

Tribe Mourns Loss of Longtime Tribal Council Member Susan Henry



Susan "Sue" Faye (McFarlane) Henry, a longstanding member of the Squaxin Island Tribal Council, passed away on February 2, 2021 at the home of her daughter, Theresa Johns.

She served on Tribal Council for a total of nine years, from 1987 to 1988, from 1994 to 1999 and again in 2001.

Sue was born on the 11th of March 1950 to Theresa Faye Cooper and Walter John Henry.

She dedicated her life to her family and to the economic growth and development of the Squaxin Island tribe.

Sue served through the fight for tribal self-government and sovereignty, development of Little Creek Casino Resort, and shellfish litigation with the state of Washington.

She was a tireless warrior for Indian Country and paved the way for the Tribe to be what it is today through many years of dedication of leadership.

She was an avid harvester and protector of treaty rights, including clams, fish, sweet grass, and cat tail. She took after her mother and siblings as a master basket weaving goddess.

Sue was a voice for her people and always had her door open to anyone in need with a huge heart for being a provider and a warrior.

Sue had five children with Larry Douglas McFarlane Sr. Their first child, Theresa Ann, was born in 1969. Connie Rene, was born in 1972, Misti Dawn in 1974, Larry Douglas, Jr. in 1976, and Susan "Wicket" Colleen in 1985.

She was the matriarch of the Cooper clan, a wonderful grandmother and great-grandmother, sister, auntie, and cousin.

Sue was preceded in death by her parents, Theresa Cooper and Walter Henry; sisters, Barbara, Marlene, and Beverly; brothers, Edward, Junior, Leo, and Raymond; and uncle, Spike. Sue is survived by her brother, Marvin; her five children, Theresa, Connie, Misti, Larry and Susan; grandchildren, Shiloh Ann, Tiffany Faye, Michael Sheldon, Jr., Sophia Lynn, Monique Abigail, Anita Lynn, Ana Marie, Anthony Andrew, Edwin Gerald, Jacob Douglas, Jaime Charles, Claudia Jeanette, Brittany Faye, Adolfo Douglas, Shaiann Rene, Benito Bear, Raul Christian, Shawnell Lynn, Dominique Rosalee, Miguel Jordan, Justin Cruz, and Bianca Angelina; great-grandchildren, Aiden, Kailani Tatum. Armonie, Carlo and Millie; and numerous nieces, nephews, friends and family members.



*Mother and daughter master basket weavers
Theresa Nason and Sue Henry*

FARM

FRESH



★EGGS★

**Salish
Roots Farm**

(Garden)
Eggs for sale
\$5/dozen

Please call:
Shannon Cooper
+1 (360) 259-9666



**Squaxin Island Tribal Government will be
CLOSED March 8th
in Honor of Billy Frank, Jr. Day**



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:

KRIS PETERS: Chairman
CHARLENE KRISE: Vice Chairman
JEREMIE WALLS: Secretary
VICKI KRUGER: Treasurer
ANDY WHITENER: 1st Council Member
DAVE WHITENER: 2nd Council Member
VINCE HENRY: 3rd Council Member

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

PREPAREDNESS REMINDERS

From the Emergency Preparedness/CERT Core Team

Where Were You on February 28, 2001 at 10:54AM? That is when most of us experienced the Nisqually Earthquake measuring 6.8 on the Richter Scale. It was centered in the Puget Sound near the mouth of the Nisqually River and it was felt in many locations in western Washington. Fortunately, most of us in this area did not experience serious injury or damage, but many in neighboring counties did. Many businesses in Seattle had substantial damage. Many parents raced to get their children from the schools in the area. Schools closed immediately to access potential damage.

Hopefully you have talked with your family about what to do when an earthquake hits and considered how you and your household could be better prepared if and when this happens again. Advanced planning is critical! Here are some reminders...

Be Ready!

- Practice Drop, Cover, and Hold with family and coworkers. While the State of Washington always practices the Great Shake Out in mid-October, we can practice any time with family and friends.
- Secure heavy items in your home like bookcases, refrigerators, televisions, and objects that hang on walls. Store heavy and breakable objects on low shelves.
- Create a family emergency communications plan that includes an out-of-state contact. Plan where to meet if you get separated. Find out what your child's school/daycare emergency plan is.
- Roads may not be passable and supplies will diminish quickly. Make a supply kit that includes enough food and water for several days, a flashlight, a fire extinguisher, and a whistle. Consider each person's specific needs, including medications. Have extra batteries and charging devices for phones and other critical equipment. Do not forget the needs of your pets and service animals. Buy a little extra each time you go to the store.
- Consider obtaining an earthquake insurance policy. A standard homeowner's insurance policy does not cover earthquake damage.

Keep Yourself Safe After an Earthquake

If an earthquake has just happened, there can be serious hazards, such as damage to the building, leaking gas and water lines, or downed power lines.

- Expect aftershocks to follow the main shock of an earthquake.
- Check yourself to see if you are hurt and help others if you have training. Learn how to be the help until help arrives.
- If you are in a damaged building, go outside and quickly move away from the building. Do not enter damaged buildings.
- If you are trapped, protect your mouth, nose, and eyes from dust. Send a text, bang on a pipe or wall, or use a whistle instead of shouting to help rescuers locate you.
- If you are in an area that may experience tsunamis, go inland or to higher ground immediately after the shaking stops.
- Text messages may be more reliable than phone calls. Save phone calls for emergencies.
- Once you are safe, listen to local news reports for emergency information and instructions via battery operated radio, TV, social media, or from cell phone text alerts.
- Be careful during post-disaster cleanup of buildings and around debris. Do not attempt to remove heavy debris by yourself. Wear protective clothing, including a long-sleeved shirt, long pants, work gloves, and sturdy, thick-soled shoes during cleanup.
- Register on the American Red Cross "Safe and Well" website so people will know you are okay.

For information on
emergency preparedness,
email:
cert@squaxin.us





Covid-19 Cases and Tests On-Reservation Statistics

Current positive cases on reservation	0
Families in quarantine for close contact with a positive	0
Total tests administered at the Squaxin Island Health Clinic	810

The above information includes data from testing and contact tracing outreach on the Squaxin Island Reservation. All tests and results from individuals who live off-Reservation are reported to the appropriate county public health department.

During the contact tracing process, individuals who live on the Reservation and have tested positive are asked whether they had any contact with other community members living on the Reservation. If contact has occurred, the community member(s) are notified.

If a Tribal member tests outside the Squaxin Clinic and does not report, then those numbers are not reflected in this report.

Health Clinic Vaccinations Statistics

We prioritized groups with the intention of getting the vaccine out quickly and fairly to the populations who are at highest risk first. To do this, we looked at outbreak data, the exposure risk of different settings, and characteristics, such as age and underlying health conditions that put some people at higher risk for severe illness.

Based on the results of our community engagement efforts, we have moved to include all tribal members over the age of 18 and their spouses and employees of the Squaxin Island Tribe, Island Enterprises Inc., and Little Creek Casino Resort.

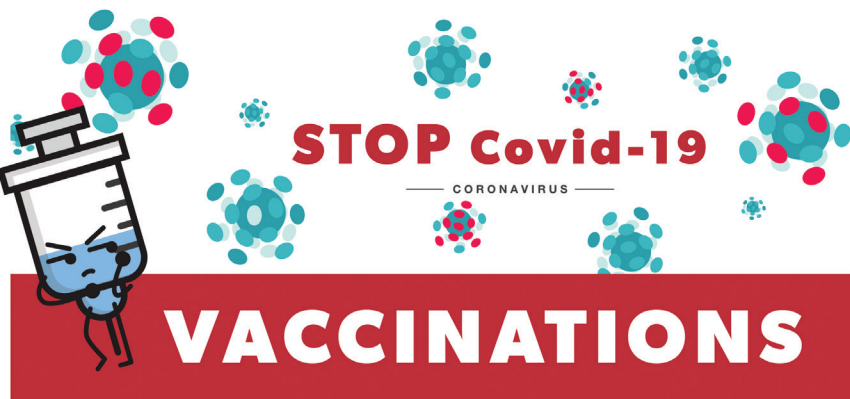
Number of first doses provided: 500

Number of second doses provided: 250



Report current as of February 19, 2021

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



Squaxin Island Tribal Members,

If you are interested in receiving the **COVID-19 vaccine**, please schedule an appointment. Call Jaclyn at (360) 432-3922.

Questions? Email: clinic@squaxin.us.

We look forward to serving you!!

PLEASE NOTE:

If we experience inclement winter weather, the health clinic may experience limited staffing. In the event Mason County receives snow and ice, please call to ensure your appointment has not been rescheduled due to extreme winter weather.



Food Program

As the youth are returning to school, we will need to have updated information from parents. Our food program is funded from the same source as the school food program. Youth can only receive one meal – either from our program or from the school. If you have not already done so, please contact Jerilynn and update how many meals you will need.

Family Swim Hours

Wednesday: 1:00pm-6:30pm

Thursday: 10:00am-6:30pm

Friday: 1:00pm-6:30pm

Saturday: 10:00am-6:30pm

Sunday: 1:00pm-6:30pm

Participants need to be families in the same household and be a reservation resident behind the checkpoint. Must contact Rafael the Lead Lifeguard to reserve a time.

Elders Aerobics

Wednesday 10:00am-11:30am

Friday 10:00am-11:30am

Sunday 10:00am-11:30am



The participant needs to be 55 years or older and a resident of the reservation behind the checkpoint

Please contact Rafael the Lead

Lifeguard to sign up

Email: pool@squaxin.us

Call: (360) 432-3852



SQUAXIN ISLAND PARKS & REC

Easter Drive Around

ON SATURDAY, MARCH 27

THE EASTER BUNNY AND THE STAFF WILL BE DRIVING AROUND THE RESERVATION TO DELIVER EASTER GOODIE BAGS TO THE YOUTH.

WE WILL START AT THE BEGINNING OF THE RESERVATION AT NOON. WE'LL MAKE OUR WAY AROUND THE NEIGHBORHOODS AND END AT THE APARTMENTS!

WE WILL BE PRACTICING SOCIAL DISTANCING WHILE DISTRIBUTING GOODIE BAGS.

Have any questions – contact Jerilynn at 360-432-3992





Office of Housing Planning Community Development

ATTENTION HOUSING APPLICANTS...



REMINDER - If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application. The updated application was mailed to the last known address that the Office of Housing has on file for you.

If you have recently moved or have a change of address, please call Lisa Peters at (360) 432-3871.

If applications are not updated by March 31, 2021, your name will be removed from the housing waiting list (per policy).



Housing Dropbox

The Office of Housing has installed a drop box outside the Tribal Center. This box is secure and confidential paperwork may be left there for the Office of Housing.

You may leave the following in the drop box:

- Income Verification
- Re-certification Packets
- Copy of Identification
- Housing Applications/Updates
- Squaxin Island Tax Site documents

This box is for OOH paperwork only. This is NOT a U.S. Mailbox.

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

Thank YOU for wearing your mask!

- Squaxin Island Tribal Council





Paying by credit card

More and more, cards are taking the place of cash in everyday transactions. Here are tips to help you adapt the conversation so that your preschooler, pre-teen, or teenager gains money skills from the conversation that can help them later.

Paying with a card is convenient, but it can be mysterious to your kids.

When children don't see you hand over cash, it's easy for them to misunderstand what you're getting and what you're paying. This is true for online purchases too.

Some topics may be sensitive for your family. Keep in mind that children absorb much more than the words you say—they're aware of your moods and attitudes too. Start a conversation when you sense it can be productive and comfortable.

For young children (ages 3-5)

For young children, conversations don't always need to be about dollars and cents—instead, you can help them build the self-control, planning, and problem-solving skills they'll need as adults. You can also try to work into the conversation other skills that your young child can work on, like practicing counting, waiting for what they want, thinking flexibly, and staying focused.

Thinking out loud

When you buy something with a card, try thinking out loud. You could say something like, "It's more convenient for me to use my credit card instead of paying in cash, so I'm giving the store my card. They tell the card company how much I'm spending, and later the card company sends me a bill and I pay that at the end of the month."

Practicing math

Help your child think about the math involved. If your child already understands money and counting, ask how you might pay the amount in cash instead—how many dollar bills, how many quarters, dimes, nickels, and pennies.

For school-age children to preteens (ages 6–12)

At this age, your child can build habits, values, and rules of thumb to support future financial well-being. You can try to work into the conversation other ideas that are appropriate for your preteen, like how to help them fit their experiences into the world around them, establish a system of values, resist peer pressure, and build automatic habits.



Borrowing


Explain that credit cards can be a convenient way people borrow money for the things they buy, and that the loan has to be repaid—with interest added if it's not all repaid right away.

Understanding advertisements

Discuss advertisements you see—in the mail, in stores, on television, or online—and any special offers. Think about how those special offers work and how you decide if you're interested or not.


For teenagers and young adults


You can try to work into the conversation ways your teenager can practice money skills, like doing their own research, comparison, and decision making.





BE PREPARED FOR A POWER OUTAGE


Extended power outages may impact the whole community and the economy.


 **FEMA**
FEMA P-2143/November 2020

**A power outage is when the electrical power goes out unexpectedly.**


**May disrupt communications, water, transportation**


**May close retail businesses, grocery stores, gas stations, ATMs, banks, and other services**


**Can cause food spoilage, water contamination**


**Can prevent use of medical devices**


PROTECT YOURSELF DURING A POWER OUTAGE


**Keep freezers and refrigerators closed.**


**Only use generators outdoors and away from windows.**

**Do not use a gas stove to heat your home.**

**Disconnect appliances and electronics to avoid damage from electrical surges.**

**Use alternate plans for refrigerating medicines or power-dependent medical devices.**

**If safe, go to an alternate location for heat or cooling.**

**Check on neighbors.**



Help teenagers practice managing credit cards responsibly by listing out all the possible costs of a card: fees, interest charges, penalties, and other costs. Then, list the benefits: tracking spending, convenience, security, rewards, and anything else that you consider important.

Spending and budgeting habits

Talk about how to stay in control of spending when you have credit cards. Maybe you have a rule of thumb like “pay cash for anything under \$20” or “never pay bills on a credit card.”

SOURCE: *Consumer Financial Protections Bureau*



HOW TO STAY SAFE WHEN A POWER OUTAGE THREATENS



Take an inventory now of the items you need that rely on electricity.

Talk to your medical provider about a power outage plan for medical devices powered by electricity and refrigerated medicines. Find out how long medication can be stored at higher temperatures and get specific guidance for any medications that are critical for life.

Plan for batteries and other alternatives to meet your needs when the power goes out.

Sign up for local alerts and warning systems. Monitor weather reports.

Install carbon monoxide detectors with battery backup in central locations on every level of your home.

Determine whether your home phone will work in a power outage and how long battery backup will last.

Review the supplies that are available in case of no power. Have flashlights with extra batteries for every household member. Have enough nonperishable food and water.

Use a thermometer in the refrigerator and freezer so that you can know the temperature when the power is restored.

Keep mobile phones and other electric equipment charged and gas tanks full.



Keep freezers and refrigerators closed. The refrigerator will keep food cold for **about four hours**. A full freezer will keep the temperature for **about 48 hours**. Use coolers with ice if necessary. Monitor temperatures with a thermometer.

Use food supplies that do not require refrigeration.

Avoid carbon monoxide poisoning. Generators, camp stoves, or charcoal grills should always be used outdoors and at least 20 feet away from windows. Never use a gas stovetop or oven to heat your home.

Check on your neighbors. Older adults and young children are especially vulnerable to extreme temperatures.

Go to a community location with power if heat or cold is extreme.

Turn off or disconnect appliances, equipment, or electronics. Power may return with momentary “surges” or “spikes” that can cause damage.



When in doubt, throw it out! Throw away any food that has been exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor, color, or texture.

If the power is out for more than a day, discard any medication that should be refrigerated, unless the drug's label says otherwise. If a life depends on the refrigerated drugs, consult a doctor or pharmacist and use medicine only until a new supply is available.

Take an Active Role in Your Safety

Go to **Ready.gov** and search for **power outage**. Download the **FEMA app** to get more information about preparing for a **power outage**.



Higher Education

If you are planning to attend spring quarter 2021, all paperwork is due no later than Friday, March 19th. Remember to send in your final grades for winter quarter, new class schedule for spring quarter, and your completed Memorandum of Commitment for the new quarter. I need all of this information for your Higher Education file by March 19th. I cannot process your paperwork for the college until your file has been updated. I hope everyone had a very successful quarter.

If you have any questions, I can be reached at my direct line or email. (360) 432-3882 mvalley@squaxin.us. Thank you. - Mandy

Tutor updates

Now that our children are back in school under the hybrid model, as the Squaxin Island tutor at Bordeaux Elementary, I want to assure you that we tutors will continue to support both our students who have returned to school and our students who have chosen to continue with online K12 schooling only.

Please let us know if you have any concerns for your children as they make adjustments to new teachers and new classroom protocols. To schedule tutoring, call Redwolf Krise at the TLC, or email me at lmay@squaxin.us.

On February 22nd, the first round of grades k, 1st, 5th, and 7th went back to in-person learning, hybrid model. On March 15th, the second round of grades 2nd, 3rd, 4th, 6th, and 8th will be going back to in-person learning. I will still be available for in-person tutoring in the afternoons. Call Redwolf to get on the schedule if your student is needing some help. Thank you. - Lynn White
Squaxin Island Tutor/Mentor LWhite@squaxin.us

Protect Your Animals

Winter is here. It is important to protect pets from the extreme temperatures.

Dogs and cats who spend time outdoors typically grow a heavier coat during the cold months. Other pets need that protection. A sweater for your cat or dog is a welcome addition to their walk outdoors.

Dog houses outside should be turned so the opening is away from the approaching wind and weather. In addition, it is important to add an extra blanket for additional warmth during the cold days and nights.

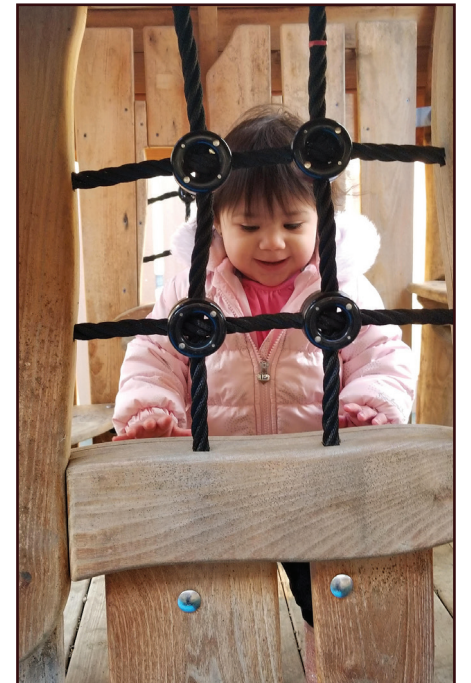
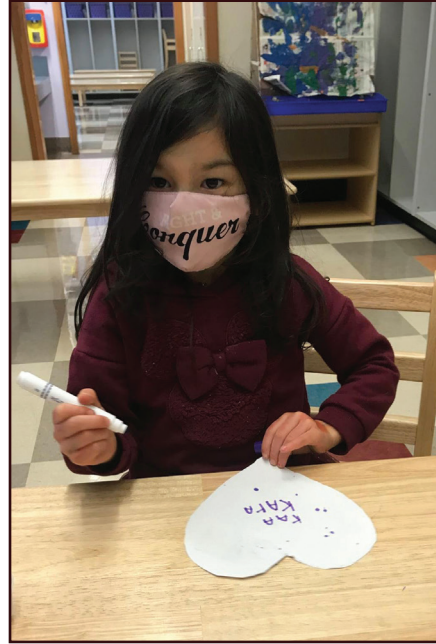
Thank You.
Gus



CHILD DEVELOPMENT CENTER



In the month of February the center started one hour, in-person one-on-one sessions with teachers. We are so happy that many families have taken advantage of this opportunity! In these sessions teachers are able to observe so much about the child. This allows us to accurately assess your child's development, and reestablish our relationships with your child and family. Parents have expressed greatly how excited they and their children are to be coming, even if it is only for an hour. If your child is enrolled in the center, and you are interested in one-on-one services, please reach out to your child's teacher, or call the center at (360) 426-1390.





CHILD DEVELOPMENT CENTER



February brought us a lot of happiness! Our new playgrounds are finished, and tested by your teachers! We had so much fun watching the installers and playing on the equipment. We are excited to bring kiddos outside during our one-on-one sessions! Our new playgrounds offer so many cool new things, including water elements and shelters. In the outdoor preschool (before the bridge), we installed an embankment slide, we encourage you to come down and try it out!





COMMUNITY



Happy Happy Happy Birthday Arnold Cooper!!!!



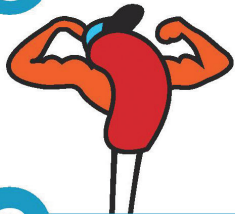
May your day be filled with lots of love and smiles!! - J You're appreciated!! Have a great birthday!!!



March is **National Kidney Month**

Get to know your hard working kidneys

6 WAYS KIDNEYS KEEP YOU HEALTHY



Regulate fluid levels

Activate Vitamin D for healthy bones

Filter wastes from the blood

Directs production of red blood cells

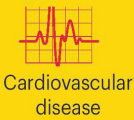
Regulate blood pressure

Keep blood minerals in balance

8 PROBLEMS KIDNEY DISEASE CAN CAUSE



Nerve damage



Cardiovascular disease



Weak bones



Heart attack



High blood pressure



Stroke



Kidney Failure



Anemia/ low red blood cell count

4 RISK FACTORS

Diabetes

High blood pressure

Family history

Age 60+

7 SYMPTOMS



Swelling: face, hands, abdomen, ankles, feet

Blood in urine
Foamy urine

Puffy eyes

Difficult, painful urination

Increased thirst

Fatigue

2 TESTS YOU CAN TAKE (BLOOD AND URINE)



Urine albumin-to-creatinine ratio estimates the amount of a type of protein, albumin, that you excrete in your urine.

Glomerular Filtration Rate (GFR) tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.



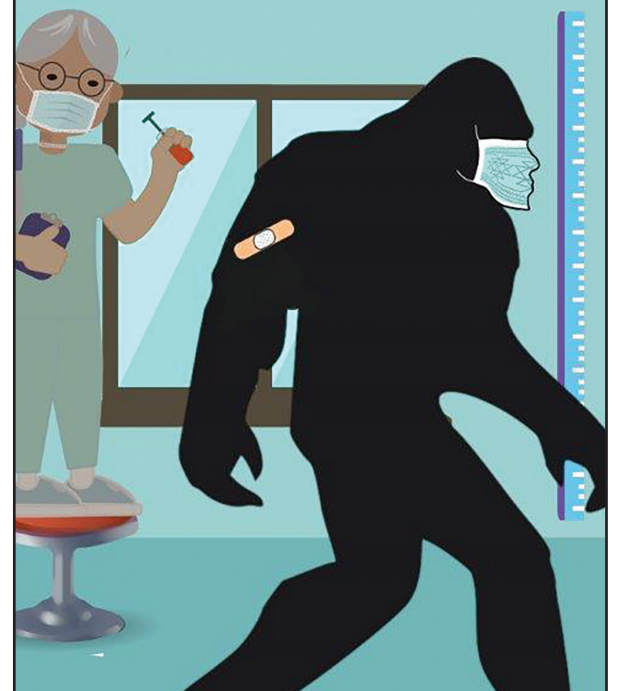
National Kidney Foundation®

Learn more at [kidney.org](https://www.kidney.org)



Chairman Kris Peters has received his Covid-19 Vaccination

STAY SAFE SAVE LIVES





For the Love of Books! *Why Reading to Your Baby, Toddler, and Child Matters*

By Kyle Ferguson, PhD (Clinical Psychologist) at the Clinic - Perhaps, you've heard about the 30 million word gap. In 1965, two child psychologists by the names of Betty Hart and Todd Risley conducted a landmark study. The study's aim was to identify how to improve the poor academic achievement of low-income children. Hart and Risley wanted to challenge the common belief at the time that children from low-income homes were not as smart as children from homes with good financial security.

They observed 42 families in homes with 1- and 2-year-olds. They met with individual families for about 1 hour per month over 2 ½ years. They assessed vocabulary growth at 36 months (by age 3) using standardized language assessment. What their study revealed was that 3-year-old children living in high-income homes knew about twice as many words as those children from low-income homes, and significantly more than children in middle-income homes. Incidentally, developmental studies have shown that verbal abilities (i.e., word skills) are a better predictor of school performance than non-verbal abilities (i.e., "non-word skills," like problem solving with puzzles, completing mazes, building Lego models, etc.), so differences such as these are not trivial.

What their study also revealed is that parents in high-income homes simply talked more with their children. Accordingly, children in those homes were exposed to about 487 words (382 of which were different) on average per hour while interacting with their children versus exposure to only 176 words (167 of which were different) on average in the low-income cohort. In other words, a child's vocabulary was not due to his or her intelligence. Rather, vocabulary was directly related to word exposure. All things being equal, more word exposure meant a larger vocabulary. Todd and Risley's seminal study has been replicated numerous times and has not been without controversy in light of its sensitive nature, which won't be taken up here given page restrictions.

Children Learn Language by Interacting with Older Children and Adults

From birth, baby brains are primed or built to seek out social partners around them. Craving social contact is innate (i.e., they are born with it), it is not something that's acquired. Babies learn language by way of interacting with other people. The language centers of babies' brains can only be "unlocked" by social interaction with another living, breathing and, obviously, speaking human being.

Studies show that babies do not learn language by passively watching the same people say the same things, using the same tone of voice, on a monitor. The "secret ingredient" or "secret sauce" in language acquisition, therefore, is "interaction." Social interaction is the figurative glue that permits words to stick to your baby's brain.

There Are Two Types of Language

There are two types of language. One type is called (1) expressive language. The writer is doing it now as he writes this little article. If you were standing within earshot, he might simply say the words out loud. Accordingly, expressive language can be written (e.g., handwritten, typed, texted with thumbs, etc.) or spoken. Sign language is another form of expressive language used by over 70 million hearing-impaired individuals the world over.

With neurotypical development – that is, normal brain development – babies begin talking at around one year of age. Mind you, a baby doesn't talk anything like older children, and surely not at all like adults but, at around 12 months, your baby should begin uttering at least a few simple words like "mama" or "dada."

A second type of language is (2) receptive language. You are doing it right now as you read these words. If you were standing next to the writer of this article while he spoke the words, this would also be considered receptive language if you were paying attention and spoke the same language. Receptive written language for visually-impaired individuals is Braille. So, receptive language is "taken" in through your eyes, ears, and touch.

Receptive vocabularies begin growing incredibly fast – well before baby utters her first words. By about 6 months, in fact, babies can point to their nose, which suggests that receptive language starts by at least that time. Gestures – especially pointing at things while naming or talking about objects, people, pets, etc. – are very important in language learning.

Books Are a Gateway to Language

In addition to talking with a child, shared "storytelling reading" is hugely important. Not only do books like board books provide a context for jointly focused attention and discussion on written words and illustrations, children's books are reservoirs for high volumes of rare words, which are not typically used in casual conversations. When, for instance, was the last time you casually dropped "Jabberwocky" or "Chicka Chicka Boom Boom," or Seuss's appellations like "Foo Foo the Snoo," "Gerald McBo-

ing-Boing," or "Foona-Lagoona Baboona" into conversation? Books, therefore, provide concentrated "doses" of word exposure or vocabulary that is often missing from casual discourse.

An examination of the 100 most circulated books targeting younger children revealed the following. On average, board books (targeting infants and toddlers) contain 140 words per book. Picture books (targeting preschoolers) contain about double that number, an average of 228 words per volume. That's per book, but young children do not simply read only one book.

Developmental experts have estimated cumulative word exposure from books from birth through a child's 5th birthday. Children who are exposed to multiple books daily have been exposed to about 1 ½ million words by 4 or 5 years of age. Contrast that with a child who is exposed to only one or two books per week. That child has only been exposed to about 64,000 words by the time they are ready for kindergarten. Of course, in neither instance, do these estimates factor in word exposure outside of books. Books, however, provide an excellent context to interact with our children. Remember, social interaction is the key to language learning.

There are many great Native American authors. Below, please find a partial list for you to explore with your little one. Perhaps, you will be reading to and/or discussing books with the author of the next Great American Novel!

List of Children's Books (Ages 3+) By Native American Authors

Beaver Steals Fire

This traditional tale is told by Salish elder Johnny Arlee and illustrated by Salish and Navajo artist Sam Sandoval.

Thanks to the Animals

Sockabasin, Allen J.: Sockabasin is a member of the Passamaquoddy tribe in Maine.

Thunder Boy Jr.

Alexie, Sherman: Alexie is a member of the Spokane and Coeur d'Alene nations.

When the Shadbush Blooms

Messinger, Carla: Messinger is of Turtle Clan Lenape ancestry.

When We Were Alone

Robertson, David: Robertson is a member of Norway House Cree Nation in Winnipeg, Ontario.



HEALTH CLINIC



Wild Berries

Flett, Julie: Flett is a Cree-Métis author-illustrator

Kamik's First Sled

Sulurayok, Matilda: Sulurayok is an Inuit elder from Nunavut.

Kunu's Basket

Francis, Lee DeCora: Francis comes from both the Penobscot Indian Nation in Maine and the Winnebago Tribe of Nebraska.

Little Whale

Peratrovich, Roy A.: Peratrovich is a member of the Tlingit Nation and the son of noted Alaska Native civil rights leaders Roy and Elizabeth Peratrovich.

Makoons

Erdrich, Louise: Erdrich is a member of the Turtle Mountain Band of Ojibwe.

Only in My Hometown

Friesen, Angnakuluk: Sisters Angnakuluk and Ippik-saut Friesen are from an Inuit community in Nunavut, Canada.

Powwow Summer

Rendon, Marcie R.: Rendon is an enrolled member of the White Earth Anishinabe Nation.

Rabbit's Snow Dance

Bruchac, James: Bruchac is of Abenaki heritage.

Rainbow Crow

Bouchard, David: Bouchard is Métis and identifies as Ojibway.

Red Cloud

Nelson, S. D.: Nelson is a member of the Standing Rock Sioux Tribe in the Dakotas.

Sister Rabbit's Tricks

Garcia, Emmett Shkeme: Garcia is a member of the Santa Ana Pueblo tribe.

The Apple Tree

Tharp-Thee, Sandy: Tharp-Thee is an enrolled member of the Cherokee Nation.

Chukfi Rabbit's Big, Bad Bellyache

Rodgers, Greg: Rodgers is a member of the Choctaw Nation.

Fishing with Grandma

Avingaq, Susan: Avingaq is an Inuit from the Igoolik area in Nunavut, Canada.

The Good Rainbow Road

Ortiz, Simon J.: Ortiz is an Acoma Pueblo Indian who was born and raised near Albuquerque, New Mexico, and grew up speaking the Acoma tongue.

Grandpa's Girls

Campbell, Nicola I.: Campbell is Interior Salish on her mother's side and Métis from Saskatchewan on her father's side.

How I Became A Ghost

Tingle, Tim: Tingle is a member of the Choctaw Nation of Oklahoma.

How Raven Stole the Sun

Williams, Maria: Williams is a member of the Tlingit Nation.

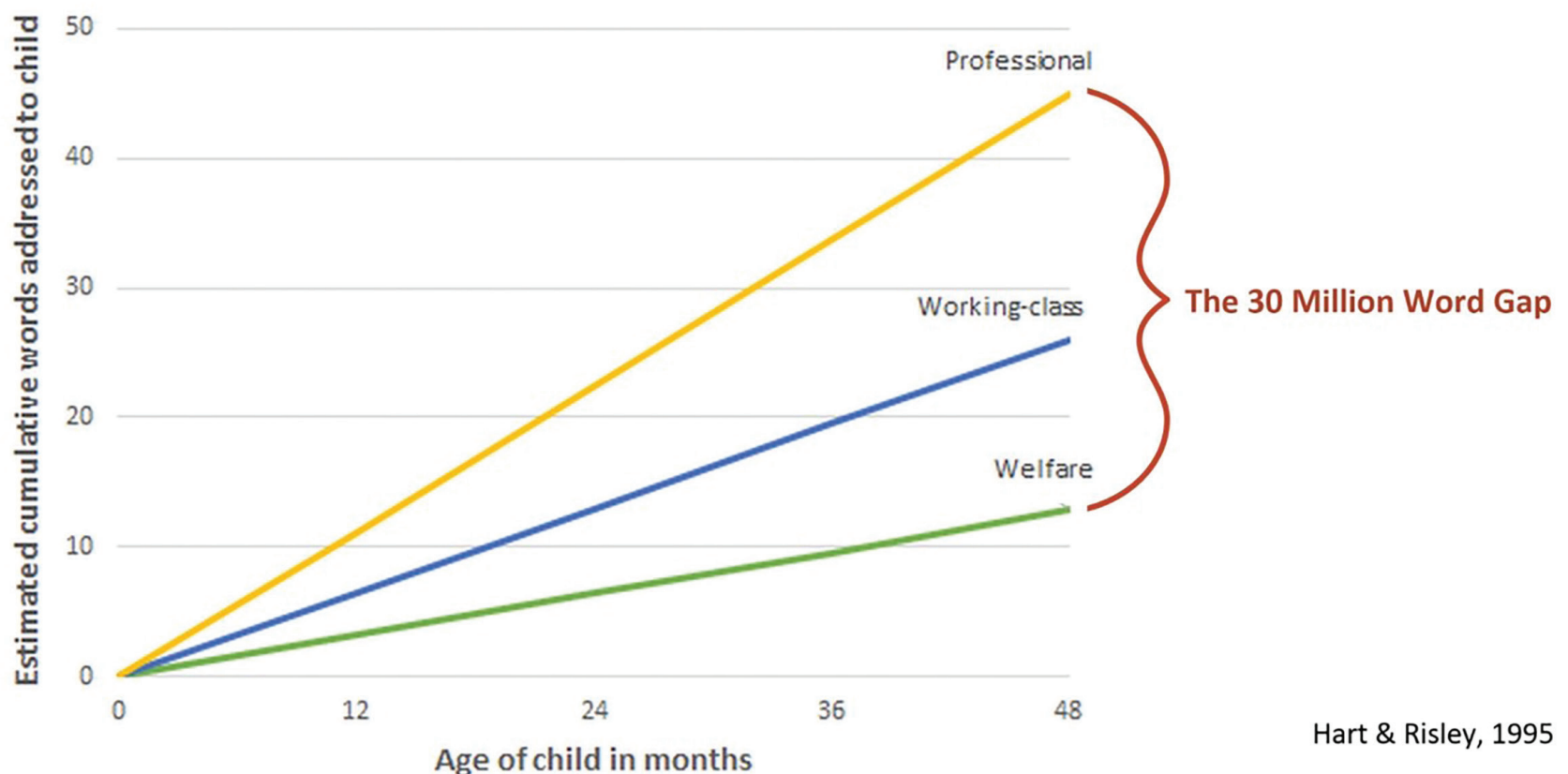
Hungry Johnny

Minnema, Cheryl: Minnema is an Ojibwe who grew up on the Mille Lacs Reservation in Minnesota.

Jingle Dancer

Smith, Cynthia Leitich: Smith is a member of the Muscogee Creek Nation.

Number of Words Heard by Children Differs Across Income Groups





March is National Nutrition Month!



5 Challenges for National Nutrition Month

Submitted by Patty Suskin, Registered Dietitian Nutritionist and modified from: <https://wichitamom.com/health-wellness/10-challenges-national-nutrition-month>

What you eat and drink makes a significant impact on your health. Making nutrition a priority takes some planning ahead. What can you do to improve your nutrition? Here are a few ideas:

1. Cut back or cut out sugary drinks.

Soda pop, sweet tea, sugary juices, sports drinks, and flavored coffees are often high in sugar and empty calories. Instead, drink your tea unsweetened, or infuse citrus fruits in water to add flavor without extra sugar.

2. Try a new healthy recipe.

3. Complete a food & beverage diary for at least one day.

Keeping a food diary may help you to make healthier choices by increasing your awareness. If you record it before you eat or drink, it may help you to think twice about those less healthy choices.

4. Think in advance and make a meal plan for the upcoming week. This can cut down on last minute emergency fast food runs for dinner.

5. Have fresh vegetables and fruits handy for healthy snacking.

Need some help with specific ideas?

Contact Patty Suskin

(360) 432-3929

or

psuskin@squaxin.us



Diabetes Alert Day is Tuesday, March 23, 2021

Submitted by Patty Suskin, Diabetes Coordinator

Diabetes Alert Day is a day to sound the alarm about the prevalence of type 2 diabetes by asking everyone to take the Type 2 Diabetes Risk Test. The free, anonymous risk test only takes a minute to complete.

By answering questions such as “Do you have a family history of diabetes” and “Are you physically active?” you can learn if you’re at risk for type 2 diabetes in 60 seconds.

Take the test: <https://www.cdc.gov/diabetes/takethetest>

Did you know?

Diabetes prevalence in American Indian and Alaska Native (AI/AK) people is the highest of any racial or ethnic group in the USA. (14.7%)

What is diabetes?

Diabetes means there is too much sugar in the blood. Your blood always has some sugar in it because your body needs sugar for energy. But, too much sugar in the blood is not healthy.

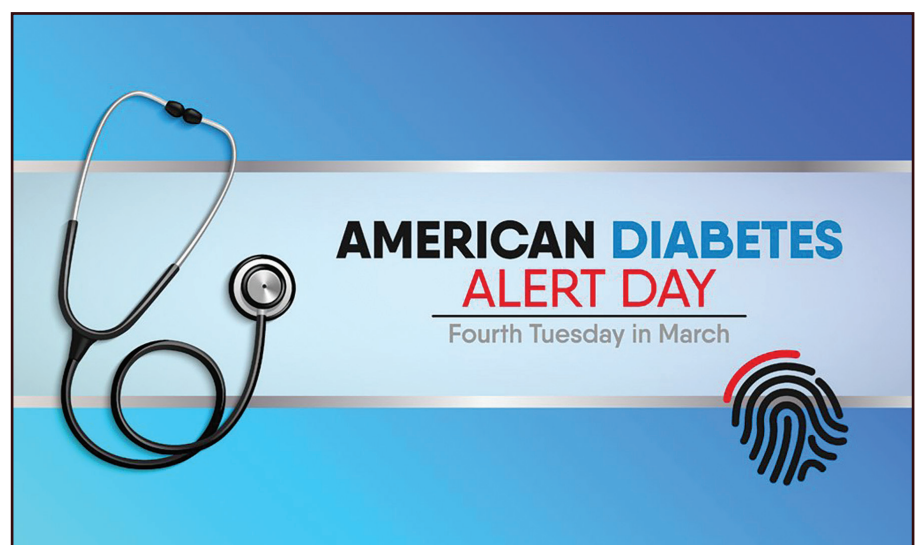
What factors increase my risk for getting pre-diabetes and type 2 diabetes?

- Being physically inactive
- Having a parent, brother, or sister with diabetes
- Having had the kind of diabetes which can happen during pregnancy
- Being overweight

Take the risk test. Get tested for diabetes every year at the clinic.

More questions? Contact Patty Suskin, Diabetes Coordinator, at (360) 432.3929 or psuskin@squaxin.us

Source: Indian Health Service





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



Protecting Your Kidneys When You Have Diabetes

In most cases, there are no symptoms of kidney problems. That is why it is important for people with diabetes to get their kidneys checked.

Take steps to protect your kidneys



Get your kidneys checked every year.
Blood and urine tests are the only way to know how well your kidneys are working.



Take care of your blood pressure and blood sugar.

Did you know?



Frequent use of common over-the-counter medicines can harm your kidneys.

These include the following:



Ibuprofen (Examples: Advil, Motrin, Midol)



Naproxen (Examples: Aleve, Naprosyn)

Talk with your doctor about over-the-counter medicines you may be using.



Produced by the IHS Division of Diabetes Treatment and Prevention
For more diabetes information and materials, visit www.ihs.gov/diabetes
03/2019

Take a picture with your cell phone.
Look at the picture later as a reminder!



Pea and Barley Soup

Submitted by Patty Suskin
Registered Dietitian Nutritionist

This is a quick, easy, and flavorful recipe – great for a rainy day! <http://www.jsonline.com/features/recipes/57648067.html>

Ingredients:

1 pound	Dried split peas, sorted and rinsed
½ cup	Pearl barley
2 quarts	Water
2	Bay leaves
1 teaspoon	Salt
1 tablespoon	Soy sauce
1 tablespoon	Chopped fresh thyme (or 1 teaspoon dried)
2 - 3	Cloves minced or crushed garlic
½ teaspoon	Dried sage
1/16 teaspoon	Ground cumin (large pinch)
2 large	Carrots, chopped
1	Medium onion minced
1	Celery stalk, chopped

Preparation:

1. In large pot, combine peas, barley, water, bay leaves, salt, soy sauce, thyme, garlic, sage and cumin. Bring to a boil over high heat.
2. Reduce heat to a low simmer, cover, and cook about 20 minutes, stirring occasionally.
3. Stir in carrots, onion, and celery. Cover and simmer until vegetable are tender, another 25 to 30 minutes. (Check periodically, adding small amounts of additional water if needed.)
4. Discard bay leaves.

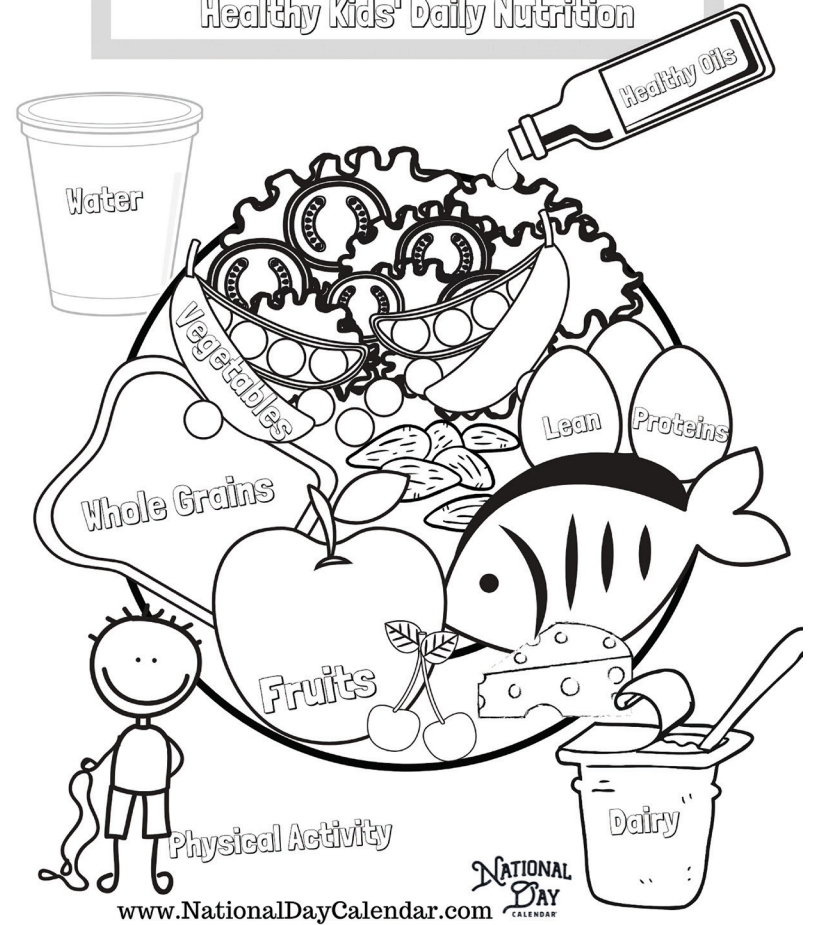




HEALTH CLINIC



National Day Calendar Healthy Kids' Daily Nutrition



www.NationalDayCalendar.com

NATIONAL DAY
CALENDAR

HEALTHY
living



Sophie Johns at Nisqually Shares Her Joy with Her First Vegetable Garden in 2020

You can make a garden, too!

Sophie got some seeds from the Nisqually tribal garden for cucumber, pumpkin, peppers, zucchini, and radishes. She also bought some "starters" at the store for peppers, carrots & potatoes.



Kahlil, Sophie's grandson, at the Nisqually tribal garden when picking up the seeds.



Above, the seeds are just starting to germinate— it took about a week.

"After the harvest, we made baby food with the tomatoes. We tried making catsup. The zucchini grew like crazy.

The cucumbers were so good plain or sliced in our water!"

Sophie checked on line for how to build a garden box. She bought the materials and made it herself in one day!

Sophie : "When you grow your own vegetables, it is such an accomplishment; making your own food! In my household, we eat a lot of vegetables and fruits.

We already bought some seeds at the grocery store to start for the 2021 garden!"

Contact Sophie through the Nisqually Tribe if you would like to hear more about her garden.

Here is an easy, cheap raised bed to make:

How to Build a Raised Garden Bed with Wood - Easy (EZ) & Cheap

https://www.youtube.com/watch?v=VptBU_Y-o



This institution is an equal opportunity provider.

Washington State WIC Nutrition Program doesn't discriminate.



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, March 9

We are continuing
remote phone appointments
at least through May 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.





COMMUNITY



Elders Menu . . . Fruit and salad at every meal

MONDAY 1:

Crab Cakes, Veggie, Rice

MONDAY 8:

Beef Pot Pie w/ Veggies

MONDAY 15:

Hot Dogs, Mac Salad

MONDAY 22:

Baked Potato Bar, Broccoli

MONDAY 29:

Chicken Alfredo, Peas

TUESDAY 2:

Italian Sausage Potato Soup,
Breadsticks

TUESDAY 9:

Navy Bean Soup, Ham Sandwiches

TUESDAY 16:

Minestrone Soup, Turkey Sandwiches

TUESDAY 23:

Pork Pozole, Tortillas

TUESDAY 30:

Cabbage Soup w/ Corn Beef

WEDNESDAY 3:

Meatloaf, Mashed Potatoes w/ Gravy
Mixed Veggies

WEDNESDAY 10:

Chicken Strips, Fries

WEDNESDAY 17:

Chalupas

WEDNESDAY 24:

Beef Stroganoff, Carrots

TUESDAY 31:

Chicken Burgers, Potato Salad

THURSDAY 4:

Mediterranean Shrimp Linguine

THURSDAY 11:

Burger Dips, Potato Chips

THURSDAY 18:


Fried Rice w/ Chicken and Veggies

THURSDAY 25:

Fish-N-Chips, Cole Slaw



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.



EMERGENCY

CALL **9-1-1** FIRE
POLICE
MEDICAL
RESCUE

SQUAXIN ISLAND TRIBE

Non-Life Threatening Emergencies

Emergency Operations Center (EOC) Hotline (Information only - no voicemail) (360) 432-3947	Squaxin Police Department Office Hours Monday - Friday 8:00-4:00 (360) 432-3831
Community EOC Hotline (Questions and voice mail message) (360) 443-8411	PUD No. 3 Outage Hotline (360) 426-8255
Emergency Management Coordinator (360) 443-8410	Mason County Police Dispatch Non-Emergency (360) 426-4441
Community Emergency Response Team (CERT) (360) 426-5308	Mason County Fire Non-Emergency (360) 426-3348

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





MASON TRANSIT AUTHORITY

Providing public transit to Mason County and beyond since 1992!!

Mason Transit Authority has added a bus route between Olympia and Shelton. Convenient for commuters, the new Route 16 runs between the Transit-Community Center in Shelton and the Olympia Transit Center, with a stop at the Kamilche Transit Center.

The Shelton Matlock Park & Ride will be added to the schedule when the Park & Ride is complete.

Route 16 operates Monday through Friday. Riders pay \$1.50 fare because the route travels outside Mason County. (Fully in-county routes are fare free.)

For the Route 16 schedule and more information, visit:
<http://www.masontransit.org/route-16-to-olympia>
OR call (360) 427-5033, toll free (800) 374-3747



COMMUNITY



- | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| 1
Alyssa Mary-Ida Henry
Jennine Marie Jacob
Luke Grey Falcon Rodriguez
Sapphire Pricilla Ward | 9
Finn Michael Dorland
Kai'in Blumoon Tucker
Marjorie L. Tuso
Michaela Alina Lynn Riker | 17
Anthony Dushuyay Johns
Jaimie Renee Whipple
Kenneth Michael Green
Monte Morris
Rachele Dawn Roberts |
| 2
Christy Marie Peters Block
Raven Haaq Roush-Lizotte | 10
Adrian Jose Julio Garcia
Billy Dave Yocash
Jay Dee Powell Jr.
Joseph Daniel Rivera
Terrah Maria Jackson | 18
Jolene Rae Peters
Thomas Blueback Jr.
Victoria Dennis-Horn
Winter Snow White |
| 3
Arnold E. Cooper
Bichsel Stephan Set
Chazmin K. Peters
Clayton John Briggs
Daniel Rodney Snyder
Serena Rae Phillips
Vincent Gene Henry Jr. | 11
Alexandrea Rodriguez
Chenoa Reed Peterson
Susan Faye Henry | 19
Cherry Teresa Armstrong
Michael Alfred Bloomfield
Raymond M. Castro
Vicky Belle Engel |
| 4
Adolfo Douglas McFarlane
Angela Renee Lopeman
Mayella Frankie Jean Roberts | 12
Abigail Mae Bell
Cindy Lee Ehler
Steven Duane Lehman Jr. | 20
Joelene Elaine Tamm
Lachell Marie Johns
Nathaniel B Bisson |
| 5
Cedar Michael Korndorfer
Faith Elizabeth Pughe
Jamaal Jason Byrd | 13
Sara Marie Naranjo-Johns | 21
Doyle Raymond Foster
Tayla Rose Logan |
| 6
Evan Taylor Cooper
Kodiak Draven-Wolf Masoner | 14
Andrew Dean Whitener
Chantel Dawn Peterson
Justin Daniel Kenyon
Lois Colleen Woodard | 22
Charlene Ann Krise
Jose Francisco-Coley
Lorane D. Gamber |
| 7
Andrienne J. Baldwin
Cody Francis Cooper
David Josiah Seymour
Massiah Angel Manu-Saenz | 15
Brandon Carl Blueback
Kaleonahe Tadios-Tahkeal
Nikki Marie Farron
Tashina M. Ackerman | 23
Evelyn Angel Hall
Nora Jean Coxwell
Ronin Sharky Edwards
Troy Gelacio Orozco |
| 8
Belinda Gail Colberg
Millie Faye McFarlane
Stella Jean Sicade | 16
Adarius Terell Coley
Rebecca Lottei Lezon-Ferreira | 24
Jaelynn Elise Moliga
John Brady Whitener
Taylor Randolph Krise
Tucker Blaine Hindley |
| | | 25
Johnathan Draven Seymour |
| | | 26
Christina L. Henry
Elsie Jeanne Gamber
Jerad Charles Lopeman-Fry |
| | | 27
James Jeffrey Coxwell
Kameron Marshall Weythman
Lucke Robert Newell |

- | |
|--------------------------------------------------------------------------------------------------------------------------|
| 28
Brittany F McFarlane
Jon D. Brownfield
Kierah Lee Cooper |
| 30
Benjamin Naranjo-Johns
Eric Lee Ellerbe
Felicia E. Thompson
Matthew James Pugel
Ronald Andrew Whitener |
| 31
Christina Marie Lopeman |





What's Happening

Court:

FAMILY COURT: March 4 (through Zoom)
CRIMINAL/CIVIL COURT: March 9 (in person)

WIC

March 9



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

If it is an
EMERGENCY
CALL 911



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.

David Whitener, Jr.
Charlene Krise
None per code
Charlene Krise
None per code
Vicki Kruger
Charlene Krise
Kris Peters
Vacant
Vince Henry
None

Staff Rep.

Jeff Dickison
Traci Coffey
Tammy Ford
Tammy Ford
TBD
Joseph Peters
Rhonda Foster
Nathan Schreiner
Joseph Peters
Eric Sparkman

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
Jeremie Walls
None per code
Charlene Krise
Vacant

Staff Rep.

Marvin Campbell
Marvin Campbell
Vacant
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
None per code
Vacant
Vinny Henry
Vicki Kruger

Staff Rep.

Nathan Schreiner

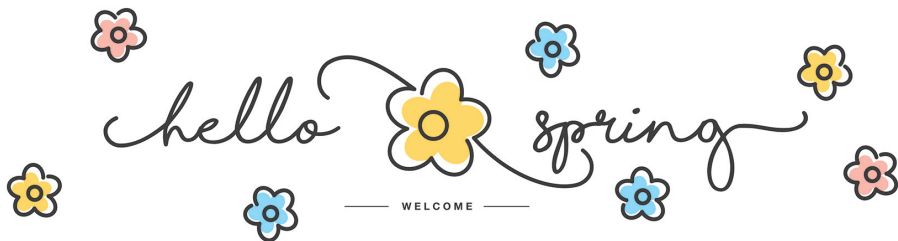
Charlene Krise
Mike Araiza
Marvin Campbell

Meetings

As needed

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





South Puget Intertribal Planning Agency



USDA Foods Program March Dates

PT. GAMBLE S'KLALLAM 3/4/21

SQUAXIN ISLAND 3/10/21

SKOKOMISH 3/16/21

NISQUALLY 3/19/21

CHEHALIS 3/25/21

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.



NATIVE FUTURES ARE BRIGHT.



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