



## Winter hours KTP and STP

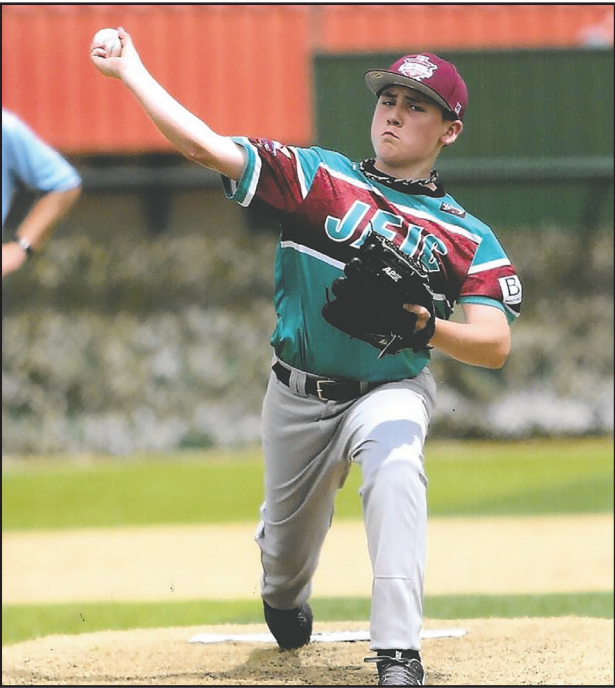
<b>KTP</b>	
Sunday	6:00 a.m. - 10:00 p.m.
Monday-Thursday	5:00 a.m. - 10:00 p.m.
Friday-Saturday	5:00 a.m. - 12:00 a.m.
<b>STP</b>	
Sunday	6:00 a.m. - 10:00 p.m.
Monday-Saturday	5:00 a.m. - 10:00 p.m.



Return Service Requested  
10 SE Squaxin Lane, Shelton, WA 98584

## Wyatt Melton Pitches for Jacoby Ellsbury Indigenous Champions Baseball Team

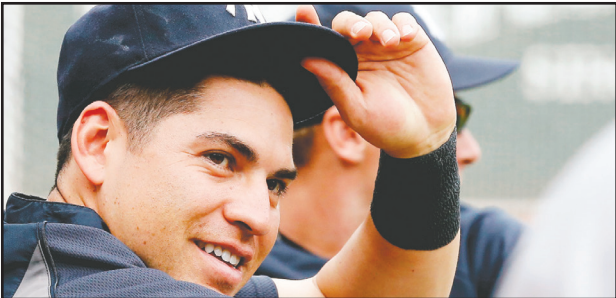
Wyatt Melton was invited to pitch for the Jacoby Ellsbury Indigenous Champions baseball team in the 12U National Championships this year at the Ballparks of America in Branson, Missouri. This was the first amateur baseball national team with players of indigenous background which was sponsored by Jacoby Ellsbury. Jacoby Ellsbury is the first Native American of Navajo descent to reach the major leagues and currently plays Center Field for the New York Yankees. It was a great honor for Wyatt to play on his team and represent Squaxin.



Wyatt Melton

Wyatt was introduced to baseball at the age of three and has been hooked every since. He started t-ball at the age of five for Mason County in 2011 and has played baseball every year since. He has played for the Mason County Climbers, Thurston County South Sound Baseball League, and has filled in as a pitching sub for the Northwest Blaze Baseball team. He is currently a pitcher for the Mason County Climbers Elite team. Though the Jacoby Ellsbury Indigenous Champions did not win the National Championships this year, it was a once in a life time opportunity for Wyatt and his family couldn't be any prouder of him representing Squaxin and Mason County.

Wyatt is the son of Josh and Melanie Melton, Grandson of Darryl and Cheryl Melton, and Great Grandson of Emory and Ruth Peters.



Jacoby Ellsbury





### HALLOWEEN PARTY

Friday, October 27<sup>th</sup>  
From 5-7pm at the Squaxin Gym

Please join us for some old fashioned carnival games!

*Wear your costumes!*

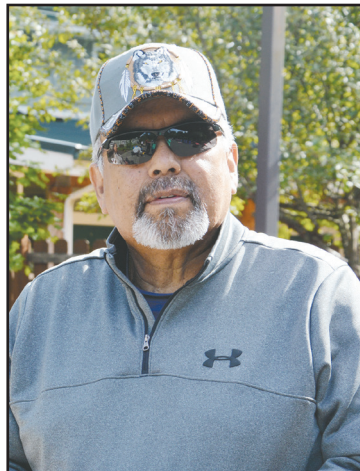
Dinner will be served from 5-6:30pm

Have any questions, call Jerilynn at 360-432-3992





## Council Corner



Arnold Cooper - To my Squaxin Island People, People of the Water, I am honored and humbled that you have chosen me as your Chairman. I want you to know that my door is always open and I welcome your questions, concerns, ideas and input. You can most often find me in my office at the Tribal Center unless I am in meetings.

I am striving to serve the Tribe in all areas. I started by digging deeper into our Tribal government policies and procedures, familiarizing myself with the day-to-day operations, visiting with departments and, of course, being available for all Tribal members. With the new Council I am looking forward to working together as a strong team to strengthen our government and focusing to strengthen all departments to become more responsive and efficient in providing services to our people.

Your new Council has been very busy in our first few months. Here's a short update on a few things your Council has been working on. . . We had a Talking Circle and listened to ideas and opinions that help us in our decision making. We look forward to regular Talking Circles to keep in touch and get input from all. Our marijuana operations are still controversial to some but the outgrow operation also

allows us the ability to investigate greater medicinal advances of cannabis. The outgrow has been a success and will continue to support our financial stability and needed programs. We also started Clam Fresh, a shellfish nursery to raise our own clam and oyster seed with future plans for geoduck seed. This will enhance our beaches and provide for our shellfish harvesters. Both of these new operations also provide additional job opportunities for our tribe.

I sincerely want to see a better future for our people. I have the heart and compassion to do my best for our Tribe. I have the teachings of my elders and ancestors to guide me. I may not have the college degree as some do, but it doesn't take a degree to do the right thing by your people.



## Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

PHONE: (360) 426-9781

TOLL FREE: 877.386.3649

FAX: (360) 426-6577

[www.squaxinisland.org](http://www.squaxinisland.org)

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:

ARNOLD COOPER: Chairman  
CHARLENE KRISE: Vice Chairman  
STEVEN DORLAND: Secretary  
VICKI KRUGER: Treasurer  
BEV HAWKS: 1st Council Member  
DAVE WHITENER: 2nd Council Member  
VINCE HENRY: 3rd Council Member

Klah-Che-Min Staff:  
THERESA M. HENDERSON: EXT. #3945  
[thenderson@squaxin.us](mailto:thenderson@squaxin.us)





## Walking On Brian Tobin



Brian Stuart Tobin was born on May 4, 1955 to Marie Theresa Aarts and Edward Willard Tobin in Shelton, Washington. He joined his brothers, John Edward Tobin and Douglas John Martin Tobin.

Brian was active in hunting, fishing, sports, and, most notably, skiing, being the youngest member of the ski patrol in Leavenworth at just 16! He was also active in school and family.

His life was changed dramatically in 1971 when, on his way to work on ski patrol, he was a passenger in a vehicle that was struck by a drunk driver. He was in a comma for 6 months and awakened to a struggle to maintain an active and independent lifestyle.

He was cared for and loved deeply by his family all the way through the advanced stage of his injury which caused him to require more care. He added zest and humor to all those who knew him and came into contact with him. He was loved by all and never had an enemy.

He took his final journey home on September 3, 2017, surrounded by those he loved both on this side of the veil and the other.

## Walking On Jeremiah Johns



Jeremiah Johns, 36, passed away at UW Medical Center from illness on Saturday, September 16.

He was born November 4, 1980 at St. Peter's Hospital to Lea Miller and Isaac (Ike) Johns. He was raised by Charlie Grover and his mother.

He married Andrea Johns on June 29, 2002 at Lake Limerick Country Club.

He worked as a Gaming IT Specialist for Squaxin Island Tribe.

Miah first and foremost was a family man, always playing basketball with his sons and helping coach their teams. When his daughter, Arya, was born, they knew their family was complete. She was the apple of his eye.

Miah was an avid sports fan, a number one Lakers and Giants fan. He also loved to golf. He practiced his treaty rights of hunting, fishing and clam digging.

He is survived by his wife, Andrea Johns, of Shelton, sons Anthony Johns and Zachary Johns, both of Shelton, and daughter, Arya Johns, also of Shelton.

A funeral service was held at 1:00 p.m. Saturday, September 23 at the Skokomish Community Center with burial following at the Squaxin Island Sacred Grounds cemetery.



## Please help!

Volunteers needed for Oysterfest on October 6, 7 & 8.

Traci Coffey and Annie-Beth Whitener have a signup sheet at the Elder's building.

Traci Coffey: [tcoffey@squaxin.us](mailto:tcoffey@squaxin.us) | 432-3868

Annie-Beth Whitener: [abhenry@squaxin.us](mailto:abhenry@squaxin.us) | 432-3868



## Fundraiser

Gloria Krise will be hosting an enchilada dinner fundraiser on October 5th from 11:30 a.m. - 1:30 p.m. at the Community Kitchen for a tribal member whose wife will be having surgery and needs help with bills and the cost of staying near the hospital, etc. She is hoping to make enough money for him to stay at a hotel in Seattle for one week.

She will also be having a garage sale October 14th from 8:00 - 3:00 pm. at the Community Kitchen.

Donations and prayers thankfully accepted.

Call Gloria at 360-490-9226



FACTORY OUTLET STORE

**SQUAXIN ISLAND  
TRIBAL MEMBERS**

The FACTORY OUTLET STORE now offers:

**\$10.00  
DISCOUNTS  
EVERY CARTON  
EVERY DAY!**

We will continue to run our "SPECIALS" several times thru out the year  
Watch them in the Klah-Che-Min and DAILY SCOOP

Hours: M - F 9 AM - 3 PM

**MUST SHOW TRIBAL MEMBERSHIP CARD**





## Afterschool Program News

Jerilynn Vail-Powell - We are back into the swing of after-school. There are a few changes to our after-school food program as we are now required to serve whole-grain items. Also, each meal we serve must include a vegetable component. It is just a few changes but we think it can be fun to change our rotating menu around just a bit. Please stop in if you have any questions.

If parents need to get in contact with their youth in the after-school program, please call 360-432-3957. The after-school program staff are here from 3:00 - 6:00 p.m. If any parents would like us to send your youth upstairs to get homework help with Jaime B., please let us know. And one last reminder - we have our monthly calendars and packets for families located in the hallway downstairs.

## Teen Program Update

Laurel Wolff - The funding for the Teen Program requires a project plan to be created, including a vision statement for the program. We want to thank the Squaxin Island community members who have volunteered to serve as an advisory team to the project, including Elizabeth Heredia, Jolene Peters, Patricia Green, Candace Penn, Jaimie Cruz, and Nicole Rowell.

“Paddles up, Paddles out, Paddles in,” familiar instruction to those in the canoe, captures the essence of how the program interacts with youth:

- “Paddles up” means we recognize your power.
- “Paddles out” is stepping out of your comfort zone.
- “Paddles in” reflects that we are moving forward together.

*Continued on Page 6*

October 2017

## Squaxin Youth Education, Recreation and Activities Calendar

TLC Hours: M-F 7:30am-7:00pm

Front Desk: 360-432-3958

Rec Rm: 360-432-3957 (only 3-6pm)

*All activities are drug, alcohol and tobacco free.*

Monday	Tuesday	Wednesday	Thursday	Friday
2 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	3 Rec Rm: 3-6pm Drum Group: 5-6pm JR/HS Bball: 3:30-4:30pm Elem Bball 5:00-5:45pm	4 <b>GSD-ER @ 2:30pm</b> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL - TBA Open Swim: 3-6pm	5 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm JR/HS Bball: 3:30-4:30pm Elem Bball 5:00-5:45pm	6 Rec Rm: 3-6pm Fun Day Friday: 5-6pm Open Gym: 4:30-6pm JR/HS Bball: 3:30-4:30pm Open Swim: 5-8pm
9 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	10 Rec Rm: 3-6pm Drum Group: 5-6pm JR/HS Bball: 3:30-4:30pm Elem Bball 5:00-5:45pm	11 <b>GSD-ER @ 2:30pm</b> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL - TBA Open Swim: 3-6pm	12 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm JR/HS Bball: 3:30-4:30pm Elem Bball 5:00-5:45pm	13 <b>SSD-1.5 HR ER</b> Rec Rm: 1:30-6pm Pool Party: 3-4:15pm Open Gym: 4:30-6pm JR/HS Bball: 3:30-4:30pm Open Swim: 5-8pm
16 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	17 Rec Rm: 3-6pm Drum Group: 5-6pm JR/HS Bball: 3:30-4:30pm Elem Bball 5:00-5:45pm	18 <b>GSD-ER @ 2:30pm</b> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL - TBA Open Swim: 3-6pm	19 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm JR/HS Bball: 3:30-4:30pm Elem Bball 5:00-5:45pm	20 Rec Rm: 3-6pm Movie Night: 5-7pm Open Gym: 4:30-6pm JR/HS Bball: 3:30-4:30pm Open Swim: 5-8pm
23 <b>GSD-ER @ 12:20pm</b> Rec Rm: 12:30-6pm Team Building: 5-6pm Open Gym: 12:30-6pm Open Swim: 3-6pm	24 <b>GSD-ER @ 12:20pm</b> Rec Rm: 12:30-6pm Drum Group: 5-6pm Open Gym: 12:30-3:30pm JR/HS Bball: 3:30-4:30pm Elem Bball 5:00-5:45pm	25 <b>GSD-ER @ 12:20pm</b> Rec Rm: 12:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 12:30-6pm ITL - TBA Open Swim: 3-6pm	26 <b>GSD-ER @ 12:20pm</b> Rec Rm: 12:30-6pm Crafty Kitchen: 5-6pm Open Gym: 12:30-3:30pm JR/HS Bball: 3:30-4:30pm Elem Bball 5:00-5:45pm	27 <b>GSD-ER @ 12:20pm</b> <b>WHL-ER @ Noon</b> <b>Closed for our</b> <b>Halloween Party</b> <b>5-7pm</b>
30 Rec Rm: 3-6pm Pumpkin Carving 5:00-6:30 Open Gym: 3-6pm Open Swim: 3-6pm	31 Rec Rm: 3-6pm Drum Group: 5-6pm JR/HS Bball: 3:30-4:30pm Elem Bball 5:00-5:45pm			
After School Snacks: Computer Lab: Sylvan: Homework Help, GED Prep:		<b>ER = Early Release</b> WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District		<b>I.T.B. – Inter-Tribal B-Ball</b> High School: 9-12 Grade Middle School: 6-8 Grade Elementary: 4-5 Grade





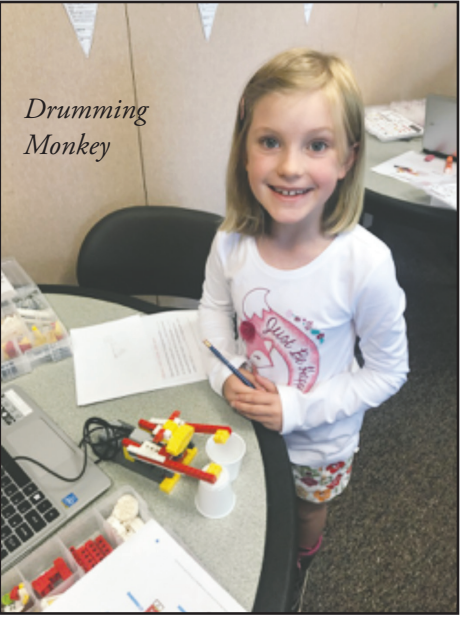
Summer Robotics



*Drumming  
Monkey*



*Build your own robot*



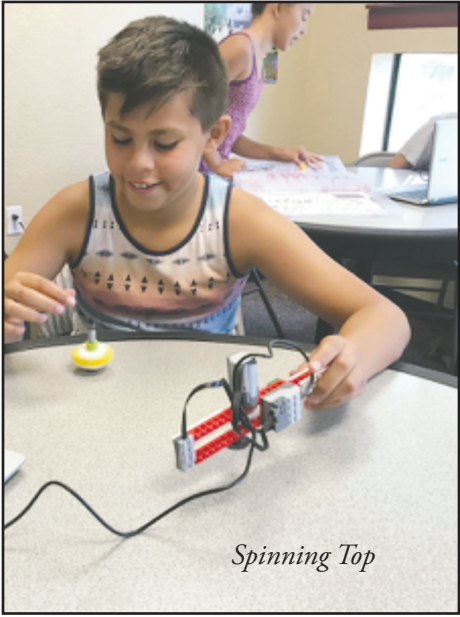
*Drumming  
Monkey*



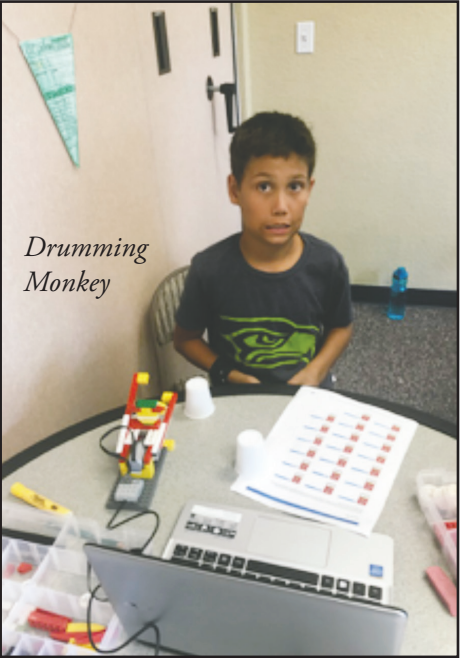
*Ferris Wheel*



*Drumming Monkey*



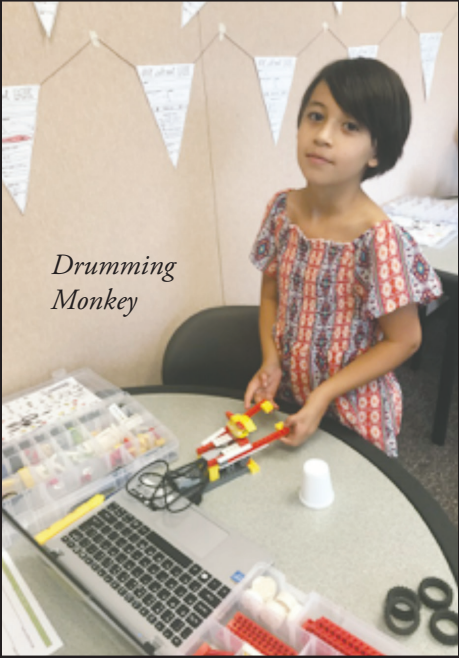
*Spinning Top*



*Drumming  
Monkey*



*Drumming Monkey*



*Drumming  
Monkey*







## Teen Program Update

### Continued from Page 4

Youth Council's goal is to really embrace this new vision statement in planning the Northwest Indian Youth Conference in April 2018. Tribal youth from all over the Northwest will be attending this conference. This is a chance for youth and adults to help create a powerful event that strengthens the spiritual, mental and social development of Native youth. We need all the help we can get in making this conference a powerful week for our youth. Please join us and help us create an incredible teen- driven conference!

## Tutor News

Julie Martinez and Lynn White - Hello! I am Julie Martinez and I am the Tutor/ Mentor at Shelton High School. I am at the school to provide support for the Squaxin Island students with academics, study skills, dealing with the stress of school - any way I can be of assistance. If I haven't touched base with you yet, I will. If you need anything please stop by room #308 to find me. I am at school from 7:10 until

2:45 and I am available to help during first lunch. Seniors, it's time to plan for the SAT. The next registration date is November 3rd. Come see me and we can get you signed up for the December 3rd test. I highly recommend taking the test twice to make sure your score is the best representation of your academic ability. Let's make this a great year!

OMS and OBJH families - I am Lynn White, the tutor at OMS and OBJH. I am at OMS on Tuesdays and Thursdays, and OBJH on Monday, Wednesday, and Fridays. Please remember that the school start times have changed and we go right into 1st period at OBJH. I am also at the TLC every day after school until 4:00 p.m. for homework help. Come see me for help! Please remember we have a 1.5 hour early release on October 13th and a 3 hour early release on October 27th. Looking forward to another successful year with the kiddos at OMS and OBJH!

# October



## Teen Program

Laurel Wolff Teen Advocate: 360-432-3842

Check Facebook @ Squaxin Teens for updates to Calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	Craft Class 3:00 Drum Group 5pm Basketball Practice 3:30-4:30	DIY- Crafts 3:00-6:00 Basketball Game TBA	Basketball Practice 3:30-4:30	Basketball Practice 3:30-4:30
9	10	11	12	13
Teen Room 3:00-6:00	Craft Class 3:00 Drum Group 5pm Basketball Practice 3:30-4:30	DIY- Crafts 3:00-6:00 Basketball Game TBA	Basketball Practice 3:30-4:30 Youth Council 5-6pm	18-U Basketball Tournament
16	17	18	19	20
Teen Room 3:00-6:00	Craft Class 3:00 Drum Group 5pm Basketball Practice 3:30-4:30	DIY- Crafts 3:00-6:00 Basketball Game TBA	Basketball Practice 3:30-4:30 Youth Council 5-6pm	Basketball Practice 3:30-4:30 Scary Movie Night 4:30pm
23	24	25	26	27
Teen Room 3:00-6:00	Craft Class 3:00 Drum Group 5pm Basketball Practice 3:30-4:30	DIY- Crafts 3:00-6:00 Basketball Game TBA	Basketball Practice 3:30-4:30 Youth Council 5-6pm	Halloween Party 5-7pm
30	31			
Teen Room 3:00-6:00	Craft Class 3:00 Drum Group 5pm Basketball Practice 3:30-4:30			





## Higher Education Reminders

Mandy Valley - I just wanted to remind everyone the importance of reading through the policy and procedures when signing up for Higher Education funds through the Tribe. There is a limit on how much funding a student can receive through the Tribe. Each student can receive funding for up to 15 quarters or 10 semesters. Once a student comes close to reaching this funding limit I will send out an email. I don't want any students to be surprised or unaware when they have reached this funding limit.

The 2018-19 FAFSA launches October 1! Are you prepared to fill it out? Beginning with the 2017-18 FAFSA form, they now require you to report income information from an earlier tax year.

- On the 2018-19 FAFSA form, you (and your parents, as appropriate) will report your 2016 income information, rather than your 2017 income information.
- Since you'll already have filed your 2016 taxes by the time the FAFSA form launches, you'll be able to import your tax information into the FAFSA form right away using the IRS Data Retrieval Tool (DRT). (No more logging back in to update after filing taxes!)
- Not everyone is eligible to use the IRS DRT and the IRS DRT does not input all the financial information required on the FAFSA form. Therefore, you should have your 2016 tax return and 2016 IRS W-2 available for reference.

- You cannot use your 2017 tax information. They understand that for some families, 2016 income doesn't accurately reflect your current financial situation. If you have experienced a reduction in income since the 2016 tax year, you should complete the FAFSA form with the info it asks for (2016), and then contact each of the schools to which you're applying to explain and document the change in income. They have the ability to assess your situation and make adjustments to your FAFSA form if warranted.
- You cannot update your 2018-19 FAFSA form with your 2017 tax information after filing 2017 taxes. 2016 information is what's required. No updates necessary; no updates allowed.

If you have any questions or concerns please don't hesitate to stop in, call me at (360) 432-3882, or email me at [mvalley@squaxin.us](mailto:mvalley@squaxin.us) for assistance. I hope the new school year is off to a great start!



## SQUAXIN ISLAND CO-ED 18-U

**\$250**  
**Entry Fee**

**Tourney Registration**  
**Deadline: September 29th, 2017**

Discount Hotel Rate At  
Little Creek Casino Resort  
Call 1-800-667-7711  
Mention - Squaxin Tourney

**This is an alcohol and drug-free event.**

## BASKETBALL TOURNAMENT OCTOBER 14<sup>TH</sup> -15<sup>TH</sup>, 2017

### Rules:

- \* Must be attending high school
- \* 12 player maximum per roster
- \* Have ID ready if coach challenges age
- \* One player of each gender on floor at all times
- \* Double Elimination except Championship Game

### Prizes For

1st - Fleece Sweatshirts  
2nd - Crew-neck Sweatshirts  
3rd - Long Sleeved T-shirt  
4th - T shirt  
MVP & All-Star

To register or if you have questions contact:  
Jerilynn Vail 360-432-3992 or [jvail@squaxin.us](mailto:jvail@squaxin.us)





*Childcare Center Mud Party*



## Calling all Twirlers!

A FREE BATON CLINIC will be held at the gym on Monday, September 25 from 6:00 - 6:45 pm. All children, ages 6 and older, are encouraged to come check out the sport of baton twirling. A Tiny Twirlers class (3-5) will be arranged if there is enough interest. After the clinic, there will be information for a tuition-based 8 week session. The class will continue through the year if enough students are enrolled. The students will have performance opportunities to include the Shelton Christmas parade, local community events, a competition and possible Disneyland performance. Come join the wonderful World of Twirling. Call Coach Judy at 360-970-3240 to register. The class will be assisted by community member, Lily Sigo.



*Childcare Center Salmon Ceremony*

## Join us for a Spooktacular Pumpkin Carving Party

**When: Monday, October 30<sup>th</sup> from 5:00-6:30pm**

**Where: TLC in the Rec Room**



If you have questions, contact Jerilynn at 360-432-3992 or [jvail@squaxin.us](mailto:jvail@squaxin.us)  
Sponsored by Squaxin Public Safety and Squaxin Safe Streets







# ELDERS



## We Miss You!



Herb Johns



Elroy Ellerby



Mike Davis

## Forever in our hearts - Squaxin Elders

About 16 Elders attended the Puyallup Elders Luncheon on September 15. We had dancers from Alaska perform for us and a flute player. A few of us did get a door prize or raffle gift. It was fun. Submitted by Rose Brownfield for Kim Olson.







# — CHILDCARE CENTER SALMON CEREMONY —







# CHILDCARE CENTER MUD PARTY







## Thelma "Pokie" Shea Plans to Live to Be 100 From Drug Abuse to How She Brought Her Diabetes Under Control

Submitted by Patty Suskin, Diabetes Coordinator

My name is Thelma "Pokie" Shea. I'm really glad that Patty asked me to share about my life and my diabetes. I'm from the Bagley clan. My grandmother was Clara Seymour. I have quite a few family members who live here now. I have so many cousins and relatives, I don't even know them all. I was enrolled here in April 2004 & then I moved into my place on the REZ June 2007. Shortly after, some of my family, including my granddaughter, my daughter, and my niece transferred from Quinault to Squaxin Island Tribe.

I was diagnosed with type 2 diabetes in June 2006. I was a little numb at first. I didn't know what it meant to my life. I was in complete denial of it. I'd make appointments with Patty or the clinic provider & cancel or not show up.

It was all due to my drug abuse. I was using heroin, methamphetamines, and pain pills. I would lay around, always in pain, wanting drugs. I was depressed for a long time. The drug abuse took over my life. I was always chasing the drugs - wanting more and more. I was drinking pop constantly, I was eating chips and cookies and all the foods that were not good choices.

My family knew it - they hated what I was doing to myself. My family wanted to help me, but I was the one who had to change. I didn't want my grandkids to see me high. I was ashamed and embarrassed. I was in the hospital several times for high blood sugar. Some days were better than others. But overall, I was destroying myself. I was going down a bad path even worse than my dad.

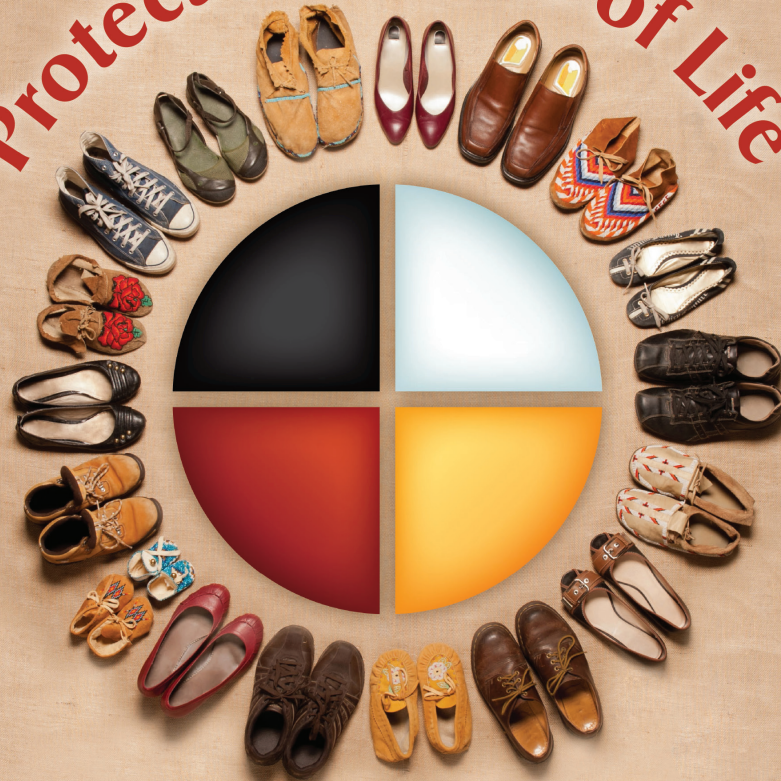
My dad had diabetes. He didn't take care of himself. He didn't eat right, he drank pop, he was really overweight and he didn't exercise. He died too early. He chose to not take care of himself. He died of heart disease as a complication of diabetes.

### *When did you start taking care of yourself?*

I really started paying attention to my diabetes when my A1c was 13.7 in November 2016. I was shocked since my A1c was 6.6 in February of 2015. I found out that an A1c over 7 can damage my kidneys, heart, eyes, circulation- and mine was 13!! Dr. Ott calls it a blood vessel disease since it can affect our entire body in a bad way. I realized how serious it was.

*Continued on following page*

Protect the Circle of Life



## Your Flu Vaccine Protects Me My Flu Vaccine Protects You

- The flu vaccine is safe. You can't get the flu from a flu vaccine.
- Pneumonia and flu are a leading cause of death among Native elders.
- Please get a flu vaccine each year to protect you and your family.



Learn more at [www.cdc.gov/flu](http://www.cdc.gov/flu)  
or call 1-800-CDC-INFO





I thought about my daughters and my grandkids. My grandkids are so important in my life. I thought of dying & I didn't want to die too early and leave them. I didn't want them to be without their grandmother & their great grandmother (ME).

I knew I had to do something different to be around to see the grandkids grow up. I wanted to become healthy because of my family.

## *What did you do when your A1c got to be 13.7?*

I increased my insulin as Dr. Ott instructed. I started meeting with Patty. It was really confusing at first - there was so much to learn. What are carbohydrates? How much should I eat? When is it good check my blood sugar? What should my blood sugar be? How much insulin should I take? When do I increase my insulin? What do I do if my blood sugar gets too low? I wanted to learn it all, but it took time for it to sink in. I started checking my blood sugar several times a day, recording all my foods, and recording the insulin I took. I even started eating breakfast every day.

Patty and I met 2 or 3 times a week. I got excited when I was going to meet with Patty because I knew she was going to help me. When I went to see Patty & learn more about foods, medications, and diabetes, I started feeling real good about myself. Patty was always there to share her knowledge with me. She would take the time to tell me things over and over again. Patty didn't give up on me.

We would go over my foods and blood sugar readings. I learned about carbohydrates and where to find them in my foods. I learned that the more carbohydrate I ate at one time, the higher my blood sugar would go if I did not have enough insulin. I learned about what to do if my blood sugar got too low. Dr. Ott ordered me glucagon for my family to give to me if my blood sugar got too low. I knew I was starting to get healthy & I started feeling better. It took me a while, but it finally stuck.

By December, my A1c was 8.5. By March, it was 6.1.

The support that Patty, Dr. Ott, gave me was incredible. Deanne and Giita at Behavior Health were and continue to be incredible as well. It takes it a village to help someone to get healthy. Without their support, I wouldn't be where I am today with an A1c of 6.4! (Under 7 is recommended for people with diabetes).

Q: What is different now that you have your diabetes under control?

A: I am glad I got help when I did. I'm eating break-



fast every day now & it helps start my day. Instead of pop, I'm drinking water. I check my blood sugars several times a day & record the numbers in a booklet. I also record my food & drinks in the booklet. Writing it down keeps me on track.

I have energy to spend time with my grandkids.

Dr. Kochhar, the foot doctor, says I have good circulation in my feet. I'm eating more at home - I enjoy cooking & it makes me feel good to prepare & eat healthier foods. I'm getting back to the treadmill. I started with 20 minutes & it helps me feel better.

Just because you have diabetes for a while, doesn't mean you know how to control it.

If you have an A1c over 7, don't wait to get some support. Deanne, Giita, Patty and Dr. Ott are my lifesavers. I have been meeting with Deanne and Giita for over two years several times a month and thanks to them, I am a better person today.

I wouldn't be here today without the support of the clinic staff. Besides Dr. Ott and Patty, Tonya and Doug have also helped me. I can't say enough about it. Thank you, Giita, Deanne, Tonya, Doug, Dr. Ott, Patty and anyone else I might have forgotten. You helped me get through this. Thanks to you, I now have the skills I need to live a long healthy life with my grandkids.

My daughters were also a great support. They were always watching me and taking care of me. They would make sure I took my medicine & they would do what they could for me. They were very helpful. They supported me as much as I allowed them. I want to live for them, too.

I'm planning to live to be 100.







## Alex Ehler is on a Healthier Path in Life ...

Submitted by Patty Suskin, Diabetes Coordinator

I caught up with Alex to find out what he's been doing ...

- Q. What do you consider your success in being healthier for life?
- A. My success is feeling healthier every day. I have lost over 25 pounds and would like to lose 10 more. I like what I see in the mirror looking back at me.
- Q. What got you started on Healthier Lifestyle?
- A. I wanted to be a role model for my two sons and my community.
- Q. When did you start making changes?
- A. I started my journey in May 2017.
- Q. What type of changes have you made?
- A. In May 2017 I stopped drinking soda and stopped taking in sugar. In June 2017 I started walking an average of 5 miles a day and watching my calories. I have a job that allows me to protect my community and be healthier. I walk the streets of Kamilche (foot patrol) and I'm healthier.
- Q. What was one of the hardest changes you made?
- A. I think the hardest change I made was giving up soda. The first two weeks were the hardest. Now it is a way of life.
- Q. What keeps you going?
- A. My family and friends. I don't want to let them down.
- Q. What is different to you this time—why do you think these changes are a new way of life rather than a passing fad?
- A. Over my life time I have lost weight and gained it back. This time I have made a life change for the better. Once I made the choice to change to a healthier life style it has been easier.
- Q. What advice to you have for others thinking about making healthier choices in life?
- A. If you choose to become heathier, don't give up. You will have ups and downs which is normal. Keep moving forward. You are the only one that can make this happen.



*Alex and family*



*Alex and youngest son, Mason, on kayak in Little Skookum Inlet*



## Diabetes Support Hears Thelma Shea's Story

Submitted by Patty Suskin, Diabetes Coordinator

On August 28th, Thelma Shea shared her story about taking care of herself and her diabetes.

In addition to Thelma's story, the group discussed:

1. What is low blood sugar? What to do when it is low? 15-15 rule, quick sources of carbohydrate
2. Carbohydrates: sources, fiber and more
3. Keeping a journal of blood sugars, medications, food, and activity can help you keep on track.

Patty is here to support you with your diabetes management. Her usual days are Monday, Thursday & Friday. Call or Email her or stop by: 360.432.3929, [psuskin@squaxin.us](mailto:psuskin@squaxin.us).







## Tobacco Cessation Program News

Bobbie Bush - As the season turns again, we prepare for the fall and winter time; what do we do as we get ready to change our daily activities? We plan. Slowly, we begin looking at our fall and winter clothing and bring out the blankets. If the fall and winter clothes or the blankets need it, we clean them. We wash them in the machine and dry them. We air out musty items that have been stored all spring and summer.

We plan to begin the new cooler seasons with clean clothing and clean bedding. Couldn't you plan to begin the new cooler seasons with clear breath and clean teeth? Could you plan on finally moving to a commercial tobacco-free lifestyle?

When I speak to clients or potential clients about commercial tobacco cessation, a "Quit Plan," is the first topic for discussion. You may wonder what a "Quit Plan," is or how do you get one? In order to fully prepare for the inevitable cravings and withdrawals from nicotine, it is important to lay out a plan of action. The details of the plan are up to each individual. Each person has their weaknesses and strengths. I work with the person to help them identify ways to overcome the weaknesses and utilize their strengths in their battle against nicotine addiction.

Because once a person quits, it is usually a battle with nicotine. The nicotine whispers quietly into the quitter's ear, "You will calm down if you have a smoke," "Your head will clear and you will be able to think, so go ahead and have one .... just one." This is the insidious side of nicotine addiction.

So, to prepare a quitter for this onslaught of lies, through which the addiction will use all its power to convince the quitter to smoke, we work together to form strategies to overcome and step past the cravings. If a person truly desires to quit smoking, they can. The first step is to desire it, second step seek advice, third step create a quit plan with strategies to overcome and move past the cravings and withdrawals.

Part of the quit plan includes cleaning out all cigarettes and commercial tobacco from their spaces. In the car, all the windows inside must be cleaned, the upholstery cleaned and aired out, all the ashtrays emptied and every bit of evidence of the commercial tobacco use removed. The same for the home. If the person smoked in the home, it will take a couple of weeks to get it all cleaned off the walls, windows, carpet, furniture. This is why when you speak to a Tobacco Cessation Specialist, a client sets their quit date for about two weeks after their initial visit.

So, if you are ready to quit, please give me a call or email me. Hope to hear from you soon. Also if you have quit and are willing to share with the group, we have Tobacco Cessation Group meetings Wednesday and Thursday at 12:00 noon in the Health Promotions (Food Bank) building. 360-432-3933, or email me [bbush@squaxin.us](mailto:bbush@squaxin.us).

## Important to Note

### DENTAL

The dental program is temporarily short staffed. To make an appointment, please call 432-3881 and leave a voicemail. Your calls will be returned as soon as possible. Thank you for your patience while the program is in transition.

### SPORTS PHYSICALS

Fall is in the air. Call now to make your appointments for sports physicals.

### FLU SHOTS

With the start of the new school year comes flu season. Call now to make an appointment for your flu shot.

### PURCHASE REFERRED CARE

Annual federally mandated PAO-21 forms, along with updated insurance information, are due and required prior to appointments being made.

### Responsibility

Please remember it is your responsibility to make sure the clinic is kept up-to-date with your contact and insurance information.

Jaclyn and Misti are state certified Tribal Assistants to help you sign up for state medical insurance benefits and renewals.

## Numbers

Health Clinic	432-9006
Purchase Referred Care (formerly Contract Health Services)	432-3922
Pharmacy	432-3990
Dental	432-3881
Behavioral Health	432-1582
(chemical dependency counseling, mental health) (one-on-one, group, assessments, etc.)	







Tuesday,  
October 10th is  
WIC DAY at  
SPIPA

**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

Contact at SPIPA for an appointment:  
Debbie Gardipee-Reyes  
360 462-3227, [gardipee@spipa.org](mailto:gardipee@spipa.org)  
or Patty Suskin 360 462-3224



10  
tips  
Nutrition  
Education Series



Based on the  
Dietary  
Guidelines  
for Americans

## Build a healthy meal

**Each meal is a building block in your healthy eating style.** Make sure to include all the food groups throughout the day. Make fruits, vegetables, grains, dairy, and protein foods part of your daily meals and snacks. Also, limit added sugars, saturated fat, and sodium. Use the [MyPlate Daily Checklist](#) and the tips below to meet your needs throughout the day.

### 1 Make half your plate veggies and fruits

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



### 2 Include whole grains

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### 3 Don't forget the dairy

Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.



### 4 Add lean protein

Choose protein foods such as lean beef, pork, chicken, or turkey, and eggs, nuts, beans, or tofu. Twice a week, make seafood the protein on your plate.



### 5 Avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed broccoli with a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

### 6 Get creative in the kitchen

Whether you are making a sandwich, a stir-fry, or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and adding in more veggies that add new flavors and textures to your meals.

### 7 Take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose options that are lower in calories, saturated fat, and sodium.



### 8 Try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

### 9 Satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

### 10 Everything you eat and drink matters

The right mix of foods in your meals and snacks can help you be healthier now and into the future. Turn small changes in how you eat into your MyPlate, MyWins.

Center for Nutrition Policy and Promotion  
USDA is an equal opportunity provider, employer, and lender.

Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov)  
for more information.

DG TipSheet No. 7  
June 2011  
Revised October 2016

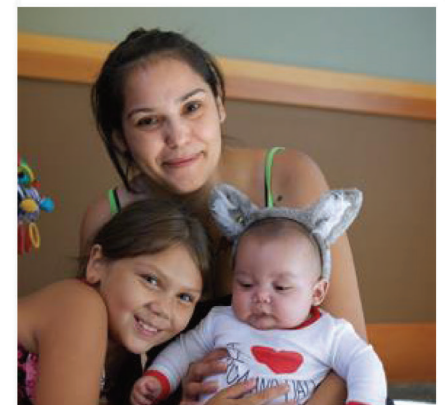


Childcare Center Salmon Ceremony



**Are you pregnant?  
Breastfeeding?  
A family with a child  
under age 5?**

**You may be eligible  
for WIC!**



## It is easy to get started at WIC with SPIPA:

1. Call WIC's direct line 360.462.3224 and leave your contact information.
2. We will call back and set up an appointment.
3. Bring your child with ID, bring your photo ID with address, proof of income, and WA Medical/Provider One Card.
4. At your appointment, we will:
  - Check to see if you qualify
  - Check your child's growth
  - Talk about your family's health and nutrition needs
  - Tell you about other programs that may be able to help you
  - Teach how to shop with WIC checks you receive at your visits
5. You only need to bring your child to WIC twice a year for measurements.

**2017-2018 WIC Income Eligibility Standards Effective May 2017**  
**TABLE OF WIC ELIGIBILITY BY GROSS INCOME AND HOUSEHOLD SIZE**

Household Size	Weekly	Bi-Weekly	Twice Monthly	Monthly	Annual
1	\$ 430	\$ 859	\$ 930	\$1,860	\$22,311
2	\$ 578	\$1,156	\$1,252	\$2,504	\$30,044
3	\$ 727	\$1,453	\$1,575	\$3,149	\$37,777
4	\$ 876	\$1,751	\$1,897	\$3,793	\$45,510
5	\$1,024	\$2,048	\$2,219	\$4,437	\$53,243

In accordance with Federal Law and Department of Agriculture (USDA) Policy, SPIPA WIC is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA Director, Office of Adjudication, 1400 Independence Avenue, SW Washington, D.C. 20250-9410 or call toll free 866.632.9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800.877.6136 (Spanish).  
USDA is an equal opportunity provider and employer.

**SPIPA WIC Nutrition Program does not discriminate.**





## October Happy Birthdays

1  
Carmen Dee Orsillo  
Donna Penn  
Jess Travis Ehler  
Shirley Marie Monahan

3  
Adam Wade Mowitch  
Joshua Gregory Smith  
Thailer Budd Vilter Jr.

4  
Lorenzo A. Solano  
Nicole Lee Seymour  
Steven Robert Sigo, Jr.

5  
Beth Ann Robinson  
Lydia Ann Buffington

6  
Jeremiah Micah Schlottmann  
Michael Shawn Todd  
Russell Lane Pleines  
Shiloh Ann Henderson

7  
Michael David Krise  
William Raymond Peters

8  
Alea Lynn Janine Shea  
Audelia Marie Araiza  
Elizabeth Ann Perez  
Theresa J. Davis

9  
Addison Yvette Peters  
Colton Jeffery Gott  
Mathew Anthony Nelson  
Ronald Day Jr.

10  
Christina Smith Claridy  
Ernest Leonard Pluff Jr.  
Justina Marie Hess  
Kade Benavente Whitener  
Owen David Dorland  
Susan Ann Clementson

11  
Dontae O. Hartwell  
Michael Alan Peters

12  
Larry Douglas, Mc Farlane, Jr.  
Sharen I. Ahrens

13  
Jericho Lon Hartwell  
Julian Sorin Hawk Masoner  
Steven Robert Sigo

14  
Savannah R. Fenton

16  
Bobbie L. Filipetti  
Leo Eugene Henry Jr.  
Troy Tye Baxter

17  
Charles Ormond Lacefield  
Kelly Leanne Bell  
Mitchell Elliot Coxwell  
Ruth Branch Allen  
Wilson Charles Johns

18  
Christina E. Price  
Clara Rose Seymour-Luby  
Danielle Charlene Whitener  
Micha Frankie - James Roberts  
Shanika Rose D. Cooper

19  
Christine Thompson  
Trelace` Rose Sigo

20  
Jacey Cruz Gonzales  
Michael Sheldon Henderson, Jr.

21  
Bear Jon Lewis  
Draven Brown  
Giovanni Xavier Solano  
Leroy Yocash Jr.  
Sean Robert Spezza

22  
Anthony Raymond James  
Danielle Lyne White  
Peter William Kruger Sr.

23  
Erik Jason Johnson

24  
Daren David Brownfield  
Marjorie S Hill  
Roger Allen Turner-Ford  
Rolayno Jay Charters  
Rose Ann Davis

25  
Cloe' Angelique Martin  
Donna Jean Baker  
Erika Ada Poste

26  
Kasia Lee Seymour  
Lisa Marie James  
Selah George Thale

27  
Dione Lorine Johnston  
Ellen M. Davenport  
Grace A. Scout  
Mario Lee Rivera

28  
Andrew Stephen Crone

29  
Adrian James Garcia  
Arthur Barragan  
John Edward Krise  
Mariano C. Bello  
Marvin Stanley Henry, III  
Ronnie Patrick Johns  
Zackary Taylor Sayers

30  
Autumn Dancing Fire Wily  
Carie Ann Kenyon  
Tori Anne Willis

31  
Hayden Joseph Seymour  
Marvin Stanley Henry Jr.  
Sam Emilio Luby  
Tanya Gaylene Anderson  
Tarvail Roy Garcia  
Wilma Moneaka Morris



*Childcare Center Salmon Ceremony*







Committees Commissions & Boards With Infrequent Meeting Times

Committee and Commissions	Council Rep.	Staff Rep.	Months
1% Committee (Bylaws & Appendix X2)	Arnold Cooper, Vince Henry, Vicki Kruger	Kris Peters	Feb., May, Aug., Nov.
Elections Committee	None	Tammy Ford	March, April, May
Explorers Program Committee	Jim Peters	Rene Klusman	
Fireworks Committee (TC 6.04.040)	None		May and June
Gathering Committee	Charlene Krise	Rhonda Foster	Not yet determined
Law Enforcement Committee, Law and Order	None	Kevin Lyon	Not currently meeting
Veterans' Committee	None	Glen Parker	
Budget Commission	Vicki Kruger	Kris Peters	June and August
Business Administration Board (TC 6.24.010)	None		As needed
Little Creek Oversight Board (TC 2.26.010)	Arnold Cooper, Vicki Kruger, Charlene Krise	Arnold Cooper	
Museum Library and Research Board	Bev Hawks	Charlene Krise	Sept., Dec., March, June
Tourism Board (TC 2.34.010)	Arnold Cooper	Leslie Johnson	
Island Enterprises Board	Arnold Cooper	Dave Johns	
Skookum Creek Tobacco Board	Vinny Henry	Mike Araiza	



What's Happening						
1	2	3	4	5	6	7
			Elders Committee	Family Court Utilities Commission	Housing Commission	
8	9	Hunting Committee Criminal/Civil Court Enrollment Committee	11 Golf Advisory Committee	12 Tribal Council	13 Education Commission SPIPA Board of Directors	14 Basketball Tourney
15 Basketball Tourney	16 Gaming Commission	17	18	19	20	21
22	23	24 Criminal/Civil Court Tobacco Board of Directors	25	26 Tribal Council	27 TLC Halloween Party	28
29	30 TLC Pumpkin Carving	31 Happy Halloween	Smoking Cessation Classes Tuesdays (Adult 5-7 ) & Wednesdays (Adult noon & Teen 3:15-4:15) AA & ALANON Wednesdays 7:30 Building Strong Families Through Culture and Drum Group Tuesdays 3-5			





## Elders Menu . . . Fruit and salad at every meal

### 2nd - 5th

#### MONDAY

Tater tot casserole, jello

#### TUESDAY:

Hamburger soup,  
turkey sandwiches

#### WEDNESDAY:

Spaghetti, corn

#### THURSDAY:

Fish N Chips, coleslaw

### 9th - 12th

#### MONDAY:

Baked chicken, rice pilaf,  
brussel sprouts

#### TUESDAY:

Clam chowder, Indian bread

#### WEDNESDAY:

Chicken strips, potato wedges

#### THURSDAY:

Flank steaks, roasted red  
potatoes, mixed veggies

### 16th - 19th

#### MONDAY:

Goulash, garlic flat bread

#### TUESDAY:

Minestrone soup,  
salami sandwiches

#### WEDNESDAY:

Fajitas

#### THURSDAY:

Casino Buffet

### 23rd - 26th

#### MONDAY:

Chicken enchilada casserole

#### TUESDAY:

Italian sausage & potato soup,  
Meatball sub sandwiches

#### WEDNESDAY:

Chicken fettuccine casserole, biscuits,  
asparagus

#### THURSDAY:

Chicken fried steak, mashed potatoes  
& gravy, green beans, rolls

### 30th - 31st

#### MONDAY:

Tacos, Spanish rice

#### TUESDAY:

Navy bean soup,  
ham sandwiches



**First Peoples Fund**

**NATIVE ARTIST  
PROFESSIONAL  
DEVELOPMENT TRAINING**

FIND OUT HOW TO  
**PRICE YOUR ART  
MARKET YOUR ART  
CREATE A PORTFOLIO  
BUDGET YOUR BUSINESS**

RESERVE YOUR SPOT NOW  
**PHONE at (605) 348-0324  
REGISTER ONLINE  
at FIRSTPEOPLESFUND.ORG**

**ATTENTION NATIVE ARTIST! FREE ARTS BUSINESS TRAINING**

**Where:** Lucky Eagle Casino & Hotel  
12888 188th Ave SW, Rochester, WA 98579

**Date:** Tuesday October 17 and Wednesday October 18

**Time:** 9:00—4:30

*Free and Open to Native Artists - Lunch Provided*

**More Information Contact:**  
**Diana Pickernell at 360.709.1631  
or at dpickernell@chehalistribe.org**

Notice: Information displayed on this flyer, in email or on our website calendar is subject to change without notice. The IT Department sends out the flyers at the Department Directors request. IT Department assumes no responsibility for the content of the flyers. Please refer to this flyer's contact person for the latest update.

## 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  
Charlene Krise  
Charlene Krise  
Vicki Kruger  
Arnold Cooper  
Arnold Cooper  
Vince Henry  
Steven Dorland  
Per Tribal Code None  
Arnold Cooper  
Vicki Kruger & Charlene Krise  
Vacant  
None  
Vicki Kruger

### Staff Rep.

Jeff Dickison  
Traci Coffey  
Tammy Ford  
Joseph Peters  
Kris Peters  
Joseph Peters  
Eric Sparkman  
Gordon James  
Dallas Burnett  
Richard Wells  
Bert Miller  
Ray Peters  
Vacant  
Patti Puhn

### 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 Monday  
1st Friday  
2nd Monday  
4th Tuesday  
1st Thursday  
2nd Friday





# HAPPY HOUR

*Women's Fitness Club*

131 W Railroad Shelton, WA 98584

ZUMBA MIXXEDFIT PIYO DANCE  
FITNESS KETTLEBELLS

A FUN DRAMA-FREE ENVIRONMENT TO WORKOUT!

No membership needed!

\$7.00 Drop-In

or

Buy a punch card

\$20.00= 5 classes

\$40.00= 10 classes

No hidden sign-up fees if/when you decide you want a membership!

\$40.00= Monthly Unlimited Membership

TRIBAL MEMBERS RECEIVE THEIR FIRST PURCHASE (PUNCH CARD OR  
MEMBERSHIP) HALF OFF!

Email: [mistifawnm@yahoo.com](mailto:mistifawnm@yahoo.com) if you have any questions



*Childcare Center Salmon Ceremony*

**SATURDAY, OCTOBER 28TH**

# **HALLOWEEN**

## **PARTY**

**9PM - 1AM**

**\$5,000**  
**COSTUME CONTEST**

- Sexiest/Naughtiest
- Scariest
- Best Couple/Group
- Most Creative/Original
- Funniest
- Best Look-alike
- Best Overall
- Best Monster/Villain

**Only \$15**  
With Players Club Card

See Players Club for details and restrictions regarding tickets and costume contest.

**BINGO**

**Thursday • October 19<sup>th</sup>**  
Doors Open 4:30pm | Early Birds 6pm | Session Starts 6:30pm

**Friday • October 20<sup>th</sup>**  
Daubin' in the Dark Black Light Bingo  
Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

**Saturday • October 21<sup>st</sup>**  
Doors Open 9am | Early Birds 11:30am | Session Starts 12pm  
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

**All Level 3's Payout \$500  
with NO SPLITIES!**

**Jack-O-Lantern drawings  
during each session with \$25/\$50/\$100 inside**

**Anyone that wears Halloween attire or  
brings in a canned food item  
will receive a free level 1 (3-On)**

**LITTLE CREEK  
CASINO • RESORT™**  
[LITTLECREEK.com](http://LITTLECREEK.com)

\*Multiple winners split the payout. See Keno or call (360) 427-3005 for more details.  
\$79 room rates during bingo sessions! \*Ages 21 and over only for 8:30pm 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.