Special Veterans Day Event
Please Come and Show Our Veterans You Care!

On Monday, November 12th, there will be a celebration to honor our Tribal Veterans. The event will be held from 11:30 – 1:00 at the Community Kitchen. 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 their country. As civilians, it is a privilege to honor these heroes.

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.”

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.”

Veterans Day Celebration
November 12, 2018
11:30 a.m.–1:00 p.m.
Squaxin Island Community Kitchen

Squaxin Island Museum
Holiday Bazaar

Nov. 2nd
9am - 5pm

&

Nov. 3rd
9am - 4pm

No Admission Fee

Raffle, Baked Goods, Indian Tacos,
Fry Bread & Chowder, Basketry,
Home Made Lotions & Balms,
Carvings, Beadwork & much more!

Squaxin Artist
Vendors Include:
Andrea Wilbur-Sigo
Joe Seymour
Jolene Grover
Taylor Krise

Other Tribal
Vendors Include:
Alex McCarty
Eileen Penn
Jennette Huber

Food Vendor:
Mud Bay Shaker Church

Veterans photos on Pages 8 - 11
Community Emergency Response Team (CERT)

All Community Members are Invited and Encouraged to Attend the Monthly Meetings!!!

First Wednesdays at 4:00 p.m. at Emergency Operations Center (EOC)
FEMA requirements - Emergency Management Courses – class-type setting

Third Wednesdays at 2:00 p.m. at Community Kitchen
Learn Squaxin’s Comprehensive Emergency Management Plan and Participate in Emergency Training Exercises

CERT training teaches community members
how to prepare for, respond to and recover from disasters
Household/personal emergency preparedness, fire safety, light search and rescue,
team organization, and disaster medical operations

You may be our HERO in an emergency!

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

Walking On

In honor and remembrance of Paula Swan Krise
June 8, 1948 to October 12, 2018

Paula was an open book. She lived such a great and honorable life. She left it open for anybody to read. If there is one thing she did, it was to lead by example. And let us tell you, she did it quite well.

One of her favorite things to do was to share love and hope. She would go without herself if it meant helping somebody out. She hosted Sunday school and kids crafts, spending her own money to make sure kids had a safe place to go. Many of you have fond memories and a story to share.

She was an amazing storyteller. She went to grade schools, colleges, the Squaxin Island Child Development Center, and the Squaxin Island Museum. The family just received three postcards from people in New Zealand who thanked her for sharing her stories at the museum. She loved to share her culture and beliefs with all. She ministered in Oregon at the women’s correction center.

Throughout her lifetime, she fostered over 50 children!

Words can’t even begin to explain the impact she made in the lives of all who knew her. She is loved and will be missed tremendously throughout the days of our lives.

Mom, Paula, Kaya, we love you!

Paula is survived by her daughters, Corri Coleman, Juana (JC) Nelson, Dorothy (Dodie) Nelson-Huff; son, Matthew Nelson; sister, Nancy Combes; and numerous grandchildren, great-grandchildren, nieces and nephews.

She was preceded in death by her mother, June Krise Novell; father, Paul Wymore; daughter, Jasmine Nelson-Hartwell; and several sisters.

For God so loved the world that he gave his one and only Son that whoever believes in him shall not perish but have eternal life.

John 3:16
Welcome Saplings
From the CDC Board, written & pictures by Sis Brownfield - Our new outdoor class, the Saplings, at the Child Development Center is up and running. The class started in early October. Each child was issued rain gear, boots and water bottles. The site is equipped with adult and child sized port-a-potties as well as a hand washing station. We started with one class of 12 students, but already have a waiting list and will be looking to begin a second class in the future.

The class is outside from 8:00 a.m. to 12:00 p.m. every day. Those who are full-time at the CDC then go indoors for the remainder of the day. This program actually allows us more space to serve more children at the CDC.

There has been so much support and help in getting the site and staff ready. Chambliss Keith worked with the Stepping Stones youth over the summer to upgrade the trails. He also took care of some dangerous trees that needed to be taken down. There were workshops and training for staff. Jesse Fenton made awesome tables and chairs. CDC staff, families and volunteers have stepped up and done some amazing work to provide this wonderful opportunity for our preschoolers. We cannot thank them enough.

We have plans for more to come; a shelter will be built and the curriculum is always developing around the children’s interests and learning needs. The kids have already made a fort. The class also works at planting, maintaining, and harvesting – the garden. It will always be an ever changing landscape within the natural setting. The class is respectful of the natural areas and know their boundaries. We look forward to having an open house for the families and community in the near future.
Michael Henderson
TANF Client Support Coordinator
360-432-3964

Michael is available to transport TANF clients to and from appointments Monday - Thursday 7:30 a.m. - 4:00 p.m. with 24 hours advance notice.

No client transport on Fridays.

Rose Blueback
TANF Site Manager
360-432-3950

My name is Rose Henry and I have been the Squaxin Island TANF Site Manager since August of 2017. We are excited about upcoming opportunities the TANF program will be offering our TANF clients and community.

We have started offering a community family event the last Saturday of each month that will include family-oriented activities from 12:00 p.m. - 4:00 p.m. and a lunch will be provided.

If you should have any comments, questions, or even suggestions, please feel free to contact us.

Monthly Community Birthday Pool Party

Squaxin Island Community, come celebrate November Birthday’s

Friday, November 2, 2018 5:00pm - 7:00pm
Squaxin Island Wellness Pool
Cake Provided

Monthly Community Birthday Pool Parties will be the first Friday of each month.
All children under 10 years of age must be accompanied in the pool by an adult 16 years of age or older. Children 11-15 years must be accompanied by an Adult 16 or older on the pool deck.
Youth 16 years and older may swim unaccompanied.

For more information, Contact Janita Raham, Events and Operations Coordinator/Manager
360-432-3869
Remembrance Group

Behavioral Health at Outpatient (BHOP) is offering its third six-week session of a facilitated “Remembrance” Group.

Traditional grief counseling has encouraged people to seek “closure” or “complete unfinished business” with their deceased loved ones. In a “remembrance” group, the focus is on learning how to restore and build meaning, purpose and ongoing relationships with our deceased loved ones. This relational approach tends to foster resilience, love and connection between the living and the deceased through story. We have been inspired by our work with Squaxin Island community members to discover the cultural strengths and insights that emerge as people share their stories with each other and learn new ways to draw strength and courage from their relationships, past and present.

This six-week “remembrance” group is designed to help those who have lost loved ones navigate through the emotional pain and confusion that naturally happens after the loss of a loved one.

Please contact us at (360) 426-1582 if you are interested in attending this group. It will be held at the Squaxin Museum classroom on Wednesday afternoons.

Mental Health First Aid

Join the movement.

Sometimes first aid isn’t a bandage, or CPR or calling 911. Sometimes, first aid is YOU.

Sign up Now!
November 9th OR November 30th
2018
8:30am-5:30pm
RSVP: Elizabeth Heredia
heredia@squaxin.us
(360) 426-1582

A person you know could be experiencing a mental health or substance use problem. Learn an action plan to help. You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help a friend, family member, coworker or neighbor in need. Get trained in Mental Health First Aid.

Take a course. Save a life.

Stop Violence and misunderstanding
Strengthen your Community
www.MentalHealthFirstAid.org
14th Annual Employee Appreciation Dinner

During the 14th Annual Employee Appreciation Dinner, held at Little Creek Casino Resort on October 17th, the following employees were honored for their years of service to the Tribe:

**Five Years**
- Adirian Emery
- Brock Pohl
- Bryce Middaugh
- Deborah Steadman
- Peggy Peters
- Jolene Peters
- Susan (Wicket) McFarlane
- Terri Capoeman
- Joanne Decicio
- Chrystal Bollweg
- Laurel Wolff
- Ben Blankenship
- Bev Hawks
- Traci Lopeman
- Edwina (Dawn) Howard
- Tiffany Henderson

**Fifteen Years**
- Kristopher Peters
- Patty Suskin
- Scott Steltzner
- Off Tovia
- Dan Neelands
- Melissa Puhn

**Twenty Years**
- Julie Evenhuis
- Patti Puhn

**Twenty Five Years**
- Theresa Henderson

**Forty Years**
- Andy Whitener

**Ten Years**
- Rana Brown
- Darrell Longshore
- Glenda Larson
- Kimberly Peters
- Tara Stein
- Rene Klusman
- Jan Olson
- Serena Ribac

**Andy Whitener**

**Christmas Market**
Holiday Gifts • Food Entertainment
Pics with Santa

NOVEMBER 23RD - 25TH | 11AM-7PM
FREE ADMISSION
Thank You Veterans

Moody Addison    Jake Aldrich    John Bagley    Christopher Baller    Charles Bloomfield III    John Briggs


Joe Brown    John Brown    Don Brownfield    Gary Brownfield    Marvin Campbell    Donald Capoeman

Vernon Capoeman    Cecil Cheeka    Earnst Cheeka    Edward Clapanaho    Francis Cooper. Sr.    Rusty Cooper
Thank You Veterans

Ron Dailey  Sallee Elam  Elroy Ellerbe  Harry Fletcher  Wesley Fletcher  Billy Frank, Jr.

Dustin Greenwood  Christopher Henry  Ed Henry  Jeffery Hoosier  Robert James  Del C Johns

Lloyd Johns  Richard Johns  Bruce Johnson  Robert Johnson  Robert Jones  Sean Jones

Kimble Kenyon  Darrel Krise  Delbert Krise  Frank Krise  Harvey Krise, Sr.  Harvey L. Krise, Jr.
Thank You Veterans

James Krise
John Krise, Sr.
John E. Krise
Pete Kruger, Sr.
Riley Alfred Lewis
Toby Lewis

James Lister
Dennis Martin
Arthur Martin
Phillip Martin
Josh Mason
Francis Napoleon, Jr.

Louis Napoleon
Marvin Newell
Glen Parker
Levi Parker
Vernon Parker
William Penn

Cal Peters
Raymond Peters
Rick Peters
Steve Peters
Steve Michael Peters
William Bagley Peters
Thank You Veterans

Photos Unavailable
Felix Capoeman
Andrew McCloud
Donald McCloud
Melvin Napoleon
Dean Reeves, Jr.

Squaxin Island Tribe - Klah-Che-Min Newsletter - November 2018 - Page 11
Higher Ed News
Mandy Valley at mvalley@squaxin.us or (360) 432-3882

It is important to read and ask questions about the policies and procedures manual when signing up for Higher Education funds through the Tribe. There is a limit on how much funding a student can receive through the Tribe. Each student receives funding for up to 15 quarters or 10 semesters. Once a student becomes close to reaching their limit, I will send out an email reminder. I don't want any students to be surprised or unaware when they have ran out of funding.

The 2018–19 FAFSA already launched October 1st! Beginning with the 2017–18 FAFSA form, applicants can now report income information from an earlier tax year, rather than having to wait for your current year tax returns.
• On the 2019–20 FAFSA form, you (and your parents, as appropriate) will report your 2017 income information, rather than your 2018 income information.
• Since you'll already have filed your 2017 taxes by the time the FAFSA form launches, you'll be able to import your tax information into the FAFSA form right away using the IRS Data Retrieval Tool (DRT). (No more logging back in to update after filing taxes!)
• Not everyone is eligible to use the IRS DRT and the IRS DRT does not input all the financial information required on the FAFSA form. Therefore, you should have your 2017 tax return and 2017 IRS W-2 available for reference.
• You cannot use your 2018 tax information. They understand that for some families, 2017 income doesn't accurately reflect your current financial situation. If you have experienced a reduction in income since the 2017 tax year, you should complete the FAFSA form with the info it asks for (2017), and then contact each of the schools to which you're applying to explain and document the change in income. They have the ability to assess your situation and make adjustments to your FAFSA form if warranted.
• You cannot update your 2019–20 FAFSA form with your 2018 tax information after filing 2018 taxes. 2017 information is what's required. No updates necessary; no updates allowed.

If you have any questions or concerns, please don’t hesitate to stop in, call or email for assistance. I hope the new school year is off to a great start!

Squaxin Island Youth Council
would like to present a Sunday Breakfast on November 4th at 10:00 a.m.
All proceeds go to fund our trip to UNITY
RSVP to Jaimie Cruz at (360) 742-6527 or jaimiecruz1@gmail.com
Youth Activity Update
Jerilynn Vail-Powell at jvail@squaxin.us or (360) 432-3992

The after-school program will be closed on the 22nd and 23rd for the holidays. The afterschool schedule returns to normal on the 26th. And now, a couple safety-related reminders:

• When picking up your youth from the after-school program, please make sure to sign them out. We always want to be sure which youth are here and where they are.

• If any families have a new contact information, please stop, call or email one of the staff to update your information. In an emergency, we want to make sure we have the most up-to-date and direct way of contacting you.

GED Prep and Homework Support
Jamie Burris at jburris@mccleary.wednet.edu

Homework support is here, and GED preparation classes have resumed! I will be here to help you with homework or GED prep on Tuesdays, Wednesdays and Thursdays from 4:00 - 7:00 p.m. Please note that there will be no homework support during school breaks (e.g. Thanksgiving or Winter breaks).

The GED test has four 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.

Youth Education, Recreation and Activities Calendar

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>5 Rec Rm: 3-6pm</td>
<td>6 Rec Rm: 3-6pm</td>
<td>7 GSD – ER @ 2:30pm</td>
<td>1 GSD-ER @ 12:20pm</td>
<td>2 GSD-ER @ 12:20pm</td>
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<tr>
<td>Team Building: 5-6pm</td>
<td>Team Building: 5-6pm</td>
<td>SSD - 3 HR ER</td>
<td>SSD - 1.5 HR ER</td>
<td>SSD - 1.5 HR ER</td>
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<tr>
<td>Open Gym: 3-4pm</td>
<td>Drum Group: 5-6pm</td>
<td>Rec Rm: 11:30-6pm</td>
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<td>Open Swim: 3-6pm</td>
<td>Open Gym: 3-4pm</td>
<td>Crafty Kitchen: 5-6pm</td>
<td>Pool Party: 1:30-3:00pm</td>
<td>Open Gym: 3-4pm</td>
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<td></td>
<td></td>
<td>Open Gym: 11:30-6pm</td>
<td>Open Gym: 3-4pm</td>
<td>Open Swim: 5-8pm</td>
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<tr>
<td>12 No School</td>
<td>13 Rec Rm: 3-6pm</td>
<td>14 GSD – ER @ 2:30pm</td>
<td>8 Rec Rm: 3-6pm</td>
<td>9 SSD - 1.5 HR ER</td>
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<tr>
<td>Rec Rm: 7:30-4pm</td>
<td>Team Building: 5-6pm</td>
<td>Arts-n-Crafts: 5-6pm</td>
<td>Crafty Kitchen: 5-6pm</td>
<td>Rec Rm: 1:30-6pm</td>
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<tr>
<td>Open Gym: 7:30-4pm</td>
<td>Open Gym: 3-4pm</td>
<td>Open Gym: 3-4pm</td>
<td>Open Gym: 3-4pm</td>
<td>Movie Night: 5-7pm</td>
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<td>19 Rec Rm: 3-6pm</td>
<td>20 Rec Rm: 3-6pm</td>
<td>21 GSD – ER @ 2:30pm</td>
<td>15 Rec Rm: 3-6pm</td>
<td>16 Rec Rm: 3-6pm</td>
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<td>Team Building: 5-6pm</td>
<td>Team Building: 5-6pm</td>
<td>Art-n-Crafts: 5-6pm</td>
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<td>Movie Night: 5-7pm</td>
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<tr>
<td>26 Rec Rm: 3-6pm</td>
<td>27 Rec Rm: 3-6pm</td>
<td>28 GSD – ER @ 2:30pm</td>
<td>22 Closed</td>
<td>23 Closed</td>
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<tr>
<td>Team Building: 5-6pm</td>
<td>Team Building: 5-6pm</td>
<td>Art-n-Crafts: 5-6pm</td>
<td>Tribal Holiday</td>
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<td>Open Swim: 2:30-6pm</td>
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<td>Open Swim: 5-8pm</td>
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<tr>
<td>After School Snacks:</td>
<td>M-F 3-4:45pm</td>
<td>ER = Early Release</td>
<td>LT = Inter-Tribal League B-Ball</td>
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<tr>
<td>Computer Lab:</td>
<td>M-Th 3-7, F 3-5pm</td>
<td>WHL = Wa-He-Lut Indian School</td>
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<tr>
<td>Sylvan:</td>
<td>M-Th 4:30-6:30pm</td>
<td>SSD = Shelton School District</td>
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<tr>
<td>Homework Help, GED Prep:</td>
<td>T-TH 4-7pm</td>
<td>GSD = Griffin School District</td>
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<td>High School: 9-12 Grade</td>
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<td>Middle School: 7-8 Grade</td>
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<td>Elementary: 4-6 Grade</td>
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All activities are drug, alcohol and tobacco free.
Northwest Indian Treatment Center Hosts Recovery Coach Academy

In October, Northwest Indian Treatment Center’s Recovery Support Staff – Ofi Tovia, Trittany Hegge, Haley Ibabao, Erick Bussard, and Trelace Sigo – led a successful five-day Recovery Coach Academy at Little Creek Casino Resort. The result was twenty-four new Recovery Coaches from fourteen different tribes ready to provide skilled help to people in their communities who are in early recovery from addictions. This group of participants took a week away from their personal lives to learn the skills so important to providing meaningful support and establishing safe boundaries. This training uses a nationally accredited curriculum that is intense, but, as you can see from the pictures, also fun. Ofi and her team have been early leaders in organizing and presenting these Academies to create a cadre of coaches in tribal communities. AND, the State of Washington seems to be moving toward creating a system whereby Coaches can be reimbursed.
WA Corrections Center Powwow

Winona Stevens, MSW, Native American Reentry Services Executive Director - This year’s annual powwow at Washington Corrections Center in Shelton was held on July 15th. It started off sunny and stayed that way. For the first time in years, the powwow was held outdoors instead of in the visiting room.

Guests were greeted by Tribal Sons (a group of Native Americans at the Shelton corrections center) and Superintendent Dan White, passing tables loaded with gifts made throughout the year in preparation for the upcoming giveaway.

Representatives from the Squaxin Island Tribe were present, including Chairman Arnold Cooper who danced in with the men as the powwow began.

The powwow hosted by Tribal Sons is one of 21 held within the state corrections system.

Advocacy and negotiations with the Department of Corrections by Gabe Galanda (Huy) and Minty LongEarth (Native American Reentry Services) enabled Tribal Sons to have their children attend as well. Previously, children were not allowed to attend DOC powwows.

Other guests included Frank Hopper (Indian Country Today) and Wesley Roach (Breakdances With Wolves). Both men were formerly incarcerated, passed through the Washington Corrections Center, and have come back in support of Tribal Sons.

The men who participate in Tribal Sons activities do more than prepare for the powwow during the year. Twice a month they gather to sweat, with their spiritual walk supported by Program Contractor Bob Bouchard of the Cowlitz Tribe. They also meet weekly with Program Contractors Krystle Costa and Angel Fernandez. Angel is a member of Tribal Sons who stepped up to be trained as a peer facilitator in their Medicine Wheel & 12 Step programs, which encourage sobriety and recovery using tradition and ceremony.

All this work culminates in this day of celebration, the one day of the year when they can sing and dance to represent their heritage. The powwow is an opportunity to share the hard work they’ve done, not only in preparing for the event, but on themselves as well. So many men, like Hopper and Roach, are examples of the impact traditional practices have on our Native people in correctional settings.

The presence of the Squaxin Island people at powwow was an amazing gift, and the Tribal Sons and Native American Reentry Services DOC programs give thanks to the Squaxin Island people for celebrating with us.

- Pinagigi (you have done good for me)
Can Dogs Eat Pumpkins?

With the holidays coming up soon, most dog parents are wondering: “Can dogs eat pumpkins?” To that end, are other fall fruits and vegetables safe for dogs to eat? Let’s take a look at a representative sampling, including such autumnal favorites as: apples, beets, broccoli, cabbage, cauliflower, kale, lettuce, oats, pumpkins, radishes, spinach, sweet potatoes, and zucchini.

Can dogs eat pumpkins? It has been long and widely acknowledged that pumpkin has definite benefits for dogs, especially those who are having temporary trouble executing successful bowel movements. Surprisingly, little goes a long way. PetMD recommends only a tablespoon of pureed pumpkin mixed in with a dog’s regular food for relief of both diarrhea and constipation. Note that it should be as plain as possible, so pumpkin-pie filling is out, since it is typically saturated with sugars that may only exacerbate loose stools.

Can dogs eat apples? The next question you might have after, “Can dogs eat pumpkins?” is, “Can dogs eat apples?” — another fall-favorite vegetable! While apple stems and seeds have very small amounts of Amygdalin — a chemical compound that breaks down into cyanide when pulverized and digested — the seeds are so durable, and your dog would have to eat so many, that they present no real danger. All the same, wash the skin of an apple thoroughly to remove any lingering chemical treatments and cut the fruit into easily chewed slices. Note that too much of any sweet fruit can cause temporary stomach upset.

Can dogs eat beets?
According to every source I consulted, including the ASPCA, beets are non-toxic for dogs. Fresh, washed and home-prepared beets are always going to be preferable to canned. This is due to the presence of added salt and preservatives, which may bother your dog’s digestive system. According to one vet, repeated beet eating by dogs may perform a slight dye job on their hair and skin, but no adverse effects!

Can dogs eat broccoli?
We’ve covered broccoli and dogs previously. Cooked or boiled broccoli, free of spices, cheese, or that ranch dip you love, is safe, as is raw. With raw broccoli, though, keep the amount small; the heads, or florets, of broccoli contain a chemical that can cause stomach irritation when released during digestion.

Can dogs eat cabbage?
Once, for St. Patrick’s Day, I asked whether corned beef and cabbage, a traditional holiday repast, was safe to share with dogs. For its own part, cabbage is perfectly safe for dogs to eat in limited portions. The severest consequence of too much cabbage is swelling of the thyroid, and the least seemly is an upright in your dog’s flatulence. Several of the vegetables on our list — cauliflower, cabbage, broccoli, kale, are members of the Brassicaceae family of flowering plants. Like the broccoli it so closely resembles, cauliflower presents the same antioxidant benefits — limited though they are — and the amount that a dog can eat safely before affecting a dog’s digestive regularity is equally small.

Can dogs eat green beans?
On an episode of The West Wing, the White House Press Secretary had to stem controversy from Oregon farmers when the President said he didn’t care for green beans. There’s little to argue about with green beans; like many of the vegetables we’re looking at, in moderation and as an occasional treat, they are safe for dogs cooked simply or given raw. Possibly due to the crunch factor, dogs that do eat green beans seem to enjoy them raw.

Can dogs eat kale?
Kale is one of the fall vegetables we planted at the urban farm this year. Like its cousins and siblings in the Brassicaceae family, kale is safe for dogs in very small amounts. According to one Massachusetts veterinarian, kale should be avoided due to the risk of bladder and kidney stones in dogs, so use your best judgment and proceed with caution.

Can dogs eat lettuce?
As with any other vegetable which dogs are not accustomed to eating, lettuce may not be toxic to dogs, but that doesn’t mean you should stick a head of it in the dog bowl before you go to work in the morning. If your dog is constipated, many of the digestive “problems” presented by produce on our list might help move things along, but more of that when we get to oats and pumpkins.

Can dogs eat oats?
Prepared plainly, a bowl of oats has some digestive benefits for dogs, particularly those with bowel movement troubles. Always consult with your dog’s veterinarian before making wholesale changes to a dog’s normal diet. While oats and oatmeal are safe for dogs, keep raisins, sugar and milk out of the dog’s bowl. While the dangers that raisins and grapes present to canine life and health are usually presented with apocalyptic alarmism, we’ll let it suffice to say that both should be kept away from dogs.

Can dogs eat radishes?
Whether grown in your fall garden or fresh from the produce section of your local grocery, radishes are safe for dogs in small amounts. Sources allege that dogs may find the taste of a radish unpleasant, but like carrots, these tough, hardy veggies can also serve as natural chew toys and teeth cleaners for enterprising dogs. Let your dog steer clear of wild radishes and their flowers.

Can dogs eat spinach?
The presence of oxalates in spinach leads some people to hesitate, knowing that they play a role in kidney stone formation. Your dog would have to eat a truly outrageous amount of spinach to experience any adverse effects. A few leaves of fresh, well-rinsed, raw spinach may serve your dog well, just as a couple of leaves of lettuce will, as an occasional treat.

Can dogs eat sweet potatoes?
As long as the sweet potato is fully grown, matured and prepared very simply, your dog may enjoy a bit of this fleshy orange fall vegetable. Boiled, baked or even dehydrated sweet potato slices are safe for dogs to eat. They are high in carbohydrates, which dogs don’t need an excessive amount of in their diets. Keep your servings small or limit the number of prepackaged sweet potato dog treats you offer your dogs.
**Can dogs eat zucchini?**
Finally, zucchini is both safe and healthy for dogs, whether served as frozen chunks, raw bits, or grated and sprinkled over a dog’s normal food. Even though they do not have the same kick as radishes, some dogs may wrinkle their noses at zucchini on first taste.

None of the fall fruits or vegetables we’ve covered in this piece are toxic or dangerous to a dog’s health. Keep in mind that while dogs will certainly eat vegetable matter, it should never stand in for or completely replace a dog’s normal diet. Nor should you make any dramatic changes to your dog’s typical food, especially for health reasons, without first consulting a veterinarian. Also, though each of the items we’ve looked at is safe to give dogs, excess of any new food item can cause temporary digestive upset or gas discharge, so proceed with caution!

From Gus the doggie guy. Taken from Dogster Magazine.

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**Health Services Holiday Schedule**

*(Clinic and Behavioral Health)*

**Thanksgiving**
Open Monday - Wednesday, November 19th - 21st
Regular schedule, 8:00 - 5:00 p.m.
Closed Thursday and Friday, November 22nd & 23rd

**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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**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
or Patty Suskin 360.462.3224, wicnutrition@spipa.org

---

**WIC wants your baby to get the best start on life.**

Wait until 5-6 months to feed your baby solid foods.

**Why?** Early introduction to solids can promote overfeeding, obesity, choking/aspiration and food allergies.

**Research shows**
feeding solid foods early does not help babies sleep through the night.

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**To contact a Squaxin Island Police Officer Call:**
360-426-4441
If it is an EMERGENCY CALL 911

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*Squaxin Island Tribe - Klah-Che-Min Newsletter - November 2018 - Page 17*
November is Diabetes Awareness Month

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.

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

Happy. Active. Life as usual.

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

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

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

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

Produced by IHS Division of Diabetes Treatment and Prevention. www.diabetes.ihs.gov

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

Keep Moving . . .

3
TAKE OFF SOME WEIGHT. Once you start eating less and moving more, you will lose weight. By losing just 10 pounds, you can cut your chances of getting diabetes.

“Since losing a few pounds, I feel better and have more energy to do the things I enjoy.”
LORELI DECORA
WINNEBAGO TRIBE OF NEBRASKA

4
SET GOALS YOU CAN MEET. Start by making small changes. Try being active for 15 minutes a day this week. Then each week add 5 minutes until you build up to at least 30 minutes 5 days a week. Try to cut 150 calories out of your diet each day (that’s one can of soda!). Slowly reduce your calories over time. Talk to your health care team about your goals.

“When I first started walking, I could only go for about 10 minutes. Now I feel stronger and am able to walk 45 minutes every day.”
JONATHAN FEATHER
EASTERN BAND OF CHEROKEE INDIANS

5
RECORD YOUR PROGRESS. Write down all the things you eat and drink and the number of minutes you are active. Keeping a diary is one of the best ways to stay focused and reach your goals.

“Keeping track of my activity allows me to see how I’m doing. By walking for 10 minutes at least 3 times a day, I’m able to get my 30 minutes in.”
LORRAINE VALDEZ, RN
ISLETA/JAGUINA PUEBLO

6
SEEK HELP. You don’t have to prevent diabetes alone. Ask your family and friends to help you out. Involve them in your activities. You can help each other move more, eat less, and live a healthy life. Go for a walk together or play a pick-up game of basketball. Join a support group in your area to help you stay on track.

“AFTER dinner I often take a walk with my family instead of watching TV.”
KELLY MOORE, MD
CREEK NATION OF OKLAHOMA

7
KEEP AT IT. Making even small changes is hard in the beginning. Try to add one new change a week. If you get off track, start again and keep at it.

“When I don’t think I have time to exercise, I just remember how important it is to be around for my family.”
RALPH FORQUERA
JUANEÑO BAND OF CALIFORNIA INDIANS

“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

Foot Exam Day with Dr. Kochhar (Foot Doctor)

Friday, November 9, 2018
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

Take your first step today. Talk to your health care team about your risk for type 2 diabetes and the small steps you can take to prevent it. To find out more, call 1-888-693-NDEP (1-888-693-6337) or visit www.YourDiabetesInfo.org to get a free copy of Your GAME PLAN to Prevent Type 2 Diabetes.

Kelly Moore, M.D., contract consultant with the Indian Health Service Division of Diabetes, Albuquerque, NM has reviewed this tip sheet for accuracy.

Spin Tees places third in the Las Vegas World Masters Softball Championship Tournament in September

Will Henderson - Over the course of the summer, Spin Tees, a men's senior softball team (55 AA) played spring, summer, and fall league at the RAC in Lacey. The team also played in a number of tournaments (11) throughout Washington, Oregon, California, and Nevada. The team did well in a number of these tournaments, winning one tournament, placing second twice, placing third twice, and placing fourth once. A number of these tournament seeded us against upper level division teams, which makes our record even more impressive!

On September 20-22, Spin Tees, participated in the granddaddy of all tournaments - The 2018 LVSSA/SSUSA World Masters Championship Tournament in Las Vegas, NV. The first day of the tournament we played Romo’s Old School 55 from Texas. We lost a good game to them 19-20. Our second game was to the Longshoremen 55 of Virginia. This was the US National Championship game “East vs West” that we played as we were “Western National Champions” in an earlier tournament played in Sacramento. We played a good game against the East, but ended up falling 16-23. The weather was HOT!

The second day of the tournament, we played the Hawaiians, beating them 24-18. Advancing in the winner's bracket, we played the New Mexico Boomers, who ended up winning the World Tournament. It was a nail biter defensive game to the end, with the Boomers topping us 15-14.

Day three of the tournament had us playing in the elimination bracket (win or go home). Our first game was against Southern California Riptide from Long Beach. It was a good game and in the end we topped them 20-14. Still alive. The next game we once again faced our nemesis, the Longshoremen 55, who previously beat us in the US National Championship game. This game was intense as it was back and forth throughout most of the game. In the final inning, Spin Tees needed a couple more runs and a defensive hold to seal the game. We ended up going through our batting order nearly three times to take a tremendous lead, never turning back. Oh the smell of victory! We won this game 26-10 and sent them home! On to the next game! This game decides who goes to the Championship game. We faced Scrap Iron Mile High from Colorado. For the first couple innings, the game was back and forth and close. Mid-game Scrap Iron started to extend a lead and we failed to catch up. In the end, Scrap Iron won the game 21-8. We were done. I believe the team was exhausted by time we played this third game of the day. Did I mention it was HOT! 100 + degrees HOT! But the great news is we placed “Third” in our division in the largest Senior Softball Tournament in the world! All team MVP and 3-All Tournament MVPs were given out to our team. I won’t mention names, but everyone on this team were all stars! Great Job Spin Tees!

We would like to thank the Squaxin Island Tribe and LCCR 1% Committee for help with sponsoring our team.
Elders Menu . . . Fruit and salad at every meal

11/1
THURSDAY:
Chicken Quarters,
Roasted Red Potatoes,
Baby Carrots

11/5 – 11/8
MONDAY:
Sausage Pasta Bake, Broccoli
TUESDAY:
Baked Potato Soup,
Chicken Salad Sandwiches
WEDNESDAY:
Stroganoff, Brussel Sprouts
THURSDAY:
Closed for Thanksgiving

11/12 – 11/15
MONDAY:
Twice Baked Potato Casserole, Mixed Veggies
TUESDAY:
Taco Soup, Turkey Wraps
WEDNESDAY:
Hamburgers, Macaroni Salad, Potato Chips
THURSDAY:
Casino Buffet

11/19 – 11/22
MONDAY:
Tuna Casserole, Peas, Biscuits
TUESDAY:
Italian Sausage Potato Soup, Breadsticks
WEDNESDAY:
Turkey, Mashed Potatoes/Gravy, Green Bean Casserole
THURSDAY:
Closed for Thanksgiving

11/26 – 11/29
MONDAY:
Beef Enchilada Casserole
TUESDAY:
Clam Chowder, Frybread
WEDNESDAY:
Chalupas
THURSDAY:
Perk Medallions, Veggie Rice, Spinach, Rolls

November Happy Birthdays

1 Kimberly RayeAnn James
Wesley Arthur Fletcher

2 Alibi Lucian Tagaent
Calvin Von Peterson
Jolene Sandra Jones
Monique Abigail Pinon
Virginia May Berumen

3 Juanita Catherine Pugel
Rickie Leigh Ramage
 Roxanne 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 Blueback-Robinson
Russel W. Cooper
Thelma Janine Shea

8 David Wayne Whitener Jr.
Tammi L. Birchall

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

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

11 Benjamin James Sayers
Carlo Kenyon McFarlane

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

13 Mary Elizabeth Mosier

14 Richard Karl Peters

15 Bennett Percy Howard Henry
James Edward Orozco
King Julious Tom
Tammy Ruthann Rios

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

17 Ethan Edward Pugel
Joseph Cheywoot Peters
Taeahni Emilion Fox

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

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 Greenwood
Susan Colleen McFarlane

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

24 Arelys 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 Masoner

28 Ila Mae Ball
Redwolf Wilson Krise II

29 Mark Allen Peters
Sarah Elizabeth Thornton
Tyler Eric Burrow

30 Carol Ann Hagmann

Bible Study
everyone is welcome

Mondays 6:00 - 7:00 p.m. - Elders Building
For more information, call Aaron Lake at 360-426-0276
What's Happening in November

**1 - Thursday**
Utilities Commission

Family Court

**Childhood ACE's**
Little Creek Casino Resort

**2 - Friday**
Housing Commission

SPIPA Board

**MLRC Holiday Bazaar**
9:00 a.m. - 5:00 p.m.

**November Birthdays**
Pool Party
5:00 p.m. - 7:00 p.m.

**3 - Saturday**
Housing Commission

**MLRC Holiday Bazaar**
9:00 a.m. - 4:00 p.m.

**4 - Sunday**
Youth Council
Breakfast
10:00 a.m.

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

**6 - Tuesday**
Enrollment Committee

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

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

**7 - Wednesday**
Golf Advisory Committee

Elders Committee

Culture Night
7:30 p.m.

CERT Training
4:00 p.m.

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

**Remembrance Group**
3:30 - 5:00 p.m.

MLRC Classroom

**8 - Thursday**
Tribal Council

**Thankfulness Dessert**
5:30 p.m. - 6:30 p.m.

TLC

**9 - Friday**
Education Commission

**Mental Health 1st Aid**
8:30 a.m. - 5:30 p.m.

Community Kitchen

**12 - Monday**
Childcare Board of Directors

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

**Veterans Day Celebration**
11:30 a.m. - 1:00 p.m.
Community Kitchen

**Kennedy Creek Salmon Walk**
7:30 a.m. - 4:00 p.m.

**13 - Tuesday**
Civil/Criminal Court

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

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

**WIC Day**
SPIPA

**14 - Wednesday**
Aquatics Committee

Culture Night
7:30 p.m.

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

**Remembrance Group**
3:30 - 5:00 p.m.

MLRC Classroom

**16 - Friday**
Tobacco Cessation/
Cancer Prevention
Wellness Dinner
5:00 - 7:00 p.m.

Community Kitchen

**19 - Monday**
Gaming Commission

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

**20 - Tuesday**
Civil/Criminal Court

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

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

**Remembrance Group**
3:30 - 5:00 p.m.

MLRC Classroom

**21 - Wednesday**
Culture Night
7:30 p.m.

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

CERT Training
2:00 p.m.

**Remembrance Group**
3:30 - 5:00 p.m.

MLRC Classroom

**22 - Thursday**
Happy Thanksgiving

**23 - Friday**
Tribal Center Closed

**LCCR Christmas Market**
11:00 p.m. - 7:00 p.m.

**24 - Saturday**
LCCR Christmas Market
11:00 p.m. - 7:00 p.m.

**25 - Sunday**
LCCR Christmas Market
Mason County Sheriff Department Thanks Squaxin Island Tribe for Support

On September 27th, the Mason County Sheriff Department formally thanked the Squaxin Island Tribe (Tribal Council and Public Safety & Justice Department in particular) for their support over the years by offering a commemorative plaque and words of praise and thanks.

Committees, Commissions, and Boards Listed on Calendar

Committees and Commissions

<table>
<thead>
<tr>
<th>Committee and Commissions</th>
<th>Council Rep.</th>
<th>Staff Rep.</th>
<th>Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquatics Committee</td>
<td>Arnold Cooper</td>
<td>Jeff Dickison</td>
<td>Feb., May, Aug., Nov.</td>
</tr>
<tr>
<td>Elders Committee</td>
<td>Charlene Krise</td>
<td>Traci Coffey</td>
<td>1st Wednesday or Thursday</td>
</tr>
<tr>
<td>Enrollment Committee</td>
<td>Charlene Krise</td>
<td>Tammy Ford</td>
<td>2nd Tuesday</td>
</tr>
<tr>
<td>Fish Committee</td>
<td>Vicki Kruger</td>
<td>Joseph Peters</td>
<td>2nd Wednesday</td>
</tr>
<tr>
<td>Golf Advisory Committee</td>
<td>Arnold Cooper</td>
<td>Kris Peters</td>
<td>3rd Monday</td>
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<tr>
<td>Hunting Committee</td>
<td>Arnold Cooper</td>
<td>Joseph Peters</td>
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<tr>
<td>Shellfish Committee</td>
<td>Vincent Henry</td>
<td>Eric Sparkman</td>
<td>June and August</td>
</tr>
<tr>
<td>Education Commission</td>
<td>Vacant</td>
<td>Gordon James</td>
<td>As needed</td>
</tr>
<tr>
<td>Tourism Board</td>
<td>Bev Hawks</td>
<td>Dallas Burnett</td>
<td>Sept., Dec., March, June</td>
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<tr>
<td>Island Enterprises Board</td>
<td>Vacant</td>
<td>Charlene Krise</td>
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<tr>
<td>Skookum Creek Tobacco Board</td>
<td>Vacant</td>
<td>Leslie Johnson</td>
<td></td>
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<tr>
<td>1% Committee (Bylaws &amp; Appendix X2)</td>
<td>Charlene Krise, Vince Henry, Vicki Kruger</td>
<td>Kris Peters</td>
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<tr>
<td>Elections Committee</td>
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<tr>
<td>Explorers Program Committee</td>
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<td>None</td>
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<tr>
<td>Fireworks Committee (TC 6.04.040)</td>
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<tr>
<td>Gathering Committee</td>
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<td>Law Enforcement Committee, Law and Order Veterans’ Committee</td>
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<td>Budget Committee</td>
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<td>Business Administration Board (TC 6.24.010)</td>
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<td>Little Creek Oversight Board (TC 2.26.010)</td>
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<td>Museum Library and Research Board</td>
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<td>Skookum Creek Tobacco Board</td>
<td>Vacant</td>
<td>Gordon James</td>
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Committees, Commissions, and Boards With Infrequent Meeting Times

<table>
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<tr>
<th>Committee and Commissions</th>
<th>Council Rep.</th>
<th>Staff Rep.</th>
<th>Months</th>
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<tbody>
<tr>
<td>1% Committee (Bylaws &amp; Appendix X2)</td>
<td>Charlene Krise, Vince Henry, Vicki Kruger</td>
<td>Kris Peters</td>
<td>Feb., May, Aug., Nov.</td>
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<td>Elections Committee</td>
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<td>Explorers Program Committee</td>
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<td>May and June</td>
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<td>Kevin Lyon</td>
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<td>Gathering Committee</td>
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<td>Glen Parker</td>
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<td>Law Enforcement Committee, Law and Order Veterans’ Committee</td>
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<td>Kris Peters</td>
<td>June and August</td>
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<td>Business Administration Board (TC 6.24.010)</td>
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<td>Charlene Krise</td>
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<tr>
<td>Museum Library and Research Board</td>
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<td>Elois Johnson</td>
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<tr>
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<tr>
<td>Island Enterprises Board</td>
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<td>Dallas Burnett</td>
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<td>Skookum Creek Tobacco Board</td>
<td>Vacant</td>
<td>Bert Miller</td>
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Meetings

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<td>2nd Wednesday</td>
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<td>2nd Wednesday in March</td>
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<td>2nd Wednesday or Thursday</td>
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<td>2nd Tuesday of July</td>
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<td>1st Wednesday of March</td>
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