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.

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

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.

Walking On

Squaxin Island Tribal News
10 S.E. Squaxin Lane
Shelton, WA 98584

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TOLL FREE: 877.386.3649
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www.squaxinisland.org

Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:
15th of each month

Squaxin Island Tribal Council:
Kris Peters: Chairman
Charlene Krise: Vice Chairman
Patrick Braese: Secretary
Marvin Campbell: Treasurer
Andy Whitener: 1st Council Member
Dave Whitener: 2nd Council Member
Vince Henry: 3rd Council Member

Klah-Che-Min Staff:
Theresa M. Henderson: Ext. #3945
thenderson@squaxin.us
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.

"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.

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

10/17/21

Date

CITY OF OLYMPIA

Cheryl Selby, Mayor

10/1-2021

Date
E d u c a t i o n

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.

"ƛƛububƛƛub, kƛaxƛalikƛ, ƛabalikƛ 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.

"ATTEND TODAY, AND ACHIEVE TOMORROW."

Griffin Schools
Elementary Office at 360-566-3901
Middle School Office at 360-566-3902
Crown Hill School
Please call the direct line 360-596-8019
North Thurston High School
Call Attendance Office Lisa Niles
(360) 412-4801 EXT. 41026

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

Bordeaux Elementary:
(360)426-1043
or jaustin@sheltonschools.org

Mt. View Elementary:
(360)426-8564

Evergreen Elementary:
(360)426-8564

Olympic Middle School:
(360)426-6671

Oakland Bay Junior High:
(360)426-7664

Shelton High School:
(360)426-0768 or
JLJohnson@sheltonschools.org

Choice High School:
(360)426-7664

Cedar High School:
(360)432-5492

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
Parks and Rec

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. to 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. to 5:00 p.m. and 6:00 p.m. to 8:00 p.m. Saturday open swim is from 4:00 p.m. to 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.

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## Parks and Rec | Learning Center

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

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**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

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Happy Thanksgiving

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Squaxin Island Tribe - Klah-Che-Min Newsletter - November 2021 - Page 8
**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 seemly 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.
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!
Health Clinic

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.

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

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.”

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.

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.

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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**

<table>
<thead>
<tr>
<th>Type</th>
<th>Total</th>
<th>Date</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>First doses provided</td>
<td>1,110</td>
<td>Sept. 18 - Oct. 14</td>
<td>3</td>
</tr>
<tr>
<td>Second doses provided (fully vaccinated)</td>
<td>1,083</td>
<td>Sept. 18 - Oct. 14</td>
<td>10</td>
</tr>
<tr>
<td>J&amp;J (fully vaccinated)</td>
<td>5</td>
<td>Sept. 18 - Oct. 14</td>
<td>0</td>
</tr>
<tr>
<td>Booster doses (third dose for immunocompromised)</td>
<td>3</td>
<td>Sept. 18 - Oct. 14</td>
<td>1</td>
</tr>
<tr>
<td>Total people fully vaccinated</td>
<td>1,088</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total vaccines given</td>
<td>2,201</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Tests**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Total</td>
<td>958</td>
<td>2</td>
<td>Total</td>
<td>32</td>
<td>0</td>
<td>Total</td>
<td>652</td>
<td>34</td>
</tr>
</tbody>
</table>

**Positives**

<table>
<thead>
<tr>
<th>Positive results</th>
<th>Total</th>
<th>Sept. 18 - Oct. 14</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>97</td>
<td>13</td>
<td>(5 fully vaccinated)</td>
</tr>
</tbody>
</table>

**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!

---

**Flu Shots are in!**

Available for patients at the clinic

**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.

---

Thanks, Ruth and Michael, for wearing your mask!
# Prediabetes Risk Test

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)

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)

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight (lbs.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4'10&quot;</td>
<td>119-142</td>
</tr>
<tr>
<td>4'11&quot;</td>
<td>124-147</td>
</tr>
<tr>
<td>5'0&quot;</td>
<td>128-152</td>
</tr>
<tr>
<td>5'1&quot;</td>
<td>132-157</td>
</tr>
<tr>
<td>5'2&quot;</td>
<td>136-163</td>
</tr>
<tr>
<td>5'3&quot;</td>
<td>141-168</td>
</tr>
<tr>
<td>5'4&quot;</td>
<td>145-173</td>
</tr>
<tr>
<td>5'5&quot;</td>
<td>150-179</td>
</tr>
<tr>
<td>5'6&quot;</td>
<td>155-185</td>
</tr>
<tr>
<td>5'7&quot;</td>
<td>159-190</td>
</tr>
<tr>
<td>5'8&quot;</td>
<td>164-196</td>
</tr>
<tr>
<td>5'9&quot;</td>
<td>169-202</td>
</tr>
<tr>
<td>5'10&quot;</td>
<td>174-208</td>
</tr>
<tr>
<td>5'11&quot;</td>
<td>179-214</td>
</tr>
<tr>
<td>6'0&quot;</td>
<td>184-220</td>
</tr>
<tr>
<td>6'1&quot;</td>
<td>189-226</td>
</tr>
<tr>
<td>6'2&quot;</td>
<td>194-232</td>
</tr>
<tr>
<td>6'3&quot;</td>
<td>200-239</td>
</tr>
<tr>
<td>6'4&quot;</td>
<td>205-245</td>
</tr>
</tbody>
</table>

Total score: [ ]

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](https://www.cdc.gov/diabetes/prevention/lifestyle-program).

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

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

<table>
<thead>
<tr>
<th>Produce</th>
<th>Cost</th>
<th>What can you buy for $2</th>
</tr>
</thead>
<tbody>
<tr>
<td>APPLES</td>
<td>$1.15 per pound</td>
<td>5 apples</td>
</tr>
<tr>
<td>TOMATOES</td>
<td>$1 per pound</td>
<td>6 tomatoes</td>
</tr>
<tr>
<td>ORANGES</td>
<td>$0.68 each</td>
<td>3 oranges</td>
</tr>
<tr>
<td>CARROTS</td>
<td>$0.80 per pound</td>
<td>22 carrots</td>
</tr>
<tr>
<td>BANANAS</td>
<td>$0.49 per pound</td>
<td>12 bananas</td>
</tr>
<tr>
<td>CAULIFLOWER</td>
<td>$1.10 per pound</td>
<td>About 5 cups cauliflower</td>
</tr>
<tr>
<td>KIWIFRUIT</td>
<td>$0.33 each</td>
<td>6 kiwifruit</td>
</tr>
<tr>
<td>BROCCOLI</td>
<td>$1.50 per bunch</td>
<td>About 5 cups broccoli</td>
</tr>
<tr>
<td>GREEN BEANS</td>
<td>$1.86 per pound</td>
<td>About 6 cups purple grapes</td>
</tr>
<tr>
<td>EGGPLANT</td>
<td>$1.74 per pound</td>
<td>1 eggplant</td>
</tr>
</tbody>
</table>


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

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.
Court:
FAMILY COURT: November 4
CRIMINAL/CIVIL COURT: November 9
VULNERABLE ADULT COURT: November 18

USDA FOODS
WIC November 9

THE HONORABLE ANITA ESTUPIÑAN NEAL
SQUAXIN ISLAND TRIBAL COURT
YOUTH COURT
SQUAXIN ISLAND RESERVATION

IN RE: GP
Case No.: CW-2015-1503-0079
NOTICE OF GUARDIANSHIP HEARING

IN RE: Indian children

THE SQUAXIN ISLAND TRIBAL YOUTH COURT TO: Juanita Pugel and Anton Pugel

YOU ARE HEREBY NOTIFIED THAT pursuant to the Squaxin Island Youth code, the Court has set a guardianship hearing in the above captioned matter. The hearing on this matter shall be held on January 6, 2022 at 11:30 a.m. at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN AN OUT OF HOME PLACEMENT. File your written response with Squaxin Island Tribal Court at the above listed address or call 360-432-3828 for more information.

THE SQUAXIN ISLAND TRIBAL YOUTH COURT TO: Claudia Guipsa

YOU ARE HEREBY NOTIFIED THAT pursuant to the Squaxin Island Youth code, the Court has set a guardianship hearing in the above captioned matter. The hearing on this matter shall be held on January 6, 2022 at 10:00 a.m. at 10 SE Squaxin Lane, Shelton, Washington and/or online. FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN AN OUT OF HOME PLACEMENT. File your written response with Squaxin Island Tribal Court at the above listed address or call 360-432-3828 for more information regarding online hearings.
COMMITTEES COMMISSIONS & BOARDS

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

South Puget Intertribal Planning Agency

USDA Foods Program November Dates

PT. GAMBLE S’KALLAM 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.

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

Early Head Start

Now Recruiting Pregnant Women and Children Birth to Three

Who is eligible?
Children 3 years old or 4 years old by August 31st who are:
- From a family with a low annual income; or
- Qualify for school district special education services; or
- Have developmental or environmental risk factors that could affect school success.

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

Questions?
Squaxin Island Child Development Center
(360)426-1390

Early Head Start Provides:
- Parent Training
- Health Screenings
- Family Support

Early Head Start programs provide family centered services for low income families with very young children.

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

Squaxin Island Child Development Center
(360)426-1390

Questions?
Squaxin Island Child Development Center
(360)426-1390