

EPA announces Squaxin Island Tribe is eligible to be treated in a manner similar to a state under the Clean Water Act

Members of the Squaxin Island Tribe are proud to call themselves “People of the Water” - and now they’ll have a greater role in safeguarding it.

The federal Environmental Protection Agency (EPA) recently approved Squaxin Island’s application to administer water quality standards and certification programs under the Clean Water Act, granting the Tribe authority to manage surface waters on the reservation and trust lands with similar authority to state governments.

The agreement encompasses more than 2,500 acres.

Squaxin Island Tribal Council and members of the Tribe’s Natural Resources Department welcomed EPA Region 10 Administrator Casey Sixkiller on March 1 to mark and celebrate the new designation.

“We know that, for the future of our people, the land, and the water, we need to have a seat at the table,” Tribal Chairman Kris Peters said at Museum Library and Research Center.



(L) Casey Sixkiller, Regional Director of the Environmental Protection Agency (EPA), and (R) Squaxin Island Tribal Chairman Kris Peters

“That’s why today is so important. Today, we have a seat at the table.”

Sixkiller praised the Tribe’s dedication to water quality and toured the Tribe’s ongoing Shelton Harbor restoration project.

“As Native people, we know this as a truth: Water is life. And nothing is more critical to that life than having strong protectors,” he said.


Kris also lauded the EPA’s efforts. “The EPA recognizes tribal sovereignty and the federal government’s trust responsibility to the Tribe,” he said. “The EPA works with tribes on a government-to-government basis to protect water quality on their reservations, and we appreciate that greatly. As stewards of the waters within our jurisdiction, we greatly appreciate this first step toward developing water quality standards that will protect the Tribe’s cultural and economic well-being and support sustainable fisheries. We look forward to continued coordination and collaboration on water quality and quantity with our federal, state, and local partners.”

Tribes are required to reach certain benchmarks before receiving EPA approval. The Tribe needed to demonstrate that it has the capability of implementing a water quality program. Tribal Council Member/Natural Resources Director Andy Whitener noted the Tribe catalogued, for EPA, the many Natural Resources and other government programs, grants, and agreements the Tribe has with its federal, state, and local partners. The Tribe also provided detailed mapping and land, surface water, and boundary information.

The Squaxin Island Tribe applied to EPA for “Treatment in a Similar Manner as a State” (TAS) for the Clean Water Act section 303(c) water quality standards and the section 401 water quality certification programs on August 18, 2022.



Continued on Page 3



2023 GENERAL BODY MEETING

SATURDAY, MAY 6, 2023
9:00 AM - LITTLE CREEK EVENT CENTER
Sign in starts at 8:30 a.m.

- Annual Reports
- Q&A with the General Council
- 2023 General Elections for:
 - Tribal Council Chair Position
 - Tribal Council Member #1 Position
 - Tribal Council Member #2 Position

Information booths & DOOR PRIZES!

QUESTIONS? CALL 360-426-9781 OR EMAIL MPUHN@SQUAXIN.US





Treatment as a State (TAS) Continued from Page 1

EPA's approval authorizes the Squaxin Island Tribe to develop water quality standards – the regulatory foundation for protecting water quality – for all surface and marine waters within the Tribe's reservation and trust lands, on and off-Island. The EPA recognizes the water-ward boundary of the Island reservation as including the tidelands and submerged waters surrounding Squaxin Island to -18 MLLW.

It also certifies that Clean Water Act-permitted discharges to those waters will meet all applicable water quality standards, once they are reviewed and approved by EPA. Tribal standards may be used to regulate upstream polluters.

The Tribe has already begun to develop its water quality standards.

After tribally adopted standards are reviewed and approved by EPA, the Tribe will be able to ensure that discharges comply with those standards.

The Squaxin Island Tribe was previously granted TAS status for other Clean Water Act programs in 1998 and 2000: section 106 (Water Pollution Protection) and section 319 (Nonpoint Source), respectively.

Sixkiller said Squaxin Island's dedication to protecting water for this and future generations will be a model as more tribes pursue and exercise greater authority. "You will help us lead the way," he said.

"It all begins with water quantity and quality," Andy said. "As a community, as the People of the Water, our very being depends on water quality. It is our lifeblood. The Tribe will now have a seat at the table when other entities request a federal water permit for projects that may affect the waters on reservation and trust land."

Chairman Kris Peters concluded by saying, "The Tribe will now take its rightful place, as a coequal sovereign, to protect reservation waters by setting stringent water quality standards, and the state must respect these standards."



FRONT, L-R: Squaxin Island Tribal Council Member/Natural Resources Director Andy Whitener, EPA Region 10 Administrator Casey Sixkiller, Squaxin Island Tribal Council Chairman Kris Peters, Squaxin Island Tribal Council Member Patrick Braese, and Squaxin Island Tribe Water Quality Biologist Erica Marbet. **BACK, L-R:** Squaxin Island Tribe Fisheries Biologist Scott Steltzner, Squaxin Island Attorney Nathan Schreiner (also thanks to Kevin Lyon), Squaxin Island Tribe Intergovernmental Liaison Ray Peters, and EPA legal counsel Ted Yackulic

This is another means to exercise the Squaxin Island Tribe's sovereignty over its waters. It is a federal acknowledgement of the Tribe's sovereignty and a validation of its jurisdiction.

The Squaxin Island Legal and Natural Resources Departments, along with contributions and collaboration from Executive Services, the Inter-Governmental Liaison, IS (web services), and Planning and Community Development, throughout many years of dedicated work, led to this agreement.

The application and award can be viewed at:
squaxinland.org/epa-treatment-as-a-state.



2023 CANDIDATES-

ANNOUNCE YOUR CANDIDACY
BEFORE ELECTION-DAY

Declare early!
Your tribal members want to hear from YOU!

CANDIDATES

Pre-register for the last forum by

April 11th for Forum #2

by submitting your name and email address
to Melissa Puhn: mpuhn@squaxin.us

If you would like to announce earlier and share
a little bit about yourself, please take advantage
of the tribal publication. **Due by April 10, 2023**

Send your photo and bio to

Theresa Henderson: news@squaxin.us



MARK YOUR CALENDAR!

Candidacy Forums will
be held at the
Community Kitchen!
Come watch the
Election Committee
interview each
candidate.

Candidacy Forum #2

**Thursday,
April 13, 2023
5:00 pm
Community Kitchen**

Elections will be in person at the
Little Creek Event Center
Saturday, May 6, 2023



Running for Council Member #1



Jeremie Walls

Good day to all my Squaxin Tribal members!

As we get close to General Body, and after a lot of soul searching and talking with others, I have decided to go ahead and announce my candidacy for Council Seat #1.

With our economic development in our forefront, we also need to think about our community development. I have felt, like others, that our community is being left behind. Water rights issues are around the corner, according to our administration. So now is a great time to start planning our next phase (25 homes) of housing opportunities. So far we have not seen any push for housing for those who want to come home.

A good friend once told me we live in a village, not on a reservation. A village, he said, is where one chooses to live with family and friends, and not somewhere where we are kept like prisoners or cattle. I have to agree with him whole-heartedly; this is our home.

I would like to propose not just a low-income subdivision, but also medium income and low-income mixed neighborhoods. It's already shown in many housing studies that mixed income neighborhoods thrive. Many Squaxins are no longer low income. With housing shortages in our county, it is only smart to provide more opportunities here at home for those who would like to be closer to our tribal families and entities. Just think about flat rate

medium income housing, something we all could afford and pay off.

We were also given the idea of an outdoor recreation area for sports/outdoor community activities, and maybe even bring back Sah-Heh-Wa-Mish Days out back to allow vendors and camping. This would be a real community event for all to enjoy here at home. It also could help develop and facilitate a host spot for future Canoe Journeys.

You have heard me beat my drum about our youth. I will continue to beat that drum for all of our youth and families until we are heard. It's not right our youth have to join other neighboring tribal teams. We should have more organized sports close to home. We need to bring back these lost opportunities asap. Baseball and softball practices have already begun and tournaments are already being played. Basketball is almost over, and all of our kids deserve to play. I am not saying we do not have a great Parks and Rec Department, I am saying there are some pieces missing. I see Boys and Girls Clubs in our neighboring tribes flourishing and providing great opportunities. These clubs are not run by the tribes. They are standalone nonprofits that work with the tribes to provide help with implementation. Their logo is a handshake; it's there to complement the existing program, not to compete.

In the last two years of not being on Tribal Council, I have seen something. I have seen the word transparency turn into more of a myth. I would like to propose we work on communication. We, as elected officials, do not make decisions for you, but on behalf of you. That means, to me, that as an elected official, I must do my diligence in communicating what we are doing and soliciting what input you might have as a tribal member. I have found, in my term serving on Tribal Council, that you all have a lot to offer us in ideas. We should welcome, with professional courtesy, the advice of our Elders so we don't repeat problems from the past, but rather find direction for the future as a tribe united.

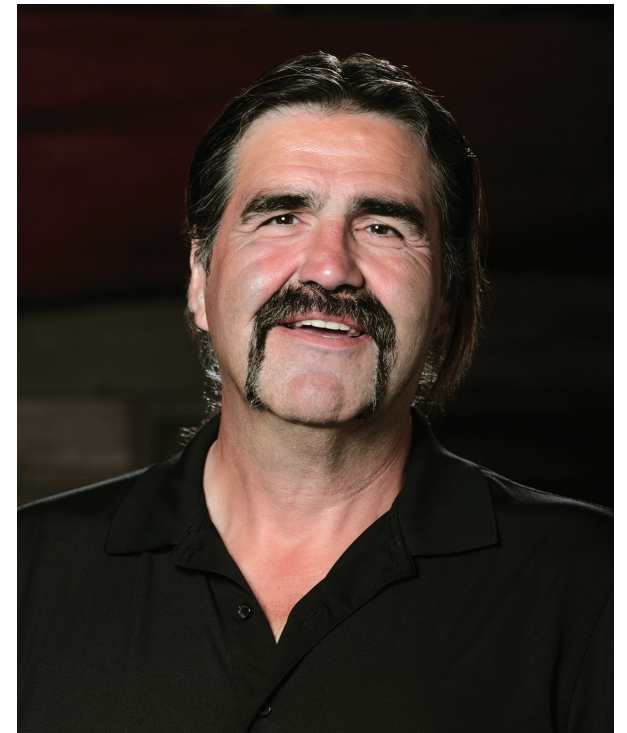
So that being said, I would like to ask you for your support for me to be your eyes, ears, and voice at our highest level. I will always put you first.

Thank you!

Jeremie Walls



Running for Council Member #1



Andy Whitener

With Experience, Knowledge and Stability, I GET THE JOB DONE!



ATTENTION: 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**, Paralegal for the Squaxin Island Legal Department, at (360) 432-1771 ext. 6 or Lharrell@squaxin.us

If you schedule an appointment and you decide you cannot make it, please respectfully cancel PRIOR to the day of the appointment.



Running for Re-election as Tribal Chair



Kris Peters

haʔ sləx̌il, sqʷax̌əsədəbš
klabsch ti dsdaʔ

Hello Squaxin family, my name is Kristopher (Kris) Klabsch Peters. I have been privileged serving the past three years as Council Chair, and I would be pleased to continue serving you in this position.

I am the middle son of Michael and Linda Peters, grandson of the late Emory and Ruth Peters, and great-grandson of the late Jameson Peters and Josephine Bagley Peters. I grew up on Eld Inlet (sqʷayaił) next door to my beloved great-grandmother, Josephine.

I was raised with a public service mindset, first receiving my Eagle Scout as a young boy, transitioning to an early career in fire fighting, and followed by 20 years in criminal justice. I have always been motivated to better myself and help those around me. I served our community as Police Chief after earning my degree in Native American History and Federal Indian Law.

Upon graduating with my master's in public administration, I served as your Tribal Administrator, then as Tribal Liaison for the Department of Children, Youth, and Families for Washington State.

I was honored to return to Squaxin as your Chair and have worked hard to create a healthy and

functional working environment starting at the top. I pride myself on running efficient, professional council meetings, valuing all perspectives, and guiding us toward decisions that benefit all members. Transparency is important to me. I do not participate in "closed-door" decision-making and strongly advocate access to all meetings be provided both in person and online.

I am passionate about education, environmental rights, and healthcare. We must lift our youth and equip them to lead our future. We must continue to celebrate our language and our culture and pass down the teachings given to us by our Elders. We must fight to restore our habitats, uphold our treaties, and establish food sovereignty. We must improve access to quality healthcare and heal the trauma of our past to create a brighter future for generations to come.

I have spent time speaking to schools, organizations, and other governments about our history and educating others about our traditional homelands. I have met with local, state, and federal officials, fighting to strengthen Squaxin sovereignty, maintain our treaty rights, and secure state and federal funding.

I do not shy away from controversy or difficulty. I know how to bring people together and facilitate healthy debate. I lead with honesty, compassion, and integrity — values necessary for facing challenging situations and creating positive change.

If re-elected, I will continue to support our council, providing accountability and equal and consistent service to everyone.

Please reach out and engage with me on the issues that impact you the most. Join the Klabsch 2023 group on Facebook or email me directly at Kpeters@squaxin.us.

Please vote for Kris Peters at the General Body meeting on May 6, 2023.

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haʔ kʷ(i) adsəsləbcəbut
-Kris



South Puget Intertribal Planning Agency

LIHWAP (Water)

NEED HELP WITH YOUR WATER BILL?

SPIPA is accepting Water Assistance applications!

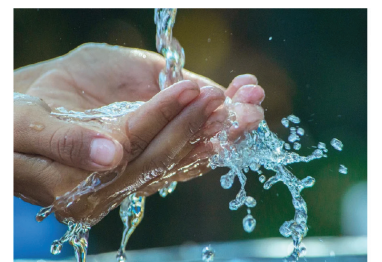
If you qualify for LIHEAP, you will qualify for LIHWAP

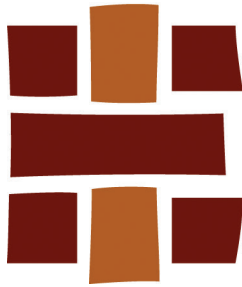
APPLY ONLINE

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

PLEASE INCLUDE WITH YOUR APPLICATION:

- Income for August, September, and October 2022 for all household members 18 and older
- Current water bill, must be in the tribal member's name





ISLAND ENTERPRISES INC

Weaving a strong business foundation for the Squaxin Island Tribe's future.



Tumwater Project

In the last month, the construction crew finished installing the siding on the main building as well as the brick on the exterior. All interior walls have been painted, lights have been wired and hung, and they have just started on the flooring! The kiosk has had the insulation put in, and the siding has been started. The Tumwater project is turning out beautiful and we cannot wait to share it with the community!



February



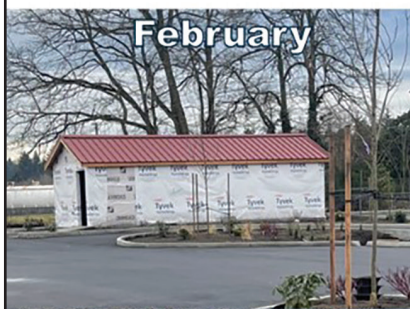
March



February



March



February



March



February



March

Thank you for 15 Years!

Island Enterprises would like to thank Teresa Pfaff and Jennifer Kerr for dedicating the last 15 years to IEI and the community! We are thankful for you and all you continue to do for Island Enterprises!

From Jennifer Kerr

I am so thankful to have been welcomed into the Squaxin Community just over 15 years ago. I have had the chance to meet and work with wonderful, passionate folks and treasure the friendships, support, and lessons that I have picked up along the way



Island Enterprises Office
will be closed
Friday April 7th
for Spring holiday.
We will re open
Monday April 10th
at 8:30 AM.



What's happening at the Creek in April

There's another exciting promotional line-up to share for April!

Monday's are reserved for cookies... Crumbl Cookies! Seniors 50+ get a free Crumbl Cookie each Monday plus get a drawing entry for a cash prize at 7:00 p.m.

Bloomin' Buck Slot Tournaments will be each Tuesday in April. Sessions start at 1pm and run until 5pm. Free to all Resort Reward members and the 1st place cash prize is \$1000!

It's Frog Cross on Wednesday's all month! This interactive gameboard allows participants to reveal cash prizes by collecting bugs, lookout for the SPLAT to keep increasing your cash prize! Drawings are at 1:00, 3:00, 5:00, 7:00, and 9:00 pm, Wednesday's only.

Mrs. Fields Bakeware Earn & Get, Every Saturday! Earn 1,500 points between Thursday and Saturday and pickup one of four items from the collection. Items vary per week!

Entertainment on the Horizon

WFC 152 – MMA – April 8th | On sale now

Hairball – Ultimate 80's Tribute – May 13th | On sale now

Thunder From Down Under – Two Shows – June 9th & 10th | On sale now

Other Exciting News

Team Member Recognition Gala

The first statement in our mission at Little Creek is to be the local area's best place to work with quality jobs. Our team members are the most important piece to this effort and last month we celebrated A Night with the Stars! This event recognized our Team Member of the Month recipients and the annual service awards for 5, 10, 15, 20 and 25 years of service (See event images on bottom right)!

Poker Room News

The poker room has been officially relocated to the main casino floor to make room for the Starlight Lounge remodel! The space received a welcomed glass partition to separate the action at the tables and the well-focused play happening on the poker tables. Poker players has access to restaurant menus for convenient ordering and we're happy to say our poker room is still home of the biggest possible bet in the state of Washington!

Portland Golf Show and Other Salish Cliffs News

The golf and marketing team attended the Portland Golf Show at the Portland Convention Center in early March. Thousands of visitors visited the Salish Cliffs / Little Creek Casino Resort booth to purchase Stay and Play packages at a special "show-only" rate as well as learn information about our course and resort property directly from the Pros! (See Picture featuring Tyler and Steve from Salish Cliffs)

On another golf note...Salish-Cliffs.com is undergoing a face-lift! We're excited to announce that there will be a new and much improved website for golfers coming mid-April 2023.

Best of South Sound

As part of the organization's Strategic Position we recognize the WE ARE A RESORT. Whether it's golf, lodging, gaming, spa or anything in between we strive to be the best and provide the best experience for our guests. From April 10th to April 28th the Best of South Sound Contest will be underway and we need your help! Vote for the casino in the following categories, and remember voting can take place daily!

1. Best Casino
2. Best Day Spa
3. Best Lodging/Hotel
4. Best Seafood Bar
5. Best Golf Course



We've taken varying positions home including first in three categories just last year! Help us take them all!



Kris Newcomber



James Senn



PARKS AND REC | COMMUNITY



Call for Artwork

2023 CALL OUT FOR ARTWORK

This is a call out for artwork submissions for the 31st year of the Salmon Homecoming Alliance Event happening at Pier 62 on the Seattle waterfront in September 2023. Our theme this year is "Together We Keep Our Salmon Legacy."



A salmon MUST play a prominent role in the artwork submitted.

Your artwork, if selected, will be featured on all our t-shirts, on our website, and other selected printed materials. **Deadline is April 31th or sooner.**

Please submit a clear picture of your piece to: shcacoordinator@gmail.com.

Compensation:

A \$500.00 stipend will be paid for the original signed piece. If your piece is digital, we require a signed copy on a minimum size paper of 20 x 15. The artist will retain the right to make copies (numbered) for additional profit. The artist will be given a free vendor space at the event.

April 2023 - 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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Easter Egg Hunt 10am - 11am *Please see flyer for details
3 Spring Break Spring Rec: 8:30am-3pm	4 Spring Break Spring Rec: 8:30am-3pm B-Ball Practices: 17u & 14u: 3:30-4:30pm 10u: 5:00-5:45pm	5 Spring Break Spring Rec: 8:30am-3pm B-Ball Practices: 17u & 14u: 3:30-4:30pm 10u: 5:00-5:45pm	6 Spring Break Spring Rec: 8:30am-3pm B-Ball Practices: 17u & 14u: 3:30-4:30pm 10u: 5:00-5:45pm	7 Closed for Spring Tribal Holiday	8 Open Gym: 2-5pm
10 After-School: 3-6pm Plant Teaching: Gather Maple Leaves for Leaf Rubbing	11 After-School: 3-6pm On-Going Cultural: Work on Drums B-Ball Practices: 17u & 14u: 3:30-4:30pm 10u: 5:00-5:45pm	12 After-School: 2:30-6pm Project for Art Walk B-Ball Practices: 17u & 14u: 3:30-4:30pm 10u: 5:00-5:45pm GSD - ER @ 2:15pm	13 After-School: 3-6pm Make Easter Cupcake Cones B-Ball Practices: 17u & 14u: 3:30-4:30pm 10u: 5:00-5:45pm	14 After-School: 3-6pm STEM: Climbing Robot	15 Open Gym: 2-5pm
17 After-School: 3-6pm Plant Teaching: Make Maple Flower Fritters	18 After-School: 3-6pm On-Going Cultural: Work on Drums B-Ball Practices: 17u & 14u: 3:30-4:30pm 10u: 5:00-5:45pm	19 After-School: 1:30-6pm Project for Art Walk B-Ball Practices: 17u & 14u: 3:30-4:30pm 10u: 5:00-5:45pm SSD - 1.5 HR ER GSD - ER @ 2:15pm	20 After-School: 3-6pm Make Pizza Toast B-Ball Practices: 17u & 14u: 3:30-4:30pm 10u: 5:00-5:45pm	21 After-School Rec Closed for Community Art Walk 5:30 - 7:00pm	22 Open Gym: 2-5pm
24 After-School: 3-6pm Plant Teaching: Play Spring Plant BINGO	25 After-School: 3-6pm On-Going Cultural: Finish Drums B-Ball Practices: 17u & 14u: 3:30-4:30pm 10u: 5:00-5:45pm	26 After-School: 2:30-6pm Make Edible Dirt Cups GSD - ER @ 2:15pm B-Ball Practices: 17u & 14u: 3:30-4:30pm 10u: 5:00-5:45pm	27 After-School: 3-6pm Learn How to Make Fry Bread B-Ball Practices: 17u & 14u: 3:30-4:30pm 10u: 5:00-5:45pm	28 After-School: 3-6pm STEM: Measure the Wind	29 Open Gym: 2-5pm

Key: SSD - Shelton School District GSD - Griffin School District	After-School Meal Times: Early Snack is offered: 3:00pm-3:45pm Late Snack is offered: 4:00pm-4:45pm	Activity Time: School-Age Youth from: 5:00-5:45pm	Contact: Kasia: 360-432-3801 Kenna: 360-432-3895 Jerilynn: 360-432-3992
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March's Activities in the Squaxin After School Program

Kasia Seymour - On Wednesday, March 1st, the youth played soccer with Billie in the gym. They had so much fun running back and forth, and kicking that soccer ball into the goal.

Monday's in March was Plant Teachings with Jerilynn, and the focus was dandelions. The youth got to take a walk with Jerilynn to find dandelions. They ended up planting some leaves with a little bit of root as an experiment to find out if they would grow! They monitored them each Monday and made dandelion drop biscuits and dandelion pickles. They learned the seeds can blow up to five miles in the wind and seed themselves.

Tuesday's in March - Our on-going cultural activity was Squaxin Women's History Month for the first half of March and the second half of March was working with cedar. The youth learned how to use cedar and wove little mats.

Wednesday, March 8th, the youth played Capture the Flag with staff in the gym and they had a really great time.

Saturday's in March our Rec Mentors were here for open gym from 2:00-5:00 p.m.

Wednesday, March 15th, the youth did the Rainbow Challenge with Billie and played football in the gym.

Thursday, March 16th, the youth made Lucky Charms treats and they looked super yummy!

Friday, March 24th - STEM: Fireworks in a glass and paper bag lion puppets. The kids had a lot of fun watching the food coloring mix in the glass, creating an awesome effect. The puppets turned out really cool and creative.

Thursday, March 30th, the youth made chocolate brownies and they loved them.

Please stay tuned in April for Spring Break Recreation ... All dates and times will be posted on the Remind app, Daily Scoop, and Parks & Rec Facebook page, as well as the monthly Youth Activities calendar.

We hope everyone can join us for our annual Easter egg hunt and that families will join in for the community art walk!

During early releases for Griffin and Shelton school districts, we will be open early! We open as the buses arrive. We post the times on our calendars!

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 81010.

Kasia Seymour, Youth Activities Lead:

(360) 432-3801 or kseymour@squaxin.us

Jerilynn Vail, Youth Activities Manager/Food Program Manager:

(360) 432-3992 or jvail@squaxin.us

Kenna Acosta, Youth Recreation Coordinator:

(360) 432-3895 or kacosta@squaxin.us



SQUAXIN ISLAND PARKS & RECREATION

**CHECK OUT THE AFTER-SCHOOL ACTIVITIES
HAPPENING IN APRIL ..**

Spring Break April 3rd- April 6th, 2023

Monday's are Plant Teachings with Jerilynn:
Aprils' focus is Big Leaf Maple

Tuesday's are the On-Going Cultural Activities: Drums

Saturday's are Open Gym 2:00-5:00pm.

Saturday, April 1st- Youth Easter Egg Hunt

Monday, April 3rd- Plant Teachings w/Jerilynn
Spring Art, Musical Chairs & Football in the Field

Tuesday, April 4th- Cultural Activity: Drums, Kickball in the Field,
Spring BINGO & Games in Gym w/Billie

Wednesday, April 5th- Spring Art, Volleyball/Playground & Riding
Scooters.

Thursday, April 6th- Slime Stress Ball, Sprout Ball/ Playground,
Cake Pops & T'peeksin Park.

Friday, April 7th-Tribe Closed for Spring Holiday

Wednesday, April 12th- Glow Paint Sea Creatures for Art Walk

Thursday, April 13th- Cooking: Easter Cupcake Cones

Friday, April 14th- STEM: Climbing Robot

Thursday, April 20th- Cooking: Pizza Toast

Friday April 21st-Community Art Walk 5:30-7:00pm!

***This Day the Afterschool Program is Closed for the Event**

Wednesday, April 26th- Edible Dirt Cups

Thursday, April 27th- Cooking: Make Frybread

Friday April 28th-STEM: Measure the Wind Activity.

Any Questions Contact:

Kasia Seymour: kseymour@squaxin.us

Jerilynn Vail: jvail@squaxin.us

Kenna Acosta: kacosta@squaxin.us



Reminder Shellfish Harvesters

The current shellfish cycle ends on May 31st and the new one starts on June 1st

Renewing Your License

Make a payment arrangement for your license fees. Provide the receipt to the NR front desk to get your sticker(s) and confirm your group.

Please note:

If you are unsure if you have already renewed your license for the next cycle or need a new/replacement ID, please call us at (360) 432-3802 or (360) 432-3805. If you have already paid and have not yet received your sticker(s), please stop by the office to pick them up prior to harvesting on June 1st.



ATTENTION ALL STUDENTS Graduating in 2023

Do you know someone who is graduating high school, has received their GED, completed their AA, BA, MA Degree, or has received a certificate for a vocational/technical program?

**To be recognized please email your information to Mandy Valley by:
4:00pm Friday June 2nd, 2023.**

Please see contact information below

The Squaxin Island Tribal Council, Education Commission and the Tu Ha' Buts Learning Center would like to recognize and celebrate these individuals at the Twenty-sixth Annual Sgwi-gwi Celebration.

26th Annual Sgwi' Gwi Celebration

Thursday June 8th, 2023

Time 5:00pm, Squaxin Ball Field.

Please go to the following link below and fill out the questionnaire.

https://squaxin.formstack.com/forms/2023_graduates

Contact: Mandy Valley
10 SE Squaxin Lane
Shelton, WA 98584

Phone: (360) 432-3882
Fax: (360) 426-7897
email: mvalley@squaxin.us

SHELLFISH HARVESTER REMINDER

Harvesters are required to be in possession of a valid harvester ID card when exercising treaty rights, and it must be presented to the buyer at the time of sale.

Designees must also have their designated diggers harvester ID card present at the time of sale. For any changes regarding your designated digger, please get in touch with the front office. **(360) 432-3802**



!! IMPORTANT !!

To participate in harvesting activities, Treaty ID must be issued and current permits/stickers must be present.

Squaxin Island Parks & Recreation

REMINDER SPRING BREAK REC

Hours: 8:30-3:00 pm

Monday, April 3rd- Sign in & Breakfast,
Nature Walk Looking for Big Leaf Maple &
Make Helicopter Airplanes with Jerilynn, Lunch,
Spring Art, Musical Chairs, Playground & Football in Field,
Snack & sign out.

Tuesday, April 4th- Sign in & Breakfast,
Cultural: Make Drums,
Kickball in the Field, Lunch,
Spring BINGO &
Games in the Gym, Snack & sign out.

Wednesday, April 5th- Sign in & Breakfast
Spring Art with Pastels,
Volleyball & Playground
Lunch, Riding Scooters
Snack & sign out.

Thursday, April 6th- Sign in & Breakfast,
Slime Stress Ball,
Sprout Ball/Playground, Lunch,
Cake Pops & T'peeksin Park
Snack & sign out.

Friday April 7th- No Spring Break Rec. Tribe Closed for Spring Holiday.

Contact Information:

Kasia Seymour: kseymour@squaxin.us
Jerilynn Vail: jvail@squaxin.us
Kenna Acosta: kacosta@squaxin.us



Bordeaux

Tamika Krise - Hello everyone! We are back with our Bordeaux March Update! Check out what our Bordeaux Bulldogs have been up to. It has been a busy first half of March. We have had all sorts of things going on.

First off, we had some fun days. We celebrated "Read Across America" week. Each day was celebrated with a theme to encourage our students to keep reading. We had a sports day to send the message that reading JOGS the mind. My and the students' favorite day was Pajama Day, where the students got to cozy up with a good story while in pajamas at school!

Shortly after, we had picture day which is always exiting! Seeing the kiddos in their picture day attire, making sure their hair is combed, and lunch is out of their teeth is always fun to watch. Our kiddos made sure to smile big so they can bring home an awesome school picture.

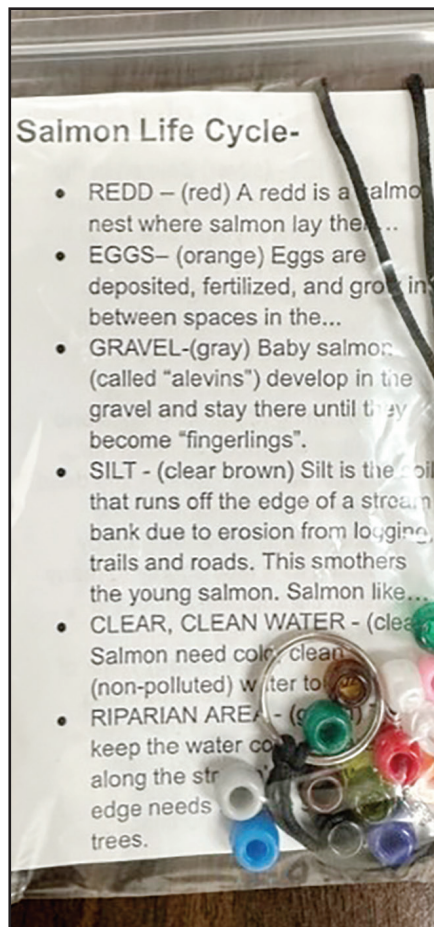
Next, we celebrated the great Billy Frank Jr. And honored him throughout the week of his birthday. The week prior we made sure that all grades K-4th, had resources and activities to incorporate in their classes. We sent out a ton of resources from the Salmon Defense, along with many others, such as, an electronic Billy Frank Jr. trivia game that really gets into who Billy Frank Jr. was and what he went through. Another resource was an interactive lesson board with read along stories and educational videos, all having to do with Billy Frank Jr. and his teachings. For our third graders, we made salmon life cycle key chain kits. Our third graders have been studying salmon, their life cycle, and the environment. The key chain was made with pony beads. Each bead represented a stage in the salmon's life cycle, a piece of their environment, and what us humans can do to help them. Lastly, we filled a huge bulletin board with quotes from Billy Frank Jr., educational posters about him, a copy of our Medicine Creek Treaty, and more than a hundred colored fish from all Bordeaux students. On the colored fish, the students wrote down a way they can continue Billy Frank Jr.'s hard work.

During the same week of Billy Frank Jr., I was able to attend a field trip with our third graders to the Skokomish fish hatchery. It was so awesome to see these kiddos be so interested in the salmon. They were able to let their own baby alevin go, feed the salmon, tour the hatchery, and much more. I knew our ancestors were so proud hearing our tribal youth talk about their families fishing and teaching other youth how to be respectful of our waters. It was a wonderful experience that I was so lucky to be a part of. While we sat for lunch, there were four eagles soaring above us. The kids were just as stoked as I was. All around, a fantastic day as well as a proud time for our tribal people.

Our youth are rockin' it!



Olivia & Satayla PJ's



Zayne's Salmon Key Chain



Josiah



Elaine





Olympic Middle School

Kiana Wily -

Honoring the Salmon

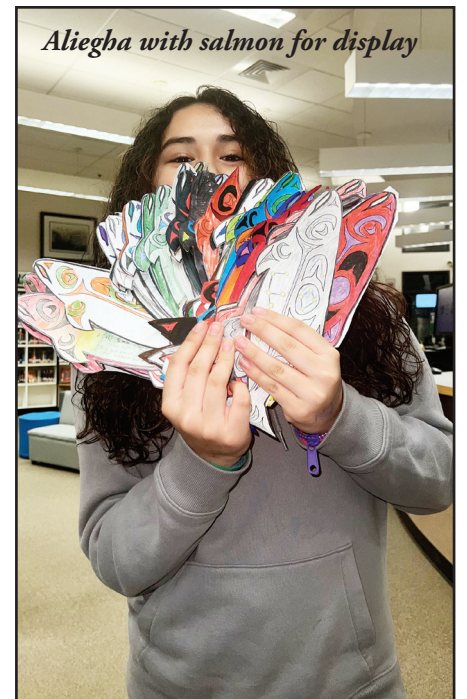
Through the month of March, Olympic Middle School paid its respects to Billy Frank Jr. and the salmon he spent his life defending. Native Ed got the whole school involved in a salmon art project. All the students and staff spent time in homeroom discussing Billy Frank Jr.'s hard work as an environmentalist and activist as well as coloring salmon designs that they cut out and turned into a super awesome display of salmon that "swim" down our hallways. So many put so much effort in and created such beautifully colored salmon. I love the creativity. Our Native Ed students put in as much work as they could with the planning, cutting out, and putting together of this project. I am proud of the way our Native Ed students have put some real interest into learning about, and honoring, Billy Frank Jr. We had a birthday party for him and enjoyed some fry bread and jam together as we talked about how important Billy Frank Jr. was, and is, for Native peoples, especially our Medicine Creek Treaty nations.

OMS Year Book

This year, the OMS yearbook will be the first year to have a Native Ed section in it, and I just think that's so exciting! The Native Ed students are excited to be able to say they are the first Native group being officially recognized at Olympic Middle School. We got almost all of them together and took some good group pictures. Thank you to Mr. Jenney for including us in the yearbook and coming and taking pictures of our kiddos during our little events.

Final Semester!

We are down to our final semester of this school year! Here at OMS, we are doing our best to make the transition for our 6th graders going into junior high as smooth as we can. The OBJH counselors came and gave a virtual tour of the junior high and introduced themselves to the students. We are focused on hitting our academic goals and getting the kids mentally prepared for their upcoming transition. Spring break is the first week of April, from the 3rd to the 7th, and that is a perfect time to sit down with your soon-to-be junior high schooler and talk to them about any assistance they might be needing in this time of change and set some goals for the upcoming school year. It's a big step going from the middle school to the junior high, and each building has its own set of expectations. A little support can go a long way, so let's do what we can to help give our youth what they need to be successful! The last few months of school is flying by.



Aliegha with salmon for display



OMS girls preparing salmon for mural





Oakland Bay Junior High

Caleb Kinzner - Hello all, we have just started the final trimester here at OBJH. Many of our students finished the previous trimester strong and I could not be prouder of them. I am extremely confident that our students will be able to finish the school year on a high note and that they have built positive habits that will allow them to succeed in the next school year. Our 8th graders have just filled out their high school class request forms and are looking forward to the next step in their academic careers.

I do ask that you please continue to keep up on students' homework; the leading cause of failing or struggling grades has still been a lack of homework. It feels like there has been a recent uptick in the amount of homework being turned in, but we still have plenty of work to do. Teaching good organizational skills and attention to detail will go a long way for them, not only in school, but for all other aspects of life. I expect that about half of our students will be recognized as having great grades during the upcoming "end of second trimester" assembly. I believe that recognizing the hard work that our students are putting in will be encouraging and may even entice some of our "struggling" students.

We had a successful Billy Frank Jr. Day! We had Native Ed meetings set up once a week for our students in order to educate our kids on his impact and what he stood for. Our students were able to help us raise awareness and set up a plan to educate administration. We wanted the students to be able to take pride in Billy Frank Jr. Day, and I hope this helped. The school worked on lessons for certain classes in order to educate their students on who Billy Frank Jr. was and the long-lasting impact he made. This year is hopefully a building block for great things to come!

A student that I would like to recognize is Janelle Krise. She has been an outstanding student and an even better athlete. She has been the model of efficiency recently and is truly someone that fellow students can look up to as an example. She is well liked by teachers and faculty due to her outgoing and spontaneous attitude. She is always able to have plenty of friends. She had exceptional grades for most of the second trimester, and I believe she will do the same in the third. She has been able to overcome many academic and personal obstacles and still persevere. I hope that she continues to impress and that her peers can follow her example.



Lolyta Johns Camilo Krise Will Ogden and Skylehr Henry OBJH



Lolyta Johns and Janelle Krise OBJH



Higher Education

Mandy Valley - Higher Education students, if you are planning to attend spring quarter 2023, all paperwork is due no later than Monday, March 20th.

Remember to send in your final grades for winter quarter, new class schedule for spring quarter, and your completed Memorandum of Commitment for the new quarter.

I need all of this information for your Higher Education file ASAP. I cannot process your paperwork for the college until your file has been updated.

I hope everyone had a very successful quarter.

If you are planning on attending summer session, you will need to request funding no later than May 26th.

If you have any questions, I can be reached at my direct line or email.

(360) 432-3882 or mvalley@squaxin.us



Shelton High School

Isabelle LeClair - Hello everyone! Gosh we are just cruising through the school year! We just finished our second Trimester!

I'm immensely proud of all our teens for working hard and showing up for their finals! More than half of our teens passed all their classes!!! I'm incredibly proud of all our students.

Seniors - please reach out to me, too, so we can get you your button robe material if you are planning to participate in the Button Robe Ceremony in May!

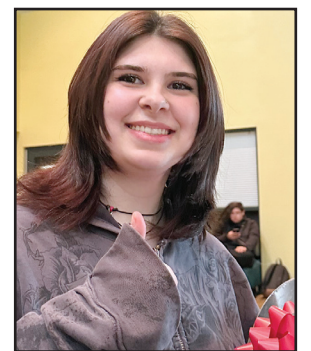
For our student spotlight this month, I wanted to give a huge shoutout to heckin' Alysa Meyer! She got an A on her chemistry final and an A on her algebra II final!! Alysa will come in and work on her assignments with me frequently, so I see all her hard work and dedication she has put into being successful in all her classes. Over the past year, I have really gotten to know and appreciate Alysa. I find her absolutely hilarious, and she is a very talented artist! So, great work Alysa! We are very proud of you! I hope your celebratory Burger King was everything you hoped for and more!

I feel very lucky and privileged to be able to work with such awesome teens!

Highclimbers, let's finish the school year off strong!

Facebook: Isabelle Theadvocate

Phone: (360) 968-4453



Alysa then and now



Teen Program

Keesha Vigil - Hello Squaxin Fam!

In March, myself and two of our Student Advocates had the opportunity to take some high schoolers to the South Puget Sound Community Colleges Annual Fire Summit. This was a chance for the teens to get familiar with the college and learn about what SPSCC has to offer. They got to participate in a campus tour and sessions that allowed them to dip their toes into what they might want to pursue in the future. It was so cool to show the teens around where I took my first steps as a college student. I am so excited to see where these teens' futures takes them.

Also, this month is spring break! Here is what we have planned:

Monday, April 3rd, we are meeting with Kelly from Emergency Management from 11:00 - 2:00 p.m. The teens will learn some awesome emergency skills, see how the Tribe is prepared to handle natural disasters and other emergencies, and learn about emergency preparedness.

Tuesday, April 4th, we will be hanging out with Will Henderson from Natural Resources from 9:00 a.m. - 12:00 p.m. and heading out to the net pens to learn about why the net pens are important. We might even get the chance to feed the fish!

Wednesday, April 5th, we will be visiting Laurels Farm from 11:00 a.m. -

2:00 p.m. learning what the farming lifestyle is like. The best part will be meeting her farm animals!

Our teens premiered their Squaxin history video on March 8th to more than 50 community members. It was so awesome to see the reactions of friends and family. The teens are so proud of the video they created, and it will be used in the schools to support the Since Time Immemorial curriculum. Special thanks to the Squaxin Island Museum for all of their support during the making of the video and hosting our premiere in their beautiful space, we appreciate you!

The link to the video is on the Tu Ha' Buts Learning Center's webpage. Check it out!

Phone: (360) 463-0681



Jaimie Cruz at FIRE Summit



Terry at the FIRE Summit



Ana, Julie and Tanalee at the FIRE Summit





Tribal Council Appointments to Committees, Commissions and Boards Updated

1% Commission

Marvin Campbell
Pat Braese
Vince Henry, Sr.
Kasia Seymour
Joe Peters
Julie Owens

Benefits Committee

Astrid Poste
Henry Roy
Erika Thale
Ramon Nunez
Jenni Evans
Richard Sweeney
Nathan Schreiner

Budget Commission

Marvin Campbell
Erika Thale
Henry Roy
Julie Owens
Andrea Sigo
Rhonda Foster
Vicki Kruger

Business Administration Board

Ron Whitener, Jr.
Wendy Bowman
Don Smith

Constitution Committee

Joshua Whitener
Jayde Smith
Tammy Ford
Rhonda Foster
Ron Whitener, Jr.
Vicki Kruger
Steven Dorland
Redwolf Krise
Whitney Jones
Will Penn

Education Commission

Misti Fawn Vigil
Candace Penn
Daniel Kuntz
Rickie Ramage
Twana Machado
Joe Peters
Jaimie Cruz

Elders Committee

Dorinda Thein
Debbie Mattson
Rose Brownfield
Mike Peters
Nancy Moore

Elections Committee

Candace Penn
Cassidy Gott
Juana Nelson
Liz Kuntz
Penni Restivo
Terri Capoeman
Kasia Seymour
Susan LaClair
Monica Nerney
Tammy Ford
Niki Ho

Emergency Management Homeland Security Committee

Erika Thale
Savanna Fenton
Joshua Crooke
Department Directors (14)
Kelly Guy
Leila Whitener
Patrick Whitener

Employment Law Committee

Ramon Nunez
LCCR HR Director
David Burnett
Jenni Evans
Marvin Campbell
Astrid Poste
Nathan Schreiner

Enrollment Committee

Joanne Decicio
Margaret Seymour-Henry
Sis Brownfield
Lisa Johns
Joshua Whitener
Vicki Kruger
Susan McFarlane
Jaimie Cruz
Sharon Haensley
Charlene Krise

Gaming Commission

Joanne Decicio
Christina Henry
Erika Thale
Liz Kuntz
Jenna Cookston
Chad Ziegler

Golf Committee

Marvin Campbell
Jeff Dickison
Michael Peters
Ray Peters
Andy Whitener

Housing Commission

Charlene Krise
Terri Capoeman
Amber Gomez
Daniel Kuntz
Monica Nerney
Jaimie Queen
Janita Raham
Trelace Sigo
Stephanie Starr
Jaimie Cruz

Island Enterprises, Inc. Board

Daniel Kuntz
Ray Peters
Julie Owens
Kevin Maybon
Arnold Cooper
Aleta Poste
Tim Sheldon
Andy Whitener

MLRC Board

Marvin Campbell
Andrea Sigo
Ralph Munro
Dale Croes
Dr. Robyn Wright
Mike Araiza
Michael Peters
Sally Brownfield

Natural Resources Committee

(Replaces Shellfish, fish, hunting and aquatics committees)

Buck Clark
Cameron Henry
Andy Sigo
Aleta Poste
David Peters
Jon Vanderwal
Danny Snyder
Tammy Rios
Dakoda Vigil
David Whitener, Jr.

Personnel/Grievance Commission

Michael Ogden
Dave Johns
Robert Whitener, Jr.
Katrina Story
Carolyn Hoosier
Misti Saenz-Garcia
Mike Araiza
Jennifer Reboin

Skookum Creek Tobacco Board

Kristen Davis
Shawn Yannity
Vince Henry, Sr.
Drew MacEwan
Ray Peters

Veterans Committee

John Krise
Will Penn
Joe Seymour
Josh Mason
John Brown

Utilities Commission

Penni Restivo
Vince Henry, Sr.
Henry Roy
Vicki Kruger
Diane Biscay



Workers Compensation Plan Committee

Astrid Poste
Henry Roy
Lynell Gouley
Ramon Nunez
Jenni Evans
Richard Sweeney



Thank You



View any time online at: squaxinland.org/tribal-member-info/committees-commissions-and-boards



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

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.

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 you 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: squaxinland.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



IN THE TRIBAL COURT
OF THE SQUAXIN ISLAND TRIBE
SHELTON, WASHINGTON

IN THE MATTER OF THE ESTATE OF: RUSSELL DEAN HARPER, Deceased.	Case No. CV-2022-08-2 PROBATE NOTICE TO CREDITORS
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PLEASE TAKE NOTICE that the Administrator named below has been appointed as Administrator of this Estate. Any person having a claim against the Decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in SITC §8.01.040(B) and RCW §11.40.070 by serving on or mailing to the Administrator or the Administrator's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of:

(1) Thirty days after the Administrator served or mailed the notice to the creditor as provided under RCW §11.40.020(1)(c); or

PROBATE NOTICE TO CREDITORS Page 1 of 2 Curiale Hostnik PLLC
315 - 39th Avenue SW, Suite 9
Puyallup, WA 98373
(253) 475-4200 Fax: (253) 475-2596

(2) Four months after the date of first publication of the notice.

If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW §11.40.051 and §11.40.060. This bar is effective as to claims against both the Decedent's probate and non-probate assets.

Date of First Publication:	March 15, 2023
Personal Representative:	Jason Koenig
Attorney for the Personal Representative:	Charles R. Hostnik
Address for Mailing or Service:	Curiale Hostnik PLLC 315 - 39th Avenue SW, Suite 9 Puyallup, WA 98373
Court of Probate Proceedings and Cause Number:	Squaxin Island Tribal Court Case No. CV-2022-08-2

DATED this 22nd day of February, 2023.

CURIALE HOSTNIK PLLC

By: /s/ C. R. Hostnik
Charles R. Hostnik, WSBA #10834,
Member of the Squaxin Island Tribal Court Bar
Attorneys for Jason Koenig, as Administrator
of the Estate of Russell Dean Harper

PROBATE NOTICE TO CREDITORS Page 2 of 2 Curiale Hostnik PLLC
315 - 39th Avenue SW, Suite 9
Puyallup, WA 98373
(253) 475-4200 Fax: (253) 475-2596



SQUAXIN ISLAND CHILD DEVELOPMENT CENTER IS LOOKING FOR VOLUNTEERS TO HONOR INDIGENOUS IDENTITY AND CULTURE THROUGH TRADITIONAL

**STORY TELLING
DANCE
DRUMMING
WEAVING
BEADING
CARVING
GATHERING
MEDICINAL MEDICINE**

INTERESTED VOLUNTEERS REACHOUT TO MARTI PETERSON
mpeterson@squaxin.us

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**

PRESCRIPTION DRUG TAKE BACK BOX LOCATIONS

SHELTON

MASON GENERAL HOSPITAL

NEIL'S PHARMACY

SAFEWAY

SHELTON PHARMACY

WORKING FAMILIES TAX CREDIT

A new tax credit for Washington workers starts in 2023!

Working Families Tax Credit will provide payments up to \$1,200 to individuals and families who meet the requirements.

Who is eligible for a tax credit?
Individuals and families are eligible if they meet all of the following requirements:

- Lived in Washington a minimum of 183 days.
- Are at least 25 and under 65 years of age OR have a qualifying child in 2022.
- Filed a 2022 federal tax return with a Social Security Number (SSN) or an Individual Taxpayer Identification Number (ITIN).
- Eligible for the federal Earned Income Tax Credit on their 2022 tax return.
 - Go to www.irs.gov/eitc to learn more.
- Meet the income requirements (see table).

How much will individuals and families get back?
It depends on the number of qualifying children and income level. See table for estimates based on the 2022 income eligibility thresholds.

What are the income thresholds?

Number of qualifying children	Applicant must make less than the following		Maximum refund
	Single	Married (filing jointly)	
0	\$16,480	\$22,610	\$300
1	\$43,492	\$49,622	\$600
2	\$49,399	\$55,529	\$900
3 or more	\$53,057	\$59,187	\$1,200

Applications open on February 1, 2023 and are accepted through December 31, 2023.

info@pimsavvy.com
Main: 206-565-2961, option 3

PIM SAVVY COMMUNITY OUTREACH

Department of Revenue Washington State

Squaxin Island Tax Site

BASIC RETURNS

January 30, 2023 - April 6, 2023

tax time!

By appointment only
Contact Lisa Peters to schedule an appointment 360-432-3871

WHAT YOU NEED:

- Proof of identification (photo ID)
- Social Security cards for you, your spouse and dependents, ITIN
- Documents showing all income (W-2, 1099)
- Expenses — to claim tax deductions (Childcare, donations, college tuition, property taxes)
- Any other tax documents or notices you received
- A copy of last year's federal return, if available
- Form 1095-A, Health Insurance Marketplace Statement, to reconcile advance Premium Tax Credits for Marketplace coverage
- Proof of bank account routing and account numbers for direct deposit such as a blank check

IRS Certified Volunteers Providing FREE TAX PREPARATION

Sponsored by Squaxin Island Tribe—Office of Housing



New Employees



Bahiya Yosef
Indian Child Welfare
Manager

Hello, I have been hired as the Indian Child Welfare (ICW) Manager with the Family Services Department.

I have experience working with children in a mental health setting and am excited about working with children and families here.

I am passionate about getting started and happy to work with this community!



Guy Cain
Housing Maintenance
Technician

Hi, I have been hired as a Housing Maintenance Technician working with the PCD Department.

I have been working in construction for 15 years, and I am the son of Dorinda Thein and grandson of Lila Jacobs.

I am most excited about being able to help tribal members work on their houses, period.

I look forward to working with you.



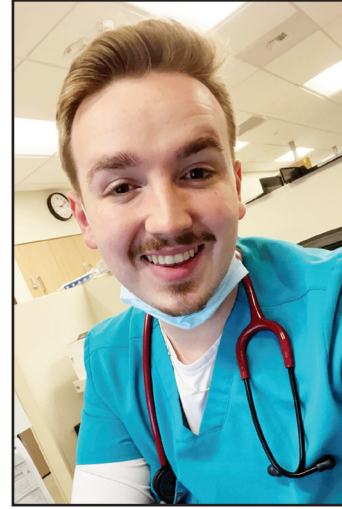
Kelli Alexander
Substance Use Disorder
Professional

Hi, I have been hired as the Substance Use Disorder Professional position with the Family Services Department.

I am a mother of twin girls and a proud grandmother to four beautiful grandchildren.

I have been a counselor for four years in both inpatient and outpatient settings. I am excited to share my love of recovery and the life I bring to those who are yet to experience the freedom of a life without drugs and alcohol.

I look forward to giving back to the Native American community where I was born and raised, helping addicts to find a better way of life.



Patrick O'Donnell
Medical Assistant

Hello, I have been hired as the Medical Assistant at the Squaxin Island health clinic.

I have been working in the medical field since I was 18, and I have lived in Shelton my whole life. I graduated from Shelton High School in 2016, then went to work as a CNA and now as an MA.

I am a huge people person. I'd love to help anyone who needs it.

I am excited to help and learn from this community.

I am very patient and care-oriented. I take the time to listen to the patient's concerns and help address any issues they may have.

I am looking forward to growing as a person working here, and am very excited to meet my whole team of coworkers and all my patients.



Redwolf Krise
Elders Cook

Hi, I have been hired as the on-call Elders Cook with the Family Services Department.

I am the son of Mike Krise and Kimberly Miller.

I am happy to be able to serve our Elders, period. I plan to laugh, talk, and learn from them.



Employment Opportunities:

squaxinland.org

If you would like assistance updating a resume or have questions about any of our open positions, please reach out to Jessica in Human Resources.

Positions are updated each Friday at:

www.squaxinland.org



Kamilche Pharmacy

Please submit your refill requests at least 5 days in advance.
HHS closes at noon the 1st and 3rd Thursday of each month.



(360) 432-3990

HHS in April

April 6: We will be open all day
April 7: All HHS closed for spring holiday
April 20: Mammogram Day
April 20: All HHS closed for the afternoon



Let's Talk About Your Labs!



Let's Talk Labs.

Rachel Espanto, BSN, RN - When it comes to diabetes, there are two really common blood tests that are ordered. I am referring to blood glucose screening (blood sugar check) and hemoglobin A1C (A1C) screening. Both can be done as a finger poke or a blood draw. The tests are usually completed in relation to diabetic care, but they give different information.

Blood Glucose Screening

A blood glucose screening, also sometimes referred to as a blood sugar check, can be completed fasting or not fasting. It can be done at home, or at your doctor's office using a glucometer. This tells your provider how a person's blood sugar has been for the last few hours and how the body is processing the sugar.

Hemoglobin A1C.

A hemoglobin A1C reading, or more often just referred to as an A1C reading, never needs to be done while fasting. It is always done at a doctor's office or a lab. This tells your provider how your blood sugar has been over a three month time frame.

Results

A1C results are usually given as a percent. Blood sugar checks are provided as a number. Both numbers tell your provider if you have diabetes. If you do have diabetes and are taking medication for it, these results will inform your provider how your treatment is going.



TRIBAL MEMBER SERVICES

Jaclyn Meyer, Coordinator

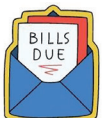
Purchase Orders

- Call and tell us when, where and what the appointment is for.
- The referral must be made by one of our providers or the hospital.
- Please verify you have a purchase order before your appointment.
- Provide your PO number when you check in to your appointment.

They sent me a bill!!!

Send it over to us ASAP!!!

You may receive bills for ambulance, labs, radiology, specialists, & doctors separately.



Contact Info

Here are all the ways you can contact me:

- jmeyer@squaxin.us
- (360) 432-3922
- www.squaxinisland.org



Emergencies



- Notify the ER clerk that you are covered by Squaxin Island Tribal Health
- Call us within 72 hours (3 days).
- Let us know where you went!
- Did you go by ambulance?
- Date you checked in and out.
- What was the reason for the emergency visit?



Don't Let Contempt Sink Your Relationship

By Dr Ferguson - Contempt is (1) not liking and (2) feeling like you are better than another person or group of people. Anger usually follows contempt as expressed in frustration and annoyance.

How do you spot contempt on a person's face? Contempt is the only "crooked" facial expression, as shown in the figure to the right.

Besides their facial expression, people may "puff up" their chests and "look down their noses" at you. Teens feeling contempt may roll their eyes when adults lecture them, but it's rarely seen. Just kidding!

When people feel contempt for other people, it is because they think they are better than other people. For example, they go to church and you don't, or they vote a certain way that is different from you, or they have been sober for years and you're still binging on alcohol, etc. In short, they think of you as beneath them, lower in rank and less important. If you feel contempt for, say, someone from Antarctica, chances are, it will have little or no impact on your life. If you look down on someone because of their tribe, family name, or relationships, it can cause a great deal of trouble in your relationships. In fact, relationship experts who have studied couples for decades have found that when contempt rears its ugly head, the relationship is usually doomed to fail unless both parties change how they treat one another. It takes two to tango.

So, how else does contempt look? You express contempt by name-calling, making fun of, insulting, mocking, mimicking in a mean way, laughing at, or other behaviors that make the person look lesser than or worse than you.

You don't need me to tell you what it feels like to be on the receiving end, because we have all been there. Being on the receiving end feels awful, especially when that person has power over us. We might need the person who has something over us for financial or child support, he or she is our boss or supervisor, or we need the person for rides to the store or appointments. For this very reason, we might feel "trapped."

So, why feel contempt? Showing contempt towards someone maintains your power and status over them. One example is talking over your partner because you feel they aren't smart, interesting, or important. Of course, a worse example is to tell your partner to shut up. If you see this kind of behavior in a relationship, it is probably done for. There is no going back to what you once had. There is bad blood between you.

Though "toxic," showing contempt to control people usually works in the short-term. Over time, however, your partner might leave you abruptly or cheat to spite you.

So, why does contempt doom relationships? While healthy relationships are based on the idea of you and me against the world, the feeling of contempt changes that relationship to you against me. We become opponents or enemies.

So, how do you do away with contempt?

(1) Identify and share your feelings. For example, "I feel sad because I was looking forward to spending dinner with you tonight."

Try not to use language like, "stop being a jerk." Instead, "You didn't call when you were an hour late" is being nonjudgmental. Anyone with a clock would agree with you that your partner was one hour late. People might not agree with you when you say they are being a "jerk." While facts are facts, judgments differ between people. Stick to the facts.

(2) Tack on a request after stating your feelings. For example, "If you are going to be over 15 minutes late, please call to let us know so we can start eating dinner before it gets cold." The more specific you are, the more likely your partner will do what you want.

"Be more considerate" is not at all specific. Considerate for one person might be inconsiderate for another. "Please don't tell me I'm fat" is a specific request.

(3) Ask for their input to help solve the problem. For example, "What are your thoughts on avoiding this from happening again?"

(4) Detoxify your relationship. A spoonful of salt makes the soup taste too salty if the soup is only two spoonfuls. A spoonful of salt in a big bowl of soup is probably just right. If you use this rule in relationships, replace every negative comment with five positive statements or compliments. Treat negative comments or criticisms like a tablespoon of salt in a small bowl of soup.

Even though contempt has the power to sink a ship, it doesn't have to. If you and your significant other have shared a past of many wonderful years, share kids, and/or own things together, you might try saving the relationship if you take the steps mentioned earlier. Couples counseling can help too.



Covid-19 Statistics

February 15 - March 15

Vaccinations

Fully Vaccinated: 2,832

Vaccines Provided: 2,512

Test Results

Positive: 13

Negative: 22

Total Tests: 35





Elders Menu . . . Fruit and salad at every meal

MONDAY 3:

Baked Potato Bar, Broccoli

MONDAY 10:

Hamburgers, Chips, Macaroni Salad

MONDAY 17:

Tuna Melts

MONDAY 24:

Meatloaf, Mashed Potatoes,
Mixed Veggies

TUESDAY 4:

Navy Bean Soup, Ham Sandwiches

TUESDAY 11:

Italian Sausage Potato Soup,
Breadsticks

TUESDAY 18:

Chicken Pozole, Tortillas

TUESDAY 25:

Chili, Corn Bread

WEDNESDAY 5:

Chalupas

WEDNESDAY 12:

Pizza

WEDNESDAY 19:

Spaghetti, Corn, Garlic Toast

WEDNESDAY 26:

Salmon, Potatoes, Spinach

THURSDAY 6:

Chicken Strips, Tator Tots

THURSDAY 13:

Pork Chops, Red Potatoes, Carrots

THURSDAY 20:

BBQ Ribs, Mac-N-Cheese,
Baked Beans

THURSDAY 27:

Chicken Pot Pie



MAMMOGRAM BUS DATES

APRIL 20, 2023
MAY 11, 2023
JUNE 15, 2023
JULY 11, 2023
AUGUST 29, 2023
SEPTEMBER 26, 2023

Contact Clara!

360-432-3930

EMERGENCY

CALL 9-1-1 FIRE POLICE MEDICAL RESCUE

SQUAXIN ISLAND TRIBE

Non-Life Threatening Emergencies

Emergency Operations Center (EOC) Hotline (Information only - no voicemail) (360) 432-3947	Squaxin Police Department Office Hours Monday - Friday 8:00-4:00 (360) 432-3831
Community EOC Hotline (Questions and voice mail message) (360) 443-8411	PUD No. 3 Outage Hotline (360) 426-8255
Emergency Management Coordinator (360) 443-8410	Mason County Police Dispatch Non-Emergency (360) 426-4441
Community Emergency Response Team (CERT) (360) 426-5308	Mason County Fire Non-Emergency (360) 426-3348



COMMUNITY



1
Colby Robert Smith
Duane Arthur Cooper
Famie Marie Mason
Rene Andre Vigil
Seattle Dee Morris

2
Bentley Daniel Gray
David Wayne Peters Sr.
Kaitlyn Rose Niel

3
Deborah Jean Knott
Jacqueline Crenshaw
Tamika May Krise

4
Elizabeth Cooper-Campbell
Janice Nadine Leach
Joseph Nolan Harrell
Kathy Ann Brandt
Traci Jo Coffey
Tyler D. Hartwell

5
Matthew Volker Peters Block

6
Chauncey Eagle Blueback

7
Carolyn E. Hoosier
Keesha R. Vigil-Snook
Marie Elaine Snyder
Michael W. Kruger
Rolando Lewis Rocero

8
Marcella Rease Cooper
Mi'chelle Emily Mach
Nolah Jean Cousins
Rodney James Krise Jr.

9
Alexander Henry Blueback
Andie May Cousins
Cheryl Lynn Hantel
Juan Miguel Araiza
Kiana Jean Henry
Lila Mae Jacobs
Maurisio Ismael Salas Jr.
William Howard Henderson

10
Joanna Lynn Cowling
Kenneth Wayne Selvidge Jr.
Lily Ana Naranjo-Johns

11
Anisaia Manu-Saenz
Talon Jacob Beattie
Tseeka Myrtle Lee Ackerman

12
Dorinda Evon Thein
Elaine LeeAnn Roberts

13
Allen Jovian Mosier
Latiesha Marie Gonzales

14
Debra Jean Peters
Haelee Hernandez-Smith
James Leroy Peters
Mary Josephine Mae Lewis

15
Grace Elizabeth Pugel
Lorena Lynn Porter

16
Maria Guadalupe Coley
Ronald Lawrence Schaefer

17
April Ann Leonard
Dena Mae Cools
Skylehr Monroe Henry

18
Brooke Belle Henry
Daniel Edward Kuntz
Douglas Wayne Johns
Josiah Cruz Saenz-Garcia

19
Dustin P. Greenwood
Elisha R Peters-Guizzetti
Sande Lee Smith III
Trinity Richelle Byrd
Walter Ray Hall

20
Jolene R. Grover
Louise Agnes Rioux
Pamela Ann Peters
Vicky Lee Turner

21
Emily Denise Sigo
Jon Kenneth Vanderwal
Joshua Henry Brady Whitener
Tracy Roy West
Tyrone Seymour

22
Randy William Koshiway
Sarah Gloria Koshiway

23
Rebecca Ray Keith
Ronald Francis Bell
Tristian Isaiah Villanueva

24
Cameron Kyle Goodwin
Syncere Van Ho

25
Casey Adrian Krise
Cynthia T. L. Parrott
Dawn Marie Caasi
Larain Rose Algea

26
Bear Jon Lewis
Chauncy Roger Blueback
London Rain King
Richard Montano III
Russel Ramon Algea

27
Becky Lynn Barker
Brent Corpuz Snipper
Standing Raven

28
Anthony Del Johns
Wesley Kyle Whitener

29
Claudia Jeanette Gui Josa-Meas
Redwolf S. Krise



NEED A TRIBAL ID?
Enrollment ID's will be available by appointment only.
Call Tammy at 360-426-9781.

Wednesdays from 11am-1pm



Culture Night at the Museum

Wednesdays 5:30pm

Join us for food & fun to celebrate Squaxin Culture



What's Happening

- Easter Egg Hunt** April 1
- Tribal Government CLOSED** April 7
Happy Easter
- Candidacy Forum** April 13
- Court:**
Criminal/Civil Court: April 11
Family and Vulnerable Adult Court: April 20
- WIC** April 11
USDA April 7



AA MEETING
Every Wednesday
7:30-9:00 p.m.
Elders Building

In Season: Spinach!

NUTRIENTS IN SPINACH:
Vitamins: A, C, folate, and K; iron, magnesium, manganese, and potassium.

SELECTION:
Choose fresh, green bunches with no yellow leaves. Eat raw or cooked.

STORAGE:
Loosely wrap in damp paper towel. Refrigerate in plastic bag for use within 3-5 days. Wash well before using, since sand and dirt collect while spinach is growing. Remove roots if attached.

QUICK FIX TIPS:

- Use spinach in sandwiches and burgers.
- Add a handful of chopped spinach to pasta and canned soups just before cooking is complete.
- Sauté about 5 cups of newly washed spinach and 1 clove chopped garlic in 1 teaspoon oil. You'll have a great side dish!

Spinach and Bow Ties

Prep Time: 20 Minutes
Serves: 4

Ingredients:

- 2 cups (4oz.) uncooked bow tie pasta
- 1 pound baby spinach, rinsed
- 3 tbsp Ranch or Italian salad dressing
- 1/8 tsp black pepper
- 2 tbsp shredded, reduced-fat cheddar cheese

Cups of Fruits & Veggies per Serving: 1

Preparation:

- Cook pasta according to directions on package; drain.
- Meanwhile, heat 2 tablespoons water in a large skillet.
- Fill pan with spinach, adding more as it shrinks.
- Cook on MED heat for 6-8 minutes until wilted.
- Add cooked pasta, black pepper, and salad dressing; mix well.
- Top with shredded cheese.

Nutritional Information per Serving:
Calories: 211; Total Fat: 6.9g; Dietary Fiber: 4g; Sodium: 211mg

fruits & veggies more matters
fullonvegetablesmatters.org

Recipe is courtesy of Produce for Better Health Foundation (PBHF).

BINGO APRIL SESSIONS

SATURDAY AND SUNDAY SESSIONS
BRING CANNED FOOD FOR FREE LEVEL 1 (6-ON)

ELECTRONIC BINGO DEVICES AVAILABLE FOR ALL SESSIONS!

FRIDAY APRIL 14TH: DAUBIN IN THE DARK
8:30PM SESSION STARTS | DOORS: 5:30PM - EARLY BIRDS: 8PM

SATURDAY APRIL 15TH
DOORS: 11AM - EARLY BIRD: 1:30PM
2PM SESSION STARTS

SUNDAY APRIL 16TH
DOORS: 11AM - EARLY BIRD: 1:30PM
2PM SESSION STARTS

Multiple winners split the payout. Call 360-427-3005 for more details. Must be 18 or over to participate in BINGO. Ages 21 and over only for Friday session. Must be 21+ to use Free Play. Management reserves the right to modify or cancel BINGO if not enough players.

HAIRBALL

THE ULTIMATE 80'S TRIBUTE BAND

Saturday **MAY 13**
Doors **7PM** | Show **8PM**

THUNDER DOWN UNDER

2023 WORLD TOUR

Friday **JUNE 9** & Saturday **JUNE 10**
Doors **7PM** | Show **8PM**

LITTLE CREEK CASINO • RESORT
LITTLECREEK.COM | 1.800.667.7711

MUST BE 21 AND OLDER. PURCHASE ON YAPSODY.COM OR AT THE PLAYERS CLUB. SEE PLAYERS CLUB FOR MORE DETAILS

WWE 152

LIVE WORLD FIGHTING CHAMPIONSHIPS MMA

Saturday **APRIL 8**
Doors **7PM** | Fights **8PM**
All ages

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

If it is an **EMERGENCY** CALL 911





South Puget Intertribal Planning Agency



WIC Program April Dates




SQUAXIN ISLAND	4/11/23
NISQUALLY	4/12/23
CHEHALIS	4/13/23
SKOKOMISH	4/19/23




This Institution is an equal opportunity provider.
Washington State WIC Nutrition Program does not discriminate.

NOTE: These dates are future projections. While we strive to keep these dates and times, they may be subject to change. This program is not always able to accommodate walk-ins due to their other duties.




South Puget Intertribal Planning Agency



USDA Foods Program April Dates

PT. GAMBLE S'KLALLAM	4/4/23
SQUAXIN ISLAND	4/7/23
SKOKOMISH	4/11/23
NISQUALLY	4/13/23
CHEHALIS	4/19/23



NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities. If you're unable to make the date, please call and schedule an appointment with appropriate staff.

For USDA Food, call SPIPA at 360.426.3990

This institution is an equal opportunity provider.

GOOD MOVES GOOD MOODS



LIVE: Monday's 5pm, 2022
Squaxin Island Tribe @ Gym


LIVE: Wednesday's 5pm, 2022
Nisqually Tribe @ Billy Frank Jr. Center


VIRTUAL: Tues. & Thur. 12pm on Zoom

ZUMBA® with Ho'o & Paish
For Tribal Members & Community
Sponsored by SPIPA



- ✓ No Fuss Fitness
- ✓ No Worries
- ✓ Yes to FUN
- ✓ Yes to Health


Classes are subject to change, please join our text updates.
Questions: WholeisticFit@gmail.com





SPONSORED BY
SQUAXIN ISLAND FAMILY SERVICES
AND SPIPA



BEING HEALING INFORMED TRAINING FOR ELDERS

The Native Wellness Institute will facilitate a two-day training on Being Healing Informed for elders emphasizing healthy communication. This interactive training will leave people informed, inspired, and ready to serve the community in a good way.

MAY 16, 2023
11:30 AM - 4:00 PM

MAY 17, 2023
9:00 AM - 4:00 PM

**LITTLE CREEK CASINO
SA-HEH-WAMISH ROOM**

There is room for 75 elders. For more information and to sign up, contact:
Twana Machado
tmachado@squaxin.us
Office: 360-432-3887

Thanks to Dorinda Thein, Elders Inc. Chairperson, for her guidance on this event.

