced multiple leadership changes. My hope is to help the program find its footing, so we can continue to provide high quality services to the children, families, and community we serve.

Previously, I was the Education Advocate for the Tribe supporting a number of education initiatives from the tribal to national level and at all levels of learning. My focus now will be prenatal through the early grades in school. I will continue my involvement in and advocacy for early learning at the tribal, local state and national levels. I have my Masters

in Education, was a classroom teacher for 20 years, taught children's literature in the school of education at WSU, and worked with all tribal schools in the northwest on school improvement through a BIA program at the University of Idaho. I also worked at the Office of the Superintendent of Public Instruction (OPSI) in the Center of Improvement of Student Learning before coming back to Squaxin in 2009. I bring many years of experience, knowledge, passion, and determination to the team at SICDC.

I currently serve on the Shelton School Board, Office of Superintendent of Public Instruction Native Advisory Committee, the Indian Policy on Early Learning Committee for the Washington State Department of Children Youth and Families (Chair), Tribal Leaders Congress on Education Executive Team, Tribal Education Department National Assembly Board, and others. In other words, I am doing whatever I can to get or keep a voice at the table to support education for Native children and, specifically, the Squaxin Island community.

As the Education Advocate, Tribal Council directed me to seek funding for early learning. I conducted surveys to find out what the community needs and wants were and from that I pushed for applying for Head Start funding. We were successful in securing an Early Head Start five-year grant in 2019. It serves qualified pregnant moms and children through age three. The application also included a request for building funds which were granted. Some of this work was delayed, but is now taking shape.

In the past three years, the team at the CDC has received an Early Head Start (EHS) grant, created a partnership with Educational School District 113 for an Early Child Education Assistant Program (ECEAP) grant, and started an Outdoor Preschool class. This has increased funding for families and increased the supports and resources the CDC can provide families.

With additional funds and grants also comes additional requirements and work. While high quality direct services continued to be delivered by the CDC, the work related to additional funds and grants was at a standstill.

Since I stepped into my position, the CDC has replaced the roof and sewer lines, the ground is being prepped for new playground equipment, budgets have been modified to reflect the needs of the program, classrooms are getting needed repairs, large equipment upgrades have been purchased, and database systems have been upgraded to support the CDC's work with children and families.

While COVID has brought many challenges and the team at the CDC misses daily interactions

with the children and families they serve, it has also opened up many opportunities. When we are able to open the doors again for direct services, we will have addressed facility and equipment issues, provided needed trainings, and we will have solid foundations to build upon. I am so excited about all the possibilities for our children and families through the CDC and look forward to working together to make the vision of a more culturally rich learning environment become a reality.

## Center updates

We have decided to continue with health screenings, but we have changed the way we will be doing things. If your child is enrolled in the center, we offer health screenings done by us, or accept up-to-date well child exams from your child's doctor that include the same information we are asked to collect.

If your child has not come in for their health screening, please contact Savannah (sfenton@squaxincdc.org) to set up a time and date to get this done.

If your child is in our EHS or ECEAP program we are required to get this information. If you do not feel comfortable coming to the center in these times, please email Sabrina (Sgreen@squaxincdc.org) or Savannah for an alternative option.

For our kiddos ages birth to three, we currently offer height, weight, and vision screenings. For our preschool children, we offer height, weight, vision, and hearing screenings.

We currently have openings in our Early Head Start (EHS), and Early Childhood Education and Assistance (ECEAP) programs.

EHS serves children that are prenatal through age three, and ECEAP serves children who are three years of age by August 31st of the current year up to five years of age.

These programs are both being offered remotely until we re-open.

If you are already enrolled in the center and have not been contacted about EHS or ECEAP, please email Savannah so we can see if you qualify!

If your child is not enrolled in the center, your have been told your child is on the waiting list, or are an expecting mother, and are interested in seeing if your child will qualify, please reach out to Savannah via email (sfenton@squaxincdc.org).

The difference between these two programs and our regular center program is EHS and ECEAP provide funding for your child and provide us additional access to resources and support for our families and the community.





## Did you Know?

**1.** Our walking trail is still available for families to utilize! If you choose to utilize our trail, we ask that you respect the nature we have, as well as the outdoor classroom materials and shelters that have been created. Down our trail you will find a bridge that leads you deeper into the woods. This bridge can be slippery, so watch your step! Past the bridge you will find multiple play areas created by the outdoor preschool using nothing but the fallen nature around them. This trail takes you to separate points along Skookum Creek. On some days you may find salmon, eagles, beavers, otters and even a heron! Can you find the tree the beaver has chewed on? We have created a Winter Scavenger Hunt that can be found on our Facebook page and on the message center of the bulletin board placed at the head of the trail.



**2.** During conference and home visit months we are willing to come to you! If you are unable to stop by the center, we have the ability to meet you somewhere that is convenient for you and your family. This may be your home, your workplace, or a park, etc. We offer this anytime we ask you to meet with us or for something simple, like material pick up or signing papers. With the COVID-19 pandemic, we will be practicing social distancing and following all CDC guidelines.







## Breakfast with Santa!

This year the Child Development Center's Annual Breakfast with Santa looked a bit different; however, it was still full of holiday laughter and cheer! The elves (teachers) at the center spent the last few weeks planning and prepping for a COVID safe breakfast with Santa. We couldn't watch another annual event pass by without finding a way to safely see the smiles of the kiddos, family, and community we serve.

Thank you to all the families who ventured out Saturday morning to see Santa and receive take-home holiday activities, a sack breakfast, candy canes, and cocoa. Seeing your smiling faces made our hearts happy! Huge thank you to our Santa (Redwolf Krise) who took the time to listen to each child's Christmas wishes and made sure to tell them all he loved them. As the teachers and leadership passed out breakfast, the children were saying, "Did you hear that Santa said he loved me!" During these unknown times the simplest things can bring happiness and joy!



BACK: Sabrina Green, Savannah Fenton, Angelina Saunders, Gail Nordeen, Shannon Skillman-Anderson (Snow Lady), Vicki Harding  
MIDDLE: Heidi Bonn, Maryssa Ank, Jackie Davis, Kelly Aho, Felisity Brush  
FRONT: Sally Brownfield, Redwolf Krise (Santa), Tianna Oien-Hall (Santa's Elf)





# CHILD DEVELOPMENT CENTER







## Child Development Center Construction

In December our new roof was completed! The workers worked hard to get this done as soon as possible and help us check one more thing off our lists of to do's. Our next project is to complete classroom repairs as well as the groundwork needed for playground installation. We are hoping to have these both completed as soon as possible so we can start the installation of our new playgrounds and welcome our families back to the center.



### SQUAXIN ISLAND PARKS & REC

#### Squaxin Pool is OPENING

January 13th for  
Family Swim &  
Elder Aerobics

#### Family Swim Hours:

Wednesday-Saturday: 1:30-6:30pm  
Sunday: 12:00-7pm

#### Elder Aerobics:

Wednesday, Friday & Sunday  
10:00am-11:30am

Five person capacity for Aerobics

Pool is only open to  
Squaxin Island Tribal Residents.

Call 360-432-3852 or email [pool@squaxin.us](mailto:pool@squaxin.us)

To Reserve your time slot!

\*Locker Rooms will be unavailable

Restrooms will be open!

## New Year's Resolutions!

Me in 2019:



Best Memory in  
2019



#1 Goal of 2020

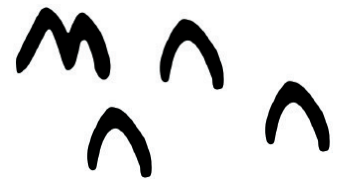
I would like to learn:



One way I'll be healthier:



A new food I want to try:



We are off to a New Year! We hope you all have a safe and holiday season! We included a New Year's Resolution worksheet for the youth to complete!

Just a reminder – we offer a breakfast and lunch Monday - Friday to families who live on the reservation and in the Kamilche Valley. Our food program is for any youth ages 1-18. If your youth is attending school and receiving meals from their school, they would not be eligible to receive our meal too. If you have any questions about the food program, please reach out to Jerilynn at 360-432-3992.

If you have not already like us on Facebook, please like Squaxin Island Parks and Recreation.





## Outdated sewage treatment is suffocating fish in Puget Sound

*Continued from Page 1*

everywhere — the seventh most abundant element in the Milky Way, scientists estimate.

But here on Earth, where nitrogen makes up about three-quarters of the atmosphere, its natural cycles have been profoundly disrupted by human activities.

Nitrogen has always been present in human and animal waste. Most wastewater treatment plants in Washington don't filter it out. So the plants inadvertently concentrate nitrogen, which is then dumped into waterways, including Puget Sound. Before modern sewage treatment, these nutrients traditionally would have been naturally spread on the land, where they more often could be absorbed into soils.

Today the Puget Sound region's 80 sewage treatment plants dump about 26 million pounds of nitrogen into the sound each year, according to the Ecology Department. Those numbers will continue to grow as more people move to the region.

That's a problem because nitrogen is a "nutrient" that makes plants, including algae, grow. In overabundance, nitrogen feeds harmful algal blooms that can close beaches to swimming and clamming, and sicken people and wildlife that eat contaminated shellfish. Excess nutrients are also linked to loss of eelgrass meadows that shelter fish and crabs.

Expansive *Noctiluca* blooms like the ones Goodwin sees in Holmes Harbor have been observed more often in recent decades, according to Christopher Krembs, the Department of Ecology's lead oceanographer. During monthly monitoring flights over Puget Sound, Krembs in recent years has photographed the orange streaks stretching as far as the eye can see.

"We're talking about organisms that are less than a millimeter, like the size of a hair... and yet you see them on a massive scale that you can even pick it up from a satellite," he said. "It's mind boggling."

While *Noctiluca* isn't harmful to people, too much of it and other types of phytoplankton that thrive on excess nitrogen can disrupt the food web, Krembs explained. Packed with ammonia, *Noctiluca* is unappealing fare for other creatures, yet it can overrun more nutritious, fat-filled species of algae. Similarly, jellyfish consume tiny fish, yet few creatures eat the jellies themselves. "They cannibalize the food chain," said Krembs, reducing the amount of calories available to other marine life, including salmon and orcas, which are endangered in part because of insufficient food.

When all that algae die and break down, they

cause other problems. It contributes to marine waters growing more acidic, which in turn harms oysters, barnacles, plankton and other species that both people and wildlife rely on for food.

As the algae decompose, they also suck up oxygen from the water, leaving less for other marine creatures. Levels of dissolved oxygen in these "dead zones" can fall so low that fish and other marine life suffocate, sometimes leading to massive fish kills.

The Clean Water Act sets standards for the amount of dissolved oxygen that must be found in marine waters. Rising temperatures resulting from climate change are expected to further drive down oxygen levels.

While some Puget Sound inlets have naturally low oxygen levels, excess nutrients from sewage are making the problem much worse. Much of Puget Sound at times suffers from low oxygen. In some recent years, inlets in the south sound and Whidbey Basin have had dangerously low oxygen for more than half of the year.

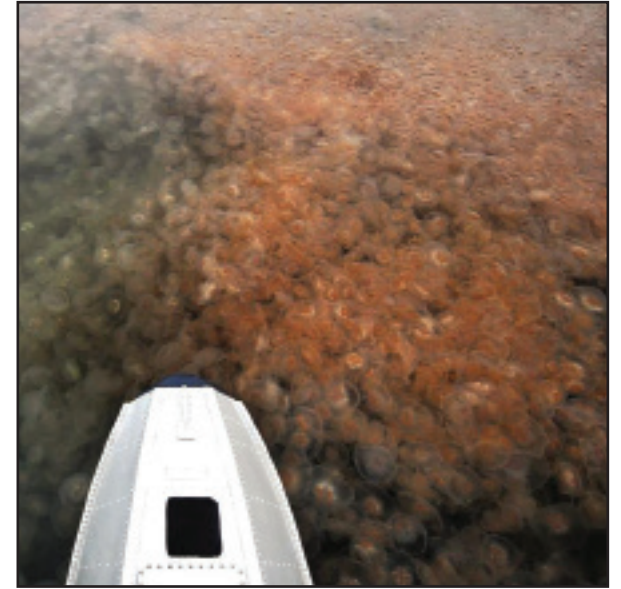
The Clean Water Act requires states to develop cleanup plans to address these "impaired" waters, a move that Washington has so far resisted. Now, after nearly two decades of studying the link between low oxygen and wastewater in Puget Sound, Washington is poised to require wastewater treatment plants to significantly cut the amount of nitrogen they release. But it won't happen quickly. The Department of Ecology is giving itself until 2040 to meet Clean Water Act standards for oxygen levels in Puget Sound.

If all wastewater plants limited their nitrogen output from April through October, the area of Puget Sound experiencing low oxygen could be cut roughly in half. That's according to a sophisticated computer simulation called the Salish Sea Model that Ecology has developed with the Pacific Northwest National Laboratory and the U.S. Environmental Protection Agency.

To meet water quality standards, the state also must tackle the smaller volume of nutrients from farm runoff, leaky septic systems and other human activities near rivers and streams that flow into Puget Sound, the model found. Ecology is developing a plan, due in 2022, that will spell out how much nitrogen must be cut from all sources.

In the meantime, Ecology has launched a process to eventually reduce nitrogen from sewage treatment plants.

In early 2020 the agency announced that, for the first time, about 70 municipal wastewater treat-



*Massive smacks of moon jellyfish are seen below a floatplane pontoon in the Puget Sound. (WA State Department of Ecology)*

ment plants it regulates will be required to curb the amount of nitrogen they release into the sound. Currently, only one — the LOTT plant serving Lacey, Olympia, Tumwater and surrounding Thurston County — must limit its nitrogen output.

In early November, an advisory committee representing state and federal agencies, wastewater utilities, environmental groups and tribes presented Ecology with recommendations for actions that treatment plants should take. By mid-2021, Ecology plans to incorporate those recommendations into rules that govern wastewater plants discharging treated sewage into the sound.

The main goal for the first five years after the rules take effect is to not make the problem worse. Plants will be required only to "cap" the amount of nitrogen they release at current levels.

That's against the law, argued Bell, the executive director of Northwest Environmental Advocates, the group suing the state. The Clean Water Act prohibits Ecology from permitting wastewater plants to contribute to worsening water quality, she said.

Some wastewater plant representatives on the advisory committee objected to capping their nitrogen discharges right away, saying it could prevent cities from growing, because more people means more sewage. That was one reason five of the eight plants represented rejected the committee's recommendations to Ecology.

*Continued on Page 17*





## New Employee



**Clayton Bethea**  
**Police Officer**

Hi am Clayton Bethea. I am the grandson of Lila Jacobs and the son of Laurinda Thomas.

I have come here from Oklahoma where I was Chief of Police. Prior to that, I was a law enforcement officer in the state of South Carolina for four years where I worked in a local jail that also housed federal inmates.

My hope is to bring my experience in community policing and a family-oriented approach to enforcing laws and protecting our families and community. I have a wife (Katie) and two sons here and three other wonderful children who live in South Carolina.

Please, if I'm out and about, stop me. I love to communicate with the public, and if I see you out and about I will probably stop and talk. Have a great day everyone and hope to meet all you very soon.



## Managing Diabetes: It's Not Easy, but It's Worth It!

Submitted by Patty Suskin, Diabetes Coordinator - Congratulations to the following people for taking care of their diabetes in 2019 (Yes, 2019- it took us a while to connect with everyone!):

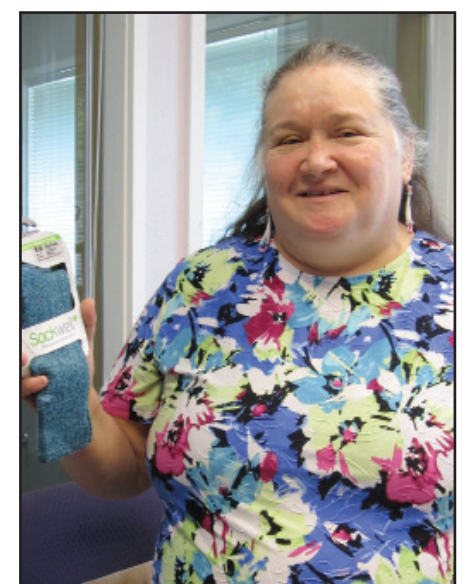
John Krise, Sr.  
Meloney Hause  
Traci Lopeman  
10 other community members!

To receive the socks, they completed all the 2019 tests and exams recommended by IHS to stay healthy with diabetes.

This is a lot of work! It includes an annual dental exam, foot exam, eye exam, diabetes education, blood work and much more!

As a reward, they were each given a pair of comfortable, moisture-wicking socks.

Keep up the good diabetes management!



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



**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, January 12**  
**We are continuing**  
**remote phone appointments**  
**at least through Feb 2021 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.







## The Coronavirus Vaccine: Shall We Herd Together or Herd Like Cats?

By Kyle Ferguson, PhD (Clinical Psychologist) at the Clinic - If you have been keeping up with the news on the pandemic, surely you would have heard (forgive the pun) the term “herd immunity.” “Herd immunity” – sometimes called “population immunity” or “community immunity” – occurs when a high percentage of a population has sufficient antibodies or immunity to beat back the spread of a disease. Viruses like the novel coronavirus require a high number of susceptible individuals who are not immune for it to spread – for so-called human-to-human transmission.

A volleyball analogy helps illustrate this notion of human-to-human transmission nicely. If enough players are removed from play, the game abruptly ends because there is not enough players to keep the ball in play – to bump, volley, or spike the ball. Players are either stretched too thinly across the court to make a play or there aren’t any. The human-to-human transmission for the ball comes to a screeching halt or, rather, dull “thud.”

Herd immunity can occur in one of two ways. It can occur (1) naturally. If we let nature do her thing, a sizable number of people in a given population must get infected for enough people to develop necessary antibodies. For highly infectious viruses like measles, for instance, disease experts estimate that as many as 93% to 95% of people must have immunity for a population to achieve herd immunity; for the human-to-human chain of transmission of the measles virus to be broken. Fortunately, population estimates for achieving herd immunity with the novel coronavirus is quite a bit lower.

Disease experts estimate that herd immunity for the novel coronavirus is achieved when somewhere between 60% and 70% of the population gets infected or otherwise develops the necessary antibodies. Antibodies, incidentally, are “search-and-destroy” proteins that your body mobilizes in response to foreign invaders like viruses, bacteria, parasites, etc. How disease experts calculate these figures is beyond the scope of the present article. For interested readers, please Google “basic reproduction number” or “R0” (R-zero) + “coronavirus.”

The ideal situation, however, is for us to develop a (2) vaccine. Vaccines do the work of Mother Nature as humanely and painlessly as possible. Vaccines stimulate our immune system by introducing it to weakened or inactive elements of an organism that trigger an immune response. The measles vaccine [i.e., the MMR vaccine – a vaccine “cocktail” for measles, mumps, and rubella (“German measles”)] – is highly effective and quite safe. Two doses of MMR vaccine are about 97% effective at preventing measles. A single dose is about 93% effective.

### 1918 Pandemic (H1N1 Virus)

The current pandemic often gets compared to the flu pandemic of 1918 (aka “Spanish flu”). In 1918, once the influenza virus got out of the box so to speak, it took decades before scientists developed an effective vaccine. Until the vaccine was developed, it was estimated that 50 million people, or roughly 2.7% of the world’s population died. Similarly, disease experts estimate that – without a vaccine – the coronavirus would claim about that many (i.e., 2.7%) or, potentially, more souls before the virus runs its course.

The photo on the left was taken in California in 1918. As you can plainly see, they are wearing masks. As they were then and still are masks are the best “technology” available at managing airborne respiratory illnesses like the novel coronavirus. Similarly, mask mandates then as they are now are not about one’s individual rights. Mask mandates are about public health. Plain and simple. There is no “I” in pandemic (wait, what?...well you get the point!). For fear of sounding like a wet blanket,



even if we get vaccinated, we should still mask up to remind others who might not be vaccinated to wear theirs.

### We’re Close to Having Vaccines Widely Available!

Fortunately, due to enormous efforts of countless scientists all over the world working around the clock, we don’t have to rely on achieving herd immunity for much longer. Out of over 100 vaccine trials thus far, two recently emerged from the pack. Remarkably, preliminary results suggest that these two – and there are more to come – are well over 90% effective. In other words, the vaccines will stop at least 90% of vaccinated individuals from getting symptomatic COVID-19 (i.e., the disease caused by the coronavirus). What incredible news! This must set some world record for fastest vaccine development, as vaccine development is generally in the order of years not months. Moreover, not too long ago, disease experts were hoping for efficacy somewhere in the 50%-60% range. If these estimates are indeed accurate as the companies maintain, developers have truly hit that infinitesimally small spiny corona ball out of the park!

### But Caution Is in Order...

So far, what companies have reported on are the percentage of vaccinated individuals who get symptomatic COVID-19. What we also want to know is to what extent these vaccines (or any vaccine coming down the pike) reduce severe disease and death. Also, how long does immunity last after an individual is vaccinated? Three months? A year? The rest of her life? Obviously, only time will tell.

These companies also need to be transparent about any adverse effects experienced by trial participants for them to gain public trust. Right now, public trust is in the tank. At the time of this little article, about a third of the country is not willing to take the vaccine. If we assume the vaccines are as effective as the preliminary trials suggest, what good will they do if huge numbers refuse to take it? There will still be outbreaks in parts of the country. And, as the saying by disease experts goes: If a viral outbreak occurs somewhere, an outbreak can occur anywhere if enough people are not immune.

Sadly, there also has been considerable political meddling that further erodes public trust. The mingling of politics and science is almost never a good idea, unless science is in a position to inform public policy; not the other way around. Don’t get me started on what happened to the Centers for Disease Control (CDC).

Another outstanding question about vaccines is whether the trials have run long enough to better ensure long-term safety? What good is a vaccine if it prevents acute illness though might still lead to chronic illness in the long run? That number of individuals who might develop long-term issues will likely be very low but, as a society, we should still be informed about this so we can make informed decisions about whether to get vaccinated or not; whether to cast the dice and take a chance of a negative long-term outcome, no matter how remote.

With these words of caution in mind, this is truly cause to celebrate. A coronavirus vaccine holds much promise in preventing tens of thousands, potentially millions of unnecessary deaths and needless suffering. An effective vaccine will allow us to open up the country again so that we can all recover from the financial devastation of COVID-19 disease.

Most importantly, vaccines give us hope. They are candles in the darkness. We are much closer to the end than the beginning of this pandemic nightmare. We’re almost there.

A community that herds together, not only stays together, but thrives together! Until that day arrives when vaccines touch our shores, please continue to wear a mask, social distance, and wash your hands.





## Don't Delay, Get Your Flu Shot Today!

### Getting your flu shot is more important than ever!

With everyone worried about Covid 19, it is easy to forget about getting your annual flu vaccine. ***But this year, it is more important than ever!***

Why is it more important this year? Because Covid 19 has made taking care of yourself even more important. By getting your flu shot, you will not only protect yourself and your loved ones, you will help to reduce the burden on tribal hospitals and healthcare systems already struggling with the pandemic and the recent rise in cases. Studies have shown that getting a flu vaccine can reduce hospitalizations by about 40% for adults, children, and pregnant women!

***The best way to prevent the flu is to get vaccinated,*** but some of the things you are already doing to help prevent the spread of Covid 19, like wearing a mask, washing your hands often, and covering any coughs, can also help stop the spread of flu germs.



### How do I know the flu vaccine is safe?

Flu vaccines have been safely and successfully used for over 50 years on hundreds of millions Americans! Extensive research supports the safety of seasonal flu vaccines. Each year, the Centers for Disease Control and Prevention (CDC) works with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines.

A lot of people are concerned about the safety of vaccines right now. Routine childhood vaccinations and annual flu vaccines are safe and effective. If you have questions, please talk to your doctor. They can answer your questions, and give you the information you need to make a good decision for you and your family.

## The flu shot saves lives. Get yours today!

### Who should get the flu vaccine?

Everyone 6 months and older should get a flu vaccine every year. Flu vaccines can reduce flu symptoms, visits to the doctor, hospitalizations, and are life-saving. While everyone should get a flu vaccine, for some people it is even more important because they have a higher chance of getting very sick from the flu. These people include elders, pregnant women, young children, and people with underlying health conditions, like diabetes or asthma.

For pregnant women, a flu vaccine not only protects them, it also protects their unborn baby and newborn until several months after birth, until the baby can be vaccinated. Pregnant women can get the vaccine any time during their pregnancy.

### Can flu vaccines give me the flu or make me sick?

No, flu vaccines cannot cause the flu. They are made from very weak or inactivated flu strains that are designed to help you build antibodies to fight the flu.

Some common side effects, like body aches, a sore throat, or a cough, may result from getting the flu vaccine but these won't last long. And, these reactions are much less severe than actually getting sick with the flu, which can cause severe illness, hospitalizations, and even death.

### When is the flu season in the United States? When should I get my vaccine?

In the United States, the flu season occurs primarily in the fall and winter, peaking between December and February. But it can start as early as October and last as late as May. It takes about two weeks for the vaccine to be effective, so getting your flu vaccine in October or November is important. The vaccine will protect you for the whole flu season. And, it is important to get a flu vaccine every year, because flu viruses keep changing and, if needed, new vaccines are developed each year.

### Where can I get the flu vaccine?

There are many places to get your vaccine! Tribal health clinics, doctors' offices, pharmacies, and urgent care clinics are just some of the places it is available. And, make sure to contact your tribal health department to see if they will be sponsoring any flu shot events.



## Don't Delay Your Child's Vaccines

**Don't let Covid-19 prevent you from calling your clinic about your child's vaccines.**

***It could be the most important call you make today.***  
**(360) 427-9006**







## Is 2021 Your Year to Improve Your Health? *Disease Prevention Begins with Consistently Eating Better and Being Active*

Source: <https://www.iabhp.com/ditch-the-diet-for-a-healthier-you/>

### Start Simple, Keep it Simple

Change one small thing and then another. Focus on habits you can control. For example, you can commit to eating more fruits and less sugar. You can commit to eating green veggies at every meal and drinking less soda.

Start with something small that you know you can do. Make it so easy it almost seems silly. Then, once you've stayed consistent for a week or two, add something else. You'll build self-confidence and a habit of consistency. As you stay committed to the small things, your capacity for the bigger things will come.

### Don't Diet

By dieting, we mean any form of diet or eating habits that you use to achieve weight loss, with no intention of continuing to eat that way forever. Any diet that deprives you or drastically restricts your calories is a diet that will not work long term. You may reach your goal weight, but as soon as you return to normal eating habits, the weight will also return.

Those who achieve a healthy weight and are able to maintain it, eat normally. Everything in moderation with your main source of nutrition coming from lean meats, fruits, veggies, whole grains and dairy is the best way to fuel your body.

You will find yourself happiest and most fulfilled when no food is a "bad food" or "cheat food". It's all just food. Some options are healthier, yes, but you can eat some of everything.

### Move Your Body

Exercise doesn't have to be complicated. Find some activities you enjoy doing. Even a simple 10-minute walk or dancing to tunes twice a day may be more movement than you were doing before. It will make a difference when done consistently over time.

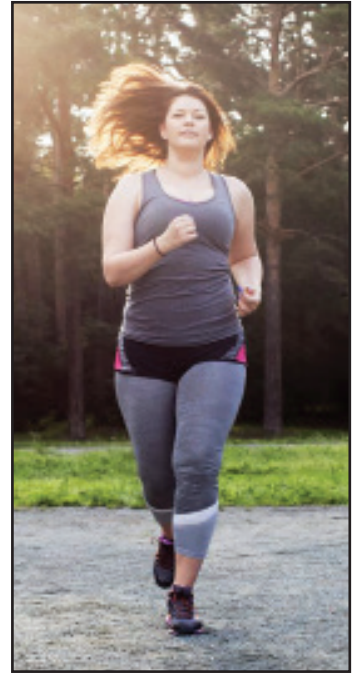
### Mindset is Everything

Make up your mind that there is no "goal weight" or size clothing or look that you must achieve. Decide to be healthy no matter what. Even if the scale never moves, even if you look the same, even if it seems like nothing is changing, you're going to stick with it. As soon as your healthy eating habits and exercise become just that – habits – the change will come. Maybe it won't be exactly the way you thought, but maybe it will be even better! Most of us give up without ever having been consistent enough to see the benefits of all our effort. This time, decide you'll keep going.

If you miss a few days or even a few weeks, don't throw in the towel! Press the reset button and get right back to it.

Disease prevention begins, first and foremost, with your eating plan and exercise. Achieve your healthy weight to look and feel great, of course. But ultimately, it's so much more than that. When you take care of your body, you lengthen your life span and your quality of life. You are well worth it.

Need help to get started? Contact Patty Suskin, Registered Dietitian Nutritionist at 360.432.3929 or [psuskin@squaxin.us](mailto:psuskin@squaxin.us)







## FEWER. SHORTER. SMALLER. SAFER.

### A Guide to Gathering



### Thoughts and Tips from a Mom who Breastfed 3 children

Q: Kayla, tell me more about breastfeeding all your children .

A: I chose to breastfeed because I know that it is the healthiest and the most natural thing I could do for my baby. I wanted to avoid formula with my last baby, and set a goal to make it to at least one year. I did a lot of research ahead of time on how to best prepare to return to work, best breast pumps etc., joined a breastfeeding support group, learned about hunger cues, and listened to my baby's hunger cues.



Kayla & Family



Q: What advice do you have for Moms planning to breastfeed?

A: 1. **It's very important for mamas to know that THEY ARE ENOUGH. You have enough breastmilk.** No need to start any formula. Babies only need very small amounts of colostrum / milk in the first few days of life. As long as your baby is having enough wet and poopy diapers and gaining weight, you are producing enough milk for him or her.

2. **Babies are meant to nurse and nurse frequently to get your milk supply in.** I think we are conditioned to think babies nurse only for food and should be eating every 2-3 hours, but that's just not the case. Babies nurse for comfort, thirst, hunger, pain, love and connect, when they're scared or nervous, growth spurts, and the list goes on and on. So if your baby nurses every hour, it doesn't mean that your baby isn't getting enough.

3. The best tip I have is to **keep offering the breast to baby**, every time my baby cried, I offered to nurse. I have a saying "when in doubt, breast out."

4. **Keeping myself fed and well hydrated helped me keep my supply maintained even with going back to work.** Make sure you are drinking plenty of water and have quick, easy, healthy snacks. Also, if you can, once you get the hang of nursing, you can nurse in a carrier which will be super helpful when you need to multitask.



**This institution is an equal opportunity provider.**

**Washington State WIC Nutrition Program doesn't discriminate.**



## Easy Italian Bean Soup

CAUTION: This recipe makes about 2 gallons.  
(Cut back the portions if you want a smaller amount)


1. Crumble & brown on medium high heat in a really big pot:
  - 2 -3 tablespoons oil
  - 1 pound turkey or chicken Italian sausage
2. Add & stir together:
  - Four to six cloves of crushed garlic
  - Two 14.5 oz cans of Italian stewed tomatoes
  - Two 15 oz cans of tomato sauce
  - One quart chicken broth (32 ounces)
  - One 10.75 oz can of tomato soup
  - Two cups of water
  - One head of cabbage sliced
3. Simmer for about 30 minutes, or until cabbage is cooked.
4. Drain and rinse and then add to soup:
  - Two 15 ounce cans of kidney beans
  - Two 15 ounce cans of white beans
5. Add & stir in:
  - One 12-16 ounce bag of frozen chopped spinach
  - One pound (16 ounces) of frozen vegetables of your choice
6. Cook on medium to low heat for about 15-20 minutes or until frozen vegetables are cooked.
7. Place in individual bowls.
8. Add Parmesan cheese to each bowl if desired.





Elders Menu . . . Fruit and salad at every meal

<b>MONDAY 4:</b> Sausage Pasta Bake w/ Broccoli	<b>TUESDAY 5:</b> Taco Soup, Tortillas	<b>WEDNESDAY 6:</b> Chalupas	<b>THURSDAY 7:</b> Chicken Quarters, Roasted Red Potatoes, Carrots
<b>MONDAY 11:</b> Veggie Quiche	<b>TUESDAY 12:</b> Clam Chowder, Fry Bread	<b>WEDNESDAY 13:</b> Stroganoff, Brussel Sprouts	<b>THURSDAY 14:</b> Spam and Cabbage, Rice
<b>MONDAY 18:</b> Twice Baked Potato Casserole, Mixed Veggies	<b>TUESDAY 19:</b> Italian Sausage Potato Soup, Breadsticks	<b>WEDNESDAY 20:</b> Hamburgers, Macaroni Salad	<b>THURSDAY 21:</b> Shrimp Scampi, Asparagus
<b>MONDAY 25:</b> Tuna Casserole, Peas	<b>TUESDAY 26:</b> Baked Potato Soup, Turkey Sandwiches	<b>WEDNESDAY 27:</b> Biscuits and Gravy w/ Boiled Eggs	<b>THURSDAY 28:</b> Beef Fajitas, Black Beans



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

If it is an  
EMERGENCY  
CALL 911

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.



Outdated sewage treatment is suffocating fish in Puget Sound  
Continued from Page 1

Over the first five years, plants also must look for low-cost tweaks to their operations that could reduce their nitrogen loads, but it’s unclear how much they can achieve through such “optimization” measures. Wastewater treatment plants are “complicated beasts,” said Clarke, the Mukilteo wastewater commissioner. “You turn a dial, and they react in ways that are not necessarily predictable.”

Environmental groups represented on the advisory committee ultimately agreed to the recommendations. “We saw a way to thread the needle,” said Alyssa Barton, policy manager of the nonprofit Puget Soundkeeper Alliance. Plants will have to limit their nitrogen releases, she said, but they also have some time to raise money for upgrades.

The two sides couldn’t agree on a timeline for meeting new nitrogen limits. Environmentalists suggested that plants make necessary upgrades within 10 years, while utilities said it will likely take at least 15 years.

That timeline frustrates Bell, whose group was not on Ecology’s advisory council. After decades of delay, “Ecology is saying, ‘Let’s kick the can down the road,’” she said.

Some other states already have made significant progress in tackling nutrient pollution. On Long Island Sound, which also suffers from dead zones, Connecticut pushed treatment plants to cut their nitrogen output starting in the early 1990s. By 2013, plants there had slashed the amount of nitrogen they send into the sound by 69%.

Washington state law requires the use of “all known, available and reasonable methods” to prevent water pollution, but Ecology hasn’t updated sewage treatment standards for 33 years. Northwest Environmental Advocates is suing Ecology in state court to force the department to require modern sewage treatment methods that remove nutrients, as well as other pollutants, such as drugs that pass through people’s bodies.

Ecology said that it is instead moving ahead with its plan to set limits on plants’ nitrogen emissions based on what is needed to improve Puget Sound’s oxygen levels. Not all plants, Ecology argued, will need to install the most stringent nutrient technologies.

That doesn’t give Ecology a pass on updating sewage treatment standards, Bell said. “The law is not a matter of preference,” she said. “You don’t get to choose.” Northwest Environmental Advocates lost its initial suit but filed an appeal in May.





## January Happy Birthdays

1 Aaron Nathaniel Evans Jessica Kay Solano Nancy A. Moore	11 Anthony Joe Armas Cassidy J. Gott Emilie Rose Burgain Lolyta Jean Johns Natasha Page Bush Patricia Johnna Green Seilyah Emily Louise Smith	23 Keona Anahoi Rocero Linda Kay Jones
2 Fernando M. Rodriguez Patrick Allen Braese Sydney Marie Tuso Tory Lee Hagmann	13 Connie Renee Whitener Marvin Eugene Campbell Jr.	24 Jeremy Turner Sigo Miguel Jordan Saenz-Garcia Mini Maree Ali Gamber
3 Nohea S. K. Robinson-Black	14 Sheena Marie Lewis Glover	25 Adonis Micheal Bradley Debra Ann Brownfield Jace L. Merriman Margaret Catherine Henry Percina Erin Bradley
4 Aaron M. Raven Peters Elias Dade Coley Halia Marie Cooper-Lewis	15 Ashton Ryder Coble Jesse Raymond James Kayla Marie Scelopin Peters	26 Dakodah Delaney Vigil Jayda Evelyn Leigh Hawks Myeisha Marie Little Sun Nutella Natt Obi Robert Charles Lacefield
5 Christopher Wade Stewart Two Hawks Krise Young	16 Imalee Rose Tom Shelby V. Riley	27 Alohna J. Clark Amanda R. Salgado Cheryl Rae Melton Emily Ann Baxter Guy Tatum Cain
6 Lincoln L. Villanueva Moses Elijah Kruger Samantha Ackerman Sherry Lynn Haskett	17 Barbara Eileen Cleveland Charlotte Sky Bradley Tristan Isaiah Coley Whitney Amber Jones	28 Eva Alexandra Rodriguez Rebeckah Jeanette Ford
7 Charlene Holly Blueback Kaleb Darrell Krise Melissa Rose Dawn Whitener Zachery G. Clark	18 David Norman Dorland John A. Ackerman Lorna Lee Gouin	29 Sharleina E. Henry
8 Francis Arnold Cooper Jr. Melanie Evelyn Sequak Meloney R. Hause Patti Lee Riley Shila Mae BlueBack	19 Emily Ruth Whitener	30 Buck Gene Clark Jr.
9 Deanna Mary Hawks Emmalee Georgena James Janita Lee Raham Jazmin Victoria James	20 David Micheal Bear Lewis Jadha Ann James Leonard William Hawks III Santana Lee Krise	31 Brandon Lee Stewart Nikolai A. Cooper
10 Isaac J. Ackerman Samantha S. Armas Stephanie Michele Peters Tiffany A. Valderas	21 Jacob Wesley Campbell Traci Lynn Lopeman	
	22 Kahsai Tiefel Gamber Percy James Welcome Shawnell Lynn McFarlane	



## Happy New Year...

Jay Powell - As we close this year and begin anew, I'd like to raise my hands to our people for all we have been through during this struggle. It wasn't easy, and at times life may have seemed unfair, but together we made it. Together we made this past year as enjoyable as possible; we never got off track, and we made the most out of our every situation.

I raise my hands to all the little ones for their new journey of distant learning and accomplishing something new. I raise my hands to those who graduated and furthered their education. I raise my hands to all our tribal members who have kept us safe during this pandemic, those who provided guidance and warm thoughts and stability to those most in need.

I raise my hands and pray to the Creator that 2021 will shine brightly upon my Squaxin family and they'll find many reasons to smile.

And, most importantly, I raise my hands and honor those who have passed during this troubling time. May they follow the journey of our ancestors and truly know peace and feel the love of our people.

Stay strong my brothers and sisters...

Remember, tough times don't last, tough people do.

Huy!







## What's Happening

### Court:

FAMILY COURT: January 7 (through Zoom)  
CRIMINAL/CIVIL COURT: January 12  
(in person)

### WIC

January 12



## 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





*Kurt Poste installing railings*



*First set of four netpens completed of 16 total*



*Installing floats*



*Jackson Cruz*



*Delivered components*



*Jackson Cruz operating the forklift*



## 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