

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

Skokomish Indian Nation

THE SOUNDER

July 2026

p3dtiyabi'd
"Time of Fruit"

John Edward Smith and the Art of Skokomish

By Torina Kenyon

Most people associate Seattle's waterfront with the glow of the Pike Place Market sign. Fewer know about the other landmark down at Pier 57, one carved rather than lit, and built by our own Skokomish artist John Edward Smith.

There's a rumor that Johnny built an actual "SEATTLE" sign in neon. He didn't. What he did instead is arguably more interesting: he designed the black-and-red whale imagery and logo for the Salish Sea Tours catamarans, two 93-foot boats that run out of Miner's Landing. Out on Elliott Bay, they function

Johnny was born in 1973 and grew up on both the Skokomish and Makah reservations, two communities with their own distinct but related carving traditions. He started carving miniature canoes at nine years old, learning from family members who had carried the practice forward through generations, and that early start grew into a full career. John is now recognized as a master canoe builder, carver, and weaver. Between the Salish Sea Tours boats, his hand-carved paddles, and the full-size ocean-going canoes he builds, some of which have been used in tribal canoe journeys up



almost like a floating sign of their own, a visible piece of Indigenous artistry moving through the heart of downtown Seattle, visible to tourists and locals alike as the boats cruise past the ferry terminals and cargo ships that usually dominate the view.

and down the coast. His work keeps Coast Salish visual tradition present and visible across the region, not tucked away in a gallery somewhere.

The Language Behind the Art
"Skokomish" comes from a phrase meaning "big river people." Our

language, *tuwaduq*, is a Coast Salish language the community has been working to keep alive and pass on through classes, recordings, and younger generations willing to learn. Two small words worth knowing: *ka* (or *qo7*), meaning water, and *stibat*, meaning man.

Still on the Water

Johnny's work at Pier 57 is a good reminder that Seattle's history doesn't start with the city, it runs

through the people who've been navigating these waters long before it existed. Next time you're near the pier looking out over Elliott Bay, watch for those black-and-red whales cutting through the waves. They're new, but they're carrying something much older, a thread of craftsmanship and meaning stretching back long before the first ferry ever crossed the bay.



Supporting Our Future: As We Celebrate the Class of 2026



The Skokomish community came together to celebrate the Class of 2026 with a full day of pride, tradition, and celebration. From a lively parade to a community dinner and raffle, the festivities made sure our graduates know they have the entire reservation standing right behind them as they take their next steps.

The day started strong with a community parade. Neighbors, friends, and family lined the streets to cheer on the graduates. Decorated cars rolled through to the sounds of war hoops and popping confetti cannons. It was a loud, joyful reminder of the village it takes to support these students from their very first day of school all the way to graduation day.



During the official honoring ceremony, everyone gathered to recognize the graduates' hard work. Featured speaker Jasmine Johnson-Krise shared powerful words on leadership and the vital importance of carrying our heritage forward. She reminded the Class of 2026 that their success belongs to the whole Skokomish community. Her words left the graduates with a clear sense

of purpose, reminding them to always stay grounded in where they come from, no matter where the future takes them.

No Skokomish gathering is complete without good food, and this year's dinner was incredible. Head Cook Louis Auld and his hard-working kitchen crew put together a massive feast for everyone. The meal brought the community together to relax, catch up, and share stories about the graduates' journeys over the years.



As the night wound down, the community raffle brought plenty of laughs and excitement to the room. People stuck around until the very end, soaking in the final moments of a truly special evening.

This year's graduate honoring ceremony showed exactly what makes our community strong: love, family, and continuous support. To the Class of 2026: we are so proud of you, and we can't wait to see what you do next!



By Torina Kenyon

**2026 Cancer Awareness
Inter-Tribal
Paddle for the Battle**

**Calling All
Captains, Pullers
and Volunteers!
September 6th, 2026
Potlatch State Park**

Launch Ceremony 7:30 am at Skokomish Boat Launch.
Landing Ceremony time is Noon at Potlatch State Park.
Feast and festivities following Landing Ceremony.
Bring your drums, songs, dances and honoring stories.
Donations needed for live auction and raffle.

**honoring all
Cancer Champions**

Join us for cancer education, support and honoring in a way that preserves the culture, tradition, language and lives of Native Americans.

Tschudub (medicine)

Stronger Together

Hood Canal Kids Day in the Sun

Hood Canal kids had a blast during this year's Field Day! The day was filled with sunshine and teamwork. Skok tutors hosted a station featuring the Crab Walk and Bear Crawl Race. Students raced, rolled, and laughed their way across the field. It was so much fun watching everyone compete and cheer each other on. We hope all of our students and families have a safe, relaxing, and fun-filled summer break!



~NEWS FROM THE LAND OF LITTLES~



Eagle class is doing so well with their numbers alphabet and letter sounds, they're so smart and growing so much. We just released our butterflies and took our plants home; they were so excited watering them and watching them grow. We're getting closer to the end of the school year, and we've been working on our kindergarten readiness getting ready for "big school" they're all so excited! -Teacher Taliah

Eagle Child Spotlight:



Eagle room's student of the month is Cj! "Cj is sooo sweet and smart! He was so shy when he first started and kept to himself a lot. Lately, he has broken out of his shell so much! He jumps, runs, and plays with all of his friends. He is such a good friend to everyone, we all love his big smile and how funny he is!" -Teacher Taliah

Orca Child Spotlight



Orca room's student of the month is JanayCee! "JanayCee is such a great kid! Some of her favorite things to do are coloring, puzzles and playing with dolls but mostly she loves playing with her bubby- big brother! She is a great listener and very aware of her surroundings. She notices when her friends need help and use to let a teacher know but lately, I have noticed she has been taking initiative to help them. She has been coming out of her shell and making more friends! It's super exciting to see her personality show and grow each day! She sits very patiently at circle time and participates in every activity we do- she is such a pleasure to have in class." -Teacher Lucille

Orca Class

It's so exciting for the sun to come out and summer break to be near! I hope that everyone can see the growth that the kids have had and will continue to have! We have had fun making memories with pretend play, exercising, and playing with all the different toys to help them learn and grow. Some of their favorite things to do were taking turns with the pointer during circle time, playing with playdoh, cutting with scissors and most of all- with each other outside. Some of my favorite memories are the butterflies, helping them sing and dance to some Skokomish songs and especially seeing them be able to lead circle time by themselves. Their ability to communicate more, help with emotional regulation, and socializing with their teachers and friends has improved. They have such fun big personalities, and they will be missed this summer! Hope to see most of them return to school next year and will miss those moving onto Hood Canal.

-Teacher Lucille



Deer Class:

In our room, we have been introducing the letters of the alphabet. The children have been completing activities around the letters. For "P", we painted rocks, popped popcorn, and planted strawberries. They have been enjoying more of our sunshine lately. They have been strengthening their large muscles and getting social interaction as they play outside. It's hard to believe we are at the end of our school year. The children in our class have been a pleasure to work with throughout this year. -Teacher Angel

Bear Student Spotlight:

Bear room's student of the month is Ayock! "Ayock is really starting to get the hang of our classroom schedule! He is beginning to talk very well, knows his colors, and loves all fruits." -Teacher Molly



Skokomish Tribe Celebrates Workforce and Youth Programs at Recognition Dinner

By Torina Kenyon

The Skokomish community gathered on June 12 to recognize the accomplishments of participants and staff from the Workforce Development (WFD) Program and the Skokomish Youth Program, also known as Tom's Program.

Family, friends, Tribal leaders, and community members came together to recognize the dedication of those who have helped strengthen the community through employment, mentorship, and service. The gathering also provided an opportunity to reflect on the importance of investing in tribal members of all ages and recognizing those who make a positive impact every day.

Workforce Development Manager Lea Miller recognized several participants and staff members for their commitment and hard work throughout the past year. The WFD program provides tribal members with job training, employment resources, and hands-on work experience through its Work Experience (WEX) program, helping participants build skills and transition into long-term employment.

One of the evening's biggest milestones was the recognition of five WEX participants who successfully moved into permanent, full-time positions within the tribe this year. Their achievements reflect the program's ongoing goal of creating opportunities that lead to stable careers while supporting the long-term success of the tribal workforce.

Lea also honored several Workforce Development employees for their outstanding dedication:

- Mona Allen
- Raeanne Auld
- Jamie Kenyon
- Trisha Longshore

"These individuals represent the heart of what Workforce Development stands for," Lea said. "Through hard work, reliability, and determination, they are not just building careers, they are strengthening our entire community."

She also thanked the entire Workforce Development team for the encouragement and guidance they provide to participants throughout every stage of the program, helping



individuals gain confidence while preparing for future employment opportunities.

Chris James, manager of the Skokomish Youth Program, recognized staff members who help create a safe, supportive, and engaging environment for local youth. Throughout the year, the program offers activities that encourage leadership, teamwork, cultural learning, and positive relationships, giving young people opportunities to grow both personally and within the community.

This year's honorees included:

- Dydemus Cordova
- Sissy Cordova
- Corbett Gamber
- Fawn Gouley
- Willie Grover
- Tristan Johnson
- Allen Peterson
- Jordan Peterson

Chris thanked each staff member for their time, patience, and commitment they invest in mentoring young people and helping them stay connected to their culture and community. He noted that their efforts help create a welcoming environment where youth feel supported, encouraged, and valued.

The evening also included special recognition for Head Cook Christine Tinaza, whose work extends far beyond preparing meals for special events.

In addition to serving the celebration dinner, Tinaza was recognized for her daily commitment to the Youth Program, where she prepares nutritious meals for participants throughout



the year. Her dedication drew warm applause and appreciation from those in attendance, with many acknowledging the care she puts into supporting the community through her work.

The celebration wrapped up with a dinner raffle that brought excitement to families and guests before the community gathered for a traditional Youth Song and Dance performance.

Youth dancers performed the Eagle Dance, highlighting the importance of honoring cultural traditions and

passing them on to future generations. Rita Andrews led the song, bringing the evening to a meaningful close as the community celebrated the accomplishments of its workforce, youth, and the people who support them every day.

This dinner served as a reminder that the strength of the Skokomish Tribe comes from the dedication of our people. Whether through employment, mentoring youth, preparing meals, or preserving cultural traditions, each person honored during the evening plays an important role in building a stronger future for our community.





Skokomish Indian Tribe

Next class
July 1st and 15th @
5:30pm Employment
Exploration
Limited Space







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.





RESOLUTIONS APPROVED BY TRIBAL COUNCIL

RESOLUTION NO. 2026-044: A RESOLUTION APPOINTING ELEANOR SMITH TO THE SKOKOMISH TRIBAL ELECTION COMMITTEE FOR THE 2026 TRIBAL ELECTIONS

RESOLUTION NO. 2026-045: A RESOLUTION APPOINTING LEAH ANDREWS TO THE SKOKOMISH TRIBAL ELECTION COMMITTEE FOR THE 2026 TRIBAL ELECTIONS

RESOLUTION NO. 2026-046: A RESOLUTION APPOINTING TORINA KENYON TO THE SKOKOMISH TRIBAL ELECTION COMMITTEE FOR THE 2026 TRIBAL ELECTIONS

RESOLUTION NO. 2026-047: A RESOLUTION APPOINTING NORMA CAGEY TO THE SKOKOMISH TRIBAL ELECTION COMMITTEE FOR THE 2026 TRIBAL ELECTIONS

RESOLUTION NO. 2026-048: A RESOLUTION APPROVING AND ADOPTING THE 2026 – 2027 SKOKOMISH INDIAN TRIBE HUNTING, TRAPPING AND GATHERING REGULATIONS

RESOLUTION NO. 2026-049: A RESOLUTION APPROVING AND ADOPTING THE SKOKOMISH TRIBE'S 2026 ANNUAL BOTTOMFISH REGULATION F#26-06

RESOLUTION NO. 2026-050: A RESOLUTION APPROVING AND ADOPTING THE SKOKOMISH TRIBE'S 2026 ANNUAL CHINOOK REGULATION F#26-08

RESOLUTION NO. 2026-051: A RESOLUTION APPROVING AND ADOPTING THE SKOKOMISH TRIBE'S 2026 ANNUAL CHUM REGULATION F# 26-10

RESOLUTION NO. 2026-052: A RESOLUTION APPROVING AND ADOPTING THE SKOKOMISH TRIBE'S 2026 ANNUAL COHO REGULATION F#26-09

RESOLUTION NO. 2026-053: A RESOLUTION APPROVING AND ADOPTING THE SKOKOMISH TRIBE'S 2026 ANNUAL HERRING REGULATION F#26-05

RESOLUTION NO. 2026-054: A RESOLUTION APPROVING AND ADOPTING THE SKOKOMISH TRIBE'S 2026 ANNUAL MARINE MAMMAL REGULATION F#26-07

RESOLUTION NO. 2026-055: A RESOLUTION APPROVING THE SUBMISSION OF A NATIONAL PARK SERVICE HISTORIC PRESERVATION FUND FY2026 TRIBAL HISTORIC PRESERVATION OFFICE (THPO) FORMULA GRANTS FOR TRIBES

RESOLUTION NO. 2026-056: A RESOLUTION APPROVING THE SUBMISSION OF A GRANT APPLICATION TO THE INDIAN HEALTH SERVICE'S PHASE 2-PRODUCE PRESCRIPTION PILOT PROGRAMS (P4)

RESOLUTION NO. 2026-057: A RESOLUTION APPROVING PARTICIPATION WITH THE SOUTH PUGET INTERTRIBAL PLANNING AGENCY (SPIPA) FOR THE SUBMISSION OF AN APPLICATION TO THE ADMINISTRATION FOR NATIVE AMERICANS FOR 2026 ECONOMIC ADVANCEMENT GRANTS FOR LOCAL EMPOWERMENT (EAGLE) FUNDING

RESOLUTION NO. 2026-058: A RESOLUTION APPROVING AN APPLICATION WITH SOUTH PUGET INTERTRIBAL PLANNING AGENCY (SPIPA) FOR THE SUBMISSION OF A

DEPARTMENT OF EDUCATION NATIVE AMERICAN CAREER AND TECHNICAL EDUCATION PROGRAM (NACTEP) APPLICATION

RESOLUTION NO. 2026-059: A RESOLUTION APPROVING AN APPLICATION WITH SOUTH PUGET INTERTRIBAL PLANNING AGENCY (SPIPA) FOR THE SUBMISSION OF THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, ADMINISTRATION FOR CHILDREN AND FAMILIES, OFFICE OF COMMUNITY SERVICES, FY2027-2028 COMMUNITY SERVICES BLOCK GRANT (CSBG) TRIBAL PLAN AND APPLICATION

RESOLUTION NO. 2026-060: A RESOLUTION APPROVING THE AMENDMENT TO THE HUNTING CO-MANAGEMENT AGREEMENT BETWEEN THE WASHINGTON DEPARTMENT OF FISH AND WILDLIFE AND THE SKOKOMISH INDIAN TRIBE (PUBLIC LANDS AND PRIVATE INDUSTRIAL TIMBERLANDS)

Public Hearing Announcement

The Skokomish Tribe Law and Order Committee, along with the Tribal Council, will hold a public hearing on the adoption of the updated TITLE NINE — SKOKOMISH CRIMINAL CODE. These updates reflect the Tribe's successful PL 280 retrocession of partial criminal jurisdiction, as accepted by the Department of the Interior effective May 27, 2025. The hearing will provide an opportunity for tribal members to review the proposed code and offer comments, consistent with Article V, Section 2 of the Skokomish Tribal Constitution, which requires public hearings before enacting ordinances that apply generally to private persons or property.

The public hearing will be held at the Tribal Center on **Saturday, July 18, 2026 at 10 AM**. All tribal members are encouraged to attend and provide input.

For more information, contact the Law-and-Order Committee at dsmith@skokomish.org or Kyle Grant at kgrant@skokomish.org.

NOTICE TO HUNTERS!!!

The drawing for special permits for elk will be on **July 17th**. To be eligible, you must not owe any hunting fines and must enter the drawing by close of business on **July 16th**. Please indicate GMU 621 or 636 when paying in accounting.

You can sign up to be on the designated hunter list for this year at the Natural Resources building until **July 31st**. Designated hunters can hunt only deer for no more than 2 other people.

~Skokomish Wellness Center News~

Oral Cancer

Heat Injuries and How To Prevent Them

As the weather heats up the risk of heat related injuries also rises. Many people have heard the term “heat stroke”, but “heat exhaustion” is more common. It’s important that you know the difference and know how to respond in each situation.

Heat exhaustion is caused by dehydration. Symptoms include increased heart rate, dizziness, pale skin, and cool clammy skin. Body temperature remains below 104F degrees and the person is alert and clear headed. Moving the person to a shaded or air-conditioned area, laying them down with feet propped up, applying cool towels and giving water or Gatorade can help significantly.

In heat stroke, on the other hand, the person’s skin will feel hot and may be red. Skin can feel DRY to touch but some sweating may occur. Their internal temperature can be 104F or higher but if you don’t have a thermometer to check this it doesn’t matter. The most important difference is that heat stroke causes confusion and disorientation. Speech may be slurred or the person may lose consciousness. This is an emergency and the person should be taken to the ER or 911 called immediately. Move the person to shade or AC while waiting for the ambulance but do NOT give them anything to drink if they are confused or passed out. Applying ice packs to the neck and armpits can help while in route to the hospital.

To prevent heat injuries limit sun exposure when you can by sitting in shaded areas if outdoors for long periods during hot days. Remember to drink plenty of water or Gatorade/Powerade when it’s hot or you are sweating. Wishing you all a happy and safe summer.

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

The American Cancer society projects that about 64,000 Americans are expected to be diagnosed with oral cancer in 2026.

Oral cancer is especially dangerous because it often goes unnoticed for long periods of time. In its early stages, oral cancer can be completely painless.

See your dentist or doctor if you notice:

- sores, lumps, or rough spots on your tongue, throat, gums or anywhere else in your mouth that don’t go away in 2 weeks
- Red or white patches that don’t go away within 2 weeks.
- Any non-healing area of the mouth or lips that persists for 2 weeks.

The general rule is if you notice anything new in your mouth or on your lips that doesn’t resolve in 2 weeks it needs to be evaluated by your dentist or medical provider.

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

You can reduce your risk of oral cancer by:

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

Successful treatment of oral cancer is dependent on the earliest diagnosis possible. Regular oral evaluations are important even when you have no symptoms. Please consider scheduling a dental exam especially if you are concerned about any changes you have noticed in your mouth.

SUMMERTIME IS HERE!!

It’s the perfect time to get moving and take care of both your body and mind. Even a little extra activity can boost your heart rate, release good endorphins, and support better mental health. Your heart is a muscle—let’s give it the workout it deserves! ❤️🏃

Regular exercise helps lower risks tied to stress, obesity, diabetes, and high blood pressure. The weather is on our side now, so let’s get out there and enjoy it together!

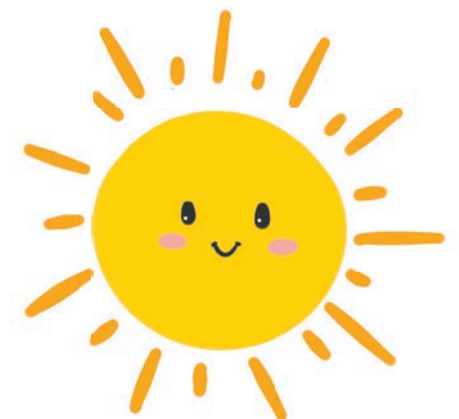
- 👣 Family hikes
- 🏈 Kickball or softball
- 🏀 A friendly game of basketball
- 💧 And don’t forget to drink your water!

Need help staying motivated?

Here are some simple ways to stay on track:

- Choose activities you enjoy
- Exercise safely and listen to your body
- Set realistic goals—and reward yourself when you hit them
- Mix it up with new classes, playlists, or routes
- Find an accountability partner
- Use a fitness tracker or app to monitor progress

Let’s build healthy habits for ourselves—and our kids who learn from watching us. Cheers for better health, Skokomish community!



Skokomish Community
Health Reps:

Danielle Macomber
Tamela LaClair
Nydesta Gouley

~Skokomish Wellness Center News~

The Silent Threat to Our Health

There are many barriers to getting the healthcare we need. Many of us have experienced them at some point. Things like not having transportation, childcare, or enough insurance can keep us out of the doctor's office. Another issue that is much less talked about but that also plays a big role in keeping people out of the clinic is shame.


In a 2009 study of over 900 adults, over half of the people surveyed reported feeling shamed when they went to the doctor. Regardless of whether it was intentional or not, this can have very serious consequences. Some people might avoid going to the dentist because they worry that their teeth are too bad. Some might not follow up with their doctor because they didn't take the medicine they prescribed or didn't change their diet. Others might not seek help for drug or alcohol use because they worry about what others might think of

them or what the medical staff might say. Some might have had a bad experience with the health care system in the past, and those feelings have stayed with them. Sometimes our own doctor who we went to for help may have been the one to make us feel bad, causing us to lose trust in medical providers and the healthcare system.

At your Skokomish Wellness Center, we understand the role that shame can play in healthcare. We also know that these feelings and experiences can lead to harmful delays in care. Going to the doctor is not always easy, especially if you haven't been seen in a long time. Our dedicated team of healthcare professionals is here to welcome you, to listen to you without judgement, and to provide you with the best clinical care. We invite you to make an appointment so that we can work through things together and support you on the path to living your healthiest life.

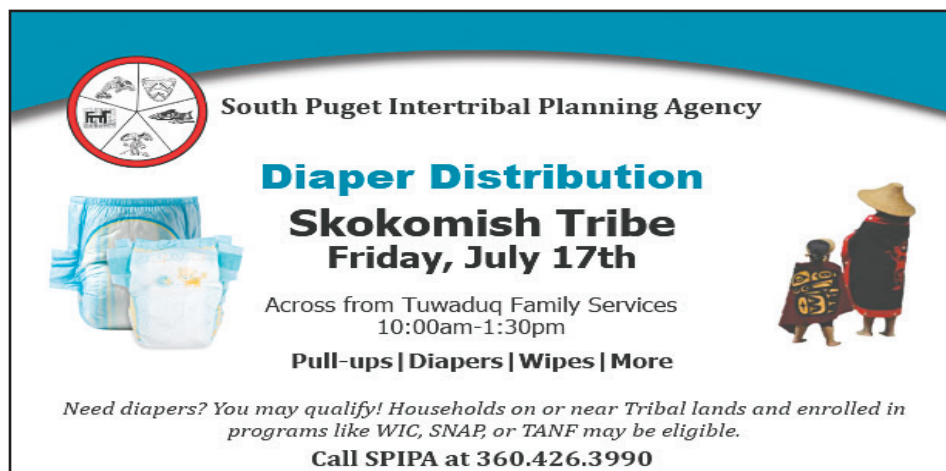
As summer gets rolling, here is hoping that our kids will be outside and enjoying the natural world around them. But try as we might, often times they will return to the online world with which they have become so intertwined. It goes without saying that we want to know the types of sites that they are accessing, but a new area that should get our attention is the use of artificial intelligence (AI). AI certainly has its place and is technology designed to simulate human thinking, problem-solving, and decision-making. In a web training titled "Healthy Relationships in the Digital Age" presented by Harborview Abuse & Trauma Center, the question was posed by Marc Zao-Sanders, "How are people really using Gen AI in 2025?" Surprisingly, the number one answer was therapy and emotional support which means that people, and youths are increasingly turning to AI for help with dating conversations, interpreting texts, relationship conflicts, break-ups, and emotional

decisions. Hence, AI is mediating our relationships! In her article "The People Outsourcing Their Thinking to AI" by Lila Shroff, shares "The human brain likes to conserve energy and will take available shortcuts to do so. It takes a lot of energy to do certain kinds of thought processes. Meanwhile a bot is sitting there offering to take over the cognitive work for you". You may see the problem; when we allow AI to do the thinking for us, we do not develop the skills ourselves and fall into what is termed "cognitive debt". Our abilities only develop through practice and experience. I encourage you to watch the entire slide presentation which can be found at <https://depts.washington.edu/uwhatc/education-forum/> so you can be aware of the benefits and drawbacks that AI can have on us and our children.



South Puget Intertribal Planning Agency
USDA Foods Program
Delivery Date
Skokomish
Friday, July 17th
 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.



South Puget Intertribal Planning Agency
Diaper Distribution
Skokomish Tribe
Friday, July 17th
 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



IMPORTANT NOTICE
PRC REFERRALS & PURCHASE ORDERS
 PLEASE PLAN ACCORDINGLY

- REFERRALS AND PURCHASE ORDER (PO) NUMBER REQUESTS**
 ▶ May take **UP TO 72 HOURS** for a response.
- SAME-DAY PURCHASE ORDERS**
 ▶ **Not guaranteed** and may not be processed.
- RETROACTIVE PURCHASE ORDERS**
 ▶ **NOT ALLOWED** under any circumstances.

WHAT THIS MEANS FOR YOU

- SUBMIT REQUESTS EARLY
- ENSURE ALL REQUIRED DOCUMENTATION IS COMPLETE
- PLAN AHEAD FOR PATIENT CARE NEEDS

THANK YOU FOR YOUR COOPERATION AND SUPPORT IN MAINTAINING COMPLIANCE.

SKOKOMISH ELDERS ENJOY A BUSY MONTH

June was a busy month filled with opportunities for our Elders to gather, travel, learn, and enjoy each other's company. On June 13th twenty-three Skokomish Elders attended the Muckleshoot Gold Cup Indian Relay Horse Races, with 19 elders traveling together by bus. The venue Emerald Downs was especially accommodating, offering plenty of space to relax, visit, and enjoy the day together. There were numerous vendors, a variety of food options, and a comfortably atmosphere that was not overcrowded, and the weather was perfect! The Indian Relay Horse Races were exciting and entertaining, and all the Elders who attended thoroughly enjoyed the event.



culture while allowing us to learn more about the preservation of tribal artifacts and traditions. The traffic was busy and the day was long, but it was all worth the trip to see what the Burke Museum has to offer.

Our June Elders Birthday Celebration featured a very special guest, Denny Hurtado. Denny graciously shared a portion of his remarkable photo collection, which contains more than 60,000 photographs documenting tribal history and community events. He shared many treasured images of elders who are no longer with us, as well as photographs from canoe journeys, elders' picnics, and other memorable gatherings throughout the years. The photographs sparked many conversations, memories, and stories among those attending. We extend our sincere thanks to Denny for sharing these special images and helping preserve the history of our people for future generations.

Our Tuesday morning (SAIL) exercise class continues to meet at the Community Center Gym at 10:30 a.m., we encourage all elders to come and give it a try. The program includes stretching, walking weight training, and balance exercises designed to improve strength, flexibility and overall wellness. It is a beneficial program and a great

way to stay active while enjoying time with fellow elders. We will also be adding additional activities that will provide other types of exercise. We have purchased a volleyball net to start trying to chair volleyball for those elderly people that may be interested in trying. We have corn hole, horseshoes and other outside game activities to offer for competition and an alternative way of exercising. It can be fun when you participate. Lots of laughter, which is also healthy for you. Consider coming and enjoy yourself. As always, we welcome ideas and suggestions from our elders regarding future activities, outings and events. Your input is important and helps ensure that our program reflects the interest and wishes of our elders. We will soon

be planning the annual blueberry picking trip again. We will be in contact with Chehalis Tribe, who now owns the blueberry field and planning a date for the scheduled pick. With the warmer weather this year, we may be picking sooner rather than later. With Canoe Journey season approaching, we would like to hear from any elders who may be interested in attending this year's Canoe Journey, hosted by Nisqually Tribe. Because Nisqually is less than an hour away from Skokomish, this years Journey may be more accessible for elders who would like to participate or attend portions of the event. Please let me know if you are interested so we can explore possible dates as the event gets closer. We would also like to remind everyone that our elders' Birthday Celebration is held on the last Thursday of every Month in the Community centers Elders Lunchroom. We always enjoy coming together to celebrate our Elders.

Thank you to all our Elders for your participation, friendship, and continued involvement in our community. Please make sure to stay hydrated and drink lots of water. Stay out of the heat if it becomes too hot, it gets dangerous quickly when the heat is too hot.

Photos By Tony Herrera



On June 24th our elders traveled to the Burke Museum for a guided tour and a special opportunity to view Skokomish artifacts that are part of the museum's collection. Visits like these provide an important connection to our history and



Natural Remedies for Treating Sprains

When pain and inflammation have you side-lined,
here are four natural ways to find relief:

RICE Method

Rest: Rest the injury. Putting pressure on your sprain will make it worse.

Ice: Applying ice will help bring swelling down and provide pain relief. Place an ice pack on the injured area for 10 to 20 minutes and repeat every few hours.

Compression: A compression wrap in the first 2-3 days will reduce pain and inflammation. Make sure it is not too tight to allow blood to circulate.

Elevate: Keep your injury above your heart level to lessen swelling. Do this for 2-3 hours daily, especially at night.

TURMERIC FOR SPRAINS

Turmeric has anti-inflammatory properties, which reduce pain, swelling, and stiffness. Make a paste by mixing warm water with two tablespoons of turmeric powder and one tablespoon of lime juice. Apply to the sprain and wrap it with a thin strip of cotton cloth. Leave it in place for at least 10-12 hours. Repeat after 12 hours and continue for a week.

EPSOM SALT

Epsom salt, or magnesium sulfate crystals, is soothing sprains. Dissolve one cup of Epsom salt in a tub of warm water. Soak the sprain for 30 minutes. Do this daily twice for 3 to 4 days.

TURMERIC FOR ARTHRITIS

Turmeric has been used for generations in Chinese and Indian Ayurvedic medicine to reduce inflammation, providing pain relief to rheumatoid arthritis and osteoarthritis sufferers. Turmeric contains the chemical curcumin, an anti-inflammatory that modifies

Four Drinks to Enhance Physical Fitness and Rehabilitation

Coconut Water

- High Levels of potassium and magnesium
- Less sodium than sports drinks
- Rich in antioxidants and minerals

Chocolate Milk

- High water content for rehydration
- Contains essential electrolytes
- Good source of carbs to replace lost glycogen

Black or Green Tea

- Reduces muscle soreness
- Helps enhance muscle strength

- Effectively acts in fat oxidation

Tart or Berry Juice

- Anti-inflammatory
- Reduces fatigue
- Decreases damage to muscles and tendons immune system responses.

Treating Arthritis Naturally

Arthritis is a disease that affects the joints connecting the bones, causing inflammation and making movement painful. Arthritis can last a lifetime in varying degrees unless diagnosed early and can affect men, women, and children.

Keeping arthritis and the associated pain and discomfort under control is possible by eating right and maintaining a healthy lifestyle.

Omega-3 fatty acids are polyunsaturated and known to have considerable health benefits because of their anti-inflammatory properties, relieving the pain and stiffness of arthritis.

Experts recommend eating fatty fish like tuna, salmon, mackerel, and trout, all rich in Omega-3 fatty acids. Other foods also considered good for arthritis relief include broccoli, brussels sprouts, cabbage, kale, and cauliflower.

Summer gardening season is here. All the fresh fruits and vegetables can help when dealing with a variety of aches or pains that can occur during the variety of activities that the outdoor season brings. The garden crew has been putting in some long hours to plant and maintain the community garden. This year we have had a cutback in funding to hire, and I want to thank Victor Andrews, David Pulsifer and Tom Gouley Jr. for all the hard work that they are willing to do to get the garden planted and grow this year. It looks good despite all the slugs and bugs and hard rain that we had. Also thank Paul Peterson Sr. for tending the healing garden to make sure the medicines are cared for. We were fortunate to work with Work Force Development staff to hire two of our workers that are making it possible to have the labor needed to keep the garden in shape. When the fruits and vegetables are ready, please take care of yourself and eat healthy, fresh fruits and vegetables are the best medicine for your body.

You're Invited

OUR STRONG FATHERS GROUP

Coming to Skokomish

JULY 22, 2026

Who We Are

Our Strong Fathers is the only Seattle-based program, (United Indians of All Tribes) focusing on Native fathers' cultural and parental needs. We challenge stereotypes of masculinity and promote growth and healing.

Reducing the personal, cultural, and systemic barriers that disproportionately affect Native fathers.

What We Do

- Challenging topics and discussions
- Mentoring, support and resources
- Sweat lodge, drum circles and powwows
- Cultural crafts and responsive activities
- Movie nights, family dinner and outings
- Honoring ceremony

• **OPEN TO ALL FATHERS AND FATHER FIGURES ARE WELCOME TO COME**

Come listen to Scott Pinkham and Anthony Bluehorse introduce the program to the Skokomish Community. July 22, 2026. The covered area behind Tuwaduq Family Services Building. 5pm - 7:30pm Dinner will be served

Questions: Contact Linda Charette, Domestic Violence Advocate 360-426-7788

KICK THE SUCKERS TO THE CURB

This time of year, we start getting photos and messages from customers describing some enthusiastic growth coming from the base of their young trees. Big, vigorous-looking shoots pushing up from the roots or the lower trunk. That's rootstock suckering. And we want to be clear about this: it's bad. Especially for young trees.

Here's what's happening:

Most of our fruit trees are grafted — a named variety (the scion) attached to a rootstock that controls the tree's size and vigor. The graft union is that visible bump near the base of the trunk. Everything above it is the variety you bought. Everything below is the rootstock.

When a rootstock sends up suckers, it's essentially competing with your named variety for the tree's energy. Two strong suckers on a young tree can mean only a third of the tree's energy is going into the scion wood you planted it for. The suckers almost always grow faster and more vigorously than the top of the tree — which is exactly why they're a problem.

What to do about it:

Cut them off. As soon as you see them, and as close to the base as you can get. Don't wait until they're big. The smaller they are when you remove them, the less energy that has already been diverted away from your tree.

Try to do it on a dry, sunny day so the wound doesn't sit wet and invite fungal issues.

This information was provided from Raintree Nursery, which some of the trees purchased came from there.

2026 PADDLE TO NISQUALLY *Tribal Members with Birthdays in July*

The 2026 Tribal Canoe Journey, officially named the Paddle to Nisqually Medicine Creek Potlatch, culminates in a week-long celebration hosted by the Nisqually Indian Tribe from July 31 to August 5, 2026. Because canoe travel is highly dependent on ocean and weather conditions, exact arrival and departure times for most stops are based on daily tide schedules (often requiring departures as early as 4:45 AM). However, the general landing dates and protocol schedules have been outlined by the Nisqually Tribe.

2026 Canoe Route & Landing Dates

Canoe families traveling from different directions will make stops along the coast and inland waters before converging at the final destination. Here is the expected landing schedule as canoes make their way toward Nisqually:

- July 15: Quinault
- July 16: Queets, Ditidaht
- July 17: Pacheedaht
- July 18: Port Renfrew, T'Souke
- July 18 – 19: Quileute
- July 19: Beecher Bay, Ozette
- July 20: Neah Bay (Makah)
- July 21: Pillar Point
- July 22: Lower Elwha, Skokomish, Nooksack
- July 23: Lummi
- July 24: Jamestown S'Klallam, Samish

- July 25: Swinomish, Port Townsend
- July 26: Tulalip, Port Gamble S'Klallam
- July 27 – 28: Suquamish
- July 29: Muckleshoot
- July 30: Puyallup
- July 31: Final Landings (Solo Point, Lühr's Landing, and Sequallitchew Creek) Protocol and Event Times

While travel times vary, evening events (Protocol) at host tribes generally follow a structured schedule. For example, during the Suquamish Hosting (July 27–28), the daily itinerary is scheduled as follows:

- Afternoon: Canoes arrive (time varies by tide and distance)
- 4:30 PM / 5:00 PM: Dinner is provided for pullers and guests
- 5:00 PM: Protocol sign-up begins
- 6:00 PM – 10:00 PM: Evening Protocol (traditional songs, dances, and gift-giving)

Final Celebration at Nisqually

Once all canoes land on July 31, the official Medicine Creek Potlatch festivities, including massive communal meals and round-the-clock Protocol sharing among all participating tribes, will take place at the Nisqually reservation through August 5, 2026.

Rez Photo of the Month Answer



The young kids in this photo are none other than: Joseph “Lil Bear” Hermann, Kale Wingfield and Monique Hermann. Have a photo you would like to share? Email me at: souder@skokomish.org and share your memories!

Tribal Members with Birthdays in July

1st Mariah Williams Kyler Plant	8th Lowella Gamber Larissa Miller Kyle Mix	19th Lenora Gouley Lucille Austin	27th Mary Dawson Eclipse Bay Saenz-Guardipee
2nd Bobbie Blacketer Margie Gouley Scott Miller	9th Josh Andrews Ely West Eric Burfiend	20th Kelly Lucero Destiny Hermann Dydemus I Cordova	28th Matthew Bell, Jr.
3rd Roseanne Haga Doug Smith Lorin Smith, III	10th Alana Grover	21st Debra Miller Kiyote Sparr, Jr.	30th Bunni Peterson-Haitwas Tonya John Torina Kenyon Brian Miller Taya Gouley
4th Kimberly Miller Andrew Cooper Connie Hill Nikolas Sparr	11th Bryan James Joseph Pavel Sophia Grover Nicole McCann	22nd Monique Hermann	31st Danielle Cagey Kinsley Allen-Johns
5th Ed Longshore Pete Peterson, Sr. Payton King	12th Jonathan Raper	23rd Malyah Sandoval Zoe Campbell	
6th Chasity Cagey Milton Choate Cheri Cook Chinook Miller Derek Grover	14th Helen Tinaza Carter Miller	24th Tracy Miller KayLynn Tinaza	
7th Mary Hernandez Eli King	15th Evan Luengo-Carter	25th Rod Gouley, Jr. Cheyenne Longshore	
16th Richard Adams, Jr. Jordyn Grover	17th Jerome Wilbur	26th Marlene Andrews Barbara Chakos	
18th Travis Sparr			

**When things feel heavy,
we don't face them alone.
We are stronger together.**

Text N8V to 988 for free, confidential support from a trained Native counselor through the Native & Strong Lifeline.

Connection is Prevention.

NativeAndStrong.org

NATIVE & STRONG

JULY PROMOTIONS YOU DON'T WANT TO MISS



PATRIOTIC GIFTING

**SATURDAY, JULY 4
4PM – 8PM**

You have qualified for a **FREE** gift, a Patriotic Carry-All Tote.

Once redeemed, you will be entered into a drawing for **\$777 CASH** at 8PM.



CLUB LUCKY MULTIPLIER

**EVERY TUESDAY IN JULY
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



WEARABLE WEDNESDAYS

**EVERY WEDNESDAY IN JULY
10AM – 8PM**

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

Wearables for July 2026 include **BELIEVE T-shirt, Skokomish Artist Crab T-shirt, Fjord Life T-shirt, and Mountains Please T-shirt.**



\$2,500 FIRECRACKER SPIN

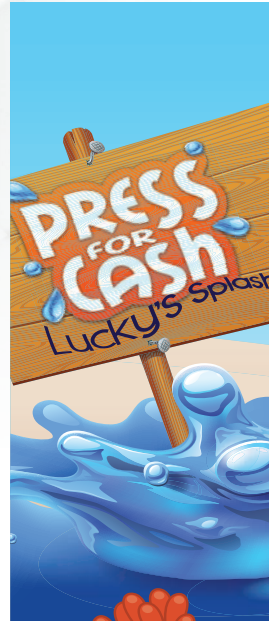
**EVERY THURSDAY IN JULY
NOON – 8PM**

Play the Firecracker Spin game on your favorite gaming machine for a chance to win up to **\$2,500 CASH.**

Guaranteed to win a prize with each spin.

One FREE game play per week.

Earn one additional game play with 100 Lucky Points earned.



PRESS FOR CASH LUCKY'S SPLASH

**EVERY FRIDAY IN JULY
6PM – 9PM
DRAWINGS EVERY 30 MINUTES**

If selected, play the **Press For Cash Lucky's Splash** game for your chance to win up to **\$5,000 CASH.**

Collect as many prizes as you can before you hit a whammy.

Seven winners each night.

One FREE entry daily.

Additional entries for every 50 base Lucky Points earned. Activate entries on the drawing night beginning at 5PM.



GAME TIME GIFTING

**SELECT SATURDAYS IN JULY
2PM – 8PM**

Earn 200 Same Day Points to receive a gift.

Saturday, July 11:
Pickleball Set

Saturday, July 18:
Electronic Dart Board

Saturday, July 25:
Cornhole Set



CHRISTMAS IN JULY

**SUNDAYS, JULY 12 & 26
NOON – 6PM**

All Club Lucky Members are eligible to pick a **FREE** gift each date listed below.

Sunday, July 12 – Cooking
Items include: Sienna stone cookware, \$10 in Food at The Drift Bar & Grill, and more.

Sunday, July 26 – Travel
Items include: hard-sided luggage, duffel bag, packing cubes, \$10 in Fuel at Twin Totems, and more.

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



Rez Photo of the Month



Can you name the young kids in this photo?
Please turn to page 10 for the answer! Good luck!

Skokomish Indian Tribe
 80 N Tribal Center Road
 SROR, WA 98584
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 Wenatchee, WA 98801

Rez Sudoku Puzzle of the Month

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

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

The Sounder

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

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

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