

Hello, sqʷaxədəbš,

Spring is among us and summer is knocking on the door!

This last year, as we lived through the pandemic, was a time where we, as Squaxin's, showed great strength, perseverance, and growth. It has been hard at times, and we all had to make sacrifices. Covid-19 caused us to temporarily close down our businesses, negatively impacting our economy. Many employees were temporarily furloughed, and some services were halted. Although there were furloughs, no government employees were let go permanently due to the pandemic. The Tribe never missed a per capita payment to our citizens and Cares Act funding was secured and distributed to our people and employees.

Leadership had to make some really difficult decisions to protect our community, especially our Elders and vulnerable adults.

I am immensely proud of how we have overcome this pandemic. We activated our Emergency Operations Center and secured federal funding to carry our community through this difficult time.

We established a checkpoint at our border to monitor and control the amount of people who entered our residential neighborhoods and government facilities.

We installed a tiny homes village as a place for people/families to quarantine if they became infected.

We successfully and safely held elections and opened communication to the community via Zoom which was utilized for the Winter General Council meeting and now for our bi-monthly Tribal Council meetings.

Thank **YOU** for Protecting Our Community



We were able to provide meals to hundreds of Elders and youth during the closure.

Unlike some other communities and reservations, Squaxin sustained a low number of cases on the reservation. This was due to the leadership of our Executive staff and Covid-19 team of directors/employees and EOC staff. I am especially proud of our Health Services staff for the unwavering and dedicated work in administering the hundreds of Covid-19 tests and vaccines to our tribal members, community members and employees. You are our heroes. I believe we will come out of this pandemic stronger and closer than ever as a tight-knit tribal community.

We have had major accomplishments, even in the midst of a pandemic. We obtained approval of our water use application from Ecology and finalized local well water use agreements that will help us channel more fresh water into Kamilche.

We re-established the Island Enterprise Inc. Board in an attempt to take politics out of our businesses and to provide a more efficient and professional approach to the leadership of IEI.

We made a renewed commitment to our committees, commissions, and boards by updating many of our bylaws and rosters, and have scheduled regular reports to Tribal Council.

We worked really hard to foster good relationships with local communities and governments while educating them about the history of our people, our ancestry, and our original land base.

I am really excited for our future.

We are a strong nation with great resiliency.

We are the "People of the Water."

We are the Noo-Seh-Chatl, Steh-Chass, Squi'Aitl, T'Peeksin, Sah-Heh-Wa-Mish, Squaksin, and S'Hotl-Ma-Mish.

We are Squaxin!

Kristopher K. Peters, Chairman





HUMAN RESOURCES



Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
TOLL FREE: 877.386.3649
FAX: (360) 426-6577
www.squaxinisoland.org

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

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

Squaxin Youth Ages 16-21 Seeking Employment

If you are a Squaxin Tribal member between the ages of 16 and 21 and would like an opportunity to work for six weeks this summer, please visit squaxinisoland.org/employment for an application. We are encouraging online applications to promote social distancing. Interviews will also be done via video conferencing. Contact Niki Ho at nho@squaxin.us with questions.

The six weeks of employment will begin on **June 30, 2021** and will run through **August 6, 2021**. Wearing masks, social distancing, and other safety precautions will be taken. We will be required to limit the number of positions for the safety of the community.

If you need assistance with completing your application, writing a cover letter, or doing a resume, please contact Niki to schedule a video meeting.

Please note all applicants for Little Creek Casino Resort will be asked to attend an additional orientation workshop to complete the licensing process.

Your application must be submitted by Friday, June 1st 2021 by 4:00. All positions will be closed after this deadline. Wearing masks, social distancing and other safety precautions will be taken.

Stepping Stones: Youth Pre-Employment Training Program For Squaxin Youth Ages 13-15

Youth will participate in projects which promote the development of accountability, work ethics, and pride in the community. This model will encourage tribal youth in learning transferable skills they can apply to later employment for Squaxin Island Tribe or elsewhere. Mask wearing, social distancing, and other safely precautions will be taken.

If you are a Squaxin Tribal Youth who is going to be 13 – 15 years old by **July 1, 2021** and are interested in participating in this program, please email Jessica Cruz at jlacruz@squaxin.us. Youth not enrolled will be placed on a waiting list.

- Name
- Address
- Phone number
- Date of birth
- Squaxin Island enrollment number
- T-shirt size

The sign up deadline for Stepping Stones is Friday, **June 1, 2021 by 4:00**. *Employment applications are not required for Stepping Stones; just call us. Please note that, due to social distancing, program numbers will be limited.*

PARENTS: *To provide an initial opportunity for training in the employment application process, please encourage your youth to call or stop by on their own, rather than calling on their behalf.*

Squaxin Preference will be followed in both Summer Employment and the Stepping Stones program in accordance with the Tribe's policies.

All programs are subject to closure to protect the health and safety of the community.



Olympia Oysters on the Island



Eric Sparkman - Olympia oysters were once found all over the inlets of South Puget Sound and in great numbers. However, because of over harvesting to feed the California gold rush and later because of pulp mill pollution from Shelton, their numbers had been greatly reduced. You can still find them out on Squaxin Island here and there but not covering the beach in large “reefs” as you now sometimes see with wild set Pacific oysters. Over the years, the Natural Resources Department has dabbled in Olympia oyster restoration in an effort to bring back Olympia oyster beds on Squaxin Island.

In 2010, the Natural Resources Department, along with the Puget Sound Restoration Fund, worked to provide Olympia oyster habitat in Palela Bay and on BC1 on the east side of the Island. Under a grant from the National Fish and Wildlife Foundation, 2.25 acres of shell were spread over the soft mud with the goal of providing hard substrate for wild Olympia oyster to set on. While this was quite some time ago, most of the shell remains and it has provided the habitat needed for Olympia oysters to set and survive.

This base layer of shell is an important component of an oyster bed. In a natural Olympia oyster bed, this layer consists of the shells' past generations of Olympia oysters rather than barge loads of the much larger Pacific oyster shells. Functionally this layer keeps the newly set oysters out of the mud and provides a place for the spat to attach and grow. Now, with all this shell laid down in the bay, all that was missing was the live oysters.

To meet this end we set out to catch some wild Olys. This was done by filling mesh bags with oyster shells and then setting them out in areas that are known to have natural populations. In the summer of 2011, we set out some of these shell bags in Totten Inlet near Burns Cove. Since newly set oysters are difficult to see without a microscope it is much easier to let them grow before attempting to count them. At the end of the summer the bags were opened and the shell spread out over the Palela Bay site. When we examined the shell, it was obvious that this effort was largely unsuccessful, which we attributed to either a poor set that year or high mortality on the newly set spat.

Aside from a couple of years of setting out clean shells attached to sticks in an effort to enumerate the Olympia oyster spat fall, the Olys were left to themselves to repopulate. That is until 2018 when the Natural Resources De-

partment was approached by the Puget Sound Restoration Fund who happened to have some Oly seed that they needed to get out of Taylor Shellfish's FLUPSY. The Oly seed was restoration grade, which means the oyster seed was produced from a large number of adults from the same area that they were to be planted. This is done in an effort to keep the genetics of the oyster population diverse, like in the wild.

Prior to spreading the seed at the Palela Bay site, an effort was made to check the progress of the bed. A survey in 2018 showed that Olympia oysters had been recruiting to the cultch laid down eight years before, but overall oyster densities were low. This was promising, because it showed that Olys could recruit and survive in the area that we had spread shell.

This April the Natural Resources Department conducted another survey of the Oly beds to see how the oysters from 2018 were doing and also to look for evidence of natural recruitment of new Olys on the shell. This is in preparation for another round of planting of oysters to the site this spring, this time through the Nature Conservancy and Pew Charitable Trusts' Supporting Oyster Aquaculture and Restoration (SOAR) program. These Olys were spawned from South Sound broodstock in the NOAA Shellfish Conservation Hatchery in Manchester and then nursed in Eld Inlet by Chelsea Seafarms. Now the Tribe will find them a new home on the beaches of Squaxin Island. Here they will join the previously planted seed and natural recruits that are resting on the foundation of shell laid down a decade ago. This will put us one step closer to our goal of a robust Olympia oyster bed on the Island that is self-sustaining but that also is a source of spat for other areas as well.





Child Development Center Reopening

Squaxin Island Child Development Center (SICDC) Families and Community,

Finally, we have a tentative reopening date of May 10. We are so excited and look forward to children and families being back in the center every day. Of course, this date is contingent upon passing our health, safety, and fire system inspections. You can rest assured that when your children return or begin at SICDC they will be in an environment with all the Covid-19 protocols in place as well as the high standards of safety protections we adhere to.

The SICDC now has one standard enrollment packet that must be completed for each child to attend. A NEW ENROLLMENT PACKET MUST BE COMPLETED BEFORE YOUR CHILD CAN ATTEND, even if they have attended in the past. Enrollment packets are available in the SICDC office and can be emailed or sent in the mail upon your request. The standard packet will provide all the necessary information to determine which funding source is used to support your child. Regardless of the funding source, all children at SICDC receive the same high-quality early learning program, services, and opportunities. Please return enrollment packets to Savannah Fenton.

Things to know:

- Remote services will still be offered to families who do not chose to have their child/ren return to the center. Family participation expectations will be a part of remote services.
- Children will not be allowed to move between the remote and center-based program; they must be signed up for one or the other for consistency of services and safety of all.
- SICDC follows Tribal, EHS and ECEAP preference protocols for enrollment.

Families need to provide:

- 3 sets of seasonal clothing that will be kept and sanitized by SICDC
- A blanket for nap time that will be kept and sanitized by SICDC
- Please label all your child's belongings with permanent marker
- Children will stay in their class grouping; there will be no mixing of groups.
- Meals and snack will be served individually, no more family style dinning.

Class sizes:

Infant Rooms:	1 lead teacher + 2 assistants to 8 infants
Toddler Rooms:	1 lead teacher + 2 assistants to 9 children
Preschool Rooms:	1 lead teacher +2 assistants to 15 children
Outdoor Preschool:	1 lead teacher +2 assistants to 12 children

SICDC hours of operation will be 6:00 AM to 6:00 PM

Drop-off and pick-up protocols

- All children and adults entering the building will have a health screening and temperature check before going to classrooms.
- A well fitted mask that covers the mouth and nose must be worn by adults and children over the age of 2.
- Handwashing and/or sanitization will be required upon entering.
- New procedures to enhance health and safety call for a determined window of drop-off and pick-up.
- All children need to be at the center before 10:00 AM and can not be picked up until after 2:00 PM.
- Our classrooms have been set up for safe interactions. Tables have clear dividers. Children will not share supplies. We have invested in sanitation cabinets and will process all materials used throughout the day.

Our number one priority is to provide social and emotional well-being and kindergarten readiness services to our families in a safe, supportive, and enjoyable environment.

With your support, I know we will have a successful opening and continue to see your children thrive in their learning and development.

If you have any further questions, please contact me at (360) 432-3858 or sbrownfield@squaxin.us or Sabrina Green at (360) 426-1390 or sgreen@squaxin.us.

- Sally Brownfield, Director

Salish Cliffs

Comes to the Squaxin Ball Park

Squaxin Island Police Chief Barry Hagmann, Tribal Council Member Jeremie Walls, and Salish Cliffs Assistant Golf Professional Sheena Prante came up to the ball field and played some golf with the kids for their spring break.

Everyone had a lot of fun!

Jeremie suited up in the sticky suite for the event and let kids hit balls at him while Barry helped out teaching and gathering balls all day.

Many thanks to all!



Jeremie, Sheena, and Barry





Drum Making Class Behavioral Health & Suicide Prevention

Jen Johns - We want to express our gratitude to the youth who came and participated in our drum making class. It was an honor to host and offer such valuable craftsmanship to our youth, and we were impressed by all of your natural drum making skills.

I encourage you to use your drum as a way to ground yourself through drumming and singing. The drum is a very important tool used in our cultural beliefs, songs, and healing. The drum represents the universal heartbeat of Mother Earth and allows us to sync with her natural rhythm while we drum and sing, connecting us to our past, present and future. Beating the sacred rhythm brings balance and renewal.

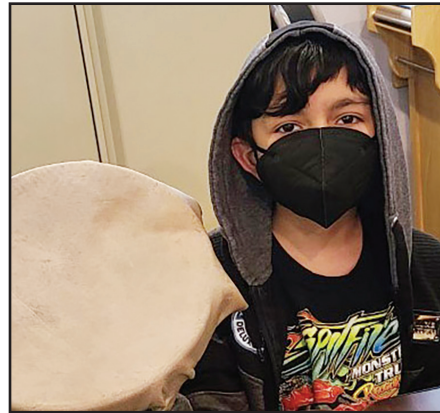
Grounding Practice

Affirm: Mother Earth supports me, nourishes me, and anchors me to this place in time.

Detail: Connect to Mother Earth through the imaginary roots of your body, as you release your breath with an exhalation downward into the soil and stones. As you exhale, give away any tension or stress to the Earth, unburdening your body of anything you are holding that is heavy or congested. Next, inhale and draw renewed energy up through your roots, revitalizing your nervous system, organs, circulation and mental clarity. Continue to ground and breathe as long as necessary to maintain a continuous flow of loving energy between you and the Earth.

Effect: Daily practice of grounding offsets physical shock, mental stress from technology and too much decision-making and analyzing. Grounding allows you to rest better, and to feel centered in your own bones and skin.

Credit:
Dr. Ruby Gibson (Lakota, Ojibway, Mestiza), cofounder and Executive Director of Freedom Lodge, a nonprofit organization in Rapid City, South Dakota





Monthly Student Spotlight

Kasia Seymour - In the Parks and Recreation Department, we are trying to recognize and spotlight students in elementary, middle, junior high, and high schools. We are recognizing students who have worked hard to achieve their educational goals and had any type of recognition or award in sports, dance, or any other activity in our community. We would like to share with the community how proud we are of our students and their achievements.

This month we would like to spotlight:

High School (10th and 11th graders):

Kiona Krise and Steven Mendoza are both students who have worked very hard to stay on top of all of their schoolwork. Both Kiona and Steven have been responsible, checking their grades online and contacting teachers for any work they needed to finish.

Junior High School (8th grade students):

Lilah Wentworth and Alea Shea are students who have stayed on top of her classwork and homework. Lilah has kept impeccable grades during online school and in-person classes. Alea has improved in her classes while going back to in-person instruction on the new school schedule and her grades are improving.

Middle School (6th grade student):

Zachery Johns has been doing well in his classes and has good grades.

Elementary students (1st and 2nd graders):

Madison Raham and Chase Raham have been doing great with their attendance while attending online and in-person classes.



Squaxin Island Parks & Rec


SUMMER R.O.O.T.S. DAY CAMP

Ages: Kindergarten - 12 years
Monday - Friday
June 28 - August 6

R.O.O.T.S. Day Camp has Priority One & Priority Two List
Priority One: Tribal Members, Descendants & Community Members.
Priority Two: Tribal Employees

Youth will be assigned to a "Pod" and stay with the group the entire camp

Camp will include: Cultural Activities, STEM Projects, Swimming, Center Visitors and trips to the Parks around Squaxin Reservation.





Squaxin Island Parks & Rec

Mother's Day Dessert & SUPER SUMMER SIGN-UP

Thursday, May 6th
4:30-6:30 pm

This year we will be set up in front of the gym.
You can drive through and pick-up dessert &
Summer Registration Packets!

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

SQUAXIN ISLAND PARKS & REC

MOVIE NIGHT IN THE POOL

MAY 14 | TIME IS TBD
PLAYING SHARK TALE

Space is limited to 20.
Masks must be worn.
Please reserve your spot by May 11th.
To reserve a spot & receive more
information email: pool@squaxin.us
or call: (360) 432-3869



PARKS AND REC



Squaxin Island Parks & Recreation Calendar for May 2021

Fitness Center Hours: Monday: 7:30-4:00; Tuesday, Wednesday, Thursday: 7:30-6:30pm; Saturday: 10:00-6:30pm

Rec Room: 360-432-3995 Pool/Cassidy: 360-432-3852 Jerilynn: 360-432-3992

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Elder Aerobics: 10-11:30am Open Swim: 12-1:30pm & 3:30-6pm
3 Pool is Closed	4 Rec Rm: Group A: 1:45-5pm Open Swim: 11-1:30pm & 3:30-6pm	5 Rec Rm: Group A: 10am-1pm Group B: 12:30-3:30pm Open Swim: 4:30-6pm	6 Rec Rm: Group B: 1:45-5pm Open Swim: 11-1:30pm & 3:30-6pm	7 Tribal Holiday Closed	8 Pool Closed For Training
10 Pool is Closed	11 Rec Rm: Group A: 1:45-5pm Open Swim: 11-1:30pm & 3:30-6pm	12 Rec Rm: Group A: 10am-1pm Group B: 12:30-3:30pm Open Swim: 4:30-6pm	13 Rec Rm: Group B: 1:45-5pm Open Swim: 11-1:30pm & 3:30-6pm	14 Open Swim: 3:30-6pm Movie Night in the Pool	15 Elder Aerobics: 10-11:30am Open Swim: 12-1:30pm & 3:30-6pm
17 Pool is Closed	18 Rec Rm: Group A: 1:45-5pm Open Swim: 11-1:30pm & 3:30-6pm	19 Rec Rm: Group A: 10am-1pm Group B: 12:30-3:30pm Open Swim: 4:30-6pm	20 Rec Rm: Group B: 1:45-5pm Open Swim: 11-1:30pm & 3:30-6pm	21 Open Swim: 11-1:30pm & 3:30-6pm	22 Elder Aerobics: 10-11:30am Open Swim: 12-1:30pm & 3:30-6pm
24 Pool is Closed	25 All Programs are Closed For Training	26 All Programs are Closed For Training	27 All Programs are Closed For Training	28 All Programs are Closed For Training	29 All Programs are Closed For Training
31 Pool is Closed					

Open Swim Capacity: 15 people or Three Families

- For Squaxin Island tribal members

Pool Monthly Theme: Aqua Olympics

- Ages: 5-12 years
- Every Saturday during open swim
- Play at all stations and win a prize

After-School Rec Program

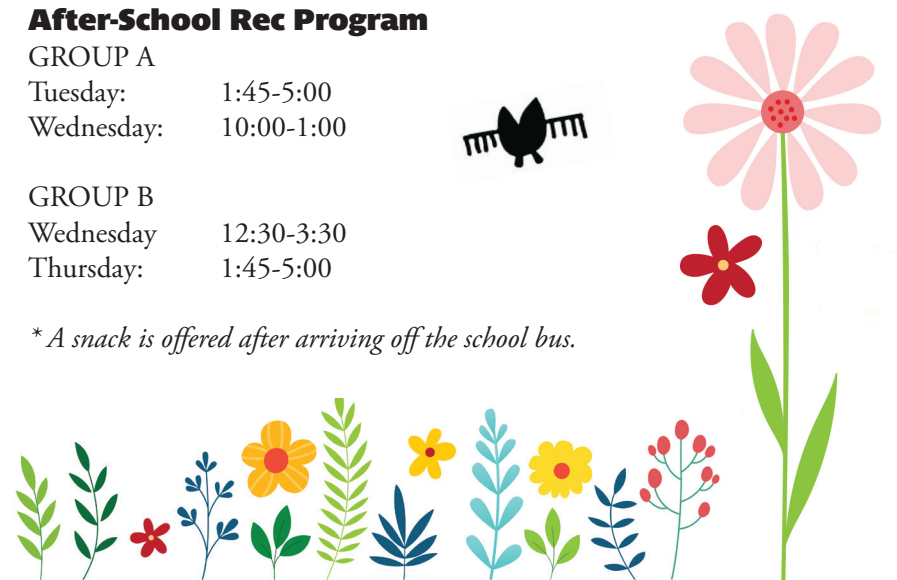
GROUP A

Tuesday: 1:45-5:00
Wednesday: 10:00-1:00

GROUP B

Wednesday 12:30-3:30
Thursday: 1:45-5:00

**A snack is offered after arriving off the school bus.*





New Education Director



Julie Youngs

Hi! I am the new Education Director at the Tu Ha' Buts Learning Center. Most of you know me as Julie the tutor. I am honored and very excited to become the new Education Director at the TLC.

Since September of 2010, I have had the honor of being the Squaxin Island Tribal Tutor at Shelton High School. In that capacity, I witnessed the resilience and tenacity of Squaxin youth. Through my years of working directly with tribal youth and families, I have witnessed both the critical and essential role the Education Department plays in serving the needs of the Squaxin community. I believe that these experiences have provided me with the understanding and vision to serve in a leadership role that will help create and build a robust education department that is highly suited to meet the needs of the Squaxin Tribe.

I want everyone to know that the voices of the families and students will be at the table as we plan. This is OUR education department, and I look forward to working together to share ideas and visions.

TLC Update

Good News! Sgwi' Gwi is happening this year! We had to get creative with a completely new event due to Covid-19 restrictions, and we are really excited to try something that we think is going to be really fun. Sgwi' Gwi will be happening at the Skyline Drive-In Theater, Thursday, June 17th. Save the date so you can join us to celebrate our graduates, and enjoy a movie after the event! Stay tuned for more details as we continue our planning to make Sgwi' Gwi a memorable event for everyone.

If you are earning a diploma, GED, college degree or vocational certificate, please let us know soon so we can plan! Send us an email with your contact info to TLC@Squaxin.us

The TLC team has been dreaming of some big changes in our building. We will be working hard as a team to improve our programs, so stay tuned and watch us grow!

Higher Education Students

Just a reminder that summer quarter is by special request only! You must write a special request letter to the Education Commission along with a Memorandum of Commitment, summer class schedule, and official grades from spring 2021. The deadline for summer 2021 is June 11th. Also, August 6th is the deadline to turn in all completed paperwork for the 2021/2022 school year. Paperwork can be emailed or picked up at the Education Department between the hours of 7:30-4:00. If you have any questions or need any assistance, please feel free to give me a call or email.

Thank you,

Mandy Valley, Higher Education Coordinator, mvalley@squaxin.us, (360) 432-3882



ATTENTION ALL STUDENTS *Graduating in 2021*

Do you know someone who is graduating high school, has received their GED, completed their AA, BA, MA Degree, or has received a certificate for a vocational/technical program?

To be recognized please email your information to Mandy Valley by;
4:00pm Friday June 4, 2021.

Please see contact information below

The Squaxin Island Tribal Council, Education Commission and the Tu Ha' Buts Learning Center would like to recognize and celebrate these individuals at the Twenty-fourth Annual Sgwi-gwi Celebration.

24th Annual Sgwi-gwi Celebration
Thursday June 17, 2021
Time TBD, Skyline Drive-In Theater

Contact: Mandy Valley
10 SE Squaxin Lane
Shelton, WA 98584

Phone: (360) 432-3882
Fax: (360) 426-7897
email: mvalley@squaxin.us



Mosquito Problems Start At Home



Recycle old bottles, buckets, and cans.



Clean garden ponds and stock with fish.



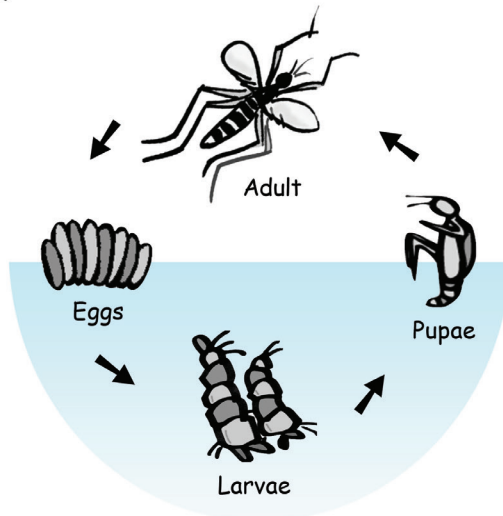
Clean leaf clogged gutters.



Repair leaky faucets and sprinklers.



Keep water fresh. Drain standing water from around stock troughs.



Change water in birdbaths weekly.



Cover barrels and buckets.



Get rid of used tires properly.



Empty water from flower pot dishes.

Don't Give Mosquitoes A Chance!

Mosquitoes need water to breed and grow. It doesn't take much water and it doesn't take much time. So, almost anything that will hold water for one week or more can produce these pests. Many places around your home may be causing mosquito problems. Get rid of places where water collects and mosquitoes won't have a chance!



Prepared through funding provided by U.S. Department of Health & Human Services, Centers for Disease Control and Prevention

Courtesy of North Carolina Department of Environmental and Natural Resources

Do you know what's biting you?

Mosquitoes can carry viruses that cause serious illness. West Nile virus is one such virus. The risk of getting West Nile virus is low. People who are infected may have effects ranging from flu-like symptoms to paralysis. In extreme cases it can be fatal.

Protect yourself. Take steps to avoid mosquitoes and to reduce the places where mosquitoes live and breed around your home.

Avoid the Bite

Make sure window and doors are "bug tight." Repair or replace screens.

Stay indoors at dawn and dusk, if possible, when mosquitoes are most active.

Wear a long sleeve shirt, long pants, and a hat when going into mosquito-infested areas, such as wetlands or wood.

Use mosquito repellent when necessary. Read the label and carefully follow the instructions. Take special care when using repellent on children.

Don't give Them a Home

Empty anything that holds standing water – old tires, buckets, plastic covers, flowerpots, and toys.

Change the water in your birdbaths, fountains, wading pools, and animal troughs at least twice a week.

Recycle unused containers that can collect water – bottles, cans, and buckets.

Make sure roof gutters drain properly; and clean clogged gutters in the spring and fall.

Fix leaky outdoor faucets and sprinklers.

Washington State Department of Health
www.doh.wa.gov/wnv
1.866.78VIRUS





Grilling Safety

There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

SAFETY TIPS

- » Propane and charcoal BBQ grills should only be used outdoors.
- » The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- » Keep children and pets at least three feet away from the grill area.
- » Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- » Never leave your grill unattended.
- » Always make sure your gas grill lid is open before lighting it.

CHARCOAL GRILLS

- » There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- » If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- » Keep charcoal fluid out of the reach of children and away from heat sources.
- » There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- » When you are finished grilling, let the coals completely cool before disposing in a metal container.

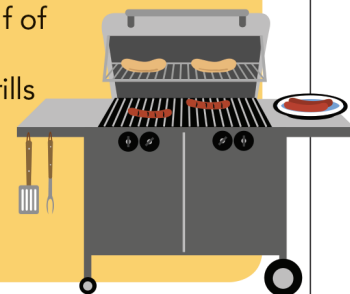
PROPANE Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department.** Do not move the grill.

If the flame **goes out**, turn the grill and gas off and wait at least **5 minutes** before re-lighting it.

FACTS

- ! July is the peak month for grill fires.
- ! Roughly half of the injuries involving grills are thermal burns.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

Your Logo



Finances - FAQs for First-Time Homebuyers

(a Refresher Course for Others)

Buying your first home can feel like a whirlwind. From open houses to decorating, it is a time filled with a flurry of exciting activities. But it can also be a time of uncertainty. Some of the concepts and terms associated with the home-buying process can be confusing.

Having this information on hand will give you the confidence that you need to navigate the purchase of your first home.

How Much Home Can I Afford?

One of the first decisions you will have to make is to choose the right price range for your new home. The general industry guideline is to spend no more than 28% of your gross monthly income on your mortgage payment. Mortgage lenders will take this into consideration when deciding how large of a mortgage loan to offer you.

How Does a Mortgage Work?

A mortgage is a loan that can only be used to purchase a home. You can obtain a mortgage from a traditional financial institution or from newer e-loan companies. After you decide how much you can afford for a down payment, your mortgage will cover the remaining cost. You then have an extended period of time (usually 30 years) during which you will make monthly payments towards the balance of the loan.

How Much Do I Need for a Down Payment?

The conventional advice is to put 20% of your home price towards a down payment to avoid having to pay private mortgage insurance (PMI). PMI can cost several hundred dollars per month. If you don't mind paying PMI, there are mortgage programs available that require as little as zero to 3% of your home's purchase price for a down payment.

What is PMI?

Most lenders require private mortgage insurance, also known as PMI, if you cannot afford a 20% down payment for your home purchase. PMI protects the mortgage company from losing money if you should default on your loan.

What Are Closing Costs?

Closing costs are one-time fees that are paid at the closing of your home when the title to your home is transferred to your name. Closing costs can be paid by either the buyer or the seller, depending on what the purchase agreement specifies. Credit reports and title company fees are examples of closing costs.

What Are Property Taxes?

Property taxes are taxes assessed by the county in which you live. They typically range in the rate of 1-2% of your total home price. Property taxes can be paid bi-annually or as part of your monthly mortgage payment if they are escrowed into your payments.

What Credit Score Do I Need to Purchase a Home?

There is no specific minimum credit score required for a mortgage in general. Different lenders and different mortgage programs will set their own minimum acceptable scores. That said, a credit score below 620 is considered to be "poor" and will make it more difficult to secure a mortgage.

Are There Special Mortgages for First-Time Homebuyers?

For first-time homebuyers, there are several different mortgage solutions available. Many lenders offer special loans and grants that can assist with everything from down payments to closing costs.

Buying your first home doesn't have to be intimidating. Familiarize yourself with these concepts, and you will sail through the process.

Source: Today Lending LLC

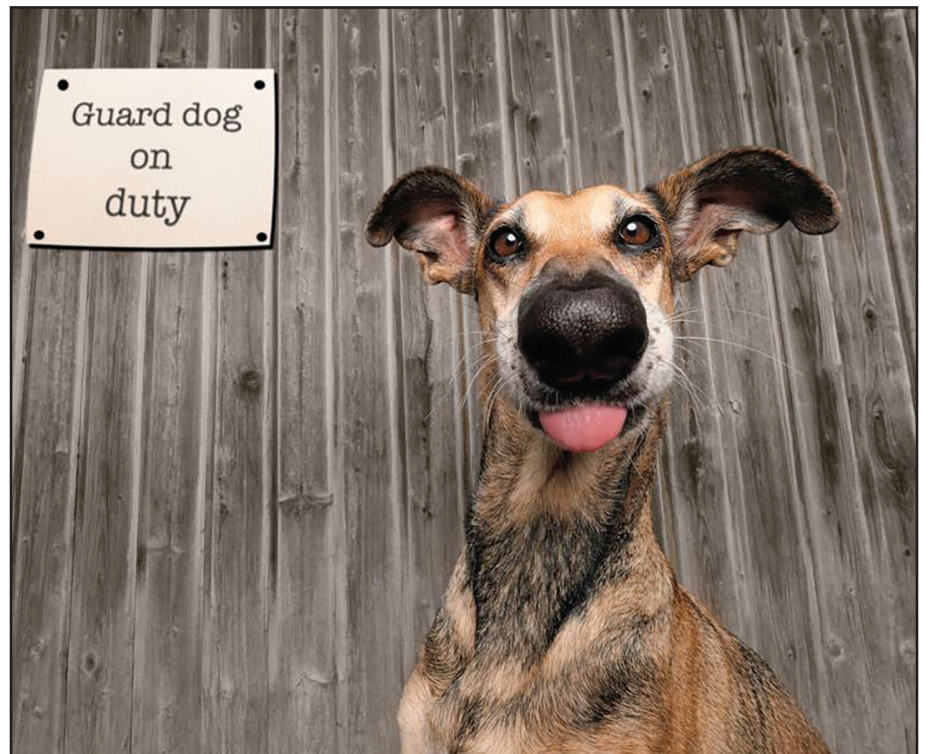


Photo Magic

Taking pictures of pets is a favorite hobby of most pet owners. In fact, surveys show that 69% of animal households have at least one photo of their pet on display. Many people also carry pictures of their favorite pet in their wallets.

Experts offer three tips to taking great photos:

1. Be ready. Most of your animal's antics are spontaneous, and that is often when he or she is the cutest. Have a camera handy. Even disposable cameras take adequate photos so having more than one in your home is not a bad idea.

2. Get down. Everyone has seen pictures of animals where they are looking almost straight up at the camera. It is not a natural pose or even their natural personality. Get down to the level of your pet, eye-to-eye. It is a unique perspective for the camera lens and creates some fascinating photos.

3. Practice patience. Animals, like children, will rarely stay in one position for any length of time. They are typically perpetual motion, so you have to be willing to wait for the pose, activity, or action you are looking for. An animal's spontaneous actions also make great pictures. The secret to successful pet photos:

Keep the camera handy and waiting for that perfect shot.

- From Gus, the Doggie Guy



May is Better Sleep Month

Are you getting the sleep you need?

Submitted by Patty Suskin, Diabetes Coordinator - Sleep helps the body repair, regenerate, and recover. Getting enough sleep is essential optimal health and well-being.

Sleep and Your Health

Without enough sleep, your brain struggles to perform basic functions. You may find it hard to concentrate or remember things. You may become moody and lash out at co-workers or people you love.

Just as your brain needs sleep to restore itself, your body does too. When you do not have enough sleep, your risk goes up for several illnesses.

- **Diabetes.** Your body does not do as well controlling blood sugar when you do not get enough sleep.
- **Heart disease.** Lack of sleep can lead to high blood pressure and inflammation, two things that can damage your heart.
- **Obesity.** When you do not get enough rest from sleep, you are more prone to overeat. It is also harder to resist foods high in sugar and fat.
- **Infection.** Your immune system needs you to sleep so it can fight colds and keep you healthy.
- **Mental health.** Depression and anxiety often make it hard to sleep. They also can become worse after a string of sleepless nights.

Some things a person can do to improve sleep quality are:

- Avoid sleeping in when you have had enough sleep.
- Go to bed around the same time each night.
- Spend more time outside and being more active

Source: <https://medlineplus.gov>



8 STEPS TO PREVENT HEART DISEASE AND STROKE

These key factors can help you live a longer, healthier life and reduce your risk of heart disease and stroke. They're part of an overall healthy lifestyle and prevention approach you can build with your health care team (doctors, nurses, pharmacists and other professionals).



1. Know your risk

heart.org/cccccalculator

- If you're 40-75 years old and have never had a heart attack or stroke, use our Check. Change. Control. Calculator™ to estimate your risk of a cardiovascular event in the next 10 years.
- Certain factors can increase your risk, such as smoking, kidney disease or family history. Many risk factors can be improved with lifestyle changes.



2. Eat a healthy diet

heart.org/eatasmart

- Center your eating plan around vegetables, fruits, whole grains, legumes, nuts, plant-based proteins, lean animal proteins and fish.
- Limit sweetened drinks, refined carbohydrates, added sugars, processed meats, sodium and saturated fats. Avoid trans fat.



3. Be physically active

heart.org/movemore

- Adults should aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous activity each week.
- If you're already active, increase your intensity for more benefits.
- If you're not active now, get started by sitting less and moving more.



4. Watch your weight

heart.org/weight

- If you're overweight, lose weight by eating fewer calories and moving more.
- Check your body mass index (BMI) online or talk to your team about a healthy weight for you.



5. Live tobacco-free

heart.org/tobacco

- Don't smoke, vape or use tobacco products.
- If you don't think you can quit for good on your own, ask for help.
- Avoid secondhand smoke, too.



6. Manage conditions

heart.org/conditions

- Work closely with your health care team if you have high blood pressure (hypertension), high cholesterol, diabetes or other conditions that put you at greater risk.
- Many conditions can be prevented or managed by eating better, getting active, losing weight and not smoking.



7. Take your medicine

- Your doctor may prescribe statins or other medications to help control blood sugar, cholesterol, and blood pressure. Take all medications as directed.
- Don't take daily aspirin unless your doctor tells you to.



8. Be a team player

- Your health care team can help you build a prevention plan that works for you.
- Make decisions together. Ask questions.
- Talk about challenges in your life that may affect your health – like stress, sleep, mental health, family situations, tobacco use, food access, social support and more.



May is National Stroke Awareness Month

Stroke – some questions answered

Submitted by Patty Suskin, Diabetes Coordinator

What is a stroke?

A stroke happens when the blood supply to part of your brain is suddenly interrupted. The brain tissue is damaged. Most strokes happen because a blood clot blocks a blood vessel in the brain or neck. A stroke can cause movement problems, pain, numbness, and problems with thinking, remembering, or speaking. Some people also have emotional problems, such as depression, after a stroke.

Someone in the United States has a stroke every 40 seconds.

Every 4 minutes, someone dies of a stroke.

How do I know if I'm at risk for stroke?

- You're over age 55
- You have diabetes
- You have a family history of stroke or transient ischemic attack (TIA)
- You have heart disease
- You have high blood pressure
- You're overweight
- You have high LDL (bad) cholesterol and low HDL (good) cholesterol
- You smoke

Stroke is preventable. You may be able to prevent stroke or lower your chances of having a stroke.

How can I lower my risk of having a stroke?

Lower your risk by:

- Keeping your blood glucose (sugar), blood pressure, and cholesterol on target with healthy eating, physical activity, and, if needed, medicine.
- If you smoke, quit.

Every step you take will help. The closer your numbers are to your targets, the better your chances of preventing a stroke.

For more information

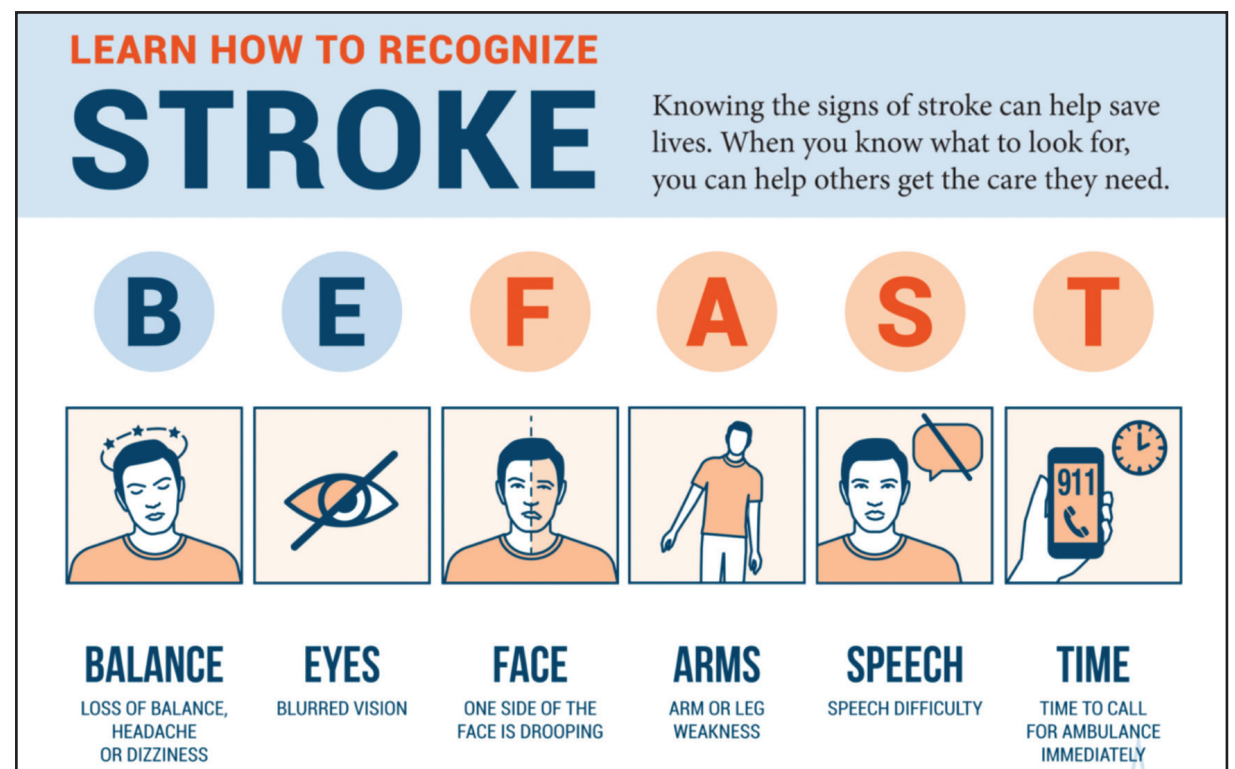
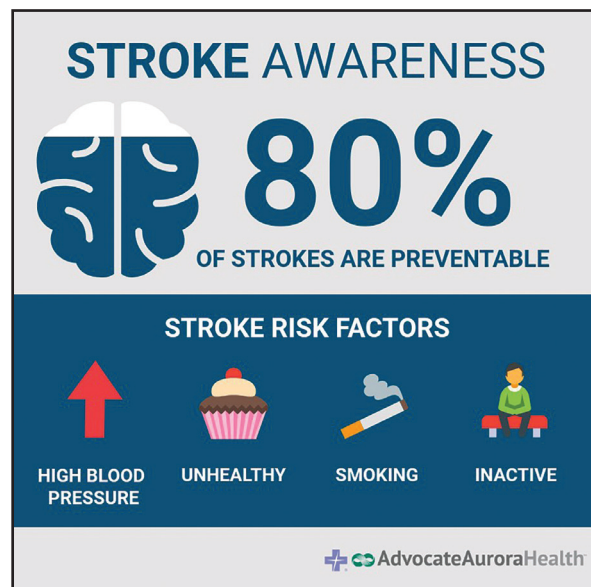
https://www.cdc.gov/stroke/healthy_living.htm



Strokes are treatable. Learn the signs of a stroke, and call 9-1-1 right away if you think someone might be having a stroke. Getting fast treatment is important to preventing death and disability from stroke.

Source: American Diabetes Association,
<https://www.diabetes.org/diabetes/complications/stroke>

HAPPY
Mother's
DAY





WHAT YOU NEED TO KNOW ABOUT COVID-19 VACCINES

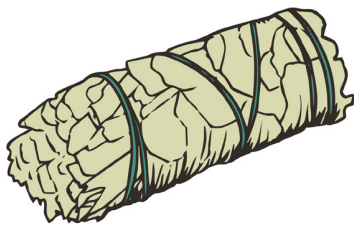


You can help stop the pandemic by getting a COVID-19 vaccine.

To protect our elders and our community, we need to use all our prevention tools. Vaccines are one of the most effective tools to protect our health. Vaccines work with your body's natural defenses so you can fight the virus.

Each tribal nation or state has its own plan for deciding who will be vaccinated first. Contact your health department or clinic to find out when and where vaccines will be available in your community.

The COVID-19 vaccine can help keep you from getting COVID-19.



COVID-19 can cause serious illness or death. All COVID-19 vaccines available in the United States are effective. Even if you still get the disease after you get vaccinated, the vaccine should protect you from more serious illness.

The COVID-19 vaccine will be free for you.

The United States government is providing the vaccine free of charge to all people in the United States. No one should be charged for the vaccine.

Some COVID-19 vaccines need two shots.

If you are told you need two shots, make sure to get your second shot at the time you are told, so you can get the most protection.

The COVID-19 vaccine will not give you COVID-19.

The authorized COVID-19 vaccines **cannot** make you sick with COVID-19. They **do not** contain the virus that causes COVID-19. Getting vaccinated may also protect others around you.

After COVID-19 vaccination, you may have some side effects.

You may have tiredness, headache, chills, and mild fever for 1–2 days. These are normal signs that your body is building protection against COVID-19. After getting the shot, you will be asked to wait for 15–30 minutes to see that you are okay.

You should still get vaccinated if you've already had COVID-19.

Even if you have already had COVID-19, it is possible—although rare—that you could get COVID-19 again. Experts do not yet know how long you are protected from getting sick again after having COVID-19. Vaccination is the best protection.

If you have recovered from COVID-19, ask your health provider when you should be vaccinated.

cdc.gov/coronavirus/2019-ncov/community/tribal/



You should still take steps to protect yourself and others after getting each shot.

It is important for everyone to continue using all the tools available to help stop this pandemic and keep our people safe. You should continue to wear a mask over your nose and mouth in public, stay 6 feet apart, avoid crowds and poorly ventilated spaces, and wash your hands often.

Getting the vaccine and following CDC's recommendations for protecting yourself and others will offer the best protection from getting and spreading COVID-19.

The U.S. vaccine safety system monitors the safety of all vaccines.



All COVID-19 vaccines used in the United States were tested in clinical studies involving thousands of people, including American Indians and Alaska Natives. These studies were done to make sure the vaccines meet safety

standards and protect people of different ages, races, and ethnicities. All authorized COVID-19 vaccines meet the same safety standards as other vaccines used in the United States.

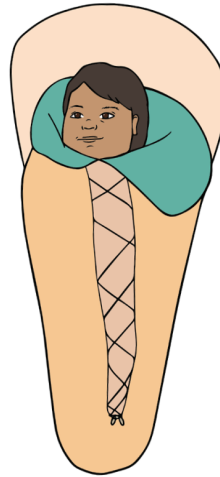
CDC has developed a new tool, v-safe (vsafe.cdc.gov), to help identify any safety issues with COVID-19 vaccines. Sign up to participate after you're vaccinated!

Unless you have had an allergic reaction to any ingredient in a COVID-19 vaccine, it is safe to get a COVID-19 vaccine.

If you have ever had a severe or immediate allergic reaction to any ingredient in a COVID-19 vaccine, you should **not** get vaccinated. If you have had an allergic reaction to other vaccines or injectable medications, talk to your healthcare provider.

You may still get vaccinated if you have severe allergies to oral medications, food, pets, insect stings, latex, or things in the environment like pollen or dust.

If you are pregnant or want to have a baby one day, you may get a COVID-19 vaccine.



If you are pregnant now or plan to be pregnant in the future, you may receive the COVID-19 vaccine when it becomes available to you. There is no evidence suggesting that fertility problems are a side effect of any vaccine.

The COVID-19 vaccine will not change your DNA.

Different types of vaccines work in different ways to offer protection, but the COVID-19 vaccine—like any other vaccine—cannot affect your DNA in any way.

It is safe to get a COVID-19 vaccine if you have an underlying medical condition.

People with medical conditions like heart disease, lung disease, diabetes, and obesity are more likely to get very sick from COVID-19. Vaccination is especially important for people with these conditions. People with a weakened immune system may not get as much protection from a COVID-19 vaccine as those with a functioning immune system, but some protection is better than none.



cdc.gov/coronavirus/2019-ncov/community/tribal/



Emergency Use Moderna Vaccine:

The Moderna COVID 19 vaccine has not been approved or licensed by the US Food and Drug Administration (FDA), but has been authorized for emergency use by FDA, under an Emergency Use Authorization (EUA), to prevent Coronavirus disease 2019 (COVID 19) for use in individuals 18 years of age and older. There is no FDA-approved vaccine to prevent COVID 19.

The EUA for the Moderna COVID 19 vaccine is in effect for the duration of the COVID 19 EUA declaration justifying emergency use of the vaccine, unless terminated or revoked (after which the vaccine may no longer be used).

Can't find the answer to your question?

Give us a call at 1-866-MODERNA
(1 866 663 3762).

<https://www.modernatx.com/covid19vaccine-eua>

SQUAXIN ISLAND HEALTH CLINIC
CALL TO SCHEDULE YOUR ROUTINE CARE APPOINTMENTS
360-427-9006

IMMUNIZATIONS

DIABETES CHECK-UPS

ANNUAL CHECK-UPS

WOMEN'S WELLNESS

WELL CHILD EXAMS

EAR CARE

BLOODWORK

FOOTCARE

SPORTS PHYSICALS

GEODUCK DIVE PHYSICALS

Health Clinic Vaccinations Statistics

Number of first doses provided:

969

Number of second doses provided:

841

Current positive cases:

0



Tips to Help your Toddler Get More Sleep

Most toddlers sometimes wake at night or get fussy at bedtime. Here are some tips to help your toddler go to sleep faster and stay asleep longer. You might already be doing them!



- Keep bedtime calm.** Active games, talking, playing, learning, & screen time can keep toddlers awake. Be sure to stop these activities early enough for your toddler to calm down before you want her to sleep.
- Set up a bedtime routine & stick to it.** Routines are steps taken in the same order every time so your toddler knows what is coming next. Routines are not the same as schedules which rely on the time of day.



Bedtime routines are best if they are at least 15 to 20 minutes long. They can include things you already do. For example:

- Bath:** Any washing activity works(bath, washing face, brushing teeth,) followed by getting dressed for bed.
- Book:** Rhyming books or lullabies are relaxing for toddlers.
- Bed:** End the routine with the toddler in his bed and can include a final song or a back rub if parents wish.

You may hear a little protest or whining when you lay him down, but it won't last long. If your routine is long enough and consistent, your toddler will soon fall asleep.

It may take up to 2 weeks for your toddler to get used to a new bedtime routine. Get back to the routine as soon as you can if traveling or your schedule changes.

- Check noise and light where your toddler sleeps.**

Dim the lights an hour before bed . Make sure there aren't any screens (TVs or cellphones), noisy or flashing toys, or bright clocks or nightlights that can be stimulating during the night.

Sources: U C Davis Human Lactation Center, University of California
& raisingchildren.net. au



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



Elders Menu . . . Fruit and salad at every meal

MONDAY 3:

Taco Salad

MONDAY 10:

Pork Lo Mein

MONDAY 17:

Biscuits w/ Gravy, Boiled Eggs

MONDAY 24

Frito Pie

MONDAY 31

Twice Baked Potato Casserole, Carrots

TUESDAY 4:

Chicken Zucchini Stew w/ Biscuits

TUESDAY 11:

Cream of Carrot Soup,
Turkey Sandwiches

TUESDAY 18:

Turkey and Wild Rice Soup,
Corn Bread Muffins

TUESDAY 25:

Split Pea Soup, Roast Beef Sandwiches

WEDNESDAY 5:

Shrimp Scampi

WEDNESDAY 12:

Chicken Pot Pie

WEDNESDAY 19:

Orange Chicken, Rice, Veggies

WEDNESDAY 26:

Chicken Strips, Steak Fries

THURSDAY 6:

Chicken Pizza w/ Veggies

THURSDAY 13

Tuna Sandwiches, Chips


THURSDAY 20:

Hamburgers, Potato Salad

THURSDAY 27:

Meatball Subs, Chips

In an effort to provide additional safety precautions, the Elders staff will only be delivering meals to "Homebound" Elders at this current time. Elders who have met the requirements of "Homebound" will still call in to the Elders staff to request meals. Thank you for understanding.



EMERGENCY

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

SQUAXIN ISLAND TRIBE

Non-Life Threatening Emergencies

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

HAPPY MOTHER'S DAY



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



1
Ali Lewis Seymour
Leo Eugene Henry

2
Julio M. Valencia
Robert James Jones
Veronica May James

3
Kim Renee Cooper
Krystal Ivy Murray
Vernon Charles Kenyon
Xavien Malosi Manu-Saenz

4
Kenai Anthony James
Lilly Shirley Ann Dorland

5
Ahree Kyla Allen
Daniel Blaze Snyder
Lauren Mackenzie Costello
Payton John Lewis
Todd Loren Hagmann Jr.

6
Jacqueline C. Smith
Justin Cruz Saenz-Garcia
Raven Rose Thomas
Sally A. Brownfield
Taylor Ray White

7
Eric Bryant Castro
Jaidon Israel Henderson
Josiah Legend Perez

9
Colleen Kaye Merriman
Jacob Donald Spezza
Justin D. Johns
Morningstar T. Green
Takoda Noelani Tahkeal

10
Breanna M. Peters
Kassidy RP Whitener

11
Jeromy Scott Meyer
Richard Jackson Johns Jr.

12
Janelle Malynn Krise

13
Dawn Marie Green
Julie Merrae Owens
Syrus Paul Barry Perez

14
Marlene Kaye Anderson
Treyson Francis Spezza

16
Laureen Rosander

17
Bryan Alan Johnson
Christi Jean Aguinaga
Donna Mary Wood
Jaclyn Evasue Meyer
Kasper Mae Allen
Niko Daniel-Lee Howland
Taylen M Powell

18
Barrett Warren Coble
Marlene Kaye Castellane
Shawnee R. Kruger
Wolf Deschain Slagle James

19
Gary Lee Brownfield

20
Jeffery Sherwood Kenyon
Tenisha Lorena McNish

21
Jennie Sasalle Martin
Kyllanai Elizabeth Hodgson
Richard Collen Harper

22
Carly Rose Yes-Chid Peters
Melissa Rae Grant
Richard Lee Monger Jr.
Tamatha Dionne Ford

23
Brandon Lee Kenyon
Levi Lee Sanchez III
Michael S. Ogden
Theresa Lee Sanchez
Tiffany Ann York

24
Alexandra Isabelle Mirka
Donald F. Hartwell
Nicholas Scott Meyer

25
Raymond Anthony Peters
Spirit Rose Jones

26
Craig Woodburn Parker
Mildred Irene Wagner
Tyler Douglas Johns

27
Elsie Ada Quinn Thale
Jeremyha Steven James

28
Cahsai Blueback-Robinson
Donna Peratrovich
Kurt Ellsworth Poste
Molly Troxler

29
Jack Richard Selvidge
Nanalaeya Marie Untalan

30
Iladee King
Mataya GE Stroud
Matayla Margie Krise

31
Candace Lee Ehrhard
Carol Marie Phipps
Daniel Sigo
Melissa Ann Day
Milah May Hawks



BINGO

Reserved Seating Available Online!

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

Saturday • May 22nd
Doors Open 9am | Early Birds 11:30am | Session Starts 12pm
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

Sunday • May 23rd
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 360-427-3005 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





What's Happening

Mothers Day Dessert /Summer Sign-Ups

May 6

Court:

FAMILY COURT:

May 6 (Zoom)

CRIMINAL/CIVIL COURT:

May 11 (in-person)

USDA FOODS WIC

May 11

May 11



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 Mother's Day



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, May 11
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.




South Puget Intertribal Planning Agency

USDA Foods Program
May Dates

PT. GAMBLE S'KLALLAM 5/5/21
SQUAXIN ISLAND 5/11/21
SKOKOMISH 5/14/21
CHEHALIS 5/20/21
NISQUALLY 5/21/21

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.




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

WASHINGTON EARLY ACHIEVERS
PREPARING CHILDREN FOR SUCCESS IN SCHOOL



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



Early Head Start Provides:

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

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

WASHINGTON EARLY ACHIEVERS
PREPARING CHILDREN FOR SUCCESS IN SCHOOL

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

