Tribe Hosts Shelton School District Employees

Lynn Olson - The Squaxin Island Tribe hosted approximately 400 Shelton School District teachers and support staff on Friday, October 13, 2006 during the statewide educational in-service day. During the four-hour occasion, at the Squaxin Island Tribal Events Center, teachers experienced the sight, sounds and tastes of traditional and present-day Indian culture through presentations, a salmon and clam lunch and the rhythmic intertribal drum group, Sya?ya?

Squaxin Island Chair Jim Peters thanked the attendees for their hard work and commitment to the youth of Mason County. He stated he hoped this event would unfold many more opportunities for communication between Tribal members and the school district as the learning of Squaxin Island children is definitely influenced by tribal history and culture.

“Feel free to ask anything,” he said. “There is no such thing as a dumb question. We want to make sure you get the correct answer, so that when you’re out there teaching, you, too, can give the right answer.”

Rhonda Foster, Cultural Resources Director, along with Larry Ross, shared findings from the Tribe’s archeological digs. The sophistication of Tribal knowledge, culture and communication, prior to Euro-American contact, was evident in the

Successful Squaxin Island Appeal Protects Streamflows For Salmon

NWIFC - A proposal to use groundwater to compensate for the impacts of new wells near Woodland and Fox Creeks was rejected by the state Pollution Control Hearings Board. The ruling upheld an appeal by the Squaxin Island Tribe, challenging two Department of Ecology water right permits, allowing Miller Land and Timber LLC to drill two wells in the Woodland Creek watershed.

The hearings board said that in this case, state law does not permit adverse impacts to streamflows necessary for the preservation of fish and wildlife species.

“Woodland and Fox Creeks do not have enough water for salmon in the summer,” said Scott Steltzner, fisheries biologist for the tribe. The Miller proposal called for drilling two wells to service a pair of housing developments with 61 lots. One of the wells would pump additional groundwater directly into Fox Creek, as an attempt to mitigate the domestic withdrawal’s streamflow impacts.

The board found that in this case the technique would not compensate for lower streamflows caused by the domestic use. It would only “recycle” water already destined to enter the stream. “Because the creek’s flow is naturally connected to the groundwater supply, the plan provided no net benefit to streamflow or salmon,” said John Konovsky, environmental program manager for the tribe.

“The pumping of groundwater for streamflow augmentation therefore be-

Continued on Page 4

Continued on Page 8
Little Creek Casino Resort Hotel Expansion

Tribal Council Resolutions

06-76: Approves the AGC Document No. 250 Standard Form of Agreement between the Tribe and Roglin’s Inc. for construction of an irrigation pond for Salish Cliffs Golf Course

06-77: Approves membership in the National Congress of American Indians (NCAI) including membership dues of $5,000

06-78: Directs that enrollment records of Carol Tadios and Lucille Quilt be corrected

06-79: Enrolls Kui and Terry Tahkeal

06-80: Tabled

06-81: Commits to the purposes and policies of National Tribal Gaming Commissioners and Regulators (NTGC/R)

06-82: Dedicates two parcels of land purchased from Green Diamond totaling 120 acres to be dedicated to low-income housing purposes

06-83: Requests that land purchase be placed in Trust status

06-84: Approves changes to the Emergency Management Plan

06-85: Appoints Lynn Scroggins to the Peninsula Regional Transportation Planning Organization (PRTPO) as the Policy Board Alternate and Brian Thompson as the alternate for the PRTPO Technical Assistance Committee

06-86: Approves two transportation priority lists to be submitted to the BIA

06-87: Approves the FY07 budget

06-88: Enrolls River, Olivia and Tania Korndorfer and Nathaniel and Joseph Bisson

06-89: Enrolls Nohea Robinson-Black

06-90: Approves the Permanent Trust and Investment Policy to establish, in perpetuity, a permanent fund of significant size with the sole purpose of generating earnings to provide revenue needed to finance tribal government programs and services in the future and aid in diversification of the Tribe’s economic and financial base to reduce the reliance on gaming and other revenue sources

06-91: Approves the independent contract agreement between the Tribe and Medicine Creek Consulting for the repair and restoration of pavement on Skalapin Lane, Qua-Ta-Sat Court and Klah-Che-Min Drive as modified and including a limited waiver of sovereign immunity

06-92: Supports the submission of a grant proposal of up to $250,000 over four years for planning, capital and operations to enhance Squaxin Island Transit services

Congratulations

Faithful Employees

25 Years of Service
Rhonda Foster
George Krise

20 Years of Service
Jeff Dickison
Liz Yeahquo

15 Years of Service
Julie Goodwin
Will Henderson
Julie Owens
Mark Snyder

10 Years of Service
Doyle Foster
Pauline Foster
Kevin Lyon

5 Years of Service
Walt Archer
Donna Baker
Michael Henderson
Gwen Hildner
Liz Kuntz
Tracy Parker
Larry Ross
David Schmidt
Larry Shelton
Michael Tisdale
Jean Watson
Who Are These Handsome Protectors of Freedom?

- John Bagley
- Christian Baller
- Charles Bloomfield III
- John Briggs
- Dan Brown
- Dan Brown Sr.
- Ed Brown
- Hank Brown
- Joe Brown
- John Mac Brown
- Donald Brownfield
- Gary Brownfield
- Marvin Campbell
- Donald Capeeman
- Vernon Capeeman
- Cecil Cheeka
- Ed Clapanho
- Francis Cooper Sr.
- Ron Dailey
- Sallee Elam
- Harry Fletcher
- Wesley Fletcher
- Ed Henry
- Robert Jon James
- Del Johns, Sr.
- Del Johns Jr.
- Lloyd Johns
- Richard Johns Sr.
- Bob Johnson
- Bruce Johnson
- Kimble Kenyon
- Darrell Krise
- Delbert Krise
- Frank Krise
- Harry Krise
- Harvey Krise Sr.
- Harvey Krise Jr.
- James Krise
- John Krise, Sr.
- John E. Krise
- Pete Kruger Sr.
- David (Toby) Lewis
- Riley Lewis
- James Lister
- Arthur Martin
- Dennis Martin
- Phillip Martin
- Josh Mason
- Mishell Miller
- Francis Napoleon, Jr.
- Lewis Napoleon
- Melvin Napoleon

COMMUNITY MEMBERS
- Tiff Barrett
- Doe Bridge
- Jim Carpenter
- Richard Case
- John Creekpaum
- Harold Crenshaw
- Mike Davis
- Donald Elam
- Chuck Evans
- Mike Evans
- Bob Gouin
- Larry McFarlane Sr.
- Derrell Owens
- Ernie Sanchez
- Elmer Strope
- Harry Stum
- Brian Thompson
- Jason Todd
- Micah Ware
- Conrad YeahquoFrank Coley
- David Rankin

We Honor Our Veterans

- Marvin Newell, Jr.
- Glen Parker
- Levi Parker
- Vernon Parker
- William Penn
- Bill Peters
- Calvin Peters
- Raymond Peters
- Rick Peters
- Steve Peters
- William Ray Peters
- Rusty Pleines
- Dean Reeves, Jr.
- Mishell Saeger
- Dave Seymour
- Joe Seymour Sr.
- Joe Seymour, Jr.
- Jonella Seymour
- Dewey Sigo
- Brent Snipper
- Gail Marie Stevens
- B.J. Whitener
- Dave Whitener Sr.
- Donald E. Whitener
- Donald K. Whitener
- Joseph Whitener
- Robert Whitener Sr.
- Ronald Whitener
- Wilson Whitener
Community

Walking On

Also surviving are stepchildren Ruth Rogers, Buck Rogers and Shirley Lope-
man of Shelton, Jim Rogers of California and Lucille Black of Oakville; and numer-
ous grandchildren, great-grandchildren and great-great-grandchildren.

A funeral was held on Saturday, September 23, at Hope Chapel in Shelton.
Mike and Shirley Davis officiated. Burial was at Ben Cemetery in Oakville.

Francis "Buddy" Cooper
May 8, 1923 - September 18, 2006

Francis Arnold "Buddy" Cooper Sr., a beloved Squaxin Island Tribal member
and lifelong Shelton resident, died of natural causes on Monday, September 18, at
Mason General Hospital. He was 83.

He was born on May 8, 1923 in Shelton to Edward and Annie (Jackson)
Cooper. He served in the U.S. Army during World War II.

He and Mabel (Beckwith) Cooper were married in 1950 in Belfair.

Mr. Cooper was a self-employed fisherman for many years, then went to
work for Simpson Timber Company. He worked at Mill 4 for approximately 15
years, then went back to fishing.

He was one of the oldest tribal members at the time of his death.

He enjoyed fishing, hunting, watching wrestling, being on Squaxin Island,
traveling on weekends and dining with his wife at Duffy's and the Golden Dragon
restaurant in Aberdeen.

Surviving are his wife, Mabel Cooper of Shelton; sons Francis Cooper and
Ed Cooper of the Squaxin Island Reservation; Arnold and Russel Cooper of Shelton
and Duane Cooper of Port Angeles; daughters Theresa Davis of Austin, Texas and
Rose Algea and Virginia Berumen of Shelton and Francis Starr of Oakville.

Special Thank Yous
A Very special thank you to everyone
who offered support to our family
during the loss of our dad.
I especially want to thank Arnold and Charlene Cooper
and Russel and Jackie Cooper
for being there when I needed them.
I love you all (but don't get used to it!).
- Ed

Streamflows
Continued from Page 1

comes a consumptive use itself because a significant portion of the groundwater
captured by the pumping would have flowed into the surface water of Woodland
Creek," the hearings board said in its ruling.

"They were proposing to take money out of one pocket and put it in another"
said Jeff Dickison, assistant natural resources director for the tribe. The Woodland
Creek basin was closed in 1980 to new water withdrawals because it had reached its
limit in being able to meet the water needs of both people and fish.

The board found the tribe's science more credible in helping them make
their decision. Miller modeled the water resources in the watershed in 200 acre
chunks, while the tribe's view was much more refined. "We were able to look at
the situation 1/4 acre at a time to better mimic the natural system," said Nadine
Romero, hydrogeologist for the tribe. "It isn't surprising then that Squaxin came to
a different conclusion than Miller."

Sections of Woodland Creek regularly run dry during the summer. Lake Lois,
for example, had been important habitat for salmon and trout until recent decades
when its water levels began to drop significantly or it completely dried up during
the summer. The tribe points to the large number of exempt wells in the area as a
culprit.

Historically, the Woodland Creek watershed produced strong populations of
coho salmon. "There are accounts of salmon going as far up as Long Lake, in the far
reaches of the watershed," said Steltzner. "Coho salmon often spend an extra year
or two in freshwater as juveniles. Without these small lakes and wetlands coho have
nowhere to survive and feed during that extra year in freshwater."

"Because we have always depended on salmon, the Squaxin Island Tribe is in-
terested in the protection of salmon habitat," said Andy Whitener, natural resources
director of the Squaxin Island Tribe. "Every piece of creek, small or big, is important
to salmon, so it's important to us."

For more information, contact: John Konovsky, environmental program
manager, Squaxin Island Tribe, (360) 432-3804. Emmett O'Connell, information
officer, NWIFC, (360) 528-4304, eoconnell@nwifc.org
Bob Gouin, a beloved Squaxin Island community member, was born November 12, 1942 in Botano, North Dakota to Frederick and Esther Gouin. He grew up in Willow City, North Dakota where he enjoyed hunting with his uncles and his brother. It was during these hunting trips that Bob grew to really enjoy playing cards - especially pokers.

While in high school, his pastor saw his deep faith in the Lord and encouraged his mother to send him to Concordia School; he attended for a couple of semesters - his love for and faith in the Lord continued throughout his adult life.

Bob served in the army from 1964 - 1966, serving most of his tour in Italy.

Shortly after Bob came home, his mother moved to North Bend, Washington to work with his uncle Leo in a hotel he had purchased. Bob followed her to Washington and worked there as well. He also worked as a bartender in the family restaurant. He got married and had a son, Curtis, in 1969.

In 1973, his best buddy, John Briggs, introduced him to Lorna Lee; their first date was on St. Patrick’s day in 1973. They married January 18, 1974. Bob, Lorna and son, Richard, lived in Mercer Island, later moved to Olympia and then lived on Squaxin Island for six months.

In April, 1975, Bob was hired for Squaxin Island Tribe as a Fisheries Patrol Officer on the CETA program and attended the first Indian Tribal Police Academy with Mike Foster, where he graduated at the top of his class. While working in law enforcement, Bob and Lorna lived on Squaxin Island for six months. Without electricity or running water, Bob would prepare to go to work, his uniform freshly ironed with an iron heated by a generator.

Budgets were nearly non-existent in those days; the watercraft the officers used for patrolling was a little orange skiff which was a hand-me-down from the BIA. Bob, Mike Foster and fellow officer Jimmy Krise knew every little nook and cranny of the Puget Sound area; few poachers escaped their watchful eyes because Jimmy knew all of the favorite poaching places. Bob was hired as an officer and was soon made Sergeant by Chief of Police Emory Peters. Shortly thereafter, he was promoted to Lieutenant. While he was in this position, he wrote and received a Highway Safety Grant, which meant no more used BIA vehicles and the Tribe could purchase a “new” vehicle.

Upon Emory's death, the Tribal Council made Bob the Chief of Police. As Chief, Bob continued to apply for and get grants and was influential in writing much of the Law and Order Codes that are still being used today. He was also instrumental in starting the Association of Indian Police Chiefs and served as President for three years. Bob also initiated the first Hunter Safety courses and later taught these courses to the youth. Bob always loved teaching and instructing.

In 1982, the family moved to the Rez and Rusty joined the family in 1983.

In 1990, Bob resigned his position at Squaxin Island and went to work at Suquamish to serve as their Police Chief. While there, he attended and graduated from the 171st Session of the FBI National Command School, earning a yellow brick signifying the completion of the grueling physical course. In this position, he wrote and received a grant to establish a youth bike patrol program. He was very proud that two of these youth grew up to become Washington State Patrol Officers.

After working at Suquamish, Bob went to work at Little Creek Casino as the Chief of Security where he worked until he retired in 2005.

Bob was always active in his church and served as an Elder on the Church Board. He was also active in the Building Committee and enjoyed assisting with the youth activities.

Boating and being on the water and camping (without a tent), hunting and clam digging on Squaxin Island continued to be a passion with Bob. He loved to commercial fish alongside Lorna. Before they had a boat, they would borrow a boat. Later they owned their own boat and joined the Shelton Yacht Club. He and Lorna spent every opportunity on the water.

Voc Rehab Office is Moving Back to the Tribal Center
As tribal programs continue to be developed and the demands for services increase, it has become necessary to adapt to these demands and make some changes within the Human Resources Department. In order to better meet those needs, June Krise's current position of TANF Site Manager/Voc Rehab Counselor has been split into two positions. June will continue to be responsible for the Vocational Rehabilitation, Native American Employment Works, General Assistance and WW/ETP programs; and, effective November 1, you may contact her in her new office in the Tribal Center or by calling her at 432-3821.

The other half of June’s previous position, as TANF Site Manager, is vacant and is currently posted for Squaxin Island Tribal members. If you are interested in applying for this full-time position, please contact Squaxin Island Human Resources for a complete job description and an application. In the meantime, Rose Blueback and Walter Lorentz will continue to provide services to TANF clients from its current location in the SPIPA offices; the TANF offices will not be moving.
Walking On

Kelly Riley

Kelly Patrick Riley, a beloved Squaxin Island community member, passed away on July 30th, 2006 after a very short battle with cancer. He lived in Shelton for the past six years.

He was born November 9th, 1955 in Ketchikan, Alaska to Alfred and Violet (Young) Riley.

He married Patti Strope on July 31st, 1993 at Bruce and Peg Johnson’s home in Kamilche.

In 1972, at the age of 17, Kelly started caring for and helping others when he joined the Student Trooper Program in Ketchikan. At age 20, he joined the Ketchikan Volunteer Fire Department and also started his career with the Alaska Department of Corrections. He moved to Juneau in 1984 at the age of 28 where he started working at Lemon Creek Correctional Center as a Shift Supervisor until 1995. He moved to Compliance Monitor until his retirement in December 2000. He spent 22 1/2 years working in corrections. After his retirement, at age 45, they moved to Shelton. He started working at Little Creek Casino January 2001 as a Security Officer, First Aid/CPR/ASD Instructor. In 2006, he went to work for Island Enterprises, Incorporated where he also was the designated Bus Driver for the Elders Program which he dearly loved.

He was a member of the Eagles 4200, Sons of the American Legion and Safety and Health Specialist with Medic First Aid.

He loved trains, western and sci-fi books, working in the yard with his grandson, Nick, and doing honey-do stuff.

He is survived by his loving family; wife Patti; daughter Michelle Strope of Shelton; son Ryan Strope of Avondale Arizona; grandson Nicholas of Shelton; mother Violet Riley of Ketchikan, Alaska; sisters Linda Wright and husband Hugh of Portland, Oregon, Colleen MacCannell and husband Bill of Thorne Bay, Alaska, Connie Riley and husband Brian Duncan of Juneau, Alaska; brothers Lenval Riley of California/New York, Wayne Riley and wife Renee of Meridan, Idaho; sister-in-laws Barbie Knudson and husband Jeff; Jonie Fox and husband Gary; beloved father-in-law Elmer Strope and numerous nieces, nephews and cousins. Also Brandon, who was always there for him.

There was a celebration of his life held on August 9th, 2006 in The Pavilion at Sentry Park at 3:00 p.m. in Shelton.

“If tears could build a stairway
And memories a lane
We’d walk right up to Heaven
And bring you home again.”

New Employee

Stephanie Nicols
Attorney

Hello! I recently moved to Olympia from Seattle where I went to law school at Seattle University. I was born in Fairbanks, Alaska, where I grew up playing basketball and flying to many Alaskan villages for “road” games. I have lived in a plethora of places from Fairbanks to South Bend, Indiana, to Portland, Oregon, to the Pine Ridge Reservation in South Dakota (and a couple other places in-between). I graduated from law school in May and took the bar exam in July. (I recently learned I passed the exam – what a relief!) Approximately a week after the bar, I moved to Olympia and then went to Malawi, Africa, for most of August. I attended law school with the hopes of working in Indian County. Suffice to say, I am honored to be working with the Squaxin Island Tribe, and I look forward to meeting many of you.

Crystal,

In case you don’t know who this is, I’m your Dad, so please write to me so I know how you’re doing. My address is SE 341 T’Peeksin Lane, Shelton WA 98584.

Sincerely,
Your Loving Dad, Ed
Community

Lynn Scroggins -

**Whutzup?**

We’re into week 17 (less than 40 days left) and things are progressing well. Rognlins is now out of the water, back on their regular schedule, maximizing available sunlight and good weather. They finished their stream bed work eight days early - on Saturday, October 9, the sheet pile was pulled. The new and improved stream channel fills in about fifteen minutes when the high tide rolls in. The fish are running well under the bridge. Work is progressing on the keyways (welding girder clips, gap filling, and other tasks), pedestrian/traffic rails (lots of reinforcing steel and concrete), and end diaphragms (wood forms for the concrete, lots of rebar, and connectors with the two big end walls facing the street). The end diaphragms will include the conduit to carry the water system pipes (drinking, waste, and reuse water). Thanks to the community for being so patient with the road closure and construction work. We’ll soon have one solid structure. Thanks, everyone, for your patience and cooperation.

**Whutz Next?**

Approach slabs will be cast when the end wall is cured. Steel is on site for the barrier rails, which will be formed in one concrete pour. There will be more work forming diaphragms and laying grout in the keyways. Squaxin is working with Rognlins to install two utility conduits through the end walls, one for telcomm (fiberoptic cable) and one for our three water systems (waste, drinking, reuse). Planning/ Community Development and Island Enterprises are working on site selection and development for the old bridge rail, with signage, landscaping, trail, concrete pad and, maybe, seating. Hopefully it will open when the new bridge opens. The concrete work will be finish next, then the dirtwork and conduits running into the dirtwork, then work on the approach slab and storm water drainage. A storm catch basin ($20,000 installed - it’s a fancy brown metal box) will be used to manage the stormwater run-off of the bridge deck, meeting tribal, county, state and federal standards. The Mason County street sweeper is running more frequently to prevent a surge of water into the area in case of a major storm. The cat walk (falsework) designed by Rognlin's John House is easy to install (no inserts in the girders) with a handrail to eliminate the need for fall protection.

The Skookum Creek Bridge replacement project will reap many benefits. The bridge is located in Kamilche, between the cities of Olympia and Shelton, Washington in South Mason County. It is a section of Old Olympic Highway, a Mason County road, connecting portions of the Tribe’s lands, providing primary public access for the Kamilche and Squaxin community, government, and commercial interests. The project cost is about $1.4 million with 80% funded by the Tribe through the BIA Indian Reservation Roads Bridge Preservation Program and 20% funded by Mason County. Squaxin Island Tribe is the project lead working in agreement with Mason County to replace the bridge. Rognlin's, Inc. is Mason County’s contractor. The old 1937 bridge was functionally obsolete and a safety hazard. The new bridge will be built to current construction and environmental standards with wider lanes, safer approaches, small shoulders, and a sidewalk.

For questions contact Bob Thuring (Mason County) at 360-427-9670 x452 or Lynn Scroggins (Squaxin) at 360-432-3952.
**Learning Center**

**Attention College Students and Families of College Students**

Squaxin Island Tribal Elders would like to send a little greeting now and then to acknowledge our college students and their hard work. They would like to remind them that their families back home at the Tribe love and miss them. Please contact Sally Selvidge with names and addresses. 427-7132 OR kamilche@hctc.com

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**What Does a Mentor Do?**

Lynn Olson, Mentoring Coordinator - I have had some questions concerning, “What exactly does a mentor do?” I thought the best way to answer is the following:

**PURPOSE OF MENTOR POSITION**
Develop a positive relationship with a child to increase school success, attendance and prevent/reduce at-risk behaviors.

**SKILLS REQUIRED TO BE A MENTOR**
- Ability to care about children in a nonjudgmental manner; to be patient and flexible
- Ability to accept the child as they are
- Basic friendship skills, such as being reliable, accepting, encouraging, listening and suggesting

**DUTIES OF A MENTOR**
- Responsible for consistent weekly meetings with the child; planning to attend cultural events with the child;
- Contacting the Mentoring Coordinator concerning any changes in meeting plans
- Complete the application and screening process and adhere to all program policies and procedures
- Communicate regularly with program staff

**TIME REQUIRED**
- One hour per week with the mentee
- Attend an initial two-hour training session and a two additional training sessions twice during the year of participation in the program.
- Attend optional mentor/mentee group/cultural events and program recognition events

**LENGTH OF COMMITMENT**
One year or more

**TRAINING**
Training sessions are on-going throughout the mentor/mentee commitment; there is also ongoing support and consultation with the staff

**BENEFITS**
- Personal growth
- Experience the rewards of making a difference in a child’s life

For more information about mentoring a Native Youth, please contact:
Lynn Olson, Mentor Coordinator
Tu Ha’ Buts Learning Center
Squaxin Island Tribe
70 SE Squaxin Lane
Shelton, WA 98584
360-432-3957 office
360-490-7037 cell
360-426-7897 fax
lolson@squaxin.nsn.us

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**Tribe Hosts Shelton School District Employees**

*Continued from Page 1*

Tribes’ food preservation methods, engineered fishing weirs, basket weaving and trade routes.

Squaxin Island Tribal member Rick Peters introduced a DVD presentation entitled, “The Squaxin Island Tribe and Their Relationship to the Environment.” The DVD emphasizes the importance of fishing and shell fishing in the Tribes’ cultural development and historical ability to earn a living. A copy of the DVD was given to each school.

Charlene Krise, Director of the Squaxin Island Museum Library and Research Center, communicated the changes within the tribe as a consequence of the Medicine Creek Treaty. She noted that the tribe has shifted from the traditional methods of earning a living--fishing and hunting--to gaming. She stated that gaming is an obvious choice. It has been a part of the social life of the Squaxin Island Tribe for thousands of years. Charlene also spoke of tribal respect for life and life’s cycles. This respect inherently promotes involvement in conserving and replenishing natural resources.

The complex topic of sovereignty was explained by Kevin Lyons, Tribal lawyer. Tribes are actually the oldest government in the state of Washington. In fact, the United States government is based on a system used by Native people long before the arrival of Europeans. Often, Chairman Peters says, “The tribes hold more authority than state governments due to the length of time they have been here and their treaty rights which are, according to the U.S. Constitution, the ‘Supreme Law of the Land.’”

Bryan Johnson gave an overview of the current Tribal Enterprises.

Executive Director Ray Peters closed by emphasizing the need to prevent misunderstandings among youth. Factual, not alleged, information must be accessible to all youth. He and Chairman Jim Peters invited teachers and administrators to contact them and other Tribal members for classroom presentation opportunities and information-sharing as it is relevant to their teaching.
Suzy Sings Praises

Bordeaux bus route 120 has a very happy driver! Suzy heard from some of her passengers they had gotten letters from Governor Gregoire congratulating them for having passed the WASL.

Suzy said she was so proud and excited that she was going to call parents, the tribal council and the school. She just wanted everyone to know how proud she was of her kids.

On the morning of September 29th Suzy announced the arrival of her honored students as they pulled into Bordeaux, and they were allowed to exit her bus before everyone else.

Her celebration of their success didn’t end there.

Sincerely,

Carey Murray
Bordeaux Principal

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Thank You From the Bordeaux Principal

October 16, 2006 - Thank you so much to the Tu Ha’ Buts Learning Center for their informative training last month. It was amazing to have all Shelton School District employees invited to this special day! The day was so well planned and each speaker had so much to share to help all of us understand your long history, sense of family, and beautiful culture.

Lunch was delicious and such a treat to eat salmon that you had caught just for this event. I hope that this was the first of many events where we get to know each other better. It will benefit all children!

Your hospitality was amazing! Our school thanks you!

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Squaxin Youth Cultural, Educational and Activities Calendar
November 2006

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<th>Sun</th>
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Health Events November 2006

Diabetes Screening for Diabetes Awareness Month
Get checked! Bring your Family!
8:00 a.m. to 9:30 a.m.
Wednesday, Nov. 1st @ the Tribal Center
Tuesday, Nov. 21th @ the Elder's Building
Wednesday, Nov. 22 @ SPIPA
Wednesday, Nov. 29th @ the Tribal Center

Brief Community Walk
Every Thursday at 12:40 p.m.
Meet at the Elder's Building after Senior Lunch

Diabetes Awareness Breakfast
Tuesday, November 21
Elder's Building
8:00 a.m. Diabetes Screening
9:00 a.m. Breakfast & Talk
10:00 a.m. Community Walk

Community Health Walk
Thursday, November 16th
Meet at Elder's Building at 12:40 for a 20 minute walk around the REZ
All SPIPA tribes will be taking a walk in their area at the same time - for diabetes prevention!
Help us win the Walking Stick!
A walking stick was donated by a Skokomish community member.
The Tribe with the most walkers each month wins the walking stick for that month.
Can we get back in November?

Mammogram & Women's Health Exams
November 16th
Contact Rose Algea (360)432-3930

Shop Smart/ Food Label Reading Workshops
Contact Patty to schedule a family & friends session

Come visit our Health Promotions Programs
We have exercise videos
(Sit & Be Fit, Yoga, Walk Away the Pounds & more)
You can come and use them in building across from clinic.
Work out alone, with us, or schedule a time for a group.

Contact Patty Suskin (360)432-3929
or Janita Johnson (360)432-3972
The Lifestyle Balance Program Wants YOU!
Are you a Native American and age 18 or older? Are you ready to make changes in your life to be healthier? Or are you just interested in the incentives?
You may qualify to participate in the next round of Life Style Balance Classes, a 16-week program designed to prevent or postpone Diabetes in Native Americans.
To see if you qualify and receive your gift, contact Janita Johnson at Health Promotions (360) 432-3972

This letter is from Mari Stone. She is our very first person to be screened and qualified for the lifestyle balance program.

Lifestyle Balance Program
My husband, Bear, and I have been participating in the Lifestyle Balance program for the past 14 weeks. During that time, the program has brought just that – balance – to several aspects of our lives.

We’ve learned to balance our food intake and our activity, which has resulted in steady weight loss. (Our closets are constantly being ‘balanced’ by giving away the “too big” clothes & replacing them with clothes that fit!) Along the way, we’ve learned to balance our diets in such a way that our individual meals and snacks are healthier, lower fat, and meeting our nutritional needs better. We feel better, are more energetic, and have lowered our blood sugars. We’ve lost fat and replaced it with muscle through individualized exercise plans.

The weekly classes are a real asset. The support offered by both staff and other participants is really helpful in setting and maintaining goals. We share our trials and our triumphs, as well as a meal and lesson. The lessons are informative and interesting and useful in preserving that balance we’ve carefully nurtured. I know we’ve proved to be a feisty bunch for our teacher, Pat, but she takes it all in stride and lets us come back next week!

Thanks to Janita and Pat and Patty for all your hard work. It’s good to know we have your strengths and expertise behind us. I highly recommend your Lifestyle Balance Program!

Sweet Potato and Apple Delight
Try this family favorite at your next holiday gathering!
* 6 medium sweet potatoes
* 2 apples, cored and cut into 1/2 inch rings
* 1/2 c. orange juice
* 1/4 c. brown sugar
* 1/2 tsp. cinnamon
* 2 T. margarine

Cook potatoes whole until tender, approximately 30 minutes. Let cool. Cut potatoes into 1/4-inch slices. Layer potatoes in bottom of 13 X 9 " baking dish. Top with a layer of apples. Pour orange juice over the apples. Mix sugar and cinnamon and sprinkle over apples. Dot casserole with margarine. Bake uncovered for about 30 minutes or until apples are tender at 350 degrees. Serves 6.

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Meal Program Menu
A salad bar will be available at each meal, as well as fresh fruit or fruit salad. Beverages available each meal: milk, crystal light, water, coffee, tea, hot chocolate. Menu is subject to change. Free to seniors 55 and older. All others $3.

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<td>Buffalo Roast</td>
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<td>Stew and Salad Bar</td>
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<td>Chicken Fried Steak</td>
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<td>Spaghetti</td>
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<td>Hamburger</td>
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Janita Johnson (L), Diabetes Prevention, CHR and Pat Odiorne (R), Director of the Competitive Diabetes Grant
Did You Know...

**Skipping breakfast may lead to obesity**

*(same as risk factor of family history)*

People who skip breakfast may have a higher risk for obesity than those who eat breakfast every day. (Study by David Pettitt, MD, at Sansum Diabetes Research Institute in Santa Barbara, CA, who examined risk factors for obesity among high school students.)

*p.44 Endocrine Today, August 2006*

If you are not hungry right when you wake up, consider taking something with you so you can eat in an hour or two… Some fruit, yogurt, nuts or even a sandwich can help you to avoid overeating at lunch.

**Did you know?** If you have Diabetes, please get your flu shot! It’s important for people who have chronic illnesses to receive a flu shot every year. When a chronic illness like diabetes is in the picture, it’s harder for the immune system to ward off the flu. Not only that, but the flu can make blood sugar levels higher because the body is under stress trying to fight off the infection.

**Did you know?** If you have Diabetes, IHS wants to keep you healthy! In August of this year, IHS published the 2006 IHS Standards of Care for Type 2 Diabetes. Checklists are now available on how to find out about any problems and take care of them right away. The clinic medical staff has all the details, so if you have diabetes, call the clinic and set up your “Diabetes Physical” to find out how to stay healthy. Or contact Patty Suskin, Diabetes Coordinator at 432-3929.

Website: http://www.ihs.gov/MedicalPrograms/Diabetes/index.asp

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**Pill popping:**

**Teens stealing drugs from medicine cabinets**

From parentsthenantidrug.com Times Herald-Record/JOHN DESANTO, By Ashley Kelly - Teens are often caught with marijuana, but they are also increasingly found to be abusing prescription drugs of the sort found in many home medicine cabinets.

When Danielle Caggiano moved to Matamoras from Long Island she wanted to know what teens her age did for fun.

So she asked her classmates at Delaware Valley High School.

"Watch TV, have sex or do drugs," is what they told her, the 16-year-old Caggiano said.

Many drug arrests involved marijuana, but a large number involve prescription drugs, Moglia said.

"The kids usually take the pills from home, bring them to school and disperse among themselves or sell it," said Moglia, who said many of the pills come from parents’ medicine cabinets.

The most common pills found were OxyContin and Percocet, trade names for the addictive pain reliever oxycodone.

Mary Beth Nied, a senior at Delaware Valley High School said some students must find new ways to entertain themselves.

The teen drug problem hasn’t hit home for many parents, according to a recent survey by The National Center on Addiction and Substance Abuse at Columbia University.

The survey found that one-third of teens and nearly half of 17-year-olds attend house parties where parents are present, yet teens still use prescription drugs, cocaine or Ecstasy, as well as drinking and smoking marijuana.

Making parents a part of the prevention process should be a community mission.

"Families are ashamed if their children are involved in substance abuse," said Stanley, who said this stigma often keeps people away from prevention.

"Stress and heredity and so many other factors contribute to drug use," she said.
Basketweavers Support Group Forming

Ruth Whitener - The 7th annual Basket Weavers Conference was held at Coeur d’Alene this year. Debbie Obi, on behalf of tribal members, went to Tribal Council requesting to send a few members from Squaxin to attend the wonderful event. She was tasked with contacting people who would like to attend. All together ten tribal members attended the conference. They came back with new knowledge and several baskets they had made.

The conference was free flowing, allowing basket weavers to teach other several techniques in basketry. While the teaching was being conducted, presentations were given from tribes from the east, midwest, southwest and northwest. Dr. Dale Croes gave a presentation on the archaeological basketry found at the Mud Bay site in Olympia.

Squaxin basketry is vital in keeping our cultural connections/knowledge alive! The knowledge includes the teachings of the seasons, customs/gifting, economics, respect for the natural resources and scientific “know how” of gathering and dyeing of different roots and barks (just to name a few). Squaxin tribal members who attended the conference decided to ensure the teachings continue for the next generations.

The outcome of Squaxin attending the conference is the start of a “Basket Weavers Support Group” which will be open to all beginners/advanced weavers of the Squaxin Island tribe. It is the intent of the group to keep each other in good company, sit, chat and have a good time! We will share with each other our knowledge of basketry. You’re invited to join us. Every Tuesday at the MLRC. We have supplies to get you started. If you have any questions contact Ruth Whitener @ 432-3841 or ruth.whitener@squaxin.nsn.us

Well Known Native American Actor and Rapper "Litefoot" Visits the MLRC in October

Ruth Whitener - We had a visit by LiteFoot (a member of the Cherokee Nation) while on his nationwide “REACH THE REZ TOUR” on Sunday, October 15th here at the Squaxin Island Museum Library and Research Center. Our Tribe was his 200th Reservation stop!

I want to thank Ruby Fuller for bringing me the contact information. The notice was very short for me to get the word out about the time and place of his presence.

I felt we had a good turn out for his motivational speech. He told our young people they should respect visitors, as well as each other and friends/loved ones. He said the adults who drink or do drugs can’t teach the young ones not to follow them because they are intoxicated themselves. LiteFoot’s words were: “One plus one equals ONE” as he held his hand up and showed us his two fingers crossed. He asked us to repeat his words and actions. “I love me. I love you. I respect me. I respect you. PRAY, PRAY, PRAY!!!”

LiteFoot spoke for about an hour, and then he signed numerous autographs and took pictures. He sold some items from his clothing line, CD’s and movies.

Litefoot earned “Best Actor” awards for four of his ten films: “Indian in the Cupboard,” “Mortal Kombat 2,” “The song of Hiawatha,” “Kull the Conqueror” and “Adaptation” which also starred Nicolas Cage and Meryl Streep.

Not only has he won awards for his fabulous acting, but he also won eight music awards, including Native American Music Awards. He has been featured with well known Grammy winners such as Ludacris, Nas (Nahz), Coolio and Busta Rhymes and Jadakis.

It’s been a while sense LiteFoot visited our tribe; hopefully it won’t be as long for our next visit. But if you can’t wait, you can visit his web site:

http://www.litefoot.com/
http://www.reachtherez.org/
http://www.rlnn.com/ArtNov05/RapperLitefootReachRezTour.html
Ann Parker - Other than a short time on Sunday, the weather was good for Oysterfest this year. The Elders worked their booth and did very well. It was an adjustment as the fairgrounds and the Squaxin booth had been remodeled to include a stove, refrigerator and hot water tank. We were not allowed to have the propane tanks inside, so we cooked the fry bread out on a new cement pad under an awning. We were grateful for the awning when it started to rain.

Jim Tobin brought his trailer and supervised the cooking of the salmon which Natural Resources provided.

Our success was due to a lot of people helping. We want to thank all of them and especially those who were not elders. We appreciate having some of the younger people do the things the elders find difficult. Among them were Tom and Jaron Heller, who were a tremendous help.
Ann Parker - The Squaxin Island Tribe hosted the Native American Fish & Wildlife Symposium on October 15th, at Little Creek Casino Resort. It was our first chance to do a presentation of our flags.

Pete Kruger requested the veterans present the colors at the beginning of the symposium. The flags included the U.S. flag, a POW/MIA flag, the State of Washington flag and the new Squaxin Island Tribe flag.

Veterans Pete Kruger, Don Brownfield, Bob Whitener and Harry Fletcher carried the flags accompanied by the drumming of Bear O’Lague and Joe Seymour, Jr. Since it was their first use, Dave Lopeman met them at the front of the room to smudge the flags. Dave spoke to the audience after the smudging.

The flag bearers then placed the flags in their stands, turned to face the flags and saluted them. Dave gave the opening prayer to begin the symposium. Bob Whitener stayed to participate in a panel on hunting as it used to be.
Thank You
From Lizzy Perez
We would like to thank our ground crew; our youngest was 2 years old (David) and our eldest was Emma. Thanks to David Seymour; Elena, Clara, Koreena, Lachell and Latoya Capoeman; Jayden and Tashia Gamber; Roy and Winter Perez; Tavail, Elijah and Adrian Garcia; Shaian and Sue McFarlane; Chris, Jackson, Jessica, Janie and Leah Cruz; Kassidy Whitener; Elizabeth and Sammy Seymour; Codie, JJ, Genie and Wilson; Tamika Green; Aleta Poste.

These kids are our ground crew and most of them have been with us since 2000. The elders who were with us were Loretta and Rick Case, Emma, Lila Jacobs, Myrtle Richards and Ila Ball, And, of course, thank you to our cook, Vernon Sanchez. I tried to remember everyone’s names, so forgive me if I didn’t get yours. Also, thank you, Negro and Violet Garcia for opening up your house, for washing, drying and showering.
Hail to Our Canoe Family Ground Crew

A Blast From the Past
Do You Recognize these little cuties?

Preschool class of 1984
Elders Activities

Puyallup Fair
Elders Activities

Sequim
Elders Activities

Making Gifts for Intertribal Elders Dinner

Please Join Us!

We Need Your Help!

For Any Event!

Call Colleen:
432-3936

The Elders are asking for help and participation in planning and coordinating events, as well as volunteering services in preparation and during events. They did a lot of work preparing for the Intertribal Elders Gathering. Please help make sure it is not just a few individuals shouldering all of the work. Join us!

Tillicum Village
Community

An Important Correction
Due to copyright laws, the film "Rain in the Mountains" will NOT be available free of charge through the MLRC. If you are interested in purchasing the movie, contact:

Lillian Parker
Producer, RAIN IN THE MOUTAINS
(917) 327-4393
lillianparker81@yahoo.com
http://www.raininthemountains.com

OR

Melissa Whitener will be preparing an order in time for Christmas. If you would like to order a copy ($20), contact her at SE 131 Se-Nak-Sub Loop.

Also, please note, the movie is participating in the Sunset Film Festival. The film has not won any awards - YET - But it very well might!!!

Thank You Charlene Krise
Thank you for letting Loretta and Emma take our 10 and under Ground Crew members to the Olympic Game Farm in Sequim. They are still talking about it!

Love,
Lizzie Perez
**Community**

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<td>Kimberly Arnold</td>
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**What’s Happening**

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<td>17</td>
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<tr>
<td>22</td>
<td>Happy Thanksgiving!!!</td>
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<td>29</td>
<td>AA Meeting 7:30</td>
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Wishing Our Son
Giovanni Solano
a Very Happy Birthday!
Hope All of Your Wishes
Come True!
Love,
Mom, Dad,
Lorenzo, Austin and Alex Solano
Community

Happy Sweet 16th Birthday
Dillon
And Never Been Kissed
Love, Gramma & Family

Happy Birthday Ronnie
Love Always
Your Cuz Davina

Congratulations
Shiloh
Shelton High School
Homecoming Queen

Welcome to the World
Love Dad, Jaimie,
Tiffany and Michael
Aleï and Kaytlyn

Congratulations
to Mike and Chasity Masoner
and Big Sister Nokomis Butterfly

To Harry and Bertha

I really enjoyed your birthday party!!!
Happy 85th (Sept. 26th)
Proud to be there with you to participate in
all of it with you and your beautiful wife.
Hope you had a good time like the rest of us.
Sincerely, Love Barb Henry
Congratulations Shiloh Henderson

Shelton High School Homecoming Queen 2006, pictured with escort Tim Clark

BAGLEY FAMILY REUNION

APRIL 7TH, 2007
Calling all family of Florence, Clara, Joshephine, Hazel, Joseph, John, Violet, Frenchie and Marion

For more information, or for suggestions, call Terri Capoeman:
427-3501
(cell) 561-2913
tcapoeman@htctc.com
OR
Gloria Hill
229-9276