The lure of a hike in the woods has always been a part of Dennis Allen’s love of our tribal lands. Sometimes it was just to go and explore what’s out there. To fulfill his need to smell the fir trees and hear the birds and other sounds that are out there. Being the oldest living Skokomish male tribal member Dennis grew up in a very different time. Play stations, television, personal computers, and cell phones weren’t around to occupy his time, as they are today. Like most kids during that time, he didn’t have lots of toys to play with. In those days kids made up their own games, made their own toys, and used their imaginations to fill their days. When Dennis was about eleven years old, he started to take overnight trips into the woods. He said that he would grab one of his grandmother, Kate Smith’s, quilts, his fishing pole and a jacket and head up to Staircase, where he would fish and camp until he was ready to go home again. He would always do this by himself and was very happy to sleep under the trees and stars, staring up in amazement at that beautiful night sky. Dennis said that he was never scared, he learned how to get by on his wits and just live off what Mother Nature provided in those woods. Fishing has always been one of those itches that he can never scratch. What’s the best bait, where do those fish like to strike his hook? Climbing over fallen logs and trekking across the various creeks and streams were always the best adventures for Dennis Allen.

He said that he never had any scary encounters with coyotes, bears or other animals that lived in the woods. The only times that he saw coyotes they always kept their distance, and they knew when he was trying to get closer to them as they would drop back and keep their eyes on him. After crossing streams Dennis said that he would stop, take his socks and shoes off, wring them out and then put them back on and keep going. If there was a hard downpour, a rain shower, he learned to just get under a large cedar tree and he would wait it out before continuing his trek. The cedar trees always kept the rain off and he stayed dry. The sounds of the rain falling while he was in the woods were always soothing for him. He had no flashlight and he found that his eyes would adjust and allow him to see enough to know where he was and what was in front of him.

Dennis is the oldest of William “Togo Bill” Allen and Rose Pulsifer’s five children. His grandfather was Henry Allen who was a big influence on him. Togo Bill was a logger and so he was gone during the week and only home on weekends. Rose was a very loving mother who later suffered from tuberculosis and passed away when Dennis was ten years old. Rose’s mother, Kate Smith, was blind. This only made her other senses very keen. She was not one that you could fool as she knew her surroundings better than anyone else. She became the care giver to Dennis, Delores, Grace, Robert and Carl. Now Carl was a newborn when Rose passed, and Alvie and Marie Oya came and took Carl to raise. Alvie was a minister and he and Marie did not have any children of their own. Dennis remembers how his grandmother would get ready on Saturday mornings and they would go out onto Highway 101 and hitchhike to Shelton where they would attend the Seventh Day Adventist Church. Kate was very devout and had a great love and compassion for her family. She lost her sight in her adult years and adjusted as best she could while raising her own children. Now she was raising her grandchildren and comforting them after losing their mother.

Unfortunately, the Bureau of Indian Affairs came to Kate’s home, one day, and they told her that Dennis, Delores, Grace and Robert were going to be sent to Chemawa Indian Boarding School, in Kaiser, Oregon. She wasn’t happy but, in those days, there was nothing that she could do to stop this from happening. So Dennis found himself in a foreign environment that he hated. They made him wear clothes that he didn’t like, and he was confined to a campus that he didn’t like. A regimentation that he didn’t like either. When he could, he would work in the local berry fields and earn enough money to buy clothes that he preferred. He saved up some of his money from berry picking, and one day he headed down the road to try and hitchhike home. He was standing out by the freeway and a state trooper stopped and asked him where he was going. He told the trooper that he was hitchhiking home, to the Skokomish Indian Reservation. He picked Dennis up and drove him back to Chemawa. Dennis stayed until the summer break and then he went home, with his siblings, and he never went back. Now that he was back home, Dennis would take longer treks up into the woods, fishing and camping to his heart’s content. He would stay up there for four and five days at a time. He knew Lake Cushman and it’s upper water sheds like the back of his hand. He also began to hunt for elk and deer, and he learned where the best places were to find them. He became a very good hunter, and he used those skills to feed his family, share with other family members and elders too. Dennis would harvest the heart and liver from each animal that he killed, and he would trade those, with elders, for food and anything else that they would trade for these prized delicacies. Bartering has always been a way of life for Natives. Dennis always packed out his kills as he had no vehicle. He remembers a three month stretch where he killed eighteen elk, sharing and bartering as needed. Togo Bill got upset and told

Continues Next Page......
Dennis to leave those animals alone for a while, and he took Dennis’ rifle away from him. The next day he hiked back into the woods, without his rifle, and ran into a large herd of elk. He hiked around to the upwind side of them and tried to get as close as possible. Finally, he stood up right away and spooked the herd, when he waved his arms, they took off. It was like a game for him, and at the same time he was honing his hunting skills.

When he was old enough Dennis got a job planting trees and he enjoyed traveling all around the Northwest as he worked for Walt Milo. So many of our young men started working in the woods by planting trees. One time they were down in Coos Bay; Oregon and they got snowed out of the woods. He didn’t have any money, so he walked up the road and found bottles that he turned in, at the local store, and he collected about ninety cents. He felt that he had enough to hit the road and hitchhike back to Skokomish. By the evening he had made it up to Portland, Oregon and he found a place to buy a burger for twenty-five cents. He went back out to the highway and a policeman pulled up and asked him how old he was and where he was going. Dennis said that he was seventeen and was trying to get back to Skokomish since his job was shut down because of the snow. The policeman took him to a local juvenile detention facility and that’s where Dennis spent the night. The next morning the same policeman came and picked him up and took him back to the highway, gave him a note to share with any other policeman who might stop him, and Dennis was in Olympia just a few hours later. From there he called and got a relative to come and pick him up.

When Dennis was eighteen, he could now begin to work as a logger so his cousin, Robert Pulsifer, invited him to come to Queets, WA and work with him there. This was a whole new world, starting out as a choker setter, then working with dynamite to blow up stumps to clear the way for new roads to go deeper into the woods. He worked as a logger for many years and fished when he could. Dennis served on the Skokomish Tribe’s Fish Commission when the Boldt Decision came down, affirming the right for Tribal fishermen to harvest commercially off of their respective reservations, as the treaties stated. A few years later the Skokomish Tribe was looking for a site to establish a tribal hatchery. Dennis talked to his siblings, and other allottees who also had ownership in the Old He He allotment. He convinced a majority of them to sign-off on a gift deed to provide ownership to the Tribe to build a salmon hatchery on Enatai Creek, where it remains today. Dennis knew that this would benefit the entire tribe for generations to come, not only saving the salmon runs but enhancing them.

In 1993 Dennis focused on learning how to create northwest style Native Art from his son, Andy Wilbur Peterson. Andy, and his wife Ruthie, had been working together on developing their skills and knowledge about designing and carving in this ancient tradition. Over the next few years Dennis became a very accomplished artist in his own right. He remembers how in the year 2000 he spent up to eighteen hours a day in his shop. Carving panels and bentwood boxes with his designs and soon he was selling his creations all over the northwest. To this day he spends much of his day making his creations and delighting collectors of his work. His work has been decorating the office Dr. Richard Webber on the “Grey’s Anatomy” television show. Dennis has quite a few fans who love to buy additional pieces of his work. Twenty-six years ago, he remembers being in his driveway and a woman drove up and asked him: “Hey, you want to go on a date?” He laughed and said that he hadn’t been on a date in a long time. Esther took him on that date, and it has never ended. They just celebrated another anniversary this past New Year’s Day. With eighty-eight years of living, exploring, creating art, and learning Dennis is going strong and not looking to retire, or slow down.

By Tony Herrera
The Skokomish Tribe’s annual Christmas Party and Dinner took place on December 15, 2023 at the Community Center. Three hundred plus kids and adults attended the festivities where you could find Santa Claus, Mrs. Claus and the Grinch. Little ones came in the front door and their eyes lit up as they saw Saint Nicklaus and his supporting cast. They were ready to pose with all who wanted to have a picture taken with Santa. This year Lawson Bordley was Santa Claus, Emily Poulin was Mrs. Claus, Raeanne Auld dressed up as one of Santa’s Helpers and John Gouley was the Grinch.

This year everyone was delighted by a performance of our youth who drummed, sang and danced before the dinner began. Marcy Tinaza was the head cook for the Christmas Dinner, assistant cooks were Tahnee Miller, Kris Miller, Louis Auld, and Mary Williams. Wex Workers who also helped in the kitchen were Christine Tinaza, Helen Tinaza, Brian Miller and a few others. Needless to say it took a small army to put on the great meal that was shared by all.

Each youth who attended received a bag of candy and other goodies along with a plush teddy bear to remember the night by.

A big thank you goes out to the Christmas Party planning committee, and the workers who made up the candy and goodie bags. John Gouley, Tahnee Miller, Tyler Andrews, Ocean Sparr and Malaki Seymour. By Tony Herrera
**OUR FUTURE LEADERS**

As your elected Board of Commissioners, we are committed to keeping you informed about important developments affecting our Fire District. We would like to provide an update regarding the outcome of the recent levy election held in November 2023.

The proposed EMS Levy, set at $.50 per $1000 of assessed property value, did not receive the required super-majority (60%) for approval, as mandated by State Law. The final tally stood at 58.56% in favor and 41.44% against. This outcome continues a trend observed over the past five years, where similar proposals have not secured the necessary support.

In light of these results, and in accordance with Washington State Law (RCW 52.12.131), we must reassess our approach to funding Emergency Medical Services (EMS). Historically, our residents have benefited from emergency medical response services without direct charges, with costs covered through transport fees billed to insurance companies. However, the repeated failure to pass the levy necessitates a reevaluation of our funding model to ensure the continued provision of these vital services.

We are considering various measures to address this funding shortfall. One such measure is the potential implementation of a fee for EMS responses. This fee, proposed at $250.00 per response, would apply to non-transport EMS calls, which are typically not covered by health insurance. This approach aims to cover the costs associated with EMS responses and prevent the subsidization of these services through our general fire protection funds.

Please note that this fee structure is a proposed measure and will not be implemented immediately. We plan to make one final attempt to pass the levy in April 2024. Should this attempt also fail, we may then proceed with the proposed response fee structure.

Furthermore, we are exploring the need to liquidate assets to invest in staffing. Our current model, heavily reliant on volunteer responders, is proving increasingly unsustainable. We are considering transitioning to a hybrid model of volunteer and paid staff to ensure adequate emergency service provision.

We will be holding a special public hearing to discuss these matters and the potential liquidation of equipment and real property assets. Your participation and input are crucial as we navigate these challenges and plan for the future of our Fire District.

We appreciate the support shown by the 58.56% of voters who favored the levy and recognize the importance of community involvement in these decisions. We remain committed to serving the best interests of our residents and ensuring the financial stability and operational efficacy of West Mason Fire.

Respectfully, Commissioner Trevor Severance, Chair

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**ATTENTION HUNTERS**

Hunting season is over, don’t forget to return your tags! All hunting tags are due by March 1st, 2024. There is a drop box installed outside of the Fisheries building. Please drop your tags in the box anytime on or before March 1st. The fine for unreturned or late tags is $50 per tag. It’s important to get hunting tags returned so we can have an accurate harvest report for the Tribe. If for any reason you can’t bring the tags back on time, reach out to Bethany Ackerman at Fisheries. She can be reached on the office line (360-877-5213), cell phone (360-463-1146) or by email (backerman@skokomish.org). As long as you can get her your harvest report before the deadline, you may be able to return tags later. Please please please get those tags back!
By Roslynne Reed, Skokomish Precinct Committee Officer

You should have your ballots by now and if you do not, please contact the Auditor’s office:
www.masoncountywaelections.gov
(360) 427-9670, extension 470

I ask you to vote YES for the school bond. Either mail your ballot or put it in the Drop Box at Twin Totems by 8 p.m. on February 13th!

As a reminder, the School portion of taxes will only go from the lowest in the region to the second lowest. For comparison, Shelton’s school taxes are double Hood Canal’s! Our community’s children deserve the best we can provide them – at least equal to other school districts in our county.

Our Skokomish Precinct had 80.70% YES at the November 7 election. We need to increase it as much as possible to carry the overall District vote past the required 60%. The overall count was 45 votes short. I noticed a lot of ballots were rejected because either a lack of signature or the signature was questioned. Some were able to get back to the Auditor’s office and “cure” the ballot (correct it), but I understand some did not. Please make sure you sign your ballot before you get it in and Vote YES for our kids!!

HAPPY NEW YEAR TO THE GEOUDCK FLEET AND OUR SHELLFISH HARVESTERS!

The Skokomish Department of Natural Resources Fisheries Department will be conducting the annual DOH vessel and vehicle inspections for transport of shellfish on Wednesday March 14th 9:00-12:00 @ Lucky Dog Casino (all day if needed). This inspection will also provide an opportunity for those who need or want a Coast Guard inspection sticker on their vessel. If you have questions on the checklist prior to the inspection, please contact us.

All geoduck harvest vessels registering for the fishery require an annual inspection, as do vehicles and vessels that will be used to transport oysters, clams, and other shellfish under the Tribe’s license. Personnel from the Department of Health will be present during this year’s inspection.

In years past we have made accommodations to travel to do inspections, however in effort to allow DOH and Coast Guard to assist in inspections we are requesting that captains who are able to transport their boats to the casino please do so for this year’s inspection.

The mandatory inspections will be offered to all geoduck captains as well as any other harvesters interested in having their vehicles and vessels inspected for transport of shellfish during non-Vibrio seasons. Please contact the Fisheries Department if you have any questions regarding the 2024 inspection (360)877-5213.

December 8th, 2023 by a Tribal Council Phone Poll:

Resolution No. 2023-107: A Resolution Approving the Skokomish Tribe’s Update to the Project List to the Transportation Improvement Plan (TIP) to Include Equipment Purchase for Road Maintenance to the United States Department of Interior, Bureau of Indian Affairs

December 13th, 2023 at a Regular Tribal Council Meeting:

Resolution No. 2023-108: A Resolution Appointing Jamie Kenyon to the Housing Committee Pursuant to the Appointment Procedures Contained Within S.T.C. 1.06, the Skokomish Committee Standards Ordinance

Resolution No. 2023-109: A Resolution Approving the Submission of a Bonneville Power Administration Fy2024-2025 Tribal Low-Income Energy Efficiency Program Application

Resolution No. 2023-110: A Resolution Authorizing a Timber Harvest on the Skokomish Indian Reservation, a Portion of Allotment 40, as Part of the “South 40 Thinning” Subject to Issuance of All Necessary Permits

Resolution No. 2023-111: A Resolution Authorizing a Timber Harvest on the Skokomish Indian Reservation, a Portion of Allotment 16B, as Part of the “South 40 Thinning” Subject to Issuance of All Necessary Permits

December 19th, 2023 by a Tribal Council Phone Poll:

Resolution No. 2023-112: A Resolution Appointing Gordon James to the Skokomish Tribal Gaming Commission Pursuant to the Appointment Procedures Contained Within S.T.C. 1.06, the Skokomish Committee Standards Ordinance
Human trafficking, a serious global issue, refers to the illegal trade and exploitation of individuals through forced labor, sexual exploitation, or involuntary servitude. It involves the recruitment, transportation, transfer, and harboring of people, often through coercive means such as deception and threats. Victims can be of any age, race, ethnicity, gender, sex, or nationality, and they can come from any socioeconomic background. Human trafficking happens everywhere - across our communities in cities, suburbs, and rural areas.

Forms of Human Trafficking

Human trafficking manifests in various forms, adapting to the economic, social, and cultural dynamics in different regions. These forms include sex trafficking, where individuals are coerced or deceived into the commercial sex industry; labor trafficking, involving forced labor and/or exploitative working conditions in industries such as agriculture, construction, domestic work, and manufacturing; child trafficking, where children are targeted for different forms of exploitation, including forced begging and child soldiering; and organ trafficking, which involves the illegal trade of organs for transplantation.

Understanding these distinct forms is crucial for effective identification, prevention, and intervention efforts. Other examples:

- Having sex in EXCHANGE for drugs, money, shelter, or a place to stay, food, transportation, hygiene, and other monetary items such as a new phone, clothes, etc...
- Forced labor: Unpaid work wages or an amount that was promised that worker did not receive.

In conclusion, trafficking is the act of exploiting a vulnerable person of Basic Needs that are EXCHANGED for sex or labor.

WHO COULD A TRAFFICKER BE?

- Boyfriend/Intimate Partner
- Friend
- Family Member
- Employer/Boss

Often we think that a trafficker is a stranger but many times it is someone we do know.

IF YOU THINK YOU OR A LOVED ONE MAY BE A VICTIM OF TRAFFICKING

For more information and resources, visit the website of the Skokomish Tribe:

https://www.surveymonkey.com/r/SkokomishTCA

Questions? contact:
TCAcoordinator@whitenergroup.biz
or 360-688-1004

Website Reference of chart:
https://www.acf.hhs.gov/otip/fact-sheet/resource/shumantrafficking

Fact Sheet: Human Trafficking

A fact sheet about human trafficking and victim assistance.

www.acf.hhs.gov
The Washington State Attorney General's Office filed lawsuits against more than 20 corporations that make and sell chicken and canned tuna because they secretly agreed to raise prices for these products in violation of state and federal laws that encourage competition in the marketplace and help keep prices down for consumers. Most of our lawsuits are now resolved and these corporations must pay the Attorney General's Office over $40 million. The Attorney General's Office is returning all of these funds to consumers who meet the eligibility criteria. To be eligible, consumers must currently reside in Washington and the consumer’s household income must be no greater than 175% of the federal poverty level. These eligibility requirements are designed to ensure that this money goes to those Washingtonians most impacted by the corporations’ illegal conduct. Single member households will receive a refund check for $50.00. Households of two members or more will receive a refund check for $120.00.

- Families of 6 making up to $70,490;
- Families of 5 making up to $61,495;
- Families of 4 making up to $52,500;
- Families of 3 making up to $43,505;
- Families of 2 making up to $34,510;
- Individuals making up to $25,515.

We already sent more than $39 million in checks to families that we believe are eligible based on data we received from a third-party expert. You may want to communicate to your members that if they received a check for $50 or $120 in the mail from our office, it’s legitimate. Please let us know if you have any questions. Our office will continue combating price-fixing that harms Washingtonians and working to get money back to individuals who were impacted. For more information visit: https://www.refundcheck.atg.wa.gov/

Greetings!

I am Dr. Donna Durnford, Victim Services Advocate, as of September 2023. My academic background includes an A.A. in Law, a B.S. in Behavioral Sciences and Psychology, a Masters in Public Administration and a PhD in Energy/Integrative Medicine. My professional background includes working with diverse groups of people in crisis intervention and advocacy services. I’ve been a Sexual Assault First Responder, have worked with Domestic Violence victims and their children, a community college professor, and an Elder Advocate, among other responsibilities. I’ve been in private practice for many years and am returning to work directly with clients who are victims of crime. While it’s unfortunate we’d be meeting this way, I’m happy and honored to be working with and connecting to the Skokomish Nation.

If you’re ever in need of Tribal Victim Services, please contact me. I care. Together, we can move you forward from victim to survivor status.
On Wednesday January 10 2024, the Skokomish community celebrated Wellbriety at the Community Center Gym. The event was curated by the Skokomish Wellness Center’s SUD and Public Health program and MC’ed by Marty Allen. The gym was beautifully decorated, and the energy was warm and inviting; perfect for community members to share their journey to sobriety and recovery.

The event was opened and closed by Kimberly Miller who asked for protection and peace during the event as old wounds may open throughout the event. Stories of pain, reflection, hope, and resiliency were given by a panel of speakers who were asked to share their Wellbriety journey. The speakers were Cody Andrews, Angel King George, Hattie Williams, and LaDean Johnson. However, during dinner, other community members like Jonathan Dominguez, Richard Adams, Jr., and a tribal Elder from the Plains also shared their Wellbriety stories. Wellbriety is the inspiration to go on beyond sobriety and recovery, committing to a life of wellness and healing every day and we honored and blanketed a male and female with the longest time in recovery. Those individuals were Guy Miller with 30 years in recovery and Jackie Allen with 18+ years in recovery.

Johnny Hawk and Michelle Hawk Deyette blessed the delicious food provided by Tahnee Hawk-Miller, Louis Auld, Marcy Tinaza, and Kris Miller. Goodies bags with a sweatshirt, sprays, recovery coin, teas, spiritual protection, and resources were available for everyone who attended. The artwork on the bag and sweatshirt was designed by Derek Grover and commissioned by Skokomish Cultural Committee.

We want to take this opportunity to give thanks to Lawson Bordley, Shalee Rae Allen, and Raeanne Auld for being childcare workers during the event. The children had an excellent time with you all. Christina Muller-Shinn, Health Specialist/Program Coordinator with Mason County Public Health, and Human Services; Eva “Kwac Xalewxalu” Delamater, Indigenous Services Case Manager with Innovations HTC; Laila Longshore, Tribal Victims Program Advocate with Skokomish Wellness Center; and Alicia Atkins with Recovery Café of Mason County.

Finally, we want to thank everyone who attended this year’s Wellbriety Dinner and the Skokomish Wellness Center staff who assisted during the event. We are looking for this to be an annual event, please continue to encourage and empower each other on this journey of Wellbriety and assist those who are struggling to get there. If you need assistance with receiving any treatment or recovery services, contact Anita Torres, SUD Counselor at 360-426-5755 x2119 or by email at atorres@skokomish.org.
Tooth Whitening (Bleaching)

Patients often come to the dental clinic interested in Tooth Whitening or Bleaching.* Why are my teeth changing color? Tobacco use, ageing, medications and trauma are all reasons that teeth may change in color. Anything that goes into your mouth that has intense color pigments such as coffee, tea, red wine or the tar in cigarettes can become part of the white outer layer of the teeth. Certain types of medications can also darken the color of teeth. Additionally, some types of trauma, such as getting hit in the mouth, can cause color changes.

Does tooth whitening work? Whitening can work well on yellow, brown or orange colored staining. Whitening will not work as well on grey staining. Whitening will not work on fillings, crowns, veneers or stains caused by medication or trauma.

How does whitening work? Whitening products work by penetrating into the outer part of the tooth and breaking up the colored pigments. Many products are applied by a strip or via a tray with gel that is applied to the teeth.

Are there any risks to whitening my teeth? The most common side effects of tooth whitening are tooth sensitivity and damage to the gums. Usually, these side effects don’t last for more than a few weeks after discontinuing bleaching.

Tips for bleaching.
• See your dentist to make sure your teeth and gums are healthy!
• Do not smoke or chew after using whitening products
• Using bleaching products for an extended amount of time increases the risk for sensitivity and gum damage

Please visit the dental clinic with any questions you may have about bleaching. We can help you choose a bleaching method and review instructions for safer use.

Rez Photo of the Month

The young Head Start attendee is none other than: Timber Ware!
The Domestic Violence program is still active with outreach activities and information. Plans for the next couple of months are as follows:

February is Safe Dating month for teens. Information will be shared with the high school students to promote safe dating as well as information regarding how to stop bullying. Safe Dating means building a Healthy Relationship before dating. Start out as friends Hang out in groups Make your limits clear and stick to them

Don't rush things Communicate with respect Give each other space

You have the right to help and healing. You are responsible for seeking help to change. Blaming is a cop-out. Healing is your right, but you have to choose it. Be gentle with yourself. Expect to be treated like you do your best friend.

Your Rights and Responsibilities
1. You are not responsible for anyone's behavior, but your own. No one can force you to be violent.
2. Using power and control tactics are violence, not love. You don't scare people you care about.
3. Hickies and name tattoos are often signs of "ownership," not caring and respect. No one owns another human being. People are not property you fight over.
4. Relationships should be based on trust and respect, not fear and guilt. You have the right to leave a relationship just because you want to. You don't need to explain.
5. Trust your cut feelings; they are usually right. Gut feelings may be your spirit talking. Listen and believe yourself.
6. No one has a right to hit you no matter what you do. They can walk away, talk it out, see a counselor, pray about it or do some breathing exercises; not hit.
7. Nothing justifies your partner's bad behavior. Respect them and yourself by letting them take responsibility for their behavior. They should be accountable for their own actions.
8. People in relationships are meant to be partners supportive and respectful of each other's ways. Not one "better" than the other.
9. Sex without a clear "yes" is rape.
10. Date rape happens a lot. Remember is you're alone with a date, be careful and stay aware, even in your home.

11. If you are abused or raped, it is never your fault. If you're drunk, crabby or anything else, it does not give anyone permission to hurt you. Nobody has to like you or your behavior. They can choose not to be around you.
12. Abuse is not a way to resolve conflict or earn love and respect.
13. Violence is not born into people. It is learned and can be unlearned.
14. If there was violence in your childhood or as an adult, you can choose to be non-violent. You have the right to help and healing.
15. If you believe something in our past is causing you to be violent, then you are responsible for seeking help to change. Blaming is a cop-out. Healing is your right, but you have to choose it. Be gentle with yourself. Expect to be treated like you do your best friend.

March is the month of celebrating Women are Sacred

How men can restore out tradition and improve our community
Ask yourself.
How are women being treated in your community?
What can you do to help?
How can you model the traditional and respectful behaviors for future generations?

Some facts:
1. Women are the foundation of the Indian community; they are the life givers. Women should be treated with dignity and respect.
   As our grandmothers, mothers, aunts, sisters, daughters, nieces and girlfriends live healthier and happier, we will have healthier and happier communities.
2. Violence against women is one of the most pervasive and hidden abuses. It takes place in intimate relationships, within the family and at the hands of strangers. Violence refers to many behaviors, both emotional and physical. American Indian and Alaska Native women are the most battered, raped, stalked and murdered group of women in the United States.
3. American Indian and Alaska Native women face the highest rates of sexual violence in the United States. More than 1 in 2 have experienced sexual violence in their lifetime and 1 in 3 have experienced sexual violence with penetration. Native women are more than twice as likely to experience sexual violence than any other ethnicity.
4. Forms of emotional abuse include, but not limited to punching, kicking, pushing, slapping and choking. Sexual abuse includes and sexual coercion, no-contact sexual experiences, unwanted sexual contact, fondling or penetration.
5. American Indian and Alaska Native women are 3 times more likely to experience sexual violence perpetrated by people not of the same race—a substantially higher rate of interracial sexual violence than experienced by non-Hispanic White—only victims.
6. Victims can suffer from serious physical and emotional health problems. Immediate effects can include injuries such as cuts, bruises, and broken bones, hearing and vision loss, sexually transmitted diseases, knife or gunshot wounds, and homicide. Long term effects can include headaches, seizures, PTSD, depression and eating disorders, alcohol and substance abuse, homelessness and suicide.

Need help, someone to talk to, help with legal paperwork. You are not alone. Remember we are here to help and all help is confidential.
Contact Linda Charette, Domestic Violence Advocate. 360-426-7788 (office) 360-545-2303 (cell)
Tribal Members with Birthdays in February

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<td>James Eagles</td>
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<td>20th</td>
<td>Annabelle Wilbur</td>
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<td>21st</td>
<td>Misty Byrd</td>
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<td>Winona Plant-Poulin</td>
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<td>23rd</td>
<td>Nick Wilbur, Jr.</td>
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<td>24th</td>
<td>Kasiah Brown</td>
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<td>Pamela Hodgson</td>
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<td>Gerald Strong</td>
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<td>Austin Escobar</td>
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<td>Karine Archer</td>
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<td>Ava Smith</td>
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<td>Kyle Johnston</td>
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<td>Shane Miller</td>
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<td>Laurie Clayton</td>
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<td>Angel King-George</td>
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<td>Kylan Gobert</td>
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<td>Louis Auld</td>
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USDA Foods Program

February Dates

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<tr>
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<td>2/1/24</td>
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<td>2/8/24</td>
<td>SQUAXIN ISLAND</td>
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South Puget Intertribal Planning Agency

HUG YOUR LOVED ONES

HAPPY Valentine’s DAY 2024

JOIN US TO CELEBRATE
HENRY/COOPER FAMILY REUNION

MAY 31 2024

MEET @ ARCADIA POINT
SHELTON, WA 98584
THEN BOAT RIDE ACROSS THE ISLAND
RSVP 360-280-0105

Skokomish WIC with SPIPA
( Women, Infants, and Children )
provides healthy foods &
nutrition information for you
and your child up to age 5.
Please have available:
your child's height and weight,
Provider One Card or pay stub
and identification for you & your child.

Contact at SPIPA for an appointment:
Patty at 360.462.3224,
wicnutrition@spipa.org

Debbie Gardipee-Reyes 360.462.3227
gardipee@spipa.org
Main SPIPA number: 360.426.3990

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

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the day they are not issuing commodities.

If you’re unable to make the date, please call and schedule an appointment with appropriate staff.
For USDA Food, call SPIPA at 360-426-3990.

This institution is an equal opportunity provider.
### Rez Photo of the Month

Can you name the young lady in this photo?
Please turn to page 9 for the answer! Good luck!

### Rez Sudoku Puzzle of the Month

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!

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### The Sounder

3sXeXa?I “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.