

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

Skokomish Indian Nation

THE

SOUNDER

March 2026

p3dtula'CH313xW
"Time of South Wind"

WOVEN IN WOOL EXHIBIT

This is the latest exhibit at the University of Washington's Burke Museum. The weaving traditions of Northwest Tribe's is the primary focus of this showing. The Skokomish Tribe is featured prominently, Bruce "Subiyay" Miller's weaving and quotes of his teachings that have been passed down. Those teachings still echo strongly with new weavers who have come to learn this art long since his passing. One of those disciples of Bruce's teachings is Dr. Susan Pavel, the wife of Michael Pavel. She spent many hours with Bruce, learning his harvesting, processing and weaving techniques of cedar bark and various natural fibers. How to color them, create designs and patterns and what the meaning is behind them.

Susan toured the Field Museum, in Chicago, several years ago during which time she first laid her eyes on a tunic woven by a Skokomish tribal member prior to 1893. It is referred to as "Grandmother Tunic" as it has inspired many weavers for generations. She lobbied to have the Field Museum to allow it to be loaned



to the Burke Museum so that during this display local weavers, and others, could come and learn about it and be inspired. When you stand in front of it, and know what it's origin, you can sense an aura that others have felt before.

The "Woven in Wool" exhibit does have weavings by other artists, some from many years before, who have passed on. Others from contemporary artists, from the Squamish Tribe, in North Vancouver, BC Canada, Muckleshoot Tribe, and even Tahnee Miller, from right here at Skokomish. Tahnee is mentioned as a young weaver who learned first, from Susan Pavel. So Bruce's knowledge has now been passed directly to Tahnee. But she has also researched and learned from other weavers since she

began her interest in weaving.

This is an example of how the ancient art of weaving, here in the Northwest, has carried on inspiring new generations. Tahnee has replicated a weaving that intrigued her from a photograph. It was a picture of Frank

and Lucy Allen and it was a unique head covering that she was wearing. Now maybe the inspiration was stronger because Lucy is Tahnee's great, great, great grandmother. You see, Bruce taught Susan Pavel, who became an accomplished weaver, who taught Tahnee Miller, who is now an accomplished weaver in her own right. Tahnee now teaches our youth and others who are interested in learning the art of weaving. Those threads of knowledge keep being woven.

The "Woven in Wool" exhibit also features a cedar bentwood dye box, and will be at the Burke Museum for another six months. If you are curious at all about the "Grandmother Tunic" or learning about the other pieces in the installation, you should go and see it. Check with Kris Miller, at the Tribal Center, for free tickets. It's very inspiring to walk through and view the cedar, wool, and other materials woven by various tribal artists. Maybe you'll be intrigued to learn more and give weaving a try.

By Tony Herrera



Super Bowl Party Skokomish Style

This year's Seattle Seahawk's season generated tremendous enthusiasm, much more than usual. Each new season brings the hope of getting to the playoffs and going on to win the Super Bowl. And this year's Seahawks team started off in the right direction and kept the hope alive as each game passed. There were the hiccups of losing the opener to the San Francisco Forty-Niners, at home, and the Los Angeles Rams, in L.A.. But these three teams rose to be the more formidable teams in the National Football Conference. So when it came to the rematch with the Rams, in Seattle on Thursday Night Football, the stakes were high as whichever team won would be the front runner to win the Western Conference. As the LA/Seattle games always are, it was a very close game that ended tied at the end of regulation. So, they played on in the overtime period and in dramatic fashion the Seahawks won with a game ending two-point conversion. Seattle was now in the driver's seat to win the division and go to the playoffs. The final game of the regular season was on the road against the San Francisco Forty-niners. This game saw the Seahawks dominate from start to finish, giving Seattle the NFC West division title and the number one



seed in the playoffs. Then the National Football League playoffs quarter final round brought us a rematch against the Forty-niners and we dominated them again. They had no chance and the Seahawks won handily. The Championship game was against the Rams again and this one was a hard-fought, very close game. But the Seahawks proved to be too much for the Rams and they won the NFC Championship game which meant that they were now going to the Super Bowl to play the New England Patriots. All through this Rosetta LaClair toyed with the idea of putting on a Super Bowl Party for the Skokomish Tribal Community. When the Seahawks made the

dream come true, the Tuwaduq Family Services staff sprung into action. Flyers went out alerting the community and it included the promise of craft opportunities at the party and food, of course. During the Super Bowl Party you could make a Seahawks designed beanie-style cap. Then there were white T-shirts which you could iron on various Seahawks designs and make it your own expression of support for the Hawks. There was a wonderful meal prepared so that snaking was available throughout the Super Bowl. Perry Carrington estimated that there were nearly fifty people who showed up to watch the game, do the crafts, and eat some great food. Thankfully, the Seahawks' defense

played lights out and wouldn't allow the Patriots to gain any momentum while the Hawks offense produced a few field goals early, then touchdowns in the second half, and the Patriots were never close. The crowd was treated to a lop-sided home team win. Those in attendance were given Seahawks beach towels and can cozies. Perry said that he felt that the event was successful on top of the fact that the Hawks won Super Bowl LIX. Everyone is hopeful that next year there'll need to be another such party with the Seahawks repeating as Super Bowl Champions. Kudos to Rosetta, Linda Charette, Perry Carrington, Chinook Miller, all of the cooks and helpers who made this such a memorable event.
By Tony Herrera



Boulder This is the new recovery

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Language Class Update

By Christie Chambliss

ʔasayəb ʔubəʂ wəʔ ti ʔalitəd It is a good day family and friends! It has been a busy couple of months in the language department. We continue to teach tuwaduq in the Head Start four days a week and, the Hood Canal School kindergarteners and first graders two days a week. That means that the language staff interact with the kids of this community starting at age two, and all the way up to age seven multiple times a week, and they are soaking up tuwaduq like crazy! So, all of you adults out in the community, make sure to ask your kiddos what tuwaduq words or sentences they know and have *them* teach *you* how to say them! They are all so proud of how much they have learned so far this year, let them share that pride with you.

As for other language activities, we continue to host a Community Language Night on the last Wednesday of each month. At these events, we always provide dinner as well as raffles for children and adults. The Adult raffle regularly features at least on Tribal Community members artwork. Some of the past featured artists have included Mary Hernandez, Kris Miller, John Smith, Denise Emerson, Lynn Tinaza, Tamela LaClair, Travis Twiddy, Kyle Twiddy, Khaysha LeftHandBull, Andi Cousins and more. In March (3/25/26) We are doing a Dress Your Bear event that you will get to design either a Button Blanket, Ribbon Skirt, Vest, or Scarf in traditional style to dress your bear with (no sewing required!). Each Community Language Night includes a craft, Language Bingo, or a fun language lesson. Whichever activity we have going, there are always prizes, food and lots of fun!

Also, spring is around the corner, and with that comes the beginning of button blanket season. You might

department can assist with printing long format images for making your graduates button blanket designs! It can be hard and expensive to find a place to print the big designs for the blankets, but we can print up to a 35inch wide design so that you can trace it onto your iron-on material. Let us know, we would be happy to help!

Other things that we can help with:

Do you need language for a school assignment?

Would you like a poster of your tuwaduq alphabet, or one of several options of funny or inspirational sayings?

Is there a custom poster that we can make for you with tuwaduq language on it?

Maybe you need the tuwaduq font download so you can type on your computer or social media in tuwaduq?

Would you like a crash course on how to *use* the tuwaduq font or install it?

Do you have time in your day that you would like to have one on one or small group tuwaduq lessons?

These are **all** things that LaDean Johnson, Tony Herrera, and I are willing and able to do so don't hesitate to ask us!

Ladean@skokomish.org, therrera@skokomish.org and christie@skokomish.org

or call 360-877-2460 or drop in to see us at the Ma'nalt Education Building next door to the old TANF building.



SKOKOMISH YOUTH EDUCATION OPPORTUNITY IN NATURAL RESOURCES

What to expect:

Starting Summer 2026 (3-4 students 15-25 years old; 1 year program):

- CedarRoot Folk School- July 13-16 camp near Quinault where you will learn:
 - 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

Next class

March 4th and
18th @ 5:30pm



When: Wednesdays, 5:30pm to 7pm

Where: Skokomish WFD building (old TANF building)

What: Career Building Activities/ Food Provided

Who: WFD clients and community who want to get signed up for WFD.

Public Hearings Gather Input for FY2026 ICDBG Infrastructure Grant

On December 4, the Tribe held two public hearings to gather community input for the FY26 Indian Community Development Block Grant (ICDBG) application. The ICDBG program, administered by HUD, provides competitive grants to Tribes for housing, infrastructure, and community facilities. The Tribe submitted a grant to support Phase 2 of the t3ba'das sewer system. Public notices were posted at Tribal buildings, Twin Totems, and Facebook. Fourteen Tribal members attended the 12 p.m. and 5 p.m. sessions, and Public Comment Forms were made available at the Tribal Center for written feedback. All comments were documented and incorporated into the application.

The hearings covered the t3ba'das sewer infrastructure project that will support future housing development, improve living conditions, and provide long-term community growth. The project has completed design and permitting and is preparing to move into construction. During construction, residents can expect to see work crews, equipment, and temporary traffic adjustments typical of sewer installation.

Public Hearing #1 (12:00 pm): Community Concerns and Themes

During the 12:00 p.m. session, Tribal members raised a range of concerns related to housing, infrastructure, governance, and community well-being. Key themes included the following:

Housing Fairness Concerns

Participants raised concerns about fairness in housing access, noting a perception of stigma, favoritism, and unequal treatment. Some said they hesitate to apply for housing due to a belief that “if you’re not related to someone, you won’t get housing.” Others described long wait times, confusing removal rules, and reporting requirements that cause applicants to fall off the waitlist.

Tribal Hiring and Workforce Training

Several speakers emphasized the importance of Tribal Employment Rights (TERO) and called for more hiring of Skokomish workers during construction projects. Requests included opportunities for flagging, labor, and heavy equipment operation, as well as training programs that enable Tribal members to build homes and infrastructure on their own lands.

Governance, Committees, and Accountability Issues

Community members raised concerns about the roles and authority of

committees, noting that the Housing Committee’s responsibilities are unclear. Some stated that policies should follow Tribal ordinances rather than internal administrative rules. Comments also touched on ethics, oversight, and the balance of power between the council, administration, and committees.

Septic Failures and Long-Term Health Risks

Multiple attendees described ongoing septic system failures, including alarms going off daily, flooded drain fields, and visible sewage. Residents questioned why the issues have persisted for “20+ years,” noting the impacts on home safety, moisture damage, and community health.

Elder Housing, Home Repairs, and Supportive Living Needs

Speakers highlighted the needs of Elders living in deteriorating homes with mold, failing infrastructure, and limited support options. Requests included repairs, dedicated Elder housing, and safe living environments for aging community members. Several comments called for assisted living and caregiver-friendly units for Skokomish Elders.

Transparency and Conflict of Interest

Some attendees expressed frustration that a community building was demolished without a public hearing, resulting in the loss of children’s artwork and cultural items. They described the incident as a loss of community history and a breakdown in process. Comments also included concerns about internal leadership, perceived conflicts of interest, and a lack of transparency in decision-making. Participants asked for clearer communication and public visibility around processes and policies.

Homelessness and Overcrowding

Speakers described Tribal members sleeping in cars and multiple families living in single homes. They emphasized that overcrowding impacts both youth and Elders and signals a growing housing crisis.

Outreach Barriers

Attendees urged improved outreach strategies, noting that “not everyone reads Facebook or the Sounder.” Suggestions included door-to-door outreach to ensure Elders, youth, and those without internet access receive information.

Community Safety Concerns

Concerns were raised about traffic and pedestrian safety, especially for children walking near blocked sidewalks. Requests included improved sidewalk access and enforcement during peak activity times.

Background Checks and Housing Waitlist Transparency

Participants questioned the fairness of background check policies in housing access and asked for more culturally informed, case-by-case decision-making. Speakers asked for clearer waitlist posting practices to reduce confusion, and proposed separating the two:

- Housed families, and
- Unhoused applicants with their numbered position.

Public Hearing #2 (5:00 pm): Community Concerns and Themes

During the 5:00 p.m. session, Tribal members shared additional concerns related to governance, safety, housing policies, cultural needs, and Elder services. Key themes included the following:

Government Services and Community Trust

Some attendees described negative experiences with Tribal departments over their lifetimes, stating they felt mistreated or unheard. These comments reflected broader concerns about the relationship between community members and Tribal services, and the need to rebuild trust and communication.

Safety and Training

Participants raised concerns that some Tribal equipment operators may lack formal certification. They recommended investing in safety training programs to ensure workers are properly qualified and protected on the job.

Housing Waitlists and Background Checks

Speakers repeated concerns about housing waitlist removals and criminal background policies. Several Tribal members worried that past criminal history could disqualify applicants, including cases involving DUI or police contact. Attendees requested policies that are fair, culturally informed, and applied on a case-by-case basis.

Transparency in Ordinances and Policies

Multiple comments focused on governance processes, noting concerns that administrative policies were being used in place of formal ordinances. Participants asked for greater community involvement in policymaking and for clearer pathways to provide input on internal policies that affect families and housing access.

Outreach to Elders and Youth

Attendees noted that many Elders and youth are not reached through Facebook or written notices. Door-to-door outreach

was recommended to ensure important information reaches households without internet access or those who rely on in-person contact.

Elder Housing, Memory Care, and Supportive Living

A strong desire was expressed for dedicated Elder housing, including assisted living and memory care options. Participants also requested two-bedroom Elder units to support caregivers, family members, or health aides.

Cultural Housing and Subsistence Needs (Hunters, Gatherers, Fishermen)

Speakers emphasized the need for culturally aligned housing designs that support hunting, gathering, and fishing practices. Suggestions included space for drying racks, nets, boat storage, and other subsistence-related equipment.

Overcrowding, Homelessness, and Safety

Multiple attendees described severe overcrowding, with reports of “four families in one bedroom.” Elders and youth were identified as particularly affected. One comment referenced an Elder who was burned while cooking outside, underscoring the safety and health implications of housing insecurity in the community.

Community and Social Spaces for Elders (Elder Lounge)

Finally, participants requested the rebuilding of an Elder gathering space similar to those used in past decades. Desired features included areas for crafts, cards, social activities, and access to a kitchen. This reflects a desire for culturally relevant social connections for Skokomish Elders.

Conclusion

Across both hearings, Tribal members emphasized a range of priorities related to housing, infrastructure, and community well-being. Key themes included the need for fair and transparent housing processes, sewer system repairs to protect health and safety, and expanded Elder care options such as assisted living and memory care. Participants also highlighted cultural considerations for housing design, stronger workforce training and TERO enforcement, and concerns about overcrowding and homelessness. Many attendees called for improved outreach and communication, greater accountability through ordinance-based governance, and renewed investment in community facilities, including a dedicated Elder Center.

OUR ALERT SYSTEM HAS CHANGED!

"Make Sure You're Signed Up!"



Community | Weather | Road Closures

RE-REGISTER NOW!



Mason County Division of Emergency Management

Skokomish Community Assessment 2025 Survey

HAS BEEN EXTENDED

The Skokomish Community Assessment Survey is available online or at the Tribal Center. Please call 360-426-4232 to pick up a hardcopy or scan the QR code to take the survey online



TAKE THE FREE SURVEY & BE ENTERED INTO OUR RAFFLE
 To receive a ticket for the raffle, please show you completed the survey. You can enter your name at the end of the survey, or you can turn a hardcopy into the Community Development Office at the Tribal Center. The raffle drawings new date will be on Tuesday, March 10, 2026!

TAKE OUR SURVEY BY MARCH 9, 2026!
 Scan the QR code or visit the Tribal Center at 80 N. Tribal Center Road, 360-426-4232

THE SURVEY HAS BEEN AVAILABLE SINCE SEPTEMBER



Fundraiser

For dog and cat spay/neuters



Rez Animal Resources & Education

Helping dogs and cats on the Chehalis, Nisqually, Skokomish, Squaxin Island, and Shoalwater Bay Indian Reservations



Native Art Market

March 7 & 8
10am - 4pm

Chehalis Tribe Community Center
461 Secena Rd, Oakville

- ◆ Native Art
- ◆ Jewelry
- ◆ Clothing
- ◆ Food
- ◆ And More!

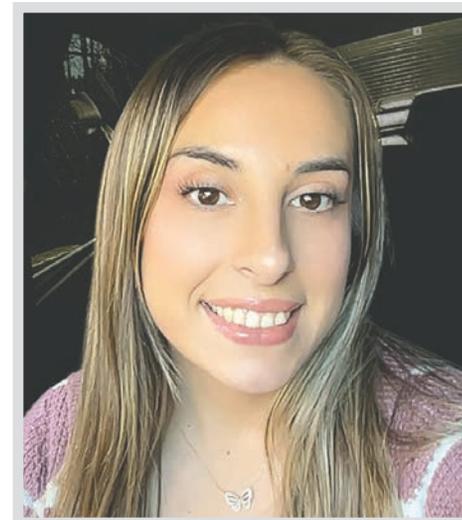
We're in need of raffle items for the event! To donate please contact info@rezanimals.com

Vending space available
 Spaces 8x8 (\$40 each) email spring.art.market@gmail.com to reserve your spot



Welcome New Employee Katrina Twiddy

Hello Skokomish, Many of you know me as a lifelong community member, the daughter of Travis and Dawn Twiddy, and the granddaughter of Gus and Kathy Twiddy. You may also know me through my work with SPIPA as a grant writer and with the State of Washington's Division of Vocational Rehabilitation. I am honored to be stepping into the role of Skokomish Tribal Court Administrator. I earned my Bachelor's degree from The Evergreen State College and am currently completing my Master of Public Administration in Tribal Governance. My husband is Devin Johns, and together we are raising our two young daughters, Octavia and Kymari. I care deeply about our Tribe



and look forward to helping ensure our Court operates in a steady, fair, and organized way for our people.

~SKOKOMISH WELLNESS CENTER NEWS~

Urge Surfing

Urge surfing is a technique that can be used to avoid acting on any behavior that you want to reduce or stop. Some examples of behaviors may be: smoking, over-eating, substance use, spending, lashing out at someone, etc.

Some facts about urges

1. Urges rarely last longer than 30 minutes if you don't "feed" them. We feed urges through ruminating, giving them attention, planning to fulfill them, engaging in apparently irrelevant and unimportant behaviors, justifying, etc. Urges will pass on their own if we allow them to.
2. Suppressing a thought, feeling or sensation ultimately increases it. Fighting urges (even by trying to talk oneself out of them or distracting from them) often makes them bigger.
3. When urges grow, it can feel like they are never-ending until you give in to them.
4. The mindfulness understanding of urges is that you can't get rid of them—you can practice ways to accept them and ride them out without giving in to them.

Purpose of urge surfing

1. Whatever you repeat gets stronger, and whatever you don't repeat gets weaker. If you ruminate on the urge, it will likely grow. If you practice urge surfing, then your ability to surf the urge will likely increase and improve.
2. With urge surfing, you can learn to experience the urges in a new way and to "ride them out" until they subside.

Tips for success:

1. Try to only surf one urge at a time. Making changes is challenging and we only have a limited capacity for willpower and self-regulation at any one time. If you try to make too many changes at once, you will deplete your self-regulation reserves and you will likely decrease your effectiveness.
2. Use "reducing vulnerability" skills (treat physical illness, balance eating, balance sleep, avoid mood-altering substances, get exercise and build mastery) so that you are not depleted as you work toward not giving in to urges.
3. Studies show that willpower is strengthened the more we practice self-regulation (what we practice and repeat can grow). With practice, you will become more skilled at urge surfing.
4. Praising yourself for trying even if you don't have success will help you to stay motivated in order to continue working toward your goal.

Warrior's Path Crime Facts and Safety Tips *Reporting a Crime*

Witnessing or suspecting a crime is taking place and not reporting due to the fear of retaliation can be common especially among smaller tight knit communities. There are several ways to report a crime while staying anonymous:

- Crime Stoppers 1-800-222-TIPS
- P3Tips App allows you to submit information anonymously
- Wetop.com for a 24/7 hotline
- Tips.fib.gov to report federal crimes
- When calling 911, request to remain anonymous



If you would like more information, you can contact Warrior's Path at 360-462-7954

Eben Card, Victim Services Manager, Ecard@skokwellness.gov

Flu Season Is Here: What You Need to Know

This winter, we are seeing more cases of influenza in Mason County [1] and here at the Skokomish Wellness Center. Also called flu, this is a contagious viral illness that spreads easily through coughing, sneezing, and close contact. Many people in our community are getting sick, so it is important to know the signs and how to stay healthy.

Common flu symptoms include fever, chills, cough, sore throat, runny nose, headache, body aches, and feeling very tired. Some people may also have stomach pain, vomiting, or diarrhea. If you or your child has these symptoms, schedule a car visit for testing with the Wellness Center.

Many people get better with rest, fluids, and healthy food. Medicine that helps fight the virus is available if started early. Other medications can help with many of the symptoms of flu.

Prevention is the best protection. Wash your hands often with soap and water. Cover your mouth when you cough or sneeze. Stay home when you are sick. Get a flu shot each year to protect our elders; vaccines are available at the clinic. By working together, we can keep our community healthy this season.



SKOKOMISH WELLNESS CENTER

INFLUENZA VACCINATION

CALL & SCHEDULE TO COME IN AND GET YOUR VACCINE TODAY!

360-426-5755

WHAT: 15 MINUTE APPOINTMENT WITH NURSE FOR VACCINE.

*WE HAVE VACCINES FOR 6 MONTHS+ & SPECIAL VACCINES FOR 65+

*NO NASAL FLU VACCINES
*NO TESTING AND DO NOT SCHEDULE IF SYMPTOMATIC

Tooth Whitening (Bleaching)

Patients often come to the dental clinic interested in Tooth Whitening or Bleaching.*

Why are my teeth changing color?

Tobacco use, ageing, medications and trauma are all reasons that teeth may change in color. Anything that goes into your mouth that has intense color pigments such as coffee, tea, red wine or the tar in cigarettes can become part of the white outer layer of the teeth. Certain types of medications can also darken the color of teeth. Additionally, some types of trauma, such as getting hit in the mouth, can cause color changes.

Does tooth whitening work?

Whitening can work well on yellow, brown or orange colored staining. Whitening will not work as well on grey staining. Whitening will **not work** on fillings, crowns, veneers or stains caused by medication or trauma.

How does whitening work?

Whitening products work by penetrating into the out part of the tooth and breaking up the colored pigments. Many products are applied by a strip or via a tray with gel that is applied to the teeth.

Are there any risks to whitening my teeth?

The most common side effects of tooth



whitening are tooth sensitivity and damage to the gums. Usually, these side effects don't last for more than a few weeks after discontinuing bleaching.

Tips for bleaching.

- See your dentist to make sure your teeth and gums are healthy!
- Do not smoke or chew after using whitening products
- Using bleaching products for an extended amount of time increases the risk for sensitivity and gum damage

Please visit the dental clinic with any questions you may have about bleaching. We can help you choose a bleaching method and review instructions for safer use.

* This article is based on information available from the Academy of General Dentistry.

Measles cases are rising in Washington State

Measles is a very contagious disease that spreads easily. It is caused by a virus. It spreads through the air when a sick person coughs or sneezes. The virus can live in the air or on surfaces for up to two hours. That means someone can catch measles just by being in the same room as a sick person.

Measles may seem like a cold at first. Early signs are fever, cough, runny nose, and red, watery eyes. After a few days, a rash appears. The rash usually starts on the face and spreads down the body. Some people also get small white spots inside their mouths.

Measles can be very serious. It can cause ear infections, pneumonia, and brain swelling. Babies, young children, pregnant women, and people with weak immune systems are at higher risk.

The best way to prevent measles is by getting vaccinated. Most people who get the 2 recommended doses of the vaccine are protected for life. We have measles vaccines for children at the Wellness Center. If you are an adult and you are not sure if you are protected against measles, talk to your healthcare provider. There is a blood test we can do to find out. If it turns out you need the vaccine, we will refer you to a place that has them available for adults.

There are several ways to help prevent the spread of measles and other viruses. Keep sick children home from school. Wash hands often with soap and water. Cover coughs and sneezes. If you think you or your child has measles, call your doctor before going to the clinic.

Together, we can help prevent the spread of measles in this community.

Billing Department – March Update –

The Billing Department at the Skokomish Wellness Center works behind the scenes to support access to care for our Tribal community.

Annual Registration & Insurance Verification Are Essential!

- ✓ **Keep your registration current each year**
 - Ensures accurate information & smooth service
- ✓ **Verify active insurance at every visit**
 - Prevents claim denials & billing delays
 - Protects Tribal healthcare resources

⚠ **Outdated or inactive insurance can delay claims. Update your information today!**

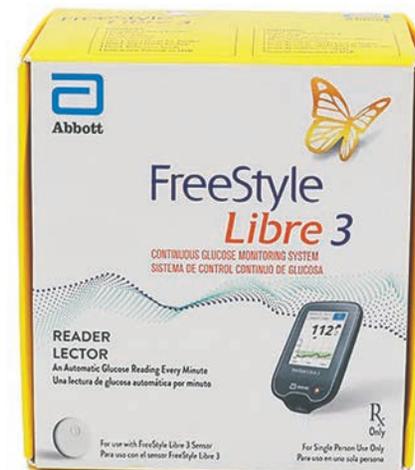
We're Here to Help!

If you have questions about billing or insurance, our team is here to assist you.

SDPI NEWS

The Skokomish Wellness Center recently received a demo kit for the FreeStyle Libre 3 continuous glucose monitoring (CGM) sensor through the Special Diabetes Program for Indians (SDPI). If you or a loved one believe it would be beneficial to review best practices for using a CGM sensor or could benefit from any other diabetes management education materials, please contact the Skokomish SDPI coordinator, Sasha Redfield, at (360) 463-1890 or by email at aredfield@skokwellness.gov.

As a note: the Libre 3 sensors have recently been cycled out for the upgraded Libre 3 Plus sensor. Despite this, the Libre 3 demo kit still serves as a helpful visual aid for learning or reinforcing knowledge of how to use a CGM sensor.



4TH ANNUAL
College/Career/Community
RESOURCE FAIR



IN COLLABORATION WITH EDUCATION & HEALTH AND WELLNESS

Friday, April 17, 2026
 AT SKOKOMISH COMMUNITY CENTER
 11:00AM - 3:00PM

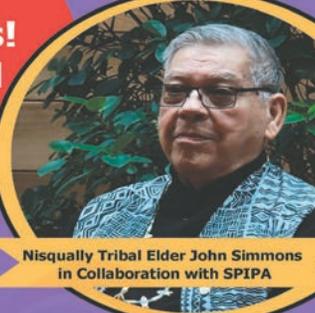
Find out information regarding Career opportunities, Continuing Education, Community Resources & Health Related Services!

For more information:
 Desiree White ~ 360-426-5755 ext. 2194
 Kelly Neely ~ 360-877-9007 ext. 2402
 Amber Hanson ~ 360-877-2460

Food & Raffles Provided!



Join Us!
MARCH 30TH



Nisqually Tribal Elder John Simmons
 in Collaboration with SPIPA

Rescheduled!
Intertribal Men's Health Listening & Talking: Cancer 101 Session

Men and Their Caregivers: A Special Event in Nisqually!

Join us for an evening of learning, connection, and community!
 Discover valuable information about different cancers in an interactive session led by a trusted healthcare professional.

What's in store?

- A welcoming space for men to connect, share stories, and support each other
- Breakout sessions for caregivers with Nisqually's Caregiving Specialist, Juanita Banuelos
- Delicious dinner, exciting raffle prizes, and a \$15 gift card for completing a quick Men's Wellness & Health Assessment

Questions?
 Contact Cher Castello

360.550.6224
 ccastello@spipa.org

WHEN & WHERE:

- Monday, March 30, 2026
- 5:30pm - 7:00pm
- Nisqually Elder's Building Lunchroom
 4820 Journey St SE, Olympia, WA 98513



Raffle Items:

- Capitol City Golf Package
- Fishing Basket

MISSED?!

Dementia & It's Impact

on American Indian & Alaska Native Communities



At the request of Tribal Members we will hold another meeting to go over and discuss supporting those with dementia.

**Contact Desiree to put in your request:
 360-426-5755 ext. 2194**




Rez Photo of the Month Answer



The "young" men in this photo are none other than:
 Back Row (l-r): Robert Miller, Rick Miller, Mike Davis, Gary Peterson, Pete Peterson Sr. Bill Smith, Tom Gouley Sr. and Ron "Chief" Twiddy Sr.
 Front Row (l-r): Mel Smith, Ned Miller, Charles "Guy" Miller and Jim Tobin Sr.

Photo taken at the 2013 Archie Adams Ball Field Rededication



RELAX. REJUVENATE. RESTORE.

**ZENBODY
MASSAGE
THERAPY**

WITH JULIA LEA

For the week of
MARCH 16th:
Mon, Wed, Thurs, & Fri.

5 slots are available
from 9am-3:30pm.

***ELDERS & DISABLED WILL
BE PRIORITIZED.**

(For Enrolled Skok Tribal
Members ONLY)

**CALL THE CLINIC
TO MAKE YOUR
APPOINTMENT:
360-426
5755**

*Each session is
customized to
support your unique
healing journey.*



THE SKOKOMISH WELLNESS CENTER'S
New Website is Now Live!

Check us out online to get forms for your appointments ahead of time and stay in the know of Wellness Center Happenings!



Wellness Services
Our wellness services are designed to support your overall health and well-being through personalized programs and expert guidance. All tailored to help you achieve balance and vitality in your daily life.
Downloadable forms for your appointments can be found in the About Page.

www.skokwellness.com




Mountain Protector, Cape (detail), 2025. SiSeeNaxAlt Gail White Eagle (Muckleshoot). Yellow cedar and mountain goat wool.

**FREE
GUEST
PASSES**

THROUGH AUGUST 30, 2026

**BURKE MUSEUM OF NATURAL
HISTORY AND CULTURE**
Seattle, Wash.

**WOVEN
IN
WOOL**

Visit museum galleries and special exhibit *Woven in Wool: Resilience in Coast Salish Weaving*, featuring historical and contemporary woven creations, including blankets, tunics, hoods, and skirts.

For Passes, please Contact:
Kris Miller at the Skokomish Tribal Center
(360) 426-4232 Extension 2015

South Puget Intertribal Planning Agency

**USDA Foods Program
Delivery Date**

**Skokomish
03/13/26**

Across from Tuwaduq Family Services
10:00am-1:00pm

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.



South Puget Intertribal Planning Agency

Diaper Distribution

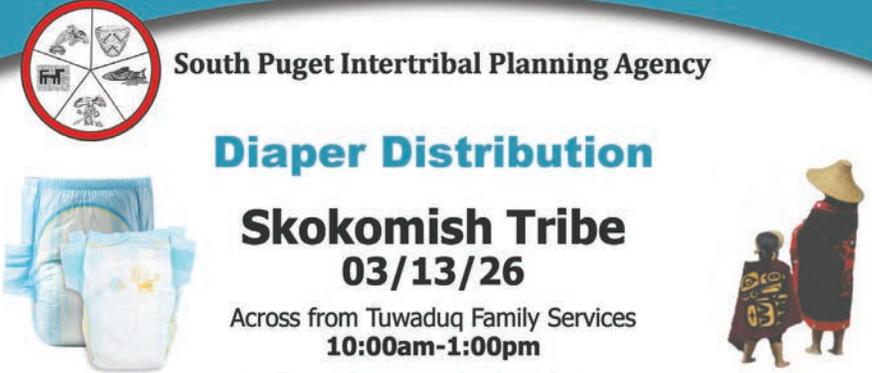
**Skokomish Tribe
03/13/26**

Across from Tuwaduq Family Services
10:00am-1:00pm

Pull-ups | Diapers | Wipes | More

Need diapers? You may qualify! Households on or near Tribal lands and enrolled in programs like WIC, SNAP, or TANF may be eligible.

Call SPIPA at 360.426.3990



~Tuwaduq Family Services News~

February was an exciting and busy month. The Skokomish Community Center and Tuwaduq Family Services had fun kicking off the Superbowl. It was so enjoyable to participate in a family fun and safe event to celebrate our Seahawks Triumphant and winning the Super Bowl! We got to share and enjoy yummy home cooked food from some of the best cooks and bakers around at this potluck event. The crafts were creative and fun! We made Seahawks shirts, necklaces, scarves, hair ribbons, and Seahawk beanie hats. Other activities included face painting and nail painting. It was rewarding seeing the kids, elders, and everyone working together to enjoy each other's company and have good family fun.

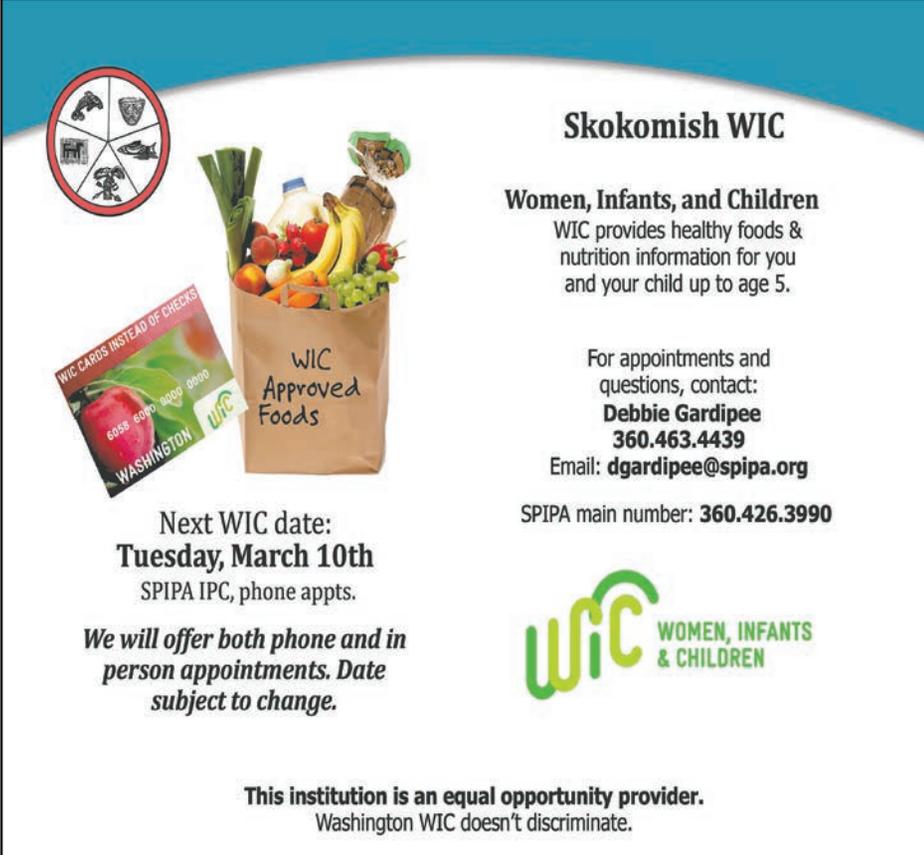
Another awesome and rewarding event was passing out plants and goodie bags to the elders on Valentines Day. It was wonderful to bring a little love and appreciation to those who show love to us every day and throughout the years. At the pop-up Valentine Day event we

made Valentines and did a candle art project for those that came and attended. This was collaborated with the domestic violence and vocational rehabilitation program. Everyone that attended was able to take something nice home with them to share with their loved one. Thank you to everyone who came and participated in these events, To celebrate February, Safe dating month, we were able to provide bags of information and education materials to our youth as Hood Canal school, and we will soon be meeting with our Skokomish youth council as well.

March 8th is International Women's Day. Let's celebrate the Native Women in our past, present, and future. What are some ways each one of us can celebrate these very important life givers in our lives, today as well as every day? **Recognition** – sit down with and listen to our Aunties', Grandmothers', and Mother figures' stories. Hearing, living, and passing down these treasures

is a gift for the present, past, and our future. **Support Makers** of Skokomish beadwork, woven and sewed articles of clothing, carvings, and many other creative Skokomish famous creations. **Activism and Celebrate Resiliency-** Recognizing the challenges we have faced in our history, currently, and our future. Celebrating, getting involved with local and National organizations or movements that promote awareness, change, and healing of our communities. **Enjoy and Protect Natural Resources-** Spend time enjoying what our current, future, and past ancestors have worked with, and will continue to protect -our land, our sacred trees, plants,

animals, water, food, and fresh air. Support women ran programs that protect these sacred resources. Honor our Women Spiritual and Cultural Leaders. The Twana Language has been passed down and continues to be uplifted and held by very powerful Skokomish Women. Let's support and celebrate these very important women of our past, present, and our future. Watch out for flyers for scheduled activities, if you have any questions, please feel free to contact Linda Charette (Domestic Violence Advocate) or Starla James (Domestic Violence Outreach Specialist) at (360)-426-7788. If there is an emergency, please call 911.



Skokomish WIC

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

For appointments and questions, contact:
Debbie Gardipee
360.463.4439
Email: dgardipee@spipa.org

SPIPA main number: 360.426.3990

Next WIC date:
Tuesday, March 10th
SPIPA IPC, phone appts.

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

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

WOOD BURNING WORKSHOP

March 19th, 2026 5:00 PM – 7:00 PM

Hosted by **Skokomish Vocational Rehabilitation**

Location: **Tuwaduq Family Services**

Join us for an evening of creativity as we wood burn to make personalized items. All supplies will be included, and participants will take home a handmade gift for someone special.

During our wood burning class, we'll be showing the documentary *Gather*.

This film highlights Indigenous resilience, creativity, and the revitalization of cultural practices connected to land, food, and identity. The film shows how reconnecting with cultural skills strengthens individuals and communities. Our class mirrors that by offering a space to create, learn, and express identity through art as well as community building, both the documentary and this workshop highlight how shared creative experiences bring our people tother in meaningful ways.

Limited spots available.

Email chinook@skokomish.org to sign up.

Important Notes:

Tribal members and community members only
No children present please, as no child care will be provided and hot tools will be used for this project.

This project was supported by Grant #H250Q240044 awarded by Dept. of Education. The opinions, findings, conclusions and recommendations expressed in the public/grant/exhibition are those of the author and do not necessarily reflect the views of the Department of Education.

More Than Just Genes: How Your Connection Shapes Your Child's Future

Nature of nurture? Is it our genetics or our environment that has the biggest impact on how we turn out? This is a big question that people ask when they try to figure out what makes them who they are, and it also occupies our mind when we look at our children and wonder how they will grow and develop. From an article "[Child Maltreatment and Brain Development: A Primer for Child Welfare Professionals](#)" from Child Information Gateway, I wanted to pass along some helpful information. Learning about brain development can help you understand more about the roles both genetics and the environment play in a child's development. Genetics will play a role in their development, but experiences and interactions with other people impact how our genes are expressed. For better or worse, positive and negative experiences influence brain development. Positive brain development occurs when our children understand that they can rely

on us from an early age; their cries and gestures bring appropriate responses from caregivers. Conversely, when children live in a chaotic, threatening world where caregivers respond with abuse or chronically provide no response, their brains may become overly alert for danger or not fully develop. These neural pathways that are developed and strengthened under negative conditions prepare children to cope in that negative environment, and their ability to respond to nurturing and kindness may be impaired. As mentioned, this development starts early and we certainly want to do our best to help our children get off to a good start. If we have struggled early, we can still make up lost time by educating ourselves about child development, particularly with those who have been successful parents. A "growth mindset" recognizes we all grow at different rates throughout life. You are the key to helping with development.

February 26, 2026

HOUSING COMMITTEE OPENINGS

The Skokomish Tribe has openings for three (3) vacancies on the Housing Committee. Selected committee members will serve terms of staggered three-year periods.

The role of the Housing Committee is to provide advisory direction, excluding budget issues, to the Tribal Council and members of the Tribe on policies so as to effectively and fairly guide the housing decisions.

Per the Housing Committee Ordinance, the Housing Committee shall:

1. Cooperate with the Tribe and the Department to increase resources and funding for new housing and the maintenance of existing homes.
2. Encourage professionalism in the provision of housing services.
3. Abide by NAHASDA, federal housing regulation, federal housing notices, housing policies, and tribal policies and ordinances.
4. Hear grievances pursuant to the Department's Grievance Policy

If you are interested in being on the Housing Committee, please submit an application to:

Thomas Kachman, Committee Staff Person
N. 80 Tribal Center Road, Skokomish Nation, Washington 98584

OR

Drop off at the Housing Department Office
Closing Date: **Open Until Filled**

For further information call Thomas Kachman at 360-877-6748
or stop by the Housing Office.

Emergency Food Vouchers Available

Emergency food vouchers are available to enrolled Tribal members that meet the income guidelines and reside within the service area. You must provide income documentation to submit along with the application for eligibility.

If you have not yet turned in your energy assistance application, applications are still available at Tuwaduq Family Service building. You must provide all required documents to meet eligibility.

Commodity applications are available at TFS to complete if interested in applying.

If you have any question please call (360) 426-7788

Candle Decorating Workshop:

Dried Flower Edition

Thursday, March 5, 2026 5:00 PM – 7:00 PM

Hosted by Skokomish Vocational Rehabilitation

Join us for a relaxing, hands on creative project where participants will decorate candles by adding dried flowers to the outside. This is a great way to make a thoughtful gift or a beautiful piece for your home.

We will also be showing a **financial education video** with helpful information on financial skills.

All supplies will be provided. Limited spots available, please email to register: Chinook@skokomish.org

Important Information

- Tribal and community members only
- No children, as there will be no childcare available
- Hot tools and materials will be used

*Come create something special and
learn something at the same time.*

This project was supported by Grant #H250Q240044 awarded by Dept. of Education. The opinions, findings, conclusions and recommendations expressed in the public/grant/exhibition are those of the author and do not necessarily reflect the views of the Department of Education.

Skokomish Elders Program Update

The Muckleshoot Tribe has kindly invited the Skokomish Elders to attend their Annual Elder Luncheon scheduled for March 26, 2026. We will be planning to take the elder bus to this event. If you are interested in attending and need a ride, please contact Perry Carrington and put your name on the list. Space on the bus is limited so let him know if you would like to attend.

This event will be held at the Muckleshoot Community Center with doors opening at 9:00 a.m. and lunch starting at 12:00 p.m.

Elders Fundraiser

Join us on March 27th the Skokomish Elders will be having a fundraiser, at the Skokomish Community Center, starting at 12:00 noon to 4:00 pm or until the food is gone. We will be serving stuffed Indian tacos, if you would like to donate food items or would like to volunteer, please contact Perry. Come enjoy some good food and support the Elders Program. We appreciate everyone who comes out to help.

Ongoing Activities

- Exercise classes
(Instructed by Perry Carrington)
Every Tuesday at 10:30am
Skokomish Community Center Gym

Elders Advisory Meeting

- Thursday March 19th
Skokomish Community Center
After Elders Lunch 12:30 (Everyone's ideas are important, please attend)

Elder Birthday Lunch

- March 31st
(Changed due to field trip)
- Games, movies, corn hole

For any questions Call Perry Carrington, Skokomish Elder Coordinator at 360-426-7788 or 360-968-3416.

TIPS TO PREVENT IDENTITY THEFT

Very few pieces of information are needed to steal your identity!

Guard your social security number (SSN), birthdate, birthplace, address, and maiden name. Don't give any personal information to anyone that calls and ask.

Check your credit report once a year.

Stay aware of your surroundings when you're typing, writing down, voicing your passwords, and SSN



Monitor your financial statements closely.

Change your passwords frequently and make sure they are creative and strong.

Immediately cancel any lost credit cards, debit cards, checks, or ID cards, and have them re-issued.

Stay in touch with your financial institution so they can mark your account and update your contact information to report any suspicious activity.

Destroy all documents, forms, and mail that have your name and information before you throw them out.

TRIBAL MEMBERS WITH BIRTHDAYS IN MARCH

1st

Lauren Baily
Louella Hanson
David Pulsifer
Jonni Gouley
Aiden Wilbur

6th

Charles Conklin

7th
Haylin'Ray
Williams
Chelsea Hermann

11th

Michael Hernandez
Kenneth Pulsifer Jr.

15th

Katrina Twiddy

16th

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

21st

Theresa Kenyon
Alecia Plant

22nd

Jordan Andrews
Ryan Johns
Sparrow Peterson

26th

Brandon Hill
Roxanne Spezza
Edwin LaClair

27th

Harriet Walkup
Tiffany Twiddy

2nd

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

9th

Nydesta Gouley
Darrel Kenyon-Longshore
John Louis Miller
Dylan Wilbur

12th

Horace Bliner
Gari Smith
Marcella Adams
Jessa Cooper

17th

Peggy Johnson
Emery Mount Jr.
Theodore Pulsifer III

23rd

William Pickernell

24th

Magen Allen
Mike Pavel
Shanoha Cloud
Kassie Dominguez

30th

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

3rd

Lynx Guardipee
Kalyn Wingfield
Marcellus Auld

10th

Kammi Lucero
Anthony Allenball

13th

Bud Wilbur
Gracie Wilbur
Weetly Cordova
Dave Decoteau
Dakota WalkingEagle

18th

Shauni Emerson

25th

Timothy LeClair
Dionisio Hurtado, Jr.

14th

Sienna Blair

20th

Trevor Peterson, Jr.



*Swing for the fences on and off the field babe.
Happy b-day,
twins and I love you!
Love Dad*

MARCH PROMOTIONS YOU DON'T WANT TO MISS



CLUB LUCKY MULTIPLIER EVERY TUESDAY 10AM – 6PM

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

CLUB LUCKY = 2X Lucky Points

LUCKIER DOG = 3X Lucky Points

LUCKIEST DOG = 4X Lucky Points

ST. PATRICK'S DAY EXCLUSIVE MARCH 17

All Club Lucky members will receive 7X Lucky Points.



ST. PATRICK'S DAY SPECIAL TUESDAY, MARCH 17 11AM – 9PM

Enjoy a Slow Roasted Certified Angus Corned Beef Brisket with Flavorful Steamed Cabbage.



101 TV GIVEAWAY EVERY SATURDAY IN MARCH 6PM-8PM DRAWINGS EVERY 30 MINUTES

Spin the Wheel on the gameboard to reveal the size of your TV up to 65".

BONUS DRAWING: Saturday, March 28 at 8:15PM for a 75" TV.

One Free Drawing Entry daily upon inserting your Club Lucky card. One additional entry for every 50 base Lucky Points earned.

Start earning entries on March 1.

An alternative prize of Lucky Bucks will be available.



WEARABLE WEDNESDAYS EVERY WEDNESDAY 10AM – 8PM

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



HIGH LOW EVERY THURSDAY IN MARCH 4PM-8PM DRAWINGS EVERY 30 MINUTES

Play the HIGH LOW game and you could win up to **\$2,000 in Lucky Bucks**.

Win Lucky Bucks for each correct answer... is the next card Higher or Lower?

Every Hot Seat winner wins Lucky Bucks.



SPRING FREE FOR ALL SUNDAY, MARCH 29 NOON-6PM

Club Lucky members receive a **FREE Gift**.

Select your favorite gift from options such as serving pieces, small kitchen appliances, and more.

Gifts include:

- Servappetit Stoneware Serving Bowl
- ECO Chef Serving Board
- Le Cuisinier Griddle

Limited quantities on all items.



**BOOK YOUR SUMMER ESCAPE AT
SKOKOMISH PARK OR WATERFRONT
AT POTLATCH**
SKOKOMISHTOURISM.COM

The Drift

FAMILY DINING AREA

KIDS MENU INCLUDED:
12 years old or under

OPEN 11AM - 9PM

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



KIDS' MENU

Chicken Tenders | \$8.5

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

Mini Corn Dogs | \$6.5

eight (8) crunchy, honey coated mini corn dogs served with choice of side

Grilled Cheese Sandwich | \$6.5

served with choice of side

Macaroni Bites | \$6.5

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

SIDES

fries, tots, or a fruit cup

Congratulations

to our recent jackpot winners

Susan from Shelton	\$5,653
James from Tumwater	\$5,393
Debra from Shelton	\$4,495
John from Lacey	\$4,272
Donna from Olympia	\$4,124
Travis from Enumclaw	\$3,724



STEAK DINNER SPECIAL

NOW SERVED DAILY | NOON - 9PM

The chef's selection of steak is served with your choice of potato and seasonal vegetables on the side.

Market price.



SMOKED MEAT THURSDAYS

PASTRAMI SANDWICH PLATTER | \$22

Smoked pastrami and Swiss on rye bread with coleslaw, pickles, and Carolina mustard, served alongside baked beans, cornbread, and your choice of potato salad or coleslaw.

\$5 Off with Club Lucky Card.

PRIME RIB

EVERY FRIDAY & SATURDAY

Enjoy \$5 off Prime Rib Special when you show your Club Lucky card.

CALL-IN ORDERS

Call 360-877-2300 to place your order



SCAN THE QR CODE FOR THE DRIFT MENU



ORDER CURBSIDE ONLINE AT myluckydogcasino.com

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



Rez Photo of the Month



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

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

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 Wenatchee, WA 98801

Rez Sudoku Puzzle of the Month

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

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

The Sounder

3sXeXa?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.