DATING A MAMMOTH

With help from Squaxin Island Tribe 1% Charitable Fund

By Dale Croes, Pacific Northwest Archaeological Society/WSU

- Our Pacific Northwest Archaeological Society research team and Evergreen State College interns have been seeking out megafauna (large Pleistocene mammals, such as mammoths and mastodons) in regional museums to date them and better understand the glacial environment that early Puget Sound/Chelalis drainage peoples called home; they also used these megafauna as part of their foods.

Squaxin Island Tribe 1% Charitable Fund awarded us $500 (during a casino downturn in 1% profits) to help us begin...
Dating a Mammoth
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exploring and testing what we call the Chehalis River Hypothesis, proposing that First Peoples came down the glaciated Pacific Coast and entered the continent up the Chehalis drainage, whose main source was the Black Lake Spillway, in Squaxin traditional territories.

Since this area provided attractive hunting opportunities for the earliest Native Peoples seeking large game (megafauna), especially mammoths, mastodons, sloths, ancient bison, horses, and elk, etc., our team of specialists (archaeologists, geologists, and GIS specialists) would like to better understand this ancient environment.

We took samples from a mammoth leg bone and two different mammoth teeth found in the Chehalis/Cowlitz drainage (see photographs). These examples were located by Ms. Gomez, a TESC intern, at the Cowlitz County Historical Museum in Kelso, WA. Since a C14 date costs about $345 each, we were fortunate that DirectAMS C14 dating lab in Bothell, WA agreed to date all three; they also wanted to experiment with dating mammoth teeth.

The leg bone was broken, potentially meaning people broke into it with large stone hammers to retrieve the nutritious fatty marrow. Though a possibility, the break looks more like damage from a plow or an excavating machine.

We wanted to report to the Squaxin community that we got the first date back from the mammoth leg bone, and it appears to be about 18,300 years old!

This would be at glacial maximum in our region. Seattle would have been under a mile of ice and milk under several hundred feet. The date shows that mammoth populations existed, and probably thrived, in areas just south of the glacial front.

The oldest human-involved archaeological sites in our region so far date to about 14,500 years ago (Manis mastodon in Sequim for one, with a spear in the rib of a mastodon).

First Peoples being here 18,000 years ago remains doubtful, although, as glaciers began melting, we would expect people along the Northwest Coast in refugium’s by 16,000 years ago. They may have reached the Chehalis drainage below the ice flow about that time, coming through our region as well and into the entire American continent. The American continent is sometimes called the Second Earth since, in this science story, no humans had yet reached this other side of the world.

Continued on Page 16
Rebeckah Janette Ford, born on January 28, 1965 in Olympia, WA, passed away at St. Peter’s Hospital in Lacey, WA, on March 17, 2021, at the young age of 56, in the arms of her daughter and family.

*Forget Me Not...for I will not forget you.*

Only those of you who were lucky enough to know Rebeckah understand she didn’t let too many people into her life. She wasn’t the kind of person who needed people, but she made sure to keep close those few whom she could trust with her love.

Rebeckah was the second oldest of five siblings. She was the only one born in Washington, and the smallest - but the toughest - of them all.

Her parents moved to Texas in the spring of ’65, shortly after she was born. She grew up there with her older brother, Darren, and soon her sisters, Tammy, Teresa, and then Rachel... Being the first daughter, she was spoiled and was her Grannie’s favorite.

She loved school, but with a slight stuttering issue, she turned her focus to beauty, dancing, and modeling. In high school, she joined a dance team, the Gold Dusters, with her school friends. She took pride in making herself and others look beautiful. She was good at it, too. Guys were always knocking at the door. She once said, “Dad would scare my boyfriends away after he would squeeze their hand so hard … but if I had any trouble with a boy, I would tell Darren and the problem would be gone.”

Rachel, the youngest, remembers Rebeckah teaching her how to put on makeup, and Teresa’s fondest memory as a child was that, “Rebeckah was always there, for so many years, taking care of all of us girls. She was our little Momma. And one memory that I will never forget is when I got in trouble for tattling on her for calling me a bad word.”

Rebeckah had to spend a lot of time looking after her younger sisters after the divorce of her parents ... She took pride in stepping up, being a mother figure at times and keeping the younger ones doing their schoolwork and chores, but always making it fun for them.

She was a prankster and had a crazy sense of humor. To this day, Teresa still doesn’t like China dolls and Tammy hates scary movies … then, at the same time she could easily put a smile on their faces.

On birthdays she was known for decorating her siblings’ cars in toilet paper. And her cooking was the best. Rebeckah always cooked for every event. Whatever Rebeckah did, she did it with gusto.

She mastered stepmom Dolly’s seafood gumbo. She cooked for an army so everyone would get a plate.

She loved pastel colors. We will always remember how beautiful she always looked and her sexy way about her.

When her stepmother, Dolly, and her stepsisters came into the picture, she knew her sisters would be fine, so she went to live with her mother, Mary Whitener.

A new life and adventure began … Rebeckah found traveling with her best friend, her mother, something she loved. They took road trips, short and long… from Texas and across the states, eventually coming back to Washington where she found her roots. But she never forgot the little bit of Texas which was always with her.

She began working at Kamilche Trading Post in the mid 1980’s, finding new friends and embracing her family in Kamilche whom she had only heard about through her mom’s stories.

It was all so new, but she really felt at home. Never in her wildest dreams did she think her life would be here, but she started fishing and clam digging with her big brothers, Lynn and Darren, and later became a geoduck diver.

She loved being on the water on a sunny day, or with nature camping on the Island. Some of you might not know this, but she even got an apartment down at Jarrell’s Cove Marina during fishing season so she would not miss the salmon run.

We all go through hectic and tragic times which scare you for life! Rebeckah, was a survivor, a fighter, and always came out on top with her fist held high!

Rebeckah, met Derek Bartczak at the right time of her life. She wasn’t looking, but one night in ’93 at the White Spot in downtown Shelton, she met a man who had so much energy and was cleverly funny, she would say, “He is so handsome, and I get butterflies when he looks at me.” The electricity between them was powerful and full of love. They were inseparable.

*Continued on Page 4*
They both started working at Little Creek Casino Resort. Rebeckah, as a waitress, enjoyed bringing in the tips. She was incredibly successful, and some would say, she was a hostess with the mostest!!

They had the most beautiful daughter, Erickah April Riley Bartczak, born on April 15, 1997. She was the joy of their life. She had a little family of her own. Those were perhaps the happiest years of her life.

In 1998, Rebeckah and Derek got married in Vegas with all their friends and family. In 2012 they, sadly, divorced.

Erickah was her world. She loved her unconditionally, and missed her terribly when, as an adult, she left for Colorado. She was proud of her daughter and never lost sight of the beautiful woman she had become.

When Erickah found her half-sister in Colorado, Rebeckah was happy because she knew that her daughter would not be alone when she was not there. And even though they talked about everything, Rebeckah kept her illness to herself so as not to worry her daughter.

Rebeckah Jeanette Ford
January 28, 1965 - March 17, 2021

For the last five years of her life, she shared a special relationship with Edwin Montoya, who loved her and spoiled her to no end. His love and kindness for Rebeckah will never be forgotten.

It is so tragic to think about Rebeckah’s untimely passing. She was such a bright, kind-hearted, determined, and caring person. Her life was cut far too short, but during her time on earth, she touched so many lives. Her memory will live on in all our hearts forever.

Rebeckah was wonderful mother, a good friend, a sister like no other, a good listener, and a phenomenal daughter and granddaughter. In short, she was a remarkable woman.

Our world will never be the same without her in it.

She is survived by her beloved daughter, Erickah Bartczak; siblings Donald Lynn Whitener, Tammy Ford, Rachel Ford, and Teresa Pfaff; stepsisters, Rhonda Navarre Cole and Thea Sonnier; nephews and nieces, Tyler Mireles, Shelby Fuller, Kyla Boelk, Kayden Palmas, and Nicholas and Holly Whitener; and great-nephews and -nieces, Keith Staley-Fuller, Greyson Boelk, Paisley, and Leighton Boelk.

Rebeckah was preceded in death by her loving parents, Harold Ford and Mary Whitener; her brother, Darren Ford; grandparents, Percy and Ethel Whitener; stepfather Irvin Fletcher; stepmother, Atta (Dolly) Marie Ford; her beloved granny, Jannette Ford; uncles, Lloyd Ford and David Whitener, Sr.; and aunts, Martha and Ruby Whitener.

Please join us for the Celebration of Life for Rebeckah Ford, which will be held at the Squaxin Island Sacred Grounds, under the Pavilion, on Thursday, April 8th at 1:00 p.m. Social distancing and face masks will be required.
Nancy Ellen Handley was born in Seattle, Washington on September 08, 1933 to Alfred & F. Ellen (Brewer) Handley II. She lived in a variety of communities in the greater Seattle area during the first decade of her life and attended countless elementary schools there, until she moved to Arcadia Road, south of Shelton with her family. She continued her secondary education in the Shelton School District. She participated in GAA, and also enjoyed journalism and home economics.

On October 1, 1949, Nancy was joined in wedlock to Francis Alfred “Misty” Bloomfield in Shelton as she had predicted. She was married to her childhood sweetheart for 67 years until his death in 2017.

In the early years of their marriage, the couple moved often due to her husband’s work as a timber cutter. They lived as far south as Crescent City, California and in a variety of logging communities on the Olympic Peninsula, including Kamilche, Shelton, Hoodsport, Lilliwaup, Quilcene, and Forks.

Nancy liked writing and had several short articles published in the Shelton Journal when she attended Jr. High. She briefly wrote the Hoodsport column before moving to the Forks area. She composed several poems and stories capturing some of her life events. One serious poem, “Ode to Frail Quail” was written about the early birth of her third child and a variety of supplies to keep the children busy with constructive activities. She found her calling volunteering and assisting with children’s activities, like Cub Scouts, Girl Scouts, school field trips, and most notably, the Tyee Timber Tramps 4-H Club that she was the leader of for many years. She assisted with Girl Scout cookie sales, 4-H Club demonstrations, county fair entries/displays, and chaperoned summer camps. She had an endless supply of children’s songs to sing in the car, at camp, or at the variety of service activities.

Nancy was a big thinker and took on community service projects with her husband and children’s help, like the building of a camp cabin at Panhandle Lake, tree planting a logged out outhouses at Lena Lake, numerous litter clean-ups on highway 101, and post-logging creek cleanups.

She assisted the 4-H Club to raise money by selling playhouse/swing sets, picnic tables, Raggedy Ann/Andy dolls, wooden blocks, and firewood.

She was one of the founding members of the Shelton Indian Education Button Robe Project, sewing button robes and assisting the group’s fundraising activities in the early years. She took the time to learn about wild edible plants and local trees and shrubs. She shared this love for the out of doors with her children and grandchildren. The forests were full of teaching opportunities, and she understood the woods were her classroom. Her children and grandchildren excelled in their leaf collections due to her effortless support.

Nancy’s love for children was felt by all of her 21 grandchildren. She helped them with school projects, took them on vacations, and enjoyed individual trips to the movie theater or shopping at the local hobby store. She was always available for her grandchildren’s birthday parties and school events. She taught her grandchildren to sew, knit, and tool leather. She purchased plastic models, model rockets, beading looms, knitting needles, yarn and a variety of supplies to keep the children busy with constructive activities. She understood “Idle Hands are the Devil’s Workshop” and believed “Busy Hands are Busy Minds.”

Nancy suffered from Dementia and Alzheimer’s during her later years and she had many family members who came to visit her until her passing at home on the afternoon of February 26, 2021.

Nancy was preceded in death by her husband, Francis Alfred “Misty” Bloomfield four years earlier; parents, Alfred and Ellen (Brewer) Handley; son, David Bloomfield; infant daughter, Jenny Bloomfield; son-in-law, Barney Engel; granddaughter, Misty Hillstrom; and grandsons, Joshua and Jeremy Hillstrom.

She is survived by her sons, Micheal (Andi) Bloomfield and Douglas (Vicky) Bloomfield; and daughters, Pamela (Larry) Hillstrom, Shannon (Randy) Bruff, Vicky Engel (Chuck York), and Donna (Allen) Wood, all living in the Shelton area; brother and sister, Al Handley of Vancouver, WA and Donna Clark of Oroville, CA.

At the time of her death, Nancy had 18 living grandchildren, 35 great-grandchildren, and five great-great-grandchildren.

An intimate Celebration of Life was held with immediate family members on March 5, 2021 at Skokomish Community Church. Grandchildren and great-grandchildren participated by playing the flute and reading a couple of poems written by Nancy along with additional poems appropriate for the occasion. It concluded with a give-away of hand knitted washcloths that Nancy made early in her decline along with her favorite candy, Hershey bars.
Conrad Yeahquo, 71, of Olympia, Washington, passed away peaceably at home surrounded by loved ones on March 18th, 2021.

The funeral service and burial was held on March 26th at Sacred Grounds Cemetery at Squaxin Island Tribe. Brooks Farrell officiated. Funeral arrangements were handled by McComb & Wagner Family Funeral Home.

Conrad, Kiowa Tribe, was born in Oklahoma City, Oklahoma on August 21st, 1949. He was in boarding schools from the 1st to the 12th grade. From the 1st-8th Grade, he attended Concho Indian Boarding School. From 9th-12th grade, he attended Chilocco Indian School where he graduated in 1968.

Right after he graduated, he enlisted into the United States Marine Corp. He was sent to boot camp at Marine Corps Base Camp Pendleton. After boot camp, he went into the Vietnam War. He was honorably discharged on March 6, 1970.

He then went to Haskell Junior College to pick up Elizabeth Ivy Johns. From there they got onto a Greyhound bus and were together for the next 51 years. They lived in California, Oklahoma, Texas, North Dakota, Oregon, and finally made their home on Steamboat Island Road where his wife grew up.

Throughout Conrad’s life, he had several occupations. He delivered auto parts, operated a forklift for Sunshine Business, was a truck driver for Zambonis, and was a fisheries technician at the Skokomish and Hoodsport fish hatcheries.

In high school he was on the football and basketball teams, choir, and the Indian Club.

He enjoyed bowling in his younger years. He coached for Lincoln Peanuts in Lawton, Oklahoma and refereed basketball games for Squaxin Island Tribe. He also enjoyed bead work. He was known for making beaded-belts and gifting them out to family and close friends throughout his life.

While living on the Squaxin Island Reservation, their house was never empty; they were always taking care of nieces and nephews. The house was always filled with happiness.

They moved out to Steamboat Island Road and had numerous nieces and nephews bring their happiness to them there.

Conrad and Elizabeth cared for their niece and nephew, Ernesto and Rachel Naranjo, and their grandchildren, Sara, Benjamin, Ernesto, Eliza, and Lily.

Conrad enjoyed being around all his grandchildren and making sure everyone in the home was taken care of. He had the biggest heart, and was willing to do everything for his family.

Thank You!
We want to thank the Squaxin Island Tribe and Island Enterprises Inc. staff for all the help. Thank you to Brooks Farrell for officiating, Margaret Henry, BJ Whitener for getting the VA gun salute, and Dorinda Thein for the blankets.

Thank you, also, to everyone who sent prayers and kind messages of condolence. It was greatly appreciated, and we received comfort and strength from all your uplifting words. It is hard to imagine how different life is going to be for us, but we are thankful we have support from treasured family and friends.

Community

all of Olympia, WA; siblings, Roberta Yeahquo of Tulsa, Oklahoma and Luke Yeahquo of Oklahoma; nieces and nephews, Ramona Renea Yeahquo of Oklahoma City, OK, Adakai Toledo and Summer Yeahquo of Albuquerque, NM, and Fayshawna Yeahquo of Denver, CO, along with numerous other extended nieces and nephews.

Conrad was preceded in death by his parents, Robert Yeahquo and Zelda Wildbird; brothers and sisters, Fred Yeahquo, Paul Yeahquo, Endo Jean Yeahquo, Charlie Yeahquo, Richard Yeahquo, Ida Mae Johnson, Vernon Yeahquo, and Virginia Yeahquo.

Here is a quote from Roberta Yeahquo, his eldest sister:

“When Conrad was about 7 years old, I called him ‘Brownie.’ Nobody but me; it was a special name between us. He liked the song by Sammy Davis Jr. ‘The Candy Man.’ One day, when it was playing, he started singing, ‘the candy man can ’cause he mixes it with love to make the world taste good.’ I was happy, because he was happy. I am praying for you Brother.”
Will Henderson - Back in October of 2020, Natural Resources staff, along with employees from the Washington Department of Fish and Wildlife, began construction on the Tribe’s new net pen facility. The building process continued through the next few months and we finally finished the project in late December.

Staff worked diligently to get this project complete, working through rough weather, a few setbacks during construction, and a strict time frame as we had fish arriving the first week of January.

The new facility doubles in size from the previous structure and will allow an increase in the number of fish reared and released. It will also provide staff a much safer work environment during fish production, as the old structure had become unsafe due to deterioration.

We started transferring fish to the new pens the first week of January and finished up at the end of the month. The fish have adapted to their new home and are doing well. They are currently being fed and maintained daily by net pen staff.

For 2021, the program saw an increase in production from previous years with over 2.5 million fish transferred to the facility!

This was a very large project, and I would like to thank and acknowledge the Natural Resources staff as well as WDFW staff who assisted with this project. It was hard tedious work at times with long days, but we succeeded and accomplished our goal!
**Emergency Operations**

**Reopening
Continued from Page 1**

Changes effective April 1st
The Reservation will reopen at both the front and back entrances. The police checkpoint will be removed.

The Fitness Center/Pool/Gymnasium will be open to all tribal members, in family groups only, and by appointment only.

**Staff**
Non-essential staff will be allowed to return to their work stations at no more than 50% capacity in each building. Schedules will be determined by department directors. Masks will still be required when outside personal offices, where there is no plexiglass barrier, and any time staff are in close proximity to one another.

Any staff member with a positive Covid-19 test will be required to self-isolate for a minimum of ten days and until symptoms improve.

Travel outside of Washington – All staff must notify their supervisor and obtain permission before leaving the state. Upon return, they will be required to self-isolate for five days and provide a negative rapid test result before they can come back to work in-person.

All travel for training, meetings, and conferences, etc. will require approval by the Director of Operations Erika Thale or Tribal Administrator Marvin Campbell on a case-by-case basis.

Changes effective May 1st
The Child Development Center will reopen by May 1st at the latest, but possibly sooner. Watch for details.

Please keep in mind that none of the vaccines are 100% effective. It is still possible to contract Covid-19 even after a vaccine. As we come out of the restrictions, please don’t let up on your vigilance on mask wearing/social distancing. It’s been such a blessing to see our people come together in keeping each other safe through this pandemic.

Please be safe, and let’s finish the race strong!

- Marvin Campbell, Tribal Administrator

**Covid-19 Cases and Tests On-Reservation Statistics**

Current positive cases on reservation: 0
Families in quarantine for close contact with a positive: 0

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 have moved to include all tribal members over the age of 18 and their spouses as well as employees of the Squaxin Island Tribe, Island Enterprises Inc., and Little Creek Casino Resort.

Number of first doses provided: 720
Number of second does provided: 410

[Report current as of March 15, 2021]

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**Drum Making**

Squaxin Island Behavioral Health & Suicide Prevention will be holding a drum making class for Squaxin Teens

Wednesday April 7th at 11am
Health Promotions Building

Jennifer Johns, Suicide Prevention Awareness Coordinator
Ph: 360-426-1582
jjohns@squaxin.us

*Following strict COVID-19 gathering protocols, limited to 8 participants, must wear face coverings/PPE, temperature check at door, please RSVP via email. Workshops within the Squaxin Island Reservation Community. This program developed under a grant number SAM684400 from the Substance Abuse and Mental Health Services Administration. SAMHSA is the US Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

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Chairman Kris Peters after vaccination

Chairman Kris Peters after vaccination
# Squaxin Island Tribe Wellness Pool

**During Open Swim:**
- April 2nd - Spring Sports in the pool
- April 6th - Summer Schedule starts
- April 1st - April 4th Aqua Bunny Event

*If Youth participate in a pool event! They can pick a prize!*
- *Prize Participants are for ages 5-12*

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<td>Open Swim: 11:00 am-1:30 pm &amp; 3:30-6:00 pm</td>
<td>Open Swim: 11:00 am-1:30 pm &amp; 3:30-6:00 pm</td>
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In preparation of reopening the After-School Rec Program

Food Program Updates:

We will continue to provide meals to families registered who live on the reservation.
Youth who are attending school will not be able to receive our meals for the days they are in school.

During Spring Break, youth will be offered:
A Morning Snack from 9:00 am - 10:00 am
Lunch from 12:00 - 12:30 pm
An Afternoon Snack from 2:30 pm - 3:00 pm

For Youth who are registered for our meal program will be given their breakfast for the following morning as they sign out at the end of the day.
Youth who are on-site will be receiving the same lunch that is being delivered.

In the After-School Rec Program youth will be offered:
A nutritious snack between 2:30 pm - 4:00 pm

Have questions, contact Jerilynn at 360-432-3992 or jvail@squaxin.us

SQUAXIN ISLAND PARKS & REC

SPRING BREAK

April 6 - 8, 2021
Ages: Kindergarten - 7th Grade
We are following our New After-School Guidelines. Families will have to register each Youth.

Group A -
Tuesday from 9:00 am - 3:00 pm
Group B -
Thursday from 9:00 am - 3:00 pm

Wednesday’s are for Pool Parties Only
Grades: Kindergarten - 3rd - 7:30 am - 12:30 pm
Grades: 4th - 7th from 11:30 am - 4:00 pm

If you have questions, please contact Jerilynn at 360-432-3992 or jvail@squaxin.us

APRIL 2021

After-School Rec Calendar

Monday | Tuesday | Wednesday | Thursday | Friday
---|---|---|---|---
5 | 
| 
| 6 | Group A: 9:00-3:00 pm
| 
| 7 | Group A: Pool Party 7:30-12:30
| Group B: Pool Party 11:30-4:00
| 
| 8 | Group B: 9:00-3:00 pm
| 
| 9 | 
| 12 | Group A: 1:45-5:00 pm
| 
| 13 | Group A: 1:45-5:00 pm
| 
| 14 | Group A: Pool Party 10:00-1:00
| Group B: Pool Party 12:30-3:30
| 
| 15 | Group B: 1:45 - 5:00 pm
| 
| 16 | 
| 19 | Group A: 1:45-5:00 pm
| 
| 20 | Group A: 1:45-5:00 pm
| 
| 21 | Group A: Pool Party 10:00-1:00
| Group B: Pool Party 12:30-3:30
| 
| 22 | Group B: 1:45 - 5:00 pm
| 
| 23 | 
| 26 | Group A: 1:45-5:00 pm
| 
| 27 | Group A: 1:45-5:00 pm
| 
| 28 | Group A: Pool Party 10:00-1:00
| Group B: Pool Party 12:30-3:30
| 
| 29 | Group B: 1:45 - 5:00 pm
| 
| 30 | 

Pre-Registration is Required. Limited to 27 Youth Daily
Easter Drive Around the Rez Photos by Kenna Acosta

Squaxin Island Parks & Recreation

EFFECTIVE APRIL 1ST
PARKS & REC
PROGRAMS ARE OPEN
TO ALL SQUAXIN
TRIBAL MEMBERS

UPDATED: OPEN SWIM POLICY
Up to three families can use the pool
during designated times.
*A maximum capacity of 15 people
in the pool.

UPDATED: ELDERS SWIM
Will be Saturday’s from 10:00-11:30

Call Rafael with any questions or to reserve your swim
time.
360-432-3852 or pool@squaxin.us
Parks and Rec
Easter Drive Around the Rez Photos by Kenna Acosta
Hello Squaxin!
Shannon Cooper - Winter is almost over and Spring is coming up on us fast. This month the Salish Roots Farms (Garden) started our warm-season annuals indoors, such as tomatoes, marigolds, peppers, summer and winter squash, salvia, basil, poc choy, onions, melons, and brassicas. Our team direct seeded these cool season crops: spinach, lettuce, onions, and radishes.

Now is the time to finish your pruning on fruit trees, shrubs, bushes and other perennials at home. For more education on how to do this, come join us at the farm on Wednesdays with our good friend and arborist, Andrew Kinney.

Our team is preparing medicine to giveaway to the community. Most recently we made fire cider, which is used to prevent and treat colds by boosting your immune system. It also improves blood circulation and digestion. Please reach out with any suggestions or ideas about what you would like to see in your garden, and don’t hesitate to come down.

Fun Facts
- Apples Can Play a Role in Zapping High Cholesterol
- Blueberries Can Help Support Healthy Weight Loss
- Grapefruit May Help Prevent Diabetes and Other Chronic Diseases
- Strawberries Should Be Part of an Anti-Cancer Diet
- Grapes Are Inflammation Squelchers, Helping Ward Off Disease
**Higher Education Students**

The deadline to turn in paperwork for spring quarter was March 12th. If you are planning to attend spring quarter, paperwork needs to be turned in ASAP so it can be processed and necessary documentation can be sent to the college. A new Memorandum of Commitment and your class schedule for spring quarter must be in your file. The proper paperwork cannot be sent into the college until all paperwork is sent in and student's files are updated.

Official grades from winter quarter are due by April 16th.

If you have any questions please feel free to contact me or stop by the Education Department between the hours of 7:30 – 4:00.

Thank you,
Mandy Valley
(360) 432-3882
mvalley@squaxin.us

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**5th-8th grades**

5th-8th grades are back to in-person learning two days a week! We’re in the 3rd trimester, the last leg of this school year. It’s important to stay focused and keep up on school work. I am currently offering in person tutoring appointments after school on Mondays, Tuesdays, Thursdays, and Fridays. I also have a few appointments left on Wednesdays. Call Redwolf to set up a tutoring session to finish this year strong!

Lynn White
Squaxin Island Tutor OMS/OBJH

---

**Emergency Food Boxes**

Each box contains 8-10 meals of food and will be made available to ALL COMMUNITY MEMBERS regardless of income.

These boxes will be available for pick up at the five tribal locations during monthly scheduled USDA foods distribution days and times.

---

**Sample contents of food box:**

- Buttermilk Pancake Mix
- Dehydrated refried Pinto Beans
- 1 lb long grain rice
- 16 oz spaghetti pasta
- 16oz creamy peanut butter
- 1 box mac & cheese
- 15oz can kidney beans
- 15 oz can cut green beans
- 15 oz can diced tomatoes
- 15 oz can fruit mix
- 15 oz Canned chicken noodle soup
- 15 oz can collard greens
- Canned chicken
- Canned tuna
- Trail mix

---

Also, as an update for registering your kindergarten children for the next school year, we are still waiting for a firm date from the Shelton School District as to when they will begin accepting registration packets from parents and guardians; however, please know that you will have to submit, along with the registration forms, a copy of your child’s birth certificate, a medically verified immunization record, and proof of address.

Thank you for the privilege of working with you children.

Lynice May
Squaxin Island Tutor at Bordeaux Elementary
lmay@squaxin.us
lmay@sheltonschools.org

---

**Tutoring**

Hello Squaxin Parents and Guardians,

The good news today is that the transition back to hybrid schooling for our kindergarten and 1st grade students at Bordeaux Elementary went smoothly.

The children are doing great, and it is wonderful to work with them once again in the classroom setting. Because things went so well for kindergarten and 1st, I have every reason to expect the 2nd, 3rd, and 4th grade transition, that started March 15, will go great as well.

I also want you to know that I will continue to do in-person tutoring out at the TLC. I will be there all day on Wednesday tutoring, and I still have two after school tutoring times available from 3:00-3:50 p.m..

---

The Washington State Department of Agriculture provides Emergency Food Boxes in an effort to ensure food security during the Covid-19 pandemic to hunger relief organizations and Tribes.
**Community**

**Dating a Mammoth**  
*Continued from pages 1 & 2*

We will report the dates of two mammoth teeth found near Chehalis, WA when they become available. We also hope to work with the Squaxin Island Museum Library and Research Center to borrow these mammoth bones/teeth for display in your museum with the reported dates as soon as it re-opens.

Thanks for help from the Squaxin 1% Charitable Funds in making this research possible.

**Mammoth teeth from two different animals found near Chehalis, WA**

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**SQUAXIN ISLAND TAX SITE**  
(Basic returns)

**Through May 6th**

By appointment only

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

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**Squaxin Island Tribal Court**

**Youth Court**

**Squaxin Island Reservation**

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**THE HONORABLE ANITA ESTUPIÑAN NEAL**

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**IN RE:**

FG

**NOTICE OF FACT FINDING AND DISPOSITIONAL HEARINGS**

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THE SQUAXIN ISLAND TRIBAL YOUTH COURT TO: Claudia Gujosa

YOU ARE HEREBY NOTIFIED THAT pursuant to the Squaxin Island Youth code, the Court has set Fact Finding and Dispositional Hearings in the above captioned matter. The hearing on this matter shall be held on May 6, 2021 at 11:00 a.m. at 10 SE Squaxin Lane, Shelton, Washington and/or online.

FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN AN OUT OF HOME PLACEMENT. File your written response with Squaxin Island Tribal Court at the above listed address or call 360-432-3828 for more information regarding online hearings.

---

**Squaxin Island Legal Department**

3711 SE Old Olympic Hwy

Shelton, Washington 98584

360-432-1771

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**Shelton High School**

**New Class to be Offered**

Would you like to see a more diverse teaching staff in Shelton? This may soon be possible thanks to the receipt of a $10,000 grant. Shelton High School will be offering a new Careers in Education class next year which will enhance the teaching force to better reflect our population of students.

Students at Shelton High School will learn to become teachers through classroom instruction as well as through the completion of an internship under the guidance of a K-8 teacher. This includes support and guidance with the college transition process.

We are looking for motivated junior and senior high school students from diverse backgrounds to be a part of this exciting new class! For more information, contact Kris Howell at khowell@sheltonschools.org.
Tax Day for individuals extended to May 17

Treasury, IRS extend filing and payment deadline

IR-2021-59, March 17, 2021, WASHINGTON — The Treasury Department and Internal Revenue Service announced today that the federal income tax filing due date for individuals for the 2020 tax year will be automatically extended from April 15, 2021, to May 17, 2021. The IRS will be providing formal guidance in the coming days.

“This continues to be a tough time for many people, and the IRS wants to continue to do everything possible to help taxpayers navigate the unusual circumstances related to the pandemic, while also working on important tax administration responsibilities,” said IRS Commissioner Chuck Rettig. "Even with the new deadline, we urge taxpayers to consider filing as soon as possible, especially those who are owed refunds. Filing electronically with direct deposit is the quickest way to get refunds, and it can help some taxpayers more quickly receive any remaining stimulus payments they may be entitled to."

Individual taxpayers can also postpone federal income tax payments for the 2020 tax year due on April 15, 2021, to May 17, 2021, without penalties and interest, regardless of the amount owed. This postponement applies to individual taxpayers, including individuals who pay self-employment tax. Penalties, interest and additions to tax will begin to accrue on any remaining unpaid balances as of May 17, 2021. Individual taxpayers will automatically avoid interest and penalties on the taxes paid by May 17.

Individual taxpayers do not need to file any forms or call the IRS to qualify for this automatic federal tax filing and payment relief. Individual taxpayers who need additional time to file beyond the May 17 deadline can request a filing extension until Oct. 15 by filing Form 4868 through their tax professional, tax software or using the Free File link on IRS.gov. Filing Form 4868 gives taxpayers until October 15 to file their 2020 tax return but does not grant an extension of time to pay taxes due. Taxpayers should pay their federal income tax due by May 17, 2021, to avoid interest and penalties.

The IRS urges taxpayers who are due a refund to file as soon as possible. Most tax refunds associated with e-filed returns are issued within 21 days. This relief does not apply to estimated tax payments that are due on April 15, 2021. These payments are still due on April 15. Taxes must be paid as taxpayers earn or receive income during the year, either through withholding or estimated tax payments. In general, estimated tax payments are made quarterly to the IRS by people whose income isn’t subject to income tax withholding, including self-employment income, interest, dividends, alimony or rental income. Most taxpayers automatically have their taxes withheld from their paychecks and submitted to the IRS by their employer.

Just a REMINDER

Tenants shall not allow any individual to reside or dwell within a trailer, RV, out-building, or other structure on their premises.

Cares Act, COVID-19 Grant

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

A second PPE box was created for all tribal members living on reservation and renting homes from the Tribe. Boxes included:

- Masks
- Hand sanitizer
- Disinfecting wipes
- Alcohol wipes
- Hand soap
- Kleenex

A BIG thank you to the Maintenance staff for helping with the delivery to our tribal community!!
Your Brain Craves Exercise
By Kyle Ferguson, PhD (Clinical Psychologist) at the Clinic - The negative impact of a sedentary lifestyle (i.e., “couch potato syndrome”) on humans has been studied for many years. Some experts maintain that a sedentary lifestyle is “worse than smoking” because it is linked to countless health problems. A sedentary lifestyle has been linked to Coronary Heart Disease, Type 2 Diabetes, stroke, dementia, and cancer, among many other chronic health conditions.

The solution to reversing the effects of a sedentary lifestyle is straightforward – get moving and exercise! Aerobic exercise includes brisk walking, hiking, jogging, skipping rope, dancing, swimming, bike riding, etc. – anything that gets your heart pumping. Regular aerobic exercise can help lower blood sugar levels in persons with diabetes, improve sleep in folks with sleep challenges, improve mood and boost energy in individuals with depression, lower the frequency and severity of asthma attacks, reduce pain in persons with chronic pain, and, improve overall quality of daily life. Although the benefits of regular exercise are well known as far as the body is concerned, the effects of exercise on brain health are not as well known, even among healthcare providers.

Recent scientific findings have shown significant benefits of regular aerobic exercise on brain functions. For example, aging causes changes in the hippocampus that may lead to cognitive decline in older adults. Among other things, the hippocampus is critical in learning and memory. Significant damage to the hippocampus is seen in Alzheimer’s disease, among other brain diseases. Studies have shown that aerobic exercise can increase the size of the hippocampus and can encourage neurogenesis (i.e., the birth of new nerve cells).

While social and mental activities are great for brain health, experts recommend that regular exercise is even better. For example, a recent study in the prestigious medical journal, Neurology, revealed that exercising regularly in older persons may be better at staving off brain shrinkage than engaging in mental or social activities. In other words, if you have to choose – A brisk walk might be better for your brain than doing crosswords or Sudoku. However, don’t neglect the other things! Try building a life full of opportunities to socialize with people you like and with routine activities that stimulate the mind, like searching for information on the Internet, playing chess, and learning a musical instrument, or new dance step. And, of course, building in anything that gets you moving!

Getting Started with Exercise: (1) Only exercise after being medically cleared to do so. (2) Recruit a friend (which, incidentally, will also provide opportunities to socialize at the same time). (3) Start small (e.g., 5 minutes of walking daily) and make exercise a habit. (4) Gradually increase the frequency and intensity of your work out (“Start low, go slow”). (5) Prepare to exercise the night before (e.g., lay out exercise clothes, prepare a light snack, place your keys where you’ll find them, etc.). (6) Consider working out in the morning, as it can help your brain function more effectively throughout the day (it might also improve the quality of sleep at night). (7) Most importantly, have fun. Now put the paper down and get moving!

Thinking about being more active?
Submitted by Patty Suskin, Diabetes Coordinator - As you know, moving around more can help to keep you healthier and stronger. It’s never too late to get started. If you have health issues, check with your provider for guidance.

Tips for getting more active:
1. Choose something you enjoy. Dancing, swimming, walking… so many options… check out youtube for ideas.
2. Start small. If you have been very inactive, start with walking or your chosen activity for 5 minutes or less at a time. Increase every week.
3. Be consistent to make it a habit. Being active every day for a short time is better than being active once a week.
4. Get others involved. Help keep your family and friends healthy by inviting them to be active with you.

Interesting fitness facts:
As you may know, moving around more strengthens the muscles in your body. Did you know that the muscles you build increase your body’s use of calories even at rest? One pound of muscle burns about 45 calories a day while one pound of fat burns about 4 calories a day.

Don’t be ruled by the scale: Since muscle weighs more than fat, as you become more fit, the numbers on the scale may lead you to think you are not making progress. The scale may not always be the best indicator of how effective your workouts are. Check out your progress with a measuring tape and by the way your clothes fit.

Make your activity plan:
https://health.gov/moveyourway/activity-planner
Covid-19 Vaccinations
The Squaxin Island clinic will now be offering the Johnson and Johnson Covid-19 vaccine which is a more traditional form.

We have a limited supply, so at this time it will be available to Squaxin Island Tribal members and descendants only.

Squaxin Tribal members wanting the Johnson and Johnson Vaccine can email clinic@squaxin.us and give their name and phone number so they can be reached when scheduling starts.

We will still be offering the Moderna vaccine to Tribal members, descendants, spouses and employees.

Tribal members or descendants wanting the Moderna vaccine can call (360) 432-3922 to schedule.

All others with questions about the vaccine or about getting on the waiting list to get a vaccine, please email clinic@squaxin.us.

Understanding your Toddler and Tips to Reduce Frustration
Your toddler is still learning cues and starting to learn words to communicate. Toddlers often get upset and frustrated when they:

- Can’t communicate what they want
- Can’t have something they want*
- Can’t move the way they want
- Are overwhelmed or tired

*Example: If you won’t let her hold a toy she reaches for in the store, she will think you don’t understand what she wants, so she’ll use a bigger cue! She’ll point, stretch her body toward the toy, and make more noise. She may start to climb out of the cart as she gets louder and louder. As hard as it is to deal with a screaming toddler, if you let her hold the toy when she screamed for it, she will learn that screaming and getting out of the cart is the best way to get toys.

Your own response can have a big effect on your toddler’s behavior.

Your child thrives with structure and routines. Here are some tips:

Toddlers are growing more slowly. He may eat more food one day and less the next day. They will not always eat as much as parents expect. Try not to worry when he doesn’t seem hungry.

Toddlers need to practice exploring with their fingers. Your toddler must use his hands to touch, hold, pick up, and even throw things. Sometimes he won’t eat unless you let him feed himself. Practicing during mealtimes can be messy and frustrating for parents, but it is very important to give him a chance. Have a towel nearby for quick clean up.

Set regular meal and snack times and routines. Close the kitchen between meals and snacks except for water. Sitting with him, limiting noisy distractions, and having a mealtime routine can help your toddler say focused.

Source: U C Davis Human Lactation Center, University of California

This institution is an equal opportunity provider. Washington State WIC Nutrition Program doesn't discriminate.
**HEALTH CLINIC**

**Squaxin Island WIC**
(Weather, Infants, and Children)
provides healthy foods &
nutrition information for you
and your child up to age 5.
Please have available:
Your child’s height & weight,
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, April 13
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.

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**SQUAXIN ISLAND HEALTH CLINIC**

**CALL TO SCHEDULE YOUR ROUTINE CARE APPOINTMENTS**
360-427-9006

- Footcare
- Sports Physicals
- Immunizations
- Diabetes Check-Ups
- Well Child Exams
- Geoduck Dive Physicals
- Ear Care
- Bloodwork
- Annual Check-Ups
- Women’s Wellness

**30 MINUTES OF EXERCISE**
**The Key to a Happier, Healthier You**

Across the globe, children and adults are more physically inactive than ever before. But regular exercise is not just good for your health.

Only 30 minutes of exercise a day, 5 days a week can improve your mood, sleep quality, brain power, attention span, social life and overall happiness.

Learn how.

Submitted by Patty Suskin,
Diabetes Coordinator
360.432.3929 or psuskin@squaxin.us

**Choose HEALTH! Be active for...**

Thirty Minutes Per Day

10 + 10 + 10
Break up your daily
30 minutes
of physical activity into
10 minute bouts!

You know you need physical activity to stay healthy. But did you know it can help you feel better right away?

- Boost your mood
- Sharpen your focus
- Reduce your stress
- Improve your sleep

Find tips to get moving and build a weekly activity plan. health.gov/MoveYourWay/Activity-Planner
**Elders Menu**  
... Fruit and salad at every meal

**MONDAY 5:**  
Sausage & Spinach Pasta Bake

**MONDAY 12:**  
Beef Pot Pie w/ Veggies

**MONDAY 19:**  
Tuna Casserole, Peas

**MONDAY 26:**  
Chicken Fried Steak, Mashed Potatoes w/ Gravy, Mixed Veggies

**TUESDAY 6:**  
Chili, Corn Bread

**TUESDAY 13:**  
Split Pea Soup, Roast Beef Sandwiches

**TUESDAY 20:**  
Baked Potato Soup w/ Biscuits

**TUESDAY 27:**  
Tomato Basil Soup w/ Grilled Cheese

**WEDNESDAY 7:**  
Pork Chops, Stuffing, Carrots

**WEDNESDAY 14:**  
Spaghetti, Corn, Garlic Toast

**WEDNESDAY 21:**  
Tacos

**WEDNESDAY 28:**  
Tator Tot Casserole, Brussel Sprouts

**THURSDAY 1:**  
Turkey, Mashed Potatoes w/ Gravy, Green Beans

**THURSDAY 8:**  
Broccoli Cheddar Soup, Biscuits

**THURSDAY 15:**  
Turkey Sandwiches, Chips

**THURSDAY 22:**  
Baked Ham, Scalloped Potatoes, Broccoli

**THURSDAY 29:**  
Baked Chicken, Veggies and Rice

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.

---

**Thank You!**

Thank you to Jamie Queen, Maria Littlesun, the Elders cooks, and Tribal Council for taking such good care of us Elders during the pandemic. Thank you for the iPads and the meals when we were snowed in. You made sure we had meals every day and enough food for the weekends. We appreciate you all so much!  
- Squaxin Island Elders
Community

Happy belated birthday to Stephen Henry (March 31)!
Stephen was accidentally missed in last month's Klah-Che-Min

15 Grace Elizabeth Pugel
    Lorena Lynn Porter
16 Maria Guadalupe Coley
    Ronald Lawrence Schaefer
17 April Ann Leonard
    Dena Mae Cools
    Skylerh Monroe Henry
18 Brooke Belle Henry
    Daniel Edward Kuntz
    Douglas Wayne Johns
    Josiah Cruz Saenz-Garcia
19 Dustin P. Greenwood
    Elisha R Peters-Guizzetti
    Sande Lee Smith III
    Trinity Richelle Byrd
    Walter Ray Hall
20 Jolene R. Grover
    Louise Agnes Rioux
    Pamela Ann Peters
    Vicky Lee Turner
21 Emily Denise Sigo
    Jon Kenneth Vanderwal
    Joshua Henry Brady Whitener
    Tracy Roy West
    Tyrone Seymour
22 Randy William Koshiway
    Sarah Gloria Koshiway
23 Rebecca Ray Keith
    Ronald Francis Bell
    Tristian Isaiah Villanueva
24 Cameron Kyle Goodwin
    Syncere Van Ho
25 Casey Adrian Krise
    Cynthia T. L. Parrott
    Dawn Marie Caasi
    Larain Rose Algea
26 Bear Jon Lewis
    Chauncy Roger Blueback
    London Rain King
    Richard Montano III
    Russel Ramon Algea
27 Becky Lynn Barker
    Standing Raven
28 Anthony Del Johns
    Wesley Kyle Whitener
29 Claudia Jeanette Josa-Meas
    Redwolf S. Krise

Due to the COVID – 19 DSHS still is not offering in person services.

Do you need to apply for food or cash benefits, make changes or do an eligibility review?

Do you need help with:
SSI relatable Medical
Medicare Cost Sharing Program
ABD (Aged, Blind, Disabled) Program?

Your DSHS Tribal Outreach worker, Terri Butler is working from home but still available to help the Tribal Communities

You can still contact Terri Butler (Tribal Outreach Worker) at bulletin@dshs.wa.gov or call 564-201-1404 on Monday and Tuesday (designated Tribal Outreach Days)
Wednesday through Friday, provide your contact information and she will call you back ASAP.

You can also call the DSHS Customer Service Call Center at 1-877-501-2233
### Community

#### What's Happening

**Change of address for election ballots due:** April 5

**Teens Drum Making:** April 7

**Court:**
- **FAMILY COURT:** April 8 (Zoom)
- **CRIMINAL/CIVIL COURT:** April 13 (in-person)

**USDA FOODS**
- April 9
- April 13

### 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>Council Rep.</th>
<th>Staff Rep.</th>
<th>Meetings</th>
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<tbody>
<tr>
<td>David Whitener, Jr.</td>
<td>Jeff Dickison</td>
<td>2nd Wednesday in Feb., May, Aug., Nov.</td>
</tr>
<tr>
<td>Charlene Krise</td>
<td>Traci Coffey</td>
<td>1st Wednesday or Thursday</td>
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<tr>
<td>None per code</td>
<td>Tammy Ford</td>
<td>March, April, May</td>
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<tr>
<td>Charlene Krise</td>
<td>Tammy Ford</td>
<td>2nd Tuesday</td>
</tr>
<tr>
<td>None per code</td>
<td>TBD</td>
<td>May and June</td>
</tr>
<tr>
<td>Vicki Kruger</td>
<td>Joseph Peters</td>
<td>2nd Wednesday in March, June</td>
</tr>
<tr>
<td>Charlene Krise</td>
<td>Rhonda Foster</td>
<td>TBD</td>
</tr>
<tr>
<td>Kris Peters</td>
<td>Nathan Schreiner</td>
<td>2nd Wednesday or Thursday</td>
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<tr>
<td>Vacant</td>
<td>Joseph Peters</td>
<td>2nd Tuesday of July, Oct., Jan., April</td>
</tr>
<tr>
<td>Vince Henry</td>
<td>Eric Sparkman</td>
<td>1st Wednesday of March, June, Sept., Dec., TBD</td>
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#### Commission
- 1% Committee (Bylaws & Appendix X2)
- Budget Commission
- Education Commission
- Gaming Commission (TC 6.08.090)
- Housing Commission
- Utilities Commission

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<thead>
<tr>
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<tbody>
<tr>
<td>C.Krise, V. Henry, V. Kruger</td>
<td>Marvin Campbell</td>
<td>Feb., May, Aug., Nov.</td>
</tr>
<tr>
<td>Vicki Kruger</td>
<td>Marvin Campbell</td>
<td>June and August</td>
</tr>
<tr>
<td>Jeremie Walls</td>
<td>Vacant</td>
<td>2nd Friday</td>
</tr>
<tr>
<td>None per code</td>
<td>Dallas Burnett</td>
<td>1st Thursday</td>
</tr>
<tr>
<td>Charlene Krise</td>
<td>Liz Kuntz</td>
<td>1st Friday</td>
</tr>
<tr>
<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>Council Rep.</th>
<th>Staff Rep.</th>
<th>Meetings</th>
</tr>
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<tbody>
<tr>
<td>None per code</td>
<td>Nathan Schreiner</td>
<td>As needed</td>
</tr>
<tr>
<td>None per code</td>
<td>Charlene Krise</td>
<td>Sept., Dec., March, June</td>
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<tr>
<td>Vacant</td>
<td>Mike Araiza</td>
<td>4th Tuesday</td>
</tr>
<tr>
<td>Vinny Henry</td>
<td>Marvin Campbell</td>
<td>2nd Friday</td>
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<tr>
<td>Vicki Kruger</td>
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</tbody>
</table>

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Happy Easter

South Puget Intertribal Planning Agency

USDA Foods Program April Dates

PT. GAMBLE S’KLALLAM 4/6/21
SQUAXIN ISLAND 4/9/21
SKOKOMISH 4/14/21
CHEHALIS 4/22/21

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 passing 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.

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.

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

Questions?

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

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:

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

Prescription Drug Take Back Boxes

Clean Out Your Medicine Cabinet
Dispose of unused or expired prescription medications

Located At:
Mason County Sheriff’s Office
322 North 3rd Street in Shelton, WA 98584

North Mason Regional Fire Authority
460 Northeast Old Belfair Highway in Belfair, WA 98528

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

Early Head Start
Preparation for Success in School

WASHINGTON EARLY ACHIEVERS
Preparation for Success in School

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