

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

Skokomish Indian Nation

THE

SOUNDER

August 2024

p3dkW3'lab "Time of Sun"

POWER PADDLE TO PUYALLUP: YOUTH CANOE JOURNEY 2024



The youth Paddle to Puyallup has begun, with the "Amooseamoose" canoe's departure from Skokomish on Friday, July 26, 2024 at 6 am. In the glory of the rising sun's rays the youthful crew paddled on their way to Pleasant Harbor. After their first day's paddle the crew members camped out at Dosewallips State Park. On Saturday morning they rose to head to Port Gamble and the shores of the Lower Elwha Tribe (Little Boston) where they'll camp for the next two nights. On Sunday morning they'll hit the waters of Port Gamble Bay and then enter the mouth of the Hood Canal and then the Puget Sound. They'll head the canoe on to Port Madison where the Suquamish Tribe will welcome them to land and enjoy a good meal and great company. On Monday the journey continues on to Salt Water State Park where the Muckleshoot Tribe Tuesday morning has the Amooseamoose, and crew, heading to Owen's Beach at Pt. Defiance Park in Tacoma. The Puyallup Tribe will welcome them to stay and spend the next few days practicing their culture, eating great meals and making new friends from all of the other Tribes. The paddlers will culminate from Canada and all over the Salish Sea.

While this canoe journey is for the youth, and there will be many who are participating for the first time, there are some experienced pullers. Those

who have paddled in years past and are continuing to grow into being very knowledgeable paddlers and a benefit to all who are part of this unique experience. Each Tribe which hosts these canoe crews, i.e. Port Gamble, Suquamish, Muckleshoot and Puyallup takes great pride in hosting this event that passes through their shores and then the host tribe, Puyallup, who will provide the food and facilities from August 1 – 5, to entertain and promote the sharing of our cultures and traditions for our youth to experience and learn. We have a tremendous support staff who are watching over and guiding our youth through this amazing opportunity to learn our culture, songs, dances, crafts, team work, personal skills and courtesies. Such as when the canoe lands in another Tribe's territory permission to come ashore and rest is appealed and the host tribe grants them

passage to come and eat, rest, visit and gain perspective. Then when the canoe leaves a courtesy is requested to allow them to untie and continue on towards their next destination. These are called protocols and they've been practiced since time immemorial and it helps our youth to learn and appreciate these customs.

While they are at Puyallup there will be Coastal Jam sessions where Tribal drummers will sing their songs and invite all others to share their own unique songs, as well. This is one of the beauties of Canoe Journeys past and present. It's a passing and enriching of Tribal traditions and customs which our youth will be asked to continue well into the future. The Skokomish Tribal Council provides the funding and support staff to make this happen for our young people who are taking part in this event. There have

been practices for the paddlers to build up their strength and hone their skills to get the canoe safely to each destination and finally to Puyallup territory. Kevin Cagey is captaining the support boat along the way so keep the paddlers safe and rested throughout their time on the Salish Sea. Norma Cagey, Louis Auld, Rita Andrews, Sissy Delacruz, Little Bear Hermann, Hattie Peterson-Williams, Emily Poulin, Sister Cordova and countless others have also been a tremendous support system to make this happen as flawlessly as possible. Norma Cagey gave the waiting crew a lesson on how to conduct themselves both on the water and during this whole journey that they were prepared to begin. Urging the participant to be respectful of the waters, their fellow paddlers, and the age-old tradition of traveling the waters of their ancestors. After which Norma prayed for the safety of everyone who was taking part in the Power Paddle to Puyallup. When the canoe was readied to start, a volunteer was requested to "break" the water and Chastity Hermann answered the call. She entered the Hood Canal waters, before 6 am as the sun rose to greet the day. Then the "Amooseamoose" was lowered into the canal and the initial eight paddlers were on their way. May our Creator always be with them and keep them safe.

By Tony Herrera



SUMMER RECREATION PROGRAM KICK-OFF



We had a very hot day for the Summer Recreation Program Kick-off, on July 8th. There were three bouncy house structures brought in and two of them had water slide features, so this was a welcome part for the kids. They couldn't run fast enough to get back in line for another turn to get wet. There was also a slip-n-slide to keep cool with. The last few years have seen us experience very hot days, well into the 80's, so cool water slides have been the perfect remedy. Besides keeping the kids cool the main reason for this event is to sign students up for the

Summer Recreation Program. The Program started the very next day and their first local trip was to take the kids to the Squaxin Island Tribal pool. This is on the agenda for each of the Tuesdays until August 15th when the Program ends. Other local trips have been to take small groups of kids to a wolf farm and attend a movie at the Shelton Cinemas. They'll also be attending a Seattle Mariners game, at T-Mobile Park. On other days there are craft sessions where weaving is taught and some of the headbands and other articles made will be worn at the upcoming Youth Canoe

Journey, which will culminate at the Puyallup Tribe who is hosting the event starting on July 31st. Learning more about Skokomish Tribal culture and learning how to bead, make and design jewelry,

weave various regalia pieces, sing traditional songs, dance, and to drum. So, while the students are on their Summer break they continue to learn and work together.
By Tony Herrera

LANGUAGE NEWS

ʔasayəb p̄isuwa Greetings everybody, it's a good day! Here is the language department we have been busy putting together a tuwaduq Bingo game. We plan to unveil the game at our first ever Family Language Night on August 28th at 5:00 PM at the community center and we are so excited! The game will be in a combination of tuwaduq and English, so no need to be anxious about the possibility of not understanding. This first time around, we (the language staff) will call the words, and when somebody bingos, we will come over and call the words back to verify. Eventually, in future events, we will ask YOU to call back your words when you win. The game will be fun, and there will be tons of prizes, as well

as dinner. We will also have a raffle with multiple tickets available per person and fabulous prizes! Make sure to mark your calendars so you will not forget. Other things we have been working on include updating the online dictionary (we should have an updated edition online in the next 2 months), and helping the youth get ready for canoe journey. The language department has written an introduction for the youth as they pull into different territories and different waters. This is a very big step for our youth, being able to properly introduce themselves in their own language. The more tuwaduq language we get out in the community, the more our tuwaduq language will come back to enrich your community.

Skokomish Language Department Presents

Language BINGO

Wednesday August 28 at 5pm

Come in to the Skokomish Community Center for a fun evening of language bingo! You don't need to know any tuwaduq language at all, just be willing to listen, and repeat the words after we say them. There will be tons of awesome prizes to choose from when you bingo, and even more raffle prizes throughout the night.

Dinner Provided
Raffle with lots of cool prizes



2024 Skokomish Graduates

If you are an enrolled Skokomish tribal member and graduated this year, you are eligible for a graduation reward.

- High School Diploma or GED - \$500
- Parent of graduating high school student - \$250
- AA Award - \$1000
- BA Award - \$2000 (*If student received the AA award then student will only receive \$1000 for BA award)
- MA Award - \$2,500

Students who graduated from high school or college with a BA are also eligible for a GPA reward.

-Reward amount depends on final GPA

To receive your reward(s) you must submit a copy of diploma and official transcript to Amber Hanson - amber@skokomish.org



Rez Photo of the Month Answer



The group of Tribal Employees are none other than: Adrian Hunter, Gayle Longshore, Ed Cultee and Linda (Cultee) Standing-Elk



Skokomish Scholarship



If you are an enrolled Skokomish tribal member and planning to attend an accredited institution of higher education you may qualify for the Skokomish Scholarship.

The scholarship amount is determined based on what degree is being attained (AA, BA, Master's, PhD, Certificate Program).

To apply and find out more visit Amber Hanson at the Education Building.

Amber can assist with applications, essays, FAFSA, planning for housing, resumes and much more.

For any questions, comments or concerns please reach out to Kelly Neely (Education Director) or Amber Hanson (College and Career Coordinator) at 360-877-2460.



I want to take a moment to express my deepest gratitude to all of you. Your unwavering belief in me and constant support throughout my educational journey have been invaluable. I wouldn't be the person I am today without your encouragement, love, and guidance.

To my parents, thank you for your endless sacrifices and for constantly pushing me to reach for the stars. To my kids, your love and smiles have

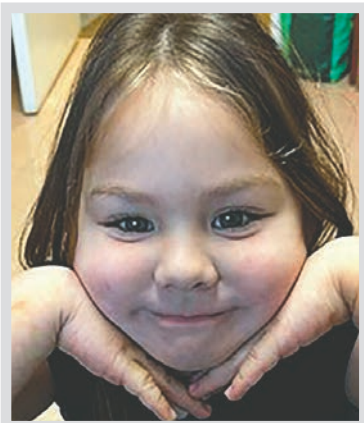
been my greatest motivation. To my husband, your steadfast support and understanding have been my rock. And to my family and friends, your belief in me has given me the strength to overcome every challenge.

I love you all so much, and I am forever grateful for each of you. Thank you for being my pillars of strength and helping me become my best version.

Beth Marie

NEWS FROM THE LAND OF LITTLES!

Please join us in celebrating the transition of our students as they move up to their next class and adventure!



Aimee Wilbur



Amira Ware



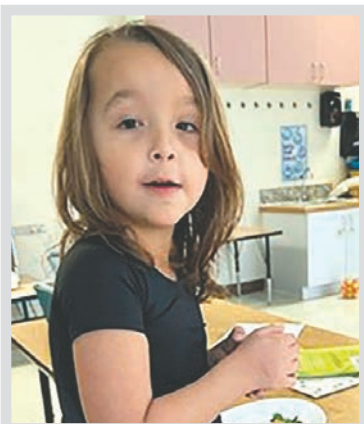
Amora Bernal



Cameron Henry



Carter Miller



Ira Villines



Haseya Emerson



Erro Fisher



Ember Cox



Eivi Johnson



Kaho-yee Smith-Zea



Malia Hanson



Melody Warren



Nevaeh Anderson



Octavia Johns



Samuel Brown



Stanlee Twiddy



Willow Grover

Our Returning Students

Kaicen Andrews
Alakai Bean-
Busenius
Buck Beathard
Raya Bell
Elliana
Carrington
Adam Carroll
Opal
Cunningham

Yazmine
Dominguez
Khloe Edwards
Lucian Edwards
Shay Emerson
Amaya Homer
Amelia
Keighron
LaMetta
Longshore
Ty McCullough

Dakota
Quintero
Damian Smith
Raiden Stratton
Cara Valdeman
Phoenix White
Avery Wilbur
Eu'Laylia
Zook-Johns

t3ba'das is GROWING

t3ba'das is growing before our eyes, with seven new manufactured homes being brought in and now in the process of getting their final touches before occupancy. It's been quite a while since we've seen this many new homes added to the Tribe's housing inventory. This is the result of a lot of planning and hard work to secure the federal funding to purchase these new homes. There's also new elder housing scheduled to be built soon.

Hard work and sacrifice have always been a part of the Skokomish Tribes' story because we're dealing with obstacles which seem insurmountable, at first, but we get creative and tackle them. If you look back to the late 60's and early '70's we were small in membership numbers, and we didn't have any tribally owned land to build houses on, let alone the funds to build houses for our people. To make it even more difficult we didn't have any tribal buildings, thus no employees. The Tribal Council would meet in members houses or even in a car to accomplish whatever tribal business needed council approval. The Tribal Council began to get resourceful, motivated by many factors, like more and more members moving off the reservation to find housing. Efforts were made to acquire the old Lower Skokomish Valley School property and building to create the Tribal Center. It was in disrepair, but funds were acquired to fix it up and establish our first governmental structure. The Jackpot gas station and convenience store, Mack and Bonnie's Fruit stand, as well as the property where Twin Totems (Sinclair) stands today. This was because our Tribal Council knew that we would need these properties to eventually create our own businesses



in the not-too-distant future.

Other properties were purchased from non-Natives, to add to our tribal property inventory for housing. In those days the Department of Housing and Urban Development was the only source of funding available for housing. But their programs were focused on funding large urban renewal projects in the inner cities, not tribal housing. So, our efforts usually went unnoticed and unfunded. This created the need for an organization, like the Small Tribes of Western Washington (STOWW) which was headquartered in Sumner, WA but it was focused on the tribes in that area. Consequently, our tribe started working with Squaxin Island, Nisqually and Shoalwater Bay to ultimately form what is now South Puget Sound Inter-tribal Planning Agency (SPIPA). This gave us a bigger voice which spoke for a larger constituency, and we began to have better success in acquiring funding to build tribal housing. Soon, tribes here in the Pacific Northwest formed the Affiliated Tribes of Northwest Indians (ATNI) and the Northwest Area Indian Health Board (NAIHB). For the next couple of decades these consortiums were the leaders in setting policy for all of Indian Country because of our strength in numbers and our ability to work together towards our common goals.

What started out from those meetings in members homes and even cars, spawned a tribal revolution, i.e. the Boldt Decision, that has brought us to where we are today. It's still very difficult to get much funding from HUD to address our growing housing needs. We're always having to get creative in our approach to make the most of precious few resources. And today, the cost of building new houses is far beyond the funds that we're able to acquire. The solution for now

is to buy Manufactured Housing units and fortunately we found a company which is working with us to get the most out of those funds. Obviously, if they can satisfy our needs for quality construction that will last a long time, we'll go back to them in the future.

Over the last few years, we've been able to build four new tiny homes for single occupant needs. These seven new houses are in place and will be ready sometime this Fall. New Elder housing will be created over the next few months, all of which is a big help for our community.

Within the t3ba'das footprint the Tribe has made some lots available, on an as-needed basis, for those who want to purchase their own housing and place it on these leased parcels to make it more affordable for them to get their own homes. This means that they have to qualify for bank funding demonstrating their ability to service their loans. HUD has a program, called Section 184, which can be used to get loans with subsidized costs to make it easier to get started. A word of advice, there are organizations available to assist in this cumbersome process that makes it easier and more attainable

for those who qualify. Check with our Housing Authority for leads on these services. If you are a client of the Skokomish Housing Authority make sure that you keep your application up to date, to ensure that your needs can be addressed more quickly when your time comes to get tribal housing.

By Tony Herrera



Housing List as of August 1, 2024

Applications must be updated yearly

MHOA / Applicants

Rental Applicants

1	Eleanor Smith	36	Kathleen Rains	1	Jamie Kenyon	36	Shannon Edwards
2	Myranda Andrews	37	Penelope Bower	2	Spilaya Miller	37	Tyler Auld
3	Jeff Johns	38	Tyler Auld	3	Aliyah Grover	38	Brandon Carrington
4	Jimmy Byrd III	39	Brandon Carrington	4	Kayla Strong	39	Alexie Moon
5	John Smith	40	Alexia Moon	5	Mathew Auld Plant	40	Chase Burfiend
6	Addison Emerson	41	Chase Burfiend	6	Devin Johns	41	Dakota Gamber
7	Jamie Kenyon	42	Hattie Peterson Williams	7	Joel Allen-Johns	42	Doreen Strong
8	Shannon Edwards	43	Tristin Johnson	8	Jimmy Byrd III	43	Hattie Peterson Williams
9	N. Spilyay Miller	44	Taylor Strong	9	Sashina Stephens Ware	44	Tristen Johnson
10	Aliyah Grover	45	Treyton Andrews	10	Stevia Smith	45	Taylor Strong
11	Kayla Strong	46	Rachel Smith	11	CarrieAnn Smith	46	Treyton Andrews
12	Mathew Auld Plant	47	Alex Wilbur	12	Alan Peterson	47	Rachel Smith
13	Devin Johns	48	Aaron Wilbur	13	William Pinkernell	48	Alex Wilbur
14	Joel Allen-Johns	49	Jesse Gouley	14	Christine Tinaza	49	Aaron Wilbur
15	Sashina Stephens Ware	50	Tyler Andrews	15	Kaylin Mendoza-Lopez	50	Jesse Gouley
16	Stevia Smith	51	Lashya Johns	16	Tricia Longshore	51	Tyler Andrews
17	CarrieAnn Smith	52		17	Eleanor Smith	52	Lashya Johns
18	Alan Peterson	53		18	John Smith	53	
19	William Pinkernell	54		19	Jeff Johns	54	
20	Christine Tinaza	55		20	Ocean Sparr	55	
21	Kaylin Mendoza-Lopez	56		21	Myranda Andrews	56	
22	Tricia Longshore	57		22	Addison Emerson	57	
23	Ocean Sparr	58		23	Beth Burfiend	58	
24	Beth Burfiend	59		24	Jonathan Dominguez	59	
25	Jonathan Dominguez	60		25	Daniel Perry	60	
26	Daniel Perry	61		26	Ben Peters	61	
27	Ben Peters	62		27	Jonathan Edwards	62	
28	Jonathan Edwards	63		28	Helen Tinaza	63	
29	Helen Tinaza	64		29	Kashia Brown	64	
30	Kasih Brown	65		30	Marti Peterson	65	
31	Marti Peterson	66		31	Willy Grover	66	
32	Willy Grover	67		32	Kim Cloud	67	
33	Kim Cloud	68		33	Tahnee Miller	68	
34	Tahnee Miller	69		34	Philip Peterson	69	
35	Philip Peterson	70		35	Penelope Bower	70	

Eligibility income at the time of admission shall not exceed the most recent amount established either by the Tribe or by HUD, but in any case, cannot exceed 80% of the Median Income. Income is defined by 24 CFR.

Skokomish Housing Dept's Home Exterior Replacement Project



Eligibility Requirements:

- Must be a Tribal Member,
- Must be 65 years old or older,
- Must have reasonable need,
- & Must own & reside in house.



There are various options including:

- Windows,
- Siding & Insulation,
- Roof Replacement & Insulation,
- Or all, if needed.



The housing dept. will choose the materials to make sure it is consistent in bulk pricing discounts & life longevity. **Funding is limited.**



To be considered, please send a note of interest to the housing dept. with your name, address, and the option needed (PH: 360-877-6748 & EMAIL: tkachman@skokomish.org)

Volunteer! Volunteer! Volunteer!

Skokomish Firefighters Are Needed

Skokomish,
Don't miss
out on this
opportunity!

Skokomish Indian Tribe
Workforce Development Program &
West Mason Fire

A new program for Skokomish tribal members and descendants to provide training and potential job opportunities. The tribal goal is to have graduates from this program be staffed to maintain the station on the Skokomish Tribal Property.

Program trainings

1. Training and certification to the level of Firefighter 1 and 2
2. Training and certification for Emergency Medical Technician
3. Training and certification for Wildland Firefighter



Sign-up at the Skokomish Tribal Center's front desk

Resolutions Approved by Tribal Council

JUNE 27TH, 2024, BY A TRIBAL COUNCIL PHONE POLL:

RESOLUTION NO. 2024-061: A Resolution Approving the Submission of a Grant Application to the Bureau of Indian Affairs (BIA) Timber, Fish and Wildlife (TFW) Supplemental Funds

RESOLUTION NO. 2024-062: A Resolution Approving the Submission of a Grant Application to the Centers for Disease Control and Prevention (CDC) a Cultural Approach to Health and Wellness in Indian Country

RESOLUTION NO. 2024-063: A Resolution Satisfying the US Dept. of Housing and Urban Development (HUD) Requirements Designating the Skokomish Housing Department as a Community-Based Development Organization (CBDO) to Administer Indian Community Development Block Grant New Construction Projects

RESOLUTION NO. 2024-064: A Resolution Approving a Grant Application to the US Department of Housing and Urban Development (HUD) for Preservation and Reinvestment Initiative for Community Enhancement (PRICE)

RESOLUTION NO. 2024-065: A Resolution Submission of an Office for Victims of Crime FY 2024 Invited to Apply Tribal Victim Services Set-Aside Formula Grant Program to Provide Continued and Enhanced Service for Victims of Crime

JULY 10TH, 2024, AT A TRIBAL COUNCIL PLANNING MEETING:

RESOLUTION NO. 2024-066: A Resolution Approving the Submission of a Grant Application to the National Fish and Wildlife Foundation – America the Beautiful Challenge 2024: Skokomish South Fork Phase 6 Restoration Project (River Mile 19.7 to 21.0)

RESOLUTION NO. 2024-067: A Resolution Appointing a Member to the Washington State Tribal Opioid and Fentanyl Response Task Force

RESOLUTION NO. 2024-068: A Resolution Approving the Submission of an Application to the U.S. Department of Health and Human Services (HHS), Community Services Block Grant (CSBG) with South Intertribal Planning Agency (SPIPA) as the Lead Applicant for FY2025

RESOLUTION NO. 2024-069: A Resolution Approving a Grant Application to the FY025, U.S. Department of Health and Human Services (USDHHS), Office of Community Services Low Income Energy Assistance Program (LIHEAP) with South Puget Intertribal Planning Agency as Lead Applicant

RESOLUTION NO. 2024-070: A Resolution Approving a Grant Application Submission of a Consortium Grant Application by SPIPA to the Washington State Department of Agriculture for Emergency Food Assistance Program (EFAP)

RESOLUTION NO. 2024-071: A Resolution Approving SPIPA's Submission of a Renewal Application to the USDA FY2025 Food Distribution Program on Indian Reservation (FDPIR) on Behalf of the Skokomish Indian Tribe

RESOLUTION NO. 2024-072: A Resolution Approving and Adopting the Skokomish Tribe's 2024 Annual Chinook Regulation F#24-08

RESOLUTION NO. 2024-073: A Resolution Approving and Adopting the Skokomish Tribe's 2024 Annual Coho Regulation F#24-09

RESOLUTION NO. 2024-074: A Resolution Approving and Adopting the Skokomish Tribe's 2024 Annual Chum Regulation F#24-10

RESOLUTION NO. 2024-075: A Resolution Approving a Grant Application to the U.S. Department of Housing and Urban Development (HUD) for Preservation and Reinvestment Initiative for Community Enhancement (PRICE)

RESOLUTION NO. 2024-076: A Resolution Approving the Submission of a Grant Application the U.S. Housing and Urban Development FY2024 Indian Community Development Block Grant (ICDBG) Program

RESOLUTION NO. 2024-053: A Resolution Appointing Christopher James to the Education Committee Pursuant to the Appointment Procedures Contained Within S.T.C. 1.06, the Skokomish Committee Standards Ordinance

RESOLUTION NO. 2024-054: A Resolution Appointing Kimberly Miller to the Education Committee Pursuant to the Appointment Procedures Contained Within S.T.C. 1.06, the Skokomish Committee Standards Ordinance

RESOLUTION NO. 2024-055: A Resolution Appointing Celeste Vigil to the Education Committee Pursuant to the Appointment Procedures Contained Within S.T.C. 1.06, the Skokomish Committee Standards Ordinance

RESOLUTION NO. 2024-056: A Resolution Appointing Leah Evenden to the Education Committee Pursuant to the Appointment Procedures Contained Within S.T.C. 1.06, the Skokomish Committee Standards Ordinance

RESOLUTION NO. 2024-057: A Resolution Appointing Tristan Johnson to the Education Committee Pursuant to the Appointment Procedures Contained Within S.T.C. 1.06, the Skokomish Committee Standards Ordinance

RESOLUTION NO. 2024-077: A Resolution Approving an Application for Funding from Southern Resident Killer Whale FY25 Program

RESOLUTION NO. 2024-078: A Resolution Approving Submission of a Proposal for Funding from 2024 BIA/NOAA Hatchery Facility Maintenance and Modernization Program Funds

JULY 24TH, 2024, AT A REGULAR TRIBAL COUNCIL MEETING:

RESOLUTION NO. 2024-079: A Resolution Approving the Submission of a Grant Application to the FY24 U.S. Environmental Protection Agency, Environmental, and Climate Justice Community Change Grant to Support the Skokomish Waterline Extension Project

RESOLUTION NO. 2024-080: A Resolution Approving Approval of Use of a Public Law 93-638 Contract with the Puyallup Tribe of Indians of Indian to Design and Construct the Portland Area Regional Specialty Referral Center

RESOLUTION NO. 2024-081: A Resolution Approving the Submission of a Grant Application to the FY24 Legal Foundation of Washington's (LFW) Native American & Tribal Communities Grant

RESOLUTION NO. 2024-082: A Resolution Approving the Skokomish Tribe's Application to the United States Department of Interior, Bureau of Indian Affairs for Tribal Justice Support Directorate

PUBLIC NOTICE

To: Michael Slama.

Regarding Skokomish Tribal Court Case number SKO-Ci-03/24-137 and filed legal document: Notice and Order Setting Show Cause Hearing, a legal proceeding that is currently scheduled to occur in the Skokomish Tribal Court at 10:15 a.m. on September 4, 2024.

As is permissible under Title 3.05 of the Skokomish Tribal Code, the Skokomish Indian Tribe has initiated this civil case against you by filing a Motion for Order of Exclusion, which urges the Skokomish Tribal Court: (1) to set a date and time for a Show Cause Hearing; (2) to issue a Summons requiring you to appear for that Show Cause Hearing; (3) to convene and conduct the Show Cause Hearing; and (4) at that Show Cause Hearing, to require you to “show cause” to the Court (not beyond a reasonable doubt, but by a preponderance of the evidence) by presenting evidence and/or argument indicating why the Tribe’s Motion for an Order of Exclusion should not be granted, thus permanently prohibiting you from entering and from remaining on the Skokomish Reservation. A copy of that Motion for Order of Exclusion (and the Exhibits attached thereto) will be available to you upon your written request directed to Toni Smith, Clerk of the Skokomish Tribal Court, 80 North Tribal Center Road, Skokomish Nation, WA 98584 - Telephone number 360-426-4740 / fax number 360-877-6672.

You are allowed to be represented by an attorney in this matter if you retain one at your own expense; neither the Court nor the Tribe will pay for an attorney to represent you. You may represent yourself in the case. You may subpoena witnesses to appear and testify on your behalf, as is authorized by Section 3.01.009 of the Code, and compel them to appear.

You are also allowed to, and you are encouraged to, file a written response to the Tribe’s Motion for an Order of Exclusion. To prepare and file such a response to the Tribe’s Motion for an Order of Exclusion, it would be helpful to you to obtain a copy of it. To obtain a copy of the Tribe’s Motion for an Order of Exclusion and to file a response, contact Toni Smith, Clerk of the Skokomish Tribal Court, as indicated above.

If you fail to appear for the Show Cause Hearing, the Judge may grant the requested Order of Exclusion.

Section 3.05.007(b)(1) of the Code requires the Tribe to serve this Notice and Order upon you either personally or by registered mail at least 10 days before the Hearing is scheduled to occur. HOWEVER, because you have proved to be unavailable for personal service and unavailable for service by registered mail, Skokomish Tribal Court Judge Richard Woodrow has authorized your being served by way of Publication, and this published Notice in the Skokomish Indian Nation Sounder constitutes such Publication.

Repeating for clarity: The Show Cause Hearing in this case has been scheduled to occur at 10:15 a.m. on September 4, 2024 in the Skokomish Tribal Court. If you fail to respond and appear, such failure will be at your own peril.



CAMPING

SKOKOMISH TRIBAL MEMBERS ONLY

NORTH CAMP

Open exclusively to Tribal Members.

OPEN DAILY | MAY 24 – SEPT 3

- TENT CAMPING SITES AVAILABLE
- RESERVATION IS REQUIRED:
 - CALL 360.877.2025
 - MUST BE AGE 18+ TO MAKE RESERVATION
- SITE NEEDS TO BE VACATED EACH MONDAY

The gate will be closed but not locked upon arrival. Please open to enter, and close upon entry to limit access from public.

Skokomish Tribal ID will be required for entry. Only Skokomish Tribal members (and the members of Tribal households) are permitted in Skokomish Park. **Limit one vehicle per Camping Site.**

Limit of six people per Camping Site.

Firearms, fireworks, and drugs are prohibited. Smoking allowed in designated areas only.

Visitor's with Skokomish Tribal members will be required to give their first and last names
Code Enforcement will receive a list of park visitors and occupants each day for safety reasons.



South Puget Intertribal Planning Agency

WIC Program August Dates



CHEHALIS	8/8/24
SQUAXIN ISLAND	8/13/24
NISQUALLY	8/14/24
SKOKOMISH	8/21/24




This Institution is an equal opportunity provider.
Washington State WIC Nutrition Program does not discriminate.

NOTE: These dates are future projections. While we strive to keep these dates and times, they may be subject to change.
This program is not always able to accommodate walk-ins due to their other duties.



South Puget Intertribal Planning Agency

USDA Foods Program August Dates

PT. GAMBLE S'KLALLAM	8/1/24
SQUAXIN ISLAND	8/6/24
SKOKOMISH	8/9/24
CHEHALIS	8/16/24
NISQUALLY	8/21/24




NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities.
If you're unable to make the date, please call and schedule an appointment with appropriate staff.
For USDA Food, call SPIPA at 360.426.3990
This institution is an equal opportunity provider.

Top 8 Lifestyle Changes On Mortality And Lifespan: Part 3

Hello again. This is the third installment of the series, "Top 8 lifestyle changes on mortality and lifespan". For review, the 1st lifestyle change you can make to increase your lifespan is "Positive Social Connections". This simple change decreases your mortality rate by 5%. The next change you can make is Restorative Sleep, which decreases your mortality rate by 18%.

I will be combining the third and fourth changes, since the third change is pretty self explanatory. The third lifestyle change is drinking alcohol in moderation. Only drinking alcohol in moderation can lower your risk of dying by 19%. Excessive drinking can lead to several types of cancer including breast cancer in women and bowel cancer in men. It decreases restorative sleep which decreases melatonin and causes DNA damage. Keep in mind that 1 bottle of wine is equivalent to smoking 11 cigarettes. What is drinking in moderation? It is the equivalent to drinking 5 oz of wine per day.

The fourth lifestyle change is eating a whole food healthy diet. A whole food, healthy diet lowered the risk of dying by 21%. The number one offender is Ultra Processed Food (UPF). UPF is engineered to behave as addictive substances. UPF is linked to be the leading cause of early death globally and number one cause of environmental destruction. UPF is any food with more than 5 ingredients or if the ingredient cannot be found in your kitchen. In a database of 50,000 foods sold in the United States, 73 percent were ultra-processed.

The top caloric causes of obesity in the United States are sugary soft drinks, doughnuts, and cake. Drinking one diet soda per day increases the chance for Alzheimer's by 300%. I have known for a while that the food industry is one of the top evils in the world, but didn't know how bad until I read the book, "Ultra Processed People". Foods like pies, fried chicken, pizza, butter, pastries, gravies, mayonnaise... began as real food, but became expensive, so ingredients are replaced with synthetic, cheap alternatives. Most cereals have more salt content than a lasagne, which helps them taste amazing. They are meant to be crunchy, then melt in your mouth so you can eat more. Those who are considered poor have twice the incidence of obesity and poor health due to cheaper UPF available.


Not because they necessarily eat more. Cancer and cardiovascular deaths increase with a diet of UPF. It is not the calories/nutrition that's the problem, it's the processing. There is so much more to talk about UPF and how it attacks our minds that I might write a separate article when this current series is over.

So, what happens to our bodies when we eat UPF's? We get inflamed!! We have two main fatty acids in our body. The fatty acids in your cell membrane are a reflection of the average fatty acids in your diet. Omega-6 fatty acids promote inflammation(PGE-3) leading to chronic curable diseases, such as; pain, arthritis, autoimmune disease, arterial disease, dementia and cancer. Omega-3 fatty acids are anti-inflammatory(PGE2) and come from wild salmon and other fish.


There should be a 2:1 up to 4:1 ratio between the Omega-6 and Omega-3 fatty acids (2 Omega-6 : 1 Omega-3). Average American has a ratio of 25:1. A ratio of 6:1 or higher will have or develop a chronic disease. PGE-3 (Inflammation) combines excess sugar to your DNA protein; therefore, your DNA cannot perform its job. When DNA cannot do its job, you age faster and you develop disc diseases, skin issues, neurodegenerative conditions and cancers. Your brain becomes "toast". Sources of Omega -6 fatty acids are in peanuts(peanut oil), sunflower oil, vegetable oil, corn, soy. All of these are found in our daily diet of foods we get in our grocery stores. Corn and soy are fed to our beef, pork and chickens. So what can we do?

When you can do your best to consume: Organic vegetables, pasture raised meat (chicken, beef, pork, eggs), limit fruit to 1 cup/day. Consume good fat; olive oil, avocado oil, coconut oil, nuts like walnuts and pecans(not peanuts!!). Eat salmon, herring and if you take supplements make sure they are of high quality. Unfortunately, not many of us can eat a perfect diet without UPF. It is expensive to eat healthy, but just do your best. I know there are community gardens here, maybe there can be a community farm. As a community, you can raise your own pasture-raised livestock (chicken, cows, pigs). Just a thought, but it would be awesome!

Dr. Scott




Camp Bishop 2024



Register Today!

Combined Youth & Family Camp

Sunday, August 11 to Thursday, August 15



SPIPA Workforce Development is honored to partner with the YMCA of Grays Harbor for this year's summer camp at Camp Bishop. Join us for work skills training, cultural activities, pathways to success, seeing our WEX youth at work, sleepover camp, games, arts, swimming, boating, great food, family, new friends and so much more!

- Open to all members of SPIPA Client Households and non-clients who qualify for services
- Youth 7-15 may attend without a guardian
- Transportation provided from SPIPA Offices
- Camp supplies provided
- All food & housing provided during Camp
- Learn new skills, connect with nature & family
- Enjoy fishing, canoeing, paddleboarding, yoga, ropes courses, games, arts & crafts, outdoor living and more!

Please call **253-250-0550** or email **cbear@spipa.org** or **atopai@spipa.org** for registration instructions.

If you have already RSVP'd, we will reach out soon to complete your registration



Need Diapers?

SPIPA is excited to be able to provide Diaper Distribution services to eligible Consortium Tribal Members

The Diaper Distribution on Reservations Project works with other SPIPA Programs to deliver diapering needs to eligible families with children age 0-18 residing in the SPIPA service area.



For more information
fill out this form today, or for questions, email DDOR@spipa.org



Form is available at:
spipa.org/family-and-community-resources/

Eligibility

- At least one household member is enrolled in a Federally Recognized Tribe, and
- Must meet income guidelines

If you qualify for:
Food Vouchers
LIHEAP/ Weatherization
USDA Foods
WIC
Workforce Development Programs

You are eligible to receive diaper distribution.

Remembering Our Loved Ones: International Overdose Awareness Day

On August 31st, we come together as a community and around the world to recognize International Overdose Awareness Day. This is a day to remember those we've lost, a day to acknowledge the ongoing crisis, and most importantly, a day to declare: **Together We Can...**"

Across the globe, countless families carry the weight of loss. Sons, daughters, mothers, fathers, aunts, uncles, cousins, friends, colleagues—all taken too soon by overdoses. We hold them in our hearts despite their absence leaving a hole in our communities, a constant reminder of the devastating impact of addiction.

Yet, in the face of this tragedy, there's a powerful word that unites us: **Together!** Addiction may isolate, but togetherness empowers us. Look around you, we are a community united by a common purpose: ending

overdose deaths. While the road ahead remains challenging, we can celebrate progress. Together, we're raising awareness, breaking down stigma, and expanding access to treatment and harm reduction programs. The tribe's MAT program is a great example of this progress, offering evidence-based treatment and Narcan training to empower our community to save lives. But our work isn't done. Our "Together" needs to be stronger, our efforts more comprehensive and here's how we can continue:

- **Support those who are struggling:** Use your voice, wisdom, and love to encourage those who are struggling with addiction. Let them know they are not alone.
- **Advocate for change:** Talk to your representatives, congressperson and demand better access to treatment and mental health services.

- **Educate yourself and others:** Fight stigma with knowledge and action. Learn about addiction and how to prevent overdoses.

Together, we can build a future where addiction doesn't define a person's destiny. Together, we can save lives. Together, we can create a reality where the number of overdose deaths steadily declines, replaced by stories of hope and recovery.

Let's honor those we've lost with renewed commitment. Their memory fuels our fight. Together, we can heal the wounds of addiction, one act of love, information, and support at a time. A brighter future, free from overdose, is within reach.

Here's what you can do in case of an overdose:


- Call 911 immediately.

- If available, administer naloxone (Narcan®) – a medication that can reverse an opioid overdose.
- Stay with the person until help arrives.

Here are some resources for help:

- Northwest Portland Indian Health Board: [Opioids | https://www.npaihb.org/opioid-old/NPAIHB](https://www.npaihb.org/opioid-old/NPAIHB)
- Crisis Line: 988
- For Native Lives: <https://fornativelives.org>
- Kirk Fowler at the Skokomish Wellness Center if you are looking to get into treatment.

You are not alone. Together, we are stronger.




SUICIDE PREVENTION Certification Course

Question Persuade Refer

Three steps anyone can learn to help prevent suicide

Ask a Question, save a Life?



We can all save lives

QPR is a 90 minute evidence-based training providing practical and proven suicide prevention strategies for work, school, at home and in your community.

What to Expect

Through lecture, videos and practice, you will be able to respond confidently to emergency situations. Skills and topics include:

- How Suicide is a Public Health Emergency
- Recognizing Risk Factors & Warning Signs of Suicide
- Understanding the Myths & Facts of Suicide
- Learning About Direct and Indirect Cues of Someone At Risk for Suicide
- Learn About the Behavioral Cues Related to Suicide
- Learn the Situational Cues Related to Suicide
- Question - Learn How to Ask About Suicide (and Learn How NOT to Ask About Suicide)
- Persuade - Learn How to Influence a Person to Seek Ongoing Help
- Refer - Learn How to Refer and Support a Person to Resources

SIGN UP TODAY!

QPR Suicide Prevention Certification Course




When: Wednesday, September 11, 2024



Time: 6pm-8pm

Where: Community Center Gathering Room

Sign up by calling Desiree at 360.426.5755 x2194

Thank you to our Sponsors:

Family Education & Support Services is an equal opportunity employer and service provider and does not discriminate.

July-August 2024
Vol. 24

SPIPA HEALTH AND WELLNESS PROGRAM UPDATES

PROGRAM YEAR END REVIEW!

Program Year July 2023-June 2024

The Health & Wellness Team would like to give thanks to all who supported us in another successful year!

NWWP

Breast

389 out of 475 breast services completed.

82%

Cervical

172 out of 187 cervical services completed.

92%

Total Services

85%

Goal for Breast Services: 475

- Chehalis: 82
- Nisqually: 106
- Shoalwater Bay: 120
- Skokomish: 5
- Squaxin Island: 76

Goal for Cervical Services: 187

- Chehalis: 54
- Nisqually: 38
- Shoalwater Bay: 32
- Skokomish: 14
- Squaxin Island: 34

Goal Total Services: 662

- Chehalis: 136
- Nisqually: 144
- Shoalwater Bay: 152
- Skokomish: 19
- Squaxin Island: 110

Total served: 561

CCCP

NEW ADVISORY COMMITTEE MEMBERS

8

ADVISORY COMMITTEE MEETINGS

5

NEW PARTNERS

1

UW MEDICINE

CANCER PLAN DEVELOPMENT


END DATE AUGUST 8, 2024

322

Total Community Wellness Surveys Completed

38

Total Community Events Attended



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Secondhand Fentanyl Exposure

Fentanyl is an opioid typically used for anesthesia and pain management. It is also sold illicitly outside of the clinical environment. Fentanyl is available as pills and powder and may also be found in other illicit drugs.

What is secondhand exposure?

Secondhand exposure to fentanyl refers to:

- Smoke exhaled by someone smoking fentanyl
- Secondhand smoke residue
- Pills or powder

It is extremely unlikely you will overdose by being near or helping someone who has used fentanyl. To date, there have been **no clinically confirmed cases** of first responders or law enforcement overdosing from inhaling, touching, or being in the vicinity of it.

When smoked, fentanyl absorbs quickly into the lungs. Exhaled air may have extremely low traces of fentanyl, but these disperse immediately in the air. Fentanyl does not absorb well through the skin so you are unlikely to experience overdose.

What to do if you think you have been exposed to fentanyl

- If you touch an unknown substance, **wash off the residue with soap and water.** (Hand sanitizer will not work.)
- **Do not touch your face**, especially your eyes, mouth, and nose until you have washed your hands.
- If you see powder or a crushed pill, do not touch it or attempt to remove it. Do not do anything that might cause powder to get into the air, such as open a window.
- If you need to handle an **unknown** substance or powder for clean up or an emergency scenario, wear nitrile gloves and an N95 mask.

If you see someone who might be experiencing an overdose, **it is safe to help them by calling 911 and administering naloxone and starting CPR.** Naloxone works to reverse opioid overdoses, including fentanyl overdoses and can be used in the case of a suspected overdose, even if you are not sure of the cause.

[Find naloxone](#)

[How to respond to an overdose](#)

DOH 971- 061 February 2024

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email doh.information@doh.wa.gov.

Quick Facts

- Second-hand exposure to any opioid, including fentanyl smoke, poses almost zero overdose risk.
- Fentanyl does not absorb well through skin.
- If you happen to touch powdered Fentanyl, avoid touching your face. Wash your hands with soap and water if you have touched any unknown powder.

BACK TO SCHOOL RESOURCES

WEDNESDAY AUGUST 21ST

2PM-6PM

AT THE SKOKOMISH COMMUNITY CENTER



LEGAL GUARDIAN MUST BE PRESENT TO SIGN FERPAS FOR BACK PACKS AND SCHOOL SUPPLIES



SKOKOMISH EDUCATION DEPARTMENT INVITES PARENTS AND LEGAL GUARDIANS TO GATHER INFORMATION REGARDING

- ATTENDANCE
- TUTORING SCHEDULES
- GRADUATION REQUIREMENTS
- SCHOOL CALENDARS
- SKYWARD ACCESS SUPPORT
- SCHOOL REPRESENTATIVES

RAFFLE ITEMS AND TO-GO MEAL PROVIDED

ANY QUESTIONS COMMENTS OR CONCERNS CONTACT KELLY NEELY

☎ 360-877-2460 ✉ kneely@skokomish.org

After A Root Canal, Time For A Crown!

Unfortunately, almost every week, we see patients at the Skokomish Dental Clinic with pain or infection associated with a tooth. Often the treatment that we recommend is called a root canal (endodontic therapy). After a root canal is completed the tooth won't hurt any more, but it is still in danger of being lost.

Root canal therapy cleans out the bacteria, damaged nerve tissue, arteries, and veins inside the infected tooth. After endodontic therapy, healing is usually rapid with significant relief from symptoms apparent within about 3 days. Complete healing can take up to several weeks.

After completion of root canal therapy, the tooth may be very weak. The normal forces associated with eating may cause the tooth to fracture. If the fracture extends into the center of the tooth or the roots, it can no longer be saved, and the tooth must be extracted. To reduce the risk of fracture and tooth loss, we almost always recommend that a crown be placed on a root canal treated tooth.

Crowns (or caps) are dental restorations that cover a tooth to restore it to normal size and function.

It takes two appointments for a crown to be placed. On the first visit, any cavity or temporary filling is replaced and the tooth is shaped to make room for the crown material, digital impressions are made that will be sent to the dental laboratory, and a temporary crown is made. On the second visit, the permanent crown is evaluated, adjusted, and cemented in place.

Most crowns should last at least between five and eight years. Crowns routinely last much longer with excellent home hygiene and care. However, patients that experience many cavities or grind their teeth may see their crowns fail much sooner. Most crowns fail due to new cavities or because the remaining healthy tooth under the crown is insufficient to support the crown and resist the forces generated while eating or grinding the teeth.

Sometimes patient don't return to the dental clinic after completing their root canal treatment. We often don't see them again until their root canal treated tooth breaks. Unfortunately, this may mean that the tooth must be extracted. If you've had root canal therapy, please make sure that you have a follow-up appointment in the clinic! Please contact the Skokomish Dental Clinic for an appointment or with any questions you may have about keeping your mouth healthy! (360) 426-5755



The Dangers of an Abusive Relationship and How to Spot the Signs at Home and in Public

Understanding Domestic Abuse

Domestic abuse, often referred to as domestic violence or intimate partner violence, encompasses a range of behaviors used by one person to gain power and control over another in a close relationship. These relationships may involve partners, spouses, family members, or individuals living together. The abuse can manifest in various forms, including physical, emotional, psychological, sexual and financial abuse.

1. **Physical Abuse:** This involves any form of physical harm, such as hitting, slapping, punching, kicking, or restraining a person against their will.
2. **Emotional/Verbal Abuse:** Emotional abuse aims to undermine a person's self-esteem, manipulate their emotions, or belittle them through insults, humiliations or constant criticism.
3. **Psychological Abuse:** this form of abuse involves manipulation, coercion, threats, intimidations, and controlling behaviors that instill fear and insecurity in the victim.
4. **Sexual Abuse:** This includes any unwanted sexual activity, coercion into sexual acts, or any form of sexual assault or harassment.
5. **Financial Abuse:** This form of

abuse involves controlling a person's finances, restricting their access to money, or using financial dependence to exert power and control.

The Dangers of an Abusive Relationship

Domestic abuse has severe and lasting consequences, not only for the victim but for society as a whole.

1. **Physical Consequences:** The immediate physical harm can range from bruises and cuts to life-threatening injuries or even death. Long term physical consequences can include chronic pain, disability, and a heightened risk of developing mental health issues.
2. **Emotional and Psychological Impact:** The emotional scars left by domestic abuse can persist long after the abuse ends. Victims often suffer from anxiety, depression, post-traumatic stress disorder (PTSD), and a diminished sense of self-worth and self-esteem.
3. **Impact on Children and Families:** Children witnessing domestic abuse may suffer lasting emotional trauma and developmental issues. This perpetuates a cycle of violence, where they may become either victims or perpetrators of abuse

in their own adult lives.

How to Spot the Signs of Domestic Abuse

1. **Physical Signs:** Unexplained injuries, frequent visits to the emergency room, or a pattern of injuries that don't align with the explanation given could be red flags.
2. **Emotional and Behavioral Signs:** sudden changes in behavior, withdrawal from social activities, fearfulness, depression, anxiety or notable change in self-esteem may indicate emotional abuse.
3. **Isolation:** An abuser may isolate the victim from friends, family, or support systems, making it challenging for the victim to seek help.
4. **Financial Control:** A victim experiencing financial abuse may have limited access to money, constant scrutiny of expenses, or difficulty making financial decisions.

What Can We Do?

To combat domestic abuse, individuals, communities, and governments must work collectively.

1. **Educate and Raise Awareness:** Educate yourself and others about the signs of domestic abuse and the

available support services. Raise awareness through campaigns, workshops, and social media.

2. **Support Victims:** Offer a non-judgmental and empathetic ear to victims, letting them know they are not alone, and that help is available. Encourage them to seek assistance from helplines, shelters, or support groups.
3. **Report Suspected Abuse:** If you suspect someone is a victim of abuse, report it to the appropriate authorities. Early intervention can save lives.
4. **Advocate for Policy Changes:** advocate for policies that prioritize the prevention of domestic abuse, support survivors, and hold perpetrators accountable.

Help is available 24 hours a day 7 days a week. Call or text the DV Advocate for Skokomish Tribe, Linda Charette 360-545-2303 (cell) or office number: 360-426-7788. You are not alone if you need help or just someone to talk to call. For emergency services call 911.

NEW ELDER BUS IS READY TO ROLL!



To Skokomish Elders and Community I have attained my commercial driver's license (CDL), which means that I can officially drive our *New Elders Bus*. Our first trip will be on Saturday, August 3rd to the Black River Blues, berry fields in Rochester. We have previously picked there for many years prior. The Chehalis Tribe has purchased the blueberry farm, so it is now under new management. If you are interested in attending the berry pick, please call (360) 426-7788 and sign up if you need a ride. We will be planning for elder

outings coming up in August and September. We will be scheduling an elder group meeting to get ideas of where to plan for a scheduled outing. On Saturday August 17th we are scheduled to have the Elders picnic, Chum Run and First Salmon Ceremony and Elk Ceremony at the Community Center. This year the Skokomish Elder program has the opportunity to coordinate the elders raffle at the picnic as a fundraising activity. We are asking for donations for the raffle with proceeds going to the Skokomish elders fund, this will provide an opportunity to raise money for the elders' program. We

will also be looking for our elders to help operate the raffle and donate their time as well if possible. Any donations can be dropped off at Tuwaduq Family Services and would be greatly appreciated. Any questions ask for Perry at 360-426-7788 or my cell phone (work) 1-360-968-3416.

*Sincerely Perry Carrington
Skokomish Elders Coordinator*

Thank you to Mason County Climate Justice Program Volunteer Staff



On Friday July 12, Tuwaduq Family Service program hosted a Pride pop-up event and a Fruit tree give away. We were blessed with a donation of 135 fruit trees and some berries and nut trees from Mason County Climate Justice program. We were contacted by a former employee, Julianne Gale, who asked if we were interested in a donation of fruit trees, that were provided by Raintree Nursery. The trees that they provided were bare root trees that were planted in individual growing bags and ready for TFS to take and give to the community to grow.

On Friday, July 12 we were so happy to see how many people in our community showed up wanting fruit trees to put back into our area that were taken down when new housing projects were developed. This will create a food source for us all to share. We were provided growing instructions to keep the trees watered daily to make sure they are well taken care of and that they would be ready to plant in the fall or early spring of next year. If you wanted additional information about the type of tree that you got, or how to care for the tree and if pollinators were needed you were provided with the website of raintreenursery.com to watch videos and get more information. A second delivery of trees on July 22, was delivered to the reservation, with some being dropped off with housing to help do some landscaping and adding trees back to the New Rez. area for those preparing to move in up there. At TFS were provided 100 additional trees that will be given out to those



that missed out on the tree give away the first go round. The Skokomish Community would sincerely like to thank MCCJ program for such a meaningful gift to us all. (Food). Thank you to all the members of the community that came and picked up trees and making the commitment to help with this important project and to help with climate change as well. We appreciate what you are doing for our community and our children. The trees will have stories to tell, like the ones we remember, picking the fruit down at Nalleys' and plum trees down River Road and the King apples from Uncle Berts, all the different cherries and hazelnut trees. So many fruit trees and berries fed us all. Thank you.

2024 Cancer Awareness
Inter-Tribal Paddle for the Battle

Calling All Captains, Pullers and Volunteers!
August 18, 2024
Potlatch State Park
Launch Ceremony time is 7:30 am.
Landing Ceremony time is Noon.
Feast and festivities following Landing Ceremony.
Bring your drums, songs, dances and honoring stories.

honoring all
Cancer Champions



Join us for cancer education, support and honoring in a way that preserves the culture, tradition, language and lives of Native Americans.

Tschudub (medicine)

Nutrition Tips: Healthier Cooking Tips

Title VI Nutrition Programs are required to serve healthy meals to support the health of your elders and reduce diet-related chronic diseases. This means serving foods that are low in saturated fat, sodium, and added sugar, which doesn't always align with the taste preferences of the elders who attend the meal program. This nutrition tip provides five helpful and discreet ideas for reducing fat, sodium, and sugar without your elders noticing a difference:

1. Skim fat off the top of soups, stews, and stocks. If you make these ahead of time, refrigerate them and skim the hardened fat off the top.
2. Use less fat when greasing a pan using a cooking spray, silicone baking mat, or parchment paper instead of butter or lard.
3. Pre-made stocks can be high in sodium. Make your stocks from scratch using minimal salt or use a low-sodium commercial base.

4. Try to get low-sodium canned foods. If you aren't able to do that, drain and rinse canned foods that are high in salt.
5. Reducing the amount of sugar and salt in recipes. You can reduce the amount of salt by up to 25% without it being noticeable. The amount of sugar you can cut back depends on the recipe, but you might be able to reduce sugar by up to a third without it being noticeable. Serving food warm will help make the reduced sugar less noticeable.

Encourage your Title VI participants to make healthy eating choices at home as well by providing reliable nutrition information. The best part is that this also counts as nutrition education! To help you get started, you can check out these resources: "[Healthy Eating Tips](#)" by CDC, "[Food Swaps Rack Card](#)" by IA2, or "[Healthy Eating on a Budget](#)" by IHS.

AUGUST PROMOTIONS YOU DON'T WANT TO MISS



CLUB LUCKY MULTIPLIER EVERY TUESDAY IN AUGUST 10AM – 6PM

Based on your Club Lucky level, receive an **EXCLUSIVE** multiplier.



WEARABLE WEDNESDAYS EVERY WEDNESDAY IN AUGUST 10AM – 8PM

Earn 50 Base Points.
Get a **FREE** Wearable.



ROAD TRIP ESSENTIALS SELECT THURSDAYS IN AUGUST | 2PM – 8PM

Earn 200 Points to receive a **FREE** gift.

200 Points must be earned on each date listed below.

THURSDAY, AUGUST 8:
31-Piece Emergency Kit

THURSDAY, AUGUST 15:
USB Rechargeable Vacuum

THURSDAY, AUGUST 22:
\$23 Fuel Reward

THURSDAY, AUGUST 29:
Portable Mini Fridge
(Hot or Cold)



ROAD TRIPPIN' EVERY SATURDAY IN AUGUST 6PM – 9PM

Play the Road Trippin' game and get a chance to win up to **\$2,500**.

Pick your destination, reveal your bonus spins and find out how much you win.

Drawings every 30 minutes. **SEVEN** winners each night.

One **FREE** Entry Daily.

Additional entries for every 50 base Lucky Points earned.



PICK A CAR SATURDAY, AUGUST 17 10AM – 4PM

Play the **PICK A CAR** game to reveal your prize.

All Club Lucky members receive one **FREE** gameplay.

See how much your Pick reveals.

The top award is \$1,000 CASH.



CELEBRATE LDC TURNING 23 FRIDAY, AUGUST 23 2PM – 3PM

Enjoy this Birthday Bonus Multiplier.

Receive **23X Lucky Points** for **ONE** hour only.

For every \$5 in Coin-in, receive 23 Points.

Yesteryear Car Club & Lucky Dog Casino

CAR SHOW

All Makes and Models are Welcome!



Cars • Trucks • Motorcycles
Vintage Travel Trailers

SATURDAY, AUGUST 17 | 7AM – 4PM

Enjoy Raffles, Prizes, Food and Music at this Family Fun Event.

Free Admission, \$20 Registration Fee

All Proceeds go to Local Charities.

19330 US-101, Skokomish, WA 98584 | myluckydogcasino.com | (360) 877-5656

TRIBAL MEMBERS WITH BIRTHDAYS IN AUGUST

<u>1st</u> Shirley Cameron Tra-Shawndra Henry Christine Tinaza	<u>8th</u> Elizabeth Ghramm	<u>13th</u> Judy Delreal	<u>19th</u> Charles Henry Lea Miller	<u>23rd</u> Steven James Charles Miller Jessica Miller Bella Peterson	<u>30th</u> Bessie Blacketer Luhreaya Kenyon
<u>2nd</u> Michael Dominguez Aerial Strong	<u>9th</u> Duane Edwards Nichole Green Patrick A. LaClair Nathan Roush Joseph C. Pavel Kathleen Miller	<u>14th</u> Carol Johns Conner Blue Bird Octavia Johns	<u>20th</u> Shilo Peterson Colton Twiddy	<u>24th</u> Lisa Carrington Serena Gouley Brett Peterson Chinook Sparr	<u>31st</u> Angel Bean Corbett Gamber Laila Longshore Roberta Pulsifer Willie Grover
<u>3rd</u> Viola Rouse	<u>10th</u> Pete Peterson Jr. Andrew Tinaza III	<u>16th</u> Dakota Gamber Christopher James	<u>21st</u> Doug LaClair Jr. Marie LaClair Avery Wilbur	<u>25th</u> Lucy James	
<u>6th</u> Debra Johns Ralph Pulsifer Shelby Tinaza Mystique Hurtado	<u>11th</u> Roger Pulsifer Chevy Thomas, Jr Ellen Martin Alan Peterson	<u>17th</u> Tyler Auld Amanda Grover Aurora Gouley	<u>22nd</u> Wesley Perry John Strong Sr. Leah Evernden	<u>26th</u> Mykah Longshore	
<u>7th</u> Tanya Lewis Willinda Johnson		<u>18th</u> Aliyah Grover Gary James Christian Pulsifer Drevyn Hainline		<u>28</u> Hattie Williams Abel Elguero James Kenyon	

In Loving Memory of



Paul W. Peterson Jr.
"SON-DAWGG"
July 21, 1987 - June 25, 2024

Candlelight Service was held on
Friday, July 12, 7pm
Skokomish Tschudub
Shaker Church

Funeral Services were held on
Saturday, July 13, 12pm
Skokomish Community Center

LAST RIDE Around the Rez

Dinner was held at the
Skokomish Community Center

SHINE LIKE THE SUN

*We all knew him as Son,
It fit him so well.
Someone we all looked up to &
brought warmth to anyone he came
in contact with.
An Amazing father who
took his nieces in and
treated em like his own daughters.
Someone that everyone was kool
with, easy to talk n chill with,
a son, brother, nephew, cousin,
unk, friend to so many.
When it came to love he had plenty
to give, He was considerate
- caring and giving. He
left us with a lot of good times to
reminisce about.
On 7-21-1987 Son was set here
on earth for us, everyday he gave
us his best & love as called home
by GOD on 06-25-2024 to rise one
more time to the heavens above
where he will forever shine. When
you're ever feeling low & miss that
guy just lookup to the sky & find
the sunshine*

**COMMUNITY MEMBERS
NEEDED**

WELLBRIETY COMMITTEE

**We need help with
Planning the annual
Wellbriety Dinner**

**Interested?
Call
360.426.5755
Daylen x2144
Kirk x2196
Desiree x2194**



Rez Photo of the Month



Can you name the people in this photo?
Please turn to page 3 for the answer. Good Luck!

Skokomish Indian Tribe
 80 N Tribal Center Road
 SROR, WA 98584
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Rez Sudoku Puzzle of the Month

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