

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

Skokomish Indian Nation

THE

SOUNDER

April 2025

p3dsHu?W3i'ts
"Time of Green Sprouts"

Way to go Hood Canal School Orcas Boys Basketball Team

Nearly five weeks after the Hood Canal School boys' basketball season ended, it was finally time to head to the State Tournament, in Spokane. This was the first time that the boys team had ever qualified for the State Tourney. So, the excitement within the school and Hood Canal community was quite high. The logistics to make this happen required a team effort also. Hotel rooms were needed to house the team, coaches, support staff, and bus drivers. Coordinating schedules for the games, three meals a day, supplying drinks and snacks, it all got taken care of. Some of these students had never been to Spokane before, so it was an exciting trip through Snoqualmie Pass and across the high desert and rolling hills of eastern Washington.

During the weeks after the end of the season ended, the boys kept sharp by playing against some of the local boy's scrimmage teams, a couple of games with the North Shore High boys team, from Quinault, who also qualified for the State Tourney. Then, the weekend before heading to Spokane, the Hood Canal boys competed in a tournament at Muckleshoot where they played well and made it to the championship game. With just three seconds left, in the game, Tommy Gouley Miller attempted a three-point shot to take the lead, and was fouled, preventing the shot from going in. This sent Tommy to the free throw line where he promptly sank all three free throws to win the game and the championship. They were ready for the State Tournament. On Thursday, March 13th, the entire Hood Canal School student body stood outside of their classroom doors and cheered, high-fived, and clapped for their boys' basketball team who paraded by. The boys were heading



for the bus which would take them to Spokane for the middle school state championship tournament. This is the first time in school history where any team had qualified to compete for the state championship. Assistant Coach, Patty Gouley, said that she was proud of how much these boys had grown as individuals and as a team during the basketball season. Working together as a team, finding their roles and trusting in each other. It's never an easy process to begin the season with nearly a dozen individual players and then mold them into an effective and efficient team. But these Orcas have done so, throughout the season, in spectacular fashion.

The State Tournament is a double-elimination style format, where if you lose two games you're eliminated and the season is over. Hood Canal School has one of the smallest student bodies amongst the over one thousand middle schools in the state. Several of the teams that reached the state tournament were select teams, which play many more games beyond their regular season schedule. None of this deterred our Orcas from representing our community as well as they did all

season long.

Friday evening the Hood Canal Orcas tipped off against Palouse Middle School. This was an exciting back and forth matchup where the lead changed hands many times. With less than ten seconds remaining in the game, the Palouse team went down the court and scored on a jumper which put them up by a score of fifty-one to forty-nine. Our Orcas quickly inbounded the ball, brought it down court, and with only one point one seconds remaining on the game clock Tommy Gouley launched a three-point shot which found nothing but net. The small but boisterous Orca crowd, and the team, went wild as the clock struck zero and the Orcas had won in dramatic fashion, fifty-two to fifty-one. The players were hugging each other, giving high-fives and reveling in what they had just seen and experienced together. A total team effort that culminated in a great win.

Saturday morning matched the Hood Canal boys against Brewster Middle School, who would end up winning the State Tournament, on Sunday. It was a tough game which went back and forth, exchanging leads, but in the

end the boys from Brewster proved to be too tough to catch. While it was their first loss in the tourney the Orcas banded together and assured each other that they could continue playing and work their way back into the final bracket. The final score was Brewster sixty and Hood Canal thirty-six.

On Saturday afternoon the Orcas were back on the court to play East Lake Middle School. This game was not a nail bite, as the first two games had been. This was a game where they dominated their opponent, and the Hood Canal boys breezed to an easy win. Confidence was high as the team knew that they could get a good night's sleep and play again in the morning. The final score was fifty-two to twenty-seven. They were still alive.

Sunday morning's game was against the Vikings. Getting closer to the end of the tourney the teams get better. The Orcas were up to the task, and the Vikings were on as well. This was a very close game that could have gone either way. There were several lead changes as the game went on. But in the end the Vikings came out on top with the final score being fifty-seven to fifty-four. It was a tough loss but the boys handled it well, knowing that they gave it their best effort.

The Hood Canal School Orcas posted a video in which they said thank you to everyone who supported them throughout the season and especially those who helped them get to the State Tournament. This experience will benefit them greatly as they go forward in their basketball journey. Congrats to the whole boys Orca basketball team and thank you for the thrilling ride. Orca Pride!

By Tony Herrera

STUDENT HIGHLIGHTS: OUR FUTURE LEADERS



Kate Gouley-Miller is lighting up her school with her exceptional talents and dedication to learning. This girl comes to tutoring with a smile on her face and ready to go. When she's not working on homework, she's playing school and acting as a teacher helping other kids in the group. With her hard work and big dreams, Kate reminds us that determination and kindness can make a big difference in the world. Keep up the amazing work!

Met Alana Grover, a 6th grader who's got it all figured out! She knows exactly what needs to be done and gets right to it – no procrastination here! This year, she spiked her way through volleyball season and just wrapped up an awesome first year of school basketball. Whether it's hitting the courts or acing her schoolwork, Alana brings her A-game every time. There's no limit to what this girl can achieve, and we're excited to see all she will accomplish!

For our college student spotlight, we would like to recognize Max Miller. Max is a delight and always brings good energy with him wherever he goes. Max is currently enrolled at South Puget Sound Community College, where he is getting an AA in Automotive Technology. Not only is Max attending college full-time, but he also works for the tribe full-time in the Housing Department doing maintenance around the tribe. Max consistently works hard and shows up with a positive attitude. When Max isn't hard at work or school, he enjoys spending time with his girlfriend or hanging out with friends. He also enjoys thrifting and days when he gets to relax and do nothing. We are proud of Max and his dedication to his studies, work, girlfriend, family and friends. Way to go!

We'd like to also recognize Alexia Moon for our college student spotlight. Lexi attends Haskell Indian Nations University in Lawrence, KS. Lexi is close to graduating with her bachelor's degree in Indigenous and Native American Studies with an associate's degree in Social Work. While Lexi is not busy studying, she enjoys supporting the Haskell girl's basketball team, doing crafts, sewing, painting and swimming. She also enjoys spending time with her boyfriend, Abel, and they like to check out the local golf courses, watch the beautiful sunsets and travel to the surrounding states. Lexi enjoys concerts and recently got brave venturing off to check out local concerts by herself. When she isn't busy traveling and socializing, Lexi enjoys the relaxing downtime of playing video games, such as Mario and Fortnite. We are proud of you for getting out there and experiencing life while working so hard on your academics. We can't wait to see where your future takes you!

2025 Button Robe Schedule

The Workshop Will Be Open Friday
Beginning at 5:00 pm-7:00pm
Choice High School Portable 402 (by
the dog pound) 807 W. Pine Street,
Shelton WA 98584

Indian Education Banquet Button Robe Ceremony

April 4th
April 18th
No Blankets
will be given out
after the 18th

May 2nd
May 9th

Friday May 16th at 6 pm in the
Shelton High School SUB

This workshop will provide help for Shelton School District graduating seniors and their families to design and construct button robes. Seniors will be presented with their finished robes at the banquet and may be able to wear them at graduation. This is a non-profit organization which is run by volunteers who are supporting Native students. Donations are gladly accepted. If you have any questions, please call Jenna Adams at (360) 463-9688, or email Diva Roberts at droberts@sheltonschoools.org.



Amira Ware is always ready to learn, full of sunshine, and brings happiness wherever she goes. Her enthusiasm and bright spirit make every day better. Keep shining, Amira!

More Student Spotlights

Austin Wilbur grew up here on the Skokomish Reservation and dreamed of being a pro baseball player. The reality of being a senior in high school and there weren't any college recruiters knocking on his door was disheartening. But he also knew that in college he could carve out a new dream for his professional career. He chose to attend Central Washington University (CWU), in Ellensburg, WA. This was a big adjustment. Being away from home, living with other students in campus housing. Sharing quarters is always an interesting dynamic with ever one's schedule being different, sharing housekeeping duties, planning meals together, study times and budgeting. When you get your PEL grants the money is deposited into your bank account and you have to manage those funds for the whole quarter. Buying books, other necessities, and food. While it is a lot of money, it's not as much as you think. Initially, Austin and his room mates would go shopping and buy steaks for dinner. By the time the quarter was winding down, he found that he only had enough money left ramen noodles and peanut butter and jelly. Having learned that lesson he began to plan his meals better the next time around.

Studying and making sure that he got his assignments done was another big adjustment from his high school days. Austin chose to major in Sports Management and Business which appealed to him from his playing days. He was still associated with sports but focusing on the business side now. Coaching was always going to be an option, but learning about the management and business side made a lot of sense to him. During his freshman year the Covid Pandemic forced him to come home and finish the year on Zoom classes. For his



sophomore year he elected to attend South Puget Sound Community College where he completed his Associate of Arts degree. Afterwards, he returned to Central Washington College where he graduated, in 2023 with a bachelor's degree. Some of his non class activities have been learning about event management, including soliciting sponsors for the various teams at CWU, running the scoreboard during games, keeping statistics for the coaches. and analyzing them to help the players and the coaches. All of these duties are part of Sports Management and Business Organization. Austin is finding out that a college degree opens many doors, some of which are related to his field of study and some that aren't really related at all. That's the value to putting in the time, getting good grades and finishing his course of study. Austin decided to remain at CWU after graduation and work on attaining he Master's degree in Sports Management, Business and Organization. He is currently at home and taking his classes online. This allows him to intern with the Skokomish Tribe's After School program and he is enjoying the experience of working with the kids and learning about the structure and management of the activities

and budget. Also, how to manage personnel and all of the aspects of human resource management. This Spring he will graduate with his Master's degree and then get out into the real world and put this knowledge to use. Six months after graduation he has to start paying on his student loans,

so he is motivated to find work and get started on his professional career. Austin's mother is Katlilin Smith and his father is Pete Wilbur. He hopes to find work close to home.

By Tony Herrera



SKOKOMISH YOUTH EDUCATION OPPORTUNITY IN NATURAL RESOURCES

What to expect:

Starting Summer 2025 (3-4 students 15-25 years old; 1 year program):

- CedarRoot Folk School- 1 week camp near Quinalt where you will learn (5 days):
 - Plant and animal identification
 - How to safely use GPS, map, and compass to navigate your environment
 - How to survive in the woods (shelter and fire building)
 - Cultural relevance of the plants and animals in your woods
- Tracker Certification North America 2-day evaluation of animal tracking skills. This is an AMAZING course that will teach you so much about how to identify wildlife sign in the woods, and will really allow you to test what you've learned
- Over the course of 1 year, each student will "shadow" professionals in the NR department, including wildlife, fish, and habitat programs
- Camera monitoring off reservation (continued through winter and next summer) and assisting with Olympic Cougar Project field work
- You will receive:
 - Three books- animal tracking, mammals of the Pacific NW, and plant identification
 - A \$1,000 stipend after participating in all of the above activities

What we expect from you:

- Excitement!
- Two days of work each month for 1 year, in addition to the week long CedarRoot school and 2 day Tracker Certification
- Be communicative about your availability, and show up **on time** each day that you are supposed to work
- We will conduct "pre" and "post" surveys of your knowledge so that we can measure how much you've learned over time

If interested contact Bethany Ackerman, wildlife biologist at Skokomish DNR/Fisheries at 360-463-1146 or backerman@skokomish.org

LANGUAGE DEPARTMENT UPDATE

By Christie Chambless

?asayəb p̓isuw̓a Greetings everybody! Just a reminder, the Language Department holds a community language event on the last Wednesday of every month. During this event, we have made moccasins, woven cedar headbands, made and filled medicine bags, played tuwaduq language bingo, and other fun things. We always provide dinner, as well as a raffle for adults with all items either handmade or designed

by one of our talented Tribal artists. The events are designed for the whole family to engage in, so there is also a raffle just for the kids with tons of great prizes! Community Language Nights are held at the Skokomish Community Center, with food being served at 5pm, and the event wrapping up at 7pm. All our community members are welcome, so please come and join us for our next event! In other language news, the language staff have been diligently working to

translate some historically preserved stories that were recorded in the 1960's. As we continue to work with the old documents and recordings, we learn increasingly about the grammar of our language. This will be extremely useful in teaching classes to you all in the future. Please feel free to come in and see us at the Education Building next to Work Force Development and across from the Head Start. We're generally in the office Monday – Friday 8:30am

– 4:30pm. We can help you with just about any language needs you may have, or answer questions about specific words, phrases, or place names. Also, let us know if you have any activities or classes that you want us to host for the community, we are always looking for new, fun ideas! If you are a Tribal artist and would like to sell us some of your pieces for our raffles, please let us know, and we will see what we can do within our budget.



Skokomish Community Clean Up



DUMPSTERS will be AVAILABLE for Household debris (trash) ONLY

April 2025

Friday 11th THROUGH Tuesday 29th

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

Monday thru Friday 10am to 6pm

Saturday and Sunday 10am to 6pm

This site is for enrolled Skokomish Tribal members only.

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

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

Someone at dumpster location will let you know

where to put these items

old appliances (please clean out prior to bringing to site) mattresses –

box springs - beds – frame - tires – rims – old metal furniture or bike parts.

DO NOT PUT THE FOLLOWING ITEMS IN THE

DUMPSTER:

Lumber, plywood, Tires on or off Rims – Ranges – Refrigerators –

Hot Water Tanks - Washer or Dryer – Chairs – Couches – Dirt –

Mattress - Box Springs or Frames – bike parts – batteries – pressurized

cylinders – paint or solvents

Refrigerator and Freezers must have door/s removed.

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

Pay More Recycle & Salvage (Not open on weekends)

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

Will accept at NO CHARGE

Old televisions, computer towers, monitors, or other similar types of electronic items

You will need to contact and transport.

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

Monday through Friday 8:00 to 4:00

Homemade Ant (Sugar Ants) Killer Recipes

Borax Ant Killer:

A homemade borax ant killer is a safe and effective way to rid your home of pesky ants.

You will need:

1. Borax,
2. Sugar
3. Water
4. A stove top
5. Pot (2qt) saucepan
6. Measuring cup
7. Tablespoon
8. Empty (clean) milk jug

Measure the ingredients in a saucepan (pot) measure:

2 cups of sugar

1 cup of water

2 tablespoons of borax

Mix the ingredients together until they are combined. The sugar acts as bait for the ants as it attracts them while the borax kill the ants.

Place the sauce pan on the stove, take Your saucepan (pot) with the ingredients and set on the stovetop. Turn the stove on to medium heat. Constantly stir the ingredients together until they begin to boil. Allow the ingredients to continue boiling for 3 minutes. Then remove from heat and allow to slightly cool.

Gather milk jug tops (or other type tops). Set out the tops and pour or spoon the mixture into the tops. Set these tops in the areas in or around your home/building where you have ants. Remove the tops the next day and replace if necessary with remaining mixture. Always dispose of tops that had been used for your ant trap.

White Vinegar and Water: A 50-50 solution of white vinegar and water is an effective natural ant killer.

Ants hate the smell of vinegar and will avoid countertops that are regularly wiped down with a vinegar-water mixture.

A spray bottle of vinegar and water can be used to kill active infestations.

Effective way to is to combine baits and repellents to get rid of sugar ants:

Use Borax and Sugar

Borax can be found in the laundry aisle of most stores. It is a slow-acting poison, making it easy to mix and with sweet baits so the ants to take and bait back to their colony and spread.

1) Mix some borax with sugar to create a jelly-like consistency. They'll carry this bait to their colony, which will kill them.

Mix Borax and Mint Jelly

When you mix borax with mint jelly or any other sweet item such as maple syrup, honey, or peanut butter you can create bait and trips that will exterminate whole colonies of sugar ants.

How to make bait:

1) 2 tablespoons of borax and 8 ounces of mint jelly) or other sweet item) to create a mixture and store in a squeezable container or jar with a lid.

2) Squeeze about 2 inches of the mixture on strip of masking tape that you have placed where you notice the ants. The ants will take the bait back to their colony.

Use Whole Cloves as a Repellent

1) Whole cloves are used to repel sugar ants. Ants do not like the smell of cloves so use them in the places you see the most traffic such as along baseboards, window sills, under counters. Not only will you repel the ants but your home will smell nice too.

Control the Invasion of Sugar Ants with Bay Leaves

1) Similar to cloves, bay leaves will help keep sugar ants away. Place bay leaves in cracks, under windows and under counters where you prepare foods. You can also wrap some bay leaves in cheese cloth and place them in kitchen drawers and cupboards.

Once you've learned how to get rid of sugar ants you want to ensure that they do not return. The best way to do this is with a daily cleaning routine, especially during the months of March through September.



RESOLUTIONS APPROVED BY TRIBAL COUNCIL

SKOKOMISH TRIBAL COUNCIL RESOLUTIONS MARCH 5TH, 2025, AT A TRIBAL COUNCIL PLANNING MEETING:

- ❖ **RESOLUTION NO.2025-017:**
A RESOLUTION APPROVING THE CONTRACT FOR PROSECUTORIAL SERVICES.
- ❖ **RESOLUTION NO. 2025-018:**
A RESOLUTION APPROVING THE SUBMISSION OF A U.S. DEPT. OF JUSTICE FY25 COORDINATED ASSISTANCE SOLICITATION (CTAS) APPLICATION
- ❖ **RESOLUTION NO. 2025-019:**
A RESOLUTION APPROVING THE SUBMISSION OF A FY25 NA'AH ILLAGEE INDIGENOUS LIFEWAYS FUND APPLICATION.

MARCH 19TH, 2025, AT A REGULAR TRIBAL COUNCIL MEETING:

- ❖ **RESOLUTION NO. 2025-020:**
A RESOLUTION APPROVING THE SUBMISSION OF A FY25 NA'AH ILLAHEE FUND HEALTHY ENVIRONMENTS FOR ALL (HEAL) GRANT APPLICATION
- ❖ **RESOLUTION NO. 2025-021:**
A RESOLUTION APPROVING A GRANT APPLICATION TO THE U.S. DEPARTMENT OF EDUCATION NATIVE AMERICAN CAREER AND TECHNICAL EDUCATION PROGRAM (NACTEP) – FY 2025 WITH SPIPA AS THE LEAD APPLICANT
- ❖ **RESOLUTION NO.2025-022:**
A RESOLUTION APPROVING OF AN ARTSWA TRIBAL CULTURAL GRANT FY26 APPLICATION
- ❖ **RESOLUTION NO.2025-023:**
A RESOLUTION APPROVING A GRANT APPLICATION SUBMISSION OF A CONSORTIUM GRANT APPLICATION BY SPIPA TO THE WASHINGTON STATE DE-

PARTMENT OF AGRICULTURE FOR EMERGENCY FOOD ASSISTANCE PROGRAM (EFAP)

- ❖ **RESOLUTION NO. 2025-024:** A RESOLUTION TO APPOINT ANDREW TINAZA TO THE GEODUCK COMMITTEE PURSUANT TO THE APPOINTMENT PROCEDURES CONTAINED WITHIN S.T.C. 1.06, THE SKOKOMISH COMMITTEE STANDARDS ORDINANCE
- ❖ **RESOLUTION NO.2025-025:** A RESOLUTION TO APPOINT JOSHUA HERMANN TO THE GEODUCK COMMITTEE PURSUANT TO THE APPOINTMENT PROCEDURES CONTAINED WITHIN S.T.C. 1.06, THE SKOKOMISH COMMITTEE STANDARDS ORDINANCE
- ❖ **RESOLUTION NO.2025-026:** A RESOLUTION TO APPOINT KEVIN A. CAGEY., TO THE GEODUCK COMMITTEE PURSUANT TO THE APPOINTMENT PROCEDURES CONTAINED WITHIN S.T.C. 1.06, THE SKOKOMISH COMMITTEE STANDARDS ORDINANCE
- ❖ **RESOLUTION NO.2025-027:** A RESOLUTION TO APPOINT BRYAN JAMES, TO THE GEODUCK COMMITTEE PURSUANT TO THE APPOINTMENT PROCEDURES CONTAINED WITHIN S.T.C. 1.06, THE SKOKOMISH COMMITTEE STANDARDS ORDINANCE
- ❖ **RESOLUTION NO.2025-028:** A RESOLUTION TO APPOINT ED GREEN SR., TO THE GEODUCK COMMITTEE PURSUANT TO THE APPOINTMENT PROCEDURES CONTAINED WITHIN S.T.C. 1.06, THE SKOKOMISH COMMITTEE STANDARDS

ORDINANCE

- ❖ **RESOLUTION NO.2025-029:**
a RESOLUTION APPROVING THE SELF- DETERMINATION CONSTRUCTION CONTRACT BETWEEN THE SKOKOMISH INDIAN TRIBE AND THE UNITED STATES DEPARTMENT OF HEALTH AND HUMAN SERVICES, INDIAN HEALTH SERVICE CONTRACT NUMBER: DES-25-1-0011
- ❖ **RESOLUTION NO.2025-030:**
A RESOLUTION APPROVING GOODS AND SERVICES CONTRACT WITH JAY

S. RITCHIE, PLLC TO PROVIDE LEGAL SERVICES AND REPRESENTATION FOR PROGRAM CLIENTS AND THE HEALTH DEPARTMENT

- ❖ **RESOLUTION NO.2025-031:**
A RESOLUTION APPROVING GOODS AND SERVICES CONTRACT WITH CLEARPATH SOLUTIONS INCORPORATED TO PROVIDE LEGAL SERVICES AND REPRESENTATION FOR PROGRAM CLIENTS AND THE HEALTH DEPARTMENT.



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 **APRIL 17, 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.

Elder's Lunch Trip to Seven Cedars



On Friday, March 21st, the Skokomish Elders took off for Jamestown S'Klallam's Seven Cedar's Casino to have lunch. This was originally scheduled for Valentine's Day but due to snow and icy road conditions Perry had to cancel it. Eleven elders rode the bus and there were another seven people who drove up on their own. Everyone enjoyed riding up the canal and remarking about how beautiful the views were. Stories flowed on how they remembered special times spent on the canal, places where some had lived years before, and adventures fishing and gathering along the shores of Hood Canal. Perry had some good ol' rock and roll music streaming from his phone to set the mood for the ride. These short outings are a real treat for our elders, especially those who aren't able to drive a car anymore. The best part is the social time that they get to catch up on how they are all doing. What they've been up to, how they're feeling, and talking about what's going on in the world. Naturally, there was a lot of talk about family, what their kids, and grand kids are doing. We arrived at Seven Cedar's a little early, which gave some the opportunity to check out the gift shop which is located in the lobby of the hotel. We had the Casino's "Whisky Room" bar all to ourselves, which was a nice perk so that across the room conversations could be shared easily. The menu was full of some very delectable choices, from salmon, halibut, oysters, and other local delicacies from the beaches and

waters that are close by. Of course, there were several meat choices too, like steak, chicken, pasta, and a small variety of salads. Everyone was delighted with their choices and there were several go boxes that ere provided as the portions were very generous. There was a little time available, after lunch, for people to continue to sit and visit. Others got up and toured around the Casino/Hotel all of the beautiful Native art that adorns the building and others went to the gift shop to find some souvenirs and treasures. A few tried their luck at the slot machines, finding some games that they hadn't seen before. Then it was time to board the bus to head back to Skok. Just as we pulled onto Highway 101 who wanted to stop at the Native Art Store that Jamestown S'Klallam has. There was great interest and so Perry turned the bus to head there, as it was very close by the Casino/Resort. The Native Art Store is full of items from Native Artists from the local area as well as books, cards and other miscellaneous items to admire. Several of our group remarked how they had never been there before and enjoyed the time spent there. More bags were taken on the bus full of souvenirs and art works. The ride home was a little quieter but still enjoying the scenery and talking about how good their lunch was and how much fun they had. Perry got us back safe and sound and everyone thanked him for the special day. By Tony Herrera



NEW EMPLOYEE



Greetings, Skokomish tribal and community members. My Name is Officer Alester Beltran of your Skokomish Tribal Police Department. Many of you may already know me from my time with the department or from my previous work with the

Skokomish Education Department as a tutor at Shelton High School. I am humbled to have the opportunity to serve the Skokomish Tribe and community and would like to inform you that I have been selected to become a detective for our department. I have begun the necessary training requirements for this position, and I am excited to expand my role in service of the Skokomish tribe. I look forward to keeping the community informed with monthly updates from our department concerning issues and information that we hope will help to improve safety and security within the Skokomish reservation. I wish to extend my personal gratitude for the opportunity to be of service.

-Officer Alester Beltran, Skokomish Tribal Police Department

SPRING ART MARKET

TONS OF VENDORS
ART AND HANDMADE ITEMS
EASTER BUNNY VISITS AT 1 PM BOTH DAYS
RAFFLE PRIZES

SATURDAY APRIL 5TH 10-4
SUNDAY APRIL 6TH 10-4

CHEHALIS TRIBAL COMMUNITY CENTER 461 SECENA ROAD

PROCEEDS FROM VENDOR FEES AND RAFFLE TICKET SALES
WILL GO TO HELP THE NONPROFIT REZ ANIMAL RESOURCES

FOR MORE INFO PLEASE EMAIL:
SPRING.ART.MARKET@GMAIL.COM

April is Oral Cancer Awareness Month

You may have noticed the last time you came in for a dental exam that we didn't just look at your teeth. When we examine your tongue, cheeks, throat, and gums we are also looking for oral cancer.

Oral cancer is especially dangerous because it often goes unnoticed for long periods of time. In its early stages, oral cancer can be completely painless. Unfortunately, the death rate associated with oral cancer is particularly high because the cancers are often identified so late in their development.

See your dentist or doctor if you notice sores, lumps, or rough spots on your tongue, throat, gums or anywhere else in your mouth that don't go away in a couple weeks.

Common symptoms are:

- Sores or irritations that don't go away
- Red or white patches, lumps or thickening of the cheeks or gums

- Rough spots, crusty areas or ulcerations that don't heal
- Difficulty chewing, swallowing or moving your tongue

Early diagnosis is very important in improving the odds of successful treatment. Treatment options for oral cancer include surgery, radiation and/or chemotherapy.

You can reduce your risk for oral cancer by not using tobacco products and limiting exposure to the sun and alcohol. The Centers for Disease Control also recommends that youth be vaccinated for Human Papilloma Virus which may reduce the risk of certain types of oral cancer.

The treatment of oral cancer is dependent on the earliest diagnosis possible. Regular oral evaluations are important even when you have no symptoms.



JOIN THE HEALTHY HABITS CHALLENGE

Presented by: Skokomish Public Health and Wellness Program

Registration: April 8th, 9th, and 10th, 2025
Skokomish Health and Wellness Center

Grand Prize: A Luxurious Overnight Stay @ Alderbrook Spa & Resorts

The poster features a vibrant border of various fruits and vegetables on the left. The central graphic is a circular emblem divided into four quadrants, each containing a different health-related icon: a skull with a cross, a hand holding a heart, a person in a yoga pose, and a person holding a heart. Above the emblem is the title 'JOIN THE HEALTHY HABITS CHALLENGE' in large, bold, blue letters with a yellow outline. To the right of the emblem is the text 'Presented by: Skokomish Public Health and Wellness Program' written vertically. Below the emblem is the registration information and the grand prize. At the bottom right, there is a small illustration of a person in a yoga pose.

Protecting Our Future: The Importance of Infant Immunizations

As we approach National Infant Immunization Week (NIIW), April 21-27, 2025, it is a crucial time for the Skokomish community to focus on the health and well-being of our youngest members. With the recent measles outbreak spreading across the U.S., this year's observance is more important than ever. According to the CDC, 95% of children who have contracted measles in recent outbreaks were either under vaccinated or not vaccinated at all. This highlights the urgent need to ensure our children receive their immunizations on time.

Why Immunize Our Infants?

Vaccinations protect against **14 serious diseases** before the age of two, including measles, whooping cough, and polio. Measles is highly contagious and can lead to severe complications like pneumonia, brain swelling, and even death. The best defense is prevention—getting vaccinated according to the recommended schedule.

2025 CDC Immunization Schedule Highlights

The Centers for Disease Control and Prevention (CDC) recommends the following vaccines for infants and young children:

- **At Birth:** Hepatitis B vaccine (HepB)
- **2 Months:** DTaP (Diphtheria, Tetanus, and Pertussis), Hib (Haemophilus influenzae type b), Polio (IPV), Pneumococcal conjugate (PCV13), Rotavirus (RV), and Second dose of Hepatitis B vaccine
- **4 Months:** Second doses of DTaP, Hib, IPV, PCV13, and RV
- **6 Months:** Third doses of DTaP, IPV, PCV13, and RV; annual Influenza vaccine and Third dose of Hepatitis B vaccine
- **12-15 Months:** Measles, Mumps, and Rubella (MMR); Varicella (chickenpox); Hepatitis A (HepA); booster doses of Hib and PCV13

For the full schedule, visit: <https://www.cdc.gov/vaccines/hcp/imz-schedules/child-adolescent-age.html>

Recent Measles Outbreak: A Wake-Up Call

In 2024 and early 2025, **measles cases surged** across the U.S., affecting schools, daycares, and communities with low vaccination rates. Because measles spread through the air, **one infected person can expose up to 90% of unvaccinated people nearby.** Majority of these outbreaks are linked to children who were **not fully immunized.**

The **MMR vaccine is 97% effective at preventing measles**, making it a vital part of your child's immunization schedule. Ensuring your child is vaccinated not only protects them but also helps prevent outbreaks in our community.

Skokomish Health and Wellness Center: Your Partner in Immunization

At the Skokomish Health and Wellness Center, we are committed to keeping our children safe. Our clinic provides free and low-cost vaccinations in a welcoming and culturally respectful environment. We also utilize combination vaccines to reduce the number of shots given in a single visit.

Take Action During NIIW
Check Your Child's Vaccination Records – Visit [MyIRmobile.com](https://myirmobile.com) to access immunization records online.

Schedule an Appointment – Call **360.426.5755** to ensure your child is up to date on vaccines.

Protect Our Community – Share the importance of immunizations with family and friends to help stop the spread of preventable diseases. By choosing to vaccinate, we protect our children, our elders, and our community's future.

YAKAMA NATION LEGENDS CASINO HOTEL

POW WOW

MAY 16-18, 2025 | STATE FAIR PARK
YAKIMA, WA

GRAND ENTRY
FRIDAY 7PM | SATURDAY 1PM & 7PM | SUNDAY 1PM

PAYOUTS
GOLDEN AGE 60+
1st: **\$1,000** 2nd: **\$700** 3rd: **\$500** 4th: **\$300** 5th: **\$200** 6th: **\$100**

SR ADULT 40-59 | JR ADULT 18-39
1st: **\$1,000** 2nd: **\$700** 3rd: **\$500**
Women: Fancy, Jingle, Plateau, N. Traditional, S. Traditional
Men: Fancy, Grass, N. Traditional, S. Straight, Round Bustle, Chicken

TEEN 13-17 | 1st: \$500 2nd: \$300 3rd: \$200
Girls: Fancy, Jingle, Traditional **Boys:** Fancy, Grass, Traditional

JUNIORS 7-12 | 1st: \$300 2nd: \$200 3rd: \$100
Girls: Fancy, Jingle, Traditional **Boys:** Fancy, Grass, Traditional

TINY TOTS 6 and under | Friday and Saturday

DANCE SPECIALS | TBA

DRUM CONTEST | 1st: \$15,000
2nd: **\$12,000** 3rd: **\$10,000** 4th: **\$7,000** 5th: **\$5,000** 6th: **\$3,000**
7th: **\$2,000** consolation: **\$1,000** (two southern | two northern)

HEAD STAFF
Master of Ceremony: **Jerry Meninick**
Master of Ceremony: **Keveon Kingbird**
Arena Director: **Audrey Olney**
Arena Director: **Damon Brady**
Female Head Judge: **Grace Hermanyhorses**
Male Head Judge: **George Abeyta**

AMENITIES
LEGENDS HOTEL 509.865.8800 ext. 5244
taking reservations starting: **March 26th**

LOCAL HOTELS chamber.yakima.org

CAMPING available starting: **May 15th**

VENDORS 509.865.8800 ext. 5435

EVENT PARKING \$5 each day


CONTACTS
509.731.6179 John Gaspard
509.759.3299 Harley Guy

LEGENDS
CASINO • HOTEL

Hotel, Vendor, Camping based on availability. Alcohol, drugs, or weapons are not allowed. Luggage, bags, and purses of any kind are subject to search. Personal chairs are not allowed in SunDome. Children should not be left unattended. Valid photo I.D. required for all participant prize payouts. guardians of children 17 and under must be present. Not responsible for personal accidents, theft or short funded travelers. State Fair Park, Central WA Fair Association and Legends management reserves all rights.

ARE YOU TURNING 65?

Heila Blair, RN
will be at the clinic
April 4, 2025
for morning appts.



EXPLORE MEDICARE PLANS



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:
Thursday, Apr. 8, 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.



Mental health is just as important as physical health.

Get help and healing from Native counselors on the Native & Strong lifeline.


Connection is Prevention.

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.

For mental health resources, visit
NativeAndStrong.org



Rez Photo of the Month Answer



*The young lady up front is Mabel Jones and Ron Twiddy Sr. is in the truck.
You will be greatly missed Ron ♥*



CANCER SURVIVOR & CAREGIVER CONFERENCE



When: June 4th–5th, 2025

Where: 7 Cedars Casino
270756 HWY 101,
Sequim, WA 98382

If you are a survivor, have been diagnosed with cancer, or are a caregiver and would like to attend, please register using the QR code provided.

SCAN HERE




**Deadline to register,
May 15th, 2025.
Space is limited!**

For additional information or questions regarding registration, please contact Cher Castello
360.550.6224 ccastello@spipa.org.

WE NEED YOUR HELP


The Skokomish Tribal Elders have been invited to attend the Chehalis Inter-Tribal luncheon scheduled for April 17, 2025 and Muckleshoot Inter-Tribal Luncheon scheduled for April 25, 2025. We would like your input to schedule what outing you are interested in attending. We will be making a decision about which one we should attend based off the input provided from our elders. Flyers will be put out with the information so please contact Perry Carrington at (360) 426-7788. We are also planning to schedule a class Bigfoot Sunset Painting class to be taught by Maria Littlesun. We are currently working to get a date scheduled and we will get more information our when a firm date has been scheduled. On April 10, 2025 after the elder lunch, we will hold an Elder Advisory meeting to discuss the Spring Bazaar to be held on May 3, 2025. This is a great fundraising activity for the elder program that has been successful every year to help support our program. The elders will

also have food plates to be sold on that day. Donations will be welcomed to support the fundraiser. The Skokomish Vocational Rehabilitation promotes and schedules the tribal artist vendors that will be setting up at the bazaar. This will allow the vendors to promote their artwork and enhance their self-employment skills. If you are interested in setting up a table to make extra income at the bazaar, please call (360) 426-7788 and talk to Rosetta LaClair or Chinook Miller to get your name on the list for a table. A \$10.00 donation will be requested to be set up. All donations will go towards the elder fundraising activities program. The garden crew will be switching to garden work this month. It's SPRING and getting time to plant. We will also be hosting a pop-up event for Earth Day, April 22, 2025, and offering items to those that are interested in planting their own gardens this year. I am hopeful that those that took the fruit trees have them planted.




South Puget Intertribal Planning Agency

USDA Foods Program April Dates



PT. GAMBLE S'KLALLAM	4/8/25
SQUAXIN ISLAND	4/11/25
SKOKOMISH	4/16/25
NISQUALLY	4/18/25
CHEHALIS	4/24/25



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.

LOVE YOURSELF

April brings new beginnings, flowers are blooming (saw so many daffodils coming to work). Time to get your garden area ready for plants, both flowers and food plants. It is also a time to begin a new and refreshing life without the fear of violence in your family or yourself. Get a fresh new start with new beginnings. Break the toxic relationship patterns, dating patterns, friendship patterns and begin to love yourself for yourself.

A healthy relationship is characterized by:

- **Respect and trust** between partners.
- **Empathy and kindness.**
- **Reliability and commitment.**
- **Mutual respect for boundaries.**
- **Ability to work together as a team.**
- **Similar values and goals.**
- **Connection on physical, emotional, and psychological levels.**

Begin a healthy relationship today and know in yourself you are doing what is right for you and for your family.

UPCOMING EVENTS

April 3,4,& 5, 2025 nDigiDreams will be here to put together your stories. If you have not signed up, please get ahold of Linda Charette and reserve a spot. Must be able to commit for the full 3 days 9am-5pm.
April 22, 2025 Earth Day
April 22, 2025 "Pop-Up" at Tuwaduq for Sexual Abuse Awareness month. Information, T-shirts and it is tied into Earth Day celebration here at TFS.

**I pledge to treat people
With dignity and respect.**

**I am responsible for my actions and
Reject using pressure, intimidation,
or
Violence in my relationships
I PLEDGE TO NOT BE "THAT
PERSON"**

*If you are in need of assistance, please
contact Linda Charette, Domestic
Violence Advocate, (360) 426-7788.*

April Gardening Guide

April is an excellent time to get your garden going. With the risk of frost becoming less frequent, you can plant a variety of vegetables and herbs for the upcoming season. By planting the right crops at the right time, you'll ensure a healthy and productive garden throughout the spring and summer months.

Vegetables to Plant in April

Potatoes: April is the perfect time to plant seed potatoes outdoors. They grow well in cool spring weather.

Carrots: If you didn't plant them in March, now is a great time to sow carrot seeds directly outdoors.

Beets: Beets thrive in the cool weather of early spring. Plant them outdoors in April for a summer harvest.

Leeks: Start leeks indoors in early April and transplant them outside later in the month when the weather warms up.

Broccoli: If you start broccoli indoors in March, now is the time to transplant it outside in April.

Cauliflower: Like broccoli, cauliflower can be transplanted outdoors in April if you start it indoors earlier.

Cabbage: Transplant cabbage seedlings outdoors in April, as it's the perfect time for this cool-season crop.

Brussels Sprouts: These can be transplanted outdoors in April if you start them indoors earlier.

Herbs to Plant in April

Thyme: You can plant thyme directly in the garden or in pots outdoors in April.

Oregano: Oregano is a hardy herb that can be planted outdoors in April. It loves the mild spring temperatures.

Sage: Start sage seeds indoors or plant young plants outdoors. Sage grows well mild spring.

Mint: Mint can be planted outdoors in April. Keep it in a contained area, as it can spread quickly.

Chives: If you didn't plant them earlier, you can plant chives outdoors now.

Skokomish Community Artists

Tuwaduq Arts and Crafts SPRING Bazaar

May 3, 2025

10:00 a.m. to 3:00 p.m.

Skokomish Community Center



The Skokomish Vocational Rehabilitation program will be hosting a Spring Bazaar that will be open for tribal artists, vendors to sell their artwork at the Spring Bazaar. This will be a place to sell your artwork just in time for Mother's Day. Please get your artwork prepared and ready to participate. We will be signing up interested vendors to participate. Please call (360) 426-7788 and schedule a table. A \$10.00 donation per table will be requested to help support our tribal elders program.

Contact Rosetta LaClair or Chinook Miller

Skokomish Vocational Rehabilitation program
if you have any questions. (360) 426-7788

Program funded by Dept. of Education



H250Q240044

**Tribal artists
WANTED**



54th annual
First Nations
at UW
Spring Powwow
fn@uw.edu
Save the Date
April 12-13 2025
Alaska Airlines Arena
Hee Edmunson Pavillion
Seattle, WA

Tribal Members with Birthdays in April

<u>1st</u> Lisa Johnson Joseph Longshore Kalaiah Andrews Lakota Andrews	<u>10th</u> Daniel Emerson Elijah Miller Ned Miller	<u>16th</u> Matt Warren Marti Peterson Lexi Moon	<u>26th</u> Rebecca James Melanie Willig
<u>2nd</u> Denise Emerson Chanowha Miller Amira Ware	<u>11th</u> Charles WalkingEagle Georgia Burfiend David Johnston Frankie Mork	<u>17th</u> Amanda Twiddy Jay James Chris Miller Malakai Seymour	<u>27th</u> Treyton Andrews Tyler Cadle
<u>6th</u> Lydia Johns	<u>13th</u> Samantha Miller	<u>18th</u> Marissa Cagey	<u>28th</u> Doreen Strong Aisa Grover
<u>7th</u> Ed Green Sr. Jennifer Green Elena Miller	<u>14th</u> Josiah Limburg	<u>21st</u> Angeline Peoples	<u>29th</u> Payton Bordley
<u>8th</u> Travis Twiddy	<u>15th</u> Frank Cousins Ray Gouley Ashley Longshore	<u>24th</u> LaDean Johnson Tyler McLain Starlit Sparr	Happy Birthday to a great man, Matthew Warren! I hope it's the best! I am so proud of you kid! Love, Dad
<u>9th</u> Ted Smith Jordyn Peterson		<u>25th</u> Sean Bowcutt	

APRIL PROMOTIONS YOU DON'T WANT TO MISS



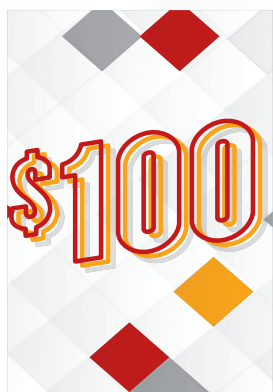
CLUB LUCKY MULTIPLIER EVERY TUESDAY IN APRIL 10AM – 6PM

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



WEARABLE WEDNESDAYS EVERY WEDNESDAY IN APRIL 10AM – 8PM

Earn 50 Base Points.
Get a **FREE** Wearable.
Wearables include Olympic National Park, Skokomish Valley, Hood Canal Oysters, Bigfoot Park Services, and Fabulous Lucky Dog Casino T-shirts.



CLUB LUCKY MEMBERS UPDATE TO WIN

Club Lucky Members who update their **email and phone number** will receive an entry into our weekly drawing for a **\$100 Drift Gift Card, \$100 Waterfront at Potlatch Gift Card OR \$100 in Lucky Bucks.**

Drawings will take place every Wednesday at Noon.



HARD-SIDED LUGGAGE GIFTING SELECT THURSDAYS IN APRIL 2PM – 8PM

Earn 200 Points to receive a gift on each date below.

THURSDAY, APRIL 10 & 24:
20" or 24" Journeyman Diamond Spinner Luggage



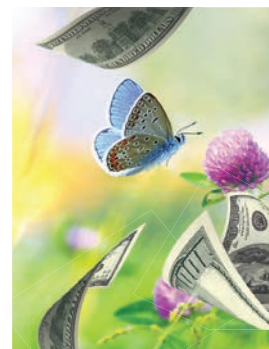
LAS VEGAS GETAWAY GIVEAWAY

**EVERY FRIDAY IN APRIL
6PM – 9PM**

One Lucky Winner every 30 minutes.

Play the **Las Vegas Getaway Game** by rolling a big number to multiply your prize value or WIN a trip to Las Vegas.

One **FREE** entry daily upon inserting your Club Lucky card.



GO GREEN EVERY SATURDAY IN APRIL 6PM – 9PM

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

Prizes are based on your Club Lucky tier at the time of the drawing until 8:45PM.

BONUS CASH Hot Seat Drawing at 9PM.



CLUB LUCKY REWARDS EVERY SUNDAY IN APRIL NOON – 4PM

Get a **FREE** gift on April 6, 20 & 27.
Receive **4X, 6X OR 8X** Lucky Points on April 13 based on your Club Lucky Tier.

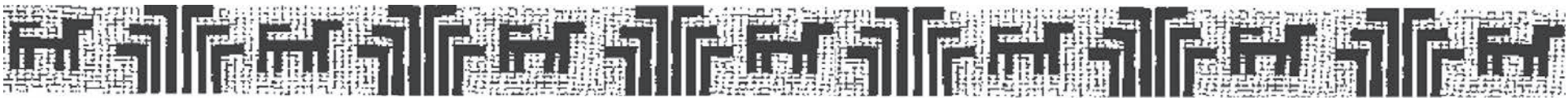


EASTER BRUNCH SPECIAL SUNDAY, APRIL 20 | 11AM – 9PM

Easter Brunch Special Available All Day:
Generous Portion of Ham, Crisp Bacon, Scrambled Eggs, House-fried Potatoes & Choice of Toast

\$17 Per Person
\$5 OFF with Club Lucky card

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



Rez Photo of the Month



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

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

NONPROFIT
US Postage
PAID
Permit #241
Wenatchee, WA 98801

Rez Sudoku Puzzle of the Month

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

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?l “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.