

Thank **YOU** for wearing your mask!

- Squaxin Island Tribal Council



Reopening

Squaxin family,

We should all be very proud of the way our Squaxin Island Tribal family pulled together over the past year in the effort to protect each other from Covid-19. Our number of positive cases, thankfully, is very small in comparison to other communities throughout the country and across the world. Thank you all for doing your part to keep Squaxin Island Tribe safe and strong!

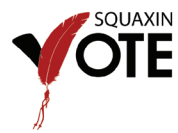
The number of Covid-19 infections is decreasing, thanks to our dedicated Health Services Department who, with the greatest professionalism, provided guidance, testing, and vaccinations. We must also be thankful to health services personnel in Mason and Thurston Counties who are our very close neighbors.

Tribal Council, along with our neighboring communities, has decided to now partially - and carefully - reopen.

We intend to accomplish this through continued diligence and precaution. We will continue to carefully monitor the statistics and be prepared to make changes, if necessary.



10 SE Squaxin Lane, Shelton, WA 98584
Change Service Requested



Squaxin Island Tribe

2021 Elections

YOUR VOTE

YOUR VOICE

ELECTION NOTICE

New Ballot Pickup Option on Reservation

If you do not have a suitable mailing address you may choose to have your ballot mailed to the Squaxin Island Public Safety (Law Enforcement) Office. Public Safety will hold on to your ballots to be picked up with valid identification by the voter.

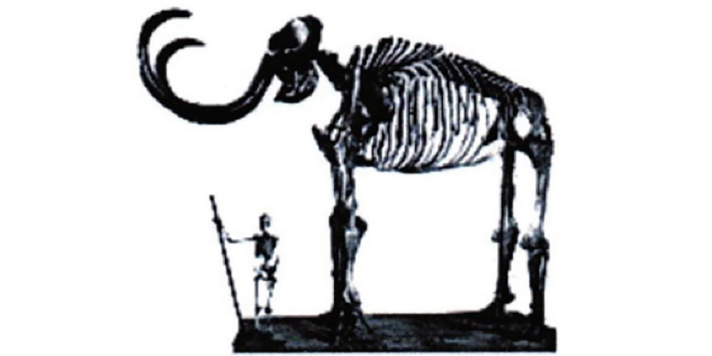
Using Public Safety for your ballot pickup is completely optional.

Update Your Address

If you have changed addresses or did not receive a ballot in the last election please update it with the enrollment office.

For **Address Updates** or choosing **Public Safety Ballot Pickup** please contact Tammy Ford at tford@squaxin.us or **(360) 432-3888** to update your mailing address as soon as possible.

CONTACT US BEFORE Monday, April 5th, 2021 to get your ballot sent to the right place.



*This could be **YOU** dating a Mammoth!*

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/ Chehalis 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



Squaxin Island TRIBAL NEWS

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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

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

Klah-Che-Min Staff:
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thenderson@squaxin.us

Dating a Mammoth Continued from page 1

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 Ka-



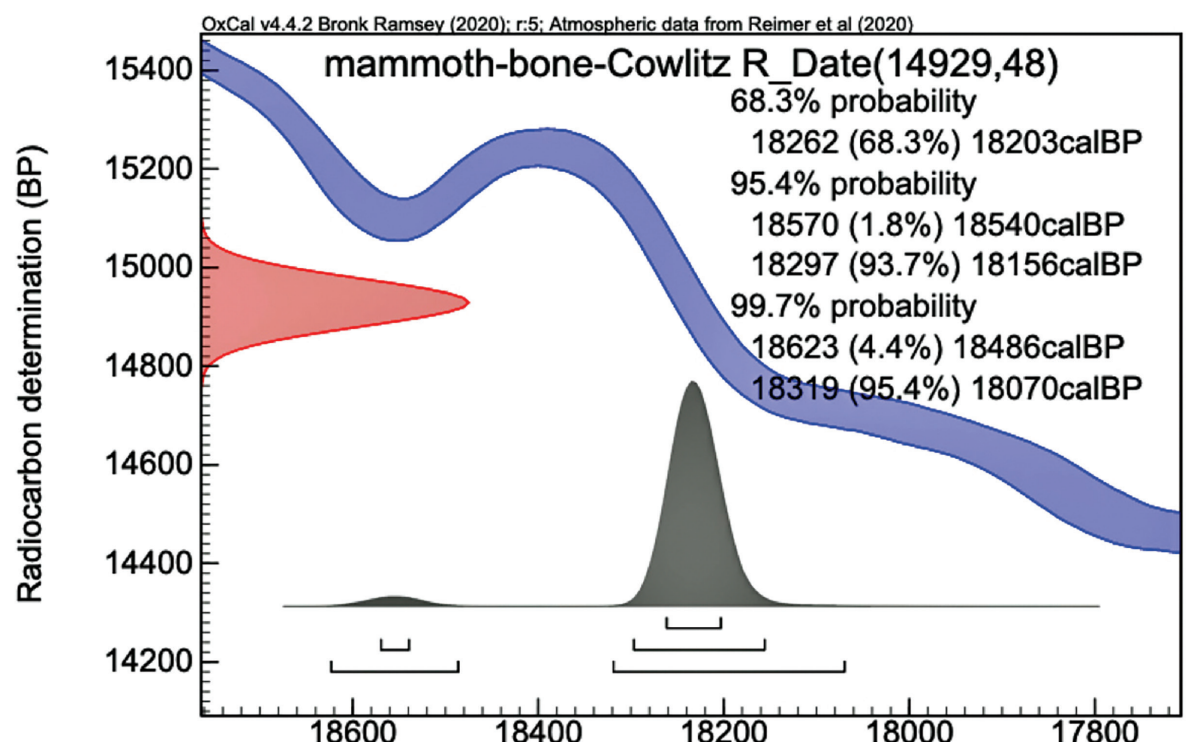
Mammoth leg bone with broken area where samples were taken for C14 dates.

milche 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.

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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

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



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 sisters 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.

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



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.



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.





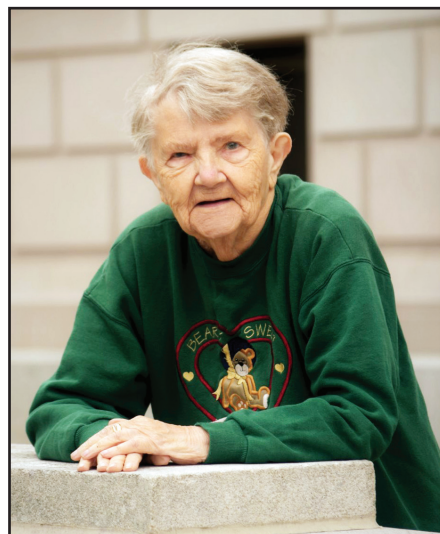
Nancy Ellen Handley was born in Seattle, Washington on September 08, 1933 to Alfred & F. Ellen (Brewer) Handley II. She lived in a variety of communities in the greater Seattle area during the first decade of her life and attended countless elementary schools there, until she moved to Arcadia Road, south 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, Hoodport, 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 Hoodport 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 another poem written, humorously, captured the birth of the youngest son called "God's Greatest Gift". Writing was the way Nancy captured joyous family occasions or overcame challenging moments in her life, as displayed in "David's Song" about the loss of her adult son in a logging accident.

Nancy filled her hours taking care of her family on her husband's journey to logging communities around the Pacific Northwest and northern California. Her family settled in Hoodport to allow stability for the children. She enjoyed her life as homemaker supporting her husband and children. She liked to cook, knit,



crochet, sew, tool leather, make jewelry, and create etched glass art, and she also had countless other hobbies. She canned her own food, made noodles, baked bread, and made jam, not only at home, but also in temporary camps when she accompanied her husband to the changing job site and annual hunting and fishing trips.

She was employed as a writer, waitress, cook, and office support for her husband's timber cutting business. Nancy baked pies and cinnamon rolls for Timbers Restaurant and provided childcare for her grandchildren.

Nancy 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 unit at Beaver Hill, and building trails on the Sol Duc River, along with Big

Walking On

Nancy Ellen Bloomfield
September 8, 1933 - February 26, 2021

Creek Campground, to the Mt. Eleanor trailhead. Her 4-H Club did a community service project building 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 outdoors 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." She was also very close to many of her thirty-five great-grandchildren, assisting with childcare for three of her great-granddaughters. She was proud to carry the name "Granny" by all. Granny had a long and fulfilled life and lived to delight in the birth of five great-great-grandchildren.

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.



*Nancy (R) with life-long friend
Marge Witcraft*



Walking On

Conrad Yeahquo

August 21, 1949 - March 18, 2021



Conrad Yeahquo, 71, of Olympia, Washington, passed away peacefully 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 bootcamp at Marine Corps Base Camp Pendleton. After bootcamp, 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 Hoodspout 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, Oklaho-

ma 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.

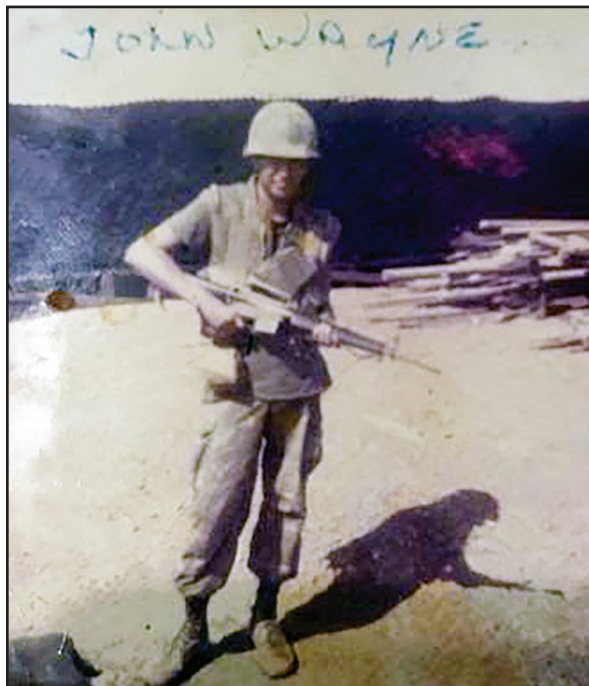
They moved out to Steamboat Island Road and had numerous nieces and nephews bring their happiness to them there.

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

Conrad is survived by his spouse, Elizabeth Ivy Yeahquo of Olympia, WA; niece, Rachel Mae Naranjo-Johns of Shelton, WA; nephew Ernesto Clemente Naranjo, Senior; grandchildren, Sara Maria Guadalupe Naranjo-Johns, Benjamin Conrad Naranjo-Johns, Ernesto Naranjo-Johns, Junior, Eliza Mae Naranjo-Johns, and Lily Ana Naranjo-Johns





all of Olympia, WA; siblings, Roberta Yeahquo of Tulsa, Oklahoma and Luke Yeahquo of Oklahoma; nieces and nephews, Ramona Renee 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."



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.





New Netpen Structure Update *Construction is complete!*



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!

NR Staff:

Jackson Cruz, David Dorland, Donovan Henry, Terrence Henry, Kurt Poste, and Dakodah Vigil

WDFW Staff:

Eric Kinne, Lee Pilon, Jason Smith, Tom Wortman, and staff from WDFW Lacey shop for assisting with equipment use.

Thank you all! Your hard work is appreciated!





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



*Chairman Kris Peters
after vaccination*

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 doses provided: | 410 |

Report current as of March 15, 2021

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

RSVP* Jennifer Johns
LIMITED SPACE 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 time of event. Please RSVP prior to event. Must reside within the Squaxin Island Reservation community. This flyer was developed under a grant number SM063440-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. 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.



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



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-------------------------------------|---|--|---|---|--|
| | | | | ¹ Open Swim: 11:00 am-1:30 pm & 3:30-6:00 pm | ² Open Swim: 11:00 am-1:30 pm & 3:30 pm-6:00 pm | ³ Open Swim: 11:00 am-1:30 pm & 3:30 pm-6:00 pm |
| ⁴ Elders Aerobics: 10:00-11:30 am Open Swim: 12:00-1:30 pm & 3:30-6:00 pm | ⁵ Pool Closed | ⁶ Open Swim: 4:00-6:00 pm | ⁷ Open Swim: 4:00-6:00 pm | ⁸ Open Swim: 4:00-6:00 pm | ⁹ Open Swim: 11:00 am-1:30 & 3:30 pm-6:00 pm | ¹⁰ Elders Aerobics: 10:00-11:30 am Open Swim: 12:00-1:30 pm & 3:30 pm-6:00 pm |
| ¹¹ Pool Closed | ¹² Pool Closed | ¹³ Open Swim: 11:00 am-1:30 pm & 3:30-6:00 pm | ¹⁴ Open Swim: 4:30-6:00 pm | ¹⁵ Open Swim: 11:00 am-1:30 pm & 3:30-6:00 pm | ¹⁶ Open Swim: 11:00 am-1:30 & 3:30 pm-6:00 pm | ¹⁷ Open Swim: 10:00-11:30 am Open Swim: 12:00-1:30 pm & 3:30-6:00 pm |
| ¹⁸ Pool Closed | ¹⁹ Pool Closed | ²⁰ Open Swim: 11:00am-1:30 pm & 3:30-6:00 pm | ²¹ Open Swim: 4:30-6:00 pm | ²² Open Swim: 11:00am-1:30 pm & 3:30-6:00 pm | ²³ Open Swim: 11:00 am-1:30 pm & 3:30-6:00 pm | ²⁴ Elders Aerobics: 10:00-11:30 am Open Swim: 12:00-1:30 pm & 3:30-6:00 pm |
| ²⁵ Pool Closed | ²⁶ Pool Closed | ²⁷ Open Swim: 11:00 am-1:30 pm & 3:30-6:00 pm | ²⁸ Open Swim: 4:30-6:00 pm | ²⁹ Open Swim: 11:00 am-1:30 pm & 3:30-6:00 pm | ³⁰ Open Swim: 11:00 am-1:30 pm & 3:30-6:00 pm | |
| | | | | | | |



PARKS AND REC



Squaxin Island Parks & Rec

In preparation of reopening the After-School Rec Program

Information about reopening in April:

- *Spring Break Hours: 9:00 am-3:00 pm*
- *After-School Hours: 1:45 pm-5:00 pm*
- We are following the Shelton Schools hybrid model.
 - Youth must be registered in School.
 - Tuesday will be Group A only
 - Wednesday's will be for Pool Parties
 - Group A - 10:00 -1:00 pm
 - Group B - 12:30 - 3:30 pm
 - Thursday will be Group B only
 - Parents will need to provide proof of group.
- Parents must register each youth for our program.
 - We must have a current Registration Form on file
 - prior to the youth starting.
 - It will be a first come first serve.
 - You can contact Jerilynn by email or office phone to register.
- Space is limited to 27 youth per day.
 - Ages Kindergarten - 7th Grade
- Families will be added to a waiting list as spots fill up.
- Youth will be required to wear a mask at all times.
- If youth show any signs or symptoms parents will be required to pick up immediately.
- If COVID cases increase we maybe unable to reopen.

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

Squaxin Island Parks & Rec

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 jvailsquaxin.us

APRIL 2021

Squaxin Island Parks & Rec

After-School Rec Calendar



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

Pre-Registration is Required. Limited to 27 Youth Daily



PARKS AND REC



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



SQUAXIN ISLAND TRIBE
PARKS AND RECREATION
BASKETBALL GYM

**OPEN GYM BY
RESERVATION
ONLY.**

One family household, can reserve 1 hour open gym for activities starting April 1st.

**HOURS VARY AROUND
OTHER PROGRAMS.
BRING YOUR OWN
EQUIPMENT.**

Contact Cassidy Gott at
CGott@squaxin.us or 360-432-3852 for your reservations

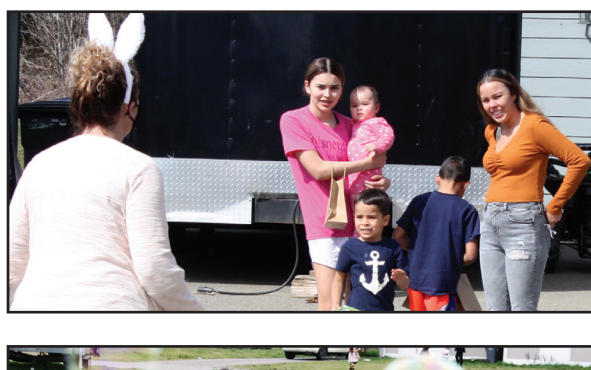




PARKS AND REC



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 a 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



BINGO

Friday • April 23rd
Daubin' in the Dark Black Light Bingo **AGES 21+**
Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

Saturday • April 24th
Doors Open 9am | Early Birds 11:30am | Session Starts 12pm
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

Sunday • April 25th
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

Bring a canned food item and receive a FREE 6-on level 1

Multiple winners split the payout. Call 360-427-3020 for more details.
Must be 18 or over to participate in BINGO. Ages 21 and over only for Friday session.
Must be age 21 or older for Bingo Specials.
Management reserves the right to modify or cancel Bingo if not enough players.

LIVE a little



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

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

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..

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@sheltonschoools.org



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

Dates and Locations:

Squaxin Island 4/9/21
@ SPIPA
11:30am-2:00pm

Skokomish 4/14/21
@ Skokomish Community Center
11:30am-2:00pm

Nisqually 4/16/21
@ Nisqually Warehouse
11:30am-3:30pm

Shoalwater Bay 4/16/21
@ Food Bank
8:00am-10:00am

Chehalis 4/22/21
@ Tribal Community Center
11:00am-2:00pm

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.



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

THE HONORABLE ANITA ESTUPIÑAN NEAL

SQUAXIN ISLAND TRIBAL COURT
YOUTH COURT
SQUAXIN ISLAND RESERVATION

IN RE:

FG

Indian Child

Case No.: SQI-CW-2021-03-01

NOTICE OF FACT FINDING AND
DISPOSITIONAL HEARINGS

THE SQUAXIN ISLAND TRIBAL YOUTH COURT TO: Claudia Guijosa

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.

NOTICE - PAGE 1 OF 1

SQUAXIN ISLAND LEGAL DEPARTMENT
3711 SE OLD OLYMPIC HWY
SHELTON, WASHINGTON 98584
360.4362.1771

GET YOUR TAXES DONE FOR FREE

SQUAXIN ISLAND TAX SITE

(Basic returns)

Through May 6th

By appointment only

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

WHAT YOU NEED:

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



IRS Certified Volunteers Providing
FREE TAX PREPARATION

Sponsored by Squaxin Island Tribe—Office of Housing



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@sheltonschoools.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

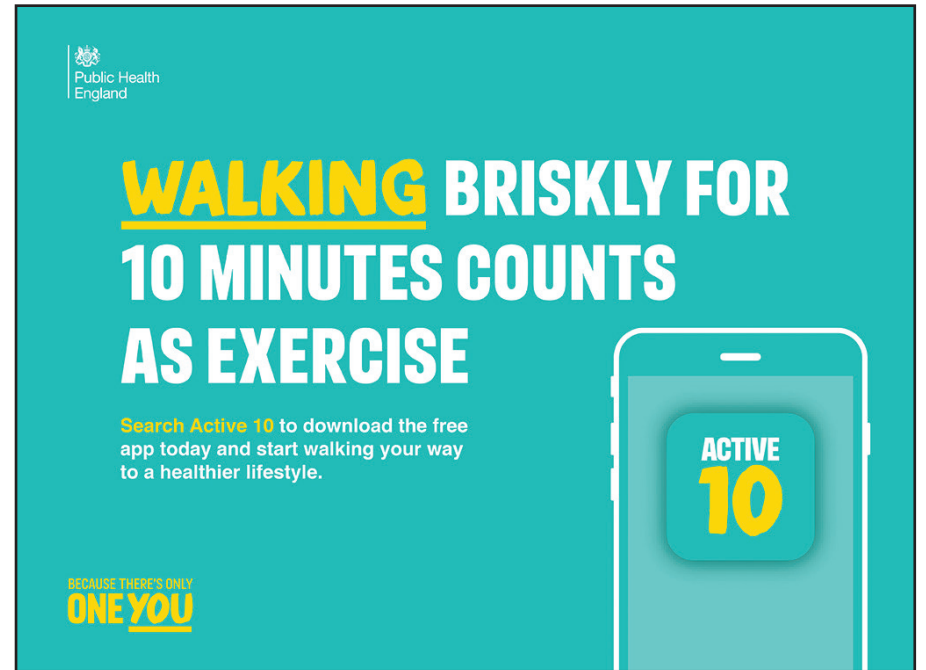
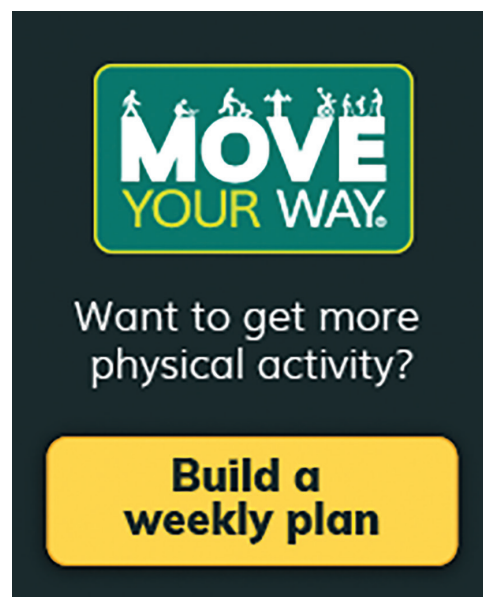
By Kyle Ferguson, PhD (Clinical Psychologist) at the Clinic - The negative impact of a sedentary lifestyle (i.e., “couch potato syndrome”) on humans has been studied for many years. Some experts maintain that a sedentary lifestyle is “worse than smoking” because it is linked to countless health problems. 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 straight forward – 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.

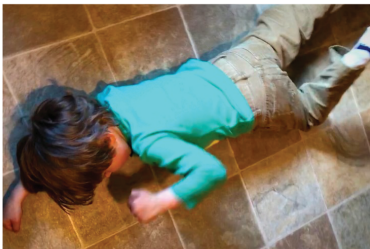


Understanding your Toddler and Tips to Reduce Frustration

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.

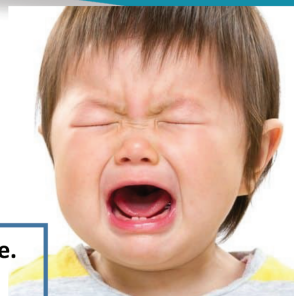
Toddlers need to practice exploring with their fingers. Your toddler must use his hands to touch, hold, pick up, and even throw things. Sometimes he won't eat unless you let him feed himself. Practicing during mealtimes can be messy and frustrating for parents, but it is very important to give him a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



Foot Exam Day with Dr. Kochhar
(Foot Doctor)

Wednesday, May 26, 2021

1—4 pm
At the Clinic

Priority for people with diabetes
Others will be seen if space is available.



Contact Patty Suskin, Diabetes Coordinator
for an appointment.
360.432.3929
psuskin@squaxin.us



HEALTH CLINIC




Squaxin Island WIC
(Women, Infants, and Children)
provides healthy foods & nutrition information for you and your child up to age 5.
Please have available:
Your child'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

wic WOMEN, INFANTS & CHILDREN

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



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.



SQUAXIN ISLAND HEALTH CLINIC

CALL TO SCHEDULE YOUR ROUTINE CARE APPOINTMENTS

360-427-9006

IMMUNIZATIONS

FOOTCARE

SPORTS PHYSICALS

DIABETES CHECK-UPS

WELL CHILD EXAMS

GEODUCK DIVE PHYSICALS

EAR CARE

ANNUAL CHECK-UPS

BLOODWORK

WOMEN'S WELLNESS

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

MOVE YOUR WAY.

Find tips to get moving and build a weekly activity plan. health.gov/MoveYourWay/Activity-Planner



COMMUNITY



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.



EMERGENCY

CALL

9-1-1

FIRE
POLICE
MEDICAL
RESCUE

SQUAXIN ISLAND TRIBE

Non-Life Threatening Emergencies

Emergency Operations Center (EOC) Hotline

(Information only - no voicemail)

(360) 432-3947

Community EOC Hotline (Questions and voice mail message)

(360) 443-8411

Emergency Management Coordinator

(360) 443-8410

Community Emergency Response Team (CERT)

(360) 426-5308

Squaxin Police Department

Office Hours Monday - Friday 8:00-4:00

(360) 432-3831

PUD No. 3 Outage Hotline

(360) 426-8255

Mason County Police Dispatch Non-Emergency

(360) 426-4441

Mason County Fire Non-Emergency

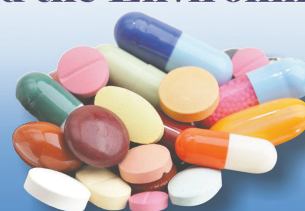
(360) 426-3348



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

Help Protect Our Kids, Families and the Environment



Clean Out Your
Medicine Cabinet

Prescription Drug Take Back Boxes

Located At:

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

&

Mason Regional Fire Authority
460 Northeast Old Belfair Highway in Belfair

For More Information Call Mason County
Public Health & Human Services

360-427-9670 ext. 400





COMMUNITY



Happy belated birthday to Stephen Henry (March 31)!

Stephen was accidentally missed in last month's Klah-Che-Min

1
Colby Robert Smith
Duane Arthur Cooper
Famie Marie Mason
Rene Andre Vigil
Seattle Dee Morris

2
Bentley Daniel Gray
David Wayne Peters Sr.
Kaitlyn Rose Niel

3
Deborah Jean Knott
Jacqueline Crenshaw
Tamika May Krise

4
Elizabeth Cooper-Campbell
Janice Nadine Leach
Joseph Nolan Harrell
Kathy Ann Brandt
Traci Jo Coffey
Tyler D. Hartwell

5
Matthew Volker Peters Block

6
Chauncey Eagle Blueback

7
Carolyn E. Hoosier
Keesha R. Vigil-Snook
Marie Elaine Snyder
Michael W. Kruger
Rolando Lewis Rocero
Tania Asia Korndorfer

8
Marcella Rease Cooper
Mi'chelle Emily Mach
Nolah Jean Cousins
Rodney James Krise Jr.

9
Alexander Henry Blueback
Andie May Cousins
Cheryl Lynn Hantel
Juan Miguel Araiza
Kiana Jean Henry
Lila Mae Jacobs
William Howard Henderson

10
Antonia D. James
Joanna Lynn Cowling
Kenneth Wayne Selvidge Jr.
Lily Ana Naranjo-Johns
11
Anisaia Manu-Saenz
Talon Jacob Beattie
Tseeka Myrtle Lee Ackerman

12
Dorinda Evon Thein
Elaine LeeAnn Roberts
Russell Dean Harper

13
Allen Jovian Mosier
Latiesha Marie Gonzales

14
Debra Jean Peters
Haelee Hernandez-Smith
James Leroy Peters
Mary Josephine Mae Lewis

15
Grace Elizabeth Pugel
Lorena Lynn Porter
16
Maria Guadalupe Coley
Ronald Lawrence Schaefer

17
April Ann Leonard
Dena Mae Cools
Skylehr 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)
@ butletm@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
@ 1-877-501-2233**





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 |
| WIC | April 13 |



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

If it is an
EMERGENCY
CALL 911

COMMITTEES COMMISSIONS & BOARDS

Committee

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

Council Rep.

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

Staff Rep.

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

Meetings

2nd Wednesday in Feb., May, Aug., Nov.
1st Wednesday or Thursday
March, April, May
2nd Tuesday
May and June
2nd Wednesday in March, June
TBD
2nd Wednesday or Thursday
2nd Tuesday of July, Oct., Jan., April
1st Wednesday of March, June, Sept., Dec.
TBD

Commission

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

Council Rep.

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

Staff Rep.

Marvin Campbell
Marvin Campbell
Vacant
Dallas Burnett
Liz Kuntz
Vacant

Meetings

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

Board

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

Council Rep.

None per code
None per code
Vacant
Vinny Henry
Vicki Kruger

Staff Rep.

Nathan Schreiner

Charlene Krise
Mike Araiza
Marvin Campbell

Meetings

As needed

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

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

NISQUALLY 4/16/21

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

For USDA Food, call SPIPA at 360.426.3990

This institution is an equal opportunity provider.



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

and

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



Free Quality Preschool for Your Child

ECEAP helps all children enter kindergarten ready to succeed

Who is eligible?

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

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



Questions?

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



ECEAP Provides:

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

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

Early Head Start

Now Recruiting Pregnant Women and Children Birth to Three



Early Head Start Provides:

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



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



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

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