



Tribe Purchases Big Cove Seafood Company



Tyler Johns, Operations Manager - Squaxin Island Tribe purchased Big Cove Seafood Company (previously known as Clam Fresh) in October and took over management of its operations immediately. The business is located off Dahman Road on Totten Inlet. The purchase includes a clam and oyster nursery and 15 acres of prime tidelands.

The new business will be part of the Enterprises family of businesses and managed to increase the Tribe's Manila clam production for commercial harvest. Salish Seafoods and Clam Fresh will operate separately, but will assist each other in a variety of ways. The Tribe will continue its efforts with Natural Resources to enhance the beaches for future tribal member harvests.

Manila Clams

The new facilities expand current nursery operations and include clam tidelands located in Oakland Bay and Totten Inlet.

The acquisition is a step forward toward the goal of nursing larvae to a size large enough to be introduced into the flupsy. There, they will continue to grow until they are planted on the beach.

Oysters

Big Cove oysters are cage tumbled and beach hardened. The oyster seeds are placed in small cages, hooked onto a fence or buoy system, and set to tumble with the tidal ebbs and flows. After 2-6 months, depending on time of year and weather, the oysters are spread on the beach by hand, then left for 6-9 months to reach market size. The hatchery produces single oyster seed and seeded cultch bags.

Algae Production

The magic begins in the laboratory. Currently our carrying capacity is about 20,000 liters in our algae greenhouse. Shellfish are like people—they need a diverse diet with different kinds of algae cultures for optimum nutrition, health, and growth. Tiny larvae need smaller algae, while larger shellfish seed need bigger algae.

These new operations are also intended to increase tribal employment opportunities. Please contact Island Enterprises' Human Resources department or the job postings area at the main office.

Big Cove Shellfish

1181 SE Dahman Rd. (360) 426.3456
<http://www.bigcove.com>



Are you interested in finishing your high school diploma? See Page 4 for details



Community Garden Pages 20-21

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Squaxin Island Tribal Council

Winter General
 Body Meeting

January 28, 2017

Squaxin Island Community Kitchen

Meeting will start at 9:00 a.m.
 Lunch will be served at noon.

Any questions? Please call the
 Administration Building at 426-9781.



Sunday, January 1st 2017
11:00 AM @ Arcadia Boat Ramp
 The plunge will occur at 11:05 AM sharp!
Out with the Old, In with the Cold

Be a part of the New Years tradition by joining us for this fun, drug and alcohol free community event. Everyone of all ages welcome to participate. Costumes are strongly Encouraged.

We will be collecting non-perishable foods to donate to the Squaxin Island Tribe Food Bank.

For more information contact: Joseph Peters (360)490-6825 - jcpeters@squaxin.us



Squaxin Island TRIBAL NEWS

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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:

- DAVE LOPEMAN: Chairman
- ARNOLD COOPER: Vice Chairman
- CHARLENE KRISE: Secretary
- VICKI KRUGER: Treasurer
- WHITNEY JONES: 1st Council Member
- JIM PETERS: 2nd Council Member
- VINCE HENRY: 3rd Council Member

Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.us

Updates from Council Members

Whitney Jones - Another year has flown by and we are coming to the end of 2016.

Overall, it has been a good year for our Tribe and community. Many of our dearly loved tribal and family members have walked on, and that is always difficult. But many new babies have joined us as well. Life is ever-changing and it is important to keep pushing forward and planning to meet future needs, while balancing that with consistent services right now.

During the last year the Tribe has been able to re-acquire a large amount of our original lands and purchased some new ones in anticipation of planning how we can use them to enrich the lives of tribal members. We celebrated the opening of new program buildings to serve our families and we are looking for ways to better serve you through some of the community activities that we already have.

Your ideas, your voice, and your participation in planning for the growth and strengthening of our Tribe is essential. I'm sure that it sometimes feels like it falls on deaf ears; as a tribal member dealing with a large bureaucracy I occasionally feel that way too. :) But please continue to provide your input and ask questions during our community forums and it will continue to chip away at stagnation and make a difference with small steps at a time.

The Winter General Body meeting is planned for Saturday January 28th at the Community Kitchen. Last year it was one of the better attended winter meetings that we have had in a while and it prompted movement on a variety of issues/concerns. Let's continue that trend. I look forward to seeing you there.

Wishing you a holiday filled with peace, love, and joy.

Merry Christmas!

Social Security Disability

If you have been denied Social Security Benefits because you receive a "Per Capita" distribution or other Tribal assistance please contact Diane at the Squaxin Legal Department for assistance.
(360) 432-1771 ext 0



To see all the fun Halloween photos:
www.squaxinisoland.org/squaxinphotos





Mason County Removes Longstanding Cloud on Title to Squaxin Island Tidelands

On October 25, 2016, the Mason County Commissioners voted to correct a century-old error surrounding 29.21 acres of tidelands on Squaxin Island. The County accomplished this by deeding the tidelands to the Squaxin Island Tribe.

The County originally acquired what it thought was title to these tidelands through a 1913 tax foreclosure against delinquent taxpayer M.J. Cunningham. The problem was that Mr. Cunningham had never really owned the Island tidelands that the County was foreclosing upon. Rather, the tidelands belonged to the Squaxin Island Tribe.

The issue of the Squaxin Island tidelands ownership is steeped in area history. The 1854 Treaty of Medicine Creek exclusively reserved to the Squaxin Island Tribe the entire Island Reservation, including all of its tidelands. In fact, the United States had explained to the Squaxin people that the treaty "reserved and granted to said Indians all of said Island, upland and tide land, and in addition, enough of the waters surrounding said island to enable a steamer to run at low tide."

Nonetheless, the State of Washington "sold" these tidelands to Mr. Cunningham and others, who began preventing the Squaxin people from harvesting, cultivating or crossing the tidelands. The United States then stepped in. A federal court decision in a 1904 lawsuit known as United States v. O'Brien confirmed the Tribe's ownership of the tidelands. The effect of the O'Brien decision was to cancel the State of Washington's tideland sale contract with M.J. Cunningham. Nonetheless, Mason County's tax rolls continued listing the 29.21 acres of Island tidelands as surplus lands that the County had acquired through the tax foreclosure.

The Tribe is incredibly pleased that the County has cleared title to the Tribe's ancestral tidelands. "We appreciate the County's acknowledgment in correcting the record and rightfully deeding the tidelands back to the Tribe," Chairman Lopeman said. Reacquiring the land is a critical part of the Tribe's program to return Island lands to Tribal ownership. The Reservation is a cultural touchstone, a place for gathering, and for educating youth about Squaxin ancestors and culture.

The Tribe also has an active program of reacquiring title to the Reservation's uplands. In 1884, the federal government took the uplands away from the Tribe through a misguided policy aimed at assimilating Native Americans. The government divided Indian reservations into allotments, and gave them to individual Native Americans who could dispose of them after an initial waiting period. While some allottees sold their lands for market value, many others lost lands through fraudulent transactions and forced sales due to unpaid taxes.

In recent years, the Squaxin Island Tribe has re-acquired nearly one-quarter of its original Island Reservation land from the state Department of Natural Resources; and 31.4 acres on the south end from Washington State Parks.



Congratulations Steven Dorland! Exemplary Tribal Prevention Professional Award

Steven Dorland is the recipient of the Washington State DSHS, Department of Behavioral Health Resources *Exemplary Tribal Prevention Professional Award*! He was presented the award during the Youth Prevention Summit in Yakama on November 7th.

Steven received five nominations from community members and other drug and alcohol prevention professionals for his outstanding work as the Outreach Prevention Specialist for the Chehalis Tribe. In order to qualify for the award, Steven had to show evidence of positive change within the community.

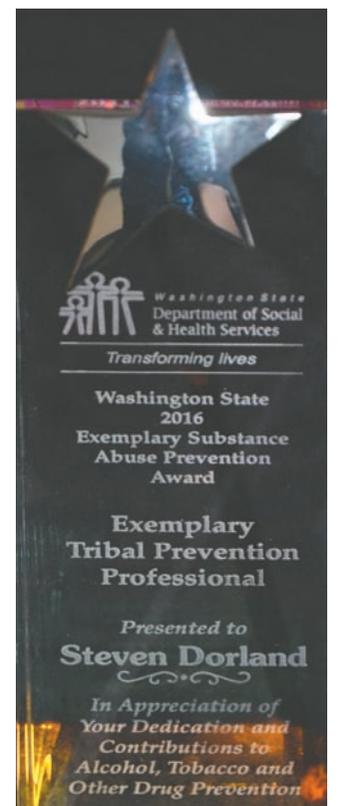
The award reads, "In appreciation of your dedication and contributions to alcohol, tobacco and other drug prevention."

While employed at Chehalis, Steven worked with at risk teens and adults. He spent two days per week at the youth center.

Steven is currently employed as Human Resources Assistant for the Squaxin Island Tribe, a recent move. "I got to know a lot of my relatives in Chehalis and I was really happy about that, but this is home. I wanted to be here having a positive effect in my own community."

Steven, along with Chaz Peters and others, reestablished the Squaxin Island Youth Council in the mid-1990s that has been operating steadily ever since.

"I am proud of the fact that I have gone from being a ward of the state to receiving an award from the state," he chuckled, acknowledging he has had his own painful experiences with addiction and the long road to recovery (which will surely be a huge asset in his work).



What's red, rare, and full of hope? YOUR BLOOD!!

**Squaxin
Island
Tribe Blood Drive**

Friday, January 6, 2017

10:00 a.m. - 4:00 p.m. Community Kitchen



Family Services Outreach

Squaxin TANF was glad to participate in the Halloween Party hosted by our Tu Ha' Buts Learning Center. We appreciate the opportunity and support for an event which brings our families together. We had a great time playing Pin the Spider on the Web and seeing all of the great costumes. From putting together treat bags to running the game booth, it was our pleasure to see so many smiling faces.

Please contact Tiffany Henderson TANF Intake Specialist if you are interested in scheduling an appointment to complete an application. She may be reached at (360) 432-3959.

A Squaxin Island TANF Sponsored Event at Family Services.

HIGH SCHOOL 21 + PROGRAM

When: Weekly Tuesday & Thursday 8:30 am to 11:30 am

Who Should Attend: Community Adults ages 21 years and older that want to earn credit for knowledge gained from work and life experiences while tailoring an educational plan to fill gaps. Adults that want their high school diploma and are interested in a competency-based high school diploma with education geared toward transitioning into college & career programs. You do not have to be a TANF client to participate.

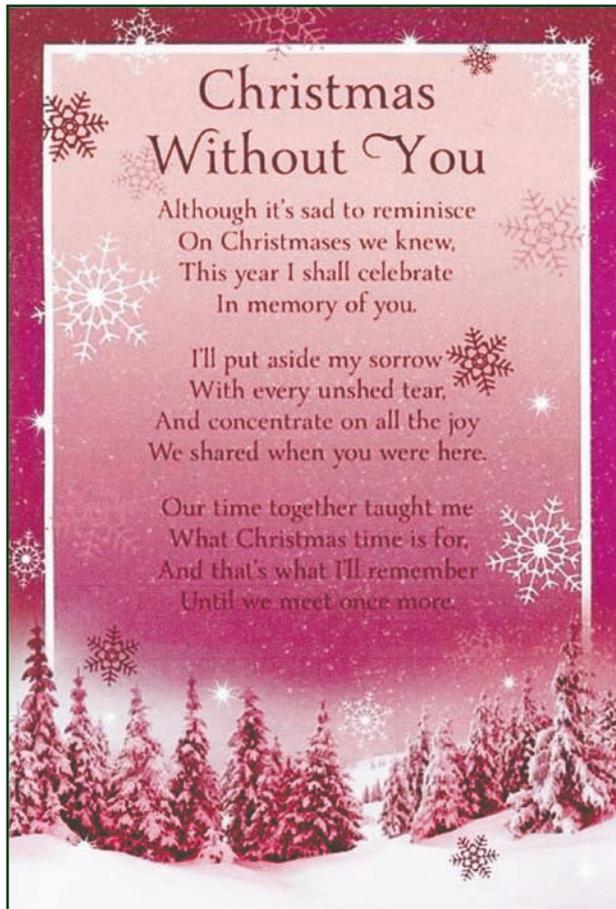
Experiences might include GED tests before 2014, internships, certifications/special licenses, being a parent, fishing, participation in drug/alcohol treatment, sports, cultural events, the list is endless.

To Begin contact Shannon Bruff to obtain your High School transcripts. Shannon Bruff, (360) 432-3961, sbruff@squaxin.us



Thanks to SPSCC, Shanon Millman, and the students hard work, We already have three students graduated! Squaxin Island TANF

Aline & Curt Fletcher



*Love and Miss you so much!
- Jackie*

New Employee



Steven Dorland

Hi! I've been hired as the new Human Resources Staff Assistant.

I'm excited to be back working at Squaxin and to be able to give back to the community.

I look forward to seeing everyone on more of a regular basis.



Thank You John Brown and Jim Tobin!



John Brown & Jim Tobin were honored by Squaxin Elders for their hard work cooking fish at our OysterFest booth. Thank you so much. It is very much appreciated.



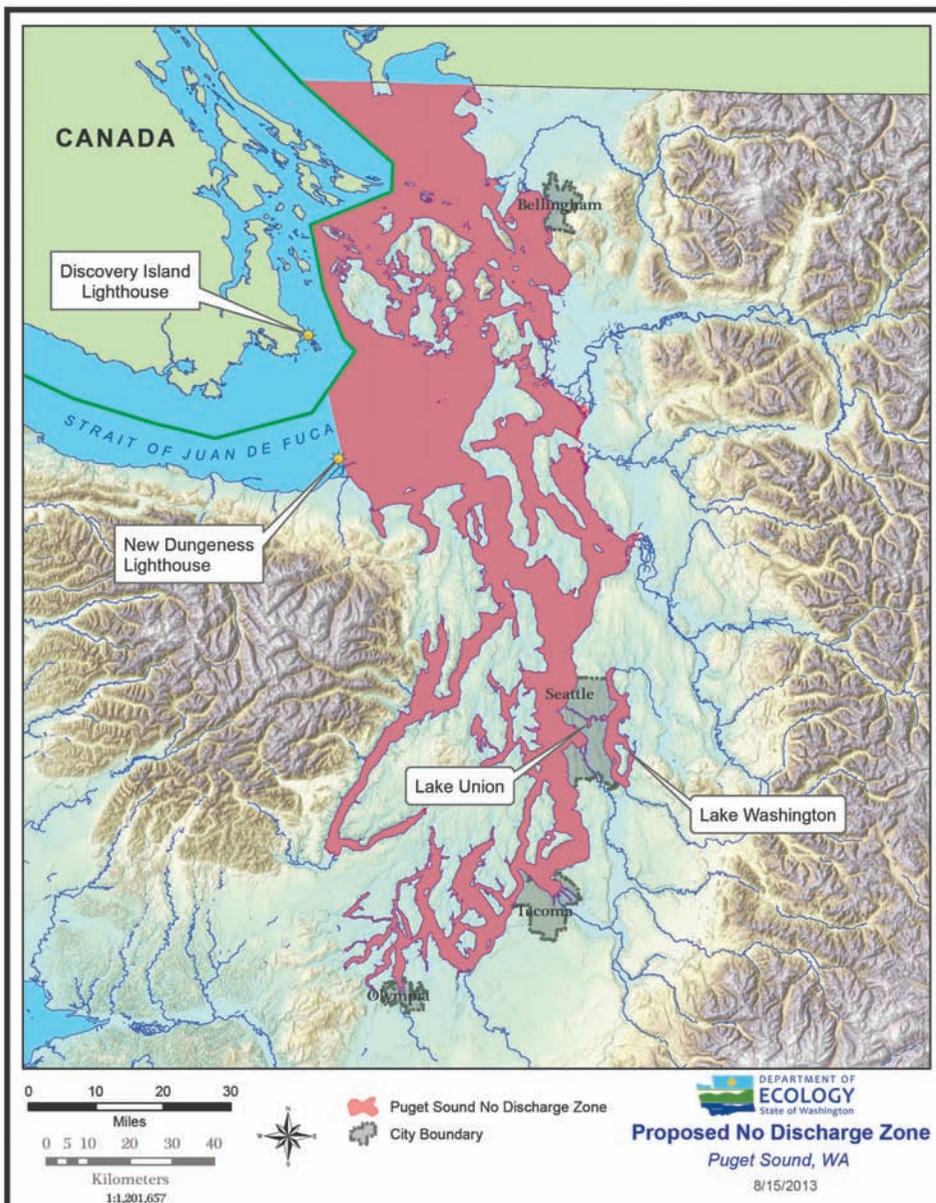
“No Discharge Zone” proposed for Puget Sound

A “No Discharge Zone” has been proposed for Puget Sound. This would make it illegal for boats to discharge sewage into Puget Sound, especially over shellfish beds. Boaters would have to take their waste to pump out facilities throughout the Sound. If you feel strongly about this issue, one way or another, please go to the link below to send in comments. Click the red “Take Action” button to leave your comments before December 5th.

Department of Ecology:

<http://www.ecy.wa.gov/programs/wq/nonpoint/CleanBoating/nodischargezone.html>

Proposed No Discharge Map



be | prepared

FEMA Flood Mapping Updates Are Underway:

Make Sure Your Family and Property Are Protected and Accurately Designated

The Tribe’s Natural Resources Department has been participating in the Federal Emergency Management Agency’s (FEMA) current update and review process for Flood Hazard Mapping. This is the first update for Flood Mapping since the 1990’s.

Through FEMA’s flood hazard mapping program, Risk Mapping, Assessment and Planning (MAP), FEMA identifies flood hazards, assesses flood risks and partners with states and communities to provide accurate flood hazard and risk data to guide them to mitigation actions. Flood hazard mapping is an important part of the National Flood Insurance Program (NFIP), as it is the basis of the NFIP regulations and flood insurance requirements. FEMA maintains and updates data through Flood Insurance Rate Maps (FIRMs) and risk assessments.

Now is the time to review your property, its location relative to FEMA’s Flood Hazard Mapping, and if appropriate engage with FEMA for review and revision of your property’s designation.

FEMA’s Flood Hazard Mapping website:

<https://www.fema.gov/national-flood-insurance-program-flood-hazard-mapping>

To search for information about your property go to:

<https://msc.fema.gov/portal>

It is advisable to act now to confirm that your property is accurately mapped/designated as either ‘in’ or ‘out’ of the flood plain, as once the updated preliminary Flood Maps become effective the process for correcting designation errors becomes much more time intensive and costs money. Errors in the preliminary Flood Maps can be corrected during the review period at NO CHARGE.

Brian McTeague at Squaxin Natural Resources will be available to discuss the FEMA Flood Program & Process, to review your property’s updated Flood Hazard Mapping designation, and to assist tribal members with using FEMA’s website.

For more information or to schedule a time to visit with Brian at the Natural Resources Department contact him at: (360)432-3800 or bmcteague@squaxin.us

Christmas Town USA

Friday, December 2nd:

Shopping until 8:00 p.m.

Free movie at Shelton Cinemas at 4:00 p.m.

(with non-perishable food donation)

Tree lighting at Post Office Park at 6:00 p.m., and . . . school choir performances in Post Office Park, Santa and Mrs. Claus, bonfires and marshmallow roasting, wagon rides and kiddie train rides.

Saturday, Dec. 3rd:

“Missile Toe” Mile Run at 4:00 p.m.

Parade at 5:00 p.m.



For more information about any of the events, visit: www.kristmastownkiwanis.com



Squaxin Explorers

Hello Squaxin Community,

I just wanted to give an update on what the Squaxin Explorers have been up to. They have been very busy and hard at work for the month of October. We look forward to another busy month in November.

On October 13th and 27th we had regularly scheduled meetings. The meetings were spent getting prepared for the other activities we had scheduled, as well as presenting their assignments on Medicine Creek Treaty and the Boldt Decision.

October 15th the Explorers went door to door and handed out the flyers for our Safe Streets meeting, as well as the Disaster Preparedness packets for everyone. The Explorers got to meet many people in our community. It was a very rainy day but we did not let that deter us. Once that was done we also went and got the pumpkins for the Haunted shed for the 31st. It was a long wet day, but we had fun.

October 19th the Explorers participated in helping the youth carve pumpkins. We carved 48 pumpkins that day. We had a lot of help this year and there was a ton of laughter and fun had by all.

October 31st the Explorers handed out 90 bags of candy, hot apple cider, and glow stick necklaces to our community. We decorated the front entrance of the police station, had scary music and tons of laughs.

One last thing... We participated in the Career Fair at the Shelton High School on November 2nd. The Explorers along with our Safe Streets Representative, Officer T. Rankin; Chief of Police, Alex Ehler; our Domestic Violence Advocate, Gloria Hill; and, HR Director, Patti Puhn were there. We spoke with our tribal youth, as well as all other students, about the opportunities the Tribe has to offer. We had approximately 300 students come and talk with us. We handed out "Youth Against Domestic Violence" t-shirts, candy, anti-bully flyers, anti-drug flyers, as well as flyers about how to help a friend with depression and suicidal thoughts. It was an awesome experience and we look forward to next year's fair.

I'd like to say a big "Thank You" to the Explorers for all their hard work and dedication this last month. You all worked very hard and put in a ton of time - even giving up parts of your weekends and Halloween to make sure our community is taken care of.... THANK YOU!!

I'd also like to take a minute and give a quick shout-out to Officer Rollins for helping me get, and deliver, the pumpkins for the carving on the 19th. THANK YOU!

Also a big THANKS to Shelley Rawding and Kim Heller for their help in the decorating of the Haunted Shed for the 31st. It was greatly appreciated.

Upcoming events for the Explorers are.....Thankful dinner, delivery of Safe Streets flyers for November, presentation at Safe Streets meeting, Tribal Breast Cancer walk, Shelton Christmas Parade and flyer hand out for Dec. Safe Streets meeting.

Thank you all for your time,
Community Liaison Officer R. Klusman



Building Strong Families Through Culture

Please join us
Tuesdays from 3:00 - 5:00 p.m.
Community Kitchen
Making Regalia
Serving Dinner
Drum Group after classes





PUBLIC SAFETY & JUSTICE



Drug/Alcohol statistics for October 2016

Drug / Alcohol related incidents	21
Drug	15
Alcohol	6
Arrests	10
Cite/ infractions	3
Referred to other agency	6
Tribal Court	7
Adult	19
Youth	3



Officer TR Rankin - I am Officer TR Rankin from the Squaxin Island Public Safety Department. I have been assigned the duties of Community Mobilization Specialist for the Safe Streets Program. We held our Fall Kick-off on October 18th with a meeting and dinner. We discussed plans for the upcoming fiscal year and did an overview of the Safe Streets Program. We reminded the community of what the Safe Streets Goals are; Community Mobilization to provide Vision, Leadership, Research, and Partnerships. We have participated in the TLC Pumpkin carving event with a total of 48 participants, including families. We worked alongside the Police and Explorers for the Trick-or-Treat booth located at the Police Department, handing out over 90 bags and serving apple-cider. We have participated in Career Days with Shelton High School and Olympic College, meeting with over 300 students. This program is for the community. Please come to our meetings which are held the 3rd Tuesday of each month at 6:00 p.m.. Share your ideas and concerns!

Thank you, Patricia Green, for your contributions to the program! You are so much appreciated!





Estate Planning Information

Writing a Will is Very Important. With a will, you control which of your heirs receives property and how much. If you have minor children, you can nominate guardians and make arrangements for their care and education. Once your will is written and examined by an attorney with experience dealing with AIPRA, your property is much more likely go to whom you designate.

What happens when you die without a will?

“Intestate” is the legal term for when a person dies without a will. When a person dies intestate, state, tribal or federal laws will determine who inherits your property.

Living wills and other advance directives state your preferences regarding medical treatment in the event of a serious accident or illness. These legal documents speak for you when you're not able to speak for yourself.

Health Care Powers of Attorney allows you to appoint someone to make medical treatment decisions if you are no longer able to make them yourself. This document can be combined with a will.

Getting Started

If you plan to draft a will, there are steps you can take now to make the process easier and faster.

1. Gather documents related to any real property (land and buildings fixed to the land) you own. If you own Indian trust property, you will need your Individual Trust Interest Report. If you don't have a current copy, you can request one from the local or regional Bureau of Indian Affairs (BIA) realty office or through the Office of the Special Trustee for American Indians.
2. Consider who you would like to leave your property to and who you would like to handle your estate after you pass.
3. Try to meet with a lawyer who specializes in Indian or estate planning law before you draft a will. If you cannot afford to have a lawyer prepare your will, talk at least once with one for advice.

Contacting Northwest Justice Project

The Northwest Justice Project's Native American Unit (NAU) provides free civil (non-criminal) legal services for people who cannot afford a lawyer in Washington.

Toll-free at 1-888-201-1014, between 9:15 a.m. and 12:15 p.m., Monday through Friday.

General Information Line: 1-888-201-1012
www.nwjustice.org

Special Problems for Trust Land

When the United States first established the allotment system, reservation land was divided and assigned to individuals. The land was to be held in trust by the United States for the benefit of tribes and individual Indians. The United States determined the heirs and distributed the property of deceased Indians.

However, because many Indians died without wills, property was often shared equally among the heirs. For example, if a person was allotted 80 acres and had four children when he died, that piece of land was shared equally by the four heirs. When those four children died, if they each had three children, their one-fourth piece was divided among their three children. The original 80 acre piece of land now has 12 owners, each owning about six and one-half acres, though the parcel remains undivided. Eventually, this piece of trust property might have hundreds of owners.

The problem with having a piece of land owned by many different people is that a single owner cannot develop or even live on the property without obtaining permission from a majority of the other owners. This means Indian landowners find it very difficult to use and control their own land.

What is AIPRA?

The American Indian Probate Reform Act (AIPRA) is a law enacted by Congress which became effective June 20, 2006. AIPRA sets the rules for distributing Indian trust property through a will or without a will.

Why was AIPRA created?

One of AIPRA's main goals was to help reduce the fractionation of Indian trust land ownership through inheritance. Some allotments have hundreds of co-owners, which makes it almost impossible for anyone to use the land.

“A will allows you to provide clarity about your wishes and prevent conflict among family members.”

Why is estate planning different for Indians?

Indians often own both trust land and trust funds. State courts and tribal courts are generally not allowed to participate in the probate of trust property. This means that there will often be two probates for the property of an Indian who owns trust land; one by the U.S. Department of the Interior (DOI) for trust property, and one in state or tribal court for everything else. Normally, AIPRA's uniform probate rules apply to the probate of trust property, unless the property is located

The Northwest Justice Project's Native American Unit (NAU) provides free civil (non-criminal) legal services for people who cannot afford a lawyer in Washington.

Information provided by:

 Northwest Justice Project

Serving the Legal Needs of
Washington State's Native
American Communities





Results of the Election Committee Survey

In September of this year, Tribal Council and the Election Committee sent out a survey to 761 voters as a first step to understanding the preferences of the General Body for meetings and elections. The survey was aimed at Tribal members 18 years old and over. On October 21, 2016, the Election Committee reviewed the responses you sent in. Out of 761 surveys sent, only 74 responses were received. A big thank you to those who took the time to read, answer, and send back the surveys; because of you, this is what we learned:

1. Did you participate in the last Election on May 7, 2016?

Yes: 47 No: 27

2. If not, were there obstacles which kept you from attending/voting?

Lack of interest	3	Lack of transportation	2
Too far to travel	8	Childcare	3
Day and time	2	Work	2
Disability	8	Other	12



3. Would you like to do General Body business on one day (i.e., department reports, entity reports, new business, old business, Council discussion), and then have the elections on a different day?

Yes: 31 No: 37

4. Please choose what would work best for you IF the General Body meeting and the elections were held on different days.

Keep the meeting and election on the same day:	39
Change:	
General Body meeting first Friday evening in May (6:00 p.m. to 9:00 p.m.) and election the following Saturday	11
Change:	
General Body meeting in January and election first Saturday in May	12

5. As an eligible voter, if the General Body prefers to keep the meeting and election on the same day which date would you prefer?

Keep as is:	First Saturday in May	49
Change:	First Saturday in June	12
Other possible days:		8

In Summary:

- The two major reasons why people did not attend our elections were disability and travel distance.
- The majority wants to keep format as it is currently performed.
- Most of you still want our election date to be the first Saturday in May.

On the comments section of the survey, the majority of respondents are content with the process as it is.

Here are a few of their suggestions:

- Quietness during process to show respect for speakers and those around you.
- Some would like to have absentee ballots.
- One idea is to announce and accept candidacies during the summer before elections, allow campaigns for a few months and then vote. (This would eliminate nominations on election day).
- Some of you prefer anonymity on your surveys.
- To keep the room quiet and voters focused, some suggest activity oriented childcare and for teens.
- An interesting suggestion for the future is to video record the General Body meeting and live stream it on squaxinland.org for educational purposes and updates.

We are very thankful to all those who participated in helping the Election Committee and Council consider new ideas. After reviewing the survey responses, the committee feels that at this time, no changes to the process are necessary.





Healthy Personal Finance Resolutions for the New Year

The New Year is the time when many individuals start making resolutions to live a healthier lifestyle. And while resolving to eat better and exercise more is a good thing, you should be sure to make resolutions that pertain to the overall health of your personal finances as well.

Develop a budget and stick with it

A good way to start the year on the right track financially is to make sure that you have a budgeting system in place. Start by identifying your income and expenses. Next, add them up and compare the two totals to make sure you are spending less than you earn. If you find that your expenses outweigh your income, you'll need to make some adjustments to your budget plan (e.g., reduce discretionary spending). Once you have a budget, it's important to stick with it. And while straying from your budget from time to time is to be expected, there are some ways to help make working within your budget a bit easier:

- Make budgeting a part of your daily routine
- Be sure to build occasional rewards into your budget
- Evaluate your budget regularly and make changes if necessary
- Use budgeting software/smart phone applications

Set financial goals or reprioritize current ones

The New Year is also a good time to set new financial goals and reprioritize your current ones. Take a look back at the financial goals you set for yourself last year--both short- and long-term. Perhaps you wanted to increase your cash reserve or save money for a down payment on a home. Maybe you wanted to invest more money towards your retirement. Did you accomplish any of your goals? If so, do you have any new goals that you would now like to achieve?

Finally, have your personal or financial circumstances changed during the past year (e.g., marriage, a child, job promotion)? If so, would any of these changes warrant a reprioritization of some of your goals?

Make sure your investment portfolio is still on target

You'll also want to be sure to review your investment portfolio to ensure that it is still on target to help you achieve your financial goals for the upcoming year. To determine whether your investments are suitable for reaching your financial goals, you'll want to ask yourself the following questions:

- Do I still have the same time horizon for investing as I did last year?
- Has my tolerance for risk changed?
- Do I have an increased need for liquidity?
- Does any investment now represent too large (or too small) a part of my portfolio?

Make it a priority to reduce debt

Any healthy financial plan is one that makes reducing debt a priority. Whether it is debt from student loans, a mortgage, or credit cards, it is important to have a plan in place to pay down your debt load as quickly as possible. The following are some tips to help you manage your debt:

- Keep track of all of your credit card balances and be aware of interest rates and hidden fees
- Develop a plan to manage your payments so that you avoid late fees
- Optimize your repayments by paying off high-interest debt first or consider taking advantage of debt consolidation/refinancing programs
- Avoid charging more than you can pay off at the end of each billing cycle

Review/take steps to improve your credit history

Having good credit is an important part of any sound financial plan, and the New Year is as good a time as any to check on your credit history. Your credit report contains information about your past and present credit transactions and is used by potential lenders to evaluate your creditworthiness. A positive credit history is important since it allows you to obtain credit when you need it and at a lower interest rate. Good credit is even sometimes viewed by employers as a prerequisite for employment.

Review your credit report and check it for any inaccuracies. You'll also want to find out whether or not you need to take steps to improve your credit history. To establish a good track record with creditors, make sure that you always make your monthly bill payments on time. In addition, you should try to avoid having too many credit inquiries on your report (these are made every time you apply for a new credit card). You're entitled to a free copy of your credit report once a year from each of the three major credit reporting agencies. For more information, you can go to:

www.annualcreditreport.com

* *The American Institute of Certified Public Accountants*

Burn Wise

Program of U.S. EPA

BURN THE RIGHT WOOD, THE RIGHT WAY, IN THE RIGHT WOOD-BURNING APPLIANCE

Did you know that by changing the way you burn wood you can save money, reduce air pollution and protect your health?

Here are a few simple tips to make your fire burn hotter, keep your wallet fatter and keep your local air cleaner and healthier.

Clean ashes from your wood-burning appliance. Excess ashes can clog the air intake vents reducing efficiency. Be sure to dispose of ashes in a metal container away from the house or any flammable material to reduce the risk of fire.

Keep your chimney clean. A clean chimney provides good draft for your wood-burning appliance and reduces the risk of a chimney fire. Have a certified professional inspect your chimney once a year.

Be a good neighbor. Follow best practices for burning wood. Always remember to comply with state and local codes and check your local air quality forecast.

Follow instructions. Operate your wood-burning appliance according to the manufacturer's instructions and follow all maintenance procedures.

Upgrade to cleaner equipment. EPA-certified wood stoves and fireplace inserts burn cleaner and burn wood more efficiently emitting less particle pollution than older models.

Season all firewood. All firewood should be split, securely covered or stored, and aged for at least six months. Seasoned wood burns hotter, cuts fuel consumption and reduces the amount of smoke your appliance produces.

Choose the right firewood. Hardwoods are the best. Never burn trash or treated wood which can emit toxic air pollutants.

Start it right. Use only clean newspaper or dry kindling to start a fire. Never use gasoline, kerosene, charcoal starter, or a propane torch.

Don't let the fire smolder. Many people think they should let a fire smolder overnight. But reducing the air supply does little for heating and increases air pollution.

Size matters. Choose the right-sized appliance for your needs. If your wood-burning appliance is too big for your room or house, the fuel will smolder and create more air pollution.

For more information on how to burn wise, go to www.epa.gov/burnwise

EPA-456/F-09-004



Santa Paws

It's no wonder that dogs come running and jump into Gus Nilsson's vehicle when he drives up. According to the dogs who know Gus, he's more of a canine "Santa Paws" or "ice cream man" than he is code enforcer – and that's just the way he likes it. Gus, who is a Tribal Housing Enforcement Officer, wears many hats for his job, but none more important than his role as tribal animal control officer. While it's not his "official" job title, the animals who live within the reservation of the Squaxin Island Tribe would tend to disagree.

Gus, who was a military sentry dog instructor during the Vietnam era, subsequently spent 42 years as a Washington State Patrolman. "The longest in their history," he said. These days, it's his work with animals that's earning the praise of humans and canines alike.

"When I first started as the housing enforcement officer, I saw a 140-pound dog walking down the street," he said. "I was scared to death."

Gus shares his home with a Lab, a retriever, and a poodle, and rather than turn away with fear, he realized that he could do something to help both free-roaming animals and the people within his community. "I went to the store and got several bags of dog biscuits," he recalled. "I'd walk up to the dogs who were tied up on their property, speak to them, and offer biscuits. I was like the popsicle guy for these dogs. Now I go around every day and give them treats. They know me and look forward to these visits."

Gus used to use his own money to buy the dog treats, but he now has a budget specifically for this important item. "Every dog catcher should make friends with the dogs in their area," he advised. "Get to know the dogs and their temperament. I've been here for two years now and they all know me."

And when dogs do get loose, they don't hesitate to come to him when he arrives. "All I have to do is open the front door to my car and they just jump right in," he said, laughing. "On a typical day, I come into the office, fill out my time sheet, and then get my vehicle filled with doggy treats," Gus said with a laugh. "It's like a little town up here. There are 120 homes. I know where all the dogs are. I drive around, they see me coming, wake up, and jump up. I pet them and play with them and give them treats, then drive over to the next dog."

Gus, who collaborates with Amy Loudermilk and her nonprofit, Rez Animal, has found that this partnership has greatly impacted the community.

"Amy came up for a clinic this summer," he said. "All of the dogs got free shots and Amy gave me a vehicle full of dog food. I went around and gave it to the tribal members. Rez Animal's program allows tribal members to pay a \$5 co-pay for medical services for their animals, and then Rez Animal picks up the rest of the bill," he said. While there were 34 applications for help last year, there have been 65 applications as of this writing.

"People are becoming more aware of the program," Gus said, "and the tribal members really appreciate what I do."

While Gus is humble about his role, he saves lives every day – and his position is as unique as it is important.

"The Squaxin Island Tribe is one of the only Indian reservations in the country that

have an animal control officer," explained Amy. "City-operated shelters don't serve Indian reservations, so without animal control, stray animals are left to fend for themselves. It's very common to see stray, skinny, and mangy animals on reservations. They're called 'rez dogs,' and without an animal control officer, they're left to run around without anyone to help."

There are 29 federally recognized tribes in Washington State and 567 tribes in the United States. "I can tell you very few have animal control," Amy said. "The fact that the Squaxin Island Tribe is doing something about this is a really big deal. You don't see stray dogs everywhere like you do on other reservations. Gus ensures that strays are picked up and taken to animal rescue organizations. He's talking to tribal members about not keeping their pets without shelter or tied on a short leash. He checks on pets and makes sure their being fed or getting medical attention."

Gus works closely with Adopt A Pet in Shelton, where he takes animals if they need to be impounded. "Adopt A Pet is the best animal organization I've ever seen," he said. "It's like a farm – the kennel floors are all heated. It's so clean that you could eat off the floors. I'll take the puppies up there and they'll get them spayed and neutered and help get them adopted out. Adopt A Pet is devoted to helping homeless dogs and find responsible homes."

When the tribes heard about Adopt A Pet's efforts to help tribal animals find homes, they were inspired to donate money to the organization and continue this impactful collaboration. Thank you, Gus and Amy, for your dedication to the animals!

Rez Animal helps animals on the Nisqually, Squaxin, Skokomish, Chehalis, and Shoalwater Bay Indian reservations. Learn more about Rez Animal – including how you can support their lifesaving work – at www.rezanimals.com.

Written by Tracy Campion, Writer/Publisher, Pet Connection Magazine





Afterschool Program Update

Jerilynn Vail-Powell - Our youth basketball teams are back in full swing with practices on Tuesday and Thursday. Junior High practice runs 3:30-4:30 p.m. and elementary practice goes from 5:00-5:45 p.m. Thank you to Larry for stepping in as a volunteer coach while the search is on to hire a Youth Sports Coach on our staff at the TLC. Stop by TLC or check out our youth basketball schedule on Facebook for the latest dates and times. It's always exciting to have a crowd make it to the games.

December is a fun month for the youth here. Between our annual youth Christmas Party on December 14th, and our annual four-day, youth co-ed basketball tournament on December 17-20th, there is a lot going on. We hope to fill the crowd with families during our tournament. Just a reminder the last day of the afterschool program is December 16th, which happens to be a three-hour early release from school. We hope everyone has a safe and happy holiday season, and we'll be ready for the youth to return on Tuesday, January 3rd.

Higher Education News

Mandy Valley - I hope everyone has a very successful fall quarter/semester! Remember to send in your final grades, your new class schedule for winter quarter/spring semester, any receipts you have, and your completed Memorandum of Commitment for the new quarter/semester. To best help you, I need all of this information for your Higher Education file no later than Friday, December 16th. If I do not receive your information paperwork before the tribal holiday break, it will not be processed until at least January 3rd. This could lead to delays as I cannot process your paperwork for the college until your file has been updated. If you have any questions I can be reached at my direct line at (360)432-3882 or by email at mvalley@squaxin.us. I hope everyone has a wonderful holiday season!

GED/Homework Support

Jamie Burris - Finish 2016 on a good note – no missing assignments and all of your homework completed! I am in the upstairs classroom in the Tu Ha' Buts Learning Center on Tuesday, Wednesday and Thursdays from 4:00 - 7:00 p.m. I am here to help with your schoolwork as well as providing a quiet place to work. Come up after school for help getting all of your schoolwork completed.

Now is the time to begin thinking about your New Year's resolutions. If you are interested in GED preparation classes, make one of your resolutions to earn your GED in 2017! If you are a tribal member or descendent, the tribe will pay for your practice tests and testing! This is a huge benefit that you should be using. Usually each practice test costs \$6.00. The official tests cost \$30.00 for each subject, and there are four subjects: math, language arts, science, and social studies. I am here Tuesday, Wednesday and Thursday 4:00 - 7:00 p.m. in the classroom upstairs. Come up to find out about the GED program, how to earn a GED and how I can help you on this journey.

For more information on the GED you can go online to www.ged.com.

To learn more about Homework Support or GED prep classes, please contact Jamie Burris at jbarris@mcclary.wednet.edu.

Education Liaison Update

Peggy Peters - Last year, the Shelton School District began promoting the slogan, "Graduation Matters" in all district K-12 schools. Similarly, our goal at the TLC is to have all Squaxin Island tribal students graduate. Our TLC tutors will be working with students in the Shelton Schools and afterschool at TLC. It is important to realize that the skills we need to be successful in school starts at the kindergarten level and builds step by step as students enter the 12th grade.

This year the Shelton School District has revised the excused and unexcused absence policy. The Shelton School District and TLC will both be working to improve overall student attendance because of the clear link between improved attendance and improved grades. If a student misses school on a day an important lesson is taught (like basic math skills), the student falls behind the rest of the class. If the student continues to miss school and does not learn the basic concepts that other lessons are built on, that student falls further behind. Missing school means your child is not learning the necessary material, which can lead to failing a grade. If your child is in high school that means they are not getting credit, which will affect their ability to earn a diploma. It is for these reasons that parents/guardians and students can be held responsible for tardies, excessive excused and unexcused absences.

The Squaxin Island Truancy Policy and Procedures Code support the value of attending school and arriving on time. It is important that parents/guardians and students understand the standards of the Squaxin Island Truancy Code.



Squaxin Island Tribe Annual

Youth Christmas Celebration

Come join us for a delicious dinner and visit with Santa and his elves!

Where: TLC Gym

When: Wednesday, December 14th

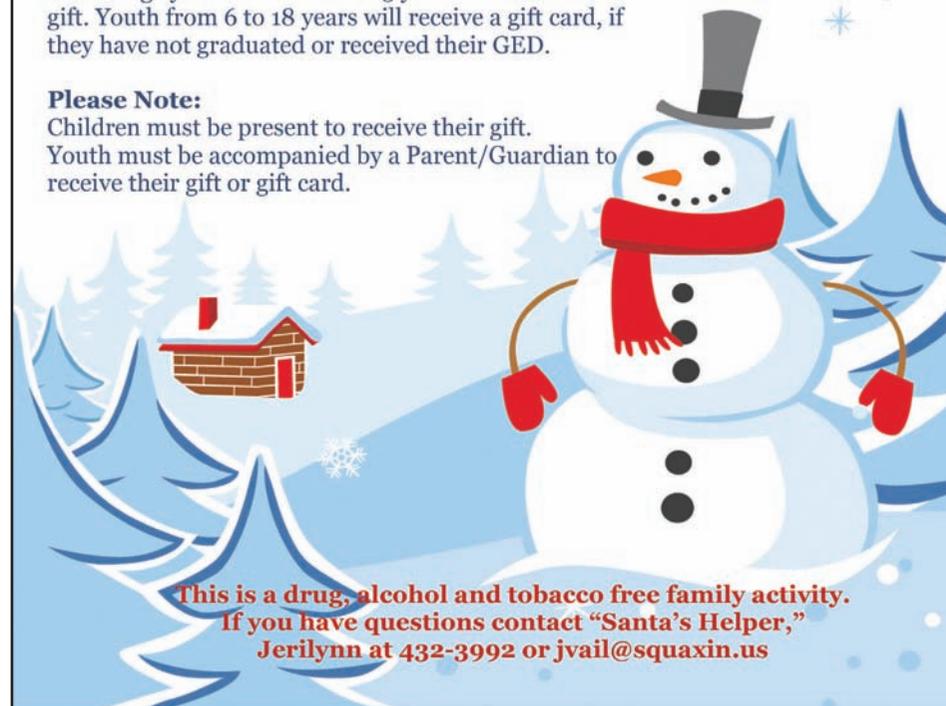
Time: 5:00-7:00pm

Tribal Members Parents/Guardians:

School-age youth from birth to 5 years will receive a gift. Youth from 6 to 18 years will receive a gift card, if they have not graduated or received their GED.

Please Note:

Children must be present to receive their gift. Youth must be accompanied by a Parent/Guardian to receive their gift or gift card.



This is a drug, alcohol and tobacco free family activity. If you have questions contact "Santa's Helper," Jerilynn at 432-3992 or jvail@squaxin.us



Significant points of the Squaxin Island Truancy Code include:

- It is the policy of the Squaxin Island Tribe of Indians to maximize the attendance of school by minor children the Tribal Community by prohibiting unexcused absences and excessive excused absences from school and by invoking progressive civil penalties against repeatedly truant students and, where appropriate, against their parent(s) or guardian(s).
- The provisions of this Truancy Code apply to all person aged five (5) years or older and to their parent(s) or guardian(s) as necessary to enforce the provisions of this Truancy Code.
- This Truancy Code applies to the full extent of the sovereign jurisdiction of the Squaxin Island Tribe. This specifically includes, without limitation, all enrolled members of the Squaxin Island Tribe and their descendants wherever domiciled; all persons domiciled on the lands of the Squaxin Island Tribe and to any person who participates in or receives assistance from any program operated by the Squaxin Island tribe or its departments.
- Any student who has either five (5) unexcused or excused absence, in any calendar month, or ten (10) unexcused or twenty (20) excused absences accumulated throughout the school year, whichever comes first, shall be considered truant under this Code.
- For the purposes of this code, any three tardies of one half hour or more shall be considered as one absence.

If you have any questions about the truancy policy, please call me at the Ta Ha' Buts Learning Center at (360)-432-3826.



December

C.H.U.M Program

Laurel Wolff teen advocate: 432-3842

Check Facebook @ Squaxin Teens for updates to Calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Basketball Practice 3:30-4:30 Youth Council 5:00-6:00	2 Game Day 3-6pm
5 High School Basketball Practice 3:30-4:30 Holiday Gift Making with Morningstar 3:30-5:00	6 Homework Party 3:00-4:30 *Double Homework Points Craft Class 3:00-5:00 Drum Group 5-7	7 High School Basketball Practice 3:30-4:30 Dream Catchers with Morningstar 3:30-5:00 Teen Tobacco Cessation 3:15-4:15	8 Youth Council 3:30-4:30	9 Teen Night w/ Jaimie 7-10pm
12 Holiday Gift Making 3:30-6:00	13 Basketball Practice 3:30-4:30 Building Lighting Craft Class 3:00-5:00 Drum Group 5-7	14 Teen Center Closed Christmas Party 5:00-7:00	15 Holiday Gift Making 3:30-6:00 Youth Council 5:00-6:00	16 Youth Council Christmas Parade 4:30pm-5:30pm Snacks in Teen Room 5:30-6:00
19 Teen Center Closed	20 Teen Center Closed	21 Teen Center Closed	22 Teen Center Closed	23 Teen Center Closed
26 Teen Center Closed	27 Teen Center Closed	28 Teen Center Closed	29 Teen Center Closed	30 Teen Center Closed

CHUM Project / Teen Center News

Laurel Wolff - The Teen program has been busy – helping to plan Youth Council activities and trying to get teens to catch up on homework. Did you know that you can earn points for working on your homework afterschool up at the gym? Yes, and those points will allow you to attend fun activities each month like going to the movies or laser tag.

A reminder for December's activities:

- Laurel will be at a conference from December 5-9.
- December 6th there will be a homework party in the teen room. Snacks will be provided and double homework points.
- Morningstar will be in on Monday and Wednesday, December 5th and 7th, to make gifts and dream catchers with teens.
- Jaimie will host December's Teen Night on December 9th - come play games and watch Christmas movies.
- We will be hosting our annual basketball tournament December 17-20.
- The Teen Room will be closed during the winter break from school and reopen on January 3rd.



Child Development Center Halloween Fun





Youth Council

Jamie Cruz, Youth Council Advisor - Hey everyone! We have had such a great start this year! The Youth Council did a bake sale at the Kamilche Trading Post and raised \$410.00. A special thank you to Margaret Henry for the cookies!

Every Thursday at 5:00 p.m. the Youth Council meets in the Mary Johns Room aka the TEEN ROOM. We encourage all Squaxin youth and community members to participate.

We will be doing a Christmas parade in collaboration with the Kamilche Fire Department and the Squaxin Island Public Safety & Justice Department on December 16th. The Parade will start at 4:30. The youth will decorate one of the police boats and follow the fire engine around the reservation. Be on the lookout for a flyer!

Squaxin Youth Education, Recreation and Activities Calendar

TLC Hours: M-F 7:30am-7:00pm Front Desk: 432-3958 Rec Rm: 432-3957 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	2 SSD-1.5 HR ER Rec Rm: 1:30-6pm Fun Day Friday: 5-6pm Open Gym: 1:30-6pm Open Swim: 5-8pm
5 Rec Rm: 3-6pm Bully Prevention: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	6 Rec Rm: 3-6pm Culture Night 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	7 GSD- ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Craft: 5-6pm Open Gym: 2:30-6pm ITL Game: Away Game Open Swim: 3-6pm	8 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	9 Rec Rm: 3-6pm Fun Day Friday: 5-6pm Open Gym: 3-6pm Open Swim: 5-8pm
12 Rec Rm: 3-6pm Bully Prevention: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	13 Rec Rm: 3-6pm Tree Decorating in The Gym from 4-6pm	14 GSD- ER @ 2:30pm After-School Program Closed for our Christmas Party	15 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	16 SSD-3 HR ER WHL-Noon ER Rec Rm: 1:00-6pm Pool Party 3-4:30pm Open Gym: 1:00-6:00 Open Swim: 5-8pm
19 Youth Basketball Tourney Dec. 17-20	20 Youth Basketball Tourney Dec. 17-20	21 <i>No After-School Programs</i>	22 <i>No After-School Programs</i>	23 Tribe Closed
26 Tribe Closed	27 Tribe Closed	28 Tribe Closed	29 Tribe Closed	30 Tribe Closed
After School Snacks: Computer Lab: Sylvan: Homework Help, GED Prep:	M-F 3-4:45pm M-Th 3-7, F 3-5pm M-Th 4:30-6:30pm T-TH 4-7pm	ER = Early Release WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District		I.T.B. – Inter-Tribal B-Ball High School: 9-12 Grade Middle School: 7-8 Grade Elementary: 4-6 Grade



LEGAL | COMMUNITY GARDEN



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SQUAXIN ISLAND TRIBAL COURT SQUAXIN ISLAND RESERVATION

Estate of

Case No. PB 2016-1606-0096

ALLEN LEE MOSIER,

NOTICE OF PRELIMINARY PROBATE ORDER

Deceased.

On August 10, 2016, the Court entered a preliminary order determining probate in the matter of the Estate of Allen Lee Mosier. Mr. Mosier's address at the time of his passing is unknown. This notice was first published on _____. Any claimed creditor or beneficiary of the estate, or anyone objecting to the order, has 120 days from the date of the first publication of this notice to make a claim against the estate, by notifying the Squaxin Island Tribal Court. The order is available from the clerk of the Squaxin Island Tribal Court.

Dated: August 10, 2016

NOTICE Page 1 of 1

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



HEALTH CLINIC



Clinic Events

Mammogram Day

December 15

Foot Exam Day

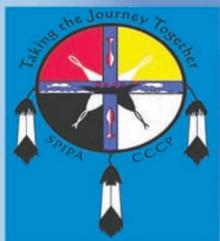
Friday, December 9 @ 1:00 p.m.

Cancer Support Group

Friday, December 16 @ Noon

Cancer Support Groups

Comprehensive Cancer Control Program



Date: December 16, 2016

Time: 12:00 p.m. (Noon)

Where: Health Promotion Building (across From the clinic)

All are welcome. A light meal will be provided.
Contact Traci Lopeman 360-432-3930 for more information.

Foot Exam Day with Dr. Kochhar (Foot Doctor)

Friday, Dec 9th, 2016

1 pm- 4 pm
At the Clinic

Priority for people with Diabetes
Others will be seen if space is available.



Contact Patty Suskin,
Diabetes Coordinator for an appt.
360 432-3929



WIC at SPIPA
(Women, Infants, and Children) provides healthy foods & nutrition information for you and your child up to age 5.

Please bring:
Your child, Provider One Card or paystub and Identification for you & your child

Monday, Dec. 5
Morning only is WIC DAY at SPIPA
(usually the 2nd Tuesday each month)

Contact at SPIPA for an appointment:
Patty Suskin 360 462-3224

Debbie Gardipee-Reyes
360 462-3227, gardipee@spipa.org





We have the power to prevent diabetes

We are American Indians and Alaska Natives, and we have the power to prevent type 2 diabetes. Science has proven that we can prevent diabetes if we lose as little as 10 pounds by walking 30 minutes 5 days a week and making healthy food choices.

"I know everyone can do it once they make up their mind. A lot of people out there know it runs in their family and they think 'Okay, I'm going to get it.' No, it is not so. You can prevent it. If I can do it, so can you."

GLENDA THOMAS FIFER
GILA RIVER INDIAN COMMUNITY AND DIABETES PREVENTION PROGRAM PARTICIPANT

Here are 7 powerful steps you can take to get started today:

1 MOVE MORE. Get up, get out, and get moving. Walk, dance, bike ride, swim, or play ball with your friends or family. It doesn't matter what you do as long as you enjoy it. Try different things to keep it fun.

"I found ways to work activity into my day. I walk for 10 minutes every morning. At night, my wife and I walk with our daughter."

TOM JOHN
SENECA



2 MAKE HEALTHY FOOD CHOICES. Focus on eating less. Eat fiber-rich fruits and vegetables each day. Choose whole grain foods such as whole wheat bread and crackers, oatmeal, brown rice, and cereals. Cut down on fatty and fried foods. You still can have foods you enjoy, just eat smaller servings. Choose water to drink.

"I used to always go back for second helpings. Now, I leave the leftovers for another day. I think it is working."

JOSEPHINE MALEMUTE, RN
ATHABASCAN



National Diabetes Education Program
www.YourDiabetesInfo.org



Tobacco Cessation Program News

Bobbie Bush - Well after traveling to Tigard, Oregon, spending two days in training, I received my Certificate of Completion from the American Lung Association for attendance at the "Freedom from Smoking." This is an eight week structured curriculum for commercial tobacco cessation. On my return, I was excited to implement the curriculum. So, it was scheduled for over a month and advertised for over a month for the "Freedom from Smoking," Tobacco Cessation classes to begin November 1, 2016 at 5:15 PM. The scheduled time was to allow adults to attend right after their work day. Dinner was provided. Unfortunately, not one person attended. There were five people who stated they were coming to the class. No one came.

So, the next session for the adults was scheduled a little earlier on "Weaving Wednesday," 11:30 AM to 1:30 PM. Lunch was provided, again not one person attended for the "Freedom from Smoking," curriculum.

Then the Teen, "NOT - Not On Tobacco," another American Lung Association Curriculum, session was scheduled for November 2, at 3:15 PM. This curriculum is designed for youth who need information on how to quit or resist the addiction of nicotine. There were seven youth who attended. Finally! Luckily the young people ate the Pizza and Berry Yogurt parfaits that I had made for them.

After the resounding failure of the adult classes for the "Freedom from Smoking," curriculum it was decided to return to the schedule that was in place for the adults. So, now our sessions are "Weaving Wednesdays," where we eat a healthy nutritious and delicious lunch, discuss where we are in our quit attempt or release of nicotine addiction, and then we weave red cedar and raffia baskets. Then we have "Throw Back the Pack Thursdays," where we eat a healthy nutritious meal, discuss the release of nicotine addiction and learn strategies to become or remain commercial tobacco and nicotine free.

There may be another session of the eight week American Lung Association's "Freedom from Smoking," curriculum initiated in January if enough adults commit to attending the eight week session. If you are interested in quitting smoking or if your Doctor or Medical Provider has recommended you stop smoking and you are interested in a more formal class structure, please call me Bobbie Bush at 360-432-3933 or email me at bbush@squaxin.us, or stop by my office. Usually I am there 8:30 to 5 PM Monday through Thursday. My office is located in the Health Promotions Building where the Food Bank and Patty Suskin's office are located. Hope your holidays are bountiful and happy.

3

TAKE OFF SOME WEIGHT. Once you start eating less and moving more, you will lose weight. By losing just 10 pounds, you can cut your chances of getting diabetes.

"Since losing a few pounds, I feel better and have more energy to do the things I enjoy."

LORELI DECORA
WINNEBAGO TRIBE OF NEBRASKA



4

SET GOALS YOU CAN MEET. Start by making small changes. Try being active for 15 minutes a day this week. Then each week add 5 minutes until you build up to at least 30 minutes 5 days a week. Try to cut 100 calories out of your diet each day (that's one can of soda!). Slowly reduce your calories over time. Talk to your health care team about your goals.

"When I first started walking, I could only go for about 10 minutes. Now I feel stronger and am able to walk 45 minutes every day."

JONATHAN FEATHER
EASTERN BAND OF CHEROKEE INDIANS

6

SEEK HELP. You don't have to prevent diabetes alone. Ask your family and friends to help you out. Involve them in your activities. You can help each other move more, eat less, and live a healthy life. Go for a walk together or play a pick-up game of basketball. Join a support group in your area to help you stay on track.

"After dinner I often take a walk with my family instead of watching TV."

KELLY MOORE, MD
CREEK NATION OF OKLAHOMA

5

RECORD YOUR PROGRESS. Write down all the things you eat and drink and the number of minutes you are active. Keeping a diary is one of the best ways to stay focused and reach your goals.

"Keeping track of my activity allows me to see how I'm doing. By walking for 10 minutes at least 3 times a day, I'm able to get my 30 minutes in."

LORRAINE VALDEZ, RN
ISLETA/LAGUNA PUEBLOS



Take your first step today. Talk to your health care team about your risk for type 2 diabetes and the small steps you can take to prevent it. To find out more, call 1-888-693-NDEP (6337) or visit www.YourDiabetesInfo.org to get a free copy of Your GAME PLAN to Prevent type 2 Diabetes.

7

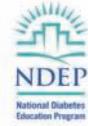
KEEP AT IT. Making even small changes is hard in the beginning. Try to add one new change a week. If you get off track, start again and keep at it.

"When I don't think I have time to exercise, I just remember how important it is to be around for my family."

RALPH FORQUERA
JUANEÑO BAND OF CALIFORNIA INDIANS

"We have the power to help our people and the generations to come. We have the Power to Prevent Diabetes."

YVETTE ROUBIDEAUX, MD
ROSEBUD SIOUX



Kelly Moore, M.D., contracted consultant with the Indian Health Service Division of Diabetes, Albuquerque, NM has reviewed this tip sheet for accuracy. A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention. Revised March 2008. NIH Publication No. 08-5525 NDEP-73



November was Diabetes Awareness Month!

Submitted by Patty Suskin, Diabetes Coordinator

Thank you to all who attended our November support group! We had lunch & people shared their challenges and successes. The group asked Patty for more information on being active and making healthy cookies.

Here is some of what was shared:

Guidelines for activity from the American Diabetes Association for adults:
150 minutes of being active preferably spread over 5 days a week (30 minutes a day)

Be More Active at Home:

- Unload groceries or other shopping bags one at a time to bring in house
- Get up and move during every commercial
- Stand up and move for every opening TV show segment
- At the end of reading 4, 6, or 8 pages, or a short chapter, get up to walk around the room or house
- Do ABCs with arms while watching a screen
- Park in the farthest parking spot when shopping
- Take out one trash can to the street at a time

Interventions at Work:

- Stand and walk around office or in place every 30 minutes
- Stand and move every time you drink some water
- Walk in place when on the phone
- Walk to the farthest bathroom in the facility
- Take a walk break with every coffee break
- Consider walking and talking with someone in person instead of on the phone

When you make cookies, consider making a smaller batch, smaller sized cookies and eat less of them. For more nutrition in your cookies, use some whole grains such as whole wheat flour or oats & add some nuts and/or dried fruit.



fruit infused water

easy combinations for natural detoxification

Fat-burning, digestion & headaches



green tea + mint + lime

Blood sugar support & digestion



cucumber + strawberry + kiwi

Hydration, digestion & appetite control



cucumber + lemon + lime

Immune defense, digestion & heartburn



lime + orange + lemon

For best results: combine each with 12-16 oz water!

PHYSICIAN'S PREFERENCE.
<http://health.viralcreek.com/fruit-infused-water-treating-ailments-heartburn/>

The World Cancer Research Fund estimates that about 20% of all cancers diagnosed in the US are related to body fatness, physical inactivity, excess alcohol consumption, and/or poor nutrition, and thus could also be prevented (ACS 2014).

Here are some smart ways to make better choices:

- Choose water, or low-calorie beverages
- Carry a water bottle and refill it throughout the day
- Don't "stock the fridge" with sugar-sweetened beverages. Instead, keep a jug or bottles of cold water
- Serve water with meals
- Make water more exciting by adding slices of lemon, lime, cucumber, or fruit
- Be a role model for your friends & family by choosing healthy, low-calorie drinks
- Check Nutrition Labels





Skipping breakfast can hurt

Those who don't eat within the first couple of hours of waking are less likely to meet nutrient needs but more likely to have high cholesterol and be overweight because they snack impulsively and overcompensate later in the day. Keep easy-to-grab foods on hand, like whole fruit, vegetables and dip and cups of yogurt.

Quick breakfast ideas

The number one excuse for not eating breakfast is lack of time. If you know your morning will be a whirlwind, set out your breakfast necessities -- like the cereal box, bowls and spoons -- the night before. Remember that you don't have to eat traditional breakfast foods. For those in a hurry here are some one-minute suggestions for a healthy breakfast:

- Cereal with milk and fruit.
- Peanut butter on whole-wheat toast with banana slices.
- Instant oatmeal or grits topped with fruit and/or nuts.
- Breakfast shake or smoothie.
- Frozen pancakes or waffles topped with yogurt or fruit.
- Slice of cheese & toast or veggie-topped pizza.
- Whole-grain bagel with light cream cheese or fruit spread.
- Lean ham and cheese on toasted English muffin.
- Bran muffin, yogurt and fruit.
- Grilled cheese or peanut butter sandwich.
- Bean and cheese burrito.
- Hard boiled egg sliced in a tortilla with cheese and rolled up.

Make your own fruit or nut muffins on the weekend, store in the freezer & heat up to eat. Try to squeeze at least three food groups into your breakfast if possible. Here are some creative ideas :

- Waffle pizza: Toast a frozen waffle, spread peanut butter on it and top it with a banana or raisins.
- Banana dog/pita: Spread peanut butter in a hot dog bun or pita bread and fill it with a banana.
- Add cereal and fruit to a cup of yogurt.



Breakfast Burritos

In a small bowl, beat together 2 eggs, 2 tablespoons milk, and a pinch of salt. Set aside.

Heat 2 teaspoons canola oil in a medium skillet over medium heat.

Add 1/2 chopped red peppers and 1/2 small onion.

Cook until vegetables are tender--about 3 minutes.

Pour egg mixture over vegetables.

As mixture begins to set, gently draw a spatula completely across bottom of pan, forming large, soft curds.

Continue until eggs are thickened and no visible liquid egg remains.

Do not stir constantly.

Place scrambled egg in a whole-wheat flour tortilla, top with cheddar cheese and fold burrito-style.

Serve with salsa.

Bring more nutrition: wilt some fresh spinach with the peppers & onions



**Low-Fat Milk:
A Healthy Choice
for Your Family**

Low-Fat Milks

High-Fat Milks

Skim milk, 1 percent milk, 2 percent milk and whole milk all have the same amount of protein, calcium, vitamins and minerals. Vitamin D is added to all of them.

The amount of fat is the only difference between them, and it's a big difference. Half the calories in whole milk come from fat and one-third of the calories in 2 percent milk come from fat.

Only 1 percent milk and skim milk are truly low-fat milks.



COMMUNITY GARDEN



Aleta Poste - This last month the garden staff has been busy transplanting and caring for over-wintering crops such as garlic, onions, brussel sprouts, kale, collard greens, and lettuce. The remaining garden beds are being “put to rest” by laying down a heavy layer of maple leaf mulch to protect the nutrients in the soil from being washed away by winter rains. We hosted several classes in the last month and collaborated with other departments within the Tribe. The Squaxin Island Child Development Center made a request to the Garden for pumpkins for their students. The garden crew worked with the staff to donate 24 pumpkins, then helped with serving pasturized, hot apple cider for their end of October event.

That same day we held an event at the garden to press out the remaining apples from the tribe’s orchard. Due to Redwolf Krise’s connection to the Education Department, he was able to transport over 20 youth to the garden to enjoy hot dogs and fresh pressed cider. Each of them had a turn to load the hopper, turn the wheel, and serve cider to guests.

In early November, the staff made a trip out to Helsing Junction Farm, an organic farm in Rochester, to tour their area and to help plant garlic. The staff

from Helsing Junction donated hundreds of pounds of squash, fingerling potatoes, red potatoes, heirloom sweet pie pumpkins, watermelon radishes, butternut squash, kabocha squash, golden beets, parsnips, and carrots to Squaxin Island. This produce was then redistributed out to the community during our “Cooking with Squash” class and at our weekly garden stand along with our own homegrown delicata squash, butternut squash, blue hubbard, acorn, pumpkin, mustard greens, red russain kale, lacinato kale, and collard greens.

As part of the program’s objective to reacquaint the community with natural medicines, we held an herbal root workshop with a special emphasis on dandelion root vinegar and a cold and cough honey infused with elecampane, echinacea, osha, and licorice root.

In the fall the dandelion root is sweet and high in a carbohydrate called inulin, which is excellent for diabetics. It’s roots are anti-inflammatory, have liver cooling properties and support digestion. Dandelion root can be dug with a shovel or hand trowel, then washed off and chopped into a vinegar along with rosemary and garlic for added flavor and medicinal qualities.

Some of the roots for the cold and cough honey were dug during the sum-

mer months by the garden staff, and the rest came from our friends from Rose Root Herb Farm in Olympia and were donated to the program. Guests were able to sample each root and take home a sample of the cough and cold honey. The focus of the workshop was to use plant roots for medicine by using a honey and/or vinegar extractions to support the immune system, the respiratory system, liver function, and to aid in times of colds or coughs.

As we wrap up our first year of gardening, we are also preparing for our next big expansion. Phase two of the project is to grow the garden another half acre, out into the open pasture. In early October the garden staff tilled the ground and then seeded it with a cover crop, which will add more nutrients to the soil for next year and will aide in the prevention of nutrients being leached.

Part of the plan is to install a deer fence around the perimeter of the half acre to have it fully ready by the time next spring comes. The garden staff has been working closely with Tribal member and Fencing Expert Desmond Smith to install the new fence. With Desmond’s help, we have been able to refurbish previously used fence posts. The staff spent two days in Desmond’s shop cutting poles to size, from 22’ to 11’, then

spray painting them black, and hauling them back down to the garden. Through a well established working relationship with the Salish Cliff’s Golf Course staff, whose team has been so helpful in the growth of this garden, we were able to use an auger to get the post holes dug, 75 in total. A huge “Thank You” to that crew for helping us save hours of labor and saving our backs! After this was done, we picked up a pallet and a half of cement, and with Desmond’s guidance, started to align and place the poles. The construction of the fence is planned to be finished by the end of November. The process has been a learning experience and has come with its own challenges that are fun to work out as a team. We are very appreciative of the support that comes our way, for Desmond’s expertise, and for Salish Cliff’s staff upbeat attitudes and willingness to help.

The planting plans for the next phase of the garden are still being worked out. The main focus will be on more perennials, like berries, and more corn and pumpkins, as requested by the community. We will gladly accept ideas about what to include in the garden and will continue to inform the community about its growth.

Happy Holidays from the Garden Staff.

Garden Staff



Kezia Wentworth

My name is Kezia Wentworth. I am a wife to my husband Ben Wentworth, and mother to my three children, Lilah, Wyatt, and Alexis Wentworth. I have also taken in my niece and nephews, Selena, Manuel, and Brenden Wentworth. I am pretty new to Squaxin Island. I moved out here around 4 years ago. I actually grew up Quinault, but switched over to be a Squaxin member when most of my close relatives moved up here. I am a Bagley descendant. Clara Bagley was my great-grandmother, Lavina Marten was my grandmother, and Peggy (Josey) Reeves is my mother.

I started working in the garden in the middle of June, at the same time I was graduating college. I have a BA in Ethnobotany, and I have an AA in Business Management. I went to The Evergreen State College for about two years.

While there I focused my studies on Food Sovereignty, and Tribal gardens. My first year, I studied the Nisqually Garden, and went to New Zealand where I was able to learn so much about the Food Sovereignty there. In my second year at Evergreen I was able to take a year-long program that focused on Ethnobotany, which is the relationship between plants and people. In that last year I learned a lot about plants and plant medicines, and Traditional Native foods.

One of my favorite outcomes of working in this line of work is that my children have become much more aware of their surroundings and how important plant knowledge really is. My oldest daughter was actually able to help one of her friends when they got a cut on their finger. She knew enough to go and find some Indian Band-Aid (Plan-

tain), and wrap that around the finger to help the cut. I have also found a new love for Zucchini since I started working here. I was given a wonderful recipe for chocolate Zucchini Bread and my kids just can’t get enough of it. Of course my kids will eat anything with chocolate in it anyway!





Elders Menu . . . Fruit and salad at every meal

Garden Staff



Redwolf Krise

My name is Redwolf Krise I am the product of Mike Krise from Squaxin Island tribe, and Kimberly Miller from the Skokomish tribe. I have been traditionally culturally influenced by my mother's side and artistically culturally influenced by my father.

Gardening and gathering have been a part of my life for as long as I can remember. As well as being a part in starting and maintaining the Skokomish Tuwaduck Family Services traditional herbal garden for over three years probably closer to four. The last year working there I was in charge of both the Herbal Garden as well as the Community Elders Garden. Both gardens were too much for one person to manage, but I found ways to make it work. And when Aleta approached me wanting to bring back some of our traditional plants, I was appreciative of this culture and willing to help any way I could. It warms my heart to bring traditions back to our community.

One of my goals is to blend our garden with our afterschool program. We have now had all the summer Rec children come down and visit, pick, and eat our vegetables and fruit. It was an awesome day. Now we are planning another field trip to the garden for an apple cider pressing day. Small steps are good steps!

1st

THURSDAY:
Salisbury Steaks, mashed potatoes and gravy, mixed veggies, rolls

5th - 8th

MONDAY:
Chicken tater tot casserole, peas

TUESDAY:
Baked potato soup, tuna sandwiches

WEDNESDAY:
Chicken low mein, white rice

THURSDAY:
Beef enchiladas, Spanish rice, black refried beans



Thomas Blueback Jr.

My name is Tom Blueback Jr. My family are Johns Coopers and I'm originally from Oklahoma. I left there to be here at Squaxin on my mom's side. Well, I heard about the garden through the TANF program, and I jumped on it. I started to volunteer at the garden for a few months, and was going to school while I was working. I eventually got hired, which was a plus, and at the same time graduated through the TANF program and got my diploma! My choice of veggies are green pepper and red peppers.



12th - 15th

MONDAY:
Chicken alfredo, parmesan flat bread, green beans

TUESDAY:
Clam chowder, fry bread

WEDNESDAY:
Pork chops, spinach, garlic red mashed potatoes

THURSDAY:
Casino Buffet



19th - 21st

MONDAY:
Spaghetti, garlic toast, corn

TUESDAY:
Hamburger soup, biscuits

WEDNESDAY:
Roast beef, mashed potatoes and gravy, green bean casserole, rolls, fruit, salad, banana cream pie

THURSDAY:
No Meal – All Staff Meeting

See You Next Year!



Leila Whitener

My name is Leila Whitener. My parents are Andy and Ruth Whitener. I decided to get involved with the garden after coming home from the Peace Corps where I discovered a new love for plants and gardening. I was in Peace Corps Malawi which is a small country in Africa where my job was to help start home gardens in my community. So when I saw job openings at our new Tribal Garden, I knew it was the perfect place for me. Since I've started, I've been able to introduce more vegetables into my family's diet, which is a huge success because I have a family of picky eaters! Right now, my favorite vegetable is the delicata squash.



Anthony John Furtado

Hi! I'm Anthony John Furtado. I'm from the Krise family. I got involved with the garden through a friend. Since I started I got my diploma. Avikodoe.





COMMUNITY



Committees Commissions & Boards With Infrequent Meeting Times

Committee and Commissions

1% Committee (Bylaws & Appendix X2)
 Elections Committee
 Explorers Program Committee
 Fireworks Committee (TC 6.04.040)
 Gathering Committee
 Law Enforcement Committee, Law and Order
 Veterans' Committee
 Budget Commission
 Business Administration Board (TC 6.24.010)
 Little Creek Oversight Board (TC 2.26.010)
 Museum Library and Research Board
 Tourism Board (TC 2.34.010)
 Island Enterprises Board

Council Rep.

Arnold Cooper, Vince Henry, Vicki Kruger
 Whitney Jones
 Jim Peters
 None
 Charlene Krise
 None
 None
 Vicki Kruger
 None
 Arnold Cooper, Vicki Kruger, Charlene Krise
 David Lopeman
 Arnold Cooper
 David Lopeman

Staff Rep.

Kris Peters
 Tammy Ford
 Rene Klusman

 Rhonda Foster
 Kevin Lyon
 Glen Parker
 Kris Peters
 Travis Nabahe, IEI
 David Lopeman
 Charlene Krise
 Leslie Johnson
 Travis Nabahe

Months

Feb., May, Aug., Nov.
 March, April, May

 May and June
 Not yet determined
 Not currently meeting

 June and August
 As needed

 Sept., Dec., March, June



What's Happening

Smoking Cessation Classes Tuesdays (Adult 5-7) and Wednesdays (Adult (noon) and Teen (3:15-4:15) Building Strong Families Through Culture/Drum Group - Tuesdays AA & ALANON - Wednesdays				1 Utilities Commission Family Court	2 Housing Commission	3
4	5	6 Enrollment Committee Criminal/Civil Court	7 Elders Committee	8 <i>Tribal Council</i>	9 <i>Longhouse Christmas Art Fair</i> SPIPA Board of Directors Education Commission	10 <i>Breakfast with Santa Childcare Center</i> <i>Longhouse Christmas Art Fair</i>
11	12 Child Care Board of Directors	13	14 <i>Youth Christmas Party</i> Golf Advisory Committee	15 <i>Mammogram Day</i>	16	17
18	19	20 Criminal/Civil Court Tobacco Board of Directors	21 Gaming Commission	22 <i>Tribal Center Closes Early</i>	23 <i>Tribal Center Closed</i>	24
25 <i>Merry Christmas</i>	26 <i>Tribal Center Closed</i>	27 <i>Tribal Center Closed</i>	28 <i>Tribal Center Closed</i>	29 <i>Tribal Center Closed</i>	30 <i>Tribal Center Closed</i>	31 <i>New Years Eve</i>



December Happy Birthdays

1
Benito Bear Hernandez
Douglas Matthew Bloomfield

2
Gregory Thomas Lehman
Manuel A Castillo

3
Cathlene Diane Riker
Deborah Diane Obi
Jess Daniel Brownfield

4
Daniel Thomas Sigo
Kaya Rose Johns
Peggy Ann Peters

5
Austin William James Penn
Lilly Faye Lutolf

6
Brendan James Bellon
Cora Rosa Krise
Evan Lance Ellerbe
Michael Duane Foster

7
Jason William Koenig
Sophia Amineh Cooper
Zoe Gabriela Cooper

8
Rhonda M. Whitener

9
Dustin Dean Kruger
Elizabeth H Campbell
Garrett William Todd
Misti Dawn Saenz-Garcia

10
Davina Marie Braese
Jayden Christine Eagles
Marlena Star Bradley
Sierra Jasmine Blueback

11
Kelli Jean Dahman
Kendra Blueback
Kestle Mae Coley
Tonya Velma Henry

13
Anthony Glenn Forcier Jr.
Karen Annette Farr
Lucy Ann Aldrich
Madelynn G Henderson

14
Cecelia Marie Black
Elianna Kristine Perez
Nicholas J. W. Dorey

15
Amber Louise Guzman Snyder
Frankie Metcalf
Judith Kay Arola
Lisa Mae Bennor
Priscilla C. Dolores- James
Xzandrea N M I King

16
Angel Marie Henry
Rodney James Krise Sr.

17
Donovan Nicholas Henry
Vernon L. Sanchez
Wendy J. Bowman

18
Ethan Ty Baxter

19
Patrick Von Stapleton
Shashoney Elizabeth Fenton
Theresa Ann Henderson
Tyson D. Kruger
Winona Kathleen Crone

21
Ronnie Nicole Penn

22
Elroy Lewis Ellerbe
Kyler Joshua Gall

23
Jaimie Lee Cruz

24
Darrius James Rau
Holly Lee Henry
Jeremy Turner Sigo
Tahnee Marie Kruger
William B. Penn

25
Astrid Kristen Poste
Carol Tadios
Jasmine Marie Rose Rivera
Jayanne Diane Gamer

26
Karina Helaine Farr
Nicolas Francis Cooper

27
Andrea Lee Rossmeier

28
David B. Clark
Jessica Mary Stone
Jocelyn Elizabeth Campbell
Kathy Jo Block
Quinton Benavente Whitener

29
Patti A. Puhn
Penni L. Giles

30
Koreena Ann Capoeman
Matthew Taylor Sayers
Richard John Gouin

31
Rebecca Black



Committees and Commissions Listed on Calendar

Committee and Commissions

Aquatics Committee
Elders Committee
Enrollment Committee
Fish Committee
Golf Advisory Committee
Hunting Committee
Shellfish Committee
Education Commission
Gaming Commission (TC 6.08.090)
Housing Commission
Child Care Board of Directors
Tobacco Board of Directors
Utilities Commission (TC 11.08.010)
SPIPA Board of Directors



Council Rep.

Arnold Cooper
Whitney Jones
Charlene Krise
Vicki Kruger
Jim Peters
Arnold Cooper
Vince Henry
Jim Peters
Per Tribal Code None
Arnold Cooper
Vicki Kruger & Charlene Krise
Jim Peters
None
Arnold Cooper

Staff Rep.

Jeff Dickison
Elizabeth Heredia
Tammy Ford
Joseph Peters
Kris Peters
Joseph Peters
Eric Sparkman
Gordon James
BJ Whitener
Richard Wells
Bert Miller
Ray Peters
Teresa Wright
Kathy Block

Meetings

2nd Wednesday in Feb., May, Aug., Nov.
1st Wednesday or Thursday
2nd Tuesday
2nd Wednesday in March, June
2nd Wednesday or Thursday
2nd Tuesday of July, Oct., Jan., April
1st Wednesday of March, June, Sept., Dec.
2nd Friday
3rd Wednesday
1st Friday
2nd Monday
4th Tuesday
1st Thursday
2nd Friday



Skookum Creek Tobacco Factory Store
Wishes you a Happy Holiday Season!

Our December Special
ALL CARTONS

\$25.00 each
And we'll pay the sales tax!

Located at the Factory
Hours: M - F 9 AM - 3 PM
MUST SHOW TRIBAL MEMBERSHIP CARD




Center News

December 2016

(360) 426-1390

Water Quality Update

While the Squaxin Island Tribe continues to correct the levels of copper in the water system, SICDC has taken the following action. Bottled water dispensers have been placed in the kitchens of all classrooms for children and staff to access. There is also a water dispenser in the main foyer next to the coffee pot for visitors to access. All infant formula is mixed with bottled water.

Coming Events

On Saturday, December 10th Breakfast with Santa will occur between 9:00 a.m. and 11:00 a.m. Come and enjoy breakfast, a visit and picture with Santa and visit the Book Fair.

Dental check-ups will happen on Wednesday, December 21st. You must return the forms that have been sent home in order for your child to participate.

Possible Tuition Increase

With the passage of Initiative 1433 in November which will result in the minimum hourly wage increasing from \$9.47 per hour to \$11.00 per hour January 1, 2017, the SICDC Board of Directors is working on a budget and salary schedule revision to meet the new law. The end result of the passage of this new law is that additional revenue will be required to meet the increases. This means that tuition rates will more than likely have to be increased on January 1st. The exact amount of the increase has yet to be determined and the Board should have that information for the December 14th meeting. You will be informed of the amount of increase as soon as the Board sets the amount.

Center Events

- Book Fair
December 8th - 9th 8am to 5 pm
- Breakfast with Santa
December 10th 9 am to 11 am
- Dental Check-ups at the center
December 21st
- December 23rd closed
- December 26th closed
- December 30th closed

Our Mission

To provide a nurturing, challenging environment that encourages and enhances each child's on-going learning and development through play.



Dec 15th, 16th, 17th & 18th

BINGO

Thursday • Dec 15th
Doors Open 4:30pm | Early Birds 6pm | Session Starts 6:30pm

Friday • Dec 16th Daubin' in the Dark Black Light Bingo
Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

Saturday • Dec 17th
Doors Open 9am | Early Birds 11:30am | Session Starts 12pm
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

Sunday • Dec 18th
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

- ALL LEVEL 3 WILL PAYOUT \$1,199
- \$599 Blackout prize for the 12:00pm session
- \$1,199 Blackout prize for the 4:30pm & 6:30pm sessions
- Ugly Sweater Contest - Top 3 Contestants receive \$50
- \$100 Hot Seat drawings
- Anyone that donates a new toy will receive a free level 1-3-on (\$4 pack) with initial buy-in.

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www.LITTLECREEK.com
See Keno or call (360) 427-3005 for more details
\$79 room rates during bingo sessions! *Ages 21 and over only for 11pm session
Must show Bingo Room Rate Coupon at time of check-in to receive special room rate.
Customers can call in advance to book rooms. Must be 21 or older for Bingo Specials.



2017 NYE

HOT SEATS STARTING AT 3PM!
WIN YOUR SHARE OF
\$6,700

PARTY STARTS AT 9PM
TICKETS ONLY \$25

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