

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

Skokomish Indian Nation

THE

SOUNDER

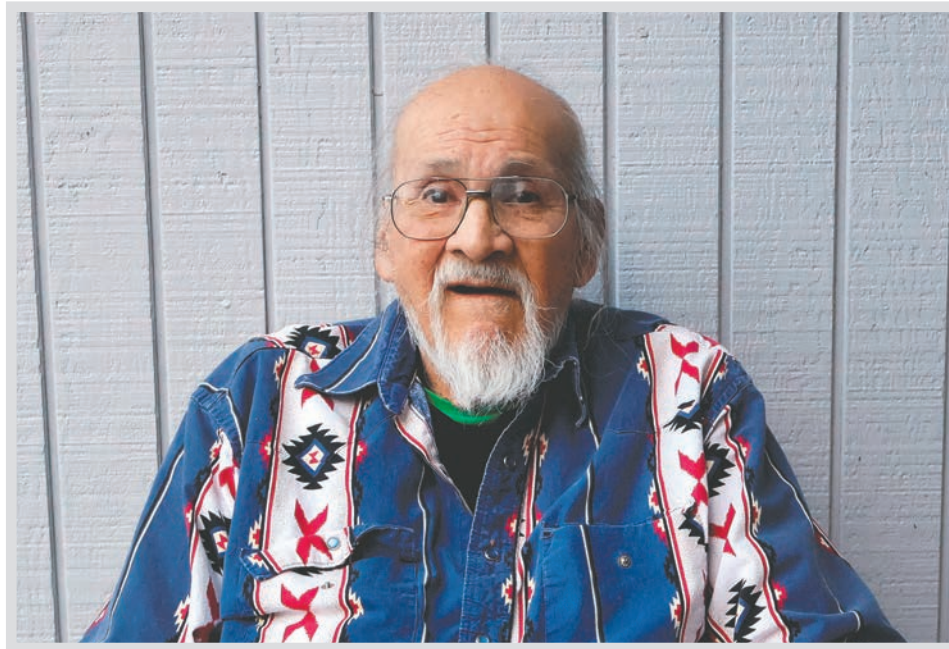
November 2024

p3dyala'qW
"Time of Returning"

OUR LIVING TREASURES

After completing his treatment for alcoholism, Mark Kremen went back home to continue his recovery. Planting roots again, at Skokomish, became his saving grace. Mark saw that the Joe Andrews Memorial Garden had gone fallow, and he began rototilling the planting areas to prep the soil for a new garden. Feeling the dirt in his hands and seeing the results of this work brought great satisfaction to Mark. Soon he was planting corn, green beans, Yukon Gold potatoes, tomato plants, carrots and zucchini for the first crop. He rescued the plum trees and other fruit trees. This process was the healing that he needed to build on his sobriety and provide a purpose which had been missing for so long in his life.

Mark Kremen was born at Skokomish to Phyllis Allen and Wilson Teo, on November 9, 1951. He and his brother Claude, who were five and six years old at the time, were adopted by a family in Tacoma. They were told that these people were their grandparents. At first, they moved around quite a bit, from Tacoma they moved to Seattle, then on to Bremerton, later to Vashon Island. Every year it was a new place, new school, so he and Claude were always watching out for each other as they were the only constants that they had to hold onto. Finally, they moved to Deming, WA where they would remain from sixth grade until they graduated from high school. While attending Mt. Baker High School Mark and Claude dealt with a lot of bullying as they were two of the six minorities in the whole school. But they excelled in track and field as well as the wrestling team. Both of them competed in the Washington State Finals in their Junior and Senior years.



Mark graduated from Mt. Baker High School in 1970. He then attended Grays Harbor Community College. He found a calling by helping to start the Seamen's Center, in Aberdeen and Hoquiam to serve visiting seamen from other countries, who worked aboard the many ships that came into the area from countries around the world. The Seamen's Centers provided a safe place to come and play pool, ping pong, do their laundry, and as they were funded by the local churches, to learn about Christianity. Mark attended the Evangelical Covenant Church, in Aberdeen and became active in the Council of Churches. He helped to begin the Foreign Club in Aberdeen, ministering to the many sailors who came in on ships to export logs around the world. Mark became a member of the Mud Bay Shaker Church in 1974. He and Claude reconnected with their family, at Skokomish, while they were living in Aberdeen and attending college.

In 1974 he also enrolled at the University of Washington, in Seattle, where he spent the next five years studying and then graduating, in 1979, with a master's in social work (MSW) degree. One of his first jobs, after graduating, was to help the Snoqualmie Indian Tribe to designate Snoqualmie Falls as a historic site. While there he became involved with the Lutheran Church's Native American Ministries. One of the issues that he worked on was the Lutheran Church's response to the observance of the 500th anniversary of Columbus' sailing to the Western Hemisphere. Native American Sovereignty was another issue that Mark worked on, with the Lutheran Church, which took him to twenty-seven states over the next five years. Supporting such causes as the Makah Tribe's taking of their first whale according to their original customs. While working on the question of how to frame and view the upcoming five-hundred-year anniversary of

Columbus "discovering" the Western Hemisphere. Mark attended a Native American Lutheran Ministries conference and participated in their drafting a response titled: "Hating Recognition of Columbus' discovery." From 1992 to 1997 Mark taught Contemporary Native American History at the University of Washington. In 1992 the Lutheran Church of America held the "Earth Summit," in Rio de Janeiro, Brazil and Mark was there to begin the process of creating an apology of seven different Christian denominations giving acknowledgement of Native American Beliefs and Religions. He then attended the Indigenous Peoples of the Americas Summit, where the "Acknowledgement" was read and adopted. Mark loved this process of promoting Native American culture and religions, recognizing the validity of these age-old practices.

On the family front it was discovered that there was a prevalence of Huntington's Disease amongst his brothers and sisters. This is a very debilitating disease that takes mobility, strength and ability to function naturally. His brother Claude was stricken with Huntington's Disease and it eventually took his life. His sisters Peggy, Gloria, Patricia, brothers Wilson, Claude and Floyd were studied by University of Washington professor/doctor, Byrd, found that Mark's mother was a carrier of the gene that causes Huntington's, and she passed it on to her children. She died from it, Claude, and three of his four children also died from this terrible disease. Mark has the gene and there's fifty/fifty chance that he could get the disease also. Because

Continued Next Page.....

Treasures Continued from Page 1

of this news Mark made a conscious decision that he would not marry and have children. He felt that this would be the best and sadly he never did. This may have contributed to his onset of alcoholism later in his life. For the last few years Mark has been

a resident of an assisted living facility, in Olympia, where is involved in the activities among his fellow residents. He is active in the religious group there, he shares his Native culture and the tuwaduq language with them. They have three to four outings per month, daily exercises, visits to the dollar store and Wal-Mart for their shipping needs. Big outings are Oyster Fest, the

Thurston and Puyallup Fairs. They go to local parks for picnics, fishing trips to lakes in the nearby area. He is happy to visit with his sister Peggy who stops in to see him from time to time. He misses his family and friends from Skokomish but does his best to keep up with them as the opportunity permits. He even has a girlfriend who lives in the same residence. He

is grateful for the exciting and varied life that he has had and he made the most of. It has taken time for him to resolve the feelings of being taken from his family and raised so far away from them. But thankfully, he reunited with them and was able to rediscover his roots.

By Tony Herrera

ELDER'S ANNUAL VISIT TO THE PUYALLUP TRIBE

Perry Carrington had our new Skokomish Elder's bus loaded with seniors and headed over to the Puyallup Tribe's Emerald Queen Casino, in Tacoma, WA, on October 17th. Seniors keep talking about how nice and comfortable the new bus is and how smooth a ride they get. It's so nice to see their smiles and hear of the joy they feel about it. The EQC Event Center was full of visiting seniors from Tribes all around the northwest, Canada, and a handful of representatives of mid-west and southern Tribes.



offers a wonderful welcome to all who attend. Bill Sterud, Puyallup Tribal Chairman does this and introduces the whole Tribal Council, and they stay to eat with us and join in on the fun. Musical entertainment is always provided and this year they brought in a '60's Motown themed band which played hits from Martha and the Vandellas, Stevie Wonder, Diana Ross and the Supreme's, Smokey Robinson and many more such artists. This did bring out some staff and seniors who

potatoes, asparagus, tossed green salad, and lots of desert choices. There was a raffle which you had to be seated at a table to participate in. Each table was numbered, and the guests were assigned seat letters. If your table was drawn, and then your particular seat, you were lucky enough to receive a cash prize of either \$100 or \$200. There were approximately 20 lucky winners. Then there was a separate

raffle which you could buy tickets for. These events are great opportunities to meet up and visit with friends and family from other Tribal communities. There was a lot of smiling, laughing, and reminiscing throughout the afternoon. Then it was time to board the bus and head on home again. It was a good day.

By Tony Herrera



The Puyallup Tribal Elder's Staff always make this a fun event, choosing a theme and running with it. This year's theme was "Hippies" so there were people dressed in go-go boots, macrame vests, headbands, afro-wigs, bell bottoms, peasant skirts, paisley and tie-dye was on full display. In fact, each senior who attended received a very colorful tie-dye t-shirt with a peace sign logo surrounded by the words: "Peace, Love, and Frybread." Each year the Puyallup Tribal Council attends and



were on the dance floor boogieing to their favorite tunes. At the same time everyone was offered the opportunity to register to vote, in the upcoming Presidential Election, if they were not registered already. Having fun and being civic-minded is always a good thing when you have a large crowd like this one.

The menu included Chicken Cordon Bleu, Pork Roast, Salmon, baby



Rez Photo of the Month Answer



The young siblings in this photo are none other than: Arline and Pete Peterson





OPEN ADMISSION

FOR THE 2024-25
ACADEMIC YEAR

Skokomish Head Start



We help you discover your child's potential and educate him/her with individualized support.

The school has a transportation service and provides healthy food for the proper growth of the children.

NEW SCHOOL ADMISSIONS

91 N Reservation Road; Skokomish, WA 98584

Skokomish Language Department Presents

Language BINGO

Wednesday November 20th
at the Community Center
at 5pm

The Skokomish Language Department invites you to join us for a night of fun for the whole family! 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 lots of fun bingo prizes to choose from, as well as a raffle for the adults featuring beautiful artwork made by local Tribal artists. The raffle will be drawn throughout the evening.

Dinner Provided

YOU MUST BE PRESENT TO WIN RAFFLE PRIZES

FAFSA 2025-2026

Free Application Federal Student Aid

Open on or before Dec. 1st

What You'll Need to Complete your FAFSA

- StudentAid.gov account (both student and parent/guardian need their own account)
- Your Social Security number
- 2023 Tax records
- Records of assets, child support, current checking and savings balances, net worth of investments, businesses and farms
- Parent/Guardian info: name, date of birth, Social Security number and e-mail address
- List of schools you're applying to or (if you're a high school senior) your current schools name

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.

Fall To-Do's For College

Seniors

- Apply for colleges, career schools, and trade schools
- Ask counselor and teachers to submit any required documents to the school(s) applying to
- Complete Scholarship applications
- Complete FAFSA
- Take any required tests for the college(s) you wish to attend

Juniors

- Explore Careers with the Career Search tool
- Attend college fairs
- Visit college campuses while class is in session to get a feel for campus life
- Take any required tests for the college(s) you wish to attend

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.

A SPOOK-TACULAR NIGHT FOR ALL

This year's Halloween party saw more adults, as well as children, dressed in costume and enjoying the night's festivities. John Gouley, Community Center Director, estimates that there were over three hundred people who attended the party on Friday, October 25th. The haunted house was a hit, as usual. With lots of screams, laughter, and even little tears from the scary experience of those who dared to enter. Cody Andrews and his crew love to make it a memorable trek through the maze of darkness and ghoulish delights.

Inside the Community Center there was pizza for those who were hungry and wanting to take a break. As is the case every year, the cake walk gets the most participants, young and old. Walking around the circle, landing on a number that you hope will be drawn so that you can take home either store bought or home baked pies, cakes, cookies and other sweet treats. Watching the eyes light up of those who are lucky enough to be in the right spot when the music stops is always fun to see.

There were a couple of bouncy houses which saw many of the younger trick or treaters climbing in and out, over and over, and jumping to their hearts content. The ring toss station, football target practice station, axe throwing station and golf putting station all had lots of action and participation throughout the evening. These activities intrigue the little ones to either participate with friends while others wait for the moment when they can try it out by themselves and not feel embarrassed.

The face painters and balloon makers stations were busy all night, as usual, with Halloween revelers getting special attention and then marveling at the results. Balloon sword fights were sporadic throughout the night by little pirates, witches, and other characters. It's always fun for me to capture photos



of the whole night and I particularly enjoy it when families and groups allow me to take pictures of them celebrating together.

Thanks to our Tribal Council, Community Center staff members, Tom's Program, Education and other departments who all chip in and make this a fun event for the kids and the kids in all of us who love to celebrate Halloween every year.

By Tony Herrera



Are You a First Time Home Buyer?

TAKE A FREE ONLINE CLASS TO GET STARTED!
VISIT WWW.EDUCATEHOMEBUYERS.ORG
CLICK ON "CLASS SCHEDULES" TO FIND A
CONVENIENT DATE.



Online Education

Home buyer education is easy, free and convenient. The online format that you can do from comfort of home.

With expert guidance, you'll gain the knowledge needed to confidently navigate the home buying process.



Valuable Information

Discover everything you need to know about buying your first home.

Our classes guide you through the entire process, from pre-qualification to closing, including details on [Washington State's down payment assistance program](#).



Knowledge is power

Proper guidance equips you with the knowledge to navigate the complexities of buying your first home, helping you avoid common pitfalls and costly mistakes. By understanding each step of the process, you'll make more informed decisions and feel confident throughout your home buying journey.

www.EducateHomeBuyers.org

For more than 20 years, we've been providing first-time home buyer instruction, helping countless individuals confidently navigate the path to homeownership.

206-650-4202

t3ba'das Housing Development

The Skokomish Housing Department is excited to announce the successful completion of Phase 1 of the Herring Lane Homes project. This ambitious initiative, which began in 2015, has navigated many challenges and setbacks, yet we have persevered through every hurdle to achieve this remarkable milestone.



We are pleased to share that five out of the seven beautifully crafted homes will be ready for occupancy on November 1, 2024, with the final two welcoming residents by November 25, 2024. These new residences are not merely physical structures; they symbolize considerable advancement for our community. By providing modern living spaces, they aim to enhance the overall quality of life for our residents.

Furthermore, these homes are designed to promote a sense of belonging and collaboration among neighbors, fostering hope and unity within the community. As residents settle in, we envision stronger connections and a shared commitment to building an inclusive and vibrant environment for everyone.

As we look ahead, we are eager to commence Phase II, focusing on the necessary infrastructure to support future growth. With additional funding opportunities on the horizon for 2025, we envision even more homes to come, further enriching our vibrant community.



RECYCLING REMINDERS What to include in your curbside recycling cart

plastic containers PREPARATION: empty · quick rinse · no lids

recycle plastics by shape ignore numbers

plastic bottles, milk jugs, plastic tubs, plastic jars, buckets, plant pots

paper and cardboard PREPARATION: clean · dry · quick rinse for milk and juice cartons

milk and juice cartons, paper or frozen food boxes, cardboard, paper bags, shredded paper, newspaper, phone books, mail, magazines, mixed paper and catalogs

aluminum and tin cans PREPARATION: empty · quick rinse · no loose lids · do not crush

aluminum cans, metal cans

**NO GLASS
NO PLASTIC BAGS OR WRAP
NO DANGEROUS MATERIALS**

Helpful Safety Tips for Christmas Trees



per 143 total reported home fires." The NFPA offers these tips for enjoying a freshly cut tree indoors and reducing related fire dangers:

Picking the tree

- Choose a tree with fresh, green needles that do not fall off when touched.

Placing the tree

- Before placing the tree in the stand, cut 2" from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.

- Make sure the tree is not blocking an exit.

- Add water to the tree stand. Be sure to add water daily.

Lighting the tree

- Use lights that have the label of an independent testing laboratory. Some lights are only for indoor or outdoor use.

- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.

- Never use lit candles to decorate the tree.

- Always turn off Christmas tree lights before leaving home or going to bed.

After Christmas

- Get rid of the tree after Christmas. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home. Also, bring outdoor

electrical lights inside after the holidays to prevent hazards and make them last longer.

- Don't overload your outlets. Use surge protectors if multiple outlets are needed and do not insert more than two plugs into one outlet. Never force a three-pronged plug into a two-pronged outlet or extension cord.

SKOKOMISH TRIBAL COUNCIL RESOLUTIONS OCTOBER 2, 2024, AT A TRIBAL COUNCIL PLANNING MEETING:

- ❖ **RESOLUTION NO. 2024-096:** A RESOLUTION APPROVING THE CONTRACT WITH SONOSKY, CHAMBERS, SACHSE, ENDERSON & PERRY, LLP SPECIAL COUNSEL FEE AGREEMENT.
- ❖ **RESOLUTION NO. 2024-097:** A RESOLUTION APPROVING THE INATAI FOUNDATION INATAI FUND FOR SOVEREIGN NATIONS FORMULA AWARD
- ❖ **RESOLUTION NO. 2024- 098:** A RESOLUTION APPROVING THE BIA FISCAL YEAR 2025 FOREST MANAGEMENT DEDUCTION FUNDS
- ❖ **RESOLUTION NO. 2024-099:** A RESOLUTION TO ADOPT THE FISCAL YEAR 2025 BUDGET

OCTOBER 16th 2024, REGULAR TRIBAL COUNCIL MEETING WAS CANCELLED.



you're invited to
BINGO NIGHT

TUESDAY, NOVEMBER 5TH, 5:30 pm AT THE SKOKOMISH COMMUNITY CENTER

THE TRIBE IS HOSTING ANOTHER CIVIC ENGAGEMENT NIGHT FOR THE 2024 GENERAL ELECTION WE WILL BE HAVING INDIAN TACOS, FUN PRIZES, AND A CHANCE TO WIN \$500!

TO ENTER THE \$500 DRAWING:

- *YOU MUST BE 18 YEARS OLD OR OLDER.**
- *YOUR BALLOT MUST BE SIGNED, SEALED, AND READY FOR THE DROP BOX OR TO BE MAILED.**
- *IF YOU ARE NOT REGISTERED, WE CAN REGISTER YOU AT THE TRIBAL CENTER BEFORE THE 28TH.**

FOR MORE INFORMATION CONTACT EMILY POULIN AT (360)426-4232



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 it 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 **November 21st, 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.

Congratulations Bobbi Blacketer

Hello Skokomish People! My name is Bobbi Blacketer, and I'm honored to introduce myself as the new grant writer for our Tribe. As a proud member of the Skokomish Tribe, I have deep roots in our community and a strong commitment to helping us thrive. Before stepping into this role, I served as the executive secretary for the Tribal Council, where I had the privilege of working closely with our community and gaining valuable insight into the inner workings of our government. Now, as a grant writer, I'm excited to use this experience to secure resources that will support our programs, initiatives, and overall growth. I look forward to working with everyone and doing my part to ensure a bright future for Skok. Please feel free



to reach out if you have any questions or concerns – I'm always happy to listen! Thanks!
Email: bblacketer@skokomish.org
Phone: 360-426-4232 Ext. 2021

Silver Diamine Fluoride (SDF): Treating cavities without the drill!

Over the last several months, we have been noticing and increased use of Silver Diamine Fluoride (SDF) by school based dental screening programs. Silver Diamine Fluoride stops cavities by killing the bacteria that causes cavities and hardening the soft tooth structure.

A small brush is used to apply SDF to the cavity for a few minutes and then the tooth is dried. No shots and no drilling!

SDF has very few side effects and is safe for most people. The most prominent side effect is esthetic. Any area of the tooth that has a cavity will turn black permanently. This esthetic concern is the most common reason people may choose a traditional filling. Often, the stained area can be covered with a white filling material, but the



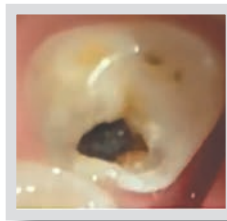
Baby tooth with cavity (pre-treatment)

treated area will still appear grey. SDF is ideal for young children that would otherwise need to be treated with sedation and for cavities on the root surfaces of teeth that are difficult to treat with traditional fillings. However, SDF can be helpful for anyone with small cavities.

Before being treated with SDF we will review the possible side effects of the medication, how we will apply the medication, and show you color pictures of what teeth will look like

after treatment.

Silver Diamine Fluoride is a great minimally invasive treatment option for small cavities.



Tooth after treatment with Silver Diamine Fluoride (note black area where silver has entered the tooth)

Additional information regarding SDF is available from the American Academy of Pediatric Dentistry at: https://www.aapd.org/media/policies_guidelines/g_sdf.pdf (Accessed on 10/21/2024)

LET'S GET VACCINATED
FREE FLU & COVID VACCINES AVAILABLE

Vaccines available for:

- Tribal Members
- Community Members
- All Tribal Employees

Schedule your appointment today!

Medicare Changes in 2025

New Drug Spending Cap, Open Enrollment, and Identifying Medicare Fraud

Medicare will be undergoing changes in 2025. This article will highlight some of those changes, the open enrollment period and why it is important to speak to someone about your plan, and frauds.

Medicare in 2025

1. The following does not apply to any tribal members; however, if you know someone who pays for their prescription and is on Medicare Part D, the following is for them. You will not spend more than \$2000 for drug copays and coinsurance under Part D. Once you reach that \$2000 cap on medications, you will pay nothing else out of pocket for 2025. Unfortunately, this cap does not apply to Part B drug coverage. Medicare Part D plans will also offer in 2025, the option to spread out-of-pocket drug cost throughout the year, helping to manage expenses more consistently. Medicare Part D is a voluntary prescription drug coverage program that helps pay for brand-name and generic drugs.
2. Medicare Advantage Plans that include Part D may raise costs or reduce coverage. Medicare Advantage Plans are known as Part C which includes A, B, and D. Most of these plans have a premium and some do not; however, in 2025 due to the cap on prescriptions, some of these plans may not be avail-

able in 2025. If you have an advantage plan and have questions, Heila Blair has appointments for November 15th and December 6th to answer your questions.

3. In 2025, a new program called Guiding an Improved Dementia Experience will offer services to people with dementia and their unpaid caregivers. The aim is to keep patients at home longer. In the state of Washington, elders can participate in either the Medicaid Alternative Care (MAC) or the Tailored Supports for Older Adults (TSOA) to receive support for their unpaid family caregivers or receive support for activities of daily living like bathing, walking, medications, and etc., if they don't have caregiving services. If you need assistance with applying for MAC and/or TSOA, reach out to Desiree White at the clinic.

Medicare Open Enrollment

Medicare open enrollment is a yearly period when people with Medicare can review and change their health and prescription drug coverage. The enrollment period is October 15th through December 7th. Any changes you make during this period will go into effect January 1, 2025. Again, this would be a perfect time to speak to someone about the changes to Medicare happening in 2025 to make sure your providers are in network or if your prescriptions will continue to be covered under your current Medicare

plan in 2025.

As stated above, **Heila Blair, BSN, RN will be available at the clinic on Friday, November 15th and Friday, December 6th, if you have questions or concerns with your plan in 2025. Medicare Fraud**

During open enrollment, Medicare frauds are at their highest. What are Medicare frauds? Criminals pretending to be affiliated with insurance companies or Social Security. Their fraud is trying to convince you to provide them with your social security number or Medicare number, so they could commit identity theft. Most scammers use telephone calls or mail to convince you to call and provide them with your information. According to the National Council of Aging these are the warnings signs of Medicare fraud.

1. Promises of free items or services
2. Pressure to switch your Medicare plan.
3. Notices to renew or upgrade your Medicare card.
4. Threats to cancel your Medicare coverage.
5. Claims you are eligible for a refund.

How do you protect yourself from Medicare frauds?

1. **Avoid sharing your Medicare number or social security number with people who contact you**

unexpectedly. Medicare or Social Security will NEVER call you unless you requested a return phone call from them.

2. **Do not click on suspicious links.** This is for any elder who uses email to communicate. Medicare will not send an email unless you requested an email from them. If you need to update any information regarding Medicare, log in into your Medicare account at medicare.gov or through Social Security at ssa.gov.
3. **Do not be afraid of threats to terminate benefits.** If you qualify and have signed up for Medicare, benefits will not be taken away.
4. **Do not speak to anyone who tries to persuade you to choose a certain plan.** Medicare does not endorse a specific plan.
5. **Destroy your old Medicare card.** Once you receive a new Medicare card, destroy your old one with scissors or shredding. There is NO need to return an old Medicare card to anyone.
6. **Protect your medical records.** Only your doctors or other health-care workers you have been working with should request your medical records.

If you believe you have been involved in a Medicare fraud, report it by calling Medicare directly at 1-800-633-4227.



Elderberry Syrup Making Class



Join our fun, informative and interactive class to learn how to make elderberry syrup for the upcoming flu season. We will also discuss how vaccines boost your immune system and an opportunity to schedule Flu and COVID shots. Class will be taught by Winter Strong. The class is limited to the first 15 people that sign-up.

You'll learn:

Sugar Chemistry

Infusion Techniques

Texture and Consistency

Storage and Preservation

Cold Season Vaccines

See you there!

Thursday, November 7, 2024
5pm-7pm

Community Center Elder Lunch Room

Call Desiree @ 360.426.5755 to sign-up



SPIPA Health & Wellness



ARE YOU DUE FOR YOUR MAMMOGRAM?

SPIPA Health & Wellness is partnering with Carol Milgard Breast Center to provide mammograms!



Assistance with transportation and gas available!

Date: December 7, 2024

When: 10:00am- 12:00pm

Where: 4525 S 19th St
Tacoma, WA 98405

Women 40+ Are eligible if:

- Meet Income guidelines
- No breast pain
- Photo ID
- No new breast lumps or concerns

INTERESTED IN SIGNING UP?

Please contact Della Culp
SPIPA NWWP Coordinator
at 360-426-3406 or
call/text 360-968-3768

If you do not have insurance SPIPA will pay for services, if you do have insurance SPIPA will cover copays and out of pocket costs.

Walk ins are not accepted;
Patients are required to be
scheduled by November
22,2024



* Carol Milgard Breast center will contact you to schedule once NWWP Screening forms are done*

This publication is supported by the Grant or Cooperative Agreement number, NU58DF006294, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services

Skokomish Health and Wellness Center



MONTHLY DIABETES EDUCATION SERIES



1st class begins...

Date: Wednesday, November 6, 2024

Time: 12pm-1pm

Where: Community Center
Gathering Room

Overview of Diabetes

Understanding Blood Sugars

Setting up a Healthcare Team

Special Diabetes Program for Indians

DIABETES HEALTH FAIR

NOVEMBER 14
SKOKOMISH COMMUNITY CENTER

LUNCH AND LEARN
12:00 - 1:00 PM

LUNCH IS AVAILABLE \$6 IF
NOT AN ELDER

FREE SCREENINGS
1:00 - 3:00 PM
RAFFLE



100 N TRIBAL CENTER RD
SKOKOMISH, WA 98584



Diabetes and the Benefits of Winter Squash: How Fiber Helps Control Blood Sugar

Diabetes is a condition where the body has trouble controlling blood sugar. For people with diabetes, making smart food choices is very important. One food that can really help is winter squash. Winter squash, like butternut, acorn, and pumpkin, is not only tasty but also very good for your health. One reason it's so helpful is because it's packed with fiber, which can make a big difference in managing diabetes.

Why Fiber is Important for Diabetes
Fiber is a type of carbohydrate that the body can't fully digest. This means it doesn't raise blood sugar like other carbs do. Fiber helps slow down how fast sugar enters the bloodstream after eating, which helps prevent blood sugar spikes. For people with diabetes, keeping blood sugar stable is important for feeling good and staying healthy. The American Diabetes Association

suggests people eat 25 to 30 grams of fiber a day. Fiber comes in two types: soluble and insoluble. Soluble fiber is especially good for people with diabetes because it forms a gel in the stomach, slowing digestion and keeping blood sugar levels steady.

The Fiber in Winter Squash

Winter squash is a great source of fiber. Butternut squash, for example, has about 6.6 grams of fiber per cup. Acorn squash has even more, with 9 grams per cup. Eating more fiber-rich foods like these can help people with diabetes manage their blood sugar levels better. There are two kinds of fiber in winter squash: soluble and insoluble. Insoluble fiber helps with digestion, keeping things moving through the digestive system. Soluble fiber, as mentioned, helps keep blood sugar from rising too fast after a meal by slowing digestion. This is very helpful for people with

diabetes, who need to avoid big jumps in their blood sugar.

Other Nutritional Benefits of Winter Squash

Winter squash isn't just good for its fiber. It's also low in calories and packed with vitamins and minerals. One of the key nutrients in winter squash is beta-carotene, which the body turns into vitamin A. Vitamin A is important for good vision, a healthy immune system, and strong skin. People with diabetes can sometimes have issues with their skin and eyes, so getting enough vitamin A is important. Winter squash also contains potassium and magnesium. These minerals help keep blood pressure normal and improve how the body uses insulin, which is important for managing diabetes. Potassium, in particular, helps balance out sodium in the body, which can lower blood pressure.

How to Add Winter Squash to Your Diet

Adding winter squash to your meals is easy. It can be roasted, steamed, or mashed, and used in many different recipes. You can add it to soups, stir-fries, or even use it as a substitute for pasta. When combined with lean protein and other vegetables, winter squash helps create a balanced, healthy meal.

In conclusion, winter squash is a delicious and nutritious vegetable that can help people with diabetes control their blood sugar. Its high fiber content and other health benefits make it a great addition to a diabetes-friendly diet. Plus, it's versatile and easy to prepare, making it a perfect choice for healthy meals.

Celebrating Patty Suskin's Service: Two Decades of Dedication to Native Families

For over 20 years, Patty Suskin made a lasting impact on Native families through her dedication to health and wellness. As a registered dietitian nutritionist and diabetes care and education specialist, she played a key role in improving nutrition, supporting breastfeeding mothers, and promoting diabetes prevention. Her work strengthened the bonds of community and well-being across the region.



Patty made the decision to step away from her roles to be closer to her family and grandchildren, despite being deeply beloved by the communities she served. Her passion for improving the health of Native families was evident in everything she did, and while we will miss her leadership, we fully support her in following her heart. She deserves this next chapter, surrounded by those she loves most.

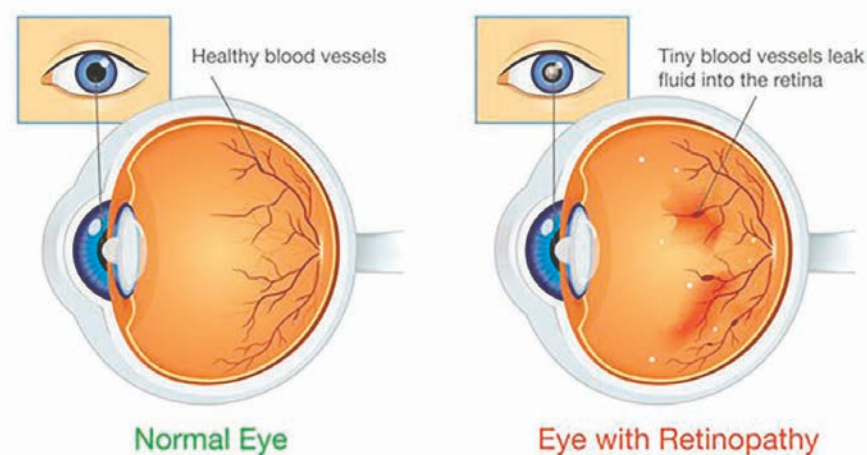
Patty worked closely with SPIPA's Women, Infants, and Children (WIC) program, where she provided essential nutrition education and breastfeeding support. Her efforts empowered families to make informed choices, improving the health of mothers and children.

In addition, Patty served as the Diabetes Coordinator for the Squaxin Island Tribe. She offered personalized support to those managing or at risk for diabetes, encouraging healthier lifestyles and long-term wellness.

Patty was a passionate advocate for physical activity, inspiring both her coworkers and the community to stay active. During the COVID-19 pandemic, she quickly adapted to virtual consultations, ensuring families remained supported through uncertain times.

Her commitment to health, compassion, and cultural sensitivity has left a lasting legacy in the lives of the families she served. We wish her all the best as she takes this well-earned time to be with her family.

Diabetic Eye Disease



Have you heard of retinopathy? It is a diabetic eye disease that results from high blood sugars over time. It is the leading cause of blindness in the 20-64 year old age group with those who have Type 2 diabetes. The small vessels in the back of your eye can leak or bleed. There are not always warning signs, so it is very important that people with diabetes have their eyes checked every year by an eye doctor.

What can you do to prevent or slow retinopathy? Manage your blood sugar and your blood pressure, take your medications as prescribed and make sure you schedule your eye exam every year. Call Skokomish Wellness Center at (360) 426-5755 if you need a referral.

How is it treated? Retinopathy can be treated with eye medication, laser treatment and surgery.



INTERNATIONAL ASSOCIATION FOR INDIGENOUS AGING

10 SIGNS OF THINKING OR MEMORY CHANGES THAT MIGHT BE DEMENTIA

As we get older, we may slow down a bit.

This is a normal part of aging. Changes in memory or thinking that make it harder to get through the day, are not a normal part of aging. **These may be early signs of dementia.**

Because American Indian and Alaska Native people have a high risk of dementia, it is important to know the warning signs.



Do you have any of these 10 signs? If so, talk to your doctor.

- 01 Memory loss that affects your daily life.** You may:
 - Forget events or important dates
 - Repeat yourself
 - Rely more often on lists or sticky notes to remember
- 02 Trouble planning or solving problems.** You may have a harder time:
 - Paying bills
 - Cooking recipes you have used for years
- 03 Get confused about the time, date, or where you are.**
- 04 Daily tasks are getting harder, including:**
 - Driving
 - Making a grocery list or going shopping
- 05 Trouble with how your eyesight and thinking work together that gets worse.** This includes:
 - Tripping, falls, or problems with your balance
 - Spilling or dropping things more
- 06 New trouble talking or writing.** You may have a harder time finding the words you want to say. For example, you may say "that thing on your wrist that tells time" instead of "watch."
- 07 Lose and cannot find things.** For example, you:
 - Can't find the coffee pot that you use every day
 - Might put your car keys in the freezer
- 08 Notice changes in mood or personality,** such as being:
 - Easily mad or sad in everyday situations
 - More fearful (scared) or suspicious (not trusting)
- 09 Act different and make poor choices.** You may:
 - Spend money you do not have or be a scam victim
 - Stop washing up regularly or pay less attention to how you look
 - Forget to take care of your pet
- 10 Pull away from friends and family because it is harder to keep up.** You may not want to do things you used to enjoy, like sporting events, church, music, or sex.



American Indian and Alaska Native people have a high risk of dementia.



Big changes in memory or thinking that make it hard to get through the day are not a normal part of aging.



People with one or more of these 10 signs should talk to their doctor to find the cause. It is not always dementia.



Early dementia diagnosis gives you a chance to get care and plan your future.



AMERICAN INDIAN and ALASKA NATIVE RESOURCE CENTER FOR BRAIN HEALTH

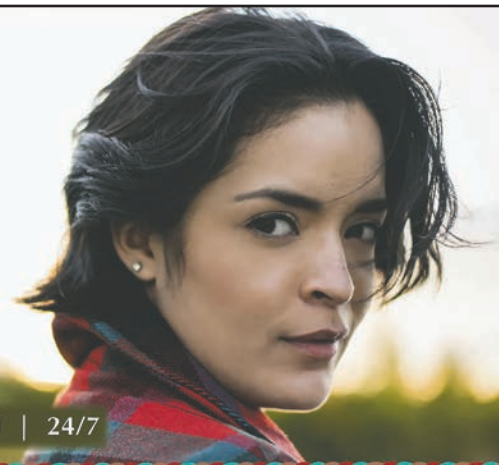
To learn more, visit:

www.AIANBrainHealth.org
www.cdc.gov/aging

This flyer is supported by the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$348,711 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.



STRONGHEARTS
Native Helpline



Safe | Anonymous | Confidential | 24/7

StrongHearts Native Helpline is a 24/7 safe, confidential and anonymous domestic and sexual violence helpline for American Indians and Alaska Natives offering culturally-appropriate support and advocacy.

Call | Text: 1-844-7NATIVE (762-8483)
Chat online at www.strongheartshelpline.org



This project was supported by Grant Number 90EV0541 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. The opinions, findings, conclusions and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services.



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

For appointments and questions, contact:

Debbie Gardipee 360.462.3227
Email: dgardipee@spipa.org

or call 360.462.3224
Email: wicnutrition@spipa.org

SPIPA main number: 360.426.3990

Next WIC date:
Tuesday, Nov. 5, 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 November Dates



PT. GAMBLE S'KLALLAM	11/1/24
SQUAXIN ISLAND	11/6/24
SKOKOMISH	11/12/24
NISQUALLY	11/15/24
CHEHALIS	11/22/24

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.



Skokomish Health and Wellness Center Presents

Great American Smoke Out



Thursday, November 21, 2024

Clinic Parking Lot
10am-3pm

YOU DON'T NEED TO QUIT SMOKING IN A DAY!

START WITH DAY 1



Uncle says it's brave to ask for help.

It takes strength to face your inner battles—but Native and Strong is here so you don't have to do it alone.

Connection is Prevention.

For mental health resources visit NativeAndStrong.org

If you or someone you know is experiencing a mental health crisis or thinking about suicide, dial 988 and press 4 for confidential support from a Native counselor.

Happy Holiday from Tuwaduq Family Services

On October 16, 2024, Tuwaduq Family Services hosted our annual Vocational Rehabilitation and Domestic Violence dinner for the community. The evening started off with a language lesson from our language department. Tony Herrera, provided instruction of how to pronounce SqWuqWu'b3sh (Skokomish), and Hello (ahs-eye-uhb) and goodbye (Hoyt) with an explanation of what the words meant. We then had a tribal elder, Annette Smith, blessing the food for the wonderful dinner that was served. The evening presentation started with our Health Clinic Behavioral staff members, Daylen Gonzales, MSW, MHP, LICSW. Kirk Fowler, Substance Use Treatment Counselor, and Desiree White, Public Health and Wellness Lead, were also in attendance to support the program outreach. Daylen Gonzales explained in detail how to access the Behavioral Health program at our clinic. She explained that if you are in an emergency situation and need to see a counselor, that they are available.

She also provided additional information and other resources that could help you or your family member in a crisis situation. The Vocational Rehabilitation program invited the Behavioral Health staff, due to many situations that we have in our community and at times emergency services are needed. We wanted the community to be aware of how to access services and what type of services are available when needed. We appreciated the information and if you need to contact the Behavioral Health staff members, please call (360) 426-5755. If it is an emergency, and you need to see a counselor immediately, please let them know when calling. Pamphlets with the Behavioral Health contact information was provided in the bags that were given out at the dinner. The evening continued with our Domestic Violence outreach speaker. She offered her story with a power point presentation that was very emotional and offered some good information within her presentation. Bags of appreciation

were provided to all the adults who attended the dinner, and we appreciate the support that was given to the importance of domestic violence in our community and the support of vocational rehabilitation when people with disabilities are seeking employment opportunities. The garden crew is getting wood for the community. Our elders will be first on the list to get wood and after the elders have been taken care of wood will be offered to other households that have a wood stove. This year we will be providing tarps to cover your wood to keep it dry for better burning. We were awarded a grant from the US Forest Service, that provided tarps to cover the wood. It is better for the environment to burn dry wood than wet wood. We also were able to get smoke detector/carbon monoxide detectors with this same funding. Those were given out at the elders' picnic in August. We hope that everyone takes the time to install them in their homes for their safety. They are easy to install by removing the tape and putting them in place

where you want it to be located. Please take the time for your safety and install them. If you want to be put on the wood list, please call Tuwaduq Family Services, (360) 426-7788. We only deliver to the reservation area, and only provide to our tribal community.

The holiday months are coming and we will be preparing for the elder Thanksgiving baskets. We will be providing information the closer it gets to the holiday. The Skokomish Vocational Rehabilitation program will be offering classes to make items for the holiday. We will be posting flyers and getting information on the dates that classes will be offered. We hope that you will take the time to come and participate. Thank you Kasiah Brown for teaching the beading class for making earrings that was held in October, Some beautiful earrings were made.

Taking care of our Elders

In the past two months the tribal elders have been able to take a couple trips on their new bus. In September, 37 elders went to the Puyallup Fair. On September 18, 2024, it was Native American day at the fair. It was really nice weather that day. The elders got to enjoy the Wa-He-lute and Nisqually canoe family songs. It was a fun day at the fair. On October 17, 2024, our tribal elders were invited to attend the Puyallup elder luncheon. We had 21 elders that decided to attend. The Puyallup tribe put on an outstanding elder luncheon with a Motown 60's theme. They provided live music with a band that played Motown 60's music, which sounded great. We would like to thank the Puyallup Tribe for their hospitality and generosity for inviting our elders to their event.

We have reserved a table at the upcoming Christmas bazaar, scheduled for December 8, 2024, at the Community Center. The culture committee will be hosting this bazaar. We are planning to sell baked goods and arts and craft items at our table for a fundraising activity. If you would like to donate any items, please contact me at (360) 426-7788 or (360) 968-3416 (work cell). We will also need volunteers to operate the tables. We are also planning to schedule some fun and games activity day for our elders. Some ideas could be boardgames, card games (cribbage), play cornhole, etc. If you have any ideas that you can offer, we would like to hear from you. Perry Carrington, Skokomish elder Coordinator

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



From the Domestic Violence Program:

A big thank you to all that came to our Annual Domestic Violence/Vocational Rehab dinner on Wednesday, October 16, 2024. It was a tremendous turnout, we had 83 people attend!!!

The speaker, Vanessa Malapote was wonderful, she spoke on Adverse Childhood Experience (ACE) and how it affects adults in a DV situation. She spoke on her own experiences and how she overcame her childhood into a successful adult life. She was wonderful, everyone there paid close attention and appeared to appreciate her talk. Thank you, Vanessa. The behavioral health program spoke on the changes and resources that are available at the Wellness Center/Health Clinic. Thank you, Daylen Gonzales, for sharing valuable information.

What can Domestic Violence Program do for you, if needed?
Your Domestic Violence program

can be someone you can talk to about whatever is going on. Just to talk. Domestic Violence program can help you fill out Protection Orders, if needed. That can be either/both Tribal and State.

Domestic Violence program can go to court with you through the whole process of obtaining a protection order. Domestic Violence program can facilitate a safe place for you to be, while a safety plan is made. Domestic Violence program is here for you, short term and/or long term.

You are not alone; you will never be alone.

Be safe.

Call Linda Charette
Office: 360-426-7788
Cell: 360-545-2303
Email: lcharette@skokomish.org

Statement from the National Indigenous Women's Resource Center on President Biden's Apology for Indian Boarding Schools

LAME DEER, Mont. — The National Indigenous Women's Resource Center (NIWRC) welcomes today's historic apology by President Biden for the U.S. government's role in the violent legacy of federal Indian boarding schools. This recognition is a critical step in acknowledging the ongoing trauma and generational harm that these policies have inflicted upon Native children and families throughout Indian Country.

For more than a century, federal boarding schools enforced policies of forced assimilation designed to erase Native identities, languages, and cultures—a calculated tool of colonization with impacts still reverberating today. Native peoples continue to endure the consequences of this era, evident in ongoing trauma, loss of cultural heritage, and persistent systemic inequalities.

As an organization dedicated to confronting the ongoing violence against Native women, we recognize that this struggle is not confined to

history. The violence of the boarding school era is intricately linked to the disproportionately high rates of domestic violence and sexual assault affecting our communities today, as well as the present crisis of Missing and Murdered Indigenous women and relatives. This destructive legacy aimed to undermine the very foundations of Tribal Nations by targeting our most vulnerable—our women and our children. We carry with us the strength of survivors and honor the memories of those who were lost.

This moment must be a catalyst for meaningful action that addresses the ongoing impacts of colonization and trauma. Healing from this violence requires more than acknowledgment; it demands justice. NIWRC joins President Biden, partners, and allies in urging the nation to look directly at this painful chapter in our shared history. The federal government must invest in and prioritize Native-led solutions to restore our safety, sovereignty, and well-being.

Tribal Members with Birthdays in November

1st Kayti Deese Kale Wingfield	7th Perry Carrington Jonathan Dominquez Denny Hurtado Denise Miller	14th Logan Longshore Setiva Smith	24th Rose James Marcy Tinaza Nellie Capoeman
2nd Mona Miller Cheyenne LaClair	8th Delveda Kenyon	16th Willow Grover	25th Carrie Ann Smith Marvin Cultee Jr.
3rd Karl Miller Mary Pavel Ava Tinaza	9th Mark Kremen Lyle Wilbur Aya Byrd	17th Anita Peterson	26th Timber Ware
4th Richard Gouley Tami LaClair	10th Alfred RC Smith	18th Billy Allen Joey Andrews	28th Lawrence Kenyon, III
5th Tom Pulsfier Jr. Brandie Sweitzer Corbett Gamber, Jr. Ira Stong-Villines	11th Tahnee Miller	20th Antoinette Longshore Tom Longshore	29th Jessica Ghramm Spilyay Miller Sayalts Miller
6th Mona Allen Darrel Smith Bo Tinaza Paul Wingfield Russell Cagey	12th Jasmine Johnson-Krise Abigail Wilbur	21st Marty Allen	30th Richard Henry Calista Miller
	13th Robert Blacketer Aaron Johnson Ben Peters	22nd Kingston Andrews Oto Villines	
		23rd Leslie Lincoln Ruth Peterson- Bluebird	

Happy Birthday Tamela!

How old?? :) I am so, so proud of everything you are doing for yourself and your family. I love you, and hope you have the bestest birthday you can possibly have! Keep up the good work! Love Dad

Boulder

This is the new recovery

Your Care Team.
Your recovery.

Get the help you need,
whenever you need it

People seeking help for alcohol and opioid use trust Boulder Care because it's convenient, compassionate, and confidential.

Through video visits, secure messaging, and phone support, Boulder's Care Team is here to help you reach your recovery goals.



Clinicians



Care Advocates



Peer Coaches



LEARN MORE
www.boulder.care/start
(866) 347-9635



In Loving Memory

Gary Wayne Peterson, *Siy3l3qw3p*

Born 3/18/45 - Passed 10/8/24

Gary Peterson, who was a Member of the Faculty at the Evergreen State College since 1999, passed away on Tuesday, October 8, 2024, after a short illness. Gary, born at home, was a member of the Skokomish Tribe and a life-long resident of the Skokomish Reservation. Gary served the Skokomish community as a tribal council member, administrator, and community volunteer. Gary was a founding board member of the National Indian Child Welfare Association, a national advocacy group for Native children and families, and served in a variety of roles for that organization, including President. His life's work was as an educator and advocate, committed to strengthening Native families through tribal sovereignty and advocating for federal and state laws that protect them. He also served for over 30 years to the Affiliated Tribes of Northwest Indians (ATNI) as the chair of ATNI's Indian Child Welfare Committee. He was a Vietnam-era veteran, honorably discharged, and walked with color guards over the years at Tribal events.

Gary Peterson served as the Tribal Manager for the Skokomish Tribe in the 1970's, helping to build the administration to provide services to the tribal community. During this time, Gary also served on the Skokomish Tribal Council. He was a delegate to the Point No Point Treaty Council which was established after the Boldt Decision was made and upheld by the U.S. Supreme Court. It was a busy time as funding was being allocated for Tribes to become more self-determined. This led to the Skokomish Tribe's creation of their own Fisheries Management capacity. Gary played an important role in helping the Skokomish Tribal Administration grow as well as establishing the Point No Point Treaty Council, South Puget Sound Indian Planning Authority, and the National Indian Child Welfare Association. Gary's leadership and vision is evident today in all these organizations and the Skokomish Tribe's continuing role in each. Gary remembered when he started commercial fishing, and his fellow tribal fishermen gladly showed him the tricks of the trade. Gary was always active on the education committee for Skokomish, always advocating for everyone to pursue their academic aspirations.

As a pillar of the Evergreen State College faculty, Native American, and Indigenous Studies programs, Gary co-developed with Yvonne Peterson ongoing, year-long programs in Native ways of knowing through the "River of Culture" timeline. Students studied Indigenous scholarship, and best practices, and developed the skills of reflection, research, and advocacy. When students entered the classroom, Gary was their mentor and guide, and they were met with his generosity, hospitality, sense of humor and truth-telling, and belief in their life's purpose and work. Gary asked challenging questions that held students in the fire of lived experience as he helped them understand and transform complex challenges, choices, histories, and stories of colonization and resilience.

Gary's perseverance, patience, and profound understanding of psychology, social systems, critical pedagogy, and cultural and historical events were a foundation for the "River of Culture" template. Gary taught students and colleagues how to skillfully navigate the currents and rapids of the past and present--and to understand the consequences of choices and events as they steer into the future. He worked with urgency and purpose to challenge, shape, and empower the next generation of leaders. He applied his understanding with humor, compassion, humanity, and truth-telling, showing by example how to complete the work that needs to be done, and calling each of us to take up and continue the task of navigating the river of time. His Reader's Theater group will continue to write scripts performing at the yearly NICWA conference and other Tribal venues – he valued there may be a stand-up comedy routine always in the script.

As a founding board member of the National Indian Child Welfare Association, a national advocacy group for Native children and families, he served in a variety of roles for that organization, including President. Gary's work as an advocate for Native children and families was one of his great passions. While a tribal chairman, he was invited to join advocates from around the Northwest to establish what would later become the National Indian Child Welfare Association. He served as the President of NICWA for 14 years

and was a driving force in the creation of the Affiliated Tribes of Northwest Indians, Indian Child Welfare Committee and later the National Congress of American Indians, Indian Child Welfare Committee. He was a leader for the protection of the Indian Child Welfare Act, increasing funding for tribal child welfare programs, and establishing the Tribal-State Indian Child Welfare Act Agreement between tribal nations and the state of Washington. You could hear Gary's philosophy regarding advocacy for Native children and families when you heard him say, "Good isn't good enough for our Native children and families."

Gary is survived by his wife Yvonne, daughters Billie (Anthony Higheagle, Jr.) and Ho-Wan-Ut Old Peter and Marcella DuPuis; Higheagle Grand-children: Gabe "Hallelujah" (Whitney), Halisa (Gabe Nino), Valea (David Butterfly), Julia, and Coby, and great-grand daughter Tonia Higheagle. Surviving siblings include Vivian (Ron Twiddy), Jacqueline (Don Smith), and Sheri Peterson. He had many young people adopted in the Indian way across Indian Country and considered pullers and ground crew of the Skokomish River Road Canoe his family.

We prepare in this life to transform and go through the veil to the other side where our real work begins as ancestors. I've lived a full life, have family, friends, and started work others will carry on. Once diagnosed I've spent time with Yvonne, my daughters, my son-in-law, grand-children and their partners, and great granddaughter and my extended family – the Peterson/LaClair's. After my passing when you see the sliver of bright dazzling light in the late summer afternoon sky, know that I and other ancestors will be glancing down at you to make sure you're ok – give me a nodding glance and wave. I love you."

October 1st, 2024, Gary



Our Hands are Raised to You

We would like to take the opportunity to sincerely thank those that helped Gary make his transition to his new work as an ancestor. To everyone that shared their stories and memories of Gary's life to help remind us all of the endless work Gary did to help others. Thank you! To Mary and her kitchen staff and to everyone that donated food for the meals provided for his beautiful service and wake. Thank you! To the Skokomish Tribe for the generous monetary assistance for the funeral services, and the staff that expedited their duties to help make everything come together so quickly. Thank you! Thank you to the council for the beautiful flowers and to the many others that sent flowers or made donations in Gary's honor. Thank you, to Annette and her family who worked so fast to make his beautiful casket. Thank you to the Shakers and Seone for the thoughtful and careful ways you protected the spirit of the day and made the way clear. It was Gary's wish to come home to Skokomish, and so many of you helped us honor those wishes. Thank you for all of you who supported the family in all of the little and big ways that meant so much to all of us. We love you all!

The Family of Gary Peterson

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

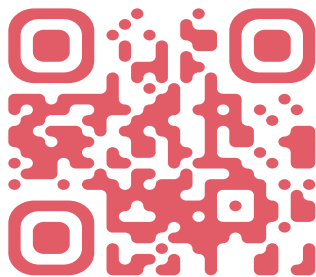
Congratulations
to our recent jackpot winners

Vincent from Olympia	\$14,813
S from Skokomish	\$14,231
Jamie from Shelton	\$9,830
Thomas from Shelton	\$9,745
M from Shelton	\$6,309
Donna from Sequim	\$6,160
T from Shelton	\$5,852
C from Hoodspport	\$5,003

OVER \$375K IN JACKPOTS PAID IN SEPTEMBER 2024

Featuring Call-in Orders

Call 360-877-2300 to place your order



SCAN THE QR CODE FOR THE DRIFT MENU



COMFORT FOOD SPECIAL

EVERY SUNDAY
11AM - 9PM

Enjoy Meatloaf served with Sautéed Broccoli, & Mashed Potatoes with Gravy

\$17



THANKSGIVING SPECIAL

THURSDAY, NOVEMBER 28
11AM - 8PM

\$30 Per Person | Menu Includes:

Oven Roasted Turkey Breast, Sage Stuffing, Mashed Potatoes with Gravy, Green Bean Casserole, Sweet Potatoes Topped with Brown Sugar & Marshmallow, Hawaiian Roll, Cranberry Sauce and Pumpkin Pie with Whipped Cream.



Order Online at myluckydogcasino.com

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

NOVEMBER 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.



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

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



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

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



THANKS & GIFTING EVERY THURSDAY IN NOVEMBER 2PM - 8PM

Earn 200 Same Day Points to receive
a **FREE** Gift every Thursday.
THURSDAY, NOVEMBER 7: \$25 Lucky Bucks
THURSDAY, NOVEMBER 14: \$25 Amazon Gift Card
THURSDAY, NOVEMBER 21: Roaster Pan
THURSDAY, NOVEMBER 28: 2,500 Lucky Points



SCRATCH + WIN EVERY FRIDAY IN NOVEMBER NOON - 10PM

Visit the Ivoree™ Kiosk or Play on the
Ivoree™ App inside the casino.
Reveal your prize under the virtual
scratcher.
WIN up to \$1,000 in Lucky Bucks.
One **FREE** Scratch + Win each week.



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

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

Prize is based on 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



FREE FOR ALL SUNDAYS IN NOVEMBER NOON - 6PM

Receive a **FREE** gift for each themed giveaway date.
SUNDAY, NOVEMBER 3: Wearable Gifts (Shirts & More)
SUNDAY, NOVEMBER 10: Kitchen Gifts (Small Appliances)
SUNDAY, NOVEMBER 17: Travel Gifts (Luggage & More)
SUNDAY, NOVEMBER 24: Cooking Gifts (Skillets & More)

BONUS: SATURDAY, NOVEMBER 30 | NOON - 6PM
Best of the Rest - Includes Tools, Bedding and More

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



Rez Photo of the Month



Can you name the young siblings in this photo?
Please turn to page 2 for the answer! Good luck!



Skokomish Indian Tribe
 80 N Tribal Center Road
 SROR, WA 98584
 RETURN SERVICE REQUESTED

NONPROFIT
 US Postage
 PAID
 Permit #241
 Wenatchee, WA 98801

Rez Sudoku Puzzle of the Month

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

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.