

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

Skokomish Indian Nation

THE

SOUNDER

October 2026

p3dsyaQWusab
"Sun Turns Face Around"

A Shared Vision for the Future:

Skokomish Tribe and Hood Canal School Break Ground Together

On Friday, July 17, the Hood Canal School District and the Skokomish Tribe celebrated a significant milestone as the Tribe conducted a traditional site blessing ceremony to officially launch the district's modernization and expansion initiative.

The ceremony held deep meaning since Hood Canal School is situated on land generously gifted by Skokomish families over 60 years ago. As construction commences on the next phase of the school's journey, the blessing recognized both the impact of the work on the land and the enduring advantages the project will bring to future generations of students, families, and the wider community.

Skokomish Tribal Chair and CEO Tom Strong, along with Tribal Council members Guy Miller and Ed Green, addressed the gathering, reflecting on the lasting partnership between the Skokomish Tribe and Hood Canal School District. They highlighted their mutual dedication to investing in children, enhancing educational opportunities, and developing a campus that will serve the community for many years ahead.

The ceremony also featured a traditional blessing song led by Skokomish Tribal Member and Hood Canal School Board Director Kimberly Miller, accompanied by Tribal Member Jackie Smith and Skokomish Education Department Leader Amber Hanson.

Superintendent Dr. Lance Gibbon expressed gratitude to the Tribe for its leadership and the numerous ways it has collaborated with the district during the planning and design phases of the project.

"This project signifies much more than



just new classrooms and buildings," Gibbon stated. "It embodies years of cooperation and a shared vision for our children's future. We are profoundly thankful for the Skokomish Tribe's partnership and generosity. Their support has strengthened this project in countless ways, and together we are creating a school that honors this place, its history, and the students who will learn here for generations to come."

The collaboration between the district and the Tribe goes well beyond the ceremonial blessing. Throughout the planning stages, the Tribe has worked closely with the district, enhancing both the project and its ties to the community.

The Tribe is permitting the district to connect to its expanded water system, saving the district over \$300,000 in infrastructure expenses. Additionally, the Tribe is partnering with the district to build a trail linking Reservation Road to the school, resulting in further savings exceeding \$75,000.

The partnership also influences the campus design. The Tribe collaborated

with the district to harvest Skokomish timber, which will be used to craft peel-log columns at the school's main entrance, creating a tangible link to the land and community. They are also working together on artwork and other architectural features that will celebrate Skokomish culture, history, and identity, fostering a stronger sense of place throughout the campus.

The ceremony was attended by the Hood Canal School District Board of Directors, including Board President Edie Reclusado, Annie Robbins, Paul Thompson, Rebecca Roadman, and Kimberly Miller, along with Superintendent Dr. Lance Gibbon, Principal Steven Torres, district staff, project partners, and community members.

After the ceremony, the Hood Canal School District Board of Directors advanced the project by recommending Jones & Roberts Company as the general contractor. Four general contractors submitted bids, and Jones & Roberts was selected as the lowest responsible bidder. The contract

award is pending final approval by the Washington Office of Superintendent of Public Instruction (OSPI), after which the district will finalize the construction contract.

This selection marks a full-circle moment for the district. Jones & Roberts was the general contractor that built the current Hood Canal School nearly 20 years ago. The company will now return to modernize and expand the campus, building on its legacy while creating learning environments designed for future generations of Hood Canal students.

The contractor is expected to begin mobilization in late August, with construction activities starting soon after.

The multi-year modernization effort will transform the campus with a new library, STEM lab, science lab, art room, music room, early learning classroom, expanded outdoor learning areas, improved transportation facilities, and many other enhancements aimed at supporting student learning for decades ahead.

As the existing Hood Canal School building nears its twentieth anniversary, this modernization project signals the start of a new chapter in the district's history. Just as Skokomish families made the original school possible through their generous land donation decades ago, today's project is shaped by the ongoing partnership between the Tribe and the district. Together, they are creating a campus that honors the past while preparing students for the future—a place where generations of Hood Canal children will learn, grow, and flourish."

Shovels in the Ground:

Three-Year Construction Project Begins at Hood Canal School

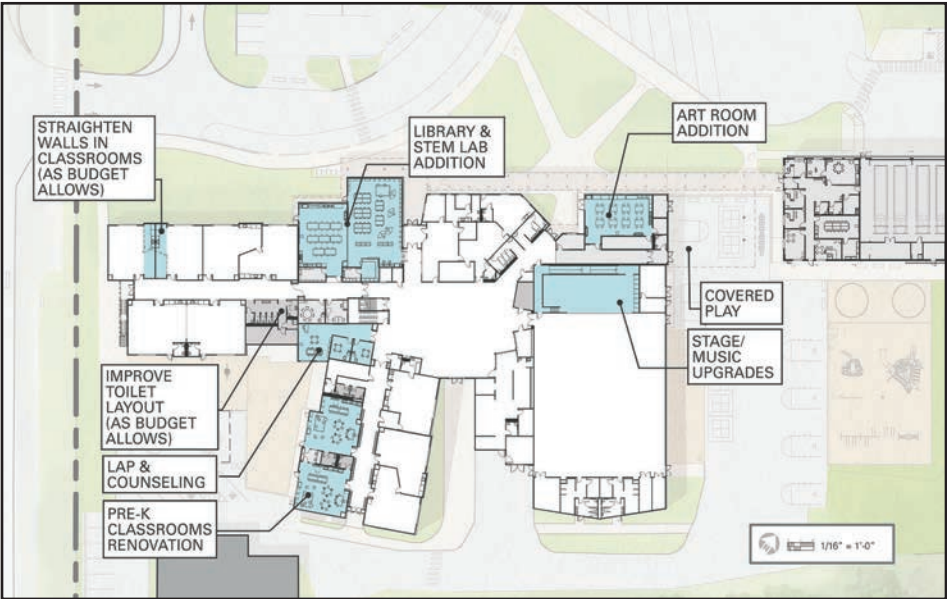
The day before this year’s first day of school, Hood Canal School District broke ground on a project to upgrade school buildings, improve safety, and modernize classroom technology. Construction runs from September 2026 to August 2029. Voters approved a six-year, \$19.1 million capital levy in a February 2025 special election, with about 54% in favor. District leaders had worked with architects to shape a plan that could move forward as a levy, which needs just over half of voters’ support rather than the supermajority a bond requires. The levy covers about \$16.9 million in construction costs and about \$2.2 million in technology upgrades. The state is adding \$6.5 million in matching funds, made possible after Hood Canal formed a transportation partnership with Southside School District. Two smaller grants, one for accessibility upgrades and one from the Healthy Kids Healthy Schools program for the new playground, add about \$350,000 more. The Skokomish Indian Tribe is contributing as well. Connecting to the Tribe’s water system will save the district about \$300,000 by removing the need for a second water tank for fire suppression, and the Tribe is helping build a new trail to campus and donating timber for new columns at the school’s entrance. Superintendent Dr. Lance Gibbon puts the full cost of the project, including that Tribal support, at close to \$23 million.



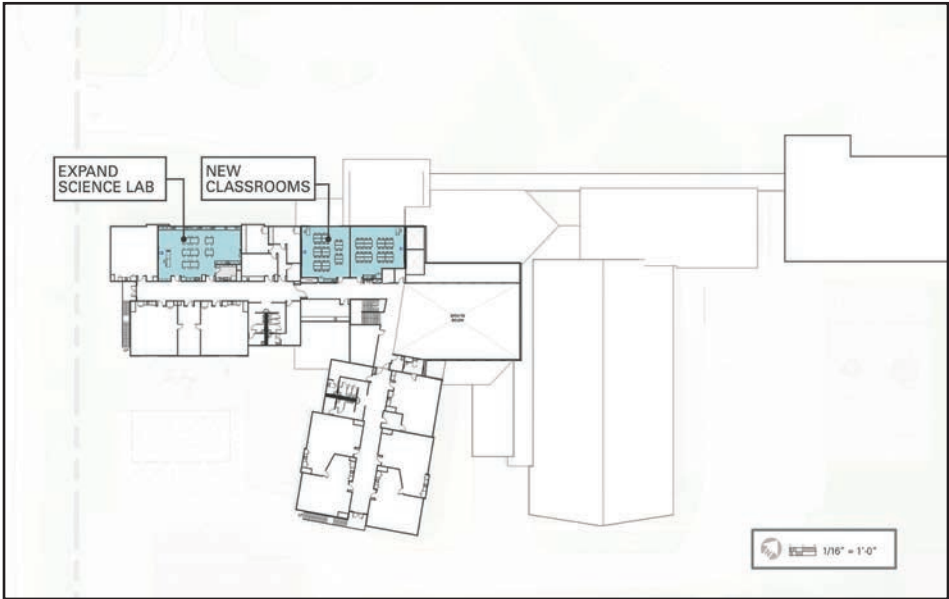
“This represents a lot more than putting shovels in the ground. It marks an important time for Hood Canal School District,” said Dr. Gibbon, who led the September 1 ceremony. “We’ve seen remarkable successes here, numbers of state and even national awards, and this building is a reflection on the outside of the great things that have been happening on the inside. It’s going to open up new opportunities for our students that haven’t been possible in the past.” Gibbon thanked local taxpayers, whose support funds most of the project, and the state for its matching funds. Board chair Edie Reclusado turned the attention to students. “While the focus may be up here, it really is about your children,” she said. “We want the kids of our area to have the very best we can possibly offer: the best instruction in the classroom, the best playground to play on, the safest way to get on and off the bus or in and out of cars, and

the latest cutting-edge materials and spaces so they can be ready for what’s coming ahead.” She pointed to research linking music and art education to stronger performance in other subjects, including math. “Hang with us for three years, because this is going to take some time and patience,” she said. “But [for] you and your children, this couldn’t be a better day.” Tom Strong, chairman and CEO of the Skokomish Indian Tribe, talked about how long the Tribe has been tied to this school. The campus sits in the middle of the Skokomish Indian Reservation, on land Tribal members donated so nearby small schools could combine into one, in a safe place close to home. “Our kids go here,” Strong said. Voters in the Skokomish community back school levies and bonds at a rate of 90% or better almost every time, he said, and the Tribe continues to help with water, land, and other project needs. “High tide raises all canoes.”

State Representative Travis Couture, who represents the 35th Legislative District, closed the ceremony. He credited the partnership between the district, the Tribe, and the community for getting the project done, and reminded the crowd that K–12 education is our state’s “paramount duty.” The project, he said, is a small share of the billions the state spends on schools each year, with returns that will show up for decades. “We’re going to be able to look 10, 20, 30 or more years into the future and see the impacts of what we did for all these little ones here.” The finished project brings several new and renovated spaces to campus. A new bus loop and transportation center will replace the current entrance, improving safety and supporting the new bus partnership with Southside School District. The area originally designed for a library will instead hold a library and Science, Technology, Engineering, and Math (STEM) lab, with two classrooms above it. The covered area behind the school will become a new art room. Inside, crews will build new early learning classrooms and a science lab. Outside, students will get new playground equipment, gaga pits, basketball courts, a new covered area, and a new garden. This ground breaking marks the first step. Our district will share updates at each major milestone through the final phase of work in August 2029.



Floor Plan Level One



Floor Plan Level Two

Building Bonds Before the Bell Rings

For the third consecutive year, the Skokomish Tribe welcomed Hood Canal School District staff to the Tribal Community Center for a full day of learning, connection, and professional development before the start of the school year.

Tribal Chairman and CEO Tom Strong began the day by sharing information about the Tribe's departments and the extensive programs and services available to tribal members and families. Staff also toured the Tribal Center and museum, learned about services offered through the Skokomish Health Clinic, visited the Skokomish hatchery, and viewed the latest phases of the Tribe's new housing development.

The Tribe provided staff with a wonderful Indian taco lunch prepared under the leadership of Tribal Vice Chair Louis Auld. During lunch, Tribal



Council Member Chris James shared stories with the group, creating one of the day's most memorable experiences. In the afternoon, tribal staff and community members led a series of rotating learning sessions. Topics included Skokomish language, history and culture, traditional ecological knowledge, boarding school history, treaty rights, geoduck harvesting and diving, fisheries, invasive species



management, and the use of historical and contemporary educational materials.

The day provided Hood Canal staff with a deeper understanding of the Skokomish community and the knowledge, resources, and services available to students and families. It also strengthened the district's ongoing work to incorporate the Since Time Immemorial curriculum and tribal sovereignty instruction into student learning.

"We are incredibly grateful for our partnership with the Skokomish Tribe and for the extraordinary generosity the Tribe continues to show our students, staff, and families," said Hood Canal School District Superintendent Dr. Lance Gibbon. "The time, knowledge, stories, and hospitality shared with us made this a powerful day of learning. Our partnership makes us a stronger school district and helps us better serve our entire community."

Hood Canal School District extended its sincere appreciation to Chairman Strong, the Skokomish Education Department, tribal leaders, staff members, and volunteers who devoted their time and knowledge to making the day possible.

Congratulations Patty Gouley

I'm excited to share that **Patty Gouley has been selected as our new Grant Program Coordinator for Title VI Indian Education and Title 1C Migrant Education.**

We had a very competitive process with **12 applicants**, and Patty rose to the top through her strong knowledge and experience, her deep relationships with our students and families, and her demonstrated commitment to our school and the community.

Patty is already a valued member of our team, currently serving as a special education paraeducator and coach. Prior to joining the district, she spent many years working for the Skokomish Tribe in youth and community programs, including serving as a Youth Coordinator and Domestic Violence Outreach Specialist. Her experience includes grant and program reporting, data tracking, community outreach, advocacy, youth programming, and coordination with tribal organizations. She also holds a bachelor's degree in Indigenous Studies and Humanities from The Evergreen State College.

Just as importantly, Patty brings strong connections and relationships to this work. She has been an active member of our **Indian Parent Committee**,

has helped move forward our work with **Since Time Immemorial**, and has a long history of involvement in the Skokomish community and in activities supporting children and families.

In her new seven-hour-per-day role, Patty will help coordinate and support several district grant programs, facilitate the Indian Parent Committee, support our expanding migrant program, continue supporting cultural education and STI implementation, and serve as a resource for Native students and families, and our staff. She will build on the great work **Mary Williams** has done while helping us expand and strengthen this important area of support.

Patty will transition into the position once we are able to fill her current special education paraeducator role.

That position is currently posted, so if you know someone who would be a great addition to our team, please encourage them to apply!

Please join me in **congratulating Patty on this exciting new opportunity!** We are fortunate to have her taking on this important role, and I'm excited to see what she brings to it.

Submitted by Dr. Lance Gibbon

Rez Photo of the Month Answer



**The Mother and Daughter in this photo are none other than:
Bessie Crist Stolen and Wilma Adams Bush
Thanks Marlene for sharing such a great photo :)**

~NEWS FROM THE LAND OF LITTLES~

Eagle Class:



We're so happy to be back to school and ready to learn! The kids have been having so much fun getting to explore the new rooms with new friends, sharing laughs and discovering exciting new areas. Eagle class has been getting into routines and a lot of learning through play, which helps them develop important skills while having a great time. We're starting on the alphabet and letter sounds, learning about ourselves, our feelings, and getting to know some new friends in our classroom community. We've also got a lot of projects done and planned and are so excited for what this year has in store, filled with growth, creativity, and memorable experiences!-Teacher Taliah

Photo credit: Taliah Elguero

Orca Class:

I am genuinely excited for the new year of Headstart and the opportunity to get to know the new kids who are joining us! It's incredibly fun to plan various projects and activities to do with the children. The school year has just started, and we are busy learning routines and setting clear expectations. The kids are already making friends, effectively communicating their needs, and having a great time learning throughout the day. I am really looking forward to being their teacher and supporting the kids as they grow

and develop new skills. We have a wonderful team here in Orca, and I sincerely hope the kids have an amazing and successful school year filled with joy and learning.

-Teacher Lucille



Deer Room

Photo credit: Angel Bean

Photo Credit: Lucille Austin

Deer Class:

It is great to see all the smiling faces as we returned back to class. We have been exploring hands on activities. We have completed some work around the letter A. With Fall approaching, we are going to introduce the letter L for leaves. The kids are enjoying themselves in class as they are very busy. We are off to an awesome start of the school year.

-Teachers Angel & Dawn

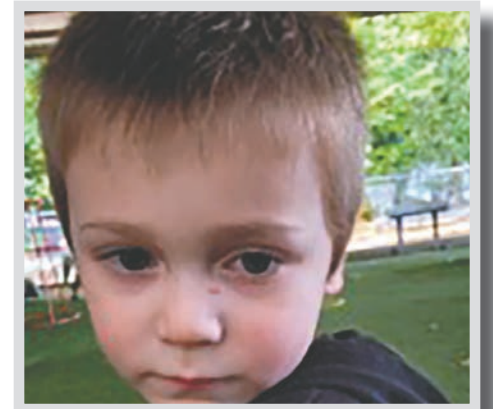
Eagle room Spotlight

"Hazel is so sweet and compassionate. She loves all of her friends so much and they love her too. She's so silly and we can always hear her giggling about something! Hazel is so smart and such a quick learner. She has grown so much since last school year! We all missed her and are so happy that she's back this school year!" - Teacher Taliah



Orca room Spotlight

"Koa is our student of the month. The school year just started but he was in Orca towards the end of last year. He is so full of energy, has big feelings and with that is a big heart. He is a super smart kid. He sits front row for circle time, really enjoys participating in everything that we do- especially going outside to see his brothers! Pictured is him when he found a caterpillar in the playground area, he likes looking for bugs. We are happy to see him again for this school year and excited to see how much he grows!" - Teacher Lucille



Bear room Spotlight

"Bear rooms student of the month is Nikolas. Nikolas just started in our room almost two months ago and it has been so fun watching him blossom and learn. He watches his friends all the time and likes to play with whatever is in reach. He's starting to get around the room now and is trying to walk a lot more. We're happy to have him with us!" -Teacher Molly



tuwaduq language program update

As the 2026-2027 school year kicks off with great momentum, we are excited to welcome all of our students back. At present, we are focusing on the K-3rd grade classes at Hood Canal School. Our plan is to engage with each class to teach our language. During the first month, we will revisit the vocabulary from last year before moving on to new words and sentences.

In addition, we will continue our work with the Headstart and Early Childhood Development programs. We aim to expand our vocabulary and deepen our connection with the children in these groups.

In both programs, we will be singing the Tuwaduq song "Counting 1-10." Be sure to check out our flyer for information on our monthly language class, which typically takes place on the last Wednesday of each month.

Culture and Community
Tom's After-School Program



Tom's after-school program has begun and is off to a good start. The Staff has worked hard on different ideas, activities, and themes for each month. The theme for September was "Goal Setting September". Aurora, our temporary WEX worker has dived into helping with the kids in presenting what a goal is and asked different kids what their goals are in life. Some of the answers are super cute. Next month the theme will be "Shadowy Tree Transformations". Activities will be planned around our themes. Our Fitness Staff, Willie, and Alan P are working on fitness, sporting events, etc. They are planning on holding basketball training in the evenings as schedules allow. Chris Tinaza is our cook who will be providing nutritional snacks and meals. Chris also helps during program hours and helps with the different activities. Dydemus is our Transportation Specialist and is working on making sure our systems are in place each day and focusing on safety first. He also helps during program hours. Corbett helps daily with the afterschool program but focuses on providing cultural and seasonal activities for our teens. Sissy is our Admin Assistant, who actively helps with the afterschool activities. She works on helping structure our program by implementing systems that may help run a smooth program. Christopher James is our Program Manager. He has proven to be all hands-on deck and engages with the youth in different ways and supports the staff needs. Cultural activities are the focus of all activities. We have a fun year planned and if any parent or community member have ideas please present them to us. We are open to all input in making our kids feel loved, safe, and teaching them all about what it means to be tuwaduq



Skokomish Indian Tribe
WFD Program



SKOKOMISH
INDIAN TRIBE
SqWuqWu'b3sh "People of the River"

2026-2027

Skokomish WFD Youth Program

Tom's ~ Teen Council

for families with youth k-12

For Information call Christopher James @360-877-2200



K-8th
Tom's ASP
Culture Camp's
Summer Rec

Teen's
Teen Council
Teen day/field trips
Summer internship program

TRIBAL MEMBERS WITH BIRTHDAYS IN OCTOBER

<u>1st</u> Jamie Johnson Shawn Raper	<u>5th</u> Ronda Petty Airyana Peterson Taylor Strong	<u>9th</u> Ruth Bowcutt	<u>13th</u> John Gouley Heidi Williams Tricia Longshore Bailey Plant	<u>17th</u> Allen Carrington Paul Peterson, Sr.	<u>21st</u> Stephanie Teo	<u>27th</u> Carol Cordova Danielle Lucero Leonard Robinson Matthew Plant, Jr.	<u>31st</u> Jamie Cook Nicole Rose Smith Ron Twiddy, Jr. Kevin Cagey
<u>2nd</u> Dan Cush Jesus Mendoza III	<u>7th</u> John Hermann, Jr. Little Bear Hermann Dominique Stephens Amilia Smith	<u>10th</u> Hunter Green Michelle Deyette	<u>14th</u> Ocean Sparr	<u>18th</u> James Henry Aria Allen	<u>22nd</u> Arthur Gouley Blake Strong		
<u>3rd</u> Marcella Scannel Shawndra Seburn Talon Miller		<u>11th</u> Linda Cultee- Standing Elk Tearny WhiteEagle	<u>15th</u> G. Tiger Tinaza Russell Limburg	<u>19th</u> Dennis Allen Robert Allen, Jr.	<u>24th</u> Wilson Johnson	<u>28th</u> Mesha Tinaza Jordan Tinaza	
<u>4th</u> Mary Williams Dallas Escobar	<u>8th</u> Amanda Bowcutt Ada Gouley	<u>12th</u> Marcella Johns Luanne Kennedy	<u>16th</u> Kayla Strong	<u>20th</u> Sterling Arbuckle Noah Kennedy Tomisha Sotomish-Grover	<u>26th</u> Stephanie Darling Albert Smith Aurora Regna	<u>29th</u> Katherine Peterson	<u>30th</u> Donna LeClair

NEW PROJECTS BRING LIFE BACK TO THE SKOKOMISH WATERSHED

Two Skokomish River restoration projects were completed this summer! Both projects have undergone years of development including design, permitting, planning, and collaboration.

The Upper South Fork Phase 6 restoration project involved the construction of two floodplain channels, approximately a dozen engineered log jam (ELJ) structures, and wood loading in the upstream section of the project via helicopter. The project is located several miles upstream of the Browns Creek campground and was built upon prior restoration work in the area. For this project, the Skokomish's Natural Resources Department partnered with Mason Conservation District (MCD) and the US Forest Service (USFS) to help restore natural processes which have been impaired by logging, road construction, and more. The ELJs installed throughout this reach will create deep pools and capture sediment to form vegetated islands in the upper watershed, helping reduce sediment accumulation downstream in the Skokomish Valley. As restoration work and fish supplementation and re-introduction continue throughout the Skokomish watershed, the goal is to have abundant quality habitat ready to welcome them back, in particular with hopes for a strong spring Chinook population to be able to consistently return to the Upper South Fork Skokomish River in the future.

The River Mile 6.5 restoration project occurred on the Washington Department of Fish and Wildlife (WDFW) property on Sunnyside Road (Rocky Beach) and was completed in partnership with the Skokomish's Natural Resources Department, MCD, and WDFW. This project also constructed ELJ structures, added large wood to the excavated channels for complexity, and created side channels with a focus on increasing connectivity of the river with adjacent wetlands. Several previously existing side channels were defined and extended to increase fish holding



capacity. These side channels provide important rearing habitat for multiple species and are particularly preferred by juvenile coho. Additionally, increased floodplain activation assists in slowing down water during high flows, spreading it out into the wetlands. This can provide benefits to the community during those times, as well as improving water quality, which is beneficial to both fish and people!

While these projects are freshly constructed, they may not look their best yet! After a few years of vegetation regrowth and re-establishment of natural processes to incorporate the changes, the sites will look much more natural once again and provide improved habitat for salmon.

In doing these types of projects, the river itself is an important partner! Construction provides the foundation of the project and then the river finalizes the work by developing the channels further, accumulating natural wood, creating deep pools, and trapping sediment and gravel behind ELJ structures. These restoration projects will provide benefits for many years to come!

The Skokomish Watershed Action Team (SWAT) will be holding a Community Site Tour of the River Mile 6.5 (Rocky Beach) Restoration Project

On Friday, October
2nd
10:00am - 12:30pm

Come see the work that has been done to restore salmon habitat and natural river processes and increase floodplain connectivity! This project has been many years in the making with the partnership of the Skokomish Department of Natural Resources, Mason Conservation District, and WDFW.



Parking is limited; attendees are invited to carpool to the site together by meeting at the George Adams Hatchery at 10:00am.

Boots may be desired due to likelihood of wet or muddy conditions on site.

If conditions allow, there may be an opportunity to see another project site nearby which is several years post-construction.

Resolutions Approved by Tribal Council

RESOLUTION NO. 2026-084 A RESOLUTION REGARDING THE ESTATE OF JAMES BYRD JR. AND PROPERTY LOCATED AT 111 N SALISH CT

RESOLUTION NO. 2026-085 A RESOLUTION AUTHORIZING THE SUBMISSION OF AN APPLICATION TO THE BUREAU OF INDIAN AFFAIRS FOR FY 2026 WASHINGTON COAST AND PUGET SOUND TRIBAL MASS MARKING IMPLEMENTATION PLAN FUNDS TO BE USED FOR A COHO INDICATOR STUDY

RESOLUTION NO. 2026-086 A RESOLUTION APPROVING THE SUBMISSION OF AN APPLICATION TO THE BUREAU OF INDIAN AFFAIRS FOR FY 2026 PACIFIC SALMON TREATY RESEARCH AND DATA GATHERING FUNDS

RESOLUTION NO. 2026-087 A RESOLUTION APPROVING THE SUBMISSION OF AN APPLICATION TO THE BUREAU OF INDIAN AFFAIRS FOR FY 2026 TRUST MANAGEMENT IMPROVEMENT PROGRAM FUNDING FOR WEST END ROAD PROPOSAL.

RESOLUTION NO. 2026-088 A RESOLUTION APPROVING THE SUBMISSION OF AN APPLICATION TO THE BUREAU OF INDIAN AFFAIRS FOR FY 2026 TRUST MANAGEMENT IMPROVEMENT PROGRAM FUNDING FOR FMU 6.2 PCT PROJECT.

RESOLUTION NO. 2026-089 A RESOLUTION APPROVING SUBMISSION OF A U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES ADMINISTRATION FOR NATIVE AMERICANS ENVIRONMENTAL REGULATORY ENHANCEMENT (ERE) GRANT APPLICATION

RESOLUTION NO. 2026-090 A RESOLUTION APPROVING SUBMISSION OF 2026 OPEN INVITATION ENATAI FOUNDATION GRANT APPLICATION

RESOLUTION NO. 2026-091 A RESOLUTION APPROVING SUPPORT FOR SUBMISSION OF A BUREAU OF INDIAN AFFAIRS INDIAN BUSINESS INCUBATORS PROGRAM (IBIP) APPLICATION BY THE SOUTH PUGET INTERTRIBAL PLANNING AGENCY (SPIPA)

RESOLUTION NO. 2026-092 A RESOLUTION ENACTING THE SKOKOMISH FIREWORKS SALES AND SAFETY ORDINANCE S.T.C. 4.03

RESOLUTION NO. 2026-093 A RESOLUTION APPROVING THE SKOKOMISH HEAD START PLAN TO IMPROVE QUALITY (PIQJ FOR FISCAL AND PROGRAM DESIGN DEFICIENCIES IDENTIFIED IN THE 2024-2025 FA2 MONITORING REVIEW

RESOLUTION NO. 2026-094 A RESOLUTION APPROVING THE SKOKOMISH HEAD START PLAN TO IMPROVE QUALITY (PIQJ FOR HEALTH AND DEVELOPMENTAL TRACKING DEFICIENCIES IDENTIFIED IN THE 2024-2025 FA2 MONITORING REVIEW

RESOLUTION NO. 2026-095 A RESOLUTION APPROVING AN APPLICATION WITH THE STATE OF WASHINGTON EARLY ACHIEVERS, CHILD CARE DEVELOPMENT FUND, INDIAN HEALTH SERVICES OF PORTLAND FOR THE SKOKOMISH EARLY CHILDHOOD EDUCATION PROGRAM'S LICENSE RENEWAL

RESOLUTION NO. 2026-096 A RESOLUTION APPROVING AN APPLICATION WITH SOUTH PUGET INTERTRIBAL PLANNING AGENCY (SPIPA) FOR THE SUBMISSION OF A DIAPER DISTRIBUTION DEMONSTRATION AND RESEARCH PILOT (DDDRP) APPLICATION

RESOLUTION NO. 2026-097 A RESOLUTION APPROVING THE SUBMISSION OF AN APPLICATION FOR THE 2026 WA ARTS FUND COMMUNITY ACCELERATOR GRANT

RESOLUTION NO. 2026-098 A RESOLUTION APPROVING AN APPLICATION WITH THE U.S. HHS ADMINISTRATION FOR COMMUNITY LIVING FOR THE 2026 LEGAL ASSISTANCE ENHANCEMENT PROGRAM GRANTS

RESOLUTION NO. 2026-099 A RESOLUTION TO NAME THE CAUSEWAY OVER PURDY CREEK FOR *čal'qedəb?* OR GEORGE ADAMS.

RESOLUTION NO. 2026-100 A RESOLUTION APPROVING AN APPLICATION WITH THE U.S. HHS ADMINISTRATION FOR COMMUNITY LIVING FOR THE 2026 LEGAL ASSISTANCE ENHANCEMENT PROGRAM GRANTS

RESOLUTION NO. 2026-101 A RESOLUTION APPROVING THE SUBMISSION OF AN APPLICATION TO THE WASHINGTON STATE DEPARTMENT OF ECOLOGY 2026 WATER QUALITY COMBINED FUNDING PROGRAM FOR WASTEWATER PLANNING FOR CONNECTION OF NORTH RESERVATION ROAD HOMES

RESOLUTION NO. 2026-102 A RESOLUTION APPROVING THE SUBMISSION OF AN

APPLICATION TO THE U.S. DEPARTMENT OF JUSTICE FY 2026 COORDINATED TRIBAL ASSISTANCE SOLICITATION FOR PURPOSE AREA 1 PUBLIC SAFETY AND COMMUNITY POLICING

RESOLUTION NO. 2026-103 A RESOLUTION APPROVING THE SUBMISSION OF AN APPLICATION FOR THE 2027-2029 WSDOT TRIBAL TRANSIT MOBILITY GRANT PROGRAM

RESOLUTION NO. 2026-104 A RESOLUTION APPROVING THE RELINQUISHMENT OF TRIBAL MEMBERSHIP OF ROBERT J BLACKETER

RESOLUTION NO. 2026-105 A RESOLUTION APPROVING THE SPECIAL ATTORNEYS CONTRACT WITH SONOSKY, CHAMBERS, SACHSE, ENDERSON & PERRY, LLP

RESOLUTION NO. 2026-106 A RESOLUTION TO APPROVE SLD CONTRACT NO. 2026-MC-00102 FOR NATELIE COLUMBUS WITH SKOKOMISH INDIAN TRIBE.

RESOLUTION NO. 2026-107 A RESOLUTION TO ADOPT THE FISCAL YEAR 2027 BUDGET

PUBLIC HEARING NOTICE

The Skokomish Tribal Court and Community Development Office invite tribal members to attend a public hearing and provide feedback and comments on the following new, amended and updated ordinances:

1. S.T.C. 6.07, Skokomish Solid Waste Ordinance
2. S.T.C. 5.04, Retail Sales Tax Ordinance
3. S.T.C. 2.15, HEARTH Act Residential Leasing
4. S.T.C. 4.11, Skokomish Commercial Marijuana Ordinance

Date: Thursday, November 5, 2026
Time: 5:30 p.m.

Location: Skokomish Community Center

All tribal members are encouraged to attend and comment.

Skokomish Tribe Welcomes Natelie Columbus



Natelie Columbus, Attorney, Civil Legal Aid Service Provider

A champion of equal access to justice, serving not only civil public defense roles for vulnerable

and marginalized communities, Natelie also serves tribal communities on the Olympic Peninsula. As the civil legal aid attorney for the Skokomish Indian Tribe, Natelie offers rigorous courtroom

advocacy, and a compassionated client-centered approach.

Natelie spent her early career in Anchorage, Alaska, in private practice. She later relocated to Washington State where she spent a brief period as a criminal deputy prosecutor, before the Covid-19 pandemic hit.

With a focus on public service, Natelie moved into a federal regulatory compliance role as an Attorney Advisor for the U.S. Small Business Administration, handling complex administrative tasks and high-level legal strategy in disaster relief. During her tenure, Natelie navigated highly sensitive legal issues and oversaw regulatory compliance across multi-million-dollar federal programs. The

end of the Covid-19 related federal relief programs opened a door for Natelie to transition back to civil litigation defense work.

Leveraging skills in legal analysis, courtroom readiness, client advocacy and commitment to public service, Natelie also focuses on indigent civil defense in dependencies, and adult/minor guardianships. She also serves as a Title 26 and Title 11 Guardian ad Litem, and Court Visitor. Natelie also serves as a Commissioner Pro Tem for Jefferson County Superior Court, bringing a well-rounded and objective perspective to the bench.

A first general immigrant from the South Pacific, Natelie feels the weight of her South Pacific heritage in her

roots:

“As a proud Pasifika female, I am anchoring the traditions of my culture while charting a new course as my family’s first-generation college trailblazer and lawyer. My education, career and work in public service is not just a personal achievement; it is a tribute to the resilience of my pacific island ancestors”

Natelie lives on the Olympic Peninsula with her husband Sam, her youngest of four remaining children at home – having sent off three others to college and beyond – alongside their four doggies. She enjoys biking, cooking up a storm and delivering meals to friends, neighbors, and colleagues, gardening, volunteering and spending time with family and friends.

Career building Class

Unlock Your Potential, Find Your Path

October classes

Wednesday
October 14th and 21st
@ 5:30pm

- **When: 2nd and 3rd Wednesday @5:30pm**
- **Where: Skokomish WFD**
- **Complimentary meal provided**

Limited space **Learn Key Skills**

COME JOIN US!!!

Resume Building

Interview skills

Career Goal Setting

Networking Strategies

Financial literacy

Entrepreneurship

Career Planning

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:
October 2nd, 9-3
SPIPA IPC, phone appts.

Phone and in person appointments. Date subject to change.

South Puget Intertribal Planning Agency

USDA Foods Program

Delivery Date

Skokomish

Thursday, October 15th

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.

~ SKOKOMISH WELLNESS CENTER NEWS~

Breast Cancer Awareness, Support, and Hope

October is Breast Cancer Awareness Month, a time to learn about prevention, encourage screening, and support those affected by cancer.

According to the American Indian Cancer Foundation, breast cancer is the most common cancer among women and the second leading cause of cancer death among Native women. The good news is that finding breast cancer early can greatly improve treatment outcomes.

Early Detection Saves Lives

There is no guaranteed way to prevent breast cancer, but you can lower your risk by:

- Being physically active
- Eating healthy foods
- Limiting alcohol use
- Avoiding commercial tobacco
- Maintaining a healthy weight
- Getting regular screenings

It is also important to know your body. Contact your healthcare provider if you notice:

- A lump in the breast or underarm
- Changes in breast size or shape
- Nipple discharge
- Skin dimpling or puckering
- Redness, discoloration, or unexplained pain

Know Your Family History

If breast cancer runs in your family, talk with your healthcare provider about genetic counseling or testing.

Some people inherit changes in the BRCA1 or BRCA2 genes, which can increase the risk of breast cancer. If several family members have had breast cancer, ovarian cancer, or if a male relative has had breast cancer, genetic testing may help you better understand your risk.

Knowing your family history can help you and your healthcare provider decide when and how often you should be screened.

Mammograms and Other Screening Options

Mammograms remain one of the best tools for finding breast cancer early, often before symptoms appear.

If you are unable or unwilling to have a mammogram, talk with your healthcare provider about other options. An ultrasound may be used to look at

breast tissue, especially if you have a lump or dense breast tissue. In some situations, an MRI may also be recommended.

The most important thing is to work with your healthcare provider to find a screening plan that works for you.

Men Get Breast Cancer Too

Many people do not realize that men can get breast cancer.

Men should talk with a healthcare provider if they notice:

- A lump under or near the nipple
- Skin changes on the chest
- Redness or scaling
- Nipple discharge
- Swelling under the arm

A Message for the Men in Our Community

Many men will change the oil in their truck, fix a strange noise, or spend hours maintaining equipment before a small problem becomes a big one.

Your health deserves the same attention.

If something does not seem right, get it checked out. Early detection could save your life. Taking care of your health is a sign of strength and responsibility to yourself and your family.

You Are Not Alone

A cancer diagnosis affects more than physical health. It can affect emotional, spiritual, and financial well-being too.

Support from family, friends, healthcare providers, and community members can make a tremendous difference during treatment and recovery.

Help with Transportation and Other Costs

Skokomish Wellness Center

The Skokomish Wellness Center has limited gift cards available to help eligible patients with transportation costs when traveling outside their medical service area for cancer-related care.

The Wellness Center's Community Health Representatives (CHRs) are also available to provide transportation assistance for eligible Skokomish Tribal community members attending medical appointments.

SPIPA

SPIPA may also have gift cards and other support available to help eligible patients with transportation and other needs related to medical care.

American Cancer Society

Skokomish Wellness Center



We Are Stronger Together

CANCER SUPPORT GROUP

**1st Meeting Scheduled: Monday,
October 19, 2026**

5pm-7pm

**Facilitators: Rita Andrews &
Desiree White**

Every **3RD**
MONDAY | 5 PM

at the Skokomish
Community Center
Gathering Room



The American Cancer Society offers programs that may help cancer patients access transportation and lodging during treatment.

Road To Recovery® may provide transportation to cancer-related medical appointments.

Hope Lodge® may provide free overnight lodging for patients and caregivers who must travel away from home for treatment.

For more information, call 1-800-227-2345.

Local Resources

Salish Cancer Center

The Salish Cancer Center provides cancer care in a culturally supportive environment and offers services designed to meet the unique needs of Native patients and families. The center works with patients throughout their cancer journey and can help coordinate treatment and supportive care services.

Contact the Salish Cancer Center directly to learn more about available cancer treatment, support services, and patient resources.

Karen Hilburn Cancer Fund

The Karen Hilburn Cancer Fund was established to help Mason County residents facing the financial burden of cancer. Assistance may be available for individuals who are uninsured or underinsured and need help with

cancer-related medical expenses, deductibles, copays, and transportation costs associated with treatment.

Phone: (360) 462-FUND (3863)

Website: www.karenhilburncancerfund.org

Cancer Support Group Starting October 19 (See flyer above)

The Skokomish Wellness Center will begin offering a Cancer Support Group on Monday, October 19, 2026.

The group is open to cancer survivors, patients currently in treatment, caregivers, and family members.

Location: Skokomish Community Center, Gathering Room

Following the first meeting, the group will meet on the third Monday of every month, unless otherwise announced.

A Final Message of Hope

Cancer can be frightening, but you do not have to face it alone.

Getting screened, knowing your family history, paying attention to changes in your body, and seeking support can make a difference.

Whether you are a survivor, caregiver, family member, or someone seeking information, help is available. Together, we can support one another, encourage early detection, and remind our community that hope, healing, and strength are always stronger when shared.

The Road Back to Yourself: **Protecting Your Brain, Health, and Future**

Being a teenager is not always easy

Between school, sports, family responsibilities, friendships, social media, and planning for the future, life can sometimes feel overwhelming. When stress builds up, some young people turn to vaping, marijuana, alcohol, or other substances because they hope it will help them relax, fit in, or forget their problems for a while.

At first, it may seem harmless.

Maybe it is just once.

Then it becomes every weekend.

Then it becomes more often than you ever expected.

What many young people do not realize is that their brains are still growing. The choices they make today can affect how they think, learn, feel, and make decisions for years to come.

Why the Developing Brain Is at Risk

The brain continues to develop up to the age of 26, especially the areas involved in attention, learning, memory, emotions, judgment, decision-making, and self-control. Nicotine, THC, alcohol, and other drugs can interfere with these functions. Because the brain is still growing, youth are especially vulnerable to addiction and other lasting effects.

Know the Harms

- Marijuana and THC: Can affect attention, memory, learning, motivation, judgment, and emotions. Some youth may experience anxiety, panic, paranoia, depression, or mood changes. Starting young and using regularly increases the risk of dependence and problems with learning and mental health.
- Vaping and nicotine: Most vapes contain highly addictive nicotine. Frequent use can affect focus, mood, memory, learning, and impulse control. Vape aerosols are not harmless water vapor; they may contain nicotine, heavy metals, tiny particles, flavoring chemicals, cancer-causing chemicals, or THC oils that can irritate the lungs and airways.
- Alcohol: Impairs judgment, memory, coordination, and decision-making, increasing the risk of injuries, accidents, violence, and unsafe choices.

- Other drugs: Misused prescription medicines, opioids, methamphetamine, and other illegal drugs can seriously affect physical and mental health, relationships, school performance, and future goals.

No matter the substance, earlier use can mean greater risk to the developing brain.

Asking for Help Takes Courage

If substance use is affecting you or someone you care about, talk with a trusted adult, family member, counselor, coach, teacher, or healthcare provider. Reaching out is a sign of strength. Early support can help prevent a concern from becoming more serious and can build healthier ways to cope.

Resources for Youth and Families

Skokomish Wellness Center: Integrated physical, emotional, mental, and spiritual wellness services for community members and families.

Behavioral Health Department: Counseling, family support, and mental health resources for anxiety, depression, stress, trauma, grief, family challenges, and substance use concerns.

Substance Use Disorder Department: Assessments, counseling, treatment planning, education, and recovery support for vaping, nicotine, marijuana, alcohol, prescription drug misuse, and other substance concerns.

Washington Recovery Help Line: 1-866-789-1511
988 Suicide & Crisis Lifeline: Call or text 988
Washington Poison Center: 1-800-222-1222 or text 206-526-2121. Free, confidential help is available 24/7 for nicotine poisoning, marijuana edibles, medication mistakes, overdoses, and other harmful exposures.

A Message of Hope

If you are struggling, you are not alone. A mistake or difficult season does not define you or determine your future. People care about you and are ready to help. Reach out, ask for support, and take one positive step at a time. Healing is possible, and your story is still being written.





RELAX. REJUVENATE. RESTORE.

ZENBODY MASSAGE THERAPY

WITH JULIA LEA

**For the week of
October 5th:**

Mon, Tues, Wed & Fri.

**6 slots are available
from 9am-3:40pm.**

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

**(For Enrolled Skok
Tribal Members ONLY)**





**CALL THE CLINIC
TO MAKE YOUR
APPOINTMENT:**

**3 6 0 - 4 2 6
5 7 5 5**

**OR JOIN THE WAITLIST
AT THE FRONT DESK!**

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

SDPI: A Healthy Start for the New School Year

It's fall again, and youth are beginning a new school year! We hope you and your family had a restful, enjoyable summer and that your children are settling comfortably into their school routines.

Small Healthy Choices Make a Big Difference

The beginning of the school year can be a busy time, so this is a gentle reminder that small, healthy choices can support children as they learn, play, and grow. Your child's diet plays a crucial role in how well they can sit, listen, and understand what they are being taught at school.

Fueling the School Day

A nourishing breakfast, whether at home or at school, can help children begin the day with steady energy and focus. Real foods such as protein, fruits, vegetables, and whole grains can support learning, activity, and overall wellness.

Helpful Nutrition Tips

- Plan healthy meals before and after school to help your family feel its best.
- When mornings are rushed and cereal is the easiest option,

choose whole-grain cereals and either low-fat, lactose-free, or soy milk when possible.

- Pair cereal with fruit and protein, such as an egg, to help children feel satisfied and energized throughout the morning.

- Encourage water during the day as a simple way to support good health.

- Provide a balanced dinner with vegetables and healthy protein to help children sleep well and grow strong.

Modeling Healthy Habits

As adults, we can model healthy habits and gently guide our youth as they learn to care for their growing bodies. Try your best to give your children the nutrition their bodies need to be successful during their school days.

We're Here to Support You

All of us here at the Skokomish Wellness Center are here to support you and your family. If you would like additional guidance on nutrition, physical activity, or health coaching to help lower health risks and support your family's wellness, please feel welcome to contact Danielle Macomber, SDPI Coordinator at the clinic.

Back to School: Supporting Our Children's Mental Health and Preventing Bullying

School is back in session! Summer 2026 was beautiful and busy, and we are excited about what our youth will learn and experience this school year. Many of us remember feeling excited, nervous, and hopeful as we prepared for the first day of school.

As we celebrate a new school year, we also want to focus on children's mental health and bullying prevention. Every child deserves to feel safe, valued, respected, and connected at school. According to the Centers for Disease Control and Prevention (CDC), students who feel connected to their school, teachers, and peers are more likely to experience positive mental health, perform better academically, and avoid risky behaviors. When children feel that they belong and that adults care about them, they are better equipped to handle challenges and build healthy relationships.

Everyone has experienced hurt feelings at some point in life. Many adults remember childhood bullying with anger, sadness, resentment, or even pity. Over time, we may come to understand that hurtful words and actions often come from people who are struggling with their own insecurities, emotional pain, or feelings of disconnection. While this understanding does not excuse bullying behavior, it can help us respond with empathy while maintaining clear expectations for respectful behavior.

Children need guidance and support from caring adults to navigate these challenges. Parents and caregivers can remind children that bullying is never their fault and that they do not have to face it alone. According to CDC, one of the most effective ways to address bullying is to encourage children to seek help from trusted adults and to teach them healthy ways to respond to conflict. Whether it is a teacher, counselor, coach, elder, family member, or another trusted adult, children should know there are people who will listen and help.

One of the best ways to support

children is by talking with them regularly about their day. Ask open-ended questions, listen calmly, and give them space to share their experiences without fear of judgment. According to CDC, strong family connections and supportive adult relationships are important protective factors that promote resilience and emotional well-being. When children feel heard, respected, and supported, they are more likely to speak up when something is wrong and seek help when they need it.

For American Indian and Alaska Native youth, culture, community, and identity are important sources of strength. The Indian Health Service (IHS) recognizes that resilience is strengthened when youth are connected to their culture, traditions, language, elders, and community. Participation in cultural activities, traditional teachings, community gatherings, and youth leadership opportunities can help young people develop a strong sense of belonging and self-worth. These connections support emotional wellness and help youth navigate challenges in healthy ways.

The Substance Abuse and Mental Health Services Administration (SAMHSA) also emphasizes the importance of involving elders, families, and communities in bullying prevention efforts. Culturally grounded activities, mentorship, and positive youth development programs help strengthen protective factors that build resilience and foster healthy relationships. When youth feel connected to their culture and community, they are more likely to develop confidence, empathy, and respect for others.

We can help prevent bullying by teaching our youth empathy, kindness, healthy communication, and conflict-resolution skills. According to the CDC, effective bullying prevention efforts focus on creating safe and supportive environments where respect and inclusion are the norm.



INDIAN CHILD WELFARE
& COMMUNITY HEALTH
REPRESENTATIVES

P.POSITIVE I.INDIAN P.PARENTING

Join our Heartful Parenting Course and learn how to nurture your child's and family's growth with empathy, understanding, and love.

Our Class Offers:

- ✓ Practical Tools for Managing Stress.
- ✓ Strategies for Building Trust and Mutual Respect.
- ✓ Tips for Maintaining Patience and a Positive Attitude.

JOIN US

 **November 2nd 5:00pm-7:00pm**

 **Skokomish Wellness Center Conference Room**



Children learn from what they see. When adults model kindness, accountability, and respect, youth are more likely to do the same.

It is also important to remember that a child who bullies others may be struggling with challenges of their own. According to SAMHSA, youth who engage in bullying behaviors often benefit from additional support, healthy adult relationships, and opportunities to learn positive social and emotional skills. Addressing bullying with both accountability and compassion helps create opportunities for growth and healing.

Together, families, schools, tribal

communities, and youth can create environments where every child feels safe, respected, connected, and proud of who they are. By strengthening relationships, supporting mental health, and nurturing cultural identity, we can help our children build resilience and thrive throughout the school year and beyond.

Happy 26/27 school season, be well!
Skokomish Community Health Representatives,
Danielle Macomber
Nydesta Gouley
Augusta Wilbur

8 Lifestyle Changes On Mortality And Life Expectancy

This article is based off of this published journal study and other researched material.

Impact of 8 Lifestyle Factors on Mortality and Life Expectancy Among United States Veterans: The Million Veteran Program The American Journal of Clinical Nutrition December 7, 2023; epub

Hello, this is Dr. Scott, your Skokomish Chiropractor. A couple years ago I wrote a series on this very subject and thought it was worth revisiting. These healthy habits to increase your lifespan and brain span are the same today as they were when I first wrote about them.

These 8 lifestyle changes are something for you to do at home and can change your life dramatically.

The first lifestyle change is positive social connections. Having a positive social connection lowered your risk of dying by **5%**. This can be accomplished by getting involved in your community or having strong family or friend connections. Also, volunteering is a great way to be socially active.

The second lifestyle change is restorative sleep. Having good sleep patterns lowered your risk of dying by **18%**. Too little sleep increases Alzheimer's risk and demolishes the immune system, doubling one's risk of cancer. In his book, "Why We Sleep" by Mathew Walker, he states, "The shorter your sleep the shorter the lifespan". "Poor sleep is the most under appreciated factor contributing to cognitive and mental ill health in the elderly, including issues with diabetes, depression, chronic pain, stroke, cardiovascular disease and Alzheimer's". "Sleep is the single most effective thing we can do to reset our brain and body health each day". The body has a "Glymphatic system". It washes our brains of toxins and acts as a waste clearance system as we sleep. Too little sleep causes a decreased release of melatonin, which has been found to be associated with onset of many disorders like

breast cancer and neurodegenerative disorders. Prior to sleep avoid: Food/Alcohol 4 hours before, exercise 2-3 hours before, caffeine 8 hours before and electronics 1-2 hours before sleep. The minimum amount of sleep you should get is 7 hours.

The third lifestyle change is minimal alcohol consumption. Minimal consumption of alcohol lowers your risk of dying by **19%**. Alcohol is a carcinogen and increased consumption causes seven types of cancer: breast cancer in women and bowel cancer in men. 1 bottle of wine is equivalent to smoking 11 cigarettes.

The fourth lifestyle change is eating a whole-food healthy diet. Having a healthy diet decreases your risk of dying by **21%**. The problem with our diets today is ultra processed foods, or "UPF's". UPF is engineered to behave as addictive substances and is linked to be the leading cause of early death globally and number one cause of environmental destruction. Ultra processed food is anything with more than 5 ingredients and if you can't find the ingredient in your kitchen, it's an UPF. Unfortunately, 73% of the food sold in the US is Ultra Processed, so when you can eat organic vegetables, pasture raised meat (chicken, beef, pork, eggs). Our brain is made primarily out of fat, so we need good fats to be healthy. Use olive oil, avocado oil, or coconut oil when cooking. All other oils are bad fats, causing inflammation and chronic pain.

The fifth lifestyle change is Stress Management with minimal anxiety/depression. Having decreased stress and anxiety lowers your risk of dying by **29%**. Some simple things you can do are meditate, exercise and make goals. Good self talk, like reciting daily what you are grateful for in your life. I always hear people say that "It sucks to get older". Did you know that people with positive age beliefs live an extra 7.5 years on average. Also, positive age beliefs help people recover faster from injury by 44%.

The sixth lifestyle change is never smoking. Never smoking decreased your risk of dying by **30%**. This is

pretty self-explanatory, we all know smoking is bad. Smoking 1 pack a day for 1 year results in 150 mutations in each lung cell. Also, smoking 1 cigarette decreases your life by 11 minutes.

The seventh lifestyle change is not having an opioid use disorder. Not having an opioid use disorder lowered your risk of dying by **38%**. The most common motivation for misuse was to relieve physical pain (63.4%). The United States is the world's leading per capita consumer of both opioids and sugar. In the book, "Dopamine Nation", Exposure to opioids causes our brains to reset its pleasure-pain balance to the side of pain. Now the original pain is worse and they have new pain in parts of their body that used to be pain free. (Opioid-induced hyperalgesia). Americans on Medicaid are prescribed opioid painkillers at twice the rate of non-medicaid patients. Medicaid patients die from opioids at 3-6 times the rate of non-medicaid patients. Everything has its place, but be mindful.

Finally, the eighth lifestyle change is regular moderate exercise! Regular moderate exercise lowered your risk of dying by **46%**! Equivalent to at least walking briskly a few blocks each day. Exercise increases Mitochondria production(helps us heal and decreases the aging process) and

improves all aspects of health. Overall mortality falls with exercise because exercise heals wounded blood vessels. When we are idle, there is a slow drip of inflammation. This causes chronic inflammation, stress to joints and all tissues (including brain). We need to exercise, which causes growth and repair to all our tissues.

The Author of Dopamine Nation states, "Exercise has been found to have a more profound and sustained positive effect on mood, anxiety, cognition, energy and sleep than any pill that can be prescribed". Finally, exercise contributes to the birth of new neurons and reduces the likelihood of becoming addicted to drugs. I will finish this eighth lifestyle change with a quote from Edward Stanley (1826-1893), "Those who think they have no time for bodily exercise will sooner or later have to find time for illness."

In closing, men who adopted all eight habits by the age of 40 would live 24 yrs longer.

Women who adopted all eight habits by the age of 40 would live 23 yrs longer. If people implemented the habits by age 60, they could extend their lives by up to 18 years.

Yours in Health,

Dr. Scott

Warrior's Path Crime Facts and Safety Tips

Fall Months:

With our days getting shorter and darker it can make visibility challenging. Here are some safety tips:

- Motion activated lights to illuminate dark paths on your property
- Flashlight with fresh batteries located in easy to reach areas
- Check both headlights on vehicles are in working order
- Clear paths of debris, moss, and items to avoid tripping and falling during dark hours
- Keep valuables locked in a well lit area to prevent would-be thieves

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

Eben Card
Victim Services Manager
Ecard@skokwellness.gov



Feeling Under the Weather?

With winter approaching, you may be gearing up for illness prevention by masking up, drinking plenty of water, and staying in on rainy days. Many were told you will catch a cold if you go outside in the rain, but this old wisdom has only some truth to it.

You may be more likely to get sick after spending time in the rain, but the rain itself is not the cause. The cold may affect your immune system, which puts you at greater risk of contracting a cold or flu virus. [Health.com]

Being cold and wet for a prolonged period makes it difficult to regulate your body temperature, decreasing your immune response and making it harder for you to fight off a virus.

People get sick more often during cold and rainy seasons because they spend more time indoors where viruses are more apt to spread through the air and with close physical contact. Cold and flu viruses tend to thrive in dry and cold conditions rather than in rainy, humid ones.

You can lower your risk of contracting a cold virus by frequently washing your hands, eating a balanced diet, avoiding sharing your food and beverages, exercising regularly, refraining from touching your eyes and mouth, and getting enough sleep. [Healthline]

If you choose to spend time outdoors on cold, rainy days, make sure to wear waterproof clothing, change into dry clothing as soon as possible, and drink warm beverages to maintain a healthy body temperature.

If you do get a cold this season, don't fret! Make sure to rest, stay hydrated, use a humidifier, and consider taking over-the-counter medications to shorten the severity and duration of your symptoms as much as possible.

Reference: American Association of Medical Assistants, CMA Today, Nov/Dec 2023

Cold vs Flu
Common Cold Influenza

Prevention vaccine	No routine vaccine	Yes, annually recommended
Typical onset	Often gradual	Often sudden
Fever	Less common	Common
Body aches	Usually mild	Often significant
Fatigue	Usually mild	Can be substantial

If you develop flu symptoms, such as fever, body aches, cough, and sudden fatigue —contacting a healthcare professional early can be useful because antiviral medications work best when started soon after symptoms begin.

Make sure you get vaccinated yearly, preferably before the flu season begins. Vaccines help prevent severe illness, hospitalization, and complications, and are recommended for everyone 6 months and older, especially those at higher risk such as young children, older adults, pregnant women, and people with chronic health conditions

Reference: Centers for Disease Control and Prevention

COLD SYMPTOMS



loss of appetite sneezing
cough runny nose

COLD or FLU?



FLU SYMPTOMS



heat weakness
headache drowsiness

Welcome Alisha!

Hello Skokomish Community!
My name is Alisha and I am excited to introduce myself as the new Dental Hygienist here at the Skokomish Wellness Center. I am looking forward to getting to know all of the people and families that I will have the opportunity to care for. For the past 10 years I have learned the importance of providing gentle and thorough dental care while trying to make each visit a positive experience.

Outside of the office I enjoy spending as much time as I can outdoors with my husband and 3 children. We love to travel when we can and explore this beautiful place. I also love to read and relax at home.



I am grateful for the opportunity to serve our local community and look forward to seeing you!



Skokomish Indian Tribe

Housing Department (360) 877-6748 • Fax (360) 877-6749

N. 80 Tribal Center Road Skokomish Nation, WA 98584

NOW ACCEPTING APPLICATIONS



As we progress into eligibility, we have engaged with seniors aged 55 and older and are now in a position to accept applications from Skokomish Tribal Elders that are residing within the boundaries of Mason County.

The primary objective of this project is to provide Skokomish Tribal Elders with:

- energy efficient appliance upgrades
- electrical water heaters
- electrical panel updates
- Lighting and outlet replacements

Funding is limited so applications will be taken on a first come first served basis until funding has been depleted.

Please contact Matt Plant for an application or assistance.

(360) 877-6748

Stand Together Against Domestic Violence This October

Thank you to all who came to the Our Children Matter “pop-up” it is an honor to acknowledge the children who attended the boarding schools, those children that came home and importantly those that did not return home. Come to the TFS parking lot for the “pop-ups”

October is Domestic Violence Awareness Month. During this month the focus is on being safe, for yourself and your family. Living in fear, fear of being told you are useless, being told you are ugly, being told no one wants you is Domestic Violence. Domestic Violence comes in many forms, but if someone exhibits some of these signs, you maybe a victim and need to seek help.

Signs of Domestic Violence:

- You are threatened with violence or negative recourse, including taking your children, if you express a desire to leave the relationship.
- After hurting you emotionally or physically, they try to “make up for it” with flowers, gifts or other gestures.
- You are intimidated with actions, gestures, or yelling, or by destroying property, driving recklessly, or hurting children or pets.
- You find that your financial information is being withheld from you, keeps you on an allowance, or prevents you from getting or keeping a job.
- You are kept away from

your family and friends and tell you their presence is damaging to your relationship.

- You are insulted and/or they embarrass you in front of others and treat you as an inferior.
- They are dominant over you, make decisions for you, and define the roles they expect of you.
- They downplay the severity, or even existence of the abuse, or blame you for provoking them.

4 out of 5 Native women have experienced violence and over half of indigenous women have been physically abused by an intimate partner. On some reservations, indigenous women are murdered at more than 10 times the national average. Of the estimated 1.5 million

Native women who have experienced violence, 97% of the violence was committed by a non-Native perpetrator.

If you are experiencing any form of Domestic Violence, first call 911. Skokomish DV program can help get you into a safe place for you and your children. Help with protection orders, parenting plans, or just someone to talk to.

No services will be forced upon you; all are your choice to accept.

Do not believe you are alone.

Contact Linda Charette, DV Advocate 360-426-7788 office 360-545-2303 cell

Available 24/7 for help or just someone to talk to about your options.

Advocating for Our Community Amidst Federal Changes

Getting ready to start off a new fiscal year October 1, 2026, for most programs. This year changes are happening with the Tribal Vocational Rehabilitation programs. The move of special education offices to HHS is part of the Trump administration’s historic actions to dismantle the Education Department altogether. With the support of CANAR, letters of concern have been submitted in support of our Tribal Vocational Rehabilitation programs to Federal Government that can possibly change the way Americans with Disability Act (ADA) could be look at differently.

The Consortia of Administrators of Native American Rehabilitation Inc. (CANAR, Inc.) writes to submit formal comments regarding the Department of Education’s Notice of Proposed Rulemaking (NPRM) published in the Federal Register on August 24, 2026. CANAR, Inc. is a national membership organization representing over 100 tribal and state agencies, and professionals dedicated to American Indian Vocational Rehabilitation Services (AIVRS) projects funded under the Rehabilitation Act.

While we acknowledge the Department’s administrative goals of modernization and regulatory streamlining, we have serious concerns regarding several proposed provisions that directly threaten the stability, sovereignty, and continued viability of tribal and community-based grant projects. Specifically, we urge the Department to reconsider and rescind the proposed additions concerning “Termination for Convenience” and the unilateral reduction of continuation awards without due process.

Recent actions have already created significant uncertainty for states and for the workforce of dedicated individuals who support people with disabilities throughout the country. More importantly, people with disabilities and their families are terrified about moving backwards - or worse - becoming institutionalized against their will - after decades of advocacy. We simply cannot risk reversing the progress this country has made in ensuring Americans with disabilities have meaningful choices about where and how they live their lives.

New federal guidance threatens to

upend decades of progress in high school transition planning, which helps students with disabilities prepare for college, the workforce, and living independently, advocates and researchers say.

In 1999, the U.S. Supreme Court ruled in *Olmstead v. L.C.* that states must eliminate unnecessary segregation of people with disabilities and ensure they receive services in “the most integrated setting appropriate to their needs.” The ruling established that unjustified institutionalization constitutes discrimination under the Americans with Disabilities Act (ADA). But in June, the U.S. Department of Justice stated it “will not rely upon the *Olmstead* Guidance in its enforcement” of the ADA, and that *Olmstead* is “not enforceable.”

These are examples of changes that are forthcoming and we at this time do not know exactly what that will mean moving forward with Tribal Vocational Rehabilitation dollars. We are told to continue operating as usual, which we will, but we do know that changes are coming. We just don’t know what the impact will be at this

time. We will keep you informed as much as possible, when we know more. But for now, it’s business as usual. If you have a documented disability and want to work and are an enrolled member of a federally recognized tribe and are interested in signing up for Tribal Vocational Rehabilitation, please contact Rosetta LaClair or Chinook Miller at (360) 426-7788, we will be glad to help remove the barriers that may be in your way to finding that job just waiting for you to apply. We will be having cultural classes being offered soon. Get yourself ready for the holiday season, Come and make a craft and give it away or sell it at the Christmas bazaar. We will post flyers to keep you informed. On October 21, 2026, we will be hosting our annual Voc. Rehab. event at the Skokomish Community Center from 5:30 to 7:00 p.m. in collaboration with the Domestic Violence program. We hope that you will come to join us.

~ELDERS CORNER~

Our Skokomish Elders have had a lively and enjoyable period, and I want to highlight some of the recent activities we've shared, along with a few events coming up soon.

The Elders had a fantastic experience attending the Jamestown S'Klallam Elders Annual Luncheon. We savored delicious food, music, socializing, and spending time with elders from various communities. Eighteen Skokomish elders took part, with some driving themselves and others riding the elder's bus. It was a wonderful chance to gather, enjoy the day, and build stronger bonds with other elders. Many thanks to the Jamestown S'Klallam Tribe for inviting us and hosting such a memorable event. We deeply appreciate your warm hospitality!

Our Elders Picnic was another tremendous success! We relished excellent food, great company, plenty of visitation, the First Salmon Ceremony, Elk Ceremony, Skokomish youth drumming, songs and dances, and our fundraising raffle. A heartfelt thanks to everyone who contributed to our raffle, especially our elders, who helped make the event so enjoyable. We also want to extend special gratitude to the Skokomish Wellness Center for the generous donations that filled the giveaway bags for the elders. Additionally, thanks to Desiree White for setting up a table and distributing much-needed fans and filters to combat the fire smoke in the air. We truly appreciate it. We must also recognize our wonderful cooks and The Tuwaduq Family Services staff. Thank you to the Skokomish Tribe and Council for supporting our Elders program and helping make these events possible. We also appreciate the Tulalip Cares program for their generous donation that supported our elders picnic and other Tribal Elders activities. Your kindness was invaluable and sincerely appreciated.

Looking ahead to October, we have more activities planned and hope you'll join us! On October 13th, we will travel to the Cowlitz Elders Intertribal Luncheon. If you wish to participate, please contact us at 360-426-7788 so we can plan accordingly. On October 15th, we will hold a Bingo event followed by the Elders Advisory Meeting in the community center lunchroom after the Elders Lunch. This is a perfect chance to come together and share your ideas. Are there activities, trips, or events you would like the Elders Program to offer? Please come and share your thoughts with us. Your feedback is vital, and we want to ensure our program reflects the interests of our elders. Every Tuesday, there is an exercise class at the Community Center, followed by lunch. On Thursdays at 10:30, a Yoga class is offered at the Community Center. The birthday lunch is set for October 29, 2026.

Keep an eye out for the Community Halloween party announcement. We look forward to welcoming everyone at our upcoming events. Thank you to all our elders, volunteers, staff, and everyone who continue to support the Skokomish Elders Program. For any questions, please call (360) 968-3416 and speak with Perry Carrington or call (360) 426-7788.

It's that Time of Year Again



Tuwaduq Family Services Preparing for Cold and Flu Season

As we move into the colder months, many of us start thinking about ways to support our health and wellness. While herbs and traditional plant remedies are not substitutes for medical care, several plants commonly used in our area may help provide comfort and support during cold and flu season. Get plenty of rest, stay hydrated, eat nourishing foods, and seek medical care when needed are still some of the best ways to support your health during cold and flu season.

Ginger, Anti-inflammatory & Congestion Support:

Ginger is well known for its anti-inflammatory properties and has long been used as a traditional remedy during cold and flu season. A warm ginger tea or broth can be soothing when you're feeling under the weather. Try steeping fresh ginger in hot water and adding a piece of orange peel for extra flavor and comfort.

Garlic, Immune Support & Expectorant:

Garlic has been traditionally used to support the immune system and may have antimicrobial properties. Garlic is rich in allicin, a sulfur compound formed when garlic is crushed and allowed to sit. For those who enjoy raw garlic, crushing a clove and letting it sit for several minutes before eating is a common preparation method. Garlic can also be added to soups, broths, and other warming dishes.

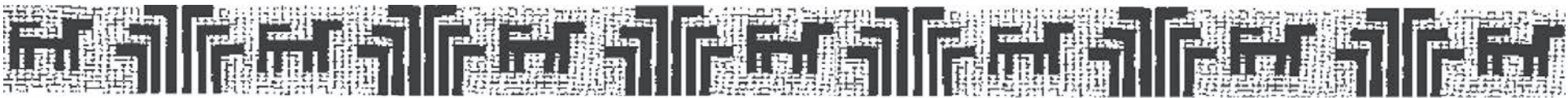
Thyme, Cough & Respiratory Relief:

Thyme contains Thymol and carvacrol, compounds with antimicrobial and bronchodilating effects. Thyme can be brewed into tea or added to soups and broths for a flavorful boost. Fresh thyme is available at the TFS building for anyone who would like some, while it's in season.

Yarrow, Fever Support & Immune Ally:

Yarrow is a traditional herbal remedy that many people keep on hand during the colder months. It is commonly prepared as a tea and has a long history of use in traditional wellness practices. We also have yarrow available at the TFS building. While yarrow has many traditional uses, evidence for fever treatment is limited to it should be viewed as a supportive herbal option rather than a proven remedy.

READ ALL
ABOUT IT!



Rez Photo of the Month



Can you name the Mother and Daughter in this photo?
Please turn to page 3 for the answer! Good luck!

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Rez Sudoku Puzzle of the Month

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

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”
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Mark Warren, *Editor*

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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.