



Skokomish Elders Program Celebrates Active May, Looks Ahead to June Outings

Our Skokomish Elders Program wrapped up a full and lively month of May, marked by community fundraising, outdoor gatherings, and ongoing celebrations honoring the Nation's elders. From a bustling arts and crafts bazaar to a relaxing afternoon in the park, the program kept elders engaged, connected, and celebrated throughout the month.

Bazaar Brings Community Together for Good Cause



On May 2nd, the Skokomish Vocational Rehabilitation Program hosted the Annual Tuwaduq Arts & Crafts Bazaar, and the Elders Program was an active participant throughout the day. Staff and elders set up an arts and



crafts table, a plant sales table, and a raffle table, drawing steady interest from community members in attendance. Elder cooks also took to the kitchen, preparing and selling Indian Tacos and hamburger soup, which proved to be popular offerings at the event.

All proceeds from the Elders Program's participation went directly to the Skokomish Elders Activities Fund, which supports programming, outings, and celebrations for tribal el-

ders throughout the year. Every purchase made at the elders' tables was a direct investment in the wellbeing of the community's most cherished members.

Program coordinators extended a heartfelt thank you to the many people who made the day a success, including elder volunteers, elder cooks, Tribal staff, and community members who continue to show up in support of the program and its fundraising efforts.

Elders Enjoy Spring Outing at Skokomish Park

On May 20th, the Skokomish Elders Program and Tuwaduq staff hosted a potluck lunch outing at Skokomish Park. Attendees gathered to share homemade dishes, enjoy laughter, and spend a relaxing afternoon outdoors together. The park was particularly beautiful this time of year, providing a scenic and peaceful setting for the gathering. Organizers noted it was a much-needed and well-deserved out-

ing for the elders who attended, offering a refreshing break from the routine and a chance to reconnect with one another in a natural setting.

Monthly Birthday Lunch Continues

The Elders Program continues to host its Monthly Elders Birthday Lunch on the last Thursday of every month, a beloved tradition that recognizes all elders celebrating birthdays that month. In addition to a shared meal, the event features board games, corn-hole, special guests, and culturally relevant movies. All community members are welcome and encouraged to come out and join in the food, fun, and fellowship.

June Events on the Horizon

The Elders Program has two exciting outings planned for June. On Saturday, June 13th, the program plans to attend the Muckleshoot Gold Cup Indian Relay Horse Races at Emerald Downs in Auburn, Washington, a thrilling cultural event that draws visitors from across the region. Community members interested in attending are asked to contact the program as soon as possible.

A second outing is scheduled for Wednesday, June 24th, with a planned visit to the Burke Museum. Elders wishing to attend are encouraged to reach out early so organizers can plan accordingly.

For more information or to sign up for upcoming events, contact Skokomish Elders Coordinator **Perry Carrington** at 360-426-7788 or 360-968-3416.

Photos by: Perry Carrington and Tony Herrera

~ EDUCATION NEWS ~

Eagle Child Spotlight:

Eagle Room's student of the month is Kalaiah! "Kalaiah is such a sweetheart. She is a little shy, but she has been blossoming into such an amazing little human! She's the sweetest, silliest girl with so much compassion and love for her friends. She has such a big heart and can always make her friends laugh. She's sooo smart and such a fast learner. Everyone loves her and her big hugs!" -Teacher Taliah



Deer:

Our classroom had the opportunity to watch the life cycle of butterflies over the past few weeks. Then, they saw them released to find a new home. We also planted flowers to learn about plant life. Our students will be caring for their plants, watering them and watching them grow. We had some activities about seats that we use on a daily basis. We continue to introduce letters of the alphabet and are going to make a nature pinata for the letter "P". Our next classroom study will be learning about rocks. -Teacher Angel

Deer Student Spotlight:

Deer Room's student of the month is Urijah! "Urijah is a very loving little guy that loves the color red. He enjoys music, different toy vehicles that make sounds, and being outside on the playground. He also enjoys practicing letter recognition and counting. He is a pleasure to have in our classroom." -Teacher Angel



Orca:

The kids had so much fun learning about butterflies, their life cycle, and Skokomish song and dance.

They are continuing to learn their numbers and letters. We are almost through the letters that have straight lines, soon will be doing letters with curves.

The kids are continuing to learn the canoe song, and we have been singing it a few times a week. We will be bringing the paddles into class for them to learn the dance. Both classes will be learning in preparation for graduation. We have gotten a few new kids in Orca since school has started, and our kids are doing well with the regular schedule of the day. They also have been having fun learning our tuwaduq words, counting to 10 is one of their favorites. -Teacher Lucille



Orca Child Spotlight

Orca room's student of the month is A'naiya! "A'naiya is a super cute kid with a personality to match! She is so smart, one of her favorite things to do is circle time. She is great at coloring, playing with her friends, and learning. She participates in everything we do and just enjoys being at school. Pictured is her learning one of the Skokomish tribe's songs- the butterfly song and dance. Her birthday is coming up and we wish her all the best!" -Teacher Lucille

Bear Student Spotlight:

Bear room's student of the month is Ezra. "Ezra has come a long way from when she first began attending our program. She enjoys hanging out with her classmates now and likes to partake in any activities that the teachers have going on in their room. Ezra's favorite word lately is "Hi" and she'll keep telling you hi until you tell her "hi" back. She is also enjoying practicing her colors while in class." -Teacher Molly



Upcoming Graduation Ceremonies

Choice High School

June 4 @ 6:00 PM – PAC

SPSCC

June 13 @ 10:00 AM – The Evergreen red square

Cedar High School

June 6 @ 6:30 PM – SHS PAC

Hood Canal School District #404

June 15 @ 4:30 PM – gym

Shelton High School

June 6 @ 6:00 PM – SHS

Skokomish Education Department Celebration

June 20 – (decorate)Cars @ TC 1:00 PM, Parade 2:00 PM, Ceremony 3:00 PM - Skokomish Community Center

NWIC

June 8 @ 1:00 PM – Lummi Campus

Skokomish ECE Head Start

July 18 @ 10:00 AM – Skokomish Community Center

Evergreen State College

June 12 @ 1:00 PM – Red Square

Eastern WA University

June 12 & 13 @ 9:00 AM, 1:00 PM, 5:00 PM – Reese Court

OUR BRIGHT SHINING STARS



James Byrd is a hardworking and kind 4th grader who always comes to school ready to learn. James is very respectful to his classmates and teachers. He takes pride in what he does and stays on top of his work. His class recently went on a clam seeding field trip down to the boardwalk where he had a blast! We look forward to continuing to watch him grow and succeed. Way to go James!

This month's Student Spotlight is Raiden Stratton! As the school year starts wrapping up, Raiden is already excited for summer school to start because he doesn't want to stop learning. He loves school, enjoys learning new things. His class recently visited the zoo, and his favorite parts were seeing the tigers and riding the carousel.



06.20.26

Save the Date

The Skokomish Education Department would like to invite you to join us in celebrating 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.

Congratulations!

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

For any questions, comments or concerns please reach out to Amber Hanson (Education Manager)

at 360-877-2460.



Building Tomorrow's Leaders

Employee Spotlight



Shanon Millman has been working in the Skokomish education department for 10 years. Her title is the Director of Tribal Programming with South Puget Sound Community College. Within her role she serves our high school plus students here in Skokomish, as well as Squaxin, Che-

halis and Nisqually. The high school plus program is an excellent program for students to complete and receive their high school diploma. Shanon serves students 18 and older. Between all 4 tribes and over 10 years, Shanon has helped 232 students receive their diploma, 74 being received in Skokomish. This year we will have 11 new graduates. Shanon is dedicated to the success of our students and tribal members, and we cannot thank her enough for her hard work. Congratulations on your 10 years of service with Skokomish and thank you for your dedication to our tribal and community members.

If you are interested in obtaining your high school diploma, do not hesitate to reach out to us in education. Shanon is available in person Tuesday's and Thursday's from 12:30pm – 5pm or you can drop in and talk with Amber Hanson, the education manager for

more 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

day 3-5pm

- During lunch and recess at Hood Canal School

Grades 9-12 @ The Education Building with 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.

TOM'S AFTER SCHOOL PROGRAM *June 2026*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Art: Water Bottle Yard Ornament	2 Art: Paper Lei's <small>Bo's Fitness 5:00 PM Youth 6:00 PM Adults</small>	3 <i>Local Trip</i> YMCA	4 <i>Local Trip</i> Potlatch State Park <small>Bo's Fitness 5:00 PM Youth 6:00 PM Adults</small>	5	6
7 	8	9 <small>Bo's Fitness 5:00 PM Youth 6:00 PM Adults</small>	10 <i>Culture Day</i>	11 Last Day of Tom's ASP <i>Field Day</i> <small>Bo's Fitness 5:00 PM Youth 6:00 PM Adults</small>	12	13
14	15	16	17	18	19	20
21 <i>Happy Father's Day!</i>	22	23	24	25	26	27
28	29	30				

SCHEDULE

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:
Summer/ Skok Olympics

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

Building the Next Generation of tuwaduq Language Keepers

ʔasayəb ʔisuwa It's a good day everybody! With the retirement of Tony Herrera, the language department has been super busy! Over the last couple of months we've had 2 Community Language Night events, gone to a very informative Native Language Convening hosted by the Office of the Superintendent of Public Instruction, and been teaching classes 4 days a week at the Head Start working with all of the children, as well as teaching classes 2 days a week to the kindergarteners and first graders at Hood Canal School. We are happy to say that this work is beginning to pay off. The kindergarteners and first graders showed off their tuwaduq knowledge at the end of April, flawlessly singing the tuwaduq counting song that we have been practicing with them all school year in front of the entire school. Our program has been working with many of the first graders for 3 years, since they attended Head Start. The goal is to follow those children all the way up to 8th grade, each year adding another grade to the classes we already work with. It will take time, but with continued work and practice, we will have a population of tuwaduq speakers who can carry on (and hopefully pass on) their Ancestral language and keep it alive and thriving. For the month of June, we are planning a make two take one style Community Language Night where we will be

making paddle necklaces. The first necklace that each person makes will be used as part of the give away items that our Skokomish people will pass out at Canoe Journey in July. The second one, will be yours to keep. As always, we will have raffles for kids and adults, but in order to win, you must be present. This applies to the children as well, since the raffles are meant to encourage them to stay in the room with us and participate. Dinner will be provided, and we would love to see you there! Community Language Nights are held on the last Wednesday of the month (unless there is a holiday or funeral service) at 5pm at the Community Center.

Some other things that we can help you with include:

- Printing language posters
- Help with word pronunciation and spelling
- Private language lessons, individual or small groups
- Words or phrases in tuwaduq
- Large format printing for educational purposes

If there is something specific that you need language help with, feel free to stop into the Education building to see us. You could also call us at 360-877-2460 ex. 2702 or email us at christie@skokomish.org or ladean@skokomish.org and we'll do our best to get you the information you need.

Rez Photo of the Month Answer



The young lady in this photo is none other than: Georgie Johns! Cooking of course :)

Join us for
Community Language Night
Wednesday, June 24th
at the Skokomish Community Center at 5pm!

Come and create your very own paddle necklace for Canoe Journey, learn some tuwaduq, and enjoy a meal with us! There will be a raffle for the kids, and one for the adults The adult raffle will include prizes purchased from tuwaduq artists. Dinner is provided, adults and kids must be present to win raffles!





SKOKOMISH
Summer Youth Employment

WE ARE HIRING

Youth Ages 14-19

- Interns
- Apprentices
- Supervisory Positions 18+

Due by June 12th by 5pm

APPLY NOW!

Applications Available at Skokomish WFD (TANF)
Can be emailed upon request

Must meet WFD Eligibility

*Spots are limited, submission of application does not guarantee employment**

Questions?

Youth Program Contact:
Chris James at (360) 490-8161 or
cjames@skokomish.org

WFD Staff Contact: (360) 877-2200
Youth Coordinator: Tristan Johnson EXT: 2504
tristan@skokomish.org
Employment and Training: Tricia Longshore
tlongshore@skokomish.org

NATURAL RESOURCES RESTORATION PROJECTS THIS SUMMER



There will be a lot of construction activity in the Skokomish Watershed this summer as two of our many watershed restoration projects are coming to fruition this year!!

In the Upper South Fork, work has already begun with an access road and staging area for the large wood that will be placed in the river.

At river mile 6.5 there will be a staging of large wood and construction equipment to create side channels that connect to the wetland complex and install engineered log jams at key locations.

There will be closures in some areas while construction is taking place. This could impact travel times and access to the Upper South Fork, and will close

the WDFW area at rocky beach, which will impact river floating.

These projects are being implemented to:

- Restore natural function to degraded habitats
- Manage sediment distribution, storage, and transport
- Provide an abundance of pools, riffles, and shade for the various life cycles of salmonids
- Increase connectivity with the floodplain and wetlands via overflow channels

Please be careful this summer when traveling the Skokomish and keep clear of the construction. We'll update at the end of summer with images post-project. So, stay tuned



Hedgerow planting effort:

In April the Skokomish natural resources department partnered with Mason Conservation District (MCD) to install a planting at the community center. Our crew processed all the necessary approvals and conducted the site preparation, while MCD provided over 400 plants (see list below), all the soil and mulch, as well as the labor involved!!

Shrubs

Scientific Name	Common Name	Quantity
<i>Corylus cornuta</i>	Beaked Hazelnut	12
<i>Lonicera involucrata</i>	Black twinberry	3
<i>Sambucus caerulea</i>	Blue elderberry	7
<i>Vaccinium ovatum</i>	Evergreen Huckleberry	12
<i>Physocarpus capitatus</i>	Ninebark	3
<i>Holodiscus discolor</i>	Oceanspray	1
<i>Vaccinium ovalifolium</i>	Oval leaf blueberry	15
<i>Rhododendron macrophyllum</i>	Pacific Rhododendron	3
<i>Ribes sanguineum</i>	Red flowering currant	4
<i>Vaccinium parvifolium</i>	Red huckleberry	12
<i>Rubus spectabilis</i>	Salmonberry	6
<i>Mahonia (Berberis) aquifolium</i>	Tall Oregon grape	5
<i>Rubus parviflorus</i>	Thimbleberry	12

Ground Cover

Scientific Name	Common Name	Quantity
<i>Solidago canadensis</i>	Canada goldenrod	10
<i>Camassia quamash</i>	Common camas	16
<i>Arctostaphylos uva-ursi</i>	Kinnikinnick	50
<i>Allium cernuum</i>	Nodding onion	24
<i>Gaultheria shallon</i>	Salal	5
<i>Lupinus polyphyllus</i>	Washington Lupine	6
<i>Aquilegia formosa</i>	Western Columbine	7
<i>Fragaria virginiana</i>	Wild strawberry	2
<i>Fragaria vesca</i>	Woodland Strawberry	300
<i>Achillea millefolium</i>	Yarrow	24



SKOKOMISH RESOLUTIONS APPROVED BY TRIBAL COUNCIL

- ❖ **RESOLUTION NO 2026-033:** A RESOLUTION TO APPROVE SLD CONTRACT NO. 2026-K-00041 FOR ELECTION SERVICES WITH M.K. ELECTION SERVICES, LLC
- ❖ **RESOLUTION NO 2026-034:** RESOLUTION APPROVING THE SUBMISSION OF AN APPLICATION FOR THE AMERICAN INDIGENOUS TOURISM ASSOCIATION'S FY 2026 NATIVE ACT GRANT
- ❖ **RESOLUTION NO 2026-035:** A RESOLUTION APPROVING THE PROFESSIONAL SERVICES AGREEMENT WITH THE LOWER ELWHA KLALLAM TRIBE
- ❖ **RESOLUTION NO 2026-036:** A RESOLUTION APPROVING
- A CONTRACT WITH JOSHUA C. SNEVA AND APPOINTING HIM AS INTERIM PROSECUTOR FOR THE SKOKOMISH TRIBAL COURT
- ❖ **RESOLUTION NO 2026-037:** A RESOLUTION APPROVING A PROFESSIONAL SERVICES CONTRACT WITH JUSTIN KOVER OF KOVER LAW PLLC FOR CIVIL LEGAL AID SERVICES
- ❖ **RESOLUTION NO 2026-038:** A RESOLUTION APPROVING THE SKOKOMISH INDIAN TRIBE'S 2026/2027 ANNUAL COMMERCIAL AND SUBSISTENCE DUNGENESS CRAB REGULATION.
- ❖ **RESOLUTION NO 2026-039:** A RESOLUTION APPROVING THE RELINQUISHMENT OF TRIBAL MEMBERSHIP OF LISA LYNN OLNEY RUFFIN
- ❖ **RESOLUTION NO 2026-040:** A RESOLUTION APPROVING THE RELINQUISHMENT OF TRIBAL MEMBERSHIP OF RAYMOND EUGENE GOULEY
- ❖ **RESOLUTION NO 2026-041:** A RESOLUTION APPROVING A DATA SHARING AGREEMENT FOR THE PACIFIC NORTHWEST CRAB RESEARCH GROUP
- ❖ **RESOLUTION NO 2026-042:** A RESOLUTION APPROVING SPIPA'S SUBMISSION OF A RENEWAL APPLICATION TO THE U.S. DEPARTMENT OF LABOR EMPLOYMENT AND TRAINING ADMINISTRATION
- FOR PROGRAM YEAR 2026 WIOA SECTION 166 INDIAN AND NATIVE AMERICAN PROGRAM FUNDING ON BEHALF OF THE SKOKOMISH INDIAN TRIBE
- ❖ **RESOLUTION NO 2026-043:** A RESOLUTION APPROVING THE SUBMISSION OF THE UPDATED 25 C.F.R. PART 292 APPLICATION FOR THE DUHLE-LAP CASINO 43.5-ACRE PROPERTY.



Skokomish Tribal Court Welcomes Civil Legal Aid Justin Kover



Kover serves as the Civil Legal Aid Attorney. He provides legal assistance to eligible Tribal members in qualifying civil cases. Tribal members may contact him for help understanding court paperwork, preparing for hearings, receiving legal guidance, and getting representation in court when appropriate.

Mr. Kover grew up near the Nisqually Reservation and earned his law degree from the University of Idaho College of Law.

Office Hours:


Wednesdays during scheduled Skokomish Tribal Court hearings. Additional appointments may be available as scheduled.

Contact:

Justin Kover, Civil Legal Aid
 Phone: (360) 951-6962
 Email: Jkover@skokomish.org
 Tribal members with questions about eligibility, services, or scheduling may contact Justin Kover directly.

Justin Kover is a descendant of the Nisqually Tribe and an experienced Tribal law attorney. He has worked in many areas of Tribal law, including housing, eviction matters, Indian Child Welfare, truancy, criminal defense, prosecution, and other civil matters. He is admitted to practice in Tribal Courts across Washington and California.

In Skokomish Tribal Court, Mr.



SKOKOMISH INDIAN TRIBE

General Body Meeting

Community Center
 Saturday, June 6th, 2026
 10:00AM

Agenda Items:

- Approval of Agenda/Minutes
- Adoption Request
- 2026 Nominations:
 - (2) Tribal Council Member, Term ending: 2030
 - (1) General Body President Term ending: 2027

**Questions: General Body President,
 Gussy Wilbur: (360)463 2679**

~SKOKOMISH WELLNESS CENTER NEWS~

June is PTSD Awareness Month

By, Anna Cook, RMA, SUDPT
MAT Coordinator

Post-Traumatic Stress Disorder, or PTSD, is something that can happen after a person goes through a very scary, dangerous, or upsetting event. This could be something like a bad accident, a natural disaster, violence, or losing someone important. PTSD does not mean a person is weak. It means their brain and body are having trouble feeling safe again after something frightening happened.

Our brains have a built-in alarm system to help protect us from danger. When we are scared, the brain sends signals to the body to get ready to react quickly. This is called the "fight, flight, or freeze" response. The heart may beat faster, muscles may tighten, and breathing may speed up. These reactions are helpful during real danger because they help keep us safe.

For someone with PTSD, the brain's alarm system can stay turned on even after the danger is over. It is like a smoke alarm that keeps ringing after the fire is gone. The brain keeps warning the body that something bad might happen again, even when the person is safe.

Because of this, PTSD can affect

both the brain and the body. A person may have nightmares, scary memories, trouble sleeping, or feel nervous and jumpy. Loud sounds or reminders of the scary event may suddenly make them feel afraid. Their body may also react with headaches, stomachaches, tiredness, or a racing heartbeat.

The good news is that people with PTSD can get help and feel better over time. Talking to trusted adults, counselors, or therapists can help the brain learn that the danger has passed. Calm breathing, exercise, sleep, art, music, and spending time with caring people can also help the body relax and feel safe again.

It is important to remember that people with PTSD are not "crazy" or "broken." Their brains are trying very hard to protect them. With support, patience, and care, many people with PTSD heal and learn healthy ways to cope with their feelings and memories.

Not everything is negative with PTSD, people can slowly grow in good ways too. That doesn't mean the bad thing was okay. It just means people can heal and become stronger over time.

Here are some positive changes that can happen:

- They realize they are stronger than they thought.

- A person might think, "Wow, I got through something really hard."
- They care more about other people's feelings.
- They become closer to family or friends.
- Hard times can bring people together.
- They appreciate little things more.
- They become braver about trying new things.

- Some people use their experience to support people who are hurting.

It's also important to know that healing can take a long time. People can still feel sad, scared, or upset while they're growing stronger. Both things can happen at the same time.

If you feel like you need to talk to someone, you can call and schedule an appointment with one of our licensed trauma specialists; Daylen, Terri, or Ari at the Skokomish Wellness Center 360.426.5755.

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.

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

June 1st, 15th, 29th

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

A Simple Call Helps Everyone Get Care

In this community, every medical appointment matters. When a patient does not show up and does not call, that time is often lost. A doctor, nurse, or health worker is ready to help, but the appointment goes unused. At the same time, another person in the community may be waiting for care. That person may be sick, in pain, or worried about their health. Calling ahead to cancel an appointment is a simple act, but it can make a big difference.

If you think you may not be able to make your appointment, please call us at 360-426-5755 as soon as possible. Even a little notice can help. Keep the clinic phone number in a place that is easy to find, such as on your refrigerator or in your cell phone. If you need a different day or time, our

staff can help reschedule you. We want you to get the care you need when you can come in.

There is no penalty for calling ahead to cancel. We understand that life happens. Cars break down. Work schedules change. Children get sick. Weather can turn bad (or good). Sometimes you wake up and know you cannot make your appointment. That is okay. Our goal is not to punish anyone. Our goal is to help every patient get care in the best way we can.

Good health care depends on working together. By calling ahead to cancel, you help yourself, the clinic, and the whole community. Please remember: if you cannot come, call. That simple step can help care reach the people who need it most.



South Puget Intertribal Planning Agency

Diaper Distribution

Skokomish Tribe

Friday, June 12th

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



2026 TRIBAL ELECTIONS

ATTENTION TRIBAL MEMBERS
DON'T FORGET TO CAST YOUR
VOTES ON **MONDAY, JUNE 8,**
2026 AT THE SKOKOMISH
COMMUNITY CENTER!!

POLLS OPEN: 12:00PM
POLLS CLOSE: 8:00PM



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).

Telemedicine is available for:

- Primary care follow-up visits
- Chronic disease management (diabetes, blood pressure, etc.)
- Some medication refills
- Behavioral health check-ins
- Minor illnesses like UTI symptoms

How it works:

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

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

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

Warrior's Path Crime Facts and Safety Tips

Property Theft Prevention:

With nice weather, and summer just around the corner it is tempting to leave our tools and toys outside. Here are some tips on how to keep your belongings safe:

- Keep belongings out of sight in home, garage, or shed
- Install flood lights to detour would-be thieves from property
- Break down and dispose of boxes from big purchases like televisions
- Lock up homes and outside facilities with a heavy-duty lock
- Install a security camera that catches angles to your property

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

Eben Card

Victim Services Manager
Ecard@skokwellness.gov



Guidance for Skokomish Tribal Members Seeking Medical Care at Mason General

When you or a loved one who is an enrolled Skokomish Tribal member or eligible for Purchase Referred Care (PRC) are admitted to Mason General Hospital, we at the Skokomish Clinic ask that you present with your tribal identification card and state that your primary care provider is located at the clinic; doing so allows for Mason General's case management staff to communicate to us that you are receiving care there. This means that in situations where, for example, a tribal member is admitted to the emergency room (ER), we will be made directly aware by the hospital's staff that you have been taken to the ER and will therefore be more capable of maintaining accountability in your medical care for the duration of your time there. If a loved one is admitted and unable to do so themselves, we ask that you notify Mason General staff of their tribal enrollment so that line of communication may be established. This simple step goes a long way to ensure Skokomish community members receive quality care from external providers. Thank you for doing your part!

Sasha Redfield, Wellness Case Manager at the Skokomish Clinic

MEET THE TEAM

TRIBAL MEMBER
Meet n' Greet Brunch

June 24th, 2026
8am-12pm

Tribal Center Elder's Room

SKOKOMISH WELLNESS CENTER

BILLING & BENEFITS + PRC DEPARTMENT

June Community Reminder

Stay covered. Stay connected. Plan ahead for summer appointments.

June is a great time to review your health coverage and make sure your information is up to date. Our teams are here to help with insurance questions, benefit renewals, medical bills, referrals, and PRC-related needs.

Benefits & Billing Checklist

- Update phone, address, household, job, income, or insurance changes.
- Bring your current insurance card to every appointment.
- Watch for Medicaid, Medicare, Marketplace, or other renewal letters.
- Bring medical bills or EOB letters to staff as soon as possible.
- Ask questions early to help prevent delays, denials, or unexpected bills.

PRC Reminders

- Contact PRC before outside appointments when possible.
- Make sure referral and authorization steps are completed before the visit.
- Report ER or urgent care visits to PRC promptly.
- Call before traveling if you may need care away from home.
- Keep copies of a appointment, referral, and billing paperwork.

Summer can bring travel, school changes, and outside appointments. Contact us early so we can help avoid coverage gaps, referral delays, or unexpected bills.

SUMMER TRAVEL

Planning a trip? Call before you leave to ask what to do for urgent or emergency care away from home.

STUDENTS & GRADUATES

Graduation, moving, new employment, or school changes may affect coverage. Let us know what has changed.

BENEFIT RENEWALS

Do not ignore renewal letters. Bring them to our office if you need help completing or understanding paperwork.

JUNETEENTH - JUNE 19

Watch for office closure information and plan ahead for benefit questions, referrals, and billing assistance.

Need help? Contact Billing & Benefits or PRC.

Billing & Benefits and PRC: 360-426-5755
Office Hours: 8 am – 5 pm | Location: 100 N Tribal Center Rd

We are here to help you understand your benefits, avoid coverage gaps, and handle referrals and billing information correctly.

Please bring current insurance cards, renewal notices, medical bills, and Explanation of Benefits letters when asking for assistance.

PRC COMMUNITY REMINDER

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

Questions? Call Beth:
360.426.5755 EXT. 2101

CARING FOR SOMEONE WITH ALZHEIMER'S: SUPPORTING THEM WHILE CARING FOR YOURSELF

Written By: Desiree White, MPH

Caring for a loved one with Alzheimer's is an act of love, but it can also be tiring and emotional. Many caregivers put their own needs aside, which can lead to burnout. This guide offers simple tips to help you care for your loved one and protect your own wellbeing. It also explains sundowning, a common Alzheimer's symptom, and how to respond when it happens.

What Is Sundowning?

Sundowning is when a person with Alzheimer's becomes more confused, restless, or upset in the late afternoon or evening. About 1 in 5 people with Alzheimer's experience this. Their brain has a harder time handling fatigue, changes in light, and the busy feeling of the end of the day.

Common signs of sundowning

- Pacing or wandering
- Irritability or anger
- Trouble following directions
- Shadowing (staying very close to the caregiver)
- Yelling or resisting care
- Difficulty falling asleep

These behaviors are symptoms of the disease, not intentional actions.

How to reduce sundowning and aggressive behavior

- Keep a steady daily routine. Predictability helps reduce stress.
- Lower noise and bright lights in the evening. A calm environment helps them relax.
- Limit caffeine and sugar later in the day. These can increase agitation.
- Encourage gentle daytime activity. Walks, sunlight, or simple tasks can improve sleep.
- Use a calm voice and simple phrases. Your tone can help them feel safe.
- Avoid arguing or correcting. Reassurance works better than logic during confusion.
- Offer soothing activities. Soft music, warm blankets, or hand holding can help.

If behavior becomes unsafe, talk with a healthcare provider about additional support.

The Emotional Load of Care giving

Being a caregiver can feel

overwhelming. You may feel tired, stressed, or alone. These feelings are normal. Burnout happens when caregivers push themselves too hard for too long.

Signs of caregiver burnout

- Constant fatigue
- Irritability or sadness
- Feeling guilty for wanting a break
- Trouble sleeping
- Losing interest in hobbies
- Feeling isolated

Recognizing these signs early helps you take steps to protect your health.

Self Care Tips for Caregivers

1. Ask for help

You do not have to do everything alone.

Reach out to:

- Family and friends
- Local support groups
- Alzheimer's Association resources
- Faith or community groups

Even small help makes a big difference.

2. Take regular breaks

Short breaks help you recharge.

Options include:

- In home respite care
- Adult day programs
- Short stays in memory care centers

Rest is not selfish — it's necessary.

3. Care for your body

Your health matters too. Try to:

- Eat regular meals
- Drink enough water
- Move your body each day
- Keep your own medical appointments

Small habits add up.

4. Set realistic expectations

You cannot control the disease. Some days will be harder than others. Focus on what you can do, not what you can't.

5. Create moments of connection

Even simple moments can bring comfort:

- Listening to music
- Looking at photos
- Sitting outside together
- Holding hands

These moments help both of you feel grounded.

6. Protect your emotional boundaries

It's okay to feel frustrated or sad. It's okay to step away for a moment to breathe. It's okay to say, "I need help." You are human.

Final Thoughts

Caring for someone with Alzheimer's is one of the hardest and most meaningful roles a person can take on. Your patience, presence, and love

matter more than you may realize. But you deserve care, too. By supporting yourself, you can continue to support your loved one with strength and compassion.

Oral Buprenorphine And Dental Health

Medication-assisted treatment (MAT) is the use of medication, in addition to other treatment options, to assist in recovery from substance use disorders. Buprenorphine, and medications containing buprenorphine such as Suboxone, are approved for this use.

The Food and Drug Administration (FDA) warns that there is a reported increased risk for dental related problems, such as cavities and tooth loss, associated with the use of buprenorphine containing medications that are dissolved in the mouth. Despite these risks, the FDA states that benefits of buprenorphine clearly outweigh the oral health related risks. The way that Buprenorphine increases the risk for cavities is not definitively known. Possible causes may be buprenorphine's acidity and how it affects saliva's ability to protect the teeth.

The FDA has the following recommendations for patients taking

buprenorphine containing medications that dissolve in the mouth:

- Schedule a dental exam and inform your provider that you are taking oral buprenorphine
- After taking the medication as directed, take a large sip of water, swish it around your teeth and gums, and swallow.
- Wait at least 1 hour to brush your teeth

If you are currently taking oral buprenorphine or are beginning treatment, please inform your dental provider. Your dentist can talk with you about additional ways to protect your teeth including dental sealants and high fluoride toothpastes or mouth rinses.

To schedule a dental exam please contact the Skokomish Wellness Center at 360-426-5755

Kinship Care: Keeping Families Together

Have you ever thought about helping a child in need? Of course, the answer for most of us is a yes. With this in mind, let me encourage you to consider becoming a kinship caregiver. So, What is kinship care? The Department of Children, Youth, and Families (DCYF) and Indian Child Welfare (ICW) uses "kinship care" to refer to the full-time care of a child by relatives, suitable others or relatives defined by tribal code or custom. More than half of the children and youth experiencing foster care in Washington state are placed in kinship care. Caring for a child is a significant responsibility and state and tribal agencies are committed to supporting you as a caregiver.

When you become a foster parent, you provide children and youth with a safe, loving, temporary home, making it possible for them to stay in their school, connected to their parents, siblings, and culture. If you have a family member in foster care, learn how you

can support them as a licensed Kinship Caregiver.

Foster parents need to be supportive of siblings staying together, committed to keeping native children with native families, supportive of all children/youth, aware that foster care is temporary, supportive of family reunification, open to care for medically fragile/complex children, and open to caring for children with emotional, behavioral, and physical needs

You can expect a monthly support based on the age and needs of the child, reimbursement for transportation expenses, training, breaks through respite care, and access to discounts to help with the cost of activities and experiences.

Not ready yet? Respite care is a way to start especially if you have not parented or supervised children and youth experiencing foster care. Respite care is time-limited, temporary care intended to give caregivers a break. Learn More by contacting ICW.

June Is Men's Health Month, And We Want To Amplify Awareness In Our Community!!

Your body is a machine, and every part of it needs care—from protecting your heart with healthy eating habits and regular exercise to making time for hobbies that support self-care, relaxation, and good mental health.

Men's health challenges have long been overlooked, with delayed care, limited education, and early death statistics. **Men die an average of 6 years earlier than women**, often from preventable and manageable diseases.

The top 4 causes of death in Men:

- **Heart Disease** is the leading cause of death among men. Always address issues such as shortness of breath, fatigue, and an irregular heartbeat. Risk factors include high blood pressure, high cholesterol, obesity, diabetes, smoking, and a sedentary lifestyle.
- **Cancer:** Men experience higher mortality rates from cancer due to not getting regular checkups. Go get a checkup if you have unusual changes in your bowel or urinary habits, a persistent cough, unexplained weight loss, or any blood in your urine or stool.


- **Unintentional Injuries:** Unintentional injuries include but are not limited to motor vehicle crashes, accidental poisoning (such as drug overdoses), fatal falls, accidental drowning, and unintentional suffocation. Remember to make smart decisions, your tribe and family depend on you, and the youth are watching you.

- **Stroke:** Stroke has similar causes to heart attacks, but the warning signs to notice are face drooping, arm weakness, and speech difficulty. There is an article about it in the May Sounder, please take a read.



Let's work on getting in our best health this spring and always reach out to the wellness center if you have any concerns or would like help with transportation, medication pick-up, and/or resources for weight management, reducing alcohol and drug use, or other health concerns you may need help.



With wishes of wellness,

Skokomish CHR Team: **Danielle Macomber, Tamela LaClair, Nydesta Gouley**



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

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A Month of Honoring, Healing, and Hope

May has been very eventful for domestic violence outreach. We helped put in items for the Elder's Spring Bazaar which was a huge success. We have been busy with helping to honor our Elders for Mother's Day by preparing, delivering, and gifting plants and other small tokens of appreciation for our elder mothers before and after Mother's Day. Being a mother is the most rewarding part of life. It is also often the hardest. Some have experienced losses which can be devastating at this time of year. Also, not everyone is able to be a biological mother. Some of the best mothers are Aunties and those who step into the very beautiful role of motherhood. We are so honored to be a part of blessing our mothers with a very small token of appreciation for this blessed time of the year. The pop up in May not only honored mothers, but also MMIW, or Missing Murdered Indigenous Women. Our department is also hosting another storytelling workshop by NDIGI Dreams May 28 through the 31st. Those who choose will be able to share their

story in our upcoming Domestic Violence Dinner this October. We are busy planning a special day to honor the amazing Fathers, Uncles, and those awesome men who step into the blessed role of Fatherhood. Also coming up in June, the kids will be out for the summer. It will be time for kids to catch a much-deserved break from their studies. We are so proud of our kids and are looking forward to allowing them to spend some time learning to love, appreciate, and enjoy the outdoors! We all are looking forward to healing with some good old vitamin Sunshine! Always remember if you have a domestic violence related question or need assistance don't hesitate to reach out to Linda Charette, Domestic Violence Advocate, lcharette@skokomish.org or Starla James, Domestic Violence Outreach Specialist starla@skokomish.org or (360) 426-7788. If you have an emergency, please call 911 and reach out to allow us to support you in any way we can.

HONOR YOUR FATHER



HE IS YOUR WORLD

FATHER'S DAY

BBQ COOK-OFF

TFS COVERED AREA

JUNE 24, 2026

CONTACT: LINDA CHARETTE DV ADVOCATE

STARLA JAMES DV OUTREACH SPECIALIST

360-426-7788

This project was sponsored by Grant #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

Celebrating Mothers, Honoring the Missing, and Looking Ahead to Father's Day

Thank you to everyone who attended the Mother's Day Pop-Up and the Missing and Murdered Indigenous People "Pop-Up" on May 15th. It was a huge success with over 90 community members coming through the rain to participate.

We had 8 raffle items from the DV program

The raffle winners from the DV raffle:
Hattie W won a blanket and teddy bear

Audrey S won a blanket and teddy bear

Tom K won beaded earrings with a red hand in the middle

Wendy J won beaded earrings with a red feather in the middle

Bryan J won the purple ribbon skirt

Sonni C won the red hand ribbon skirt with the beaded red hand earrings


Paul P won the tie blanket with the Iris on it

Winona P won the hanging flowers

Congratulations to everyone who won! The next DV "Pop-Up" will be for Father's Day June 24th. A BBQ cook off between the father's is being planned again. The last one was fun and engaging with the community. Watch for more information coming on the BBQ cook off! Contact Linda Charette and/or Starla James to sign up to BBQ. First 10 to sign up. Must bring your own BBQ as well as briquettes or propane. Grand Chief Edward John (Ti'azt'en First Nation) **said Indigenous fathers are probably the greatest untapped resource for improving the quality of life for Indigenous children.** Father's play a very important role in your child's life. They should be the cornerstone of the family, giving support, love and security to the family. There are times that the father's role in the family becomes misplaced and forgotten within the family dynamics. United Indians of All Tribes Foundation has been contacted to come to Skokomish Tribe to present their "Our

Strong Father's" program to the fathers within the tribal community. All father's are encouraged to take advantage of this workshop. It is based on the "Fatherhood is Sacred/Motherhood is Sacred" model created by the Native American Fatherhood & Families Association. The days and times

are still being arranged but if you are interested and want to be included in this workshop, please reach out to Linda Charette, DV Advocate at Tuwaduq Family Services 360-426-7788 to be on the list. More information will be coming soon.



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:
June 9th, 9-3
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.



Carrying Each Other Forward: PTSD Awareness Month and the Path to Healing

June is National PTSD Awareness Month. Let's come together as a collective force to raise awareness of PTSD and Complex PTSD. By promoting awareness, having conversations, and extending unwavering support, we can create a community where the effects of trauma are met with empathy, understanding, and healing. Help us this June as we work toward positive change for everyone affected by PostTraumatic Stress Disorder, no matter the trauma that caused it. What the Numbers Tells Us Natives experience PTSD at rates up to

2-3 times higher than the general U.S. population. Some Tribal communities report lifetime PTSD rates as high as 22-30%. Native youth experience higher exposure to violence and traumatic loss, increasing risk even further.

Why These Numbers Matter
Research shows that Natives experience PTSD more often than other groups not because of who we are, but because of what we have survived. These numbers reflect our history, but they also reflect our strength. Our cultural practices, our land, and our families continue to carry us forward.

In our communities, healing is not only clinical it is cultural. It happens through connection to land, through Elders teachings, through gathering, through song, through beading, through water, and through the steady support of family and community.

PTSD is recognized as a disability when documented by a mental health provider, and this documentation can help community members qualify for Vocational Rehabilitation services. Many of our people carry trauma. PTSD can affect focus, memory, sleep, emotional regulation, and even your physical health. Vocational

Rehabilitation is here to support healing and stability through culturally grounded services that honor who you are and what you've survive, with the goal of gaining self sufficiency through employment.

If you would like some help with Vocational Rehabilitation services, please contact Rosetta LaClair at Rlaclair@skokomish.org Or Chinook Miller at Cmillier@skokomish.org (360) 426-7788

Tribal Members with Birthdays in June

<u>1st</u> Timoteo Cacho Melissa Johnson Adam Visser Kristine Miller Dydemus Cordova	<u>9th</u> Tom Peterson Jr Roslyne Reed Andrew Tinaza Stacy LaClair Roland Thomas	<u>18th</u> Cherai Thomas	<u>25th</u> Russell Cultee Delbert Miller Peggy Miller Maris Bordley
<u>2nd</u> Raymond Johns Jr. Phillip Peterson Alexander Wilbur Ty Wilbur Kierra Pierce	<u>11th</u> Abbie N. Allen Cholon French Jim Byrd IV	<u>19th</u> Valerie Peterson Tanya Slyter	<u>26th</u> Lawrence R. Wilbur
<u>3rd</u> Archie Cultee Penelope Arca	<u>12th</u> Aaron Wilbur Seath'l Johns	<u>20th</u> Benjamin R. Johns Red Hawk LaClair Skylar Miller	<u>27th</u> Willow Byrd
<u>4th</u> Lashya Johns	<u>13th</u> Frederica Plant	<u>21st</u> Toni Smith-Adams Anthony Herrera Julian Johnson Hayzel Luengo-Carter Cheysheen Thomas	<u>29th</u> Tamara Munch
<u>5th</u> John Hawk Mitchell Carrington Jr	<u>14th</u> Emma Sparr Unique Byrd	<u>22nd</u> Amber Sutterlic Adam Flint	
<u>6th</u> Jodell Wilbur Norma J. Cagey Angela Tinaza	<u>15th</u> Amanda Peterson Conan Miller	<u>23rd</u> Kimberly Brasko Harold Allen	
<u>7th</u> Kimberly Smith Malicio Tinaza	<u>16th</u> Celeste Vigil Raquel Vigil Melanie WalkingEagle Khyasha LeftHandBull Aliva Longshore	<u>24th</u> Rick Miller Jr Natalia Wall Cheyden Thomas Daqaste Green	
	<u>17th</u> Anthony J. Herrera		

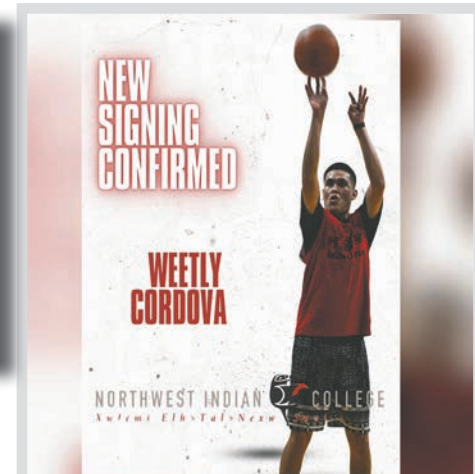


*Happy Mother's Day
We ♥ You
Grandma, Mommy,
Mommy, Auntie Jan,
Sister*

Shout out to Mark Chambless We are so proud of you for all of your accomplishments! Graduating from high school is a huge achievement, now you're ready to go out into the world, just don't forget who you are and where you come from. We're always here to reach out a hand to steady you or pull you up if you fall down.

We love you,
Mom, Dad, Grandma, Grandpa and all your siblings

Matt Rock
Well Fathers Day is coming up, whatcha getting me :) Joking, I am so proud of the father you have become. Your kids are lucky to have someone who fits the bill of "Dad" so well. You wear many hats in your family and you wear them well. Happy Fathers Day Kid, Love Dad



All 3 of the Cordova siblings sign on to play college ball next season. Dydemus Irene and Sonni at Pierce college. Weetly Cordova at Northwest Indian college

Neighbor Keirra!
Happy Birthday!
Miss seeing your smiling face!
Love Neighbor

Norma,
Happy Birthday!
Thanks for always being there, always smiling and just being you :)
Love Mark



Rez Photo of the Month



*Can you name the young lady in this photo?
Please turn to page 5 for the answer! Good luck!*

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Rez Sudoku Puzzle of the Month

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