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
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, Kalsyi 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 bjwhitener.com.

Walking On

BJ Whitener
Walking On

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

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 halfway 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 archaeological 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.
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.
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."
Community

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*

Jaimie tsi dxa? (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

t innovate (take care of yourself) huy’ (until we meet again)
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.
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

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**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

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**Squaxin 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
# Tu Ha’ Buts Youth Center Calendar

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**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 afterschool 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 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 Kennedy 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

Higher Education

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Thank you!

Mandy Valley
Higher Education Coordinator
(360) 432-3882
**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 OR Liz Kuntz
lpeters@squaxin.us or lkuntz@squaxin.us
(360) 432-3871 OR (360) 432-3937

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**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.

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**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
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 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**

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<td>Seru</td>
<td>4</td>
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**Positives**

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

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**MY NATIVE PLATE**

*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*

*Remember:*

- Stay active
- Drink water
- Use a 9-inch plate

*Notes:*
HEART HEALTHY FOODS

More Ideas for MY NATIVE PLATE

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
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!

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 Tribe Breast Cancer Awareness Drive
SPIPA’s 16th 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
lopaneman@squaxin.us

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
(For 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.
**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 19:**  
Crab Cakes, Cole Slaw

**WEDNESDAY 20:**  
Ribs, Mac-N-Cheese

**WEDNESDAY 27:**  
Spaghetti, Corn, Garlic Toast

**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.

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**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.
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 LHarrrell@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.
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 so much, Ed Thomas (bottom right), for teaching me (Meloney Hause) and Jordan Whitener about apple cider pressing. We appreciate it so much!!!
COMMITTEES COMMISSIONS & BOARDS

Please visit: https://squaxinisland.org/tribal-member-info/committees-commissions-and-boards

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