

3sXeXa?L "It's All Written Down"

Skokomish Indian Nation

THE

SOUNDER

September 2015 Issue

p3dsi'hLad
"Time of Food"

"PADDLE FOR THE BATTLE" . . . A DAY FOR HEALING AND SHARING

By Dennis, Lummi/Tahltan of B.C. Photos by Denny Hurtado



The "Paddle for the Battle" addresses cancer and thru healing, 10 canoes began pulling at Twanoh State Park on the Hood Canal and arrived at Potlatch State Park on August 22nd. The tide was high and yet the waters were still, as canoes from Quinault, Chehalis, Port Gamble S'Klallam, Muckleshoot, and Skokomish landed.

All ages, both Native and Non-Native aligned the beach, as Chairman of the Skokomish Tribe, Guy Miller, and tribal members sang a welcome song. The Quinault Nation's canoe came ashore and sang a traditional song, stating it was an honor song and they were glad to be here.

Emcee, Marty Allen, of the Skokomish Tribe welcomed everyone and introduced elder, Delores "Dorie" Gleason, who is 78-years-old and a cancer survivor. She said she got cancer in her 40's and had difficulty getting health care. Those were very hard times for her and she felt alone. She said, "I am happy to be a witness today and we are survivors and I want to thank everyone for being here today."

There were various speakers who wanted to share about their

experiences with cancer. Rodney Youckton, a Chehalis Canoe Family member said, "I am very honored to be able to support fighting cancer. It is important to maintain a positive attitude. Look at all the young kids participating, they are our next hope. To have confidence to overcome challenges." He concluded "It is always a blessing to be thankful today."

Roberta Ortiz, a puller and member of the Oglala Sioux Yomba Shoshone Tribe, came from Portland, Oregon. She represents NAYA, the Native American Youth Association. She said, "The biggest part is showing up. I am honored to be on your water and appreciate opening your community."

Lukas Angus, a puller and member of the Nez Perce Tribe, who also traveled from Portland, said he wants to gain knowledge and offer prayers.

John Cayou, Jr., of the Swinomish Tribe said, "When this canoe journey started, to travel community to community like our elders used to do. I want to thank the elders and thank who organized this event. Singing the songs on the water is a blessing."

Gary Petersen, a Skokomish Tribal member, said "We are reclaiming many things, our language, culture and Indian names. My mother had colon cancer and it was terminal. She was only 47-years-old when she passed away. She would have had a better chance if she had the resources we have today. He went onto say that he has been a social worker for the past 40 years and involved with the Indian Child Welfare Act. "We want to make sure our Indian children are raised in our tribal communities. This is a chance for our young people to sing on the water and pull in the canoes."

Walter Jackson, a Quileute Tribal member, said "I would like to thank the Skokomish Tribe and everyone

who helped with putting this together. We need to continue to pray for our loved ones fighting this battle." Jackson went onto to say "My daughter, Charlotte is battling cancer. She is fighting it and is determined. I'm thankful to all of you for being here." He also said it was special to see the young ones singing on the beach and encourages them to listen to elders when they speak.

Ed Green, a Skokomish Tribal member and skipper said, "This is a good cause. We've got to live good and healthy and we're going to keep doing this "Paddle for the Battle."

Paddle continued next page.....



Paddles Continued from page 1

Elsie Allen, a Skokomish Tribal member said, "I am a survivor of cancer. We all love you and we have your back."

Emcee, Marty Allen said, "I am thankful to be here today and be a witness. It touches my heart to see people fighting this cancer."

Dennis Jones, a Port Gamble S'Klallam Tribal member said, "I am here for my father. Cancer grabbed my dad and tried to take him down. My dad is here because of prayer. I wouldn't cry about what my dad was



facing. I sat with my dad in the kitchen and told him that he taught me never to give up. He's still with us here today after 10 years. And we looked upon everyone who prayed." Jones concluded and said this event is a really great thing.

Anna Brown, a member of the Nisqually Tribe, standing up in front of everyone wearing a red scarf said, "I have lung cancer. I'm hanging in there. I've been through chemotherapy and radiation. I am happy to be here."

Rose Robinson, a member of the Quinault Nation and Skokomish said, "I'm honored to be here. I lost my mother to colon cancer and she was

only 55-years-old. I am honored to see all the survivors."

Lester Dan, a member of the Quinault Nation said, "I lost my wife to cancer. The water is healing and I am glad to be here today."

Bill Kallapa, a Makah Tribal member from Neah Bay said "I'm a cancer survivor. Those were the loneliest years of my life and suffering the after effects. I've been a preacher all my life and I know I can trust God. The flyer for this "Paddle for the Battle" said to come meet with old friends. You've been a wonderful audience and good listeners."

Then a traditional Tuwaduq Potlatch Feast was enjoyed by all, including the famous Hood Canal shrimp, barbecued salmon, elk, and a variety of side dishes. A special thanks to Volunteer Cook: Gussy Blacketer; Shrimp Cooker: Cody Andrews; Harvesters: Tim LeClair/shrimp; Ed Green/elk and fish; Fish Processing: Mark Warren; Fish Cooks: Kevin and Norma Cagey.

This is a fundraiser to help cancer patients. A special thanks to the Squaxin Island Tribe and S.P.I.P.A., the South Puget Inter-tribal Planning Agency for donations of food and gifts. The raffle had a number of donations, from Native artwork to sweatshirts, firewood and more.

Hosted by the Skokomish Tribe, appreciation goes to the "Paddle for the Battle" Planning Committee: Chair: Rita Andrews; Vice-Chair: Ed Green; Treasurer: Darlyn Warren; Secretary: Heidi Brown, and others included: Shanoah Cloud; Jody Rosier; Joseph Vukich; Eleanor Smith; Annette Smith; Lila Vigil; Kimberly Miller; and Jake Smith.

The "Paddle for the Battle" was a special day of healing for all.



SKOKOMISH "TEAM-WORKS" CAMP

The Annual Mack Strong TEAMWORKS Sport, Leadership & Cultural Camp was hosted by the Skokomish Tribe. This is the 4th year the Tribe has sponsored the camp. Skokomish Tribal Council Chairman, Guy Miller, and Nisqually Tribal Council Chairman, Farron McCloud, provided the welcoming remarks to the youth and coaches. "We had over 100 campers this year," Chairman Miller said, "Seeing the continued participation of our kids during the course of the past four years is inspiring." The Nisqually Tribal Youth Program joined the camp again this year and we are grateful to Stacy Gouley, Marie McDonald and Kevin Moore for their leadership in the coordination.

The camp consisted of mentoring and coaching in sports, cultural activities, leadership development and academic engagement for Tribal students in grades 1st through 12th. Students received skills and leadership development in the camp of their choice (basketball, football or cultural arts/games). The Culture Camp activities were led by the Tribal Historic Presentation Officer Kris Miller.

Mack Strong, a former Seattle Seahawk of 14+ years, and his wife Zoe Higheagle Strong, a Nez Perce tribal member, founded TEAMWORKS foundation which provides in-school and after-school academies and summer camps for students throughout the Northwest. The TEAMWORKS basketball coaching crew were led by Marcus Tibbs who played at the University of Victoria (Canada) and is now with Friends of Hoops AAU Program. Coach Tibbs was in charge of the basketball portion of the camp. The basketball coaching team consisted of: Antonio Gonzalez (Bellevue College), and Dom Kiblinger (Bellevue College, now Friends of Hoop AAU coach). Nikki MacKinnon and Ajab Amin provided administrative support for the TEAMWORKS crew.

Mack was a two-time Pro Browler and one time All Pro Fullback. Currently, he is a sports analyst for the Seattle Seahawks and for other media organizations. Two other former NFL Seahawk players also helped with the football camp - Nesby Glasgow and Alonzo Mitz. Nesby was drafted by the Baltimore Colts in 1979 and played with them until 1987. In 1988 he moved back to Seattle and spent the next 5 years with the Seattle Seahawks.



the set-up and cleaning and displayed great attitudes at the camp.

Special thanks to Councilman Tim LeClair and Darlyn Warren, Executive Secretary, for attending the camp and assisting with the closing ceremonies. Chairman Miller said he was pleased with the turnout and looked forward to next year's camp. Planning will be underway for the 5th annual camp to be held in Summer 2016.



Nesby was voted team captain and Defensive Player of the Year by both teams. Alonzo Mitz was drafted by the Seattle Seahawks in the eighth round of the 1986 NFL Draft, and he played for the Seahawks from 1986 to 1989. He played the last two seasons of his NFL career for the Cincinnati Bengals in 1990 and 1991. There were four coaches from Nisqually who came and assisted with the camp: Samira McDonald, Kevin Moore, John "Jay" Simmons, and Ken Tuckfield.

Each participant received a certificate signed by Mack; a Nike bag; a basketball or football, and a t-shirt. Breakfast and lunches were provided. A closing ceremony, dinner and all-star basketball game was held which allowed families to come watch the presentation of the items to the youth participants and watch a fun-filled basketball game with coaches and players.

We could not have accomplished what we did this year without the cooperation and support of the many individuals who help us logistically in the planning and the carrying out of the plans for the camp. Special Kudos to Rob Woodall, Tom Strong, Kris Miller, Darlyn Warren, Mark Warren, Corbett Gamber, Shannon Edwards, Gussy Blacketer, Fawn Gouley, Tom Grover, Willie Grover, Mona Miller, Antonio Sandifer, Gary Thomasson, Larry Winders, Fred Miller, Lea Miller, Victoria Pavel, Lisa Carrington, Kate Smith, Celeste Vigil, and Salvacion Clayton. The Summer Youth Interns and Rec Aides, who participated, were a tremendous help with



SKOKOMISH TRIBAL COUNCIL ~ Resolutions Approved

July 26, 2015

Resolution No. 2015-089: A Resolution Authorizing A Tree Salvage At Skokomish Park At Lake Cushman (157-T1219), Subject To Issuance Of All Necessary Permits.

July 8, 2015

Resolution No. 2015-090: A Resolution To Authorize SPIPA's Submission Of An Application To The Susan G. Komen Puget Sound Affiliates, Native Women's Wellness Program FY2015 On Behalf Of The Skokomish Indian Tribe

Resolution No. 2015-091: A Resolution Acknowledging The Adoption Of Member, *Olivia Arabella Grace Grover*, Into The Skokomish Indian Tribe And Directing Their Enrollment.

Resolution No. 2015-092: A Resolution Acknowledging The Adoption Of Member, *Hattie Cecil Peterson-Williams*, Into The Skokomish Indian Tribe And Directing Their Enrollment

Resolution No. 2015-093: A Resolution Approving The Applicant *Lynx Makappi Guardipee* For Membership In The Skokomish Indian Tribe.

July 22, 2015

Resolution No. 2015-094: A Resolution Approving The Submission, Negotiation And Execution Of The Renewal Grant Application For The Skokomish Head Start Program To DHHS Administration For Children And Families, Head Start Bureau For FY2016

Resolution No. 2015-095: A Resolution Approving A Request To DHHS Administration For Children And Families Child Care And Development Fund Services For Renewal Of The Child Care And Development Fund Program Grant For Fiscal Year 2016.

Resolution No. 2015-096: A Resolution To Approve The Head Start Program's Policy Council Bylaws And Service Plans, Policies And Procedures And Forms Manual

Resolution No. 2015-097: A Resolution To Approve The Child Care Program's Policies And Standards

Resolution No. 2015-098: A Resolution To Approve SLD Contract

No. 2015-Lease-00175 For Aquatic Lands Net Pen Lease With Washington State Department Of Natural Resources

Resolution No. 2015-099: A Resolution To Approve SLD Contract No. 2015-K-00191 For Project Review Reimbursable Agreement With Washington State Department Of Transportation

Resolution No. 2015-100: A Resolution Authorizing The Purchase Of Allotment 12-A

Resolution No. 2015-101: A Resolution To Approve And Authorize Submission Of Amendment #1 To The 2015 - 2019 Multi Year Funding Agreement And The FY 2016 Reprogramming Request To The Office Of Self Governance For Approval By The Assistant Secretary Of Indian Affairs For The Department Of The Interior

August 5, 2015

Resolution No. 2015-102: A Resolution To Adopt An Amendment To Skokomish Youth Code.

Resolution No. 2015-103: A Resolution To Request Washington State Department Of Transportation To Lower The Speed Limit On US 101 From 45 Mph To 35 mph And Authorize The Chairman To Sign The Attached Letter To The Secretary Of Transportation.

August 19, 2015

Resolution No. 2015-104: A Resolution Approving The Submission Of A Renewal Application To The Low Income Home Energy Assistance Program (LIHEAP) With South Puget Intertribal Planning Agency (SPIPA) As The Lead Applicant For FY 2016

Resolution No. 2015-105: A Resolution Approving The Submission Of A Renewal Application To The US Department Of Health And Human Services (HHS), Community Services Block Grant (CSBG) With South Puget Intertribal Planning Agency (SPIPA) As The Lead Applicant For FY 2016

Resolution No. 2015-106: A Resolution To Appoint Alex Gouley To The Skokomish Tribe Education Committee Pursuant To The Appointment Procedures Contained Within S.T.C. 1.06, The Skokomish Committee Standards Ordinance

Resolution No. 2015-107: Resolution

Enacting The Skokomish Indian Tribe's Prevailing Wage Ordinance, S.T.C. 2.11

Resolution No. 2015-108: A Resolution Revising The Skokomish Housing Department Rental Assistance Program Policy.

Resolution No. 2015-109: A Resolution Approving The Tribal Transportation Safety Plan


Resolution No. 2015-110: A Resolution Approving The Submission Of A Department Of Homeland Security, Federal Emergency Management Agency (FEMA) Fy2015 Pre-Disaster Mitigation (PDM) Grant Program Grant

Resolution No. 2015-111: A Resolution Approving The Submission Of An Application To The Federal Highway Administration (FHWA) Tribal Transportation Program Safety Funding For Engineering Improvements

Resolution No. 2015-112: A Resolution Approving The Submission Of An Application To The Federal Highway Administration (FHWA) Tribal Transportation Program Safety Funding For Enforcement And Emergency Services

Resolution No. 2015-113: A Resolution Approving The Submission Of An Application To The Federal Highway Administration (FHWA) Tribal Transportation Program Safety Funding For Safety Education Programs.

Resolution No. 2015-114: A Resolution To Appoint Rosetta Laclair To The Law And Order Committee Pursuant To The Appointment Procedures Contained Within S.T.C. 1.06, The Skokomish Committee Standards Ordinance



Skokomish Indian Tribe
Tribal Center (360) 426-4232
N. 80 Tribal Center Road FAX (360) 877-5943 Skokomish Nation, WA 98584

Draft General Council Meeting Agenda
Saturday, September 12, 2015 at 10AM
Skokomish Tribal Center Elders Room

LUNCH PROVIDED

<u>Agenda Item</u>	<u>Presenter</u>
1. Meeting Called To Order	Gussy Blacketer, General Council President
2. Opening Prayer	To be requested
3. Approval of the Agenda	General Council
4. Approval of the Minutes for 6/6/15	General Council
5. Chief Executive Officer's Report	Yvonne Oberly, CEO <i>(Written Program Reports Provided)</i>
6. New Youth Program Update	Education Director and/or TANF Manager
7. Skokomish Indian Tribal Enterprises "S.I.T.E."	Dave Owens, Business CEO / SITE BOC
8. Tribal Member Comments	If you wish to address the General Body the Sign Up Sheet is on the front table. <i>Thank you.</i>
9. Meeting Adjourned	General Council President

Reports available To Tribal Members September 8th - Contact Darlyn to get your copy or a link for access. E: darlyn@skokomish.org or Ph: 426-4232 x 2036 Hope to see you Saturday, September 12th.

PUBLIC NOTICES

NOTICE OF GUARDIANSHIP HEARING IN THE SKOKOMISH TRIBAL COURT. To: Parents, Paula Mike and Lester. A hearing regarding the Guardianship of E.K. and P. M.-K. by Dana and Kevin Albaugh will be heard by the Skokomish Tribal Court on October 15, 2015 at 1:30 pm. The purpose of this hearing is to determine whether to grant guardianship Skokomish Tribal Code Section 3.02.133. The hearing on the Petition was set by order of the Court on August 20, 2015 which authorized service on the parents by publication as their whereabouts was and is unknown. You should be present at this hearing. To obtain a copy of the Guardianship Petition or , to file a response, and to obtain the names of all parties, contact the SKOKOMISH TRIBAL COURT, 80 N. Tribal Center Road Skokomish Nation, WA 98584 Tel: (360) 426-4740; Fax: (360) 877-6672.

NOTICE OF FACT FINDING HEARING IN THE SKOKOMISH TRIBAL COURT. To: Parent, Cassie Colbert. A hearing regarding the Fact Finding of a Youth in Need of Care will be heard by the Skokomish Tribal Court on October 15, 2015 at 10:30 am. The purpose of this hearing is to determine whether to find the Youth in Need of Care under Skokomish Tribal Code Section 3.02.052. Further the Court will consider a Proposed Family Protection Plan filed by the Tribal ICW caseworker. Emergency removal of the youth and a finding of probable cause occurred on May 18, 2015 and the first hearing authorized service and the order of continuance of June 11, 2015 and of August 20, 2015 authorized service on the mother by publication as her whereabouts was and is unknown. You should be present at this hearing. To obtain a copy of the Emergency Order and the Proposed Family Protection Plan or , to file a response, and to obtain the names of all parties, contact the SKOKOMISH TRIBAL COURT, 80 N. Tribal Center Road Skokomish Nation, WA 98584 Tel: (360) 426-4740; Fax: (360) 877-6672.

Rachel LaClair and Jason Limburg are hereby put on notice that the Skokomish tribal court entered the following order in open court on July 16th, 2015

SKOKOMISH TRIBAL COURT
YOUTH COURT
SKOKOMISH RESERVATION

IN RE:

Josiah Limburg, (dob: 04-14-2006)
Russell Limburg, (dob: 10-15-2012)

An Indian Youth

Case No.: SKO-Y/C-04/14-114
SKO-Y/C-04/ 14-115

ORDER

THIS MATTER having come before the Court for Hearing on July 16, 2015, pursuant to Review Hearing, the Court having considered the pleadings on file, the evidence and argument Presented, and otherwise being fully apprised, makes the following Order:

Mother, Rachel LaClair, and father, Jason Limburg are restrained from contact with the Children.

VIOLATION OF THIS RESTRAINING ORDER SHALL CONSTITUTE CONTEMPT OF COURT AND SHALL SUBJECT THE VIOLATORS TO IMMEDIATE ARREST

Law Enforcement is directed to arrest mother or father for violation of this order. Review set for October 15, 2015 at 1:00 p.m.

So Ordered on the 16th of July 2015



Judge Richard Woodrow

Rez Photo of the Month Answer



The young man in this photo is none other than Ronnie Peterson! Thanks for the great photo Terri! This photo came to us through our photo sharing dinner, look for flyers next month for the next dinner!

LUMMI NATION LAND BUY BACK PROGRAM

This message comes to you from the Lummi Nation Planning Department – Realty Office, regarding the Lummi Buy Back Program. ATTENTION: Lummi Tribal Members and/or Landowners of property located on the Lummi Reservation.

The Lummi Nation has been selected to participate in the Land Buy Back Program (LBBP), and the goal is to purchase highly fractionated trust land from voluntary sellers at fair market value. The Secretary of Interior established the Land Buy Back program for Tribal Nations to implement the land consolidation requirements of the Cobell Settlement Agreement.

The LBBP has identified various tracts that will be our priority tracts for the purchase. The tracts selected are a mix of wetlands, lands that are within the Lummi Wetland Mitigation bank areas, land locked or potential future housing and economic development sites for the benefit of the Lummi Nation. Land purchased through this program will automatically be placed in trust for the benefit of the Lummi Nation and its members. Offer letters are scheduled to be mailed out in November. If we do not have the correct information you (Name and Address), you may not receive an offer letter. Address updates will need to be completed by early September.

Several letters have been sent to owners in the priority tracts to give information about the program, and several have been returned as undeliverable. If you are a Lummi tribal member, or are a landowner of property on the Lummi Reservation and want to know if you own interest in a priority tract, contact Tami Julius, in the Lummi Nation Planning Department-Realty Office, the Land Buy Back Program; 2665 Kwina Road, Bellingham WA 98226 or call 360-312-2346 or e-mail tamij@lummi-nsn.gov.

FISHERIES NEWS



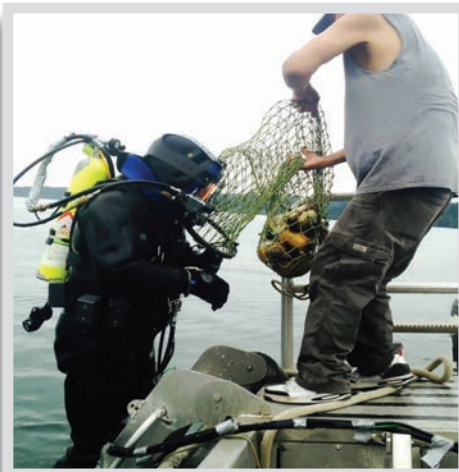
Shellfish Update

Skokomish shellfish staff has been continuing enhancement work throughout the summer. In light of so many beaches requiring help and every beach having different dynamics and needs, the program is experimenting with some creative and cost-effective approaches to enhancing oyster populations. In mid-July, with the help of 11 volunteers from the Washington Conservation Corps, the program spent two days redistributing oyster shell from high on the beach at DNR-48, to the recruitment zone low on the beach. This beach has received some excellent natural oyster sets recently, and it is hoped that adding shell material during the time of spawn will give the beach a small boost. The program will also be placing several hundred bags of cultch in strategic locations to experiment with catching oyster seed for later spreading on the beach, will be planting clams at Potlatch, and is looking into more options after the completion of the daytime tides.

We'd also like to thank Dickie Adams, Josh Hermann, Pete Wilbur, Bryan James, Ed Green, Jacob Smith, and Steve Anderson for helping with PSP monitoring. We hope things will be back to normal soon after this edition of the Sounder is distributed.



Josh Hermann helping Dickie Adams into his dive suit to collect geoduck for biotoxin testing.

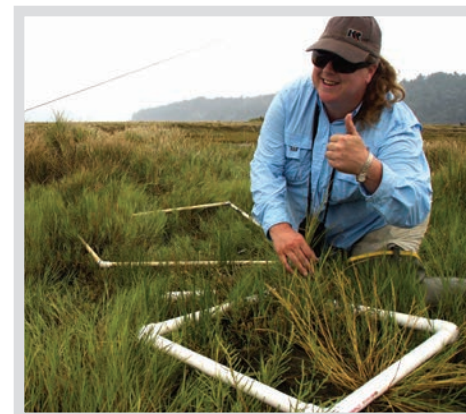


Ed Longshore and crew helping to collect geoduck for biotoxin testing.

The natural resources department has completed another season of vegetation and sediment monitoring in the estuary. We have observed an overall accretion of sediment across all sites on average about 2.7 cm. This helps build elevation creating an environment capable of supporting more saltmarsh vegetation. Currently the vegetation at the monitoring locations is comprised of mostly native species which appear to be healthy (high percent cover and tall). The healthy, native vegetation provides cover from predation and foraging opportunities for secretive marsh birds, juvenile fish and crab, as well as other species such as deer, elk, bear and coyote.

The fish consumption surveys are in full swing and many of the randomly selected individuals have already been contacted and participated in the survey.

Stream temperatures are being monitored in the Skokomish watershed in order to identify any temperature exceedances. Stream temperatures are extremely important to salmon and identifying areas with temperature exceedances will allow us to pinpoint areas in need of restoration. Several fish



barriers have been assessed in order to have a better understanding of where habitat is inaccessible for fish. Removing these barriers will increase the amount of spawning habitat in our watershed which would help increase the overall fish population. Habitat surveys above barriers will be assessed in order to understand which areas have the best suitable habitat for salmon and other fish species. By doing this we can insure higher success for our native fish populations.

Force Main Project Will Reduce Pollutants to Hood Canal

In the fall, the Community Development Office will be beginning the extension of the 9600' Force Main that will bring the sewage to the MBR Plant by t3ba' das. The project area will include several homes and businesses between the Assembly of God and the hatchery. Funded through a Washington Department of Ecology Grant and Loan, the project will decommission the septic tanks and install grinder pumps to connect to the force main. This project was ranked the highest on Ecology's funding list because it will help clean-up septic tank pollutants from seeping to the Hood Canal. Since the Tribe will be required to install and maintain the grinder pumps, staff will be requesting that land owners sign an agreement that allows for a small easement on the property. Thanks for participating in this program and helping the Tribe reduce pollutants to our fisheries!

SKOKOMISH HOUSING NEWS

t3ba'das Housing Construction

The four rental units are set to have final inspections on the interior and exterior of the unit. The landscaping and grading will be completed in the near future. We anticipate a move-in around the middle of September.

The work on the 184 loan units has been put on hold temporarily.

Information About Clothes Dryers



- ❖ With your clothes dryer pull out the lint filter. It may look clean as we always clean the lint from the filter every load of clothes.
- ❖ Now take the filter over to the sink and run hot water over it.
- ❖ We know that the lint filter is made of a mesh material.
- ❖ Well the hot water will just sit on top of the mesh!! It doesn't go through it at all.
- ❖ Dryer sheets cause a film over that mesh and that's what burns out the heating unit.
- ❖ You can't SEE the film, but it's there. To keep your dryer working for a very long time and to keep your electric bill lower, take that filter out and wash it with hot soapy water and an old toothbrush (or other type bristle brush) at least every six (6) months.
- ❖ This makes the life of the dryer at least twice as long!
- ❖ Besides the filter, clean the hole where the filter is.
- ❖ It is not advisable to vent your dryer indoors at all. This will increase mildew in your home.

Why should I have Homeowners or Renters Insurance?

Insurance is needed because accidents do happen, unfortunately. Insurance protects your family from fires, storms, theft and accidents.

Renters need it for the same reasons but for protecting their Personal property not the house.

Type of Insurance Coverage Options:

- **Dwelling** – The value of your dwelling is based on the cost to replace like kind.
- **Contents** – This is value of your personal contents. This includes anything that is not physically attached to your dwelling.
- **Other Structures** – This could include property such as garages, tool sheds, barns, carports, etc.
- **Personal Liability** – Third party liability for bodily injury and property damage.
- **Emergency Living Expense** – The additional cost or living expense due to a covered property loss.
- **Scheduled Personal Property** – Collectible items that have intrinsic value (jewelry, artwork, pottery, ceremonial regalia, etc.)

Your insurance needs can be met by almost any local insurance company. Your auto insurance firm may be able to assist you in your selection. You can also stop by the Housing Office and get insurance information about AMERIND, and Indian self-insurance pool.

Suggestions-How to Eliminate Fleas in a Home

Fleas are small, agile insects that live by feeding on the blood of other animals, usually your furry and harmless cat or dog. Fleas can be a real problem when they invade a household and its inhabitants. Here's an outline of the different ways to eradicate fleas in both your house and on your pets.

1. Treating Your Home for Fleas

Use botanical dust mixed with a borate power (such as DustMite can be purchased at Wal Mart). The easiest way to kill fleas is when they are at their most vulnerable-in the egg and larval stages of their development. An adult flea will live only about a week without blood from its host, while a flea larva can live several months, so it's important to attack the larvae first. This mixture will help prevent a full bloom of fleas.

- Botanical dusts are perhaps the oldest natural insecticides. Borates are minerals that are used widely as wood preservatives, detergents, and insecticides, acting as stomach poisons to fleas.
- Care should be taken not to breathe in the botanical dust and borate mixture. Use a mask when applying the dust mixture in the home.

2. How to Do It Yourself

The water and dish detergent mixture is like a toxic swimming pool for fleas. When they jump into the mixture, they die.

- Place the water and detergent mixture in a very shallow bowl, low enough to the ground so that the fleas accidentally hop into it. An old Frisbee does the job quite well.
- Place the mixture next to a low-hanging light source preferably a night-light. The fleas are attracted to the light. Approaching the light, many of them will fall into the mixture, dying in the process.

3. Use a lemon solution in affected areas

Thinly slice one whole lemon and drop it into a pint of water. Bring the water to a boil. Then let stand overnight for maximum potency. Pour into a spray



bottle and spray onto affected areas.

4. Use Cedar Chips in Affected Areas

Cedar chips are available in your local pet or home improvement store. Fleas hate the smell of cedar and will do almost anything to avoid it.

- Make sure your pet isn't allergic to cedar. Many dogs can be allergic to cedar. So while shooing the fleas away is a good thing, making your dog miserable clearly isn't.
- Place cedar chips in the corners of rooms, in the dog pen or bed, and under furniture.
- Place cedar chips in a cotton cloth underneath your pillow and, if possible, in your bedding. This will ensure that your bed remains pest-free. Plus, it will make your bed smell nice and fresh

5. Spread Salt Over the Surface of your Carpet

Salt is a desiccant, meaning it saps the moisture from things and dries them out. When a salt crystal attaches itself to a flea, it will cause chafing and scraping on the flea, essentially bleeding the flea to death as it walks.

- Use a very fine-grained salt of this. The finer the better, you want it to be small enough to attach itself to the flea;
- After 7-10 days, vacuum the salted area very thoroughly, making sure to pick up all the salt and flea carcasses from the carpet area. Repeat the process one or two more times.
- When you're done vacuuming discard the old vacuum bag and replace it with a new one.

From the Cop Shop

Children & Car Seats, the Cradle of Life Part II

In the State of Washington, babies must be in a rear facing car seat for their first year of their life. It is **strongly** recommended that they remain rear facing for as long as possible. The reason for this is that babies do not have a fully developed anatomy. In a crash, the car seat will absorb the impact of the crash and help ride out the crash forces protecting the baby's head, neck and spine. Research also show us that children up to the age of two are safer rear facing for this very reason.

Car seats can be confusing when it comes to selection and installation. So, how do you pick the right car seat? The "best" car seat is the one that fits your child's weight and height with room to grow, that fits your car and can be tightly installed and that has a harness that is easy to buckle and adjusts to fit snugly. Using this as a starting point, the choices are: Infant seats, convertible seats, booster seats, 3-in-1 seats.

So, which one do I choose? Here are some factors to consider. Infant seats are small and rear facing only. These are for babies weighing up to 22 pounds. A convertible seat is one which can be installed both rear and forward facing. These are for babies weighing over 22 pounds. Booster seats are for older children who have outgrown their convertible seat but are not tall enough to use just a seat belt. The 3-in-1 seats are designed to protect your child from birth to seat belts. Of course not all brands of car seats are made exactly the same. Thus the weight limits will vary along with the price. Some of the confusion can be resolved with a visit to a store such as Wal-Mart or Babies are Us. A walk through the car seat aisle can be very informative. Pictures and information are prominently displayed on the packaging. Display models are available to handle. And prices are clearly marked. This visual experience can be very helpful with a selection in light of the "best" practice of fit, price and installation.

Here are some basic car seat rules:

- ***Go to a car seat safety class before baby is born***
- ***Acquire and practice with the car seat of choice before baby is born***
- ***Never carry baby in your arms in a car as it will be impossible to hold onto baby in a crash***
- ***A baby must always ride in a rear-facing child passenger safety seat***
- ***Baby always ride in the back seat***
- ***The back seat center position is the safest position***
- ***Always follow the car seat instructions***
- ***Avoid a used seat unless the history is known and it has never been in a crash***



Still confused? Come to the Public Safety building and see the Chief of Police. He is a certified child passenger safety technician. He can help answer questions and assist with actual car seat installations. Plus, SDPS has handouts and literature that will help explain in more specific details the topics discussed in this article. As always, you and your children are Public Safety's primary concern and responsibility.

Disaster Distress Helpline

PHONE: 1-800-985-5990 TEXT: "TalkWithUs" to 66746

When disaster strikes, often people react with increased anxiety, worry and anger. With support from community and family, most of us are able to bounce back. However, "Some may need extra assistance to cope with unfolding events and uncertainties," said U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) Administrator Pamela S. Hyde, J.D.

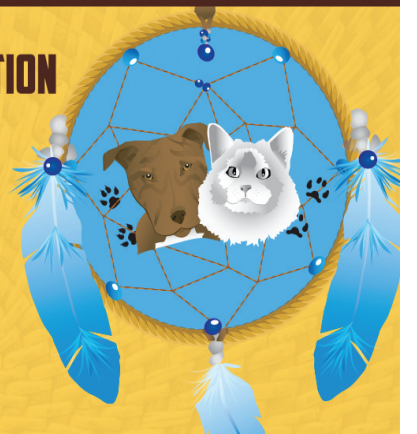
The **Disaster Distress Helpline (DDH)** is the first national hotline dedicated to providing year-round disaster crisis counseling. This toll-free, multilingual, crisis support service is available 24/7 via telephone (1-800-985-5990) and SMS (text 'TalkWithUs' to 66746) to residents in the U.S. and its territories who are experiencing emotional distress related to natural or human-caused disasters.

Callers and texters are connected to trained and caring professionals from a network of crisis centers across the country. Helpline staff provide supportive counseling, including information on common stress reactions and healthy coping, as well as referrals to local disaster-related resources for follow-up care and support. Visit <http://disasterdistress.samhsa.gov> for additional information and resources related to disaster behavioral health.

REZ ANIMAL RESOURCES & EDUCATION

\$5 Spay & Neuter Vouchers. Call Today!

This program is only available to Skokomish tribal members or anyone living on the Skokomish reservation.



253-370-6392 **REZANIMALS.COM**

OUR PROGRAM HAS SPAY / NEUTERED 190 DOGS & CATS ON THE SKOKOMISH RESERVATION!

Rez Animal Resources is a small non-profit organization helping animals in the Chehalis, Nisqually, Skokomish, Squaxin Island and Shoalwater Bay Indian Reservations.



SKOKOMISH YOUTH PREVENTION/TANF SEPTEMBER 2015



	Mon	Tue	Wed	Thu	Fri	
		1	2	3 <i>SHELTON SCHOOL DISTRICT STARTS SCHOOL</i>	4	
6	7 <i>LABOR DAY</i>	8 <i>TANF BLUES DUE</i>	9 <i>HOOD CANAL SCHOOL STARTS</i>	10	11	12
13	14 <i>OPEN GYM STARTS 6PM</i>	15	16	17	18 <i>OPEN GYM 3-6PM</i>	19 <i>OPEN GYM 6-10PM</i>
20	21 <i>AFTER SCHOOL PROGRAM STARTS</i>	22			25 <i>OPEN GYM 3-6PM</i>	26 <i>OPEN GYM 6-10PM</i>
27	28	29	30			

Hot News!!

- Another successful Summer Youth program has come & gone. 40+ youth Interns, 2 tribal member adult Supervisors & a tribal member program cook were all hired to assist our Youth prevention staff in completing the not so easy task & responsibility of our near & dear young ones who are placed in our care for the 7 weeks of Rec. We are very happy with the services provided in assisting our program from all of these summer employees. Thank you to you all & can't wait to have you back in the future.
- We want to say a BIG shout out to all of our youth workers. You all make us very proud. It gives us comfort knowing that each of you are our tribe's future leaders. Our tribe will be in very good hands. Some of the jobs these youth were doing over the summer were challenging, as some of these youth workers are fairly young, however they handled it with great stride. Keep up the hard work Skok pups.
- Many of our community had the opportunity to attend the Seattle Storm game where they played against Atlanta Dream. Those who went were able to witness & experience an unforgettable event of cheering for a fellow Native American WNBA star Shoni "Showtime" Schimmel. She gives many of our young ones hope & dreams that she proves to be obtainable. Thank you Skokomish Tribe for the tickets to such an extraordinary night in the big city.
- NW softball tourney was a blast! The weather was a scorcher, but the athletes beat the heat & played hard to the end. Congrats to the Skokomish Women for battling & taking championship, & the skok youth for placing 2nd in the 11u, 15u, & the 18u age divisions.
- The Summer rec youth program were taken to the Shelton Cinemas, Point Defiance Zoo, Pacific Science Ctr., Northwest Trek, Skateland and held a Skok Olympics at the Skokomish Park in Cushman. Lastly, we ended our rewards day trips w/ our annual Family Day to Wild Waves. That's always a huge turnout resulting in tons of fun by all. Thank you Skokomish Tribe & SPIPA TANF for making these trips happen.
- Mack Strong was shortened to 1 day this year & Nisqually youth participated again. The turnout was great, the food was even better & everyone looked as if they had a ball. Thank you Skokomish Tribe for the planning/submitting of this camp, all the Mack Strong staff for the new skills brought to our youth, & especially the cooks that kept us all nourished mind, body & spiritually. You ladies worked some magic in that hot kitchen & we all know one secret ingredient added, being unconditional love for your people.
- Back to School Bash was another hit!! We had face painting, bouncy house/slides, food, great company, & carnival games w/ prizes! Thank you to all who helped make this event a hit! We hope you all had the chance to come into the office & redeem your backpacks & school supplies if you were given a coupon.
- School starts for the Shelton School District on Sept 3 & Hood Canal on Sept 9th. Good luck Students in your upcoming school year & please seek help from our youth prevention/tutor staff when your case load begins to become heavy! Don't hesitate to reach out!

EDUCATION NEWS

School has Begun! We are here to help

The 2015-16 school year is here and the Skokomish Education Department is back in full effect with providing tutoring and academic support in the schools. The first few weeks of school are very important, your child must get to school on time and get plenty of rest at night. The way they start the school year off is the way they will end it. The education department wants to ensure that all of Skokomish community students achieve academic success this year. Therefore, if your child is having any problems with homework or next extra help please contact the following tutors for your child's school.

Mona Miller – Hood Canal Kindergarten – 4th grades

Gary Thomasson – Hood Canal 5th – 8th grades

Paula Muir – Oakland Bay Junior High 8th – 9th grades

Bill Heelan – Shelton High School/CHOICE 9th – 10th grades

All the tutors can be reached at the education department at (360) 877-2200 or at their individual school buildings.



The 2015/2016 Head Start year will begin on Wednesday, September 9th

We will be having a salmon Back to School Head Start dinner on Thursday, September 10th @ 5:30

Remember families, Candy, Chips, Toys and Beverages are not allowed in the classroom.

Thursday, September 24th will be a combined class day. Both classes will be going to the Skokomish Park for a field trip

On Monday, September 28th Early Childhood Education will be closed

GED/ABE Classes

The GED/ABE Classes are currently on hold as we are in the process of revamping our program and transition to a new and improve program for adult learners who are over the age of 21 and have not achieved their high school diploma, the opportunity is coming to get that diploma.... In partnership with one of the local community colleges, we will be offering college classes at the education center along with earning high school credits to get a high school diploma. This new program will be much quicker and we believe that there will be more graduates with high school diplomas than from the traditional GED route. So keep looking and listen for the dates and times of the new High School 21 Program at Skokomish

BACK 2 SCHOOL BASH



The Back 2 School Bash was a great success. Several students came out and enjoyed popcorn, cotton candy, hot dogs and hamburgers as they bounced in the bouncy house and played on the large slide. During the school year, if your child is in need of any extra school supplies please feel free to contact the Education Department @ (360) 877-2200. *Submitted by Antonio Sandifer*

Tuwaduqtsid Language Class

We are off to a great start with the new tuwaduqtsid Language class. With about 45 nouns so far and we are now introducing verbs so students will be able to make small phrases in our own language. For those interested in attending, I strongly encourage you to come on in and learn the words that have been sacred to our people for centuries before us. We have an opportunity to retain and protect something that feeds our identity as Tuwaduq people. So if you are available, I hope you come and participate in the class. If you would like to catch up on the language lessons that we have covered so far in the class please go to [youtube.com](https://www.youtube.com) and search "tuwaduqtsid". This will connect you to all the word lists that we are currently memorizing. I release a new video, when I release a new word list. **Classes are scheduled every Tuesday at 5:30PM in the Senior Room at the Tribal Center.** Food is always provided. Hope to see you there!

Twana Language Classes

Tuesdays
5:30 - 6:30

Where: Skokomish Tribal Center,
Senior room



Snacks will be available, and all materials are provided.
If you have any question please contact Christopher James
at: cjames@skokomish.org
or (360)490-8161

My Experience at Basketball Camp

By Vanessa Kennedy



This years Shelton Girls Basketball Team Camp was by far the best year Shelton has had in four years. Along with eight other girls from SHS, Aurora Gouley, Timber Ware, and Vanessa Kennedy accomplished a lot of great things both individually and as a team. Coaches from other schools paid us numerous compliments throughout the five days at camp. One of our main

goals as a team was to communicate and work together on the court. We had several other team goals but this one I feel we had the most success in.

One thing that makes this camp special and so unique from other camps is that it's not just about basketball. They have programs every night and a different speaker each time. Players

not only learn about themselves as an individual, but also about their teammates. The speakers talk about their own personal hardships in their life and how they overcame them.

We played a total of 21 basketball games throughout the week, averaging about 4 games a day. We had six wins out of all those games, but we fought through every game. We kept almost every game close in score despite any and all odds. Most teams were bigger and taller than us, but we worked together and found a lot of success in doing so.

We came into camp really raw. We hadn't had very much practice time together and most of the girls were fairly new to the team. This group of girls has teams and coaches rethinking the reputation Shelton has had in the past. SHS has a good year ahead of them! Team camp was only the start to a great season coming in November.

SKOKOMISH REZ RIDERS STP 2 015



Thanks to this years rez riders Darryl, Perry, Ray, Moose, Paul, Jason, Fleet, Ronnie, Stuart and Javon! I would like to say good job to all you riders this year and any other riders in the past. It takes a lot to go from Seattle to Portland on a bike! I started doing this back in 2001 with Ray Auld, since then our group has grown to 11 riders

this year. The weather was good! We have had family and friends supporting us, it's a challenge to go 205 miles on a bike in 1 or 2 days. I always have a good time hanging out with family and friends for couple days. Also, we would like to say thank you to everyone for the donations. They helped us with food, gas, snacks and Gatorade. I

would like to also thank the drivers who take time to get us there in short notice and to our support crew for this year and all the other years. All the help they gave us and the good food we had at the park. It was a good rest before going on to our overnight camp. Thanks for the good dinner we had in the park it's always nice to rest with a good meal before starting the next morning. With only 100 miles to go, there's that that one hill. That's what my friend Ray told me the first time I did the ride in 2001. I've been doing this every year since but 1. Every year its good to have some new riders take on the challenge, so next year we will post in time to start getting ready! If you would like to ride with us your all welcome to have a good time and hang out for couple days. When you cross that finish and know you was one of 10,000 plus riders Its a good feeling to know you made it and did it with friends.

O'shay goes to Washington D.C

By O'shay Brown

My name is S?i'alt3d (see-lal-tud) and I am from the Skokomish Indian Nation. (My English name is Anthony O'shay Brown. When I first heard about the GenI (Generation Indigenous) Challenge, I was ecstatic on what the power of what it was. The GenI Challenge was taking a problem in your community or a way to help better your community in a positive way and to have documented it and have it ready for submission to send to Washington D.C. I was more than ready to have my submission reviewed along with 1500 other tribal youth across the nation. The anticipation was almost killer, I was thinking of how many people I have come to know in my community and how they helped raise me to be the kind-hearted, well-mannered, respectful person that I have become today. I welcomed the opportunity to make them proud in anyway that I possibly could. . I would like to take this opportunity to thank Ryan Ward (Senior Program Associate for the Center for Native American Youth) because he was the one who reached out to see if any Skokomish members were interested in attending this event, he had said he noticed that no Skokomish were on the list to attend, so I got on-line and submitted my registrations and what I planned on doing for my GenI challenge.



When I had found out that I was going to our nations capitol, I was sitting on the couch at home and my mother called me she had told me she received the conformation letter from the White House. The letter stated that they had looked upon my GenI Challenge submission and had accepted me. At this moment I felt immensely proud to be able to represent all those who had come before me and those who had help mold me to become who I am. I had my cousin, Mary Pavel, who helped me get to D.C. and she was a

huge part of this for helping me have this tremendous opportunity. Mary also took me into her home for 2 nights. She picked me up from the airport and drove me everywhere and also took me sight seeing to the Washington Monument and many other places

Upon my arrival into D.C., I was already missing home. With the clear air, the cold temperatures, the tall cedar trees and many bodies of water, I felt like I was in some sort of alien planet for it was so humid. But luckily enough, I was inside various buildings throughout the capitol. I was also with the Puyallup Tribe and their youth council that they had recently revamped. When I was with the other youth touring D.C. we met many government officials such as senators and congressmen. First we had the chance to meet one of our Washington State Senators, Patty Murray, and were able to take a group picture with her.

We also had the pleasure to meet Congressman Heck who was very, very kind. He spoke from his heart about a great man of the Nisqually Indian Tribe - Billy Frank Jr. He told us stories of how every time the two would meet Billy Frank Jr. would always have a smile when greeting Congressman Heck and would say "Great God it so great to see you!". The Congressman smiled as he reminisced. He also had told us of all the things Billy had done for tribes known across the United States. How he had gone to jail over 50 times fighting for tribal fishing rights. He was indeed a great, great man whose legend shall never vanish. After this meeting with Congressman Heck, we also met Congressman Kilmer who was also very informational in answering our questions that we had had for him. I was fortunate enough to get a picture with him.

We also had met with our other Washington State Senator, Maria Cantwell, who was a very kind woman. She had great advice on how to help our reservations use our resources and keep our reservation healthy and clean as well as how to properly use renewable energy.

This all lead up to the conference. On the day of the conference, I was more than ready to go and represent my tribe with my utmost honor and dignity. There was, at least, over 1000 youth in the grand ball room of the Renaissance Hotel. It was a beautiful sight. Seeing everyone dressed up in

their best clothes and their traditional regalia and suits and all other clothing, it was something to behold. It was truly something to be proud to be part of. I was fortunate enough to have the privilege of sitting in the front as I was part of the ceremonies of the day. I had the honor of singing in the flags along with the NJROTC. It was truly an humbling experience to be able to be part of the ceremony let alone singing the flags in front of 1000+ youth and not to mention the ones watching over the broadcast. The stage was set and everything was ready. As the MC called my name and NJROTC to come to the stage, I thought to myself that this was the moment that I will never forget - this is the moment that will live on in my memory forever.

As my heart raced and felt like it was beating out of my chest from excitement, I walked tall to the stage behind the podium as the NJORTC marched their way with the flags to the stage. Dressed in their uniforms they had gone through their flawless routine and presented the colors. At this moment I started to sing the song. It felt so incredible to share the stage with them as they were also Native youth just like me. After the song they mounted the flags in a gorgeous display. As we all left the stages, I knew that I wasn't the only one feeling proud of whom we are as a people. We may not be blood, we may not share family, but we are connected, we have each other's back. These young leaders that were there during the conference, I have no doubt in my mind that they will all do something to help their people and their community like they have always done.

A little later in the day, another Washington State tribal youth from Nooksack introduced the First Lady of the United States of America, Michelle Obama. The roar from the crowd was so loud I swear you would be able to hear it over the mountains. The room was oozing excitement and anticipation for the First Ladies arrival. When she had stepped on the stage and stood behind the podium you would swear it was a dream. Mrs. Obama was so graceful on that evening and spoke from the heart with such an emotional speech that it tugged on the strings of your heart and made your very soul tremble. When she began to talk it was so quiet you would be able to hear a pin drop on the floor. Not a single person was



talking and everyone was focused on the First Lady. The words that she had spoken on that day I will never forget. She told us to keep persevering, to never give up on what we want and to keep fighting even though days might me dark. Most importantly, she told us that on behalf of President Barack Obama and herself she said that they have our back. She spoke with such strength in her voice that you know that the words she spoke were nothing but genuine from her heart. The speech was something you will never forget in a thousand years to come. I will continue to also share the wise words of the First Lady and never let it fade.

After the speech had ended, she walked to the black fencing that was separating the stage from the crowd. People begun to walk towards the fence to meet her. Excited as I was, I got to her as soon as I could and I was able to meet her and talk to her. She was so amazingly humble as we spoke. I will never let myself forget the words she had told be when I gave her a hug. She told me in a soft but powerful voice "Continue to strive for greatness and keep it up." Though it was a short interaction, it had made a tremendous mark on how I viewed myself towards myself, my family, and my community. To me this was a sign to never give up on my people and traditional ways. I must always have trust within my community and everything else in my life. This was the right path for me and for the many others to come. I hope to be a part of this continued hope when it comes to the generations and generations to come after mine. Because if you don't know where you've been, you don't know where you're going.

Back to School With a Healthy Smile!

There is no better way to start the new school year than with clean and healthy teeth. For those students participating in Fall sports, we would love the chance to make a custom sports mouth guard.



Fractured Front Tooth

Don't wait until a tooth hurts or is broken before bringing your child to the dentist. Your child probably won't complain about their teeth hurting until there has already been significant damage. The most common complaints are sensitivity to cold and sweets or pain while chewing.

The good news is that cavities are largely preventable by good cleaning and eating habits. Fractured teeth can be prevented by wearing a mouth guard while participating in sports.



Cavity in a baby tooth

Let us help keep your child's mouth healthy by visiting the Dental clinic. Prevention is the key to having a healthy mouth for life. Please schedule a dental appointment for your child!

The Dental Clinic will be closed on the following dates: August 20, 21, 24 and August 1 – September 4. The dental staff will be working to coordinate patient care during this time.

For Dental Appointments call: 360-426-5755 or stop by the Skokomish Health Center.

Flu Vaccine Available Soon

Why should YOU get vaccinated against the flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. Over a period of 31 seasons between 1976 and 2007, estimates of flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people. During a regular flu season, about 90 percent of deaths occur in people 65 years and older. The "seasonal flu season" in the United States can begin as early as October and last as late as May. During this time, flu viruses are circulating in the population. An annual seasonal flu vaccine (either the flu shot or the nasal-spray flu vaccine) is the best way to reduce the chances that you will get seasonal flu and lessen the chance that you will spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.

How does the flu vaccine work?

Flu vaccines (the flu shot and the nasal-spray flu vaccine (LAIV)) cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. The seasonal flu vaccine protects against three influenza viruses that research indicates will be most common during the upcoming season. Three kinds of influenza viruses commonly circulate among people today: influenza B viruses, influenza A (H1N1) viruses, and influenza A (H3N2) viruses. Each year, one flu virus of each kind is used to produce seasonal influenza vaccine.

Does flu vaccine work right away?

No. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. In the meantime, you are still at risk for getting the flu. That's why it's better to get vaccinated early in the fall, before the flu season really gets under way.

Guilt free Pizza!

Next time they ask for pizza, you can feel good about saying "yes!" Flour tortillas make for a crispy crust, perfect for loading with low-sodium tomato sauce, low-fat cheese and lots of fresh veggies.

Preparation time: 30 minutes
Serves: 4



Ingredients:

- 4 6" flour tortillas
- 2 tsp minced garlic
- ½ tsp extra virgin olive oil
- ½ cup low-sodium tomato sauce
- 2 cups sliced mushrooms (white button or baby Portobello)
- ½ cup shredded fat-free mozzarella cheese
- 1 green bell pepper, thinly sliced (about 1 cup)
- 2 tsp grated reduced-fat parmesan cheese
- 1 red onion, thinly sliced (about 1 cup)

Directions:

1. Heat oven to 400 °F. Place tortillas on 2 large baking sheets. Cook, flipping once, until crisp, about 10 minutes; set aside.
2. Meanwhile, heat oil in large skillet over medium heat. Add mushrooms, peppers, onions and garlic. Cook until vegetables are soft and tender, about 10 minutes; set aside.
3. Spread tortilla crust with 2 tbsp tomato sauce, ¼ cup vegetable mixture, 2 tbsp mozzarella cheese and ½ tsp parmesan cheese; repeat with remaining crusts and toppings ingredients.
4. Transfer pizzas to same baking sheets. Cook until cheese is melted and edges of tortillas are golden brown, about 10 minutes.

RECEIVE THE BENEFITS YOU DESERVE!
Having your hearing tested is the first step!

Hearing loss caused by loud noise is an injury!
Receive the benefits YOU deserve, and let us help you file a claim!

- State Hearing Claims
- Federal Hearing Claims
- Hearing Aids

Come in for a FREE CONSULTATION

Available in Skokomish
By Appointment Only
Please call for
Appointments 426-5755

Simply Hear Audiology
P: 360-824-5800
Robin Fiscus, Au. D.
Doctor of Audiology

****ATTENTION ALL SKOKOMISH HEALTH CENTER PATIENTS****

We are asking that you please continue to bring in your medical and lab bills in a timely manner. It is important we get them ASAP in order to process payments.

If you need a Purchase order it would be greatly appreciated that you give 1 week advanced notice.

Thank you for your cooperation. :)

Myranda Andrews & Audry Smith (360)426-5755

Yoga classes are coming to the clinic!



Yoga is a great way to work on your flexibility and strength. Just about everyone can do it, too -- it's not just for people who can touch their toes or want to meditate. The clinic will be hosting Yoga here at Skokomish clinic: the focus would be on the youth, Elders, employees and community of Skokomish. Some types of yoga are about relaxation. In others, you move more. Most types focus on learning poses, called asanas. Yoga includes attention to breathing, relaxation and focus. Yoga is linked to decreasing stress/anger, increasing flexibility, community outreach and healthy life style changes.

- **Yoga for Flexibility:** Yoga poses work by stretching your muscles. They can help you move better and feel less stiff or tired. At any level of yoga, you'll probably start to notice benefits soon. In one study, people improved their flexibility by up to 35% after only 8 weeks of yoga.
- **Strike a Pose for Strength:** Some styles of yoga, such as ashtanga and power yoga, are very physical. Practicing one of these styles will help you improve muscle tone. But even less vigorous styles of yoga, such as Iyengar or hatha, can provide strength and endurance benefits. Many of the poses, such as downward dog, upward dog, and the plank pose, build upper-body strength. The standing poses, especially if you hold them for several long breaths, build strength in your hamstrings, quadriceps, and abs. Poses that strengthen the lower back include upward dog and the chair pose. When done right, nearly all poses build core strength in the deep abdominal muscles.

- **Better Posture from Yoga:** When you're stronger and more flexible, your posture improves. Most standing and sitting poses develop core strength, since you need your core muscles to support and maintain each pose. With a stronger core, you're more likely to sit and stand "tall." Yoga also helps your body awareness. That helps you notice more quickly if you're slouching or slumping, so you can adjust your posture.
- **Breathing Benefits:** Yoga usually involves paying attention to your breath, which can help you relax. It may also call for specific breathing techniques.
- **But yoga typically isn't aerobic,** like running or cycling, unless it's an intense type of yoga or you're doing it in a heated room.

Less Stress, More Calm: You may feel less stressed and more relaxed after doing some yoga. Some yoga styles use meditation techniques that help calm the mind. Focusing on your breathing during yoga can do that, too.

- **Good for Your Heart:** Yoga has long been known to lower blood pressure and slow the heart rate. A slower heart rate can benefit people with high blood pressure or heart disease, and people who've had a stroke. Yoga has also been linked to lower cholesterol and triglyceride levels, and better immune system function.

Call the clinic to get on the list for classes. The plan is to offer:

- Chair Yoga for Seniors or those who have difficulty sitting on the floor
- A lunch time class
- An after hours class

THIS IS NOT YOUR GRANDPARENTS FOOD PROGRAM!

Many people have misconceptions about the food offered by the South Puget Intertribal Planning Agency Food Distribution Program. It's definitely not just about the cheese now days, although we do still offer that! There are more frozen meats and in season fruits and produce being offered now than ever before. Below is just a partial list of what is available.

Whole Kernel Corn Mixed Vegetables Green Beans Sliced Potatoes Carrots 1% Milk
 Dry Milk Spaghetti & Tomato Sauce Fresh Carrots Onions Celery Cauliflower Cabbage
 Broccoli Romaine Lettuce Blocked & Sliced Cheese Egg Noodles Macaroni & Cheese Rice
 Spaghetti Noodles AP & Wheat Flour Cornmeal Red & Russet Potatoes Broccoli Cauliflower
 Applesauce Apricots Peaches Pears Raisins Grapes Bell Peppers Zucchini Squash
 Yellow Squash Fresh Apples Grapefruits Oranges Fruit Juices Canned Beans Dry Beans
 Whole Chicken Canned Chicken Ground Beef Roast Beef Chicken Breasts Pork Chops Peanut
 Butter Bakery Mix Butter Vegetable Oil Refried Beans Dry Beans Beef Stew Cereals
 Soups Crackers Peanut Butter Mixed Fruit & Nuts Roasted Peanuts

If you, or a member of your household, are enrolled in a federally recognized tribe, or you live within the reservation boundaries of the Chehalis, Nisqually, Skokomish, Squaxin Island, or Port Gamble S'Klallam Tribes you may be eligible. There have been recent changes enacted by the USDA that make it much easier to qualify. Please call the SPIPA Food Distribution Warehouse at 360-438-4216 Monday through Friday between the hours of 8:00am till 4:00pm and one of our staff will be happy to assist you in applying for this program.

Serving: The Confederated Tribes of the Chehalis Reservation, Nisqually Indian Tribe, Port Gamble Klallam Tribe, Skokomish Indian Tribe and Squaxin Island Tribe



SPIPA's Skokomish WIC
(Women, Infants, and Children)
 provides healthy foods &
 nutrition information for you and your
 child up to age 5.

WIC is 3rd Wednesday of the Month
 For appointments or questions,
Contact at SPIPA:

Next WIC:
 Wed Sept 16th, 2015
 at Skokomish Health Clinic
 9:00 am—2:00 pm
 (Date & times may change)
 360.426.5755

Debbie 360.462.3227
gardipee@spipa.org
 or
Patty 360.462.3224
 or
SPIPA main number: 360.426.3990



Harvest Celebration

Date:

**Time: 5:30
9/26/2015**

**At Tuwaduq
Family Service
Building**



The Skokomish Garden Program staff would like to invite you to attend the end of the

year Harvest Celebration. We will provide a traditional dinner with shrimp, fish, oysters etc. and vegetables that have been grown from Joe Andrews Sr. garden and provide medicines that have been made from the Healing garden. Please join us with the end of the season Celebration.

Celebration to be held behind the Tuwaduq Family Service Building
Any question please Winter Strong (360) 426-7788

Talking Circle

September 09, 2015 noon to 1 p.m.
in the clinic conference room



Dr. Behre

Sept. 24 8-4 p.m.

A traditional setting to

share with others about living well with diabetes.

Sue Barwick RN,CDE
Offers informational support to all that attend.

Main Topic is :
"Garden Fresh Foods"

A healthy lunch will be provided as well.

Any questions, call Cooney 426-5755.



Cooney Johns is the one who started the talking circles awhile back, with Perry's help.

Mark your calendar!
Attention Due to Holidays and such the foot doctor is only in one time this month. Call the clinic to schedule your appointment (360) 426-5755.
Thanks!

Vocational Rehabilitation News

The Skokomish Vocational Rehabilitation program has been busy this summer. We put together some on the job training opportunities that was designed to help provide additional job skills. Performing on the job training can open the door when updating a resume and employment skills. It also allows you to be able to provide services back to the community when developing additional employable job skills when applying for employment. THE OJT position has provided a noticeable improvement around the Tuwaduq Family Service building and garden area. This has really been a positive way to give back to the community and work together with existing staff in a team effort to provide for the elder's and community. Removing the barriers to employment to enrolled member of a federally recognized tribe with a documented disability is the overall goal of the Vocational Rehabilitation program. The program can provide services in many ways to help with employment opportunities. If you have questions regarding the eligibility or employment please contact Rosetta LaClair or Carol

Cordova at (360) 426-7788 we would be glad to assist you.

We are continuing to work with students in transition that will be getting ready for high school as well. If you are struggling with your education and have an IEP and need help when dealing with the school district with support services we can help to advocate. Our goal is to help you to graduate and find employment. We will be holding our annual Vocational Rehabilitation outreach dinner once again this year on Washington State Indian Day on September 28, 2015 starting at 5:30 at the Skokomish Tribal Center. We will be providing dinner and gifting items for those who attend. We look forward to having the community members get together to celebrate Indian Day and all of the success that the Vocational Rehabilitation clients and families have accomplished. We all work hard with our own achievements and this will be the day to be recognized for all the hard work.

Skokomish Vocational Rehabilitation Annual Outreach Dinner



September 28, 2015
Skokomish Tribal
Center Senior
Lunchroom
At 5:30

- Celebrating all of the success what our families and clients have achieved this year. Our Youth in Transition and our adult clients who have found employment and got their drivers license reinstated and for the ones who have continue on to college and graduated.
- Please come and join and celebrate the hard work that clients and family members have achieved during this past year.



Celebrating American Indian Day
People in attendance will be gifted with a nice gift for coming in and joining in the celebration. Come and enjoy and Indian taco and the rest of the traditional foods served.

Drug Facts: Understanding Drug Abuse and Addiction

Many people do not understand why or how other people become addicted to drugs. It is often mistakenly assumed that drug abusers lack moral principles or willpower and that they could stop using drugs simply by choosing to change their behavior. In reality, drug addiction is a complex disease, and quitting takes more than good intentions or a strong will. In fact, because drugs change the brain in ways that foster compulsive drug abuse, quitting is difficult, even for those who are ready to do so. Through scientific advances, we know more about how drugs work in the brain than ever, and we also know that drug addiction can be successfully treated to help people stop abusing drugs and lead productive lives.

Drug abuse and addiction have negative consequences for individuals and for society. Estimates of the total overall costs of substance abuse in the United States, including productivity and health- and crime-related costs, exceed \$600 billion annually. This includes approximately \$193 billion for illicit drugs, \$193 billion for tobacco, and \$235 billion for alcohol. As staggering as these numbers are, they do not fully describe the breadth of destructive public health and safety implications of drug abuse and addiction, such as family disintegration, loss of employment, failure in school, domestic violence, and child abuse.

What Is Drug Addiction?

Addiction is a chronic, often relapsing brain disease that causes compulsive drug seeking and use, despite harmful consequences to the addicted individual and to those around him or her. Although the initial decision to take drugs is voluntary for most people, the brain changes that occur over time challenge an addicted person's self-control and hamper his or her ability to resist intense impulses to take drugs.

Fortunately, treatments are available to help people counter addiction's powerful disruptive effects. Research shows that combining addiction treatment medications with behavioral therapy is the best way to ensure success for most patients. Treatment approaches that are tailored to each patient's drug abuse patterns and any co-occurring medical, psychiatric, and social problems can lead to sustained recovery and a life without drug abuse.

Similar to other chronic, relapsing diseases, such as diabetes, asthma, or heart disease, drug addiction can be managed successfully. And as with other chronic diseases, it is not uncommon for a person to relapse and begin abusing drugs again. Relapse, however, does not signal treatment failure—rather, it indicates that treatment

should be reinstated or adjusted that an alternative treatment is needed to help the individual regain control and recover.

What Happens to Your Brain When You Take Drugs?

Drugs contain chemicals that tap into the brain's communication system and disrupt the way nerve cells normally send, receive, and process information. There are at least two ways that drugs cause this disruption: (1) by imitating the brain's natural chemical messengers and (2) by overstimulating the "reward circuit" of the brain.

Some drugs (e.g., marijuana and heroin) have a similar structure to chemical messengers called neurotransmitters, which are naturally produced by the brain. This similarity allows the drugs to "fool" the brain's receptors and activate nerve cells to send abnormal messages.

Other drugs, such as cocaine or methamphetamine, can cause the nerve cells to release abnormally large amounts of natural neurotransmitters (mainly dopamine) or to prevent the normal recycling of these brain chemicals, which is needed to shut off the signaling between neurons. The result is a brain awash in dopamine, a neurotransmitter present in brain regions that control movement, emotion, motivation, and feelings of pleasure. The overstimulation of this reward system, which normally responds to natural behaviors linked to survival (eating, spending time with loved ones, etc.), produces euphoric effects in response to psychoactive drugs. This reaction sets in motion a reinforcing pattern that "teaches" people to repeat the rewarding behavior of abusing drugs.

As a person continues to abuse drugs, the brain adapts to the overwhelming surges in dopamine by producing less dopamine or by reducing the number of dopamine receptors in the reward circuit. The result is a lessening of dopamine's impact on the reward circuit, which reduces the abuser's ability to enjoy not only the drugs but also other events in life that previously brought pleasure. This decrease compels the addicted person to keep abusing drugs in an attempt to bring the dopamine function back to normal, but now larger amounts of the drug are required to achieve the same dopamine high—an effect known as tolerance.

Long-term abuse causes changes in other brain chemical systems and circuits as well. Glutamate is a neurotransmitter that influences the reward circuit and the ability to learn. When the optimal concentration of glutamate is altered by drug abuse, the brain attempts to compensate, which can impair cognitive function. Brain imaging

studies of drug-addicted individuals show changes in areas of the brain that are critical to judgment, decision making, learning and memory, and behavior control. Together, these changes can drive an abuser to seek out and take drugs compulsively despite adverse, even devastating consequences—that is the nature of addiction.

Why Do Some People Become Addicted While Others Do Not?

No single factor can predict whether a person will become addicted to drugs. Risk for addiction is influenced by a combination of factors that include individual biology, social environment, and age or stage of development. The more risk factors an individual has, the greater the chance that taking drugs can lead to addiction. For example:

Biology. The genes that people are born with—in combination with environmental influences—account for about half of their addiction vulnerability. Additionally, gender, ethnicity, and the presence of other mental disorders may influence risk for drug abuse and addiction.

Environment. A person's environment includes many different influences, from family and friends to socioeconomic status and quality of life in general. Factors such as peer pressure, physical and sexual abuse, stress, and quality of parenting can greatly influence the occurrence of drug abuse and the escalation to addiction in a person's life.

Development. Genetic and environmental factors interact with critical developmental stages in a person's life to affect addiction vulnerability. Although taking drugs at any age can lead to addiction, the earlier that drug use begins, the more likely it will progress to more serious abuse, which poses a special challenge to adolescents. Because areas in their brains that govern decision making, judgment, and self-control are still developing, adolescents may be especially prone to risk-taking behaviors, including trying drugs of abuse.

Prevention Is the Key

Drug addiction is a preventable disease. Results from NIDA-funded research have shown that prevention programs involving families, schools, communities, and the media are effective in reducing drug abuse. Although many events and cultural factors affect drug abuse trends, when youths perceive drug abuse as harmful, they reduce their drug taking. Thus, education and outreach are key in helping youth and the general public understand the risks of drug abuse. Teachers, parents, and

medical and public health professionals must keep sending the message that drug addiction can be prevented if one never abuses drugs.

'In the state of Washington, heroin is the number one drug threat'

Accidental drug overdoses have doubled in Washington state as heroin use has skyrocketed. In 2010, the Drug Enforcement Agency seized 105 pounds in Washington. In 2013, that number nearly tripled to 271 pounds. "In the state of Washington, heroin is the number one drug threat," said DEA spokesperson Jodie Underwood. Washington is in the top ten for domestic drug seizures by the DEA.

Underwood says one of the many reasons for the heroin epidemic is prescription drug medications and people you may not suspect. "The people that were and are abusing prescription pain relievers are going to be soccer moms, professionals — people who were prescribed these medications legitimately and were taking them under a doctor's supervision, but became addicted," Underwood said. And when that prescription runs out, its chemical kin" is readily available and often cheaper on the streets. "What happened was the Mexican drug traffickers capitalized on that, and they began to flood the us market with heroin," she said.

Dak Wasson is a chemical dependency counselor for Edgewood Seattle and says his office has seen an increase in new patients. "We're seeing opiate addiction on the rise," Wasson said. "A lot of people who come into this agency for assessments are here for opiate addiction." And those opiates could be heroin or pain killers like Oxycontin which is why the DEA launched a campaign reminding people that dealing prescription drugs is illegal too. "A lot of times the prescriptions that we see out there are coming from the home medicine cabinet. They're coming from family and friends and they are on the black market," Underwood said. The agency wants that market closed down and to see those numbers drop.

"We want to identify these individuals, apprehend them, and hold them accountable because they are directly contributing to the epidemic that's out there and people are losing their lives," she said. The DEA has set up an anonymously run tip line you can use to report dealers. Just text "TIP411" and start your message with "TIP-DEA." Your text could save lives.



A message from your HOPE Center....



Recovery does work. It's a process, it's worth it, and it's possible. It won't be easy, but I can promise it will be worth it; When one begins the road to recovery it's the best and the hardest decision to make. Why this conflict? Why if it is the best thing to do does one struggle so much? There is no way to easily answer this and there could be a number of factors. But, to ease your curiosity here is one explanation.

The mentality and behavior of someone who is drug and/or alcohol addicted can be completely irrational. This person has progressed to a point of being powerless over their addiction. The brain and body have become dependent on the drug. Think about that, the brain and the body! Why would anyone purposely put chemicals into their body? Well, to feel good, escape reality, or have fun. The list could go on and on. So, why is it so difficult to change? Well as I said the brain and body have become dependent-the body and brain scream for the drug. With that in mind, consider the length of time some have used substances. Some have used for 5 years, 10, and times 20! So, doing a complete life change can be difficult, but it is possible.

People find and keep recovery in a combination of ways such as: drug and alcohol treatment program, 12-Step meetings, church, exercise and healthy eating, completing goals, working with a sponsor or supportive friends, or participating in mental health counseling.

If you have any questions come by and visit! Thank you for taking the time to read this today.







Be well,
Leah

 **PROBLEM GAMBLING** 





IS A TREATABLE ADDICTION


The Hope Clinic Can Help!

Signs & Symptoms:

-  -Has made repeated unsuccessful efforts to control, cut back, or stop gambling.
-  -Needs to gamble with increasing amounts of money in order to achieve desired excitement.
-  -Often gambles when feeling distressed.
-  -After losing money gambling, often returns another day to get even ("Chasing" one's losses).
-  -Lies to conceal the extent of involvement with gambling.
-  -Relies on others to provide money to relieve desperate financial situations caused by gambling.

If you or someone you know is experiencing any of these signs and symptoms of problem gambling the Skokomish Hope Clinic is offering the following services:

-  -Problem gambling screening and evaluations
-  -Individual problem gambling counseling
-  -Group counseling/classes
-  -Individualized treatment planning



SKOKOMISH DOMESTIC VIOLENCE PROGRAM

Here is a little update on what we have been doing. Twice a month we have the healing circle which provides a safe environment to talk and make crafts or donations for the community events: our most recent crafts has been making medicine and shawls for the Elders Picnic and Paddle for the battle.

We have been providing outreach materials at community events and have flyers with contact information around the community. We have been working on building a better relationship with the programs throughout our community to learn the best way possible that we can serve you. We have attended trainings to receive better knowledge on domestic violence and how it affects all of us in the community. A community event will be in October for domestic violence awareness month. Hope to see you there. Watch for the flyers that will be coming out with more information. If you have any questions feel free to talk to us. Our door is always open. Next Group will be Wednesday September 9th at 5:30pm.

Did you know...

Domestic violence affects one in four women in her lifetime – that's more women than breast cancer, ovarian cancer and lung cancer combined.

Please contact: Tricia Longshore (Domestic Violence Outreach Specialist) 360-426-7788 or Cell: 360-463-6912
Janita Raham (Domestic Violence Advocate) 360-426-7788 Cell: 360-545-2303

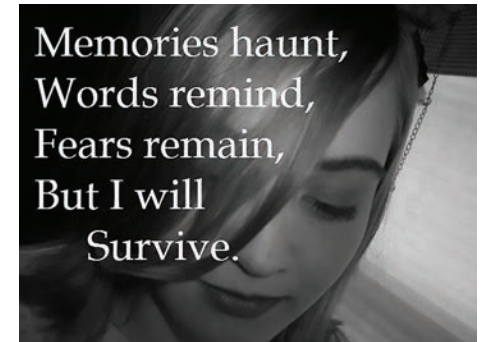
Council of Elders Outreach Task Force

The Skokomish Domestic Violence Program is looking for 3-4 Tribal Elders that would like to be on the Council of Elders Outreach Task Force. This group will meet quarterly to assist in planning two annual community events and will also give input on outreach activities. As a member of this group you will also receive training on Domestic Violence topics.

If you are interested in participating please contact:

Janita Raham, Skokomish Domestic Violence Advocate at 360-426-7788 ext. 2306 or cell 360-545-2303 or Tricia Longshore, Skokomish Domestic Violence Outreach Specialist at 360-426-7788 ext. 2307 or cell 360-463-6912

Domestic Violence Program's "Healing Circle" wants to send a special thank you to everyone who participated in helping us make gifts for the Elders Picnic and Paddle for the Battle. **Thank you!**



HEALING CIRCLE (Domestic Violence Program)

When: September 9th and
23rd @ 5:30pm

Where: Tuwaduq Family
Services

Everyone is welcome to come
We provide the materials, food
and childcare

We look forward to seeing you

Please contact: Tricia Longshore
(Domestic Violence Outreach
Specialist) 360-426-7788 or 360-463-
6912 Or, Janita Raham (Domestic
Violence Advocate) 360-426-7788 or
360-545-2303

If you have any questions

THERE ARE NO WORDS...

There definitely are no words to express certain feelings, describe certain special people or gratitude for these special people. As most of you know by now, our Youth Prevention staff's strongest team member resigned. It has been a lifelong dream for Gussy Blacketer to become a nurse & selflessly she has put that goal of hers off longer & longer as she tended to all the needs of our youth and community while working for the youth program. This summer 2015 was Gussy's last summer spent working with our youth program after 8 or 9 devoted years. During this devotion she has achieved the awards of employee of the year award & volunteer of the year. The volunteer award is simply because she has given so much of her time to the program, youth & community that she had so many unused annual, sick, & exchange time. She often donated her sick leave to those in need as she rarely missed work for any reason. I bet you cannot recall an event where she was absent. Also because reliable & dependable are 2 very admirable characteristics she holds. If there

is anything going on in your life personal, or work related, Gussy is the 1st person to pop into your mind. She not only will come assist but more often than not, accept the leader position because this miraculous woman can & will get what needs to be done, done. Not sure there is ever anybody more trusted than her when it comes to depending on someone. On & off the clock, Gussy has played the role of mom, auntie, sister, cousin, best friend, & even work wife (haha she took care of and put up with our TG FOR A LONG TIME). Our program has suffered & will continue to suffer this loss. She is irreplaceable & we know that the program, no matter who joins the team in her place, will never recreate the love, tears, laughter, accomplishments, &/ or face our struggles/issues with us the way she has. She is the type of person whose front door will always remain open to those she loves & cares about. Although she resigned from her position we all know that her being the ONE OF A KIND type she is, that she will continue to do many of the things she has always done. Her paycheck was just a bonus. She

is a proud woman, of her religion, family, friends, community & tribe. If you know her, you know this about her. Therefore no matter where she is or what she is doing, she will always be "OUR GUSSY", known across all reservations. We lucky Skoks are just the most blessed to have her as our own. As this chapter of her story ends another begins. She is to start college this fall earning credits toward a nursing degree. Our tribe recently suffered the resignation of Diane Gouley as our nurse, but now have a light at the end of the tunnel again, seeing Gussy's big smile looking back at us from that light. You can recall that million dollar smile. It's about time she is pursuing this dream of hers. Although she will be dearly missed every single day, we are also extremely happy for her. We look forward to gaining a new "Diane Gouley" nurse!! Best of luck to you Gus, go & conquer this world some more, kill those classes & books. We hope that all your hard work, long days/nights, & overall devotion is not unnoticed. You're the very best, of everything you do, very well loved,



a person we all need to be like & a type the world definitely needs more of! Thanks for being you! You know you are still team Q3Xub3sh & have a place in our office. Our doors too will remain open to you as well... XOXO....HOYT

Tribal Members with Birthdays in September

<u>1st</u> Emily Poulin Richard Adams Sr. Joseph Johnston	<u>7th</u> Julie Mix Frank Cousins, III	<u>12th</u> Maures Tinaza Jr Floyd Teo Jr. Matthew Auld-Plant	<u>19th</u> Mary Ellen Andrews Kim Cloud	<u>24th</u> John Smith Tyde Gouley Haven Gouley	<u>29th</u> Robert Allen Sr. Jasmine James Anthony Brown
<u>2nd</u> Arlina Allen Michael Sparr Raymond Hicks	<u>8th</u> Gail Pahlitzsch Lloyd Wilbur Sr.	<u>13th</u> Nalynne Peterson Clara Teo Courtney Butler	<u>20th</u> Raymond Johns Sr. Addison Emerson	<u>25th</u> Cassandra Henry	<u>30th</u> Raven Miller Troy Beetle Robert Munson
<u>3rd</u> Gordon James	<u>9th</u> Karla Miller Randy Cordova	<u>15th</u> Julie LeCLair David Bush	<u>21st</u> Jerry Peterson	<u>26th</u> Catherine Thomas Carey Veliz	
<u>4th</u> Gabriel Gouley	<u>10th</u> Alisa (Smith) Woodruff James Tobin Jr. Kyle Twiddy Stuart Mowitch, Jr	<u>16th</u> Susan Deyette Michael James Pamela Veliz	<u>22nd</u> Travis Prest, Jr.	<u>27th</u> Anthony Wilbur	
<u>5th</u> Ben Peters, Jr.	<u>11th</u> Lisa Pulsifer Joel Allen	<u>17th</u> Marvin Cultee Sheri Peterson-Hale	<u>23rd</u> Kayla Johnston Ticey Johnston Isaiah Tinaza	<u>28th</u> Autumn Andrews	
<u>6th</u> Daniel Perry III Michael Miller					



Congratulations to our youth, our future!

Dreamcatchers:

Lexi Moon, Molly Delacruz, Jordyn Peterson and Janae Kalama



2015 Champions!
*If your actions inspire others
to dream more, learn more,
do more and become more,
you are a leader*



Thanks Jeremy and Mary!
 Ki yiyo stu oo

Thanks to the Tribal Council for helping our family to get back and forth to see our boy John Coe. He's made a small improvement so please remember to keep him in your prayers.

Love and prayers,
 Bobby and Gracie

My light shine through the dark illumination, elation, elevation from generational degradation segregation...

My light shine through to be inspiration, preservation, empowered nation... my reservation.
 Mandy Wilbur, 2015



Happy 10th Birthday Emily. May your light shine bright May your dreams be big

Love you Mom&Dad

Hooter
 Happy Birthday
 Hope your wish
 Comes true.
 Love, Gram

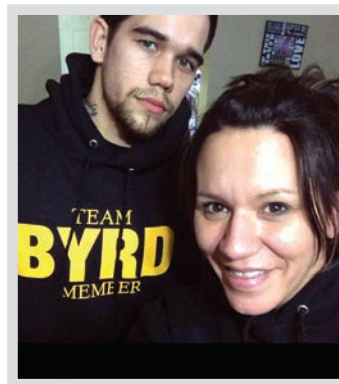
Happy Birthday Daddy!
 Love, one ton <3

Bella
 Gramma loves you
 happy birthday!!

Aubrey,
 Happy birthday
 You're finally gonna Be 7.....
 HOORAY!!
 I Love you, Gram

" Happy Birthday Son. I Hope You Have A Super Fun Day, Filled With Lots Of Love, Fun and Wonderful Memories. Im So Proud Of You. You Are A Great Young Man With Such A Loving, Kind Heart. I Only Hope The Best For You Always. I Love You Infinity. Love Mom.

Happy Birthday Cassandra!
 I hope your birthday is as wonderful as you!
 Love you girl<3



Congratulations to Our Jimmy Byrd! For getting your AA Degree!

With Deepest Sympathy



Survived by:
Mother

Bernadetta Reed Thompson

Sister

Melanie Wells

Children

Jesse Stoner
 Summer Adams
 Sarah Adams
 Troy Adams
 Teresa Bisser
 Leela Stoner
 Gabe Stoner
 Michael Adams

Grandchildren

Chance Bisser
 Triston Sherrill
 Miles Stoner
 Kelsey Bowcutt
 Tiona Stoner
 Destiny Reese
 LJ Reese
 Kaylee White
 Aubrey Adams
 Anthony Novick
 Alora Cloud
 Brooklyn Cloud
 Nathan Glenn

In Loving Memory
Terry Michael Adams

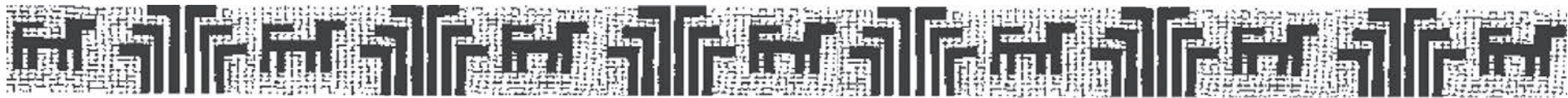
Born On: April 10, 1950
 Walked on: August 17, 2015

Funeral Services were held:

Friday, August 21, 2015
 Skokomish Smoke House
 "House of Shlanay"

Officiants

Thomas Longshore
 Edwin Poulin



Skokomish Indian Tribe
80 N Tribal Center Road
SKOK, WA 98584

Non-Profit Organization
US Postage Paid
Hoodsport, WA
Permit No. 11

RETURN SERVICE REQUESTED

Rez Photo of the Month



Can you name the young man in this great old photo?
Please turn to page 5 for the answer! Good luck!

Save the Date!
Skokomish Tribe
General Council Meeting
Sat. Sept. 12th
10:00 A.M.
At the Skokomish Tribal Center
with Lunch Provided!
*For more information contact Gussy Blacketer,
 General Council President at 463-9444*

Rez Sudoku Puzzle of the Month

	4		8	5		9		3
2			3		9	6		1
						4	5	
	7		9					6
			5		4			
6					1		3	
	9	2						
8		6	4		5			7
7		3		9	2		6	

Fill the empty squares with numbers 1 to 9 so that each row across, each row down, and each 3x3 square contains all the numbers from 1 to 9. Good Luck!

The Sounder

3sXeXa?! "It's All Written Down"
North 80 Tribal Center Road
Skokomish Nation, WA 98584
Phone: (360) 426-4232 ext 2053
Fax: (360) 877-5943
E-Mail: sounder@skokomish.org
Mark Warren, Editor

Letters to the Editor are published at the discretion of the Editor, as space permits. No letter which contains defamatory or malicious statements will be published. Any letter which contains questionable material will be sent to our legal office for review. All letters must contain the writer's signature, address and telephone number. Letters not signed will NOT be published. The Editor reserves the right to edit a letter for content, clarity and length.

Views and opinions expressed in Letters to the Editor are those of the writer of the letter. They are not endorsed by the Sounder, Tribal Administration, Tribal Council or the Skokomish Indian Nation as a whole. The deadline for the sounder is the third Thursday of every month.