Traditional Foods Day
We started off Stepping Stones with some hands-on learning from several highly appreciated collaborations with people and industries in our community.

We had teachings from an Elder and a day on Squaxin Island learning clam digging from Tyler Johns, plant identification with Aleta Poste, and some information about the importance of taking care of our shores and clams from Candace Penn and Leila Whitener.

At the end of the week, we enjoyed a big celebration, collaborating with I.E.I for a Traditional Foods Day, bringing together all the teaching and activities we had done throughout the week. Our Traditional Foods Day was a huge success with so much awesome support for our youth from the Squaxin community.

We had a great turnout as all of all of Summer R.O.O.T.S youth were there to join in the festivities and enjoy some traditional food and community time. Chairmen Kris Peters and Secretary Patrick Braese were also there to show their support from our Tribal Council. And, of course, our Vice-Chair Jaimie Cruz was there as she is one of our education staff.

Everyone very much enjoyed the salmon, clams, and oysters that I.E.I’s Dave Johns and Mike Ogden came through to cook for us in the traditional way. For several of our youth, learning about salmon sticks and how to cook salmon was their favorite part of the day.

Salish Roots Farm brought in some berry cobbler, elk stew, and the roasted camas that our mentors had harvested with them earlier in the month. For dessert we got to enjoy the wild blackberry pies that Stepping Stones youth made with Granny Vicki Kruger just a few days prior.

The vibes were high and the day was filled with good medicine as many of our youth got to experience their first time trying traditional foods, their first-time trying salmon, their first time involved in a community event and, with much excitement, their first time pulling in a canoe! Jeremy Walls brought out the Klabsch on a last-minute request. It was the cherry on top of the day as our skipper, Tamika Krise, taught the ways of pulling in the canoe. We sang together, we pulled together, and we shared an amazing meal together, leading with example of the way a community can come together to create something magical for us all.

A special thanks to all of our other community members who came and showed support to the youth. Your presence made a difference in showing the youth the power of coming together! We hope to make many more memories like this for the youth and community.

- Kiana Wily, Middle School Advocate, Squaxin Education Dept.

More photos on Page 2
Traditional Foods Day
Shellfish Career Exploration
Stepping Stones has always been a career training program for our youth to build some foundational skills before they head off to join the work force.

This year we have been learning a lot about the careers that surround and support our treaty rights to harvest clams and oysters and fish our waters.

We started off on Squaxin Island getting to hear some first-hand knowledge from a couple of our biologists from Natural Resources, Candace Penn and Leila Whitener. They shared with us the educational and life journeys that brought them full circle back home to give their knowledge and skills back to their community. They also explained how important it is to take care of our waters now, so that the harvesting of our shellfish can thrive in the future.

Tyler Johns from Clam Fresh was also there to show the kids some digging skills and the different kinds of clams that grow on the island. Clam Fresh also welcomed us to their nursery to show us the steps and efforts that go into keeping our clams, oysters, and Salish sea healthy. We were shown where the algae is grown and the meticulous steps taken to curate the best nutrition possible for the clams and oysters. They explained to us the process of starting out the shellfish as seeds and mindfully caretaking for them as they grow and move them to larger vats. From there we got to see how they sort out the shellfish by sizing grade using a super cool machine that jostles the baby shellfish through different sized grating. We ended the visit with a barge cruise by the oyster beds and got to see some Clam Fresh employees harvesting fully matured oysters.

The following week, Stephanie Bishop and her team from the Thurston County Conservation District set up interactive learning stations for the kids to further explore science and careers focused on shellfish. They brought super fun tools for us to get familiar with like microscopes and water testing supplies. We walked our shores and identified the plants and critters that live in our tidelands. We also got to do some marine plankton identification. The youth had a blast learning how to use the microscopes and discovering things on a microscopic level. A new art form, pressed algae art, was also taught to our Stepping Stones team. We are looking forward to our upcoming activities with Thurston County Conservation District and learning about more career opportunities in the shellfish and wildlife industries.

- Kiana Wily, Middle School Advocate, Squaxin Education Dept.
Summer Youth Employees

Jacob Bethea
Jacob Bethea is the son of Clayton Bethea. He just finished 11th grade and will be doing landscaping for the Maintenance Department. He is looking forward to working with everyone.

Trent Brown
Trent Brown is the son of Kristin Penn. He just finished 10th grade and will be working for the Natural Resources Department.

Justin Case
Justin Case is the son of Candace and Lawton Case. He just completed 10th grade and will be working for Maintenance this summer. He is looking forward to working with everyone.

Malachi Johns
Malachi Johns is the son of Lisa Johns and will be working for the Information Services Department. He is looking forward to working with information technology and has a lot of knowledge.

Trent Brown
Trent Brown is the son of Kristin Penn. He just finished 10th grade and will be working for the Natural Resources Department.

Jesse Cain
Jesse Cain is the son of Guy and Wendi Cain and grandson of Dorinda Thein. He just completed 9th grade and will be working for Parks and Recreation.

Brandon Campbell
Brandon Campbell is the son of Marvin and Erin Campbell and will be working for Planning and Community Development Utilities. He just graduated from Northwest Christian High School and is looking forward to working hard and serving the Squaxin Island community.

Jocelyn Campbell
Jocelyn Campbell is the daughter of Marvin and Erin Campbell and will be working in the LCCR Human Resources Department.

David Clark
David Clark is working at Family Services.

Alanzo Grant
Alanzo Grant is the son of Melissa Henry and Alonzo Grant. He attends CHOICE High School and will be working for the Natural Resources Department.

Syncere Ho
Syncere Ho is the son of Niketa and Steven Ho. He just completed 9th grade and will be working for the Summer R.O.O.T.S. Program. He is looking forward to working with everyone.

Malachi Johns
Malachi Johns is the son of Lisa Johns and will be working for the Information Services Department this summer. He is looking forward to working with information technology and has a lot of knowledge.
Summer Youth Employees

Aiyanna Krise
Aiyanna Krise is the daughter of John Krise II and Shayla Wilkins. She just completed 9th grade and will be working for the Summer R.O.O.T.S. Program.

Randy Koshiway
Randy Koshiway is the son of Bob Koshiway and Sally Scout. He just completed 10th grade and is very happy to have a job at Natural Resources this summer.

Sarah Koshiway
Sarah Koshiway is the daughter of Bob Koshiway and Sally Scout. She just completed 10th grade and will be working as a Cook’s Assistant for the Summer R.O.O.T.S. Program. She is really looking forward to working with this program.

John Krise III
John Krise, III is the son of Shayla and John Krise, Jr. He will be working as a Wastewater Trainee. He just completed 11th grade and is looking forward to working this summer.

Myeisha Littlesun
Myeisha Littlesun is the daughter of Chale Littlesun and Crystal Edwards. She just finished 11th grade and will be working at the museum. She is looking forward to working and meeting everyone.

Tayla Logan
Tayla Logan is working at the KTP.

Jason Longshore
Jason Longshore is working for the Natural Resources Department.

Jordan Lopeman-Johns
Jordan Lopeman Johns is working at the KTP.

Mykah Masoner
Mykah Masoner is the son of Chasity Masoner and is from the Henry family. He just completed 9th grade and will be working as a Chef for the Summer Rec Program.

Tanalee Mendoza
Tanalee Mendoza is the daughter of Davina Braese and Estevan Mendoza. She just completed 10th grade and will be working as a Cook’s Assistant for the Summer R.O.O.T.S. Program. “Love ya, bye,” she says.
Summer Youth Employees

Alysa Meyer
Alysa Meyer is the daughter of Stephanie Hodkinson and Jeremy Meyer. She will be working as a Summer R.O.O.T.S. Assistant. She just finished 10th grade and is looking forward to working with everyone.

Benjamin Naranjo
Benjamin Naranjo is the son of Rachel Naranjo Johns and Ernesto Naranjo Sr. and grandson of Conrad and Liz Yeahquo. He is working at the KTP.

Shae Peters
Shae Peters is the daughter of Kris and Brandi Peters. She just completed 10th grade and will be working for the Summer R.O.O.T.S. Program. She is very excited to be working this summer.

Ana Pinon
Ana Pinon is the daughter of Susan and Moose Laclair. She just finished 11th grade and will be working as a Summer R.O.O.T.S. Assistant. She just completed 10th grade.

Grace Pugel
Grace Pugel is the daughter of Juanita and Anton Pugel. She just finished 11th grade and will be working as the Executive Services Receptionist Trainee. She invites everyone to have a great day.

Micha Roberts
Micha Roberts is the son of Patricia Green and Michael Roberts. He just finished 9th grade and will be working as an Activities Assistant Trainee for the Summer R.O.O.T.S. Program. He says, “Apples are pretty good and, if you don’t agree, tell me why?”

Eva Rodriguez
Eva Rodriguez is the daughter of Larane Gamber and Fernando Rodriguez. She just completed 11th grade. She is looking forward to working for the Tribe this summer and learning new things.

Alea Shea
Alea Shea is the daughter of Christina and Beau Henry. She just finished 9th grade and will be working at the daycare center. She says she looks forward to working with the program and that is a big learning experience.

Alexia Snyder
Alexia Snyder is the daughter of Amber and Ramon Gomez. She just finished 9th grade and will be working at the daycare center. She looks forward to working with everyone!

Jazmyn Snyder
Jazmyn Snyder is the daughter of Amber Gomez and Jesse Thomas. She will be working as a Legal Intern. She just completed her freshman year at the University of Oregon. She looks forward to meeting new people and gaining more experiences.
Lila Wentworth
Lila Wentworth is the daughter of Kezia and Ben Wentworth. She just completed 9th grade and will be working for the Summer R.O.O.T.S. Program. She is looking forward to working with everyone and says she will do her best.

Kameron Weythman
Kameron Weythman is the son of Tamika Green and Justin Weythman. He just completed 9th grade and will be working for the Summer R.O.O.T.S. Program.

Judah Thale
Judah Thale is the son of Erika and Tyler Thale. He just completed 8th grade and will be working as a Cook for the Summer R.O.O.T.S. Program.

Selah Thale
Selah Thale is the daughter of Erika and Tyler Thale. She just completed 10th grade and will be working as a Summer R.O.O.T.S. Program Assistant. She is so excited to work with this program again.

Judah Thale
Judah Thale is the son of Erika and Tyler Thale. He just completed 8th grade and will be working as a Cook for the Summer R.O.O.T.S. Program.

Selah Thale
Selah Thale is the daughter of Erika and Tyler Thale. She just completed 10th grade and will be working as a Summer R.O.O.T.S. Program Assistant. She is so excited to work with this program again.

Raiatea Villanueva
Raiatea Villanueva is the daughter of Chasity Villanueva and is from the Krise family. She just finished 10th grade and will be working for the Summer R.O.O.T.S. Program.

Not Pictured
Holly Whitener

June 2022
Summer Youth Employees

Squaxin Island Tribe - Klah-Che-Min Newsletter - August 2022 - Page 7
Kiona Krise is the daughter of Casey Krise and Jill Kenyon. She just completed 11th grade and is looking forward to meeting the youth and working with the older mentors.

Adarius Coley is the son of Theresa Sanchez and Clinton Coley. He just completed 10th grade and is looking forward to seeing everyone this summer.

Esteban Mendoza is the son of Yolanda Silva and is from the Krise family. He just finished 11th grade and is looking forward to working with Stepping Stones.

Anita Peterson is the daughter of Susan and Moose Laclair. She just finished 10th grade. She looks forward to all the good we do.

Jayden Holden is the son of Jennifer Cookston and Greg Holden (Kenyon). He just completed 10th grade.

Jasmine Rivera is the daughter of Tony Rivera and granddaughter of Rose Davis. She just completed 10th grade.

Training with Native Wellness Institute
The week before Stepping Stones began, our mentors had the awesome opportunity of receiving training from Josh Cocker and Shalene Joseph of the Native Wellness Institute. Josh, Shalene, and their guest, Spencer, shared their wonderful stories, songs, and resources of team leading, team building, and how we can incorporate traditional teachings into even the smallest of activities.

Our team grew stronger together as we worked through the games and challenges we were given as a team. There were some tears as we talked about the generational cycles that affect us and our youth, but far more laughter and smiles when we pointed out the strength of our community and of our people as individuals. The skills of all our individual mentors on our Stepping Stones team shone through as we learned more about ourselves and the mutual goals we share in encouraging our youth to follow a good path. Native Wellness training was just what we needed to instill the confidence and leadership skills we needed to start off Stepping Stones in a good way!

- Kiana Wily, Middle School Advocate, Squaxin Education Dept.
Stepping Stones C.E.R.T Training

Our Stepping Stones teens are now equipped with the knowledge and tools needed to handle an emergency situation after our three-day, 21-hour Community Emergency Response Training.

We are very proud of our youth as they pushed themselves through a vigorous training packed with tons of knowledge about how to support themselves, families, and community in a time of crisis.

The Tribal Emergency Management Association (TEMA) led by Osage and Cherokee tribal member, Jake Heflin, came up from California, bringing their trailer of safety gear, triage supplies, and tools that can be used in emergencies.

In those three days, our staff and students learned how to identify an emergency and respond appropriately, how to properly use a fire extinguisher to put out a fire, how to manage wounds with triage, and how to partake in a Search and Rescue.

This training pushed many of us outside our comfort zones when we were put into practice situations leaving us having to trust in one other to get the job done and get everyone taken care of. Several of our youth let their leadership skills shine as they stepped to the plate to coordinate running these emergency simulations.

At the end we were all sent home with C.E.R.T official backpacks, hard hats and vests, and dry-bags containing first-aid supplies to handle anything from burns to jellyfish stings to a laceration. The future of the Squaxin C.E.R.T team is promising!

Thank you to the Squaxin C.E.R.T team members who showed up to our training to show their support for our teens.

- Kiana Wily, Middle School Advocate, Squaxin Education Dept.
Open House Photos by Marcella Cooper

Jolene Peters:
Family Services Office Manager and Tribal Member Employee

Contact information for getting in touch with Jolene: (360) 432-3995 or jopeters@squaxin.us.

We also took time to ask Jolene a few questions about the job.

Q: Why do you do this work with your Tribal Community?
A: “I want to give back and I think it’s important to be present for our community. Also, I appreciate being a shining light of positivity and resiliency to the community.”

Q: What would you want the community to know about Family Services?
A: “We are truly a team and a family – we genuinely care for our community and strive to provide excellent and consistent services to all.”

Thanks for your time and work, Jolene. You really are a beacon of joy and kindness.
Reflection Pond Cleanup
The Department of Planning and Community Development awarded the reflection pond landscape cleanup contract to Robert’s Lawn and Home Care, which is owned by Tribal member Kristen Penn and partner Jeremiah Roberts. Robert’s Lawn and Home Care provided a much-needed landscape cleanup, bed maintenance, weed removal, and new mulch around the Reflection Pond area. The Tribe’s Utilities team members also pitched in during this busy season to assist with landscape cleanup around the Community Kitchen and Administration building. The campus is looking great.

Looking Forward Together:
Elders’ Supports & Services ~ Your Health and Wellness
Tuesday, August 16, 2022
10:00am - 3:30pm
Little Creek Casino
91 WA-108
Shelton, WA 98584
You are invited to an intertribal gathering of tribal elders, caregivers, and service providers.

Online Registration Now Open
Let us know by August 8, 2022 if you plan to attend
bit.ly/3H6wW4c
Topics include:
Hearing
Vision
Call Debbie Gardipee at 360.426.3990 for questions and special accommodations
Dgardipee@spipe.org
Mshilley@spipe.org
Lunch Provided!

Scan this QR code with your smart phone and be taken directly to the online registration!
Summer R.O.O.T.S. Day Camp Calendar

<table>
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<th>August 2022</th>
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<tbody>
<tr>
<td>Monday</td>
</tr>
<tr>
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<tr>
<td>1</td>
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<tr>
<td>Water Coloring Painting</td>
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Squaxin Island Parks & Rec

**BACKPACK GIVEAWAY**

**WEDNESDAY, AUGUST 24, 2022 & THURSDAY, AUGUST 25, 2022**
FROM 3:30 P.M. - 6:30 P.M.

**AT THE SQUAXIN GYM**

EVERYONE MUST REGISTER BY: FRIDAY, AUGUST 19TH.

If you have questions, contact:
Kasia: 360-432-3801
Jerilynn: 360-432-3992
Kenna: 360-432-3895

Scan Me

**BASKETBALL**

YOUTH 5 AND UP ARE WELCOME

**WEDNESDAYS**
DRILLS AND SCRIMMAGE
5:00PM - 7:00PM

**SATURDAYS**
CONDITIONING FROM 6:00PM-7:00PM
OPEN GYM FROM 7:00PM-9:00PM

COACH: MARQUIS GLASS

For Questions, please contact Kenna @ 360-349-6414
Housing Survey
Squaxin Island Tribal Members 18 and over, we would like to hear from you. The Squaxin PCD Department is gathering information from ALL Tribal Members (18 and over) on housing needs for planning future developments. This information is vital in order to provide Tribal Members with the type of Housing they need.

Complete a survey and return it by September 15, 2022, to have your name entered in a drawing for a $100 VISA gift card.

The survey can be found at: https://squaxinisland.org/housing-survey. You may also request a copy of the application from one of the persons listed on the contact list to the right.

If you have any questions or need assistance with the survey, please contact:
Lisa Peters / lpeters@squaxin.us / (360) 432-3871
Liz Kuntz / lkuntz@squaxin.us / (360) 432-3937

Check the bottom of the survey for return options.

Homeowner Assistance Fund (HAF)
Help for Homeowners in Need
If you have experienced a financial hardship due to COVID-19 that resulted in mortgage delinquency, we may be able to help.

Attention: Squaxin Island Tribal Homeowners (on or off reservation)

The Squaxin Island Tribe, Office of Housing has received funding through the Department of Treasury for the Homeowner Assistance Fund (HAF). We are accepting applications from Squaxin Island Tribal homeowners who meet the following criteria:

1. You own the home you live in and it is your primary residence, on or off reservation.
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
   - Home displacement due to critical home repairs (roof, structure damage)
3. Your income falls at or below these guidelines:
   - 1 person ($63,000)
   - 2 persons ($72,000)
   - 3 persons ($81,000)
   - 4 persons ($90,000)
   - 5 persons ($97,200)
   - 6 persons ($104,400)
   - 7 persons ($111,600)
   - 8 persons ($118,800)

Please go to: squaxinisland.org/government/departments/community-development to fill out the forms listed below. You may also request a copy of the application from the contacts listed below.

Squaxin HAF application
Squaxin Financial Assistance Form – HAF
Release of Information

If you have any questions please contact:
Lisa Peters / lpeters@squaxin.us / (360) 432-3871
Liz Kuntz / lkuntz@squaxin.us / (360) 432-3937

Mosquito Problems Start At Home

Recycle old bottles, buckets, and cans.

Clean garden ponds and stock with fish.

Clean leaf clogged gutters.

Repair leaky faucets and sprinklers.

Keep water fresh. Drain standing water from around stock troughs.

Empty water from flower pot dishes.

Cover barrels and buckets.

Don’t Give Mosquitoes A Chance!
Mosquitoes need water to breed and grow. It doesn’t take much water and it doesn’t take much time. So, almost anything that will hold water for one week or more can produce these pests. Many places around your home may be causing mosquito problems. Get rid of places where water collects and mosquitoes won’t have a chance!
**Water Conservation and Fire Danger Signs**

With the weather turning warmer, please remember to check the signs at the front and back of the reservation for water levels and fire danger.

Attached is an explanation of water levels, along with recommended actions we can take to avoid water shortages this summer.

Please do your part to conserve and protect. Thank you for your cooperation!

Questions, please contact Jeromy Meyer: Jsmeyer@squaxin.us.

---

**Level 1:** When SCADA indicates that the water level in Production Well #1 is above 10 ft

- Generally recommended
  - Residences, Businesses, and Government Offices on the Reservation
  - Shorten shower times, fix leaky faucets, toilets, and other water fixtures. Turn off the tap while shaving and brushing teeth. Only run laundry and dishwashers when they are full.

**Level 2:** When SCADA indicates that the water level in Production Well #1 is at 10 ft or below, the following is:

- Recommended
  - Residences, Businesses, and Government Offices on the Reservation
  - General recommendations continue. New conservation ideas are welcome.
  - Lawns and Gardens: Water only in late evening or early morning. Water every other day instead of every day.
  - Do not wash vehicles on the reservation. Wash vehicles at car washes in town.
  - Cover swimming pools to prevent evaporation.
  - Slip and Slides- Run hose or sprinkler at half-pressure.
  - Don’t pressure wash- Hold-off on pressure washing roofs and driveways until the fall rains come.

**Level 3:** When SCADA indicates that the water level in Production Well #1 is at 5 ft or below, the following is:

- Strongly recommended- Implication of not carrying out these measures may result in failure of Production Well

  - Residences, Businesses, and Government Offices on the Reservation
  - General recommendations continue. New conservation ideas are welcome.
  - Do not water lawns or flowers. Limit watering to fruit and vegetable gardens.
  - Do not wash vehicles on the reservation. Wash vehicles at car washes in town.
  - Do not fill pools.
  - Do not run slip and slides.
  - Don’t pressure wash- Hold-off on pressure washing roofs and driveways until the fall rains come.

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**Salish Cliffs Golf Course**

- Implement voluntary measures to conserve water within the facilities.
  - General recommendations continue. New conservation ideas are welcome.
  - Avoid pumping of Valet Parking, Cedar Fence, and Clary Wells, if possible. The Hole 11 well may be pumped.

**Casino Area, including Kamilche Trading Post, Event Center, and RV Park**

- Implement voluntary measures to conserve water within the facilities. Hotel already gives guests the option to decline linens services.
  - General recommendations continue. New conservation ideas are welcome.
  - Limit casino area lawn irrigation. Irrigation with reclaimed water is ok.
  - Subirrigate RV park lawns every other day.
  - Defer pressure washing to after the fall rains come.
  - Do not wash vehicles on the reservation. Wash vehicles at car washes in town.

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DRAFT - Last Revised July 7, 2018
**Covid-19 Statistics June 15 - July 15**

**Vaccinations**

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<td>Pfizer (12 and up)</td>
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<td>TOTALS</td>
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**THROUGH PANDEMIC**

- Fully Vaccinated: 2,323
- Vaccines Provided: 2,777

**Tests**

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<th>Negative</th>
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**Vaccine Status**

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<tr>
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**Vaccine Status Percentages**

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<td>0%</td>
<td>33%</td>
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<tr>
<td>Negative</td>
<td>17%</td>
<td>0%</td>
<td>0%</td>
<td>33%</td>
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**988 Suicide and Crisis Lifeline**

On July 16, 2022, you can call, text, or chat 988 to be connected to the National Suicide Prevention Lifeline (NSPL). It will be confidential, free, and available 24 hours a day, 7 days a week, 365 days a year.

Services will be available in Spanish, along with interpretation services in over 250 languages. For people who are deaf, hard of hearing, and TTY users: Use your preferred relay service or dial 711 then 1-800-273-8255.

You can dial 988 if you are having:
- Thoughts of suicide
- Mental health crises
- Substance use crises
- Any other kind of emotional distress

You can also dial 988 if you are worried about a loved one who may need crisis support.

988 will not replace any crisis call centers in Washington state. It is an addition to the state’s network of crisis center providers. The current (NSPL) number, 1-800-273-TALK (8255), will remain active along with 988.

There will be no changes to dispatch for Designated Crisis Responders and mobile crisis teams or the functions of any other regional crisis service.

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**Thank YOU for protecting our community by getting vaccinated!**

- Squaxin Island Tribal Secretary Patrick Braese

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**Now Is The Time To Schedule Your Kids’ Back-To-School Dental Exams and Cleanings!!**

**Start the School Year Off With Clean Teeth and Healthy Habits!**

Call Squaxin Island Dental Clinic at (360) 432-3881

Today to Schedule
Health Clinic

August is Breastfeeding Awareness Month

*Mother’s Milk is the BEST*

*Breastfeeding: The healthiest choice for my babies and me*

—Kasia Seymour, Squaxin Island Tribe

When I was 10 years old, I watched my mom breastfeed my newborn brother. I saw how they bonded and how my grandma supported them. I knew then that I would breastfeed. I knew I wanted that close bond with my children.

Breastfeeding became important in my heart.

*I had my first son as a teenager and breastfeeding was not easy at first.* I had some pain and trouble latching. My Mom tried to help, but she didn’t have breastfeeding problems, so she didn’t know how to help. The lactation nurse at St. Pete’s gave me some latching and positioning tips and breastfeeding was easy after that. Any other issues I had, I talked with my mom and grandmother who knew what to do. *Breastfeeding helped me recover faster from giving birth, gave me more energy, was convenient, and the bonding has lasted a lifetime.*

*I breastfed for the first year.* He didn’t get sick, even though he went to daycare. I know that breastfeeding gave him an immunity boost. I am so glad I breastfed all of my kids. My children come first!

Kasia and her son, TJ, when he was 1

*Kasia’s advice for pregnant moms:*

*Before the baby is born:*
1. Find out what you can about breastfeeding, so you’ll know what to expect
2. Get your support lined up—family and / or lactation specialists
3. Buy some lanolin in case you have any cracking
4. Buy or make some breastpads to catch any leaking from the breast

*Once baby is born:*
1. Try different holds for latching (football hold worked best for me)
2. If going back to work, get a breastpump (some insurances will pay for it)
3. Ask for help, you won’t regret the time you spent breastfeeding and bonding with your baby

This institution is an equal opportunity provider. Washington State WIC Nutrition Program doesn’t discriminate.
Elders Menu  . . . Fruit and salad at every meal

**MONDAY 1:**
Chicken Burger, Chips

**MONDAY 8:**
Shrimp Fettuccine Alfredo

**MONDAY 15:**
Stroganoff, Mixed Veggies

**MONDAY 22:**
Salmon, Roasted Red Potatoes, Broccoli

**MONDAY 29:**
Beef Fajitas, Spanish Rice

**TUESDAY 2:**
Broccoli Cheddar Soup, Turkey Sandwiches

**TUESDAY 9:**
Chicken Noodle Soup, Biscuits

**TUESDAY 16:**
Chili, Corn Bread

**TUESDAY 23:**
Pork Pozole, Tortillas

**TUESDAY 30:**
Clam Chowder, Biscuits

**WEDNESDAY 3:**
Crab Cakes, Veggie Rice

**WEDNESDAY 10:**
Pizza

**WEDNESDAY 17:**
Indian Tacos

**WEDNESDAY 24:**
Baked Chicken, Rice Pilaf

**WEDNESDAY 31:**
Ribs, Mac-N-Cheese

**THURSDAY 4:**
Baked Ham, Scalloped Potatoes, Carrots

**THURSDAY 11:**
Hamburgers, Mac Salad, Chips

**THURSDAY 18:**
Clams, Corn on the Cobb

**THURSDAY 25:**
Steaks, Mashed Potatoes, Brussel Sprouts

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**SQUAXIN COMMUNITY CULTURE NIGHT**

**Wednesdays 5pm-6:30pm**

@ the Squaxin Museum

Meals Provided

*This is a drug & alcohol free event*

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**EMERGENCY**

**CALL 9-1-1**

**FIRE POLICE MEDICAL RESCUE**

**SQUAXIN ISLAND TRIBE**

**Non-Life Threatening Emergencies**

<table>
<thead>
<tr>
<th>Emergency Operations Center (EOC) Hotline</th>
<th>Squaxin Police Department</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Information only - no voicemail) (360) 432-3947</td>
<td>Office Hours Monday - Friday 8:00-4:00 (360) 432-3831</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Community EOC Hotline (Questions and voice mail message)</th>
<th>PUD No. 3 Outage Hotline</th>
</tr>
</thead>
<tbody>
<tr>
<td>(360) 443-8411</td>
<td>(360) 426-8255</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Emergency Management Coordinator</th>
<th>Mason County Police Dispatch Non-Emergency</th>
</tr>
</thead>
<tbody>
<tr>
<td>(360) 443-8410</td>
<td>(360) 426-4441</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Community Emergency Response Team (CERT)</th>
<th>Mason County Fire Non-Emergency</th>
</tr>
</thead>
<tbody>
<tr>
<td>(360) 426-5308</td>
<td>(360) 426-3348</td>
</tr>
</tbody>
</table>
1 Barbara Gail Kennedy
Jeremie John Walls

3 Anne Elizabeth Burgain
Darlene Wood
Louise Isabelle Kathy Burgain
Randolph Bert Foster

4 Kelly Josephine Jones
Lawton Jebadiah Case
Leighton James Case
Norman Riley Price
Tyrone S. Seymour

5 Christopher Eugene Brown

6 Jill Danielle Kenyon

7 David Charles Johns
Robert David Koshiway Jr.

8 Ashley Mariah Renee Smith
Lettie Machado-Olivo
Lisa Fawne Frodert
Margaret Hazel Johns
Robert Edward Sigo
Roy Journey Bear Perez

9 Araceli Hernandez-Capoeman
Chasity Faye Masoner
David Wayne Peters Jr.
Juliet Lindsay James-Blake
Memphis Shawn Penn-Dodge
Nikieta S. Ho

10 Kalysi Renee Whitener

11 Marilyn Helene Mcfadden

12 Aaron James Edgley
Zaiden Elijah Jimmie

13 Brandon Eugene Campbell
Lola Noelle Bonin

14 Elena Lin James
Rory Jane Allen

15 Llewellyn Frank Parker
Narahia Lhee Gray
Zachary W. Sanchez

16 Beverly Jean Mesplie
Kevin Henry Spezza
Matthew James Cooper
Rachel M. Naranjo

17 Magdelano Roy Perez
Virginia A. Farron

18 Hannah Lucille Forcier

19 Naomi Reyes

20 Dionna A.P. King
Rock James Johns

22 Aidan Alan Sizemore
Greg Anthony Lewis Glover
Jessica Eliza Spiering
Rene De Anne Salgado

23 Andre James Woody-Johns
Cadence Joseph Henry
Ernesto Naranjo Johns Jr.
Jeremiah Billy Obi-Rivera
Julio F. Castillo

24 Bryce Mitchell Penn
Victoria L. Sanders

25 Mitchell John Carrington
Nicole Mae Bluebird

26 Eden Lee Van Cleave

27 Kaytlyn Joi Henderson
Meghan Elizabeth Burgain

28 Eathon Raymond Caasi
Jasper Silver-Hawk Cooper
Nancy Carol Combes
Rhonda Madge Foster
Terasa Malinda Kenyon

29 Angelo W. Rivera
Joseph D. Furtado
Lindsey Nicole Harrell

30 Catherine Mary Tuller
Debra Lee Sayers
Euphamie Lillian Whitener
James Ronnie Trinidad
Loreta Marie Swan Krise
Taylor Jeffrey Porad
**First Salmon Ceremony**
August 8th @ Noon      Port Blakely Property

**Talking Circles with Tribal Council**
Pizza with the Community:  August 8th @ 5:00      Ballfield
Breakfast with the Youth:  August 9th @ 9:30      Ballfield
Coffee with the Elders:     August 9th @ 2:30   Elders building

**Community Mushroom Project**
August 13th @ 3:00      Salish Roots Farm

**Backpack Give-Away**
August 24th & 25th from 3:30 - 6:30   Gym

**Court:**
Family Court:      August 4th
Criminal/Civil Court:  August 9th
Vulnerable Adult Court:  August 18th

**USDA FOODS**
WIC  August 10th
WIC  August 9th

**COMMITTEES, COMMISSIONS & BOARDS**
Please visit:
https://squaxinisland.org/tribal-member-info/committees-commissions-and-boards

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To contact a Squaxin Island Police Officer Call:
360-426-4441
If it is an EMERGENCY CALL 911

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Squaxin Island Tribe - Klah-Che-Min Newsletter - August 2022 - Page 19
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., August 9, 2022
We are continuing
remote phone appointments
through October 2022 due to
the COVID-19 virus
We will call you on your appt day

South Puget Intertribal Planning Agency
USDA Foods Program
August Dates
PT. GAMBLE S’KLALLAM 8/4/22
SQUAXIN ISLAND 8/10/22
SKOKOMISH 8/12/22
CHEHALIS 8/18/22
NISQUALLY 8/19/22

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

WIC: women, infants & children
This institution is an equal opportunity provider.
Washington State WIC Nutrition Program doesn’t discriminate.

What is Early Head Start?
Early Head Start is a Federal program that promotes the school readiness of children from birth to age three for low-income families by enhancing their cognitive, social, and emotional development.

Who is Eligible
Children birth to 3 years old
- Annual income meets requirements; or
- Qualifies for special education services; or
- Developmental or Environmental risk factors.

Benefits of EHS
- Early childhood education in part day, full day or extended day classrooms.
- Social emotional development.
- Nutritious meals and snacks.
- Health screenings and connections to medical, dental and mental health services.
- Family support services.
- Parent education and leadership opportunities.

EHS gives priority to a child who
- If family meets annual income requirements.
- If child qualifies for special education services.
- If family developmental or Environmental risk factors.
- Child is in foster care or involved with the child welfare system.
- If the family is homeless.

To Apply
Call 360-426-1390
Email kkrug@squaxin.us
OR
Stop in at 3851 SE Old Olympic HWY Shelton Wa 98584
All applications will be done interview style