

City of Olympia and the Squaxin Island Tribe Sign New Accord



“The flag is an acknowledgement of the original inhabitants of this area who stewarded these lands and waters since time immemorial and who are still here today. The MOU is an acknowledgement and working agreement between two sovereigns who are partners in the future of this area that we mutually love.”

The agreement commits the two governments to work together on several long-term actions, including supporting economic and infrastructure opportunities, responding to climate change, and promoting a healthy exchange of cultures through public art and community service.

“Everyone in this community will benefit from this MOU. This ensures all decisions from leadership will be made with the mindset of maintaining healthy growth and a healthy economy that promotes diversity, an infusion of art and culture, and will always be environmentally conscious,” said Peters.

The Olympia City Council and the Squaxin Island Tribal Council signed a new Accord between the two governments on Thursday, Oct. 7th at Olympia City Hall.

Following the signing of the Accord, the flag of the Squaxin Island Tribe was raised over City Hall and will remain a permanent part of the building’s flag display.

“I am so grateful to the City of Olympia for this monumental gesture, raising a Squaxin flag and signing a MOU (Memo of Understanding) with the Squaxin Island Tribe,” said Squaxin Island Tribal Chairman Kris Peters.

“Our Council is tremendously proud of this agreement with the Squaxin Island Tribe and honored to raise their flag over City Hall,” said Olympia Mayor Cheryl Selby. “The Accord formalizes the bond of respect and friendship between our two governing bodies that we cherish. It lays out a shared commitment to work in harmony for the economic, environmental and cultural future for both of our communities.”

“City Hall sits on the ancestral lands of the Squaxin people. It only feels right that the Squaxin flag should fly there,” said Selby.

The City and the Tribe last signed an Accord together in 2015. This new Accord will be renewed every five years to ensure continued evaluation of processes, to update priorities and actions, and to celebrate achievements. As part of the Oct. 7th event, the City will also unveil a Land Acknowledgement plaque installed in the City Hall lobby.

(More on Page 4)





Walking On

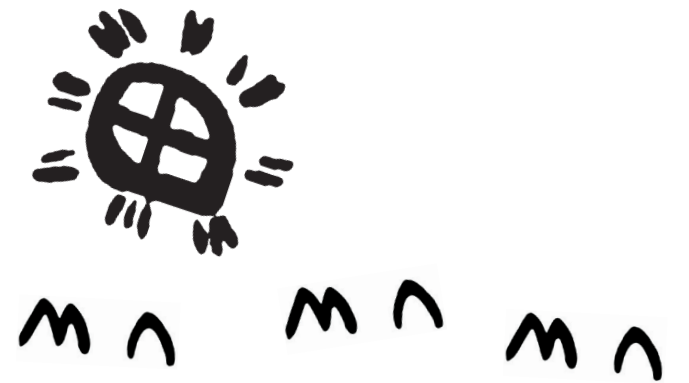


Lorna Gouin

Lorna Gouin was born on January 18, 1941 and passed away on September 15th.

The family wants to thank the Squaxin Island community for all the support we have received.

Watch for Lorna's full story next month.



TRIBAL NEWS

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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
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MARVIN CAMPBELL:	Treasurer
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DAVE WHITENER:	2nd Council Member
VINCE HENRY:	3rd Council Member

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thenderson@squaxin.us

Squaxin Island Tribal Veterans, We Raise Our Thanks to You!





Walking On



Kathleen J Henry

09/05/1936 - 10/01/2021

Kathleen was born in Baker, Oregon and later moved to the Skokomish Indian Reservation where her mom was the minister of the Skokomish Indian Assembly of God. She met her husband, Edward Henry, and they moved to Shelton where they had a daughter, Sharon. She continued to work as a homemaker and, in 1965, she and Edward adopted Stephen William. He was their son from day one and was loved as their own.

Kathleen suffered the loss of their daughter in a swimming accident in 1978. Two years later the family moved out to the Squaxin Island reservation and lived there up until 2015.

In 1995 Edward passed away, but Kathleen was fortunate to meet another person to share her life with after loving and losing Edward; in 2003 Kathleen married Ronald Dailey and they enjoyed their life together, pastoring on and off reservation and creating wonderful memories.

In 2015 Ronald passed away and Kathleen's health was not too great, so she happily moved into two different assisted living facilities, first in Olympia and later, to move closer to her son, Stephen, she relocated to Bremerton. She was extremely happy there and surrounded by wonderful friends. She was quite the social butterfly in both locations and enjoyed Bingo, cards, games, and, most importantly, her Bible study group. She ministered to many residents and continued to pray for the sick and share the Word of God to all.

A couple weeks after celebrating her 85th birthday, which was full of wonderful memories, she unfortunately contracted Covid-19 while her home was having an outbreak. This was tragic because everyone was immunized.

Due to complications from Covid-19 pneumonia and another health issue, Kathleen quietly passed away while hearing the word of God and a gentle song by her son.

She was Mom to many families and friends on the Squaxin Island and Skokomish reservations.

Kathleen was a very kind and gentle person who had such a loving heart for everyone she met and who got to know her.

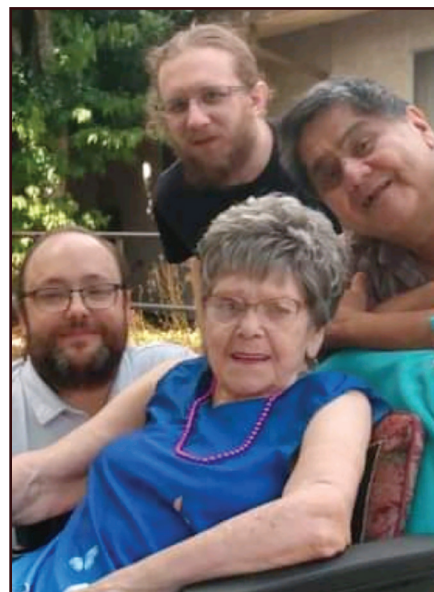
She is survived by her son, Stephen Henry of Belfair, WA, and adopted son, Ryan A Shepard, and numerous cousins, nieces, nephews.

Proceeding Kathleen were her parents, Fredrick and Mildred Schultz; daughter, Sharon L Henry, in 1978; husband, Edward N Henry, in 1995; and husband, Ronald Dailey, in 2014.

Her service will be at Skokomish Indian Assembly of God Church in the month of November, with the Kallappa brothers, James, George, and Bill officiating. We will have a definite date around the 1st of November and will keep you posted. Feel free to contact us on Facebook or email: boroju2003@gmail.com.

We will be serving some of mom's favorite dishes and would like people to wear purple in honor of her, as that was her favorite color. Flowers could be purple as well.

"Always in our thoughts. Rest and rejoice Mom!" - Stephen



Without You Sharon L. Henry

Without you -
Is like turning to look at the sunset,
But being blind;
Like walking through the snow
And leaving no footprints;
Like being lost in the darkness
Where dawn never comes.

But to love you -
Is like reaching out
into an eternal storm
And finding my refuge, my haven.



An Accord between Squaxin Island Tribe & City of Olympia

WHEREAS, the Squaxin Island Tribe's habitation of what is now Olympia spans thousands of years. The ancestral families who lived and thrived here named it Steh-Chass and occupied prosperous villages along the shores. Archeological findings of ancestral artifacts in the area suggest habitation by Squaxin ancestors since the retreat of the glaciers during the last Ice Age; and

WHEREAS today, the Squaxin people continue stewardship of these ancestral lands, from the Deschutes watershed and what is now Budd Inlet. The Steh-Chass (Squaxin) continue to call themselves "People of the Water" because of the bounty of the region's waterways and artesian waters, which have sustained the people for millennia; and

WHEREAS, both the Squaxin Island Tribe and City of Olympia honor the Medicine Creek Treaty and have established a strong government-to-government relationship between the two sovereigns; and

WHEREAS, the recovery of Budd Inlet and the Deschutes River are necessary to restore treaty-protected salmon populations, a mutual goal of Squaxin and Olympia as demonstrated by our support for the restoration of the Deschutes Estuary and our collaboration with the restoration of West Bay; and

Now therefore the Squaxin Island Tribe and the City of Olympia, in the spirit of understanding and mutual respect, commit to the following long-term actions:

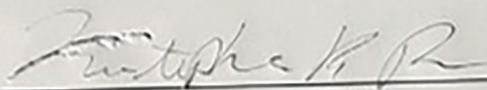
- Coordinate and cooperate to support economic and infrastructure opportunities, protect natural resources, and respond to climate change.
- Create more opportunities for public art, education, and community service that will promote a healthy exchange of cultures.

- Establish an intergovernmental work group between the two Councils to advance these commitments and develop consultation protocol, a strategic plan, and enduring channels of communication.
- Conduct biannual meetings of the Squaxin Island Tribal Council and the Olympia City Council in the Spring and Fall to maintain a shared vision, address issues of mutual concern, develop strategies and agreements, and overcome obstacles.
- Renew this Accord every five years to celebrate our achievements, evaluate our processes, and update our priorities and actions.

This Accord is entered into by the Squaxin Island Tribe and the City of Olympia to better achieve mutual goals through an improved relationship between their sovereign governments.

We affirm these principles and resolve to move forward with positive and constructive tribal and city relations.

SQUAXIN ISLAND TRIBE

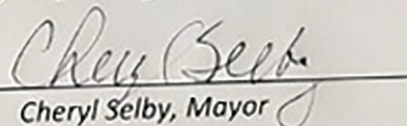

Kristopher Peters, Chairman

10/7/21

Date



CITY OF OLYMPIA


Cheryl Selby, Mayor

10-7-2021

Date





Truancy

Jaimie Cruz - Hello everyone! Here is some helpful information about the Squaxin Island Tribe's truancy policy:

- Five or more unexcused/ excused absences will result in Jaimie checking in on you.
- We understand quarantine policies for the school districts will affect your children's attendance.
- We will continue to help families find resources to help their students academically.

Truancy is a term that is often frowned upon and, with the current times we are in, I want to reassure families that the Education Department is here to help. We have homework help available and are working on getting a complete team of staff to better help the Squaxin community. Please do not hesitate to reach out if you need assistance. You can contact me via email at jcruz@squaxin.us or text/call (360) 490-5379.

"ʔububʔub, kʷaxʷalikʷ, ʔabalikʷ BE KIND, BE HELPFUL, BE SHARING!

Online Learning

Lynn White, Student Advocate - The Squaxin Island Education Department has partnered with Curlew School District to offer in-person support with online school at the education center. The Curlew District's Accelerated Learning Education (ALE) serves K-12th grades. Right now, we are focused on k-8th grades, but we are working towards opening up space for high school opportunities as well. We currently have 14 students enrolled and working hard on their classes. Virtual Learning at the TLC has been fortunate to have Keesha Vigil-Snook and Laura Henry, our Virtual Learning Assistants, and the new middle school tutor, Kiana Wily, helping out with our program. We are hoping this program is long lasting for our youth, and that eventually we will be able to serve more students.

Higher Education

Mandy Valley, Higher Education Coordinator - Winter quarter is right around the corner! Remember to send in your final grades for fall, new class schedule for winter quarter/spring semester, and your completed Memorandum of Commitment for the quarter/semester. I need all of this information for your Higher Education file by December 3rd. I cannot process your paperwork for the college until your file has been updated. I hope everyone had a very successful first quarter/semester. If you have any questions I can be reached at my direct line or email: (360) 432-3882 or mvalley@squaxin.us.



IF KIDS ARE ABSENT OR ARE GOING TO BE ABSENT, PLEASE CONTACT THE SCHOOLS!

Bordeaux Elementary:
• (360)426-1043
• or jaustin@sheltonschoools.org
Mt. View Elementary:
• (360)426-8564
Evergreen Elementary:
• (360)426-8564
Olympic Middle School:
• (360)462-6671
Oakland Bay Junior High:
• (360)426-7664
Shelton High School:
• (360)426-0768 or
JLJohnson@sheltonschoools.org
Choice High School:
• (360)426-7664
Cedar High School
• (360)432-5492

**Attend Today!
Achieve
Tomorrow!**

THURSTON COUNTY SCHOOL DISTRICT ATTENDANCE INFORMATION



WHEN LEAVING A VOICEMAIL PLEASE LEAVE A CLEAR, DISTINCT MESSAGE EXCUSING THE STUDENT'S ABSENCE, WITH THE FOLLOWING INFORMATION:

- STUDENT NAME (PLEASE SPELL LAST NAME)
- PARENT OR GUARDIAN NAME
- REASON FOR ABSENCE
- A PHONE NUMBER WHERE THE PARENT OR GUARDIAN CAN BE REACHED
- SYMPTOMS FOR ILLNESS

"ATTEND TODAY, AND ACHIEVE TOMORROW."

**GRIFFIN SCHOOLS
ELEMENTARY OFFICE AT
360-866-5901
MIDDLE SCHOOL OFFICE
AT 360-866-5902**

**CAPITAL HIGH SCHOOL
PLEASE CALL THE
DIRECT LINE 360-596-
8019**

**NORTH THURSTON HIGH SCHOOL
CALL ATTENDANCE OFFICE LISA
NILES
(360) 412-4801 EXT. 41026**

HOMework HELP

**MONDAYS, TUESDAYS AND
WEDNESDAYS
3:00-7:00**

**Snacks, Cool Tutors and
Homework Helpers
included!**

Kindergarten and up!



Youth Program

Kasia Seymour and Kenna Acosta - In October we had some great activities for the youth. We made social/emotional self-soothing kits; this was a new plant/traditional medicine skill we introduced to the youth. We attended a five-week social/emotional plant teaching training this summer with Elise Khron and Ofi Tovia at the MLRC. We learned a lot about social/emotional teachings and plant medicine and how this is related in our work with the youth. Jerilynn has introduced traditional plant and social/emotional activities every Monday. We also made the self-soothe kits with a few youth who came in for the online and after-school programs. This was a fun activity that they will use to self-soothe when they need it!

We made pumpkin spice donuts with both youth programs. Holly Whitener, our new Rec Mentor, was having a fun time making donuts with the youth! The youth did a great job as well and helped make two giant pumpkin spice donuts. The whole building smelled so good!

We had a pool party for the after-school program on October 13th from 3:00 - 6:00 p.m. We had three youth attend, and they had a blast having the pool all to themselves! We had another a pool party for the Online Learning Academy youth on October 27th from 3:00 - 6:00.

On October 14th, we did loom beading with Beau, Jr., Madelynn, and Janelle attending. Madelynn completed her loom bracelet with leather and ties. Janelle and Beau, Jr. are currently beading their looms.

On October 15th, we beaded necklaces with a few of the youth from the online after-school program. Wyatt made a red and white necklace with a feather bone bead in the center. Alexis made two necklaces, one for her mom and one for herself. They did such an amazing job!

On October 16th, Journey Bear, Josiah, Nyelli, and Casey attended open gym! We had open gym every Saturday in October. Look for open gym dates and times in the November calendar.

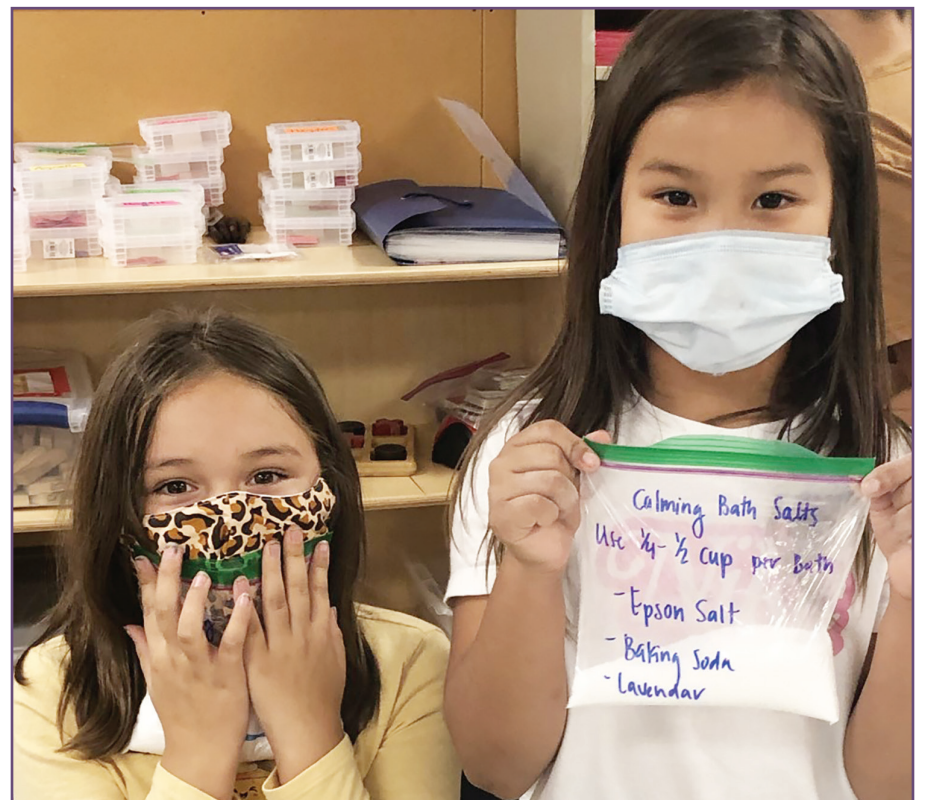
We also had a Trunk-or-Treat activity on October 28th for youth and their families. Watch for photos next month!

In other news, we changed our policies for attending our after-school and online after-school programs. If you would like your youth to attend, you will need to register him/her first. There is a waiting list; this is no longer a drop-in program. We currently serve Squaxin youth and community members - if they are attending the program regularly - or we will add them to the wait list. There is an online link to this registration form that we can send to you via email or text message. You may also fill out a paper registration form anytime; just come to Parks and Recreation to get a copy.

Stay updated on upcoming events and activities on our Facebook page: Squaxin Island Parks and Recreation Dept.

Kasia Seymour, Youth Activities Lead
(360) 432-3801 or kseymour@squaxin.us

Kenna Acosta, Youth Recreation Coordinator
(360) 432-3895 or kacosta@squaxin.us





Squaxin Island Wellness Pool

Lap Swim:

Fall hours are here, and we are excited about bringing back early morning lap swim. Every Tuesday and Thursday morning, from 6:00 a.m. to 7:30 a.m., lap swim will be offered! If you have any questions about lap swim, please call (360) 432-3852 or email pool@squaxin.us for more information.

Lifeguard Conditioning:

Calling all water people! We are hosting a lifeguard conditioning program on Tuesdays and Thursdays from 8:00 a.m. - 9:00 a.m. The lead teachers at the Squaxin Island Child Development Center are interested in expanding their skills. The first step to taking the lifeguard certification course is being physically ready for the job! This hourly program will develop essential swimming skills needed to pass the lifeguard pre-test swim. If you are interested in learning more, please call (360) 432-3852 or email pool@squaxin.us.

Child Development Center Swim Time:

Tide pool hours are here! Every Tuesday and Thursday at 9:30 a.m., the children from the Squaxin Island Child Development Center will utilize the wellness pool to learn about safety first! The preschool age children will learn how to float, blow bubbles, and so much more!

Pool Parties:

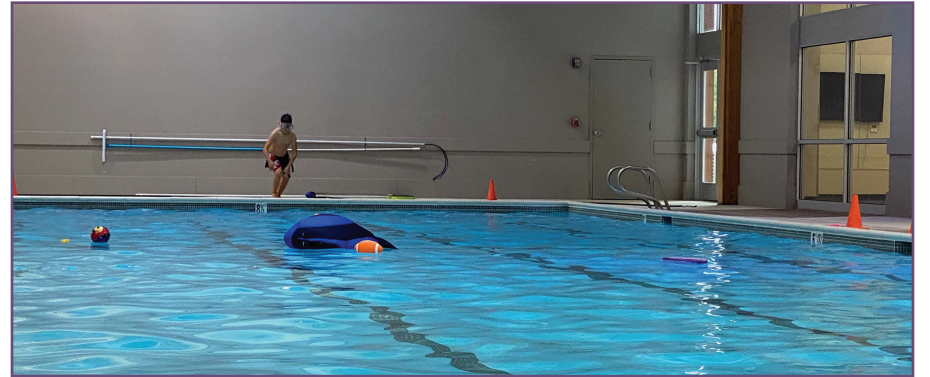
Wednesdays are pool party days at the Squaxin Island Wellness Pool! The after-school program youth, and the Online Learning Academy youth will be offered this program! The after-school program pool party is the second Wednesday of every month, and the Online Learning Academy pool party is the last Wednesday every month. To learn more about the pool party program, please email pool@squaxin.us or call (360) 432-3852 for more information.

Swim Lessons:

This fall we served 20 families in swim lessons, and this number will keep increasing! The lesson slots are different depending on the schedule of the day. Baby and tot classes are taught every Wednesday at 6:00 p.m. and every Friday at 5:00 p.m. For older youth, the time slots are Saturdays at 1:00 p.m. and 2:00 p.m. If you have any questions about swimming lessons, or want to register your youth for the lessons, please email pool@squaxin.us or call (360) 432-3852.

Open Swim:

Open Swim is open later and longer now! Friday open swim is from 3:00 p.m. - 5:00 p.m. and 6:00 p.m. - 8:00 p.m. Saturday open swim is from 4:00 p.m. - 8:00 p.m. During open swim, there are prize activities that youth, ages 5-12, can participate in. We plan activities like floaty days and floating basketball for families to participate in. During the month of October, any youth who wore a Halloween costume could come in and pick a prize! In November we will be participating in a Thankful Tree activity, and we hope to see your family participating! Open swims are on a reservation basis, so please call (360) 432-3852 or email pool@squaxin.us to reserve an open swim slot.



SPIPA

FOSTER HOME PROGRAM

SPIPA is a Child Placing Agency contracted through DCYF and provides a full range of foster home services including foster home recruitment, child placement, foster parent training, and support.



Are you ready to make a difference in the life of a child in need?

All over Washington, foster parents are needed to love, coach, mentor, wipe tears, celebrate, support, encourage children and youth who are unable to remain at home for a variety of reasons including abuse and neglect. Could you, your family, or your friends make a difference in the life of a child? Are you ready to learn more about becoming a foster family?

Take the first step in becoming a foster parent!

INFORMATION AND FOSTER HOME LICENSING APPLICATION REQUEST FORM



Name _____

Address _____

Phone _____

Email _____



South Puget Intertribal Planning Agency
3104 SE Old Olympic Highway Shelton, WA 98584
360.426.3990 spipa.org

6/21





PARKS AND REC | LEARNING CENTER



Tu Ha' Buts Youth Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Online After-School: 12-2 After-School Rec: 3-6pm Homework Help: 3-7pm	2 Shelton – 3 HR ER Online After-School: 12-2pm After-School Rec: 10-3pm Homework Help: 3-7p Lap Swim: 6-7:30am SICDC: 9:30-10:30am	3 Swim Lessons: 6-6:45pm	4 Shelton – 3 HR ER Online After-School: 12-2pm After-School Rec: 10-3pm Homework Help: 3-7pm Lap Swim: 6-7:30am SICDC: 9:30-10:30am	5 Shelton – 3 HR ER Online After-School: 12-2pm After-School Rec: 10-3pm Open Swim: 3-5pm & 6-8pm Swim Lessons: 5-5:45pm	6 Open Gym: 9-5pm Swim Lessons: 1-3pm Open Swim: 4-8pm
8 Online After-School: 12-2 After-School Rec: 3-6pm Homework Help: 3-7pm	9 Online After-School: 12-2 After-School Rec: 3-6pm Homework Help: 3-7pm Lap Swim: 6-7:30am SICDC: 9:30-10:30am	10 Swim Lessons: 6-6:45pm	11 Veterans Day Open: 10-3pm Chili Cook-off <i>*Parent's must sign up with Kasia</i> Lap Swim: 6-7:30am SICDC: 9:30-10:30am	12 Online After-School: 12-2 After-School Rec: 3-6pm Open Swim: 3-5pm & 6-8pm Swim Lessons: 5-5:45pm	13 Open Gym: 9-5pm Swim Lessons: 1-3pm Open Swim: 4-8pm
15 Online After-School: 12-2 After-School Rec: 3-6pm Homework Help: 3-7pm	16 Online After-School: 12-2 After-School Rec: 3-6pm Homework Help: 3-7pm Lap Swim: 6-7:30am SICDC: 9:30-10:30am	17 Swim Lessons: 6-6:45pm	18 Online After-School: 12-2 After-School Rec: 3-6pm Homework Help: 3-7pm Lap Swim: 6-7:30am SICDC: 9:30-10:30am	19 Online After-School: 12-2 After-School Rec: 3-6pm Open Swim: 3-5pm & 6-8pm Swim Lessons: 5-5:45pm	20 Open Gym: 9-5pm Swim Lessons: 1-3pm Open Swim: 4-8pm
22 Online After-School: 12-2 After-School Rec: 3-6pm Homework Help: 3-7pm	23 Online After-School: 12-2 After-School Rec: 3-6pm Homework Help: 3-7pm Lap Swim: 6-7:30am SICDC: 9:30-10:30am	24 Closed	25 Thanksgiving Holiday Closed	26 Thanksgiving Holiday Closed	27 Thanksgiving Holiday Closed
29 Online After-School: 12-2 After-School Rec: 3-6pm Homework Help: 3-7pm	30 Online After-School: 12-2 After-School Rec: 3-6pm Homework Help: 3-7pm Lap Swim: 6-7:30am SICDC: 9:30-10:30am				

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 3-7:00pm
- Kindergarten and up!!

All activities are drug, alcohol, e-cigarette and tobacco free.

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





What We've Been Up To

On one soggy day, preschoolers made rain soup and dried off the big toy the best they could! In the picture, where the kids are squatted down, they are observing what we thought was a crab spider. Our spider friends have been out a lot this last month, and identifying them has been a favorite activity of the kids.



The infant room have enjoyed some fresh air while playing with fine motor toys.

Fine motor skills are important at every age! The main goal with infants is to build the eye-hand coordination. These toys also help the infants with their ability to start grabbing and moving toys from place to place.



It's good for preschoolers to do a variety of fine motor activities. Having different activities helps them build muscles and hand coordination, which is necessary for handwriting. During this activity, each preschool child who wanted to participate had the opportunity to trace numbers using wipe-off markers. They also worked on quantifying and fine motor skills with the tweezers and puffballs. Our activity was a great success.



On this morning, we began with free art. While it looks like your child is just drawing, they are exercising their fine motor skills, using their imaginations, and socializing as they talk to their table partners about what they are drawing. We chose to draw a picture that reminded them of school! We had pictures of the playground, pictures of the classroom, and even one of me (Sis Brownfield)! We then adventured outside to stretch out! We enjoyed the outdoor preschool. We learned about a plant the kids were interested in and a banana slug. The kids balanced on the logs, climbed through the tunnel that goes underground, and learned the word brave.





Can dogs eat pumpkins?

With Thanksgiving coming up soon, most dog parents are wondering, “Can dogs eat pumpkins?” To that end, are other fall fruits and vegetables safe for dogs to eat? Let’s take a look at a representative sampling, including such autumnal favorites as:

- Apples
- Beets
- Broccoli
- Cabbage
- Cauliflower
- Green beans
- Kale
- Lettuce
- Oats
- Pumpkins
- Radishes
- Spinach
- Sweet potatoes
- Zucchini



Can dogs eat pumpkins?

Can dogs eat pumpkins? It has been long and widely acknowledged that pumpkin has definite benefits for dogs, especially those who are having temporary trouble executing successful bowel movements. Surprisingly, little goes a long way. PetMD recommends only a tablespoon of pureed pumpkin mixed in with a dog’s regular food for relief of both diarrhea and constipation. Note that it should be as plain as possible, so pumpkin-pie filling is out, since it is typically saturated with sugars that may only exacerbate loose stools.

Can dogs eat apples?

The next question you might have after, “Can dogs eat pumpkins?” is, “Can dogs eat apples?” — another fall-favorite vegetable? While apple stems and seeds have very small amounts of Amygdalin — a chemical compound that breaks down into cyanide when pulverized and digested — the seeds are so durable, and your dog would have to eat so many, that they present no real danger. All the same, wash the skin of an apple thoroughly to remove any lingering chemical treatments and cut the fruit into easily chewed slices. Note that too much of any sweet fruit can cause temporary stomach upset.

Can dogs eat beets?

According to every source I consulted, including the ASPCA, beets are non-toxic for dogs. Fresh, washed and home-prepared beets are always going to be preferable to canned. This is due to the presence of added salt and preservatives, which may bother your dog’s digestive system. According to one vet, repeated beet eating by dogs may perform a slight dye job on their hair and skin, but no adverse effects!

Can dogs eat broccoli?

We’ve covered broccoli and dogs previously. Cooked or boiled broccoli, free of spices, cheese, or that ranch dip you love, is safe, as is raw. With raw broccoli, though, keep the amount small; the heads, or florets, of broccoli contain a chemical that can cause stomach irritation when released during digestion.

Can dogs eat cabbage?

Once, for St. Patrick’s Day, I asked whether corned beef and cabbage, a traditional holiday repast, was safe to share with dogs. For its own part, cabbage is perfectly safe for dogs to eat in limited portions. The severest consequence of too much cabbage is swelling of the thyroid, and the least seemingly is an uptick in your dog’s flatulence.

Several of the vegetables on our list — cauliflower, cabbage, broccoli and kale, are members of the Brassicaceae family of flowering plants. Like the broccoli it so closely resembles, cauliflower presents the same antioxidant benefits — limited though they are — and the amount that a dog can eat safely before affecting a dog’s digestive regularity is equally small.

Can dogs eat green beans?

On an episode of *The West Wing*, the White House Press Secretary had to stem controversy from Oregon farmers when the President said he didn’t care for green beans. There’s little to argue about with green beans; like many of the vegetables we’re looking at, in moderation and as an occasional treat, they are safe for dogs cooked simply or given raw. Possibly due to the crunch factor, dogs that do eat green beans seem to enjoy them raw.

Can dogs eat kale?

Kale is one of the fall vegetables we planted at the urban farm this year. Like its cousins and siblings in the Brassicaceae family, kale is safe for dogs in very small amounts. According to one Massachusetts veterinarian, kale should be avoided due to the risk of bladder and kidney stones in dogs, so use your best judgment and proceed with caution.

Can dogs eat lettuce?

As with any other vegetable which dogs are not accustomed to eating, lettuce may not be toxic to dogs, but that doesn’t mean you should stick a head of it in the dog bowl before you go to work in the morning. If your dog is constipated, many of the digestive “problems” presented by produce on our list might help move things along, but more of that when we get to oats and pumpkins.

Can dogs eat oats?

Prepared plainly, a bowl of oats has some digestive benefits for dogs, particularly those with bowel movement troubles. Always consult with your dog’s veterinarian before making wholesale changes to a dog’s normal diet. While oats and oatmeal are safe for dogs, keep raisins, sugar and milk out of the dog’s bowl. While the dangers that raisins and grapes present to canine life and health are usually presented with apocalyptic alarmism, we’ll let it suffice to say that both should be kept away from dogs.

Can dogs eat radishes?

Whether grown in your fall garden or fresh from the produce section of your local grocery, radishes are safe for dogs in small amounts. Sources allege that dogs may find the taste of a radish unpleasant, but like carrots, these tough, hardy veggies can also serve as natural chew toys and teeth cleansers for enterprising dogs. Let your dog steer clear of wild radishes and their flowers.

Can dogs eat spinach?

The presence of oxalates in spinach leads some people to hesitate, knowing that they play a role in kidney stone formation. Your dog would have to eat a truly outrageous amount of spinach to experience any adverse effects. A few leaves of fresh, well-rinsed, raw spinach may serve your dog well, just as a couple of leaves of lettuce will, as an occasional treat.



Photography by dosecreative/Thinkstock



Can dogs eat sweet potatoes?

As long as the sweet potato is fully grown, matured and prepared very simply, your dog may enjoy a bit of this fleshy orange fall vegetable. Boiled, baked or even dehydrated sweet potato slices are safe for dogs to eat. They are high in carbohydrates, which dogs don't need an excessive amount of in their diets. Keep your serving sizes small or limit the number of prepackaged sweet potato dog treats you offer your dogs.

Can dogs eat zucchini?

Finally, zucchini is both safe and healthy for dogs, whether served as frozen chunks, raw bits, or grated and sprinkled over a dog's normal food. Even though they do not have the same kick as radishes, some dogs may wrinkle their noses at zucchini on first taste.

None of the fall fruits or vegetables we've covered in this piece are toxic or dangerous to a dog's health. Keep in mind that while dogs will certainly eat vegetable matter, it should never stand in for or completely replace a dog's normal diet. Nor should you make any dramatic changes to your dog's typical food, especially for health reasons, without first consulting a veterinarian. Also, though each of the items we've looked at is safe to give dogs, excess of any new food item can cause temporary digestive upset or gas discharge, so proceed with caution! From Gus the doggie guy. Taken from Dogster Magazine.

Animal Salmon Sickness

Systems of animal salmon poisoning include:

1. Vomiting
2. Lack of appetite
3. Fever
4. Weakness
5. Swollen lymph nodes
6. Dehydration
7. Diarrhea



How long does salmon poisoning last?

If not treated, salmon poisoning disease is usually fatal within 2 weeks after exposure. The symptoms of salmon disease are similar to other gastrointestinal diseases such as canine parvovirus.

If your dog eats raw salmon, keep an eye on your dog. Symptoms can appear over a period of six days. If any of the following develop or worsen. CALL VET IMMEDIATELY: Nausea, vomiting, or diarrhea.

Thanks for reading.
- Gus



Happy Thanksgiving!

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



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





I Have Diabetes, But it Does Not Have Me

– Rachael Aldrich

This is a photo of Rachael Aldrich after completing the Beast Race by Spartan in September.



This race was 13+ miles with 25 obstacles and was held in Snohomish.

Next, Rachael was in Nashville for the Spartan Super. Congratulations, Rachael! So impressive.

Next, Rachael is on to another Spartan Race in Sacramento.

"I have diabetes, but it does not have me, Rachel says. " When you see this picture, don't say, 'I wish I could do that.' Get up, start working for it and do it."



November is Diabetes Awareness Month

Submitted by Patty Suskin, Diabetes Coordinator

Did you know?

American Indians and Alaska Natives (AI/AN) have the highest rate of diabetes in the United States, more than twice the rate of the general population. 14% of all AI/AN people have diabetes. Type 2 diabetes is a rising threat in youth.

What is diabetes?

Diabetes means your blood sugar is too high. Your blood always has some sugar in it because your body needs sugar for energy to keep you going. But, too much sugar in the blood is not good for your health.

What is pre-diabetes?

Pre-diabetes means your blood sugar levels are higher than normal but, not high enough for diabetes.

- People with pre-diabetes are at higher risk for developing type 2 diabetes and heart disease.
- You can reduce the risk of type 2 diabetes and perhaps even return blood sugar levels to normal with a small amount of weight loss through healthy eating and increased physical activity.

What are the risk factors? (diabetes risk test)

<https://www.diabetes.org/diabetes-risk>

You can prevent diabetes or if you have diabetes, you can live a long, healthy life with diabetes. Being physically active & making healthy food choices are key. We all have habits - are your habits helping you to stay healthy or less healthy?

Check out:

My Native Plate 2 page handout:

Google IHS my native plate to download a copy.



Need support with making changes?

Contact Patty at (360) 432-3929 or psuskin@squaxin.us





Lisa Johns Shares Her Diabetes Story

I wrote this article in June of 2021, and it is now October. I'm down a total of 85 pounds, and my A1C is now 4.9. In December 2020, when I was first diagnosed as diabetic, my A1C was a whopping 12.

Hello, my name is Lisa Johns, and a Squaxin Island Tribal member. My three amazing children are Patrick, Lisa, and Malachi. I also have a wonderful little sister, Tonya, who is also like one of my children. I had a hand in raising her.



Here is a little history of who Lisa Johns is. Besides being a mother, sister, and auntie, I love to be in the woods hunting, gathering, walking, or just going for a drive. In 2008, I got married and a few days later, my mother passed away. A few years had passed, and we started having marital problems. I went into depression, put a lot of weight on, and tipped the scales at over 300 pounds. My husband and I got divorced. With that, further depression came, so the doctor put me on anti-depressants. That was taken for about three months, just long enough to get me on top of the hill. At that point, I felt like my journey in life was possible without them. I continued to work and take care of my family although getting around was difficult because my back and knees would hurt so badly. I knew to be truly happy, I would have to change how things were being done in my life. This body would need to move no matter how much it hurt. I knew it would be greater later.



December 17, 2020, was the day my life would change. In the early morning hours came the scare of a lifetime. It was 2:00 a.m. when my heart would speed up and slow down so quickly it felt like I was going to pass out. I went in and woke up my daughter, Lisa, who, by the grace of God, was home that day. I told her, "Babe, there is something wrong with my heart. Please drive me to the ER." She did, and on the way I called Charlene Krise and told her what was going on. She came into the ER and sat with my daughter while I was being checked out. The doctors had given me two different medications to slow my heart rate, which at this point was over 224 beats per minute. The medications did not work. The doctor came in explaining the medications he had given

me and said the only thing left to do was to shock my heart. I was on the phone with Charlene while the doctor was explaining this to me. I cried so consumed with fear. Charlene helped encourage me to go ahead and let them shock my heart and told me that she and my daughter would be right there and to not be afraid. They put me to sleep so that I would not feel the shock. It worked, praise God. After my heart rate was under control, they told me that my blood sugar was up over 500, that I was diabetic, and that I would have to see my primary care physician and get my diabetes managed.

The picture here to the left was taken in February 2020. I weighed over 300 pounds. I was put on insulin, Byetta, metformin, something for cholesterol to protect my kidneys, and also a low dose of aspirin to thin my blood to protect me from blood clots. Following the doctors' recommendations, I changed my eating habits and went to the "Good Life" health food store in Olympia and spoke with Brad. He recommended some vitamins that would also help me in my new journey. My daughter was a huge help. She researched everything that could and could not be eaten. I have to admit, I got overwhelmed with the loads of information she was finding. At this time, Lisa was so worried about me she

began sleeping with me to make sure nothing happened. She would cry and say, "Mom, why is God letting this happen to you? You do so much for Him. You do His work." I chuckled a little bit and told her, "Do not worry, this is not permanent." This is what I felt in my "HUTCH". This was God's way of kicking me into gear and telling me I needed to change my lifestyle; no more eating whatever is in front of me and just sitting around all the time waiting for the pain to go away.

Before December 17, 2020, the doctors had told me many times that I was "PRE" diabetic, but not once did they explain what that meant or what should be done about it.

Please listen to me when I say, "If your doctor is telling you that you are "PRE" diabetic just take that word "PRE" out and consider yourself diabetic. Make the changes now!!

I believe if I had been given the knowledge about what "PRE" meant this might not have happened to me. I might not have ended up a full-blown diabetic.

Make the proper changes to your diet - it was a lot easier than we tend to make it out to be. I just started moving, walking, and getting out more playing with my great-nephews and nieces. Just be active, no matter what it is. "Just Move."

Six months have passed since being diagnosed diabetic. Today I have lost 71 pounds, and the doctor told me I am no longer diabetic and that my A1C is 5.1 and better than that of a newborn baby. The doctor is weaning me off the diabetic medications.

Start eating smaller portions. Eat smaller amounts of rice, potatoes, pasta, and bread.

I do not like diet soda, but I did not mind diet 7up or diet Squirt. Eventually I got to the point where I didn't even like soda so much anymore. I love a cup of coffee in the morning, but do not care for the artificial sweetener aftertaste. I finally found one I like and it does not have the weird aftertaste it's called "PYURE." You can find it at Walmart.

I want to encourage you to be vigilant, eat healthily, eat smaller, and, most importantly, get moving. You know the saying, if you don't use it, you lose it. SO TRUE!! Since I have been moving more my back muscles have gotten stronger and do not hurt me like they used to.

As a native woman, I will say it was hard for me to admit I needed help (pride). I tried to do it on my own, but the depression was stronger than me. I needed help. I needed someone to talk to that wasn't family or friend. I say that because, being a Native person, when we talk our problems out with friends or family, the one or ones we talk to get emotionally involved and the problem seems to get bigger instead of better. My point is, there is no shame in seeking out a counselor to help with private matters. It works.

Find a friend, family member, or a man/woman to help motivate and move with you; that is what I did.

Thank you, Richard, for motivating me and walking with me.

My journey is not complete. I have lost 71 pounds and plan on losing at least another 90.

I pray that my story has helped and encouraged you to take care of yourselves.

I love you. God bless you. Hoyt.





Covid-19 Statistics

Vaccinations

First doses provided:	Total	1,110	Sept. 18 - Oct. 14	3
Second doses provided (fully vaccinated):	Total	1,083	Sept. 18 - Oct. 14	10
J&J (fully vaccinated):	Total	5	Sept. 18 - Oct. 14	0
Booster doses (third dose for immunocompromised):	Total	3	Sept. 18 - Oct. 14	1
Total people fully vaccinated:		1,088		
Total vaccines given:		2,201		

Tests

	Oct. 20 - Oct. 21			
N/P:	Total	958	Sept. 18 - Oct. 18	2
Serum:	Total	32	Sept. 18 - Oct. 18	0
Rapids:	Total	652	Sept. 18 - Oct. 18	34

Positives

Positive results:	Total	97	Sept. 18 - Oct. 14	13 (5 fully vaccinated)
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**Thanks,
Ruth and Micheal,
for wearing your mask!**

Greetings!

A reminder that Squaxin Island Dental Clinic is open and taking appointments. Please give our office a call at (360) 432-3881 to schedule your visit. You will find our staff friendly, caring and highly skilled. We are excited to start a conversation about your dental needs!






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., Nov 9, 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.



Flu Shots are in!

*Available for
patients at the clinic*

**KEEP
HEALTHY
AND
GET YOUR
FLU SHOT**

Call the front desk at the Clinic
(360) 427-9006 to schedule your shot.



Prediabetes Risk Test

NATIONAL DIABETES PREVENTION PROGRAM

1. How old are you?

- Younger than 40 years (0 points)
40–49 years (1 point)
50–59 years (2 points)
60 years or older (3 points)

Write your score in
the boxes below

2. Are you a man or a woman?

- Man (1 point) Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point) No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point) No (0 points)

5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point) No (0 points)

6. Are you physically active?

- Yes (0 points) No (1 point)

7. What is your weight category?

(See chart at right)

Total score:

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
You weigh less than the 1 Point column (0 points)			

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

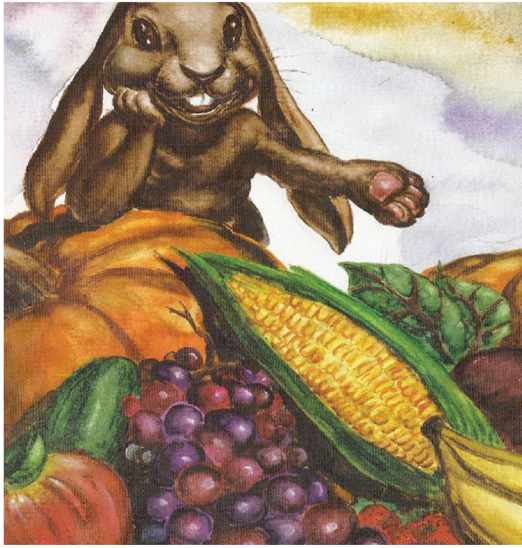
CS300699-A

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.





PARENT TIP SHEET



COLOR is the Key to Healthy Kids

Together we can prevent diabetes!

Snack Ready!

Keep a bowl of fruit on the counter or in the fridge for kids to eat when they get home from school.

Wallet Friendly!

Buy fruits and veggies that are dried, frozen, canned (in water or juice) or fresh. Compare costs and choose budget-friendly options.

Mix it Up!

Vary your veggie choices to keep meals fun. Frozen veggies are quick microwavable dishes.

Fast & Easy!

Buy pre-cut and pre-washed packs of fruits and veggies for a healthy snack in seconds.

Schedule Ready!

Cut fruits and veggies when you have free time. Keep refrigerated and have ready for meals and snacks.

Help your child “Eat a Rainbow” of fruits and veggies.

Produce	Cost	What can you buy for \$2
APPLES	\$1.15 per pound	5 apples
TOMATOES	\$1 per pound	6 tomatoes
ORANGES	\$0.68 each	3 oranges
CARROTS	\$0.80 per pound	22 carrots
BANANAS	\$0.49 per pound	12 bananas
CAULIFLOWER	\$1.10 per pound	About 5 cups cauliflower
KIWIFRUIT	\$0.33 each	6 kiwifruit
BROCCOLI	\$1.50 per bunch	About 5 cups broccoli
PURPLE GRAPES	\$1.86 per pound	About 6 cups purple grapes
EGGPLANT	\$1.74 per pound	1 eggplant

Table adapted from Iowa State University Extension handout: Fruit and Vegetables - Try for More; revised 9/09 - Information adapted from MyPyramid and Fruit & Veggies More Matters. - Additional information can be found at: <http://www.mypyramid.gov> <http://www.fruitsandveggiesmorematters.org>.



Material funded by USDA SNAP. This institution is an equal opportunity provider.
For more information, visit www.eagleadventureprogram.com.



COMMUNITY



Elders Menu . . . Fruit and salad at every meal



MONDAY 1:

Sausage Pasta Bake w/Spinach

MONDAY 8:

Veggie Quiche

MONDAY 15:

Beef Fajita

MONDAY 22:

Twice Baked Potato Casserole

MONDAY 29:

Chicken Rice Casserole

TUESDAY 2:

Taco Soup With Corn Bread

TUESDAY 9:

Italian Sausage Soup with Breadsticks

TUESDAY 16:

Navy Bean Soup,
Grilled Cheese sandwich

TUESDAY 23:

Clam Chowder, Fry Bread

TUESDAY 30:

Split Pea Soup

WEDNESDAY 3:

Stroganoff with Brussel Sprouts

WEDNESDAY 10:

Hamburgers

WEDNESDAY 17:

Shrimp Scampi

WEDNESDAY 24:

Turkey Soup , Bread Sticks

THURSDAY 4:

Spam & Cabbage with Rice

THURSDAY 11:

Baked Chicken, Veggie Rice

THURSDAY 18:

Steaks, Baked Potato

THURSDAY 25:

CLOSED

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



EMERGENCY

CALL

9-1-1

FIRE
POLICE
MEDICAL
RESCUE

SQUAXIN ISLAND TRIBE

Non-Life Threatening Emergencies

Emergency Operations Center (EOC) Hotline

(Information only - no voicemail)

(360) 432-3947

Community EOC Hotline (Questions and voice mail message)

(360) 443-8411

Emergency Management Coordinator

(360) 443-8410

Community Emergency Response Team (CERT)

(360) 426-5308

Squaxin Police Department

Office Hours Monday - Friday 8:00-4:00

(360) 432-3831

PUD No. 3 Outage Hotline

(360) 426-8255

Mason County Police Dispatch Non-Emergency

(360) 426-4441

Mason County Fire Non-Emergency

(360) 426-3348



NOVEMBER SESSIONS

FRIDAY NOVEMBER 19TH:

DAUBIN IN THE DARK

8:30PM SESSION STARTS

DOORS: 6PM - EARLY BIRDS: 8PM

SATURDAY NOVEMBER 20TH:

DOORS: 11AM - EARLY BIRD: 1:30PM

2PM SESSION STARTS

SUNDAY NOVEMBER 21ST:

DOORS: 11AM - EARLY BIRD: 1:30PM

2PM SESSION STARTS

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

Multiple winners split the payout. Call 360-427-3005 for more details.
Must be 18 or over to participate in BINGO. Ages 21 and over only for Friday session.

LITTLE CREEK
CASINO • RESORT

LITTLECREEK.COM | 1.800.667.7711

Little Means More!

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



COMMUNITY



1
Kimberly RayeAnn James
Wesley Arthur Fletcher

3
Juanita Catherine Pugel
Rickie Leigh Ramage
Roxsanne Rene White
Shannon Rae Bruff

4
Twana Remedios Machado

5
Beverly Jean Hawks
Elizabeth Anne Kuntz
Jason Charles Snipper
Jennifer Leann Briggs
Lawanna Bonnie Sanchez
Max Warren Johns
Olivia Ann Mason
Sophia Rose Johns

6
Keerah Lynn Brown
Laura Lee Smith
Terri Louise Capoeman
Thomas Richard Peterson

7
Anthony John Furtado
Cyrus Austin Little Sun
Elijah Blueback-Robinson
Russel W. Cooper

8
David Wayne Whitener Jr.
Tammi L. Birchall

9
Amy Grace Taylor
Jefferey Allen Blueback
Kyler Matthew Guzman
Malena Rose Herrera
Mickey Lee Hodgson

10
Alibi Lucian Tageant
Jolene Sandra Jones
Monique Abigail Pinon
Virginia May Berumen

11
Benjamin James Sayers
Carlo Kenyon McFarlane

13
Arya Erika Johns
Carver Haitwas Sigo
Rachel Marie Parker
Ryan Dee Fox
Turumi Michelle Bush

14
Mary Elizabeth Mosier
Wolf Grace Allen

15
Richard Karl Peters

16
Bennett Percy Howard Henry
James Edward Orozco
King Julious Tom
Tammy Ruthann Rios

17
Casey Lee Lacefield
Elizabeth Ann Krise
Jennifer Lee Johns
Laura E. Snyder

18
Ethan Edward Pugel
Joseph Chetwoot Peters
Taeahni Emilion Fox

19
Lucille Arlene Quilt

20
Connie R Uribe
Jason Lawrence Kenyon
Lily Nicole Harris
Nathan Allen Nunes
Samantha C. R. Smith

21
Aleta C Poste
Bianca Angelina Saenz-Garcia
Vincent Gene Henry Sr.

22
Lahai'la Greenwood
Susan Colleen LaClair

23
Candee Graywolf Gillette
Delores Del Johnson
Diane Irene Deyette
Lyssa Renee Wier
Steven M. Dorland

24
Arelys Francisco-Coley
Cecily A. Neilsen
Joseph Hugh Seymour Jr.
Michael Aaron Parker

25
Terry Nakai Tahkeal

26
Anthony John Furtado Jr.
Candace Olivia Penn

27
Hope Victoria Pughe
Leonard Gene Cooper
Leslie Alan Cooper
Nokomis Butterfly Masoner

28
Ila Mae Ball
Redwolf Wilson Krise II

29
Daniel Alexander Combes
Mark Allen Peters
Sarah Elizabeth Thornton
Tyler Eric Burrow

30
Carol Ann Hagmann



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

Court:

FAMILY COURT:

November 4

CRIMINAL/CIVIL COURT:

November 9

VULNERABLE ADULT COURT:

November 18

USDA FOODS WIC

November 9

November 9





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

If it is an
EMERGENCY
CALL 911

1		
2		
3		THE HONORABLE ANITA ESTUPIÑAN NEAL
4		
5		SQUAXIN ISLAND TRIBAL COURT
6		YOUTH COURT
7		SQUAXIN ISLAND RESERVATION
8	IN RE:	Case No.: CW-2015-1503-0079
9	GP	NOTICE OF GUARDIANSHIP HEARING
10	Indian children	
11		
12		
13		THE SQUAXIN ISLAND TRIBAL YOUTH COURT TO: Juanita Pugel and Anton Pugel
14		
15		YOU ARE HEREBY NOTIFIED THAT pursuant to the Squaxin Island Youth code, the Court has
16		set a guardianship hearing in the above captioned matter. The hearing on this matter shall be held on
17		January 6, 2022 at 11:30 a.m. at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR
18		AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN
19		AN OUT OF HOME PLACEMENT. File your written response with Squaxin Island Tribal Court at the
20		above listed address or call 360-432-3828 for more information.
21		
22		
23		
24		
25	NOTICE – PAGE 1 OF 1	SQUAXIN ISLAND LEGAL DEPARTMENT 3711 SE OLD OLYMPIC HWY SHELTON, WASHINGTON 98584 360.432.1771

2		
3		THE HONORABLE ANITA ESTUPIÑAN NEAL
4		
5		
6		SQUAXIN ISLAND TRIBAL COURT
7		YOUTH COURT
8		SQUAXIN ISLAND RESERVATION
9	IN RE:	Case No.: SQI-CW-2021-03-01
10	FH	NOTICE OF GUARDIANSHIP HEARING
11	Indian Child	
12		
13		
14		THE SQUAXIN ISLAND TRIBAL YOUTH COURT TO: Claudia Guijosa
15		
16		YOU ARE HEREBY NOTIFIED THAT pursuant to the Squaxin Island Youth code, the Court has
17		set a guardianship hearing in the above captioned matter. The hearing on this matter shall be held on
18		January 6, 2022 at 10:00 a.m. at 10 SE Squaxin Lane, Shelton, Washington and/or online. FAILURE
19		TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE CHILD
20		BEING PLACED IN AN OUT OF HOME PLACEMENT. File your written response with Squaxin Island
21		Tribal Court at the above listed address or call 360-432-3828 for more information regarding online
22		hearings.
23		
24		
25	NOTICE – PAGE 1 OF 1	SQUAXIN ISLAND LEGAL DEPARTMENT 3711 SE OLD OLYMPIC HWY SHELTON, WASHINGTON 98584 360.4362.1771



COMMITTEES COMMISSIONS & BOARDS

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



South Puget Intertribal Planning Agency

USDA Foods Program November Dates



PT. GAMBLE S'KLALLAM 11/3/21

SQUAXIN ISLAND 11/9/21

SKOKOMISH 11/12/21

NISQUALLY 11/19/21

CHEHALIS 11/18/21

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

This institution is an equal opportunity provider.



South Puget Intertribal Planning Agency

LIHWAP (Water)

NEED HELP WITH YOUR WATER BILL?

SPIPA is accepting Water Assistance applications!

If you qualify for LIHEAP, you will qualify for LIHWAP

APPLY ONLINE

GO TO: www.spipa.org/community-resources and click on the LIHWAP application

PLEASE INCLUDE WITH YOUR APPLICATION:

- Income for June-August 2021 for all household members 18 and older
- Current water bill, must be in the tribal member's name



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