KLAH-CHE-MIN

NOVEMBER 2026 dibəɬ ti ʔacaciɬtalbixʷ gʷəɬ ti x̌ʷəlč yəxʷ ti stulṯuləkʷ yəxʷ ti calcaləɬ. COMPLIMENTARY

Squaxin Island Tribe and Fire District Sign Cooperative Agreement

Members of the Squaxin Island Tribal Council met with Commissioners of South Mason Fire and Rescue (previously known as Fire District #4) on Monday, October 5, to sign a cooperative agreement that includes Little Creek Casino Resort, Tribal housing, neighboring areas, and the southernmost fire station located on Old Olympic Highway.

The agreement solidifies the inclusion of Squaxin Island tribal properties as remaining within South Mason Fire and Rescue's service area and establishes clear terms for the relationship between the Tribe and the fire district moving forward. In addition to providing a framework for permitting, fire safety, and emergency services on tribal lands, the agreement will support additional fire district staffing and improvements to the Old Olympic Highway fire station. These investments will help provide faster and more reliable emergency response to the southern Kamilche and Lynch Road areas.

Chairman Peters said, "I am so thankful for this day. It took some negotiations, but this relationship is going to be good for everybody moving forward. I have so much respect for our first responders. I honor them for the work they do and the relationship they build with our community, through their presence and providing safety. I've always been so impressed with District Four for the quality of their training and volunteers. Also, I offer a great thank you to the commissioners, the Fire Chief and Assistant Chief, for their leadership, for the hard work of sitting down and coming to an agreement that we all agree on and is best for everybody. I also want to thank Council Member Joshua Whitener for his leadership from the Tribe's standpoint, bringing a voice of reason and having a calming effect in bringing us to the table to see this through. It took a lot of people and lot of coordination and it is such a good thing. Thank you, everybody."



L-R: Squaxin Island Tribe Chairman Kris Peters, South Mason Fire an Rescue Commissioner Curt Bennet, and South Mason Fire and Rescue Board Chairman Abe Gardner

Joshua Whitener said, "With this agreement and the updates to the firehouse we will have better emergency services for both the county and Squaxin resident. Nothing worth having comes easy. Its been a long trip to get here, but its awesome for our community. Our community loves to see the fire district at our events, handing out stickers and candy and showing kids how to ride bikes and use their helmets. It means a lot to our community to be a part of South Mason Fire and Rescue ."

Curt Bennett, Mason County Fire and Rescue Commissioner, said, "Our relationship with the Tribe goes back quite a long way. The Fire District started in 1950, so its been a long time. Twenty years ago we had a good agreement, but in twenty years a lot of things change, for both the Tribe and the Fire District, for our needs and for their needs. So it was time to renegotiate and we started meeting several months ago. After a few meetings, we gained trust in each other. Once we had that trust, we were able to make real progress. The Tribe wanted secure and better fire service, and we wanted enough funding to be able to provide that. We worked it out, and I am very proud of the agreement. Thank you very much to everyone involved."



Above L-R: Squaxin Island Tribe Chairman Kris Peters, South Mason Fire and Rescue Commissioner Curt Bennet, and South Mason Fire an Rescue Board Chairman Abe Gardner

Fire District Board Chairman Abe Gardner thanked everyone involved, and said, "Let's get this signed."



Squaxin Island Tribe Chairman Kris Peters and South Mason Fire an Rescue Board Chairman Abe Gardner

Below L-R: Squaxin Island Tribe Council Members Greg Lehman and Joshua Whitener, Squaxin Island Tribe Chairman Kris Peters, South Mason Fire an Rescue Board Chairman Abe Gardner, and South Mason Fire and Rescue Commissioners Greg Sypnicki and Curt Bennet



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Change Service Requested



KLAH-CHE-MIN

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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

Kris Peters:	Chairman
Taylor Krise:	Vice Chairman
Jim Peters:	Secretary
Joshua Whitener:	Treasurer
Tyler Johns:	1st Council Member
Greg Lehman:	2nd Council Member
Cameron Henry:	3rd Council Member

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

City of Olympia Formally Proclaims October 12th To Be Indigenous Peoples Day



At its October 6 meeting, the Olympia City Council proclaimed October 12 as Indigenous Peoples' Day in Olympia, urging all Olympians to "continue reflecting on the experiences and contributions of Indigenous people and amplifying their voices far beyond this day."

Back row L-R: Unidentified person, Jolene Grover, Joshua Whitener, Skykai Whitener, Jay Burney (City Manager), Dantae Payne (Mayor), Robert Vanderpool (City Council), Paul Berendt (City Council), unidentified person

Front row L-R: Unidentified person, Taylor Krise, Clark Gilman (City Council), Kris Peters, Greg Lehman, Hazel Lehman, Olivia Salazar de Breaux (Olympia Culture and Belonging Manager)

Following a now annual tradition, the Olympia City Council welcomed the Squaxin Island Tribe on the evening of October 6, 2026, as they again signed the proclamation of Indigenous Peoples Day for October 12. The city continues to be a supporter of Squaxin heritage, recognizing in it's proclamation the Steh-Chass band of Squaxin's history in the Olympia waterway and city boundaries.

Proclamation on Page 4

Who Is This?





Angeline Lehman (L) and Kailana Whitener (R)

For the Answer, See Page 26

Council Corner



Congratulations and Thank You, Treyson Spezza, recently enlisted in the Navy!

Tribal Council Feedback form:

https://squaxin.formstack.com/forms/feedback_form_tribal_council

Feedback Form

Feedback forms are available for tribal members to provide feedback at the top of each department's main page, as well as the Tribal Council page.Your valuable feedback will go directly to the director of the department and Executive Director, Erika Thale.

Earthquake Exercise

On Thursday, Tribal departments participated in a national earthquake exercise, practicing their best drop, cover, hold pose, then evacuated their buildings and conducted a building safety assessment.

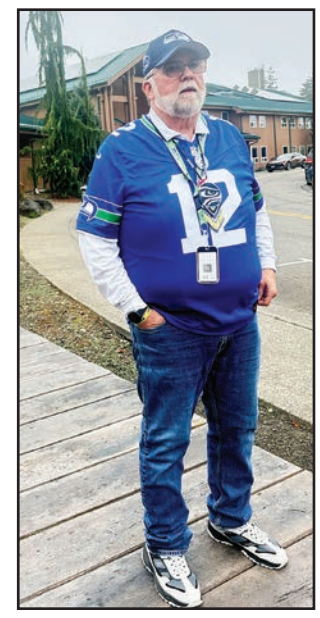
Council also had some time to chat about what their role is and how we organize to respond to emergencies and disasters.

Thanks everyone for participating! Don't forget to chat with your family about what to do in an earthquake and what you want to add to your emergency preparedness kit next!









City of Olympia's Proclamation of Indigenous Peoples Day

WHEREAS, Indigenous Peoples' Day was first proposed in 1977 by a delegation of Native Nations to the United Nations-sponsored International Conference on the Discrimination Against Indigenous Populations in the Americas; and

WHEREAS, Indigenous Peoples' Day is a day to recognize and celebrate rich Indigenous heritage, culture, and history while honoring past, current and future generations; and

WHEREAS, Indigenous Peoples' Day is also a time to reflect on the strength, resilience, and determination of Indigenous peoples who have carried their cultures forward with vitality and pride despite enduring generational harms that continue to impact present-day Indigenous communities; and

WHEREAS, the City of Olympia honors and acknowledges the Indigenous people who have stewarded this land since time immemorial and who still inhabit the area today, the Steh-Chass Band of Indigenous people of the Squaxin Island Tribe; and

WHEREAS, today the Steh-Chass (Squaxin) people continue to steward these ancestral lands, from the Deschutes watershed and what is now Budd Inlet, and the Squaxin continue to call themselves "People of the Water" because of the bounty of the region's waterways and artesian waters, which have sustained the people for millennia; and

WHEREAS, both the Squaxin Island Tribe and City of Olympia honor the Medicine Creek Treaty and have established a strong government-to-government relationship between the two sovereigns; and

WHEREAS, On October 7, 2021, the City of Olympia re-signed and re-affirmed their Accord with the Squaxin Island Tribe in the spirit of understanding and mutual respect, and committed to the following long term-actions:

- Coordinate and cooperate to support economic and infrastructure opportunities, protect natural resources, and respond to climate change;
- Create more opportunities for public art, education, and community service that will promote a healthy exchange of cultures;
- Establish an intergovernmental work group between the two Councils to advance these commitments and develop consultation protocol, a strategic plan, and enduring channels of communication;
- Conduct biannual meetings of the Squaxin Island Tribal Council and the Olympia City Council in the Spring and Fall to maintain a shared vision, address issues of mutual concern, develop strategies and agrements, and overcome obstacles;
- Renew this Accord every five years to celebrate our achievements, evaluate our processes, and update our priorities and actions; and

WHEREAS, the City of Olympia celebrates the thriving culture and immeasurable value that Squaxin Island, Nisqually, Puyallup, Chehalis, Suquamish, Duwamish, and other Indigenous nations bring to our community, and commits to walking together in healing, reconciliation, and shared prosperity; and

NOW THEREFORE BE IT RESOLVED, that the Olympia City Council does hereby proclaim October 13, 2025 as

INDIGENOUS PEOPLES' DAY
in the City of Olympia, Washington, and encourages all Olympians to continue reflecting on the experiences and contributions of Indigenous people and amplify their voices far beyond this day.

SIGNED IN THE CITY OF OLYMPIA, WASHINGTON THIS 6th DAY OF OCTOBER, 2026.

OLYMPIA CITY COUNCIL
Dontae Payne
Mayor





Indigenous Peoples Day

By Candra Burns for Thurston Chronicle - Beneath towering Douglas firs and along the saltwater shorelines of Squaxin Park, members of the Squaxin Island Tribe and the Olympia community gathered Monday, Oct. 12, to celebrate Indigenous Peoples' Day through traditional drumming, song, language revitalization, and a reaffirmed government-to-government partnership.

The annual celebration featured tribal leaders, cultural educators and municipal officials honoring the deep ancestral roots of the Steh-Chass people, who have stewarded the lands and waters of the south Salish Sea since time immemorial.

For members of the Squaxin Island Tribe, historically known as the "People of the Water," the gathering served as both a celebration of resilience and an active reclaiming of cultural heritage.

“One hundred years ago, they thought we wouldn't be here, but here we are strong,” said Joshua Whitener, Council Treasurer for the Squaxin Island Tribe, addressing attendees and local students. “The Squaxin people have walked these lands for thousands of years. Today is about us, but it's also about our ancestors and who we are.”

The event took place on ground rich with tribal history. Formerly known for more than a century as Priest Point Park, the 314-acre nature reserve was officially renamed Squaxin Park by the Olympia City Council in April 2022 following a unanimous resolution from the Squaxin Island Tribal Council.

The renaming restored the Tribe's ancestral name to the local landscape. Nancy Jo Bob, the Tribe's language program manager, highlighted the deep cultural meaning of indigenous place names during her keynote address.

She noted that the park grounds were originally known in Lushootseed for the spruce trees gathered by ancestors to craft watertight baskets and tools.

“In this area here, having the name given back to the Squaxin people by calling it Squaxin Park is honoring the ancestors of this area,” Bob said, noting that traditional place names carry vital lessons in history, resource management, and ecology.

Sierra Salas, an enrolled Squaxin Island tribal member and language keeper at the Squaxin Island Museum, Library and Research Center, shared her work preserving Lushootseed to break cycles of historical trauma caused by federal boarding school policies.

“It's about bringing back the voices of our ancestors and about showing the world that our language is beautiful and intelligent,” Salas told the crowd. “I chose to break that cycle so I can teach my children, and one day they can teach theirs.”

The event also highlighted the strengthening government-to-government relationship between the Squaxin Island Tribe and the City of Olympia.

On Oct. 8, city and tribal leaders formally renewed their five-year accord, an agreement first established in 2021 that commits both governments to joint economic development, environmental protection, climate action, and ongoing intergovernmental collaboration.

Olympia Mayor Dante Payne read a joint proclamation officially designating Oct. 12, 2026, as Indigenous Peoples' Day in Olympia, emphasizing that the city's commitment extends beyond symbolic recognition.

“I can assure you that what you just heard from us is more than words. It is action,” Payne said.

Tribal Vice Chairman Taylor Krise reflected on the spiritual connection to the land and the shared duty to protect natural resources for future generations.

“To me, being indigenous means living in relationship with Mother Earth — with the water, with the trees, the salmon, and one another,” Krise said. “As a carver and a fisherman, I'm reminded that what the earth gives us, it's our responsibility to give back in some way or another. That's where balance comes in.”

The celebration concluded with a traditional frog dance and closing songs, leaving community members with a message of unity, healing, and enduring cultural pride.

Photos by Theresa Henderson and C Brandon Chapman, Director of Strategic Communications for City of Olympia











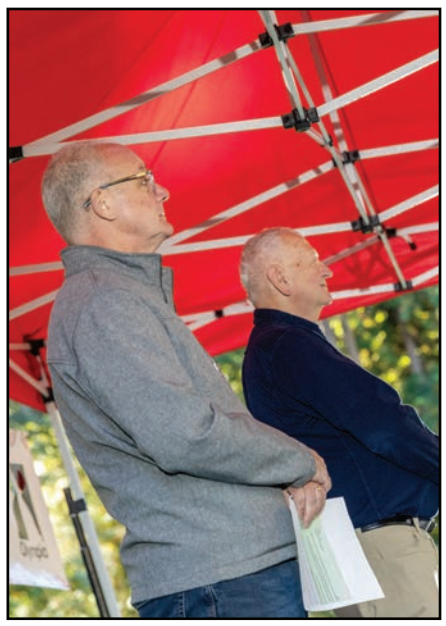
Indigenous Peoples Day











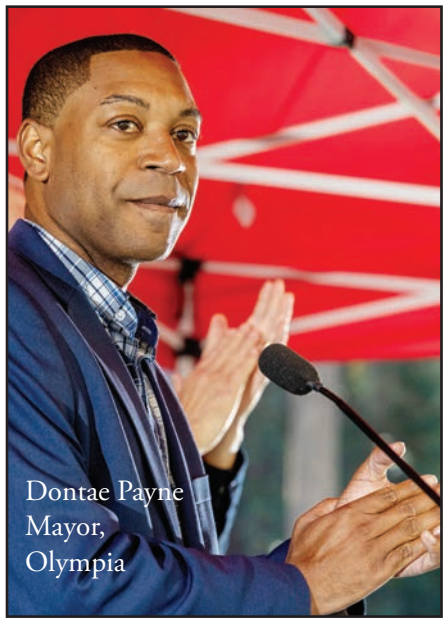








Indigenous Peoples Day


Dontae Payne
Mayor,
Olympia















Indigenous Peoples Day























Indigenous Peoples Day













Thank you, Granny Vicki

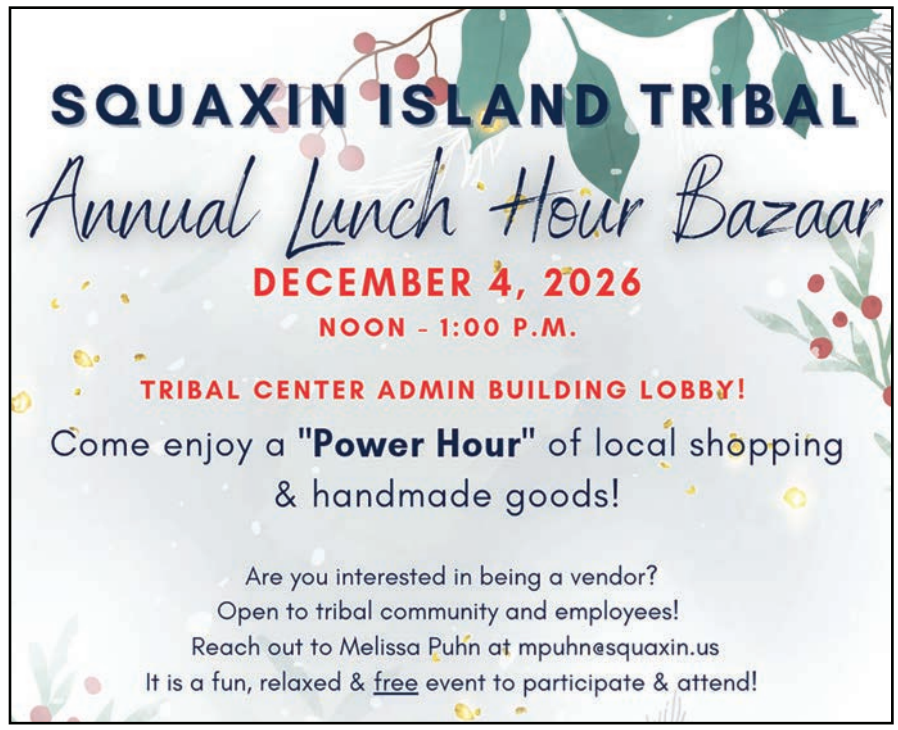
I wanted to share that recently, my daughter (Lahai'la Greenwood) and I were talking about the growing concern of vaping among students at school. I saw it as a good opportunity to have an honest conversation about peer pressure and the importance of making healthy choices. Without hesitation, she responded, "I've promised Granny Vicki, for two years straight at drum group, that I wouldn't vape."

Her answer reminded me of the powerful impact trusted adults can have on our youth. What may seem like a simple promise or a small conversation can leave a lasting impression.

The seeds we plant through conversations, encouragement, and promises are making a bigger difference than we may realize.

Thank you, Granny Vicki, for helping our youth make positive choices.









Teen Program

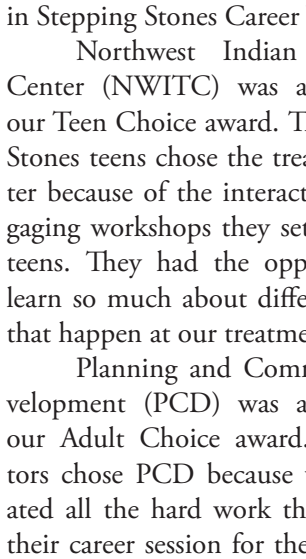
Keesha Vigil, Teen Program Manager (kvigilsnook@squaxin.us) - October was a fun month! In the beginning of the month, the Teen Program awarded two departments for the participation in Stepping Stones Career Week.

Northwest Indian Treatment Center (NWITC) was awarded for our Teen Choice award. The Stepping Stones teens chose the treatment center because of the interactive and engaging workshops they set up for the teens. They had the opportunity to learn so much about different careers that happen at our treatment center.

Planning and Community Development (PCD) was awarded for our Adult Choice award. We Mentors chose PCD because we appreciated all the hard work they put into their career session for the youth. We got to visit several different work sites within the Tribe and met some amazing people who work so hard for our community. We also learned about so many careers within our Tribe that can also be available outside of our community.

Thank you to all the departments that participated in Stepping Stones Career Week. We hope to see you again next summer.

The Youth Council got to visit Fright Fest! This was a great way for our Youth Council to bond. They are gearing up to have a bake sale to raise money for meals for each meeting they have. Food is medicine and the youth appreciate when we can buy or make them a good meal after a long day/ meeting.



Career Week award winners - Dakodah Vigil for NWITC and Juana Nelson for Planning and Community Development

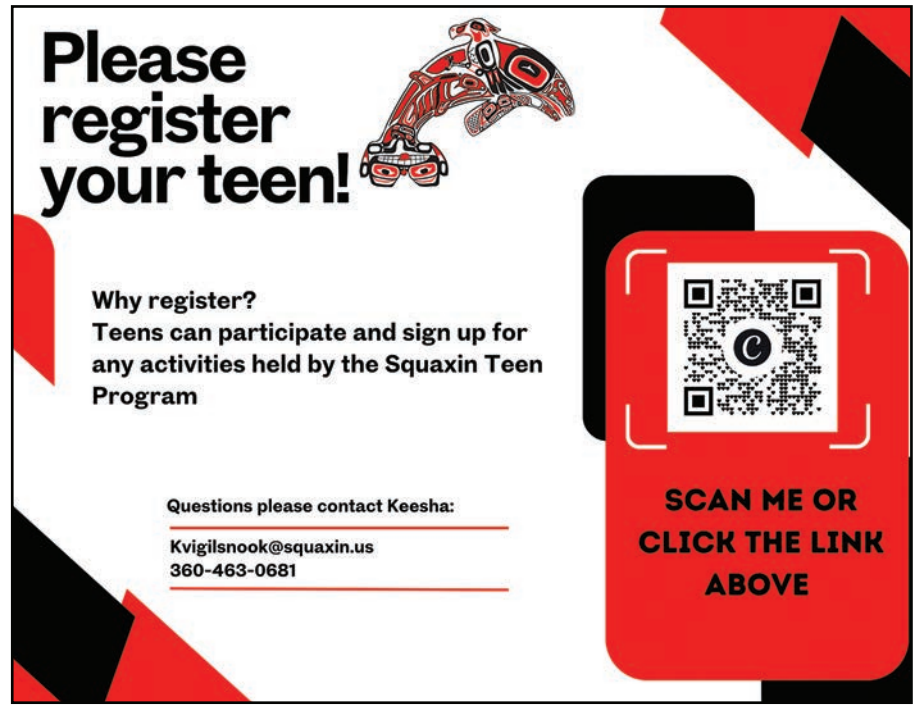


Higher Education

Higher Education students,

Winter quarter is right around the corner! Remember to send in your final grades for fall, new class schedule for winter quarter/spring semester, and your completed Memorandum of Commitment for the quarter/semester. I need all of this information for your Higher Education file by December 4th. I cannot process your paperwork for college until your file has been updated. I hope everyone had a very successful first quarter/semester. If you have any questions, I can be reached at my direct line or email.

Thank you,
Mandy Valley
Higher Education Coordinator
(360) 432-3882
mvalley@squaxin.us





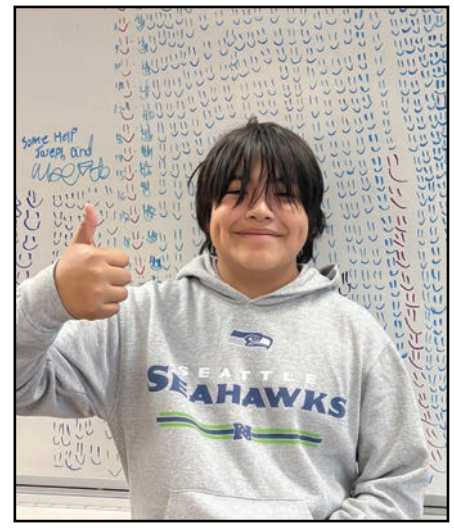
Olympic Middle School

Tamika Krise - Hello everyone, time for an OMS update! As we dive into November, it is good to share what our October looked like here for middle school life.

Our second month of the school year consisted of fall leaves, fun activities, spirit week, conferences, and the kids' favorite, TESTING! We had some big feelings, but our students made it through. Aside from all of the fun, testing really showed some of our students' growth. That being said, I would love to be to share a student spotlight.

The student spotlight I want to share is Araceli Hernandez-Capoeman. She has worked hard these last two months and truly deserves the shout out. Since the new school year began, she has overcome challenges and remained resilient. Through these challenges, she took her F&P benchmark testing. She raised her reading levels by 10 levels! That is a lot more than the average jump! Be sure to congratulate her on her accomplishment. Good job, Cheli! Way to make Squaxin proud!

Along with her photo, enjoy the other photos of some of our times in and after school during the month of October. Have a great November!

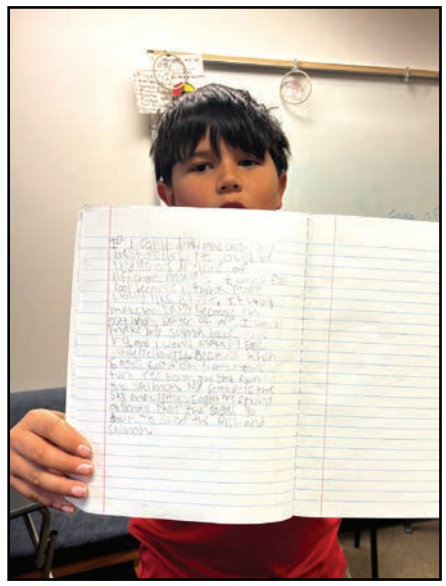


Marty Trinidad and his smiley face master piece



Walter Hall working on social studies

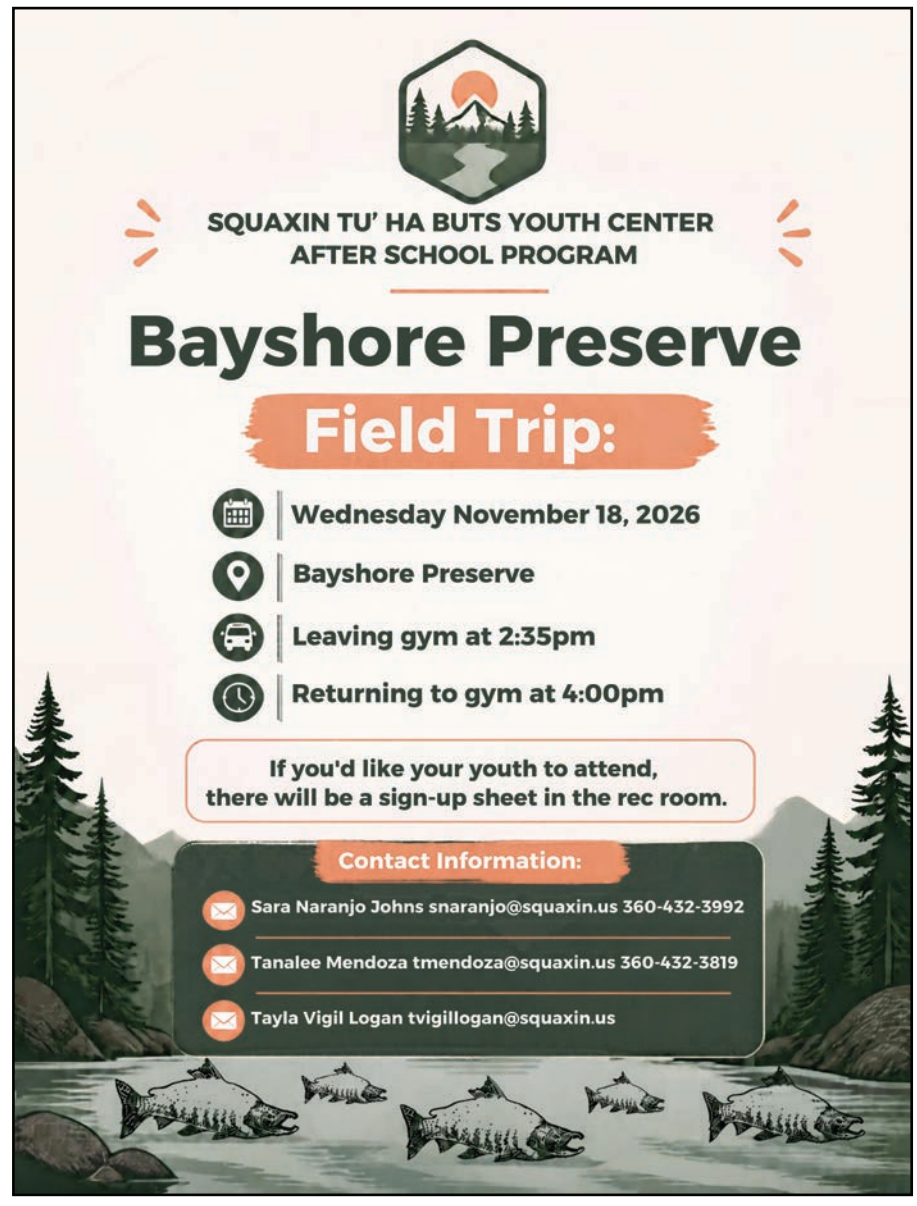




Kacen Cooper and his writing



The cut out crew!



Revitalizing Our Voice:

Progress and Vision at the Squaxin Language Resource Center



Nancy Jo bob

Hi! My name is Nancy Jo Bob, and I am your Language Program Manager. I am an enrolled member of the Lummi Nation with deep ancestral lineage tied to the House of sʔətiɬəm (Jamestown S'kallam ancestral chief) and the House of ʔalabəɬ (Duwamish ancestral Chief Doctor James). Since 2000, I have dedicated my career to the rigorous research, documentation, and revitalization of Southern Lushootseed.

I hold a Master of Arts in Education earned through a collaborative program between Antioch University Seattle and the Muckleshoot Tribal College. My graduate research culminated in the publication of the influential teaching guide, "How to Integrate Coast Salish Culture and Languages within Tribal School Classrooms."

I serve as a Guest Lecturer at Pacific Lutheran University for Southern Lushootseed 101 and 102 courses.

At Muckleshoot, I served as the Certification and Instructor Supervisor for the Muckleshoot Language Program and co-created the Muckleshoot Teacher Certification Program.

For the Puyallup Tribe, I was co-creator of the Puyallup Language Program Teacher Certification Program.

I have been involved in media development programs, including digital storytelling and animation frameworks, specializing in graphics, art design, and orthography standardization for language learning materials and curriculum.

The work of language and cultural revitalization is an essential act of sovereignty, healing, and continuity. At the Squaxin Language Resource Center, recent momentum reflects a profound commitment to awakening our ancestral tongue and reconnecting community members to the living landscape of our homelands. Through dedicated archival recovery, place-name restoration, and the development of literacy frameworks, our path forward is anchored in the strength of those who came before us (Our Ancestors).

Reclaiming Our Geography: Restoring Ancestral Place Names

Language lives not only in dictionaries and classrooms, but across every bay, river, ridge, and valley of our usual and accustomed (U&A) harvesting and living areas. A core pillar of recent progress at the Resource Center involves the systematic documentation and restoration of traditional place names. 1) Honoring Ancestral Knowledge: By recovering historical and linguistic records, place names are being mapped. 2) Connection to our ancestral knowledge: These names carry ecological wisdom, historical events, and cultural teachings encoded directly into the grammar and phonetics of our language. 3) Visibility: Integrating these names into modern signage, educational maps, and community resources ensures that the true history of our lands remains visible to current and future generations.

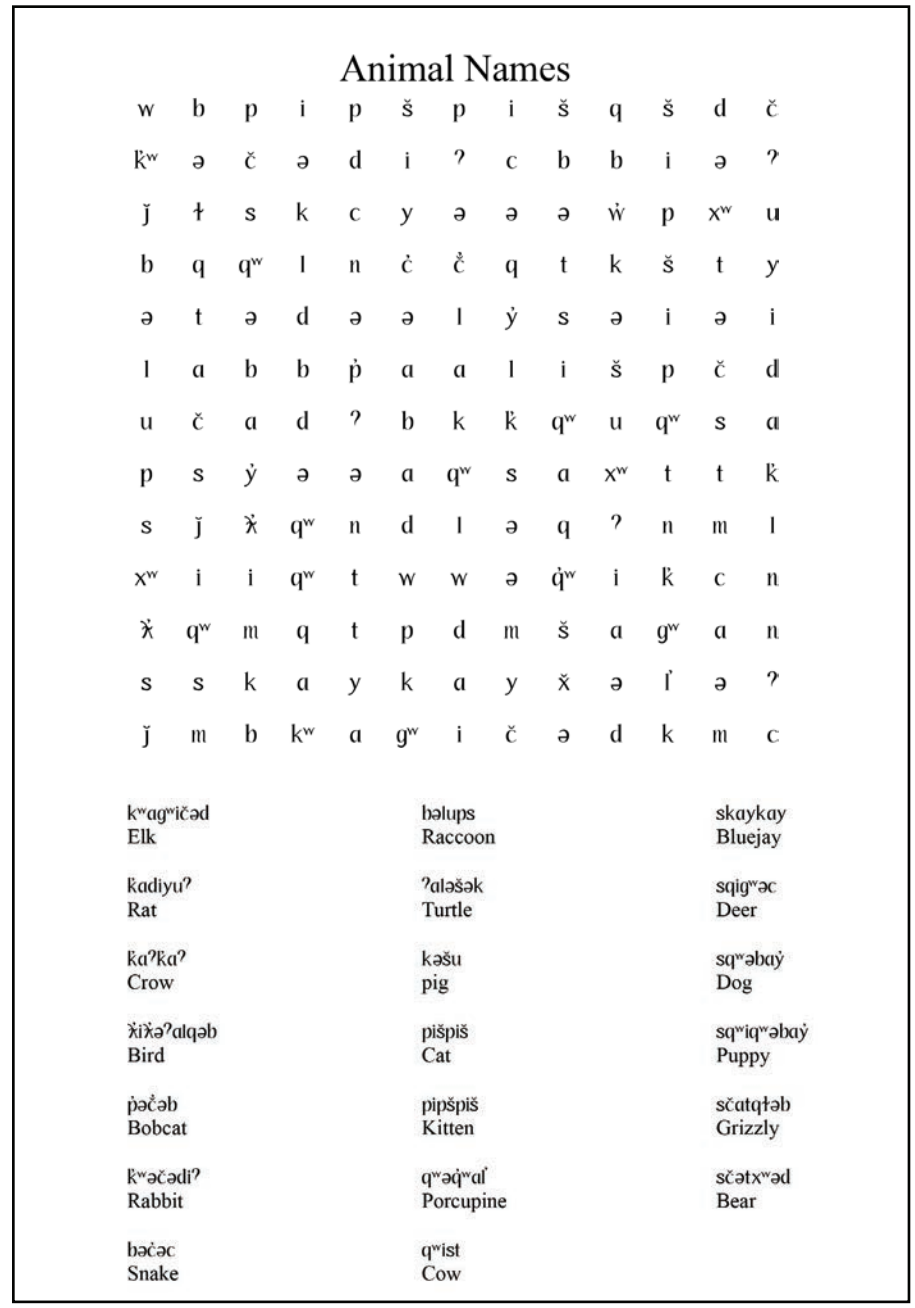
Building a Dynamic Literacy Program for the Future

To sustain language revitalization over generations, a community must transition from passive awareness to active fluency and literacy ability. The Resource Center is focusing on establishing an active, multi-phased literacy outlined to the needs of Squaxin learners of all ages. 1) Standardized Writing system and Data Sovereignty: Developing usable, accessible literacy materials that respect community data sovereignty and accurate phonetic representation. 2) Training: Equipping learning speakers, emerging learners, and educators with modern language. 3) Community Cohorts: Launching structured learning pathways—from foundational alphabet and vocabulary acquisition to reading fluency—that meet learners where they are and support them as active language keepers.

Looking Ahead

As the Squaxin Language Resource Center continues to grow, every restored place name and every new literacy learner strengthens the foundation of our tribal identity. This ongoing work ensures that our language remains a vibrant, visible and spoken force for generations to come.





Animal Names

w	b	p	i	p	š	p	i	š	q	š	d	č
ǩʷ	ə	č	ə	d	i	ʔ	c	b	b	i	ə	ʔ
ǰ	ɬ	s	k	c	y	ə	ə	ə	ẇ	p	xʷ	u
b	q	qʷ	l	n	ċ	č̓	q	t	k	š	t	y
ə	t	ə	d	ə	ə	l	ẏ	s	ə	i	ə	i
l	a	b	b	ṗ	a	a	l	i	š	p	č	d
u	č	a	d	ʔ	b	k	ǩ	qʷ	u	qʷ	s	a
p	s	ẏ	ə	ə	a	qʷ	s	a	xʷ	t	t	ǩ
s	ǰ	x̌	qʷ	n	d	l	ə	q	ʔ	n	m	l
xʷ	i	i	qʷ	t	w	w	ə	q̇ʷ	i	ǩ	c	n
x̌	qʷ	m	q	t	p	d	m	š	a	gʷ	a	n
s	s	k	a	y	k	a	y	x̌	ə	ƛ̓	ə	ʔ
ǰ	m	b	kʷ	a	gʷ	i	č	ə	d	k	m	c

kʷagʷičəd Elk	bəlups Raccoon	skaykay Bluejay
ǩadiyuʔ Rat	ʔaləšək Turtle	sqigʷəc Deer
ǩaʔǩaʔ Crow	kəšu pig	sqʷəbaẏ Dog
x̌ix̌əʔalqəb Bird	pišpiš Cat	sqʷiqʷəbaẏ Puppy
ṗəčəb Bobcat	pipšpiš Kitten	sčatqɬəb Grizzly
ǩʷəčədiʔ Rabbit	qʷəq̇ʷaƛ̓ Porcupine	sčətxʷəd Bear
bəćəc Snake	qʷist Cow	

After School Program in October

Kasia Seymour - The Youth Center held our annual Trunk-or-Treat event in the parking lot on October 23rd from 5:00-6:30 p.m. (photos on pages 20 and 28). It was awesome to see all the cool, scary and spooky costumes this year! The event was filled with a lot of fun, community laughter, and excitement from the kids. We had a cake walk, spooky and festive music, our annual costume contest, and a contest for the three best trunks. Thank you for joining us during this awesome event for our youth and families!

On Mondays in October we were beading necklaces or bracelets.

Tuesday, October 6th was a beautiful sunny day and youth got to play outside and scooter or walk with their friends around the pond. The youth observed little fish swimming around in the pond and tiny tree frogs on one of the trees near the memorial. We enjoyed the outing as well as the cool wildlife they found. These are wonderful, teachable moments where they get hands-on learning you cannot get indoors! Some other fun activities were puffy ghost, skeleton or witch handprints, and fall muddy buddies. The kids were really using their creativity.

Thursdays in October were for learning traditional medicine - the maple tree was our focus for the month. We took a walk around the pond and observed what the maple trees were doing and talked about how it is used in traditional medicine.

We were closed on Friday, October 16th for Movie Night! The youth got to watch a new movie, get some popcorn, a drink and some tasty snacks.

Stay tuned for the upcoming after school calendar for November and weekly schedule on our Facebook page, Tu' Ha Buts Youth Center, or join our Remind app! Text SquaxinTYC to 81010 - The Remind app will text our weekly hours and any urgent updates directly to your phones!











November 2026

Rec Room: 360-432-3986 | Sara: 360-432-3992 | Tanalee & Tayla: 360-432-3819

After School Program: 3:00-6:00pm 2 Cultural Activity: Mini Button Blankets	**After School Program: 3:00-6:00pm** 3 Cooking Activity: Cooking with Sara	**After School Program: 1:00-6:00pm** 4 DIY Gratitude Chains Swimming 4:30-5:30pm GSD.Early Release @ 2:30	**After School Program: 3:00-6:00pm** 5 Tradition Plant Teaching: Hawthorne berries	**After School Program: 3:00-6:00pm** 6 Tpeeksin Park
After School Program: 3:00-6:00pm 9 Cultural Activity: Mini Button Blankets	**After School Program: 2:30-6:00pm** 10 Cooking Activity: Pumpkin Bread	11 Closed Veterans Day	**After School Program: 3:00-6:00pm** 12 Youth Traditional Foods Dinner in Rec Room 4-5pm	**After School Program: 3:00-6:00pm** 13 STEM: HM Play Dough Swimming 4:30-5:30pm
After School Program: 3:00-6:00pm 16 Cultural Activity: Mini Button Blankets	**After School Program:3:00-6:00pm** 17 Cooking Activity: Bagel Pizzas	**After School Program: 3:00-6:00pm** 18 Field Trip: Bayshore Preserve Leave gym at 2:35pm Return to gym by 4pm Swimming 3-4pm GSD.Early Release @ 2:30 SSD 1 ½ hour early release	**After School Program: 3:00-6:00pm** 19 Tradition Plant Teaching: Hawthorne	**After School Program: 3:00-6:00pm** 20 **MOVIE NIGHT** Swimming 4:30-5:30pm
After School Program: 3:00-6:00pm 23 Cultural Activity: Mini Button Blankets	**After School Program: 3:00-6:00pm** 24 Cooking Activity: Cooking with Sara	25 No After School Program	**No After School Program** 26 Closed Thanksgiving Holiday	**No After School Program** 27 Closed Thanksgiving Holiday
	Key: SSD – Shelton school District GSD – Griffin School District	**After-School Mealtimes:** **Early Snack: 3:00pm-3:45pm** **Late Snack: 4:00pm-4:45pm**	**Activity Time:** **5:00-5:45pm**	**Swimming Wednesday & Fridays** **4:30-5:30pm**

After-School & Recreation programs are Tobacco, Vape, Alcohol & Drug Free. This calendar and its activities are subject to change at any time

Youth Center











AFTER HOURS

HOOPS

Tu 6-9PM	BASKETBALL	ADULTS & OLDER TEENS
TH 6-9PM	BASKETBALL	ADULTS & OLDER TEENS
FRI 6-8PM	OPEN GYM	AGES 13+

SQUAXIN ISLAND TRIBE
TU HA' BUTS YOUTH CENTER

November 2026 Pool Calendar

hello FALL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 LS/OS: 8:30 AM - 5:30 PM	3 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	4 LS/OS: 8:30 AM - 4:00 PM ASP: 4:15 PM - 5:30 PM	5 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	6 CLOSED: 8:30 AM - 12:00 PM LS/OS: 12:00 PM - 4:00 PM ASP: 4:15 PM - 5:30 PM	7 LS/OS: 8:30 AM - 5:30 PM
8 CLOSED	9 LS/OS: 8:30 AM - 5:30 PM	10 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	11 CLOSED For Holiday VETERANS DAY HONORING ALL WHO SERVED	12 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	13 CLOSED: 8:30 AM - 12:00 PM LS/OS: 12:00 PM - 4:00 PM ASP: 4:15 PM - 5:30 PM	14 LS/OS: 8:30 AM - 12:30PM CLOSED for PPP: 1:00 PM - 3:00 PM LS/OS: 3:30 PM - 5:30 PM
15 CLOSED	16 LS/OS: 8:30 AM - 5:30 PM	17 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	18 LS/OS: 8:30 AM - 2:45 PM ASP: 3:00 PM - 4:00 PM LS/OS: 4:00 PM - 5:30 PM	19 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	20 CLOSED: 8:30 AM - 12:00 PM LS/OS: 12:00 PM - 4:00 PM ASP: 4:15 PM - 5:30 PM	21 LS/OS: 8:30 AM - 5:30 PM
22 CLOSED	23 LS/OS: 8:30 AM - 5:30 PM	24 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	25 LS/OS: 8:30 AM - 12:00 PM CLOSED 12:00 PM - 5:30 PM	26 CLOSED For Holiday Break	27 CLOSED For Holiday Break	28 LS/OS: 8:30 AM - 5:30 PM
29 CLOSED	30 LS/OS: 8:30 AM - 5:30 PM					

SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME DUE TO COMMUNITY/STAFF/YOUTH EVENTS

Key:

LS: Lap Swim
OS: Open Swim
EA: Elders Aerobics
ASP: After School Program

FRONT DESK:
360-432-3852
(CALL FOR RECORDING OF DAILY SCHEDULE)

POOL OFFICE:
360-432-3873

NON-TRIBAL SWIM FEES:
$5/VISIT
OR
$30/MONTH FOR SINGLE PASS
$45/MONTH FOR FAMILY PASS

TRIBAL MEMBERS SWIM FOR FREE!

Family Services Fall Festival

Family Services hosted a Fall Festival Open House to allow the tribal community to meet the Family Services team and to share the programs we have available. The event started with a stamp card that you would take to each table; the tables had engagement activities, and after you would receive a stamp. Once your card was completed, you would enter for one of the raffle prizes. It was a great time with the community. We had over 50 members sign in. Lettie's Elk Stew dinner was a hit! Thank you to everyone who came out and supported the event! We look forward to seeing you at our upcoming events.



















Northwest Native American Basketweavers Association Conference

Photos and article by Margaret Seymour-Henry, NNABA board member since 2010 - The 29th Annual NNABA conference was held and hosted by the Snoqualmie Tribe on Oct 2 & 3, 2026.

It was a huge success. There were 600 pre-registered attendees this year, including our children who participated in the youth track.

A big thank you to our Squaxin Island Tribal Council and the MLRC for always supporting our tribal community to attend this amazing event every year.

Great job to all of our weavers, gatherer's, and storytellers. You all did an outstanding job! I was very proud & inspired by you all.









My experience at basketweavers was so awesome! I loved spending time with my friends and family, and seeing all my Squaxin people. I learned how to weave a wapass bag and how to make cedar bracelets.

- Shaelynn Clark (L)











"Laughter Is Medicine"

An Evening of Comedy, Recovery, Hope, and Community Connection



Rose BlueBack, Squaxin Island Behavioral Health's BHOP Program | September 28, 2026 - The Squaxin Island Community Kitchen was filled with laughter on September 28th as Squaxin Island Behavioral Health's BHOP program welcomed comedian Sam Miller and special guest Lynette Manning for *Laughter Is Medicine*. The evening brought community members together for comedy, connection, and an important reminder that healing can take many forms.

With September recognizing National Recovery Month and National Suicide Prevention Month, the event offered a meaningful way to bring mental health awareness into the community. Through comedy and storytelling, Sam and Lynette entertained the crowd while showing how humor can help people connect around subjects that are not always easy to discuss.

From stories about homelessness and sobriety to the unexpected experience of performing comedy behind prison walls, the performers gave the audience plenty to laugh about. The room was full of smiles, laughter, and positive energy, creating an evening people could relax, enjoy themselves, and share a little joy with one another.

Sam Miller: Turning Life's Hardest Chapters into Comedy

Sam Miller's comedy draws from his experiences of homelessness, addiction, and getting sober. His ability to find humor in difficult chapters of life has become a defining part of his comedy, allowing audiences to see both the challenges of recovery and the unexpected turns that can come with rebuilding a life.

One of the most remarkable parts of Sam's story is the full-circle journey that led him back to Olympia's Capitol Theater. In 2008, he was experiencing homelessness and slept outside the theater. Years later, after getting sober and building a career in comedy, he returned to that same theater to record his comedy special, Round Trip.

The contrast between those two chapters of his life is powerful. The place that once represented a difficult period became the setting for a major milestone in his career.

Sam turns moments like these into comedy, finding humor in the uncomfortable, the unexpected, and the situations that life sometimes throws at us. His material about homelessness and addiction does not mean that those experiences are easy. Instead, it invites audiences to laugh at the absurdities of life while recognizing the determination it can take to move forward.

His comedy also explores the realities of sobriety and the adjustments that come with a different way of living. Getting sober can bring new opportunities, but it can also mean learning how to navigate everyday life without the habits and coping mechanisms that once seemed familiar.

Sam's style reminds audiences that recovery is not about pretending the past never happened. It is about finding a way to move forward, learning from those experiences, and making room for new chapters.

His story has a particularly meaningful twist: a man who once slept outside a theater eventually stood inside it, holding a microphone and making people laugh.

Sometimes life comes full circle in ways nobody could have predicted.

Lynette Manning: Comedy Behind Prison Walls

Special guest Lynette Manning brought another unique perspective to the evening with material about performing a comedy show at a prison.

Her stories explored the unusual circumstances of bringing comedy into a setting most people would not associate with a traditional night of entertainment. Performing in a prison presents a very different atmosphere from standing on a typical comedy-club stage, and that contrast provides plenty of room for funny observations and unexpected moments.

Lynette's material gave the audience a glimpse into what it can be like to bring humor into an environment with its own rules, routines, and realities. The comedy came from the experience of performing in that distinctive setting.

The audience enjoyed her stories and the unusual situations surrounding the performance. Her set added another dimension to the evening, reminding everyone that comedy can travel into unexpected places and create opportunities for people to share a laugh.

Whether performing for a conventional audience or in a setting far removed from the usual comedy stage, comedians have a way of finding the details that make a story memorable.

Lynette's performance helped keep the room energized and reinforced the evening message that laughter can bring people together across different backgrounds and experiences.

More Than a Comedy Show

While the performers kept the audience laughing, BHOP also made sure the evening included opportunities for learning and reflection.

Tables throughout the event featured educational literature about how laughter can support mental health and well-being, including information related to depression, substance use disorder (SUD), and suicide prevention.

The materials highlighted how laughter can help ease stress, encourage social connection, and provide moments of relief during challenging times. They also reinforced the importance of recognizing when someone may need additional support.

Laughter is not a replacement for professional

mental health treatment, substance use services, or suicide prevention support. However, positive experiences, supportive relationships, and a sense of belonging can all play meaningful roles in a person's overall well-being.

For someone navigating depression, recovery, or difficult life circumstances, having an opportunity to step into a welcoming space and laugh with others can be valuable. It can offer a break from everyday stress and serve as a reminder that connection and joy are still possible.

By pairing comedy with educational resources, BHOP created an opportunity for community members to enjoy the show while also learning about ways to support themselves, their families, and others in the community.

A Room Full of Laughter and Connection

Throughout the evening, the crowd responded with laughter, smiles, and enthusiasm. Sam's stories about life, homelessness, and recovery and Lynette's material about performing at a prison gave the audience different perspectives to enjoy.

The event was more than a chance to watch two comedians perform. It was an opportunity for community members to come together, take a break from everyday pressures, and share an experience that left room for both laughter and reflection.

Behavioral Health often involves difficult conversations, personal challenges, and the hard work of making changes. Those things matter, but so do the moments when people can relax, feel welcome, and enjoy being part of a community.

Sometimes a shared laugh can help people feel more connected. Sometimes a funny story can open the door to a meaningful conversation. And sometimes an evening spent laughing together is a reminder that life can hold joy even while people are working through difficult experiences.

Continuing the Message of Hope

BHOP's Laughter Is Medicine event reflected Squaxin Island Behavioral Health's commitment to community connection, recovery, education, and emotional well-being.

Through Sam Miller's recovery-inspired comedy, Lynette Manning's stories about performing at a prison, and the educational literature available throughout the room, the event brought entertainment and Behavioral Health awareness together in a welcoming environment.

The evening reinforced an important message: people are more than their struggles, their past experiences, or the hardest moments of their lives. Recovery is possible, support matters, and everyone deserves opportunities to experience connection, hope, and joy.

With a room full of laughter and a community gathered, "*Laughter Is Medicine*" lived up to its name.

Because laughter is medicine. Recovery is possible. Hope matters. And healing is something we can continue to nurture together.

Squaxin Island Behavioral Health's BHOP program extends its appreciation to Sam Miller, special guest Lynette Manning, and everyone who attended and helped make the evening a celebration of laughter, learning, and community healing.

Sometimes, the most meaningful moments begin when we come together, share a story, and remember that even in difficult times, there is still room to laugh.

A Special Thank You

A heartfelt thank-you goes to Lettie Machado-Olivo for preparing and providing the delicious Indian tacos and desserts for the event. Events like this are made possible by the people who give their time, talents, and care to support others. We are grateful to Lettie for helping create a welcoming atmosphere where everyone could enjoy a meal, share some laughs, and be part of an evening focused on healing, hope, and togetherness. Thank you, Lettie, for sharing your cooking and generosity with our community!





Trunk-Or-Treat

Photos by Kasia Seymour

































LET'S BEAT DIABETES TOGETHER

Understanding Diabetes

Diabetes is a chronic condition affecting millions worldwide. It's crucial to understand its impact, causes, and management to raise awareness and support those living with it. Here are some eye-opening facts about diabetes.

- DIABETES TYPES: There are three main types of diabetes: Type 1, Type 2, and gestational diabetes. Each type has different causes and treatment methods.
- GLOBAL PREVALENCE: Over 422 million people globally have diabetes, with the majority having Type 2 diabetes.
- AMERICAN PREVALENCE: About 40.1 million people in the United States—roughly 12% of the population—had diabetes in 2023, according to the CDC.
- NATIVE AMERICAN: About 7 million Native Americans are living with diabetes.
- SILENT SYMPTOMS: Many people with Type 2 diabetes are unaware they have it because symptoms can be mild or absent.
- INSULIN DISCOVERY: Insulin was discovered in 1921 by Canadians Frederick Banting and Charles Best, revolutionizing diabetes treatment.
- AUTOIMMUNE DISEASE: Type 1 diabetes is an autoimmune condition where the body attacks insulin-producing cells in the pancreas.
- GENETICS: Family history plays a significant role in developing diabetes.
- OBESITY: Excess body weight, especially around the abdomen, increases the risk of Type 2 diabetes.
- SEDENTARY LIFESTYLE: Lack of physical activity is a major risk factor for developing Type 2 diabetes.
- AGE FACTOR: The risk of Type 2 diabetes increases with age, particularly after 45.
- DIET MATTERS: A diet high in processed foods, sugars, and unhealthy fats can contribute to diabetes risk.
- FREQUENT URINATION: High blood sugar levels cause the kidneys to work harder, leading to frequent urination.
- EXCESSIVE THIRST: Increased urination can lead to dehydration, causing excessive thirst.
- FATIGUE: Lack of insulin or insulin resistance can prevent glucose from entering cells, leading to fatigue.
- BLURRED VISION: High blood sugar levels can cause swelling in the lens of the eye, leading to blurred vision.
- NERVE DAMAGE: Long-term high blood sugar can damage nerves, causing pain or numbness, especially in the feet.
- HEART DISEASE: Diabetes significantly increases the risk of cardiovascular diseases.
- HEALTHY EATING: A balanced diet rich in vegetables, fruits, whole grains, and lean proteins helps manage blood sugar levels.
- REGULAR EXERCISE: Physical activity helps the body use insulin more efficiently, lowering blood sugar levels.
- MEDICATION: Many people with diabetes need medication or insulin therapy to manage their condition.
- BLOOD SUGAR MONITORING: Regular monitoring helps keep blood sugar levels within the target range.
- FOOT CARE: Proper foot care is crucial to prevent infections and complications due to nerve damage.

There are many misconceptions about diabetes. Let's clear up some common myths.

- MYTH: *Eating Sugar Causes Diabetes:* While a high-sugar diet can contribute to obesity, which is a risk factor, sugar alone doesn't cause diabetes.
- MYTH: *Only Overweight People Get Diabetes:* Thin people can also develop diabetes, especially Type 1.
- MYTH: *Diabetes is Contagious:* Diabetes is not contagious; it cannot be passed from person to person.
- MYTH: *Insulin is a Cure*: Insulin helps manage diabetes but is not a cure.

Happy Thanksgiving!



How We Respond to Our Child's Emotions Matters

By Dr. Fergie - Emotions are part of everyday family life. Children get angry, frightened, disappointed, jealous, embarrassed, and sad — sometimes over things that seem trivial to us as adults. Parents, grandparents, aunties, and older siblings, etc. have feelings about those feelings, too. We feel sad when our child is sad and our blood boils with jealousy when our child's frenemy is picked for the lead role in a Christmas play over our little thespian destined for greatness on the Academy Awards stage.

At the most basic level, do you yourself see some emotions as fundamentally "good" or "bad" in the same way food or weather is good or bad?

When a child is very upset, our instinct as a caregiver is often to make things better as quickly as possible. Because the longer they suffer, the longer we suffer. It's painful seeing someone we love so much suffer from, say, being relentlessly teased on the bus or rejected by peers. So, we reassure, distract, offer advice, or tell the child not to worry. After all, that's what our caregivers did for us when we got hurt, spiritually or emotionally. At other times, particularly when we as adults are exhausted or stressed, we may simply want the crying or arguing to stop like an annoying car alarm you brush against in a parking lot.

Despite how unimportant they seem at first blush, how we respond in these moments often matters. Through these brief interactions, children gradually learn what emotions mean, whether it is safe to always express them, and what to do when feelings become so overwhelming - like you are about to explode if you keep them bottled up inside (think rattling pressure cooker).

Psychologist Dr. John Gottman and his colleagues at University of Washington have described several common ways parents respond to children's emotions. They arrived at these conclusions after observing over 3,000 hours of parent-child interactions!

As you review these, most parents or caregivers will likely recognize themselves in more than one of them on any given day, which is okay. Humans are complex!

(1) The Dismissing Style

A parent using a dismissing style tends to minimize uncomfortable emotions or tries to make them go away quickly.

A child might say, "I'm really sad that I wasn't invited to Carl Ott's birthday party," and the parent responds, "Don't worry about it. It's not a big deal. You have plenty of other friends."

The parent usually has good intentions. They may be trying to reassure the child, put the problem in broader perspective (as if they were talking to an octogenarian), or help the child move on. But the child may hear a different message (even unintentionally): What I'm feeling isn't important, or I shouldn't feel this way.

Parents or caregivers sometimes dismiss feelings simply because it is difficult to watch their child hurt. We want to take away the sadness. Yet children also need opportunities to discover that sadness, disappointment, and frustration are manageable. They can feel bad for a while and still be okay. Instead of immediately trying to change the feeling, a parent might begin with, "You really wanted to be included. I can understand why that hurt."

Sometimes being understood is what a child needs most. This is called validation in psychology.

(2) The Disapproving Style

The disapproving style goes a step further. Rather than simply minimizing an emotion, a parent may criticize or discipline a child for expressing it.

A frustrated parent might say, "Stop crying. You're being ridiculous," or "You shouldn't be angry about that. You are just being silly!"

Over time, children may begin to associate certain emotions — particularly anger, fear, or sadness — with getting into trouble or disappointing the adults around them. Instead of learning how to understand those perfectly normal feelings, they may learn that they are supposed to hide them or bury them.

An important distinction for parents is that accepting an emotion is not the same as accepting a behavior.

A child can be furious with a sibling or even the parent or caregiver. That, of course, does not mean the child is permitted to hit them. A parent or caregiver can say, "I can see that you're really angry. It's okay to be angry, but it's not okay to hit."

That simple distinction gives children two important messages at once: (1) Your feelings make sense (validation), and (2) there are limits on what you can do when you have them. In other words, it's okay to not be okay; it's just not okay to hit, smash things, slam doors, etc., out of anger.

(3) The Laissez-Faire Style

Some parents are very comfortable accepting their children's emotions. If a child is angry, the child is allowed to be angry. If the child needs to cry, that is okay too.

There is a great deal that is positive about this approach. Children learn that emotions are nothing to be ashamed of and that they can express themselves openly.

The difficulty comes when acceptance is not accompanied by enough guidance. Children need more than permission to have feelings. They also need help learning what those feelings mean, how to calm themselves, how to solve problems in the face of powerful negative emotions, and how to behave appropriately when emotions run high.

For example, telling a child, "I know you're angry," is very helpful. Adding, "Let's figure out what you can do with that anger without hurting anyone," teaches something more.

Warmth and acceptance are extremely important. But so are limits.

(4) The Emotion Coaching Style

Emotion coaching brings these pieces together. Parents accept the child's emotional experience while also providing guidance about how to handle it.

Imagine a child coming home devastated after being left out by friends (we've all been there!). Instead of immediately reassuring the child or offering a solution, an emotion-coaching parent might say, "That really hurt, didn't it?" and then listen.

Perhaps one of the simplest forms of human kindness is to listen. Inside a relentless attention economy — where we are beset on all sides by social media, insatiable algorithms tugging at our attentional strings, and notifications pinging every few seconds — we are giving the child something so incredibly special, our undivided attention.

The goal is not to interrogate the child or turn every disappointment into a lengthy discussion. Sometimes a few words are enough:

"You seem disappointed."

"That was embarrassing, wasn't it?"

"I know you really wanted to be invited to Carl Ott's birthday party."

"I can see why you're so angry."

"You really wanted things to turn out differently."

Once children feel heard, parents can help them put a name to what they are experiencing and, when appropriate, think about what to do next.

This is also where limits come in. A parent might say, “I understand why you’re angry with your brother. I’d be upset too if someone broke something that belonged to me. But you can’t hit him. Let’s think about another way to handle this.”

In other words: I understand how you feel. Your feelings are always welcome here. And I’m going to help you decide what to do with them.

Helping Children Learn From Their Feelings

Parents do not need to handle every emotional moment perfectly. All of us sometimes dismiss, become impatient, offer advice too quickly, or say something we wish we could take back (I am guilty of all these!). What matters most, however, is the overall pattern.

Over time, children who are helped to notice and name their emotions begin developing an emotional vocabulary. “I feel bad” gradually becomes, “I’m disappointed." . . . "I’m embarrassed." . . . "I’m nervous.” . . . “I feel left out.”

And with practice, children begin to learn something even more important: A strong feeling does not have to dictate what happens next. To wax poetic: A child learns to "make room" for the strong emotion without handing it the reins, choosing their next step based on what matters most to them rather than what felt most comfortable in the moment. The strong feeling may be along for the ride, but it does not have to choose the destination.

Ultimately, that is one of the goals of emotion coaching. We cannot — and should not — protect children from every disappointment, frustration, fear, or hurt. What we can do is help them learn that difficult feelings can be understood, talked about, tolerated, and managed. Emotions are a part of everyday life. Past hurt is your source of wisdom.

Eventually, the reassuring voice that once came from a parent or caregiver begins to become the child’s own.

Putting Emotion Coaching Into Practice

- Notice the emotion.
  Pay attention to words, tone, body language, and behavior.
- Get curious before correcting.
  Try to see the situation from the child’s point of view.
- Listen before fixing. Let children know that their feelings matter.
- Help name the feeling. Offer simple language:
  “You seem disappointed,” or “That sounds frustrating.”
- Validate feelings while setting limits.
  Make room for the feeling while setting boundaries around behavior:
  “It’s okay to be frustrated with your baby sister. It’s not okay to call her names.”
- Problem-solve together. Once the emotional dust has settled, help children consider what they might do next.
- Model what you teach. Let children see adults name feelings, tolerate frustration, and choose how to respond (psychologists call this observational learning).
- Expect imperfection. Emotion coaching is a practice, not something parents will get right every time. At times, it's like playing two instruments simultaneously; one in each hand!





SQUAXIN ISLAND TRIBE HOSTS INTERTRIBAL BREAST CANCER AWARENESS WALK



BREAST CANCER AWARENESS WALK

On October 9, 2026, the Squaxin Island Tribe proudly hosted a successful Intertribal Breast Cancer Awareness Walk at the Community Kitchen, bringing together 76 attendees in support of breast cancer awareness, early detection, and those whose lives have been impacted by cancer.

The event began with an important message from our health and wellness provider, Nissan, who shared information about the importance of early detection and taking proactive steps toward breast health. The message reminded everyone of the value of regular screenings, knowing your body, and encouraging loved ones to prioritize their health.

Participants had two walking routes to choose from. The first was a one-mile round trip around T-Peeksin, while the second was a 2.5-mile round trip down the hill to visit the site of the new health clinic. Both routes provided an opportunity for attendees to come together, raise awareness, and show their support for cancer survivors and the importance of early detection.

Following the walk, everyone gathered to enjoy a delicious, pink-themed meal, generously prepared by Lettie Machado. The meal provided a wonderful opportunity to connect, share stories, and continue celebrating the strength and resilience of our community. We also honored all our cancer champions, recognizing those who have faced cancer, and those who continue to fight.

CANCER CHAMPIONS

A heartfelt moment of the event came when Millie Wagner shared her personal cancer survivor story. Her story served as a powerful reminder of the courage, strength, and hope that survivors carry throughout their journeys.



The Squaxin Island Tribe extends a sincere thank-you to everyone who attended, participated in the walk, shared their stories, helped prepare the meal, and contributed to making this event a success. Your presence and support helped make this gathering a meaningful celebration of awareness, hope, and community.

TOGETHER, WE WALK FOR AWARENESS, HONOR OUR SURVIVORS, SUPPORT OUR CANCER CHAMPIONS, AND ENCOURAGE EARLY DETECTION. THANK YOU TO EVERYONE WHO JOINED US IN MAKING A DIFFERENCE!

ARE YOU DUE FOR A MAMMOGRAM ?

Regular mammograms are an important part of maintaining your breast health. Screening can help detect breast cancer early, often before symptoms develop, when treatment may be more effective.

WHEN SHOULD YOU START SCREENING?

Women at average risk for breast cancer should receive a mammogram every year beginning at age 40 and continuing through age 74.

Women with a personal or family history of breast cancer, genetic risk factors, or other concerns may need earlier or more frequent screening.

IS IT TIME FOR YOUR NEXT MAMMOGRAM?

If you think you are due for a mammogram or have questions about screening, please contact Melissa and Clara to get scheduled. We are happy to help you take this important step in caring for your health! **360-463-0321**



NWWP team; Rachele, Clara, Karla, Melissa



Thank Full for so Much
Thursday
November 19, 2026
Squaxin Island Community Kitchen
50 S.E. Squaxin Lane
Shelton Wa 98584

6:30-7:30
Fellowship with Potluck Dinner

7:30-9:00 *(or until speaker finishes)*
Speaker Meeting
Chasity M.T. 22 years
Bailem Z. 3 years

Hosted by
Squaxin Island Spiritual Fellowship of Alcoholics Anonymous

For more information, contact Chasity:
cbutterfly9@gmail.com
(360) 451 2073



November is Lung Cancer Awareness Month

Protect Your Lungs, Know Your Risk

November is Lung Cancer Awareness Month, a time to learn more about lung health, ways to reduce lung cancer risk, and the importance of early screening.

Smoking is the leading risk factor for lung cancer, but quitting at any age can improve lung health and reduce future health risks. Even if someone has smoked for many years, it is never too late to take steps toward quitting.

Quitting Smoking Can Make a Difference

Quitting smoking can be challenging, and many people need more than one attempt. Support can make the process easier. If you are thinking about quitting, consider talking with your healthcare provider about counseling, nicotine replacement options, medications, and other resources that may help.

Other Ways to Protect Your Lungs

There are several simple ways to support healthy lungs:

- Keep homes and vehicles smoke-free.
- Avoid secondhand smoke when possible.
- Test your home for radon.
- Use appropriate protection around workplace dust, chemicals, or other harmful exposures.
- Talk with your healthcare provider if you have concerns about your lung health.

Should You Consider Lung Cancer Screening?

Lung cancer screening can help find changes in the lungs earlier, when there may be more options for care. Screening is usually done with a low-dose CT scan and may be recommended for some adults based on their age and smoking history.

You may want to talk with your healthcare provider about screening if you:

- Are between 50 and 80 years old
- Have a history of regular smoking
- Currently smoke or have quit in recent years

Your healthcare provider can help determine whether lung cancer screening is right for you.

Take a Step for Your Lung Health

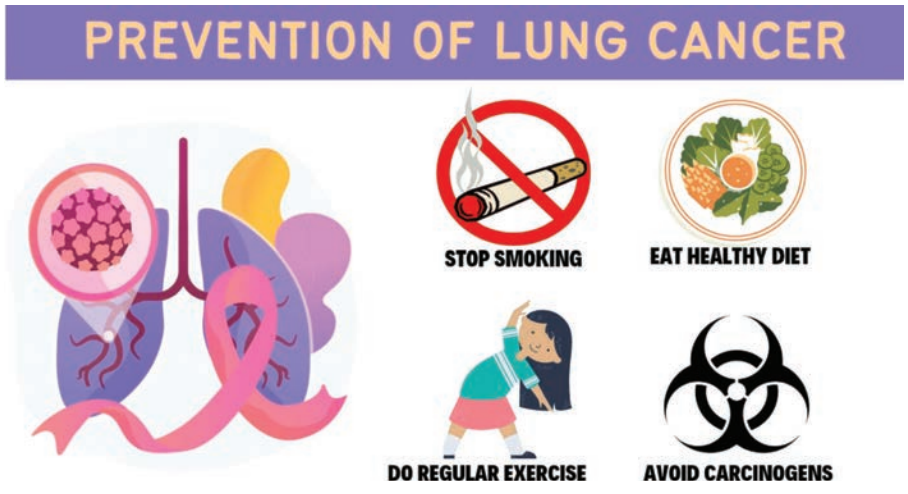
This November, consider one small step toward healthier lungs. That might mean making your home smoke-free, supporting a loved one who is trying to quit, asking your provider about screening, or simply learning more about your lung health.

Ready to Quit? Free Support Is Available

If you are thinking about quitting smoking or tobacco use, Quit Support Kits are available to help you get started.

For more information or to request a Quit Support Kit, please reach out to: sgunda@squaxin.us

Every step toward healthier lungs matters.







11/1
Kimberly RayeAnn James
Wesley Arthur Fletcher

11/3
Armahni Lynn Lopez
Juanita Catherine Pugel
Rickie Leigh Ramage
Shannon Rae Bruff

11/4
Twana Remedios Machado

11/5
Beverly Jean Hawks
Elizabeth Anne Kuntz
Jason Charles Snipper
Jennifer Leann Briggs
Lawanna Bonnie Sanchez
Max Warren Johns
Olivia Ann Mason
Sophia Rose Johns

11/6
Keerah Lynn Brown
Laura Lee Smith
Lincoln Nash Costello
Terri Louise Capoeman
Thomas Richard Peterson

11/7
Anthony John Furtado
Edmond Elijah Quilt III
Elijah Blueback-Robinson
Russel Walter Cooper

11/8
David Wayne Whitener Jr.

11/9
Amy Grace Taylor
Jefferey Allen Blueback
Kyler Matthew Guzman
Mickey Lee Hodgson

11/10
Alibi Lucian Tageant
Jolene Sandrea Jones
Monique Abigail Pinon

11/11
Benjamin James Sayers
Carlo Kenyon McFarlane

11/13
Arya Erika Johns
Carver Haitwas Sigo
Rachel Marie Parker
Ryan Dee Fox

11/14
Wolf Grace Allen

11/15
Julia Marie Navarro

11/16
Bennett Percy Howard Henry
James Edward Orozco
King Julious Tom
Tammy Ruthann Rios

11/17
Casey Lee Lacefield
Elizabeth Ann Krise
Jennifer Lee Johns
Laura Eliza Snyder

11/18
Ethan Edward Pugel
Eu Laylia Grace Zook-Johns
Joseph Chetwoot Peters
Taeahni Emilion Fox

11/19
Lucille Arlene Quilt

11/20
Lily Nicole Harris
Nathan Allen Nunes
Samantha Charity Rose Smith

11/21
Aleta Chelan Poste
Bianca Angelina Saenz-Garcia
Vincent Gene Henry Sr.

11/22
Lahai'la Greenwood
Susan Colleen LaClair

11/23
Lyssa Renee Wier
Steven Michael Dorland

11/24
Cecily Anne Neilsen
Joseph Hugh Seymour Jr.
Michael Aaron Parker
Simona Coley

11/25
Terry Nakai Tahkeal

11/26
Anthony John Furtado Jr.
Candace Olivia Penn

11/27
Hope Victoria Pughe
Leonard Gene Cooper
Leslie Alan Cooper
Nokomis Butterfly Masoner

11/28
Ila Mae Ball
Redwolf Wilson Krise II

11/29
Daniel Alexander Combes
Mark Allen Peters
Sarah Elizabeth Thornton
Tyler Eric Burrow



Did you guess, who this is?

Who Is This?

Answer From Page 2



Bev Hawks

Pictured Above With Janice Lopeman



It's as if time stood still, for you. One day you're a young girl and the next day your graduating from high school.



Happy birthday, Aunt Bev! The family wants to wish you a Happy Birthday. You're a great sister and the best Auntie anyone could ask for. We love you, and thanks for always being there. You're the best! - Love, Your family

What's Happening

YOUTH COUNCIL BAKE SALE November 5
VETERANS DAY CELEBRATION November 12
YOUTH TRIP TO BAYSHORE PRESERVE November 18
AA FELLOWSHIP November 19

AA Meetings
Wednesdays
7:30-9:00 p.m.
Elders Building

COURT

Family	November 5	Beginning at 9:30 a.m.
Criminal	November 24	Beginning at 9:30 a.m.
Civil Court	November 24	Beginning at 11:00 a.m.





Elders Menu
Fruit and salad at every meal

MONDAY 2:
Chicken Pot Pie

TUESDAY 3:
Tomato Basil Soup, Grilled Cheese

WEDNESDAY 4:
Halibut Burgers, Potato Wedges

THURSDAY 5:
Chicken Taco Salad

MONDAY 9:
Tuna Salad Sandwich, Chips

TUESDAY 10:
Italian Sausage Potato Soup, Breadsticks

WEDNESDAY 11:
Closed
VETERANS DAY

THURSDAY 12:
BBQ ribs, Mac-N-Cheese, Broccoli

MONDAY 16:
Ceviche

TUESDAY 17:
Broccoli Cheddar Soup, Crackers

WEDNESDAY 18:
Indian Tacos

THURSDAY 19:
Pizza

MONDAY 23:
Chicken Fried Rice w/Veggies

TUESDAY 24:
Chili, Cornbread

WEDNESDAY 25:
Turkey Soup, Biscuits

THURSDAY 26:
Closed
HAPPY THANKSGIVING

MONDAY 30:
Meatball Subs, Onion Rings

Trunk-Or-Treat

Photos by Kasia Seymour



