

## 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](http://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.

*Happy Holidays*

PRSR-STD  
U.S. POSTAGE  
P A I D  
SHELTON, WA  
PERMIT NO. 98



*L-R: Morgan Rothrock IT Manager  
and  
Mitzie Whitener  
Information Services Director*

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

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



## 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](mailto:jtaylor@squaxin.us)

OR

Diane Deyette at 360-432-1771 ext. 0 or [ddeyette@squaxin.us](mailto:ddeyette@squaxin.us)

## TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

PHONE: (360) 426-9781

TOLL FREE: 877.386.3649

FAX: (360) 426-6577

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

Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

ARNOLD COOPER:	Chairman
CHARLENE KRISE:	Vice Chairman
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](mailto:thenderson@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.

# HAPPY HOLIDAYS!



## 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](mailto:jtaylor@squaxin.us) or 360-463-0903

or

Diane Deyette at 360-432-1771 ext. 0 or email [ddeyette@squaxin.us](mailto: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.







# SQUAXIN VETERANS







## 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 Capoman, 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.







## New Employee



**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*

*Janita Raham*

*Lisa Johns*

*Patrick Whitener*

*Amber Guzman*

*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.*



# LEARNING CENTER



## 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](mailto: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](http://www.test-guide.com). For more information about homework support or GED prep, please contact me at [jbarris@mcclary.wednet.edu](mailto:jbarris@mcclary.wednet.edu).

## Squaxin Youth Education, Recreation and Activities Calendar

TLC Hours: M-F 7:30am-7:00pm Front Desk: 360-432-3958 Rec Rm: 360-432-3955 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4:30pm Open Swim: 3-6pm	4 Rec Rm: 3-6pm Drum Group: 4:45-5:30pm Open Gym: 3-4:30pm	5 <i>GSD-ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-4:30pm ITL – Bye Week Open Swim: 3-6pm	6 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4:30pm	7 <i>SSD-1.5 HR ER</i> Rec Rm: 1:30-6pm Pool Party: 3-4:30pm Open Gym: 1:30-6pm Open Swim: 5-8pm
10 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4:30pm Open Swim: 3-6pm	11 Rec Rm: 3-6pm Drum Group: 4:45-5:30pm Open Gym: 3-4:30pm	12 <i>GSD-ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-4:30pm ITL – Home Game Open Swim: 3-6pm	13 Closed for our Annual Youth Christmas Party 5-7pm	14 Rec Rm: 3-6pm Fun Day Friday: Movie Night 5-7pm Open Gym: 3-6pm Open Swim: 5-8pm
17 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4:30pm Open Swim: 3-6pm	18 Rec Rm: 3-6pm Drum Group: 4:45-5:30pm Open Gym: 3-4:30pm	19 <i>GSD-ER @ 2:30pm</i> <i>SSD-3 HR ER</i> Rec Rm: 7:30am-6pm Arts-n-Crafts: 5-6pm Open Gym: 11:30-4:30pm ITL – Home Game Open Swim: 3-6pm	20 <b>Winter Break</b> Rec Rm: 7:30-4pm Pool Party 10:30-12:00pm Salish Cliffs: 1-2:30pm Open Gym: 7:30-12:30pm	21 Closed Open Swim: 5-8pm
24 Tribe Closed	25 Tribe Closed	26 Tribe Closed	27 Tribe Closed	28 Tribe Closed
31 Tribe Closed	1 Tribe Closed	2 No School	3 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4:30pm	4 Rec Rm: 3-6pm Fun Day Friday: Movie Night 5-7pm Open Gym: 3-6pm Open Swim: 5-8pm
After School Snacks: M-F 3-4:45pm Computer Lab: M-Th 3-7, F 3-5pm Sylvan: M-Th 4:30-6:30pm Homework Help, GED Prep: T-TH 4-7pm		<i>ER = Early Release</i> WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District		<i>I.T.B. – Inter-Tribal B-Ball</i> High School: 9-12 Grade Middle School: 7-8 Grade Elementary: 4-6 Grade





## 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 13<sup>th</sup>

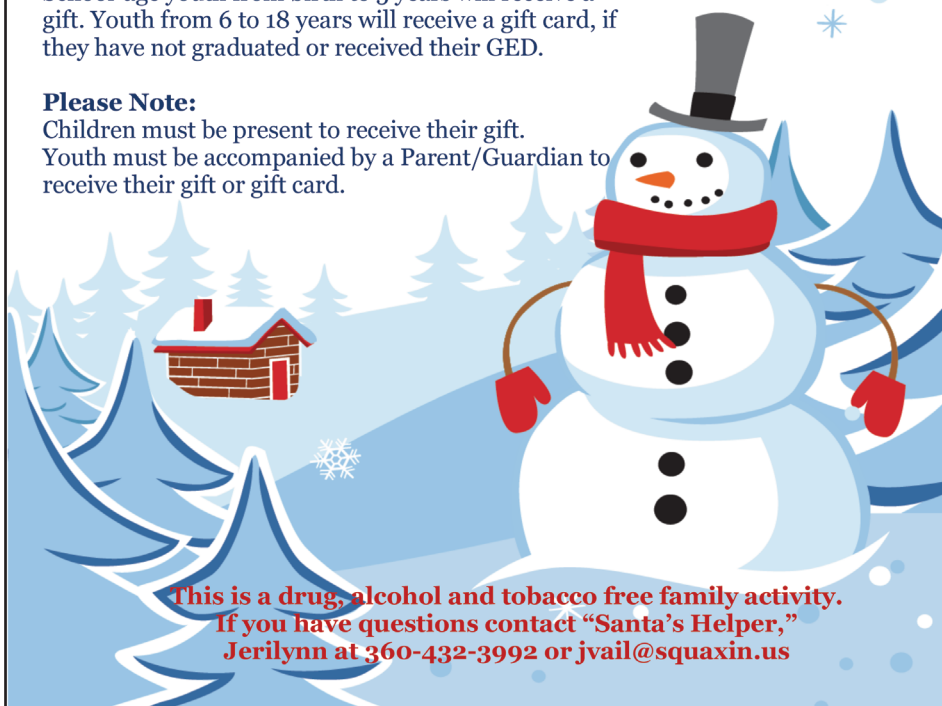
**Time:** 5:00-7:00pm

**Tribal Members Parents/Guardians:**

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

**Please Note:**

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



**This is a drug, alcohol and tobacco free family activity.  
If you have questions contact "Santa's Helper,"  
Jerilynn at 360-432-3992 or [jvail@squaxin.us](mailto:jvail@squaxin.us)**

### 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, & 6<sup>TH</sup>  
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**

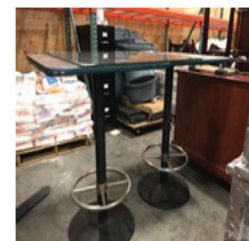
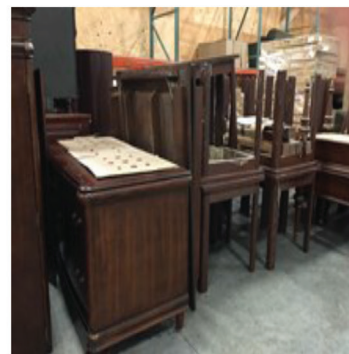
When: Dec 12 Elders 11am-1pm

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  
Peer Support

Syringe Exchange  
Naloxone

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

Local Effective Solutions  
For You, Your Family, Your Friends.

## THE WIZARDS OF WINTER

PERFORM A HOLIDAY ROCK EVENT

FEATURING FORMER MEMBERS OF THE  
TRANS-SIBERIAN ORCHESTRA

DECEMBER 7 | 7PM

TICKETS \$35 | \$25

FOR TICKETS GO TO [LITTLECREEK.COM](http://LITTLECREEK.COM)  
OR CALL 1.800.667.7711

MUST BE AT LEAST 21 YEARS OF AGE  
TO ATTEND THE SHOW

15 MINUTES NORTH  
OF OLYMPIA ON HWY 101  
[LITTLECREEK.COM](http://LITTLECREEK.COM) ♦ 1.800.667.7711

LITTLE CREEK  
CASINO • RESORT  
LIVE a little





## 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)***

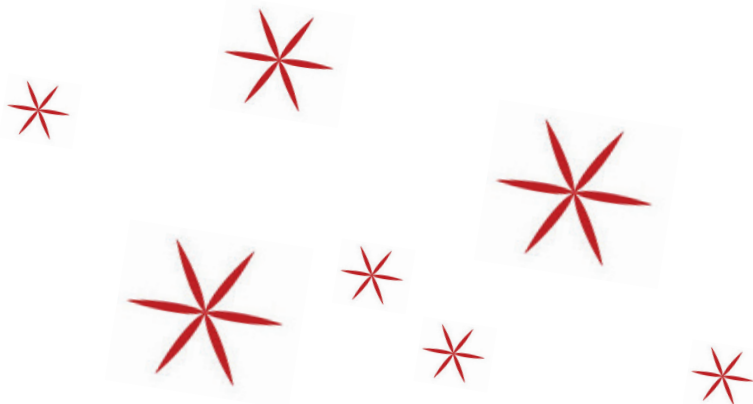
The first thing children need to understand about finances is that the “things” they have – from toys and candy to clothing and food – are available because someone worked for it. That sort of lesson can start as early as three years old and continue well into their later years. When your child reaches 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



## 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**

## 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.



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*

**Wednesday Evenings**  
**EVERYONE IS WELCOME**

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## Lushootseed Classes

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**5:30-6:30 PM**      **MLRC**

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*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**





## 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)

Write your score  
in the box.



**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)

You weigh less than the amount  
in the left column  
(0 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.

Add up  
your score.



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](http://www.diabetes.org) or call 1-800-DIABETES**



Visit us on Facebook  
[Facebook.com/AmericanDiabetesAssociation](https://www.facebook.com/AmericanDiabetesAssociation)



**STOP  
DIABETES**

### 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](http://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.

## 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





# HEALTH CLINIC



## Healthy Holiday Nutrition Food Word Search Puzzle!



APPLES  
COOKING  
HOLIDAY  
SALAD  
VITAMIN A

BAKING  
CRANBERRIES  
MILK  
SQUASH  
YAMS

CARROTS  
HEALTHY  
PUMPKINS  
TURKEY  
ZUCCHINI



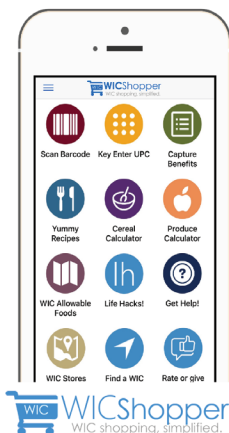
Visit us for more free kids holiday printables and healthy classroom worksheets [www.ChefSolus.com](http://www.ChefSolus.com) free nutrition games, interactive puzzles and healthy food printables! Copyright © Nourish Interactive, All Rights Reserved

Happy  
Holidays!!!



## WICSHOPPER

WIC shopping just got a little easier!



- 1 Install **WICShopper** from your app store.
- 2 Select **Washington**.
- 3 Scan foods using **Scan Barcode** to see what's WIC allowed.
- 4 View the WIC food list, look for **Yummy Recipes**, and get simple tips in **Life Hacks**!
- 5 Find a **WIC office**, or a **WIC store**, and use the **Produce** and **Cereal Calculators** while you shop.

Download

<http://www.ebtshopper.com/download/>



- ♥ **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 you & your child

Contact at SPIPA for an appointment:  
Debbie Gardipee-Reyes 360.462.3227  
[gardipee@spipa.org](mailto:gardipee@spipa.org)

or Patty Suskin 360.462.3224,  
[wicnutrition@spipa.org](mailto:wicnutrition@spipa.org)



Tuesday,  
Dec 11th is  
WIC day at  
SPIPA

This institution is an equal opportunity provider.  
Washington State  
WIC Nutrition Program doesn't discriminate.





## 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.

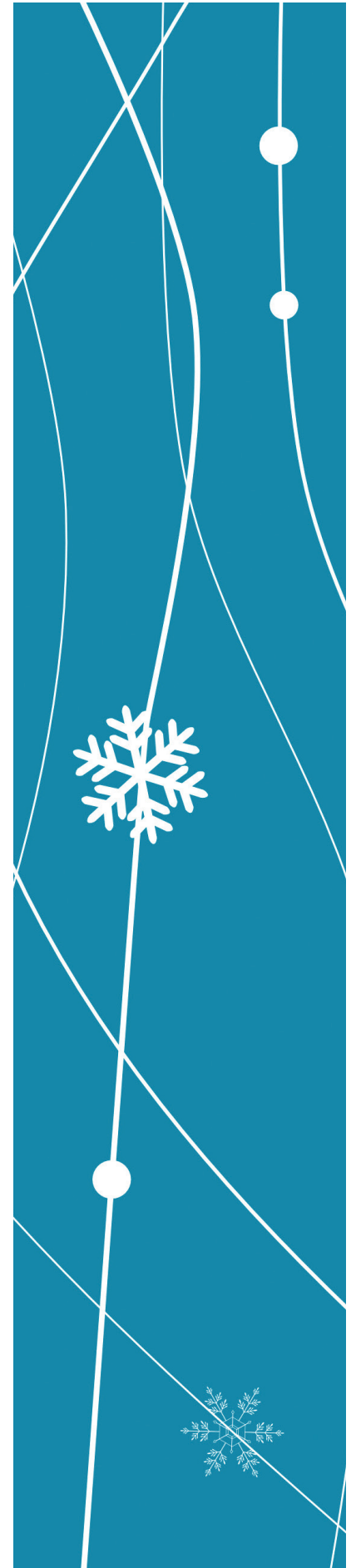
#### 4. Keep Moving

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 . . . 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!!!



# Bible Study

everyone is welcome

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

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

## December Happy Birthdays

1  
Benito Bear Hernandez  
Douglas Matthew Bloomfield

2  
Gregory Thomas Lehman  
Manuel A Castillo

3  
Cathlene Diane Riker  
Deborah Diane Obi  
Jess Daniel Brownfield

4  
Daniel Thomas Sigo  
Kaya Rose Johns  
Peggy Ann Peters

5  
Austin William James Penn  
Lilly Faye Lutolf

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

7  
Jason William Koenig  
Sophia Amineh Cooper  
Zoe Gabriela Cooper

8  
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

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

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

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

16  
Angel Marie Henry  
Rodney James Krise Sr.

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

18  
Ethan Ty Baxter

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

21  
Ronnie Nicole Penn

22  
Kyler Joshua Gall  
Olivia Korndorfer

23  
Jaimie Lee Cruz

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

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

26  
Karina Helaine Farr  
Nation Teo Krise  
Nicolas Francis Cooper  
Shira Elaine Powell

27  
Andrea Lee Rossmeier

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

29  
Patti A. Puhn  
Penni L. Giles

30  
Koreena Ann Capoeman  
Matthew Taylor Sayers  
Richard John Gouin

31  
Rebecca Black







## 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.

#### *Criminal/Civil Court*

### 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.

#### *Tribal Council*



### 14 - Friday

#### *Surplus Furniture*

#### *Give-Away - Tribal Members*

Tobacco Factory Warehouse  
11:00 - 1:00

#### *Movie Night*

Community Kitchen  
5:00 - 7:00 p.m.

SPIPA Board

### 17 - Monday

Gaming Commission

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

#### *Family Court*

### 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!*

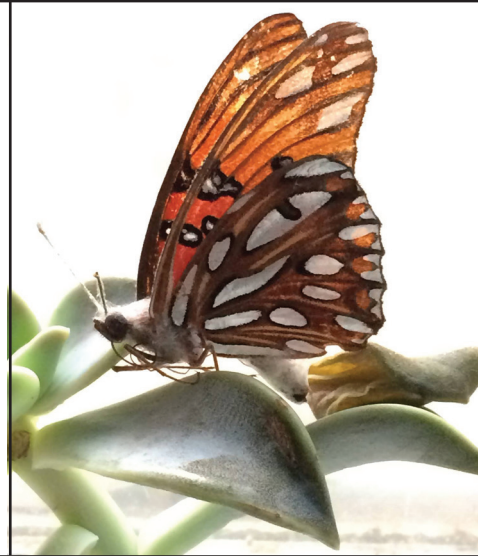






*"Change is inevitably a part of life,  
no matter how painful  
the transformation.  
Create joy, and life is beautiful  
- even in death."*

*- Kimi James*



## Committees Commissions & Boards With Infrequent Meeting Times

### Committee and Commissions

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

### Council Rep.

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  
  
June and August  
As needed  
  
Sept., Dec., March, June

## Committees and Commissions Listed on Calendar

### Committee and Commissions

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

### Council Rep.

Arnold Cooper  
Charlene Krise  
Charlene Krise  
Vicki Kruger  
Arnold Cooper  
Arnold Cooper  
Vince Henry  
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 Tuesday of July, Oct., Jan., April  
1st Wednesday of March, June, Sept., Dec.  
2nd Friday  
3rd Monday  
1st Friday  
2nd Monday  
4th Tuesday  
1st Thursday  
2nd Friday





# Happy Holidays!



South Puget Intertribal Planning Agency

## 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




South Puget Intertribal Planning Agency

## 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

**WIC** WOMEN, INFANTS & CHILDREN

**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.




## Thursday • December 13<sup>th</sup>

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

## Friday • December 14<sup>th</sup>

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

## Saturday • December 15<sup>th</sup>

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

## Sunday • December 16<sup>th</sup>

**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.**

\*Multiple winners split the payout. See Keno or call (360) 427-3005 for more details.  
 \$79 room rates during bingo sessions! \*Ages 21 and over only for 8:30pm session  
 Must show Bingo Room Rate Coupon at time of check-in to receive special room rate.  
 Customers can call in advance to book rooms. Must be 21 or older for Bingo Specials



**LITTLE CREEK CASINO • RESORT**  
 LIVE a little

15 MINUTES NORTH OF OLYMPIA ON HWY 101  
 LITTLECREEK.COM • 1.800.667.7711

DECEMBER 9 | 7PM



## The Oak Ridge Boys®

SHINE THE LIGHT TOUR 2018

TICKETS \$40 | \$30 | \$20

FOR TICKETS GO TO LITTLECREEK.COM  
 OR CALL 1.800.667.7711

MUST BE AT LEAST 21 YEARS OF AGE TO ATTEND THE SHOW

15 MINUTES NORTH OF OLYMPIA ON HWY 101  
 LITTLECREEK.COM • 1.800.667.7711

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 LIVE a little