

## Special Veterans Day Event

**Please Come and Show Our Veterans You Care!**

On Friday, November 10th, a barbecue will be held to honor our Tribal Veterans. The event will be held from 11:30 – 1:00 outside the Elder’s Building, beside and around the Veteran’s Memorial. (The event will be moved inside the Elder’s Building if weather prevents an outdoor event.) All are invited to come celebrate and share your appreciation with those who have served our country so courageously.

It takes courage for a soldier to risk life and limb for his country. As civilians, it is a privilege to honor these heroes. That is the basis of the Veterans Day celebration—to honor these great men and women with words of appreciation.

Here are some inspiring Veterans Day quotes. They remind us all of their duty towards our country, and inspire us to uphold the tradition of liberty, fraternity, and equality.

**Elmer Davis**

"This nation will remain the land of the free only so long as it is the home of the brave."

**Maya Angelou**

"How important it is for us to recognize and celebrate our heroes and she-roes!"

**John Fitzgerald Kennedy**

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

**Sidney Sheldon**

"My heroes are those who risk their lives every day to protect our world and make it a better place - police, firefighters, and members of our armed forces."

**John Doolittle**

"America's Veterans have served their country with the belief that democracy and freedom are ideals to be upheld around the world."



WE HONOR VETERANS



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

## Centennial Accord



This photo, by Sis Brownfield, was taken at the Centennial Accord held in mid-October.  
L-R: Chairman Leonard Forsman (Suquamish) Chairman Arnold Cooper (Squaxin Island) Governor Jay Inslee, Chairman Brian Cladospy (Swinomish) & Chairman of NCAI, Chairman Ron Allen (Jamestown)

Attending from Squaxin Island Tribe were Chairman Arnold Cooper, Council members Vicki Kruger and Steven Dorland, Tribal Administrator Kris Peters, Intergovernmental Council Liaison Ray Peters, Sally Brownfield and Natural Resources Director Andy Whitener.



## Squaxin Island Museum Holiday Bazaar

Nov. 3rd 9am - 5pm & Nov. 4th 9am - 4pm

**No Admission Fee**

Raffle,  
baked goods, Indian tacos, fry bread & chowder  
basketry, home made lotions & balms,  
carvings, beadwork . . .  
and much more!

**Vendors Include:**

Joe Seymour  
Kim James  
Andrea Sigo  
Micah McCarty

**Food VENDOR:**  
Mud Bay Shaker Church



November 24<sup>th</sup>-26<sup>th</sup>  
11am - 8pm

**Christmas Market**

Holiday Gifts • Food • Entertainment

Jewelry • Woodwork  
Native Goods  
Pictures with Santa  
And much more!

GAMING • HOTEL • SPA • GOLF • DINING • ENTERTAINMENT • RV PARK • ARCADE  
**LITTLE CREEK CASINO RESORT**  
SKOOKUM CREEK  
EVENT CENTER  
For vendor space call 360.432.7253 or email sales@littlecreek.com

## Save the Date

Annual Youth  
Christmas  
Celebration  
At the TLC

Thursday,  
December  
14<sup>th</sup>  
From 5:00-7:00pm



## 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.squaxinisoland.org](http://www.squaxinisoland.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)

SKOOKUM CREEK  
TOBACCO  
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 for them in the Klah-Che-Min and DAILY SCOOP

Hours: M - F 9 AM - 3 PM

**MUST SHOW TRIBAL MEMBERSHIP CARD**



## Walking On



### Donald Brownfield

Donald R Brownfield, 81, passed away September, 27, 2017 as a result of an automobile accident.

He was the second of six children born to Pearl A. (Clark) Brownfield and P. Martin Brownfield. He was born in Aberdeen, WA, November 25, 1935.

He was preceded in death by his sister, Betty Schufferhauer, and brothers Michael and Kenneth Brownfield, all of Shelton, WA.

Surviving are his wife, Rose A. (Puderbaugh) Brownfield; sister, Carol Haggmann of Shelton; brother, Gary Brownfield of Tacoma; three sons, Dale A. of Port Hadlock WA, James D. of Olympia WA, and Daren D. of Shelton WA; and granddaughter Elizabeth A. of Sequim, WA.

A Celebration of Life was held Monday, October 9, 2017 at 1:00 p.m. at the Squaxin Island Tribal Center gymnasium. Dinner followed at the Community Kitchen.



### Need Help Recycling?

Monica Nerney is available to help coordinate your recycling needs. If you need to find a location to take specific items or have items that you would like to donate, you can reach her Monday through Friday from 8:00 a.m. to noon or 1:00 to 4:00 p.m. at 432-3966 or [mnerney@squaxin.us](mailto:mnerney@squaxin.us).



### FREE Wills for Squaxin Tribal Members<sup>1</sup> and Their Spouses

The Tribe is again offering access to end of life planning services. The Tribe has contracted with local attorney Mark Allen. Mark recently retired from the Squaxin Island Legal Department after 12 years. He is available to assist Squaxin Tribal members and their spouses plan for themselves and loved ones by drafting wills and other end-of-life documents.

- Wills
- Indian Trust Property-Related Documents
- Powers of Attorney
- Advance Directives
- Health Care Directives
- Funeral Arrangements
- Estate Planning

Mark is available at a time and date that is convenient for you. If you are interested in making an appointment, please contact Diane Deyette at (360) 432-1771 x 0. We are scheduling appointments now.

<sup>1</sup> Employees, please see Met Life Benefit, p. 50 of the 2017 Employee Benefits Guide.



## Pool Update

### Water Fitness Kick-off

Now that it is getting dark so much earlier, this may be a good time to consider water fitness. Staff of the Squaxin Pool are preparing for a Water Fitness Program Open House; it will be held at the Squaxin Island Pool on Thursday, November 2, 2017 from 5:30 – 7:00 p.m.

The Open House will provide Community Members an opportunity to try out a Water Fitness class, sign up for classes, update their registration forms, meet pool staff, and win a great door prize. Come prepared to participate in a fun filled class...from 6:00 – 6:45 attendees will be invited to participate in a sampling of both the low impact and high impact class activities and then attendees may sign up to attend either or both of the classes. Mark your calendar and plan to attend the sample class; the staff have a lot of fun interactive activities planned. Come, bring a friend and try out the class for double door prize drawing tickets for each of you. Light snacks will be served.

### Swimming Lessons

The second session of Swimming Lessons will be starting on November 14th and will run for six weeks on Tuesdays and Thursdays between 4:00 – 6:00 p.m. Assessment day for the new session will be Tuesday, November 7th from 4:00 – 5:00 p.m. Unless your youth participated in the first session, an assessment must be done to determine which class level your youth should be placed in. It is important for your youth to be placed in the best possible group based upon age and swimming level. November 7th is also celebration date for those who took swimming lessons in the first session with awards and prizes for all participants.

## Squaxin Island Pool

70 SE Squaxin Lane, Shelton WA 98584 | 360-432-3852

### Pool Hours

#### Morning Lap Swim

(Must be 18 years or older)

Monday: 6:00 to 8:00 a.m.  
Wednesday: 6:00 to 8:00 a.m.  
Friday: 6:00 to 8:00 a.m.

#### Water Aerobics

(Must be 18 years or older)

Tuesday and Thursday  
Low Impact Class: 6:00 to 6:45 p.m.  
High Impact Class: 7:00 to 7:45 p.m.

#### For Party Room Rentals Call

Discover Aquatics  
360-867-9283

#### Open Swim

Monday: 3:00 to 6:00 p.m.  
Wednesday: 3:00 to 6:00 p.m.  
Friday: 5:00 to 8:00 p.m.  
Saturday: 1:00 to 4:00 p.m.

All children under 10 must be accompanied by an adult 16 or older in the water.

Youth 11 to 15 years must be accompanied by an adult 16 or older on the deck.

Youth 16 years and older may swim unaccompanied.

Children 2 and under must wear a non-disposable swim diaper.



### Parent Tot Swimming Classes

There will also be a special Parent/Tot class for infants who are between four and eighteen month of age on Tuesdays at 4:00 and there will be another special Parent/Tot class for 19 to 36 month old infants on Thursdays at 4:00. (A minimum of seven are needed for these classes.) This is a great start and fun for parents and infants. There is no assessment needed for these classes, but please call (360) 867-9283 to enroll your infant.

### Here are some great benefits to getting into the water with your baby!

When your baby is not even old enough to walk, it may seem silly to take them to the pool. But there are so many benefits to splashing around and gliding through the water besides the fact that your little one looks super cute in a bathing suit. Studies demonstrate that spending time in the pool helps babies become more self-confident and intelligent "yes, really!". Being in the water engages your baby's tiny body in a completely unique way, creating billions of new neurons as your sweetie kicks, glides, and smacks at the water.

### Swimming Improves Cognitive Functioning

Bilateral cross-patterning movements, which use both sides of the body to carry out an action, help your baby brain grow. Cross-patterning movements build neurons throughout the brain, but especially in the corpus callosum, which facilitates communication, feedback, and modulation from one side of the brain to another. Down the road, this improves reading skills, language development, academic learning and spatial awareness.

When swimming, your baby moves their arms while kicking their legs. And your cutie is doing these actions in water, which means their brain is registering the tactile sensation of water plus its resistance. Swimming is also a unique social experience, which furthers its brain-boosting power.





Teen Center Update

Laurel Wolff - November is National Native American Heritage Month. The Teen Program wants to help celebrate by offering Lushootseed language classes. Details are still being worked out but classes are being planned on Wednesdays from 5-6:30 pm. The 6-week course will provide instruction on greetings, introductions, and phrases for the Squaxin Island Youth Council to use at the Northwest Indian Youth Conference this year. This class will be open to teens and adults.

During early release week, there will be several activities happening including an intro to silk screening and making your own pumpkin-spiced body butter. On Thursday, November 9th, the youth will be joining the Elder’s Dinner to honor veterans.

Mondays are homework help days in the Teen Room. This is a great day to work on homework without having to miss basketball practice during other days of the week.



November 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
		1 <i>GSD-ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL – Away Game Open Swim: 3-6pm	2 Rec Rm: 3-6pm Thankful Dinner 4-5pm Open Gym: 4:30-6pm JR/HS Bball: 3:30-4:30pm	3 Rec Rm: 3-6pm Movie Night: 5-7pm Open Gym: 3-6pm Open Swim: 5-8pm
6 <i>SSD – 3 HR ER</i> Rec Rm: 11:45-6pm Team Building: 5-6pm Open Gym: 11:45-6pm  Open Swim: 3-6pm	7 <i>SSD – 3 HR ER</i> Rec Rm: 11:45-6pm Drum Group: 5-6pm Open Gym: 11:45-6pm	8 <i>SSD – 3 HR ER</i> <i>GSD-ER @ 2:30pm</i> <i>WHL- ER @ Noon</i> Rec Rm: 11:45-6pm Arts-n-Crafts: 5-6pm Open Gym: 11:45-6pm Open Swim: 3-6pm	9 <i>SSD – 3 HR ER</i> <i>WHL- ER @ Noon</i> Rec Rm: 11:45-6pm Crafty Kitchen: 5-6pm Open Gym: 11:45-6pm	10 <b>No School</b> Rec Rm: 7:30-4pm Kennedy Creek & Chili Cook-off Open Gym: 7:30-4pm Open Swim: 5-8pm
13 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	14 Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 4:30-6pm JR/HS Bball: 3:30-4:30pm	15 <i>GSD-ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm Open Swim: 3-6pm	16 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 4:30-6pm JR/HS Bball: 3:30-4:30pm	17 <i>SSD-1.5 HR ER</i> <i>WHL- ER @ Noon</i> Rec Rm: 1:30-6pm Pool Party: 3-4:15pm Open Gym: 1:30-6pm Open Swim: 5-8pm
20 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	21 Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 4:30-6pm JR/HS Bball: 3:30-4:30pm	22 <i>SSD- 3 HR ER</i> <i>GSD-ER @ 2:30pm</i> <i>WHL- ER @ Noon</i> Rec Rm: 11:45-6pm Arts-n-Crafts: 5-6pm Open Gym: 11:45-6pm Open Swim: 3-6pm	23  Tribal Holiday	24  Tribal Holiday
27 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	28 Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 4:30-6pm JR/HS Bball: 3:30-4:30pm	29 <i>GSD-ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm Open Swim: 3-6pm	30 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 4:30-6pm JR/HS Bball: 3:30-4:30pm	
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		<i>ER = Early Release</i> WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District
				<i>I.T.B. – Inter-Tribal B-Ball</i> High School: 9-12 Grade Middle School: 7-8 Grade Elementary: 4-6 Grade



# Youth Afterschool Program News

Jerilynn Vail-Powell - We have been adjusting to our new food program requirements. We were required to provide whole grain items and more vegetables. It is a minor adjustment and the youth are slowly getting used to our menu changes.

Stop by to pick-up our monthly calendar packet. We have quite a few things planned for the youth:

- A new session of Inter-Tribal Basketball will be starting this month. We will move into elementary for 4th-5th graders and continue with Jr. High for 6th-8th graders. Once we have our new schedule, we will make sure to post to our Tu Ha' Buts Learning Center Facebook page and have copies ready for parents to pick-up.
- We will be ready for Shelton and Wa-He-Lut early release days.
- November is the month we host our annual "Thankful Dinner" in the Community Kitchen. Its nice to have our after-school families together.
- Lastly, we will be returning to Kennedy Creek Salmon trail on Veteran's day.

Just a reminder, if parents need to contact their youth in the after-school hours, please call the Rec Room phone at 360-432-3957.

## TLC's Thankful Dinner

**Thursday, November 2<sup>nd</sup>**  
**Join us for a game with the youth at 3:30pm**  
**Our family dinner will Be served from 4-5pm**  
**In the Community Kitchen.**

If you have any questions, contact Jerilynn at 360-432-3992.  
This is an alcohol and drug free event.

**GIVE THANKS**  
FAMILY • FRIENDS • GRATITUDE

# November

## Teen Program

Laurel Wolff Teen Advocate: 432-3842

Check Facebook @ Squaxin Teens for updates to Calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Basketball game @ Wa He Lut Van leaves at 5:00 Lushootseed Class 5-6:30pm	2 Thankful Dinner 3:00-6:00	3
6 EARLY RELEASE Game Day + Silk Screen Project	7 EARLY RELEASE Craft Class 3:00 Drum Group 5pm	8 EARLY RELEASE DIY- Crafts 12:00-5:00 Lushootseed Class 5-6:30pm	9 EARLY RELEASE Elder's Dinner	10 NO SCHOOL Bowling
13 Homework Help Teen Room 3:00-6:00	14 Craft Class 3:00 Drum Group 5pm Basketball Practice 3:30-4:30	15 DIY- Crafts 3:00-5:00 Lushootseed Class 5-6:30pm	16 Basketball Practice 3:30-4:30 Youth Council 5-6pm	17 EARLY RELEASE TBA
20 Homework Help Teen Room 3:00-6:00	21 Craft Class 3:00 Drum Group 5pm Basketball Practice 3:30-4:30	22 DIY- Crafts 3:00-5:00 Lushootseed Class 5-6:30pm	23 CLOSED	24 CLOSED
27 Homework Help Teen Room 3:00-6:00	28 Craft Class 3:00 Drum Group 5pm Basketball Practice 3:30-4:30	29 DIY- Crafts 3:00-5:00 Lushootseed Class 5-6:30pm	30 Basketball Practice 3:30-4:30 Youth Council 5-6pm	



# SQUAXIN ISLAND HOLIDAY TOURNAMENT

**CO-ED 14-U & 11-U  
DECEMBER 16TH - 18TH 2017**

## Rules:

- \* **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**
- \* **8 teams in each age bracket**

**Tourney Registration  
Deadline:  
December 5th, 2017**

**\$250  
Entry Fee**

**Discount Hotel Rate At Little  
Creek Casino Resort  
Call 1-800-667-7711  
Mention - Squaxin Tourney  
Reservations must be made by  
November 11th, 2017**

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

**DRUG AND ALCOHOL FREE EVENT**

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

## GED Prep and Homework Support

Jamie Burris - Get all of your homework, projects and late work completed before Thanksgiving break! I am here to help you complete work, study, or help you find an engaging book to read for 20 minutes. I am in the upstairs classroom at the Education Building on Tuesday, Wednesday and Thursday from 4:00 – 7:00 p.m.

**Study tip of the month:** Create your perfect study area. The place where you study should be quiet, comfortable and free from distractions. Go to your room, close the door and kill as many distractions as possible – like music, television, and even the internet and your phone. If you don't have a room of your own that you can sneak away to, consider studying at the library or education center instead. You can go to [www.liveabout.com](http://www.liveabout.com) for more study tips.

GED preparation classes are up and running! I am here to help guide you along your individualized learning path Tuesdays, Wednesdays, and Thursdays 4:00 – 7:00 p.m. Come in and take a practice test to see where you are in your journey, what you still need to study or discover that you are ready to take the actual GED test!

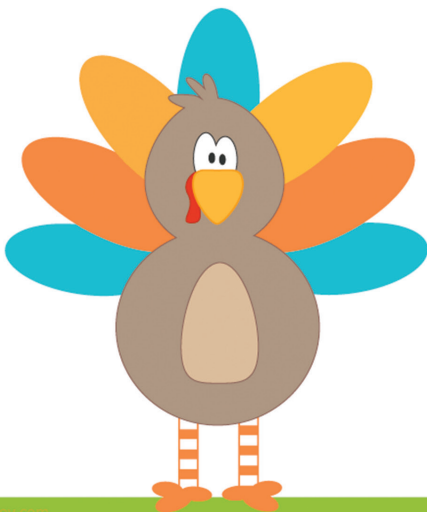
The GED test has 4 subjects: language arts (reading/writing), math, science and social studies. The test is made up of multiple choice, drag and drop, fill in the blank, short answer and extended response type of questions. Each test has a different amount of time allotted for it – ranging from 70 to 150 minutes. If you are a tribal member, the tribe will pay for your testing (saving you at least \$30 per test!)

GED study tip of the month: The best way to study for your upcoming GED tests is to study smart, not hard. To study smart, you need to:

- Understand what's on each of the 5 GED exams
- Focus on the material that you don't know or are not good at
- Develop a flexible study schedule
- Study when you are the most alert

For more GED study tips, go to: [www.test-guide.com](http://www.test-guide.com). For more GED information, go online at [www.ged.com](http://www.ged.com). I can be reached at [jbarris@mcclary.wednet.edu](mailto:jbarris@mcclary.wednet.edu).

happy  
thanksgiving



## It's Happening Here in November:

- **Thursday the 2<sup>nd</sup>** - Thankful Dinner from 3:30-5pm
- **Friday the 3<sup>rd</sup>** - Movie Night from 5-7pm
- **Shelton 3 Hour Early Release for Conferences**
  - **Monday the 6<sup>th</sup>** - Cooking Day - Learn how to cook some traditional dishes from 1:30-2:45pm
  - **Tuesday the 7<sup>th</sup>** - Beading from 1:30-2:45 & Join Craft Class with Family Services from 3-4pm
  - **Wednesday the 8<sup>th</sup>** - Pool Party from 2-3:45pm
  - **Thursday the 9<sup>th</sup>** - Storytelling & Weaving with Bobbie Bush from 1:30-3:00pm
- **Friday the 10<sup>th</sup>** - Veteran's Day - Open from 7:30am to 4:00pm
  - Field Trip to Kennedy Creek Salmon Trail from 9:45am-11:45pm
  - Help make Chili for Lunch
  - Learn how to make Bath Salt with traditional medicine
- **Friday the 17<sup>th</sup>** - Pool Party from 3:00-4:15pm

Have any questions, contact Jerilynn at 360-432-3992.

ppbackgrounds.net



## New Employees



**Alan Cooper**  
*Utilities Worker Trainee*

We welcome Alan Cooper as the new Utilities Trainee with the Maintenance team.



**Adrian Garcia**  
*Maintenance Tech*

We welcome Adrian Garcia to the Maintenance team.



**Laila Longshore-Smith**  
*Client Advocate*

Hi! I would like to take the opportunity to introduce myself as the Client Advocate in the Family Services Department. My first day was Monday, October 16th. I would like to thank the Squaxin Island Tribe for this wonderful opportunity. I look forward to serving the community.

My name is Laila Longshore-Smith. I am a Skokomish member. I have many brothers and sisters.

My family is Leclair, Miller, and Longshore. Ada Hyasman of the Quinault Tribe and Adam Leclair of the Cowlitz Tribe are my grandparents from my mother's side. My mother is Patti Leclair. My grandparents from my father's side are Charles Longshore of the Sac and Fox Tribes of Oklahoma and Antoinette Miller of the Skokomish Tribe. My father is Charles Longshore.

Alfred Smith is my significant other. I have five children, Kaylean (21), Jose (18), Alfred (12), Halis (9), and Cheyenne (7).

I live a very family-oriented lifestyle. My children are my number one priority. We enjoy going to the movies, bowling, camping, sports and participating in our community events.



**Malia Henry**  
*Office Assistant*

Hi! I just graduated from Shelton High School in June, and I am so proud to have the opportunity to continue working for Natural Resources.

I will be taking classes starting in the Winter quarter to graduate with an Associates Transfer Degree in Science, to then transfer to the Evergreen State College to graduate with my Masters of Environmental Science, and Administrative Tribal Government.

I am a Squaxin Island Tribal Member, but also have blood from the Quinault Tribe and the Yurok Tribe. I come from the Henry and Bagley family. My parents are Vincent and Margaret Henry. My grandparents are Marge Seymour, David Underwood, and Barbara Henry.

I am excited to learn more about our Treaty Rights and how we are preserving our Natural resources for future generations to come.

I look forward to working with you! See you around!



**Christina Gordon**  
*Dental Assistant*

Hi! I graduated from Dental Assisting School in 2005. My passion is oral surgeon assisting and patient care. I am a single mom to a 10 year-old little girl named Brooklyn.

I am excited about assisting the dentist in helping take care of patients' needs and helping them feel comfortable to make their dental visits enjoyable.

I look forward to meeting the patients and residents here at Squaxin Island.



**LeeAnne Kane**  
*Staff Attorney*

Hi! I'm joining the Legal Department as an Attorney. I'm originally from New Hampshire. I previously worked for the Colorado River Indian Tribes. My three dogs and I are looking forward to exploring the mountains and lakes of Washington. I'm excited to be part of the great Legal Department team!





## Employee Appreciation

The following employees are being recognized in appreciation for reaching a career milestone of continued support and service to the Squaxin Island Tribe:

### 5 Year Recipients:

David Babcock  
Linda Belcher  
Matthew Bell  
Darren Gossler  
James Gusler  
Amber Guzman  
Tara James  
Jeromy Meyer  
Christopher Ranger  
Fayanne Smith  
Waynette Tyler  
Richard Wells  
Joshua Whitener

### 10 Year Recipients:

Joy Anderson  
Tracy Bogart  
Arnold Cooper  
Benjamin Huffman  
Jill Kenyon  
Nathan Schreiner  
Dorinda Thein  
Judy Treischel  
Mitzie Whitener  
Michelle Wiley

We celebrate your continued support,  
initiative and service to the Squaxin Island Tribe.

### 15 Year Recipients:

Espie Austria  
Henry Dole  
Nicole Donais  
Kimberly Heller  
Rose Henry  
Tonya Nelson  
Adam Visser

### 20 Year Recipients:

Pamela Bartley  
JeNene Miller

### 25 Year Recipients:

Brooks Farrell  
Vince Henry Sr.  
Charlene Krise  
Julie Owens

### 30 Year Recipients:

• June Krise



## New Employee



### Gene O'Neil Bus Driver

Hi! I am retired from retail clerk and I drove for Pioneer School for 12 years. I live with my grandson, Allan, who is 20 years old.

I have enjoyed working with everyone since January and am happy to be on permanently.





# LIVING VETERANS



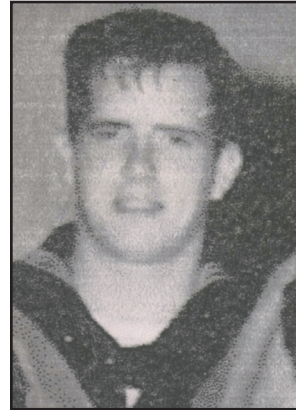
Moody Addison



Christopher Baller



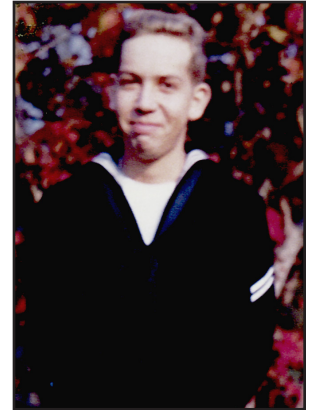
Charles Bloomfield III



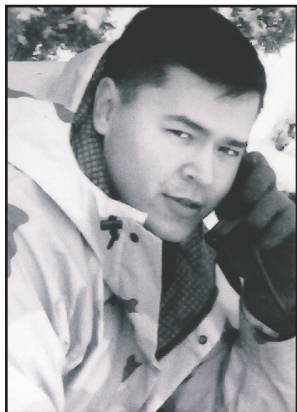
John Briggs



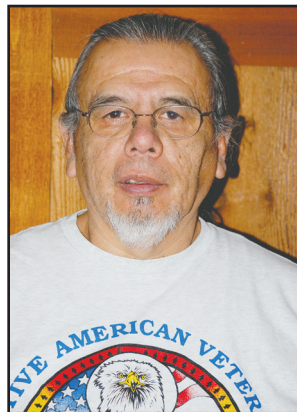
John Brown



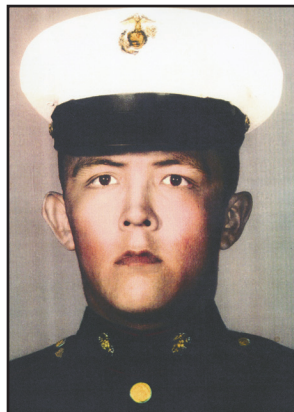
Gary Brownfield



Marvin Campbell



Donald Capoeman



Cecil Cheeka



Rusty Cooper



Dustin Greenwood



Christopher Henry



Jeffery Hoosier



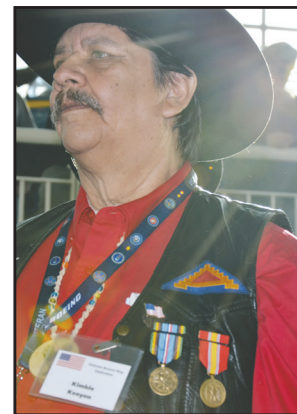
Robert James



Robert Jones



Sean Jones



Kimble Kenyon



John Krise, Sr.



Pete Kruger, Sr.



James Lister



Dennis Martin



Josh Mason



Francis Napoleon, Jr.



Marvin Newell



# LIVING VETERANS



Glen Parker



William Penn



Rick Peters



Steve Peters



William R Peters



Jan Pfundheller



Rusty Pleines



Mishell Saeger



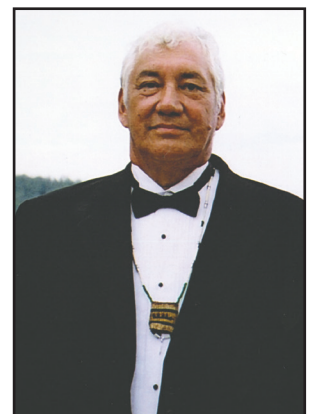
Joseph Seymour, Jr.



Jonelle Seymour



Martin Sequak



Dennis Sigo



Steve Sigo, Jr.



Gail Stephens



BJ Whitener



Donald Whitener



Ronald Whitener



Steve Witcraft

**Veteran's Day**  
**BBQ**  
Come honor our  
**Tribal Veterans on**  
**November 10, 2017**  
**11:30 a.m. - 1:00 p.m.**  
**Veteran's Memorial**  
**BBQ lunch**  
*Please bring a pie to share!*  
**Questions? Call the Tribal Center 360-426-9781**  
*In case of inclement weather, the event will be in the Elders Center.*



# DECEASED VETERANS



John Bagley



Dan Brown, Sr.



Dan Brown



Edward Brown



Henry Brown



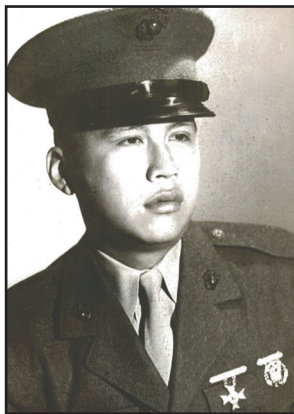
Joe Brown



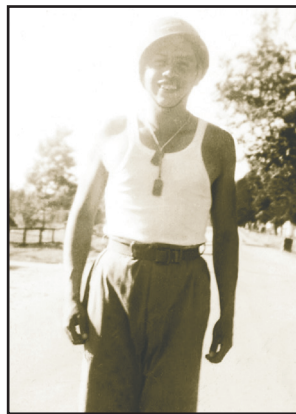
Don Brownfield



Vernon Capoeman



Earnst Cheeka



Francis Cooper, Sr.



Ron Dailey



Sallee Elam



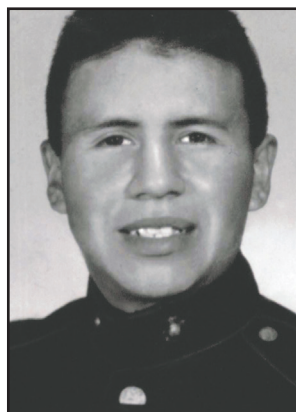
Elroy Ellerby



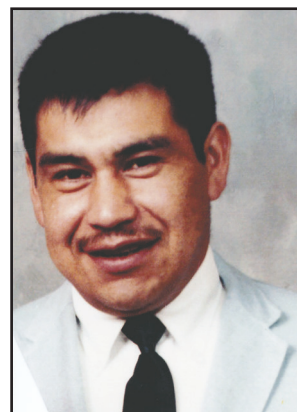
Harry Fletcher



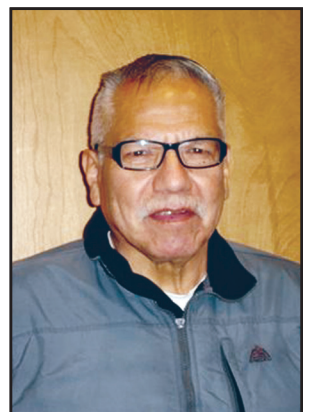
Wesley Fletcher



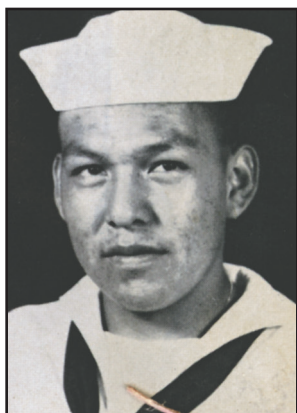
Billy Frank, Jr.



Ed Henry



Del C Johns



Richard Johns



Robert Johnson



Bruce Johnson



Darrel Krise



Delbert Krise



Frank Krise



# DECEASED VETERANS



Harvey Krise, Sr.



Harvey L. Krise, Jr.



James Krise



John E. Krise



Riley Alfred Lewis



Toby Lewis



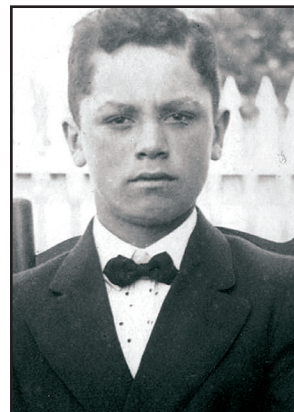
Dennis Martin



Phillip Martin



Louis Napoleon



Levi Parker



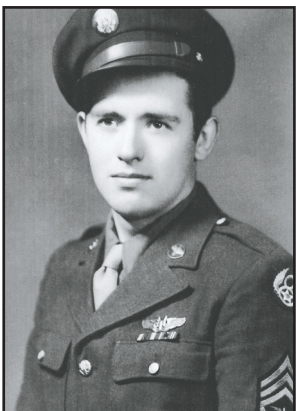
Vernon Parker



Cal Peters



Raymond Peters



William Peters



Dave Seymour



Joseph H. Seymour, Sr.



Brent Snipper



Dewey Sigo



Donald Whitener



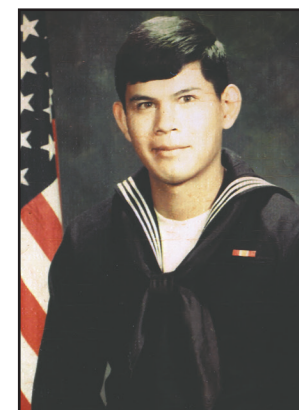
Joe Whitener



Dave Whitener, Sr.



Robert Whitener, Sr.



Wilson Whitener

## Photos Unavailable

Felix Capoean  
Andrew McCloud  
William B. Peters  
Dean Reeves, Jr.  
Edward Clapanhoo  
Lloyd Johns  
Arthur Martin  
Donald McCloud  
Melvin Napoleon



## Elders

A few of us Elders were able to visit Suquamish for their luncheon on September 21. A few of us came home with raffle or door prizes. Submitted by Rose Brownfield (for Kim Olson).



## Family Services Farewell Potluck

The Squaxin Island Family Services Department hosted a farewell potluck for Tribal Elder Paula Henry and Korrinna Jordan on October 13, 2017. Paula was the Healthy Families Home Visitor for the past 2 years working with the young mothers in our community. We will sure miss Paula; she is such a great person to know with a big caring heart and we all love her. Thank you for all the knowledge and wisdom you brought to Family Services and we wish you a very Happy Retirement Paula.

We were also sorry to see Korrinna Jordan leave us; she was the Family Justice Coordinator for Family Services and helped get the Family Justice Program up and running. Korrinna is a smart Native American with a law degree and a bright future ahead of her. Best wishes to her on her path.



## Sheri Peterson-Hale Hired as New Indian Education Para Tech

Hi! My name is Sheri Peterson-Hale, and I am a Skokomish tribal member. I have recently been hired as Indian Education Para Tech for the Shelton School District.

My time is divided between Olympic Middle School and CHOICE. I will be serving tribal students and families by providing support, encouragement, and being the "eyes" in the classrooms and hallways of my assigned schools!

This is my dream job; one that I have wanted all my adult life! I enjoy working with kids, and Indian education of all ages is my passion.

When I was a senior in High School, (back in the old days!) I was fading fast with the start of the new year. Lots of changes happened. A few of my friends had dropped out and I was wondering how bad I really wanted that diploma. Enter my Sister-In-Law/ Indian Education Counselor, Yvonne Peterson. She enlisted SHS Counselor, Linda Barner, and they caught me on a day I happened to not be skipping. Hey dawg, what up? Why are you not going to school? I told them I had registered late and hated all my classes and that my lunch schedule was off from my friends so I felt lonely at lunch time. Boom! My classes were changed and Ms. Barner made me her student assistant for the rest of the year. Problem solved, and these ladies made a huge difference in my life! The moral of the story is that it took just two concerned people to take action and make the world a better place for me, as a student. I knew they were behind me all the way and they paved the way to graduation with the class of '75!

In order to be part of the Indian Education Program a student must provide a completed 506 for that identifies tribal membership or descendency. The 506 form is where the funding from Indian Education comes from, so this is an important form.

Definition: Indian means any individual who is (1) a member (as defined by the Indian tribe or band) of an Indian tribe or band, including those Indian tribe or bands terminated since 1940, and those recognized by the State in which the tribe or band reside; or (2) a descendent in the first or second degree (parent or grandparent) as described in (1); or (3) considered by the Secretary of the Interior to be an Indian for any purpose; or (4) an Eskimo or Aleut or other Alaska Native; or (5) a member of an organized Indian group that received a grant under the Indian Education Act of 1988 as it was in effect October 19, 1994.

There is so much to learn in my position in these two schools, and I am enjoying meeting all the kids and staff. Though remembering their names is overwhelming! I want to recognize our Indian students, of all tribal nations in our tribal newsletters. But this month I have been busy just getting to know my way around. Most importantly is for you, parents and community members to know I am here for you and your student to help in any way I can. I can be reached at shale@sheltonschoools.org. Because my time is divided, e-mail is the best way to get in touch with me. You can try calling, CHOICE (360)426-7664 or Olympic Middle School (360)462-6671, extension 309. Be sure to leave a message if I am not there.

Trent Brown - Team Maple, has chosen Trent Brown as one of our Students of the Month! He has consistently been demonstrating the POWER standards in every class, and is always in good spirits!

AJ (Alonzo Johnny) Grant - after getting confused with his schedule change several days and being absent, AJ grant has been doing great and working diligently on his assignments in Technology! He has been putting his best foot forward and we are very proud of him for his efforts.

On Friday, October 20th, eight native students were qualifiers to attend a special tailgate party organized to reward their efforts in school fundraisers. These students are: Trent Brown, Kassidy Burrow, Marco Guzman, Sara Koshiway, April Snodgrass, Tiona Stoner, Keegan McCaslin, Tanalee Mendoza

These students were released early to participate in snacks and fun activities to reward their efforts. Way to be involved in your school!

I have enjoyed seeing the bright faces of your students and I look forward to a great school year! Hoyt!



## Effects of Bullying

Bullying can affect everyone—those who are bullied, those who bully, and those who witness bullying. Bullying is linked to many negative outcomes including impacts on mental health, substance use, and suicide. It is important to talk to kids to determine whether bullying—or something else—is a concern.

### Kids Who are Bullied

Kids who are bullied can experience negative physical, school, and mental health issues. Kids who are bullied are more likely to experience depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities they used to enjoy. These issues may persist into adulthood.

### Health complaints

Decreased academic achievement—GPA and standardized test scores—and school participation are big concerns. They are more likely to miss, skip, or drop out of school. A very small number of bullied children might retaliate through extremely violent measures. In 12 of 15 school shooting cases in the 1990s, the shooters had a history of being bullied.

## Bullying Survival Tips

According to [www.kidshealth.org](http://www.kidshealth.org), here are some tips to combat psychological and verbal bullying.

- \* Ignore the bully and walk away. Bullies thrive on the reaction they get. If you walk away or ignore hurtful e-mails or texts, you're telling the bully that you just don't care. Sooner or later the bully will probably get bored with trying to bother you.

- \* Practice confidence. Practice ways to respond to the bully through your behavior. Practice feeling good about yourself, even if you have to fake it at first. Walk with your head held high. Using this body language sends a message that you're not vulnerable.

- \* Take charge of your life. You can't control other people's actions, but you can stay true to yourself.

- \* Talk about it. It may help to talk to a parent, guidance counselor, teacher or anyone who can give you the support you need.

- \* Find your true friends. Find one or two true friends and confide how the gossip has hurt your feelings. Set the record straight by telling your friends quietly what's true. Hearing a friend say, "I know the rumor's not true," can help you realize that most of the time people see gossip for what it is.

## Bullying Is a Big Problem

Every day thousands of teens wake up afraid to go to school. Bullying is a problem that affects millions of students, and it has everyone worried, not just the kids on its receiving end. Yet because parents, teachers, and other adults don't always see it, they may not understand how extreme bullying can get.

Bullying is when a person is picked on over and over again by an individual or group with more power, either in terms of physical strength or social standing.

Two of the main reasons people are bullied are appearance and social status. Bullies pick on the people they think don't fit in, maybe because of how they look, how they act (for example, kids who are shy and withdrawn), their race or religion, or because the bullies think their target may be gay or lesbian.

Some bullies attack their targets physically, which can mean anything from shoving or tripping to punching or hitting, or even sexual assault. Others use psychological control or verbal insults to put themselves in charge. For example, people in popular groups or cliques often bully people they categorize as different by excluding them or gossiping about them (psychological bullying). They may also taunt or tease their targets (verbal bullying). Verbal bullying can also involve cyberbullying — sending cruel texts, messages, or posting insults about a person on Facebook or other social sites.



*Squaxin families are invited!*

**Join us for craft making class sessions  
with community artists**

**Participate in drum, song, and dance rehearsal  
or simply enjoy the atmosphere  
with just your presence**

***Craft Class and Meal  
provided by Family Services by the  
Building Strong Families Through Culture Program***

This is a drug, alcohol, cigarette, and e-cigarette free event

Any questions please contact  
Family Services 360.432.3906  
Jeremiah George 360.432.3968



## Great American Smokeout

Bobbie Bush, Tobacco Cessation Specialist - You may wonder, "What is this "GREAT AMERICAN SMOKEOUT," and why is it important for me or my family?" The Great American Smokeout event has helped dramatically change Americans' attitudes about smoking. These changes have led to community programs and smoke-free laws that are now saving lives across the country. This year the event takes place on November 16.


The annual Great American Smokeout events began in the 1970s, when smoking and secondhand smoke were common.

The idea for the Great American Smokeout grew from a 1970 event in Randolph, Massachusetts, at which Arthur P. Mullaney asked people to give up cigarettes for a day and donate the money they would have spent on cigarettes to a high school scholarship fund.

Then in 1974, Lynn R. Smith, editor of the Monticello Times in Minnesota, spearheaded the state's first D-Day, or Don't Smoke Day.

The idea caught on, and on November 18, 1976, the California Division of the American Cancer Society got nearly 1 million smokers to quit for the day. That California event marked the first Smokeout, and the Society took it nationwide in 1977. Since then, there have been dramatic changes in the way the public views tobacco advertising and tobacco use. Many public places and work areas are now smoke-free – this protects non-smokers and supports smokers who want to quit.

So, this maybe a day for you to stand in solidarity against the addiction of nicotine in the form of commercial tobacco products.



**Tuesday,  
November 14th 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:**  
**Patty Suskin 360 462-3224**  
or  
**Debbie Gardipee-Reyes**  
**360 462-3227, [gardipee@spipa.org](mailto:gardipee@spipa.org)**

USE EBT/SNAP

**Buy \$10 of Fruits  
& VEGETABLES**

**COMPLETE  
EATS**

FRESH • FROZEN • CANNED

**\$5**

Get a five dollar  
**COUPON**  
at the register!

[www.doh.wa.gov/CompleteEats](http://www.doh.wa.gov/CompleteEats)

**SAFEWAY**

Products must contain NO added fats, sugars or salt. Look for the Complete Eats logo in stores to find qualifying items. Complete Eats is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2015-70018-23357.

90682\_Marketing\_Complete Eats Partners FINI POS\_Flyer\_English

Sunny delight is  
not juice; it is  
"sugar water" –  
just like sodas &  
kool-aid.



Check the label & read where it says "ingredients". Sunny Delight ingredient list says: water, corn syrup, and 2% or less of the following juices: orange, tangerine, apple, lime, grapefruit.

Does the product say 100% juice? Check your label & only choose 100% juice.  
Even 100% juice should be limited .

### The American Academy of Pediatrics recommends the following:

- Breastmilk is the only nutrient to feed babies until age 4 to 6 months.
- Solid Foods can be introduced to infants after age 4 to 6 months.
- Offer your baby practice drinking from a topless cup starting at 6 months– by their birthday, they learn to use a topless cup.
- Fruits juice can be used as part of a meal or snack & should only be offered in a cup after age 1.
- To avoid cavities, do not allow your child or infant to sip juice throughout the day– offer plain water.
- Consider offering whole fruits instead of juice.
- Besides cavities, too much juice may cause diarrhea, obesity, " picky eater" because they may fill up on juice.

### 100% Juice recommendations (maximum):

under one year = none  
1 year to 6 years: 2 ounces (1/4 cup ) to 4 ounces ( 1/2 cup ) a day  
7 to 18 years: 8 to 12 ounces a day

### Suggestions:

- \* Dilute juice to mostly water & a few drops of juice.
- \* Offer water. If your tap water is not so good, consider a water filter on your tap, adding lemon, cucumber, or your own infused water ideas.



Consider drinking water an investment in good health for the entire family.



## The Life and Times of Paula Swan Krise

### *How Paula Is Surviving her Heart Attack and Words of Wisdom*

Submitted by Patty Suskin, Diabetes Coordinator - I was taking care of both my mom & my husband. My mother died, two weeks after that, my sister died. Then I took care of Leo for 5 more years. I held onto changes in my life to keep myself going. I quit smoking and drinking. I was working in pull tabs at Little Creek Casino.



So my comfort turned out to be food. I was drinking more than a gallon of pop a day and I never ate regular meals. I ate a lot of junk. I ate dinner at midnight & went to bed at 2:00 a.m. I got up to 215 pounds. I was overwhelmed with all the events in my life, and had a lot of anxiety attacks. Another stress was my trying to lose weight. Then I went to a women's wellness screening in San Diego & they told me to followup with my doctor as my numbers were high for my diabetes.

When I got back to our clinic, I was diagnosed with Type 2 Diabetes and I was given metformin to help control the blood sugars. I also was diagnosed with high blood pressure which meant more medication.

It was very hard to change my diet because I was not used to having to do that. Then I was told my A1c was 7 and was told about the problems that can

happen with a high A1c.

Then what scared me into changing was when the doctor said I may have to go on insulin. That got my attention.

So, I started changing my eating habits - I was eating 6 small meals a day, more vegetables and fruits. I got down to 170 pounds, but it didn't last.

With all the losses of family & friends, I started being aware of my eating.

Concerning my heart attack in July, I may not have been here if I hadn't started taking care of myself earlier.

What keeps me going? I feel better and I am motivated by the consequences if I go back to the less healthy ways.

The heart doctor's advice to keep my heart healthy was "No drive-up windows, no fried foods, no soda pop, no caffeine, no solid fats, no salt, no cholesterol." I'm a food label reader now, too. I am following that advice to stay alive. My A1c is now 6.0—a healthy number.

Because my heart is working at 39%, I can't afford not to be healthy. Now I weigh 155# and I feel great!

#### **Paula's advice to others:**

- Don't wait to have a heart attack or get medical problems before you make healthier choices.
- Start now with making small changes and keep making more changes to take better care of yourself. For example, eat more salads instead of a dessert, walk 15 minutes a day. You'll be surprised at how much better you feel even with little changes. Then you won't have such life & death restrictions all at once.
- You can make healthier choices with how you take care of your health now.

Later is now.

Thank you for your love and prayers!

Love you all,

Paula



## Diabetes Awareness Gathering

You're invited to find out  
about prediabetes and  
more

**Guest Speaker: Patty Suskin,  
Diabetes Coordinator**

**Monday, Nov 20th, 2017  
Right after Elder's lunch at Elder's  
Building  
12:30 to 2 pm**

**November is Diabetes Awareness Month**

**Everyone is welcome—  
those with Diabetes or not.**

Questions? Contact Patty Suskin,  
Diabetes Coordinator at (360)432-3929

## Important to Note

### REMEMBER

### WE HAVE A NEW PROVIDER

Betsy Johnson is available to see children and adults.

### FLU SHOTS

Call the clinic at 427-9006 to make an appointment.

### PURCHASE REFERRED CARE

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

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

## Numbers

Health Clinic	427-9006
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.)	



Foot Exam Day with Dr. Kochhar  
(Foot Doctor)

Friday, December 8th, 2017

1—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

**Happy.  
Active.  
Life as usual.**



**I am not a diabetic.  
I am a mother,  
auntie, sister, friend . . .  
a person with diabetes.**

**I am not defined  
by diabetes.  
I have learned to  
manage it,  
and my life goes on  
in a good way.**

**I am strong  
and confident.  
I will live a long,  
healthy life  
with diabetes.**

November is  
National Diabetes Month.  
Clip out this ad, keep for yourself,  
or give to a loved one.



Produced by IHS Division  
of Diabetes Treatment  
and Prevention,  
[www.diabetes.ihs.gov](http://www.diabetes.ihs.gov)



## We have the power to prevent diabetes

**W**e 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.”**

**GLENDATHOMAS 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



**NDEP** National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention



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 150 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

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

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 (1-888-693-6337)** or visit **[www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)** to get a free copy of Your GAME PLAN to Prevent Type 2 Diabetes.

**"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



## Diabetes Awareness Month

Be sure to check your feet!



Submitted by Patty Suskin, Diabetes Coordinator - Foot Exam Afternoon was October 13th. Thank you, Paula Swan Krise and others, for having your feet checked by Dr. Molina Kochhar, Podiatrist. If you have diabetes, make a habit of taking off your shoes & socks for all visits to our clinic so Tiff, Dr. Ott or Betsy, can check your feet each time you come to the clinic.

### Foot Care Tips for People with Diabetes:

1. Look at your feet every day for red or black spots, ingrown toenails, cracking, dry skin, sores, blisters, or cuts.
2. Keep your skin soft & smooth. Rub a thin coat of lotion or even olive oil over the tops and bottoms of your feet, but NOT between your toes.
3. Wear shoes & socks at all times. Never walk barefoot. Wear comfortable shoes that fit well & protect your feet.
4. Keep your blood sugars in line. General guidelines:  
Fasting: 80-110  
Two hours after meal: 80-140  
Bedtime: 100-140  
Hemoglobin A1C: under 7 %



## Adopt a Pet Com™

The Squaxin Island Tribe has been a valued partner with Adopt-A-Pet for many years. We communicate often with their Animal Control Officer Gus Nilsson to coordinate services and ensure that dogs found on tribal lands get care and find a home. ▶



## Adopt-A-Pet Offers Thanks for Grant from Squaxin Island Tribe

The Squaxin Island Tribe donates one percent of its gross profits from Little Creek Casino to local charitable organizations. Adopt-A-Pet is honored to have been chosen to receive a grant in 2017 to help us set up a new microchip program.

Adopt-A-Pet volunteers are committed to doing everything possible to ensure the health and safety of all the dogs we adopt to new owners. We want to make sure that these dogs do not find themselves lost again, with little hope of finding their owners or our kennel.

Traditional modes of identification, like pet tags or ID collars, need to be replaced regularly—and can slip off, be removed, or become hard to read—but microchips last for the life of the pet. A dog's microchip implant gives the dog the best chance of returning home to his owner or to our kennel.

The grant will also help pay for the computer where our volunteers will maintain records of all microchips implanted. Being able to pull up information about the microchip, the dog and the owner will make it possible for AAP to quickly reunite a lost dog with his family.

Adopt-A-Pet previously received a grant from the Squaxin Island Tribe in 2016, which enabled us to renovate a medical room in our shelter where our staff can administer vaccinations on-site. That room will now also be used as a quiet setting where we can implant the identity chips.

Starting early next year, every dog adopted through Adopt-A-Pet will have an identity chip implanted so that lost dogs can quickly be reunited with their families.

Thank you, Squaxin Island Tribe! We are grateful for your donations to help make Adopt-A-Pet stronger and more effective in providing services for local dogs and families.

# Happy Holidays

## All Property Maintenance- Landscaping and Cleaning



Contact: Larain

Phone Number: (360)451-4162

Email: l.algea1@gmail.com

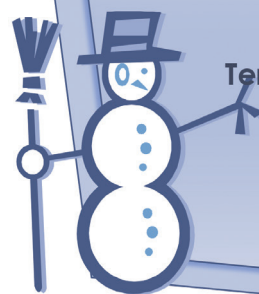
## Sponsor a Foster Child for Christmas

Squaxin Island ICW is currently looking for individuals or departments to sponsor a child/children that are in our care for Christmas. Let's help these children have a Christmas they will not forget!

Lyssa Wier at 360-432-3886 or  
lwier@squaxin.us

Or

Terri Capoeman at 360-432-3987 or  
tcapoeman@squaxin.us





## November Happy Birthdays

1  
Kimberly RayeAnn James  
Wesley Arthur Fletcher

3  
Juanita Catherine Pugel  
Rickie Leigh Ramage  
Roxsanne Rene White  
Shannon Rae Bruff

4  
Twana Remedios Machado

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

6  
Keerah Lynn Brown  
Laura Lee Smith  
Terri Louise Capoean  
Thomas Richard Peterson

7  
Anthony John Furtado  
Cyrus Austin Little Sun  
Elijah Wilson Blueback-Robinson  
Russel W. Cooper  
Thelma Janine Shea

8  
David Wayne Whitener Jr.  
Tammi L. Birchall

9  
Dillon David Decicio  
Jefferey Allen Blueback  
Kyler Matthew Guzman  
Malena Rose Herrera  
Mickey Lee Hodgson

10  
Calvin Von Peterson  
Jolene Sandra Jones  
Monique Abigail Pinon  
Virginia May Berumen

11  
Benjamin James Sayers  
Carlo Kenneth Kenyon McFarlane

13  
Arya Erika Johns  
Carver Haitwas Sigo  
Rachel Marie Parker  
Ryan Dee Fox  
Turumi Michelle Bush

14  
Mary Elizabeth Mosier

15  
Richard Karl Peters

16  
Bennett Percy Howard Henry  
James Edward Orozco  
King Julious Tom  
Tammy Ruthann Peterson

17  
Casey Lee Lacefield  
Elizabeth Ann Heredia  
Jennifer Lee Johns  
Laura E. Snyder

18  
Ethan Edward Pugel  
Joseph Chetwoot Peters  
Taeahni Emilion Fox

19  
Lucille Arlene Quilt

20  
Connie R Uribe  
Jason Lawrence Kenyon  
Lily Nicole Harris  
Nathan Allen Nunes  
Samantha C. R. Smith

21  
Aleta C Poste  
Bianca Angelina Saenz-Garcia  
Vincent Gene Henry Sr.

22  
Lahai'la Naomi - Marie Greenwood  
Olivia Lauren - Phu Korndorfer  
Susan Colleen McFarlane

23  
Candee Graywolf Gillette  
Delores Del Johnson  
Diane Irene Deyette  
Lyssa Renee Wier  
Steven M. Dorland

24  
Arellys Leigh'ann Francisco-Coley  
Cecily A. Neilsen  
Joseph Hugh Seymour Jr.  
Michael Aaron Parker

25  
Terry Nakai Tahkeal

26  
Candace Olivia Penn

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

28  
Ila Mae Ball  
Redwolf Wilson Krise II

29  
Mark Allen Peters  
Sarah Elizabeth Thornton  
Tyler Eric Burrow

30  
Carol Ann Hagmann





## 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  
Skookum Creek Tobacco Board



### Council Rep.

Arnold Cooper, Vince Henry, Vicki Kruger  
None  
None  
None  
Charlene Krise  
None  
None  
Vicki Kruger  
None  
Arnold Cooper, Vicki Kruger, Charlene Krise  
Bev Hawks  
Arnold Cooper  
Arnold Cooper  
Vinny Henry

### Staff Rep.

Kris Peters  
Tammy Ford  
Rene Klusman  
  
Rhonda Foster  
Kevin Lyon  
Glen Parker  
Kris Peters  
  
Charlene Krise  
Leslie Johnson  
Dave Johns  
Mike Araiza

### 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

<b>Smoking Cessation Classes</b> Tuesdays (Adult 5-7 ) & Wednesdays (Adult noon & Teen 3:15-4:15)			1	2 <i>Pool Open House</i>	3	4
<b>AA &amp; ALANON</b> Wednesdays 7:30			Elders Committee	Family Court	<i>MLRC and Elders Holiday Bazaar</i>	<i>MLRC and Elders Holiday Bazaar</i>
5	6	Criminal/Civil Court	8 Aquatics Committee	9	<i>Veterans Day Event</i> 10	11
			Golf Advisory Committee	<i>Tribal Council</i>	Education Commission	
					SPIPA Board of Directors	
12	13	14 <i>TLC Christmas Celebration</i>	15	16	17	18
	Child Care Board of Directors	Enrollment Committee				
19	20	21	22	23	24	25
<i>Love for the Holidays Shopping Event</i>	Gaming Commission	Criminal/Civil Court		<i>Happy Thanksgiving!</i>	<i>LCCR Holiday Bazaar</i>	<i>LCCR Holiday Bazaar</i>
26	27	28	29	30	<b>Building Strong Families Through Culture and Drum Group</b> Tuesdays 3-5	
<i>LCCR Holiday Bazaar</i>		Tobacco Board of Directors				



Elders Menu . . . Fruit and salad at every meal

<b>1st - 2nd</b> WEDNESDAY: Burger dips, potato wedges, broccoli  THURSDAY: Baked chicken, rice pilaf, brussel sprouts	<b>13th - 16th</b> MONDAY: Twice baked potato casserole, peas  TUESDAY: Tomato basil w/ raviolini soup, ham and cheese sandwiches  WEDNESDAY: Chalupas  THURSDAY: Casino Buffet
<b>6th - 9th</b> MONDAY: Bratwurst, potato salad  TUESDAY: Taco soup, turkey sandwiches  WEDNESDAY: Chicken pot pie  THURSDAY: BBQ ribs, mac-n-cheese, baked beans	<b>20th - 23rd</b> MONDAY: Sausage pasta bake, peas & carrots, biscuits  TUESDAY: Chili, corn bread  WEDNESDAY: Turkey, mashed potatoes and gravy, green bean casserole, rolls  THURSDAY: Closed for Thanksgiving

<b>27th - 30th</b> MONDAY: Chicken burgers, tater tots  TUESDAY: Italian sausage & potato soup, meatball subs  WEDNESDAY: Stuffed bell peppers  THURSDAY: Roast, white rice w/ gravy, spinach, rolls
---



Love For The Holidays

12pm-4pm  
November 19th

Get a jump on your holiday shopping and come join multiple product consultants

LuLaRoe  
Paparazzi  
Scentsy  
Pampered Chef  
Lip Sense  
And More!!

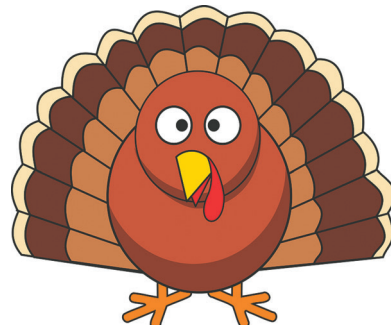
Squaxin Community Kitchen  
50 E Squaxin Ln  
Shelton, WA 98584

**Thank you so much**  
Thank you to everyone who supported the fund-raiser for BJ Whitener. He will have a nice place to stay in Seattle near the hospital while his wife has surgery. Thanks so much, Gloria and John Krise, for planning and implementing the dinner and to Antonio Ochoa for cooking the meal. Through the dinner fund-raiser, John and Gloria were able to raise \$400. Please keep Leanna in your prayers as she has a long road ahead of her. Please watch for other fund-raisers coming up in the near future as she goes through radiation treatment.

Committees and Commissions Listed on Calendar

Committee and Commissions	Council Rep.	Staff Rep.	Meetings
Aquatics Committee	Arnold Cooper	Jeff Dickison	2nd Wednesday in Feb., May, Aug., Nov.
Elders Committee	Charlene Krise	Traci Coffey	1st Wednesday or Thursday
Enrollment Committee	Charlene Krise	Tammy Ford	2nd Tuesday
Fish Committee	Vicki Kruger	Joseph Peters	2nd Wednesday in March, June
Golf Advisory Committee	Arnold Cooper	Kris Peters	2nd Wednesday or Thursday
Hunting Committee	Arnold Cooper	Joseph Peters	2nd Tuesday of July, Oct., Jan., April
Shellfish Committee	Vince Henry	Eric Sparkman	1st Wednesday of March, June, Sept., Dec.
Education Commission	Steven Dorland	Gordon James	2nd Friday
Gaming Commission (TC 6.08.090)	Per Tribal Code None	Dallas Burnett	3rd Monday
Housing Commission	Arnold Cooper	Richard Wells	1st Friday
Child Care Board of Directors	Vicki Kruger & Charlene Krise	Bert Miller	2nd Monday
Tobacco Board of Directors	Vacant	Ray Peters	4th Tuesday
Utilities Commission (TC 11.08.010)	None	Vacant	1st Thursday
SPIPA Board of Directors	Vicki Kruger	Patti Puhn	2nd Friday

Happy Thanksgiving!



m

**TRIBALNET** magazine  
FALL 2017  
A PUBLICATION FOR TECHNOLOGY MINDED PROFESSIONALS IN TRIBAL GOVERNMENT, TRIBAL HEALTH, TRIBAL GAMING AND NON-GAMING TRIBAL ENTERPRISES

**REPLACE COMPLACENCY WITH ACTION**

**DON'T LET THE FUTURE PASS YOU BY**  
See Inside for Tips to Avoid the Complacency Rut

**IT FOCUS AREAS**  
Including SECURITY, LEADERSHIP, CASINO and HEALTH

**RECENT AGENCY UPDATES**  
Hear the latest from DHS, FCC, IHS and more

**GET READY FOR SPARKS TO FLY**  
TribalNet Conference and Tradeshow 2017

...and **Q+As**  
PATRON ENGAGEMENT

101 Club  
Week Long  
Engaging Energy &  
**Fun!**

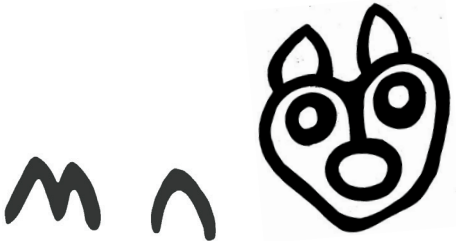
**\$2,500 Big Giveaway**

**\$1,000 Conference Giveaway**

Facebook & Twitter

TJ

**Everybody Loves TJ**  
Our Tribal Network Administrator, TJ Berry, was featured in TribalNet Magazine (a publication for technology minded professionals in tribal government, tribal health, tribal gaming and non-gaming enterprises) after winning an armadillo race at the TribalNet annual conference. Way to go TJ, always willing, fun, professional, knowledgeable and helpful!



**BINGO BLACK FRIDAY**

**Thursday • November 16<sup>th</sup>**  
Doors Open 4:30pm | Early Birds 6pm | Session Starts 6:30pm

**Friday • November 17<sup>th</sup>**  
Daubin' in the Dark Black Light Bingo  
Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

**Saturday • November 18<sup>th</sup>**  
Doors Open 9am | Early Birds 11:30am | Session Starts 12pm  
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

**Sunday • November 19<sup>th</sup>**  
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

There will be drawings for **BLACK FRIDAY** items at all sessions  
Donate a new toy and receive a free 3-on  
Donate a second new toy for an extra drawing ticket

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

**LITTLE CREEK CASINO • RESORT.**  
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

**NOVEMBER 17 | OPEN @6PM**  
**EARLY BIRDS @8PM | SESSION @8:30PM**

**BINGO DAUBIN IN THE DARK**

**OVER \$7,900 IN PAYOUTS**

There will be drawings for **BLACK FRIDAY** items at all sessions  
Donate a New Toy for an extra drawing ticket

**\$400 payouts for 4-ons | \$500 payouts for 6-ons**  
**\$1,199 black out**  
with a \$500 lead up. Buy-in is \$50

**Cocktail SPECIALS**

**LITTLE CREEK CASINO • RESORT.**  
LITTLECREEK.com

**Live DJ Spinning at 7:30pm**

**Ages 21 and over only.**

See Keno or call (360) 427-3005 for more details  
\$79 room rates during bingo sessions!