

3sXeXa?L “It’s All Written Down”

Skokomish Indian Nation

**THE SOUNDER**

May 2025

p3dsP3q3b “Time of Blossoms”

*A HOPPY GOOD TIME!*

Another Easter was celebrated this year, but it wasn’t just another Easter. Sure, little ones showed up dressed in their sartorial splendor. Little jackets and ties and lots of frilly dresses on the girls. Lots of pictures were snapped in front of Easter themed backdrops. There were the face painters who were kept busy by those who wanted to have a superhero motif on their faces, or variations of faerie themes, butterflies, or fanciful princesses. There was also a balloon artist who created so many little animals, like turtles and swans, then there were swords, crowns and flowers, to name just a few requests and inspirations. The Easter Bunny was there and delighted not just the little ones in their Easter finery, but older ones who remembered their first time meeting him and want to relive those moments again. Some of which now pose with their little ones to preserve those moments for them.



The change that I saw was in the menu for the meal that we’ve been used to in prior years. Usually, there’s pizza for dinner and cookies for dessert. It’s understandable that this was easy and kept the focus on celebrating with the Easter Bunny and then the egg hunt. The change was good this year. Yes, there were boxes of pizza and for some that was all that they cared about. But this year we found green salads with a

vast array of dressing choices, fruit salads which were well received by many. This definitely kept people at the table longer and fostered more visits with others who lingered to savor the change. This was nice to see and hear. Those little ones were eager to get the Easter egg hunts going. There were lots of smiles in anticipation of getting the signal to “go!” And they were off! Watching the babies

and toddlers react to the sensory overload in front of them is always a joy and full of laughs for the on-lookers and parents. Then as the older age groups are turned loose it’s like little cyclones going off and the eggs being lifted up and placed in their baskets. There were no changes here, merely delight and surprise, as it has always been. A big thanks goes out to everyone who planned all of the activities, did the shopping, filled the plastic eggs, and scheduled all of the partners who made this all happen and go off so well. And special kudos to those who enhanced the dinner menu in such a welcome way. As always, a big thank you to the Community Center staff, and all the thoughtful volunteers who pitched in, to do the set-up and clean up. Some things never change.

*By Tony Herrera*



# TOM'S PROGRAM

## April Showers bring May Showers! (:

We received some showers...keeping us indoors. Never stop the fun though. Through the month of April, we made all kinds of fun activities.

The kids started off the month attempting a floating chalk activity. However, we ended up with some funky chalk. The wrong chalk caused the project to not turn out the way it was intended. The kids don't mind, they still enjoy drawing with chalk and creating their own personal masterpieces. Ray P. comes on Wednesdays to offer some extra fitness. He divided Mondays between the lils and the bigs so that he can design age-appropriate activities for them. The kiddos are working extra hard on improving their coordination and sports skills. We are still going to the Squaxin pool for swimming on Wednesdays. The younger ones love the pool time.

Spring break was during this past month. Our Spring Culture Camp was a hit. We had some incredibly talented constructors come in and teach the youth some of their trades. Angel V., Andie C., Ray P., Lydia J. and once again Tiffany Twiddy's Centralia Women's college team came and offered a basketball skills camp. The kids love the women's team and the fun drills they offer each time they come. Angel made little beaded spiders. Andie teaches the kids all sorts of different beading projects. Ray offered his fitness, and Lydia came again and taught Salish wool weaving. Thank you for all the help and teachings you all brought.

# Language Update

## By Christie Chambliss

ʔasayəb ʔubəš wəł ti ʔalitəd It's a good day family and friends! This past month in the language department has been a busy one. We have been going into the Head Start regularly and working with the kiddos, teaching them tuwaduq words and phrases every week. They are adorable and smart little sponges, picking up the words and sounds very quickly! We had a successful tuwaduq Language night that focused on learning the tuwaduq alphabet sight words. Another thing we have been doing is applying for a grant to help us become better prepared to bring you the language. As this is a rocky climate in the grant sector this year, we are preparing to go on without the grant and learn as we go. Starting in the middle of May, we will be hosting 2 language classes a week in the evening, the actual times and dates are

still being set, but we will let you know as soon as we get them nailed down. We have had so much fun with the Community Language Nights that we will continue to have them in addition to the classes. As always, if you have any language questions, concerns, or ideas, feel free to call, email, or stop in and see us in person at the Ma'nault Education building next to Workforce Development and across the parking lot from the Head Start. We are proud to serve our Tribe and help bring the Language back to you all! Also, if any of our Tribal Artists would like to sell us some of their work for our raffles, please contact us, we will see what we can do within our budget.

Phone: 360-877-2460

emails: [christie@skokomish.org](mailto:christie@skokomish.org)  
[ladean@skokomish.org](mailto:ladean@skokomish.org) [herrera@skokomish.org](mailto:herrera@skokomish.org)

## Student Spotlight



I'm shining the spotlight on Thomas Strong this month. He's an outstanding 8th grader and our ASB President at Hood Canal School. Thomas is a natural leader with a bright future ahead. His drive, confidence and creativity are just a few of the things that make him stand out. Not only is he gearing up for an exciting transition into high school, but he's already thinking ahead to college, with a strong sense of the path he wants to take. Known for his fun personality and sharp sense of humor, Thomas brings positive energy wherever he goes. Way to go Thomas, we're so proud of you!

## HIGHER EDUCATION UPDATES



On March 6th, the department took 20 8th-12th graders to South Puget Sound Community College (SPSCC) for the annual Fire Summit. This event is designed to ignite Native youth, giving them a place to start dreaming while exploring their future academic possibilities. The youth are able to create and build relationships with college staff and faculty and other Native students while learning about possible career pathways. During this visit the students got to take a tour of the campus, explore future academic

possibilities and hear from this year's keynote speakers Lil' Mike and Funny Bone from Reservation Dogs. When speaking, Lil' Mike and Funny Bone shared about their journey getting into music and left some encouraging words to students that might be struggling. After speaking the two shared their music and the students were able to have fun dancing.

While at the Fire Summit our youth were also able to choose from a list of hands-on workshops. Some of the workshops

our youth attended were either a campus tour, culinary, leadership, healthcare, film screening and much more. There was a mini resource fair for student organizations or other local colleges to share information for those interested in attending SPSCC or another local college in the future. This is an excellent event, so be on the lookout for the Fire Summit 2026 event. We will be inviting all our 8th-12th graders to attend and enjoy this event next year.



## COLLEGE AND CAREER FAIR A HUGE SUCCESS



On Friday, March 14th, we hosted our first annual College and Career Fair. This was for our students and community to come and get information about possible academic or career opportunities. We had a great turnout of 60 difference tables of folks sharing information. We had a mix of various employment opportunities from the Navy, Army, Shelton Mason Fire & Rescue, Sheriff's Department, U.S. Fish & Wildlife Service, Mason County HR, Little Creek, The Lucky Dog, Mason County Coroner, CDWA (Caregiver Certification), DSHS, OSPI, and much more. A few of the colleges in attendance were St. Martin's, Evergreen State College, UW Seattle, Northwest Indian College, Clover Park Tech, Charter College, Portland State University and many more! Our cooks did an amazing job

with lunch serving spaghetti, Indian tacos and geoduck chowder. The 6th-12th graders were invited, and they all had a great time. The students walked around visiting the different tables and they received bags of goodies and resources. We had a great turnout with the support of our tutor team helping students get to the event. We ended the event with a big raffle for our students and one for the community. Our big raffle winners were Lucas Cagey, Thomas Strong, Hunter Sayasane, Torina Kenyon, Tahnee Miller, Katrina Twiddy and Cody Andrews. Congrats to all of you and everyone else who got some awesome raffle prizes. A big thank you to all who had a table, to our wonderful cooks, our amazing tutor team and a big thank you to all who attended to show support and get some great information.



## SKOK TAKES UW BY STORM



On Saturday, April 12, 2025, the Education Department took a group of our 6th – 12th grade students to the University of Washington. While on site, the students were led on a 75-minute tour through the beautiful campus. The tour guide gave the history and background of the buildings as well as the current layout of the campus. During the tour the students were also able to go inside the Intellectual House, a longhouse-style building on the UW Seattle campus. The Intellectual House is intended to be a space for American Indian and Alaska Native students, faculty and staff and others from various cultures and communities to gather in a welcoming environment and share knowledge. To end the tour, we stopped by the Husky Union Building for students to get snacks and see where many of the students go to study and eat lunch while on campus.

Afterward we attended the 54th Annual Spring Powwow led by the First Nations program. First Nations is an undergraduate intertribal registered student organization at the University of Washington in Seattle. The 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.

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, reach out to the education department to ensure you are on our 2025 list of graduates.

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.



# Skokomish Entrepreneurial Graduates

Here at Skokomish, we have nine new businesspeople who have completed their South Puget Intertribal Planning Agency (SPIPA) Native Entrepreneurial program's certification training to become business owners. They have spent the last several months learning about business development and all that it entails. Coming up with a good idea, exploring its viability, develop a business plan, a budget and other aspects, like licensing. What these students have learned is that the possibilities are endless and that with the right foundation success can be long-term, something that they can sell, eventually, or pass on to their heirs. It will be fun to see what they are able to bring to reality soon.

The graduates are Jackie Allen, Shanoa Cloud, Addison Emerson, Edward Green, Sr., Abel Leyva, Laila Longshore-Smith, Trisha Longshore, Benjamin Peters, Annette Smith and Augusta Wilbur.

As each one spoke, at the ceremony, they all spoke of their journey that brought them to take advantage of this opportunity to explore and learn the details of turning dreams into reality. There's an old adage: "The devil is in the details." Well, part of this process showed them how to put together their business plan, research the availability of business names, build their budgets, create business banking accounts and treat funds separately from their personal finances. Then there's the legal details, deciding if you want to be a for-profit or non-profit business. Do you want to leave your business to your heirs, or do you plan to sell your business when you want to retire.

This is what the SPIPA Entrepreneurial program does, it peels the onion of business planning and development while encouraging people to be creative and innovative. Laila Longshore-Smith

spoke passionately of wanting to be a resource to help elders and our young people. Abel Leyva and Benjamin Peters are excited about growing their beading and craft hobbies into viable businesses. Edward Green, Sr., and Shanoa want to create marketing avenues to enhance the profitability of our fishers and gatherers. After dealing with scarce, or no buyers over the years, they plan to be the positive change that is needed in our community. Trisha Longshore wants to turn her cooking skills into a solid business to support herself and her family. Annette Smith plans to market her casket building business into a vehicle to serve more tribal communities. Jackie Allen and Augusta Wilbur want to harness their desire to help our elders and young people into their own non-profit businesses.

Arianna Smith, CWDP Entrepreneurial Program Specialist and Shawn Mc Elhinney, Entrepreneurial Program Coordinator, are so proud of these latest graduates from the Entrepreneurial Program. As she noted, the classes began in the Fall of 2024 and some of these students gave up valuable fishing and gathering time to attend the training classes due to their commitment and desire to become entrepreneurs. If you're interested in becoming a business owner or are looking for resources to support your existing enterprise, check out the Entrepreneurial Development Program, as SPIPA. Arianna and Shawn would be glad to visit with you and offer you any help which their program can provide. Congratulations to these graduates and best of luck.

**By Tony Herrera**



**Ben Peters**



**Laila Longshore**



**Ed Green Sr.**



**Abel Leyva**



**Jackie Allen**



**Shanoa Cloud**



**Gussy Wilbur**



**Annette Smith**

## Drum Making Class

### Skokomish Tribal Members

## 2 Classes

### Limited Spots Available

**WHEN: MAY 14th & 15th 5:00 PM ( 5 spaces available )**

**WHEN: May 28th & 29th 5:00 PM ( 5 spaces available )**

**WHERE: Skokomish Community Center Art Room**

## Ages 18 and over

Contact Kris Miller for sign up 360-426-4232 or [shlanay1@skokomish.org](mailto:shlanay1@skokomish.org)

**HOSTED BY:**  
**SKOKOMISH**  
**THPO DEPARTMENT**

# Resolutions Approved by Tribal Council

## April 2<sup>nd</sup>, 2025, AT A TRIBAL COUNCIL PLANNING MEETING:

- ❖ **RESOLUTION NO.2025-032:** A RESOLUTION AMENDING THE SKOKOMISH HOMESITE LEASE BETWEEN THE SKOKOMISH INDIAN TRIBE, AS LESSOR, AND KARLA MILLER (ENROLLMENT NO. 329), AS LESSEE..
- ❖ **RESOLUTION NO. 2025-033:** A RESOLUTION APPROVING THE 2025 BIVALVE MANAGEMENT PLAN FOR PUBLIC TIDELANDS IN REGION 8: HOOD CANAL
- ❖ **RESOLUTION NO. 2025-034:** A RESOLUTION APPROVING THE SUBMISSION OF A GRANT APPLICATION TO THE ADMINISTRATION FOR NATIVE AMERICANS (ANA) FY25 NATIVE AMERICAN LANGUAGE PRESERVATION AND MAINTENANCE PROGRAM

## April 16<sup>th</sup>, 2025, AT A REGULAR TRIBAL COUNCIL MEETING:

- ❖ **RESOLUTION NO. 2025-035:** A RESOLUTION APPROVING THE CONSENT TO SUPPORT

HOOD CANAL COMMUNICATIONS GRANT APPLICATION TO THE WASHINGTON STATE DEPARTMENT OF COMMERCE, BROADBAND EQUITY ACCESS AND DEPLOYMENT (BEAD) PROGRAM FOR FIBER CONNECTIONS

- ❖ **RESOLUTION NO. 2025-036:** A RESOLUTION APPROVING SUBMISSION OF A U. S. DEPARTMENT OF JUSTICE TRIBAL VICTIM SERVICES FORMULA GRANT.
- ❖ **RESOLUTION NO.2025-037:** A RESOLUTION APPROVING A GRANT APPLICATION FOR THE TRIBAL CLIMATE RESILIENCE FUNDING FOR TRIBES IN THE FY25-FY27 BIENNIUM THROUGH THE WASHINGTON STATE DEPARTMENT OF COMMERCE



## 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 **MAY 22, 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.

## Greetings From your Skokomish Tribal Police Department

We are reporting to you this month with information regarding our jurisdictional change from Public Law 280 to retrocession Public Law 638. As you may know, Public Law 280, otherwise known as PL 280, is a jurisdictional mandate in Native American communities that shifts felony jurisdiction from tribes and the federal government to state governments and law enforcement agencies. PL 638, on the other hand, places the responsibility for felony, and other criminal jurisdiction, onto tribal and federal law enforcement.

The practical impacts of this change in jurisdictional concern vary greatly and are impacted by many factors. One such factor being crimes contained within the Major Crimes Act, as these will be the jurisdictional and prosecution responsibility of the US federal government. Other factors include: the Tribal Law and Order Act, the Violence Against Women Act, and

the Indian Civil Rights Act among others. We encourage Skokomish tribal members to avail themselves of information on these congressional acts and any other supplemental information from reputable sources such as Congress.gov and DOI.gov.

This transition also provides more latitude for your tribal police department to work in close conjunction with US federal agencies, such as FBI and BIA, on investigating and prosecuting crimes within our jurisdiction. Furthermore, it is of note that any individuals arrested, charged, and prosecuted for felony level crimes, may be sentenced to federal prison.

In closing, the key difference between PL 280 and retrocession 638 lies in the shifting of criminal jurisdiction within the Skokomish reservation from state law enforcement agencies to federal and tribal courts and law enforcement agencies.

## Letters of intent requested to fill Two (2) vacant positions for the Skokomish Election Committee

The Skokomish Tribal Council is currently seeking Letters of Interest from enrolled Skokomish Members who are 18 years or older and wish to be considered for appointment to the Skokomish Election Committee. This opening is to fill Two (2) vacant positions.

Terms for vacant position:

January 1, 2025 – January 1, 2026

Please address letters to the Skokomish Tribal Council then forward your letter to Emily Poulin located at Skokomish Tribal Center. In your letter, state why you feel you should be appointed and why you feel you'd be the best candidate.

If you would like more information regarding the position and the responsibilities of being a member of the Election Committee, please contact 360-426-4232 or [emilyp@skokomish.org](mailto:emilyp@skokomish.org).

All letters received will be forwarded to the Election Committee and reviewed at the first available meeting following the deadline to submit letters. The Election Committee will interview applicants and make a recommendation to the Tribal Council, who will then make a final decision regarding appointment.

# Sasquatch Sighting at Skokomish



On Thursday, April 24<sup>th</sup>, Maria Little Sun held a painting class for a few elders who had signed up in advance for the class. Maria provided a canvas to each participant to begin the enlightening experience of creating their own little masterpiece by the end of the class. She started us out with small splotches of acrylic paint and a variety of brushes. We began to follow her instructions and in a short time we each had our own unique landscape. Then she gave us ideas of how to add to the picture to make it even more uniquely our own. Maria brought out our own inner Bob Ross and now we were ready to add our sasquatch silhouette by tracing a stencil and then darkening it in. Peggy Johnson came with her own canvas, actually it was a hand drum, and Mary Hernandez remarked that she wished that she had thought of bringing a drum to paint on. Peggy followed Maria's instructions, and the end result amazed everyone. Petty smiled broadly when it was done and happily posed for photos of her holding her masterpiece. Her daughter, LaDean, came and celebrated her birthday by painting her beloved sasquatch figure. Perry Carrington's painting turned out very well, also. Everyone did a great job, had lots of fun, and were able to take a wonderful treasure home with them. Maria works with the elders at Squaxin Island, and we could see first-hand how much she loves working with elders. We appreciated her enthusiasm and expertise we all expressed how much we'd love to have her come back and do this again. Something tells me that there will be a few more hand-drums that show up to be painted. Peggy started something and many of us want to follow her lead. Thanks, Perry Carrington, for arranging this and Maria, you're welcome back anytime.

By Tony Herrera



## HARVESTER VIBRIO EXAM IS NOW AVAILABLE!

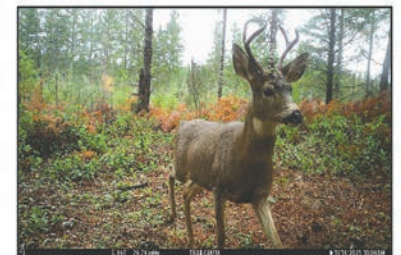
ALL OYSTER HARVESTERS MUST:

- 1) PASS THE VIBRIO HARVESTER EXAM,
- 2) HAVE A SIGNATURE ON FILE AT THE SKOKOMISH FISHERIES OFFICE STATING THEY HAVE COMPLETED THE TRAINING,
- 3) AND HAVE THE NECESSARY STICKER ON THEIR TRIBAL ID CARD

BEFORE HARVESTING OYSTERS BETWEEN MAY 1<sup>ST</sup> AND SEPTEMBER 30<sup>TH</sup>.

**YOU WILL NOT BE ABLE TO HARVEST OYSTERS FROM MAY 1<sup>ST</sup> – SEPTEMBER 30<sup>TH</sup> UNTIL YOU PASS THE HARVESTER EXAM.**

**A STUDY GUIDE AND THE EXAM ARE AVAILABLE AT THE FISHERIES OFFICE.**



### 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](mailto:backerman@skokomish.org)

# Mental Health Awareness Month 2025: Reducing Anxiety and Building Resilience

May is Mental Health Awareness Month, a time to check in with ourselves and our loved ones. This year, we are focusing on two powerful tools for better mental wellness: *reducing anxiety* and *building resilience*.

These topics are especially important for our Skokomish community. Life can bring many challenges, but with the right support and strategies, we can move through tough times together.

**What is Anxiety?** Anxiety is a feeling of worry or fear. It's something everyone feels sometimes. But when it sticks around too long, it can affect how we think, feel, and act. The good news? There are ways to manage it.

**What is Resilience?** Resilience is the ability to bounce back after something difficult. It means not giving up, even when things feel hard. You don't

have to be born with resilience—it's something you can grow.

## Activities to Reduce Anxiety and Build Resilience

**Simple Activity to Try at Home: The Calm & Strong Jar** This is a fun and easy activity that both adults and children can do. All you need is a jar, water, glitter, and a little glue.

### How to make it:

1. Fill a jar almost all the way with water.
2. Add a spoonful of glitter.
3. Add a drop of glue to help the glitter move slowly.
4. Close the jar tight and shake it.

**How it helps:** When you feel anxious, shake the jar. Watch the glitter slowly settle. As the glitter falls, take deep breaths and imagine your thoughts settling too. This teaches us to pause,

breathe, and feel calm.

**Activity for Adults: Resilience Reflection Journal** Journaling is a powerful way for adults to build resilience by recognizing their own strength and growth.

### How to do it:

1. Find a quiet space and a notebook.
2. Each day, write down one challenge you faced and how you responded.
3. Reflect on what you learned, how you stayed strong, or what you might do differently next time.

**How it helps:** Writing helps you process emotions and see your progress. Over time, this builds confidence in your ability to handle life's ups and downs.

Help is here for you as the Skokomish Health and Wellness Center has mental health therapists who are here to help. You don't have to handle stress or anxiety on your own. Talking to someone is a strong and brave step toward healing. This Mental Health Awareness Month, let's support each other, grow stronger, and take small steps every day to care for our mind and spirit.

**To make an appointment, please contact the Health and Wellness Center.**

Be sure to follow the **Skokomish Health and Wellness Center's Facebook page** throughout May for positive quotes, activities, and other helpful information related to Mental Health Awareness Month.

## Two is too late!

Unfortunately, many children in our Skokomish community have cavities by the age of 2. Please consider bringing your child to the dentist as soon as they get their first tooth!

What do cavities look like?

Cavities can start as white "chalky" looking areas on a child's teeth. This is usually right at the gum line on the front teeth.

As cavities progress they can start to turn brown or black in appearance and cause a break in the enamel surface.

Cavities in children are often found near the gum line on front teeth and in the pits and fissures present on the chewing surfaces of the back teeth.

Your children need your help to brush their teeth!

- Use a "rice sized" amount of fluoride toothpaste for children under 3 years of age

- Use a "pea sized" amount of fluoride toothpaste for older children

- Children with teeth that are

close together may benefit from flossing. Children's "flossers" or "floss picks" can make this a much easier task.

- Brushing before bed is especially important

Nutrition also plays an important part in staying cavity free.


Enjoy sticky, high sugar, and high carbohydrate food and drinks in moderation. If you can't brush your teeth right away, swishing with water is an easy way to clear your mouth of food debris and help your saliva to



protect your teeth.

We would love the opportunity to help keep your child's mouth healthy. Please schedule an appointment for your child (and yourself) at the Dental Clinic.

Please Call 360-426-5755 or stop by the Skokomish Wellness Center.




## MEDICARE ASSISTANCE

WITH HEILA BLAIR, RN, BSN

### EVERY FIRST FRIDAY OF THE MONTH

### 9AM-11AM



CONTACT THE HEALTH AND WELLNESS CENTER  
TO SCHEDULE AN APPOINTMENT!

# RESOURCE FAIR

SKOKOMISH HEALTH AND WELLNESS



## JUNE 27, 2025

### 1PM-4PM

SKOKOMISH TRIBE COMMUNITY CENTER

## Springtime Nutrition Tips for Managing Diabetes in the PNW

April in the Pacific Northwest (PNW) brings longer days, warmer weather, and fresh local foods. It's a great time to eat better and feel your best—especially if you have diabetes. Eating the right foods in spring can help keep your blood sugar steady and boost your energy.

### Eat Fresh Spring Veggies

In spring, many healthy vegetables grow in the PNW. These foods are full of fiber, vitamins, and help manage blood sugar. Try adding these to your meals:

- **Asparagus** – This green veggie is high in fiber and can help balance blood sugar.
- **Leafy greens** – Spinach, kale, and Swiss chard are great for your health and don't raise blood sugar much.
- **Radishes and carrots** – These add color, crunch, and a little sweetness without too many carbs.



### Pair Carbs with Protein and Healthy Fats

To keep your blood sugar steady, eat carbohydrates (like bread, rice, or fruit) with protein and healthy fats. Here are a few ideas:

- Grilled salmon or chicken with roasted asparagus
- A spinach salad with walnuts, feta cheese, and olive oil
- Greek yogurt with berries and chia seeds

### Drink More Water, Not Sugar

As it gets warmer, your body needs more fluids. Stay hydrated by drinking:

- Water
- Herbal teas
- Water with lemon or mint

Try to avoid drinks with sugar, like soda or juice, because they can raise your blood sugar quickly.

### Enjoy the Season and Stay Healthy

Spring is the perfect time to refresh your habits. Focus on fresh, simple foods and plan meals that make you feel good. With a few small changes, you can enjoy spring while keeping your blood sugar in control.



This material was made possible by the Special Diabetes Program for Indians (SDPI) grant, which supports programs promoting healthy nutrition and lifestyle choices.

## PET CLINIC 6.27.2025



### Services

Flea Prevention  
Rabies shot-Free  
FVRCP (cat combo vaccine)-Free  
DHPP (dog combo vaccine)-Free  
Microchip-\$15  
Free Pet Supplies and Food

Services Provided by: The Humane Society of  
Mason County

Stop by their van during the Community Resource Fair  
Time: 1pm-4pm  
Location: Community Center

## Elder's Trip to Muckleshoot

Perry Carrington fired up the Elder's Bus, on Friday April 25<sup>th</sup>, and had twelve elders on for the ride to Muckleshoot. It was their annual Elder's Inter-tribal Luncheon. The past few years this event has been hosted in their entertainment center in the Muckleshoot Casino. This year they switched it up and held it in their Community Center near the east edge of the reservation. This facility is much larger so there was ample room for dozens of vendors and the seating area was much easier to navigate. There were also numerous large screens around the main seating area, making it easier to see what was happening on the stage. There were youth on stage, prior to the meal, who were drumming and singing their traditional songs, entertaining all of the seniors in the audience. Then it was time for lunch and everyone enjoyed different salads, vegetables, shrimp, buffalo, prime rib, crab and other local delicacies. The crab was plentiful with bowls full on each table. Our elders enjoyed the meal, visited with friends and family who live there. Or friends from other tribes who were also in attendance. That's one of the reasons many of our elders love these inter-tribal luncheons, socializing with family and friends. Especially by our older elders who may not be able to drive anymore.

After everyone was served and had time to enjoy their meal an Elvis-style entertainer took the stage and sang many of Elvis' big hits. Muckleshoot has this entertainer every year because so many of those in attendance enjoy hearing his renditions of Elvis. There's always a few who get up and dance in front of the stage to their favorite songs.

Upon arrival each elder was given a raffle ticket and quite a few prizes were given when their numbers were selected. Then there was another raffle which tickets were sold for and even more great prizes were given. The last of the prizes were drawn for around three pm and afterwards the crowd headed out to their respective vehicles and buses to begin their trip home. In addition to the dozen tribal members who rode with Perry, on the bus, there were another dozen elders who drove on their own to Muckleshoot. One of the passengers decided to come back to Skokomish, with Perry.

Our elders need more opportunities to attend these inter-tribal luncheons whenever possible. They look forward to sharing the experience with everyone on the bus, and the chance to socialize. Thank you Perry for being there for all of us.



By Tony Herrera



# News from Tuwaduq Family Services

Sexual Assault Awareness and Earth Day pop-up in the parking lot for Tuwaduq Family Services was a great success this year. Thank you to everyone in the community who took part in being responsible for taking care of Mother Earth. Fruit trees were offered to those interested in planting as well as a grow bag and tomato plant and a bag of soil to start the planting season. A variety of vegetable seeds were also offered to those who were interested in planting their own garden. We really want to promote growing your own garden this year. With the economy and the cost of food going so high, it is always a good idea to try and grow your own food source if possible. Canning your own food for later on in the season will also be a possibility. I am hopeful to all those that have taken the fruit trees, please make sure to plant them and make sure they get enough water. This will provide a food source for our community in time. Gardening is great exercise, and it can relieve stress when working the soil and watching your garden grow. We had over 100 people stop by at the Earth Day pop-up, and it was so good to see everyone taking the time out of their day to stop by and visit one another and grab some things for their new gardens and enjoy and hamburger cooked by Elana Prest. Thank you everyone for coming, you are so appreciated for doing your part to support our community with what you can grow and supporting the Sexual Assault Awareness program. The education of what the program can provide will keep the community

educated and safe. Thank you to Georgie Johns for the nice donation of rhubarb for the elders. It will be a delicious treat for them. Skokomish Vocational Rehabilitation program will be hosting a Spring Bazaar on May 3, 2025, to help support our tribal artists and help put together a fundraising activity for the elder program. The Elders will be having a raffle and selling lunch and selling items to generate money for them to take a trip. This is a good opportunity to purchase Mother’s Day items for your mom at the bazaar and support your local artists. Hope to see you there. Have you noticed the work being done in the community garden? The garden crew has been busy preparing and planting and it’s already looking nice. The garlic that was planted in the fall looks really good and healthy. Seed potatoes and onions and other items have been planted and ready for the new season. We are excited to be able to provide food for the community when it is ready. When planting this year, consider planting things that you can eat. Don’t plant invasive types that get out of control and have no use for it. Morning glory, ivy, bamboo, scotch broom, etc. pull this stuff and put it in a garbage can, don’t throw it away, it will grow anywhere you throw it. Burn it if you have to, it takes over and chokes out native plants if left unkept. Native plants are better for us anyway. **Happy Mother’s Day to all that do your part in raising this village.**



**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:  
**Wednesday, May 14, 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.



*Join Tuwaduq Family Services*

*Honoring Mothers*

*Friday, May 9, 2025*

*Pop-Up*

*Tuwaduq Family Services*

*10:00am–3:00pm*

*Contact: Linda Charette DV Advocate*  
*360-426-7788*



This project was supported by Grant #15-JOVW-GG-02377 Awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, finding, conclusions and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice.

## Rez Photo of the Month



*The young Mother and Son is none other than our own Peggy Johnson holding Willard.*

# Tribal Members with Birthdays in May

<b>1<sup>st</sup></b> Patricia Haga Naomi Capoeman Stormy Hawk Sunsomay Keith	<b>7<sup>th</sup></b> Amy Kenyon Charles S Longshore Loralee Michaelson Jacob P. Smith Rachel Smith Chevy Thomas Lokadah Green- Nunes Erick Andrews	<b>12<sup>th</sup></b> Fawn Gouley <b>13<sup>th</sup></b> Rebecca Carey <b>15<sup>th</sup></b> Stella Fields Billie Jimenez William Smith Marilyn Thomas Thomas Gouley- Miller	<b>23<sup>rd</sup></b> Willard Johnson Harmon Sparr Nova Dominguez <b>24<sup>th</sup></b> Stephanie Lucero Donavan Allen <b>25<sup>th</sup></b> Robert Miller	<b>28<sup>th</sup></b> Kim Ortis Xavier Allen- Johns <b>29<sup>th</sup></b> Dakota Andrews Terry Johns Justin Wilke <b>30<sup>th</sup></b> Louis Herrera Randy LaClair
<b>2<sup>nd</sup></b> Sa-nan-nook Smith	<b>8<sup>th</sup></b> Tanisha Emerson Harry Teo	<b>18<sup>th</sup></b> Carol Smith Kotori Campbell	<b>26<sup>th</sup></b> Evan Capoeman Teniesha Johns	<b>31<sup>st</sup></b> Aaron Strong Sonni Cordova
<b>4<sup>th</sup></b> Eric Cultee Harold Gamber Yvette Johns Denese LaClair Harmony Taylor Elliana Carrington	<b>9<sup>th</sup></b> Edward Smith Talon Sparr	<b>19<sup>th</sup></b> Lloyd D. Wilbur	<b>27<sup>th</sup></b> Jacklyn Smith Brian Paul Little Raven Nina Edwards Stacia Peterson Madeline Hermann	
<b>5<sup>th</sup></b> Zayden Peterson Emory Ware	<b>10<sup>th</sup></b> Ray Auld Cheyenne Smith	<b>20<sup>th</sup></b> Alfred Smith Eleanor Smith Hunter Wall		
<b>6<sup>th</sup></b> Sheila Kenyon Amina Henry	<b>11<sup>th</sup></b> Helen Cultee Justin Miller Charlie Henry Jr	<b>22<sup>nd</sup></b> William Veliz Ma'sye Taylor		

## A LETTER OF APPRECIATION



**My name is Lisa Greeley and I reside in Union.**

Last Saturday evening April 12 around 6:30 pm I was driving down HWY 106 toward HWY 101 when I noticed a male dog wondering in the street in front of me. I thought he was lost so I stopped my car and rolled down my window to see if he would come up to me. Not only did he come up to my open window, he wasn't going to let me drive off so I pulled off the road and got out of my vehicle. As I was checking

the dog for a collar but didn't find one I realized he was extremely friendly. He seemed to be herding me away from my vehicle and didn't want me to get back into it. He seemed to be directing me to the other side of the road. As I was working to keep the dog off the road (lots of traffic on the road) I heard a dog crying on the opposite side of the road in very dense brush/woods. The sounds of this dog were clearly telling me it was either stuck or injured and couldn't get out. It seems that the dog that originally stopped my vehicle was trying to tell me that I needed to rescue this other dog. I wasn't dressed with shoes that would have allowed me to enter this dense wooded area so I tried to get help from vehicles (multiple) that were passing by but didn't have any luck. After about 15 minutes of talking to both dogs letting them know that I was going to save it, a young man riding an off road motorcycle stopped and asked if he could help. He had boots on that would hopefully help him get through these woods to the dog that needed help. He started his rescue operation only to find that the area he chose was too difficult to get through. Then

his father stopped in his vehicle to check on his son and see if he could help. He went down towards the woods and helped locate an opening that his son could penetrate. The son finally located the dog who was stuck, entangled with the chain and brush. The father had to also help his son get the dog (Rottweiler) untangled from his chain by removing the very long and heavy chain from his collar. Once the dog was released from where she was stuck, both her and the original male dog came barreling up from the woods to thank me for saving her (she obviously had heard my voice telling her everything will be ok). I had to hold her collar to keep her from pushing me

over in her excitement.

Without this wonderful boy, Russell Limberg who volunteered to help rescue this dog the chances are it would have eventually died. Her chain that was used to keep her tied up had become a noose keeping her from moving. She was saved by Fate and caring individuals including the original dog that started the whole rescue mission by stopping my vehicle.

I'd like to say Thank You to Russell, he was wonderful.



**Sharing your struggle is healing.**

Talk to a Native counselor on the Native & Strong Lifeline today.


**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](https://NativeAndStrong.org)

**Native & Strong Lifeline**

*You are*



*never forgotten*

**PUTTING AN END TO  
HUMAN TRAFFICING  
SEXUAL ASSAULT**

**Pop-Up Event  
Friday May 9, 2025  
10:00-3:00  
Tuwaduq Family Services  
Contact: Linda Charette 360-426-7788**

This project was supported by Grant # 15-JOVW-GG-02377 TRI8 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, finding, conclusions and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice.

In Loving Memory

Ronald Duane Twiddy, Sr., "Chief," age 86, died on Wednesday, March 19, 2025, at Good Samaritan Hospital in Puyallup, WA after a sudden illness. He passed peacefully and was lovingly surrounded by family. Ron was born on December 14, 1938, on the River Road in Skokomish, WA to Jack Twiddy and Mabel Johns. His early years were spent at Minerva Beach on Hood Canal, then with family in La Conner, WA, before returning to Skokomish. Ron married Vivian Elaine Peterson, in Lilliwaup, WA, on October 13, 1959. They married young and began their family, raising them in Shelton. He was a hard worker and is remembered as a dedicated provider for his family. He enjoyed baseball immensely; from playing Men's hardball at tribal tournaments and local softball leagues, to coaching Little League. He was an avid sports fan, particularly of the Mariners and Seahawks. He enjoyed snowmobiling, razor clam digging, and Friday afternoon coffee hour with his dear friends. His greatest joy came from spending time with his grandchildren and great-grandchildren. Chief had a tremendous work ethic. He began planting trees at age 15 and became a skilled timber feller and operator in the logging industry. He was a lifelong commercial fisherman, and later a Geoduck diver. He was a self-made man who found great success and respect within his professions. Hunting was one of his greatest pastimes. From the time he was a young boy, to his last days, he enjoyed nothing more than going on a hunt. He hunted elk and deer all over the western United States and made numerous trips to Alaska and Canada on moose and bear hunts with friends. Chief was a revered member of the Skokomish Tribe, and leader among his tribal community. He will be remembered as a true and loyal friend, and a beloved husband, father, grandfather, and great-grandfather. Ron was preceded in death by his parents, Jack and Mabel, and his brother, Francis "Gus" Twiddy. He is survived by his wife of 65 years, Vivian "Babe" Twiddy, daughter, Terri (Joby) Butler, and sons, Ron, Jr. (Tammy) Twiddy, and Greg (Shannon) Twiddy; grandchildren Robbi, Courtney, Amanda, Tiffany, Kyle, and Colton, and great grandchildren Jack, Clara, and Emmett.



Ronald Duane Twiddy, Sr.  
DECEMBER 14, 1938 –  
MARCH 19, 2025

The family of Ron Twiddy, Sr. sends our heartfelt thanks and gratitude to the community for their love and support during Ron's recent passing. A special thanks to the cooks and staff of the community center for all their efforts in making his Celebration of Life such a beautiful farewell.

WHO LET THE DAWGS OUT

YOUTH TOURNAMENT  
MAY 16TH-18TH 2025

SKOKOMISH COMMUNITY CENTER 19731 US-101, SKOKOMISH, WA 98584	HOOD CANAL SCHOOL GYM 111 WA-106, SKOKOMISH, WA 98584
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ALL NATIVE + 1 - CO-ED	7U
2 GIRLS ON THE COURT	9U
MVP	11U
ALL-STARs	13U
1ST-3RD AWARDS	15U
PARTICIPANT T-SHIRTS	18U

Contact Dydemus Cordova for  
Info: 1 (564) 999-1887

MAY PROMOTIONS  
YOU DON'T WANT TO MISS

**CLUB LUCKY MULTIPLIER**  
EVERY TUESDAY IN MAY  
10AM - 6PM  
Based on your Club Lucky level, receive an EXCLUSIVE multiplier.

**RELAX AWHILE GIFTING**  
SELECT THURSDAYS IN MAY  
2PM - 8PM  
Earn 200 Points to receive a gift on each date below.  
THURSDAY, MAY 8: Freida & Joe Lavender Bath & Body Spa Gift Set  
THURSDAY, MAY 15: Plush Robe  
THURSDAY, MAY 22: Deep Tissue Massage Gun  
THURSDAY, MAY 29: Robot Vacuum

**CLUB LUCKY CASH DRAWING**  
EVERY SATURDAY IN MAY | 9PM  
CASH Hot Seat Drawings at 9PM for one Lucky Winner. The prize is based on your Club Lucky Tier at the time of the drawing.

**MOTHER'S DAY GIFT**  
SUNDAY, MAY 11 | NOON - 6PM  
Club Lucky Members, who are Mothers, may choose from a FREE French Connection branded Zip Around Wallet OR a Cosmetic Bag. Other selections are available. If you are a mother or a mother figure, you are eligible.

**WEARABLE WEDNESDAYS**  
EVERY WEDNESDAY IN MAY  
10AM - 8PM  
Earn 50 Base Points. Get a FREE Wearable.

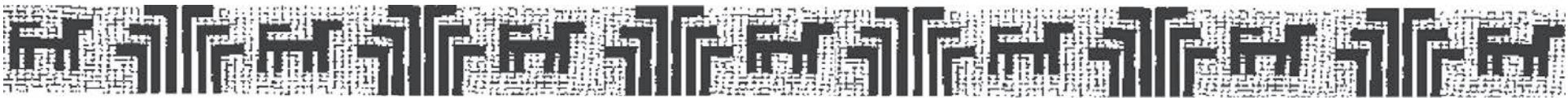
**LUCKY FLOWERS PROGRESSIVE GAME**  
EVERY FRIDAY IN MAY | 6PM - 9PM  
One Lucky Winner every 30 minutes. Play the LUCKY FLOWERS GAME by revealing Lucky icons. If you get three of the target icons, you win the progressive jackpot of up to \$5,000.  
BONUS DRAWING: FRIDAY, MAY 30 at 9:30PM

**\$2,500 SPRING SPIN**  
SUNDAYS, MAY 4 & 18  
NOON - 6PM  
SPIN & WIN UP TO \$2,500 CASH Guaranteed to win a prize with each reveal. One FREE game play per week May 4 & May 18.

**MEMORIAL WEEKEND**  
SUNDAY, MAY 25 & MONDAY, MAY 26 | NOON - 6PM  
Receive a FREE wearable gift. Gifts include Regional Tourism T-shirts, Beanies & MORE.

**NOW OPEN**  
Book your getaway today at [SkokomishTourism.com](https://SkokomishTourism.com)

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**Rez Photo of the Month**



Can you name the young Mother and Son in this photo?  
Please turn to page 9 for the answer! Good luck!

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**Rez Sudoku Puzzle of the Month**

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

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  
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Mark Warren, Editor

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

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