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.”

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**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.
Community

Squaxin Island Museum
Holiday Bazaar

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

No Admission Fee

Raffle, baked goods, Indian tacos, fry bread & chowder
bouquet, 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

Save the Date
Annual Youth Christmas Celebration
At the TLC

Thursday, December 14th
From 5:00-7:00pm

SQUAXIN ISLAND TRIBAL NEWS
10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
TOLL FREE: 877.586.3649
FAX: (360) 426-6577
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

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
Community

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 proceeded 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 Haggman 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.

FREE Wills for Squaxin Tribal Members 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. His 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.

1 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 their 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

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<th>Monday</th>
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<tr>
<td>6 SSD – 3 HR ER Rec Rm: 11:45-6pm Team Building: 5-6pm Open Gym: 11:45-6pm</td>
<td>7 SSD – 3 HR ER Rec Rm: 11:45-6pm Drum Group: 5-6pm Open Gym: 11:45-6pm</td>
<td>1 GSD-ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL – Away Game Open Swim: 3-6pm</td>
<td>2 Rec Rm: 3-6pm Thankful Dinner 4-5pm Open Gym: 4:30-6pm JR/HS Bball: 3:30-4:30pm</td>
<td>3 Rec Rm: 3-6pm Movie Night: 5-7pm Open Gym: 3-6pm Open Swim: 5-8pm</td>
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<td>13 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm</td>
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<td>8 SSD – 3 HR ER GSD-ER @ 2:30pm WHL- ER @ Noon Rec Rm: 11:45-6pm Arts-n-Crafts: 5-6pm Open Gym: 11:45-6pm Open Swim: 3-6pm</td>
<td>9 SSD – 3 HR ER WHL- ER @ Noon Rec Rm: 11:45-6pm Crafty Kitchen: 5-6pm Open Gym: 11:45-6pm Open Swim: 3-6pm</td>
<td>10 No School Rec Rm: 7:30-4pm Kennedy Creek &amp; Chili Cook-off Open Gym: 7:30-4pm Open Swim: 5-8pm</td>
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<td>20 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm</td>
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After School Snacks: Computer Lab: Sylvan: Homework Help, GED Prep: M-F 3-4:45pm M-Th 3-7, F 3-5pm M-Th 4:30-6:30pm T-TH 4-7pm

ER = Early Release
WHL = Wa-He-Lut Indian School
SSD = Shelton School District
GSD = Griffin School District

I.T.B. – Inter-Tribal B-Ball
High School: 9-12 Grade
Middle School: 7-8 Grade
Elementary: 4-6 Grade

All activities are drug, alcohol and tobacco free.
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.

November

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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 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. For more GED information, go online at www.ged.com. I can be reached at jburris@mccleary.wednet.edu.
New Employees

Christina Gordon  
Dental Assistant

Hi! I graduated from Dental Assisting School in 2005. My passion is oral surgery 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!

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!

Human Resources
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
- Jeremy 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
- Darinda 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
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 Capoeman  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@sheltonschools.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 Snodgress, Tiona Stoner, Keegan McGaslin, 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, 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.
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.

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

Tuesday, November 14th is WIC DAY at SPIPA

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 follow up 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

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 Assisters to help you sign up for state medical insurance benefits and renewals.

Numbers

Health Clinic 427-9006
Purchase Referred Care 432-3922
(Formerly Contract Health Services)
Pharmacy 432-3990
Dental 432-3881
Behavioral Health 432-1582
(Chemical dependency counseling, mental health)
(one-on-one, group, assessments, etc.)
Health Clinic

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

We have the power to prevent diabetes

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

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

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

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

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

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

TOM JOHN
SENECA

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

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

JOSEPHINE MALEMUTE, RN
ATHABASCAN

NDEP National Diabetes Education Program
A program of the National Institutes of Health and the Centers for Disease Control and Prevention

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 NIDDK Division of Diabetes Treatment and Prevention.
www.diabetes.niddk.nih.gov
HEALTH CLINIC

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

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

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

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

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

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

RALPH FORQUERA
JUANEÑO BAND OF CALIFORNIA INDIANS

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

YVETTE ROUBIDEAUX, MD
ROSEBUD SIOUX

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 %
Community

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.
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 Capoeman
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
Jeffrey 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
Dolores Del Johnson
Diane Irene Deyette
Lyssa Renee Wier
Steven M. Dorland

24
Arelays Leigh’ann Francisco-Coley
Cecily A. Neilson
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 and Commissions

<table>
<thead>
<tr>
<th>Committee and Commissions</th>
<th>Council Rep.</th>
<th>Staff Rep.</th>
<th>Months</th>
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<td>Arnold Cooper, Vince Henry, Vicki Kruger</td>
<td>Kris Peters</td>
<td>Feb., May, Aug., Nov.</td>
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<td>Tammy Ford</td>
<td>March, April, May</td>
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<td>Explorers Program Committee</td>
<td>None</td>
<td>Rene Klusman</td>
<td>May and June</td>
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<td>Fireworks Committee (TC 6.04.040)</td>
<td>None</td>
<td>Rhonda Foster</td>
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<td>Gathering Committee</td>
<td>None</td>
<td>Kevin Lyon</td>
<td>Not currently meeting</td>
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<td>Law Enforcement Committee, Law and Order</td>
<td>None</td>
<td>Glen Parker</td>
<td>June and August</td>
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<td>Veterans' Committee</td>
<td>None</td>
<td>Kris Peters</td>
<td>As needed</td>
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<td>Budget Commission</td>
<td>Arnold Cooper, Vince Henry, Vicki Kruger</td>
<td>Charlene Krise</td>
<td>Sept., Dec., March, June</td>
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<td>Leslie Johnson</td>
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<tr>
<td>Skookum Creek Tobacco Board</td>
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### What's Happening

#### Smoking Cessation Classes
- Tuesdays (Adult 5-7) & Wednesdays (Adult noon & Teen 3:15-4:15)

#### AA & ALANON
- Wednesdays 7:30

#### Criminal/Civil Court
- Enrollment Committee

#### Aquatics Committee
- Golf Advisory Committee

#### Tribal Council
- MLRC and Elders Holiday Bazaar

#### Veterans Day Event
- Education Commission

#### SPIPA
- Building Strong Families Through Culture and Drum Group
- Tuesdays 3-5

#### Happy Thanksgiving!
- LCCR Holiday Bazaar

#### Building Strong Families Through Culture and Drum Group
- Tuesdays 3-5
Elders Menu . . . Fruit and salad at every meal

1st - 2nd
WEDNESDAY:
Burger dips, potato wedges, broccoli

THURSDAY:
Baked chicken, rice pilaf, brussel sprouts

6th - 9th
MONDAY:
Bratwurst, potato salad

TUESDAY:
Taco soup, turkey sandwiches

WEDNESDAY:
Chicken pot pie

THURSDAY:
BBQ ribs, mac-n-cheese, baked beans

13th - 16th
MONDAY:
Twice baked potato casserole, peas

TUESDAY:
Tomato basil w/raviolini soup, ham and cheese sandwiches

WEDNESDAY:
Chalupas

THURSDAY:
Casino Buffet

20th - 23rd
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

27th - 30th
MONDAY:
Chicken burgers, tater tots

TUESDAY:
Italian sausage & potato soup, meatball subs

WEDNESDAY:
Stuffed bell peppers

THURSDAY:
Roast, white rice w/ gravy, spinach, rolls

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

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

Love For The Holidays
12pm-4pm November 19th
Get a jump on your holiday shopping and come join multiple product consultants

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.
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!