Shelton Harbor Restoration

Scott Steltzner - Over the last few years, the Squaxin Island Tribe has been working with several partners to restore the Goldsborough Creek estuary.

Estuaries represent transition areas between fresh and saltwater and between land and sea. They connect multiple habitats to create a nourishing foundation – from plankton to plants – that supports the abundant array of life in Puget Sound.

It is estimated that over 75% of Puget Sound estuary wetlands have been lost due to “filling, dredging, and diking”. This represents the greatest loss of habitat in Puget Sound.

This work in Shelton Harbor builds off an earlier collaboration by the Tribe and Simpson Lumber that, in 2001, removed a 70-year-old fish-blocking dam from Goldsborough Creek. This project opened up 30 miles of near-pristine habitat and boosted the run of coho. During this same time, other salmon runs in Puget Sound continued to decline.

A combination of the dam removal and aggressive habitat restoration led to a record run of juvenile coho salmon in Goldsborough Creek for 2022. This year’s run of 144,200 continues a trend of increasing numbers of juvenile salmon entering Puget Sound.

Goldsborough went from being a minor producer of salmon to becoming the second biggest producer of coho in South Puget Sound. In some years, it is the largest, producing even more than the Nisqually River.

The lesson of Goldsborough Creek is pretty basic: If you provide salmon with good habitat, they are going to succeed. The Tribe has been working to improve the already good stream habitat. For example, in 2015, the Tribe partnered with the South Puget Sound Salmon Enhancement Group, Simpson Lumber, the Green Diamond Resource Company, and Miles Sand and Gravel to restore habitat along the creek. The project partners added wood structures to the stream to give juvenile and adult salmon places to feed and hide.

A year earlier, project partners replaced seven fish blocking culverts just upstream from the old dam site that were blocking two tributaries to Goldsborough. This project opened over two miles of new spawning and rearing habitat that had not seen salmon in 114 years.

Continued on Page 4
Walking On
Jonie and Gary Fox

Jonie Renee Fox passed away peacefully on Sunday, June 26, 2022 in Seattle, WA after her short battle with cancer. She was born July 12th, 1964 in Shelton, WA to Arlene D Botts and Elmer W Strope.

Her husband, Gary Wayne Fox, passed away 21 short days later on Sunday, July 17th, 2022 in Shelton, WA surrounded by his close family and friends after a long battle with COPD. Gary was born July 6th, 1957 to Roberta S Ebinger and Rodney Dickison in Renton, WA and he was later adopted by William D Fox.

Jonie and Gary got married on August 20th, 2006 at Walker Park in Shelton 20 years after they started dating. Gary and Jonie enjoyed the same things; they loved to hunt, go to the beach, spend time with their dogs, Eliza and Talon, and spend time with their family, especially with their two kids and their grandbabies. Jonie was a big part of her Squaxin community. She loved to donate her cedar work, and she loved to attend events.

They are survived by their two children, Dax Fox (36) of Shelton and Tawny King (30) of Shelton; Jonie's sisters, Barbara Knudsen and Patti Riley; Gary's sister, Suzy Stuart; his brother, Grant Fox; many half siblings; and many nieces, nephews, cousins, and other relatives.

"C'mon, Honey. Heaven is this way."
Squaxin Island Tribe - Klah-Che-Min Newsletter - September 2022 - Page 3

Community

Squaxin vet gifted with electrical chair

Shelton resident Kim Kenyon received an electric wheelchair from his fellow members of Disabled American Veterans Chapter 60 in Shelton at the 40 et 8 in Shelton. Kneeling is his son, Justin. Journal photo by Gordon Weeks

By Gordon Weeks, Shelton-Mason County Journal

Three years ago, Shelton resident Kim Kenyon was standing on a ladder replacing boards to put a roof on his shop when "my ladder up and left me," he recalled.

The 10-foot drop shattered his foot.

"I was looking as the bottom of my shoe after it busted," he said.

The U.S. Army veteran, who has lived almost all of his 74 years in Shelton, spent almost three years in a manual wheelchair, which was "cumbersome" he said. "I had to take down the bathroom doors," he said. "I kept running over my wife's toes."

The bones didn't heal well because the screws kept them apart, Kenyon said. Traveling to his rehabilitation sessions in Shelton was difficult, and he needed his son to push his wheelchair.

But on Monday, August 15th, Kenyon's fellow vets with Disabled American Veterans Chapter 60 in Shelton presented him with an electronic wheelchair at the 40 et 8 in downtown Shelton. They purchased the chair at a silent auction at the state DAV convention.

Alan Riddle, commander of DAV Chapter 60, said the chair was funded by the group's annual Forget-Me-Not fundraiser, the Knights of Columbus Tootsie Roll fundraiser in Belfair, and donations from residents, a group of local golfers, and a car club.

"I was kind of astounded because I didn't think anything like that was possible," Kenyon said.

Kenyon served with the U.S. Army from 1967 to 1970, first in artillery, then in the infantry, and then artillery again.

Kenyon said his life was "at a standstill" until he connected with fellow veterans.

"I can't say enough about my group," he said.
Shelton Harbor Restoration
Continued from Page 1

While restoration was occurring, another partner, the Capitol Land Trust, was identifying and conserving over 320 acres of high-quality streamside habitat that had been headed for development.

In the early 1900s, the Goldsborough Creek estuary was dredged to create what is now Shelton Harbor. The salt marsh was dug up, riparian plants removed, and shoreline armoring was installed. The project area and adjacent shorelines have been used for intensive industrial and commercial purposes for well over 100 years. Primary uses were associated with lumber mills, a logging railroad, timber transport, and commercial development. Rapid and widespread development of the waterfront by commercial interests in the late 1800s/early 1900s led to profound and abrupt changes in the ecological systems of Goldsborough Creek and Oakland Bay.

Habitat improvements in the estuary of Shelton Harbor were a logical extension of the work occurring in the creek. The Tribe is coordinating these efforts with Simpson Timber, Sierra Pacific Industries, the Port of Shelton, Capitol Land Trust, the Shelton Yacht Club, and the South Puget Sound Salmon Enhancement Group.

The first step of the estuary restoration project was accomplished in 2016 when 1,600 feet of marine shoreline at Eagle Point were conserved, preventing the removal of the trees and the building of three homes. With a grant written by the Tribe, the Capitol Land Trust purchased the 14-acre property. The entire parcel was then gifted to the city of Shelton, which created a nature park and is putting in trails to allow for public access to Puget Sound.

In 2017, the Tribe and the South Puget Sound Salmon Enhancement Group installed nine logjams at the mouth of Goldsborough to capture sediment and begin re-building the creek’s estuary, which has been down-cutting since the early 1990s.

The enhancement group removed 156 creosote pilings, which were leaching toxins into Puget Sound in 2018. At the same time, in a unique partnership led by the Squaxin Island Tribe, the landowners, Sierra Pacific Industries, Simpson Lumber, and the Shelton Yacht Club worked with the Washington Department of Ecology to voluntarily clean up the estuary from legacy pollution and abandoned 80% of the harbor for restoration purposes. When this was complete, the Tribe worked with the Shelton Yacht Club to place almost 60 acres of tidelands into conservancy, making them available for restoration.

In 2019, the Tribe and the salmon enhancement group began the restoration of the lost salt marsh. Over 1/4 mile of shoreline armoring was removed, and 115,000 cubic yards of clean sediment was imported to provide a ten-acre base for marsh plants to begin growing.

A seven-acre salt marsh lobe was restored in 2020. This involved removing almost a 1/4 mile of shoreline armoring and importing over 75,000 cubic yards of clean sediment. The shoreline owner, Sierra Pacific Industries, planted over 10,000 riparian plants in the restored area.

Future work planned includes the removal of another 1/4 mile of shoreline armoring and the restoration of an additional 17 acres of salt marsh habitat.

One year after construction, several species of native salt marsh have been documented growing throughout the marsh lobes. The Tribe, along with our project partners, will monitor re-vegetation and fish use of the site.

The completion of this project would represent a rare win for Puget Sound - we will have taken an estuary degraded by historic industrialization and returned it to a functioning state able to support the fisheries of Goldsborough Creek and Oakland Bay.
SAVE THE DATE
MONDAY SEPTEMBER 12TH, 2022

12TH ANNUAL CHAIRMAN’S CHALLENGE GOLF TOURNAMENT

GOLF TOURNAMENT FOR SQUAXIN ISLAND TRIBAL MEMBERS

360.462.3673 | Golfshop@salish-cliffs.com
**Stepping Stones**

We are all wrapped up for the summer with Stepping Stones! We had a great six weeks together exploring careers and Squaxin culture and creating stronger bonds with friends and community. We had a very active final month of Stepping Stones and are very thankful to all our guests who came through to make the experiences even more fun and beneficial.

The youth made beautiful drums with some guidance from Patrick Braese. They used and traded the drums along with the beadwork they had made through the program when Little Bear and Kimberly Miller from Skokomish came over to teach us stick games. The youth had a blast learning this game and several found a true passion for it. One of our youths even went home and, on their own accord, hand-made his very own stick games set. Proud of you Mathew!

We enjoyed more kayaking and canoeing around Hope Island. We even took it to the next level with some cold-water training led by Taylor Krise and a support boat from the Mason County Sheriff’s Department. For a few, this was their first time on the canoe and anxieties were high. It was hard to prepare to purposely tip the canoe but, with teamwork and trust in one another, we all successfully flipped, re-boarded and bailed out our canoe to make it back to shore. We left that day with a great sense of accomplishment and pride in ourselves and the team.

We ended off the program with a day at Little Creek Casino. The youth came in looking dapper in their business casual clothes. We shared a meal together and learned the etiquette of banquet dining.

We are so proud of what our teens accomplished this summer in the Stepping Stones program. There was amazing growth in our team and our individuals and we are already looking forward to next summer’s experiences.

- Kiana Wily, OMS Student Advocate
Learning Center

Stepping Stones

Riley
Will
Neyelli
Josiah
Will

Sheriff and Kids

Sticks Games

Cold Water Training
**Teen Film Camp**

Squaxin Teens worked with Sky Bear Media again on another film project, August 22-26. Our last Micro-Aggressions Awareness video was a super awesome experience and success for our teens. We are excited to see their creativity and pride come to life in this next project we are doing on the Island of Squaxin. Keep an eye out for the Squaxin Teens short film, coming soon!

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### September 2022 - Tu Ha’ Buts Youth Center Calendar

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

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

**Rec Room Phone Number: 360-432-3986**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Tribal Holiday</td>
<td>6  No After-School Rec</td>
<td>7  After-School: 3-6pm Ironing Beads BBall: 5 &amp; Up – 5pm-7pm</td>
<td>8  After-School: 3-6pm Berry Popsicles</td>
<td>3  BBall Conditioning: 6-7pm Open Gym: 7pm-9pm</td>
</tr>
<tr>
<td>12</td>
<td>No After-School Rec</td>
<td>13 After-School: 3-6pm Beaded Hoop Earrings</td>
<td>14 After-School: 1:30-6pm Elder’s Dessert: 5-6pm BBall: 5 &amp; Up – 5pm-7pm</td>
<td>15 After-School: 3-6pm Mini Cake Pops</td>
<td>10 BBall Conditioning: 6-7pm Open Gym: 7-9pm</td>
</tr>
<tr>
<td>19</td>
<td>After-School: 3-6pm Plant Education</td>
<td>20 After-School: 3-6pm Beaded Keychains</td>
<td>21 After-School: 3-6pm Paper Art BBall: 5 &amp; Up – 5pm-7pm</td>
<td>22 After-School: 3-6pm S’mores Cupcakes</td>
<td>11 BBall Conditioning: 6-7pm Open Gym: 7-9pm</td>
</tr>
<tr>
<td>26</td>
<td>After-School: 3-6pm Plant Education</td>
<td>27 After-School: 3-6pm Medicine Bags</td>
<td>28 After-School: 1:30-6pm Balloon Tennis BBall: 5 &amp; Up – 5pm-7pm</td>
<td>29 After-School: 3-6pm Brownies</td>
<td>24 BBall Conditioning: 6-7pm Open Gym: 7-9pm</td>
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<tr>
<td>SSD – 1.5 HR ER</td>
<td>SSD – 1.5 HR ER</td>
<td>SSD – 1.5 HR ER</td>
<td>GSD – School Starts</td>
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</tr>
</tbody>
</table>

**Key:**
- SSD – Shelton School District
- GSD – Griffin School District
- BBall – Basketball

**After-School Meal Times:**
- Early Snack is offered: 3:00pm-3:45pm
- Late Snack is offered: 4:00pm-4:45pm

**Activity Time:**
- Teen from 3:00-3:45pm
- School-Age Youth from: 5:00-5:45pm

**Contact:**
- Kasia: 360-432-3801
- Kenna: 360-432-3895
- Jerilynn: 360-432-3992
**Summer R.O.O.T.S.**

We hope your summer was full of fun and adventure! Summer R.O.O.T.S Day Camp kicked off on June 27th this year! We had a really great summer, full of arts and crafts, outdoor games, animals, face painting, and water slides!

**Week One, June 27-July 1st:** The first day we invited Kelly Aho from Squaxin Child Development Center to Summer R.O.O.T.S. to do some awesome face painting. Little puppies, kitties, Spiderman, and colorful butterflies were some of the cool art we saw around camp.

**Week Two, July 4-8th:** Our Center visitor was Inflatable Event Professionals Water Slides and Inflatables. The Youth were able to have fun and play in the water, go down the water slides, and jump in the bounce houses. The youth really enjoyed the fun water play event. We went off site and visited the Salish Roots Garden with Aleta. The youth walked the trail along the creek and identified some of the large trees, like cedar, along the creek. Also during our visit, the youth got to see all the amazing flowers, vegetables, and fruits that are grown at the garden. Thank you to Aleta and the garden staff for having us.

**Week Three, July 11-15th:** Our Center visitor was Patty Suskin. Patty came and spoke to the youth about diabetes prevention. Patty also made some yummy snacks with the youth and talked with them about healthier snack choices and easy ways to prepare them.

**Week Four, July 18th:** We had amazing Animal Encounters join the fun! They had the coolest mobile petting zoo! There were three hens that like to give kisses (which the youth didn’t partake in) and a Wallaby (looked like a mini Kangaroo). A fun fact that the youth learned is that Wallabies are marsupials, like a kangaroo, but they are also in the family known as macropods. Animal Encounters also had some cuddly bunnies, pygmy goats, and even a large hamster that the youth all got to pet and see up close!

**Week Five, July 25-28:** Week Five of Summer R.O.O.T.S. was fun. We had JLO Magic and Balloon Twisters. A big silly shout out to magician, Jose, who did some really fun magic acts that the youth and staff got to be a part of! We had some great works of balloon art: Ninjago Lego guys, fishing poles, pandas eating bamboo, llamas, and even a baby turtle in gold! Thank you again, magician Jose and staff!

**Week Six, and the last week:** Tuesday, August 2nd, we loaded up the two younger groups, the Frogs and Salmon, ages 5-8, and went on a field trip to DEFY Trampoline Park. Then on Wednesday, August 3rd, we loaded up the two older groups and took them to DEFY Trampoline Park. The youth had a blast jumping, listening to music with their friends, swinging, eating snacks, and drinking slushies from the snack bar.

**Field Day / The Last Day:** Friday, August 5th was pretty fun. We had Inflatable Ax Throwing and prizes for those who hit the targets and bulls eyes. We had carousel bounce house, mini golfing, laser tag and laser tag course, and snow cones/slushies to cool off with on that hot last day of summer day camp. The staff were really amazing. They played with the youth and had fun themselves.

The After School Rec Program will begin on Wednesday September 7, 2022. The hours of operation will be Monday through Friday, from 3:00 - 6:00 p.m. During Wednesday early releases for Griffin and Shelton school districts, we will be open from 12:30 - 6:00 p.m. for youth and teens.

Stay updated on upcoming events and activities on our Facebook page Squaxin Island Parks and Recreation Dept. or join our Remind app! Text @ SquaxinRec to 8101.

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**Thanks!**
Thank you to the adult staff, Sara Naranjo-Johns, Billie Marie Lopeman-Johns, Kyla Boelk, and Dakoda Sigby! To the teen Summer R.O.O.T.S. staff, this summer was a challenge, but you were able to come together, be fun, play, and make it happen for this community. THANK YOU! You are appreciated. Teen staff: Tanalee Mendoza, Selah Thale, Judah Thale, Aiyanna Krise, Sarah Koshiway, Mykah Masoner, Syncere Ho, Raiatea Villenuve, Ana Pinon, Shae Peters, Alysa Meyer, Jesse (JJ) Cain, Micah Roberts, and Kameron Weythman.
Elders Dessert

Wednesday, September 14th, 2022
5:00PM-6:00PM
In the Rec Room

Please join us for dessert in appreciation for our elders!

If you have any questions, please contact:
Jerilynn: 360-432-3992 or
Kasia: 360-432-3801

Youth Talking Circle with Tribal Council

Photos by Meloney Hause
First Salmon Ceremony

Photos by Ruth Whitener, Marlene Peters, Patty Suskin, and Joe Peters
First Salmon Ceremony

Photos by Ruth Whitener, Marlene Peters, Patty Suskin, and Joe Peters
Mud Day
Story and photos by Kaitlin Krug - Squaxin Island Child Development Center participated in Mud Day on July 22nd. This is an annual activity where students get to explore mud and other sensory activities. Mud has numerous benefits for our students; it connects children to nature, aids in tactile learning, builds fine motor and gross motor skills. Moreover, playing in mud is a sensory activity that leads to imaginative play that can be done independently or as team. Fun fact: research has shown that exposure to Mycobacterium Vaccae, a safe bacteria found in soil, not only stimulates the immune system that signals your brain to release serotonin, this endorphin is produced by your brain to regulate mood.
Community

Orcas Visit Netpens with Dakodah Vigil and Taylor Krise

Photos by Taylor Krise
Community

Reminder!
Your Treaty ID Card is invalid without stickers!
Bring your receipt of payment to the NR Office to get issued your stickers.

Always carry your Treaty ID with you when harvesting. Treaty ID is required for buyers to issue shellfish and fish tickets and payments.
Need a replacement? Call Us.
(360) 432-3802

Instagram REEL CHALLENGE

First Prize Runner Up
$250 Visa™ Gift Card $100 Visa™ Gift Card

Visit the Stream Team website for contest rules and entry.
Showcase a Stream Team action for clean water OR what Puget Sound Starts Here means to you.
Submit your reel on Instagram by Sept 30, 2022 and tag @Thurston_Stream_Team.

StreamTeam@ci.lacey.wa.us www.StreamTeam.info

Parks, Arts & Recreation

Experience It!
Saturday SEEK Adventures
Ages 11-14

Interested in joining us to explore local trails, parks, and beaches? We’ll kayak in the bay, hike in Capital Forest, and learn about local plant wildlife and primitive survival skills.

Thanks to a SEEK Grant, Olympia Parks, Arts & Recreation is hosting FREE outdoor trips. Snacks provided.

Each Saturday, September 3-24, 9:00 AM - 5:00 PM
Drop-off and pick-up at The Olympia Center, 222 Columbia St NW

For more information and to register, contact Luke Burns:
360.570.5857 or lburns@ci.olympia.wa.us.
Housing Survey

Enter to win a $100 VISA gift card by completing a Housing Survey!
* Squaxin Island Tribal Members 18 and over only *

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 below.

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

**What to include in your curbside recycling cart**

- **Plastic containers**
  - Empty • Quick rinse • No lids
- **Paper and cardboard**
  - Clean • Dry • Quick rinse for milk and juice cartons
- **Aluminum and tin cans**
  - Empty • Quick rinse • No loose lids • Do not crush

**Preparation**

- Plastic bottles
- Milk jugs
- Plastic tubs
- Plastic jars
- Buckets
- Plant pots
- Milk and juice cartons
- Paper or frozen food boxes
- Newspaper
- Paper bags
- Shredded paper

**Questions?**

**Mason County Garbage & Recycling**

- PO Box 787 • 81 E Wilbur’s Way • Shelton, WA 98584
- 360-426-8729 • 360-275-4590 • 1-877-722-0223
- www.masoncountygarbage.com

**Good to Know**

- **Plastic Spoons** are fine, but toss the lid in the trash.
- **Aseptic packaging** is NOT accepted. This means shelf-stable items like juice boxes, soy milk, soups and stocks.

**Shredded Paper**

- Put shredded paper in a paper bag and roll down the top before putting in your recycle cart.

**Glass**

- Glass is not collected curbside in Mason County. Glass has very little market value and makes up a small percentage of our waste stream. Throw glass in the trash or take it to drop-off sites for recycling.

**Find a site near you at [www.masoncountyrrecycles.com](http://www.masoncountyrrecycles.com)**

**Contamination**

- Food residue is a contaminant that ruins the recyclability of materials. If you can’t empty and re-use a container please don’t put it in your recycle cart.

**Safety**

- Needles, sharps, ammunition and other dangerous materials turn up at sorting facilities every day. These are all safety hazards for employees and should never be put in recycling carts.

**Plastics**

- Recycle Plastics By Shape
  - Numbers on the bottom don’t tell you if an item is recyclable. That’s why we ask you to look at the shape. The types of plastic we collect have the best chance of being recycled into new products.
  - **We accept:**
    - Plastic bottles
    - Plastic jars, tubs and buckets
  - **Plastic items NOT accepted:**
    - Lids
      - Throw lids in the trash. Plastic lids and caps are too small to be sorted properly and don’t get recycled.
    - **Bags and Wrap**
      - Grocery bags and plastic wrap get tangled in machinery at sorting facilities. Throw plastic wrap in the trash. Recycle plastic bags or take back to participating grocery stores for recycling.
    - **Crinkly and Lightweight Plastic**
      - Items like plastic drink cups, clamshell packaging for produce, and packaging around toys and electronics are not recyclable because they flatten during collection and processing and get sorted incorrectly as paper. Throw these items in the trash.

**Recycling Resources**

- **Electronics Recycling**
  - www.recyclingwashington.org
  - 1-800-RECYCLE

- **Household Hazardous Waste**
  - www.co.mason.wa.us/utilities/waste/solid_waste/
  - Mason County residents may bring household hazardous waste items like batteries, oil-based paint, fluorescent light bulbs and motor oil to:
    - Mason County Transfer Stations
      - Contact for materials accepted and hours of operations:
        - Bellair: 360-275-6462
        - Hoquiam: 360-877-9525
        - Shelton: 360-427-5271
        - Union: 360-898-3037

**What to do on recycling day**

- **Cart should be at the curb by 6 a.m.**
- **All items must fit in cart with the lid closed.**
- **Lid opening toward street—handle toward house.**
- **See diagram below for cart distances.**
- **Remove empty cart from curb as soon as possible.**

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Squaxin Island Tribe - Klah-Che-Min Newsletter - September 2022 - Page 18
THE HONORABLE ANITA ESTUPÍNAN NEAL

SQUAXIN ISLAND TRIBAL COURT
YOUTH COURT
SQUAXIN ISLAND RESERVATION

IN RE: J.L.
Indian child.

Case No.: SWI-CW-2022-05-011

NOTICE OF GUARDIANSHIP HEARING

THE SQUAXIN ISLAND TRIBAL YOUTH COURT TO: Jason Longshore

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 October 6, 2022 at 10:30 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 360-432-3628 for more information.

NOTICE--PAGE 1 OF 1

SQUAXIN ISLAND LEGAL DEPARTMENT
3711 SE OLD OLYMPIC HWY
SHELTON, WASHINGTON 98584
360.432.1771

FAMILY JUSTICE PROGRAM
SQUAXIN ISLAND FAMILY SERVICES

We are here to assist people with resources to obtain self sufficiency to reduce risk of re-offending:

If you have been in the following: Prison, jail, substance abuse treatment and out-patient treatment.

Services provided: Personal advocacy, assisting with referrals, services to obtain emergency housing & transitional housing. Follow up contact, in person, telephone & written communications to offer client support & check on client progress with case plan. We can assist with clothing, food & gas vouchers. There is rent assistance & hygiene bags available. Assistance with job applications, resumes and cover letters to obtain employment.

This program is for Squaxin Island Tribal members & other tribes adjacent to the Squaxin Island Tribe.

Contact: Marcella Cooper Family Justice Services

MCOOPER@SQUAXIN.COM

360-432-3908 & 360-485-5150
SQUAXIN ISLAND TRIBAL COURT
YOUTH COURT
SQUAXIN ISLAND RESERVATION

IN RE: BJ, EJ, EJ, LJ

Indian Children

NOTICE OF GUARDIANSHIP HEARING

THE SQUAXIN ISLAND TRIBAL YOUTH COURT TO: Rachel Naranjo Johns and Ernesto Naranjo Clemente

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 October 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.

NOTICE
SQUAXIN ISLAND LEGAL DEPARTMENT
3711 SE OLD OLYMPIC HWY
SHELTON, WASHINGTON 98584
360.438.1771

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SQUAXIN ISLAND TRIBAL COURT
YOUTH COURT
SQUAXIN ISLAND RESERVATION

IN RE: RK

Indian Child

NOTICE OF GUARDIANSHIP HEARING

THE SQUAXIN ISLAND TRIBAL YOUTH COURT TO: Bob Koskiway and Sally Scout

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 October 6, 2022 at 10:00 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.

NOTICE
SQUAXIN ISLAND LEGAL DEPARTMENT
3711 SE OLD OLYMPIC HWY
SHELTON, WASHINGTON 98584
360.438.1771

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**Fall is proof that change is beautiful**
September is National Cholesterol Education Month
Submitted by Patty Suskin, Registered Dietitian Nutritionist
Check out these lifestyle changes to lower your cholesterol:

Make Healthy Food choices:
Choose foods naturally high in fiber, such as: beans, whole grains, vegetables, fruits. Limit food with high saturated fats: pastries, fatty cuts of meat, cakes, bacon, salami, sausages, butter, coconut oil, palm oil. Limit fried foods. Choose fish, chicken, turkey, and lean meats.

Be Active Every Day:
Adults: at least 30 minutes a day
Youth: at least one hour a day

Maintain a healthy weight.
Don’t smoke or quit if you smoke.

Need ideas? Contact Patty Suskin for an appointment:
(360) 432-3929 or psuskin@squaxin.us

Source: National Center for Chronic Disease Prevention and Health Promotion
https://www.cdc.gov/cholesterol/myths_facts.htm
**Health Clinic**

**LOVE YOUR NUMBERS**

These numbers, your health history and other information factor into your overall health. Make changes to help you reach the healthy numbers below.

<table>
<thead>
<tr>
<th>Measuring Category</th>
<th>Healthy Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Pressure</td>
<td>120/80 or less</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>200 mg or less</td>
</tr>
<tr>
<td>Blood Fat</td>
<td>150 mg or less</td>
</tr>
<tr>
<td>Heart Disease Risk</td>
<td>5% or less</td>
</tr>
<tr>
<td>BMI</td>
<td>18.6 to 24</td>
</tr>
<tr>
<td>Blood Sugar</td>
<td>5.6% or less</td>
</tr>
</tbody>
</table>

**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

**Keep Your Children Healthy:**

*Schedule well-child visits & keep up on immunizations!*

Well-child visits help make sure babies, children, and teens get the care they need to stay healthy.

**Getting regular well-child check-ups help children and teens stay healthy by:**

- Finding health problems early before they become serious.
- Preventing illness by making sure children get the right immunizations.

**To keep your WIC benefits current, please provide WIC staff with:**

1. Height, Weight, and date of your child’s doctor appointment.
2. Ask your doctor to check your child’s iron level & share with WIC.

WIC contact: 360.462.3224 or Email: wicnutrition@spipa.org

This institution is an equal opportunity provider. Washington State WIC Nutrition Program doesn't discriminate.
Covid-19 Statistics July 15 - August 15

Vaccinations

<table>
<thead>
<tr>
<th>VACCINE</th>
<th>1st Dose</th>
<th>2nd Dose</th>
<th>Booster 1</th>
<th>Booster 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderna (5-11 year-olds)</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>6</td>
</tr>
<tr>
<td>Pfizer (12 and up)</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TOTALS</td>
<td>0</td>
<td>3</td>
<td>0</td>
<td>6</td>
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THROUGH PANDEMIC

<table>
<thead>
<tr>
<th>Vaccinated</th>
<th>Vaccines Provided</th>
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<tbody>
<tr>
<td>2,326</td>
<td>2,786</td>
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Tests

<table>
<thead>
<tr>
<th>Positive</th>
<th>Negative</th>
<th>Total Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td>37</td>
<td>81</td>
<td>118</td>
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</tbody>
</table>

Vaccine Status

<table>
<thead>
<tr>
<th>Vaccine Status</th>
<th>1 Dose</th>
<th>2 Doses</th>
<th>Boosted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Vaccinated</td>
<td>14</td>
<td>4</td>
<td>15</td>
</tr>
<tr>
<td>Positive</td>
<td>13</td>
<td>3</td>
<td>11</td>
</tr>
<tr>
<td>Negative</td>
<td>12%</td>
<td>3%</td>
<td>9%</td>
</tr>
</tbody>
</table>

Vaccine Status Percentages

<table>
<thead>
<tr>
<th>Vaccine Status</th>
<th>1 Dose</th>
<th>2 Doses</th>
<th>Boosted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Vaccinated</td>
<td>3%</td>
<td>3%</td>
<td>13%</td>
</tr>
<tr>
<td>Positive</td>
<td>12%</td>
<td>3%</td>
<td>46%</td>
</tr>
</tbody>
</table>

What is Silver Diamine Flouride?

Can it Help You?

Submitted by Carly Goltiani, Registered Dental Hygienist, Squaxin Island Dental Clinic

Silver Diamine Fluoride (SDF) is a liquid medication that your dental health professional can place on teeth to help with the relief of tooth sensitivity and stop cavity formation. It is a non-invasive procedure, which means it does not require numbing or drilling the tooth to place SDF.

The best candidates for SDF are individuals with a high decay rate, children whose primary teeth that will shed in a year or two, patients that have difficulty tolerating a lot of more extensive restorative procedures and patients whose treatment plan requires multiple appointments to complete. SDF is particularly advantageous for the treatment of decay in very young patients, those with developmental disabilities or older populations that may have difficulty with lengthy procedures. SDF can help stabilize the conditions in the patient's mouth to keep the decay from getting worse and to keep the patient out of pain.

One of the main drawbacks to SDF is that it leaves black stain on the areas where there is decay. However, it will not stain areas of healthy enamel and the black stain is removed when the tooth is permanently restored with a filling. Some patients also report an unpleasant metallic taste and it can sometimes irritate the gum tissue. SDF usually requires multiple applications to fully arrest decay. The benefits of SDF far outweigh the drawbacks, however. Keeping the patient out of pain and stopping the damage of decay and disease processes should always be the number one dental priority.

Affordable Heart-Healthy Eating

1) Teeth with active decay | 2) Day after SDF application | 3) Day 2 after SDF application

Taking care of your mouth and stopping active decay is extremely important. Be proactive and have regular dental exams and cleanings. Your dental team is here to help you. Call Squaxin Island Dental Clinic at (360) 432-3881 to schedule your appointment.

Foot Exam Afternoon in July with Dr. Kochhar

Submitted by Patty Suskin, Diabetes Coordinator

Did you know? High blood sugar can damage blood vessels, decreasing blood flow to the foot and other parts of the body. This leads to weakening of the skin and poor wound healing.

Infections that are usually minor can become serious, invading the deep tissue and bone. Also, nerves supplying the feet can be damaged which limit people’s ability to feel pain in the affected area. When unaware of the pain, the person does not properly attend to the wound.

Thank you, Dr. Kochhar, DPM (Podiatrist) for conducting foot exams for people with diabetes. We appreciate your expertise and guidance to stay healthy with diabetes!

Elder Rose Davis (pictured with Dr. Kochhar) and others met with Dr. Kochhar. They know how important it is to take care of their feet.

To take care of your feet, Dr. Kochhar recommends:

- Work up to 30 minutes of physical activity a day along with healthy eating to keep blood sugars in line and protect the blood vessels in your feet.
- Check feet daily for any cuts, cracking, dry skin, red or black spots, sores, or blisters. See your provider right away for any of these problems or changes in your skin.

If you have diabetes, please schedule your annual foot exam with one of our clinic providers or let Patty know ((360) 432-3929 or psuskin@squaxin.us) that you’d like to see Dr. Kochhar at her next visit.

Managing Diabetes: It’s Not Easy, but It’s Worth It!

Submitted by Patty Suskin, Diabetes Coordinator

Congratulations to the following people for taking care of their diabetes in 2021: John Krise, Sr., Janice Lopeman, Millie Wagner, Traci Lopeman, Terri Capoeman, and Meloney Hause (not pictured) and six other tribal members!

To receive the socks, they completed all the 2021 tests and exams recommended by IHS to stay healthy with diabetes.

This is a lot of work! It includes an annual dental exam, foot exam, eye exam, diabetes education, blood work and much more!

As a reward, they were each given a pair of comfortable, moisture-wicking socks.

Keep up the good diabetes management!
Elders Menu  ... Fruit and salad at every meal

**MONDAY 5:**
Biscuits and Gravy, Boiled Eggs, Bacon

**MONDAY 12:**
Goulash, Corn, Garlic Toast

**MONDAY 19:**
Salmon, Baked Potatoes, Brussel Sprouts

**MONDAY 26:**
Spaghetti, Mixed Veggies, Garlic Toast

**TUESDAY 6:**
Corn Chowder, Ham Sandwiches

**TUESDAY 13:**
Butternut Squash, Biscuits

**TUESDAY 20:**
Chicken and Dumplings, Soup w/ Crackers

**TUESDAY 27:**
Italian Sausage Potato Soup, Breadsticks

**WEDNESDAY 7:**
Tacos

**WEDNESDAY 14:**
Teriyaki Chicken, Rice, Veggies

**WEDNESDAY 21:**
Turkey Sandwiches, Chips

**WEDNESDAY 28:**
Pizza

**THURSDAY 1:**
Roast, Mashed Potatoes w/ Gravy, Broccoli

**THURSDAY 8:**
Pork Chops, Red Potatoes, Mixed Veggies

**THURSDAY 15:**
Turkey Sandwiches, Chips

**THURSDAY 22:**
Steaks, Sweet Potatoes, Spinach

**THURSDAY 29:**
Tuna Melts, Chips

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**SQUAXIN COMMUNITY**

**CULTURE NIGHT**

**Wednesdays 5pm-6:30pm @ the Squaxin Museum**

Meals Provided

*This is a drug & alcohol free event*
## Community Members

<table>
<thead>
<tr>
<th>Page</th>
<th>Name</th>
</tr>
</thead>
</table>
| 1    | Alexander Donovan Solano  
Alexander Longshore  
Jeramiah Tahkeal Jr.  
Patrick Wayne Whitener  
Vanessa A. Tom |
| 2    | Jason Gabriel West |
| 3    | Austin Ray Peters  
Kezia Marie Wentworth  
Malachi Hartwell-Kinson  
Rose Marie Krise |
| 4    | Kathrine K. Nielsen  
Marty Joe Trinidad Jr. |
| 5    | Latoya Jean Johns  
Mckenzie Brearley-Lorentz |
| 6    | Elijah Joseph Krise  
James Vincent Youngs |
| 7    | Danielle Garner Leas  
Joshua Paul Coble  
Talon Andrew Peterson  
Wayne Joseph Lewis  
Zayne Garner Dorland |
| 8    | Barry Wayne Hagmann  
Charles Wesley Scheibel  
Justine Amber Mowitch  
William Dean Hagmann  
William M. Weythman |
| 9    | Alexsii Grace Vigil  
Avary M Jimmie  
Joseph Andrew Stewart  
Kaleb Joseph William Lutolf  
Lewis Robert Napoleon Jr.  
River Rae Guardipee |
| 10   | Debra Leone Mattson  
Madison C.M. Mowrey  
Roger Joseph Peters |
| 11   | Gunner Rodney Gouley  
Hazel Sesal Lehman  
Madeena M. Rivera |
| 12   | Austin K. Brearley-Lorentz |
| 13   | Anthony Joseph Ramirez III  
Kaitlyn Michelle Brandt  
Robert Thomas Farron |
| 14   | Oakland Park Krise |
| 15   | Florence A. Sigo  
Gracelyn June Wier  
Jonathan E. Harrell  
Kristen Michelle Davis |
| 16   | Evelyn Rae Krise-Lyon  
Jamie Danielle Queen |
| 17   | Carmen Marie Stearns  
Cassie Ann Colbert  
Kenedee K. Peters  
Markie Jean Smith |
| 18   | Stephen Mark West  
Tia Marie Jordan  
Tiana Little Feather Henry  
Willow A. Henry |
| 19   | Calvin Wayne Farr  
Frances Estelle Starr  
Raiatea Charllie K. Villanueva  
Sophia L. Pinon  
Zion Gregory Murray |
| 20   | Kayla Marie Johnson  
Terrry Lee Brownfield |
| 21   | Atawit Krise-Lyon  
Desmond Ashley Smith  
Esther Melinda Fox  
Gregory Scott Koenig  
Jada Lesley Krise  
Kassidy Mckenna Burrow  
Melody Marie Moliga |
| 22   | Gloria Jean Hill  
Kim Monique Cowing  
Kiona Breeze Krise  
Michael N. Peters |
| 23   | Amanda Rae Rodgers  
Angel Lorene Sen  
Chris T. Clementson  
Leslie Allen Cooper Jr.  
Mykah Jayson Masoner |
| 24   | Donald Lynn Whitener  
Linda Lee Lake |
| 25   | Joan Martha Rioux |
| 26   | Barney Eugene Cooper  
Susan Jeanette McKenzie  
Vernon Patrick Kenyon |
| 27   | Dawne Marie Elam |
| 28   | Donald James Smith  
Melissa Fay Maynard |
| 29   | Avaiah Charlene Coley  
Isaiah Gaylen F. Schlottmann  
Kim Sherwood Kenyon |

## Committees, Commissions & Boards

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

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**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
Community

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

What’s Happening

Elders Dessert  September 14
Elders Trip to Puyallup Fair  September 21
Chairman’s Challenge  September 12

Court:
Family Court:  September 1
Criminal/Civil Court:  September 13
Vulnerable Adult Court:  September 15

USDA FOODS
WIC  September 8  September 13

PRESCRIPTION DRUG
TAKE BACK BOX LOCATIONS
SHELTON
NEIL’S PHARMACY
MASON GENERAL HOSPITAL
SHELTON PHARMACY
SAFeway

GET UP AND GO CHALLENGE
TAKE THE CHALLENGE TODAY!
5 or more fruits & vegetables
2 hours or less recreational screen time
1 hour or more of physical activity
0 sugary drinks, more water & low fat milk

Sponsored by the South Puget Sound Tribal Health Agency – Comprehensive Cancer Control Program Administered by the Washington State Community Health Program
**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., Sept 13, 2022*
We are continuing remote phone appointments through January 2023 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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**USDA Foods Program**
**September Dates**

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>PT. GAMBLE S’KLLALLAM</td>
<td>9/1/22</td>
</tr>
<tr>
<td>SQUAXIN ISLAND</td>
<td>9/8/22</td>
</tr>
<tr>
<td>SKOKOMISH</td>
<td>9/14/22</td>
</tr>
<tr>
<td>NISQUALLY</td>
<td>9/16/22</td>
</tr>
<tr>
<td>CHEHALIS</td>
<td>9/21/22</td>
</tr>
</tbody>
</table>

**NOTE:** Please stick to the monthly schedule for the USDA Commodities 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.

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**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.

---

**SICDC**
**Early Head Start**

**Now Accepting Applications for the 2022-2023 School Year!**

**PREGNANT TEENS & PARENTS OF INFANTS & TODDLERS (UP TO AGE 3) WITH DISABILITIES, IN FOSTER CARE, OR HOMELESS ARE ESPECIALLY ENCOURAGED TO APPLY. TANF PREFERENCE IS GIVEN**

- Birth Certificate
- Proof of pregnancy (if applicable)
- Proof of residency
- Proof of income
- Current immunization record
- Medical insurance card
- Disability documentation (if applicable)

**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