

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."

PSRT STD
U.S. POSTAGE
P A I D
SHELTON, WA
PERMIT NO. 96



WE HONOR VETERANS

Veterans photos on Pages 8 - 11



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

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 & Nov. 3rd
9am - 5pm & 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



150 SE Kwuh-Deegs-Altsw, Shelton WA 98584



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

TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781

TOLL FREE: 877.386.3649

FAX: (360) 426-6577

www.squaxinisoland.org

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

K L A H - C H E - M I N



Walking On



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

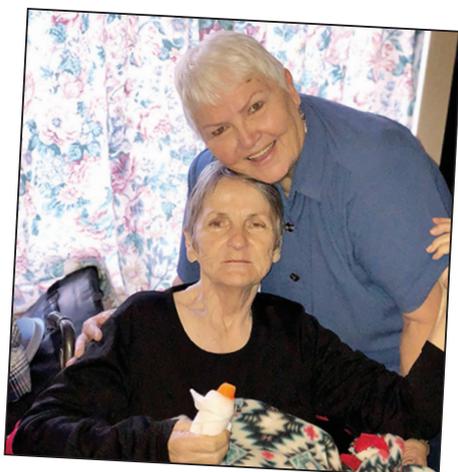
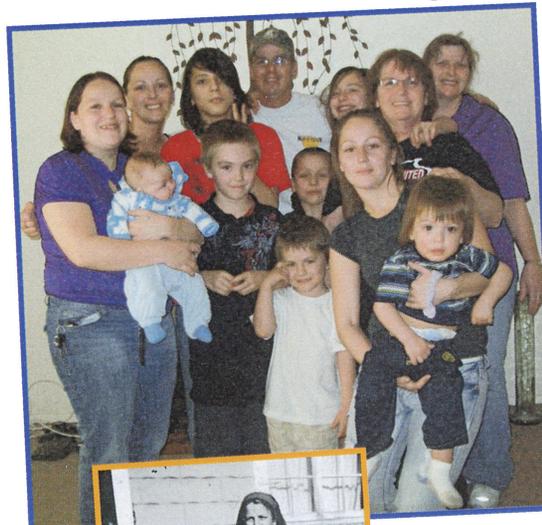
In honor and remembrance of Paula Swan Krise

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.



CHILD DEVELOPMENT CENTER



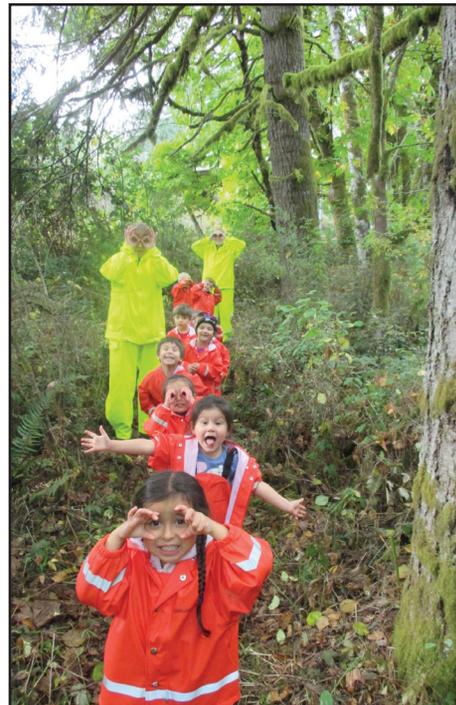
Welcome Saplings

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.





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

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.





FAMILY SERVICES



Tobacco Cessation and Cancer Prevention Community Wellness Dinner

Please join us for food, drinks, games, and raffle prizes for this community wellness event! And a surprise guest speaker!

Where: Squaxin Island Community

Kitchen: 50 SE Squaxin Ln

When: November 16th, 2018

Time: 5 p.m. to 7 p.m.



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.

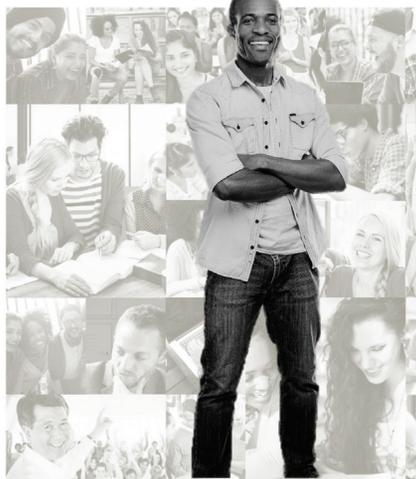
Sometimes first aid isn't a bandage, or CPR or calling 911. Sometimes, first aid is **YOU**.

Sign up Now!
November 9th OR November 30th
2018
8:30am-5:30pm
RSVP: Elizabeth Heredia -
Eheredia@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.



Squaxin Island Community
Kitchen

Take a course. Save a life.

Stop Violence and misunderstanding

Strengthen your Community

www.MentalHealthFirstAid.org

"Remembrance" Group

Counselors from Squaxin Island Behavioral Outpatient Program will be starting another 6-week session of the Grief and Loss support group. We invite you to honor your connection with your loved one; talk about helpful and unhelpful messages you receive from others concerning grief and gain strength from your deceased loved one as you continue forward in life.

Wednesdays
November 7th-
December 12th
3:30-5:00 p.m.
**Squaxin Museum
Classroom**
Shelton, Wa.



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
Chrystol Bollweg
Laurel Wolff
Ben Blankenship
Bev Hawks
Traci Lopeman
Edwina (Dawn) Howard
Tiffany Henderson

Fifteen Years

Kristopher Peters
Patty Suskin
Scott Steltzner
Ofi 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



Tiffany Henderson, Shannon Bruff, Vicki Engel and Charlene Krise



Jan Olson and Vicki Kruger



Susan McFarlane



Patti Puhn



Joanne Decicio





THANK YOU VETERANS



Moody Addison



Jake Aldrich



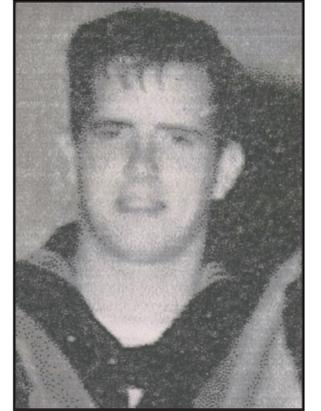
John Bagley



Christopher Baller



Charles Bloomfield III



John Briggs



Alex Brown Garcia



Dan Brown, Sr.



Dan Brown



Edward Brown



Henry Brown



Jan Brown Pfundheller



Joe Brown



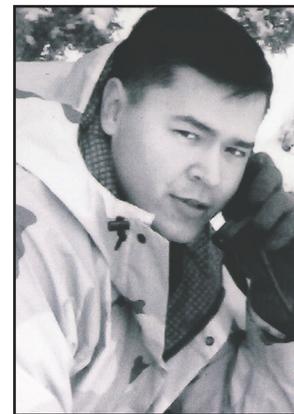
John Brown



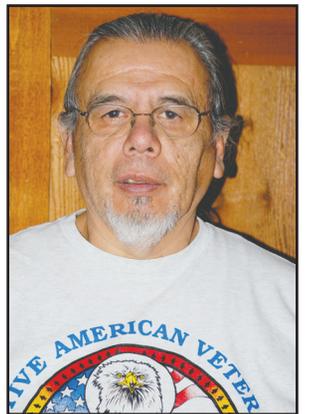
Don Brownfield



Gary Brownfield



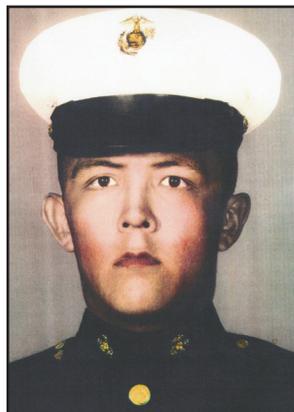
Marvin Campbell



Donald Capoeman



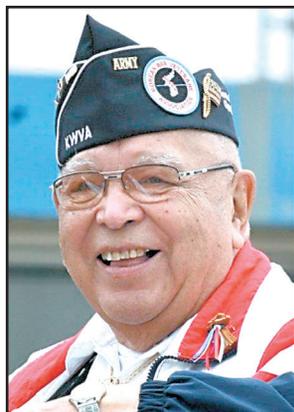
Vernon Capoeman



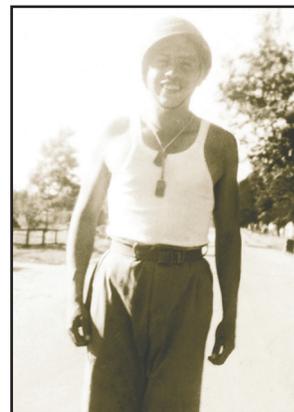
Cecil Cheeka



Earnst Cheeka



Edward Clapanaho



Francis Cooper, Sr.



Rusty Cooper



THANK YOU VETERANS



Ron Dailey



Sallee Elam



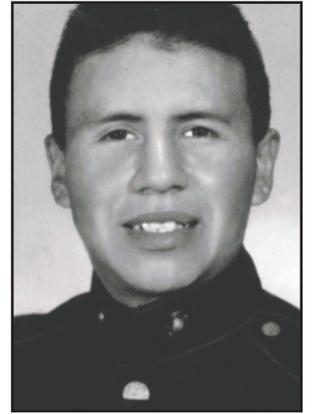
Elroy Ellerbe



Harry Fletcher



Wesley Fletcher



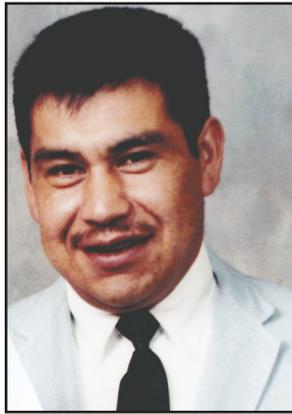
Billy Frank, Jr.



Dustin Greenwood



Christopher Henry



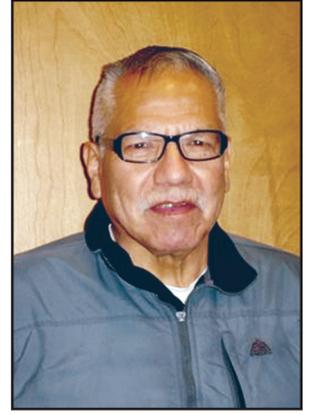
Ed Henry



Jeffery Hoosier



Robert James



Del C Johns



Lloyd Johns



Richard Johns



Bruce Johnson



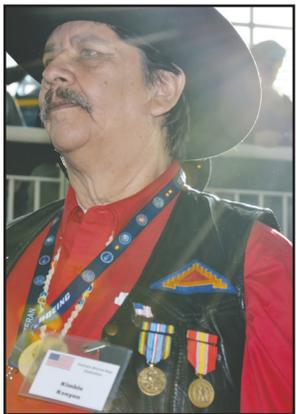
Robert Johnson



Robert Jones



Sean Jones



Kimble Kenyon



Darrel Krise



Delbert Krise



Frank Krise



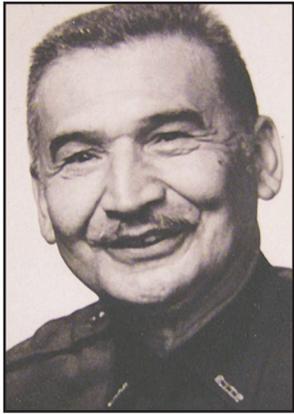
Harvey Krise, Sr.



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



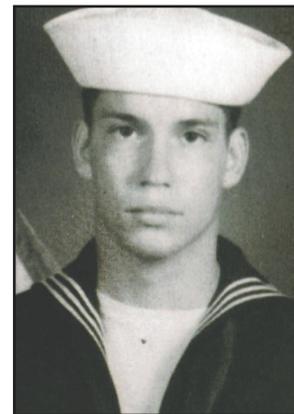
Dennis Martin



Arthur Martin



Phillip Martin



Josh Mason



Francis Napoleon, Jr.



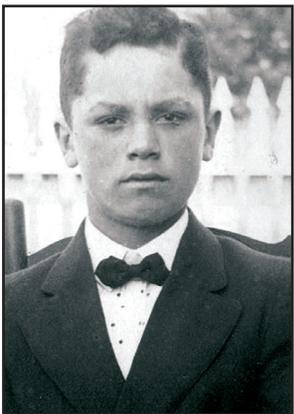
Louis Napoleon



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



William R Peters



Rusty Pleines



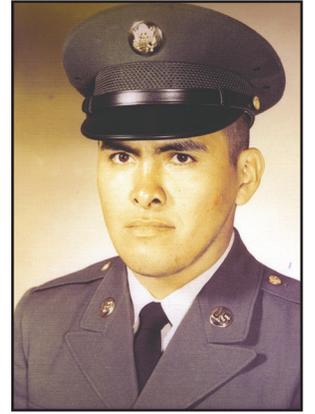
Donald Reynolds



Mishell Saeger



Martin Sequak



Dave Seymour



Jonella Seymour



Joseph Seymour, Jr.



Joseph H. Seymour, Sr.



Dennis Sigo



Dewey Sigo



Steve Sigo, Jr.



Brent Snipper



Gail Stephens



BJ Whitener



Dave Whitener, Sr.



Donald Whitener



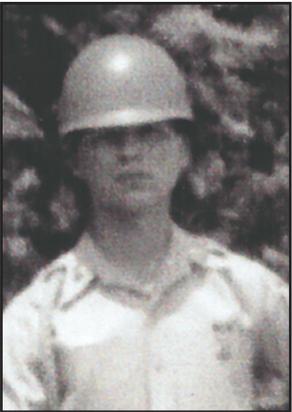
Donald Whitener



Joe Whitener



Robert Whitener, Sr.



Ronald Whitener



Wilson Whitener



Steve Witcraft

Photos Unavailable

Felix Capoman
Andrew McCloud
Donald McCloud
Melvin Napoleon
Dean Reeves, Jr.





LEARNING CENTER



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!



\$10 a ticket \$10 a ticket

Youth Council Sunday Breakfast and Auction

50 SE Squaxin Lane
Shelton, WA 98584

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

PLEASE JOIN US
FOR
OUR THANKFUL DESSERT

TLC will be hosting
Dessert for our families
on
Thursday, November 8th
from 5:30-6:30pm
in the Rec Room.

Questions - contact
Jerilynn @ 360-432-3992

Monday, November 12th

Join us from 7:30-4:00pm

**Salmon
Life
Cycle**

From 9:15am to 11:15am
We will be visit
Kennedy Creek.
Don't forget to wear your
boots and warm coat.

We'll make
Oyster Chowder
from 11:30-12:30pm

Ending our day with a
Pool Party from 1:30-3:00pm

Have any questions contact Jerilynn @ 360-432-3992



LEARNING CENTER



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 Burriss at jburriss@mcclary.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

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

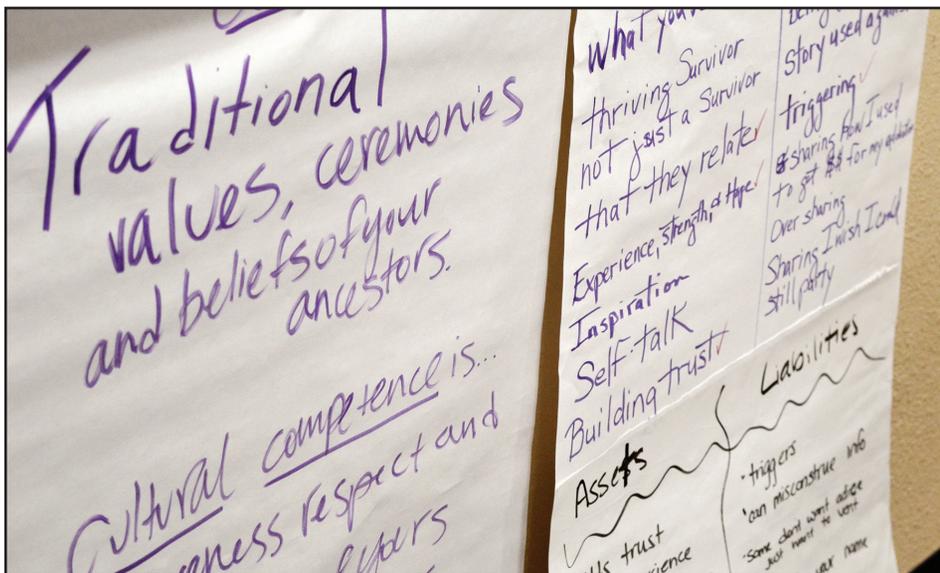
All activities are drug, alcohol and tobacco free.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			1 <i>GSD-ER @ 12:20pm</i> SSD- 3 HR ER Rec Rm: 11:30-6pm Crafty Kitchen: 5-6pm Open Gym: 11:30-6pm	2 <i>GSD-ER @ 12:20pm</i> SSD – 1.5 HR ER Rec Rm: 11:30-6pm Pool Party: 1:30-3:00pm Open Gym: 3-4pm Open Swim: 5-8pm
5 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4pm Open Swim: 3-6pm	6 Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 3-4pm	7 <i>GSD – ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm Open Swim: 3-6pm	8 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4pm	9 <i>SSD – 1.5 HR ER</i> Rec Rm: 1:30-6pm Fun Day Friday: 5-6pm Open Gym: 3-4pm Open Swim: 5-8pm
12 No School Rec Rm: 7:30-4pm Open Gym: 7:30-4pm Open Swim: 3-6pm	13 Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 3-4pm	14 <i>GSD – ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm Open Swim: 3-6pm	15 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4pm	16 Rec Rm: 3-6pm Movie Night: 5-7pm Open Gym: 3-4pm Open Swim: 5-8pm
19 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4pm Open Swim: 3-6pm	20 Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 3-4pm	21 <i>GSD – ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm Open Swim: 3-6pm	22 Closed Tribal Holiday	23 Closed Tribal Holiday
26 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4pm Open Swim: 3-6pm	27 Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 3-4pm	28 <i>GSD – ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm Open Swim: 3-6pm	29 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4pm	30 Rec Rm: 3-6pm Movie Night: 5-7pm Open Gym: 3-4pm Open Swim: 5-8pm
After School Snacks: Computer Lab: Sylvan: Homework Help, GED Prep:	M-F 3-4:45pm M-Th 3-7, F 3-5pm M-Th 4:30-6:30pm T-TH 4-7pm	<i>ER = Early Release</i> WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District	<i>I.T.L. – Inter-Tribal League B-Ball</i> High School: 9-12 Grade Middle School: 7-8 Grade Elementary: 4-6 Grade	



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.



Wednesday Evenings
EVERYONE IS WELCOME

Lushootseed Classes

11/7/2018 5:30-6:30 PM MLRC

Squaxin Island T.A.N.F. 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





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.

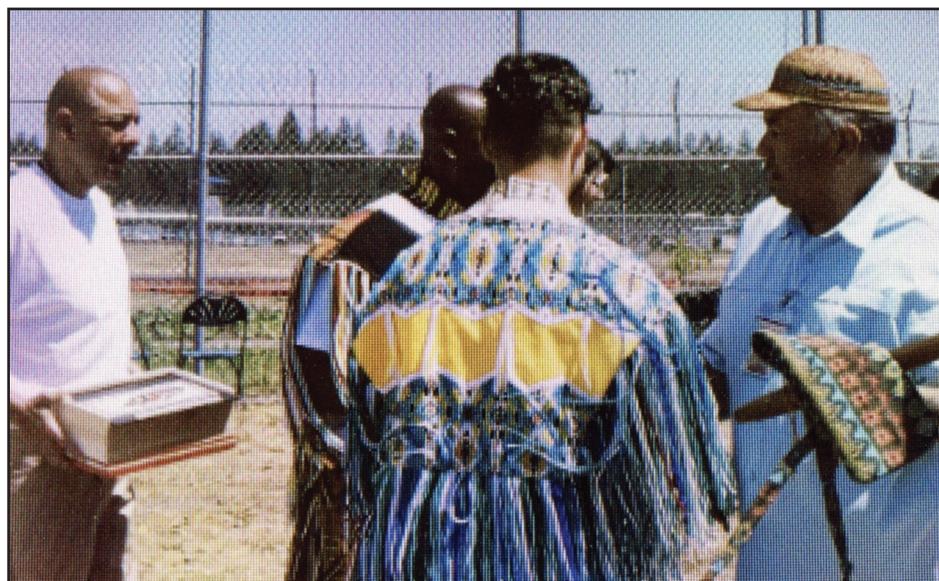
Other guests included Frank Hopper (Indian Country Today) and Wesley Roach (Breakdances With Wolves). Both men were formerly incarcerated, passed through the Washington Corrections Center, and have come back in support of Tribal Sons.

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)



Please Join Us
Building Strong Families Through Culture

BSFTC

Community Kitchen
Tuesday's
3:00 to 5:00

For the Formation and Maintenance of Two-Parent Families



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, green beans, 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 seemingly is an uptick in your dog’s flatulence. Several of the vegetables on our list — cauliflower, cabbage, broccoli and 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.



— COMMUNITY DEVELOPMENT | HEALTH CLINIC —



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.

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



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

If it is an
EMERGENCY
CALL 911



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

Tuesday, Nov 13th is WIC day at SPIPA

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



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.

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



November is Diabetes Awareness Month



**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



**We have the
power
to prevent diabetes**

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

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

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

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

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

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

TOM JOHN
SENECA

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

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

JOSEPHINE MALEMUTE, RN
ATHABASCAN



NDEP National Diabetes Education Program

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



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

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



5

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

"Keeping track of my activity allows me to see how I'm doing. By walking for 10 minutes at least 3 times a day, I'm able to get my 30 minutes in."

LORRAINE VALDEZ, RN
ISLETA/LAGUNA PUEBLOS



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

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



Kelly Moore, M.D., contracted consultant with the Indian Health Service Division of Diabetes, Albuquerque, NM has reviewed this tip sheet for accuracy.
Revised July 2014 NIH Publication No. 13-5525 NDEP-73

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



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

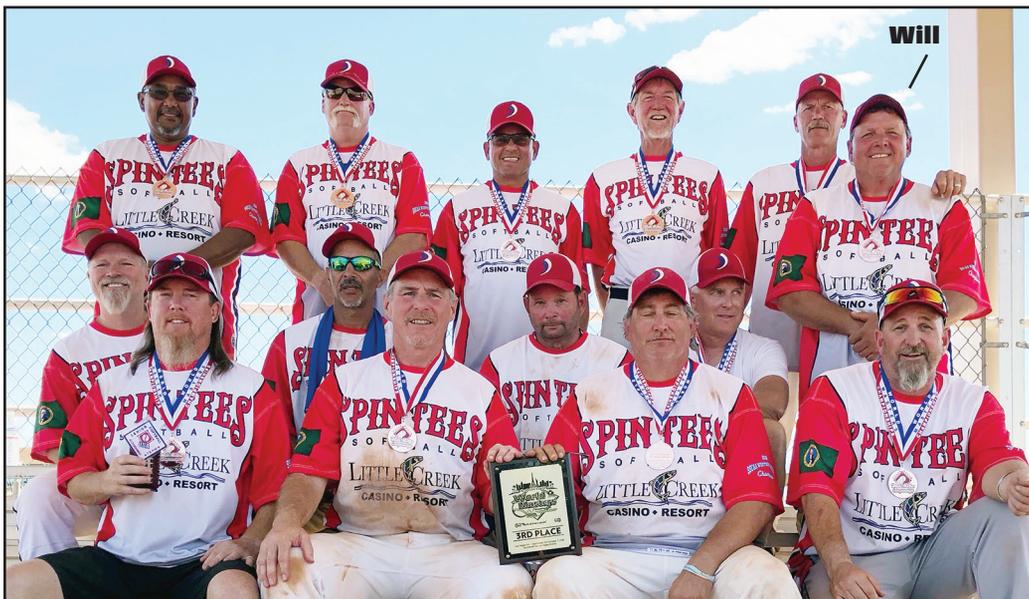
Will Henderson - Over the course of the summer, Spin Ties, a men's senior softball team (55 AA) played spring, summer, and fall league at the RAC in Lacey. The team also played in a number of tournaments (11) throughout Washington, Oregon, California, and Nevada. The team did well in a number of these 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 Ties, 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 Longshoremens 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!

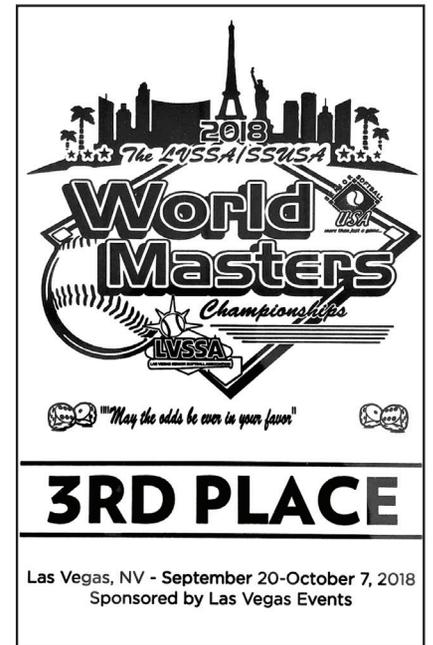
The second day of the tournament, we played the Hawaiians, beating them 24-18. Advancing in the winner's bracket, we played the New Mexico Boomers, who ended up winning the World Tournament. It was a nail biter defensive game to the end, with the Boomers topping us 15-14.

Day three of the tourney 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 Longshoremens 55, who previously beat us in the US National Championship game. This game was intense as it was back and forth through most of the game. In the final inning, Spin Ties 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! 1- 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 Ties!

We would like to thank the Squaxin Island Tribe and LCCR 1% Committee for help with sponsoring our team.



US National Championship Game "East vs West"



World Masters



Community Training

Childhood ACEs & Resiliency

"How Childhood Trauma Impacts Adolescent Behavior"

November 1st

8:00am - 4:00pm
Little Creek Casino Resort

After attending this training, parents, relative care givers and community members will be prepared to better understand adverse childhood experiences (ACEs) and gain valuable insights and skills to help children develop resiliency to cope with challenging situations.

Breakfast, lunch and afternoon snacks will be provided.

Childcare will be available for children under school age whose parents are attending this training.

Registration required.

To register, please call your Tribal Contact:

Nisqually: 360-456-5221 ext. 1206
Skokomish: 360-426-5755 ext. 2117
Squaxin Island: 360-432-3906

The production of this publication was supported by Grant 90FN0026 from ACF. Its content are solely the responsibility of SPIPA and do not necessarily represent the official views of ACF.



Elders Menu . . . Fruit and salad at every meal

November Happy Birthdays

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

11/19 – 11/22
MONDAY:
Tuna Casserole, Peas, Biscuits

TUESDAY:
Italian Sausage Potato Soup,
Breadsticks

11/5 – 11/8
MONDAY:
Sausage Pasta Bake, Broccoli

TUESDAY:
Baked Potato Soup,
Chicken Salad Sandwiches

WEDNESDAY:
Turkey, Mashed Potatoes/
Gravy, Green Bean Casserole

WEDNESDAY:
Stroganoff, Brussel Sprouts

THURSDAY:
Closed for Thanksgiving

THURSDAY:
Flank Steak, Baked Potato,
Cauliflower

11/26 – 11/29
MONDAY:
Beef Enchilada Casserole

TUESDAY:
Clam Chowder, Frybread

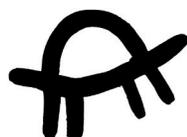
11/12 – 11/15
MONDAY:
Twice Baked Potato
Casserole, Mixed Veggies

TUESDAY:
Taco Soup, Turkey Wraps

WEDNESDAY:
Chalupas

THURSDAY:
Pork Medallions, Veggie Rice,
Spinach, Rolls

WEDNESDAY:
Hamburgers, Macaroni
Salad, Potato Chips



THURSDAY:
Casino Buffet

1
Kimberly RayeAnn James
Wesley Arthur Fletcher

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

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

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

11
Benjamin James Sayers
Carlo Kenyon McFarlane

22
Lahai'la Greenwood
Susan Colleen McFarlane

4
Twana Remedios Machado

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

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

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

14
Mary Elizabeth Mosier

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

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

15
Richard Karl Peters

25
Terry Nakai Tahkeal

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

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

26
Candace Olivia Penn

8
David Wayne Whitener Jr.
Tammi L. Birchall

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

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

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

18
Ethan Edward Pugel
Joseph Chetwoot Peters
Taeahni Emilion Fox

28
Ila Mae Ball
Redwolf Wilson Krise II

19
Lucille Arlene Quilt

29
Mark Allen Peters
Sarah Elizabeth Thornton
Tyler Eric Burrow

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

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

ALANON & AA

3:00 - 5:00 p.m.

Tobacco Cessation

3:00 - 4:00 p.m.

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

26 - Monday

Bible Study at Elders Building

6:00 - 7:00 p.m.

27 - Tuesday

Civil/Criminal Court

Tobacco Board of Directors

ALANON & AA

3:00 - 5:00 p.m.

Tobacco Cessation

3:00 - 4:00 p.m.

28 - Wednesday

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

30 - Friday

Mental Health 1st Aid

8:30 a.m. - 5:30 p.m.

Community Kitchen





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 & 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



Beauty in the Fall by Sis Brownfield



BLACK FRIDAY

Thursday • Nov 1st
Doors Open 4:30pm | Early Birds 6pm | Session Starts 6:30pm

Friday • Nov 2nd Daubin' in the Dark Black Light Bingo
Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

Saturday • Nov 3rd
Doors Open 9am | Early Birds 11:30am | Session Starts 12pm
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

Sunday • Nov 4th
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

Donate a toy or for a free Level 1 (3-on) senior with initial buy in.
Black Friday themed merchandise one ticket for buy in,
one ticket for donating a new toy additional from the Level 1 (3-on).

**All Level 3 payout \$500
with NO SPLITIES!**

*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

LIVE
a little

NOVEMBER 22 | 11AM-7PM

Thanksgiving DAY BUFFET

\$26⁹⁵

ALL OF YOUR TRADITIONAL FAVORITES
RESERVATIONS FOR PARTIES OF SIX OR MORE | 360.462.3463
1/2 PRICE 12 AND YOUNGER

Breakfast Buffet will not be served on Thanksgiving
Food items may vary from photo.

LIVE
a little