

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

Skokomish Indian Nation

THE

SOUNDER

May 2026

p3dsP3q3b

"Time of Blossoms"

Skokomish Comes Together for Annual Easter Celebration

The spirit of community filled the air as the Skokomish Nation gathered for its annual Easter party, bringing together nearly 300 children and adults for a joyful afternoon of food, fun, and togetherness. From the moment families arrived, it was clear that this beloved tradition continues to hold a special place in the hearts of community members young and old.

Hosted at the community center, the event offered something special for everyone in attendance. Families enjoyed a delicious spread of hot pizza and an assortment of sweet desserts, with plenty to go around as neighbors caught up, shared stories, and soaked in the festive atmosphere. Tables buzzed with conversation and laughter as community members reconnected and celebrated the season together. For many families, the annual Easter party has become a cherished tradition — a reliable gathering that marks the arrival of spring and the warmth it brings.

The children were truly at the heart of the celebration, diving into beloved Easter traditions with wide smiles and boundless energy. A lively picture booth gave families a wonderful opportunity to capture memories together, creating keepsakes that will be treasured for years to come.



Meanwhile, a face painting station kept little ones entertained and delighted, with talented artists transforming eager faces into butterflies, tigers, flowers, and everything in between. The line of excited children waiting for their turn was a sight to behold, each one bouncing with anticipation.

Of course, no Easter celebration would be complete without the main event — the egg hunt. Thoughtfully organized

by age group, every child had a fair and thrilling opportunity to search for hidden eggs and fill their basket to the brim. The youngest participants toddled cheerfully across the grass, eyes wide with wonder as they discovered colorful eggs tucked in plain sight. Older children brought strategy and speed to their search, darting from spot to spot with impressive determination. Proud parents, grandparents, aunts, and uncles cheered from the sidelines,

cameras in hand, capturing every moment of the fun. The excitement was contagious, and it wasn't long before the entire crowd was caught up in the joy of it all.

Moments like these are a powerful reminder of what makes the Skokomish community so special. In a world that often moves too fast, gatherings like the annual Easter party create space to slow down, reconnect, and celebrate the ties that bind generations together. They offer children a sense of belonging and tradition, and they give adults a chance to invest in the happiness and well-being of the next generation.



We would like to extend thanks to the **Community Center** for graciously opening its doors and providing such a warm and welcoming space for the festivities. A very special thank-you goes to the **Education Department** for their generous sponsorship, which made this wonderful event possible. Their ongoing commitment to community life and to the growth and happiness of Skokomish children is a gift that does not go unnoticed.

Here's to many more Easter celebrations filled with laughter, love, and the enduring strength of the Skokomish community.



NEWS FROM THE LAND OF LITTLES

Eagle Class:

Eagle class has been working on Kindergarten readiness. The kids are doing so amazing and learning so much. We're all so excited for the nice weather. We've started planting clovers and are getting ready to watch our caterpillars turn into butterflies. The kids have a bunch of crafts coming up we're all looking forward to it!



Photo credit: Taliah Elguero

Eagle Child Spotlight:

The Eagle Room's student of the month is Kymari! Mar has been growing so much! She's so funny and silly. All of her friends love her. Mari is such a smart girl, she already knows her alphabet and numbers! She is also so caring and kind to all of her friends. We all love her positive attitude and her contagious laugh!



Deer Class:

The boys in our class enjoyed discovering different ways of exploring different lights in the classroom. They are very interested in the different topics that we explore. Our next topic will be discovering different types of seats. They are such a joy and pleasure to be with as they grow.



Photo credit: Angel Bean

Deer Student Spotlight:

Deer room's student of the month is Talon. Talon is full of curiosity and is such a problem solver when it comes to things that interest him. You can see him thinking things through when it has his attention. He is such a loving little guy that is full of joy. Watching him learn everyday is a joy.



Orca Class:

Orca is one of the newer classes for kids starting headstart. Right now, the kids have a schedule and are doing so great! They know what to expect and do things well. We have been getting new kids into the mix, and they are fitting right in. Doing daily entry tasks, circle time, and learning with play.

We recently received caterpillars for the kids to watch them turn into butterflies. They will be learning about their life cycle and doing crafts along the way. We will also be releasing them and watching them fly away. It's exciting and we look forward to the whole experience. Pictured are the kids looking at the caterpillars.

Since our current subject is music, we



have a butterfly song and dance that I would love to teach our kids. We have been singing the canoe song and will hopefully soon have guests come and sing and dance with our kids too.

Orca Child Spotlight

The Orca Room's student of the month is Persephone. Persephone is small but has a big personality. She says it's big "just like [her] name". She loves playing with her friends! Hide and seek, playing with dolls, or even bugs are some over their favorite things to do together. Her favorite thing during class is circle time and cutting with scissors. She is super cute and enjoys saying what she knows, as loudly as she can.



Photo credit: Lucille Austin

Bear Student Spotlight:

The Bear Room's student of the month is Journey! Journey is always so happy and helpful while in class. He comes in and gets right into the schedule and mix of things alongside his friends. He loves to help his friends and teachers. Especially when it comes to cleaning the classroom so that he and his friends can go outside. Journey's favorite activity lately, is by far coloring.

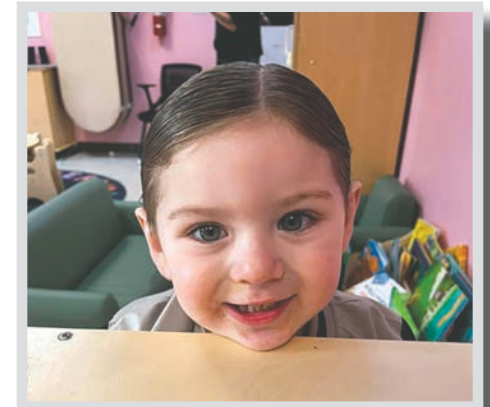


Photo credit: Molly Delacruz

PRESCHOOL ENROLLMENT



At Skokomish Head Start, we provide a nurturing and stimulating environment where young learners can explore, discover, and grow.

- ✓ Play-Based Curriculum
- ✓ Nutritious Meals & Snacks
- ✓ Individualized Learning
- ✓ Health & Family Support Services
- ✓ No Fees!

ENROLL NOW

360-877-9007

91 N Reservation Road
Shelton, WA 98584



OUR SHINING STARS



Chance Edwards

Chance is a 4th grader who has been working very hard and showing great improvement. He is putting in more effort, staying focused, and making positive choices in the classroom. It's been awesome to see his growth and determination. Keep up the great work Chance!



Klhoe Edwards

After spring break, we started tutoring at the youth program and Klhoe Edwards has been excited about it! She asks to do her "homework" everyday! Its been really fun to see her so motivated and eager to learn! Keep up the good work Klhoe!



Estefawnie Vasquez

Estefawnie is a graduating senior from Shelton High School who has maintained a 3.4 GPA all throughout High School, Fawnie has been accepted for high education at Evergreen State College and has a plan to work towards a bachelor's degree straight out of High School.



Gabriel Gouley

Gabriel is a star athlete and a role model for up-and-coming High School students to strive through sports and while completing his educational requirements. He always has a positive attitude and a smile on his face. We can't wait to see what the future holds for him!

PLANTING SEEDS OF CHANGE: EARTH DAY 2026



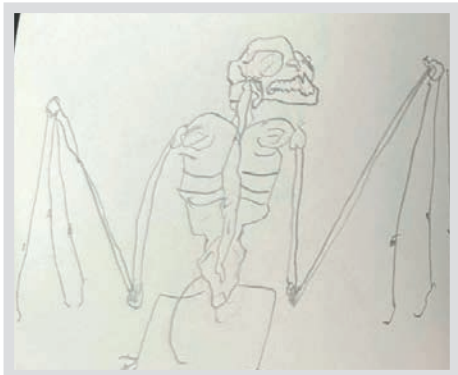
On April 23rd the Skokomish Natural Resources Department partnered with the Hood Canal School and the Mason Conservation District to provide a wonderful Earth Day celebration event. The students participated in the event which included several stations located at the community park as well as running games at the track and field. At the track, the younger students played a plant ID and tag game. The older students played a salmon life

cycle obstacle course to demonstrate how difficult it is for salmon to journey from their natal stream to the ocean, and back home. Obstacles included dams, predators, and fishermen. At the park there was a watershed and water quality station teaching about impacts to salmon, shellfish, and human health; an art station to draw plants or animal skulls; a green crab exploration and identification game; tasty treats to enjoy; and a display

table of animal skulls, pelts, and scat. The older kids also took a turn with trail maintenance between the park and the track. The tasty treats were provided by the ROOTS program at the school (see recipe below). A HUGE shout out to all the teachers and student helpers that made this event really fun and special!

Roots shake

- 1 lemon
- 2 bananas
- 1 green apple
- 3 dates +some dates
- water
- ½ pear
- Ice
- 1.5c processed nettles
- Vanilla bean paste
- ½ Soy yogurt
- 2 tbs Honey



Bat skeleton drawing by Andrew (7th grader)



Salmon Obstacle Game



Skulls for art display table



Watershed station

EDUCATION UPDATES

UW Tour and Powwow

On Saturday, April 11th, 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 regaled the students with the storied history and background of the buildings, as well as the current layout of the campus. Students were able to walk through the quad and get a view of UW's iconic cherry blossom trees and Drumheller Fountain.

Afterward, we attended the 55th 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 about issues affecting the Native community. First Nations is very supportive of Native American and Alaska Native students, and they strive to support student success in higher education.

College, Career and Resource Fair



On Friday, April 17th, we hosted our second annual College, Career Fair and Resource 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 Shelton Mason Fire & Rescue, U.S. Fish & Wildlife Ser-



vice, Mason Transit Authority, Mason County Coroner, CDWA (Caregiver Certification), DSHS, Hood Canal Communications, Senior Helpers, several of our Skokomish Departments and much more. A few of the colleges in attendance were St. Martin's, Ever-

green State College, UW Seattle, UW Tacoma, Northwest Indian College, Clover Park Tech, SPSCC, Olympic, and many more!

Our cooks did an amazing job with lunch serving tacos, beans, rice, and fruit. The 6th-12th graders were invited, and they all had a great time. The entirety of Hood Canal School's 7th and 8th grade classes were in attendance. The students walked around visiting the different tables and collecting bags of goodies, information on college and career opportunities, 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 an exciting raffle for our students and another for the community. 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.

Tutoring

Our tutors have been working diligently this year to ensure the tutoring needs of our students are being met. If you

have a student that needs extra support during or after school, please do not hesitate to contact us at the Education department (360-877-2460) to set up a time to meet and create a plan to support your students' needs.

Tutoring Schedule

Grades K-5 @ Tom's After School Program with Kasiah Brown and Helen Tinaza

- Monday, Tuesday and Thursday

Grades 6-8 @ The Education Building with Leah Andrews

- Monday, Tuesday and Thursday 3-5pm
- During lunch and recess at Hood Canal School

Grades 9-12 @ The Education Building with Kaylean Mendoza and Hattie Williams

- Monday – Thursday 2:30-4pm

Graduation

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 2026 list of graduates.

For any questions, comments or concerns please reach out to Amber Hanson, Education Manager, at 360-877-2460 or by email at Amber@skokomish.org.



06.20.26

Save the Date

The Skokomish Education Department would like to invite you to come and celebrate our Skokomish graduates.

Graduation Parade:

Decorating starts at 1pm at the Tribal Center

Parade starts at 2pm

Recognition Ceremony:

Starts after parade, about 3pm

Honoring Dinner:

Following recognition ceremony

Raffle:

Throughout the event

Must be present to win

Celebration will be at the Skokomish Community Center



We will be acknowledging our Skokomish 8th grade, 12th grade, 18+ Program, Associate Degree, Bachelors Degree, Master's Degree and Certificate program graduates.

Please reach out to the Skokomish Education Department if you are not on our list of 2026 graduates and will be graduating this year. We do not want to miss acknowledging any of our wonderful students.

College/Vocational	Highschool +	8th Grade
Lawrence Kenyon	Gregory Franklin	Unique Byrd
Tamela LaClair	Torina Kenyon	Sky Courville
Alexia Moon	Christine Tinaza	Howie Eselin
Hattie Peterson-Williams	Frank Jackson	Thomas Gouley-Miller
Alecia Plant	Anita Peterson	Hayzel Luengo-Carter
Vera Smith	Kevin Prest	Isabella Mihaila
Deidrah Sutterliet	High School	Conan Miller
Katrina Twiddy	Sonni Cordova	Kaiyah Mowitch
	Mark Chambless	Michael Plant
	Gabe Gouley	Khanner Sunga
	Cyrus Littlesun	Aiden Wilbur
	Cecilia Longshore	Dylan Wilbur
	Halis Smith	
	Emma Sparr	
	Kaylynn Tinaza	
	Estefawnie Vasquez	
	Cedar Wily	
	Margaret Zea	

For any questions, comments or concerns please reach out to Amber Hanson (Education Manager) at 360-877-2460.

WHO LET THE DAWGS OUT

YOUTH TOURNAMENT

MAY 15TH-17TH 2026

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 EITHER/ OR
1 GIRL ON THE COURT (11U AND UP)	9U EITHER/ OR
MVP	11U
ALL-STARS	13U
1ST-3RD AWARDS	15U
PARTICIPANT T-SHIRTS	18U

Contact Alan Peterson for Info
(360) 490-0207

RAFFLE PRIZES!



The Skokomish Tschudub Shaker Church will be vending during The Who Let The Dawgs Out basketball tournament. We will be vending foods, baked items and holding a weekend raffle. We will have a variety of items and the first is donated by me, a large 65 inch LED TV, with promises of Native American items. We will be very grateful of donations of food, tableware, to go containers. We also need helpers to help sell and manage the raffle. Please let Cody, Miranda or Rita Andrews know if you want to help with our dining hall repair expenses. God bless you.

TOM'S AFTER SCHOOL PROGRAM *May 2026*

SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1	2
	3	4 Art: Scrapbook Cards	5 Art: Mod Podge Candles Bo's Fitness 5pm-Youth 6pm Adults	6 <i>Local Trip</i> YMCA Swimming/Activities	7 Arts & Crafts Bo's Fitness 5pm-Youth 6pm Adults	8	9
	10 <i>happy mother's day!</i>	11 Embellishing Cedar Boxes	12 Art: Button Wood Frames Bo's Fitness 5pm-Youth 6pm Adults	13 <i>Culture Day</i>	14 Arts & Crafts Bo's Fitness 5pm-Youth 6pm Adults	15    WHO LET THE	16
   DAWGS OUT	17	18 Art: Memory Boxes	19 Art: Pipe Cleaner Flowers Bo's Fitness 5pm-Youth 6pm Adults	20 <i>Culture Day</i>	21 Arts & Crafts Bo's Fitness 5pm-Youth 6pm Adults	22	23
24	25  <i>holiday</i>	26 Art: Dream Catchers Bo's Fitness 5pm-Youth 6pm Adults	27 <i>Culture Day</i>	28 Arts & Crafts Bo's Fitness 5pm-Youth 6pm Adults	29	30	
	31 Memorial Day						

**Mon, Tues,
Thurs -
3:00- 5:00 PM**

**Wednesday:
1:30pm-
4:30PM**

***Schedule
Subject to
Change***

**Field trip return
times may vary
dependent on
distance/traffic etc***

**Theme:
Making &
Preserving
Precious
Memories**



If you have any questions or concerns please contact Chris James @ (360) 490-8161 or cjames@skokomish.org



Next class
May 6th and 20th @
5:30pm
Food Handlers and
CPR



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.



Fireworks 2026-2027 Dates

Open/Close Dates - Summer Season:

Lease Property: Open: Friday May 22, 2026

Close: Sunday July 12, 2026

Private Property: Open: Friday April 17, 2026

Close: Sunday July 12, 2026

Open/Close Dates - New Year's Season:

Private Property: Open: Friday October 23, 2026

Close: Sunday January 3, 2027

Lease Property: Open: Friday December 4, 2026

Close: Sunday January 3, 2027

Permit purchase date: April 10, 2026 9AM

@ Skokomish Tribal Center

PERMIT FEES

Tribal Property (Junction)-\$530

Private Property -\$210.00

WHOLESALE PERMIT FEES-\$0

**Wholesalers still need to obtain a permit and
provide insurance documentation**



Resolutions Approved by Tribal Council from January-April 2026

- ❖ **RESOLUTION NO. 2026-001:** A RESOLUTION TO APPROVE SLD CONTRACT NO. 2026-AGREE-00002 FOR GREEN CRAB TRAPPING WITH WASHINGTON FISH & WILDLIFE.
- ❖ **RESOLUTION NO. 2026-002:** A RESOLUTION APPROVING SUBMISSION OF A WASHINGTON STATE DEPARTMENT OF HEALTH GRANT FOR THE CDC STRENGTHENING VACCINE PREVENTABLE DISEASE PREVENTION AND RESPONSE (IMMS CORE) PROGRAM
- ❖ **RESOLUTION NO. 2026-003:** A RESOLUTION APPROVING THE SUBMISSION OF AN ENVIRONMENTAL PROTECTION AGENCY (EPA) FY23 SOLID WASTE INFRASTRUCTURE FOR RECYCLING (SW/FR) GRANTS FOR TRIBES
- ❖ **RESOLUTION NO. 2026-004:** A RESOLUTION APPROVING THE SKOKOMISH INDIAN TRIBE'S 2026 ANNUAL INTERTIDAL CLAM AND OYSTER REGULATION
- ❖ **RESOLUTION NO. 2026-005:** A RESOLUTION APPROVING THE SUBMISSION OF THREE FISCAL YEAR 2027 CONGRESSIONALLY DIRECTED SPENDING (CDS) REQUESTS TO U.S. SENATOR MARIA CANTWELL
- ❖ **RESOLUTION NO. 2026-006:** A RESOLUTION APPROVING THE SUBMISSION OF THREE FISCAL YEAR 2027 CONGRESSIONALLY DIRECTED SPENDING (CDS) REQUESTS TO SENATOR PATTY MURRAY
- ❖ **RESOLUTION NO. 2026-007:** A RESOLUTION APPROVING THE SUBMISSION OF THREE FISCAL YEAR 2026 COMMUNITY PROJECTS FUNDING (CPF) REQUESTS TO CONGRESSWOMAN EMILY RANDALL
- ❖ **RESOLUTION NO. 2026-008:** A RESOLUTION APPROVING THE SUBMISSION OF THE 2026-2027 LOW-INCOME HOME REHABILITATION GRANT PROGRAM (HRGP) APPLICATION TO THE DEPARTMENT OF COMMERCE
- ❖ **RESOLUTION NO. 2026-009:** A RESOLUTION APPROVING THE SUBMISSION OF THE COMMUNITY REINVESTMENT PLAN (CRP) HOMEOWNERSHIP CAPITAL ACCELERATOR 2025-2027 APPLICATION TO THE WA STATE DEPARTMENT OF COMMERCE
- ❖ **RESOLUTION NO. 2026-010:** A RESOLUTION APPROVING THE SUBMISSION OF THE FY 2026 AMERICORPS SENIORS RSVP COMPETITION APPLICATION
- ❖ **RESOLUTION NO. 2026-011:** A RESOLUTION APPROVING THE SKOKOMISH TRIBE'S APPLICATION TO THE UNITED STATES DEPARTMENT OF THE INTERIOR BUREAU OF INDIAN AFFAIRS 2026 TRIBAL JUSTICE SUPPORT DIRECTORATE APPLICATION
- ❖ **RESOLUTION NO. 2026-012:** A RESOLUTION APPROVING THE SUBMISSION OF A WA STATE ARTSWA FY27 TRIBAL CULTURAL GRANT APPLICATION
- ❖ **RESOLUTION NO. 2026-013:** A RESOLUTION TO APPOINT BRYAN JAMES, TO THE GEODUCK COMMITTEE PURSUANT TO THE APPOINTMENT PROCEDURES CONTAINED WITHIN S.T.C. 1.06, THE SKOKOMISH COMMITTEE STANDARDS ORDINANCE
- ❖ **RESOLUTION NO. 2026-014:** A RESOLUTION APPROVING SKOKOMISH INDIAN TRIBE'S 2026 ANNUAL SPOT SHRIMP REGULATION PUB-S#26-08.
- ❖ **RESOLUTION NO. 2026-015:** A RESOLUTION APPROVING THE 2026 BIVALVE MANAGEMENT PLAN FOR PUBLIC TIDELANDS IN REGION 8: HOOD CANAL
- ❖ **RESOLUTION NO. 2026-016:** A RESOLUTION APPROVING THE SUBMISSION, NEGOTIATION AND EXECUTION OF A GRANT APPLICATION TO THE NATURAL CLIMATE SOLUTIONS ACCOUNT (NCSA); AN ACCOUNT OF THE CLIMATE COMMITMENT ACT
- ❖ **RESOLUTION NO. 2026-017:** A RESOLUTION APPROVING THE 2026-2027 ANNUAL FIREWORKS SALES AND SAFETY REGULATIONS.
- ❖ **RESOLUTION NO. 2026-018:** A RESOLUTION APPROVING THE 2026-2027 HOOD CANAL GEODUCK MANAGEMENT AGREEMENT BETWEEN THE POINT NO POINT TREATY COUNCIL MEMBER TRIBES, THE SKOKOMISH TRIBE, THE LOWER ELWHA KLALLAM TRIBE AND THE SUQUAMISH TRIBE
- ❖ **RESOLUTION NO. 2026-019:** A RESOLUTION TO APPROVE SLD CONTRACT NO. 2026-AGREE-00014 FOR BE-MAR PROJECTS WITH INDIAN HEALTH SERVICES
- ❖ **RESOLUTION NO. 2026-020:** A RESOLUTION APPROVING THE ENROLLMENT APPLICATION OF SALISH KWETLES CARRINGTON FOR MEMBERSHIP IN THE SKOKOMISH INDIAN TRIBE.
- ❖ **RESOLUTION NO. 2026-021:** A RESOLUTION APPROVING THE RELINQUISHMENT OF TRIBAL MEMBERSHIP OF JORDAN TIONNA PETERSON
- ❖ **RESOLUTION NO. 2026-022:** A RESOLUTION APPROVING THE 2026-2027 HOOD CANAL INTERTRIBAL SHRIMP MANAGEMENT AGREEMENT
- ❖ **RESOLUTION NO. 2026-023:** A RESOLUTION APPROVING THE 2026 REGION 5 (HOOD CANAL) SPOT SHRIMP (PANDA/US PLATYCEROS) HARVEST MANAGEMENT PLAN FOR FISHERIES CONDUCTED BY THE U.S. V. WASHINGTON SUBPROCEEDING 89-03 TREATY TRIBES AND THE STATE OF WASHINGTON
- ❖ **RESOLUTION NO. 2026-024:** A RESOLUTION TO APPOINT DICKIE ADAMS JR. TO THE FISH COMMITTEE PURSUANT TO THE APPOINTMENT PROCEDURES CONTAINED WITHIN S.T.C. 1.06, THE SKOKOMISH COMMITTEE STANDARDS ORDINANCE
- ❖ **RESOLUTION NO. 2026-025:** A RESOLUTION TO APPOINT BRETT PETERSON TO THE FISH COMMITTEE PURSUANT TO THE APPOINTMENT PROCEDURES CONTAINED WITHIN S.T.C. 1.06, THE SKOKOMISH COMMITTEE STANDARDS ORDINANCE
- ❖ **RESOLUTION NO. 2026-026:** A RESOLUTION APPROVING THE SUBMISSION OF AN APPLICATION TO THE BUREAU OF INDIAN AFFAIRS FOR FY 2026 TRUST MANAGEMENT IMPROVEMENT PROGRAM FUNDING FOR FMU 6.2 PCT PROJECT.

Resolutions Continued Next Page..

Resolutions Continued From Page 7

- ❖ **RESOLUTION NO. 2026-027:** A RESOLUTION APPROVING THE SUBMISSION OF AN APPLICATION TO THE BUREAU OF INDIAN AFFAIRS FOR FY 2026 TRUST MANAGEMENT IMPROVEMENT PROGRAM FUNDING FOR WEST END ROAD PROPOSAL.
- ❖ **RESOLUTION NO. 2026-028:** A RESOLUTION ACCEPTING THE WASHINGTON STATE DEPARTMENT OF COMMERCE COM-

MUNITY REINVESTMENT PROGRAM (CRP) TRIBAL SET-ASIDE FUNDING AWARD FOR THE 2025-2027 BIENNIUM

- ❖ **RESOLUTION NO. 2026-029:** A RESOLUTION APPROVING SOUTH PUGET INTERTRIBAL PLANNING AGENCY (SPPA) SUBMISSION OF AN APPLICATION TO WASHINGTON STATE DEPARTMENT OF AGRICULTURE FOOD ASSISTANCE RESILIENCY GRANTS PROGRAM

WITH SPIPA AS THE LEAD APPLICANT FOR FY 2026-2027

- ❖ **RESOLUTION NO. 2026-030:** A RESOLUTION APPROVING THE SUBMISSION OF AN APPLICATION TO THE ADMINISTRATION FOR CHILDREN AND FAMILIES, OFFICE OF HEAD START FOR FY 2027 COMPETING GRANT FUNDING
- ❖ **RESOLUTION NO. 2026-031:** A RESOLUTION APPROVING THE

SPONSORSHIP FUNDING FROM UNITED HEALTH CARE (UHC) TO THE SKOKOMISH FOR THE WEIGHT-MANAGEMENT CLINIC

- ❖ **RESOLUTION NO. 2026-032:** A RESOLUTION TO RE-APPOINT MICHELLE DEYETTE TO THE SKOKOMISH FIREWORKS COMMITTEE PURSUANT TO THE APPOINTMENT PROCEDURES CONTAINED WITH IN S.T.C. 1.06, THE SKOKOMISH COMMITTEE STANDARDS ORDINANCE.

Welcome Jasmine Krise!



My name is Jasmine Johnson-Krise, daughter of Jean Parker, and Jamie Johnson. I am honored to serve as the Tribal Council Executive Secretary for the Skokomish Tribe. I was raised here, surrounded by family, culture, and community so stepping into this role feels deeply rooted. For the last six years I have worked as an Embalmer at Flintoft's Issaquah Funeral Home & Crematory. Being here means a lot to me as I get to reconnect, build relationships and give back to the people who helped shaped me. I am married to Redwolf Krise, and together we are raising our three amazing sons, Redwolf Wilson, Nation Teo, and Ember Zion. I am grateful for this new chapter and the opportunity to learn, grow and serve my community.

Welcome Jamie Sunga!



Hello and good day everyone my name is Jamie Cook (Sunga). I am the daughter of Cheri and James Cook and the granddaughter of Margaret and John Miller. I just wanted to introduce myself to you today and let you all know I am the new Administrative Assistant to our Skokomish Police Department. I have previously worked with our tribe as an On-call Receptionist, I have also worked in our Early Childhood Education and a few other positions. I wish everyone a good day.

Skokomish Tribal Court Update



The Skokomish Tribal Court has officially moved to a new location. Our offices are now located in the former Legal building, next door to the Tribal Center, off Tribal Center Road and Agency/Fish House Road. This move supports our continued efforts to provide dedicated, accessible court services to the community. Our phone number remains the same: 360-426-4740. Please note that this number is no longer connected to Public Safety. Their number is now: 360-426-0280. If you are experiencing an emergency, call 911. We appreciate your patience during this transition and look forward to serving you in our new space.

INFLUENZA VACCINATION

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

360-426-5755

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




VACCINES AVAILABLE FOR ALL TRIBAL STAFF TOO!




~SKOKOMISH WELLNESS CENTER NEWS~

National Stroke Awareness Month:

Learn the F.A.S.T. signs of STROKE

 FACE <i>drooped?</i>	 ARMS <i>can't be raised?</i>	 SPEECH <i>slurred or confused?</i>	 TIME <i>is critical! Call 000.</i>
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**If you see any of these signs
Act FAST call 000 (triple zero)**



What You Need to Know

A stroke can change a person's life in just a few minutes. Many American Indian and Alaska Native people are at higher risk because of health problems like high blood pressure, diabetes, smoking, and poor eating habits. The good news is that strokes can often be prevented, and life can still improve after one. Learning the signs and taking small steps toward better health can make a big difference.

What Is Stroke?
A stroke happens when blood can't reach part of the brain. When the brain doesn't get enough blood, it can't get the oxygen it needs. Brain cells start to die within minutes. This can affect how you walk, talk, think, or move your body.

There are two main types of strokes:

- **Ischemic stroke:** A blood clot blocks a blood vessel in the brain. This is the most common type.
 - **Hemorrhagic stroke:** A blood vessel breaks and bleeds into the brain. A stroke is a medical emergency. Getting help fast can save your life and reduce long term damage.
- Know the Warning Signs: FAST**
Remember FAST to spot a stroke quickly:
- **F – Face:** One side of the face droops
 - **A – Arm:** One arm feels weak or numb
 - **S – Speech:** Speech is slurred or hard to understand
 - **T – Time:** Call 911 right away

Even if the symptoms go away, you still need emergency care.

How to Prevent Stroke

You don't have to change everything at once. Small steps can protect your brain and your heart.

1. Eat in a Heart Healthy Way
 - Add more fruit and vegetables to your meals
 - Choose lean meats, fish, beans, and whole grains
 - Cut back on salty foods, fried foods, and sugary drinks
 - Try traditional foods, when possible, many are naturally healthy
2. Move Your Body
You don't need a gym. Try:
 - Walking 10–15 minutes a day
 - Light stretching
 - Dancing
 - Gardening
 - Chair exercises

Even a little movement helps lower blood pressure and improve circulation.

3. Manage Health Conditions
If you have:
 - High blood pressure
 - Diabetes
 - High cholesterol
 ...work with your healthcare provider to keep these under control. Take medicines as prescribed.
4. Quit Smoking and Limit Alcohol
Smoking damages blood vessels and raise stroke risk. If quitting feels hard, talk to a doctor or community health representative and SUD counselor for support.



Telemedicine Services Now Available

Telemedicine is used when the patient presents *in person at the clinic* and connects with a remote provider using clinic equipment (computer/video platform).

Is Telemedicine Right for Me?

Telemedicine may be a good choice if you:

- Want to be seen quickly and don't need a physical exam
- Need a follow-up for an ongoing condition
- Need a medication refill
- Have mild symptoms like UTI symptoms

You may need an in-person visit if you:

- Have severe pain or shortness of breath
- Need a physical exam or procedure
- Feel your condition is an emergency

-----Summer Planning-----

How it works:

- Schedule through the front desk
- Come into the clinic to see a doctor virtually

Getting care is easier than ever

 Step 1 Call or stop by the front desk	 Step 2 Choose Telemedicine & set your time	 Step 3 Join virtually from the clinic
--	---	--

Clinic Front Desk: 360-426-5755

5. Reduce Stress
Chronic stress can raise blood pressure. Try:
 - Deep breathing
 - Talking with family or friends
 - Spending time outdoors
 - Prayer or cultural practices that bring peace

Life After a Stroke: Healing and Hope
Recovery looks different for everyone, but many people improve with time and support.

1. Follow Your Care Plan
Therapies may include:
 - Physical therapy to help with walking and strength
 - Occupational therapy to help with daily tasks
 - Speech therapy to improve talking or swallowing
2. Make Healthy Lifestyle Changes
The same habits that prevent strokes also help recovery:

- Eating healthier
 - Staying active
 - Managing stress
 - Taking medicines on time
3. Lean on Your Community
Family, friends, and tribal community programs can help with:
 - Transportation
 - Healthy meals
 - Emotional support
 - Cultural healing practices
 4. Be Patient with Yourself
Recovery takes time. Celebrate small steps—every improvement matters.

Why This Matters

Stroke is one of the leading causes of disability in the United States, and AI/AN communities often face higher risks. But knowledge is power. By learning the signs, making healthier choices, and supporting one another, we can reduce the impact of stroke and build stronger, healthier communities.

CRAFT

Community Reinforcement and Family Training
designed to help families and loved ones support someone struggling with substance use-while also improving their own well-being.

Join Us for Session #1

May 4th

from 4:00 - 5:00pm in the
Skokomish Wellness Center SUD
Trailer (behind the clinic)

For questions call: please call 360.426.5755

Ask for Anna or Kirk

Snacks will be provided

See you there!!

Skokomish Wellness Center

100 N. Tribal Center Rd.

Skokomish Nation, Wa 98584

Sexual Assault Awareness Month

Myth vs Fact

1. Myth: Survivors of sexual assault would fight back
Fact: Survivors can experience an immobility or a “freeze response” and physically cannot speak or move
 2. Myth: Dressing a certain gives the impression they are “asking for it”
Fact: Victims choice of clothing, no matter the style, has zero link to being more vulnerable to assault
 3. Myth: A person cannot sexually assault their partner
Fact: 1 in 10 women have experienced assault by an intimate partner in their lifetime
 4. Myth: False sexual assault reporting is common
Fact: Only 2 – 8% of assaults are falsely reported
 5. Myth: Men are not capable of being victims of sexual violence
Fact: 1.5% of all men have reported sexual assault and 47% of bisexual men experienced some form of unwanted sexual contact
- All facts from <https://www.ourresilience.org>

- person can do. However, there are some helpful prevention tips to consider:
- The buddy system, go out in groups or with a friend
 - Make sure phone has enough battery charge before going out
 - When going out alone, let friends and family know where you are going, with who, and time frames if available
 - Avoid noise cancelling headphones when walking alone to be aware of your surroundings
 - If you are worried you are being followed or feeling unsafe go to the nearest business and alert staff
 - Listen to your gut, if you feel something is off you can end a date at anytime
 - You can say stop at any time even during sexual contact

For more information you can contact Warrior’s Path at 360-462-7654 for 100% confidential support.

Eben Card

Warrior’s Path Manager

Ecard@skokwellness.org

Sexual assault is never the victim’s fault; there is no right or wrong thing a

Planning for Summer

Summer is almost here and your children will have a lot more time on their hands, so it is important to get ahead of the game and start planning for this and here are a few things to consider. First, even though it is summer, our children still need structure. It may be enjoyable to stay up late and sleep half the day away, but it is a good practice to maintain a reasonable bedtime and time for being up and about. This will help them to make the most of their free time and allow them to have a regular routine that is easier to re-adapt to when school is back in the fall. Second, learning does not stop just because school is out. Make sure that your children pick up a book from time to time to exercise their brains, and as your family is able, spend time in places like the library

or in nature and spend time learning together, perhaps cultural things that you can impart or learn together. The more effort you put into planning will make the opportunity much more valuable and it doesn’t need to break the bank. Lastly, make sure that your children are not spending too much time in front of a screen; computers, video games, phones, or television and make sure that they get plenty of movement on the nice days. Physical activity is healthy for them, and if you are able to join them it is healthy for you! It is important to set an example for them and helps you to spend quality time together. All this can build memories and these times go fast!

NEED HELP TO STOP SMOKING?

WE HAVE THE RESOURCES TO HELP YOU FINALLY QUIT FOR GOOD.

CALL AND ASK TO SPEAK WITH OUR S.U.D TEAM.

Icons: A hand holding a lit cigarette, a hand holding a smartphone, a no-smoking sign, and logos for Skokomish Wellness Center and other organizations.

WASHINGTON STATE MEASLES OUTBREAK

AIRBORNE VIRUS

If you suspect you may have measles call Clinic Nurses 360-426-5755 ext. 2110 DO NOT COME INTO THE CLINIC!!!

Icons: A map of Washington state, a baby with a fever, and logos for Skokomish Wellness Center and other organizations.

Long COVID

Many individuals who do not have complete resolution of their illness following the infection's acute phase. Instead, they experience persistent, new, or reemerging COVID symptoms for weeks, months, or years. This condition is known as Long COVID and refers to the wide range of conditions that can follow SARS-CoV-2 infection. WHO (World Health Organization) describes Long COVID as "the continuation or developments of new symptoms 3 months after the initial SARS-CoV-2 infection, with these symptoms lasting for at least 2 months with no other explanation".

Most common symptoms reported

- Extreme fatigue (worse with activity)
- Brain fog (memory issues, trouble concentrating)
- Shortness of breath
- Heart palpitations or chest pain
- Headaches
- Sleep problems
- Joint or muscle pain
- Loss of taste or smell that lingers or returns
- Mood changes such as anxiety or depression

Duration of Long COVID

- Symptoms can last weeks, months, or years
- Many individuals may improve over time, but recovery varies.
- Some symptoms may run in cycles (feeling better and then worse again)
- Some individuals develop long-term disability
- Impair daily functioning, work or relationships

Understanding Long COVID

Researchers are still figuring out the "why it happens" but leading theories include:

- Immune system repairment (stays activated too long)
- Viral persistence (small amounts of virus lingering)
- Inflammation and organ damage
- Effects on blood vessels and clotting
- Nervous system disruption (autonomic dysfunction such as Postural Orthostatic Tachycardia Syndrome (POTS))

Who is at Risk

- Long COVID affects people across all demographics, but the risk is higher in:
- Individuals who experienced

severe COVID illness

- Those with underlying health conditions
- Females reported more often
- Those who do not have the COVID-19 vaccine. Vaccines may reduce the risk but does not eliminate it
- Individuals older than 65
- Hispanic or Latino

Diagnosis

There is no single test. Many physicians may feel uncertain about diagnosing and treating Long COVID because it is a newer medical condition. However, providers will usually:

- Review individual's symptoms and history of COVID illness
- Rule out other possible conditions
- May run tests, such as labs, imaging, lung and heart function

Treatment

There is no cure yet, but management focuses on the symptoms:

- Avoid overexertion.
- Pacing with gradual progression in activity.
- Physical Therapy
- Medication for specific conditions, such as pain, sleep, heart rate, etc.
- Cognitive rehab for brain fog
- Mental health support

Seeking help

- Persistent symptoms after COVID illness that affect daily activities or life
- Chest pain, severe shortness of breath, or fainting

Conclusion

Long COVID is a real, disabling condition affecting multiple body systems. It deserves recognition and validation. It does not have a singular diagnostic test, making clinical understanding and patient-centered care critical for its recognition. Validating patients' symptoms is essential to reducing stigma and developing trust in the health care settings. Recovery is possible, but often gradual. The key is managing energy and symptoms.

References

AAMA Today: Nikki Gentile, MD, PhD, medical director of the UW Medicine Long COVID Clinic
 ChatGPT
 Post COVID-19 condition (long COVID), World Health Organization, December 7, 2022. Accessed October 15, 2025. <https://www.who.int/europe/news-room/fact-sheets/item/post-covid-19-condition>

SKOKOMISH WELLNESS CENTER

Billing & PRC Department – Community Update May 2026

Good Afternoon,

The Skokomish Wellness Center Billing and PRC Department would like to share important updates and reminders for the month of May.

COMMUNITY UPDATE

- ◆ Thank you for completing annual updates and keeping your information current.
- ◆ Providing a valid Tribal ID and active insurance coverage helps us remain compliant and better support your care.
- ◆ Bringing in bills, statements, and insurance letters as soon as possible helps our team assist you more quickly.

PO PROCESS REMINDER

- ◆ When a patient is referred to a specialist, the referral must come from a Skokomish provider in Medical, Dental, BH, or SUD.
- ◆ If a specialist refers the patient out for any reason, chart notes and the referral must be sent back to Skokomish, and Skokomish must be notified of that referral.
- ◆ In an emergency, if you must go to the Emergency Department, you must notify Skokomish within 72 hours.

OUR GOAL

- ◆ Support patients through clear billing assistance
- ◆ Maintain compliance with Tribal and program requirements
- ◆ Help patients address billing concerns in a timely manner

CONTACT INFORMATION

Beth Burfiend, Billing and Benefits Manager / PRC
 Phone: 360-426-5755 ext 2101
 Email: bburfiend@skokwellness.gov

Thank you for your continued cooperation and support.

Skokomish Wellness Center
 Billing & PRC Department



PRC COMMUNITY REMINDER

**YOU CAN BRING IN
 OUTSTANDING BILLS YOU HAVE
 RECEIVED, FOR MEDICAL
 COVERAGE.**

**Questions? Call Beth:
 360.426.5755 EXT. 2101**



AtsCares.com
Assistive Technology Services
"Helping You Live Independently"

Now You can be covered

Attention Skokomish Community

✚ We have a very limited number of Life Alert type systems available for our most vulnerable Elders who are at risk of falls or live alone. If you know an Elder in the community who may be interested or you yourself are one of our cherished Elders and would like to have a system installed, please reach out to our **Community Health Representatives at the Skokomish Wellness Center**. Your safety is our highest priority, and we are here to help with your well-being.

✚ **Must have active landline in order to use.**

Nydesta Gouley ☎ +360-426-5755 ext. 2190
Tamela LaClair ☎ +360-426-5755 ext. 2147
Danielle Macomber ☎ +360-426-5755 ext. 2109

REDUCING STRESS

Article Written By: Community Health Representatives

Struggling with day today stress is common, but there are several practices that can help both in the short term and long term. Effective breathing techniques such as diaphragmatic (belly) breathing, the 478 method, box breathing, and alternate nostril breathing can quickly calm the body. The 478 method, for example, is a rhythmic breathing pattern that reduces stress and anxiety and can even improve sleep by directing the mind to focus on breath regulation. These techniques activate the parasympathetic nervous system, helping lower heart rate and reduce cortisol levels. They are simple, fast, and can be practiced anywhere to promote immediate relaxation.

Another powerful practice is journaling. According to the American Psychological Association, writing about intrusive thoughts can reduce the intensity of anxiety and emotional overwhelm. Journaling increases self-awareness, helps identify triggers and behavior patterns, and can reveal the root causes of distress. It also enhances emotional regulation by allowing you to process difficult feelings without acting on them, providing a safe outlet for expression. Research shows that expressing negative thoughts through writing can improve working memory and support overall mental wellbeing.

Below are some prompts to support your journaling journey:

1. What part of my life feels balanced, and which part needs more attention?
2. What am I grateful for right now that can help shift my focus?

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

🔍 **www.skokwellness.com**

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

Is Hydrogen Peroxide Good For Wound Care?

We are familiar with hydrogen peroxide and many of us were taught to use it to clean our cuts, abrasions, minor lacerations and puncture wounds. However, modern medical guidance has changed quite a bit.

Is Hydrogen Peroxide safe

- It does kill bacteria, which is why many of us use it.
- However, due to the potential harm to healthy tissue, it can hinder the natural healing process and increase the risk of infection.
- The bubbling seen is not just cleaning the debris from the wound, it is also harming new cells trying to repair the wound.

When would it be okay

- For very dirty wounds and with a gentle one-time rinse of diluted peroxide (1 part hydrogen peroxide to 2 parts water) to remove debris.
- After a one-time gentle rinse with diluted peroxide, it is best to switch to safer cleaning methods.

When to avoid using Hydrogen Peroxide

- On deep wounds or serious injuries
- Burns
- Or using it repeatedly on cuts, scrapes, or surgical wounds

What alternatives to use to clean wounds

- Rinse the wound with clean water or saline
- Use mild soap around, not inside, the wound
- Apply thin layer of petroleum jelly or an antibiotic ointment such as Neosporin or Bacitracin

- Cover the wound with a clean bandage to keep it moist and protected
- Change the dressing daily or if it gets dirty or wet.

When to see a healthcare provider

- For deep wounds, gaping or heavily bleeding wounds
- If signs of infection are present, such as redness, warmth, pus, swelling or fever
- Wounds that do not improve after a few days
- Animal or human bites

Conclusion

Even though hydrogen peroxide has been traditionally used for cleaning wounds, modern medical guidance suggests using it with caution or avoiding it all together. Peroxide is not the go-to anymore as it can delay the healing process. It is best to use gentle cleaning methods, such as mild soap and water. And always consult with a healthcare provider with serious and non-healing wounds or with any other concerns about wound care.

References

Tissue damage: The University of Utah, CityMD, WCEI,
 Effectiveness: The University of Utah, WebMD
 Cleaning: Biology insights.com, WebMD
 Use of hydrogen peroxide: Biology insights.com
 Chatgpt.com

CRACKED TEETH

Cracked teeth and tooth roots are a common cause of pain and tooth loss. Pain with biting, tooth mobility, hot and cold sensitivity, and localized swelling can all be signs that a tooth has cracked. However, sometimes a cracked root may be completely asymptomatic and only recognizable because of bone loss visible on a dental x-ray.

The most common causes of cracked teeth and roots that we see in the dental clinic result from trauma, tooth grinding and clenching, or even normal biting forces on teeth that have been weakened by cavities. Teeth with large fillings or root canal therapy are especially at risk for cracking.

Treatment depends on the location and extent of the crack. Generally, if the crack does not extend below the height of the bone, the tooth can be restored. The crack can be repaired with a simple filling or, if the crack extends into the nerve of the tooth, a root canal and a crown. If the crack extends below the height of the bone, the only treatment



option is extraction of the tooth.

Prevention is always the treatment of choice. For athletes, wearing a well-fitting mouth guard is an important step in protecting teeth from trauma. For patients with a history of clenching and grinding, a night guard can protect your teeth from excessive forces while you sleep. Wearing a night guard can also help protect any existing crowns and large fillings.

Cracked teeth and roots are a common cause of pain and tooth loss but there are ways to reduce your risk. If you have a history of multiple failed dental fillings, cracked teeth or know that you clench or grind while you sleep, please consider getting a guard to protect your teeth.

We Need Your Help

Skokomish community members,

My name is Sasha Redfield and I am your Wellness Case Manager at the Skokomish Wellness Center. My role at the clinic requires a great deal of communication in order to streamline the process of coordinating care for community members. At times circumstances require that I or another member of clinical staff reach out to an emergency contact in lieu of contacting a community member directly. In instances where there is an outdated emergency contact on file, or in some cases no contact at all, great

difficulties can arise while trying to maintain continuity of care. With that in mind, I would like to humbly request that those community members who access services through the Wellness Center double-check with the clinic's staff to ensure that we have the correct and most up-to-date emergency contact information in our system. Doing so goes a long way to bolster the clinic's ability to communicate effectively on your behalf, particularly in times of crisis.

Very warmly,
Sasha

SILENCE THE SHAME DAY

May is Mental Health Month, and May 5th is called Silence the Shame Day.

Many kids in the United States have mental health problems. The most common ones are anxiety, depression, and behavior problems. About 11 out of 100 kids have anxiety, 4 out of 100 have depression, and around 6 to 8 out of 100 have behavior problems. Many adults in the United States also have mental health problems. About 23 out of every 100 adults (about 61 million people) say they have a mental illness. Anxiety is very common, it can make people feel very worried or scared. About 22 million adults have serious depression, this can make people feel very sad or stop enjoying things they used to like. About 3 million adults have another condition that causes big mood changes, from very happy to very sad.

Stigma means that some people think badly about others who are having a hard time with their thoughts or feelings.

Here are some simple reasons why stigma happens:

- People don't understand mental health very well. You can't see it as a broken arm, so it can be confusing.
- Old ideas are still around. Long ago, people didn't understand mental health and were afraid of it.
- Some people think you should "just be strong." They may believe people should hide their

feelings, even though that's not easy.

- Movies and TV sometimes show mental health the wrong way, making people seem scared or silly.
- Hurtful words like "that's crazy" or "just relax" can make mental health problems seem unimportant. Stigma mostly happens because people don't understand it, believe old ideas, or feel afraid it's because of these reasons half of the adults with mental health problems got help in the past year. More women got help than men. Young adults (ages 18-25) were a little less likely to get help than older adults. One big reason is stigma.

Here are some of the ways to stop stigmas:

- Asking how people are feeling. Just like people get sick in their bodies, people can also feel sick in their minds—and that's normal.
- Learn more about it, when people understand mental health better, they are less scared and less likely to judge others.
- Listen and be supportive. If someone says they are feeling sad or worried, we can listen and not make fun of them.
- Encourage people to get help when they need it, like talking to a doctor, counselor, or trusted adult. If more people do these things, it becomes easier and safer for everyone to talk about mental health.

Mother's Day Pop-Up

MAY 11, 2026
9AM - 11:30AM
AT THE FRONT OF THE WELLNESS CENTER PARKING LOT

HONORING OUR MOTHERS,
CELEBRATING OUR ROOTS.

We lift up the strength, wisdom, & love of our mothers, aunts, & grandmothers.

JOIN US IN APPRECIATING OUR SKOKOMISH MOTHERS WITH A GIFT PACKAGE OF WELLNESS ♥

SKOKOMISH WELLNESS CENTER

SKOKOMISH Wellness Center



RELAX. REJUVENATE. RESTORE.

**ZENBODY
MASSAGE
THERAPY**

WITH JULIA LEA

For the week of
MAY 17th:
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.*



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
dgardipee@spipa.org

SPIPA main number: **360.426.3990**



Next WIC date:
Tuesday, May 5th
SPIPA IPC, phone appts.
**Phone and in person
appointments. Date subject to
change.**

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



South Puget Intertribal Planning Agency

**USDA Foods Program
Delivery Date**

**Skokomish
5/15/26**

Across from Tuwaduq Family Services
10:00am-1:30pm



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.



**SPIPA
Resiliency
Food
Grant**

MAY 2026

May 15 is the final resiliency food box distribution date, made possible through SPIPA's partnership with the Washington State Department of Agriculture and regional farmers and vendors.

Availability

Boxes will be available during commodities and diaper distribution on a first-come, first-served basis, limited to one box per household.

Eligibility

Please present your Skokomish Tribal ID at pickup. There are no income requirements, but priority will be given to elders and low-income households. You must be present to receive a box.

Skokomish

May 15th

Across from Tuwaduq
Family Services

10:30am-1:30pm
or while supplies last.



For more information, please call SPIPA at 360.426.3990



South Puget Intertribal Planning Agency

Diaper Distribution

**Skokomish Tribe
5/15/26**

Across from Tuwaduq Family Services
10:00am-1:30pm

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

Building Healthy Relationships

May brings the promise of flowers. Remember the childhood rhyme “April Showers Bring May Flowers”. Just like the flowers of May it is time to lay the continued foundation of healthy relationships.

Building and keeping healthy relationships requires time, commitment, and patience. Patience with whom you are building a healthy relationship with, commitment to that person(s) and investment of time. Build your relationships with Open Communication, Mutual Respect, Trust and Honesty and Emotional Support.

It is worth giving yourself permission to have a healthy relationship with those you love.

In honor of Mother’s Day, ensure that you have a healthy relationship with your mother, she is the most important person in your life. Maintain that relationship to allow it to continue to grow and flourish.

Missing and Murdered Indigenous People will also be honored on May 15 with a “POP-UP” at TFS parking lot. We are honoring Mother’s on May 15th at the TFS parking lot as well on that day.

Missing and Murdered Indigenous People

Former Secretary Deb Haaland: “The Missing and Murdered Indigenous people’s crisis is centuries in the making and will take a focused effort and time to unravel the many threads that contribute to the alarming rates of these cases. But I believe we are at the inflection point. We have a President and a government that is prioritizing this and we can’t turn back.”

The crisis continues, there are Indigenous People being reported missing and/or murdered on a daily basis across the United States.

The State of Washington has established a MMIWP Cold Case Unit within the Attorney General’s Office where the focus is to solve MMIWP cases and bring closure to the families of the individuals. The work continues within our state and across the nation to bring them home.

In May we will also be having an nDigiDreams (digital storytelling) workshop again. There are 3 slots left, if you are interested in creating your own story, please contact Linda Charette, DV Advocate at 360-426-7788. The workshop will be May 28-31, 2026, at the Skokomish Community Center. MUST be committed to all 4 days of the workshop.

If there is an emergency please call 911 or contact Linda Charette, Domestic Violence Advocate (Cell) 360-545-2303 or Starle James at (360) 426-7788 (work phone).

Thank you everyone who came to support us in April for our Sexual Assault pop-up event.



Skokomish DV program

Invites you to join the
nDigiDreams Workshop

May 28-31st, 2026

This is your opportunity, through first hand creation of a personal digital story, to reflect, share and heal.

SPOTS STILL AVAILABLE

CONTACT: LINDA CHARETTE DV Advocate

360-426-7788

SKOKOMISH COMMUNITY CENTER



Rez Photo of the Month Answer



*The men from Skokomish in this photo are:
Coach: Gus Twiddy (back row left) Michael “Putter” Cagey
bottom row left and Stan Twiddy next to him second from left.
Also in this photo is our ICW Caseworker Robert Zachry Top
right, who provided this great photo! Thanks Rob*

Skokomish Tribal Vocational Rehabilitation: Growing Skills, Culture, and Self Sufficiency

The Skokomish Tribal Vocational Rehabilitation's main focus is to support tribal members in gaining meaningful employment while helping remove the barriers that stand in the way of self sufficiency. Over the past few months, we've been offering a variety of self employment and skill building classes to help you explore new opportunities and strengthen your talents. I want to thank those that have joined us.

Some of the classes we've offered include:

- Beading earrings
- Wood burning
- Beading eagle feathers
- Candle decorating
- Necklace making

These activities not only build fine motor skills and confidence, they also honor our cultural teachings and support pathways toward self employment.

As we plan for the next round of workshops, we want to hear from you. If there is a cultural skill, craft, or traditional art form you would like to learn, please share your ideas with us. Your input helps us create classes that reflect our community's strengths, interests, and cultural values. Your voice guides our program. Let us know what you would love to see next.

Contact

Rosetta LaClair raclair@skokomish.org

or

Chinook Miller chinook@skokomish.org

360-426-7788



MISSING AND MURDERED
INDIGENOUS PEOPLE
REMEMBERED AND HONORED

MAY 15, 2026

POP-UP

10:00-3:00

CONTACT: LINDA CHARETTE DV ADVOCATE
STARLA JAMES OUTREACH SPECIALIST

360-426-7788

This project was sponsored by Grant # 15-JOVW-21-GG-0377 TRIB and 15 JOVW 24-GG-00859 TRIB awarded by the office on Violence Against Women, US Dept of Justice. The opinions, conclusions & recommendations expressed in this publication/program/exhibition are those of the author and do not necessarily reflect the views of the DOI/OVW

SKOKOMISH ELDERS PROGRAM NEWS

Last month was a wonderful and active time for our Skokomish Elders program, filled with connection, celebration, and community support.

On March 26th, we attended the Muckleshoot Elders Luncheon, 23 Skokomish Elders participated, with 11 riding the bus together while others made the trip on their own. It was a great opportunity to gather, visit, and enjoy time with fellow Elders. The following day, March 27th, we held our Elders Taco Pocket Fundraiser, thanks to the incredible support from our community, elders and generous donors, the event was a great success. The proceeds go directly towards supporting elder activities. We extend a heartfelt thank you to everyone who contributed and continues to support our program. A special shoutout goes to our amazing elderly cooks for their hard work and dedication.

On March 31st we hosted our Elders birthday Lunch, where we had the honor of celebrating Peggy Johnson. We were delighted to sing happy Birthday to our cherished elder and share a joyful afternoon together. The day included storytelling by

Delbert Miller, along with cribbage and cornhole games. Thank you Delbert, for sharing such a beautiful story about our Skokomish culture.

On April 16th Our Elders attended Chehalis Tribes Elders Luncheon, 20 our Skokomish Elders attended 8 riding the elder bus and the rest of the elders drove their cars, we had great food, a traditional salmon bake, great company, great raffle, and photo opportunities.

Coming up in May, The Skokomish Vocational Rehabilitation Program hosted the Spring Bazaar as a place for interested artists to sell that art and crafts prior to Mother's Day. This also was put together to offer the elder program to do a fundraising activity to sell food and baked goods and special items to help their fundraising endeavors for their program.

On May 2nd, 2026, at the Skokomish Community Center from 10:00 am -3:00 pm this event will be open for tribal artists and vendors to sell their artwork; we will also feature several elders' tables selling handmade crafts, homemade baked goods, as well as

a raffle, we will also be selling Indian tacos during the bazaar. Your support, participation, and generosity are greatly appreciated. We look forward to coming together as a community for this meaningful event.

Additional planned events are scheduled, please Contact Perry Carrington if you need more information regarding these events: (360) 968-3416

Skokomish Elders Potluck Gathering: Date: May 20th

Time: Lunch served at 12:00 noon
Location: Skokomish Park

Come enjoy good food, meaningful conversation, and company of fellow elders in the beauty of Skokomish Park. **Transportation available:** If you need a ride, the bus will depart from the community center at 10:00am. What to bring: A camp chair for your comfort, A dish or dessert to share (optional but appreciated) Lets gather to celebrate community, connection, and good company. We look forward to seeing you there.

For transportation questions please

contact Perry Carrington (360) 968-3416

May 21st- Elders advisory meeting, Skokomish Community Center lunchroom, Time: 12:30 or after elder's lunch Come help plan upcoming elders' activities for our elders' program, your ideas and input are greatly appreciated.

Elders Birthday Lunch

Date: May 28th last Thursday of every month

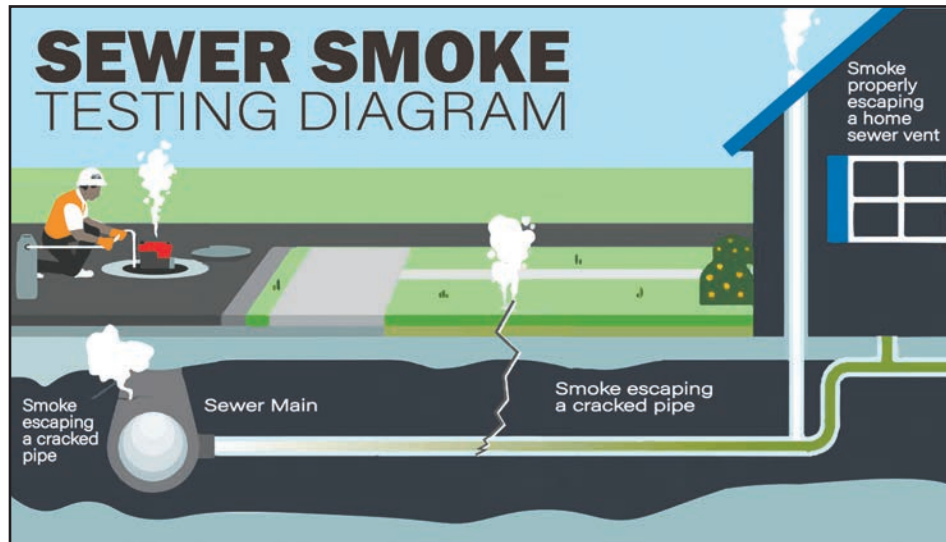
Location: Skokomish Community Center

Lunch: 12:00 noon boardgames cribbage cornhole games

May Guest: 12:30 or after lunch, Denny Hurtado, Will show some of his photo collection

PUBLIC NOTICE

The Skokomish Tribe staff along with Evergreen Rural Water of Washington (ERWOW) will be conducting smoke testing of the Skokomish Indian Tribe's Sewer System on May 7.



Testing will be conducted at the following times on May 7:

- 9:00 am and 1:00 pm.

A special non-toxic smoke will be used in these tests. The smoke is manufactured for this purpose, leaves no residuals, or stains and has no effect on plants or wildlife. The smoke has a distinctive, but not unpleasant odor. Visibility and odor last only a few minutes where there is adequate ventilation.

An important task of the testing will be to locate breaks and other defects within the sewer system. The smoke will also reveal sources of where the storm and other surface water enters the sewer system.

Because the plumbing appliances in your house or building are connected to the sewer system, some smoke may enter your home or place of business if the:

- Vents connected to your building's sewer pipes are inadequate, defective or improperly installed.
- Traps under sinks, tubs, basins and other drains are dry, defective, improperly installed or missing
- Pipes, connections and seals for the wastewater drain system in and under your building are damaged, defective, have plugs missing or are improperly installed.

All residents and businesses are advised that if traces of this smoke or its odor enter your house or building, it is an indication that gases and odors from the sewer also may enter. These can be both unpleasant and dangerous, as well as a health risk to the occupants.

Should smoke enter your home or business, please contact Thomas Kachman (360-463-0604) or Nikki Burfiend (360-877-6748).

Skokomish Tribe or ERWOW staff will be able to help and check with you as to where the smoke has entered your building. Location and identification of the source of smoke will be noted. A plan will be developed to correct the identified problem with the sewer line. Your cooperation is appreciated.

If you have any questions or would like more information, please contact Thomas Kachman.

Tribal Members with Birthdays in May

1st

Patricia Haga
Naomi Capoeman
Stormy Hawk
Sunsomay Keith

2nd

Sa-nan-nook Smith

4th

Eric Cultee
Harold Gamber
Yvette Johns
Denese LaClair
Harmony Taylor
Elliana Carrington

5th

Zayden Peterson
Emory Ware

6th

Sheila Kenyon
Amina Henry

7th

Amy Kenyon
Charles S Longshore
Loralee Michaelson
Jacob P. Smith
Rachel Smith
Chevy Thomas
Lokadah Green-Nunes
Erick Andrews

8th

Tanisha Emerson
Harry Teo

9th

Edward Smith
Talon Sparr

10th

Ray Auld
Cheyenne Smith

11th

Helen Cultee
Justin Miller
Charlie Henry Jr

12th

Fawn Gouley

13th

Rebecca Carey

15th

Stella Fields
Billie Jimenez
William Smith
Marilyn Thomas
Thomas Gouley-Miller

18th

Carol Smith
Kotori Campbell

19th

Lloyd D. Wilbur

20th

Alfred Smith
Eleanor Smith
Hunter Wall

22nd

William Veliz
Ma'sye Taylor

23rd

Willard Johnson
Harmon Sparr
Nova Dominguez

24th

Stephanie Lucero
Donavan Allen

25th

Robert Miller

26th

Evan Capoeman
Teniesha Johns

27th

Jacklyn Smith
Brian Paul Little
Raven
Nina Edwards
Stacia Peterson
Madeline Hermann

28th

Kim Ortis
Xavier Allen-Johns

29th

Dakota Andrews
Terry Johns
Justin Wilke

30th

Louis Herrera
Randy LaClair

31st

Aaron Strong
Sonni Cordova



MAY PROMOTIONS YOU DON'T WANT TO MISS



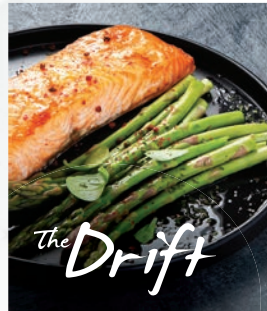
CLUB LUCKY MULTIPLIER EVERY TUESDAY IN MAY 10AM – 6PM

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

CLUB LUCKY = 2X Lucky Points

LUCKIER DOG = 3X Lucky Points

LUCKIEST DOG = 4X Lucky Points



MOTHER'S DAY SPECIAL SUNDAY, MAY 10 11AM – 9PM | \$32

Salmon Entrée featuring an 8 oz. Sockeye Salmon topped with herb butter served with sauteed asparagus, rice pilaf, and a dinner roll.



WEARABLE WEDNESDAYS EVERY WEDNESDAY IN MAY 10AM – 8PM

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

Wearables for May 2026 include **Pacific Northwest T-Shirt**, **Squatch Prevent Wildfires T-Shirt**, **All Good on the Hood T-Shirt**, and **Outsider T-Shirt**.



LUCKY FLOWERS EVERY FRIDAY IN MAY 6PM – 9PM DRAWINGS EVERY 30 MINUTES

Every Friday you have a chance to play the Lucky Flowers game and win up to **\$2,000 CASH**.

Find as many Lucky Flowers as possible before revealing three storm clouds.

One FREE entry daily.

Earn additional entries:

One additional entry for every 50 base Lucky Points earned.

Activate entries on the drawing night beginning at 5PM.



SIENNA STONE COOKWARE GIFTING SELECT THURSDAYS IN MAY 2PM – 8PM

Earn 200 Same Day Points to receive a **FREE** gift. Items include a Sienna Stone Saucepan with Lid, Sauté Pan with Lid, Everyday Skillet and Warming Mat.

Thursday, May 7 **Thursday, May 14**
Thursday, May 21 **Thursday, May 28**

Each item is revealed each week at the start of the gift pickup.

Points must be earned on the date of gifting to receive the gift.



FREE FOR ALL GIFTING SUNDAY, MAY 24 NOON – 6PM

All Club Lucky members may claim a **FREE** gift during the promotional period.

Gifts options will vary with the primary gift being a Sienna Stone personal fry pan.



\$2,500 SPRING SPIN SUNDAYS, MAY 3 & 17 NOON – 6PM

Spin and win up to \$2,500 CASH.

Play the Spring Spin game on your favorite gaming machine.

Each reveal guarantees a prize.

One **FREE** game play per week.

Earn one additional game play with 101 Lucky Points earned.



MOTHER'S DAY BONUS LUCKY BUCKS

**SUNDAY, MAY 10
NOON – 6PM**

All Club Lucky Members who are Mothers receive **\$7 in BONUS Lucky Bucks** when you visit Club Lucky.

(If you are a mother or mother figure you are eligible)

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

Wanda on Dancing Drums	\$28,220
Shannon on Money Gong	\$16,208
Jose on Lion Link - Prosperous Rooster	\$14,786
April on Fortunes of the Seas	\$10,777
Kyla on Timberwolf Triple Power	\$10,738
Angela on Mariachi Fortunes Trio	\$10,375
Sarah on Jin Ji Bao XI - Rising Fortunes	\$8,385



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.



CHEF'S SPECIAL

GRILLED PORK CHOP | \$22

8 oz. pork ribeye, grilled and served with creamy mashed potatoes, savory gravy, and garlic-sautéed broccoli.

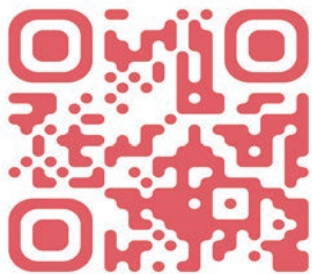
PRIME RIB

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 pick out the young men from Skokomish in this photo?
Please turn to page 15 for the answer! Good luck!

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

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 Wenatchee, WA 98801

Rez Sudoku Puzzle of the Month

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

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

The Sounder

3sXeXa?! "It's All Written Down"
 North 80 Tribal Center Road
 Skokomish Nation, WA 98584
 Phone: (360) 426-4232 ext 2053
 Fax: (360) 877-5943
 E-Mail: sounder@skokomish.org
 Mark Warren, Editor

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

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