Tribe Mourns Loss of Longtime Tribal Council Member Susan Henry


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, Shaian 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.

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.

Mother and daughter master basket weavers
Theresa Nason and Sue Henry

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

Mother and daughter master basket weavers
Theresa Nason and Sue Henry
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 passible 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
Community

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 does provided: 250

Report current as of February 19, 2021

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

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**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
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.

Squaxin Island Tribe - Klah-Che-Min Newsletter - March 2021 - Page 5
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, preteen, 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.

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.

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.

PCD | Emergency Operations
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

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**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

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**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

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**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
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.
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!
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

- Cardiovascular disease
- Heart attack
- Stroke
- Anemia/low red blood cell count
- Nerve damage
- Weak bones
- High blood pressure
- Kidney Failure

### 4 RISK FACTORS

- Diabetes
- Age 60+
- High blood pressure
- Family history

### 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.

Chairman Kris Peters has received his Covid-19 Vaccination

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Learn more at [kidney.org](http://kidney.org)
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 against 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. Tadd and Risley’s seminal study has been replicated numerous times and has not been without controversy in light of its sensitive nature.

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.

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.
**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, Emmet 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 Chickasaw 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.

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**Number of Words Heard by Children Differs Across Income Groups**

Hart & Risley, 1995
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

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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
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.
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.

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!*

Kahill, Sophie’s grandson, at the Nisqually tribal garden when picking up the seeds.

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

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=x_VpBU_Y-e

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

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
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

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.

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

2 Christy Marie Peters Block
   Raven Haaq Roush-Lizotte

3 Arnold E. Cooper
   Bichsel Stephan Set
   Chazmin K. Peters
   Clayton John Briggs
   Daniel Rodney Snyder
   Serena Rae Phillips
   Vincent Gene Henry Jr.

4 Adolfo Douglas McFarlane
   Angela Renee Lopeman
   Mayella Frankie Jean Roberts

5 Cedar Michael Korndorfer
   Faith Elizabeth Pughe
   Jamaal Jason Byrd

6 Evan Taylor Cooper
   Kodiak Draven-Wolf Masoner

7 Andrienne J. Baldwin
   Cody Francis Cooper
   David Josiah Seymour
   Massiah Angel Manu-Saenz

8 Belinda Gail Colberg
   Millie Faye McFarlane
   Stella Jean Sicade

9 Finn Michael Dorland
   Kai’In Blumoon Tucker
   Marjorie L. Tusso
   Michaela Alina Lynn Riker

10 Adrian Jose Julio Garcia
    Billy Dave Yocash
    Jay Dee Powell Jr.
    Joseph Daniel Rivera
    Terrah Maria Jackson

11 Alexandria Rodriguez
    Chenoa Reed Peterson
    Susan Faye Henry

12 Abigail Mae Bell
    Cindy Lee Ehler
    Steven Duane Lehman Jr.

13 Sara Marie Naranjo-Johns

14 Andrew Dean Whitener
    Chantel Dawn Peterson
    Justin Daniel Kenyon
    Lois Colleen Woodard

15 Brandon Carl Blueback
    Kaleonahe Tadios-Tahkeal
    Nikkii Marie Farron
    Tashina M. Ackerman

16 Adarius Terell Coley
    Rebecca Lottei Lezon-Ferreira

17 Anthony Dushuyay Johns
   Jaimie Renee Whipple
   Kenneth Michael Green
   Monte Morris
   Rachele Dawn Roberts

18 Jolene Rae Peters
   Thomas Blueback Jr.
   Victoria Dennis-Horn
   Winter Snow White

19 Cherry Teresa Armstrong
   Michael Alfred Bloomfield
   Raymond M. Castro
   Vicky Belle Engel

20 Joceline Elaine Tamm
   Lachell Marie Johns
   Nathaniel B Bisson

21 Doyle Raymond Foster
   Tayla Rose Logan

22 Charlene Ann Krise
   Jose Francisco-Coley
   Lorane D. Gamber

23 Evelyn Angel Hall
   Nora Jean Coxwell
   Ronin Sharky Edwards
   Troy Gelacio Orozco

24 Jaelynn Elise Moliga
   John Brady Whitener
   Taylor Randolf 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

29 Benjamin Naranjo-Johns
   Eric Lee Ellerbe
   Felicia E. Thompson
   Matthew James Pugel
   Ronald Andrew Whitener

30 Christina Marie Lopeman

31 Hello Spring

Squaxin Island Tribe - Klah-Che-Min Newsletter - March 2021 - Page 18
## 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

<table>
<thead>
<tr>
<th>Committee</th>
<th>Council Rep.</th>
<th>Staff Rep.</th>
<th>Meetings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquatics Committee</td>
<td>David Whitener, Jr.</td>
<td>Jeff Dickison</td>
<td>2nd Wednesday in Feb., May, Aug., Nov.</td>
</tr>
<tr>
<td>Elders Committee/Inc.</td>
<td>Charlene Krise</td>
<td>Traci Coffey</td>
<td>1st Wednesday or Thursday</td>
</tr>
<tr>
<td>Elections Committee</td>
<td>None per code</td>
<td>Tammy Ford</td>
<td>March, April, May</td>
</tr>
<tr>
<td>Enrollment Committee</td>
<td>Charlene Krise</td>
<td>None per code</td>
<td>2nd Tuesday</td>
</tr>
<tr>
<td>Fireworks Committee (TC 6.04.040)</td>
<td>Vicki Kruger</td>
<td>Vicki Kruger</td>
<td>May and June</td>
</tr>
<tr>
<td>Gathering Committee</td>
<td>Kris Peters</td>
<td>Vacant</td>
<td>2nd Wednesday in March, June</td>
</tr>
<tr>
<td>Golf Advisory Committee</td>
<td>Charlene Krise</td>
<td>Vacant</td>
<td>2nd Wednesday or Thursday</td>
</tr>
<tr>
<td>Hunting Committee</td>
<td>Vacant</td>
<td>Vacant</td>
<td>2nd Tuesday of July, Oct., Jan., April</td>
</tr>
<tr>
<td>Shellfish Committee</td>
<td>Vacant</td>
<td>Vacant</td>
<td>1st Wednesday of March, June, Sept., Dec.</td>
</tr>
<tr>
<td>Veterans' Committee</td>
<td>None</td>
<td>TBD</td>
<td>TBD</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1% Committee (Bylaws &amp; Appendix X2)</td>
<td>C.Krise, V. Henry, V. Kruger</td>
<td>Marvin Campbell</td>
<td>Feb., May, Aug., Nov.</td>
</tr>
<tr>
<td>Budget Commission</td>
<td>Vicki Kruger</td>
<td>Marvin Campbell</td>
<td>June and August</td>
</tr>
<tr>
<td>Education Commission</td>
<td>Jeremie Walls</td>
<td>Vacant</td>
<td>2nd Friday</td>
</tr>
<tr>
<td>Gaming Commission (TC 6.08.090)</td>
<td>None per code</td>
<td>Dallas Burnett</td>
<td>1st Thursday</td>
</tr>
<tr>
<td>Housing Commission</td>
<td>None per code</td>
<td>Liz Kuntz</td>
<td>1st Friday</td>
</tr>
<tr>
<td>Utilities Commission</td>
<td>Vacant</td>
<td>Vacant</td>
<td>1st Thursday</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Board</th>
<th>Council Rep.</th>
<th>Staff Rep.</th>
<th>Meetings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Business Administration Board</td>
<td>None per code</td>
<td>Nathan Schreiner</td>
<td>As needed</td>
</tr>
<tr>
<td>Island Enterprises Board</td>
<td>None per code</td>
<td>Charlene Krise</td>
<td>Sept., Dec., March, June</td>
</tr>
<tr>
<td>Museum Library and Research Center Board</td>
<td>Vacant</td>
<td>Mike Araiza</td>
<td>4th Tuesday</td>
</tr>
<tr>
<td>Skookum Creek Tobacco Board</td>
<td>Vacant</td>
<td>Marvin Campbell</td>
<td>2nd Friday</td>
</tr>
</tbody>
</table>

### Court:
- **FAMILY COURT:** March 4 (through Zoom)
- **CRIMINAL/CIVIL COURT:** March 9 (in person)
- **WIC:** March 9
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 handing out commodities.

For USDA Food, call SPIPA at 360.426.3990.

This institution is an equal opportunity provider.

NATIVE FUTURES ARE BRIGHT.

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

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

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

Who is eligible?
Children 3 years old or 4 years old by August 31st who are:
- From a family with a low annual income; or
- Qualify for school district special education services; or
- Have developmental or environmental risk factors that could affect school success.

ECEAP Provides:
- Preschool
- Nutritious meals & snacks
- Health screenings
- Family support

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

ECEAP

Washington Early Achievers
Preparing Children for Success in School

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