‘We Are Puget Sound’:
Sally Brownfield, The People of the Water
By David L. Workman, Seattle Times, Pacific NW Magazine, Oct. 13, 2019 at 7:00 am

SALLY BROWNFIELD is a soft-spoken, strong Puget Sound woman. For all but two of her 60-plus years, her home has been a little peninsula between two narrow inlets at the southern end of the Sound. Sally is one of the People of the Water, the Squaxin Island Tribe that has lived on and with the water and its plants and animals for thousands of years. Daughter, wife, mother, educator, food gatherer, weaver, salmon fisher, oyster shucker, archaeological digger — her story is rich with experiences.

As a little girl, she spent many of her days combing the beaches of Little Skookum Inlet, Eld Inlet and Oyster Bay, where creeks spill into Puget Sound under the bridges of U.S. 101, the Pacific Coast Highway.

“The bay was part of our growing up, our childhood,” she recalls. “We learned from it and respected it.” She and her family would be on the shore when the smelt came in, so all could be part of the life-sustaining harvest.

As Sally describes the changes she has witnessed in a generation or two, she observes, “In recent years, we have regained a lot of hope, because more people have recognized that what we humans do has a huge impact on the environment, on our life. Not just our livelihood, but our quality of life and being able to breathe clean air and have clean water.”
Walking on Pete Kruger, Jr.

Peter “Pete” William Kruger, Jr., age 64, died Friday, October 18, 2019 at St. Peter’s Hospital in Olympia, WA. He transitioned peacefully with his loved ones by his side and one of his favorite songs playing softly in the background.

Pete leaves behind his beloved children and grandchildren, daughter, Tori Willis and husband Jeramy; son Tyson Kruger, and grandchildren Isaac, Elijah and Jay Willis, all of Shelton, WA. Also surviving Pete are his father Peter Kruger, Sr. (Lillian); sister Kathi Neilsen (Steven), brother Michael Kruger (Sally), sister Michelle Drengson and brother Tully Kruger (Vicki), his partner Teri Goos, along with many aunts, uncles, nieces, nephews and cousins. Pete was preceded in death by his brothers Eric Kruger and Clinton Kruger, mother Donna DeCoy, step-mother Barbara Kruger and step-father William DeCoy.

Born in Olympia, WA, on September 23, 1955 to Peter Kruger, Sr. and Donna (Badgley) Kruger, Pete spent the first several years of his life in Shelton, WA. He was part of the “Capital Hill Gang” with the McCall’s and Armstrongs during that time. After his parents divorced, Pete moved with his Mom to Aberdeen, WA where he made many lifelong friends and graduated from Weatherwax High School in 1973. He then moved back to Shelton and went to work for his Dad at OK Roofers. Pete lived in Shelton the remainder of his life.

In June, 1980 Pete married Patrice (Tricey) Bienes of Shelton, WA, and just over a year later, they started their family. Tori and Tyson were the center of their lives. There were many memorable family vacations to Disneyland, Sun Lakes, snow skiing trips, as well as weekends spent boating, and of course, at the ballpark.

Pete had a very strong work ethic. He spent many years as a roofer, and eventually took over the family business. He was a member (now an elder) of the Squaxin Island Tribe and commercially fished and harvested geoduck for decades. Many of you will recognize the term “jumper at the rock” from those fishing days. Pete eventually retired from a long career in roofing, and went to work for Skookum Creek Tobacco, Co. where he worked until February 2018, when a serious back injury forced him to retire.

As an adult, being on the water was a big part of Pete’s life. He was also an avid fan of the UW Huskies, Seahawks, Mariners, and back in the day, the Seattle Sonics. He could recite crazy sports statistics. Pete played softball for years and made many good memories with a great deal of good people during those times. He also liked cars, nice cars, which were always kept clean and shiny. Music was also a big part of Pete’s life, and he liked to play it (loudly), on high end stereos he had in those cars. He could play the air guitar and lip sync like no other.

Aside from spending time with the family, the greatest source of gratification for Pete came from coaching youth sports. From T-Ball, to youth baseball, to basketball, to fast pitch, he spent many, many years on the sidelines, coaching kids. He especially loved coaching Tori in fast pitch. The two of them would sometimes disagree about a signal he was giving from the third baseline, and the interaction was fun to watch from the bleachers.

Always sporting a hat and a new pair of Nike Cortez shoes, Pete will be remembered for his big heart, selflessness, generosity, his quick wit and contagious smile, for how hard he worked as well as how hard he played. For his commitment to his family and friends. He was well loved and will be sorely missed.

A celebration of life will be held at Noon on Saturday October 26, 2019 at The Pavilion at Sentry Park, 190 W Sentry Drive, Shelton. In lieu of flowers, please consider a donation to a local youth sports organization in Pete’s name.
Where Are They Now?
Jameson Peters, Homegrown Super Hero

Q: How do you go from being an average kid growing up in a Squaxin family (son of Mark and Marlene Peters) to fighting wildfires from a Black Hawk helicopter and flying military VIPs in a C-12 military airplane (aka “the limo”)?

A: “Ask a lot of questions,” says Jameson Peters who knows, because he has been there, done that. “Be aware of your surroundings. Be aware of the world around you. Ask questions, and don’t be sorry for being inquisitive. Don’t say, ‘I can’t do it.’ Stop and think about it. You can do it.”

Jameson was working as a news photographer for a CBS station in Arizona but came back to Washington in 2008 because he was getting tired of the desert and missed his home turf.

“I moved in with a buddy who managed a flight school down in Auburn, and while we were out having drinks one night, we got to talking about the cost of becoming a pilot. I think a lot of people have that dream of flying, and I thought, ‘Man, this could actually happen. I’m young enough and dumb enough to take on some debt. Let’s do this.’”

“The goal was to get my commercial rating, start building some flight time, and pick up some jobs that way.”

“Then you get into it and realize how pricey it really is. Flying is so expensive! I saw my money for flight training just dwindling and I realized it wasn’t going to work. To get where I wanted to get, it was not going to happen that way. So, I started looking at other avenues, and the military was one of them.”

“I looked at active duty, but I didn’t feel like moving every three years; you know, they kind of rotate bases. Well, what’s the Guard got? I saw they had Black Hawk helicopters and instantly got excited.

“In active duty you can sign papers when you first enlist and go straight to flight school, but in the National Guard they want you to have a job within the Army first. Everyone goes to basic training, straight to your primary job training, and then apply for flight school. Much of it is a “fingers crossed that I get picked up” situation.”

“I went straight from basic training in Fort Jackson, South Carolina right over to Black Hawk mechanic school in Virginia. During the last month of mechanic training I was getting all my paperwork ready to apply for flight school, knowing a board was coming up. I came back at the end of April 2010 and immediately turned in all the paperwork. Two weeks later the state board met on Thursday. They said, ‘Hey, we have Federal board tomorrow. Can you make that?’ . . . ‘Uh, sure.’ So, I went to the Federal board on Friday and smoked it. After I finished the board on Friday, I went straight to work over at KCPQ FOX(Q)13 (more on this later). Well, whatever I did must have shined and impressed the right person because at 8:30pm that night one of the people on the board called me and said, ‘Is it factual? Can you go any time?’ . . . ‘Yeah?’ . . . Well we have a spot starting Tuesday, can you leave Monday?’ . . . ‘Uhhhhh, yeah, Ok, I can do that.’ I called my girlfriend, now wife, Kristin, and said, ‘Well, I’m going to Alabama for 18 months and I’m leaving on Monday.’

“I finished my training as a pilot on the Black Hawk for the U.S. Army, then came right back to work at Q13, and everything just progressed from there.” At Q13, Jameson was a news photographer, but was also able to still fly. On a couple occasions he coordinated with Q13 to take a camera man in a civilian helicopter to shoot video for a story, affording him the opportunity to fly at a discounted rate and put some more flight hours under his belt.

“I was getting my flight time in at half the cost, and at the same time, I was getting trained on the Black Hawk by the Guard at Fort Lewis. I started flying wildfire operations, participated in OSO (mudslide rescue operations), and started training other young pilots.”

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Community

Jameson Peters, Homegrown Super Hero
Continued from Page 3

“I got pulled in to do wildfire operations all three years after I got back. The fires were cooking pretty hard in Omak, Leavenworth, Ellensburg, and all over the state. Our living conditions sucked, sharing rooms with up to four guys. Pay sucked, but helping people is what mattered. We would pick up water, and a firefighter would say, ‘we need help keeping this house from burning down.’ We would see a family out there with just their garden hose doing what they could. We were dumping water on houses and trees, pulling water out of swimming pools and lakes. It was by far the toughest flying I’ve ever done. . . the most intense . . . the most nerve wracking. . . with the most at stake . . . in the worst conditions for aviation. We were in high altitudes, high terrain, it was super hot. Your aircraft is extremely heavy (2,500lbs of water per bucket and sometimes carrying up to 10,000lbs of gear), so the performance of the aircraft is already at its limits. But you’re out there doing everything you can to keep those houses from burning. It was great. I loved it! I volunteered every time and complained after the fact (chuckle). Later, we would complain about working in those conditions, working those hours, but then, hey, you were flying and helping, so screw it. You’re up in the morning, briefing at 8:00 a.m. and dropping water by 8:30. We were working all day; the only time you stop from filling the water buckets and putting them on fires is to land, put fuel in the helicopter, grab a sandwich, eat en route to the fire, and start all over again. And you have to think, we’re doing this for the maximum amount of flight hours allowed in a day, which can be up to 10. You were just going, going, going, as much as you could. It was horrible conditions, but you weren’t stopping. You didn’t want to. You just kept doing, it.”

“But hey, we are not real firefighters. We were just the guys with big buckets of water trying to help out. The ones who did all the work were the guys on the ground. They were coordinating where we dumped the water, they were living in the woods, and hoofing it to the next fire. We were just putting water down so they could make mud to build lines. It’s the guys on the ground that were shoveling and working their butts off, they deserve all the credit.”

At the 2014 Oso mud slide, Jameson was lowering medics into the rescue scene which unfortunately changed into helping with recovery. “I was taking all my cues from a guy hanging out of the side of my helicopter operating the hoist.”

Jameson soon heard about an opportunity for an aircraft transition within the Guard. “Later on, a spot opened up on ‘the limo’ (a C-12 is a twin-engine, turboprop airplane). I thought, ‘Why not try that? If they say, ‘no,’ they say, ‘no’ and I can still fly Black Hawks, but if they say, ‘yes,’ . . . it is a pretty coveted spot. Thankfully, they said, ‘Yes!’”

Jameson secured one of only two spots flying “the limo.”
"Kristin and I got married, then I left six months later for four months of training. She and I are always on a perpetual cycle of training. It just never stops, which I feel horrible about, but she handles it with an understanding and grace that I cannot express my appreciation for."

He now conducts blood runs for Madigan Medical Center on Fort Lewis and transports military VIPs, governors and supplies throughout the west coast area; but also flies missions across the entire United States. This January, Jameson was hired as a pilot for Compass Airlines, which flies out of Sea-Tac under the Delta insignia. He enjoys scenic 2-plus hour flights to Spokane, Calgary, Vancouver, Victoria, Portland, Pasco, Eugene, etc. - as a First Officer.

He will transition again in November to CACI International, which does contract work for the U.S. military. Its logo tagline states, "Ever Vigilant. Expertise and Technology for National Security." Jameson will train for one month and begin flying in December. He doesn’t yet know which countries he will be in, or what his transport will be, only that he will be somewhere outside the United States.

In November 2020, Jameson will leave for the Middle East on deployment where he will serve with the National Guard for nine months.

"Hopefully I will only have to do two rotations with CACI, and then get picked up by a major airline. Then I could come back home and do training for that stateside. With my deployment responsibilities to Kuwait, it is going to be a long year."

During all this, Jameson is also in the process of finishing a Bachelor of Science in Aeronautics degree through Liberty University - Lynchburg, Virginia.

Jameson recently flew for the National Guard on deployment in Africa and once encountered a buffalo on the runway in Kenya. "I had to radio base and they sent some guy to run out and scare it off. (Laughing) That’s one thing I never thought of while flight planning, ‘Ok, we should bring extra fuel in case we can’t get a buffalo off the runway.’ This area was also the darkest I’ve ever been to in the air. Normally when you take off at night you see stars, city lights, glow from other distant cities; but no, not over there, as far as you could see there was only black. As dark as a closest where can’t even see your hand in front of your face. It starts creeping up your spine, like, ‘oh man, what if we go down here? We ARE in Africa. What’s down there?’"

"The base I was on was kind of like a little city, or a melting pot of military personnel from a variety of other countries. One day we get a newsletter email saying, ‘Hey everyone, beware, a lion mauled a teacher in the city.’ And you think, ‘Oh yeah, we’re in Africa. There are lions here,’ or ‘BTW, there’s a giant black mamba somewhere near the east gate. Don’t go running out there.’"

During some rare free time on deployment, Jameson was able to go on a safari in Kilimanjaro. He spoke of seeing free roaming lions and elephants on the preserve. “There was a bull elephant pulling down 10-foot posts with his trunk like they were sticks.” Jameson also mentioned another elephant grabbed a water sprinkler and shoved it in his mouth, drinking for about 20 minutes before tossing it aside.

“Flying over countries like Uganda, Mombasa, Rwanda . . . I have been very, very lucky in my career."

FYI fun tidbit - Jameson calls the C-12 a limo, he references the UH-60 Black Hawk as a "race car" and jokes that the CH-47 Chinook is just "a giant school bus." : ).

Q: Moral to this story?
A: Do not be afraid to follow your dreams. Dreams really do come true! . . with commitment!
The Squaxin Island Child Development Center has been moved to Tribal government . . . Please welcome these employees:

**Bert Miller**  
**Administrator**  
I am working as Administrator under the Tu Ha’ Buts Learning Center.  
I worked in public education for 37 years as a teacher, principal, and superintendent before I retired.  
The past 12 years I have worked for the Child Development Center as Executive Director.  
I am excited to have more support and resources to continue providing quality care for our children.  
I look forward to helping provide continued service to the Squaxin Island community.

**Sabrina Green**  
**Operations Director**  
I am the mother of a free spirited 11-year-old who had the privilege of attending SICDC. I’ve been in the Early Learning field for over 19 years. I currently have my AA and BA in Early Childhood Education and Administration. I’ve been at the center since it opened in 2004.  
I’m excited about continuing to lead teachers to provide the highest quality of care and learning to the community.  
I look forward to continuing to create relationships and impact the future.

**Savannah Fenton**  
**Apprentice for Assistant Director**  
I am the apprentice for the Assistant Director.  
My mom is Elizabeth Cooper-Campbell and my dad is Jesse Fenton. I have just started year two in college.  
I have been working with this team for almost two years and its great watching the staff, families and children grow.  
I can’t wait to see you at the center!

**Gail Nordeen**  
**Classroom Assistant**  
I worked for Headstart for 27 years before coming to Squaxin Island and have been here for two years in October. I am looking forward to new opportunities and growth in early childhood learning and the work we do.

**Billie Jean Phipps**  
**Classroom Assistant**  
I am a Classroom Assistant for the preschool side.  
I have two kids: Hunter, my five year-old son, and Preston, my 10 year-old daughter.  
I look forward to working with you!

**Shannon Skillman Anderson**  
**Lead Teacher**  
I am a Lead Teacher in the Raven Room.  
I have been in the Early Childhood Education field since 1989. I came from Headstart and started at SICDC in 2013. I have two grown children of my own and four grandchildren.  
I am really excited about helping to make a difference in the lives of the children I teach.  
Thank you for giving me this wonderful opportunity.

**Carmen Weir**  
**Classroom Assistant**  
I am a Classroom Assistant at SICDC for one of the infant rooms.  
I have been in early childhood learning for eight years. I have a one year-old son. I am continuing my education for Early Childhood Development.  
I have a passion for working with kids and really get a full heart from helping them grow and blossom.  
I look forward to getting to know everyone and

**Kiana Wily**  
**Outdoor Classroom Assistant**  
I am an Outdoor Classroom Assistant at SICDC. Many of my friends and family are Squaxin Island members, and I have been a community member for many years of my life.  
I am so excited and grateful for the opportunity to work with all the children, especially the children of Squaxin to encourage the personal growth and success of each child.  
I look forward to seeing you and being part of the growth of the Outdoor program.

**Tammy Kindle**  
**Classroom Assistant**  
I am a Classroom Assistant for toddlers who are one to three years old.  
My family is my #1 priority. I’ve been working with kids (infant - high school) since I was 26 and still love it even more today.  
Change is nerve racking at times, but so exciting and another adventure. I love it and am looking forward to it.

**Savannah Fenton**  
**Apprentice for Assistant Director**  
I am the apprentice for the Assistant Director.  
My mom is Elizabeth Cooper-Campbell and my dad is Jesse Fenton. I have just started year two in college.  
I have been working with this team for almost two years and its great watching the staff, families and children grow.  
I can’t wait to see you at the center!
Human Resources

Anna Pantoja
Assistant Teacher
I have two children, love to read, and almost done with my Associates degree in Early Childhood Education.
I love watching kids grow and develop and really enjoy working with children and their families to help them grow.
I am excited to work within the Tribe and further get to know the families we serve.

Felisity Brush
Co-Lead Outdoor Teacher
I am a Co-Lead Teacher in the outdoor preschool at the SICDC. I have two beautiful girls and two dogs.
I have my massage license and am finishing my last quarter to complete my Early Childhood Education Certificate.
I am most excited to be here for the children, helping them learn, grow and be supportive and encouraging.
I look forward to the future in all that I will continue to learn as an advocate for children.

Savannah Raham
Lead Teacher
I am an Assistant Teacher in the Raccoon Room at SICDC.
I have 24 Early Childhood Education units and am working towards getting my AA degree. I moved here to Washington from California a little over two years ago with my husband and daughter.
I love teaching preschool. It has always been a passion for many years. I enjoy watching the children grow from beginning of the year to the end.
I look forward to many great years at Squaxin Child Development Center.

Tianna Oien-Hall
Assistant Teacher
I will be working in the Tree Frog Room.
I have a four year-old who attends the center.
This is my first professional early childhood learning job. I started in 2018.
I am excited to learn new ways to work with children and how to help them be successful. I look forward to seeing new and better changes.

Tomislav Grzela
Assistant Teacher
I am working as the Lead Outdoor Teacher at the SICDC.
I started working here in 2015 and have loved every minute.
I am interested and intrigued by the changes that are coming.
I look forward to working with you all.

Jacqueline Davis
Assistant Teacher
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Allie Walker
Classroom Assistant
I am a Classroom Assistant at SICDC. I have a two year-old daughter. I have been working here since March 2014. I am now currently working on my first stackable for my Early Childhood Education Certificate.
Human Resources

Heidi Bonn
Lead Teacher
I am Lead Tree Frog Teacher at SICDC.
I have five children and have worked in childcare since I turned 16. I have been at SICDC since 2012 and have gone to school to be a Teacher.
I enjoy working with children and seeing the progress they make.

Cathy Miller
On Call Sub
I am a Sub. They call me when they need me.
Bert and I have been married for 35 years. I have worked with kids 20 years in my home day care. I have two Bassett Hounds that keep me busy.
I am always excited that I get to work with kids.

Wendi Cain
Classroom Assistant
I will be working in the Coyote room. My heart and passion is children. I served as a youth teacher and toddler teacher at my local church and now am blessed to be at SICDC.
I am excited to plant seeds in the children, nourish them and love them.
I am excited about this opportunity to grow our children.

Tamika Krise
Classroom Assistant
I graduated from Shelton High School in 2018 and have been working for SICDC for about two years. My mom is Jill Kenyon and my dad is Casey Krise. My grandparents are June and David George Krise.
I am mostly excited to be able to work with the upcoming generations.
I am honored to be part of something important.

Kelly Aho
Lead Teacher
I am a Lead Teacher in the River Otter Room.
I have been working with the community since 2007.
Thank you for allowing me to be part of raising your children.

Melissa Thompson
Head Cook
I have been at the center since 2006.

Maria Rivas
Assistant Teacher
I am an Assistant Teacher in the Raven Room.
I graduated as a Teacher in El Salvador. I started to work here in 2006 as a Bus Aide at Shelton Head Start and a Teacher’s Assistant for preschool for 9.5 years. I am working on my Early Childhood Education certification.
I am excited to keep supporting and teaching our kids/future life skills. I am excited to be working with toddlers and supporting families.

Tiffany Goos
Classroom Assistant
I am a Classroom Assistant Teacher for the SICDC.
I have three daughters and just enrolled in college to further my education.
I’m excited to be working with the Tribe and look forward to seeing you all!

Jessica Spiering
Classroom Assistant
I am a Classroom Assistant in the infant classroom.
I have worked at SICDC for almost 10 years and I am a Johns.
I am excited to learn more and be more involved within the Tribe.

Nokomis Masoner
Center Assistant
Hello, I’m Nokomis, and I’m a Center Assistant at SICDC. I’m about to be 18 and I’m a senior at CHOICE High School. I love working with the children at SICDC, and I look forward to working with your children.
Sharon Hopfer
Curriculum, Assessment and Classroom Specialist
I work at the Child Development Center as the Curriculum, Assessment and Classroom Specialist. I've been in the Early Childhood Education field for 25+ years, serving families and children from different backgrounds. I have a Masters degree specializing in Early Childhood Education. I'm excited about helping other professionals (Teachers) with curriculum building, assessments/portfolios of children and just mentoring the next generation of Teachers. I look forward to the new journey.

Maryssa Ank
Lead Teacher
I am a Lead Teacher in the preschool room. I have worked at the center since June 2011. I'm just so excited to see how much the kids and I learn together! I look forward to working with everyone.

Brenda Borden
Classroom Assistant
I have been working at SICDC since December 2010. I have years of experience working in childcare and raising a daughter. I enjoy working with children and watching them grow and learn. Working in the infant room I get to see their first milestones and bond with each child. I know helping them at this early stage of their development is a privilege. I want to make sure each child feels special and find each child’s unique way of learning and exploring. This will help me become a better teacher.

Vicki Harding
Lead Teacher
I am a Lead Teacher in the Coyote classroom. I have worked with children professionally for over 25 years at Shelton Head Start and at SICDC. I have 11 grandchildren, five children, and three great-grandchildren, an awesome husband, and a cat.

I have always loved working with children. They bring joy to my day at all times. I have met the most wonderful people throughout the years while working in the Early Education field.

I hope that we will have an awesome partnership, and look forward to growing as a teacher, mother, co-worker and person.

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Janita - Raham - We are delighted to announce a new change that started October 1st and that is the formation of the Parks and Recreation Department. Parks and Rec will cover and manage the Squaxin Island wellness pool, community kitchen, fitness center, sports program, and the recreation program that was previously under the 'Tu Ha' Buts Learning Center.

I will be leading the department as the Director of Parks and Recreation and Cassidy Gott is joining Parks and Rec to be the new Administrative Assistant. Jerilynn Vail-Powell is still the Youth Activities Manager; Larry McFarlane is the Sports Coach; and Kenna Acosta, Kasia Seymour and Keesha Vigil are our activity assistance. We are thrilled to be here and have already started planning some new activities for the kids and the community.

We jumped straight in to help with planning the annual Halloween party for the kids. We had lots of activities, like ghost bowling and a witch’s hat ring toss for some festive fun.

Swim lessons started up on October 15th and are going through to November 21st. If you, or your kids, are interested in swim lessons, please get in touch with Cassidy Gott to be added to the waiting list for the next session.

If you have any questions or ideas for/about the Parks and Rec Department, please contact Janita or Cassidy or check on the 'Tu Ha' Buts Learning Center Facebook page for any updates.

Introducing the New Parks and Recreation Department

Janita Raham
Parks and Recreation Director

My name is Janita Raham. I am a Squaxin Island tribal member and have lived on the Reservation my whole life. I have recently accepted the position of Parks and Recreation Director and am very excited to be working closely with the youth again. I will continue to manage the community kitchen, fitness center and wellness pool, and I will now oversee the sports and after school/summer recreation programs. My office is now located downstairs in TLC, stop by and say hi when you

Cassidy Gott
Parks and Recreation Administrative Assistant

Hello, my name is Cassidy Gott and I’ve been hired to be the Administrative Assistant for the new Parks and Recreation Department. I’m excited to be working for this new department and I look forward to seeing it grow to better serve the Squaxin Island community.
## Squaxin’s Parks & Rec November Calendar

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<td>Rec Rm: 3-6pm</td>
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<td>1 GSD-ER @ 12:20pm</td>
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<td>5</td>
<td>Rec Rm: 3-6pm Drum Group: 5-6pm</td>
<td>GSD – ER @ 2:30pm Rec Rm: 2:30-6pm</td>
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<td>SSD – 1.5 HR ER</td>
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<td>No School Veteran’s Day</td>
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<td>Rec Rm: 3-6pm Drum Group: 5-6pm</td>
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<td>Rec Rm: 3-6pm Drum Group: 5-6pm</td>
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<td>27</td>
<td>GSD – ER @ 2:30pm</td>
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<td>28</td>
<td>Closed Tribal Holiday</td>
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<td>29</td>
<td>Closed Tribal Holiday</td>
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**ER = Early Release**
- WHL = Wa-He-Lut Indian School
- SSD = Shelton School District
- GSD = Griffin School District

**I.T.L. = Inter-Tribal League B-Ball**
- High School: 9-12 Grade
- Middle School: 7-8 Grade
- Elementary: 4-6 Grade
ROSELANI O., A 5-year-old who lives in Shelton, Washington, about 80 miles southwest of Seattle on the Olympic Peninsula, spends her preschool days differently than most children her age.

Her four-hour school day at Squaxin Island Child Development Center is spent outdoors, rain or shine, with more than a dozen other children. Roselani still learns math, science, art and other standard topics, but she also learns how to forage, how to identify insects and plants and how to climb trees.

Once timid and hesitant to try new things, Roselani, who has been in the school’s outdoor program since its inception last fall, is now more daring and eager to explore the world around her, her mom says.

“I think (the outdoor program) has definitely made a profound difference in her development,” says her mother, Marisa Kaneshiro, adding that she and her partner chose to enroll Roselani at the center because they enjoy outdoor activities and want their daughter to be comfortable outside.

“Seeing the difference in how she used to be with hikes and how she is now, she’s much more confident about being outside and being in nature,” Kaneshiro says. She also thinks the program is academically beneficial to Roselani because she is able to retain information better in a more interesting environment.

Squaxin Island Child Development Center is one of two fully outdoor preschool programs in the nation to earn a state license, thanks to a first-of-its-kind pilot program in Washington. Soon, a handful of other outdoor programs in the state are expected to join them.

The Evergreen State had more than 40 outdoor preschool programs as of 2017, but they were not licensed. Under Washington law, preschools aren’t required to earn a license if classes are held for less than four hours a day. But without a license, schools are ineligible to collect government subsidies for families that need aid to pay tuition.

In 2017, the state’s Department of Child, Youth and Families worked with stakeholders – mainly licensed-exempt outdoor preschool programs – to create legislation to license outdoor preschools. Under the bill, the department was tasked with starting a four-year pilot program in August 2017 with the goal of creating standards for outdoor preschools and testing these new guidelines, according to Debbie Groff, who manages the pilot program.

During the first couple years of the pilot, the department, along with an advisory group of outdoor preschool directors, observed outdoor preschools and formed the new standards, Groff says. Ten preschools were selected to adjust their programs to meet the standards and earn a license.

So far, two schools have earned a “pilot license,” and the other eight schools have begun the licensing process. The department can then work on licensing additional schools, Groff says.

The Department of Child, Youth and Families will collect data on these sites over the next few years to see if the schools are complying with the rules, according to Aliza Yair, program specialist for the Outdoor Preschool Pilot.

“Are children still staying safe? What are the injuries? What is attendance like?” says Yair, giving examples of things the department will be studying.

Now that it has its license, Squaxin Island Child Development Center was awarded 12 slots in the state’s Early Childhood Education and Assistance Program for this school year, according to Sabrina Green, the school’s operations director. This means of the school’s 28 students, who are divided into a morning and an afternoon class, more than 40 percent are receiving financial assistance.

Yair says some schools have faced a challenge finding enough to students to enroll in their outdoor preschool programs at first, but that they often face the opposite issue once parents gain a better understanding of an outdoor education and waitlists start to form.

As a society, I think we’re realizing we’ve done a injustice to our kiddos by over-protecting them and not allowing them to be outside and not allowing them to have exploration,” says Green.

The center opened in 2004 but didn’t start offering an outdoor program until last year, Green says. It also still offers traditional indoor classes.

Steve Sigo, whose 4-year-old daughter Izzabella attends the school, says he thinks outdoor preschool is beneficial on a number of levels, including the fact that the kids are able to interact with nature and learn basic biology and survival skills. He says he’s also observed Izzabella take on more of a leadership role since she began participating in the program.

“The fact that they’re instituting a curriculum outside of four walls regardless of weather, I think it’s great,” Sigo says.
Beginning with next month’s Klah—Che-Min, the Education Department will begin adding information about the Child Development Center to its monthly articles. You will also be seeing changes to the Squaxin Island Tribe’s website and the TLC Facebook page reflecting the significant restructuring of the Tu Ha’ Buts Learning Center has been going through to since October 1st, as well as changes that reflect the continuous improvement efforts of providing quality educational services. Also:

• We look forward to Jaimie Cruz returning for a full slate of teen activities beginning December 2nd. She is on scheduled leave through November. Watch for the calendar updates in the next Klah-Che-Min.

• We are looking to add another evening tutor and will be advertising soon. Until then, homework help is still available from 3-5 p.m. on Wednesdays and Thursdays at least. If you need help on other days, please let us know.

• If you are looking to reserve the gym, for evening or weekend events, that now goes through the new Parks and Recreation Department.

### Higher Education Coordinator Updates

Mandy Valley - Eligibility Requirements - To qualify for funding under the Squaxin Island Tribe’s Higher Education Program, all students must:

• Be an enrolled member of the Squaxin Island Tribe;

• Complete and return the Higher Education program application;

• Submit an acceptance letter from the vocational school, community college, or university you plan on attending;

• Submit a class schedule from the vocational school, community college, or university you plan on attending;

• Submit a letter to the Squaxin Island Higher Education Commission. In this letter, explain your educational plans and goals;

• Submit a copy of your completed/submitted FAFSA (SAR);

• Submit verification of a high school diploma or GED;

• Submit a copy of your signed Squaxin Island tribal enrollment certificate. Copies of ID Cards are not accepted;

• Attend an educational institution that is nationally accredited and eligible for Title IV grants (Federally Funded Financial Aid);

Applications and complete Squaxin Island Tribe Higher Education program policies and requirements can be obtained by contacting the Higher Education Coordinator. Please note, these policies are subject to change. If you haven’t already completed your FAFSA for the 2020-2021 school year, please do that soon. FAFSA opened up on October 1st; the sooner you complete your FAFSA the better it is for you as a student to receive various forms of federal financial aid.

Just a reminder - if you add or drop classes, please notify me with the changes. It is important that your Higher Education file stays up-to-date during the school year. Also, if something in your file changes (e.g. address, phone number, email address), it is an ongoing responsibility to notify me. Making sure I have your most up-to-date email address or phone number helps me to share important updates on potential program changes, funding possibilities, reminders and more.

As always, if you have any questions or concerns, please don’t hesitate to reach out. You can stop in at the TLC, call me at (360)432-3882, or email me at mvalley@squaxin.us for assistance. I hope the new school year is off to a great start!

### Getting on and off the Bus:

When waiting for the bus, stay away from traffic and avoid roughhousing or other behavior that can lead to carelessness. Do not stray onto the street, or onto private property. Line up away from the street or road as the bus approaches. Wait until the bus has stopped and the door opens before approaching the bus. Use the handrail when boarding and exiting. If you have to cross in front of the bus, first walk at least 10 feet ahead until you can see the driver. Make sure the driver can see you. Wait for a signal from the driver before crossing. When the driver signals, look left, right, then left again. Walk across the road and keep an eye out for sudden traffic changes. If your vision is blocked, move to an area where you can see other drivers and they can see you. Do not cross the center line of the road until the driver signals it is safe. Stay away from the rear wheels of the bus at all times.

### A Message from the Education Liaison

Peggy Peters - The Education Commission and the Squaxin Island Tribal Council holds the education of children in high priority. Chronic truancy and absences can start early in a young child’s life, affecting school attendance that is so important for all students. If a student misses school on a day an important lesson is taught (like basic math skills), the student falls behind the rest of the class. If the student continues to miss school and does not learn the basic concepts that other lessons are built on, they fall further behind. Missing school means your child is not learning the necessary material, which can lead to failing a grade. If your child is in high school, that means they are not getting credit, which will affect their ability to earn a diploma. It is for these reasons that parents/guardians and students can be held responsible for student tardiness, and excessive excused and unexcused absences.

The Squaxin Island Truancy Policy and Procedures Code supports the value of attending school and arriving on time. It is important that parents/guardians and students understand the standards of the Squaxin Island Truancy Code. You can find additional information about the Tribe’s Truancy Code on the TLC Facebook page. Copies of the Truancy Code are also available for picking up at the TLC, or by email at PAPeters@squaxin.us.

Keeping our children safe is important to all. All students and parents need to know and understand school bus safety. Please review and discuss bus safety with your teenagers and young children. Of course not all children ride buses daily however, many or all children and teens will ride a bus to sport events, school and summer recreation field trips, and possible emergency evacuation.

Parents, it is good to review how teens and young children should wait for the bus and get off the bus. Some parents take turns waiting with their children or watching from the window. The National Safety Council suggests the following:

### Getting on and off the Bus:

When waiting for the bus, stay away from traffic and avoid roughhousing or other behavior that can lead to carelessness. Do not stray onto the street, or onto private property. Line up away from the street or road as the bus approaches. Wait until the bus has stopped and the door opens before approaching the bus. Use the handrail when boarding and exiting. If you have to cross in front of the bus, first walk at least 10 feet ahead until you can see the driver. Make sure the driver can see you. Wait for a signal from the driver before crossing. When the driver signals, look left, right, then left again. Walk across the road and keep an eye out for sudden traffic changes. If your vision is blocked, move to an area where you can see other drivers and they can see you. Do not cross the center line of the road until the driver signals it is safe. Stay away from the rear wheels of the bus at all times.
A Native American tribal voice in a global online classroom

By Jordan Friedman, Oregon State University, Ecampus News, Oct. 15, 2019

Learning online in Oregon State’s Master of Natural Resources enabled Joe Peters and other Native American students to introduce Native teachings that were respected and embraced by faculty and peers.

When Joe Peters started looking into natural resources master’s degree programs a few years ago, he knew he didn't want to relocate from his home in Olympia, Washington, where he works as a natural resources policy representative for the Squaxin Island Tribe.

As he explored his options, he came across Oregon State University’s Graduate Certificate in Fisheries Management delivered online by the top-ranked OSU Ecampus. By enrolling in the certificate program he could try graduate level education online before committing to a full master's degree in the discipline.

Serving tribal communities

OSU is increasing its outreach to Native communities in Oregon and across the country, enabling tribal members to earn college degrees with the support from culturally competent faculty and staff, scholarships and native community engagement. Learn more »

“A lot of us don’t want to leave our community or our reservations and our tribal communities,” Peters says. “And so to have that opportunity to go back to school and not be transplanted or removed from your community is really big. Especially in a tribal community, you don't want to leave your home.”

Ultimately, Peters earned his graduate certificate and continued on to OSU’s online Master of Natural Resources degree program. Due to his academic success, Peters was even able to bypass the GRE requirement. The Class of 2019 graduate says the online program became an opportunity for him to advance his career and offer a local Native American perspective to a virtual classroom of students worldwide.

Building up to a degree

Inspired in part by his cousin who earned a doctoral degree in fisheries, Peters recognized there would be benefits to continuing his education, both for his career and the Squaxin Island Tribe. He feels that he has a duty from his ancestors to protect natural resources for generations to come.

In his current role, Peters works with other tribes and the Washington Department of Fish & Wildlife to resolve issues related to natural resources conservation.

OSU’s online courses helped Joe Peters in his role as a natural resources policy representative for the Squaxin Island Tribe.

Continuing his education was also a way for him to pursue his goal of working in a senior-level role. But having been out of college for two decades, Peters felt a sense of trepidation and wanted to get his feet wet before committing to a full online master’s program.

“I think testing the waters is a big way of knowing if you’re ready,” Peters says. “I didn't want to jump in and go, ‘Oh, this isn't working for me.’”

OSU’s online fisheries management graduate certificate program provided him the opportunity to get reacquainted with the student life while preparing for even more rigorous studies. The fisheries management certificate can serve as a direct pathway to the online Master of Natural Resources program.

Soon his trepidation turned into affirmation, and the Oregon State faculty who teach online with Ecampus were a big reason why.

“All of the OSU faculty and staff were very engaging in providing high-quality learning experiences in my online classes,” Peters says. “Carmel Finley taught History of Fisheries Science in my first term, and she was very instrumental in guiding me and building my confidence. I am thankful for her early impact on my journey.”

Lending a tribal voice

Reflecting on his experience in the certificate and master’s programs, Peters says he enjoyed the opportunities to connect with his classmates wherever they may be, with some as far away as Japan and the Philippines. He primarily interacted with fellow students on the course discussion boards — where students respond to a professor's prompt as well as each other — and occasionally through videoconferencing.

“You are learning about things from different aspects of the country and world beyond a remote place in the Puget Sound area that’s very salmon-centric.”

These opportunities offered insight into natural resource protection from all over the world and allowed him to share his traditional tribal knowledge with others, including a few students who were members of other tribes. Peters discussed his culture with classmates, telling stories of fishing with his father and how those experiences are reflective of his tribe's values.

“You are learning about things from different aspects of the country and world beyond a remote place in the Puget Sound area that’s very salmon-centric,” Peters says.

And just as his cousin inspired him to further his education, he hopes to play a similar role for young and adult members of the Squaxin Island Tribe. In fact, he did exactly that the week after he graduated in June with his MNR.

“We had a big education celebration for our tribal people, and that was another opportunity for me to walk across the stage in front of kids from kindergarten all the way up to Ph.D.s, and say, ‘I got my master’s degree’ and be recognized in front of all my community,” Peters says. “That’s a great example of ‘you can do it too.’”

A video is also available at: https://ecampus.oregonstate.edu/news/2019/tribal-communities-online-natural-resources
Elizabeth Heredia - Squaxin's Island's Behavior Health - Suicide Prevention Program hosted a “Live Life to The Funnest” Carnival on September 27th, honoring National Suicide Prevention Month.

This year we opted for an outside, family-focused event, recognizing that fun, laughter and team building are necessary tools that can help fight depression and ultimately suicide.

Thank you to all of the businesses that donated monies for this big event: Harbor Wholesale, KTP, Elevations, Skookum Creek Tobacco, and Chairman Arnold Cooper. Thank you to Squaxin Tu Ha’ Buts Learning Center and Health Services staff and all of the many volunteers who helped set up and cleanup. Thank you to the Presbyterian Youth Group for making balloon figures, Lee Childs with Pacific Mountain WDC for face painting, John Krise Jr. and James Lucero for cooking, Bob Burbridge and his crew from Mason County Fire #4 for getting the dunk tank, and Jeremie Walls for being the ‘Dunkee’ J. Also, our hands are raised to the Squaxin Island Tribal Council members for reading and creating the Proclamation designating September as Suicide Awareness and Prevention Month for our Tribe.

Most important of all, thanks to YOU who attended. It was worth every cent, and all of the worries, to hear the squeals of laughter from the children, to catch some young and the young-at-heart dancing, but, most of all, to see our community out there “Living Life to the Funnest”!!!

By doing this, and other events, we are promoting mental health. Everyone sees a physician for a physical ailments, a dentist for teeth problems, but will balk at reaching out to seek a therapist when there are mental health issues. Mental is NOT defined as ‘crazy’. Depression can be more disabling than some serious physical ailments and should be talked about.

This past year BHOP has offered free Mental Health First Aid classes for Squaxin Island employees and all community members. We have also sponsored grief support groups periodically throughout the year at different locations.

We also had an “Open House” for the youth at Stepping Stones summer employment program. We had some fun activities and then snacks, giving them an opportunity to meet our counselors in a fun informative manner.

As the Suicide Prevention Coordinator, I firmly believe that COMMUNITY is the healer that can break the silence. As a community we can work to remove the stigma associated with mental illnesses and suicide. We are aware of our neighbors, friends, and/or relatives who may be going through a difficult time. Do they know where they can go for help? Reach out to them.

Please take the Mental Health First Aid class the next time it is offered. It is a free class, and you will learn a lot about the signs of mental illness, substance abuse, and about helping someone with suicidal ideations.

Please join us in making Squaxin Island a healing community!
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

Joe Whitener  
Robert Whitener, Sr.  
Ronald Whitener  
Wilson Whitener  
Steve Witcraft

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

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Earthquake Reminders
*From the Emergency Preparedness/CERT Core Team*

Hopefully you practiced Drop, Cover, Hold on October 17th and took a few minutes to consider how you could be better prepared before it happens, what you would really do when it happens, and what you will do after it happens.

**Best time to prepare for any disaster: before it happens**
- Practice Drop, Cover, and Hold On with family and coworkers.
- Secure heavy items in your home like bookcases, refrigerators, televisions, and objects that hang on walls. Store heavy and breakable objects on low shelves.
- Create a family emergency communications plan that has an out-of-state contact. Plan where to meet if you get separated. Find out what your child’s school daycare emergency plan is.
- Make a supply kit that includes enough food and water for at least three days, a flashlight, a fire extinguisher, and a whistle. Consider each person’s specific needs, including medication. Have extra batteries and charging devices for phones and other critical equipment. Do not forget the needs of pets and service animals.
- Consider obtaining an earthquake insurance policy. A standard homeowner’s insurance policy does not cover earthquake damage.

**Keep Yourself Safe After an Earthquake**

If an earthquake has just happened, there can be serious hazards such as damage to the building, leaking gas and water lines, or downed power lines.

- Expect aftershocks to follow the main shock of an earthquake.
- Check yourself to see if you are hurt and help others if you have training. Learn how to be the help until help arrives.
- If you are in a damaged building, go outside and quickly move away from the building. Do not enter damaged buildings.
- If trapped, protect your mouth, nose, and eyes from dust. Send a text, bang on a pipe or wall, or use a whistle instead of shouting to help rescuers find you.
- If you are in an area that may experience tsunamis, go inland or to higher ground immediately after the shaking stops.
- Text messages may be most reliable. Save phone calls for emergencies.
- Once you are safe, listen to local news reports for emergency information and instructions via battery operated radio, TV, social media, or from cell phone text alerts.
- Be careful during post-disaster cleanup of buildings and around debris. Do not attempt to remove heavy debris by yourself. Wear protective clothing, including a long-sleeved shirt, long pants, work gloves, and sturdy, thick-soled shoes during cleanup.
- Register on the American Red Cross “Safe and Well” website so people will know you are ok.

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**New Employees**

**Marissa Morken**  
Money Follows the Person  
Project Coordinator  
Health Clinic

Hi! I was recently hired as the Money Follow the Person Project Coordinator at the Squaxin Island Health Clinic.

I was recently the Office/Activities Assistant at SPIPA. I am going back to school to get my RN. I hope to become a Hospital Nurse. I am the daughter of Janette Sigo.

I am excited to be part of a new project and look forward to new experiences and growth.

I look forward to seeing you around the community.

---

**Jessica Shear**  
Budget Coordinator

Hi! I have been hired as the Financial Specialist (Budget Coordinator) in the Finance Department.

After working in public accounting, I worked as an Accountant for an investment consulting firm and several homeowners associations.

In this position I am most excited about the opportunity to work with and serve the members and employees of Squaxin Island Tribe.

I am happy to be here and I look forward to working with you.

---

**Renae Davis**  
Finance Specialist 1/Cashier

Hi! My name is Ranae Davis. I have been hired as a Finance Specialist 1/Cashier. I am an enrolled Quinault Tribal member. I am a mom to one son, Curtis, and two beautiful step-daughters, Charlotte & Chloe. My mother is Cynthia Ralston, and my father is Joseph “Sonny” Davis. My Grandparents are Veronica Mail, Shirley (Charley) Ralston & Earl Ralston.

Previously, I have worked for the Quinault Indian Nation as a Youth Advocate/Caseworker for TANF and Family Services Partnership Coordinator for Early Head Start. For the past four years I worked as Bookkeeper for Native Harvest.

I look forward to seeing you and working with the Squaxin Island community.
Winter Preparedness

With the winter season just around the corner, it is time to prepare to keep you and your family safe and as comfortable as possible with what the winter weather may throw our way. You may want to start by evaluating how you were impacted by the snowstorm that occurred late in February. If you weren’t impacted at all, congratulations! If you feel you have room for improvement, review the following for suggestions on where to start.

First and foremost, have a plan! There are several sites that will walk you through making a family emergency plan such as www.ready.gov/plan or www.redcross.org.

Vehicle:
Make sure your vehicle is prepared for winter by being in good working order. Make sure your auto has adequate antifreeze, windshield wiper fluid, oil, and all other fluids. Make sure your gas tank is at least ½ full to prevent the gas line from freezing. Also, if the power goes out, it is likely gas stations will not be working. And, if you have to evacuate quickly, you will not be wasting precious time sitting at a fueling station waiting to fill up. Make sure you have appropriate tires for winter driving that is properly inflated and has adequate tread. Keep salt, sand, or non-clumping cat litter in your trunk to use for extra traction or to melt ice. Keep an emergency kit in your car that includes; tire chains, jumper cables, flares or reflective triangles, wool blanket and/or emergency blanket, poncho, boots, gloves, water, nut bars and/or other non-perishable food, small shovel, flashlight, batteries and/or light sticks, matches, first aid kit, cell phone, charger, & money in small bills. Now that your vehicle is ready for winter, if you don’t have to drive during severe weather and road conditions, don’t! If you must drive, remove snow from your vehicle so there is no chance of it obstructing your view. If possible don’t drive alone and let someone know where you are going. Stay on the main roads. If you slide off of the road or have an accident, stay in your vehicle unless you are confident shelter is close by. Remove any snow away from exhaust so you won’t experience carbon monoxide poisoning. Run your car for 10 minutes each hour to conserve fuel.

Home:
Lowes has a good Winter Preparedness Checklist at: www.lowes.com/n/how-to/winterpreparedness-checklist.

Make sure roof is in good repair. Clean gutters. Seal windows and doors. If you have a fireplace or woodstove, clean and inspect chimney. Burn seasoned dry wood. Have a working fire extinguisher and know how to use it. Make sure your smoke alarms are in working order by regularly changing the batteries and testing them monthly. In case of power outage, it is best to have battery operated lanterns and/or flashlights and extra batteries on hand to keep the risk of fire to a minimum. Decide how you will keep warm during a power outage and accumulate the necessary supplies. Keep a battery-operated radio on hand with extra batteries. If you have a land-line, have a backup non-battery phone. If you have a cell phone, plan how you will keep it charged during a power outage. Store at least 1 gallon of water per day for each family member and pet for a minimum of 3 days, preferable for 1-2 weeks. (See last month’s article for more information.) Plan and store non-perishable foods that you and your family will eat if you are without power for several days. I want to caution cooking indoors due to the possibility of carbon monoxide poisoning. If you have infants, make sure you have adequate food and diapers on hand to get you through at least one week. Have a minimum of 1 week of prescriptions on hand to see you through an emergency. Discuss with your doctor if necessary.

If you have a generator, make sure it is in working order and know how to use it safely. Also, expect that all delivery services may be disrupted during severe weather. Often store shelves will quickly become bare if trucks are unable to deliver their goods. By preparing now, you will have what you need whether they… or you, are able to travel.

Reminder:
Squaxin Transit may operate on a snow route schedule or shut down during adverse weather conditions. You may call the office at 360 432-3970 to see if the schedule has changed. Also, garbage service may be disrupted. If this occurs, you can set double your usual amount in secure garbage bags and it will be picked up the following week.

In the event of an emergency, first make sure you and your family are safe, then check on your neighbor to assist if possible.
Foot Exam Afternoon October 2nd
Submitted by Patty Suskin, Diabetes Coordinator - Thank you, Traci Coffey, Rose Davis, Janice Lopeman, and others for having your feet checked by Dr. Molina Kochhar, Podiatrist. If you have diabetes, make a habit of taking off your shoes & socks for all visits at our clinic so Tiff, Dr. Tobias, Dr. Ott, or Dr. Wilton can check your feet each time you come to the clinic.

Foot Care Tips for People with Diabetes:
1. **Look at your feet every day for red or black spots, ingrown toenails, cracking, dry skin, sores, blisters, or cuts.** Feel them with your hands and know what your “normal” feel like. See your provider right away for any of these problems or changes in your skin. (If needed, use a hand mirror to see the bottoms of your feet)

2. **Keep your skin soft & smooth.** Rub a thin coat of lotion or even olive oil over the tops and bottoms of your feet, but NOT between your toes. The best time to apply lotion is right after your shower or bath.

3. **Wear shoes & socks at all times.** Never walk barefoot. Feel inside your shoes with your hands before putting them on each time to make sure the lining is smooth & there are no objects, rough spots, or anything poking inside. Wear comfortable shoes that fit well & protect your feet. Wear socks that do not leave an impression on your legs. Consider cutting a slit at the top of your sock to ease up the elastic.

4. **Keep your blood sugars in line.**
General guidelines (check with your doctor for specific guidelines for you):

   - Fasting (or first thing in the morning): 80-110
   - Two hours after a meal: 80-140
   - Bedtime: 100-140
   - Hemoglobin A1C: under 7%

These tips can help you to make your feet last a lifetime. Most amputations are preventable by taking quick action if any problems occur. If you have diabetes & are due for your annual exam with Dr. Kochhar, contact Patty Suskin at 360.432.3929.

WIC at SPIPA
(Women, Infants, and Children)
provides healthy foods & nutrition information for you and your child up to age 5. Please bring:
- Your child, Provider One Card or paystub and identification for you & your child

Contact at SPIPA for an appointment:
Debbie Gardipee-Reyes 360.462.3227
gardipee@spipa.org
or Patty at 360.462.3224, wicnutrition@spipa.org

Tuesday, November 12 is WIC day at SPIPA (Dates may change)

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Cheryl (Lane) Nordgulen (Kelley), 60, passed away October 8 at her lifelong home in Shelton after a five-year fight with cancer.
Cheryl worked at the Squaxin Island Health Clinic for many years.
She was born December 8, 1958 in Shelton to Carroll and Barbara (Wilson) Kelley. She enjoyed knitting, fishing with her husband and raising her animals.
She is survived by her husband, Gerald Nordgulen of Shelton; son, Travis Lane (Heather) of Ravensdale, WA; son, Kyle Lane (Josh Dew) of Shelton; father, Carroll Kelley of Shelton; mother, Barbara (Wilson) Kelley of Shelton; and sister, Tammie Kelley of Shelton.
A memorial service was held at Shelton Christian Church on October 26 at 1:00 p.m.
Foot Exam Day with Dr. Kochhar (Foot Doctor)
Wednesday, December 4, 2019
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.
360.432.3926
psuskin@squaxin.us

Prescription Drug Take Back Boxes
Clean Out Your Medicine Cabinet
Dispose of unused or expired prescription medications
Located At:
Mason County Sheriff’s Office
322 North 3rd Street in Shelton, WA 98584
and
North Mason Regional Fire Authority
460 Northeast Old Belfair Highway in Belfair, WA 98528
Free Collection!
For More Information Call Mason County Public Health & Human Services
360-427-9670 ext. 400

Adult Flu Shots are in!
Available for adults who are patients at the clinic

Call Kimy at the Clinic
(360) 427-9006 to schedule your shot.

November is Diabetes Awareness Month
How can I prevent diabetes in my family?

Parents/Caregivers can do a lot to help their kids prevent type 2 diabetes.
Set a new normal as a family—healthy changes become habits more easily when everyone does them together.
Here are some tips to get started:

1. Drink water: Set a good example and choose to drink water. Your child will copy you & drink water, too.

2. Eat vegetables and fruits every day. Make it a priority to serve vegetables and fruits at snack and meal time.

3. Move More & Sit Less:
   Aim for your child to get 60 minutes of physical activity a day, in several 10- or 15-minute sessions or all at once.
   Plan active family outings—hiking, biking, swimming, pulling, play tag, pow wow dancing are just a few ideas.

Your WIC staff at SPIPA:
Patty 360.462.3224 or Debbie Gardipee-Reyes 360.462.3227
At Chehalis: Debra Shortman 360.709.1689

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

- **MONDAY 4:** Twice Baked Potato Casserole, Carrots
- **MONDAY 5:** BBQ Ribs, Mac-N-Cheese, Green Beans
- **MONDAY 6:** Tuna Casserole, Peas
- **MONDAY 7:** Sausage Pasta Bake, Broccoli
- **TUESDAY 5:** Chicken Noodle Soup, Egg Salad Sandwiches
- **TUESDAY 12:** Italian Sausage Potato Soup, Breadsticks
- **TUESDAY 19:** Baked Potato Soup, Chicken Salad Sandwiches
- **TUESDAY 26:** Broccoli Cheddar Soup, Biscuits
- **WEDNESDAY 6:** Stroganoff, Brussel Sprouts
- **WEDNESDAY 13:** Shrimp Scampi, Asparagus
- **WEDNESDAY 20:** Chalupas
- **WEDNESDAY 27:** Turkey with Stuffing, Mashed Potatoes w/ Gravy, Rolls, Cranberry Sauce
- **THURSDAY 7:** Pork Chops, Red Potatoes, Mixed Veggies
- **THURSDAY 14:** Hamburger Gravy w/ Rice, Corn
- **THURSDAY 21:** Casino Buffet
- **THURSDAY 28:** CLOSED

**Winter White**

**Family Services**

We welcome tribal member, Winter White to the position of ICW Case Aide.

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**South Puget Intertribal Planning Agency**

**USDA Foods Program**

**SERVING SQUAXIN ISLAND 11/08/19**

**Italian Vegetable Soup**

**FEATURED RECIPE!**

**INGREDIENTS:**
- 1 pound ground beef
- 1 cup chopped celery
- 1 cup chopped onion
- 1 cup chopped carrots
- 2 cloves garlic, minced
- 1 (14.5 oz) can diced tomatoes
- 1 (15 oz) can tomato sauce
- 2 (19 oz) cans kidney beans, drained/rinsed
- 2 cups water
- 5 tsp beef bouillon granules
- 1 Tbsp dried parsley
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 2 cups chopped cabbage
- 1 (15.25 oz) can kernel corn
- 1 (15 oz) can green beans
- 1 cup macaroni

**INSTRUCTIONS:**
2. Stir in cabbage, corn, green beans and and pasta. Bring to a boil and reduce heat. Simmer until vegetables are tender and pasta is done.

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

For USDA Food, call the Warehouse at Nisqually 360.438.4216

This institution is an equal opportunity provider.
November Happy Birthdays

1 Kimberly RayeAnn James
   Wesley Arthur Fletcher

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
   T erri Louise Capoeman
   Thomas Richard Peterson

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

8 David Wayne Whitener Jr.
   Tammi L. Birchall

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

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

11 Benjamin James Sayers
    Carlo Kenyon McFarlane

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

14 Mary Elizabeth Mosier
    Wolf Grace Allen

15 Richard Karl Peters

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

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

18 Ethan Edward Pugel
    Joseph Chetwoot Peters
    Taehni Emilion Fox

19 Lucille Arlene Quilt

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

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

22 Lahai’la Naomi 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. Neilsen
    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
**MONDAY**

**Nov. 11**
Childcare Board of Directors
Field Trip to Kennedy Creek
See Page 10

**TUESDAY**

**Nov. 5**
Community Education
Legal Dept. 4:00 p.m.

Freedom from Smoking
Noon - 1:00 p.m.
Health Promotions

Culture Night
3:00 - 5:00 p.m.
Drum Group
5:00 - 6:00 p.m.

**Nov. 12**
Criminal/Civil Court
Enrollment Committee

Freedom from Smoking
Noon - 1:00 p.m.
Health Promotions

Culture Night
3:00 - 5:00 p.m.
Drum Group
5:00 - 6:00 p.m.

**Nov. 19**
Community Education
Legal Dept. 4:00 p.m.

Freedom from Smoking
Noon - 1:00 p.m.

Culture Night
3:00 - 5:00 p.m.
Drum Group
5:00 - 6:00 p.m.

**WEDNESDAY**

**Nov. 6**
CERT Planning Meeting
1:00 p.m., Training Room

Elders Inc. 1:00
AA & ALANON: 7:30 p.m.
Lushootseed Class: 5:00 - 6:30
Bible Study: 5:00 - 7:00
Community Kitchen

**Nov. 13**
CERT Planning Meeting
1:00 p.m., Training Room

Aquatics Committee
Golf Advisory Committee

*Tribal Council work session with IEI*

**Nov. 20**
CERT Planning Meeting
1:00 p.m., Training Room

AA & ALANON: 7:30 p.m.
Lushootseed Class: 5:00 - 6:30
Bible Study: 5:00 - 7:00
Community Kitchen

**THURSDAY**

**Nov. 7**
Family Court

Gaming Commission

Utilities Commission

*Tribal Council*

**Nov. 14**
Tribal Council work session with LCCR

**Nov. 21**
Tribal Council

**FRIDAY**

**Nov. 1**
Housing Commission
MLRC Holiday Bazaar

**Nov. 8**
Education Commission
SPIPA Board

**Nov. 15**
*Tribal Council work session with Tribal Government*

**SATURDAY**

**Nov. 2**
MLRC Holiday Bazaar

**SATURDAY & SUNDAY**

**Nov. 30 & Dec. 1**
LCCR Holiday Market

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*Did you see this?*

Patrick Braese was on the front cover of Northwest Treaty Tribes’ Fall 2019 magazine. Photo by Debbie Preston, NWIFC.
### COMMITTEES COMMISSIONS & BOARDS

<table>
<thead>
<tr>
<th>Committee</th>
<th>Council Rep.</th>
<th>Staff Rep.</th>
<th>Meetings</th>
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<tbody>
<tr>
<td>Aquatics Committee</td>
<td>Arnold Cooper</td>
<td>Jeff Dickison</td>
<td>2nd Wednesday in Feb., May, Aug., Nov.</td>
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<tr>
<td>Elders Committee</td>
<td>Charlene Krise</td>
<td>Traci Coffey</td>
<td>1st Wednesday or Thursday</td>
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<tr>
<td>Elections Committee</td>
<td>None per code</td>
<td>Tammy Ford</td>
<td>March, April, May</td>
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<tr>
<td>Enrollment Committee</td>
<td>Charlene Krise</td>
<td>2nd Tuesday</td>
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<tr>
<td>Fireworks Committee</td>
<td>Vicki Kruger</td>
<td>Joseph Peters</td>
<td>May and June</td>
</tr>
<tr>
<td>Fish Committee</td>
<td>Arnold Cooper</td>
<td>Rhonda Foster</td>
<td>2nd Wednesday or Thursday</td>
</tr>
<tr>
<td>Gathering Committee</td>
<td>Arnold Cooper</td>
<td>Marvin Campbell</td>
<td>2nd Tuesday of July, Oct., Jan., April</td>
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<tr>
<td>Golf Advisory Committee</td>
<td>Vince Henry</td>
<td>Eric Sparkman</td>
<td>1st Wednesday of March, June, Sept., Dec.</td>
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<td>Hunting Committee</td>
<td>None</td>
<td>Kim Kenyon</td>
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<tr>
<td>Shellfish Committee</td>
<td>None</td>
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</tr>
<tr>
<td>Veterans’ Committee</td>
<td>None</td>
<td>TBD</td>
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<tr>
<td>1% Committee (Bylaws &amp; Appendix X2)</td>
<td>C.Krise, V. Henry, V. Kruger</td>
<td>Marvin Campbell</td>
<td>Feb., May, Aug., Nov.</td>
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<tr>
<td>Budget Commission</td>
<td>Vicki Kruger</td>
<td>Marvin Campbell</td>
<td>June and August</td>
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<td>Education Commission</td>
<td>Vacant</td>
<td>Gordan James</td>
<td>2nd Friday</td>
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<tr>
<td>Gaming Commission (TC 6.08.090)</td>
<td>None per code</td>
<td>Dallas Burnett</td>
<td>1st Thursday</td>
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<tr>
<td>Housing Commission</td>
<td>Charlene Krise</td>
<td>Liz Kuntz</td>
<td>Vacant</td>
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<tr>
<td>Utilities Commission</td>
<td>Vacant</td>
<td>V. Kenyon</td>
<td>TBD</td>
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<th>Board</th>
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<th>Staff Rep.</th>
<th>Meetings</th>
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<tr>
<td>Business Administration Board</td>
<td>None per code</td>
<td>Nathan Schreiner</td>
<td>As needed</td>
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<tr>
<td>Child Care Board of Directors</td>
<td>Vicki Kruger</td>
<td>Bert Miller</td>
<td>2nd Monday</td>
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<tr>
<td>Island Enterprises Board</td>
<td>Arnold Cooper</td>
<td>Dave Johns</td>
<td>Sept., Dec., March, June</td>
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<tr>
<td>Museum Library and Research Center Board</td>
<td>Bev Hawks</td>
<td>Charlene Krise</td>
<td>4th Tuesday</td>
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<tr>
<td>Skookum Creek Tobacco Board</td>
<td>Vinny Henry</td>
<td>Mike Araiza</td>
<td>2nd Friday</td>
</tr>
<tr>
<td>SPIPA Board of Directors</td>
<td>Vicki Kruger</td>
<td>Marvin Campbell</td>
<td>TBD</td>
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<td>Tourism Board (TC 2.34.010)</td>
<td>Vacant</td>
<td>Leslie Johnson</td>
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Spin Tees

Spin Tees, a men’s senior softball team from Olympia (55AA), played spring, summer and fall ball at the RAC complex in Lacey. Throughout the summer, the team played in 11 tournaments including Washington, California, and Nevada. Considering our team faced many upper level division opponents, we did well in tournaments taking four 1st place honors and three second place honors.

Some of the tournament highlights: In August, Spin Tees won the Western National Championship tournament in Sacramento, CA, with a record of 5-1. This win set the team up to play in the US National Championship game in Las Vegas, during the World Masters tournament.

On September 19-22, Spin Tees participated in the 2019 LVSSA/SSUSA World Masters Championship Softball Tournament in Las Vegas. The first day of tournament play, we faced Arizona Blaze, defeating them 17-8. Our next game of the day was the National Championship game against the Longshoremen of Virginia. It was a close game, but Spin Tees took a lead that the Longshoremen could not catch. We won the US National Championship game 28-19!

This same team defeated us in the same game last year, so this was sweet victory!

The second day was bracket play. Our first game of the day was a loss (19-12) to the Advil Knights of CA. This sent us to the loser’s bracket - not a good place to be in a tournament, because it is win or go home time! Our next game was against Arizona Blaze, which was a nail biter to the end, with a Spin Tees win 11-9! Some great defensive plays by our teammates helped seal this win! The last game of the day was against Morris and Clark of WA, another close game with a win 18-11! The third and final day, we first faced Arizona Blaze, winning 22-9. The next game was against CA Riptide with the winner going on to the championship game. Spin Tees was on fire, winning 20-5 and heading to the big game! In the championship game, we faced the Advil Knights (undefeated) for a second time. It was a good back and forth game, but we could not clinch the win and lost this game 11-14. Good Job Spin Tees! We took second place in the world’s largest senior softball tourney! Great job to all our teammates and congrats to our tournament MVPs: Kevin Johnson, Grant Brown, Bill Jones and Will Henderson!

Spin Tees would like to thank LCCR 1% committee and Island Enterprises for help with sponsorship!