

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

Skokomish Indian Nation

THE

SOUNDER

October 2024

p3dsyaQWusab
"Sun Turns Face Around"

OUR LIVING TREASURES

Guess whose name is still on the board, at Shelton High School, for the longest javelin toss in school history? Fred Miller graduated in 1974 and his name has been on the board for 50 years now. LaDean Johnson said that her son, William Pickernell came within an inch of Fred Miller's record, but he could never throw it as far as Fred. That's quite an accomplishment for the fellow who placed 4th at the State Track and Field Championships in 1974. He also quarterbacked the Shelton High Climbers football team and took them to the State playoffs in 1973. Besides track and football Fred also played basketball at Shelton High School. Sports were always a way to compete and have fun with his friends. After high school Fred continued to play basketball with his friends and go to various Native tournaments here in the local area and around the Olympic Peninsula. They'd play in tourneys in Puyallup, Chehalis, Nisqually, Muckleshoot, Squaxin Island, Little Boston, Tahola and Makah, to name a few. One time, in the Winter of '85, he was traveling back from Makah with Steve Johns, Jr., Debbie Johns who was pregnant at the time, and their kids. Fred was riding in the passenger seat and Steve was driving. All of a sudden, they were hit by a log truck and it was a terrible accident. Steve Johns, Jr. was killed on impact, Fred suffered broken ribs, his hip and shoulder popped out of place and he was transported to Harborview Hospital, in Seattle. Debbie and the kids were injured as well, but Debbie and Steve's baby boy survived, thank God. Fred remembers walking down a trail, with Steve, and they heard drums and singing in the distance. He wanted to hurry to see who was in that camp as it sounded like they were having a powwow, or a celebration of some kind. But Steve said "no, that Fred must go back and check on Debbie and the kids." He reluctantly did as Steve told him, then he saw Steve go ahead towards the



camp. Fred says that he's not afraid to die because he knows what it will be like. He still played basketball with Rod Gouley, Mike Carrington, Chuck Longshore, Robert and Guy Miller. But it was never the same after that incident. He and Steve were very close friends. He said that "survivor's guilt" haunts him to this day. Growing up at Skokomish in the 1960's was quiet as there weren't a lot of other kids and people who lived there then. He remembers cutting wood for their fireplace, as well as for his Grandma Georgie Miller and Grandpa Fred Miller and his aunts and uncles who lived nearby. He also cut hay every year also. Big John Miller and Peggy taught their kids the meaning of working hard and doing a good job. In his free time he loved going down to the Skokomish River with his brothers Delbert, Louie, Archie and their sister Cheri. There were always fruit trees with pears and apples that they could eat, as well as blackberries, thimble berries and salmon berries. Of course they could have lots off clams, oysters and salmon too. This has always been home and who would want to leave it when everything that you needed was

here?

Fred attended Hoodsport Elementary School, Lower Skokomish Valley school, Hood Canal School when it opened and of course Shelton High School. After graduating Fred's father had him take out a loan and buy his work clothes so he could go to work for Simpson Timber Co. up at Camp Grisdale, where he first learned to watch for fires. Later on he started out as a choker setter and he worked there for a few years. Fred then changed jobs and went to work for Certified Manufacturing, near Shelton Airport. He learned to burr hand props for the military, and he also was a drill setter for the next couple of years. This was after the Boldt Decision, so he did fish during the salmon season for a few years.

Fred married Elena Miller, in 1976, at the Skokomish Shaker Church and his Uncle Steve Johns, Sr. officiated. They raised their daughters, Denise and Jessica, as well as their son, Shane, right here at Skokomish. Fred served on the Skokomish Tribal Council for four years, the Hosing Committee for 8 years, and the Hunting Committee for over 20 years. He taught himself to

hunt and a deer was his first kill. He still goes out hunting with his sister, Cheri, and his son Shane. It's always fun to head up into the woods and spend time with family while they look for deer and elk. Fred doesn't ever remember traveling very far from home except for a couple of work trips to Washington, D.C. while he served on Tribal Council. All of the work experience that Fred has accumulated prepared him to start working for the Skokomish Tribe, in 1994, along side Kenny Pulsifer who was in charge of maintenance and grounds keeping. He found that working here at home was what he'd always been looking for. Fixing problems in the various tribal buildings, changing light bulbs, patching walls, and lots of grounds keeping chores always kept him busy. He learned to be a good repairman when things broke down and he had to take them apart, diagnose the problem, and figure out what parts he needed to get things going again. He's seen the tribal buildings grow over the years and the addition of the Community Center, in 2017, really changed things for young ones who could play basketball in a beautiful new array of courts, work out rooms for everyone to use to keep in shape, and large meeting spaces for all kinds of tribal meetings. After 27 years of working for his Tribe Fred retired and now, he can enjoy the good life. Time with Elena, who also retired, and his kids and grandchildren. He remembers the good times growing up here, going down to Al Jensen's Barber Shop, which also had a gas station and little convenience store, with a juke box. There was also Honey and Bennett Cooper's little hamburger shop. He misses the "Skok" burger that you could order at the Purdy Canyon diner. Then there was his Uncle Ed "Pix" Miller's diner where he also sold fireworks and cigarettes. Fred says that those were the good ol' days.

By Tony Herrera

NEWS FROM THE LAND OF LITTLES

Serving Up Smiles

- Serve smaller portions. Kids might get overwhelmed, especially when trying new foods. Small, bite-sized pieces are key!
- Be creative by giving food silly names or cutting things into fun shapes.
- Make sure diets are high in fruits and vegetables. Use mini cookie cutters to make fun shapes.



- Let children help by putting them to work in the kitchen. Meal planning and measuring are excellent activities.
- Encourage kids to take adventure bits with new foods they may hesitate to try.
- Encourage children to only eat



until they are full. "Cleaning the plate" can often promote overeating.

- Pair new foods with familiar foods.
- A good guideline is half the plate should be fruits and vegetables, a quarter lean protein, and a quarter 100% whole grain items.
- Top healthy foods for kids include eggs, dairy, oatmeal, blueberries, nuts, fish, and everything green!

Head Start Forms

Please return all Well-Child, Dental, and ASQ forms as soon as possible to Loretta LaClair or Austin Randall.

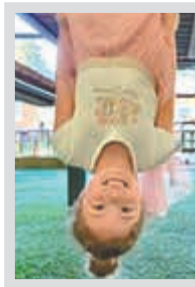


Transportation Update

We have exciting news! We're getting a brand new bus in October. We'll be able to get everyone on field trips at the same time. Even better, Teacher Lucille went to driving school and is now a certified bus driver along with Teacher Dawn. Congratulations, Lucille Austin!



Monthly Spotlight



As you can see, Miss Eu'Laylia is a ball of fun! She loves her sparkly boots, twirly dresses, and her friends. Eu'Laylia is kind, very creative, and so full of pure sunshine!

Mr. Urijah has recently learned to walk. He toddles all over the classroom! Teacher Shannon keeps the beat when he sings for us. He's a happy, happy kiddo.

Who Could This Be?



This little angel went to school at the ECE. She's now a teacher with us. She's kind, loving, and extremely hardworking. You can find her at the building first thing in the morning. Do you know who she is? *Answer Next Month!*

Hello Child Care Toddler families!

This year, we are proud to be introducing an early learning curriculum to better support your toddler's education while in our care. The Creative Curriculum® for Infants, Toddlers & Twos by Teaching Strategies is a study based educational program whose philosophy is that young children learn best by doing. The curriculum is based on theories of child development that emphasize the importance of active exploration and the environment in learning.

The Creative Curriculum's principles include:

Play: Play is the foundation for academic learning and is essential for children to learn how things work.

Positive relationships: Positive interactions with adults are important for successful learning.

Social-emotional development: Children need to learn social skills like independence, self-confidence, and self-control to feel comfortable in school.

Teacher-family partnerships: Partnerships between teachers and families promote learning and development.

Physical environment: The physical environment affects the quality of learning interactions.

With The Creative Curriculum®, we will continue to...

1. Build trusting relationships through responsive, individualized care.

We will work to make sure every child feels safe, happy, and healthy.

2. Create environments that support and encourage exploration.

We will offer experiences, toys, and equipment that support development and learning.

3. Build on children's at-home routines.

We will nurture development through caring and consistent routines (hellos and good-byes, diapering and toileting, eating and mealtimes, sleeping and nap time, and getting dressed).

4. Pay attention to each child's strengths, needs, and interests.

We will make sure each child is gently and safely encouraged to meet important objectives.

5. Offer many ways for families to be involved.

We want every child's family to feel welcomed and valued.

6. Celebrate children's learning. We will honor the joy of growing up and being able to do new things.

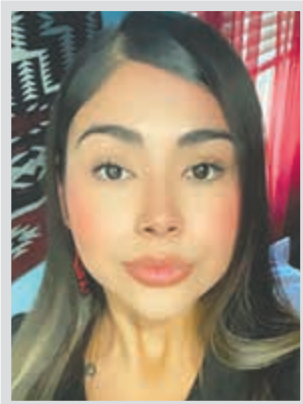
We will continue to share important information with you about your children's development and learning. Meanwhile, you can learn much more about The Creative Curriculum® for Infants, Toddlers & Twos and its many important tools and resources by visiting teachingstrategies.com/solution/infants-toddlers-twos.

We look forward to learning and growing together this year!

Austin B. Randall
Skokomish ECE Manager

Education News

Secondary Tutors



Kaylean Mendoza
Shelton High School



Hattie Peterson-Williams
Shelton High School



Diva Roberts
CHOICE/Cedar

Congratulations Delbert Miller!

ECOTRUST ANNOUNCES 2024 INDIGENOUS LEADERSHIP AWARD RECIPIENTS

Group of six leaders will be honored at a ceremony on October 16

Portland, Ore. – September 4, 2024 – Ecotrust is pleased to announce the recipients of the 2024 Indigenous Leadership Awards. The group of six leaders who will be honored are Theresa Sheldon, Tulalip; sm3tcoom (Delbert Miller), Skokomish; SandeBea Allman, Oglala Lakota and Niimiipuu; Darrell Hillaire, Lummi; Corinne Sams, Umatilla; and Delano Saluskin, Yakama.

Since 2001, the Ecotrust Indigenous Leadership Awards have recognized nearly 80 outstanding Indigenous leaders for their unwavering dedication to strengthen self-determination and uplift the environmental, cultural, economic, and social conditions of their communities and homelands. Initially funded through a private endowment established in 2000 and with continued philanthropic support, the Awards have recognized the work of Indigenous leaders throughout northern California, Oregon, Washington, British Columbia, and southeast Alaska.

This year's Awardees will be celebrated on Wednesday, October 16, 2024, in the Main Hall of the Redd on Salmon Street, Ecotrust's regional food hub and event space, at 831 SE Salmon Street, Portland, OR 97214. More information about the 2024 Indigenous Leadership Awards ceremony is available at ecotrust.org/2024-indigenous-leadership-awards.

The 2024 Indigenous Leadership Award Recipients SandeBea Allman, Oglala Lakota and Niimiipuu Chief Community Engagement and Development Officer, Native American Rehabilitation Association President of the Bow and Arrow Culture Club In honor of her decades-long role as guide, convener, and cultural ambassador for the Portland Urban Indian community

Darrell Hillaire, Lummi
Educator and storyteller, founder of Children of the Setting Sun Productions Former chairman of the Lummi Nation In celebration of his leadership in enhancing opportunities for Native education in the Northwest and

ongoing commitment to sharing the stories of Native peoples

sm3tcoom (Delbert Miller), Skok

Founder and visionary of the Skabob House, singer, carver, drummer and culture keeper For his lifelong dedication to the cultural, physical, and spiritual healing of Indigenous peoples through art, song, language, and education

Delano Saluskin, Yakama

Former Yakama Nation Tribal Chairman In recognition of his stellar leadership in building agency, safety, and economic sovereignty for the Yakama Nation while protecting lands and waters and ensuring cultural continuity

Corinne Sams, Umatilla

Confederated Tribes of the Umatilla Indian Reservation Board of Trustees For her steadfast advocacy for and commitment to the preservation of cultural connections between the peoples of the Umatilla and salmon

Theresa Sheldon, Tulalip

Tulalip Tribes Board of Director Former Director of Policy and Advocacy, National Native American Boarding School Healing Coalition In recognition for her commitment to protecting the Tulalip Tribes' sovereignty and her work to bring justice and healing to Native peoples nationwide

About the Indigenous Leadership Awards

The Indigenous Leadership Awards are a celebration of the determination, wisdom, and continuum of Indigenous leadership across our region. Since its founding in 2001, nearly 80 exceptional Indigenous leaders have been recognized. These individuals are some of the most distinguished community leaders in the Pacific Northwest, representing a diverse spectrum of Indigenous cultures, languages, communities, and professions. They are negotiators, culture bearers, environmentalists, educators, advocates, scientists, knowledge holders, linguists, farmers, artists, resisters, and catalysts for change. All are united in their drive to protect and uplift tribal communities. For more information about the Indigenous Leadership Awards and past recipients, visit ecotrust.org/indigenous-leadership-awards.



SKOKOMISH EDUCATION
2024-2025 SCHOOL YEAR

Meet the Tutors



FOR SKOKOMISH STUDENTS

in Hood Canal School



HELEN TINAZA
KINDERGARTEN-8TH GRADE
(360)358-1982
htinaza@skokomish.org



LEAH ANDREWS
KINDERGARTEN-8TH GRADE
(360)463-9151
landrews@skokomish.org

- During and After School Tutoring
- Individualized Educational Goals
- Scheduled Student Check-Ins

- Student/Family Advocates
- Monitor Grades and Attendance
- IEP/504 Supports

MORE INFORMATION →

KELLY NEELY (360)877-9007
kneely@skokomish.org



Understanding the Difference between an IEP and a 504

An Individualized Education Program (IEP) is a written document that outlines the special education services a student with a disability will receive in school. IEPs are developed for each student and are based on their unique needs.

IEPs are created by a team that includes the student, their parents, teachers, and other school staff. The team works together to design an educational program that will help the student succeed in school. IEPs are reviewed and revised in accordance with state and federal laws.

IEPs include the following information:

The amount of time the student will spend receiving special education
Any related services the student will receive

Academic and behavioral goals and expectations for the year

IEPs are a cornerstone of quality education for children with disabilities. They help ensure that students with disabilities receive specialized instruction and related services to help them progress in the general curriculum.

Section 504 of the Rehabilitation Act of 1973, commonly called "Section 504," is a federal law that protects

students from discrimination based on disability. This law applies to all programs and activities that receive funding from the federal government—including Washington public schools.

What is the difference between a 504 and IEP?

There are significant differences between a 504 Plan and an Individualized Education Program (IEP). A 504 Plan is developed for students who have a disability, that do not require special education services. An IEP provides a program specialized instruction and supports to access and progress in the curriculum.

Section 504 requires recipients to provide to students with disabilities appropriate educational services designed to meet the individual needs of such students to the same extent as the needs of students without disabilities are met. An appropriate education for a student with a disability under the Section 504 regulations could consist of education in regular classrooms, education in regular classes with supplementary services, and/or special education and related services.



Future Pathways in CTE, STEM, and STEAM September 2024-#17

Welcome to Future Pathways
It's back to school time for many families in our region. This issue contains two articles for students attending college, especially for the first time. There are announcements about two exciting events, a Construction Try-A-Trade gathering for high school students coming up next month in Elma, and the State Science Fair for students in grades 1-12. There is an informative article about how to use SMART Goals and an announcement for a fun exhibition about kid's art at the Museum of Glass in Tacoma. Have a great school year everyone!

Construction Try-A-Trade Event - October 3rd
The Capital STEM Alliance is sponsoring a Try-A-Trade event at the Satsop Business Park in Elma on October 3rd. High school students from around the region will participate in hands-on job site activities with representatives of from 17 construction trade unions who will provide tools, vehicles, and demonstrations from their respective fields. It's a wonderful opportunity to explore career pathways and discover CTE training programs and apprenticeships. Follow the link to the event flyer and registration information. [Link: https://bit.ly/3zk0JAA](https://bit.ly/3zk0JAA)

68th Annual WA State Science and Engineering Fair
The 68th Washington State Science and Engineering Fair will be held next March 28th and 29th at Bremerton High School. The fair is open to all public, tribal, private, and home-schooled students, grades 1-12. Over 25 scholarships will be awarded to winning entries from colleges, universities, and science organizations. Grades 9-12 can choose from 22 science and STEM categories such as robotics, environmental science, and sustainable energy. Check the website for info on registration, and other helpful resources. [Link: https://wssef.org/](https://wssef.org/)

College 101 – Tips and Strategies for Freshmen
Here is a video made by a recent graduate from Pepperdine University. It's full of helpful suggestions for incoming college freshman and packed with tips and strategies for getting the most out of your new college experience. Topics include scheduling classes for success, saving money on textbooks, and using a spreadsheet to keep track of assignments and tests. I wish I had seen this at the beginning of my freshman year! [Link: https://bit.ly/4en2Mc2](https://bit.ly/4en2Mc2)

Packing for College: Helpful Tips and More!
Here is a helpful article for anyone heading to college soon, especially first-timers. It contains helpful tips on packing and room organization, and some excellent suggestions from recent graduates about what they wish they knew when they first arrived at school. The writer graduated from college recently, so the information is fresh and relevant. Have a great school year! [Link: https://bit.ly/3XFYVBC](https://bit.ly/3XFYVBC)

Set Your Course with SMART Goals
For students, especially those new to college workloads, the use of SMART goals can be an effective tool for achieving and maintaining success in the classroom. A SMART goal has five key components: it is specific, measurable, attainable, relevant, and time-based. Here is an excellent guide on how to create and use SMART goals from AISES (American Indian Science and Engineering Society) that includes an instructive, printable graphic. Developing the habit of using SMART goals can guide your path to graduation and beyond. Dream big, set SMART goals and make your plans come true. [Link: https://bit.ly/3TwQcz5](https://bit.ly/3TwQcz5)

STEM, STEAM, and STREAM in Education
STEM was developed in the 1990's to boost the performance of American students in the fields of Science, Technology, Engineering, and Math. With the inclusion of the Arts a few years ago, STEM became STEAM. This concept has evolved again by adding Reading and Writing to the equation, and the new acronym is called STREAM. STREAM provides students with a unique opportunity to apply what they learn in real-world settings and help cultivate the critical thinking, problem-solving, and creative skills that are so essential in today's rapidly changing world. Here's an informative article about the benefits of STREAM. [Link: https://bit.ly/4eo9U8k](https://bit.ly/4eo9U8k)

Kids Design Glass Exhibit Now Open
The Museum of Glass in Tacoma is celebrating the 20th anniversary of their popular "Kids Design Glass" program with a delightful new exhibit that opened on July 24th. The exhibition highlights a selection of kid-designed glass creations produced by the professional glass team at the MOG. The designs are often whimsical and really fun. The "Kids Design Glass" program is open to children 12 and under and the submission form can be found in the article. [Link: https://bit.ly/4eo9U8k](https://bit.ly/4eo9U8k)

Thank You For Reading Future Pathways!
For assistance and information about CTE, STEM and STEAM, please contact James Wark, SPIPA CTE and STEM Navigator at jwark@spipaorg

SKOKOMISH ELDERS DO THE PUYALLUP!

Perry Carrington loaded up the new Elder's Bus with sixteen of our elder's and drove them to the Puyallup Fair, on Wednesday September 18th. Then there were another twenty-one tribal elder's who drove and met Perry there. For most of the group this was their first time on the bus and their comments were very complimentary about the new bus. The seats are very comfortable and the ride is smooth. Perry was happy with this reaction and that everyone had a good time. Once he arrived at the fair grounds, he passed out the elders' stipends and watched everyone go off towards all corners of the fair to see whatever they wanted to experience. From about ten thirty in the morning until three in the afternoon they were on their own. Perry helped take Louie Miller around and they enjoyed the food, checking out the various vendors and entertainers that were positioned throughout the whole grounds to fascinate and entertain the crowds.



Thankfully, the weather cooperated, and it was a warm afternoon while we were there. Some of the elders brought their children and grandchildren to join them for the day. Wandering around

the grounds I kept running into Fred and Elena Miller, Mary Hernandez, Bill Smith, Perry and Louie Miller, Robert "Pug" Allen, Peggy Johnson, Wendy Johnson, LaDean Johnson and a few

others. Each had stories of what they had done, what they ate and how prices were higher for everything. Sadly, this seems to be a familiar topic every year. It was Native American Appreciation Day and we watched the Puyallup and Muckleshoot youth perform the dancing and singing of tribal songs for large crowds of on lookers. At three o'clock all of the tribal elders who rode the bus over gathered in the parking lot and then boarded the new elder's bus to go home again. Some had bags with a myriad of merchandise that they had bought, others had bags of scones that they were taking home for the families to enjoy, and all were different variations of tired and ready to have Perry take them home again. Another successful Elder's Fair Day was in the books.

By Tony Herrera



FAMILY LANGUAGE NIGHT

This past August 28th we held the first Family Language Night at the Skokomish Community Center. The purpose of this effort is to introduce the tuwaduq language in a setting with a large cross-section of community members. This will be a recurring session, scheduled for the fourth Wednesday of each month. There will be different activities each month to make it a fun learning experience for all ages. This inaugural night was focused on a bingo game but with a twist. Instead of the usual seventy-five numbers placed under the corresponding B-I-N-G-O rows, a tuwaduq game card was developed. This card had squares with pictures of various tuwaduq words and the spelling of each word. Bingo style game balls were pulled and called out. Language staff walked around and helped the players find the words on their cards and



each game concluded when someone covered five tuwaduq words, in a row, and then when the bingo was verified, the player got to choose from various

prizes that were available. There were prizes that were for adults as well as some for young people. During the bingo game we would repeat the words

and ask everyone to say it back. This builds familiarity with our language, on a word-by-word basis, and the visual helps to develop the memory process. It was great to see how the adults were helping their young ones to identify the words on their cards and working towards a bingo.

We had about 70 people, young and old, attend this initial Family Language Night. Ages varied from 2- and three-year-olds all the way up to elders. Dinner was provided and will be at each subsequent event. So please mark the fourth Wednesday of each month on your calendar and make plans to come and join in on the fun of fun activities during which you will learn the tuwaduq language.

And don't worry, we will have more tuwaduq bingo games in the future.

By Tony Herrera

Housing List as of October 1, 2024


Applications must be updated yearly

MHOA / Applicants

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

Rental Applicants

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



Weatherization Program Phase 2

Skokomish Housing will now be accepting applications from Skokomish Elders aged 55 years and above.

- Roof and Gutter repairs, replacement
- Insulation evaluation and replacement
- Siding repair, replacement
- Exterior Painting
- Energy Efficient Windows and Exterior Doors

Eligibility Requirements:

- Must be a Skokomish Tribal Member
 - Must be 55 years or older
 - Must have a reasonable need
 - Must own and reside in the home

Contact Glenda Comneout at Skokomish Housing
(360) 877.6748 or gcomenout@skokomish.org



Halloween Safety Tips

- ✚ Carry a flashlight.
- ✚ Make sure costumes don't drag on the ground.
- ✚ Shoes should fit (even if they don't go with your costume).
- ✚ Avoid wearing masks while walking from house to house.
- ✚ Wear clothing with reflective marking or tape.
- ✚ Approach only houses that are lit.
- ✚ Stay away from and don't pet animals that you don't know.
- ✚ Stay away from gates or fences that are locked or closed.

For Parents

- ✚ Costumes should be made from flame-retardant material.
- ✚ Make sure your yard is clear of things like ladders, hoses, dog leashes, Flowerpots etc.
- ✚ Pets get frightened; protect them from cars or from biting children.
- ✚ Older children should have a set curfew.
- ✚ Young children should always be accompanied by an adult.

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.

HELLO SKOKOMISH COMMUNITY

I'm Glenda Comenout, your Housing Project Coordinator since August. My primary goal is to ensure that every member of the Skokomish People has access to safe and healthy homes.

Since I began this role, I have dedicated myself to working alongside local non-profit organizations to create more opportunities for our community. I'm thrilled to report that we have already successfully installed three ADA ramps and have three more installations scheduled within the next 30 days.



As of the end of September, we had completed 14 roof projects and have 12 more scheduled for October. Looking ahead, our next phase will involve comprehensive weatherization efforts. This will include replacing insulation, windows, and siding, and we plan to commence these efforts in November.



In addition to these projects, we have identified chimney replacements as a priority repair project. We are currently in the process of scheduling 6 chimney replacements for October. I am committed to continuing this momentum and ensuring that the community's housing needs are met.



If there are housing needs that you would like some assistance with please contact me at (360) 463.4871 or gcomenout@skokomish.org and I will do my best to assist you.

HOME FIRE SAFETY

Here are some simple prevention tips to help protect your family from fire:

- NEVER LEAVE FOOD ON A STOVE UNATTENDED; keep cooking areas free of flammable objects, such as potholders and towels; and avoid wearing clothes with long loose-fitting sleeves when cooking.
- Don't smoke in bed, and never leave burning cigarettes unattended. Do not empty smoldering ashes in a trashcan. Keep ashtrays away from upholstered furniture and curtains. Always wet cigarette butts with water before disposing.
- Never place portable space heaters near flammable materials like drapes or clothes.
- Make a family fire escape plan and practice it every six months. Include at least two different escape routes from each room for each family member. Designate a safe place in front of the house or apartment building for a family member to meet after escaping a fire.
- Install Smoke Detectors on every floor of your home, including the basement. Be sure to place smoke detectors near rooms where people sleep.
- Test all of your smoke detectors every month to ensure that they work properly.
- Use smoke detectors equipped with lithium-powered, long-life batteries and hush buttons to quickly stop nuisance alarms caused by steam, rising heat, oven smoke, or other known causes.
- If long-life smoke detectors are not available, install smoke detectors that use regular batteries and replace the batteries every year. To help you remember this annual task, change your batteries when you change your clocks to standard time in the fall.

Safety is no accident!

Worried about losing your home?
Funding and support is available

Call our hotline today at
1-877-894-4663

We speak over 200 languages!



No Citizenship Requirement

- ✓ You don't need to be a U.S. citizen to be eligible.
- ✓ We don't track citizen or immigration status for you or any member of your household.
- ✓ This help is free.

What can I expect?

Washington HAF connects you with a housing counselor within your area who provides **free** and **confidential** support. They can assist you with applying for funding and many other options to prevent foreclosure. Call the Hotline at **1-877-894-4663** for a no-cost assessment.

Beware of scams!

Don't pay anyone who offers to help you for a fee. Washington HAF is the only program authorized to distribute HAF funds in Washington state.



This program or project was supported, in whole or in part, by federal award number HAF0025 awarded to the Washington State Housing Finance Commission by the U.S. Department of the Treasury.

For more information visit:
WashingtonHAF.org



Scan Me

SKOKOMISH TRIBAL COUNCIL RESOLUTIONS SEPTEMBER 4TH, 2024, AT A TRIBAL COUNCIL PLANNING MEETING:

- ❖ **RESOLUTION NO. 2024-092:** A Resolution to Approve and Authorize Submission of Amendment #6 to the 2020-2025 Multi Year Funding Agreement and the FY 2025 Reprogramming Request to the Office of Self Governance for Approval by the Assistant Secretary of Indian Affairs for the Department of Interior
 - ❖ **RESOLUTION NO. 2024-093:** A Resolution Approving a WA State Dept. of Commerce, Growth Management Services, Tribal Climate Resilience Formula Award
- SEPTEMBER 18TH, 2024, REGULAR TRIBAL COUNCIL MEETING WAS CANCELLED.**

PUBLIC NOTICE

To: Michael Slama

Regarding Skokomish Tribal Court Case number SKO-Ci-03/24-137. On September 4, 2024, at a hearing you failed to attend, Judge Richard Woodrow of the Skokomish Tribal Court entered the following Order of Exclusion, permanently excluding you from the Skokomish Indian Reservation.

At a Show Cause Hearing in Skokomish Tribal Court on September 4, 2024, this Court found just cause under Section 3.05.007 of the Skokomish Tribal Code to issue an Order of Exclusion, permanently prohibiting Michael Slama from entering and from remaining on the Skokomish Reservation. In a separate document, the Court entered Findings of Fact and Conclusions of Law supporting that ruling.

Accordingly, THE COURT HEREBY ORDERS that Michael Slama is now, and shall permanently be, excluded and prohibited from entering the Skokomish Reservation and from remaining on the Skokomish Reservation, with the exception of public rights-of-way State Route 106 and US Highway 101 where they pass through the Skokomish Reservation. However, that narrow exception does not authorize Michael Slama to loiter or mangle on those public rights-of-way where they pass through the Skokomish Reservation. This Order of Exclusion shall remain in force until revoked by the Court itself.

Violation of this Order of Exclusion will be deemed civil Contempt of Court, will allow the Court to issue a Writ of Exclusion under Section 3.05.009(e) of the Skokomish Tribal Code, and may lead to arrest and a criminal charge of Trespass under Section 3.03.080(d) of the Code.

This Order is final.

Any person excluded by an order of the Tribal Court may apply to the Tribal Court to have the order modified or vacated at such time as the order provides, or if the order makes no such provisions, after one year.

Final Orders may be appealed to the Skokomish Tribal Court of Appeals pursuant to the Rules of Civil Appellate Procedure, provided an Order of Exclusion may not be stayed pending appeal.

Any law enforcement officer is authorized to remove Michael Slama and any of his property from the Skokomish Reservation.

Any law enforcement officer is authorized to prevent the re-entry of Michael Slama onto the Skokomish Reservation.

In executing this Order of Exclusion, law enforcement officers shall use only so much force as is necessary to effect removal or prevent re-entry.

The Court shall deem that Notice of this Order of Exclusion has been legally served upon Michael Slama once it is published as a Notice in an ensuing edition of the Skokomish Tribe's Sounder newspaper.

SKOKOMISH 2025 TRIBAL COURT SCHEDULE

Court Calendars for the Skokomish Tribal Court are generally held on the First and Third Wednesday of each Month. Exceptions will be made when there is a major holiday on the day of the court calendar.

The following dates in 2025 will be the Court Calendar dates for Criminal and Family cases. Other types of cases will be fit into available space in one of these calendars. Emergency hearings or hearings that are required by ordinance to be held within a certain time period may be scheduled on other dates.

2025	
January 8 (Criminal)	January 22 (Family)
February 5 (Criminal)	February 19 (Family)
March 5 (Criminal)	March 19 (Family)
April 2 (Criminal)	April 16 (Family)
May 7 (Criminal)	May 21 (Family)
June 4 (Criminal)	June 18 (Family)
July 2 (Criminal)	July 16 (Family)
August 6 (Criminal)	August 20 (Family)
September 3 (Criminal)	September 17 (Family)
October 1 (Criminal)	October 15 (Family)
November 5 (Criminal)	November 19 (Family)
December 3 (Criminal)	December 17 (Family)

Rez Photo of the Month Answer



The young lady in the photo is none other than: Sheila Pickernell. A beautiful soul that left us way to early!



ESTATE PLANNING IS ESSENTIAL!
GET YOUR PAPERWORK DONE.

TRIBAL COUNCIL PAYS FOR THIS SERVICE FOR TRIBAL MEMBERS AND THEIR SPOUSES. ATTORNEY PHILLIP CURIALE WILL MEET WITH YOU AT THE LEGAL OFFICE, EITHER IN PERSON OR VIA A ZOOM MEETING.

We will also coordinate with Bureau of Indian Affairs, Puget Sound Agency, to get an up-to-date copy of your trust inventory to the attorney before your appointment.

There are many documents that will be advantageous for you and your spouse to have executed, such as, a Last Will and Testament, a Health Care Directive (also known as a Living Will), Power of Attorneys, and possibly other documents if you have dependents that need their future looked after. Estate planning is not just for Elders. Our next in-office appointment day is scheduled for **September 12, 2024**. Call to schedule a time slot!

PLEASE CONTACT THE LEGAL DEPARTMENT AT (360) 877-2100 TO SCHEDULE AN APPOINTMENT, EITHER IN PERSON, OR VIA A ZOOM MEETING.

SAVE THE DATE!!

*Incentives/T-shirts
*Photo Booth
*Raffles
*Cancer Survivor story
*Honoring Breast Cancer Survivors
*Lunch
*Cancer education/Pledges



SPIPA-Native Women's Wellness Program's Inter-Tribal Breast Cancer Awareness Walk. Chehalis Tribe will be hosting this years walk!!
Bring the whole family!

When: Saturday, October 12, 2024
Time: 10:00am (Registration) Walk begins at 10:30am to 2:00pm
Where: Chehalis Tribal Community Center-Gathering Room
Who: Anyone who wants to come support Breast Cancer Awareness and Breast Cancer Survivors, we Encourage the 5 SPIPA tribal communities to attend this event.

For questions about this event Please contact:
Christina Hicks, Community Wellness Manager at 360.709.1741 or email: chicks@chehalistribe.org

*If you would like to volunteer for this event please contact me. Need help with setting up, and clean up, also looking for a Breast Cancer Survivor who would like to share their story.



Recognizing and Addressing Bullying

School is back in session, and for some kids, returning to school can be quite difficult. 21% of students experience bullying. Bullying is a pattern of harming others who appear to be weaker and vulnerable. Bullying occurs during and after school hours, with most bullying happening on the playground, bus, and online.

What are the warning signs of your child being bullied?

- Unexplained injuries
- Lost or destroyed clothing, books, electronic devices, or jewelry
- Feeling sick or faking illness
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Feelings of helplessness or decreased self-esteem

What can kids do to face their bully?

- Ignoring your bully can be effective, as bullies often thrive on reactions.
- Walk away when you see your bully approaching.
- Deflect with humor to surprise your bully and potentially confuse them.
- Stand up for yourself and tell the bully to stop.
- Stay close to your friends for support and protection.
- Tell a trusted adult about the bullying.
- Stay positive and practice self-affirmations to remind yourself of your strengths and positive qualities.

No one deserves to be bullied. You have the right to live, work, study, and play in an environment free from bullying and other forms of harassment.



ALL ADULT AND EMPLOYEE FLU VACCINE AVAILABLE!!

SKOKOMISH WELLNESS CENTER STARTING 9/19/2024
Stop in or call us for appointment
360-426-5755




HALLOWEEN CANDY TIME!

It's that time of year again for Halloween Candy to find its way to your home.

The American Dental Association's Halloween Survival guide recommends the following:

Avoid Snacking on Sugar

If you're hungry, try to avoid snacking on candy. Repeated exposure to sugar increases your risk for cavities, especially if consumed over a long period of time.

Stay away from candy that sticks

Stickier candies, like taffy and gummy bears, take longer to get washed away by saliva.

Avoid hard candies

Unless it is a sugar-free product, candies that stay in the mouth for a long period of time subject teeth to an increased risk for tooth decay.

Eat your candy with a meal

Saliva production increases during meals. Increased saliva cancels out acids produced by bacteria in your mouth and helps rinse away food particles.



Consider chocolate

Chocolate, especially dark chocolate, can be a tooth friendly treat in moderation.

Brush Twice a Day

Try to brush your teeth twice a day for two minutes with a fluoride containing toothpaste. Clean between your teeth with floss or interproximal brush once a day.

Make sure your teeth feel nice and smooth before going to sleep at night. If you can't brush, even just rinsing your mouth with water can help your teeth stay healthy.

Have a great Halloween everyone!

Top 8 Lifestyle Changes On Mortality And Lifespan: Conclusion

Finally, we are at the conclusion of "Top 8 lifestyle changes on mortality and lifespan". The final and best lifestyle change you can make is regular exercise. Regular moderate exercise can decrease your risk of dying by a whopping 46%. Equivalent to at least walking briskly a few blocks each day, about 45 minutes. This isn't going to a gym, sweating it out and lifting heavy weights, it is just a brisk walk and lifting light weights. If you don't like to walk, then choose an activity you enjoy, like gardening. People have a hard time with regular exercise because they believe there is not enough time in the day. You have to think of it like a job, you have time for your job everyday so make time for exercise everyday. As we age, lifting weights should not be an everyday activity. Do serious aerobic exercise 4 days per week, weight training 2 days per week. Aerobic exercise is steady exercise that keeps your heart rate elevated (biking, jogging, speed walking, hiking). There are too many benefits not to exercise. Overall mortality falls with exercise because exercise heals wounded blood vessels. Lifting weights increases coordination and links your

brain and body (Proprioception). Increased proprioception keeps you from falling when you are older. Lifting reduces arthritis pain by 50%. Athletes not required, 6 days/week is not considered extreme. Being sedentary is formally classified as a major cardiovascular risk factor, more than smoking. Low-intensity, light aerobic exercise burns fat, while high intensity, hard aerobic exercise burns glucose. Aerobic exercise is about making more energy in the muscles. If you want to get serious about burning fat, get a heart monitor while exercising, the best one is a chest strap monitor. Most people have watches that have a monitor. Take your age, subtract it from 180 and that should be your target heart range. If you go over that, then you are no longer burning fat. If exercise is new to you, then start slow. If you can only go to the mailbox and back, so be it. It is about being better, not perfect. If you have missed the previous 7 habits, then go back and read previous issues of the Sounder.

Yours in Health, Dr. Scott

DIABETES? I AM HERE FOR YOU



New SDPI Coordinator

My name is Tara DeHart, I am the new SDPI Coordinator. This new role aligns well with my current role as the Clinic RN. Part of my job will be checking in all diabetic patients, making sure they are current on all labs, immunizations, vision, dental and foot exams. A healthy lifestyle is the way to prevent and manage diabetes. Taking steps to plan healthy meals,

staying active, sleeping at least 7 hours per night along with avoiding tobacco and nicotine will improve the quality of your life. My approach will be patient centered with compassion along with offering education and resources. Please feel free to call (360) 426-5755 ext 2110 with any of your questions or concerns about diabetes, I look forward to hearing from you.

EATING HEALTHY ON A BUDGET

We have all seen the price of food increase over the last several years. Eating healthy is critical to decrease your risk factors as a diabetic. How do we eat healthy and try to make our money stretch at the store?

- 1) Plan your meals and snacks in advance.
- 2) Make a shopping list.
- 3) Eat before you shop, this helps you stick to your list.
- 4) Look for in-store brands, markdowns and buy produce in season.
- 5) Buy in bulk when you can.
- 6) Cook at home, make extras that can be frozen for quick dinners.
- 7) Grow your own family garden or shop locally grown.
- 8) Pick foods that are low in sodium and added sugars. Rinse canned vegetables to remove salt.
- 9) Buy frozen vegetables that are easy to add to meals.
- 10) See below for healthy examples



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.

- **Physical Abuse:** This involves any form of physical harm, such as hitting, slapping, punching, kicking, or restraining a person against their will.
- **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.
- **Psychological Abuse:** this form of abuse involves manipulation, coercion, threats, intimidations, and controlling behaviors that instill fear and insecurity in the victim.
- **Sexual Abuse:** This includes any unwanted sexual activity, coercion into sexual acts, or any form of sexual assault or harassment.
- **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.

- **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.

- **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.
- **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

- **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.
- **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.
- **Isolation:** An abuser may isolate the victim from friends, family, or support systems, making it challenging for the victim to seek help.
- **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.

- **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.

- **Support Victims:** Offer a non-judgemental 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.
- **Report Suspected Abuse:** If you suspect someone is a victim of abuse, report it to the appropriate authorities. Early intervention can save lives.

- **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.

Skokomish Tribal Nation
SqWuqWu'b3sh "People of the River"



DOMESTIC VIOLENCE
VOCATIONAL REHABILITATION
ANNUAL DINNER

OCTOBER 16, 2024
5:00pm-7:00 pm
Dinner at 5:30pm
Guest Speakers

CONTACT: LINDA CHARETTE, DV ADVOCATE
 ROSETTA LACLAIR, VOCATIONAL REHABILITATION
 CHINOOK MILLER, VOCATIONAL REHAB COUNSELOR
 360-426-7788

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This project was supported by Grant # H250M190025-22 awarded by Dept. of Education. The opinions, findings, conclusions and recommendations expressed in the publication/grant/exhibition are those of the author and do not necessarily reflect the views of the Department of Education.

Exciting News from TFS

The Skokomish Vocational Rehabilitation Program has been approved for another five years of funding. Thanks to the great work of our Community Development Office staff, that wrote such a strong grant proposal. The Vocational Rehabilitation program will continue to provide services to American Indian /Alaska Natives with a documented disability living within the Skokomish Tribe service area. The program can help provide support services to help remove barriers to gainful employment, with the goal of the applicant is to find and maintain employment. If you are interested in learning more about the VR program, please stop by Tuwaduq Family Services or call (360) 426-7788 and talk to Rosetta LaClair or Chinook Miller, VR Counselors, we are here to help guide you through the process and help you find employment opportunities.

The Skokomish Domestic Violence Program recently was notified that it has been funded again to be able to continue the services and outreach to the Skokomish community when dealing with Domestic Violence, Sexual Assault, Dating Violence and Stalking and other crisis situations. This program will continue to provide pop-up events annual awareness, prevention activities etc. We are so glad to be able to continue with such an important program for the Skokomish Community. If you are in an emergency situation call 911, if you want to talk to our Domestic Violence Advocate, Linda Charette, please call (360) 426-7788 or (cell) 360 -545-2303 call or text 24/7.

The Skokomish Elders raffle at the Elders Picnic that was held on August 24, 2024, earned a total of \$2449.00 on the raffle that was held at the picnic. Thank you to all that helped make the raffle a success this year. The money generated went into the Skokomish Tribal Elder fund that will be utilized for elder activities and outings. We want to make sure to thank everyone that made the raffle and the picnic event such a success. To our Elders,

thank you for the donations and the work that was provided to get the raffle together. For our Elders that showed up to share the day with us all we want you to know how much you are loved and appreciated. The Native American Day at the Puyallup fair on September 18, 2024, turned out to be a huge success. We had 37 elders that came and enjoyed their day at the fair. Many rode the bus, and others drove themselves to the fair. Altogether it was good weather, and it ended up being a fun exhausting day. So glad to see the faces of those that attended that day. Thank you goes out to the Skokomish Tribe for providing the incentive for those that attended, we appreciate the support. Starting in October, the monthly elder birthday dinner will be held during the last Thursday of the month during lunch time. We will have a birthday lunch instead of birthday dinner. This is so those wanting to attend will not be driving in the dark and during the change in the weather. We will be providing updated notices to remind you when the birthday meal is being offered. Elder lunch is every Monday, Tuesday and Thursday for elders to attend. Guests are charged a \$6.00 fee for lunch when attending.

The garden program will be starting to cut wood shortly with the change of weather coming on so if you are in need of wood, please call Tuwaduq Family Service (360) 426-7788 and get your name on the list. We will be providing wood to our elders first and then to the tribal community after that.



SAD AWARENESS

With the season changing Seasonal Affective Disorder (SAD) can occur.

Tips you can do to combat SAD include but are not limited to:

Embrace natural light: One of the best ways to combat SAD is by maximizing exposure to natural light. Aim to spend time outdoors during daylight hours, even if it's just a brief walk during lunch.

Staying active: Physical activity releases endorphins, which are natural mood lifters. The exercise can be a minimum of 10 to 15 minutes per day. Doing a small walk every day, gardening, or going to the gym.

Eating a healthy diet: Include vitamin D like dark chocolate, canned fish, mushrooms, and salmon. Focus on consuming a variety of fruits, vegetables, whole grains, and lean protein. Avoid sugar and caffeine.

Self-care: Maintaining a routine to provide structure and stability. Try to wake up at the same time and go to bed at the same time each day. Plan

fun activities. Make time to socialize with family and friends.

Incorporating plants into your daily routine can help uplift your mood and support your mental well-being during the winter months. Weather their aromas, flavors, or health benefits, these plants offer a natural way to combat the effects of Seasonal Affective Disorder

Lavender: Lavender is renowned for its calming and relaxing scent, which can help reduce stress and improve sleep quality. Use lavender essential oil in a diffuser or enjoy dried lavender. **Peppermint:** Smelling peppermint's invigorating aroma can help refresh and stimulate your senses, providing a natural mood boost during the dreary winter months.

Lemon Balm: Lemon balm has a lemony scent that can be refreshing and uplifting. It's often used to make herbal teas that have calming properties, which can help reduce stress and anxiety.

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 paystub and identification for you & your child

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

Debbie Gardipee 360.462.3227
Email: dgardipee@spipa.org
Main SPIPA number: 360.426.3990

Next WIC:
October 16, 2024

We will offer both phone appointments and in person appointments
Date subject to change

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

South Puget Intertribal Planning Agency

USDA Foods Program
October Dates

PT. GAMBLE S'KLALLAM	10/3/24
SQUAXIN ISLAND	10/16/24
SKOKOMISH	10/18/24
NISQUALLY	10/22/24
CHEHALIS	10/25/24

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.

Tribal Members with Birthdays in October

1st Jamie Johnson Shawn Raper	8th Amanda Bowcutt Ada Gouley	16th Kayla Strong	26th Stephanie Darling Albert Smith Aurora Regna
2nd Dan Cush Jesus Mendoza III	9th Ruth Bowcutt	17th Allen Carrington Paul Peterson, Sr.	27th Carol Cordova Danielle Lucero Leonard Robinson Matthew Plant, Jr.
3rd Marcella Scannel Shawndra Seburn Talon Miller	10th Hunter Green Michelle Deyette	18th James Henry Aria Allen	28th Mesha Tinaza Jordan Tinaza
4th Mary Williams Dallas Escobar	11th Linda Cultee- Standing Elk Tearny WhiteEagle	19th Dennis Allen Robert Allen, Jr. Madison Cooke	29th Katherine Peterson
5th Ronda Petty Airyana Peterson Taylor Strong	12th Marcella Johns Luanne Kennedy	20th Sterling Arbuckle Noah Kennedy Tomisha Sotomish-Grover	30th Donna LeClair
7th John Hermann, Jr. Little Bear Hermann Dominique Stephens Amilia Smith	13th John Gouley Heidi Williams Tricia Longshore Bailey Plant	21st Stephanie Teo	31st Jamie Cook Nicole Rose Smith Ron Twiddy, Jr. Kevin Cagey
	14th Ocean Sparr	22nd Arthur Gouley Blake Strong	
	15th G. Tiger Tinaza Russell Limburg	24th Wilson Johnson	

Happy 19th Birthday Amilia Smith
Best wishes this coming year
With love from your family

Happy Birthday Mary Williams!
Thanks for all you do and being the
special person you are!

NEED DIAPERS?

The Diaper Distribution On Reservations **DDOR** Program works with other SPIPA programs to deliver supplemental diapering supplies to eligible families.

Families that are eligible for other Family and Community Resource Programs are eligible for Diaper Distribution.

Scan this QR code to get started today.

P: 360.426.3990

SPIPA.ORG/FAMILY-AND-COMMUNITY-RESOURCES



Skokomish Community Clean Up



DUMPSTERS will be AVAILABLE

October 2024

Friday 11th THROUGH Monday 28th

This will be the only available dates & times for the dumpsters

Monday thru Friday 10am to 6pm

Saturday and Sunday 10am to 6pm

This site is for enrolled Skokomish Tribal members only.

Must show Skokomish Tribal ID to access the site. Significant other of Skokomish

Tribal member must show spouse's Tribal ID to enter site.

Someone at dumpster location will let you know where to put

old appliances (please clean out prior to brining to site) mattresses –
box springs - beds – frame - tires – rims – metal old furniture or bike parts.

DO NOT PUT THE FOLLOWING

ITEMS IN THE DUMPSTER:

Lumber, plywood, and sheetrock, (only) 8 ft long or less in length

Tires on or off Rims – Ranges – Refrigerators – Hot Water Tanks

Washer or Dryer – Chairs – Couches – Dirt – Mattress

Box Springs or Frames – bike parts

Refrigerator and Freezers must have door/s removed

**Mason County Garbage will NOT accept Televisions
or Computer Monitors – or ANY type of pressurized
cylinders (propane, gas or fire extinguishers)
batteries – paint or solvents**

Pay More Recycle & Salvage (Not open on weekends)

Located at 2278 E. Brockdale Rd. Shelton, WA (360) 462-6800

Will accept at NO CHARGE

Old televisions, computer tower, monitors or other similar type of electronic items

You will need to contact and transport

If dumpsters are full, please contact the Housing Department at 360-877-6748

Monday through Friday 8:00 to 4:00

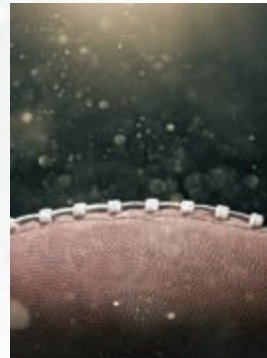
OCTOBER PROMOTIONS YOU DON'T WANT TO MISS



LUCKY'S SUNDAY FOOTBALL PICK 'EM GAME EVERY WEEK DURING FOOTBALL SEASON

COMPLETE SELECTIONS EACH WEEK
BY SATURDAY AT MIDNIGHT
WIN Cash, Free Play and The Drift
Gift Card prizes.

Over \$10,000 in prizes will be awarded.
Play **Lucky's Football Pick 'Em** game
on the Lucky Dog App or Kiosk.



PICK THE PIGSKIN SUNDAY, OCTOBER 6 NOON - 4PM

Select a football on the Lucky Dog App or Kiosk
to reveal your prize.

One play per Club Lucky member.
Every play will **WIN** Lucky Bucks.



CLUB LUCKY MULTIPLIER EVERY TUESDAY IN OCTOBER 10AM - 6PM

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



WEARABLE WEDNESDAYS EVERY WEDNESDAY IN OCTOBER | 10AM - 8PM

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



STEEL & ROSE GOLD KITCHEN GIFTING EVERY THURSDAY IN OCTOBER 2PM - 8PM

Earn 200 Points to receive a **FREE** gift.
200 Points must be earned on each date
listed below to receive each gift.

THURSDAY, OCTOBER 3: 1 Quart Dutch Oven
with Vented Lid

THURSDAY, OCTOBER 10: 1 Quart Saucepan
with Vented Lid

THURSDAY, OCTOBER 17: 7-Piece Knife Set

THURSDAY, OCTOBER 24: 2.5 Quart Fry Pan
with Vented Lid

THURSDAY, OCTOBER 31: 5 Quart Dutch
Oven with Vented Lid

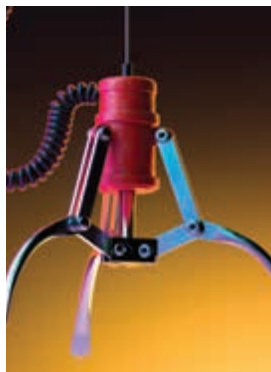


THURSDAY NIGHT WATCH PARTY THURSDAY, OCTOBER 10 KICK-OFF 5:15PM

Seattle Football Thursday Night Game

Drawings after each quarter for
Seattle Football Team Gear Basket
+ \$50 Drift Gift Card

**Gameday Nachos and BBQ Sandwich
Platter Available**



THE CLAW PROGRESSIVE GAME EVERY FRIDAY IN OCTOBER 6PM - 9PM

One Lucky Winner every 20 minutes.

Play the **CLAW** arcade-style game to
select your prize, match it to the **PRIZE
WHEEL** and **WIN** the **PROGRESSIVE
Jackpot** of **UP TO \$10,000.**



RAKIN' IN THE CASH EVERY SATURDAY IN OCTOBER 6PM - 9PM

CASH Hot Seat Drawings until 9PM to
select one Winner every 30 minutes.

Your prize is based on your Club Lucky tier
at the time of the drawing.

CLUB LUCKY = \$100 CASH

LUCKIER DOG = \$200 CASH

LUCKIEST DOG = \$300 CASH

BONUS CASH Hot Seat Drawing at 9PM

CLUB LUCKY = \$500 CASH

LUCKIER DOG = \$1,000 CASH

LUCKIEST DOG = \$1,500 CASH

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The Drift

FAMILY DINING AREA

KIDS MENU INCLUDED:
12 years old or under

OPEN 11AM - 9PM

Now open for all ages to dine. One member at the table must be 16 years or older.



KIDS MENU

Chicken Tenders | \$8.25

Two (2) breaded tenders served with choice of side and one dipping sauce
add a tender | \$4.25

Mini Corn Dogs | \$6.25

8 crunchy honey coated mini corn dogs served with choice of side

Grilled Cheese Sandwich | \$6.25

served with choice of side

Macaroni Bites | \$6.25

creamy cheddar cheese mixed with stick macaroni and coated with a crispy cheddar batter, served with choice of side

SIDES

fries, tots, or a fruit cup

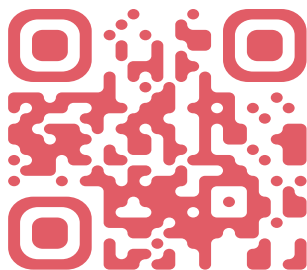
Congratulations to our recent jackpot winners

Casey from Winlock	\$51,774
S from Hoodsport	\$29,004
V from Shelton	\$19,660
V from Shelton	\$17,673
Brian from Olympia	\$16,362
Leon from Shelton	\$12,584
Julia from Skokomish	\$12,000
Steven from Seabeck	\$10,336
Tracy from Shelton	\$10,058

OVER \$620K IN JACKPOTS PAID IN AUGUST 2024

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DRIFT MENU



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11AM - 9PM

Enjoy an Applewood-smoked pulled pork sandwich on a brioche bun.

Served with a side of cornbread, baked beans and coleslaw.

\$18



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Rez Photo of the Month



Can you name the young lady in this photo?
Please turn to page 8 for the answer! Good luck!

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Rez Sudoku Puzzle of the Month

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

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

The Sounder

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

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

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