

## Important Reminders

### Community Firework Safety

It's that time of year again. Fireworks fun! Please use precautions and mow your lawn down to one inch before July 4th. We have lawn mowers available for you to borrow. The importance of cutting lawns cannot be stressed enough. Long, dry grass is a fire hazard during the 4th of July celebration. *More on Page 2*



### Water Conservation

**It's also time to practice water conservation.** Here are several ways to conserve water, reduce your water bills, and protect the Tribe's resources...

1. Consider stopping lawn watering in this hot weather. Your lawn will turn brown and become dormant. Once cooler weather arrives, the morning dew and rainfall will bring the lawn back. *This saves a lot of water.*
2. Clean your car using a pail of soapy water. Use the hose only for quick rinsing - this simple practice can save as much as 150 gallons when washing a car.
3. Check for leaks in pipes, hoses, faucets and couplings. If you find a leak and need help fixing it, let us know. We would be glad to assist you.
4. Minimize your water use, whenever possible.
  - Consider taking shorter showers.
  - Turn water faucets "on and off" as you need water rather than allowing the faucet to run continuously.
  - Use your clothes washer and dishwasher for full loads only.
5. Do not fill pools. Please call the fire department to assist with this.

*Thank you so much for your cooperation, and be sure to have a fun, safe summer.*

Department of Planning and  
Community Development  
Office of Housing





## 2021 TALKING CIRCLE WITH TRIBAL COUNCIL

# July 14, 2021

Squaxin Island Ballfield  
5:00 p.m.

Join your Tribal Council for  
pizza and conversation!



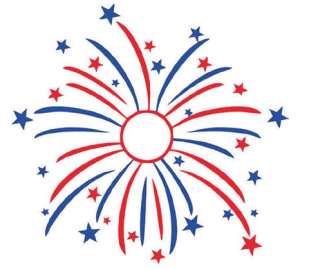
Comments and questions  
can always be shared  
with Council [HERE](#)

For more information, please contact the Tribal Office at 360-426-9781



## Walking On Lizzie Perez

Watch for the information next month.

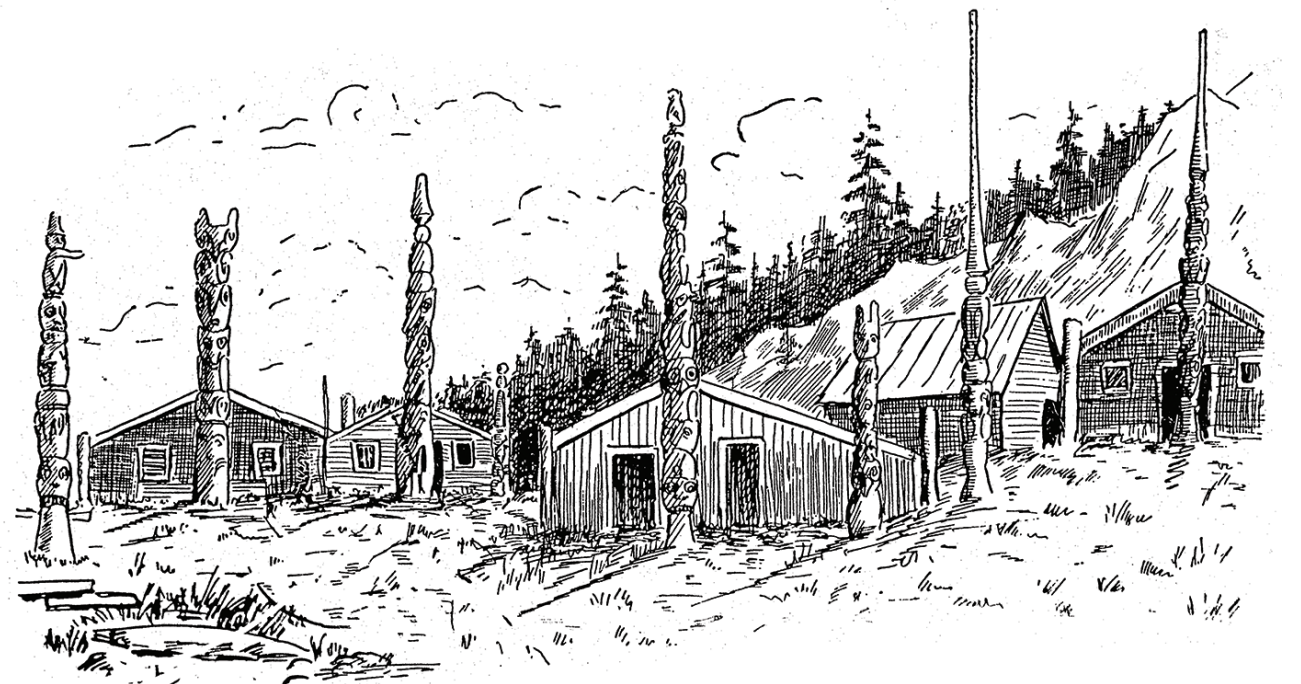


## Due to the increased fire danger, fireworks will only be authorized to be set off in the ball field. No exceptions!

- Any day the temperature reaches above 99 degrees, fireworks will be banned on that particular day.
- Fireworks are not to be set off after midnight.
- Small dumpsters will arrive on Friday for the disposal of your fireworks. Make sure to pick up your fireworks prior to leaving the field.
- In case of a "dud" firework. Wait 20 minutes and soak in one of the containers of water located in the middle of the ball field.
- Fire District 4 will wet down the ball field each afternoon from June 29th through July 4th.
- Fire District 4 will have a fire truck located at the Emergency Operations Center the night of July 4th.

## Fireworks Safety Tips

- Know your fireworks; read the cautionary labels and performance descriptions before igniting.
- A responsible adult SHOULD supervise all firework activities. Never give fireworks to children.
- Wear safety glasses when shooting fireworks.
- Light one firework at a time and then quickly move away.
- Use fireworks OUTDOORS in a clear area; away from buildings and vehicles.
- Never relight a "dud" firework. Wait 20 minutes and then soak it in a bucket of water.
- Never carry fireworks in your POCKET or shoot them into METAL or GLASS containers.
- Dispose of spent fireworks by wetting them down and place in a metal dumpsters provided.



## 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](http://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 KRISE: Vice Chairman  
PATRICK BRAESE: Secretary  
MARVIN CAMPBELL: 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](mailto:thenderson@squaxin.us)





## Elders Program Update

The Elders program has gone through many changes as have other programs during this pandemic. We are still delivering on average seventy five lunches four days a week. We are open to dining in on a limited capacity. I will have our list of parameters listed below. We have been doing our best to stay in communication with our Elders during this time with well-check phone calls and sensory stimulation activities such as the gardening baskets that were recently delivered to numerous Elders. We have continued to offer assistance with medical needs such as DSHS, SSI, EFI, DDA and other programs as needed. For Elders in need of a notary, Jamie Queen is available by appointment to notarize necessary documents. We have a couple activities planned that are happening shortly. The first is our Nature Walk at McLane Creek Trail in Capitol Forest on June 11th. We are providing a sack lunch and bottled water for Elders that attend. On June 24th we are having a BBQ here at the Elders building. We will be using the parking lot area outside the Elders building. There will be hamburgers, hot dogs, potato salad and dessert. We are all excited to be returning to some in person activities. We are looking forward to having more activities and outings this summer.

## In Person Specifications for Elders Building

### Dine-in:

There will be a maximum of 12 people in the dining room for meals. Lunch will be from 12:00 p.m. to 1:00 p.m. We will be open for dine in lunch beginning the week of April 5th (Monday). Any Elder who wants to dine in call Jamie Queen (360)432-3844 or email [Jqueen@squaxin.us](mailto:Jqueen@squaxin.us) by 2:00 p.m. this Friday April 2nd. We will be reserving the 12 spots for dine in lunch on a first come first serve basis. We will be reserving spots on a week to week basis. Contact Jamie on Fridays by 2:00 p.m. to reserve your dine in spot for the following week. This will reserve you a spot for lunch for the four days (Monday through Thursday) which we serve lunch. Masks will need to be worn at all times besides when eating or drinking.

### Dining Room Meetings:

There will be a maximum of twelve people in the dining room for meetings. The dining room will be available for meetings Monday through Friday 1:30 p.m. to 4:00 p.m. There will be 1 hour slots available to reserve the dining room. Any Elder that wants to reserve the dining room will need to call 24 hours in advance to reserve their 1 hour slot. Masks will need to be worn at all besides when eating or drinking.

### TV Room Reservation:

There will be a maximum of 4 people in the TV room end of the building. There will be 1 hour slots available to reserve Monday through Friday. These reservations are available for meetings or crafts up to 4 people and/or using the television. Reservations will need to be made 24 hours in advance. Masks will need to be worn at all times besides when eating or drinking.

Delivery: We understand that some may still prefer deliveries and not feel comfortable yet with in-person gatherings. Please contact Jamie on your preferences. Future Plans: Please remember we will change plans depending on how things work, safety and improvements that we develop based on how things are going and feedback from Elders through Elders' Inc.

-Elders Staff



## Congratulations Patrick Braese, Newly elected Tribal Council Secretary

### TOTAL VOTES

Patrick Braese	146
Jeremie Walls	141



Created to commemorate **10<sup>TH</sup> ANNIVERSARY** Proceeds will be donated to Tribe Youth Golf Programs

**LIMITED EDITION**

Designed by **Ruth Whitener**

Designed by **Florence Sigo**

**10<sup>TH</sup> ANNIVERSARY** **SALISH CLIFFS GOLF CLUB**

**LITTLE CREEK CASINO RESORT**

91 West State Route 108 | Shelton, WA 98584 | 360.462.3673 | [SALISHCLIFFS.COM](http://SALISHCLIFFS.COM)



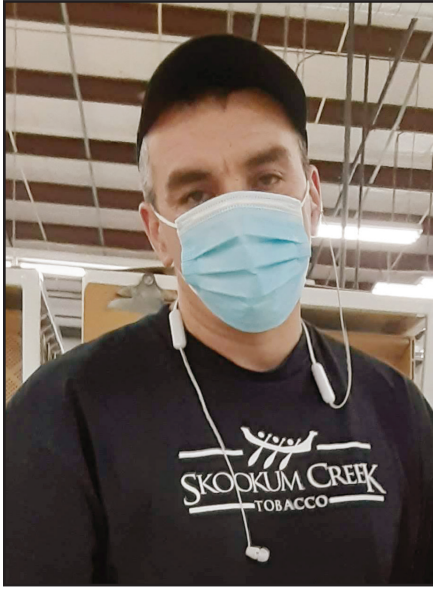


# CONGRATULATIONS GRADUATES



## GED

## High School



### Larry Bradley, Jr.

Larry Bradley, Jr. graduated from Walla Walla Community College with a high school equivalency certificate on March 6th, 2019.

He plans to do his best to be a positive role model for his children and work hard at whatever he does.



### Joseph Rivera

Joseph Rivera, the son of Marcella Cooper and grandson of Rose Davis, completed his GED at Walla Walla Community College in July 2020.

He then began an apprenticeship in construction. Once certified he will find a permanent job with a construction company.

"This has been a great experience," he said. "I enjoy doing this type of work."

Joseph also enjoys playing basketball and lifting weights.



### Randall Aldrich

Randall Aldrich, the son of Lucy Allen and J.D. Aldrich and grandson of Virginia Farron, graduated from Sequim High School in June with a 3.8 GPA.

He plans to pursue a career in security and is currently employed at Walmart.

He enjoys wrestling and computers.



### Mikayla "Pika" Araiza

Pika Araiza, the daughter of Mike and Lily Araiza and granddaughter of John and Elizabeth Krise, graduated from Black Hills High School with a 3.87 GPA.

She played soccer and was a member of the National Honor Society, Key Club, ASB, and Social Chair. She received awards for her leadership roles.

She will be attending Arizona State University (ASU) to study nursing.

Pika is currently employed at Zoe's Juice Bar and enjoys hiking, swimming, hanging with friends, and going to sports events.



congrats  
— YOU DID IT CLASS OF 2021 —





# CONGRATULATIONS GRADUATES



## High School



### Marlena Bradley

Marlena Bradley, the daughter of Larry Bradley and Denise Davis, graduated from Chief Leschi School on June 5th with a 3.7 GPA.

She played basketball, track and field and volleyball at Chief Leschi.

Her future plans include real estate and becoming a pilot.

She enjoys, flying, photography, crocheting, and race car driving.

She is currently a fisherman.



### Damian Castellane

Damian Castellane, the son of Alonzo and Melissa Grant and Thomas Castellane, Jr. and grandson of Marvin Henry, Sr., Kathy Anderson, Teresa Krise, Thomas Castellane, Sr., and Johnny and Donna Grant, graduated from CHOICE High school in June.

He plans on attending college in the fall to obtain a degree in auto mechanics.

Damian's interest include making music, working on cars, drawing, playing basketball, and spending time with family.

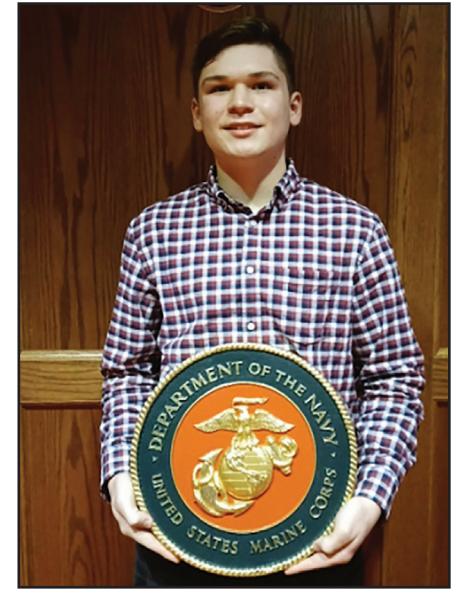


### Trinity Fosdick

Trinity Fosdick, the daughter of Tiffany Goos and Vince Henry, Jr. (step-father) and granddaughter of Teri Goos and Barb and Wendell Fosdick, graduated from Shelton High school in June.

She plans to continue her education and become a veterinary technician.

She loves being outdoors and spending time with her friends and family.



### Tyler Hartwell

Tyler Hartwell, the son of Donald Hartwell and Stacy Buechel and grandson of Anne Sanchez, graduated from Shelton High School in June.

He participated in the Junior ROTC unarmed and armed drill teams for four years and was the Executive CO/LT.

Tyler has enlisted in the U.S. Marine Corps as a Marine Security Guard.

He is currently employed at Walmart, but will be leaving for Boot Camp soon.



# Congratulations!





# CONGRATULATIONS GRADUATES



## High School



### Marvin Henry

Marvin Henry, the son of Marvin Henry and Cathy Anderson and spouse of Shannon Henry, graduated from South Puget Sound Community College with his high school diploma in January 2020.

He is currently employed as Production Manager for Skookum Creek Tobacco and plans to continue his career path there.

Marvin enjoys boating, fishing, hunting, clam digging, softball, disc golf and golf.



### Haelee Hernandez

Haelee Hernandez, the daughter of Amanda Hernandez, graduated from Shelton High School on June 5th with a 4.0 GPA!

She was a member of the National Honor Society, with highest honors and received a full academic Deans scholarship.

She will be attending Gonzaga University in the fall.

She is currently employed as a sales associate at Desert Sun Tanning and enjoys traveling, health and beauty, outdoors, and spending time with friends and family.



### BillieMarie Lopeman-Johns

BillieMarie Lopeman-Johns, the daughter of Ruth Lopeman and Harry Johns (Angie Lopeman and Deric Hunt co-parents) and granddaughter of Janice Lopeman, graduated from Cedar High School in June.

She played basketball during her junior and senior high school years and also played for the Tribe.

Although she was awarded a full 4-year college scholarship, she is hoping to attend a culinary school instead.

"As far back as I can remember I wanted to be a professional cook," she said.

She plans to take some time off from school.

"I feel we, the students, had to work twice as hard to earn our diplomas during the pandemic. If I didn't understand something, I had to either ask my mom or look it up in order to fully understand."

"I know my brother, Jordan, looks up to me, so I won't put college off longer than a year."

"I have been offered a job at Little Creek Casino Resort Hotel and working at the daycare with Sis Brownfield . . . so we will see."

She has also been practicing her treaty rights to harvest clams.



### Joshua Lopez

Joshua Lopez, the son of Audelia Araiza and grandson of Elizabeth Heredia, graduated from South Puget Sound Community College (SPSCC) with his high school diploma in May.

He is currently enrolled in the American Council on Exercise "ACE" to receive a Personal Training Certificate and currently holds a Group Ex Pro Certificate for "group exercise instructing."

He plans to help people make changes, not only to their bodies, but to their mindsets and habits as well.

After Personal Training for awhile, Joshua plans to join the Marines while aiming for a doctorate degree in psychology.

He also plans to get involved in CPS (Child Protective Services) to ensure tribal youth and their futures are protected.

He further plans to become involved in politics and hopes to make huge changes, locally and nationwide, in the way people are hired and trained.

He is currently employed as a Group Fitness Instructor and Wellness Representative for the YMCA.

Joshua loves body building, helping people in the community break unhealthy generational habits, and motivating people to make life changes!



# 2021

class of

## CONGRATULATIONS GRADUATES!





# CONGRATULATIONS GRADUATES



## High School



### Dominique McFarlane

Dominique McFarlane, the daughter of Raven Thomas and Larry McFarlane, Jr., granddaughter of Susan Henry and Larry McFarlane and Donna Penn and Norbert "Rick" Thomas, and great-granddaughter of Ramona Mosier and Theresa Nason, graduated from Shelton High School in June.

She plans to attend South Puget Sound Community College (SPSCC) to earn her AA degree, then transfer to the University of Washington to major in Political Science.



### Jeromy Meyer

Jeromy Meyer, the son of Janette Sigo, partner of Juana Nelson, and father of Nick and Alysa Meyer, received his high school diploma through an online program in November.

He is currently employed as the Wastewater Treatment Plant Manager for the Squaxin Island Tribe and plans to continue working there until he retires with his own RV park.

He enjoys RC cars, off road vehicles and camping.



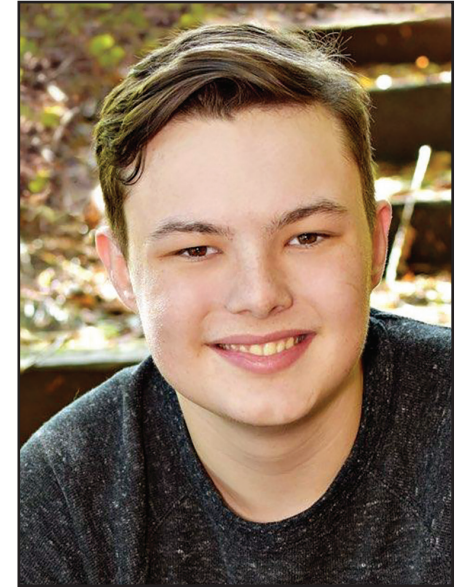
### Sara Naranjo Johns

Sara Naranjo Johns, the daughter of Rachel Naranjo Johns & Ernesto Naranjo, granddaughter of Conrad and Elizabeth Yeahquo, and sister of Benjamin Naranjo Johns, Ernesto Naranjo Johns Jr, Eliza, and Lily Naranjo Johns, graduated from Capital High School and South Puget Sound Community College (SPSCC) (1/2 AA degree) in June with a 3.5 GPA.

She was the recipient of the Achieving by Believing award.

Sara plans to take further college classes in business that are particularly focused on the hospitality industry. She hopes to open her own restaurant to serve her favorite foods to the public.

She enjoys cooking and baking, any form of art, and spending time with family.



### Kody Peters

Kody Peters, the son of Kris and Brandi Peters and grandson of Mike and Linda Peters, graduated from Capital High School in June.

In high school he participated in wrestling and choir.

Kody enjoys Boy Scouts (Eagle Scout), working on cars, welding, music, hiking, fishing, hunting, camping and boating.

He plans to attend South Puget Sound Community College (SPSCC) for auto mechanics and is interested in a career in either law enforcement or the military.



 *Congrats*

### Sgwi' Gwi 2021

Thursday, June 17th we had the opportunity to celebrate our graduates and what an event it was! This year we celebrated in a very different way, and despite a few hiccups - blazing sun, audio issues, and balloons that kept insisting they needed to be free to fly - we had a fantastic time. The community celebrated with hot dogs, cheeseburgers, popcorn, and two first run movies. The Education Department thanks everyone for being patient with us as we navigated a new kind of Sgwi' Gwi, and we look forward to getting even more creative next year!





# CONGRATULATIONS GRADUATES



## High School



### Nairn Peters

Nairn Peters, the son of Joseph and Amy Peters and grandson of Mike and Linda Peters, Janice Reed, and John and Debbie Derr, graduated from Capital High School in June.

He was an Eagle Scout, was on the varsity wrestling team four years, and participated in theater, man choir, chamber choir, and symphonic choir.

Nairn will be attending The Evergreen State College in the fall to study film.

He enjoys Boy Scouts, hiking, camping, hanging out with friends, and watching and reviewing movies (all genres current and past).

He also enjoys doing small jobs for family and friends.



### Kyleigh Peterson

Kyleigh Peterson, the daughter of Tomahawk Peterson and Johna Peterson and great-grandchild of Pete Peterson Sr. & Marilee Peterson, graduated from Yelm High School in June.

She enjoys computer science, psychology, and marketing.

She is currently employed as a caregiver and says her plan for the future is to give back to the Squaxin Island Tribe and find success.



### Nathaniel Raham

Nathaniel Raham, the son of Jermaine and Janita Raham and Dawn Hedges, graduated from SPIPA's 21+ program in June 2020.

He is currently exploring his options and plans to work hard and be successful at whatever he chooses.



### Kennedy Raham


Kennedy Raham, the daughter of Jermaine and Janita Raham and Christine and Eric Gonzalez, graduated from Sheridan High School in Sheridan, Oregon in June.

She played varsity basketball and softball.

Kennedy plans on joining the Air Force.

She is currently a shift lead at Sonic in Salem and enjoys hanging out with family and friends.

CLASS OF  
**2021**  
CONGRATULATIONS  
GRADUATES!



**South Puget Intertribal Planning Agency**


## IT'S EXTREME HEAT TIME!

**Increased usage of air conditioning and fans to battle the heat can raise your electric bill, but the SPIPA LIHEAP Program can help!**

**If you have not yet applied, funds are still available**

**APPLY ONLINE!**

- Go to: [www.spipa.org/community-resources](http://www.spipa.org/community-resources)
- Complete the LIHEAP Application Form
- **PLEASE INCLUDE WITH YOUR APPLICATION:**
  - Income for Jan-March 2021 for everyone in the household 18 and older
  - Current power bill showing usage and dollar amount owed
  - Power bill must be in the Tribal Members name
  - Social security cards for everyone in the household







# CONGRATULATIONS GRADUATES



## High School



### Sebastian Rivera

Sebastian Rivera, the son of Tony Rivera, grandson of Rose Davis and the father of Ramon Rivera, graduated from the South Puget Sound Community College's (SPSCC) 21+ program with his high school diploma in June.

He plans to further his education and grow his family.

He is employed as a temporary Fish Tech for the Squaxin Island Natural Resources Department.



### Jazmyn Thomas Snyder

Jazmyn Snyder, the daughter of Amber and Ramon (step-father) Gomez and Jesse Thomas and granddaughter of Bj Peters, graduated from Capital High School in June.

She was a member of the girls basketball team and participated in Advanced Leadership and DECA.

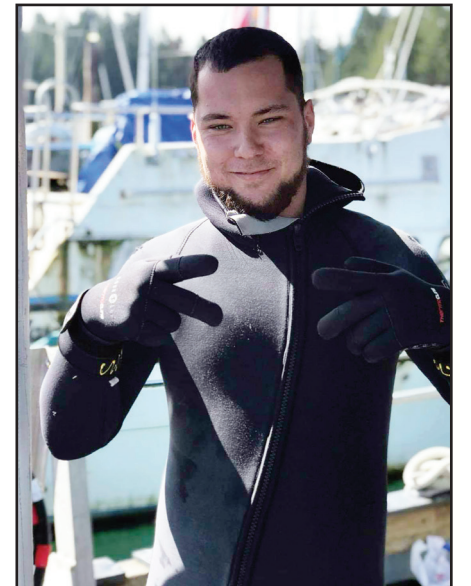
She will be attending the University of Oregon majoring in Political Science. She then plans to attend law school.



### Jordin Stewart

Jordin Mikeal Stewart, the son of Brandon and Teala Stewart and grandson of Debra and Blaine Tennis, graduated in May from Intial Point High School in Kuna Idaho.

He plans to attend college this fall and enjoys fishing, hunting, football and basketball.



### Jordan Sweitzer

Jordan Sweitzer, the son of Louise Rioux and Chad Sweitzer, graduated from the South Puget Sound Community College's 21+ program in July 2020.

Prior to his accident, he planned to continue his education to become a marine biologist and was a geoduck diver for the Tribe alongside working at Lynch Creek Farm.

He enjoys diving, listening to music and being around friends and family.

**NOT PICTURED**  
**Anthony Lopez**  
**Fernando Rodriguez**

M A

congrats  
YOU DID IT CLASS OF 2021





# CONGRATULATIONS GRADUATES



## Associates



### Kelly Jones

Kelly Jones graduated from South Puget Sound Community College (SPSCC) in March.

Previously she attended Dixon High School (Holly Ridge, NC).

Kelly will be attending Washington State University in the fall to earn a Bachelor of Business Administration.

She is currently employed at the Revenue Audit Lead at Little Creek Casino Resort.



### Shawnell McFarlane

Shawnell McFarlane, the daughter of Shera Johns and Larry McFarlane, Jr. and granddaughter of Susan Henry and Larry McFarlane and Isaac Johns, graduated from Northwest Indian College with a 3.98 GPA on June 18th with an Associate of Arts and Sciences.

She was on the Presidents/ Deans' List, and received scholarships from Eckerd (transfer scholarship) and the American Indian College Fund (AICF).

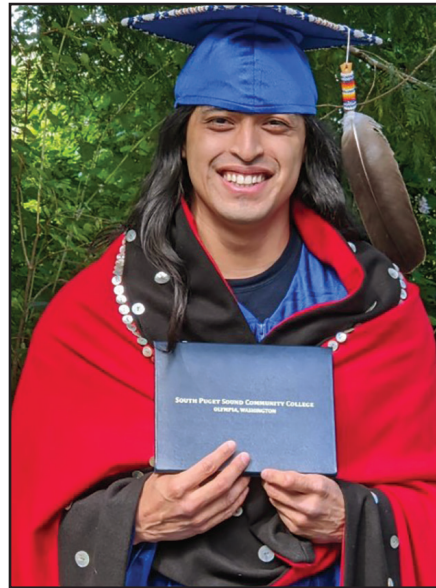
She has done internships with the Salish Sea Research Center and NASA.

Shawnell plans to attend Eckerd College to double major in marine and computer science and continue interning at NASA. She also plans to study abroad with the marine science program and advocate for Native American science, technology, engineering, mathematics (STEM) students.

She is currently employed as an intern for NASA at the Goodard Space Flight Center.

She is interested in Lushootseed language, traditional coast Salish art, reading, traveling, graphic design, writing (poetry), and science/astronomy, experiments/research.

## Bachelors



### Mario Rivera

Mario Rivera, the son of Marcella Cooper and Abel Castro and grandson of Rose Cooper-Davis and Mauro Rivera, and great-grandson of Buddy Cooper and Estella Teo Cooper, graduated from South Puget Sound Community College with his Associated degree in March.

He says he is going to re-evaluate his career goals, but plans to continue his education.

"I am open to new creative pursuits and looking forward to the next challenge.

"I want to end this by saying thank you to my Tribe, my mom, and the rest of my family and friends for the support I've received. Love you and best wishes."



### Michael Araiza

Michael Araiza, the son of Mike and Lily Araiza, grandson of John Krise (step-grandfather) and Elizabeth Krise, and brother of Pika Araiza and Matthew Araiza, graduated from the University of Northern Colorado with a Bachelor's of Music (B.M.) in May, Magna Cum Laude (with great distinction).

He plans to attend graduate school and teach at a university.

Michael is currently employed by the Yuma, Colorado School District as a Paraprofessional Educator.

He enjoys playing music, hiking and reading.

*Congratulations on graduating Magna Cum Laude from college and congratulations on your upcoming marriage on July 31st!! So proud of you, young man!!!!*

*- From John and Elizabeth Krise*







# CONGRATULATIONS GRADUATES



## Bachelors



### Taylor Owens

Taylor Owens, the daughter of Julie and Darrell Owens and granddaughter of Carrie (Peters) and Bob Smith, graduated from the University of Washington, Tacoma with 3.65 GPA in December 2020 with a Bachelors degree in Criminal Justice.

She received the Udall Scholar award in Tribal Public Policy.

She is currently employed as a Tribal Gaming Regulatory Agent for the Squaxin Island Tribe and as a part-time Domestic Violence Advocate for the YWCA.

She has submitted an application to the University of Oklahoma to get a Masters in Indigenous Peoples Law!



### Addie Peters

Addie Peters, the daughter of Jim and Lisa Peters and granddaughter of Emery and Ruth Peters, graduated from Oregon State University in June with a Bachelor of Science in kinesiology.

She played on the OSU women's rugby team for three years.

She has been accepted into a masters program at Montana State University in Billings.

She will be moving there in July to begin a two-year program to become a certified athletic trainer.



### Katie Smith

Katie Smith, the daughter of Don and Kristi Smith, granddaughter of Don and Jackie Smith and Joe and Nancy Snyder, and sister of Alex Smith, graduated from the University of Washington on June 12th, 2021 with a Bachelor of Arts in history.

She was a member of the University of Washington's Husky Marching Band for four years.

Katie was also a member of the Pacific Northwest Intercollegiate Marching Band and marched in the Dublin, Ireland St. Patrick's Day Parade.

She graduated from Capital High School in 2016.

She is currently pursuing a job with the Squaxin Island Tribe and plans to earn a masters degree, and possibly a PhD, in history. Her ultimate goal is to be a professor of history at a university.

Katie enjoys history, music, reading, arts and crafts, and movies.



### Jeremie Walls

Jeremie Walls, the son of Jeremie Walls and Amanda Hernandez, graduated from the University of Washington on June 12th with a Bachelor of Science in biology.

He received a UW Deans scholarship award.

He is participating in a collaborative research project with Harvard University on American Indian/Alaska Native suicide for publication on August 27th.

He will be taking the Medical College Admission Test (MCAT) before submitting applications to various medical schools in October.

He is currently a laborer, student researcher, and business owner.

He enjoys working on his car, health and fitness and trying out spicy foods.

## Higher Education Students,

Don't forget to turn in your final grades and any receipts from spring quarter/semester by July 6th. If you are planning to apply to the Squaxin Island Education Commission for Higher Education financial aid, completed packets are due August 6th. New and returning students will need to complete the packet for the 2021 fall quarter/semester. Packets are available now and can be picked up at the Education Department from 7:30-4:00 or they can be emailed by request. If you have any questions or need assistance please don't hesitate to ask.

Thank you,  
Mandy Valley  
mvalley@squaxin.us



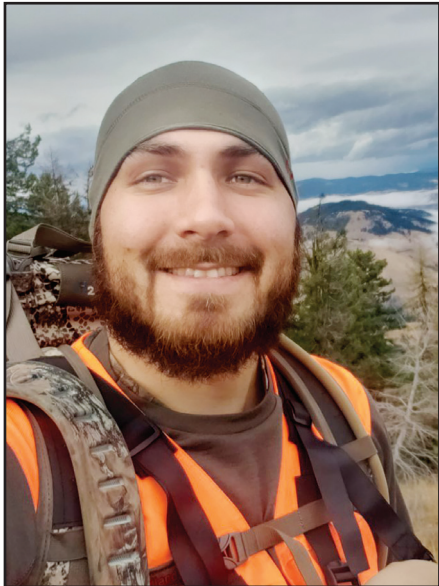




# CONGRATULATIONS GRADUATES



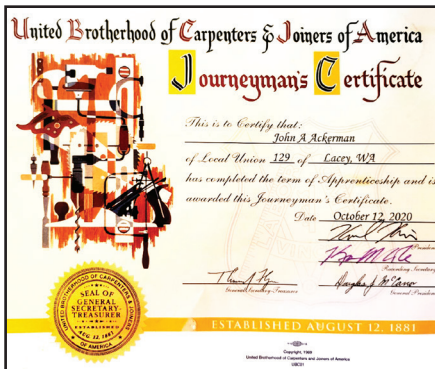
## Technical



### John Ackerman

John Ackerman, the son of Katherine and John Ackerman, husband of Morningstar Green, and father of Taeahni Fox and Tseeka and Paxton Ackerman, graduated from Renton Community College in October 12, 2020 with Carpenters and Joiners of America Apprenticeship certification.

He is currently employed as a Journeyman at Acoustics Northwest in Tacoma.



### Misti Saenz-Garcia

Misti Saenz-Garcia, the daughter of Susan Henry and Larry McFarlane and granddaughter of Theresa Cooper and Walter John Henry, was certified as a Registered Dental Assistant (RDA) though Arch Dental (Seattle) in March.

I'm a lifelong tribal activist and I am currently enrolled in Northwest Indian College (NWIC) as a full-time student. You are never "too" anything in anyone's opinion to not go after your education. I had a teacher tell me she wanted to quit school, but her parents told her, "your education is something nobody can ever take from you."

You decide whenever you want, when its right for you. I never had anyone pushing me to go after anything. I dropped out of high school my sophomore year with all my friends gone and got my GED. My father told me it was a "good enough diploma" equivalent to finishing versus being a dropout. I did it immediately, and had my son in 1993. Recently in an interview, I was belittled, I felt, for not having a high school diploma. So I went and signed up for the HS21 program at Family Services and finished it immediately. The competitive part of me did not want to ever feel that way again. I had, throughout my years of service in the

Tribe (more than 25), completed classes, programs, and certifications of all kinds while being a working mom and juggling my kids' sports and church schedules. I did my best. I think that is all we can do, the best we can, one day at a time, daily here on Mother Earth

Now I'm on a new journey while being unemployed and during these Covid-19 times, all while helping take care of my grandkids the best I can. I recently lost my mother as well.

I have spent 2021 in school and attending to my mental and physical wellbeing.

I want to acknowledge Joyce Evans, a Shelton High School counselor or who was amazing with Native students.

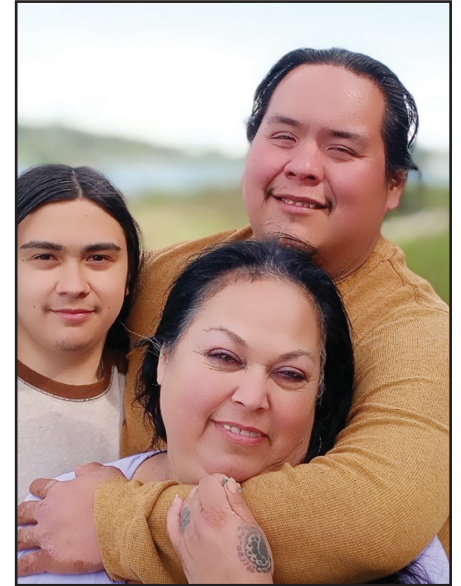
I also remember one year I was working at OysterFest as a CHR and I had to acquire fish and haul it to the fair grounds for sales. I had to have my son help me for muscle. Mr. Robert Whitener, Sr. took the time to talk to my son about education and his time as a teacher. He shared his stories with me and my son. My son went on to be a student at Le Cordon Bleu Chef School. I'm just saying how taking time and being with our youth helps.

I was inspired by seeing my childhood friend, Lois Wilbur, aka Boom, a Puyallup Tribal member, become a judge. She touched my soul.

I had all kinds of excuses, as a working mom, such as how I could not sacrifice monetarily for paper . . . seeing Lois and so many others inspired me to begin this new journey.

As an indigenous woman survivor of violence and PTSD and so many barriers meant to hold one down, I can stand tall and say I am not letting anything hold me down. I am choosing to walk a wellness path for me and model that for those around me.

Most of all, I am mother to many, sister, Tia, cousin, friend, associate, and wife.



### Lisa Johns

Lisa Johns, the daughter of Ida Johns Cooper and Jim Braese, received Professional Certification in Cultural Heritage Tourism from the George Washington University School of Business.

She received an \$8,000.00 scholarship through the American Indian Alaska Native Tourism Association (AIANTA).

Lisa, an employee of the Squaxin Island Museum Library and Research Center, says Squaxin Island Tribe Tourism implements cultural tourism education, agricultural tourism, culinary tourism and Tribal tourism, which highlights authenticity of the NW tribal culture of history and arts.

"Squaxin Island Tribe has been in the business of cultural tourism for at least a few hundred years, showing generous hospitality to early explorers and homesteaders by sharing foods, housing, trail systems to the mountains and oceans, and travels throughout marine waterways".

Squaxin Island Tribe Tourism will collaborate with Thurston County Port of Olympia and Maritime Historical Society to keep the presence of Squaxin in ancestral lands and waters.

"I believe it is so important that people know we, as Squaxin people, are still here and we are thriving.





## Technical

### Lisa Johns

#### *Continued from previous page*

Squaxin Tourism will continue to proudly share information on why having a casino, tobacco company, shellfish company, golfing, and other amenities in Kamilche are a continuation of the culture of our ancestors.

"We have a story to share spanning thousands of years of continuous living on ancestral lands. No one can tell the story as well as we can! I will continue to do all I can to keep Squaxin's presence upfront."



**New Employee**  
**Lorraine Van Brunt**

and already love the awesome energy – the children seem excited to be back. I can be contacted at [Ivanbrunt@squaxin.us](mailto:Ivanbrunt@squaxin.us).



## Outdoor Yoga Summer Class

Taught by Michelle Pugh, Joonbug Yoga

*Would you like*

- Increased flexibility?
- Increased muscle strength and tone?
- Improved respiration, energy and vitality?
- To maintain a balanced metabolism?
- Weight reduction?
- Cardio and circulatory health?
- Improved athletic performance?
- Protection from injury?

*Try yoga!*

**TUESDAYS FROM 12:00-1:00**  
**JUNE 8, 2021 - AUGUST 24, 2021**

Weather permitting. Class will be located at the fire pit, behind the Family Services Building. Please bring your own mat. These classes are at no cost and are open to Squaxin tribal members, community members and employees!

**Suitable for everyone. All levels welcome!**  
**Questions? Email Melissa at [mpuhn@squaxin.us](mailto:mpuhn@squaxin.us)**

Hi, I'm Lorraine Van Brunt, an enrolled member of the Colville Confederated Tribe. I've recently been hired as Program Manager at the Child Development Center and I'm excited to be working for the community in this role. I'll be working in administration of the Early Head Start program along with the SICDC leadership team and tribal departments, state, regional and federal personnel.

I will be providing administrative support to the Family Policy Council and welcome parents to become involved with the Council and share your ideas. We recognize that children are first educated by their family.

I have friends and relatives here at Squaxin as well as at Skokomish. I'm looking forward to working with families and other tribal departments to ensure integrated services are provided to pregnant women, children and families.

I'm impressed with the Outdoor Learning environment and the dedicated staff and teachers at the Center

## BINGO JULY SESSIONS

**FRIDAY JULY 16TH:**  
DAUBIN IN THE DARK  
8:30PM SESSION STARTS  
DOORS: 6PM - EARLY BIRDS: 8PM

**SATURDAY JULY 17TH:**  
NOON SESSION STARTS  
DOORS: 9AM - EARLY BIRDS: 11:30AM

4:30 SESSION STARTS  
DOORS: 2:30PM - EARLY BIRDS: 4PM

**SUNDAY JULY 18TH:**  
4:30 SESSION STARTS  
DOORS: 2:30PM - EARLY BIRDS: 4PM

**BRING CANNED FOOD FOR FREE LEVEL 1 (6-ON)**

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.

LITTLE CREEK CASINO • RESORT  
LITTLECREEK.COM | 1.800.667.7711

Little Means More!

Management reserves the right to modify or cancel Bingo if not enough players.





## Tips for keeping pets cool in summer heat



Summer means taking extra care to keep pets from overheating, an especially dangerous situation for brachycephalic breeds including pugs, bulldogs and others with short snouts or flat faces, experts advise. Other tips: Don't leave pets in parked cars, where temperatures quickly soar to life-threatening levels; make sure animals have plenty of shade and cool water when outdoors; and walk pets early or late in the day to avoid the heat of the full sun.

*U.S. News & World Report (6/19)*

### **No one ever told Linda Pegram not to leave her dogs in the car.**

On a mid-80s day in April, Pegram cracked the windows for her 7-year-old Cocker Spaniel and 5-year-old Cockapoo as she shopped at a Walmart in Chester, Va. About an hour later, a passerby called police, who arrived to find the dogs dead inside the vehicle. Pegram, who was charged with two felony counts of animal cruelty, told local media outlets that she's devastated and didn't intentionally kill her animals. It's a grim reminder that, as the weather gets warmer, we need to pay extra attention to our pets. And keeping them inside vehicles on hot days isn't the only health risk. U.S. News turned to veterinary experts who shared advice on how to keep our four-legged friends safe and healthy this summer:

**Be careful with high-risk dogs.** Animals cool by panting, and those that can't breathe particularly well have the highest risk for health problems during the summer. This includes brachycephalic dogs, or those that have a short snout or are flat-faced – like bulldogs and pugs. Pay special attention to seniors and overweight pets, too. If your pet ever breathes in and out in a noisy way, he may have some trouble with airflow, which in turn means he may have a harder time cooling off.

### **Don't keep your pets in parked cars.**

Research from San Francisco State University suggests that in 10 minutes, the temperature inside a

car rises by 19 degrees. Make it 20 minutes, and the temperature spikes by 29 degrees; 30 minutes and it goes up 34 degrees; and after an hour, the temperature soars by 43 degrees. Dogs and cats have a baseline body temperature of 100 to 102 degrees, and their organs begin to shut down at 106 degrees. "Very quickly, you can literally be threatening your animal's life," says Cathy Unruh, an animal welfare advocate based in Tampa Bay, Fla. She cautions that you should never put your pet inside a car that's been parked outside in the blistering sun – the seats could be so hot that they burn your animal. Make sure the car is cooled down ahead of time.

**Provide shade and water.** Seems like a no-brainer, right? You'd be surprised, experts say. Always make sure your pets have ample shade and water when they're outside. Kiddie pools and sprinklers are a smart idea, too, says Jessica Almeida, transfer director at the Humane Society of Utah. "A lot of the time, they'll just go lie down in the kiddie pool and get their bellies wet," she says. But never spray your dog down with a hose: Chances are, it's been lying in the sun, and the water inside is scorching hot – enough so to seriously burn your pet.

**Beware of heatstroke.** It's more common in dogs than cats and often arises when exercising in hot weather. Louise Murray, vice president of Bergh Memorial Animal Hospital in New York, suggests taking your dog out early in the morning or later in the evening, when the sun isn't so high in the sky. Try to keep animals indoors between 10 a.m. and 4 p.m., which is typically the hottest part of the day. Symptoms of heatstroke include increased heart rate, excessive panting, increased salivation, a bright red tongue, red or pale gums, vomiting and diarrhea. "Just think – our pets are furrrier than us, and they don't process heat as well as we do," Almeida says. "So if it's too hot for you to be hanging outside, it's probably too hot for your dog."

**Apply sunscreen.** You're not the only one who can get sunburned: Your pets can, too. Dogs are most likely to get sunburned on the bridge of their nose, in the groin area, on the tips of the ears and on their bellies, and animals with a thin coat are at particularly high risk. Invest in sunscreen that's specifically designed for pets. Don't share your own because some common ingredients, like zinc oxide, are toxic to animals, Murray says.

From Gus the doggie guy..



## Protect our beautiful Squaxin Island and waterways Don't Litter!







## Wellness Facility The Pool Community Events

Greetings from the Squaxin Island Parks and Recreation team! Over the last couple of months, the pool has been developing more programs for the community. The pool hosted a movie night on May 14th and nine people watched the movie Shark Tale. Our second movie night we hosted was on June 11th. The community voted for the movie on our Parks and Recreation Facebook page, and Moana was the winning vote. The movie night hosted 12 community members. Our next movie night will be on September 11th and will be a double feature that the community will vote on. To vote on movie choices for Movies in the Pool, please check out the Squaxin Island Parks and Recreation Facebook page for voting updates and movie options.

The pool also hosted a “Water Blasters and Bubbles” every Saturday during open swim for the month of June. Youth played amongst the bubble machines on the pool deck, and played with water squirt guns. The youth that participate in pool events win prizes! The total number of community members served these past couple of months was 138.

### ELDERS AEROBICS

The Elders Aerobics expanded during the months of May and June, and was hosted every Thursday and Friday at 11:00am. The program served six community members, and focused on stretching, strength training, and cardio. Starting July 1st through August 12th, Elders Aerobics will be offered every Tuesdays and Thursdays at 11:00 am until Noon.

### YOUTH PROGRAMS

The first swim lesson session ended in June, and we served 11 youth, ages 2 to 9, every Tuesday and Friday mornings for three weeks. The youth strengthened their swimming skills, and played fun games in the pool. At the end of the session the 11 youth were awarded completion certificates, and a small prize.

The next swim lesson session will be every Saturday morning from July 3rd to August 14th. Registration is currently full and will serve 12 youth ages 2-9 for seven weeks. If you are interested in signing up your youth for the swimming lesson wait list, please email [pool@squaxin.us](mailto:pool@squaxin.us) or call (360) 432-3852.

WATER WORLD CAMP is coming up on August 17th, 18th, and 19th. There will be a three-day water camp called “Water World” offered to youth ages 5-12. A beginner session in the morning will start at 10:30 a.m. and run until 12:30 p.m., The intermediate session will start at 1:30 and go till 3:30 p.m. Registration is currently open for the Water World Camp, and registration will close August 2nd. To register for Water World Camp, please email [pool@squaxin.us](mailto:pool@squaxin.us) or call (360) 432-3852.

To find out more information about all the programs being offered at the Squaxin Island Wellness Pool, please contact [pool@squaxin.us](mailto:pool@squaxin.us) or call (360) 432-3852 with any questions. We hope to see you, and your family at the Squaxin Island Wellness Pool soon.



Squaxin Island Parks & Rec

## Water World

August

Come All Three Days

17th, 18th, 19th

Serving Youth Ages 5-12



**Morning Session for Beginner Swimmers**

10:30am-12:30pm

**Afternoon Session for Advanced Swimmers**

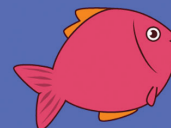
1:30pm-3:30pm



Register and complete  
pre-qualifying swim test before August 2nd .

To find out more information and to schedule  
a time for the pre-qualifying swim test:

Call the pool (360) 432-3852  
or email: [pool@squaxin.us](mailto:pool@squaxin.us)







# PARKS AND REC



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>R.O.O.T.S. 8:30-3:00pm</b>  <b>Elder Aerobics: 11-12pm</b>  <b>Open Swim: 3:30-6pm</b>	2 <b>R.O.O.T.S. 8:30-3:00pm</b>  <b>Open Swim: 3:30-6pm</b>	3 <b>Swim Lessons: 10:30-12:30pm</b>  <b>Open Swim: 3:30-6pm</b>
5 <b>Tribal Holiday</b>	6 <b>R.O.O.T.S. 8:30-3:00pm</b>  <b>Elder Aerobics: 11-12pm</b>  <b>Open Swim: 3:30-6pm</b>	7 <b>R.O.O.T.S. 8:30-3:00pm</b>  <b>Open Swim: 4:30-6pm</b>	8 <b>R.O.O.T.S. 8:30-3:00pm</b>  <b>Elder Aerobics: 11-12pm</b>  <b>Open Swim: 3:30-6pm</b>	9 <b>R.O.O.T.S. 8:30-3:00pm</b>  <b>Open Swim: 3:30-6pm</b>	10 <b>Swim Lessons: 10:30-12:30pm</b>  <b>Open Swim: 3:30-6pm</b>
12 <b>R.O.O.T.S. 8:30-3:00pm</b>  <b>Pool is Closed</b>	13 <b>R.O.O.T.S. 8:30-3:00pm</b>  <b>Elder Aerobics: 11-12pm</b>  <b>Open Swim: 3:30-6pm</b>	14 <b>R.O.O.T.S. 8:30-3:00pm</b>  <b>Open Swim: 4:30-6pm</b>	15 <b>R.O.O.T.S. 8:30-3:00pm</b>  <b>Elder Aerobics: 11-12pm</b>  <b>Open Swim: 3:30-6pm</b>	16 <b>R.O.O.T.S. 8:30-3:00pm</b>  <b>Open Swim: 3:30-6pm</b>	17 <b>Swim Lessons: 10:30-12:30pm</b>  <b>Open Swim: 3:30-6pm</b>
19 <b>R.O.O.T.S. 8:30-3:00pm</b>  <b>Pool is Closed</b>	20 <b>R.O.O.T.S. 8:30-3:00pm</b>  <b>Elder Aerobics: 11-12pm</b>  <b>Open Swim: 3:30-6pm</b>	21 <b>R.O.O.T.S. 8:30-3:00pm</b>  <b>Open Swim: 4:30-6pm</b>	22 <b>R.O.O.T.S. 8:30-3:00pm</b>  <b>Elder Aerobics: 11-12pm</b>  <b>Open Swim: 3:30-6pm</b>	23 <b>R.O.O.T.S. 8:30-3:00pm</b>  <b>Open Swim: 3:30-6pm</b>	24 <b>Swim Lessons: 10:30-12:30pm</b>  <b>Open Swim: 3:30-6pm</b>
26 <b>R.O.O.T.S. 8:30-3:00pm</b>  <b>Pool is Closed</b>	27 <b>R.O.O.T.S. 8:30-3:00pm</b>  <b>Elder Aerobics: 11-12pm</b>  <b>Open Swim: 3:30-6pm</b>	28 <b>R.O.O.T.S. 8:30-3:00pm</b>  <b>Open Swim: 4:30-6pm</b>	29 <b>R.O.O.T.S. 8:30-3:00pm</b>  <b>Elder Aerobics: 11-12pm</b>  <b>Open Swim: 3:30-6pm</b>	30 <b>R.O.O.T.S. 8:30-3:00pm</b>  <b>Open Swim: 3:30-6pm</b>	31 <b>Swim Lessons: 10:30-12:30pm</b>  <b>Open Swim: 3:30-6pm</b>

Open Swim Capacity: 15 people or Three Families

- For Squaxin Island Tribal Members

Pool Prize Events for July for Ages 5 – 12 years

- Every Saturday is Water Balloon FUN!
- July 9<sup>th</sup> – Music in the Pool
- July 13<sup>th</sup> – Chalk Art on the Pool Patio
- July 30<sup>th</sup> – Pinata Bash

## **R.O.O.T.S. Day Camp 2021**

Monday – Friday from 8:30 – 3:00pm

Breakfast: 9:00 – 9:45 am

Lunch: 12:00 – 12:45 pm

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

Rec Room: 360-432-3986   Pool: 360-432-3852   Jerilynn: 360-432-3992   Kasia: 360-432-3801

**All activities are drug, alcohol and tobacco free.**





## Squaxin 12-U Team

### Alvina Dillion Youth Basketball Tournament in Puyallup Hosted By Phillip Dillion

Kenna Acosta, Recreation Coordinator - We had an opportunity take the Squaxin team to the Dillion Tournament. They did a great job as a team and ran hard on the court. Even though they lost 2 games, they were happy to be back out on the court. We look forward to more games in the future.



Team photo – left to right ~ Kye Raham, Markus Snyder, Erik Andrews, Wyatt Wentworth, Camilo Krise, Natalia Krise (Co-Pilot), Benito Hernandez, Beau Henry Jr. Not Pictured: Janelle Krise and Josiah Perez



## Thanks to Parks and Rec Staff

I want to give a BIG shout out to my Awesome Parks and Rec Staff.

From March 2020 to June 11, 2021, Parks and Rec served 17,922 breakfasts and 16,458 lunches to Squaxin youth and served 1,851 adults.

Thank you for your continued dedication to the community. I know it wasn't always easy and it wasn't always fun, but you all did it with love in your hearts and smiles on your faces.

As a Director, I couldn't ask for a more amazing team.

- Janita Raham

## Summer Updates

Summer is official here! We are excited to have the youth back for R.O.O.T.S. Day Camp.

A few updates – We worked with the ACF Childcare Development Fund grant and SPIPA's 477 Childcare program for building improvements to better our program for the youth. We invested in wooden cubbies and updated the interior of our building. We painted downstairs to create a clean and welcoming environment as the youth return this summer! We wanted to thank SPIPA for the opportunity! **See photos on Page 18.**

We have renamed our Summer Rec program to R.O.O.T.S. Day Camp since we are a new department. We are excited to have youth for our traditional six-week program. We will continue to offer on-site meals and afternoon snacks for the youth. Our staff to youth ratio will be lower to ensure safety during these times.

Please make sure to like us on our Squaxin Island Parks and Recreation Facebook page for updates!







## Remodeling Before and After



## SQUAXIN ISLAND PARKS & REC Summer Movie Night In The Field

Bring a blanket and your favorite treats!

**JULY 23 | TIME: STARTS @ DUSK**

**MOVIE: TBA -**

**PLEASE VOTE ON OUR  
SQUAXIN ISLAND PARKS & RECREATION  
FACEBOOK PAGE  
FOR THE MOVIE!**

**\*Dusk is around 9:30pm\***

Families are welcome to arrive  
30 minutes prior to movie starting.

Call Brittney Johnston @ 360-432-3873  
to reserve your spot by July 16th!

**Save the Dates for our last Summer Movies:**

**AUGUST 24 | TIME: TBA**







## Evergreen Raises Squaxin Flag

Evergreen staff, June 24, 2021 - In a ceremony commemorated by tribal drums, songs and dances, The Evergreen State College raised the official flag of the Squaxin Island Tribe June 23 as a permanent acknowledgement of the deep history and ongoing connection between the Tribe and the college.

Flying on its own pole next to the U.S. and Washington state flags at the entrance to Evergreen's Olympia campus, the formal presence of the tribal flag reminds visitors of the original Squaxin stewards of the land and waterways of the region.

"This goes well beyond a traditional land acknowledgement," said former state senator and Chair of the Evergreen Board of Trustees Karen Frasier. "It's a commitment to an ongoing physical acknowledgement for all to see and appreciate when they come and go from campus. Evergreen has great appreciation for the people of the Squaxin Island Tribe."

Squaxin Island Tribal Council Chair Kris Peters, who holds a master's in administration and an undergraduate degree from Evergreen, highlighted his personal connection to the 1000-acre campus and the historic presence of Squaxin ancestors. Peters praised the college for its support of Native college students and the quality of its courses and programs.

The in-person ceremony was also attended by Olympia Mayor Cheryl Selby and Olympia city council members.

"We are deeply proud of those Squaxin graduates from Evergreen who have become accomplished leaders of their tribe, of their professions, and of the state of Washington," said Evergreen President George Bridges. "We hope this dedication and flag-raising strengthens our ties and opens new possibilities for partnership."

- Photos courtesy of The Evergreen State College



*The official Squaxin Island tribal flag flying next to the U.S. and Washington state flags, after an official June 23 ceremony at Evergreen's Olympia campus.*



*George Bridges  
President of TESC*



*Karen Frasier  
Chair, Board of Trustees at TESC*



*Squaxin Island Tribal Council Chair Kris Peters speaking*



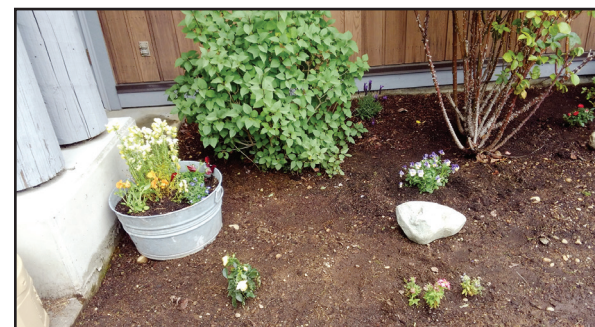




## Elders Garden Party

*Photos and information by Kim Olson*

The garden party was a big hit. It was so nice to see so many Elders together after a year long battle to stay safe. A big Thank you to Family Services for All the flowers and garden materials. Our Elders, community, and Elders staff through Family Services have once again inspired me . . . We Elders Rock!







# ELDERS



## Elders Picnic

Photos by Kim Olson











## Hot Weather and Your Health

Dr. Wilton - Recent and upcoming hot weather increases the risk of heat related injury. Living here in the relatively cool Pacific Northwest, this is not something most of us think about very often. With temperatures expected to go well over 100 degrees this weekend it is important to be aware of what risks exist and how to reduce them.

Excess body temperature can result in relatively mild symptoms such as leg swelling, muscle cramps or heat rash. However, outcomes can be much worse including multi-system organ damage, central nervous system dysfunction, and even death. People who have suffered from heat injury and recovered from the immediate event may have persistent symptoms. They are also more vulnerable to recurrent heat injury in the future.

People at greatest risk of heat related injuries include athletes, people who work outdoors, and people who are unable to access a cool environment when needed. Being in poor physical condition or having a medical condition such as heart disease, respiratory system disease, obesity or sickle cell disease all increase risk significantly. Younger children (less than about 15 years old) and the elderly are at increased risk.

Steps you can take to reduce the risk of heat related injury for yourself, your family members and friends:

- Limit your physical activity when the temperature feels uncomfortably hot.
- If you are working outdoors, take frequent breaks in the shade and try to time your activities for when the temperature is cooler and the sun is less intense.
- Drink plenty of fluids. In most cases, if your urine is not very light yellow or clear, you are not adequately hydrated and you are at increased risk of heat injury.
- Coffee and other drinks that make you pee more often (diuretics) contribute to dehydration and increase the risk of heat injury.
- Take water or a "sports" beverage with you when you go outdoors and drink anytime you feel thirsty.
- When it is very hot, stay out of the sun and seek a cool environment.
- Wear light color, loose fitting clothing that provides adequate protection from the sun.


*Continued on Page 24*



### SUMMER 2021 FRUIT & VEGETABLE INCREASE


#### Five things to know about WIC fruits and vegetables this summer

1. Starting **June 1**, for 4 months, participants will have **\$35 per person** each month to buy more fruits and vegetables.  
If you're pregnant, breastfeeding, or postpartum, you and your children ages 1-5 will each get \$35 for fruits and vegetables. (This doesn't apply to infants.)
2. You don't have to do anything to get the \$35 for fruits and vegetables. It will be available to you when you shop with your WIC Card, starting with the "First Date to Spend" in June.
3. Use your WIC Card to get the extra fresh or frozen fruits and vegetables at grocery stores.
4. You can't use your WIC Card or the \$35 at farmers markets or farm stores.
5. Here are some ideas to help you use the entire \$35 per person each month:



#### USE WIC FIRST!

Use your WIC Card first at the register, before other benefits like SNAP.



#### MAKE IT EASY!

Choose already cut-up fruits and vegetables, or packaged lettuce and vegetables for quick meals or snacks.




#### BUY SUMMER FUN!

Fill your fruit bowl with your summer favorites. Shop often for cherries, apricots, peaches, plums, and nectarines.




#### THINK FROZEN TOO!

If you have freezer space, frozen vegetables and fruits are great for smoothies and easy sides at mealtime.



#### STOCK UP NOW!

Buy more fruits and vegetables that keep longer, like apples, cabbage, carrots, potatoes, onions, and winter squash.



### Recipe resources for fruits and vegetables

- ✓ MyPlate, My Kitchen  
[myplate.gov/myplate-kitchen](http://myplate.gov/myplate-kitchen)
- ✓ FoodHero.org
- ✓ Have a Plant  
[fruitsandveggies.org/recipes/](http://fruitsandveggies.org/recipes/)
- ✓ Texas WIC - [bit.ly/TexasWIC](http://bit.ly/TexasWIC)

Also check the WICshopper app, Pinterest, or ask WIC for other tips & ideas!

## What DOES \$35 look like at the store?

### Week 1

<b>Frozen</b>		
12 oz. Mixed Berries		\$3.50
16 oz. Mixed Vegetables		\$1.75
<b>Fresh</b>		
1-pound Broccoli		\$2.99
3 large Fuji Apples		\$1.75
<b>Total</b>		<b>\$9.99</b>

### Week 2

<b>Frozen</b>		
10 oz. Sweet Corn		\$2.00
12 oz. Cut Mangoes		\$2.99
<b>Fresh</b>		
6 oz. Organic Blueberries		\$3.99
1 bunch Green Leaf Lettuce		\$2.49
<b>Total</b>		<b>\$11.47</b>

### Week 3

<b>Frozen</b>		
12 oz. Asparagus Stir-fry		\$2.99
<b>Fresh</b>		
8 oz. Spinach		\$1.99
16 oz. Carrot Chips		\$1.99
<b>Total</b>		<b>\$6.97</b>

### Week 4

<b>Frozen</b>		
16 oz. Peas and Carrots		\$1.75
<b>Fresh</b>		
5 pounds Russet Potatoes		\$2.99
1 bunch Green Onions		\$1.99
<b>Total</b>		<b>\$6.73</b>

**Total \$35.16**

(Note: Prices listed are based on local store ads and are estimates only.)

### Tell your friends about WIC so they can get more fruits and vegetables this summer, too!

Share these easy ways to contact WIC:

- » Text **WIC** to **96859**
- » Call the Help Me Grow WA Hotline **1-800-322-2588**
- » Visit ParentHelp123's ResourceFinder at [parenthelp123.org/resources/food-assistance-resources/the-wic-program](http://parenthelp123.org/resources/food-assistance-resources/the-wic-program)



This institution is an equal opportunity provider. **Washington WIC doesn't discriminate.**  
DOH 962-1005 June 2021 To request this document in another format, call 1-800-841-1410.  
Deaf or hard of hearing customers, please call 711 (Washington Relay) or email [WIC@doh.wa.gov](mailto:WIC@doh.wa.gov).





## Health Clinic Vaccinations Statistics

Number of first doses provided:	1,043
Number of second doses provided:	1,011
Nasopharyngeal swabs (sent to lab):	237
Serum blood draws:	4
Rapid tests:	231
Positive results:	33



WIC clients get TEMPORARY increase in dollars  
for Vegetables and Fruits (June-Sept 2021)

*Thanks to Congress passing The American Rescue Plan*

### How will it work??

If you have WIC, you'll notice on your WIC app that your **vegetable and fruit allowance is increased to \$35 per participant per month** for June, July, August, & September 2021

You can buy fresh or frozen vegetables and fruits when you shop using your WIC Card



### Are you eligible for WIC ?

**Are you low income, pregnant, or have a child under age 5?**

**Did you let your WIC lapse? Contact us to restart your WIC!**

Check out the eligibility guidelines at :

<https://www.doh.wa.gov/YouandYourFamily/WIC/Eligibility> and/ & give us a call at WIC.



**Contact at SPIPA for an phone appointment:**  
**Patty at 360.462.3224, [wicnutrition@spipa.org](mailto:wicnutrition@spipa.org)**

or

**Debbie Gardipee-Reyes at 360.462.3227,**  
**[gardipee@spipa.org](mailto:gardipee@spipa.org)**  
Main SPIPA number: 360.426.3990



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

## Hot Weather and Your Health *Continued from Page 23*

- Protect exposed skin with use sunscreen with at least SPF30.
- Alcohol use increases susceptibility to heat injury. Be particularly careful if you choose to drink when it is very hot out.
- Illegal drugs, particularly methamphetamine, increase the risk of heat injury.
- Many supplements or over the counter or prescribed medicines increase the risk of heat injury so be particularly careful if you are using these substances.
- Check on friends and family members who may be increased risk. Help them access hydration and a cool environment as needed.

### *Steps to take should you be concerned that you or someone else has suffered a heat injury:*

- Get out of the sun and into a cool environment as soon as possible.
- Drink water or an electrolyte replacement beverage.
- Elevate the legs.
- Wet the skin or clothing and use a fan to enhance cooling.
- If necessary, remove clothing to increase cooling.
- If symptoms are severe or worrisome, seek immediate medical care. If necessary, dial 911.

Overall, please remember that the heat presents a real risk. Take good care of yourself and lookout for your family, your friends and your community.







## Elders Menu . . . Fruit and salad at every meal

**MONDAY 5:**

Chicken Pot Pie

**MONDAY 12:**

Tuna Casserole, Peas

**MONDAY 19:**

Chicken Burgers

**MONDAY 26**

Shepherds Pie

**TUESDAY 6:**

Chicken Zucchini Stew, Biscuits

**TUESDAY 13:**

Creamy Vegetable Soup, Sandwiches

**TUESDAY 20:**

Italian Sausage, Bread Sticks

**TUESDAY 27:**

Chicken, Wild Rice Soup, Sandwiches

**WEDNESDAY 7:**

Tacos

**WEDNESDAY 14:**

Clam Fritters, Cole Slaw

**WEDNESDAY 21:**

Meatballs, Chips

**WEDNESDAY 28:**

Salmon, Red Potatoes, Zucchini

**THURSDAY 1:**

Spaghetti, Corn, Garlic Toast

**THURSDAY 8:**

Seafood Soup, Fry Bread

**THURSDAY 15:**

Pork Chops, Rice & Carrots

**THURSDAY 22:**

Fried Oysters, Steamed Potatoes,  
Broccoli

**THURSDAY 29:**

Cabbage Patch Casserole

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



## -SQUAXIN TRANSIT- HOLIDAY BUS CLOSURE



July 5

Back in Service

Tuesday 6<sup>th</sup> of July





# COMMUNITY



1  
Azmira Ann Tom  
Malynn A. Foster  
Mark Louis Jones  
Tully James Kruger

2  
Fay Annette Monahan  
Janessa Faye Kruger  
Milo Romeo Giles

3  
Phinatue Lee Hodgson

4  
Annie-Beth Whitener Henry  
Jeremie Walls

5  
Elijah Raul Garcia  
Gary Shawn Brown  
Jon Brady Whitener

6  
Celeste Rene Forcier  
Dale Allen Brownfield  
Martin Regius Sequak Jr.

7  
Todd Loren Hagmann

8  
Andre William Anderson  
Ariah Hazel George  
Clayton James Edgley  
Diana L. Van Hoy  
Kui Lee Tahkeal Sr.  
Steve George Witcraft  
Virginia M. Berumen

9  
Keenon Vigil-Snook

10  
Mary Jane Monahan  
Nyla Elizabeth King

11  
Leah Marie Gentile  
Ruth Mildred Creekpaum

12  
Jonie Renee Fox  
Terence Jevan Henry

13  
David Michael Lewis  
Donald Lee Daniel III  
Elizabeth Ivy Yeahquo  
Jennifer Ann Evans  
Moody E. Addison

14  
Antonio Alex Rivera  
Cristian Andres Hall  
Emery Isabelle Peters  
Ivy Lynn Hawks  
Shaiann Rene` McFarlane

15  
Adrianna Fawn Hartwell  
Brett Devin Orozco  
Seth William Thomas  
Totten Ezera Dorland

16  
Mary Lois Kuntz  
Nikita Laudine Mowitch  
Olivia Kinzee Henry

17  
Alan Wayne Depo  
Daniel Jacob Johnston  
Kristina E. Bechtold  
Matthew John Bell  
Tiffany Faye Henderson

18  
Alexander Long Van Horn  
Charles Edward Mickelson Jr.  
Isabel Rose Leonor Trinidad  
Victoria Kruger-Neilsen  
Violet R Garcia

19  
Clara Rose Hernandez  
Dana Marie VanCleave  
Elena Capoeman-Johns  
Jearid Duane Williams  
Soren Emerson Jimmie

20  
Allie Mae Ann Johns  
Bailie Barbara Henry  
Kamryn Carter Lutolf  
Wilson Charles Johns Jr.

21  
Corri Clae Coleman  
Eliza Mae Naranjo-Johns  
Leila Lorine Whitener

22  
Cara Marlene Price  
Tyler Steven Morlock

23  
Austin Pedro Solano  
Bette Jo Peters  
Chickie Mae Rivera  
Jaelynn Jesse James  
Richard William Piersol

24  
Misty Manette Kruger  
Sailor Midnight-Reign Tucker

25  
Catori Jade Blueback  
Eileen Renee Faye George  
Hailey Ann Henry  
Thomas Blueback III  
Walter E. Lorentz Jr.

26  
Brenda Lee Day  
James Darol Brownfield  
Kacen Jay Cooper  
Loretta J. Case  
Malia Red- Feather Henry  
Shawnene Breezy Mae Cooper

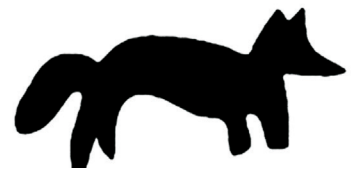
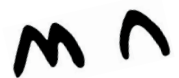
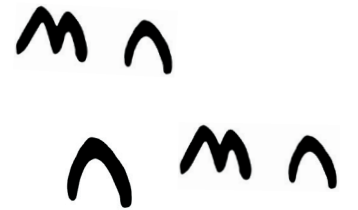
27  
Chas M. Addison  
Dorian Alika Williams  
Jackson Cooper Napoleon  
Marvin Stanley Henry

28  
Angelica Francisco-Coley  
Edward Wayne Sigo  
Felicia Joy Berg  
Kira Nakia Coley

29  
Marissa Ann Morken  
Markiemih Charles Johns  
Nathan Jay Armas

30  
Alex Paul Anderson  
Billie Marie Lopeman-Johns  
Marcus Imteus Johns  
Tasheena M. Sanchez

31  
Jaelin Christopher Campbell  
Jordon Ray Lopeman-Johns  
Michael James West  
Nyah Rose Sicade  
Serenity Masoner-Tucker  
Stanton Todd Sicade Jr.





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

If it is an  
**EMERGENCY**  
CALL 911





## What's Happening



### Talking Circle w Tribal Council:

July 14 @ 5:00 at the ballpark

### Movie Night in the Field:

July 23 & August 24 @ dusk

### Outdoor Yoga:

Tuesdays from noon - 1:00, at the firepit along the Family Services trail

### Court:

FAMILY COURT:

July 1 (Zoom)

CRIMINAL/CIVIL COURT:

July 13 (in-person)

### USDA FOODS WIC

July 9

July 13



## COMMITTEES COMMISSIONS & BOARDS

### Committee

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

### Council Rep.

David Whitener, Jr.  
Charlene Krise  
None per code  
Charlene Krise  
None per code  
Vacant  
Charlene Krise  
Kris Peters  
Vince Henry  
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 of February and August  
1st Wednesday or Thursday  
March, April, May  
2nd Tuesday  
May and June  
2nd Wednesday of March and July  
TBD  
2nd Wednesday or Thursday  
2nd Tuesday of January and July  
1st Wednesday of April and October  
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  
Marvin Campbell  
Jeremie Walls  
None per code  
Charlene Krise  
Vacant

### Staff Rep.

Marvin Campbell  
Erika Thale  
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







**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, July 13, 2021**  
**We are continuing remote phone appointments at least through August 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 July Dates

**PT. GAMBLE S'KLALLAM 7/7/21**  
**SQUAXIN ISLAND 7/9/21**  
**SKOKOMISH 7/15/21**  
**CHEHALIS 7/22/21**  
**NISQUALLY 7/23/21**

**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

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## 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