Squaxin Island Child Development Center has Reopened

WELCOME BACK!!!!!!

Sally Brownfield, Director - On Monday, May 10th the Child Development Center reopened!!! We are so excited to see our children and families back in the building. During these first two weeks, the children and teachers have been getting to know each other again. The children have grown so much over this time away.

Teachers have prepared their classrooms to have the children fully engaged in developmentally appropriate activities. The children have been enjoying being back with their friends and teachers. They have enjoyed the new playgrounds and all the activities the teachers have planned for them. They are learning new rules about masks and how to respect each other’s space in order to play safely with each other.

The classrooms have continued to go through Covid-19 protocols for cleaning and sanitizing using all the health and safety guidelines. Our classrooms have been set up for safe interactions. Tables have clear dividers and children have their own supply boxes so there is no sharing of materials. All materials are sanitized throughout the day in our new sanitation cabinets.

While it can be time consuming, we appreciate your understanding and patience during the check-in process. This process helps ensure that our children and staff are safe. With that in mind, we would like to remind everyone to please limit the number of people (adults and children) coming into the building and classrooms at drop-off and pick-up. Keeping this in mind helps reduce the exposure to outside germs that could be brought into the center. We continue to follow Squaxin Island’s approved Covid-19 policies and practices.

When we all work together, and with your continued support, we can and will get back to a fully normal way of operating that will see the children growing and developing in a safe, supporting environment. If you have any questions, please contact me at (360) 432-3858 or sbrownfield@squaxin.us or Sabrina Green at (360) 426-1390 or sgreen@squaxin.us.

More photos on Page 8
**TLC Update:**
The TLC team will be working with Shelton School District to provide summer school opportunities at the Education Center. Elementary students will be working with Miss Lynice, middle and junior high students will be working with Lynn, and high school students will be working with our soon-to-be-announced High School Student Advocate (tutor). We are going to be coordinating with Stepping Stones and the Youth Summer Employment program to make sure summer school can be a success.

The school district is still identifying who is eligible for summer school, so your TLC Student Advocate (tutor) will be reaching out if your student is on the list. The TLC is making many changes; offices are moving, our teen room is moving, and we are going to have a Higher Education Center with expanded services, along with much more. It is all very exciting and we can’t wait to get organized and be able to offer improved educational resources to the community. We will be working hard all summer to get things in place and look forward to a strong start to the new school year in September.

**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

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**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 8:00pm, Skyline Drive-In Theater
SQUAXIN ISLAND TRIBAL
COMMUNITIES & COMMISSION VACANCIES

• One Percent Commission: Implements the one percent distribution provisions of Appendix X of the Tribal-State Compact for Class III Gaming. Distributes revenues derived from the TLS to nonprofit charitable organizations.

• Emergency Management Homeland Security Committee: The purpose of the Committee shall be advisory: To provide guidance, participate in preparation, and implementation of a Tribal Comprehensive Emergency Management Plan (CEMP) and all other emergency preparedness plans. These plans are necessary to assist and mitigate, prepare for, respond to, and recover from injury and damage to persons or property resulting from emergencies or disasters, whether natural or man-made.

• Housing Commission: Provide recommendations and advice to the Tribal Council and to the Tribal Department of Community Development. The commission is authorized to define policies, identify rules and regulations to the Tribal Council for enactment.

• Skookum Creek Tobacco Board: Is vested with all powers necessary to carry out the purposes of the Corporation and shall have control and management of the business and activities of the Corporation.

• Personnel Committee: To to advise the Tribal Council, Tribal Administrator and the HR Director on matters regarding development or changes to personnel policies. Commission members will be involved in the fourth step of the grievance process to act as a Hearing Panel. May not be employees of Tribal Government.

• Island Enterprises Board: The board of directors is vested with all powers necessary to carry out the purposes of the Corporation and shall have control and management of the business and activities of the Corporation.

The public’s trust in their government may be sustained only as long as the public remains involved in the deliberations essential to responsible decision-making by that government. The Tribal Council wishes to preserve this public trust by openly seeking advice, ideas and recommendations from the Squaxin Island Tribal Community. Accordingly, the Council wishes to provide equal opportunities for public service and encourages Tribal members to serve on commissions, committees, and special advisory boards to the Council.

Sign-up: squaxinisland.org/tribal-member-info/committees-commissions-and-boards

Contact: Melissa Puhn
mpuhn@squaxin.us
(360) 426-9781.

Time to get involved!
The above committees & commissions have vacancies available.

Apply online at www.squaxinisland.org
OR
email Melissa Puhn at mpuhn@squaxin.us

Application deadline June 18
Hi, my name is Lisa Johns from Squaxin Island Tribe-Medicine Creek Nation. My family has resided along the Southern Salish Sea, also known as Puget Sound, for thousands of years; we have the historical continuity of cultural connection to the land and marine waters of the inland watersheds.

My mother is Ida Johns Cooper. Her father is Delwin and her mother Eliza (Tobin) Johns. My great-grandfather is Charles Johns and his father is Johnny Senak-suh. Charles Johns’ mother is Annie or Mary Shedalehe. Great-grandpa Charles’ wife is Mary Jim Jackson Johns. Her father is Dick Jackson and her mother is Sophia Jim.

My biological father is Jim Braese. My grandparents from his side are Arthur and Constance Braese. My “Bonus Dad” is Francis "Mike" Cooper. My grandparents from his side are Buddy and Mable Cooper. I have three amazing children (gifts from God) Patrick, Lisa, and Malachi.

I enjoy the legacy of the Medicine Creek Treaty reserved rights of hunting deer and elk and harvesting shellfish, as they are the traditional foods of my ancestors. I respectfully honor the teachings of my people by harvesting cedar and various roots and fibers for basket classes or preparing ceremonial items and utilizing traditional medicines. I enjoy the yearly intertribal canoe journeys with all the visiting and cultural sharing of song-dance-drumming. I love to sing, which is also a legacy of Squaxin people who historically sang Salish songs with such strength they would arrive before people could see the canoes.

February 2021, I received a professional certification in Cultural Heritage Tourism from the George Washington University School of Business. I applied for an $8,000.00 scholarship through the American Indian Alaska Native Tourism Association (AIANTA) along with hundreds of other Tribal applicants. I was overjoyed to be one of the few selected! The class was an eight-week course with approximately 12 hours of homework each week, during which I multi-tasked my professional job and responsibilities of being a single parent. I enjoyed participating in Zoom class discussions sharing what the Squaxin Island Tribe’s Tourism Department has accomplished throughout the years. I shared how Squaxin has been implementing cultural tourism education, agriculture tourism, culinary tourism and Tribal tourism, which highlights authenticity of the NW tribal culture of history and arts.

I enjoyed the class because 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, and trail systems to the mountains and oceans, and travels throughout marine waterways.

My perspective on cultural heritage tourism comes from understanding Squaxin history, which includes Dick Jackson who was known to be a man of generosity and wanted to feed all people no matter what nationality they were. When people left his house, they left satisfied with good food.

Culinary tourism is important to me because Squaxin people prided themselves with having shellfish gardens full of Olympia oysters and trading and feasting on the shellfish, indigenous plants, teas, salmon, and other important first foods.

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; hopefully this year we will have the annual Harbor Days Festival.

The importance of participating in public events is we are “People of the Water,” of the artesian wells and of the marine waters of the southern Salish Sea.
Olympia is where my people had a large village called Steh-Chass.

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

Working for Squaxin Island Tourism, I continue to learn more about myself, my tribe, and how vested we have been in people and the importance of tourism to us.

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.

Thank you for taking the time to read my story.

- Lisa Johns
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.

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Pool
- Open swim capacity: 15 people or three families
- For Squaxin Island Tribal Members
- 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.

SQUAXIN ISLAND PARKS & REC

Dad’s Doughnuts

Please Join Us on Thursday, June 10th from 4:30-6:30pm

We will be set-up in front of the gym for families to drive-thru to pick up doughnuts.

Please Contact Jerilynn at 360-432-3992 if you have any questions.
Monthly Student Spotlight

Kasia Seymour - In the Parks and Recreation Department, we are trying to recognize and spotlight students in elementary, middle school, junior high school and high school. We are recognizing students who have worked hard at their educational goals, had any type of recognition or an 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: 9th Graders, 11th Grade and 12th Grade Senior Students:
TANALEE MENDOZA - has passed all of her classes since the beginning of school. She has great grades with 3 As and 2 Bs. She is taking a hospitality and tourism class. When Tanalee is finished with this course, she will have her food handler's card.

ANA PINON - has done well at school and made the junior varsity Shelton High School basketball team.

ANITA LACLAIR - Made Point Guard for the Shelton High School C team and is doing great on her team.

SOPHIA PINON - has made Honor Society and is currently in Running Start.

JAZMYN THOMAS-SNYDER - is a Senior at Capitol High School and she is on the varsity girls basketball team. Jazmyn is graduating in June and will be attending The University of Oregon in the fall.

Junior High School 8th Grade Student:
ALEXIA SNYDER - has been attending her classes and getting her work in on time. Alexia is graduating 8th grade at Griffin and will be moving onto Capital High School in the fall.

Middle School 6th Grade Students:
BENITO McFARLANE - is working very hard at keeping up with classwork before going out to play each day.

MARKUS SNYDER - attends Griffin. He is doing well in school and received a 'Quality Work Award' this past month.

Elementary School K, 2nd Grade and 5th Grade Students:
EDWIN LaCLAIR - is learning how to read this year; this is Edwin's first year in school.

ALIEGHA JOHNS - has been getting to school on time every day and is getting her assignments turned in.

MADDOX SNYDER - attends Griffin, is doing well in school, and has received a 'Quality Work Award' this past month.
Child Development Center
Planning and Community Development

Office of Housing Workshops

The annual flower basket and screen repair workshops sponsored by the Office of Housing (OOH) looked a little different this year due to the pandemic.

Patrick Whitener (OOH) offered a Zoom presentation on repairing window screens. Participants received their supplies in advance so they could have the “hands on” experience while attending the workshop.

The weather was cooperative and participation was high as we moved our flower basket workshop outdoors this year. The OOH provided all plants and potting supplies and everyone left with a beautiful flower basket. Thanks to all kids and adults who attended to make the class a great success.
Seven steps to stay financially fit

When you're young, checking in on your financial status might seem like something that can wait. Routinely assessing where you stand, can benefit you today and down the road. Here are steps to consider:

1. **Understand your assets and liabilities**
   The assets you own and the debts or liabilities you have determine your net worth. Assets might include cash, savings, stocks, bonds, retirement accounts, real estate and anything else of value such as cars or collectibles. Liabilities might include a mortgage, student loans, auto loans, bills due and credit card debt. Consider calculating your net worth annually by adding the value of all your assets and subtracting your liabilities. This can help you monitor your overall financial picture.

   **TIP:** If you’re just out of college and have a lot of student loan debt, you may have a negative net worth. That’s not necessarily bad. It just means you have some work to do.

2. **Assess your goals**
   Once a year, think about your short, medium and long-term goals. Are each still relevant? How much do they cost? Are you on track to meet them? Some long-term goals, such as traveling in retirement, may not change substantially year to year. Short-term goals, such as paying off a credit card bill, and medium-term goals, including saving for a house, may change more frequently. You might decide to reevaluate those every three to six months.

3. **Check your credit report**
   Your credit report contains information about the status of your credit accounts and your bill paying history. A good credit score is critical to qualifying for loans at the best possible rates.

   The Consumer Financial Protection Bureau (CFPB) recommends checking your report at least once a year to make sure it is up to date and correct. The CFPB suggests an extra check before applying for loans for big purchases like cars and houses. There are three major credit-reporting agencies: Experian, Equifax and TransUnion. You can ask for a free credit report from each of them every 12 months.

4. **Name your beneficiaries**
   When you open a retirement account or buy an insurance policy, you'll probably be asked to name a beneficiary—the person who would collect from the account in the event of your death. Marriage, the birth of children, divorce and death can affect your choice. Typically, your spouse is your default beneficiary, but you also may wish to designate children or someone else. Though designations likely will not change often, it’s a good idea to check your elections yearly to make sure they’re still appropriate.

5. **Manage your taxes**
   It’s important to make sure you have enough set aside to pay your tax bill well before the annual deadline, generally April 15. The amount of federal income tax you owe each year depends in part on your tax bracket, but many factors affect it. Learn more about income tax brackets.

   In most cases, your employer withholds taxes from your paycheck, although the amount withheld will often differ from what you ultimately owe. If you are self-employed, however, you will likely need to pay an estimated amount of tax instead, usually on a quarterly basis.

   **TIP:** Each fall, when you still have time to make adjustments before year-

6. **Check if your investments and goals align**
   It is likely your investments, whether in retirement plans or taxable brokerage accounts, consist of mutual funds that hold various kinds of investments. Consider checking quarterly, in January, April, July and October, to make sure your selections are appropriate for your age and financial goals.

7. **Determine if you have the right insurance**
   About once a year it’s important to assess the type and amount of insurance you need. If you rent your home, you may want to consider renters insurance to protect your belongings. When you buy a home, you need homeowners insurance. Your policy should cover what it would cost you to rebuild your home—which is often more than your home’s face value—as well as the current price of replacing your household items. You also may want special coverage for valuable items such as jewelry or artwork. Your insurance agent can help you assess whether you have the right type and amount of coverage.

   **TIP:** If you have dependents, you may wish to consider life insurance, which, in the event of your death, would pay them cash to help make up for the loss of your income. You might also consider disability insurance to replace a portion of your income in case you become ill or are injured and unable to work.

*Source: Bank of America, Better Money Habits*
Potty Pan Liners

Indoor cats and litter pans go hand-in-paw. Many felines are very particular in the location of their bathroom and will let their family quickly know if they are not satisfied with its placement, possibly by using the floor or carpet in the preferred area. In addition to where the litter box is situated, there are other factors that affect your cat’s willingness to use his potty pan:

**Type of Litter:** Sand, clay, and shredded newspaper are three of the popular materials.

**Amount of Litter:** Some cats like a light covering in their pan, others like to dig and cover.

**Pan Size:** “Bigger is better.” Big does not necessarily mean deep. Some cats prefer that at least one side be cut down so they do not have to jump over its high sides.

**Number of Pans:** Provide a separate litter box for each cat in your home. Sometimes cats refuse to share.

**Cleaning Pans:** Use different detergents when washing out the box. Never use an ammonia-based cleaner. Ammonia is a component of urine and may encourage your cat to find another “location”.

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**How to use a fire extinguisher**

Most fire extinguishers operate using the following P.A.S.S. Technique:

1. **PULL** the pin. This will also break the tamper seal.
2. **AIM** low, pointing the extinguisher nozzle (or its horn or hose) at the base of the fire. NOTE: Do not touch the plastic discharge horn on CO2 extinguishers, it gets very cold and may damage skin.
3. **SQUEEZE** the handle to release the extinguishing agent.
4. **SWEEP** from side to side at the base of the fire until it appears to be out. Watch the area. If the fire re-ignites, repeat steps 2 - 4.

If you have the slightest doubt about your ability to fight a fire... EVACUATE IMMEDIATELY!

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**Amerind**

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[AMERIND.com]
Dear Legal Aid Abby,

My son is a special education student with an Individualized Education Program (IEP) in our local public elementary school. His school has been closed due to COVID. My son has really been struggling to engage in the zoom classes that the school has been offering. When I reached out to the school with concerns about my son falling behind, they responded to me that I will need to wait to address these concerns until schools re-open. Is this true? Can you provide me advice on how to make sure my son isn’t falling too far behind?

- A concerned parent

Dear Concerned Parent,

This year has certainly been a difficult one for families with school-age children, especially for those whose students received specialized support with their learning in their classroom. I have a couple of ideas about your situation.

1) Even when physically closed, your son’s school is still required to respond to any questions and concerns you raise with them about making sure your son’s needs are met. They cannot just ask you to wait with your concerns until school has re-opened.

2) You mention that the school is holding classes via zoom. Because the school is offering general education classes, it must also make sure that your son is receiving a free appropriate public education (FAPE). While school is happening remotely, your son might not receive the same services or accommodations that are listed in his IEP. But, the school must work with you to ensure that your son has what he needs to be able to engage in the modified online learning given his disability. Depending on your son’s specific needs, this could look like additional support materials delivered to your house, additional opportunities to check-in with a teacher to review material, access to speech-to-text applications, etc.

3) The school should still be collecting information about your son’s progress on his IEP goals. This information will be invaluable when the school re-opens to help guide any “compensatory education” services the school should provide in order to help your son catch-up on what he may have missed this past year. “Compensatory education” is the term used to describe these additional services to make up for whatever services were not provided during the school year. Ask the school about how they are tracking his progress on his IEP goals right now if you don’t already know the answer.

4) You should also track your son’s progress or lack thereof and any concerns you have about his progress. Write down how your student is doing now, then note any progress or any loss of skills or lack of development as things move forward. You can use video, photos, notes, or logs to record this.

5) You can be understanding with the school about limitations in services they are able to provide due to the pandemic, but do not agree to changes in the IEP that may shorten the minutes of service for your son, be interpreted as a change in placement, or waive your son’s right to compensatory education.

6) Even though the pandemic has interrupted many things, the timeliness and dispute resolution processes for special education issues still apply. So, there are still ways to enforce your son’s special education rights.

7) Make sure you keep records of all communication with the school, district, and your son’s IEP team.

If you are interested in an additional resource, this self-help publication (https://teamchild.org/wp-content/uploads/2020/06/TeamChild-Education-in-the-wake-of-COVID19-Know-Your-Rights-Manual-June-2020.pdf) answers common questions about special education during COVID. If you are low-income and need legal advice about your son’s special education, you may be able to speak with an attorney through Northwest Justice Project’s (NJP) special education clinic. Call 206-707-7292 and leave a voicemail with contact information, or use NJP’s online intake form at www.nwjustice.org/apply-online.

You are not alone in this. There are resources to help you and your son - good luck!

-- Legal Aid Abby
Thank Yous from the Family of Pete Kruger

Thank you to Little Creek Casino Resort and staff for all your hard work setting up the event center for Pete’s memorial service and the wonderful meal prepared and served with loving hands.

Thank you to Information Services, Morgan, TJ, Mitzie, and all the staff for making this happen on site as well as on vimeo.com. As a result, family and friends who were unable to travel were able to see the service live as it was happening. What a tribute to Pete. My hands go up to all who made this happen. Many family and friends have called and said this was the most beautiful service they have ever seen.

Thank you to Dorinda for your donation of blankets for give-aways. Your hard work does not go unnoticed.

Thank you to my special friend, Margaret Henry, for finding that interview of Pete and Bob and seeing it was placed in the hands it needed to be placed in to make everything so wonderful.

Thank you to Erika for being there for me and the family and working tirelessly every step of the way. My hands go up to you.

Thank you, Melissa. You did an awesome job on the slide show/movie. Your love for Pete showed in this tribute. Because of who he was - and the respect - he will live on in the hearts of those who love him. My hands go up to you.

Thank you to Vicki Kruger who worked tirelessly gathering gifts for the give-aways and making jams in loving memory of Pete. I know the Lord is saving you a special place in Heaven.

Thank you, Ruth Peterson, my special friend for helping me design the memorial program. So many hours, time, and love went into them. You and Andy have always been there with your love and support for me and Pete.

Thank you to my daughter, Treasa Ryan-Kaeka, for writing such a tribute of your father’s life.

Thank you to both my daughters and my loving son for helping me get through this past year.

Thank you to Laura for all your help the morning of the service and for being my friend.

Thank you to each and every person whose life Pete touched in his lifetime. Every one of you were special to him.

We, the family of Peter Kruger, Sr., would like to express our heartfelt gratitude to our Elders, leaders, community members, family, and friends who helped with and attended Pete’s memorial service. It was truly a journey of his life.

Thank you for the lovely flowers, cards, and heartfelt condolences.

Thank you to Don Whitener for honoring us by officiating “Pete’s Journey of Life.” You are truly a brother of his heart. You did him proud.

Thank you to Rhonda Foster and Margaret Henry who made the cedar corsages for family members; your respect, dedication, and compassion for family and your people’s culture speaks louder than words.

Thank you to the “Squaxin Island Tribal Honor Guard.” Pete always felt it an honor to carry the veterans eagle staff.

Thank you to Kiana Henry for honoring us with your prayer in Lushootseed language.

Thank you to the Squaxin Island drummers and singers who honored Pete with song, drumming, and dance. You warmed our hearts by giving such an honoring tribute to Pete.

Thank you to Tully for honoring your father with the reading of the bible verse, John 3:16. I am so proud to call you Son.

Thank you to Moses for honoring your grandfather with the Lord’s Prayer.
Cataract Awareness Month June 2021
Submitted by Patty Suskin, Diabetes Coordinator

Source: preventblindness.org/cataract

What is a Cataract?
A cataract is a clouding of the eye’s lens, which blocks or changes the passage of light into the eye. The lens of the eye is located behind the pupil and the colored iris, and is normally transparent. The lens helps to focus images onto the retina – which transmits the images to the brain.

Your vision may become blurry or dim because the cataract stops light from properly passing through to your retina.

How common are cataracts?
Cataracts are a leading cause of blindness among older adults in the United States. More than half of all Americans have cataracts by the time they are 80 years old. Cataracts can also sometimes be found in young people or even newborn babies.

Am I at risk for developing cataracts?
The exact cause of a cataract is unknown. Most often, a cataract is part of getting older. As you age, you are at greater risk of developing a cataract. There are also several possible risk factors for cataracts, such as:

• Intense heat or long-term exposure to UV rays from the sun
• Certain diseases, such as diabetes
• Inflammation in the eye
• Hereditary influences
• Events before birth, such as German measles in the mother
• Long-term steroid use
• Eye injuries
• Eye diseases
• Smoking

What are the symptoms of a cataract?
Generally, a cataract does not cause pain, redness or tears. The following problems may indicate that you have a cataract:

• You have blurred vision, double vision, ghost images, or the sense of a “film” over your eyes.
• Lights seem too dim for reading or close-up work, or you are “dazzled” by strong light.
• You change eyeglass prescriptions often and the change does not seem to help your vision.

For more information about cataracts, check out: preventblindness.org/cataract
Covid-19 Testing and Vaccination Statistics
FY 2021: October to Current

**Testing**
- Nasopharyngeal or Nasal swab: 229
- Rapid test: 139
- Positives: 33

**Vaccinations**
- Prime: 930
- Boost: 910

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Taking Care of Your Eyes When You Have Diabetes

Mr. Johnson, you’re due for an annual diabetic eye exam.

Dr. Smith, my vision is fine. I don’t know why I need an eye exam every year.

Protect your vision: A diabetic eye exam can detect problems early. High blood sugar or high blood pressure over time can cause damage to the eyes. In some cases, this can lead to vision loss.

Get a diabetic eye exam at least once a year to find and treat eye problems early.

Take care of your blood sugar and blood pressure.

If you notice sudden changes in your vision, talk with your health care provider right away.

“"I’m glad I went for my eye exam. Small problems were found that can be treated.”

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Wild Strawberries remind us to embrace and savor the moment. These berries might be small but their burst of flavor brings joy to all who taste them. Pick them in fields and forests during the height of summer. Try making flavored water by adding strawberries, citrus fruits and aromatic herbs to your water bottle.

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Food is Our Medicine

Huckleberry helps us to live a long and vibrant life. The deep blue, purple or red berries are medicine for our hearts and are said to contain the blood of the earth. Dried huckleberry leaf tea balances blood sugar and protects us from chronic diseases.
Got extra Top Ramen Noodles?
Toss the flavor packet and enjoy this easy, tasty
**Asian Spinach Salad**
**Goes great with salmon!**


Submitted by Patty Suskin, Diabetes Coordinator

- 8 tablespoons Olive oil
- 3 tablespoons Sugar
- 3 tablespoons Unseasoned rice vinegar (Asian food section)
- 3 tablespoons Soy sauce
- 1 3-ounce package Asian noodle soup mix (such as Top Ramen),
- 1/2 cup Slivered almonds
- 2 tablespoons Sesame seeds
- 1 10-ounce bag Ready-to-use spinach
- 1 bunch Green onions, chopped

Whisk six tablespoons oil, sugar, vinegar and soy sauce in small bowl to blend. Season dressing with salt and pepper.

Heat remaining two tablespoons oil in heavy medium skillet over medium heat. Add noodles from soup mix (reserve seasoning packet for another use), nuts and sesame seeds. Stir until noodles, nuts and seeds are toasted and golden, about eight minutes. Pour contents of skillet into large bowl and cool 10 minutes. Add spinach and green onions to same bowl. Toss with enough dressing to coat. Serve, passing remaining dressing separately.

Makes 6 servings.

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**Health Clinic**

**Early Diagnosis and Treatment**
Makes it possible to live a longer life
**Don’t wait**
Get an annual physical
Seek help when things are not right

**How can I get enough Iron for myself and my Family?**

Low iron means you or your child might: feel tired and weak, act cranky or irritable, look pale, not feel like eating, get sick more often.

**Why is iron important?**
Children with low iron don’t grow as well and may have trouble learning.
A pregnant mom with low iron may have the baby too soon, or too small.
Ask your provider to check your iron.

**Iron rich foods include:**
Beef, pork, fish, clams, chicken, turkey, cooked dried beans and peas, eggs, leafy greens, eggs, bread, tofu, dried fruit, fortified cereals, rice, pasta, & breads.

Choose 2 or 3 foods that are good sources of iron each day for meals and snacks.
Cooking foods in cast iron cookware can help increase your iron intake.

**Eat vitamin C foods with iron foods.**
Vitamin C helps your body use iron.
Many vegetables and fruits are rich in Vitamin C
Eat a Vitamin C food when you eat iron rich foods or cook them together.

For more information, check out “Pump Up Your Iron” brochure:

This institution is an equal opportunity provider.
Washington State WIC Nutrition Program doesn’t discriminate.
Elders Menu
Fruit and salad at every meal

MONDAY 7:
Chicken Strips, Steak Fries

MONDAY 14:
Beef Fajitas, Spanish Rice

MONDAY 21:
Stroganoff w/ Peas & Carrots

MONDAY 28
Meatball Subs, Chips

TUESDAY 1:
Italian Sausage Potato Soup, Breadsticks

TUESDAY 8:
Cream of Carrot Soup, Biscuits

TUESDAY 15:
Clam Chowder, Indian Bread

TUESDAY 22:
Pork Pozole, Tortillas

TUESDAY 29:
Chicken w/ Dumplings Soup

WEDNESDAY 2:
Grilled Chicken, Veggie, Rice

WEDNESDAY 9:
Cube Steaks, Red Potatoes, Mixed Veggies

WEDNESDAY 15:
Stroganoff w/ Peas & Carrots

WEDNESDAY 21:
Meatball Subs, Chips

WEDNESDAY 28
Meatball Subs, Chips

THURSDAY 3:
Clams, Corn on the Cobb

THURSDAY 10:
BBQ Ribs, Mac-N-Cheese, Baked Beans

THURSDAY 17:
Indian Tacos

THURSDAY 24:
Parking Lot BBQ, Hamburgers, Hot Dogs

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.
Community

1. Alexandrea Cooper-Lewis
   Alonzo Johnny Grant
   Jenene Joy Miller
   Kenai Alexander Blueback

2. Zachary Stuhqayo Johns

3. Francis Peterson
   Jayde Jewell Smith
   Rocky Lane Bloomfield
   Tyrone Jade Krise

4. James Patrick Sen
   Malachi Richard Jean Johns
   Victoria Skye Rodriguez
   Wendy Schlottmann

5. Debra Kay Tennis
   Emily L. D. Whitener
   Julie Goodwin

6. Alyana Rose Van Horn
   Dominique McFarlane

7. David Brian Elam
   David Merle Krise
   Kim Lindy Olson
   Randall Gavin Aldrich
   Trisha Rae Blueback

8. Elizabeth Marie Seymour
   John Daniel Snyder

9. George William Sumner
   Julie Rose Van Horn
   Kimberly R Peterson
   Laken Nicole Gray
   Pamela Sue Hillstrom

10. Brandy Nicollette D’Angelo
    Tamie Jo Rioux

11. Alex C. Ehler

12. Brandon Greenwood

13. Danielle Madison Hall
    Teresa Lynn Pfaff

14. Ana Marie Pinon
    Janette Melody Sigo
    Stephanie Lynne Tompkins

15. Casey E. Brown Sr.
    Kylind M. Powell

16. Andre Maxwell Roberts
    Andrew Ernest Sigo
    Dorothy May Huff
    Kristin Robin Penn
    Trent Anthony Brown
    Yvonne Joy Bell

17. Heather Marie Perez
    Jackson Louis Cruz
    Ronald John Whitener

18. Armonie Rose McFarlane
    Daniel F. Napoleon
    Kamela Lee Smith
    Tasha Racquelle Rodriguez

19. Andrea Marie Sigo
    Jacob D. Johns
    Nicholas S. Armas
    Thomas L Farron
    Vicki Lee Kruger

20. Donald Edwin Whitener
    Eugene Edward Galos
    Jason Longshore
    Shelby N. Todd
    Verna Beverly Henry II

21. Ann Marie Anderson
    Beau Michael Henry
    Jaime Charles McFarlane
    Kyleigh May Peterson
    Laurinda P. Thomas
    Rodney Schuffenhauer
    Wynn Dale Clementson

22. Alexander James Smith
    Monica Eileen Nerney
    Rose Marie BlueBack

23. Desiree Jo Combes
    Tamika Sharon Green

24. Abigail Harleen Brandt
    Christopher David Cain

    Joanne Faye Decicio
    Katherine Elizabeth Smith

26. Andrew St. John Barker
    Arthur Richard Pleines
    Candace Sumner Dani

27. Geraldine Elizabeth Bell
    Robert Lee Cooper

28. Hurricane Lucinda James
    Jeremiah Jack George

29. Fleet Thunder Sky Johns
    Jessica Leona Cruz
    Judah Krise Thale
    Kaitlyn Makenzie Burrow
    Zachary Herzler II

30. Dakota Riley Lorentz
    Joshua Dylan Mason
    Nicole Marie Ducolon
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
- 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
Have a great summer!

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

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Washington State WIC Nutrition Program doesn’t discriminate.

Next WIC:
Tuesday, June 8, 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

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.

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

Washington Early Achievers
Preparing children for success in school

Washington Early Achievers
Preparing children for success in school

South Puget Intertribal Planning Agency
USDA Foods Program
June Dates
PT. GAMBLE S’KLALLAM 6/3/21
SQUAXIN ISLAND 6/8/21
SKOKOMISH 6/11/21
CHEHALIS 6/17/21
NISQUALLY 6/18/21

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.

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

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