Squaxin Information Services Department Receives TribalNet Award

November 15, 2018 – Squaxin Island was one of two tribes nationwide whose information technology (IT) teams received an industry award from TribalNet.

The organization’s website states, “TribalNet was formed in 1999 with the primary purpose of bringing tribes, tribal employees, and resources together. We have grown to be THE platform to connect and seek opportunities in solutions, best practices and technology among tribal gaming, government and healthcare.” Through the annual conference, year-round membership, magazine and industry partnerships, TribalNet is an industry resource connecting technology leaders at tribal organizations, health facilities, casinos and enterprises nationwide with technology solution providers specific to the industry. For more information, visit TribalNet online at: www.tribalnetonline.com

One award recipient was named in each of the following categories: Tribal Business/Enterprise and Tribal Government and Member Services.

The Squaxin Island Tribe Information Services Department received the award in the Tribal Government and Member Services category. It was recognized for the work it did to create a dark fiber network to connect all locations with enough bandwidth to administer their entire valley.

“A recognition like this is universally understood by all,” said Morgan Rothrock, Squaxin Island Tribe IT Manager. “It helps to build trust with our decision makers, that even without fully understanding they still listen, thus improving the overall relationships we have with all of our stakeholders as we work to build meaningful and purposeful collaboration.” Morgan Rothrock, IT Manager Squaxin Island Tribe.

Awards were presented during a luncheon ceremony held on November 7th at the Hard Rock Hotel and Casino in Las Vegas, Nevada during the 19th Annual TribalNet Conference and Tradeshow.

Squaxin Island Tribal Council invites tribal members and their spouses to the

Winter General Body Meeting

Saturday, January 19, 2019
9:00 a.m. in the
Squaxin Community Kitchen

Any questions? Please call 360-426-9781
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 KRIS: Vice Chairman
JEREMIE WALLS: 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

Want to learn how to respond to and assist the community in any emergency situation?

Volunteer to be a part of the Community Emergency Response Team - It is a way for our community to meet the demands in small or large emergency situations. It represents “best practices” and has become the standard for emergency management across the country. This system will be used for planned events, natural disasters, and acts of terrorism.

Please Join Us for Saturday Disaster Recovery Trainings 8:00 a.m. - 4:00 p.m.
December 8 FEMA 100 and 200 series
January 19 FEMA 700 and 800 series
February 16 Squaxin 100 series
March 16 Squaxin 200 series

You may be our HERO in case of an emergency!

For additional information please contact:
John Taylor at 360-463-0903 or jtaylor@squaxin.us
OR
Diane Deyette at 360-432-1771 ext. 0 or ddeyette@squaxin.us
**Personal Emergency Preparedness**
Sadie Whitener - In September, which is also National Disaster Preparedness Month, several community members received training and Squaxin Island's first Community Emergency Response Team (CERT) was created. When a significant event happens, we now have folks who can jump in to help. We plan to offer additional training next year to more community members and tribal employees.

**What are the most likely events that would affect our community?**
Severe weather, an earthquake, or fire are all possible emergency events that could affect our community. The first priority for any of us is always going to be the safety and well-being of our own families, pets, and homes. In the next few months, we will offer tips to help with personal and home preparedness. Good preparations today can decrease fear, reduce losses, and speed recovery in a time of disaster.

**The first step is to prepare a family plan**
- Talk to family members about why you need to be prepared for disasters.
- Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
- Find out about the disaster plans at your workplace, your children’s school or daycare, and any other places your family frequently visits.
- Ask an out-of-area relative or friend to be your family contact. It is often easier to text or call long distance following a disaster.
- Discuss what to do in an evacuation. Include care for your pets.
- Pick two places to meet:
  - Right outside your home in case of fire.
  - Outside your neighborhood in case you cannot return home.
- Set aside a day each month to complete a project to be prepared at home if you can’t get out due to weather conditions – Do you have extra water and food? Could you survive for several days? Mark a day on your calendar and make it a priority. Preparing for disasters is a long-term goal. To make this task manageable, choose just two or three items that you will purchase or work on each month. Spend a little time organizing things you already have and would need during a disaster or special items you would want to take with you if you had to evacuate.

**How much water should I store?**
Three gallons for each person in your household is the minimum amount required to take care of drinking, cooking, and hygiene needs for the first 72 hours of a disaster.

The Squaxin Island CERT meets twice monthly. Join us at 4:00 p.m. on the first Wednesday each month or at 2:00 p.m. on the third Wednesday each month at the Community Kitchen to learn more.

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**Artists**
We Need a Logo for the Squaxin CERT!
Drop off your submissions to Millie at the Tribal Center front desk

**Closing Date:** January 10, 2019

**For additional information please call:**
John Taylor at jtaylor@squaxin.us or 360-463-0903
or
Diane Deyette at 360-432-1771 ext. 0 or email ddeyette@squaxin.us
**Veterans Day Celebration**

Veterans were honored at a special celebration held at the Community Kitchen on November 12th. Veterans Committee Chairman Glen Parker and long-time committee member Alene Whitener - both instrumental in development of the Veterans Memorial - were blanketed for their many years of service. Ann Parker - also a long-time Veterans Committee member and the driving force behind a soon-to-be-distributed book of tribal veterans - was gifted with a ceremonial bowl embellished with a Northwest Coast Native design. All committee members were gifted with a cedar rose and tribal veterans received a commemorative coin. Each Veteran who attended the celebration was gifted with a ‘challenge coin’ in appreciation for their service to our country. The medallion, pictured at the bottom of Page 5, offered a “Thank you for serving” with an American flag on one side and “Squaxin Island Veteran” with our tribal logo on the other side. Veterans who were unable to attend may contact Patti Puhn in Executive Services to make arrangements to receive a coin.
Youth Council Fundraiser

Squaxin Youth Council - We would like to thank everyone who attended the breakfast fundraiser on November 4th! We would like to also raise our hands to IEI, Skookum Construction, Little Creek Casino Resort, Squaxin Island Tribal Council, MLRC, Arnold Cooper, Greg Lehman, Cecil Capoeman, Sally Brownfield, Bev Hawks, Vince & Margaret Henry, Patricia Wallace, Ladean Johnson, Danny Snyder, Charlene Krise, Mary Hernandez, and Redwolf Krise for donating items to our silent auction. Without your support we wouldn't have been able to be as successful as we are. The breakfast was well attended and we appreciate Laurel Wolff coming back to our first fundraiser without her. Over all the Youth Council raised $4,000! Thank you to all the tribal employees and community members for supporting this event! A special thank you shout to Amanda Hernandez, Dave Hernandez, Bobbi Brown, Audelia Araiza and Jaimie Cruz for assisting the youth in being able to host this fundraiser.
Chuan Orr  
Systems Administrator
Hello everyone! My name is Chaun Orr, and I am the newest member of the IS department. I have spent the last 8 years with the Airforce and the NSA doing various jobs from Intelligence to Cyber Security. I have a bachelor's in Computer Network & Security, two wonderful children, and a love for technology. In my free time I enjoy learning about technology & security, livestreaming on Twitch, traveling and cooking. I am excited to get to know everyone. Thank you all for the warm welcomes!

Congratulations  
New Home Owners!

Diane Deyette  
Lisa Johns  
Amber Guzman  
Janita Raham  
Patrick Whitener  
Susan McFarlane  
& More

Thank you to the Tribal Council, Housing Commission, Department of Community Development, Legal Department, and Finance Department!

Over the past year, Tribal Council, the Housing Commission, and the staff of these departments worked diligently to develop and implement a new Homeownership Program. The Council approved the new program on December 14, 2017 and amended the program on August 9, 2018. The first home under the new Homeownership Program was purchased on October 15, 2018 and houses continue to be purchased. You may be eligible to purchase your single-family rental home too! If you are interested in purchasing your rental home, please contact the Office of Housing to learn more about the program and for the application.

Happy Holidays
**Higher Education Updates**
Mandy Valley - Higher Education students - I hope everyone had a very successful fall quarter/semester! Remember to send in: your final grades, your new class schedule for winter quarter/spring semester, any receipts you have, and your completed Memorandum of Commitment for the new quarter/semester. The paperwork for your Squaxin higher education award cannot be processed until your file has been updated. If you don’t submit your documentation timely, the paperwork for your higher education award may not be processed until January 2nd – which could affect your school schedule. If you have any questions, I can be reached by phone at 360-432-3882 or by email mvalley@squaxin.us. I hope everyone has a wonderful holiday season!

**GED Prep and Homework Support**
Jamie Burris - Homework support and GED preparation classes continue in December. I will be in the TLC classroom to help you on Tuesday and Wednesday, from 4:00 p.m. - 7:00 p.m. Please note there are no classes during school breaks, but classes will resume after the New Year.

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!). For study tips, go to: www.test-guide.com. For more information about homework support or GED prep, please contact me at jburris@mccleary.wednet.edu.

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**Squaxin Youth Education, Recreation and Activities Calendar**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>Rec Rm: 3-6pm</td>
<td>Rec Rm: 3-6pm</td>
<td>GSD-ER @ 2:30pm</td>
<td>Rec Rm: 3-6pm</td>
<td>SSD-1.5 HR ER</td>
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<tr>
<td>Team Building: 5-6pm</td>
<td>Drum Group: 4:45-5:30pm</td>
<td>Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm</td>
<td>Crafty Kitchen: 5-6pm</td>
<td>Rec Rm: 1:30-6pm Pool Party: 3-4:30pm</td>
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<td>Open Gym: 3-4:30pm</td>
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<td>ITL – Bye Week</td>
<td>Open Gym: 3-4:30pm</td>
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<td>Rec Rm: 3-6pm</td>
<td>Rec Rm: 3-6pm</td>
<td>GSD-ER @ 2:30pm</td>
<td>Closed for our Annual Youth Christmas Party 5-7pm</td>
<td>Rec Rm: 3-6pm</td>
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<tr>
<td>Team Building: 5-6pm</td>
<td>Drum Group: 4:45-5:30pm</td>
<td>Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm</td>
<td>5-7pm</td>
<td>Fun Day Friday: Movie Night 5-7pm</td>
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<td>Rec Rm: 3-6pm</td>
<td>Rec Rm: 3-6pm</td>
<td>GSD-ER @ 2:30pm</td>
<td>Winter Break</td>
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<td>Team Building: 5-6pm</td>
<td>Drum Group: 4:45-5:30pm</td>
<td>Rec Rm: 7:30am-6pm Arts-n-Crafts: 5-6pm</td>
<td>Rec Rm: 7:30-4pm Pool Party 10:30-12:00pm Salish Cliffs: 1:2:30pm</td>
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<td>Tribe Closed</td>
<td>Tribe Closed</td>
<td>No School</td>
<td>Rec Rm: 3-6pm Crafty Kitchen: 5-6pm</td>
<td>Rec Rm: 3-6pm</td>
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**After School Snacks:**
**Computer Lab:**
M-F 3-4:45pm
M-Th 3-7, F 3-5pm

**Sylvan:**
M-Th 4:30-6:30pm

**Homework Help, GED Prep:**
T-TH 4-7pm

<table>
<thead>
<tr>
<th><strong>BR = Early Release</strong></th>
<th><strong>LTB = Inter-Tribal B-Ball</strong></th>
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<tbody>
<tr>
<td>WHI = Wa-He-Lut Indian School</td>
<td>High School: 9-12 Grade</td>
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<tr>
<td>SSD = Shelton School District</td>
<td>Middle School: 7-8 Grade</td>
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<tr>
<td>GSD = Griffin School District</td>
<td>Elementary: 4-6 Grade</td>
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</table>
Afterschool Program Reminders
Jerilynn Vail-Powell - We have a few reminders as we come to the end of the year:

• If you want your child to do something different than what you have checked off on the back of the registration form, please call the Rec Room or Jerilynn to let us know. Helping us keep up with the changes you would like also helps us to ensure the safety of your youth. We ask you talk to a staff member and let them know the changes.

• We hope to see you all at the Annual Youth Christmas Party on Thursday, December 13th. Check out the flyer below for another reminder.

• If you haven’t already done so, please “Like Us” on Facebook – Tu Ha’ Buts Learning Center. Between the Klah-Che-Min, the Daily Scoop, and FaceBook, we try to share lots of information and updates about the many things we have happening for youth.

We hope you all have a safe and happy holiday season!
We look forward to the New Year.

Squaxin Island Tribe Annual
Youth Christmas Celebration
Come join us for a delicious dinner and visit with Santa and his elves!

Where: TLC Gym
When: Thursday, December 13th
Time: 5:00-7:00pm

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

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

What’s Happening Here:
December

7th: Pool Party from 3-4:30pm

13th: Youth Christmas Party from 5-7pm

14th: Movie Night @ Comm. Kitchen 5-7pm

19th: Griffin Starts Winter Break & Shelton Schools have 3 hour Early Release
We will be open from 7:30am-6pm

20th: Winter Break begins for all schools
We will be open from 7:30am-4pm

Have any questions - call Jerilynn @ 360-432-3992
Happy Holidays

For the Community

SANTA’S WORKSHOP
DECEMBER 4, 5, & 6TH
3:00P.M. TO 6:00P.M.
SQUAXIN ISLAND COMMUNITY
COME JOIN US AT THE SQUAXIN
ISLAND MUSEUM FOR FUN
FILLED ACTIVITIES AND GIFT
MAKING!!!
GIFTS IN A JAR, LAP THROW, SANTA HAT VALANCE

Sponsored by; Squaxin Island Tourism
& Squaxin Island Museum

For more information
Contact Lisa Johns 360-432-3839

Surplus Furniture
When: Dec 12 Elders 11am-1pm
Dec 13 Tribal Members 11am-1pm
Dec 14 Casino Employees 11am-1pm
Where: Tobacco Factory warehouse at the end of the Buildings
Door open at 11am No reserving your items must be hauled away removed immediately.
An Opportunity for Help at American Addiction Center

Have you been struggling with addiction coupled with mental health issues?

The Squaxin Island Tribe will be sending two individuals to the American Addiction Center sometime next year.

This Center focuses on co-occurring conditions (mental health diagnosis and addiction), addressing underlying issues.

If you would like to be considered for this treatment center, please contact Greg Twiddy at Squaxin Island BHOP – 360-426-1582. Staff at BHOP will complete an assessment.

The decision as to who is appropriate will be made by a medical case management team led by the Squaxin Island Clinic.

If more than two appropriate persons wish to go, the medical case management team will establish the priorities.

BHOP will facilitate the referral and admission process with American Addiction Center.

Substance Use Mobile Outreach of Mason County

Connection to:

Recovery Services Syringe Exchange
Peer Support Naloxone

For Locations Call: (360)427-9670 Ext. 128

Local Effective Solutions
For You, Your Family, Your Friends.
Passing Financial Literacy
On to Children

Teaching children how to manage money starts at home.

According to Wikipedia, Financial Literacy is defined as follows: “The ability to understand how money works in the world: how someone manages to earn or make it, how that person manages it, how he/she invests it (turn it into more) and how that person donates it to help others. More specifically, it refers to the set of skills and knowledge that allows an individual to make informed and effective decisions with all of their financial resources.”

There’s no doubt that the financial skills and knowledge referred to above will, and should, come from experience with money. And there’s no better place for a child to begin learning the value of money and its proper management than at home.

Financial Literacy

These days, as bills fly out of ATM’s with the push of a few buttons, it’s sometimes difficult for parents to communicate the meaning of money and the importance of treating it with respect. When it comes to providing children with the information they need to become financially literate, there are building blocks on which to base their learning:

VALUE: Money doesn’t grow on trees (or inside an ATM)
The first thing children need to understand about finances is that the “things” they have – from toys and candy to clothing and food – are available because someone worked for it. That sort of lesson can start as early as three years old and continue well into their later years. When your child reaches the age when they can do actual chores, they can “earn” the money themselves with an allowance for doing those chores.

Children who learn and understand that money has value will likely make better financial choices down the line. They’ll know how important it is to budget their money, track their spending and stay out of debt. This in turn will help them save for their future.

BUDGET: Teach how to prioritize – with restrictions
Every month we budget our money… a certain amount for groceries… fuel… cell phones… and, if we’re lucky, a certain amount for fun! As early as possible, children need to understand the concept of budgeting and how to prioritize on what to spend their money. Next time you go grocery shopping with your children, give them three dollars. Allow them to choose how they want to spend their money so that they’ll be making the decision as to what’s most important to them when they only have certain amount of money to spend. This allows them to learn what a “budget” is and how to utilize their own sense of priorities to make a decision.

MyFICO

Fall Back, Not Down
Gus, the Doggie Guy - “Fall” is something most animals do not want to do. Birds have a special talent in this area. When animals sleep, most of them lay down for their nap, or curl up to sleep. Not birds. They sleep standing up. But how do they get their rest and not fall while asleep?

The deeper the sleep of a bird, the less likely he is to fall. The grip of the bird’s claws is controlled by a long tendon that runs along the back of the bird’s leg. The more the tendon stretches, the tighter the claw’s grip. As the bird relaxes into deep sleep, the legs bend and the tendon stretches, tightening his grip on the perch.

All Tribal Elders 65 & Older & those who have Medicare

Please Note:
The Social Security Administration

Began this month (April 2018)
To mail out new Medicare Cards.

It is very important, that we get a copy of
YOUR NEW CARD

As soon as you get it, please bring it to
THE SQUAXIN ISLAND HEALTH CLINIC

To contact a Squaxin Island Police Officer Call:
360-426-4441

If it is an EMERGENCY CALL 911
Why Pipe Freezing is a Problem
Water has a unique property in that it expands as it freezes. This expansion puts tremendous pressure on whatever is containing it, including metal or plastic pipes. No matter the strength of a container, expanding water can cause pipes to break.

Pipes that freeze most frequently are:
- Pipes that are exposed to severe cold, like outdoor hose bibs, swimming pool supply lines, and water sprinkler lines.
- Water supply pipes in unheated interior areas like basements and crawl spaces, attics, garages, or kitchen cabinets.
- Pipes that run against exterior walls that have little or no insulation.

How to Protect Pipes from Freezing
Before the onset of cold weather, protect your pipes from freezing by following these recommendations:
- Drain water from swimming pool and water sprinkler supply lines following manufacturer’s or installer’s directions. Do not put antifreeze in these lines unless directed. Antifreeze is environmentally harmful, and is dangerous to humans, pets, wildlife, and landscaping.
- Remove, drain, and store hoses used outdoors. Close inside valves supplying outdoor hose bibs. Open the outside hose bibs to allow water to drain. Keep the outside valve open so that any water remaining in the pipe can expand without causing the pipe to break.
- Add insulation to attics, basements and crawl spaces. Insulation will maintain higher temperatures in these areas.
- Check around the home for other areas where water supply lines are located in unheated areas. Look in the garage, and under kitchen and bathroom cabinets. Both hot and cold water pipes in these areas should be insulated.
- Consider installing specific products made to insulate water pipes like a "pipe sleeve" or installing UL-listed "heat tape," "heat cable," or similar materials on exposed water pipes. Newspaper can provide some degree of insulation and protection to exposed pipes – even ¼" of newspaper can provide significant protection in areas that usually do not have frequent or prolonged temperatures below freezing.
- Consider relocating exposed pipes to provide increased protection from freezing.

How to Prevent Frozen Pipes
- Keep garage doors closed if there are water supply lines in the garage.
- Open kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals up out of the reach of children.
- When the weather is very cold outside, let the cold water drip from the faucet served by exposed pipes. Running water through the pipe - even at a trickle - helps prevent pipes from freezing.
- Keep the thermostat set to the same temperature both during the day and at night. By temporarily suspending the use of lower nighttime temperatures, you may incur a higher heating bill, but you can prevent a much more costly repair job if pipes freeze and burst.
- If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55° F.

How to Thaw Frozen Pipes
- If you turn on a faucet and only a trickle comes out, suspect a frozen pipe. Likely places for frozen pipes include against exterior walls or where your water service enters your home through the foundation.
- Keep the faucet open. As you treat the frozen pipe and the frozen area begins to melt, water will begin to flow through the frozen area. Running water through the pipe will help melt ice in the pipe.
- Apply heat to the section of pipe using an electric heating pad wrapped around the pipe, an electric hair dryer, a portable space heater (kept away from flammable materials), or by wrapping pipes with towels soaked in hot water. Do not use a blowtorch, kerosene or propane heater, charcoal stove, or other open flame device.
- Apply heat until full water pressure is restored. If you are unable to locate the frozen area, if the frozen area is not accessible, or if you cannot thaw the pipe, call a licensed plumber.
- Check all other faucets in your home to find out if you have additional frozen pipes. If one pipe freezes, others may freeze, too.

Source: American Red Cross

Lushootseed Classes

5:30-6:30 PM MLRC

Squaxin Island TANF is pleased to announce we are bringing the Lushootseed Language back to the community. Come and bring the whole family. Let’s get all of our people speaking our own Native Language! Beverages and light snacks will be provided.

Sponsored by Squaxin Island T.A.N.F.
360-432-3950
Health Clinic

**ARE YOU AT RISK FOR**

**TYPE 2 DIABETES?**

**Diabetes Risk Test**

1. **How old are you?**
   - Less than 40 years (0 points)
   - 40—49 years (1 point)
   - 50—59 years (2 points)
   - 60 years or older (3 points)

2. **Are you a man or a woman?**
   - Man (1 point)
   - Woman (0 points)

3. **If you are a woman, have you ever been diagnosed with gestational diabetes?**
   - Yes (1 point)
   - No (0 points)

4. **Do you have a mother, father, sister, or brother with diabetes?**
   - Yes (1 point)
   - No (0 points)

5. **Have you ever been diagnosed with high blood pressure?**
   - Yes (1 point)
   - No (0 points)

6. **Are you physically active?**
   - Yes (0 points)
   - No (1 point)

7. **What is your weight status?** (see chart at right)

   **Height** | **Weight (lbs.)**
   --- | --- | ---
   4'10" | 119-142 | 143-190 | 191+
   4'11" | 124-147 | 148-197 | 198+
   5'0" | 128-152 | 153-203 | 204+
   5'1" | 132-157 | 158-210 | 211+
   5'2" | 136-163 | 164-217 | 218+
   5'3" | 141-168 | 169-224 | 225+
   5'4" | 145-173 | 174-231 | 232+
   5'5" | 150-179 | 180-239 | 240+
   5'6" | 155-185 | 186-246 | 247+
   5'7" | 159-190 | 191-254 | 255+
   5'8" | 164-196 | 197-261 | 262+
   5'9" | 169-202 | 203-269 | 270+
   5'10" | 174-208 | 209-277 | 278+
   5'11" | 179-214 | 215-285 | 286+
   6'0" | 184-220 | 221-293 | 294+
   6'1" | 189-226 | 227-301 | 302+
   6'2" | 194-232 | 233-310 | 311+
   6'3" | 200-239 | 240-318 | 319+
   6'4" | 205-245 | 246-327 | 328+

(1 Point) | (2 Points) | (3 Points)

**If you scored 5 or higher:**
You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

**Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, and Asian Americans and Pacific Islanders.**

For more information, visit us at www.diabetes.org or call 1-800-DIABETES

Visit us on Facebook: Facebook.com/AmericanDiabetesAssociation

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**Health Services Holiday Schedule**

**Clinic & Behavioral Health**

**Christmas**
Closed Monday and Tuesday, December 24th & 25th

Open Wednesday - Friday, December 26th - 28th
Regular schedule, 8:00 - 5:00 p.m.

**New Years**
Open ½ day Monday, December 31st from 8:00 a.m. - 12:00 (Noon)
Closed ½ day Monday December 31st from 12:00 (noon) - 5:00 p.m.
Closed Tuesday January 1st

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**Lower Your Risk**

The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.

If you are at high risk, your first step is to see your doctor to see if additional testing is needed.

Visit diabetes.org or call 1-800-DIABETES for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.
Happy Holidays!!!

Healthy Holiday Nutrition Food Word Search Puzzle!

Z C R A N B E R R I E S S D F
G M A F Z S T O G C N A H U
W I E C U T G W K I N Z S T A
L L J S C O O K I N G I U I X
M K G Q C R E F T O R K Z K
L Y P U H X D S K K J A N
W P T A I A H U U E Q C Q A B
W E P S N C Q G Y V Y K A X A
W W U H I F N U Y F H S E N Y
X A M H O L I D A Y T G I K B
X P P S T S A Y O K L M N P R
C P K G A L Q G V Y A M S E K
G L I C A P X E H T E S W H D
R E N S Z K G L I M H E S I
P S S F J Y B V L R D F K X C

APPLES  BAKING  CARROTS
COOKING  CRANBERRIES  HEALTHY
HOLIDAY  MILK  PUMPKINS
SALAD  SQUASH  TURKEY
VITAMIN A  YAMS  ZUCCHINI

Visit us for more free kids holiday printables and healthy classroom worksheets. www.ChefSoho.com free nutrition games, interactive puzzles and healthy food printables. Copyright © Nourish Interactive, All Rights Reserved.

WIC at SPIPA
(Women, Infants, and Children)
provides healthy foods & nutrition information for you
and your child up to age 5.
Please bring:
Your child, Provider One Card
or paystub and identification for
you & your child
Contact at SPIPA for an appointment:
Debbie Gardipe-Reyes 360.462.3227
gardupec@spipa.org
or Patty Suskin 360.462.3224,
wicnutrition@spipa.org

Tuesday, Dec 11th is
WIC day at
SPIPA

Foods must still be listed on the WIC check, even if the scan message reads "Allowed". For example, Lactose Free milk is WIC allowed and it must be printed on your WIC check to purchase it at the check stand.

Fresh produce won't scan. Use the food list for questions about allowable fruits and vegetables.

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
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Contact at SPIPA for an appointment:
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Fresh produce won't scan. Use the food list for questions about allowable fruits and vegetables.
Five Healthy Tips for the Holidays from the Center for Disease Control & Consumer Reports on Health
Submitted by Patty Suskin, Diabetes Coordinator with some modifications

Your recipe for staying on track no matter what’s cooking.
‘Tis the season for family, festivity, and food - lots of food. Temptations are everywhere, and parties and travel disrupt daily routines. What’s more, it all goes on for weeks.

How do you stick to your healthy meal plan when everyone around you seems to be splurging? Here are tips that can help:

1. Holiday-Proof Your Plan
You may not be able to control what food you’re served, and you’re bound to see other people eating a lot of tempting treats. Meet the challenges armed with a plan:

• **Eat close to your usual times** to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
• **Don’t skip breakfast** or any meal for that matter. Skipping meals often leads to overeating since you’ll be really hungry.
• **Invited to a party?** Offer to bring a healthy dish along.
• **No food is on the naughty list.** Choose the dishes you really love and can’t get any other time of year, like Auntie’s pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan cut back on other carbs (like potatoes and bread) during the meal.
• **Freeze some goodies you receive.** You don’t have to immediately eat all the cookies, breads and treats that friends & family share. Many goodies freeze well, so you can enjoy them over the next few months rather than the next few days.
• If you slip up, get right back to healthy eating with your next meal.

2. Outsmart the Buffet
When you face a spread of delicious holiday food, make healthy choices easier:

• **Start with vegetables** to take the edge off your appetite.
• **Have a small plate of the foods you like best** and then move away from the buffet table.
• **Eat slowly.** It takes at least 20 minutes for your brain to realize you’re full.
• Also plan to stay on top of your blood sugar. Check it more often during the holidays, and if you take medicine, ask your doctor if the amount needs to be adjusted.

4. Keep Moving
You’ve got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as **taking a walk** after a holiday meal. Consider starting a new tradition of walking between dinner & dessert. Short bursts of 10 minutes at a time can help revive your energy.

5. Get Your Zzz’s
Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to control your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

Most of all, remember what the season is about—celebrating and connecting with the people you care about. When you focus more on the fun, it’s easier to focus less on the food.
### Elders Menu

**December Happy Birthdays**

1. Benito Bear Hernandez  
   Douglas Matthew Bloomfield
2. Gregory Thomas Lehman  
   Manuel A Castillo
3. Cathlene Diane Riker  
   Deborah Diane Obi  
   Jess Daniel Brownfield
4. Daniel Thomas Sigo  
   Kaya Rose Johns  
   Peggy Ann Peters
5. Austin William James Penn  
   Lilly Faye Lutolf
6. Brendan James Bellon  
   Cora Rosa Krise  
   Evan Lance Ellerbe  
   Michael Duane Foster
7. Jason William Koenig  
   Sophia Aimeh Cooper  
   Zoe Gabriela Cooper
8. Cedar Reaching Bear Wily  
   Rhonda M. Whitener
9. Dustin Dean Kruger  
   Elizabeth H Campbell  
   Garrett William Todd  
   Misti Dawn Saenz-Garcia
10. Brenda Lee Bailey  
    Davina Marie Braese  
    Jayden Christine Eagles  
    Marlena Star Bradley  
    Sierra Jasmine Blueback
11. Kelli Jean Dahman  
    Kendra L. Blueback  
    Kestle Mae Coley  
    Lydia Indiana Andrews  
    Tonya Velma Henry
    Karen Annette Farr  
    Lucy Ann Aldrich  
    Madelynn G Henderson
13. Cecelia Marie Black  
    Elianna Kristine Perez  
    Nicholas J. W. Dorey
14. Amber Louise Guzman Snyder  
    Frankie Metcalf  
    Judith Kay Arola  
    Lisa Mae Bennor  
    Priscilla C. Dolores-James  
    Xzandrea King
15. Angel Marie Henry  
    Rodney James Krise Sr.
16. Donovan Nicholas Henry  
    Vernon L. Sanchez  
    Wendy J. Bowman
17. Ethan Ty Baxter
18. Patrick Von Stapleton  
    Shashoney Elizabeth Fenton  
    Theresa Ann Henderson  
    Tyson D. Kruger  
    Winona Kathleen Crone
19. Ronnie Nicole Penn
20. Kyler Joshua Gall  
    Olivia Korndorfer
21. Jaimie Lee Cruz
22. Darrius James Rau  
    Holly Lee Henry  
    Jeremy Turner Sigo  
    Tahnee Marie Kruger  
    William B. Penn
23. Astrid Kristen Poste  
    Carol Tadics  
    Jasmine Marie Rose Rivera  
    Jayanne Diane Gamer
24. Karina Helaine Farr  
    Nation Teo Krise  
    Nicolas Francis Cooper  
    Shira Elaine Powell
25. Andrea Lee Rossmeier
26. David B. Clark  
    Jessica Mary Stone  
    Jocelyn Elizabeth Campbell  
    Kathy Jo Block  
    Quinton Benavente Whitener
27. Patti A. Puhn  
    Penni L. Giles
28. Koreena Ann Capoeman  
    Matthew Taylor Sayers  
    Richard John Gouin
29. Rebecca Black

**Mondays 6:00 - 7:00 p.m. - Elders Building**

For more information, call Aaron Lake at 360-426-0276

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**Community**

**Elders Menu**

- **Fruit and salad at every meal**

**12/3 – 12/6**

**MONDAY:**  
Chicken Pot Pie

**TUESDAY:**  
Broccoli Cheddar Soup, Turkey Cheese Palmers

**WEDNESDAY:**  
Bratwurst, Potato Salad

**THURSDAY:**  
Chicken Fried Steaks, Mashed Potatoes/Gravy  
Mixed Veggies, Rolls

**12/10 – 12/13**

**MONDAY:**  
Creamed Hamburger, Corn/Biscuits

**TUESDAY:**  
Minestrone Soup, Ham Sandwiches

**WEDNESDAY:**  
Spaghetti, Green Beans, Garlic Toast

**THURSDAY:**  
Pancakes, Sausage Link  
Boiled Eggs

**12/17 – 12/20**

**MONDAY:**  
Chicken Burgers, Potato Wedges

**TUESDAY:**  
Italian Sausage Potato Soup, Breadsticks

**WEDNESDAY:**  
Roast, Mashed Potatoes/Gravy  
Yams, Rolls

**THURSDAY:**  
Canino Buffet

**11/24 – 12/31**

CLOSED

Happy Holidays!!!
**Community**

**What's Happening in December**

**3 - Monday**
Bible Study at Elders Building
6:00 - 7:00 p.m.

**4 - Tuesday**
**Santa's Workshop**
Museum - 3:00 - 6:00 p.m.

ALANON & AA
3:00 - 5:00 p.m.

Tobacco Cessation
3:00 - 4:00 p.m.

**5 - Wednesday**
**Santa's Workshop**
Museum - 3:00 - 6:00 p.m.

Elders Committee

Shellfish Committee

Culture Night - 7:30 p.m.

CERT Training - 4:00 p.m.

Lushootseed Language Class
5:30 p.m. - 6:30 p.m.

**6 - Thursday**
**Santa's Workshop**
Museum - 3:00 - 6:00 p.m.

Utilities Commission

**7 - Friday**
**TLC Pool Party**
3:00 - 4:30 p.m.

Housing Commission

**8 - Saturday**
**FEMA 100-200**
8:00 a.m. - 4:00 p.m.

**10 - Monday**
Childcare Board of Directors

Bible Study, Elders Building 6:00 - 7:00

**11 - Tuesday**
Enrollment Committee

ALANON & AA - 3:00 - 5:00 p.m.

Tobacco Cessation - 3:00 - 4:00 p.m.

**12 - Wednesday**
**Surplus Furniture Give-Away - Elders**
Tobacco Factory Warehouse
11:00 - 1:00

Golf Advisory Committee

Culture Night - 7:30 p.m.

Lushootseed Class 5:30 p.m. - 6:30 p.m.

**13 - Thursday**
**Surplus Furniture Give-Away - Tribal Members**
Tobacco Factory Warehouse
11:00 - 1:00

Youth Christmas Party
TLC Gym - 5:00 - 7:00 p.m.

**14 - Friday**
**Surplus Furniture Give-Away - Tribal Members**
Tobacco Factory Warehouse
11:00 - 1:00

**15 - Saturday**
**Tribal Council**

**17 - Monday**
Gaming Commission

Bible Study at Elders Building
6:00 - 7:00 p.m.

**18 - Tuesday**
ALANON & AA
3:00 - 5:00 p.m.

Tobacco Cessation
3:00 - 4:00 p.m.

**19 - Wednesday**
CERT Training
2:00 p.m.

Culture Night
7:30 p.m.

Lushootseed Language Class
5:30 p.m. - 6:30 p.m.

**24 - Monday**
Christmas Eve

**25 - Tuesday**
Merry Christmas!

**26 - Wednesday**

**27 - Thursday**

**28 - Friday**

**31 - Monday**
Happy New Year!
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
Sookeum Creek Tobacco Board

**Council Rep.**

Charlene Krise, Vince Henry, Vicki Kruger
None
None
None
Charlene Krise
None
None
Vicki Kruger
None
Arnold Cooper, Vicki Kruger, Charlene Krise
Bev Hawks
Vacant
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
July and August
As needed
Sept., Dec., March, June

Committees & Commissions Listed on Calendar

**Committee and Commissions**

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

**Council Rep.**

Arnold Cooper
Charlene Krise
Charlene Krise
Vicki Kruger
Arnold Cooper
Arnold Cooper
Vince Henry
Vacant
(Per Tribal Code) None
Charlene Krise
Vicki Kruger & Charlene Krise
Vacant
None
Vicki Kruger

**Staff Rep.**

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

**Meetings**

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

“Change is inevitably a part of life, no matter how painful the transformation. Create joy, and life is beautiful - even in death.”

-Kimi James
**Happy Holidays!**

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**USDA Foods Program December Dates**

- **NISQUALLY**: 12/4/18
- **SQUAXIN ISLAND**: 12/7/18
- **SKOKOMISH**: 12/11/18
- **CHEHALIS**: 12/14/18
- **PT. GAMBLE S’KLALLAM**: 12/18/18

**NOTE:** Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities. If you’re unable to make the date, please call and schedule an appointment with appropriate staff. For USDA Food, call the Warehouse at Nisqually 360.438.4216

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**WIC Program December Dates**

- **SHOALWATER BAY**: 12/4/18
- **CHEHALIS**: 12/6/18
- **SQUAXIN ISLAND**: 12/11/18
- **NISQUALLY**: 12/12/18
- **SKOKOMISH**: 12/19/18

**This Institution is an equal opportunity provider. Washington State WIC Nutrition Program does not discriminate.**

**NOTE:** These dates are future projections. While we strive to keep these dates and times, they may be subject to change. This program is not always able to accommodate walk-ins due to their other duties.

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**Thursday • December 13th**

- Doors Open 4:30pm | Early Birds 6pm | Session Starts 6:30pm

**Friday • December 14th**

- Daubin’ in the Dark Black Light Bingo
- Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

**Saturday • December 15th**

- Doors Open 9am | Early Birds 11:30am | Session Starts 12pm
- Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

**Sunday • December 16th**

- Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

- **ALL LEVEL 3 WILL PAYOUT $1.199**
- Ugly Sweater Contest - Top 3 Contestants win $75, $50, $25
- $100 Hot Seat drawings
- Donate a new toy and receive a free level 1-3-on with initial buy-in.

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**December 9 | 7PM**

**The Oak Ridge Boys**

**Shine the Light Tour 2018**

**Tickets**: $40 | $30 | $20

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**15 MINUTES NORTH OF OLYMPIA ON HWY 101**

**LITTLE CREEK CASINO • RESORT**

**LIVE a little**

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**For tickets go to littlecreek.com or call 1.800.667.7771**

**Must be at least 21 years of age to attend the show**