

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

Skokomish Indian Nation

THE

# SOUNDER

March 2025

Spring p3ttu'las  
"Time of Healing"

## BASKETBALL SEASON WINDS DOWN

Natives have always found ways to be competitive with themselves and each other. Here at Skokomish, baseball was the main sport that our warriors liked to compete. All they needed was a field, a glove, a bat and enough guys to fill out a team, or two teams so they could have games here. Then when tournaments were scheduled on other reservations our teams would travel to play our neighbors in competitive games to prove who was the best. Then basketball became popular as courts were available to practice and play on. In 1980 the first golf tournament was held here at Skokomish, and played up at Alderbrook Golf Course. Then more and more of our members began playing golf and playing in tournaments held by other reservations. Competition is in our veins.

Shelton High School basketballs regular seasons has concluded. They didn't have a very good season. Next year we should see a couple of our young guys on the team, Sharkey French and Cyrus Little Sun. They both played on the Junior Varsity this season and suffered injuries that kept them out of parts of the season. Cyrus is a junior and Sharkey is a sophomore. Now the SHS girls varsity team had a much better season. At the end of their regular season, they played in the qualifying tournament but were not able to advance from there to the Statewide playoff tournament. We had Junior Cedar Wylie and Janell Krise starters for the team, with Janell a dominant scorer for the team and Cedar swiping the boards and leading the team in rebounds. The girls



junior varsity had Sonny Cordova, Ada Gouley, Rosa Maldonado, Melia Sandoval and Chelsea Hermann, all from the Skokomish Community. With Rosa, Sonny, Ada, Melia and Chelsea all playing the role of swing players who took turns being called up to play on the varsity team. Next season you're going to see many of these swing players taking a starting role on the varsity team. With the experience and success that all of these girls had this year the future looks very bright for the Shelton High girls varsity basketball team.

The boys team at Hood Canal School is coached by Patty Gouley and Brian Howell. Patty shared with me that she was asked to help coach the team last Fall, and later on she was asked to stay on as an assistant coach. It has been very rewarding for her to see the growth and maturity that the boys have shown. There was a great deal of bonding and trust that was built up by the players which helped lead them to an undefeated season,

eight wins and no losses. This led to them playing in the qualifying tournament where they placed second and earned them a berth into the State tournament for the first time in school history. The tournament will be held in Spokane from March 14 to 16 and the boys are very excited to be going, and their plan is to try and bring

the first basketball Championship trophy home to Hood Canal School. The boys from Skokomish are Ray Ray Williams, Masai Taylor-Tinaza, Tiger Tinaza, RJ Cordova, Tommy Miller, Sky Courville, Aiden Wilbur, Malik Crowder, Steve >JJ" Walker and Caleb "Friz" Frizzell. During the season they played in the Evergreen Classic where they won the Championship. With the lull here of over four weeks since qualifying for the State tourney and the actual tourney, in Spokane, the boys have been practicing and playing scrimmage games. Some with local adults to help out and tribal teams. For the next six seasons you're going to see a lot of these boys playing together for Hood Canal School and then Shelton High School basketball teams. This could be a very special group. Time will tell.

*By Tony Herrera*



# ~NEWS FROM THE LITTLES~

We've been learning a ton of things at the ECE! Circle time is when we do the calendar, our colors, count, and learn to take turns. There is a lot of fun, brain power, and support for our friends. We also get visits from the language department once a week. We're learning tuwaduq words with Miss Christie, Miss LaDean, and Mr. Tony.



Miss Lakota Andrews



Miss Kalaiah Andrews

We have a two-fer this month. Miss Lakota and Miss Kalaiah Andrews shine so brightly! Lakota's favorite color is pink, favorite food is chicken, and her favorite thing to do is play with toys. According to Kalaiah, she loves red, goldfish and toys. These little ladies are full of giggles! We love seeing them every day.

## Who Could This Be?

Valentine's Day was so exciting. We exchanged cards with our friends, plus we had some delicious treats! Thank you to all the families for making this a special day.



You know it's a special day when we bring crowns out for everyone to try on!



We loved the snow while it was here, but everyone is happy we can play outside again. Remember that kiddos may need extra clothes at this time of year. We can't resist the puddles!



Our little ray of sunshine is on the right side of the picture. She is so full of love, glitter, and everything silly. She's known for wearing all kinds of fabulous earrings. Our ECE wouldn't be the same without her laughter and affection for the kiddos.



Last month's mystery ECE teacher is Lucille Austin. She's so lovely and kind. Stop by and say HI!

## Orca Class Updates

We are completely enjoying the activities in class! We spend a lot of time on hands-on projects and building our social-emotional skills through sharing and playing together. Writing our names has been a great learning experience. We help each other with letter and number recognition, such as numbers 1-20 and the ABC's. Coming soon, we will be learning about exercise. We will focus on different types of exercise, how it helps us learn balancing skills, and trying different activities.

## Eagle Class Updates

Our focus over the last few weeks has been on learning and recognizing phonics and sounds. We have also enjoyed learning to recognize letters of the alphabet and identifying many shapes and numbers. Presently, we are finishing a study on wheels and are looking forward our next area of focus: Trees.



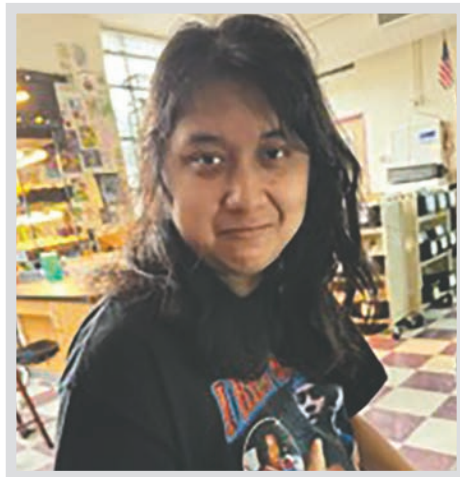
The littlest babes are growing so quickly. We're working on language, communication, gross and fine motor skills, and learning to share. Our biggest challenge is potty training. That takes a lot of work and patience. Some of the littles are already there, but some are still working on it. We couldn't be happier with the progress each of the sweet ones has made. Please remember to bring extra clothes. This is a soggy time of year!

## OUR STUDENT SPOTLIGHTS



Meet Ma'sye Taylor-Tinaza, an 8th grader who is already making waves both on and off the court. As a key player on the basketball team, Ma'sye is gearing up for the big game at state in March – an exciting achievement that highlights his

dedication and hard work. But Ma'sye isn't just a standout athlete, he's also incredibly independent in his studies and always makes sure that he's on top of his work. He's made honor roll every quarter this year, showing that he's as focused in the classroom as he is on the basketball court. Ma'sye is also very kind and shows respect towards others. He treats everyone with care and is always there to lend a helping hand. His positive attitude, work ethic and genuine respect for those around him make him a true role model. We're excited to watch Ma'sye continue to grow and achieve, both in his athletics and academics. Keep up the great work, Ma'sye! We're so proud of you!



William LeClair Hernandez, son of Cheyenne LeClair Hernandez, is a great example to the community. He is kind and patient. His basketball team is going to state. He is admired by staff and students as a leader, especially on the court. William will be graduating from CHOICE High School this year. We are all so proud of you, William!



Eivi Johnson is our incredible kindergartener who shines brightly every day! Her independence and love for learning are truly inspiring—she even reads books to her teacher all on her own! Keep up the amazing work, Eivi! The future is bright with you in it!



We're excited to shine the spotlight on Redhawk LaClair, a bright and enthusiastic 3rd grader who has been putting in a lot of effort and is showing determination for growth. His hard work and positive attitude are admired. Redhawk approaches every challenge with a smile and is always eager to grow and learn. We can't wait to see all the amazing things he will continue to achieve! Keep up the great work, Redhawk!

## Toms After School Program

What a winter it's been. We got a little snow and a lot of sick bugs it seems. Hopefully these sick bugs will be fought off and ridden for good very soon. I think we are past the wishing for snow phase, and we are more than ready for Spring sunshine. Agree? Okay then.

Throughout the months Tom's still held great numbers as far as youth participants. We had a waiting list for a bit. Good news is that we are accepting those that were on the waiting list for a bit. Our numbers are thriving more than ever. Not that we were in a shortage of Skok pups.

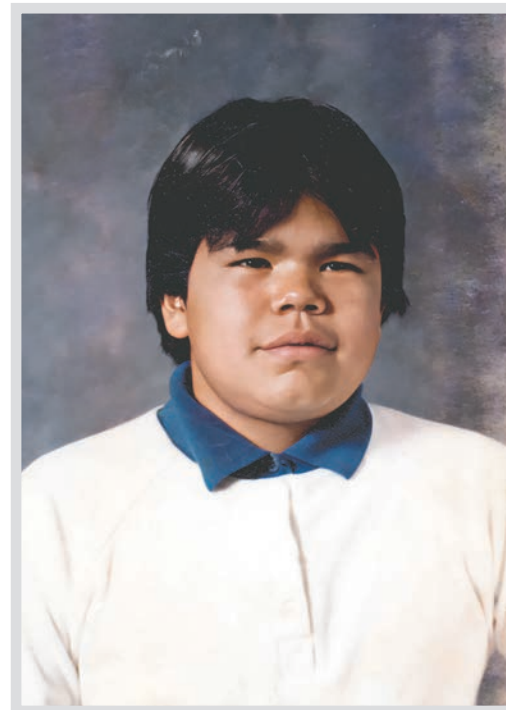
These past couple months we have done tons of activities at the community center, swimming at Squaxin pool and handfuls of field trips on our school breaks. Art projects, science projects, endless physical activity and some off-reservation traveling. We celebrated New Year's, Point no Point treaty, and Valentines. Art and science activities were created around these holidays. Point no Point treaty was the theme for January, Healthy relationships/friendships was the theme for February and as we dive into March, we will be focusing on March Madness and St. Patrick's Day fun to finish off the tail end of winter.

There were a few tournaments thus far that some age groups

attended and competed in basketball. Muckleshoot had a 'toys for tots' tourney and we were able to pay for entrée fee using donated toys for the less fortunate around the holidays. 14u boys brought home 2<sup>nd</sup> place. Per usual our school age youth 7<sup>th</sup> grade and under, total of 6 teams, participated in Shelton city league every weekend of January. A couple of the weekends they played both Saturday and Sunday. During the month of February, we had two weekends where the elementary girls and boys took turns on a Saturday going to play a one-day tourney in Matlock. The boys brought home a 2<sup>nd</sup> place trophy. The girls went undefeated on their Saturday at Matlock.

The kids love ballin out and would do it at any given chance. Practices are still being held on Mondays and Wednesdays starting at 5:30 for the 9u and 6:30 for 10 and up. Bo Tinaza does his workouts every Tuesday and Thursday for the youth at 5pm. We have so many dedicated athletes working so hard on their physiques and skills thanks to some awesome coaches. Ray Pruneda (lifelong community member) just added another physical fitness class on Monday afternoons during Tom's as well. These kiddos are getting trained left and right. "Beast" mindset is being drilled into their mindsets.

### Rez Photo of the Month



*The young man in this photo is none other than: Barney Cooper! A smile and dimples that could light the room!*

## HIGHER EDUCATION UPDATES

The Education Department has been busy planning events for our students. On March 6th, the department will be taking our 8<sup>th</sup> – 12<sup>th</sup> graders to South Puget Sound Community College (SPSCC) for the annual Fire Summit. This event is designed to get our youth excited about their future. During this visit the students get to take a tour of the campus, hear from current students, explore future academic possibilities and hear from this year's keynote speakers Lil' Mike and Funny Bone from Reservation Dogs.

On Friday, March 14<sup>th</sup>, we will be hosting our first annual College and Career Fair. This will be a time for our students and community to come and get information about possible academic or career opportunities. We want our community to be inspired and dream big. Lunch will be provided by Head Cook Kimberly Miller.

In April, we will be taking our students to University of Washington's 54<sup>th</sup> Annual Spring Powwow. This event is hosted by the First Nations program, an undergraduate intertribal registered student organization at the University of Washington in Seattle. This student organization works to put on events year-round both on- and off-campus with the intention of educating the community about Native cultures while

spreading awareness to issues affecting the Native community. First Nations is very supportive of Native American and Alaska Native students, and they strive to support and help them succeed in higher education.

We will be taking a tour of the campus before attending the powwow. This will be a great opportunity for our students to get a feel for what the campus is like and connect with Native students who are currently attending the university. The University of Washington is set in the heart of Seattle and whereas the campus alone has a lot to see, the city is full of fun activities.

If you are a high school student or have a high school student that wants to visit a certain college, university or vocational school please let Amber Hanson know and she can set up a visit. We would love to get more of our students out there to visit schools and dream big. Amber can also help students with college applications, essays, FAFSA (Free Application for Federal Student Aid), scholarship applications, job searches, resumes and much more!

In Education, we are also starting to plan for our graduation ceremony this June. If you are a college or high school student graduating this year and you don't already work with our de-



# Skokomish Education



## Invites You

# COLLEGE AND CAREER FAIR



Student raffle!  
&  
Community raffle!

**MARCH 14, 2025**  
**11AM - 3PM**  
**SKOKOMISH COMMUNITY CENTER**  
**19731 US-101**  
**SKOKOMISH, WA 98584**

**Be inspired and dream big.**

Food will be provided: **Head Cook Kimberly Miller**

**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.**

partment, reach out to us so we can be sure to include you in our program.

For any questions, comments or con-

cerns please reach out to Kelly Neely (Education Director) or Amber Hanson (College and Career Coordinator) at 360-877-2460.

## LANGUAGE PROGRAM NEWS

By *Christie Chambliss*

ʔasayəb ʔisuwa Greetings everybody! We wanted to make sure that everybody knows about our community language nights at the community center. They are the last Wednesday of every month from 5pm to 7pm, we provide dinner, have some kind of cultural craft or language bingo where we have lots of prizes to give away! It's a lot of fun, and besides the prizes, you generally have a finished culturally relevant item to take home with you. In the past few months we have made moccasins, medicine bags,

played language bingo, and most recently we learned how to make cedar headbands from Kris Miller. It was a good time with community, friends and learning! Kris walked us through how to weave together the beautiful strands of inner cedar bark to achieve our task. As we worked, we shared tuwaduq words associated with our project, words like inner cedar bark, weave, buckskin and so on. As the strands of cedar came together, our group got closer. Some of the people who already possessed the skills of weaving cedar headbands helped those who had never done it before.

It was a good night, and Kris was a wonderful teacher! The number of prizes and the number of attendees worked out perfectly, so everybody left with a prize and there was plenty of food for all. We try to have a raffle for the adults with prizes that we purchase from Skokomish artists. If you are a Skokomish artist, and you are interested in selling some of your artwork to the language department for the raffle, contact any of us in the department by phone, email, or come by and talk to us in the Education building. Also, if you have ideas for activities you would like to see us put on, let

us know! This language program is YOUR program, after all.

Contact Information:

Education Building 360-877-2640 ext. 2702

E-mails: [christie@skokomish.org](mailto:christie@skokomish.org)  
[ladean@skokomish.org](mailto:ladean@skokomish.org) [therrera@skokomish.org](mailto:therrera@skokomish.org)



# Hood Canal Special Levy Vote Rally Held

On February 10<sup>th</sup> there was a bingo game at the Community Center. The purpose of the event was to help get the vote out for the election, which was the next day, for a Special Levy to help expand Hood Canal School. Superintendent Lance Gibbon was there to kick off the event, showing a power point to explain what the contents of the levy were. Hood Canal School's population has grown and now the building is far beyond capacity. The Special Levy would bring expansion for more classroom space and creating a Science, Technology, Electronics and Math center (STEM). This will create laboratory space so that the students are better able to learn about the STEM components which will better prepare them for the exploration of science and technology. So many of the new job opportunities that await them have requirements in these areas. Another addition will be the creation of a dedicated Art classroom. Mr. Cowdry has had to use the stage area as his classroom and it's just now as workable as it could be. The front of the school will change in that a new transportation facility will be added for better traffic flow and the protection of pedestrians. The playground will be reconfigured with better access to the track and field area.

The Hood Canal School has been trying to pass previous bond and levy efforts but they've always come up just short of the sixty percent approval that's mandated. Hitting fifty-seven and fifty-eight percent hasn't been good enough.

*What's included?*

1. Two preschool classrooms	9. Safer Lighted walking path from Reservation Rd.
2. Safer ADA accessible preschool playground	10. Safer ADA accessible K-8 playground with new covered area
3. Art Room and Music Room	11. Additional storage
4. Larger library	12. Safer Bus loop
5. Expanded Science Lab	13. Annual Tech Upgrades
6. Engineering/Technology Project (STEM) Lab	14. More Parking
7. Flexible/Small Group Instruction Areas	15. Transportation Facility
8. Expanded Covered Walkways	

This time the budget has been pared down and the levy requirement is only fifty percent for voter approval. Hopes are high that this is the right combination to successfully fund this much-needed expansion.

We also had another presenter, on February 10<sup>th</sup> and that was the Mason County Auditor, Steve Duenkel. He wanted to let everyone know that he was there to help anyone who needed wanted to get registered. He expressed how important each person's vote was and that his office ensured that everyone's vote gets processed and counted. Election access and security are their top priority.

Great news! After the election we learned that the levy was approved by the voters on February 11<sup>th</sup> and the Hood Canal School Board and administration were so grateful for all of the support from the Skokomish Community in these efforts.

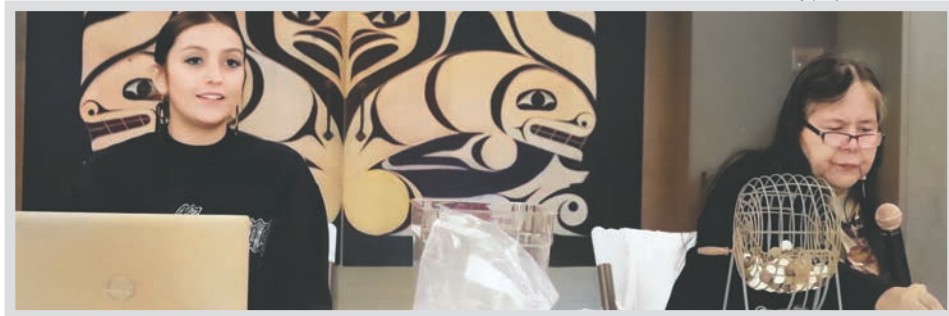
Then, after Lance and Steve's presentations, the Bingo Game broke out. Yes! We collected a lot of ballots from the community that evening and then we had some fun. Norma Cagey is our

very entertaining bingo caller and she made a lot of players yell out: "Bingo!" and then they could go up and pick out a great prize. We had over sixty community members in attendance and nearly everyone,

young and old, came out winners. This has proved to be a great way to inform the public and to get the votes out for each election that impacts our community. This time it was very local and singular in purpose, with a tremendous result for the future education of our young ones.

Thank you to our Tribal Council who sponsored the event, and the cooks who gave us such a tasty and filling meal before the agenda got under way. Keeping our members informed and participating in the planning of our future is always a good thing. Finally, big thanks to our voting members for being there and getting your ballots in.

By Tony Herrera





## SUMMIT

The FIRE Summit is a daylong experience designed to ignite Native youth, giving them a place to start dreaming while exploring their future academic possibilities. Middle school and high school students get to create and build relationships with college staff, faculty, and other Native students while learning about possible career pathways.

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### MARCH 6, 2025

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The FIRE Summit started as an annual event ten years ago. It has grown into a partnership between South Puget Sound Community College and the four surrounding tribes:

- Confederated Tribes of the Chehalis Reservation
- Nisqually Indian Tribe
- Squaxin Island Tribe
- Skokomish Tribe

**Keynote Speakers: LIL Mike & FunnyBone**

If you have questions related to the event, you can contact Jeanette Lindstrom in the Office of Diversity & Equity at [jlindstrom@spscc.edu](mailto:jlindstrom@spscc.edu)

Hosted by SPSCC 

# *HOUSING WAIT LIST AS OF MARCH 1ST, 2025*

<b>Rental Applicants</b>		<b>MHOA / Applicants</b>	
1 Spilyay Miller	32 Jeremy Wilbur	1 Eleanor Smith	32 Kim Cloud
2 CarrieAnn Smith	33 Tyler Andrews	2 Myranda Andrews	33 Tahnee Miller
3 Alan Peterson	34 Lashya Johns	3 Jeff Johns	34 Tyler Auld
4 William Pickernell	35 Emily Poulin	4 Jimmy Byrd III	35 Brandon Carrington
5 Kaylean Mendoza-Lopez	36 Maxamus Miller	5 John Smith	36 Alexia Moon
6 Myranda Andrews	37 Shera Johns	6 Addison Emerson	37 Chase Burfiend
7 Addison Emerson	38 Amy Kenyon	7 Jamie Kenyon	38 Hattie Peterson-Williams
8 Beth Burfiend	39 Timber Ware	8 Shannon Edwards	39 Tristan Johnson
9 Jonathon Dominguez	40 Jimmy Byrd III	9 Spilyay Miller	40 Taylor Strong
10 Daniel Perry	41 Jose Mendoza	10 Aaliyah Grover	41 Treyton Andrews
11 Ben Peters	42 Kristine Mann	11 Kayla Strong	42 Rachel Smith
12 Jonathon Edwards	43 Sunsomay Keith	12 Matthew Auld Plant	43 Alex Wilbur
13 Helen Tinaza	44 Angel KingGeorge Parker	13 Devin Johns	44 Aaron Wilbur
14 Marti Peterson	45 Torina Kenyon	14 Joel Allen-Johns	45 Jesse Gouley
15 Willie Grover		15 Sashina Ware	46 Jeremy Wilbur
16 Kim Cloud		16 Setiva Smith	47 Tyler Andrews
17 Tahnee Miller		17 Carrie Ann Smith	48 Lashya Johns
18 Shannon Edwards		18 Alan Peterson	49 Emily Poulin
19 Tyler Auld		19 William Pickernell`	50 Maxamus Miller
20 Brandon Carrington		20 Christine Tinaza	51 Shera Johns
21 Alexia Moon		21 Kaylean Mendoza	52 Amy Kenyon
22 Chase Burfiend		22 Tricia Longshore	53 Timber Ware
23 Dakota Gamber		23 Ocean Sparr	54 Jose Mendoza
24 Doreen Strong		24 Beth Burfiend	55 Kristine Mann
25 Hattie Peterson-Williams		25 Jonathon Dominguez	56 Sunsomay Keith
26 Tristan Johnson		26 Daniel Perry	57 Angel KingGeorge Parker
27 Taylor Strong		27 Ben Peters	58 Torina Kenyon
28 Treyton Andrews		28 Jonathon Edwards	
29 Alex Wilbur		29 Helen Tinaza	
30 Aaron Wilbur		30 Marti Peterson	
31 Jesse Gouley		31 Willie Grover	

## **2025 Geoduck Vessel Inspection**

**H**appy New Year to the geoduck fleet and our shellfish harvesters!

The Skokomish Department of Natural Resources Fisheries Department will be conducting the annual DOH vessel and vehicle inspections for transport of shellfish on **March 11, 2025 9:00-12:00 @ Lucky Dog Casino** . This inspection will

also provide an opportunity for those who need or want a Coast Guard inspection sticker on their vessel. If you have questions on the checklist prior to the inspection, please contact us.

Accommodation is also being made to travel up north to inspect all vessels that are currently stored up that way.

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

The mandatory inspections will be offered to all geoduck captains as well as any other harvesters interested in having their vehicles and vessels inspected for the transport of shellfish during non-Vibrio seasons. **Please contact the Fisheries Department if you have any questions regarding the 2025 inspection (360)877-5213.**

# Resolutions Approved by Tribal Council

**SKOKOMISH TRIBAL COUNCIL RESOLUTIONS FEBRUARY 5<sup>TH</sup>, 2025, AT A TRIBAL COUNCIL PLANNING MEETING:**

- ❖ **RESOLUTION NO. 2025-010:** A RESOLUTION APPROVING THE SKOKOMISH INDIAN TRIBES 2025 ANNUAL INTERTIDAL CLAM AND OYSTER REGULATION
- ❖ **RESOLUTION NO. 2025-011:** A RESOLUTION APPROVING A SOURCE CHECK FROM THE U.S. DEPARTMENT OF EDUCATION IM

- ❖ PACT AID SECTION 7003 PROGRAM FOR HOOD CANAL SCHOOL DISTRICT NO. 404
- ❖ **RESOLUTION NO. 2025-012:** THE SUBMISSION OF A GRANT APPLICATION TO THE ENVIRONMENTAL PROTECTION AGENCY THROUGH THE NORTHWEST INDIAN FISHERIES COMMISSION FOR FY25 ROUND OF THE NON-COMPETITIVE TRIBAL PROJECTS FOR "RESTORATION AND PROTECTION OF THE PUGET SOUND"

**FEBRUARY 19<sup>TH</sup>, 2025, AT A REGULAR TRIBAL COUNCIL MEETING:**

- ❖ **RESOLUTION NO. 2025-013:** A RESOLUTION APPOINTING DENESE LACLAIR AS THE SKOKOMISH INDIAN TRIBES'S DELEGATE AND NICOLE GIBSON AS ALTERNATE DELEGATE TO THE NORTHWEST PORTLAND AREA INDIAN HEALTH BOARD (NPAIHB)
- ❖ **RESOLUTION NO. 2025-014:** A RESOLUTION AMENDING THE SKOKOMISH HOME-SITE LEASE BETWEEN THE SKOKOMISH INDIAN TRIBE,

AS LESSER, AND DAKOTA ANDREWS (ENROLLMENT NO.779), AS LESSEE

- ❖ **RESOLUTION NO. 2025-015:** A RESOLUTION APPROVING THE SUBMISSION OF A U.S. DEPT. OF JUSTICE FY25 SUPPORT FOR ADAM WALSH ACT IMPLEMENTATION GRANT PROGRAM APPLICATION
- ❖ **RESOLUTION NO. 2025-016:** A RESOLUTION APPROVING SKOKOMISH INDIAN TRIBE'S 2025 ANNUAL SPOT SHRIMP REGULATION PUB-S#25-00.



**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 **MARCH 20, 2025**. 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.



**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](mailto:dgardipee@spipa.org)

or call **360.462.3224**  
Email: [wicnutrition@spipa.org](mailto:wicnutrition@spipa.org)

SPIPA main number: 360.426.3990

Next WIC date:  
**Monday, Mar. 3, 2025**

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**  
**March Dates**

<b>PT GAMBLE S'KLALLAM</b>	<b>3/04/25</b>
<b>SQUAXIN ISLAND</b>	<b>3/12/25</b>
<b>SKOKOMISH</b>	<b>3/06/25</b>
<b>NISQUALLY</b>	<b>3/14/25</b>
<b>CHEHALIS</b>	<b>3/21/25</b>



**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 Foods, call SPIPA at 360.426.3990

This institution is an equal opportunity provider.

# FINDING COMMON GROUND FILM SCREENING

Perry Carrington fired up the Elder's Bus and took eight of us down to Evergreen College's Long House for a special screening of a new documentary. This was on Monday, January 25, 2025 and we viewed a new film called "Finding Common Ground: Collaborative Leadership in Washington State." Basically, the film shows the development of the give and take of understanding, negotiating and compromise required after the Boldt Decision was upheld by the Ninth Circuit Court of Appeals and then the Supreme Court's affirmation of the decision. At that point the State of Washington and it's directly affected departments, non-Native and Native Tribes and fishermen, and women, evolved into a coalition to implement and manage the fisheries. As a complementary film to the earlier "Fish Wars" this is a detailed analogy of how we got to where we are today. It was a slow and agonizing process as you had staunch advisories on both sides. Not to mention the fishermen and women themselves. Washington State Governor Dan Evans appointed Bill Wilkerson, Washington State Fisheries Director, and instructed him to implement the provisions of the Boldt Decision. Bill reached out to

Tribal leaders to begin this process and after some long discussions and the groundwork began to emerge to find a way. The intent of this film is to show how Tribes, Washington State and private stakeholders learned to get along and work for what's best for the salmon, their habitat, the environment and all of the citizens of Washington State. Getting all of these parties on the same page took time. Squaxin Island Council Member, Jim Peters, said that when these meetings began, they spent a couple of days sharing stories about their personal lives, their kids, their upbringing, and other details to break down the walls of distrust between everyone in attendance. After a few such sessions the ice began to melt and common ground started to reveal itself so that the business at hand could be constructed, put down on paper and eventually ratified and enacted. This process was replicated for water disputes, forest management regulation and practices, shellfish management and hunting regulations. In 1989 the Centennial Accord was developed and signed into law between the Tribes and the State of Washington. These agreements are unique to Washington State and have now been studied and replicated in other parts of the

country for Tribal and State cooperation. Hopefully you'll have to see the opportunity to see the movie for yourself and see some familiar faces, many of whom have passed on now. Before the movie started it was announced that a big thank you be given to the Skokomish Tribe for providing smoked salmon, complimented by other hors d'oeuvres provided by the Long Hose for this event. Tuwaduq Family Services Director, Rosetta LaClair was the one who sent the smoked salmon. There was popcorn along with some water and other flavored juices. The Skokomish Elders enjoyed the movie and the hospitality shown them by

the hosts. Our elders are grateful for the opportunity to attend various events, thanks to the Elder's Program providing Perry to drive them in our new bus.  
By Tony Herrera



## Don't Fear the Rear: Get Screened for Colorectal Cancer!

Let's talk about something that might make you uncomfortable but could save your life—colorectal cancer screening! We get it, nobody likes to think about their behind but taking care of your health means taking care of all of you. And guess what? Getting screened is easier than you think! Colorectal cancer is one of the most preventable cancers, but only if we catch it early. American Indians and Black Americans are more likely to die from colorectal cancer than any other race/ethnicity in the U.S. That's why the Skokomish Public Health and Wellness Program is hosting a Colorectal Cancer Pop-Up at the clinic on Tuesday, March 18, 2025, from 10 AM – 4 PM.

### What's in it for you?

- Free information about colorectal cancer and why screening is so important.
- Giveaways! Because learning about your health should come

with some fun.

- Take-home Fecal Immunochemical Tests (F.I.T.) for those who meet the screening criteria.
- Help scheduling a colonoscopy for those who need one.
- \$25 gift card reward for those who return their completed F.I.T. or finish their scheduled colonoscopy.

### Who Should Get Screened?

Screening is recommended for people 45 years or older, or have family history of colorectal cancer, but 1 in 3 adults have never completed screening. It's time for a change!

Screening is quick, painless, and could save your life. Plus, who doesn't love a freebie and a chance to stay healthy? So, stop by the clinic, grab some info, and let's make sure you (and your colon) stay in top shape! If you need more information, contact the Skokomish Public Health and Wellness Program. See you on March 18!

## COLORECTAL CANCER AWARENESS POP-UP

10:00 AM- 4:00 PM  
TUESDAY  
MARCH 18, 2025

SKOKOMISH TRIBE CLINIC  
PARKING LOT

SKOKOMISH PUBLIC HEALTH AND WELLNESS



# EATING FOR BALANCE: A LOWER-CARB TRADITIONAL RECIPE

Diabetes is common in Native communities, but traditional foods can help. Many modern foods are high in sugar and processed starches, which cause blood sugar to spike. Eating more protein, healthy fats, and fiber can help keep blood sugar stable. Many of our traditional foods—like fish, game, berries, and wild plants—naturally support balanced blood sugar. This recipe is a lower-carb twist on a classic dish. It keeps the flavors of tradition while making it easier on blood sugar levels.

## Wild Salmon with Roasted Squash and Greens

### Ingredients:

- 1 pound wild salmon fillet
- 2 tablespoons olive oil

- 1 teaspoon sea salt
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika (optional)
- 2 cups cubed winter squash (like acorn or kabocha)
- 4 cups wild greens fresh herbs (such as dandelion, fiddlehead ferns, or spinach)
- ¼ cup fresh herbs (wood sorrel, rosemary, chickweed, thyme, etc..)
- 1 tablespoon apple cider vinegar
- ¼ cup toasted sunflower seeds (optional)
- ½ lemon (optional)

### Instructions:

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Toss squash with 1 tablespoon olive oil and a pinch of salt. Spread on the baking sheet and roast for 20 minutes.
3. While squash is roasting, place salmon on another part of the baking sheet. Rub with remaining olive oil, salt, pepper, garlic powder, and smoked paprika.
4. Return to oven and bake for 12–15 minutes until salmon flakes easily with a fork.
5. In a pan, heat a little oil over medium heat. Sauté greens until just wilted (about 2 minutes). Stir in apple cider vinegar and fresh herbs.
6. Serve salmon with roasted squash and greens. Squeeze a drizzle of



lemon on top. Sprinkle with sunflower seeds for extra crunch. This meal is rich in protein, healthy fats, and fiber, making it great for steady energy and blood sugar balance. Enjoy the flavors of the season while caring for your health!

Provided by your SDPI Program.

## It's You vs. You: Conquer Unhealthy Habits This April! Join the Healthy Habits Challenge

Are you ready to make a real change in your life? Do you want to feel better physically, mentally, emotionally, and even spiritually? Then it's time to step up and challenge yourself! This April, anyone over the age of 18 is invited to join the Healthy Habits Challenge – a journey of self-improvement where the only person you're competing against is you.

We all have habits we know aren't good for us. Maybe it's that nightly sugary snack, the constant scrolling on social media, or the struggle to get enough sleep. These seemingly small things can have a big impact on our overall well-being. The Healthy Habits Challenge is designed to help you break free from these negative patterns and cultivate healthier, more positive ones.

This isn't just about losing weight or hitting a fitness goal (though those are great side effects!). This is about taking a holistic approach to your health. We're talking about nurturing your mind, body, and spirit. Imagine feeling more energetic, more focused, more at peace. Imagine having the tools to manage stress effectively and cultivate a more positive outlook on life. This challenge can help you achieve all of that and more.

### DID I MENTION THAT THERE WILL BE PRIZES AND AWARDS?

### What to Expect:

The Healthy Habits Challenge will provide you with the support and guidance you need to make lasting changes. It's a chance to learn new strategies, connect with others on a similar journey, and discover your own inner strength. More details about the specific challenges and activities will be shared upon registration.

Ready to Commit to a Healthier You?

Sign-ups for the Healthy Habits Challenge will be held on April 8th, 9th, and 10th from 8:00 AM to 5:00 PM. Stop by the clinic and see Desiree White to register and receive the complete challenge rules. Don't miss this opportunity to invest in your most valuable asset: your health! It's time to put you first. We'll see you there!

# Domestic Violence Program Outreach

**A**GIANT thank you to everyone who came to the Pop-Up on February 19, 2025. There were 100 participants that came through the TFS building to get information and a sweatshirt. I am honored and thankful for the participation and support for ending Domestic Violence in the community.

Coming in MARCH the DV program will be offering information and materials if you need to leave your home in an emergency, as in needing a safe place, due to Domestic Violence.

Before leaving an abusive relationship, here are some key actions you should be taking:

- Communicate with someone you trust.
- Identify the safe areas in your house.

- Establish a safe communication line.
- Know your abuser's triggers, tendencies and red flags.
- Be ready to leave immediately.
- Get all necessary medications ahead of time.

Your emergency kit should include:

- Water and non-perishable food.
- Flashlight and extra batteries.
- First Aid kit.
- Sanitation and hygiene supplies.
- Sleeping bags and/or warm blankets.
- Communication devices.
- Change of clothes and shoes.
- Eyeglasses and hearing aids (if needed).

These guidelines are for those living in an abuse relationship that cannot see a way out. The DV program is here to

help in any way possible. Reach out, ask for help. 360-426-7788 ask for Linda Charette, Domestic Violence Advocate

Coming in APRIL is the nDigiDreams Digital Storytelling. nDigiDreams is a woman-owned and indigenous-focus consulting and training company that specializes in instructional learning technology and digital storytelling with a focus on health, education, policy, and cultural preservation.

The 3 day workshop will be held April 3-6, 2025 for 6-10 participants. The digital stories will be used by the Domestic Violence Program to assist participants in sharing their past/present traumas for the individual and community healing. Each participant will produce a 2-5 minute video telling their "story". The "story-making" will be in a safe place with

full confidentiality. The participants will work with the trainers as they work through the process of healing from the trauma. The participant will own the digital story but will have the opportunity to share it at a community dinner if the participant is comfortable and safe with sharing their video. If you are interested in participating, please contact Linda Charette at 360-426-7788 so you will be signed up for the workshop. I truly believe it will be a healing process as well as a new beginning in your life.

Linda Charette  
Domestic Violence Advocate  
Skokomish Tribe  
N 80 Tribal Center Road  
Skokomish Nation, WA 98584

## NEED HELP PAYING YOUR ENERGY BILL?

### Keep the Heat On With LIHEAP!





### South Puget Intertribal Planning Agency

#### Low Income Housing Energy Assistance Program

**Serving Skokomish Tribal Members**  
**January 15th, 2025**  
**9:00am-5:00pm**  
 Tuwaduq Family Services  
 561 North Tribal Center Rd  
 Skokomish, WA 98584

### To Process your Application, you MUST bring:



**Printed copy of most recent light bill, photos not allowed. Must be in tribal member's name**



**Social security cards for all household members**



**Verification of income for all household members 18 and over for September, October, and November 2024**

**For more information contact Debbie Gardipee at 360.462.3227**



## STRONGHEARTS

Native Helpline

Safe | Anonymous | Confidential

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](http://www.strongheartshelpline.org)**



**Self-care means taking care of yourself** and asking for help when you need it.

If you're facing emotional challenges or thinking about suicide, the Native and Strong lifeline is here to help.

**Connection is Prevention.**

For mental health resources, visit [NativeAndStrong.org](http://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.

# Tuwadug Family Service Helping Grow a Stronger Community

It is almost daylight savings time, on March 9, to set our clocks back. This feels like it has been a long winter. It's almost Spring and time to get outside and get some exercise.

Tuwadug Family Service staff would like to thank Margie Gouley for the wonderful job she did as the elder lunch head cook. Margie has resigned from her position to cook for the Skokomish head start program. We wish her well in her new position and know that she will do a good job for our little ones. Thank you, Margie. Lunches will continue every Monday, Tuesday and Thursday as usual. We will be making a change in April with the birthday meal. We will start to hold the Birthday dinner in the evening, starting in April. This will allow those attending to drive home safely during daylight hours.

An Elders advisory meeting is scheduled for Wednesday March 5th at 1:00, at the Skokomish Community Center in the Elders' lunchroom. We will be discussing and planning elder activities, lunch outings, trips, fundraisers etc. Please join me, we need input and ideas from elders.

We have rescheduled the Valentines lunch outing at the 7 Cedars Casino in House of Seven Brothers Restaurant for, March 21st at 12:00 noon, we will

be having lunch together. The Elders bus will leave the community center at 10:00 am, please call me if you're interested in having lunch with us. Also, in March we have our elder's birthday lunch on the last Thursday of the month, We will have Boardgames, cornhole, and possibly show a movie. Any questions or if you would like to attend the meeting, or go to lunch with us, please let me know. Perry Carrington ,1-360-426-7788 or 360-968-3416

The Skokomish Vocational Rehabilitation program has been busy processing applicants that have been coming in for services. If you are looking for work and have a documented disability and are an enrolled member of a federally recognized tribe, we are here to help remove any barriers that you may have when looking for a job. Stop by TFS and talk with Rosetta LaClair or Chinook Miller and see how we can assist you with finding a job. We are funded by the Department of Education and with all the changes with the new administration it has been a little scary. We continue to operate business as usual. We have a variety of resources that we can offer if you have any questions.

With Spring almost here it is almost time for the garden crew to prepare for the new season. We have been busy ordering seed potatoes, onions, garlic, beets, carrots, and more for the 2025 garden season. It is time for the community to get ready. Don't wait until everything is Out of Stock, order now. The cost of food continues to go up daily, so try to grow your own fruit and vegetables this year. It is healthier and rewarding when your produce is ready to eat. Just think of all the exercise that you get outside in the fresh air.

It is also time to get ready to plant those fruit trees that were offered last summer. The Mason County Climate Justice program donated over 200 fruit/nut trees last year to the community. If you did not plant them at the time, you received them, it will be time to do so in April.

When planting fruit trees, you can consider the following tips:

- Sunlight: Fruit trees need at least six to eight hours of sunlight a day.
- Soil: Fruit trees prefer rich, moist, well-drained soil. You can test your soil to identify deficiencies.
- Space: Make sure there's enough room for the tree to grow.

- Planting: Fill the planting hole with topsoil, then amend the bottom with compost or coco-fiber. Plant the graft about 2-3 inches above ground level.

- Watering: Water thoroughly after planting to settle the soil around the root ball. Water regularly until the tree is established.

- Mulching: Apply a layer of well-rotted compost or manure around the base of the tree to retain moisture and reduce weeds.

- Protecting: Place a tree guard around the trunk to protect it from rodents and rabbits.

- Pollination: Attract pollinators like butterflies and bees by planting flowering herbs and flowers nearby.

- Pruning: Prune the tree if it hasn't already been pre-pruned.

- If your soil is compacted or has an impervious hardpan layer, plant your tree on a berm or in a raised bed about 2 feet deep.

- Check soil drainage before planting. A simple test can help identify and address drainage issues.

- Choose a site near an irrigation source to make watering your tree convenient, especially during the growing season.

## TRIBAL MEMBERS WITH BIRTHDAYS IN MARCH

### 1st

Lauren Baily  
Louella Hanson  
David Pulsifer  
Jonni Gouley  
Aiden Wilbur

### 2nd

Kevin Cagey.  
Vanessa Hill  
Pauline Bush  
Harriet Pulsifer  
Deidrah Sutterlict  
Vernon  
Washington

### 3rd

Lynx Guardipee  
Kalyn Wingfield  
Marcellus Auld

### 5th

Vivian Twiddy

### 6th

Charles Conklin  
Elsie Gamber

### 7th

Lyle Gouley  
Haylin'Ray  
Williams  
Chelsea  
Hermann

### 9th

Nydesta Gouley  
Darrel Kenyon-  
Longshore  
John Louis Miller  
Dylan Wilbur

### 10th

Kammi Lucero  
Anthony Allen-  
ball

### 11th

Michael  
Hernandez  
Kenneth Pulsifer  
Jr.

### 12th

Horace Bliner  
Gari Smith  
Marcella Adams  
Jessa Cooper

### 13th

Bud Wilbur  
Gracie Wilbur  
Weetly Cordova  
Dave Decoteau  
Dakota  
WalkingEagle

### 14th

Sienna Blair

### 15th

Rachel LaClair  
Katrina Twiddy

### 16th

Valani Andrews  
Kim Bayliss  
Justus Cloud  
Nasa Jimenez  
Russel Johnny  
Lawson Bordley

### 17th

Peggy Johnson  
Emery Mount Jr.  
Theodore Pulsifer  
III  
Jennifer Adams

### 18th

Shauni Emerson

### 20th

Trevor Peterson,  
Jr.

### 21st

Theresa Kenyon  
Alecia Plant  
Jesse Cultee

### 22nd

Jordan Andrews  
Ryan Johns  
Sparrow  
Peterson

### 23rd

William Pickernell

### 24th

Magen Allen  
Mike Pavel  
Shanoha Cloud  
Kassie  
Dominquez

### 25th

Timothy LeClair  
Dionisio Hurtado,  
Jr.

### 26th

Brandon Hill  
Roxanne Spezza  
Edwin LaClair

### 27th

Harriet Walkup  
Tiffany Twiddy

### 30th

Anita Andrews  
Leander  
Blacketer  
Devin Johns  
Tristan Johnson  
Patricia LeClair  
John Strong Jr.

### 31st

James Byrd III  
Marlene Johns  
Wayne Wilbur



### Happy 19th Birthday, Valani! 🎉🎂

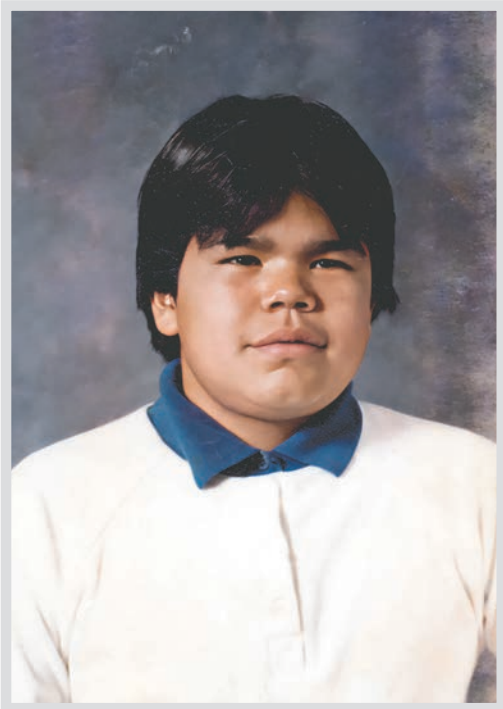
From the moment you came into our lives, you've brought us endless joy, love, and pride. Watching you grow into the incredible young woman you are today has been one of our greatest blessings. Your kindness, strength, and determination inspire us every day, and we have no doubt that the future holds amazing things for you.

As you step into this new chapter of your life, always remember that we believe in you, we are here for you, and we will always love you beyond words. Keep chasing your dreams and shining your beautiful light on the world!

With all our love, Proud Mom & Dad ❤️



## Rez Photo of the Month



Can you name the young man in this photo?  
Please turn to page 3 for the answer! Good luck!



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## Rez Sudoku Puzzle of the Month

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

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](mailto: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.