



Save the Date for DERT's virtual auction

*Monday, November 1st
through
Monday November 8th*

For one week in November, DERT will host a virtual auction to support our efforts to restore the Deschutes Estuary, address the environmental crises in our watershed, and inspire an environmental ethos within the community.

Our work is dependent upon your support, so please mark your calendars!

If you have questions regarding the auction or want to donate items to be auctioned, please contact us at:

DERTauction@gmail.com





TSquaxin Island
TRIBAL NEWS

10 S.E. Squaxin Lane
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www.squaxinisland.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

Walking On



BJ Whitener

John Brady “Bj” Whitener, a Squaxin Island Tribal Member, passed away September 2, 2021 at his home in Kamilche, WA, a stones throw from where he grew up on Whitener Road. He was 73 years old.

Bj was born March 24, 1948 in Olympia, WA, to Donald and Laura Lorine Whitener. He grew up in old Kamilche and graduated from Shelton High School in 1966. After graduating, he travelled while roofing until joining the Navy during the Vietnam War in 1968. During his tours, he travelled the world over.

After finishing his service in the Navy in 1973, he returned back home, living in various areas around California, Oregon and Washington. In the 80's he received his undergraduate degree at the University of Washington. He honed his skills as a fisherman and farrier, worked in law enforcement, served as Squaxin's Tribal Director, and afterwards became Tribal Gaming Director for several tribes in Washington State.

Bj enjoyed riding horses, playing football and basketball, and cruising. He spent his days reading Sci-Fi novels, riding his motorcycle, enjoying car shows and traveling with family and friends.

Even in later years, Bj was spry, walking every day, feeding the horses and playing toe-to-toe with his grandchildren. He continued to take “relearning” courses in Lushootseed, even during quarantine. He looked forward to each motorcycle run. Bj was a proud vet, chairing Squaxin’s Veterans Committee and pulling together veterans to assist with a ceremony on a whim.

Bj is survived by his brothers, Donald Whitener (Debbie) and Andy Whitener (Ruth); brother-in-

law, Stuart Snipper; daughter, Danielle Whitener (Randy); sons, Jabe Whitener and Joshua Whitener (Jolene); step-children Amy Bean, Heidi Stone (Chris), Brooke Steele, Brandi Flugel (Tracy), Cadi Gabel (Trent), Ty Tribble (Richelle), Josh Drewien, Myranda Mattson (Sam), Adam Mackie (Sarah); granddaughters, Jessica Whitener, Kalysi Whitener, Kennedy Larson; and numerous nieces, nephews, cousins and friends.

Bj, above all else, loved his family. In his passing, he was surely welcomed warmly by his wife, Leanne Leifer-Whitener, his granddaughter, Aiyana Grace Whitener, his sister, Suzanne Snipper, and parents, Donald & Laura Lorine Whitener, who preceded him.

Bj was a warm, humorous, and charismatic husband, father, grandfather, uncle, cousin and friend who will be missed sorely by all those who knew him. He will be remembered for his engaging personality, generous smile and spirited laugh.

A memorial service was held on Thursday, September 9, 2021 at the Squaxin Island Sacred Grounds in Kamilche, WA.

An online photo album and video were made in memoriam of Bj. You may view it on the website bj.jwhitener.com.





Walking On



Russell Harper

Russell Dean Harper, born on April 12, 1961 in Olympia, WA, passed away at a Tribal clam dig in Kamilche, WA, on September 9, 2021, at the young age of 61, in the arms of his beloved community, the Squaxin Island Tribe.

Russell grew up in Olympia and moved back to the Reservation about 20 years ago with his husband, Brad, of 31 years.

Russell loved cooking and shopping. Traveling was one of his passions. He and Brad went to London, Paris, France, Italy, Alaska, Canada, New York, a cruise through the Mediterranean, Hawaii, Los Angeles and more. He wanted to be exposed to many other cultures which enhanced his world view.

To further his education, Russell went back to school to get his Bachelors degree in Business Administration from the Evergreen State College.

Russell never wanted to be defined by his sexuality, but by his nature and heritage which he wholly embraced.

He was a member of the drum group, Tribal Council, and rarely missed a funeral. He loved every tribal member and always addressed women with his famous, "HEY BEAUTIFUL." His impact on the Squaxin community and his legacy of inclusion and tolerance, will be felt for years to come.

Russell's deep passion for his native roots led him to run for Tribal Council, where he served as Council Secretary for four years.

He also worked at Little Creek Casino Resort for several years training new employees in Public Relations.

As an avid salmon fisherman and clam harvester, he owned several boats, and enjoyed the water and his communion with nature.

His desire to adopt a native baby was curtailed by the fact that he was 55 years old, a bit too old to be a father, something Brad agreed with.

About 10 years ago, Russell was invited to speak his native language to a college audience half-way around the world, on a tiny French island called "Reunion Island." He and Brad flew for two days to get there because a typhoon restricted access to the island. When they arrived, they were shocked by the devastation the typhoon had created.

Russell spoke for 20 minutes in his native language. Afterwards, the students asked him all kinds of questions, including why his hair was blonde. They were grateful that a knowledgeable Squaxin Island member had flown across the world to share his roots with them.

President and Director of the Pacific Northwest Archaeologist Society, Dale Croes, once wrote, "One of my best memories of Russell was his guiding up the welcome pole at our Mud Bay archeological site, a moment caught on film by a visiting TV news crew. Russell was getting ready for the lift, and looked up at the crew getting ready to pull the rope, and yelled, 'Good Thoughts'."

As we lift his soul today, let's all yell, "GOOD THOUGHTS." C'mon everybody, "GOOD THOUGHTS."

He is survived by his beloved husband, Brad Henry. His siblings, Rick Harper, Jason Koenig, Greg Koenig, Crystal Harper, and Janice Harper; Sisters-in-law, Cheryl Harper and Laurie Koenig; nieces, McKenzie, Hannah, Angel, Summer, Claudia, Krystal, Kendra, and Candi; and his nephews, Heath, Brian, and Dustin.

Russell was preceded in death by his loving parents, Colin Harper and Ethel Martha Ann Whitener Harper Koenig Tiroux; and his brothers and sisters, Chrystal Roxanne Fischer, Sabrina Trudeau Harper Johns, Keven Harper, and Colin Harper Jr. ("Toy").

A Celebration of his Life was held on Tuesday, September 21, 2021, 1:00 pm, at the Squaxin Island Sacred Grounds. Friends and family met at 12:30 p.m. at Little Creek Casino Resort for his "last drive" through the Reservation.



As a Butterfly~

Do not stand at my grave and cry.

I am not there. I did not die.

I am among the Butterflies,
a symbol of life and freedom
with Mother Earth and Father Sky

So, Release me... A Butterfly

Know that I'm with you and will always be.

Hold a hand, say a prayer,
close your eyes and see me there.

Although you may feel a moment apart, please know
that I'll be forever in your heart.

Now flying away as a butterfly as high as you can see,
I'm right here with you more than you know.

- Tammy Ford





Walking On



Lorna Gouin

Lorna Gouin was born on January 18, 1941 and passed away on September 15th with her sons, Richard and Rusty, and her best friend, Patti Puhn, by her side.

The family wants to thank the Squaxin Island community for all the support we have received and invite you to the celebration of her life.

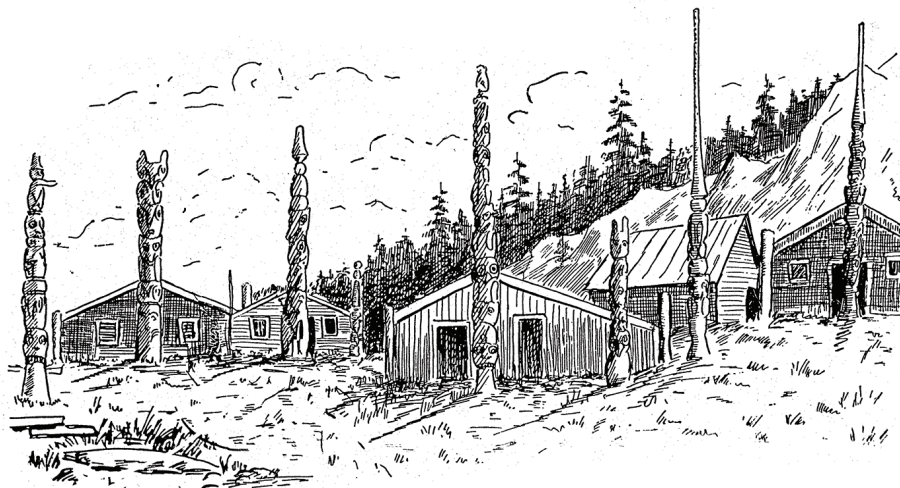
Celebration of Life

October 6th

11:00 a.m.

Little Creek Casino Resort Event Center

Watch for Lorna's full story next month.



TANF Name Changed to SIWFD

Rose Blueback - This is to inform the community that the program formally known as Tribes Assisting Native Families program (TANF) has joined the SPIPA 477 Work Force Development grant. This remains a Squaxin Island Tribe program within the Family Services Department and with great continuing collaboration with SPIPA. With this change, our name will now be Squaxin Island Work Force Development (SIWFD).

The SPIPA WFD program was established in 2016 as a directive of the SPIPA Board and a strategic plan to explore the creation and expansion of a comprehensive workforce development program. The WFD program works with consortium tribes to identify training needs and gaps in qualifications and supports tribes in addressing the gaps identified. The program explores workforce development and training opportunities to share with tribes and supports consortium tribes by increasing tribal member employability through workforce development and training programs.

The goal for the 477 Work Force Development Program:

- To integrate employment, training, cash assistance, childcare and related services in order to improve the effectiveness of those services
- To provide education, employment, training, and related services to eligible community members that will lead to self-sufficiency
- To reduce current unemployment rates among consortium tribal members and other federally recognized tribal members residing in the service area.
- To provide and expand services that will allow for safe and healthy environments for children
- To provide continuous services to children while enabling parents and guardians to seek gainful employment, obtain educational goals, as well as providing them with a comprehensive family support system.
- To provide assistance to needy families so that children can be cared for in their own homes.
- To end dependency of needy parents on public assistance programs.
- To prevent and reduce out-of-wedlock pregnancies and to encourage the formation and maintenance of two-parent families.
- To serve tribally-determined goals consistent with the policy of self-determination and self-governance

Squaxin Island WFD will take applications from families who seek financial assistance and who meet the eligibility guidelines. If eligibility requirements are not met through Squaxin Island WFD, we may refer you to another program or SPIPA may be able to assist you.

Squaxin Island's WFD will continue to serve our tribal community in the same capacity as before, with self-sufficiency being the main objective.





CHAIRMAN'S CHALLENGE



Photos by Meloney Hause - "I was just so impressed to see our young female tribal golfers and all the fun the Chairman's Challenge availed for tribal members!" she said.

"Craig Parker and David Whitener were wonderful teachers. Keli Jo Hause got longest drive for a female on hole 10.

"Little Creek staff served sliders and tacos and they were wonderful. They were so new and provided great customer service. I'm thankful they were helping staff up.

"Nellie Capoeman once said that the Squaxins were the best dressed. Our beautiful ladies and handsome men carried on that tradition in their golf attire."



Rene Vigil, Craig Parker, David Whitener, Jr., Keli Jo Hause



Andy Whitener



Meloney Hause and Keli Jo Hause



Adrian Garcia and father Negro Candelario Garcia



Sara Naranjo and Kasia Krise



Tim Lenox, Lee, Will Henderson and Joshua Henderson



Vince Henry Sr., Vince Henry, Jr. and Joshua Whitener



New Employees



Shannon Bruff
Program Manager's Assistant

Hi, my name is Shannon Bruff. I am a tribal member, and I have worked in TANF for Family Services the past 10 years. It was my pleasure getting to know everyone in this capacity.

Recently, I accepted a new position in PCD as the Program Manager's Assistant. I look forward to engaging others in a position with some parallels that will be a diverse change in the end.



Jaimie Cruz
Truancy Prevention Specialist

haʔl sləxil! (good day)

Jaimie tsi dsda? (My name is Jaimie) I am excited to be adding to my job description. I am taking on a new role as the Truancy Prevention Specialist. In this role I will have the opportunity to offer resources and support to students facing challenges with school attendance, especially with Covid-19 quarantines. We need to make sure there are ways to keep up with school from home.

I am looking forward to working with families in the community and building positive relationships with our young people! School is important, not just for the academic success of our students, but for their social and emotional growth as well.

It can be difficult to navigate our new normal, and I would like to reassure you all that there is help. We can learn together and create an action plan to support your students.

If you have any questions, do not hesitate to reach out.

Jaimie Cruz
(360) 432-3842
jcruz@squaxin.us

tiʔiʔdubut čəxʷ (take care of yourself)
huyʷ (until we meet again)



Squaxin Island Tribe

Family Justice Program

We are here to assist people

With your needs when released from incarceration or in-patient treatment for substance abuse. We have resources to

remove barriers and obtain self-sufficiency to reduce risk of reoffending

contact: Family Justice Services

Coordinator Marcella Cooper

360-485-5150 & 360-432-3908

Email: mcooper@squaxin.us

2750 SE Old Olympic HWY

Shelton, WA 98584





WATERKEEPER®

From the DERT website (<http://deschutesestuary.org>)

The Deschutes Estuary Restoration Team...

Is working to restore the urban estuary in downtown Olympia by reconnecting the river to the Salish Sea. We are an advocacy group representing the interests of the local environment, natural systems with the services that they provide, and a community that values wildlife, water quality, economic opportunities and natural beauty. We serve as a center for a creative community-driven effort for the health of the Deschutes watershed by focusing on the most beneficial restoration project for the river: freeing its estuary.

DERT is a nonprofit organization dedicated to protecting and restoring the Deschutes Watershed. DERT began organizing in 2009 and became a 501(c)(3) non-profit in 2011.

DERT's first objective is to restore the Deschutes Estuary and remove the 5th Avenue dam in Olympia, Washington. We engage in public outreach to educate the people of Olympia, and the state of Washington, about the benefits of a healthy restored estuary. For the past decade we have worked directly with key state agency leaders and legislators to encourage an honest and complete accounting of the costs of alternative plans such as ongoing dredging of a reflecting lake in perpetuity.

Reconnecting the Deschutes River with South Sound will promote the natural mixing of freshwater and marine water that makes estuaries among the most productive ecosystems on earth. Estuaries effectively filter and bind pollutants and excess nutrients, while providing immense carbon sequestration potential. The Deschutes Estuary can also help buffer rising tides caused by human-induced climate change. Invasive species will not thrive as easily in cooler water with higher saline content. Salmon populations in much of the Puget Sound will become stronger, as 260 acres of nurturing habitat for juvenile salmon will be restored.

Estuary restoration will not only enhance the environment, but it will provide green jobs, recreational activities, and ecotourism opportunities.

DERT is supported by the Squaxin Island Tribe, Salmon Defense and Oly Ecosystems.

During the 2018-2019 year, we partnered with Salmon Defense to host the Festival of the Steh-Chass and the Steh-Chass Native Youth Camp, celebrating and teaching the Indigenous history of the Deschutes/Steh-Chass estuary. DERT works closely with the Squaxin Island Tribe to host educational forums, collaborating on a technical committee, and by promoting and supporting the Tribe's science and viewpoints around estuary restoration. DERT often partners with Oly Ecosystems, an organization committed to protecting and preserving critical habitat for the Great Pacific Blue Heron, cutthroat trout, salmon and other species.

In 2020 DERT became an affiliate of Puget Soundkeeper Alliance and a member of the international Waterkeeper Alliance. These partnerships are immensely valuable as we expand our programming and influence in the South Sound region. Puget Soundkeeper Alliance has provided training and funding to assist with the development of the South Sound Healthy Watershed Program.

Since 1984, Puget Soundkeeper has...

- Completed over 1600 patrols of Puget Sound waterways
- Facilitated development of more than a dozen new or improved water treatment facilities in the Puget Sound region
- Taken legal action against more than 170 Clean Water Act violators, never losing a case
- Certified 71 Clean Marinas through the Clean Marina Washington program
- Created the Puget Sound Stewardship and Mitigation Fund and awarded over \$7.4 million in settlement funds to Puget Sound restoration projects
- Engaged over 18,000 volunteers in cleanups, outreach events and advocacy
- Removed more than 145,000 pounds of marine debris from Puget Sound waterways
- Set national precedent for industrial stormwater treatment, green infrastructure and low-impact development regulations

***Please support the DERT
Fund-raising Auction***

Details on Page 1.





PARKS AND REC



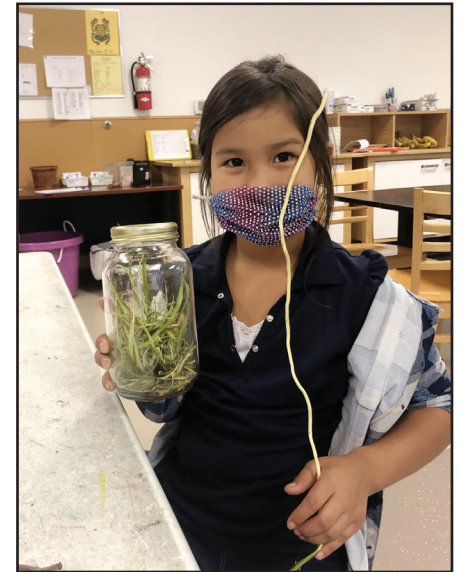
We are happy to have youth back for the after-school rec program. Although our registration is currently full, we do have a waiting list. If you are interested, please reach out to Kasia to get on the waiting list.

One of our new focuses is teaching youth about different plants and all the benefits they have to offer. In September, we taught the youth about all the benefits of willow. The youth helped peel the bark off willow branches and infuse them with olive oil to make salve. They also learned how to make dream catchers using willow branches.

Just a reminder – if you have not already done so, please like Squaxin Island Parks and Recreation's Facebook page! We keep our Facebook page up-to-date.

Important Phone Numbers:

Jerilynn (360) 432-3992
Kasia Seymour: (360) 432-3801
Rec Room: (360) 432-3986



SQUAXIN ISLAND PARKS & REC

TRUNK OR TREAT

OCTOBER 28, 2021, 5-7PM
IN THE FIELD

JOIN US FOR OUR
FIRST TRUNK OR TREAT!

DUE TO COVID, WE ARE UNABLE TO
HAVE OUR ANNUAL YOUTH
HALLOWEEN PARTY.

COME DRESSED IN YOUR COSTUMES TO
OUR FIRST TRUNK OR TREAT!

HAVE ANY QUESTIONS?
CONTACT JERILYNN 360-432-3992

SQUAXINI WELLNESS POOL

LAP SWIM:
Tuesdays & Thursdays 6-7:30am

ELDERS AEROBICS:
TUESDAYS & THURSDAYS 9-10AM

OPEN SWIM:
FRIDAYS ~ 3-5PM & 6-8PM
SATURDAYS ~ 4-8PM

Call Pool Office to reserve
ahead of time
Pool Office # 360-432-3852



LEARNING IS FUN WITH US



Tu Ha' Buts Youth Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 After-School Rec: 3-6pm Open Swim: 3-5pm & 6-8pm Swim Lessons: 5-5:45pm	2 Open Gym: 9-5pm Open Swim: 3:30-6pm Swim Lesson: 5-5:45pm
4 After-School Rec: 3-6pm Homework Help: 3-7pm	7 After-School Rec: 3-6pm Homework Help: 3-7pm Lap Swim: 6-7:30am Elder Aerobics: 9-10:00am	8 Swim Lessons: 6:15-7:00pm	9 After-School Rec: 3-6pm Homework Help: 3-7pm Lap Swim: 6-7:30am Elder Aerobics: 9-10:00am	10 After-School Rec: 3-6pm Open Swim: 3-5pm & 6-8pm Swim Lessons: 5-5:45pm	11 Open Gym: 9-5pm Swim Lessons: 1-2:45pm Open Swim: 4-6pm & 6:15-8pm
11 After-School Rec: 3-6pm Homework Help: 3-7pm	12 After-School Rec: 3-6pm Homework Help: 3-7pm Lap Swim: 6-7:30am Elder Aerobics: 9-10:00am	13 Swim Lessons: 6:15-7:00pm	14 After-School Rec: 3-6pm Homework Help: 3-7pm Lap Swim: 6-7:30am Elder Aerobics: 9-10:00am	15 After-School Rec: 3-6pm Open Swim: 3-5pm & 6-8pm Swim Lessons: 5-5:45pm	16 Open Gym: 9-5pm Swim Lessons: 1-2:45pm Open Swim: 4-6pm & 6:15-8pm
18 After-School Rec: 3-6pm Homework Help: 3-7pm	19 After-School Rec: 3-6pm Homework Help: 3-7pm Lap Swim: 6-7:30am Elder Aerobics: 9-10:00am	20 Swim Lessons: 6:15-7:00pm	21 After-School Rec: 3-6pm Homework Help: 3-7pm Lap Swim: 6-7:30am Elder Aerobics: 9-10:00am	22 After-School Rec: 3-6pm Open Swim: 3-5pm & 6-8pm Swim Lesson: 5-5:45pm	23 Open Gym: 9-5pm Swim Lessons: 1-2:45pm Open Swim: 4-6pm & 6:15-8pm
25 After-School Rec: 3-6pm Homework Help: 3-7pm	26 After-School Rec: 3-6pm Homework Help: 3-7pm Lap Swim: 6-7:30am Elder Aerobics: 9-10:00am	27 Swim Lessons: 6:15-7:00pm	28 After-School Rec: 3-6pm Homework Help: 3-7pm Lap Swim: 6-7:30am Elder Aerobics: 9-10:00am	29 No After-School Program Trunk or Treat 5-7pm	30 No After-School Program

Open Swim Capacity: 20 people or Four Families

- For Squaxin Island Tribal Members & Employees
- Saturday's Open Swim is Prize Activities for ages 5-12 years

After-School Rec Program:

- Early Snack is offered: 3-3:45 pm
- Late Snack is offered: 4:00-4:45 pm

Homework Helpers in the TLC

- Monday, Tuesday and Thursday from 3-7:00
- Kindergarten and up!!

All activities are drug, alcohol and tobacco free.



The Learning Center (TLC)

Hopefully, by the time you are reading this, we have our K-8 Virtual Academy up and running. We are partnering with the Olympia Regional Learning Academy and the Olympia School District to provide online learning, in person, for 20 students. The students are able to participate in online school upstairs, and then head downstairs for lunch and after-school activities with Parks and Rec. We are thrilled to provide an alternative learning environment for these kids and hope to continue to expand opportunities for learning here at The Learning Center (TLC). We appreciate everyone's patience as district transfers took much longer than expected!

We have welcomed four new staff, Tamika Krise is the Elementary Student Advocate at Bordeaux, and Keesha Vigil, Sophia Pinon and Jayde Smith are onboard as Homework Helpers here at the TLC. Keesha will be supporting the Virtual Academy students during the school day, and Sophia and Jayde will be joining Jaimie Cruz and I working with kids after school. Homework help is available Mondays, Tuesdays and Thursdays from 3:00 - 7:00 for all ages.

We are building our webpage, just search "Squaxin Island Learning Center" or "Squaxin Island Education Center" and you will see the beginning of what will be a really useful tool. We already have the Higher Education forms available to download and print, we are working on getting them fillable to make the Higher Education funding process more user friendly.

It has been a crazy start to the school year with all sorts of unknowns, and we are doing our best to communicate as much information as we can as often as we can. We regularly update our Tu Ha' Buts Facebook page, and each Student Advocate posts school updates on their Student Advocate Facebook pages. Make sure you check those out often.

Stay tuned for more changes! And please, feel free to reach out to me anytime.

Julie Youngs
Education Director (The TLC)
(360) 470-1493

Higher Education

If you haven't already completed your FAFSA for the 2021-2022 school year, please do that soon. FAFSA opened up on October 1st. The sooner you complete your FAFSA the better it is for you as a student. I hope everyone is off to a great start to college. Just a reminder, if you add or drop classes, please notify



FAFSA Workshop

October 5th, 2021 at 5 p.m. at TLC

Pre-registration for this workshop is required by September 21st

Shannon Millman from SPSCC and Christina from WSAC will be here to guide you through your FAFSA

Register with Mandy Valley at:
mvalley@squaxin.us or 360-432-3882

me with the changes. It is important that your Higher Education file stays up-to-date during the school year. In addition, if something in your file changes (ex. address, phone number, email address), it is your responsibility to notify me. It is difficult to keep in contact with students when they no longer check the email address provided or their phone number is no longer in service.

As always, if you have any questions or concerns, please don't hesitate to stop in, call, or email for assistance. I hope the new school year is off to a great start!

Thank you!

Mandy Valley
Higher Education Coordinator
(360) 432-3882



Teen Program

Jaimie Cruz - The teen program is looking forward to spending time with youth. Please pay attention to the Facebook and Instagram pages for updates about upcoming events. Due to the rise of Covid-19 cases, we will continue to meet virtually for Youth Council meetings. Meetings will start in October; elections will be held once we get the group familiar with the by-laws and goals of the youth.

As for other teen program activities, we are excited to be outside and learning about local areas that are easily accessible, such as Kenndy Creek Falls, Hope Island, Frye Cove Park, and other nearby areas.

The goal of the teen program is to provide Squaxin teens with new experiences, leadership skills, and tools to navigate their educational journey.

If you have any questions please contact me:

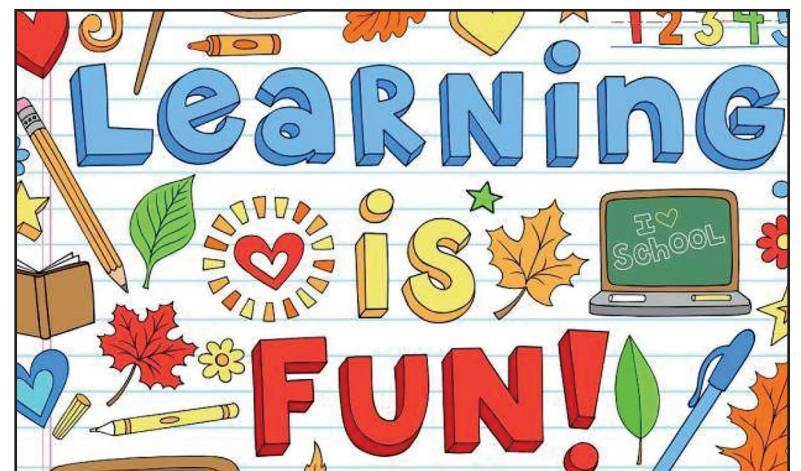
Jaimie Cruz
Teen Advocate/ Truancy Specialist
(360) 742-6527

Back to School tips

- Create a morning checklist
- Read emails
- Get involved
- Know it's OK to ask for help
- Set small, manageable goals



"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose." - Dr. Seuss





Attention Homeowners (on or off Reservation)

The Squaxin Island Tribe intends to apply for the Homeowner Assistance Fund (HAF) through the Department of Treasury and needs to complete an assessment based on our tribal member homeowner needs.

1. Do you own the home you live in?
2. Have you experienced financial hardship due to Covid-19 (After January 21, 2020)?

- Mortgage delinquencies
- Foreclosures
- Unpaid property tax
- Past due utilities
- Critical home repairs

3. Does your income fall at or below these guidelines?

1 person (\$55,930), 2 persons (\$63,920), 3 persons (\$71,910),
4 persons (\$79,900), 5 persons (\$86,292), 6 persons (\$92,684),
7 persons (\$99,076), 8 persons (\$105,468)

If you answer yes to all three questions,
please use this link to fill out the assessment.

Deadline: October 20

<https://squaxin.formstack.com/forms/haf>

Questions? Contact:

Lisa Peters
lpeters@squaxin.us
(360) 432-3871

OR

Liz Kuntz
lkuntz@squaxin.us
(360) 432-3937



Home Heating Safety

There is something about the winter months and curling up with a good book by the fireplace, but did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

HEATING EQUIPMENT SMARTS

Install wood burning stoves following manufacturer's instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning. Install and maintain CO alarms to avoid the risk of CO poisoning. If you smell gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.

FACT


Half of home heating fires are reported during the months of December, January, and February.



BE WARM AND SAFE THIS WINTER!

- Keep anything that can burn at least three-feet (one meter) away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot (one meter) "kid-free zone" around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- Test smoke alarms at least once a month.

Source: Amerind



SECTION 184 LOANS
INFORMATIONAL WORKSHOP

Tuesday, October 5, 2021
5:30 pm – 7:00 pm

ZOOM Meeting
Presented by:

Darkfeather Ancheta
1st Tribal Lending DBA MidAmerica Mortgage, Inc.
HUD 184 Tribal Outreach

Contact Lisa Peters @ 360-432-3871 to sign up
or
Call in at:
1 253 215 8782
Meeting ID: 849 4363 6291
Passcode: 935569


Section 184 Indian Home Loan Guarantee Program is a home mortgage product specifically designed for American Indian and Alaskan Native families.

What Can I Use a Section 184 Loan for?

- *Purchase Existing Home
- *Construct a New Home
- *Rehabilitate a Home
- *Purchase and Rehab.
- *Refinance a Home

Section 184 loans can be used both on and off native lands.

Sponsored by:
Squaxin Island Tribe
Office of Housing





What is the snowplow plan for when the next snowpocalypse arrives?

To ensure our community is better prepared to deal with winter weather, the Squaxin Island Tribe, Planning and Community Development has purchased six (6) new pieces of equipment. The list of new equipment includes two 1.5 cubic yard spreaders (to sand the reservation roads), two 7.5-foot wide snowplows, and two deicing tanks. With this equipment, the Utilities and Maintenance crew is ready to plow, sand, and de-ice.

Roadside Parking

Planning and Community Development asks all residents to move any vehicles, trailers or boats from roadside parking by November 15.

As a reminder, for residents who live in the Slocum Ridge development, the planning for neighborhood streets excluded street parking. Parking in the street in Slocum Ridge creates a safety hazard and limits the ability for our fire service and emergency medical technicians (EMT's) to quickly get to an incident in those neighborhoods. Parking on the streets will also make the streets impassable and can limit snow removal.

What is the snow removal plan?

Throughout the winter season, the department will monitor the weather in order to prepare for a snow emergency. A snow emergency will be declared when the snow begins to accumulate and remedial action is necessary to prevent hazardous road and sidewalk conditions.

Normal working hours for the PCD Department are Monday through Friday from 7:30 a.m. until 4:00 p.m. Either the Maintenance or Utilities Manager will contact the team from 5:00 p.m. to 6:00 a.m. Monday through Friday as well as weekends and holidays to communicate snowfall and ice conditions during off-hours.

Snow will be cleared in a prioritized manner. Emergency access routes are the first priority. Primary pedestrian routes, vehicular drives, and parking lots are the second priority. Minimal use walks and roads, snow emergency alternate parking lots, and other secondary parking lots are the third priority and will be cleared last. Fire hydrants and storm drains will be cleared only as resources are available. Anti-icing and de-icing procedures will be performed as deemed necessary by the Construction Manager of PCD.



Preventing Mouse and Rat Infestations

Clean up that yard.

Remove piles of debris, clutter, and garbage from around your yard. Plant shrubs and bushes at least three feet from buildings. These spaces provide safe habitats for rodents.

Seal up your home

Close up all holes along your exterior using recommended rodent-proofing materials. Pay particular attention to doors, windows, and vents.

Practice cleanliness in and around your home

If rodents don't have food, they certainly have no reason to want to invade your home. Don't leave food sitting out in and around your home. Make sure garbage cans and pet food are securely contained in rodent-proof bins.

Invest in mint

Both rats and mice avoid the scent of mint. Plant mint outside in your garden and rub peppermint oil indoors along attic beams and other areas where you've experienced rodent problems. Even leaving some dried mint leaves can help.





Give Your Kids the Gift of Cooking Skills

Let kids help in the kitchen

Young children have a willingness to learn and a genuine desire to help. This is a great time to introduce food safety, such as washing hands before handling food, and assigning simple tasks, like setting the table or tearing lettuce for a salad .



Teaching your children how to cook is a gift of health for a lifetime.

Your child wants to do whatever you are doing.

As early as 2 years old, kids can help in the kitchen.:

- Help decide which vegetables to have for dinner or snack
- Rinse vegetables and fruits, tear lettuce
- Put napkins, forks and spoons on the table
- Put things in the trash

3 year olds can:

- Spread butter or peanut butter on bread
- Name & count foods
- Talk about cooking
- Serve themselves at meals if you hold the plate or bowl
- Learn to say "please" and "thank you"



Try this: Kid's Easy Omelet

[Kids' easy omelette recipe - BBC Food](#)

4 year olds can:

- Crack eggs
- Help measure dry ingredients
- Mix batter
- Make a sandwich
- Cut soft foods with a plastic knife
- Peel oranges, bananas, and boiled eggs
- Clear the table and wipe it off after a meal

Don't know how to cook? Check out ideas on the internet including youtube, ask your family and friends to teach you, try making some simple meals that you may have eaten out. Ask your WIC staff for ideas.

Here are some additional resources. <https://www.doh.wa.gov/YouandYourFamily/WIC/NutritionEducation>



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



HEALTH CLINIC



Health Clinic Vaccination Statistics

Number of first doses provided:	1,102
Number of second doses provided (fully vaccinated):	1,070
Booster doses (third dose for immunocompromised):	2

Tests

N/P:	224
Seru:	4
Rapids:	563

Positives

Positive results: 84 (47 from August 1 - September 18)



MY NATIVE PLATE

Fruit



Use your plate as a guide to help you eat in a healthy way!

1. Fill half of your plate with vegetables.
2. Fill the other half of your plate with a grain/starch and a protein.
3. Add a side of fruit.

Pictured here:

- Mixed berries
- Cooked spinach
- Baked squash with peppers and herbs
- Steamed wild rice
- Baked deer meat with sage
- Water

Take a picture with your cell phone. Look at the picture later as a reminder!



Produced by:
Indian Health Service, Division of
Diabetes Treatment and Prevention.
07/2018



Water



Grain/
Starch



Vegetables



Protein



Remember:



Stay active



Drink water



Use a 9-inch plate

Notes:



HEART HEALTHY FOODS



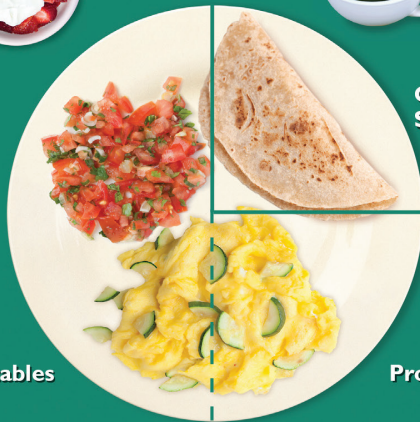
More Ideas for MY NATIVE PLATE



Fruit / Dairy



Grain/ Starch



Vegetables

Protein

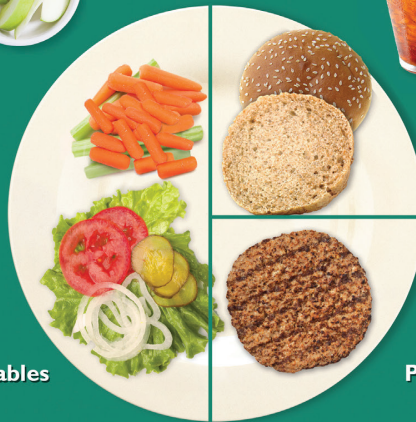
Pictured here: Yogurt with strawberries, salsa, scrambled eggs with zucchini, tortilla, coffee



Fruit



Grain/ Starch



Vegetables

Protein

Pictured here: Apple, carrots, celery, lettuce, tomato, onion, pickle, beef patty, bun, unsweetened tea



Fruit



Grain/ Starch



Vegetables

Protein

Pictured here: Peaches, salad, beef and vegetable stew, cornbread, water

Ways to Add Variety to Meals and Snacks

Vegetables and Fruits

Tips

- Stock up on fresh, frozen, and canned vegetables and fruits.
- Keep fruits and vegetables on hand for snacking.
- Plan some meals around a vegetable main dish, such as a stir fry, stew, or soup.
- Enjoy fruit as a dessert.

Examples

Vegetables: Wild greens, tomatoes, carrots, leafy greens, zucchini, avocados, broccoli, green beans, cucumbers, onions, peppers, okra

Fruits: Berries, melons, apricots, peaches, citrus fruits, bananas, apples, pears

Proteins

Tips

- Choose fish, beans, lentils, eggs, and nuts more often to cut down on meat.
- Instead of a beef patty for your burger, try a veggie, black bean, turkey, soy, or bison patty.
- Grill, stew, or bake meat instead of deep frying.
- If milk upsets your stomach, try yogurt, lactose free milk, or soy milk.

Examples

Animal proteins: Fish, wild game, bison, poultry, mutton, beef, pork, eggs

Plant proteins: Beans, lentils, nuts, nut butters, seeds, tofu, soy products

Dairy proteins: Milk, lactose free milk, yogurt, cheese, cottage cheese

Grains and Starches

Tips

- Choose whole grain foods, such as whole wheat breads, corn tortillas, oatmeal, and wild or brown rice.
- Try whole wheat flour instead of white flour.
- Add wild or brown rice to main dishes, such as a stir fry, stew, or soup.
- Bake or roast potatoes instead of deep frying.

Examples

Grains: Pastas, breads, crackers, rice, oats, quinoa, barley, cereals, tortillas, flour, cornmeal

Starchy vegetables: Potatoes, corn, green peas, winter squash





HEALTH CLINIC



Native Food For Life

Online – FREE for anyone

Presented by American Indian Institute of the University of Oklahoma

<https://outreach.ou.edu/community-services/health-human-services/american-indian-institute/events/partner-series/nfflo>

Six sessions

Tuesday, October 5th through
Tuesday, November 9th
10:00 a.m. – 11:15 a.m. Pacific time

Whitney Brooks (Seneca Nation), RDN, and many others will offer inspiration and practical tips to help you improve health.

Highlights of Native Food for Life Online include:

- Cooking demonstrations
- New understanding of food and diabetes
- Tips and tools to start a plant-based diet
- Support and Q&A with health experts
- Challenge of the Week
- And much more!



SQUAXIN ISLAND BREAST CANCER AWARENESS DRIVE

SPIPA's 18th annual breast cancer walk will be a drive through event this year, hosted by Squaxin Island.

**October 16, 2021
9:00am-1:00pm**

Please join us to show your support for Breast Cancer Awareness Month.
Event will start at Squaxin field.
Car decoration supplies and lunch will be provided.

For further questions please contact Traci Lopeman at tlopeman@squaxin.us

Logos for SPIPA, CDC, and NPAIHB are at the bottom.



What Can I Eat to Keep my Heart Healthy?

Submitted by Patty Suskin, Registered Dietitian Nutritionist

Changing eating habits is not easy. Here are some tips to get you started.

- 1. Evaluate your portion size**
 - Can you be satisfied with less?
 - Consider using a smaller plate or bowl.
 - When eating out, save half the portion for another meal or share with a friend.
- 2. Eat more vegetables and fruits**
 - Keep vegetables washed and cut up in the refrigerator for quick snacks.
 - Keep fruit in a bowl in the kitchen to remind you to eat it.
- 3. Select whole grains**
 - Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health.
- 4. Choose lower fat protein sources**
 - Eat more fish.
 - Eat more lentils, beans, peas.
 - Check out Native Food for Life - online classes beginning October 5th.
- 5. Plan Ahead:**
 - Create daily menus
- 6. Allow yourself an occasional treat**

What's important is that you eat healthy foods most of the time.

Contact Patty for more personalized suggestions and support at (360) 432.3929 or psuskin@squaxin.us

For more details and tips, check out this source:
<https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702>



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:
Tues., Oct 12, 2021
We are continuing
remote phone appointments
at least thru Nov 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.

WIC WOMEN, INFANTS & CHILDREN logo at the bottom.



Elders Menu . . . Fruit and salad at every meal

MONDAY 4:

Chicken Alfredo, Green Beans

MONDAY 11:

Tuna Casserole, Peas

MONDAY 18:

Chicken Pot Pie

MONDAY 25:

Twice Baked Potato Casserole,
Carrots

TUESDAY 5:

Baked Potato Soup, Biscuits

TUESDAY 12:

Chicken Noodle Soup,
Egg Salad Sandwiches

TUESDAY 19:

Broccoli Cheddar Soup, Biscuits

TUESDAY 26:

Tomato Basil Soup,
Grilled Cheese Sandwiches

WEDNESDAY 6:

Stroganoff, Brussel Sprouts

WEDNESDAY 13:

Indian Tacos

WEDNESDAY 20:

Crab Cakes, Cole Slaw

WEDNESDAY 27:

Ribs, Mac-N-Cheese

THURSDAY 7:

Hot Dogs, Chips

THURSDAY 14:

Steaks, Steamed Potatoes,
Mixed Veggies


THURSDAY 21:

Spaghetti, Corn, Garlic Toast

THURSDAY 28:

Chicken Rice Soup, Biscuits

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



EMERGENCY

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

SQUAXIN ISLAND TRIBE

Non-Life Threatening Emergencies

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



Tribal Court is now held in person – no longer via Zoom

Safety protocols will be in place – temperatures will be taken upon entry to the courtroom and masks will be required.



COMMUNITY



1
Carmen Dee Orsillo
Donna Penn
Jess Travis Ehler
Shirley Marie Monahan

3
Adam Wade Mowitch
Joshua Gregory Smith

4
Lorenzo A. Solano
Nicole Lee Seymour
Steven Robert Sigo Jr.

5
Amanda Lee Maynard
Beth Ann Robinson
Lydia Ann Buffington

6
Jeremiah Micah Schlottmann
Michael Shawn Todd
Russell Lane Pleines
Shiloh Ann Henderson

7
Kalani Amor Castillo
Michael David Krise
William Raymond Peters

8
Alea Lynn Janine Shea
Audelia Marie Araiza
Theresa J. Davis

9
Addison Yvette Peters
Colton Jeffery Gott
Mathew Anthony Nelson
Ronald Day Jr.

10
Christina Smith Claridy
Ernest Leonard Pluff Jr.
Justina Marie Hess
Kade Benavente Whitener
Owen David Dorland
Susan Ann Clementson

11
Dontae O. Hartwell
Michael Alan Peters

12
Larry Douglas McFarlane Jr.
Paxton John Ackerman
Sharen I. Ahrens

13
Jericho Lon Hartwell
Julian Sorin Hawk Masoner
Steven Robert Sigo

14
Savannah R. Fenton

16
Bobbie L. Filipetti
Leo Eugene Henry Jr.
Troy Tye Baxter

17
Kelly Leanne Bell
Mitchell Elliot Coxwell
Ruth Branch Allen
Wilson Charles Johns

18
Christina E. Price
Clara Rose Seymour-Luby
Danielle Charlene Whitener
Micha Roberts
Shanika Rose Diane Cooper

19
Christine Thompson
Trelace` Rose Sigo

20
Jacey Cruz Gonzales
Michael Henderson Jr.

21
Bear Jon Lewis
Draven Brown
Giovanni Xavier Solano
Leroy Yocash Jr.
Sean Robert Spezza

22
Anthony Raymond James
Danielle Lyne White

23
Erik Jason Johnson

24
Marjorie Hill
Roger Allen Turner-Ford
Rolayno Jay Charters
Rose Ann Davis

25
Cloe' Angelique Martin
Erika Ada Thale

26
Kasia Lee Seymour
Lisa Marie Johns
Selah George Thale

27
Ellen M. Davenport
Grace A. Scout
Mario Lee Rivera

28
Andrew Stephen Crone

29
Adrian James Wier
Arthur Barragan
John Edward Krise
Mariano C. Bello
Marvin Stanley Henry III
Ronnie Patrick Johns
Zackary Taylor Sayers

30
Autumn Dancing Fire Wily
Carie Ann Kenyon
Josef Turner Sigo
Tori Anne Willis

31
Chantel Vendella Afo-Krise
Hayden Joseph Seymour
Leanora Isabella Afo-Krise
Marvin Stanley Henry Jr.
Sam Emilio Luby
Tanya Gaylene Zock
Tarvail Roy Garcia
Wilma Moneaka Morris



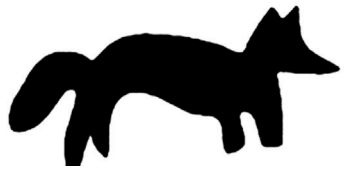
FREE Wills for Squaxin Tribal Members and Their Spouses

The Tribe is offering the services of Mark Allen, an attorney who has worked for the Squaxin Community for 10 plus years. Mark Allen is ready to assist Squaxin Tribal members and their spouses plan for themselves and loved ones by drafting wills and other end-of-life documents.

- Wills
- Powers of Attorney
- Advance Directives
- Health Care Directives
- Estate Planning

If you are interested in these services, please contact **Lindsey Harrell**, Legal assistant at the Squaxin Island Legal Department, at (360) 432-1771 ext. 6 or Lharrell@squaxin.us.

There is currently a waitlist for consultations, but we will be scheduling appointments each month. Call/email now to get on the list.



What's Happening

Trunk-or-Treat:

October 28th
5:00 - 7:00 p.m.
Ball field

Outdoor Yoga:

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

Court:

FAMILY COURT:

October 7

CRIMINAL/CIVIL COURT:

October 12

**USDA FOODS
WIC**

October 8
October 12



Thank You, Ed Thomas!



Thank you so much, Ed Thomas (bottom right), for teaching me (Meloney Hause) and Jordan Whitener about apple cider pressing. We appreciate it so much!!!!



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

If it is an
EMERGENCY
CALL 911



COMMITTEES COMMISSIONS & BOARDS

Please visit: <https://squaxinland.org/tribal-member-info/committees-commissions-and-boards>



South Puget Intertribal Planning Agency

USDA Foods Program October Dates

PT. GAMBLE S'KLALLAM 10/5/21

SQUAXIN ISLAND 10/8/21

SKOKOMISH 10/13/21

NISQUALLY 10/15/21

CHEHALIS 10/21/21

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities.

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

For USDA Food, call SPIPA at 360.426.3990

This institution is an equal opportunity provider.



COVID-19 is real.
Stay home,
save lives.



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

(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

(360)426-1390