





Squaxin Island TRIBAL NEWS

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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:

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Aiyana Grace Whitener



Aiyana Grace Whitener passed in peace on the morning of Saturday November 9th, 2019. Aiyana, a Squaxin Island Tribal member, is survived by her mother, Jolene Renee Grover; father, Joshua Henry Brady Whitener; big sister, Kalysi Renee Whitener; Kayas (Grandmothers), Margaret Henry, Sadie Whitener, and Marge Gouley; her Tsapas (Grandfathers), Vincent Henry and Bj Whitener; along with her 5+ uncles, 11+ aunties and countless cousins. She is preceded by her Papa, Tom Grover, and Gramee, Leane Leifer-Whitener.

Born June 19, 2015, she lived a short, but enriched, life full of love. Her first six months she lived and breathed at her mother's side day and night. She grew to show her incredible strength and pure soul to all around her. She was cared for lovingly by her father, mother, Kayas, Tsapas, and even her big sis.

She attended several Canoe Journeys in the summers, even so far as Campbell River, BC, Canada. She travelled to Hawaii, California, Florida, Oregon & Idaho on vacations experiencing, among other things, theme parks, the calm wilderness and adventure.

Unable to communicate with words, she was an expert in the language of love and joy, expressing to her family the power and modesty in unconditional love and bliss in unbridled laughter. Aiyana appreciated no one as greatly as her dear big sister.

Aiyana will be missed beyond words by her family and several native and non-native

Walking On

communities. While the family is grieved, they know she is happy where she is and she will continue to guide everyone in spirit.

A celebration of life was held on November 14, 2019 at 11:30 a.m. at the Squaxin Island Tribe gym located at 70 SE Squaxin Ln, Kamilche, WA, 98584. A burial followed at the Squaxin Island Cemetery and then a bountiful meal at the Community Kitchen.



Michael Curtis Fletcher

August 22, 1959 - November 8, 2019

I heard your voice in the wind today
and I turned to see your face;
The warmth of the wind caressed me
as I stood silently in place.
I felt your touch in the sun today
as its warmth filled the sky;
I closed my eyes for your embrace
and my spirit soared high.
I saw your eyes in the window pane
as I watched the falling rain;
It seemed as each raindrop fell
it quietly said your name.
I held you close in my heart today
it made me feel complete;
You may have died...but you are not gone
you will always be a part of me.
As long as the sun shines...
the wind blows...
the rain falls...
You will live on inside of me forever
for that is all my heart knows.

Funeral services will be held in January. Stay tuned.





Council Corner

Chairman Arnold Cooper -

Pacific Salmon Summit

On November 5th we hosted the Billy Frank, Jr. Pacific Salmon Summit held at Little Creek Casino Resort Event Center. It was such an honor to be asked to host this great event. The Pacific Salmon Summit is an excellent opportunity for all tribal leaders to sit together and talk about the concerns we have for our environment, for our water and air quality, and for climate change, along with many other issues tribal leaders had the opportunity to voice concerns about. I hope we carry on the vision of the great Billy Frank Jr. I raise my hands up high to our youth and the Squaxin Island drummers, dancers, and singers for the great job they did at the event. You did an awesome job! Thanks to all who made this happen with such great success! Thank you to Tribal Council and staff. Thank you to Little Creek for a great lunch. Again, thank you to everyone for a successful Pacific Salmon Summit honoring Billy Frank Jr.

30 year anniversary of Centennial Accord

First of all, I want to thank our veterans for posting colors to start the Centennial Accord. I want to thank the youth and the drummers, singers, and dancers for a great performance. The Centennial Accord is a great way for tribal leaders and staff to voice concerns surrounding our tribal lands. Each tribal leader had an opportunity to talk to Governor Inslee directly about their concerns, ranging from natural resources - climate change, water quality, Chinook salmon for Orca whales, rebuilding habitat, and the Capital Lake estuary, etc. - to education and health.

The Centennial Accord is so important because it gives us face time with the Governor to voice our concerns. Sitting down at the same table and trying to figure out solutions together is the only way to get things resolved. We had great discussions with the Governor and his staff. My hope is that they will take these concerns back to their offices and help find solutions. We have so many serious, and I mean *serious*, issues out there revolving around our climate, our water, our natural resources, our health, and our well-being. If we don't work together, we are going to lose so much. We need to work together to find solutions for the future, for our next generation and the next generation and the next generation. Deep down in my heart it is painful that we have to try to fix what has gone wrong. But we have to do it - together.

Thanks to everybody! Thanks to Squaxin Island Tribal Council, staff (especially Natural Resources) and Little Creek Casino Resort for all the great work you did to make the 30-year anniversary great and hopeful. Thank you to Governor Inslee and your staff for your time. Thank you to all tribal leaders across the State of Washington. I believe the 30th annual Centennial Accord was a great success.

Centennial Accord Pre Meeting

On November 6th we had a pre-meeting to the Centennial Accord. Again, I want to raise my hands up high to our youth, drummers, singers, and dancers who performed at our dinner with Governor Jay Inslee. Words cannot express how proud I am of you. You make Squaxin Island Tribe proud. The entire Squaxin Tribal Council is so proud of all of you and thank you. Thank you from the bottom of our hearts. We raise our hands up high to all!

Pacific Salmon Summit/ 30th Annual Centennial Accord

Continued from Page 1

an tribes of Washington signatory to this Accord and the State of Washington, through its governor, in order to better achieve mutual goals through an improved relationship between their sovereign governments. This Accord provides a framework for that government-to-government relationship and implementation procedures to assure execution of that relationship.

Each Party to this Accord respects the sovereignty of the other. The respective sovereignty of the state and each federally recognized tribe provide paramount authority for that party to exist and to govern. The parties share in their relationship particular respect for the values and culture represented by tribal governments. Further, the parties share a desire for a complete Accord between the State of Washington and the federally recognized tribes in Washington reflecting a full government-to-government relationship and will work with all elements of state and tribal governments to achieve such an accord."

Tribal leaders meet with the Washington State Governor and his key staff each year in order to implement the Accord.

Key quotes from Governor Inslee:

"We will always honor the treaty rights and sovereignty of our tribal neighbors."

"Thank you for meeting with my team and me today as we continue to work together and improve our region."



*Governor Inslee and Squaxin Island
Tribal Council Treasurer Vicki Kruger*



*Governor Inslee and Squaxin Island
Tribal Chairman Arnold Cooper
Photo by Andy Whitener*





Candace Penn's speech at Pacific Salmon Summit

Peggen Frank, Director of Salmon Defense, asked Candace to speak about salmon recovery from the perspective of a Native American woman and as a professional in the field . . .

I thought to myself, "What does salmon recovery mean to me?"

I could talk about how I grew up in my culture which is so rich.

I could also talk about how important the salmon are to my Tribe and my family.

I could talk about how I study the best climate science available to ensure my Tribe is educated and salmon are protected.

Or I could Just tell a story.

I would like to share a story about the first time I heard a band called *Medicine for the People* play at a concert I attended at the Red Rock Amphitheater in Boulder, Colorado.

I would like to read a quote (ironically not from Billy Frank, Jr.). It's a song lyric quote from the band and its what salmon recovery means to me.

Salmon recovery as a Native woman means . . . "It all can be done. Whatever your method or theory of one, it all can be done."

I think this is the type of mentality that people like Billy had to have.

The opening act was an unknown band, as usual. They had so much smoke coming from the back of the stage, I thought maybe it was on fire. The sage smoke engulfed the entire crowd and could probably be smelled for miles. This group had brought an Elder to open the stage, and he had a hand drum. My eyes got super big and wide as the Elder said a brief prayer to open the venue. I was shocked at the protocol that was being followed. Though I had grown up with this practiced often, I had never seen it done like this before.

This group was opening their space in a good way, the ways taught by their ancestors. They beat their drums, burned their sage, and blessed the floor. But they didn't just do that as we tribal people know well. They created a space for others to come after and continue their work . . . just as Billy had done his entire life. He beat his drum loud and lit fires . . . he crossed bridges that connected our tribal way of life to modern policy . . . he carved the way for me and many others follow in his path.

I had taken this vacation to Colorado because I was feeling drained and, frankly, a little hopeless. Working on climate change science in this administration will do that to a person. But as *Medicine for the People's* opening song was playing, I heard the lyrics of the chorus, "It all can be done. Whatever your method or theory of one, it all can be done" - This is what salmon recovery means to me.

We are never truly prepared for a great leader's passing, as it seems their work is never done. But I am reminded of his spirit and knowledge every time I go out on the water. I see his spirit living on in the next generation as they start to take

their roles as leaders. And I hear his voice guiding me as I move through this world. I would like to end with a quote from Billy, "We don't walk on this Earth very long. We got a lot of changes here that is happening in this century, and we have to work together and remind each other about what was the past and our history and be able to live together and survive together."



The Truth Will Lead Us





PACIFIC SALMON SUMMIT

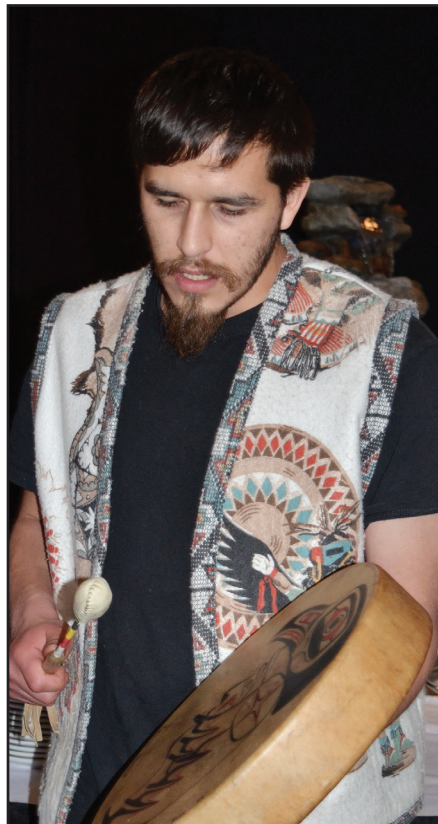


*William Frank Jr., Nisqually Tribal Council Member and Squaxin Island Tribal Chairman Arnold Cooper
Photos by Debbie Preston, NWIFC*





CENTENNIAL ACCORD





CENTENNIAL ACCORD





CENTENNIAL ACCORD





New Employees



Winter Perez
TGA Licensing Agent

Hi! I've worked in LCCR Human Resources for six years. I have one baby boy who is my world. I'm hoping my new position can help me grow into the better version of myself who I strive to be every day. I am very excited to be learning more of the behind the scenes of the casino.

Thank you for this opportunity.




Koreena Capoeman
TGA Clerk Agent

Hi! My mother is Terri Capoeman. I have worked at the casino for the last seven years.

I'm excited about new beginnings - new adventures. I'm excited to work with the TGA department.

I am very excited to start this chapter in life.



SQUAXIN ISLAND PARKS & REC

SANTA CLAUS IS COMING TO TOWN!


Please join us for our Annual Youth Christmas Party. Enjoy dinner and dessert while Santa and his Elves distribute toys to the Youth.

**THURSDAY, DECEMBER 19, 2019
FROM 5-7PM IN THE SQUAXIN GYM**

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


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

**If you have any questions contact "Santa's Helper, Jerilynn @
jvail@squaxin.us or 360-432-3992.**



Squaxin Island Parks & Rec

Departmental Christmas Tree Decorating Contest



Join us for the First Annual Christmas Tree Decorating Contest. Help us create a Winter Wonderland for the Youth's Annual X-Mas Party. Teams are welcome to set-up their Tree on Wednesday, December 18th in the Squaxin Gym after 11am.

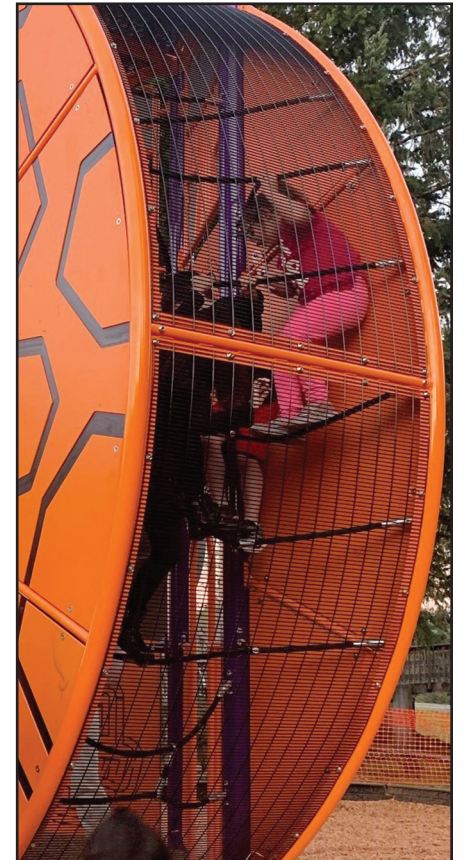
Department Winners will be announced at the Party on the 19th. Trees will need to be taken down on Friday, December 20th before 1pm.

To sign-up your team, contact Jerilynn or Janita.



Education Park is Open and Ready for Play

Janita Raham, Parks and Recreation Director - On November 5, 2019 the first of four new playgrounds was complete. We had a small ribbon-cutting celebration with the after-school youth. We enjoyed play, laughter, and treats provided by the after-school recreation staff. As a Tribal member and lifelong resident of the Squaxin Reservation, I want to, again, thank Tribal Council for their support of this project. It has been one of the most fulfilling projects I have been honored to do.





Here are just a few highlights from the after-school program in October . . .

Rice Krispy Treats

Everyone working together as we tried a new recipe to make Rice Krispy treats for everyone. Jessica read the recipe out loud. We also experimented with food coloring to turn the treats orange.



We would like to highlight the teens who made their school basketball teams! Journey Bear Perez made the Varsity team at OBJH. Ana Pinon, Tanalee Mendoza and Jasmine Rivera made their Varsity team at OBJH. Anita Peterson made her school's Jr. Varsity team at OBJH! Congratulations to all the teens who have worked hard! If we missed any youth making a school team, please reach out to Janita or Cassidy so we can share with the community their hard work and dedication to making their team!

Annual Chili Cook-Off

Not all the youth wanted to participate in the cook-off, so some were busy creating their own Lego creations.

Here are the three teams working hard! They were all busy little chefs making some yummy chili!





Squaxin/Skokomish Youth Basketball Tourney

Jan. 3-5, 2020
Entry Fee \$250
Skokomish Community Center

Champ Jackets
Runner Up Hoodies
Finalist Hooded Tees
Finalist Tees
Allstar Hoodies
MVP Backpacks

9u either/or
11u
either/or
13 u boys
13 u girls


Info:
Larry McFarlane 360-490-3283
Demus Cordova 360-490-7589



PARKS & REC



Squaxin's Parks & Rec December Calendar

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 Rec Rm: 3-6pm Paper Chain Open Gym: 3-4:30pm Bball for 12 & Up: 4:30-6 Open Swim: 3-6pm	3 Rec Rm: 3-6pm Drum Group: 4:45-5:30pm Open Gym: 3-4:30pm Bball for 11 & Under 4:30-6pm	4 <i>GSD-ER @ 2:30pm</i> Rec Rm: 2:30-6pm Beaded Snowflakes Open Gym: 2:30-4:30pm ITL – TBA Open Swim: 3-6pm	5 Rec Rm: 3-6pm Pretzel Turtles Open Gym: 3-4:30pm Bball for 11 & Under 4:30-6pm	6 <i>SSD-1.5 HR ER</i> Rec Rm: 1:30-6pm Pool Party: 3-4:30pm Open Gym: 1:30-6pm Bball for 12 & Up: 4:30-6 Open Swim: 5-8pm
9 Rec Rm: 3-6pm Christmas Word Search Open Gym: 3-4:30pm Bball for 12 & Up: 4:30-6 Open Swim: 3-6pm	10 Rec Rm: 3-6pm Drum Group: 4:45-5:30pm Open Gym: 3-4:30pm Bball for 11 & Under 4:30-6pm	11 <i>GSD-ER @ 2:30pm</i> Rec Rm: 2:30-6pm Paper Ornaments Open Gym: 2:30-4:30pm ITL – TBA Open Swim: 3-6pm	12 Rec Rm: 3-6pm White Choc. Reindeer Open Gym: 3-4:30pm Bball for 11 & Under 4:30-6pm	13 Rec Rm: 3pm-6pm Movie Night: 5-7pm Open Gym: 3-6pm Bball for 12 & Up: 4:30-6 Open Swim: 5-8pm
16 Rec Rm: 3-6pm Gumdrop Challenge Open Gym: 3-4:30pm Bball for 12 & Up: 4:30-6 Open Swim: 3-6pm	17 Rec Rm: 3-6pm Drum Group: 4:45-5:30pm Open Gym: 3-4:30pm Bball for 11 & Under 4:30-6pm	18 <i>GSD-ER @ 2:30pm</i> Rec Rm: 2:30-6pm Christmas Bingo Gym: Not Available Open Swim: 3-6pm	19 Closed for Annual Youth Christmas Party from 5-7pm 	20 <i>SSD-3 HR ER</i> Rec Rm: 12:45-6pm Pool Party: 3-4:30pm Open Gym: 12:45-6pm Bball for 12 & Up: 4:30-6 Open Swim: 5-8pm
23 No After-School Program	24 Tribal Holiday	25 Tribal Holiday	26 Tribal Holiday	27 Tribal Holiday
30 Tribal Holiday	1 Tribal Holiday	2 <i>GSD-No School</i> Rec Rm: 3-6pm Arts-n-Crafts: 5-6pm Open Gym: 3-4:30pm ITL – TBA Open Swim: 3-6pm	3 <i>GSD-No School</i> Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4:30pm Bball for 11 & Under 4:30-6pm	4 <i>GSD-No School</i> Rec Rm: 3-6pm Fun Day Friday: Movie Night 5-7pm Open Gym: 3-6pm Open Swim: 5-8pm
Activity Time is scheduled for 5:00-6:00pm		<i>ER = Early Release</i> SSD = Shelton School District GSD = Griffin School District		<i>I.T.B. – Inter-Tribal B-Ball</i> High School: 9-12 Grade Middle School: 7-8 Grade Elementary: 4-6 Grade
Rec Rm: 360-432-3955 (only 3-6pm) & Jerilyn: 360-432-3992				

All activities are drug, alcohol and tobacco free.



Welcome Back Jaimie!

We are in the midst of another holiday season and the Tu Ha' Buts Learning Center is happy to have Jaimie Cruz back in the office again, providing valuable guidance and support for the many teens she works with. Welcome back to Jaimie and we offer our thanks to her for the many things she is doing for the teens! December is shortened with the tribal holiday, but the Teen Room is open regularly again. Don't forget to check out the Teen Calendar for December.

As the Tu Ha' Buts Learning Center has been going through reorganization of programs the past couple months, this month is a great opportunity to continue reminding everyone of the many programs and services the TLC continues to offer. Among those services is in-school tutoring. TLC provides three tutors to support Squaxin students within the Shelton School District. Lynice May supports the Squaxin students at Bordeaux Elementary. Lynn White splits her time working with the Squaxin students at Olympic Middle School and at Oakland Bay Junior High. Julie Youngs helps the Squaxin students at Shelton High School. If you have a student at one of these schools, and would have an interest in seeking in-school tutoring support for your child, please let us know at the TLC.

The TLC also offers after-school tutoring. At the end of the school day, Squaxin tutors return to the TLC and continue to provide tutoring support in the TLC classroom. In December, the TLC will begin seeking a contract tutor to provide after school and/or evening support for students in the TLC classroom. As the contract tutor is secured, we will provide a monthly calendar of available opportunities for tutoring support at the TLC.

There are many other services available through the TLC, and we will continue to share more about them in upcoming editions of the Klah-Che-Min. In January, we'll begin to share more about some of the educational programming available for adults through the TLC. As always, if you have any questions, please reach out to us at the TLC at (360) 432-3958.

December					2019
Monday	Tuesday	Wednesday	Thursday	Friday	
2	3 Building Strong Families 4pm-7pm Community Kitchen	4 Lushootseed Language Class 5pm-6:30pm Family Services Classroom Youth Council 5:30	5	6	
9	10 Building Strong Families 4pm-7pm Community Kitchen	11 Lushootseed Language Class 5pm-6:30pm Family Services Classroom Youth Council 5:30	12 Christmas and Coco 4pm-6pm Community Kitchen	13	
16	17 Building Strong Families 4pm-7pm Community Kitchen	18 Lushootseed Language Class 5pm-6:30pm Family Services Classroom Youth Council 5:30	19	20 Closed for Staff Christmas Party	
23	24	25	26	27	
	Teen Room closed until January 2 nd 2020				
30	31				
	Teen Room closed until January 2 nd 2020				



Thank you!

To Squaxin Island -

My name is Grace Pughe, I am from Grants Pass, Oregon, and I am a member of the Squaxin Island Tribe.

I have been in band since 5th grade, and have been a part of my high school's marching band all four years of high school, playing both trombone and baritone.

I am proud to say that my high school took 1st in the state this season, making us Oregon State Champions two years in a row!

We also traveled up from Grants Pass, Oregon and performed in the Veterans Day parade in Auburn, Washington, and won 1st place in the field competition as well.

It was such an honor to be able to acknowledge those who have served and be a part of this event. Thank you veterans!

I'm so glad I was able to participate in this parade, not only my Sophomore year, but also my Senior year.

This year my high school performed our show called "Over Under," featuring the song "Bridge Over Troubled Water" by Simon and Garfunkel. You can watch our performance online by searching "Grants Pass marching band 2019" on YouTube.

I also wanted to give a special thank you to all who were a part of the Tribal Council gifting us Chromebook laptops! They are so very helpful for my sister, Faith, and I's school work and will help me in college! We are so grateful! Thank you again! We hope to come visit Squaxin again soon.

- Grace Pughe





Christmas & Cocoa

Thursday December 12th
from 4pm to 6 pm
At Squaxin Community Kitchen
50 SE Squaxin Lane

Dash your way over for some Holiday cheer!
Join us for an evening of Hot Chocolate,
Cookies and Ornament Decorating!

Free to all ages

Hosted by: Squaxin Island Suicide Prevention





AMERIND

Home Fire Safety Tips For Christmas

AMERIND would like to remind everyone to take extra precaution this Holiday Season to prevent fires and save lives.

Preventing Christmas Tree Fires

Selecting a Christmas Tree- Needles on fresh trees should be green and hard to pull back from the branches and the needles should not break if the tree has been freshly cut.

Caring for Your Tree- Do not place your tree close to a heat source, including a fireplace or heat vent.

Disposing of Your Tree- When the tree becomes dry, discard of it promptly. A dry tree left in the home is dangerous.

Artificial Christmas Trees- If you are using a metallic or artificial tree, make sure it is flame retardant.



Holiday Lights

Maintain Your Holiday Lights- Remember to inspect your lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them up. Use only lighting listed by an approved testing laboratory.

Do Not Overload Electrical Outlets- Remember to check the wires, they should not be warm to the touch.

Do Not Leave Holiday Lights On Unattended- Remember to unplug the lights, before you go to sleep and never leave holiday lights on all night.

Candle Care

Avoid Using Lit Candles- If you use candles, make sure they are in stable holders and place them where they cannot be easily knocked over. NEVER leave your home with candles burning.

Never Put Lit Candles on a Tree- Do not go near a Christmas tree with an open flame- candles, lighters, or matches.

The Fireplace or Wood Stove

Do not hang stockings from the mantel when the fireplace is in use.

Never put tree branches or needles in a fireplace or wood burning stove.

Always use a screen in front of the fireplace to protect against flying sparks.

Never use gasoline or any other flammable liquids to start a fire.

Remove the ashes regularly. Place the ashes in a metal container and store outside away from flammable materials

Never leave the fire unattended or let it smolder.

The Kitchen

Grease fires are a leading cause of home fires across Indian Country, so be extra careful when doing this kind of cooking. Here's what to do if a grease in a pot or pan catches fire:

Smother the flames by covering the pan with a lid.

Turn off the stove immediately.

Install a FireStop under your range hood. (A FireStop is an Automatic Fire Extinguisher)

NEVER throw water on a grease fire, as this could make the fire worse.

Last but not least...Make sure your smoke detectors work.



** Amerind Risk Management*



HOUSE METHOD PRESENTS

TYPES OF HOME REPAIR GRANTS

LOW INCOME SENIORS
USDA SINGLE FAMILY HOUSING REPAIR GRANTS

Covers the removal of health and safety hazards for senior homeowners who are 62+ years old, living in eligible areas whose income is below 50% of their county's median income and would be unable to repay a repair loan.

VETERANS/SERVICE MEMBERS
VA SPECIALLY ADAPTED HOUSING (SAH) GRANT

Covers the purchases, construction, or renovations of a home to be disability-adapted for veterans or active service members that have experienced certain injuries and conditions.

AMERICAN INDIANS/ALASKAN NATIVES
HOUSING IMPROVEMENT PROGRAM (HIP)

Covers various home repairs, replacement housing, or new housing for American Indians or Alaskan Natives whose income is not exceeding 150% of the U.S. DHHS Poverty Guidelines and who have no other resource for housing assistance.

THOSE AFFECTED BY NATURAL DISASTER
FEMA GRANTS

Covers various home repairs, lodging expense reimbursement, temporary housing, replacement housing, and other needs assistance for U.S. homeowners who have been affected by a natural disaster.

STATES/NON-PROFITS
HOME INVESTMENT PARTNERSHIPS PROGRAM

Grant is given to for states, localities, or non-profits with plans for investing in the creation of affordable housing purchases, construction, or rehabilitation for low-income people.

COMMUNITES
HUD COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM

Grant is given to communities looking to address developmental needs that pose an urgent threat.

<https://housemethod.com/maintenance/home-repair-grants>

If you need assistance filling out the application contact:
Lisa Peters @ SIT Office of Housing 360-432-3871.

Brushing Your Dog

By dogtime - Although dogs do a lot to keep their coats neat and clean, they need your help with tasks that require opposable thumbs, such as brushing.

Regular brushing removes excess hair from your dog's coat, and cuts down significantly on the amount of hair you have to deal with on your furniture, car, and your favorite black pants. It also helps distribute the natural oils in your dog's fur and skin, keeping her coat healthy and looking its best. Brushing is also a great way to check your dog's health. While you brush, look at the condition of her coat. Is it matted or tangled? Dry or oily? Also look for lumps, ticks, fleas, hair mats, cuts, and anything that looks unusual. As she ages, she'll get a few more bumps and lumps all over. On the off chance one of those lumps isn't harmless, it's better to discover it sooner rather than later.

Brushing basics

Brushing really is pretty basic. You just need to understand the type of coat your dog has and that determines how often you need to brush and what type of brush to use. · Long-haired breeds, such as Collies and Tibetan Terriers, need to be brushed weekly, sometimes more often if the coat seems particularly tangled. A pin brush is a good choice for these breeds, because its bent-wire bristles grip the undercoat and remove loose hairs without causing pain. It can also get down to the skin. Start close to the skin and brush away from it. Use a comb to tease out any mats. · Short-coated dogs, such as Labrador Retrievers and Greyhounds, don't need frequent brushing because their hair doesn't mat and tangle easily. Still, you may want to brush them every couple of weeks to remove loose hair. Use a rubber brush or hound glove, which will help bring dirt and loose hair to the surface. (The gloves fit over your hand—your dog will think you're petting her and won't suspect you're actually brushing.) If you prefer a conventional brush, short coats can take a stiff natural-bristle brush or a soft slicker brush, which has little bent-metal pins in it. Follow up with a soft-bristle brush, which helps distribute the hair's natural oils. It will feel so good she'll go right out and roll in the dirt. · Short, wiry breeds, such as Dachshunds and most Terriers, need a slicker brush, followed by a once-over with a metal comb. A stripping knife will remove the dead hair in the undercoat. Have someone knowledgeable show you how to use one first. If the coat has mats, work those out first.

How to brush your dog

Brush down and out, away from the dog's skin. Always brush in the direction the coat grows; dogs don't like to be brushed backwards.

Be gentle or you may damage your dog's coat by pulling and stretching hairs until they tangle and break. Take the time to untangle any snarls just as you would if your comb got stuck in your child's hair.

If you encounter mats, apply a coat conditioner or mat spray and leave it on for several minutes. Then use a wide-toothed comb or a mat-splitting tool to get through the tangle. Mats can get close to a dog's skin and removing them can be painful, so proceed carefully. You can cut out mats with scissors, but be careful you don't end up at the vet's for stitches; it happens more often than you'd think. If you just can't get a mat out, take your dog to a groomer, who will probably shave the area.

When to go with the pros

While it's true you don't need a pro to brush your dog, there's no shame in taking your dog to a groomer; they're in the business for good reason.

You know how you can never get your hair to look as good as your stylist does? Well, the same is true for your dog. Besides some level of skill is called for if your dog's coat tends to get matted. And if your dog really doesn't enjoy her beauty routine, you'll find that experienced groomers are good at sweet-talking even the most scaredy-cat dog into relaxing, at least a little. Bottom line: Brushing is an essential part of a good grooming routine and will help keep your dog's coat healthy and looking good. It's easy to do yourself, but you'll need a few tools and techniques to do the job right.

- From Gus, the doggie guy



Doctor's Corner:

"But the flu shot always makes me sick!"

Submitted by Angela Tobias, MD from the Squaxin Island Health Clinic - I've been getting – and encouraging other people to get – the flu shot since about 1995, every year. But there was one year when it honestly just slipped my mind. And do you know how many of those years I got sick? Only the year I forgot to get the shot! And I got the REAL flu that year – influenza A. Not the 'stomach flu', or a cold that I called a 'flu', not any of the 'flu-like' viruses – I had the real deal. And I've never been so miserable in my life! Even having four broken ribs was better than having influenza, not that I recommend having either one.

The best way to avoid having the flu is to get the flu shot. And many of you have gotten vaccinated – THANK YOU!!! But there seem to be more persistent concerns and misconceptions about the flu shot than most other vaccines we give. I'd like to tackle some of the things I hear as the reasons people don't want to get the flu shot.

"I get sick whenever I get the shot." The flu vaccine is actually just a bunch of broken up pieces of dead virus. It is just as impossible for it to make you sick as it is for you to grow a chicken from those scrambled eggs you might have had for breakfast today. You know why you might get sick around the time you get the flu shot? Because it's given during cold and flu season. Most viruses that cause colds and flus have infected you and are contagious to others for 1-3 days BEFORE you show symptoms of an illness, including influenza. This is why you can't just avoid sick people and expect to stay well. People who look and feel well are walking around, contagious to others, and have no idea that they are spreading illness.

"I'm pretty tough/young/healthy; I don't need to worry about the flu." You don't have to spend much time on Google before you find handfuls of stories about young people who died suddenly and without warning from the flu, and not just during pandemics like the Spanish flu pandemic in 1918-1919. Just earlier this year, author Rachel Held Evens died at age 37 from complications of the flu. She left behind two young children. Especially if you're a parent, please don't take the chance on this.

"I haven't had the flu shot in years and I never get sick." I haven't had a car accident in years, but I still pay for car insurance and wear my seat belt. You just don't know what's going to happen. Who has time to be home for a week or more with the flu? And if you won't do it for yourself, do it for your parents, grandparents, and children. Each of us interacts with many people on a daily basis who are at higher risk of complications from the flu – people with chronic medical problems (including diabetes and some types of arthritis), smokers, pregnant women, kids and elders. Remember you are contagious to others BEFORE you feel sick. You could be bringing the flu home to your loved ones without even knowing it.

"Why would I inject those chemicals into my body? It doesn't work anyway." Nothing in life is going to be 100% effective, and the flu shot is no exception. But the science tells us that even if you catch a strain that was not included in the flu shot you received, you receive partial protection against other strains and will have a less severe illness than without the flu shot. And as far as chemicals go, the evidence shows us that these chemicals are safe in the microscopic amounts present in the flu shot, but if you remain concerned, there are forms of the flu shot that have fewer and sometimes none of these chemicals. The chemicals are used to stabilize the contents and help enhance your immune system's reaction to the shot. And most of the chemicals in the shot are things that we're exposed to during the course of normal life already, or even chemicals that the body itself makes. I'm always happy to answer questions about the specific chemicals in detail for anyone who has lingering concerns about this.

"I haven't gotten it yet and it's already December/January so why bother." Flu season historically peaks in March in Washington State. However, due to increasing global travel and climate change, things that used to be very seasonal are no longer unheard of in the off season. We had our first case of test-proven influenza infection more than a month before the normal start of flu season this year, right here in our very own clinic. Other clinics in the area were reporting sporadic cases all through the summer. So it's still worth it to get it even in December, January, or February.

So please do get your flu shot. For yourself, for your coworkers, for your family, and for your community. This protection is important. And I promise, it won't make you sick.



Adult Flu Shots are in!

Available for adults
who are patients at the clinic

**KEEP
HEALTHY
AND
GET YOUR
FLU SHOT**

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

Clinic closure dates:

December 19th - Closed 11am-3pm for staff meeting. Open 8am-11am & 3pm-5pm

December 24th - Open 8am-12pm

December 25th & 26th Clinic closed for Christmas

December 27th - Open

December 31st - Closed for New Years Eve

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.
360.432.3929
psuskin@squaxin.us



Thank You, Tribal Garden, for the Fresh Fruits and Vegetables!!!



Mason County Community Health Data

What's Killing Us?

Top 5 Causes of Death for Mason County Residents¹

- 1) Cardiovascular Disease
- 2) Cancer
- 3) Accidents
- 4) Chronic Respiratory Disease
- 5) Alzheimer's Disease

Adult vs. Youth Cardiovascular Health

- 40%** of Adults are Obese²
BMI = 30 or above
- 17%** of 8th Graders are Obese*³
An additional **16%** of 8th Graders are Overweight**³
- 31%** of Adults report having High Blood Pressure²
- 8%** of Adults report being diagnosed with Diabetes²
- 75%** of 10th Graders do not meet daily physical activity recommendations***³

Of the Top 5 Cancers in Mason County Lung Cancer accounts for 50% of cancer deaths followed by Leukemia & Lymphoma, Colon, Pancreatic and Prostate.¹

10% of 10th Graders Smoked Cigarettes⁴ in the last 30 days

The percentage of youth using electronic cigarette and vapor products is increasing.

2014	vs.	2018	
23%	↑ 5%	28%	of 10th Graders
30%	↑ 7%	37%	of 12th Graders
Used Vapor Products ⁵ in the last 30 days			

9% of Adults report having been diagnosed with COPD, Emphysema or Chronic Bronchitis.²

Top 3 Accidental Causes of Death¹

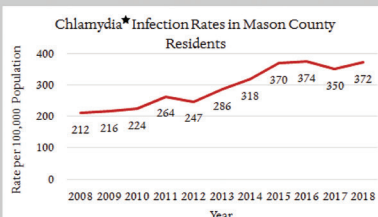
- 1) Accidental Poisoning (includes Overdose)
- 2) Transportation Accidents
- 3) Falls

For more Mason County health data visit www.healthymasoncounty.com

For additional information and participation contact 360-427-9670 ext. 406

Page 1 of 2

Sexually Transmitted Infections



Between 2008 and 2018, chlamydia infection rates have increased by 75% in Mason County.⁶

Sexually Transmitted Infection Rates have been increasing both statewide and nationally for the last decade. For the same time period, the state's Chlamydia rate increased by 47%⁶ and the national rate by 36%.⁷

Keeping Your Teeth and Gums Healthy When You Have Diabetes



People with diabetes have a higher chance of having teeth and gum problems. This is why it is important to manage your blood sugar and take care of your teeth and gums.

Ways to take care of your teeth and gums:

- Brush your teeth twice a day.
- Floss your teeth each day.
- Get a dental exam at least once a year.
- Avoid foods and drinks that are high in sugar.
- Do not use commercial tobacco, including smokeless and chewing tobacco.



Let your health care team know if you have any of these problems:

- Red or swollen gums
- Pain when chewing
- Loose and shifting teeth
- Bad breath that does not go away
- Sore or bleeding gums when brushing or flossing



Produced by the IHS Division of Diabetes Treatment and Prevention
For more diabetes information and materials, visit www.ihs.gov/diabetes
08/2018

Take a picture with your cell phone. Look at the picture later as a reminder!





HEALTH CLINIC



How to Stay HEALTHY Over the Holidays!

Get Your Vaccinations! Like a flu shot

Stay Active!

Fasten Seatbelts! Every Time

Be Smoke Free! Also steer clear of secondhand smoke

Eat Healthy!

Wash Hands Often! Stop the spread of germs

Bundle up! Stay dry and warm

TIPS FOR HOLIDAY HEALTH

Manage Stress! Get plenty of sleep. Enjoy time with friends/family.

Focus on FUN! Not Food

tree trimming

playing card or board games

photo review from year about to end

Reward yourself with only the most special holiday treats

Piktochart make information beautiful

Mammogram Clinic

Tuesday, December 17, 2019
8:00 a.m. to 4:00 p.m.

To schedule an appointment or if you have any questions regarding your eligibility please contact:
Traci Lopeman at (360) 432-3930.

Every Woman counts, please tell your Sisters, Daughters, Mothers and Friends to have a mammogram done yearly.

Beginning at age 40 Women should have a mammogram done yearly. Clinical breast exams should be done on a yearly basis by your medical provider. You should do your own monthly Breast Exams on a regular schedule.

Check in at the Tribal Administration Bldg.

National Breast and Cervical Cancer Early Detection Program | susan G. komen for the cure | PUGET SOUND

HEALTHY HOLIDAY EATING TIPS

A Healthy & Fit Holiday Survival Guide

1. DRINK WATER
2. EAT BEFORE THE PARTY
3. EXERCISE
4. MODIFY YOUR RECIPES.
5. DONT GRAZE
6. EAT MORE VEGGIES
7. EAT SMALLER PORTIONS
8. DONT WASTE YOUR CALORIES
9. DONT OVERSTUFF YOURSELF
10. ENJOY IN MODERATION

www.teamsamfitness.com

Try something new this season.. Roasted Brussel Sprouts!

Submitted by Patty Suskin, diabetes coordinator

Time : 30 minutes

Ingredients:

1—1/2# to 2# brussel sprouts, halved
(available at local grocery & Costco)

1/4 cup + 2 tablespoons olive oil

2 Tablespoons lemon juice

1/2 teaspoon salt

1/2 teaspoon pepper

1/2 teaspoon crushed red pepper flakes

2 cloves finely minced garlic or to taste

Sprinkle of parmesan cheese

Directions:

1. Heat oven to 475 degrees.

2. In a large bowl, **toss brussel sprouts with 2 tablespoons olive oil**, then place in a single layer on a rimmed baking sheet.

3. **Roast the brussel sprouts** in the oven until crisp and slightly browned, about 15 minutes.
(toss periodically if desired)

4. While brussel sprouts are roasting: In a large bowl, **whisk together** the remaining 1/4 cup olive oil, lemon juice, salt, pepper, garlic, and red pepper flakes to form a dressing.

5. When the brussel sprouts are roasted, add to the big bowl and **toss with the dressing**.

6. **Sprinkle with parmesan cheese**. Transfer to a plate and serve hot or chill to eat as a salad.



NEW! Check your WIC food balance and more on the WIC shopping app!

Download the free WIC shopper app



CHECK OUT THESE NEW FEATURES:

1. **Register your card** (select the **three lines** at the top corner of the app & select **my cards**, then enter your card number twice)
2. Check your **WIC food balance** and dates on the app feature "**My Benefits**"
3. **Cereal calculator** helps track the number of ounces before you buy.

- No need to separate WIC items from other groceries.
- You can buy just the WIC items you need.



**WIC cards have replaced checks.
One card for the whole family**

Questions? Want a WIC appointment? Contact 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.**



COMMUNITY



Elders Menu . . . Fruit and salad at every meal

MONDAY 2:

Chicken Pot Pie

MONDAY 9:

Burger Dips, Tator Tots

MONDAY 16:

Fish-N-Chips, Coleslaw

MONDAY 23:

CLOSED

MONDAY 30:

CLOSED

TUESDAY 3:

Split Pea Soup,
Roast Beef Sandwiches

TUESDAY 10:

Cream of Chicken Egg Salad

TUESDAY 17:

Navy Bean Soup, Turkey Sandwiches

TUESDAY 24:

CLOSED

TUESDAY 31:

CLOSED

WEDNESDAY 4:

BLT Sandwiches, Chips

WEDNESDAY 11:

Meatloaf, Mashed Potatoes w/ Gravy,
Mixed Veggies, Rolls

WEDNESDAY 18:

Beef Roast, Mashed Potatoes
W/Gravy, Corn, Rolls

WEDNESDAY 25:

CLOSED

THURSDAY 5:

Flank Steak, Potato Wedges,
Carrots

THURSDAY 12:

Tacos, Black Beans

THURSDAY 19:

Casino Buffet

THURSDAY 26:

CLOSED



Santa's Workshop

Squaxin Island Community

Come join us!

At The Squaxin Island Museum For Fun Filled• Activities And Gift Making!!!

December 4th 5th & 6th

3:00 p.m. to 7:00 p.m.

CONTEST CONTEST CONTEST CONTEST

Best Instant Pot Or Slow Cooker Meal Contest

**** DAILY WINNER****

1 Winner per day, Honorarium \$75

For those that participate all three days

Grand prize winner on the 6th

Rules out soon!

Come to make a beaded feather mirror hanger
Cedar crafts, plus other native crafts

Also Make Beautiful Wreaths with A NW Native Theme Each Day

We Will Also Have Crafts for The Littles

Sponsored by: Squaxin Island Tourism
& Squaxin Island Museum
For more information, contact:
Lisa Johns 360-432-3839

Sponsor a Foster Child for Christmas

Squaxin Island ICW is currently looking for individuals or departments to sponsor a child/children that are in our care for Christmas. Let's help these children have a Christmas they will not forget!

● Please contact

● Winter White at

● 360-432-3939 or

wwwhite@squaxin.us

Or

Terri Capoeman

360-432-3987 or

tcapoeman@squaxin.us



December Happy Birthdays

- | | | |
|--|---|--|
| 1
Benito Bear Hernandez
Douglas Matthew Bloomfield | 11
Kelli Jean Dahman
Kendra L. Blueback
Kestle Mae Coley
Lydia Indiana Andrews
Tonya Velma Henry | 23
David Wayne Combes Jr.
Jaimie Lee Cruz |
| 2
Ava Claire George
Gregory Thomas Lehman
Manuel A Castillo | 13
Anthony Glenn Forcier Jr.
Karen Annette Farr
Lucy Ann Aldrich
Madelynn G Henderson | 24
Darrius James Rau
Holly Lee Henry
Tahnee Marie Kruger
William B. Penn |
| 3
Cathlene Diane Riker
Deborah Diane Obi
Jess Daniel Brownfield | 14
Cecelia Marie Black
Elianna Kristine Perez
Nicholas J. W. Dorey | 25
Astrid Kristen Poste
Carol Tadios
Cheryl Lee Harper
Jasmine Marie Rose Rivera
Jayanne Diane Gamer |
| 4
Daniel Thomas Sigo
Kaya Rose Johns
Peggy Ann Peters | 15
Amber Louise Gomez
Frankie Metcalf
Judith Kay Arola
Lisa Mae Bennor
Priscilla C. Dolores-James
Xzandrea King | 26
Karina Helaine Farr
Nation Teo Krise
Nicolas Francis Cooper
Shira Elaine Powell |
| 5
Austin James Penn-Soto
Lilly Faye Lutolf | 16
Angel Marie Henry
Rodney James Krise Sr. | 27
Andrea Lee Rossmeier |
| 6
Brendan James Bellon
Cora Rosa Krise
Evan Lance Ellerbe
Michael Duane Foster | 17
Donovan Nicholas Henry
Vernon L. Sanchez
Wendy J. Bowman | 28
David B. Clark
Jessica Mary Stone
Jocelyn Elizabeth Campbell
Kathy Jo Block
Quinton Benavente Whitener |
| 7
Jason William Koenig
Sophia Amineh Cooper
Zoe Gabriela Cooper | 18
Ethan Ty Baxter | 29
Patti A. Puhn
Penni L. Giles |
| 8
Cedar Reaching Bear Wily
Rhonda M. Whitener | 19
Patrick Von Stapleton
Shashoney Elizabeth Fenton
Theresa Ann Henderson
Tyson D. Kruger
Winona Kathleen Crone | 30
Koreena Ann Capoeman
Matthew Taylor Sayers
Richard John Gouin |
| 9
Dustin Dean Kruger
Elizabeth H Campbell
Garrett William Todd
Misti Dawn Saenz-Garcia | 21
Ronnie Nicole Penn | 31
Rebecca Black |
| 10
Brenda Lee Bailey
Davina Marie Braese
Jayden Christine Eagles
Marlena Star Bradley
Sierra Jasmine Blueback | 22
Kyler Joshua Gall
Olivia Phu Korndorfer | |



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

If it is an
EMERGENCY
CALL 911

**SQUAXIN ISLAND T.A.N.F. SPONSORED
LUSHOOTSEED
CLASSES**

ALL ARE WELCOME TO ATTEND

**WEDNESDAY EVENINGS @ FAMILY
SERVICES CLASSROOM**

5PM-6:30PM
DINNER IS PROVIDED

QUESTIONS? Contact Rose Henry 360-432-3950
We will notify you of any changes in schedule due to holiday
or Tribal closures.



What's Happening



SAT & SUNDAY

Nov. 30 & Dec. 1

LCCR Christmas Market
Event Center

MONDAY

Dec. 9

Childcare Board of Directors

TUESDAY

Dec. 3

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.

Dec. 10

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.

Dec. 17

Mammogram Clinic

Tribal Center

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

Dec. 4

Santa's Workshop

MLRC - 3:00 - 7:00

Shellfish Committee

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

Dec. 11

CERT Planning Meeting

1:00 p.m., Training Room

Golf Advisory Committee

AA & ALANON: 7:30 p.m.

Lushootseed Class: 5:00 - 6:30

Bible Study: 5:00 - 7:00

Community Kitchen

Dec. 18

Christmas Tree

Decorating

See flyer on Page 9

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

Dec. 25

Merry Christmas

THURSDAY

Dec. 5

Santa's Workshop

MLRC - 3:00 - 7:00

Family Court

Gaming Commission

Utilities Commission

Dec. 12

Tribal Council

Christmas & Cocoa

Community Kitchen

4:00 - 6:00

Tribal Council

work session with LCCR???

Dec 19

Youth Christmas Party

Gym

5:00 - 7:00

FRIDAY

Dec. 6

Santa's Workshop

MLRC - 3:00 - 7:00

Housing Commission

Dec. 13

Education Commission

SPIPA Board



BIBLE STUDY

The Teachings of Jesus Christ

Wednesdays

5-7pm PST

Community Kitchen

50 SE Squaxin Ln, Shelton, WA 98584



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, December 10 is WIC day at SPIPA
(Dates may change)

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



Please Join Us
Building Strong Families Through Culture

BSFTC

2019-2020

Community Kitchen

Tuesday's
4:00 pm — 7:00 pm

For the Formation and Maintenance of Two-Parent Families

COMMITTEES COMMISSIONS & BOARDS

Committee

Aquatics Committee
Elders Committee/Inc.
Elections Committee
Enrollment Committee
Fireworks Committee (TC 6.04.040)
Fish Committee
Gathering Committee
Golf Advisory Committee
Hunting Committee
Shellfish Committee
Veterans' Committee



Council Rep.

Arnold Cooper
Charlene Krise
None per code
Charlene Krise
None per code
Vicki Kruger
Charlene Krise
Arnold Cooper
Arnold Cooper
Vince Henry
None

Staff Rep.

Jeff Dickison
Traci Coffey
Tammy Ford
Tammy Ford
TBD
Joseph Peters
Rhonda Foster
Marvin Campbell
Joseph Peters
Eric Sparkman
Kim Kenyon

Meetings

2nd Wednesday in Feb., May, Aug., Nov.
1st Wednesday or Thursday
March, April, May
2nd Tuesday
May and June
2nd Wednesday in March, June
TBD
2nd Wednesday or Thursday
2nd Tuesday of July, Oct., Jan., April
1st Wednesday of March, June, Sept., Dec.
TBD

Commission

1% Committee (Bylaws & Appendix X2)
Budget Commission
Education Commission
Gaming Commission (TC 6.08.090)
Housing Commission
Utilities Commission



Council Rep.

C.Krise, V. Henry, V. Kruger
Vicki Kruger
Vacant
None per code
Charlene Krise
Vacant

Staff Rep.

Marvin Campbell
Marvin Campbell
Gordan James
Dallas Burnett
Liz Kuntz
Vacant

Meetings

Feb., May, Aug., Nov.
June and August
2nd Friday
1st Thursday
1st Friday
1st Thursday

Board

Business Administration Board
Child Care Board of Directors
Island Enterprises Board
Museum Library and Research Center Board
Skookum Creek Tobacco Board
SPIPA Board of Directors
Tourism Board (TC 2.34.010)

Council Rep.

None per code
Vicki Kruger & Charlene Krise
Arnold Cooper
Bev Hawks
Vinny Henry
Vicki Kruger
Vacant

Staff Rep.

Nathan Schreiner
Bert Miller
Dave Johns
Charlene Krise
Mike Araiza
Marvin Campbell
Leslie Johnson

Meetings

As needed
2nd Monday

Sept., Dec., March, June
4th Tuesday
2nd Friday
TBD



happy
HOLIDAYS



South Puget Intertribal Planning Agency

USDA Foods Program

SERVING SQUAXIN ISLAND 12/9/19

Chicken and Dumplings



INGREDIENTS:

1 1/2 lbs chicken breast or canned (leftover turkey would also be great)
1Tbsp olive oil
2Tbsp butter
1 russet potato, peeled and diced
1 medium onion
1 rib celery
1 bay leaf, fresh or dried

Salt and pepper to taste

1tsp poultry seasoning or 1/3 palm full
1Tbsp flour
1 quart chicken broth or stock (or broth & cream of chicken soup)
2 cups biscuit mix
1/3 cup warm water
1 cup frozen peas
handful of parsley

INSTRUCTIONS:

1. Dice chicken, set aside. Place oil and butter in a large pot on medium/high heat; Add vegetables and bay leaf, cook about 5 minutes stirring frequently. Season with salt, pepper and poultry seasoning.

Add flour and cook 2 minutes. stir in broth/soup and bring to a boil, add chicken and stir.

2. Place biscuit mix in a bowl, combine with warm water and parsley. Drop in

tablespoonfuls and reduce heat to medium low. Steam dumplings 8-10 minutes. Remove cover and stir to thicken sauce a bit. Stir in peas. Remove from heat when peas are done and serve in shallow bowls. Serves 4

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.



Help Protect
Our Kids, Families
and the Environment



Clean Out Your
Medicine Cabinet

Prescription Drug
Take Back Boxes

Located At:

Mason County Sheriff's Office
322 North 3rd Street in Shelton

&

Mason Regional Fire Authority
460 Northeast Old Belfair Highway in Belfair

For More Information Call Mason County

Public Health & Human Services

360-427-9670 ext. 400



Social Security Disability

If you have been denied Social Security benefits because you receive a "Per Capita" distribution or other Tribal assistance, please contact Diane at the Squaxin Legal Department for assistance.
(360) 432-1771 ext. 0

Don't forget to stop by our
Gift Shop for your Holiday Shopping!



GRAB YOUR
GIFT CARDS
THIS Holiday SEASON



Management reserves all rights. Subject to change.
See Players Club for details. Must be age 21 or older.

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LITTLE CREEK
CASINO • RESORT™
LIVE a little

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

DECEMBER 31

9PM - 1AM

NYE PARTY

Join Us To Roar In

2020

WIN YOUR SHARE OF OVER

\$4,040

AT MIDNIGHT

MUSIC BY
EMERALD CITY 5

CHAMPAGNE TOAST

TICKETS \$40

See Players Club for promotion details and party tickets.

LITTLE CREEK
CASINO • RESORT™
LIVE a little

15 MINUTES NORTH
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LITTLECREEK.COM • 1.800.667.7711