SQUAXIN ISLAND TRIBAL ELECTIONS COMMITTEE
NEEDS VOLUNTEERS FROM ALL FAMILIES

In an effort to ensure all families of the Squaxin Island Tribe have representation on the Elections Committee, we are seeking a volunteer from the following families:

- Cooper
- Henry
- Johns

Please submit your interest to serve on this committee by February 9, 2022.

The names received will be presented to the Tribal Council for decision at their following meeting.

www.signupgenius.com/go/10Q0C44ACAB2AA7FBC52-2022

SQUAXIN ISLAND TRIBAL
COMMITTEES & COMMISSION VACANCIES

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

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

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

- **Aquatics Committee**: This Committee is established by the Squaxin Island Tribal Council to provide advice and recommendations concerning the management, harvest and perpetuation of sub-tidal shellfish resources.

- **Education Commission**: Provides recommendations and guidance to the Tribal Council and to the Tu Ha’ Buts Learning Center. Participates fully in all aspects of planning, development; implementation and evaluation of all educational programs, including supplemental and operational support; be directly involved in all Tu Ha’ Buts Learning Center Programs; recommend appropriate action to the Squaxin Island Tribal Council; evaluate performance and program results; exercise authority delegated by Tribal Council (e.g., monetary awards).

- **Gaming Commission**: The Squaxin Island Gaming Commission, as established under the Tribal/State Compact between the Squaxin Island Tribe and the State of Washington, shall ensure on-site regulation, control and security of the gaming operation, and protect the health, welfare and safety of the Squaxin Island Tribe, its members, and guests. Interested individuals must be able to pass a ten year background check in order to be eligible for a Class III Gaming license.

- **Constitution Committee**: Advise the Squaxin Island Tribal Council on possible amendments to the Tribal Constitution.

www.signupgenius.com/go/10C0C44ACAB2AA7FBC52-2022

TIME TO GET INVOLVED!

- Apply online using the link below OR at www.squaxinisland.org
- Tribal Council will choose names at their upcoming meeting.
- Questions? Email Melissa Puhn at mpuhn@squaxin.us
- **Application deadline** February 16, 2022
**Community**

**Walking On**

Debbie Obi

Debbie Obi was born on December 3, 1951 in Eureka, California to Elsie (Natt) and Lewis Napoleon, and peacefully passed away on November 29, 2021 at home in Kamilche, Washington.

She loved arts and crafts and was a master basket weaver. She enjoyed clam digging and working at KTP as a cashier.

There was a candlelight service at the Mud Bay Indian Shaker Church on Thursday, December 2, 2021 at 7:00 p.m. The funeral service was held at Squaxin Island Sacred Grounds on Friday, December 3rd, at 11:00 a.m., and was officiated by Rose Davis. Internment is at Squaxin Island Sacred Grounds. Pall bearers were: Daniel Napoleon, Astro Gamboa, Larry Bradley, Joe Hudson, Marty Allen, and Jerome Obi. Honorary pall bearers were: Tyrone Seymour, Jack Napoleon, Thaylor Vilter, Olivia Obi, James Kennedy, Chevonne Obi, Linda Saux, Lolita Black, Lila Jacobs, Robert Napoleon, Melanie Sequak, Nutella Obi, Jeremiah Obi, Martin Sequak, Shalee Allen, Terri Capoeman, Shannon Bryson, Theresa Davis, Sis Napoleon, Meg & Bub Napoleon, Mandy Howard, Gloria Hill, Margaret Seymour-Henry, Donald & Douglas Washburn, Marilyn Mcfadden and Meloney Hause and Latoya Johns.

She was preceded in death by her parents; daughter, Liz Obi; and granddaughter, Alicia Obi.

She leaves behind her younger brother, Robert Napoleon.

Levi Henry Connally


He grew up in Aberdeen, Washington. His sisters are Michelle and Cathy, and his brothers are Stephen, Vernon and Levi.

He was adopted becoming Levi Lee Connally.


He has five beautiful daughters, Brittany Montoure, Kendra Lee Lewis, Deanna Misplie, Chevonne Chiechi, and Eden VanCleave. He also has nine beautiful grandchildren, Craig, Emma, Bailey, Harper, Leah, Madison, Aaliyah, Isaiah, and Beverly.

He married his beautiful bride, Cathie Connally, on July 30, 2016, and gained three new children, Alaina Lemm, Nick Lemm, and Rebecca Farrah-Cascio. He also gained four new grandchildren, Ethan Almonte, Awnamarie Almonte, Genevieve Almonte, and Ilna Farrah-Cascio.

He began his successful touring company, Tent City Tours, with his wife in 2017.

https://alaskatentcitytours.com

He passed away in Anchorage, Alaska on January 19, 2022, at 8:11 p.m. with his wife and some of his children by his side. He was 59 years old.

---

I’m Super Indian Man,
those Pseudo-warriors always shouted on the Reservation.
Able to leap tall HUD houses in a single bound.
Faster than a BIA pickup.
Stronger that a block of Commodity Cheese.
- Sherman Alexie
**Winter 2021**

While we were all snug and warm inside, relaxing and enjoying the beautiful snowfall during the winter break, Planning and Community Development employees were working hard tending to snowy roads and icy facilities to ensure cars and feet could move around safely.

They were even out Christmas night deicing ahead of the storm. They used their new snow plow to tend to roads and parking lots all week long, day and night. We are so grateful to have such hardworking staff and excited they got to use their new gear to keep the community safe!

Great team work and thank you so much for your diligence! We appreciate you!

Jeromy Meyers
Beau Henry
Alan Cooper
Lawton Case
Tully Kruger
Richard Gouin
Patrick Whitener
Patrick Braese
**Community**

**Congratulations Dad (Dave Johns)**

Your first mountain goat hunt!
It was nice to get the opportunity to guide you on an alpine dream hunt!
- Justin

**New Employee**

**Haily Cullerton**
**Medical Assistant**

Hi, I have been hired into the Medical Assistant position and will be working at the clinic.

I have five siblings. My mother is Teri Goos. I decided to work in the medical field because I love helping people. I do plan on going back to school for my Associates degree and become a radiology technician.

I am most excited about working for the Tribe again and seeing everybody in the community.

**South Puget Intertribal Planning Agency**

**LIHEAP**

NEED HELP WITH YOUR LIGHT BILL?

SPIPA is still accepting applications for energy assistance. If you have not utilized LIHEAP benefits in the past year, you may be eligible for assistance.

**LIHEAP APPLICATIONS ARE AVAILABLE AT THE FOLLOWING LOCATIONS**

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chehalis</td>
<td>Debra Shortman</td>
<td>360.273.5504</td>
</tr>
<tr>
<td>Nisqually</td>
<td>Warehouse</td>
<td>360.438.4216</td>
</tr>
<tr>
<td>Shoalwater Bay</td>
<td>SPIPA IPC</td>
<td>360.426.3990</td>
</tr>
<tr>
<td>Squaxin Island</td>
<td>SPIPA IPC</td>
<td>360.426.3990</td>
</tr>
<tr>
<td>Skokomish</td>
<td>Rosetta LaClair</td>
<td>360.426.7788</td>
</tr>
</tbody>
</table>

Questions? call Debbie Gardipee at 360.462.3227

**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.
Parks and Rec Youth Program

Kasia Seymour and Kenna Acosta - Happy New Year! We hope everyone had a safe and relaxing holiday break.

During the month of December, we had our Community Christmas Celebration that was so much fun to help put together! Thanks to Brittnie and Jerilyn for organizing such a magical event with Santa and his reindeer! We were all so excited to see all the youth and their families!

Kenna held a Christmas themed coloring contest in December, and she picked one winner for each age group. The winners were notified when they attended the after school program in January.

We will be announcing our weekly and monthly drawing winners on our Facebook page, so stay tuned!!

Parents, please keep an eye on our Facebook page for the Covid-19 symptoms we will be watching for. We hope you are all staying healthy and safe!

It is still getting dark pretty early, so please keep an eye out for our youth who may be walking home when we close at 6:00 p.m. every evening! Thank you.

We made beaded key rings on Thursday, January 6th during the after school program’s cultural activity time.

On Friday, January 7th, we did a STEM science challenge with the youth entitled, “Which Paper Column Can Hold the Most Books?” During this challenge, youth made a sturdy tower out of paper, to the best of their abilities, with only a few supplies. Then we saw whose could hold the most books. A few winners of the challenge received a little something.

Every Monday we will continue to learn about traditional medicines with Jerilyn and do activities relating to this. January’s plant focus was cottonwood. Monday, January 10th the youth made cottonwood bud oil and they were able to bring this home to share.

Tuesday, January 11th we made no bake cookies and on Thursday, January 13th youth made strawberry freezer jam to go along with Monday’s activity of … how to make fry bread! We also took a tour of our Squaxin Island Museum Library and Research Center that evening!

We tried something new at the end of the month - making ribbon shirts and skirts!

We hope you all had some fun family time in the snow. Be advised, due to the weather this time of year, we follow the Shelton School Districts schedule for delays or closures.

Tu Ha’ Buts Youth Center Calendar

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<td>2</td>
<td>Online After-School: 10-2</td>
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<tr>
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<td>After-School Rec: 3-6pm</td>
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<td>Homework Help: 3-7pm</td>
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<td>Online After-School: 10-2</td>
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<td>Online After-School: 10-2</td>
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<td>18</td>
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<tr>
<td>21</td>
<td><strong>Mid-Winter Break</strong></td>
<td>22</td>
<td><strong>Mid-Winter Break</strong></td>
<td>23</td>
<td>24</td>
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<td>Open 10-3pm</td>
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<td><em>Contact Kasia to Sign-up</em></td>
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<td><em>Contact Kasia to Sign-up</em></td>
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<tr>
<td>28</td>
<td>Online After-School: 10-2</td>
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<td>Online After-School: 10-2</td>
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<td>26</td>
</tr>
<tr>
<td></td>
<td>After-School Rec: 3-6pm</td>
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<td>After-School Rec: 3-6pm</td>
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</tbody>
</table>

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

*Activities and Calendar are subject to change at any time.*

We will be open during mid-winter break, which is February 21st & 22nd for Shelton and Griffin School Districts. Stay tuned for activities and times. Any upcoming events and activities will be on our Facebook page, Squaxin Island Parks and Recreation Dept.
Pool Closure
The Squaxin Island wellness pool is currently closed and is in need of important maintenance and repairs. The Squaxin Island Parks and Recreation team is working hard at fixing this issue! In the meantime, please follow the Squaxin Island Parks and Recreation Facebook page to get updates on when we will reopen!

These programs will restart once we complete maintenance on the pool:

- **Early Morning Lap Swim:**
  Tuesday & Thursday
  6:00 a.m. - 7:30 a.m.

- **Lifeguard Conditioning:**
  Tuesday & Thursday
  6:00 a.m. - 7:30 a.m.

- **Daycare Swimming Lessons:**
  Tuesday, Wednesday, Thursday
  9:30 a.m. - 10:30 a.m.

- **Open Swim:**
  Fridays 3:00 - 5:00 p.m. & 6:00 - 8:00 p.m.
  Saturdays 4:00 - 8:00 p.m.

- **Swim Lessons:**
  Friday: 5:00 - 6:00 p.m.
  Saturday 1:00 - 3:00 p.m.

Before the closure, we enjoyed an awesome community holiday pool event. During the Saturday evening of December 11th, we watched Frozen & Elf on the blow up screen. The youth had a great time splashing around while a holiday film played!

When we open up again, there will be more fun events planned! Some examples of the community events that the Squaxin Island wellness pool will host include but aren’t limited to:

- Disco orb dance swim (swim with LED waterproof colored orbs and listen to family fun music)
- Soccer (sign up on teams and play giant blow up soccer in the pool)
- Capture the fish (capture the flag, but fish)
- AND SO MUCH MORE!

The Squaxin Island wellness pool misses you so much and will see you soon!
**Office of Housing**

**Attention Housing Applicants**

REMEMBER - If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application. The updated application will be mailed to the last address that the Office of Housing has on file for you. If you have recently moved or have a change of address, please call Juana Nelson at (360) 432-3863.

If you do not update your application by March 31, 2022, your name will be removed from the housing waiting list.

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**Planning and Community Development**

invites qualified contractors to register with us.

Register at:
http://www.squaxinisland.org/contractor-registration

Contact:
Diane Deyette, Facilities Planner
ddeyette@squaxin.us or (360) 432-3933
10 SE Squaxin Lane, Shelton, WA 98584

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**Attention Squaxin Island Tribal Homeowners**

**Have you been financially impacted by Covid-19 (on or off reservation)?**

The Squaxin Island Tribe, Office of Housing, has applied for the Homeowner Assistance Fund (HAF) through the Department of Treasury and is waiting for approval on funding. We are accepting applications from Squaxin Island tribal homeowners (who live on- or off-reservation) who meet the following criteria:

1. You own the home, and it is your primary residence.

2. You have experienced financial hardship due to Covid-19 (after January 21, 2020) from one of the following:
   - Mortgage delinquencies
   - Foreclosure
   - Unpaid property tax
   - Past due utilities
   - Critical home repairs that would cause displacement

3. Your income falls at or below the following guidelines:
   - 1 person ($55,930)
   - 2 persons ($63,920)
   - 3 persons ($71,910)
   - 4 persons ($79,900)
   - 5 persons ($86,292)
   - 6 persons ($92,684)
   - 7 persons ($99,076)
   - 8 persons ($105,468)

If you answer yes to all three questions, you may qualify for assistance through the HAF Program.

You may use this link to fill out the HAF application: https://squaxin.formstack.com/forms/hafa, or you may request a copy of the application from the contact list below.

If you have any questions or need assistance with the application, please contact:

Lisa Peters: lpeters@squaxin.us (360) 432-3871
OR
Liz Kuntz lkuntz@squaxin.us (360) 432-3937
What’s up at the
Tu Ha’ Buts Learning Center

Julie Youngs - This school year has been a challenge for sure. Just as we were thinking January 2022 was going to start smoothly, we ended up with staff unable to work in person! Unfortunately, this meant Student Advocates, the Virtual Academy staff, Homework Helpers, and pretty much everyone else was working from home and not able to work on site with students. We are hoping February is an easier month!

Student Advocates are now available at:
Bordeaux Elementary: Tamika Krise
Olympic Middle School: Kiana Wily
Shelton High School: Isabelle LeClair
OBJH: We hope to fill this position soon

If your student attends one of these schools and needs any help, tell them to ask for their Squaxin Student Advocate! If your student needs to miss school for any reason, please coordinate with your Student Advocate to arrange for schoolwork.

Squaxin Island Tribe’s Virtual Learning Academy had a couple of truly virtual weeks where the students had to work from home due to Covid restrictions, but we are back in person. Eighth - 12th grade students attend in the mornings and K-7th grade students attend in the afternoons. The school is open Mondays, Tuesdays, Thursdays and Fridays. Parks and Rec is partnering with us to provide snacks and lunch as well as before and after school activities. Students are able to do schoolwork from home as well as in-person at the Education Center.

Homework Help is back Mondays, Tuesdays and Thursdays from 3:00-7:00 p.m. at the Education Center. We now have three Homework Helpers each afternoon to help students with whatever schoolwork they wish to work on, such as practicing math facts for fun, getting creative with art projects, finding a comfy spot to read a book, or whatever! This is open to kids from any school, any district.

If you are struggling with attendance issues, please get in touch with Jaimie Cruz, she can help find resources, new strategies, student support, or something else we haven’t thought of yet. This year is a tough one for students, and staying engaged can be a huge challenge. Jaimie is someone who can help provide opportunities and options.

Higher Education students, if you have not sent in your final grades from fall yet, please do so as soon as possible. Scholarships are now becoming available. As soon as I receive information on scholarships, I will forward that to all Higher Education students. Spring quarter is quickly approaching. If you plan to attend and are not a current Higher Education student, please stop my office or give me a call so I can go over the required documents with you. Paperwork for spring quarter is due back no later than March 11th. If you have any questions, reach out to Mandy Valley, (360)432-3882, mvalley@squaxin.us.

Name: ____________________________

Nature WALK

Directions: Check off the items you find on your walk.

- dirt
- leaf
- flower
- spider
- butterfly
- mushroom
- worm
- bird
- ant
- bee
- squirrel
- sprout
- tree
- cloud
- grass

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Health Clinic

South Puget Intertribal Planning Agency

USDA Foods Program
February Dates

PT. GAMBLE S’KLALLAM 2/3/22
SQUAXIN ISLAND 2/8/22
SKOKOMISH 2/11/22
CHEHALIS 2/17/22
NISQUALLY 2/18/22

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. 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.

You Can Help Your Family Lower Their Cholesterol

When you go to the clinic and get your cholesterol level checked, your health care provider will talk to you about your cholesterol numbers and what they mean.

The reason these numbers are important is because having cholesterol in target ranges means you have less risk for heart disease.

But no matter what the numbers are, you can improve you and your family’s overall health, and reduce everyone’s risk for heart disease. As a family, start doing these four things:

1. Walk at least 30 minutes, five days a week.
2. Eat foods high in fiber like beans, broccoli, apples, and whole grains like oatmeal.
3. Eat fewer high-fat foods.
4. Stop smoking, or if you don’t smoke, don’t start.

Call your health care provider today to get your cholesterol level checked. Make the four steps listed above parts of your family’s healthy lifestyle.

Basic Bean Soup Recipe

Ingredients:
- 3 tablespoons olive or Canola oil
- 1 medium onion, chopped
- 1 tablespoon ground cumin
- 2 - 3 cloves garlic, diced
- 2 (14 1/2 ounce) cans black beans, rinsed
- 2 cups chicken or vegetable broth
- salt and pepper
- 1 small red onion, chopped fine
- 1/4 cup cilantro, chopped

Directions:
1. In a large pot, sauté onion in oil until cooked.
2. Add cumin.
3. Cook 30 seconds, then add garlic and cook for another 30 to 60 seconds.
4. Add the black beans and vegetable broth.
5. Bring to a simmer, stirring occasionally.
6. Add salt and pepper to taste.
7. Serve with garnish of red onion and cilantro.

You can add carrots, celery and squash to make this an even healthier dish! In step 1, sauté cube-sized vegetables with the onion, then continue with the rest of the steps.

Produced by the IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov

MAKE EVERY MOVE COUNT

When you Move More every day, you can reach some pretty big goals over time. Small steps can add up to huge strides — in your physical health, mental health, stress levels, sleep, productivity, relationships and more. Let movement take you places you never thought possible!

10 Minutes of stretching is like walking the length of a football field
2.5 Hours of walking every week for a year is like walking across the state of Wyoming
30 Minutes of singles tennis is like walking a 5K
1 Hour of dancing every week for a year is like walking from Chicago to Indianapolis
20 Minutes of vacuuming is like walking one mile
30 Minutes of grocery shopping every other week for a year is like walking a marathon

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Get Boosted!

What is a COVID-19 booster shot?
A COVID-19 booster shot is an additional dose of a vaccine given after the protection provided by an original vaccine has begun to decrease. Boosters help people maintain or increase their level of immunity.

Boosters do not mean an original vaccine is not working. Many vaccines need boosters, especially those that are not derived from a live virus, such as the COVID-19 vaccines.¹

Why do we need boosters?
Over time, COVID-19 vaccines lose some of their ability to protect against mild to moderate disease. They are still very good at fighting serious disease, but preventing any spread of the disease is important. Boosters rebuild, and can even increase, our immunity against COVID-19.² and boosting the immune system after a pause can also improve immunity against new COVID-19 variants.

Who is eligible to get a booster?
All fully-vaccinated people ages 16 and older for Pfizer and 18 and older for Moderna and Johnson and Johnson are eligible for booster shots. You can receive a booster after:

- Six months after your second dose of either the Pfizer or Moderna vaccines.
- Two months after your Johnson and Johnson vaccine.

Which booster should I get?
Anyone 18 and older can choose any vaccine for their booster. The CDC recommends either the Pfizer and Moderna vaccines.³ Children ages 16 and 17 are only eligible for the Pfizer vaccine at this time.

Do boosters have side effects?
You can expect the same side-effects you experienced when originally vaccinated. Common side effects include pain at the injection site, chills, fever, tiredness, headache, and muscle pain. These are normal signs that your body is building protection against COVID-19 and the booster is working.

Where can I get a booster? Will I have to pay for it?
Just like COVID-19 vaccines, boosters are free. Some providers may charge administrative costs.

Check with your Tribal health clinic to see if they are offering booster shots. Boosters are also available at many pharmacies, including Walgreens, Rite Aid, Safeway pharmacies, and others. You can also check the Vaccines.gov website to find a site near you. [https://www.vaccines.gov/](https://www.vaccines.gov/)

Stay safe for the holidays.
Many people will not receive boosters in time for holiday gatherings, but you can still stay safe.

Protect yourselves and your guests by planning your gathering so people can circulate easily, there is good air flow, and vulnerable people are not crowded. And, wear well-fitted masks when not eating.

¹ [https://www.hhs.gov/immunization/basics/types/index.html](https://www.hhs.gov/immunization/basics/types/index.html)
⁶ [https://publichealthinsider.com/2021/11/03/](https://publichealthinsider.com/2021/11/03/)
⁷ [https://www.cdc.gov/mmwr/volumes/70/wr/mm7050e2.htm?s_cid=mm7050e2_w](https://www.cdc.gov/mmwr/volumes/70/wr/mm7050e2.htm?s_cid=mm7050e2_w)
## Covid-19 Statistics

### Vaccinations
**Dec. 15 - Jan. 15**

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<th>2nd Dose</th>
<th>Booster</th>
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<td>Moderna</td>
<td>1</td>
<td>3</td>
<td>65</td>
</tr>
<tr>
<td>Pfizer (5-11 year-olds)</td>
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**Totals Through Pandemic**

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<th>1st Dose</th>
<th>2nd Dose</th>
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<tr>
<td>Fully Vaccinated</td>
<td>1,138</td>
<td>1,126</td>
<td>276</td>
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**Vaccines Provided**

- 1,123
- 2,532

### Tests
**Dec. 15 - Jan. 15**

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<th>Positive</th>
<th>Negative</th>
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<td>353</td>
<td>459</td>
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### Vaccine Status of Positive Cases
**Dec. 15 - Jan. 15**

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<th>1 Dose</th>
<th>2 Doses</th>
<th>Boosted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unvaccinated</td>
<td>47</td>
<td>3</td>
<td>47</td>
</tr>
<tr>
<td>1 Dose</td>
<td></td>
<td>47</td>
<td>9</td>
</tr>
</tbody>
</table>

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**Thank YOU! for getting vaccinated!**

- Squaxin Island Tribal Council
Carly's Corner:
Diabetes and Your Oral Health
Submitted by Carly Goltiani, Registered Dental Hygienist at Squaxin Island Dental Clinic - If you or someone you know has diabetes, I am sure you are aware of some of the extra challenges to staying healthy and comfortable. But are you aware of how diabetes can affect what goes on in the mouth? According to the Center for Disease Control and Prevention, diabetes can cause the following negative effects on oral health:

- If your blood sugar is high, the sugars in your saliva will also be high. This will increase bacterial activity which can lead to tooth decay and gum disease.
- Gum disease can be worse with more inflammation and bleeding and take longer to heal.
- Oral infections can take longer to heal.
- Dry mouth caused by less saliva production can increase risk of cavities.

So what can you do? The most important steps to proper health are to keep your diabetes properly managed and to see your dentist regularly. Follow these important tips to keep your mouth happy and healthy (this also applies whether you have diabetes or not!):

- Brush your teeth twice a day for 2 minutes each time. An electric toothbrush with fluoride toothpaste is going to give you the best cleaning.
- Floss your teeth at least once a day.
- Use a fluoride and anti-ingivitits mouth rinse 1-2 times a day.
- Regular dental visits at least every 6 months that include check-ups and cleanings with yearly x-rays.

Call your Squaxin Island Dental Clinic today at (360) 432-3881 to make an appointment.

Elders Menu . . . Fruit and salad at every meal

MONDAY 7: Steak & Potatoes

MONDAY 14: Shrimp Scampi, Sautéed Mushrooms, Squash & Zucchini

MONDAY 21: Tuna Casserole, Peas

MONDAY 28: Chicken Pot Pie

TUESDAY 1: Chicken Rice Soup, Egg Salad Sandwiches

TUESDAY 8: Clam Chowder, Fry Bread

TUESDAY 15: Split Pea Soup, Roast Beef Sandwiches

TUESDAY 22: Chili, Corn Bread

WEDNESDAY 2: Burritos

WEDNESDAY 9: Spam & Cabbage, Rice

WEDNESDAY 15: Hamburgers

WEDNESDAY 23: Chicken Yakisoba

THURSDAY 3: French Dips

THURSDAY 10: Chicken Fajitas

THURSDAY 17: Breaded Veal, Mashed Potatoes w/ Gravy, Mixed Vegetables

THURSDAY 24: Salmon Steaks, Veggie Rice w/ Broccoli

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.
Happy Birthday Lydia!

We Love You!

Love, Randy, Cynthia, Brandon and Baby William!
Community

What's Happening

Court:
FAMILY COURT: February 3 via Zoom
CRIMINAL/CIVIL COURT: February 8 in person
VULNERABLE ADULT COURT: February 17 in person
(subject to change)

USDA FOODS
WIC
February 8
February 8

Addiction is real. So is Recovery.

You matter and we care.
Let us help you back to recovery. Make the call today, and find out what resources are available.

- Opioid treatment
- Outpatient services
- Treatment services, referrals & more

Business Hours
Monday - Friday
8:30 am - 5:00 pm
360-426-1582

SQUAXIN ISLAND TRIBE
Behavioral Health
Outpatient Services

Thank YOU for protecting our community by getting vaccinated!
-Squaxin Island Tribal Secretary Patrick Braese

To contact a Squaxin Island Police Officer Call:
360-426-4441
If it is an EMERGENCY CALL 911
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., Feb 8, 2022
We are continuing
remote phone appointments
at least thru March 2022 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.

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**Thank YOU**
for protecting our community
by getting vaccinated!
- Squaxin Island Tribal Council Member Andy Whitener

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**Early Head Start**
Now Recruiting Pregnant Women and Children Birth to Three

**Free Quality Preschool for Your Child**
ECEAP helps all children enter kindergarten ready to succeed

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

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

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

**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.

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Squaxin Island Child Development Center
(360)426-1390

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Squaxin Island Child Development Center
(360)426-1390