

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

Skokomish Indian Nation

THE

SOUNDER

October 2015 Issue

p3dsyaQWusab
"Sun Turns Face Around"

Reaping the benefits of our Community Garden

It is officially fall, you can feel it in the air? Last month we had a lot of events here at Skok. Out of the Joe Andrews Sr. Vegetable Garden we provided so much food for the Elders picnic. I want to thank Mary Williams for all her creativity in taking our veggies and making a delicious meal. Then, the next weekend was "Paddle for the Battle". We once again provided some fresh organic produce to Gussy. She made a wonderful feast for all in attendance. She is such a talented lady. We are so blessed here at Skokomish to have such great cooks.

Out of the "People of the river healing garden" we produced so much medicine. For the Elder's picnic we made over 1,000 items to give away there. One of our big hits there is the Arthritis Cream, we produced 150 jars to giveaway there. For the Paddle we gave away our teas and lip balms

to our guests. All the staff takes pride in making and giving away these medicines that we take all summer to gather and create. We are grateful to gather for this community.

This year we made some serious strides in our veggie production. The garden is starting like it used to back in the day. We are having some problems with vandalism over at the garden. On many occasions we have arrived only to find veggies torn out of the ground, cucumbers thrown everywhere, carrots ripped out never to be used, and whole pepper plants taken. Someone stole every single pumpkin in the garden. You can only imagine how disheartening this is. We ask that you don't let children go in unattended. If you see children in there ask them to not play in the garden. PLEASE only take what you NEED. We understand that this is a community garden and



the need for food is great. We provide food for the senior lunch program, the Elder's picnic, the Paddle, and the Harvest Celebration, as well as make home deliveries. We delivered bags to 30 different families. Please don't take more than your share, we have to feed the whole community. Thank you.

We had our Harvest Celebration here at Tuwaduq Family Services, and it was a hit! This year we produced more medicine than we ever have. There was so much community involvement. I was so happy to look out and see so many community members that have in some way contributed to both gardens success. From the all the summer youth workers to all the adults that we have had here year after year, thank you so much. It has been my honor to work with as well as teach each one of you. I want to thank Tim LeClair for helping me get the shrimp to put away, Guy

Miller for providing the deer. I want to also thank the staff here at Tuwaduq for helping with this event. Most of all, thank you Patti LeClair for helping to put out such a wonderful meal. It takes entire seasons to gather for and plan this event, thank you to everyone.

We are putting the garden to bed. This hasn't been done in a long time, and is desperately needed so we can produce even more next year. This marks the end of the garden staff for 2015. I want to thank you all for your hard work and dedication. I want to make sure that this community knows that we are only part time, so we also have to volunteer our time when needed to make sure that the everyday tasks get completed. I have to say David Pulsifer killed it this year with his dedication, he definitely gets the MVP. So long till next year.

Submitted by Winter Strong

~EDUCATION DEPARTMENT NEWS~

Adult Basic Education Classes

High School 21+

The Skokomish Education Department has partnered with South Puget Sound Community College to offer High School 21+ to Skokomish community members who have not completed their high school diploma. With this new program, students will be able to receive a high school diploma in a very short amount of time and qualify to enroll in college level classes at SPSCC or any local college or technical school.



This excited program offers the following:

- Expands the high school completion options for adults 21 years and older.
- Offers a comprehensive, competency-based approach tailored to adult learning styles.
- Turns knowledge and life experiences into high school credits that move you closer to a diploma, college degree or a new career.
- Students are assessed to measure possible gaps in education and work readiness.
- Advisors create a customized plan of action.
- To receive a diploma students must demonstrate competencies in the following areas:
 - Reading
 - Math
 - Writing
 - Science
 - Other applicable subject areas

Classes will begin on Oct. 13th @ the new Education Building.

Changes to the After-school Program

The Education Department and the Youth Prevention are combining forces to create a new and improved after-school program. The following are the keys to an effective after school program.

Effective Programming Includes:

1. **Structure with Flexibility:** A sense of structure and order through an established schedule and a fair amount of flexibility built into the schedule to allow young people to pursue interests and finish projects beyond scheduled activities.
2. **Variety of Appropriate Activities:** A wide variety of age-appropriate activities such as craft projects, service-learning activities, board games, field trips, sports, and clubs.
3. **Staff who are committed, caring, and well prepared:** Experienced, trained staff and volunteers who plan activities carefully and involve young people in planning; staff who get to know youth and connect well with them.
4. **Choices:** Daily choices about how young people spend their time.
5. **Opportunities to give input and develop responsibility:** Opportunities for young people to gain a sense of ownership, develop responsibility, and select activities that reflect their interests as they help plan and lead activities.
6. **Exploration of skills and interests:** Chances to develop hobbies, skills, and interests and get excited about learning; opportunities for young people to develop self-confidence as they find new talents in areas typically not addressed by regular school curriculum.
7. **Development of Social Skills:** Activities, behavior guidance, and discussion that offers young people opportunities to develop social skills and positive character traits.
8. **Opportunities to do something real:** Service-learning projects and other hands-on activities that help youth see tangible results.

The school year the Skokomish Youth Prevention Program has partnered with the Hood Canal After-School Program – 21st Century to offer outstanding academic support and extra-curricular activities. This year the after-school program students will remain at Hood Canal School on Mondays and Tuesday doing activities with the other students at Hood Canal School. Then on Wednesday and Thursdays the students will come to the Skokomish Education Center/ Computer Lab to take part in cultural and prevention activities. Along with Chris James, Kris Miller and Jackie Smith they will be providing the students with awesome opportunities to learn more about their people and their way of life. Moreover, the staff from the Skokomish HOPE Behavior Health will be partnering with us to provide enriching and creative approaches to teach our students how to maintain a healthy lifestyle free from additions. Please encourage your student to come and take advantage of these activities that will increase their knowledge and academic skills.


THANK YOU
GUSSY BLACKETER
FOR ALL YOUR HARD
WORK AND
COMMITMENT
TO OUR YOUTH!
OUR HANDS ARE
RAISED TO YOU!



Student Incentive Program Skokomish Indian Tribe

Skokomish students in grades K-5 are eligible for Cash Incentives Based on Attendance
Skokomish students in grades 6-12 are eligible for Cash Incentives Based on GPA

K - 5		
Absences	Tardies	Incentives
1 or less	1 or less	\$60 quarter
2	2	\$45 quarter
3	3	\$30 quarter



Grades 6 - 12

GPA	Incentive
3.5 - 4.0	\$75 quarter
3.0 - 3.49	\$60 quarter
2.5 - 2.99	\$45 quarter
2.0 - 2.49	\$30 quarter

CHANGES IN THE PROGRAM

NOW OFFERED TO DESCENDANTS AND COMMUNITY MEMBERS...

~EDUCATION DEPARTMENT NEWS~

Hello everyone, I just wanted to say that this is my fourth year at OBJH and we have started it off with so much excitement and enthusiasm.

I am so proud of each and every one of my students for their positive attitude this year. Change is hard, but together it is amazing what can be accomplished. The students are molding real well with the different expectations and goals this year, they are all starting off with their best foot forward.

My spot light student is Donovan Allen.

In my visits with Donovan he has promised to keep communication open if he needs help and/ or guidance. He is taking attendance and punctuality to class serious, this is wonderful for Donovan. The goals that Donovan has set for himself this year are reflecting on his grades. . I am so happy to say he is excelling at an exceptional pace.

Just a reminder: It takes a village to raise a child!

If you have any questions or concerns for me, or just need to have a visit concerning your child, please feel free to contact me at any time

Paula Muir, Proud to be a Skokomish Mentor/Tutor

paula@skokomish.org

Cell: (360) 861-1052 Education Center: (360) 877-2200

WELCOME HOOD CANAL STUDENTS

My name is Mona Miller, I am your tutor mentor working with kids from Hood Canal School grades K-4 grade. I have been in and out of classroom checking in on kids and discussing with teachers to see where I might best be used to help our students be successful.

During the school year, staff will be spotlighting students who have improved in an area or show progress above and beyond. Congratulations

to Conner Bluebird and Daivyn Williams for your improved reading comprehension scores. WHOO HOO!!

Since this is the beginning of a new school year, I would like to take this opportunity to welcome our new students, Spirit Arbuckle, Jason Longshore, and Jeramiah Longshore.

Attendance is very important for student success, and there has been some improvement so far this school year. School start time is 8:30 a.m. and school releases at 3:00 p.m. Thank you for coming on time, and ready to learn.

Once again we are off to the beginning of another great year at Hood Canal School. Each school year is unique and has its own "feel." This year is no exception. Last year's eighth graders have moved on to new challenges in 9th grade and we have welcomed new 7th graders to the HCS middle school wing. New kindergarten students are just beginning their school careers. It is a very exciting time for us all!

With class schedules still a little in flux, I am currently working with fourteen Native students during regular school hours. In addition, I work with several other students on an "as needed" basis in their classrooms and with homework

support in the after school program as time permits. My day is split between spending morning hours with students in the sixth, seventh, and eighth grade classrooms during instructional times, and afternoon hours working with students either individually or in small groups.

A major emphasis of my work is to help students to achieve academic and social success at Hood Canal School. This is important so they are ready for their transitions to their next grade levels, next schools, and eligibility for participation in after school sports activities, and being prepared later for adult life and the world of work. So my job is both as a tutor and as a mentor.

NEW EMPLOYEES



Hello my name is Dydemus Cordova.

I am an enrolled Skokomish tribal member and have lived on the reservation most of my life. Most of you all know me. I was recently hired as the YOUTH PREVENTIONS AND EDUCATION COORDIANTOR and will be working closely with our youth in the after school preventions program, open gym, and other extra-curricular activities. I have a beautiful family which includes 2 son, Weetly and R.J. and 4 daughters Dydemus, Sonni, Tearnny, and Abahay. My partner Ocean Sparr and I have a beautiful blended family together and are very happy in life. I look forward to working in our community and coaching and mentoring our youth. If you see me around don't hesitate to say hello.



Greetings to the Skokomish community.

My name is Rebecca Watts and I have been hired as the new tutor for the Skokomish Community based out of Shelton High School. I've lived in the McCleary area most of my life, I am a small town girl that loves to work with small communities. I am a certificated teacher with endorsements in science. I have taught science and math in Elma for three years at both the high school and middle school. I have lot of experience working with high school students and helping to achieve academic achievement. I am very excited for the opportunity to work with the Skokomish Community.

My expectations of students are that they come to school regularly, ready to learn, homework completed, follow school and classroom rules, and that they want to do their best. Kids need to develop a good sense of work ethic at a young age, and students who attend school regularly will likely develop good punctuality skills as adults in the work place. They need to learn to be both responsible citizens and to be accountable by completing tasks assigned to them. Students need to want to learn and to do their best in school so they can reach their full potential. No one expects them to be perfect; we just want them to try and to do their best. I am available to tutor students after

school. If your son, daughter, or grandchild, or foster child needs extra support, please give me a call and I will be happy to try to provide the support that the child needs.

I very much appreciate the support from all of the people involved in the lives of our students . . . parents, grandparents, extended families, guardians, and the tribal members as a whole. With your support, students are making academic progress and the numbers of behavioral issues are decreasing. I am very pleased for the success of the kids. Thank you all!!!

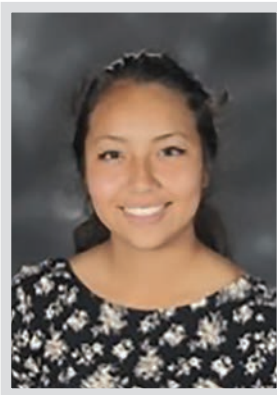
Gary Thomasson, Tutor
Hood Canal School

~EDUCATION DEPARTMENT NEWS~

Student of the Month

AURORA GOULEY

Aurora Gouley is the daughter of Troy Matheny and Serena Gouley. Aurora is a graduating senior at Shelton High School, where she has maintain a GPA of 3.0 or higher since her freshman year. Aurora is an amazing student academically and her teachers are excited to teach a student who truly cares and has a passion to learn. Upon graduating from Shelton High School, Aurora will be attending college (hopefully with a full scholarship) where she will be majoring in Nursing.



As well as excelling in her academics she is a very competitive, challenging, and determined to win athlete. Aurora is the Captain of the girls' basketball team at Shelton High School, where she plays the position of point guard. She is a female that you don't want to see on the court. She has excellent ball handling skills. Aurora has been awarded for the last three years she has been awarded the 3A Narrows League 1st Team Award. Aurora plays competitive Fast pitch Softball on the Washington Speed Team. She plays in the positions of short stop and center. She is an all-around athlete who has a great attitude and a winning personality.

Aurora the Skokomish Education Department has chosen to spotlight you as our Student of the Month, not only because you are great at sport and small in school but you are a great role model for the younger kids on the reservation. We look forward to seeing more of your success in the coming days.

Skokomish Indian Tribe After-School Program

What We Do:

We provide academic, cultural, and enrichment activities for students that reside within the boundaries of the Skokomish Indian Tribe Reservation. The Q3Xub3sh (Tom's Program) will participate on Mondays and Tuesdays with the 21st Century After-School Program located at Hood Canal School. On Wednesday and Thursday, the Skokomish students will be transported to Skokomish Education Center where they will participate in cultural relevant and youth prevention activities.

Our Schedule:

Monday and Tuesday at Hood Canal School, beginning **September 28th** through **May 24th**

Snack & Registration:	3:00 to 3:15
Recess:	3:15 to 3:30
Academic Support:	3:30 to 4:15
Enrichment Activities:	4:15 to 5:00
Bus/Parent Pick Up:	5:00

Wednesday and Thursday at Skokomish Education Center and Computer Lab, beginning **September 14th** through **June 9th**.

Pick up & transported to Education Center 3:00

Recess/free play 3:10 – 3:40

Sign-In/snack and Expectations 3:45 – 3:55

Academic Support: 3:55 – 4:15

Cultural/Prevention Activities: 4:15 – 4:50

Transport Home: 5:00

Program Contact information:

Antonio Sandifer, Skokomish Education Director

asandifer@skokomish.org (360) 877-2200 ext. 2507 (360) 490-7710 (cell)

Lea Miller, TANF Site Manager

lmiller@skokomish.org (360) 877-2200 ext. 2505

Fawn Gouley, Tom Grover, Willie Grover, and Dydemus Cordova (360) 877-2200 ext. 2504

Most Improved Student

EMMA INMAN

Emma Inman is an eighth grade student at Hood Canal School. She is a delightful young lady in which I have the pleasure of tutoring on a regular basis at Hood Canal School.



I have worked with Emma since early in the 2014-2015 academic year when she was a seventh grade student. Emma showed me from the beginning that she is a kind and thoughtful girl and a conscientious student. All through last year and now into the beginning of her eighth grade year Emma has always had a superb attitude about wanting to complete her work and to do her best. As a result she has made great academic and personal progress.

One thing that has really impressed me about Emma is her dedication, whether it is in athletics or in academics. Last year and again this fall Emma has participated in after school sports activities. Knowing that she needed extra help and support with her school work Emma volunteered to come in for tutoring after sports practices concluded in the late afternoons so she could stay caught up with her daily assignments.

In addition, I appreciate Emma's positive, cheerful attitude. She follows school guidelines and contributes to a positive school environment!

Emma plays volleyball for the girls' team at Hood Canal School. She is a team-player and, as with her school work, is always striving to do her best. In her spare time she likes to draw/doodle, swim, go kayaking, and ride her quad.

It is my pleasure to work with Emma and to contribute to her success as a student and young woman at Hood Canal School.

Gary Thomasson, Skokomish Tutor Hood Canal School

Youth Essay Contest

Billings, MT - September 23, 2015 - In conjunction with the 2015 IAC Membership Meeting, the Intertribal Agriculture Council would like to announce the 2015 INDIAN AG YOUTH ALLIANCE ESSAY CONTEST & CONFERENCE. All Students Interested in attending the 2015 Youth Conference during IAC's Membership Meeting are required to submit an essay.

The contest is open to Native American Youth enrolled in a Federally Recognized Tribe or descendants living on Indian owned land and entering grades 9-12 during the 2015-2016 school-year.

This is a great opportunity for youth to showcase their writing talents. The deadline for submissions is 4pm (MST) on November 1, 2015. Please encourage all eligible youth to enter. **"Utilizing Our Resources to Our Greatest Benefit"** There are roughly 46 million acres of Indian grazing lands in the lower 48 states & roughly 4.5 million acres of farm land; of the 3.4 billion Indians derive from Ag sales, it is roughly split equally between cows & plows. The theme was selected to demonstrate how the IAC encourages producers to maximize the resources available through federal programs, bringing products to market, all the while gently moving us back to what got us here.

For more information, contact Verna Billedeaux at (406)338-2650/(406)450-8107, Janie Simms-Hipp at (479)409-9125 or Donita Fischer (605) 964-8320.

~EDUCATION DEPARTMENT NEWS~

TEEN COUNCIL

Thursdays at the computer lab

@ 5pm

Ages 13-19

Any questions contact Willie Grover 360-490-6917



20 YEARS

LONGHOUSE EDUCATION AND CULTURAL CENTER

20TH ANNIVERSARY CELEBRATION

Saturday, October 17th 2015

1pm to 9pm

Meet at 12:30pm for procession into the Longhouse in your regalia

John Smith demonstrates his carving skills



As new college President Dr. George Bridges listens in (left) Northwest carvers John Edward Smith and Alexander Stillwater (right) laugh as they share a carving demonstration during the Fiber Arts Studio Dedication Ceremony at the Longhouse Carving Studio on the campus of The Evergreen State College Monday afternoon. The lead designer and carver was Maori-Te Arawa artist Lyonel Grant along with Northwest tribal carvers Taylor Krise (Squaxin Island), Peter Boome (Upper Skagit), John Edward Smith (Skokomish) and Alexander Swiftwater McCarty (Makah). Scheduled for a 2016 opening the future Fiber Arts Studio will join the existing carving studio which was opened in 2012. Steve Bloom Staff photographer

sg^wig^wial?tx^w
House of Welcome

Building Upon the Past, Visioning into the Future



LONGHOUSE EDUCATION AND CULTURAL CENTER
THE EVERGREEN STATE COLLEGE
2700 EVERGREEN PARKWAY NW
OLYMPIA, WA 98505
RSVP TO: TINA KUCKKAHN-MILLER, DIRECTOR
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Acknowledgements and Sponsors:
The Ford Foundation
DeVos Institute of Arts Management
National Endowment for the Arts
The Evergreen State College Foundation
The President's Office
The Provost's Office
Finance and Administration
Lucky Eagle Casino


Skokomish Tribe
HALLOWEEN PARTY
Friday, October 30th @ 5:30 p.m.
Heed ʕanə! ʕxm

- ☠ COSTUME CONTEST
- 🕸 Cake & Pie Walk
- 🕸 Bingo
- 🕸 FACE PAINTING
- 🕸 CRAFTS & GAMES
- 🕸 FOOD AND MUCH MORE



SKOKOMISH YOUTH PREVENTION/TANF OCTOBER 2015



Sun	Mon	Tue	Wed	Thu	Fri	
TEEN COUNCIL THURS. 5 COMPUTER LAB	TANF BLUES DUE ON 5TH			1 COMPUTER LAB CULTURAL ACTIVITY	2 3-5 open gym	3
4	5 AFTER SCHOOL AT HOOD CANAL MADE SCIENCE	6 AFTER SCHOOL AT HOOD CANAL TERRIFIC TUES.	7 COMPUTER LAB PREVENTION ACTIVITY	8 COMPUTER LAB CULTURAL ACTIVITY	9 SUQUAMISH HIGH SCHOOL TOURNEY	10 OPEN HOUSE OR NEW GYM IN SUQUAMISH
11 SUQUAMISH TOURNEY FINALS	12 AFTER SCHOOL AT HOOD CANAL MADE SCIENCE	13 AFTER SCHOOL AT HOOD CANAL TERRIFIC TUES	14 COMPUTER LAB PREVENTION ACTIVITY	15 COMPUTER LAB CULTURAL ACTIVITY	16 TEEN DAY HAUNTED HOUSE GYM 3-5 3-5	17 OPEN GYM 8-10:30
18	19 AFTER SCHOOL AT HOOD CANAL MADE SCIENCE	20 AFTER SCHOOL AT HOOD CANAL TERRIFIC TUES	21 COMPUTER LAB PREVENTION ACTIVITY	22 COMPUTER LAB CULTURAL ACTIVITY	23 OPEN GYM 3-5	24 OPEN GYM 8-10:30
25 Tom 490-4852 Fawn 490-8231 Willie 490-6917 Demus 490-6118	26 PUMPKIN PATCH 12:30-4	27 POOL SWIM LESSONS 2-4	28 COMPUTER LAB CARVING AND PAINT	29 MOVIE DAY	30 HALLOWEEN PARTY 5:30-8	31 



HOT NEWS!!

- We have officially said farewell to summer, all our kiddos are back to school & working on getting their new sleep patterns back in effect with early to bed/early to rise. It is very important that your child/ren get plenty of rest & arrive to school on time.
- The youth program provides tutors in every school & is also available after school for homework help. Please Students, if you are finding yourself becoming overwhelmed or needing help, seek out help sooner rather than later. Also parents, encourage your child/ren to do so.
- Our kiddos traveled to Nisqually in the middle of September for one last youth Softball tourney called the Dirt Dogs. The 17u & 14u brought home Championships. All who attended had a blast whether it was the youth who played or family watching.
- The Q3Xubesh afterschool program started back up again & so has open gym. We will be having Friday Open Gym starting Oct 2nd from 3-4:30 pm. Saturday Open Gym will start back up on Oct. 17th from 8-10:30pm.
- Starting from Sept. 28th the Q3Xub3sh afterschool program will be combined with the 21st Century afterschool program ONLY on Mondays & Tuesdays at the Hood Canal School. Wednesday & Thursday program will continue to be at the Education Ctr. As in the past.

ABNORMAL WEATHER CONTRIBUTES TO HOOD CANAL FISH KILL

By Tiffany Royal, NWIFC Information Officer

The past year's bizarre weather patterns have been severely affecting the marine life in Hood Canal.

"It's a complex issue with many factors," said Seth Book, the Skokomish Tribe's environmental biologist. "Basically, Hood Canal is highly productive but sensitive due to limited circulation and excessive nutrient levels."

For starters, the tribe witnessed several fish kills this summer. The most significant was at the end of August, when the southern canal's dissolved oxygen (DO) levels reached record lows.

For 10 years, researchers have been collecting DO data from buoys in

Hood Canal. They have been watching the DO levels drop all summer and anticipating an event like this, Book said.

The first signs of dead fish, crab and shrimp were seen in late July by tribal fishermen.

In late August, ratfish, crab and eelpouts lined the shoreline in southern Hood Canal, lethargic and gasping for air. Tribal divers found shrimp normally found at 250 feet trying to breathe at 15 feet.

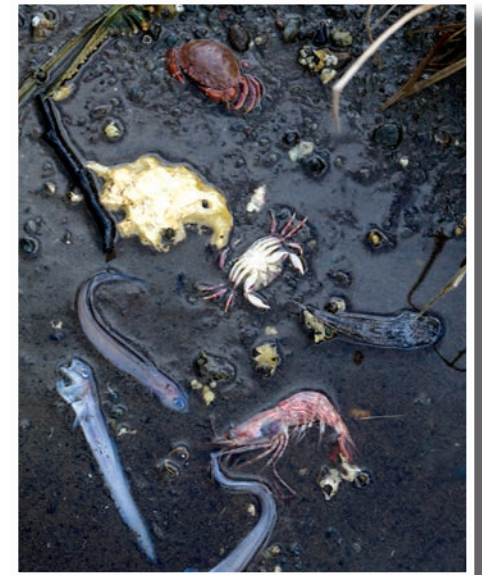
Low dissolved oxygen is typically caused by excessive growth of algae from increased nitrogen levels in the water. When the algae die and decompose, they consume dissolved

oxygen in the process.

In the late summer, low DO is found 100 feet below the surface. Southern winds help the layer of water upwell, helping flush the canal and bringing up higher levels of DO from the bottom.

However, if the middle of the water column has low DO and is pushed up to the surface too quickly, marine life can't take refuge near the surface and can asphyxiate, causing a die-off.

"We need the ocean waters coming into Hood Canal to help flush the system but it is also bringing nutrients into the system that are fueling algal blooms," he added. "So it's a double-edged sword, as we need the flushing to renew water, but not too abruptly



because it may cause the fish kills. It's better to have a nice gentle mixing and less algal blooms to keep the dissolved oxygen levels balanced."

Skokomish Tribe: New extension for the Skokomish Water Quality Lab



The Skokomish Natural Resources Department applied for and received Bureau of Indian Affairs funding for expansion for the Skokomish Water Quality Lab. The expansion increased our existing lab by 180 square feet to accommodate a gas chromatograph/mass spectrometer. This new equipment will give the Tribe the ability to test for many types of water quality parameters including analysis of hydrocarbons, herbicides, pesticides, and other types of toxic pollution. The lab will also provide regional researchers a "state of the art" facility to carry out high-level testing for environmental changes resulting from climate change or water quality contamination. The new gas chromatograph/mass spectrometer will give us the ability to enhance our testing and will open the door for the lab certification for many parameters.

Currently the Washington Department of Ecology certifies our Skokomish lab for total phosphorous. The Skokomish Natural Resources Department has submitted additional testing results to get the lab certified for nitrite and ammonia and is planning to include nitrate as well. Both phosphorus and the nitrogen species are essential nutrients for the plants and animals however in high concentrations can cause environmental problems. Phosphorus is a nutrient in short supply in most fresh waters, and even a modest increase in phosphorus can, accelerated plant growth, algae blooms, low dissolved oxygen, and the death of certain fish, invertebrates, and other aquatic animals.

Enetai Hatchery News

Laura and Jon met with Marcia House, a Northwest Indian Fisheries Commission pathologist, to discuss the upcoming chum brood year and our egg-take goals.

We noted that over the past few years we've seen an increase in disease and fish growth rate coupled with lower flows and higher water temperature. It was determined that for 2015 our egg take should be about 70% to 75% of our 3.2 million goal. We feel this number is appropriate considering the current water quality conditions. Better to release fewer, healthy fish than to take too many fish and watch them die or struggle after release. Previously, the Tribe aimed to release about 2.5 million fish. It was only in recent years with improvements to the facility that we have been able to increase our production. This – hopefully temporary- reduction may not be a huge concern. We are investigating the drilling of a new well and/or possibly installing a re-use system. With any luck this will be a one-time decrease and things will be back to normal soon.

ATTENTION DIVERS

The 2016 geoduck season will be upon us soon. Please remember that as in years past, anyone wishing to dive must sign the Annual Regulation by February 1, 2016. All paperwork to become certified must normally be to the deputy director of DNR by 5:00 PM on March 15, 2016. It is the responsibility of the diver to make sure all of the necessary paperwork has been turned in by the deadline. This includes ensuring all third parties (Mason General Hospital, Kitsap Occupational Specialists, family doctor, etc.) submit paperwork on a diver's behalf by the deadline. Making sure a third party submits the proper paperwork before the deadline is the sole responsibility of the diver.

SKOKOMISH TRIBAL COUNCIL

RESOLUTIONS APPROVED

September 2, 2015

Resolution No. 2015-116: A resolution approving the submission of an application to the Indian Health Services (IHS) Methamphetamine and Suicide Prevention Initiative

September 16, 2015

Resolution No. 2015-116: A Resolution Adopting The Washington Department Of Labor Prevailing Wages For Non-Residential Projects.

September 30, 2015

Resolution No. 2015-117: A Resolution To Adopt The Fiscal Year 2016 Budget

Resolution No. 2015-118: A Resolution Repealing Skokomish

Tribal Code Chapter 4.01, The Skokomish Indian Tribal Enterprises Ordinance And Corporate Charter.

Resolution No. 2015-119: A Resolution Approving The Submission Of A Grant Application To Indian Health Services, Special Diabetes Program For Indians (SDPI).

Resolution No. 2015-120: A Resolution Certifying Citizen Participation Requirements Of 24cfr 1003.604 And Approving Submission Of An Application To The Us Department Of Housing & Urban Development (HUD) FY2015 Indian Community Development Block Grant (ICDBG) Program.

Resolution No. 2015-121: A Resolution Approving The

Commitment Of Tribal Funds With The Submission Of An Application To The Us Department Of Housing & Urban Development (HUD) FY2015 Indian Community Development Block Grant (ICDBG) Program.

Resolution No. 2015-122: A Resolution To Request The Secretary Of The Interior To Have The Tidelands Property Taken Into Trust By The United States Of America For The Skokomish Indian Tribe.

Resolution No. 2015-123: A Resolution Informing The Bureau Of Indian Affairs (BIA) That The Tribe Will Be Installing A Tribally Owned Sewer System On Tribally Owned Trust Land.

Resolution No. 2015-124: A Resolution Approving The Easements And Rights Of Entry To Connect Property Owners To The Force Main Sewer Line.

Resolution No. 2015-125: A Resolution Authorizing A Timber Harvest On The Skokomish Indian Reservation (120-T1042), Subject To Issuance Of All Necessary Permits And To Inform Bureau Of Indian Affairs That The Tribe Will Be Constructing A Tribal Community Center On Tribal Trust Land.

“WE CARE” INVESTING IN OUR YOUTH

Our future rests with our youth; they are our leaders of tomorrow. The Tribe is so very vested in seeing our young adults and pre-teens get the help needed to get the best education possible. We have a great tutoring staff and are providing help with homework to our Tribal kids. This is gaining results and it's our hope that many will decide to seek higher education at a college of their choosing or vocational training.

Being a teen is very difficult in this day and age. Life's choices become extremely difficult; peer pressure becomes a factor. There are many, many positive things to become involved in that will ultimately shape your lives. Skokomish is blessed with so many of our youth that are great athletes; as well as good students. Although not all our kids like athletics so we are looking to see what we can do to accommodate their needs as well. All in all the Skokomish Tribe has many offerings for our youth.

We are very hopeful that teens will understand that their journey in life is just beginning and there will be many distractions along the way; and perhaps some bad experiences. A poor choice can sometimes be fatal; could

end up in a bad accident, get beat up or any number of horrific life changing incidents. Some will make a choice to go to parties and drink or smoke pot or other things that aren't in their best interest. Please understand that if you do make a bad choice that get you into the wrong crowd and you mess up; take this as a hard lesson and learn from it. Know that this can bring many painful experiences with it so take time to think about the path you choose to walk. It could be a life changer.

Every one of you has a special gift or talent. You just need to allow yourself to discover what it is and nurture it. Have confidence in yourself; you can become whatever you choose to. It will take commitment and hard work but in the end you'll be happy with yourself and what you've accomplished. Each of our youth has many diverse interests and levels of learning that will hopefully encourage them to go on to acquire the degree or vocational training they desire; either way don't feel like you can't. You can. The choice is yours. Believe in yourself and go for it.

Growing up thru the teen years into adulthood can and may bring many difficult experiences. Please do your best to limit the negative impacts

to your future and take time to look seriously at the choices you make and the path you choose to walk. This may sound like a broken record. My parents talked to me about choices all the time but while this may be true, in the end we all want to be happy and have a good life. We all want the best for our kids. We all hope they will have a better life than we did.

Maybe kids don't feel or think they are "loved" and perhaps they don't get the attention they deserve. Often times maybe they don't get told how proud we are of them. Please believe that everyone wants what's best for you and your future; your parents, your tribe and extended family. Know that each and every one of you are special and we want you to have all the happiness and success this world has to offer. We will do our part to help you get there.

Many of our youth are becoming accomplished athletes and as a result are becoming role models to many younger kids. This carries a lot of responsibility because everything you do gets attention and above all you want to pass on a positive image to the younger kids that look up to you. We are very proud of all our youth and above all want them to know how

much we care and support the many success's they have achieved in such a short time; basketball, football, fast pitch, hardball; many standouts. Please stay focused on learning and acquire as much higher education as you can. We want and need tribal members and our graduating youth to get qualified for the many jobs that continue to become available.

Life will throw many challenges at you but be aware that these lessons become stepping stones to achieving what you want out of life; there are growing pains, there are no failures, just learning curves that cause you to grow as a person and become more determined to succeed and reach that goal you set for yourself.

If you haven't set a goal in life, please do. This will help guide your footsteps and help you stay on task. Your future will be what you make it to be. The Tribe will help in any way we can to help you succeed in life's journey. *Be all you can be. Have fun. Stay positive. We're excited for the next chapter in your journey. "YOU CAN MAKE IT HAPPEN"*

*Guy Miller,
Skokomish Tribal Chair*

WE NEED YOUR HELP

Help Us Prepare for the Continued Well Being of the Community

Are you interested in helping your neighbors in case of an emergency? Luckily the Sunnyside fire was contained. Would your family be ready to evacuate like many of the people who fled fires

this year?

The Community Development Office received a FEMA Tribal Homeland Security grant that will provide a stipend to community members who attend emergency preparedness training. The grant will also pay for a coordinator to help schedule the trainings, and

work with staff and the community to develop an emergency operations plan. The position is 24 hours a week with benefits and we hope to recruit a Tribal member who lives on the Reservation. Job applications have to be turned in by Friday October 9 at 5:00 PM.

If you are interested in being part of

the team to respond to emergencies and help your neighbors, please contact Jody Rosier 426-4232 x2004 or jrosier@skokomish.org. We look forward to everyone becoming better prepared to save lives, our homes, and the community.

“SHAKE, RATTLE AND ROLL.” IT IS EMERGENCY PREPAREDNESS MONTH

From the Cop Shop

This is the time when we talk about what we as families can do to prepare for an kind of emergency. While there are many types of emergencies and disasters, there are some universal “things to do” that will apply in all circumstances as illustrated in the list below.

Things to do *now*:

- Choose a place to gather following the emergency/disaster
- Make emergency supply kits for home and car.
- Know where the nearest Police and fire stations are physically located
- Learn where the different shut off valves and switches are for gas, water and electricity and know how to shut them off.
- Keep a small amount of money on hand.
- Make copies of vital records and keep photos of your home and contents, storing them in a safe place.
- Make sure all in your home know all the escape routes and keep them clear.

If the power is out, **carbon monoxide poisoning** becomes a very real danger especially when used for heating and cooking. So what is carbon monoxide? It is a deadly and poisonous gas that can neither be smelled nor seen. It kills in minutes. It is produced when fuels like gas, oil, kerosene, wood and charcoal are burned. What are the symptoms? Headache, fatigue, nausea, dizziness and weakness are a few. It may, for individuals with heart disease, cause a heart attack. It can also cause permanent brain damage.

So, if the power goes out, do not heat or cook inside with charcoal or gas grills. And never use generators inside a house or garage or in a carport.

In any emergency, water becomes an essential item. It is recommended that one gallon of per person for three days be safely stored at home. The containers need to be kept in a cool place, tightly sealed and labeled by date. Replace the water every six months. Never use containers that held toxic substances such as chemicals, pesticides or oil.

If the water runs out, what are some alternative sources? Rivers and stream, lakes, ponds and springs are all possible sources along with rainwater. To be safe, boil the water for one minute and then let cool before drinking.

The Washington State department of Health at www.doh.wa.gov/phepr has a vast array of information devoted to emergency preparedness. At www.ready.gov an on line tool for creating a preparedness plan for home or business can be found.

Washington State is **EARTHQUAKE COUNTRY**. The State registers over 1,000 earthquakes each year. The big question is what to do during an earthquake? If you are indoors, get under a table or move to an inside wall. Move away from windows, heavy objects that can fall, and kitchen appliances. Be cautious of cabinets and objects that might fall. If outside, move away from signs, trees and power poles/downed lines. If near a building, duck into a doorway to avoid falling debris. If in a store, move away from display shelves and windows. Don't rush to exit and protect your head with your arms. If driving, pull off to the side of the road. Avoid overpasses, power lines or other hazards. **STAY IN YOUR VEHICLE UNTIL THE SHAKING STOPS**. If in a stadium or theater, stay in your seat, protect your head and

don't move until the shaking stops.

The Washington State Department of Emergency Management (DEM) recommends creating a **Disaster Plan**. Here are the basic steps to do that:

- Have a family meeting and discuss why this needs to be done.
- Plan to share responsibilities and to work as a team
- Identify the most likely type(s) of disaster to be encountered and what to do in each one of them
- Discuss what to do in an evacuation and include care of pets.
- Get an out-of-state relative or friend to be your “contact” as it may be easier to place a long distance call during a disaster.
- Identify two places to meet. One should be right outside the home and the other outside of the neighborhood in case you can't get to your home.

Recently, our community experienced a very close call with the Sunnyside wild land fire. Smoke was heavy in the air and ash drifted across U. S. Hwy 101 and into our residential areas. Fortunately the combination of responding fire personnel and favorable winds stunted the spread of the fire. Should another wild land fire ever again threaten our community, here are some immediate things to do:

- Put up a ladder to the roof. Set up garden hoses and sprinklers on the roof. Conserve water and wait for embers to start falling.
- Put on protective clothing. Protect face, body and lungs.
- Remain calm. However, if you feel threatened, don't wait to leave.
- Listen to the radio or television

for fire reports and evacuation information. Follow advice given by authorities.

- Phone and/or tell family you might have to leave and where you will be.
- Pre-load your car essential emergency supplies, vital records and valuables.
- Keep pets confined and nearby.
- Face your car in the direction of your escape route.
- Make and post a note on your home telling others when you left and where you will be.

Washington State DEM has created an informative Emergency Preparedness Guide. It covers an array of issues to be concerned with during a disaster and touches on all the things discussed in this article. If you must leave your home, your car will need to be functional and you will need to have certain things with you to care you through those first 24 hours.

What are three of the more necessary things to do before any disaster to help safely facilitate your evacuation from the immediate area? Make sure your vehicle is in good running order. Assemble a vehicle safety kit and a personal safety kit. The attachment gives specific details on each of these topics.

As always, the health, safety and welfare of all our community members is paramount among our duties here at Public Safety. If anyone would like copies of any of the aforementioned publications, we will be more than happy to help. Come see us or just give us a call.

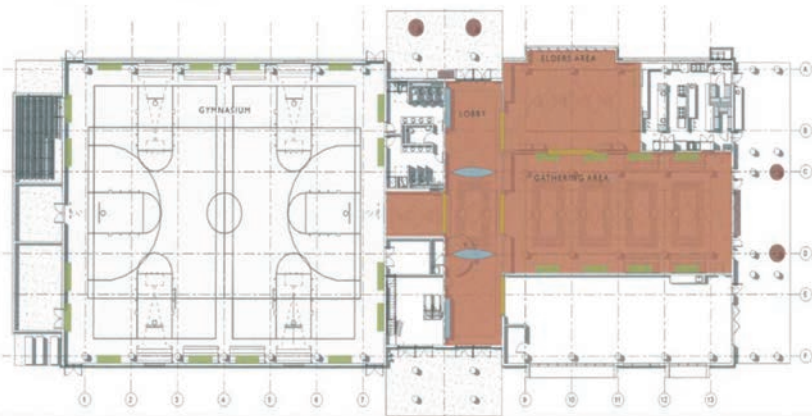
Call for Artists!

Skokomish Artists meeting October 21st, 5:30 pm at Tribal Center

The planning committee for the Skokomish Community Center is considering cultural art elements in the design and construction of the facility. Dressing the building will be an evolving ongoing process but certain elements need to be considered during the design process. We anticipate requesting Skokomish Artists to submit proposals for artwork that will be included in the construction. We are inviting interested Skokomish artists to a pre-proposal meeting to discuss the art elements we are considering.

The pieces may include graphics for large textile panels, etched glass doors, carved panels, welcome figures, gym floor logo. On October 21, staff will explain the type of submission, the timing of the submission, and the gift cards that will be provided to all who submit a design. Food will also be served.

ART LOCATION PLAN



SKOKOMISH COMMUNITY CENTER DIRECTIONS

Native Business: Traits of Successful Employees

Employees of a successful organization think differently than their counterparts at a failing company and are able to seize opportunities faster. Quality employees think more like entrepreneurs and work daily to drive the company forward. The mindset of success is learned where positive habits are developed and executed consistently.

Focus on opportunities, not problems. Problems are challenges without a recommendation for improvement. Focus on problems does not help because energy is concentrated on symptoms like hard feelings. Opportunities differ because they come with an evaluation of a situation to understand why an obstacle exists plus a recommendation for corrective action to mitigate a problem.

Hard work. The ability to focus and work intensely at the execution of one's role. Never stop learning to understand how things are connected

and how one's role contributes to the success of the organization.

Challenge the status quo. A willingness to look at a situation and define the moving parts so one can understand how things work to see if there is a better way to do something. Conversely, understanding how something works may also reinforce the appropriateness of an activity. It is the ability to look at a practice and self-evaluate, "does this make sense." If-yes, keep it. If-no, then work to make it better.

Learn from failure. Making small calculated-mistakes on the pathway to progress is a way to acquire new knowledge and improve. A term in business that describes this mindset is "fall forward fast." Companies that innovate will consider small mistakes a component of progress. Employees are likely to feel a deeper sense of trust with their managers and more empowered to own results.

Public Works

Just a little snapshot of what our department has been doing. We have been extremely busy with a large variety of projects. Cody recently replaced all the water meters at t3ba'das, that involved a lot of digging and removing the former meter boxes with new water meter boxes being installed. The former water meter boxes were not done correctly during installation.

We also dug up about 500 feet of 1 inch waterline that needed redone with proper black poly waterline and then reburied the line.

Currently our backhoe is out of commission due to a cracked cylinder. This is being removed and sent to a specialized welder to repair.

We have had several callouts for locating our sewer and water lines for contractors digging near our lines.

Cody also assisted our waste water contractor in a couple of projects.

Guy and the summer interns cut wood for tribal elders, spread gravel, pick up trash, weed, clean out catch basins, and learn about taking water samples with Cody.

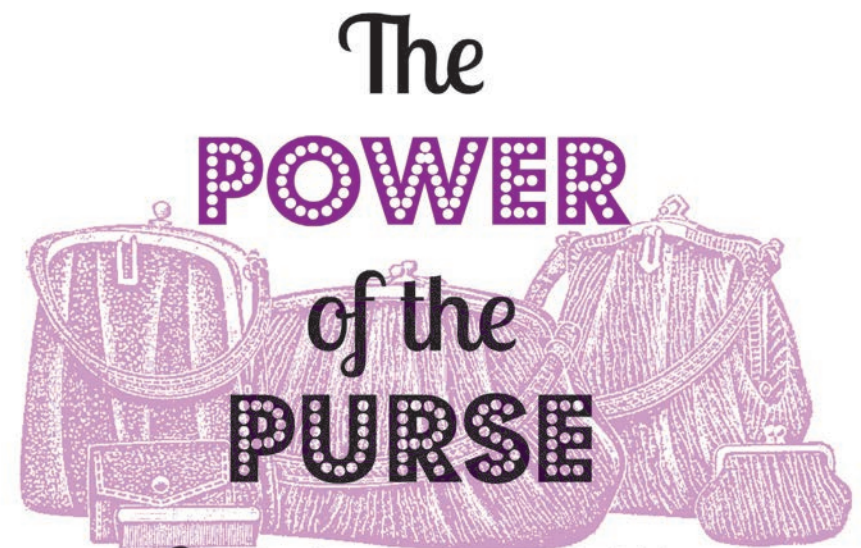
We also did the water and sewer hookups to the new education building. Due to new flooring upstairs of the Tribal building, new flooring in the TANF building, and cleanup of the gym we have been busy moving furniture around.

Fred has been busy doing all the tribal building work orders plus mowing the park, the cemetery, the ditches, and the baseball field.

We want to give a special thank you from us to our interns Tanner LaClair, River Allen, and Lexi Moon. We appreciate all the hard work you did this summer.

Thank You
Guy Miller

Turning Pointe Domestic Violence Services Presents



October 9, 2015

4pm -7pm
Silent & Live Purse Auction
Little Creek Casino Resort
Event Center

\$25
includes hors d'oeuvres & cocktail

www.turningpointe.org

Purchase tickets at the door, online
or at Turning Pointe Shelter

~SKOKOMISH HEALTH DEPARTMENT NEWS~

*Yoga Classes will start the week of October 5th
Intro to Instructors, Please come join us at the Health
Clinic for classes: Monday, Tuesday, Wednesday.
Information about each Instructor is below.*

Rebecca Roadman-Luhrs Monday @ 5:00 - 6:00



Rebecca Roadman-Luhrs is a 200 Hour Registered Yoga Teacher trained at Joonbug Yoga School and has been a resident of Mason County since 1993. With a Bachelors Degree in Education and minor in Literacy, she's had the pleasure of serving students in the local school district and tribes for the entire duration of this time. Currently, she's honored to provide supervision for the Developmental Disabilities Administration for the State of Washington. Rebecca and her husband Michael have six children, and one grand daughter. They spend every possible moment in the mountains and on Washington's beautiful waterways, fishing,

hiking, hunting, boating and biking. Rebecca has been practicing yoga since her first college course in 2006 and is excited to be sharing her passion for yoga as a life long journey.

Michelle Pugh Tuesday @ 12:00 - 1:00

Michelle Pugh, owner of Joonbug Yoga and Joonbug Graphic Design, is a 200 Hour Experienced Registered Yoga Teacher (E-RYT) with 500 additional hours of yoga and healing arts certification through Living Spirit Yoga, YogaFit®, Twist Vinyasa Yoga, LaStone Hot Stone Therapy and Usui Reiki. She is a graduate from The Art Institute of Seattle and has worked as a Senior Graphic Designer since 1996 for various companies including Washington State Parks, The Olympian, Tacoma News Tribune and Indian Country Today Newspapers, etc. Michelle established Joonbug Yoga in 2010 with a passion to share health and wellness with community. Her diverse fitness experience comes from over 30 years of athletics, ballet and dedicated yoga training in Hatha, Yin, Bikram, Iyengar, Vinyasa and YogaFit® styles of yoga. Her classes blend strength, balance, flexibility and flow blooming straight from the heart! Michelle spends her free time with her husband and son - skiing, fly fishing, running and creating while staying in touch with a profound connection to natural elements that inspire her practice.



Michelle teaches Therapeutic Yoga, Yoga Nidra Meditation, Yoga Fitness, Employee Wellness Yoga, Kids Yoga, Beginning Yoga, Heated Hatha Yoga, Vinyasa Yoga, Yin Yoga, Aqua Yoga, Waterfront Yoga, Full Moon Yoga and Stand-up Paddle Board Yoga and offers private yoga sessions. She is the lead trainer for Joonbug Yoga School's 6 month annual 200 Hour Yoga Teacher Training (YTT) program certified through Yoga Alliance. Her private sessions combine holistic healing practices utilizing crystals, stones, sound healing, meditation and yoga for additional benefits. Michelle also shares yoga at the Skokomish Tribe Health Clinic and Alderbrook Resort and Spa. Please call (360) 556-6205 or email joonbugyoga@gmail.com for more information.



Yoga Classes

Location:

Skokomish Health Clinic Conference Room



Monday 5:00-6:00



Tuesday 12:00-1:00

Thursday 11:00-11:45 (Chair Yoga for Elder's)



Yoga mats & chairs provided

Karen Lee Wednesday @ 11:00 - 11:45 Chair Yoga

Karen Lee is a 200 Hour Registered Yoga Teacher, trained at Joonbug Yoga in Shelton. She teaches Chair Yoga at Alpine Way retirement community and Restorative/Flow Yoga at the Pickering Community Club near Harstine Island.



Karen retired from the State Aging and Disability Services Administration and specializes in teaching yoga to the 50-plus age group. She believes regular yoga practice will contribute to healthy aging and that it is never too late to start!

What is Chair Yoga?

Many adults, regardless of age, are unable to move freely up and down from the floor. There are adults who may be recovering from surgery who are young but need to build strength and mobility. Chair Yoga offers asana and yoga-like exercises that allow students to sit in a chair and practice standing poses with the aid of a chair.

You Can Help Your Family Lower Their Cholesterol

When you go to the clinic and get your cholesterol level checked, your health care provider will talk to you about your cholesterol numbers and what they mean.

The reason these numbers are important is because having cholesterol in target ranges means you have less risk for heart disease.

But no matter what the numbers are, you can improve you and your family's overall health, and reduce everyone's risk for heart disease. As a family, start doing these four things:

1. Walk at least 30 minutes, five days a week.
2. Eat foods high in fiber like beans, broccoli, apples, and whole grains like oatmeal.
3. Eat fewer high-fat foods.
4. Stop smoking, or if you don't smoke, don't start.

Call your health care provider today to get your cholesterol level checked. Make the four steps listed above parts of your family's healthy lifestyle.



Basic Bean Soup Recipe

Ingredients:

- 3 tablespoons olive or Canola oil
- 1 medium onion, chopped
- 1 tablespoon ground cumin
- 2 - 3 cloves garlic, diced
- 2 (14 1/2 ounce) cans black beans, rinsed
- 2 cups chicken or vegetable broth
- salt and pepper
- 1 small red onion, chopped fine
- 1/4 cup cilantro, chopped

Directions:

1. In a large pot, sauté onion in oil until cooked.
2. Add cumin.
3. Cook 30 seconds, then add garlic and cook for another 30 to 60 seconds.
4. Add the black beans and vegetable broth.
5. Bring to a simmer, stirring occasionally.
6. Add salt and pepper to taste.
7. Serve with garnish of red onion and cilantro

You can add carrots, celery and squash to make this an even healthier dish! In step 1, sauté cube-sized vegetables with the onion, then continue with the rest of the steps.

Halloween! (Candy)

Halloween will soon be upon us with its abundant supply of all things sweet. To help keep your teeth healthy consider the following information from the American Dental Association when you make your candy choices.

Stay away from things that stick

Besides how often you snack, the length of time sugary food is in your mouth plays a role in tooth decay. The stickier candies, like taffy and gummy bears, take longer to get washed away by saliva.

Think twice before picking hard candies

Unless it is a sugar-free product, candies that stay in the mouth for a long period of time subject teeth to an increased risk for tooth decay.

Try and eat candy with meals

We know candy can be hard to resist, especially have all that hard work trick or treating for it! If you can, try and eat Halloween candy and other sugary foods with meals or shortly after mealtime. That's because saliva production increases during meals and helps cancel out acids produced by bacteria in your mouth and helps rinse away food particles.

More information from the American Dental Association on keeping your teeth healthy can be found at <http://www.mouthhealthy.org>

The Skokomish Dental Clinic is here to help you keep your mouth as healthy as possible. Tooth pain that occurs while eating candy may be a sign that you have a cavity. Please don't wait to come see us for an evaluation. Please call 360-426-5755 to schedule an appointment or stop by the clinic!

Are you ready

Join The Millions Planning For Someday and Discover your Benefits

STAY CONNECTED WITH SOCIAL SECURITY

Get Your my Social Security Account Today at

Socialsecurity.gov

If you receive benefits, you can use my Social Security online account to get a replacement Medicare card, benefit verification letter, check your benefit and payment information and your earning record, change your address and phone number, start or change direct deposit of your benefit payment, and get a replacement SSA-1099 or SSA -1042S for tax season.

Lost your Medicare card?

Learn how to get a replacement card with

my Social Security.



The Social Security Administration is excited to offer another convenient online service that you can use with your my Social Security account. If you are a Medicare beneficiary and you have lost, damaged, or need to replace your Medicare card, you can easily order a replacement Medicare card using your online my Social Security account. Even if you are not currently a Medicare beneficiary, please share this news with family and friends who might benefit from this new service. If you still working, don't forget to use your my Social Security account to view your yearly Social Security Statement and verify the accuracy of your earnings record and obtain updated estimated of your future Social Security benefits.

Getting a Medicare replacement card is another convenient service that is only a few minutes away with your my Social Security account. Help us spread the word about the many benefits available with my Social Security account at www.socialsecurity.gov/myaccount.

Rez Photo of the Month Answer



The handsome man in this photo is none other than Harold Wilbur!

What You Should Know and Do this Flu Season If You Are 65 Years and Older

It has been recognized for many years that people 65 years and older are at greater risk of serious complications from the flu compared with young, healthy adults because human immune defenses become weaker with age. While flu seasons can vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease. In recent years, for example, it's estimated that between 80 percent and 90 percent of seasonal flu-related deaths have occurred in people 65 years and older and between 50 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in that age group. So influenza is often quite serious for people 65 and older.

Actions To Take This Flu Season:

Get Your Flu Shot

The best way to prevent the flu is with a flu vaccine. CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine each year

soon after it becomes available, and by October if possible. Vaccination is especially important for people 65 years and older because they are at high risk for complications from flu. Flu vaccines are often updated to keep up with changing viruses and also immunity wanes over a year so annual vaccination is needed to ensure the best possible protection against influenza.

A flu vaccine protects against the flu viruses that research indicates will be most common during the upcoming season. (See Vaccine Virus Selection for this season's exact vaccine composition.) The 2015-2016 vaccine has been updated from last season's vaccine to better match circulating viruses. Immunity from vaccination sets in after about two weeks.

People 65 years and older have two flu shots available to choose from - a regular dose flu vaccine and a newer flu vaccine designed specifically for

people 65 and older with a higher dose. (The nasal spray vaccine is not approved for use in people older than 49 years.) The "high dose vaccine" contains 4 times the amount of antigen as the regular flu shot and is associated with a stronger immune response following vaccination (higher antibody production). Preliminary studies suggest this may translate into greater protection against flu disease. For example, one recent study published in The New England Journal of Medicine indicated that the high-dose vaccine was 24.2% more effective in preventing flu in adults 65 years and older relative to a standard-dose flu vaccine. (The confidence interval for this result was 9.7% to 36.5%). At this time, CDC and its Advisory Committee on Immunization Practices have not expressed a preference for either vaccine for people 65 and older, however, there are ongoing studies looking into this issue and new findings will be considered in ACIP's future

policy deliberations.

Practice good health habits including covering coughs, washing hands often, and avoiding people who are sick.

Seek medical advice quickly if you develop flu symptoms to see whether you might need medical evaluation or treatment with antiviral drugs. It's very important that antiviral drugs be used early to treat flu in people who are very sick with flu (for example, people who are in the hospital), and people who are sick with flu and have a greater chance of getting serious flu complications, like people 65 and older (see box for full list of high risk persons/conditions).

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu and have respiratory symptoms without a fever.

PLEASE JOIN US FOR OUR FIRST ANNUAL COWLITZ INDIAN TRIBE ELDERS LUNCHEON!!!!!!

FRIDAY OCTOBER 9TH @ 12:00 NOON

CHECK IN @ 10:30 AM

SEAHAWKS BLUE FRIDAY SHOW YOUR SPIRIT ☺

LOTS OF RAFFLES, PRIZES, VENDORS AND OF COURSE FUN!!!!!!

@ ST. MARY'S MISSION 107 SPENCER RD TOLEDO, WA 98591

PLEASE RSVP # ATTENDING AND TRIBE Deb Mizner Program Manager
360.864.7006/360.864.7003



COWLITZ ELDERS INVITE YOU!!!!!!!!!!

Skokomish Health Center 100 N.T.C. RD

Sign up NOW!

SDPI-Special Diabetes Prevention Program for Indians

SDPI- Is a program for prevention of diabetes. Diabetes prevention program offers you support and helps you make lifestyle changes.

List of offers:

- Reduce risk of diabetes
- Learn to eat and exercise
- You'll feel better
- The program will pay for all your visits w/ provider's, lifestyle coaches, nutritionist, Dietitian and diabetes educator.
- The program will pay for your lunch if you start classes during lunch time.
- The program will pay "part of" new N7's when you complete the 16 week course.
- Cooking demo's and \$20 Wal-Mart cards
- Reduces risk of heart failure
- Reduces risk of kidney failure

Lifestyle coaches job is to pay attention to your needs and help you decide to make better food choices and help you exercise more. We can help make it happen, let us help.

Let's get you started!

<p>Clinic Measurements:</p> <p>Weight _____ / /</p> <p>Height _____ / /</p> <p>Waist Circumference _____ / /</p>	<p>Lipid Profile:</p> <p>HDL _____ mg/dl / / /</p> <p>LDL _____ mg/dl / / /</p> <p>Triglycerides _____ mg/dl / / /</p> <p>Total Cholesterol _____ mg/dl / / /</p>
<p>For Your Reference:</p> <p>Pre-Diabetes Range:</p> <p>FBG 100-125 mg/dl</p> <p>OGTT 2 hour: 140-199 mg/dl</p> <p>A1C: 5.7-6.4%</p> <p>(Note: Casual Sugar is not diagnostic of pre-diabetes. A different glycemic test is required at baseline.)</p>	<p>Glycemic Measures:</p> <p>FBG _____ mg/dl / / /</p> <p>OGTT _____ mg/dl / / /</p> <p>A1C _____ % / / /</p> <p>Casual Sugar _____ mg/dl / / /</p>

- The program will ask you to come in to do follow-up clinic visits for the next few years.
- 7% weight loss, and have fun!
- Sign H.I.P.A.A. form, consent form and complete questionnaire.
- Set some goals; increase physical activity (to 150 minutes/week or 10,000 steps/day)

LuAnne Kennedy/Diabetes Coordinator
Telephone: (360) 426-5755 ext. 2140

Talking Circle-

A traditional setting to share with others about living well with diabetes.
~A delicious lunch is always included.

Keep your memory alive!
w/Sue Barwick, CDE, RD
Studies indicates that having diabetes doubles a person's risk of developing dementia, but there are steps you can take to help keep this condition at bay. Find out what these strategies are!

**OCT. 14, 2015
NOON TO 1'O'CLOCK
HELD IN THE CLINIC
CONFERENCE ROOM**



SPIPA's Skokomish WIC (Women, Infants, and Children)

provides healthy foods & nutrition information for you and your child up to age 5.

WIC is 3rd Wednesday of the Month
For appointments or questions,
Contact at SPIPA:

Debbie 360.462.3227
gardipee@spipa.org

or

Patty 360.462.3224

or

SPIPA main number: 360.426.3990

Next WIC:

Wed October 21, 2015
at Skokomish Health Clinic
9:00 am—2:00 pm
(Date & times may change)
360.426.5755



100 North Tribal Center Road
Skokomish nation WA 98584-7479

Phone: 360-426-5755
Fax: 360-877-2399
E-mail: ikennedy@skokomish.org

CHR News

Thanks to all our Elders who attended the fair

Need a medical transport or pickup?

Please give us at least a 24 hour advance notice. This service is available to Elders and community members without means of transportation

PUMPKIN MUFFINS

- | | |
|----------------------------|--|
| 1 1/2 c. whole wheat flour | 1/3 c. peanuts, chopped |
| 3/4 tsp. cinnamon | 1/2 c. egg mix & 1/2 c. water or 2 eggs* |
| 1/2 tsp. ginger | 1/2 c. vegetable oil |
| 1/2 tsp. nutmeg | 1 c. canned pumpkin |
| 1 1/4 tsp. baking soda | |
| 1/2 c. raisins | |

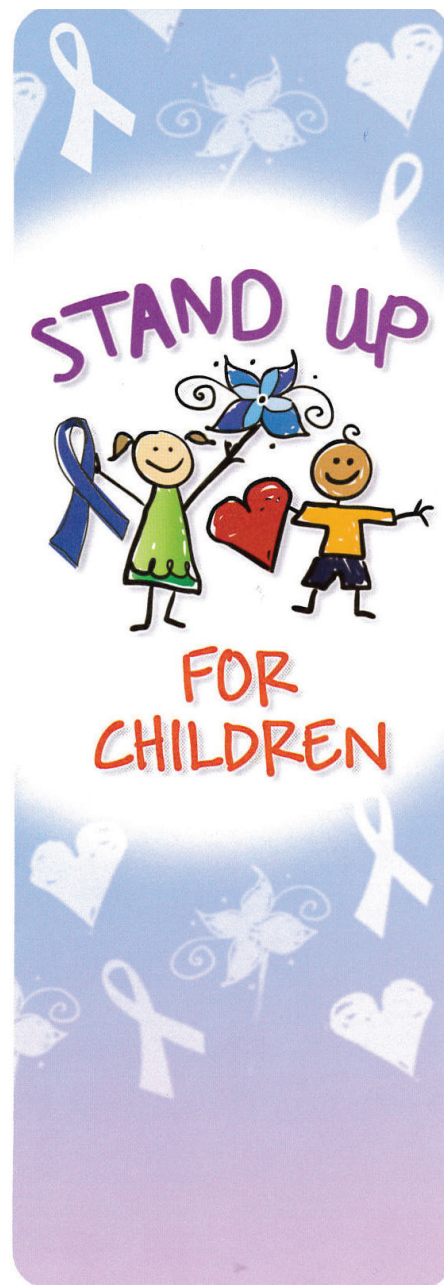
1. Pre heat oven to 400 F Spray muffin pan w/non-stick cooking spray.
2. Measure flour, cinnamon, ginger, nutmeg, baking soda, raisins and peanuts into a lg. bowl. Stir until well mixed.
3. In another bowl, mix together eggs, oil, and pumpkin until smooth.
4. Add pumpkin mixture to dry ingredients. Stir just until moist. Do not beat.
5. Fill muffin pan.
6. Bake for 20 minutes, until tops are light brown.

Makes 12 muffins

Nutrients per serving:

Calories 206	Dietary fiber 3.1g
Total fat 12.8g	Protein 5.4g
Saturated fat 1.9g	Nutrients analysis was
Cholesterol 31mg	Calculated w/ egg mix
Sodium 170mg	
Carbohydrates 19.8g	

Source: USDA Food and Nutrition Service, Quick and Easy Commodity Recipes, PA-1449.



A child is a mirror:
what you see is a reflection
of what you have shown.

A child is an echo:
what you will hear back
is what you have said.

A child is a piece of paper:
every passerby
can leave an impression.

A child is a future:
the potential is endless
and the outcome
can be amazing.

A child is a gift:
and something this precious
deserves to be protected.



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Skokomish General Assistance Program & N.E.W. Native Employment Works



Happy October Skokomish community!

I would like to start my article by thanking all of you who attending the Harvest Celebration the event was well attended and all who came were gifted with a bag full of loot from the annual haul of garden goods that included teas, lotions, and salves. I would personally like to take this time to thank the garden crew for their time and patience to help employ GA clients. The clients were lucky enough to work in the Joe Andrews Sr. garden and the Tuwaduq healing garden. Clients were able to be real hands-on they performed many duties everything from pulling weeds to gathering berries, vegetables and flowers for medicine and teas. Delivering goods to the elders of the Skokomish tribe. The clients also provided outreach at the annual Elders picnic and the Paddle for the Battle cancer awareness canoe pull and finally

the Harvest Celebration! Clients were also very lucky to be taught by some of the best teachers here at Skokomish, Winter Strong and David Pulsifer and Mark Kremen.

The General Assistance (GA) and Native Employment Works (NEW), Vocational Rehabilitation (Voc-rehab) programs are taking a new and exciting approach to client services for this upcoming year! We will be working together to provide support services to eligible clients to help remove the barriers to employment and help them find employment opportunities in the Mason county area. But more exciting we will be offering on-the-job-training. So, if you may be interested please feel free to contact Jennie Strong at Tuwaduq Family Services 360-426-7788 ext.2319 or cell 360-463-1246. Or better yet, just swing on in.

A canoe comes home: Thank you!



Thank you to Roslyne Reed for donating the return of the canoe that was built by Joe Andrews Sr. The canoe has been placed by the signage by the Vegetable garden. The canoe is in gentle condition due to the age and if you should see children playing on it or strangers around it please check on the safety of the canoe. We have not had enough time to safeguard the canoe at this time so as a community please keep a watchful eye on it. Thank you.

Helping you find Employment

Vocational Rehabilitation

The Vocational Rehabilitation Program has had a busy year with our clients that participated in the program this year. The overall goal was to be working with youth in transition and adults in transition as well. We have had a graduate from high school and one college graduate that just finished his summer quarter. Congratulations to you both for all your success. The next step will be to look for employment opportunities. The overall goal of Voc. Rehab program. is to remove the barriers to employment and find employment opportunities that will last longer than 90 days to have a successful outcome.

We continue to do look for employment

opportunities and post the positions on the job board located at Tuwaduq Family Service building. We look for employment opportunities locally and around Mason County utilizing work source and other employment jobs boards. We are working closely with the General Assistance Program and Native Employment Works (NEW) working together to provide support services to eligible clients and provide available on the job training opportunities. If you are enrolled member of a federally recognized tribe and have a documented disability you may be eligible for the Skokomish Vocational Rehabilitation program. If you have any questions please call (360) 426-7788 and ask for Rosetta LaClair or Carol Cordova.

Everything is Peachy



Teamwork and community members participated in learning how to "can" peaches for the Skokomish Elder's on Friday, September 18, 2015. The peaches canned will be donated to give to the elders with their Thanksgiving or Christmas baskets later this year. It was a good activity working together to get it done as well as enjoyable conversation. Thank you for all your help and participation.

DATING VIOLENCE

Dating violence can take many forms. In many cases, it's a crime.

There are many different types of abuse emotional, verbal, economical, sexual and the one everyone knows physical. What you have to remember is that it is never the victims fault. Abusers often blame the other person for "causing" the abuse but the only person responsible for the abuse is the abuser! Abuse is a learned pattern the only way it will stop is by the abuser getting help. The abuser will always make excuses and always promise that it will not happen again this is a lie!

You can reduce the risk of dating violence.

Be direct. Let your partner know that you tolerate abuse. Share your sexual limits early and clearly.

Stay in control. Don't use alcohol or other drugs. Have your own way home and a cell just in case.

Trust your instincts. Get to know someone before going out alone with him or her. Or, go out with a group.

Be careful of dating people who:

- Put down others often
- Are Aggressive, physically or verbally
- Abuse alcohol or use other

drugs

- Want to always be in control
- Get very angry or jealous.

Dating can be positive

It can help you learn about yourself. About who you are and who you want to be. Also helps you learn about what qualities that are most important to you about others.

In a HEALTHY RELATIONSHIP:

Both people

- Trust and Respect each other
- Are fair, open and Honest
- Feel free to share thoughts and ideas
- Accept that even Healthy Relationships don't always work out.

But when dating involves abuse, there's no chance for a healthy relationship to develop!

Please if you know a victim of dating violence we can help.

Janita Raham (DV advocate) 360-426-7788

Tricia Longshore (DV Outreach Specialist) 360-426-7788

October is Domestic Violence Awareness Month

We are inviting everyone to

Speak up

To spark a change, we have to talk openly and acknowledge how domestic abuse affects our communities, our families and our lives.

We have to be brave. We have to see DV.



Help is available you are not alone

Tricia Longshore (DV Outreach Specialist) 360-426-7788 Cell 360-463-6912

Janita Raham (DV Advocate) 360-426-7788 Cell 360-545-2303

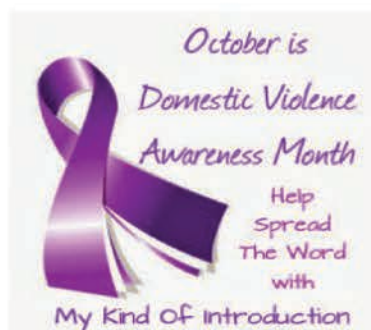
"This project was supported by grant no.2014-TW-AX-0011 awarded by the office of violence against women, U.S Department of Justice. The opinion, findings, conclusions and recommendations expressed in this publication/program/exhibition are those of the author and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women."

Food Voucher Checklist

Food Vouchers will be available as of October 1, 2015. Please make sure to provide the documentation listed below to expedite the process. *Only one per household.* Applications can be picked up at Tuwaduq Family Service building Grant Program guidelines required for determining eligibility for SPIPA/Food voucher program.

- Eligibility for food voucher you must be an enrolled Skokomish Tribal member residing in the Mason County service area.

- Only the "Head of Household" can apply for food voucher. One per household.
- Meet the Income guidelines according to poverty income guidelines as attached.(will be provided at time of application)
- Signed application.
- Signed client release of information.
- Only one voucher per household can be authorized every three months, until funding runs out.



Guest Speakers : Jeremy Neville-Sorell (Mending the Sacred

Hoop) And Dawn Lewis (WomenSpirit Coalition)

Where: Tribal Center: Senior Lunch Room

Save the Date! October 28th 2015 @ 4pm

Come Learn about Dating Violence And Dynamics of Domestic Violence

A message from your HOPE CENTER

YOUNG PEOPLE VERSUS ADULTS. WHAT'S THE DIFFERENCE?

A young person's body cannot cope with alcohol the same way an adult's can. Drinking is more harmful to teens than adults because their brains are still developing throughout adolescence and well into young adulthood. Drinking during this critical growth period can lead to lifelong damage in brain function, particularly as it relates to memory, motor skills (ability to move) and coordination. According to research, young people who begin drinking before age 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21. For some teens, like Samantha, drinking seems to be a solution to problems they don't want to face.

"When I was 13, friends would make fun of me if I didn't have a drink. I just gave in because it was easier to join the crowd. I was really unhappy and just drank to escape my life. I went out less and less so started losing friends and the more lonely I got, the more I drank. I was violent and out of control. I never knew what I was doing. I was ripping my family apart."

Kicked out of her home at age 16, she was homeless and started begging for money to buy drinks. After years of abuse, doctors told her there was irreparable harm to her health.

"...I was only 16 but my liver was badly damaged and I was close to killing myself from everything I was drinking." —Samantha

WHAT IS BINGE DRINKING?

Binge drinking is the practice of consuming large quantities of alcohol in a single session, usually defined as five or more drinks at one time for a man, or four or more drinks at one time for a woman. About 90% of the alcohol consumed by youth under the age of 21 in the United States is in the form of binge drinks.

"I binge drink every chance I get and to be honest I am disgusted with myself, but I cannot control my desire to do it.... If I drink too much or drink certain drinks, I get breathless and go blotchy all over my body, but I continue to drink until I am so exhausted I fall asleep.... I am not sure that I am strong enough to quit my stupidity." —Allen

An increasingly heavy drinker often says he could stop whenever he chooses—he just never "chooses" to do so. Alcoholism is not a destination, but a progression, a long road in which life continuously worsens.

Alcohol Awareness



By not drinking too much, you can reduce the risk of short- and long-term health risks.

Did you know that drinking too much can harm your health? Excessive alcohol use, including underage drinking and binge drinking, can lead to increased risk of health problems such as injuries, violence, liver disease, and cancer.

Study of Alcohol-Related Deaths Among US Adults

In a 2014 study of alcohol dependence among US adult drinkers, CDC researchers found that from 2006 through 2010, excessive alcohol consumption accounted for nearly 1 in 10 deaths among working-age US adults aged 20-64. The study, published in CDC's Preventing Chronic Disease, also revealed that excessive alcohol use led to approximately 88,000 deaths and 2.5 million years of potential

life lost each year during this period, shortening the lives of those who died by an average of 30 years.

These deaths were due to health effects from drinking too much over time, such as breast cancer, liver disease, and heart disease, and health effects from consuming a large amount of alcohol in a short period of time, such as violence, alcohol poisoning, and motor vehicle crashes.

Study of Alcohol Dependence Among US Adults

In another study published in CDC's Preventing Chronic Disease, researchers found that 9 in 10 people who drink excessively are not alcohol dependent. Alcohol dependence is a chronic medical condition that includes a current or past history of excessive drinking, a strong craving for alcohol, continued use despite repeated problems with drinking, and an inability to control alcohol consumption.

The study found that nearly 1 in 3 adults are excessive drinkers, and most of them binge drink, usually on multiple occasions. In contrast, about 1 in 30 adults are classified as alcohol dependent. Rates of alcohol dependence increase with the amount of alcohol consumed. For instance, about 10% of binge drinkers are alcohol dependent, while 30% of people who binge frequently (10 or more times a month) are alcohol dependent.

What Can be Done

Alcohol dependence is a serious medical problem, and it is important



to assure that high-quality treatment for this condition is available to those who need it. However, most excessive drinkers are not alcohol dependent; therefore, it is also important to implement effective community and clinical prevention strategies for excessive drinking—such as increasing the price of alcohol, reducing alcohol availability, and screening and counseling for excessive drinking among all adults in primary care. A comprehensive approach to reducing excessive drinking that includes evidence-based community strategies, screening and counseling for excessive drinking among adults in healthcare settings, and high-quality substance abuse treatment for those who need it is likely to have the greatest impact on reducing excessive drinking and related harms.

With Deepest Sympathy



In Loving Memory **Daniel William Lewis**

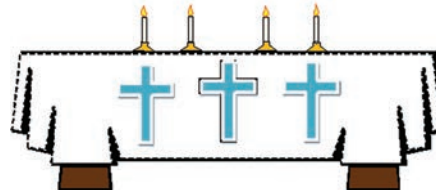
Born On: January 8, 1951
Walked on: September 8, 2015

Funeral Services were held:
Friday, September 11, 2015
Skokomish Indian Shaker Church

Officiant
Francis Starr

Grave Side Services
Skokomish-Y-Cemetery

Dinner
Skokomish Indian Shaker
Church Mess Hall
Peggy Johnson - Head Cook



Willie I love you

*As you leave Skokomish to go home
May our creator be with you.
May he be behind you to give you
encouragement,
above you to watch over you,
beneath you to lift you from sorrow
and pain,
inside you to fill you with hope, faith
and love.
In front of you to light up your way
and when you arrive
tell our people we are good
and we will see you another day*

Inez Josephine Mullen

Inez Josephine Mullen, 76 passed away on August 27, 2015 at Central Washington Hospital in Wenatchee, WA. Inez was born on December 27, 1938 in Inchelium, WA. She was a member of the Colville Tribe. In her early years she attended St. Mary's Mission and Chilocco Indian School before graduating at Chemawa Indian School, Salem, OR in 1959. She married Harold Floyd "Tinker" Allen, Sr., from Skokomish, WA and they had five children together. Inez worked at various jobs during her residency in Portland, Oregon, before returning to Omak, WA where she resided until her death. Inez was a very independent and

strong woman who enjoyed visiting with family and friends, as her story-telling gift would bring her favorite past-times to life and bring smiles and laughter to all. She cared deeply for family and friends alike and always found a way to give something to each, when she found their company. Inez enjoyed shopping, solving word search puzzles, garage sales, watching the Food Network Channels and movies on T.V. She attended her Native American Heritage events and celebrations. She especially enjoyed playing bone games (Slahal) at the Omak Stampede Indian Encampment. Inez also loved her "Forever Friends" (pets) Wilma, Annie and Noodles with a tender loving heart. She was a beautiful soul, who was a loving,

Grandmother, Mother, Sister, Aunt and friends to many. Inez was preceded in death by her husband, Harold Floyd "Tinker" Allen, Sr., her sons, Harold "Chief" Allen, Jr., and Issac Allen. Her parents, Thomas Mullen and Louise Simpson-Mullen, her brothers, Ivan Mullen and Pascal Mullen, and sister Bernice Mullen. She is survived by her sister, Elizabeth Haugen of Everett, WA and brother, Paul Mullen of Replap, AL and her daughters, Marcianne Allen and Gwen Allen of Omak, WA and Jackie Allen of Skokomish, WA as well as numerous step-children, great-grandchildren, grandchildren, nieces and nephews. The Funeral arrangements were held by Precht-Harrison Nearents Chapel. Her services were held at Our Lady

of the Valley Church, Okanogan, WA on August 29, 2015 and were officiated by Father Luta Nsubuga. Our beloved mother was laid to rest at St. Mary's Mission Cemetery, Omak, WA. A luncheon was provided with some of her favorite foods, dishes and music to celebrate the life of our "Gramma Kat" "Life is a great bundle of little things" (A handwritten notation by Inez)



Public Notice

**SKOKOMISH TRIBAL YOUTH COURT
SKOKOMISH INDIAN RESERVATION
SKOKOMISH, WASHINGTON**

IN RE THE WELFARE OF:

J.C. and R.C.,
(DOB: 5/28/2000 and 8/12/2003)

Case No.: SKO-G-08/15-132
Case No.: SKO-G-08/15-133
NOTICE OF HEARING

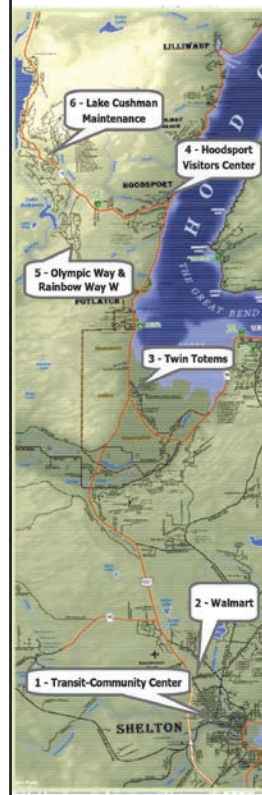
PLEASE TAKE NOTICE that this case will be heard at the date and time stated below, and the Clerk is directed to note this matter on the Court's Calendar.

DATE: December 17, 2015 at 3:30 p.m.

THE PURPOSE OF THIS HEARING: a Guardianship Hearing pursuant to Skokomish Tribal Code Section 3.02.136 and notice of the hearing has been authorized by any means necessary including publication of service by court order dated October 1, 2015. Skokomish tribal member, Jessie Cultee is hereby notified of his right to contest the factual contents and the conclusions of the guardianship report.

Court Clerk,
Skokomish Tribal Court

Mason County Transit Schedule



Skokomish/Cushman Pilot Service: Monday through Friday (Effective November 02, 2015)					
SHELTON TO LAKE CUSHMAN MAINTENANCE OFFICE					
Transit Community Center 1	Wallace Kneeland @ Walmart 2	Hwy 101 @ Twin Totems 3	SR 119 @ Hoodsport Visitors Center 4	Olympic Way & Rainbow Way W. 5	SR 119 @ Lake Cushman Maintenance 6
5:50	5:58	6:12	6:20	-----	6:30
11:30	11:38 AM	11:52 AM	12:00	-----	12:10
6:50	6:58	7:12	7:20	-----	7:30
LAKE CUSHMAN MAINTENANCE OFFICE TO SHELTON					
SR 119 @ Lake Cushman Maintenance 6	Olympic Way & Rainbow Way W. 5	SR 119 @ Hoodsport Visitors Center 4	Hwy 101 @ Twin Totems 3	Wallace Kneeland @ Walmart 2	Transit Community Center 1
6:30	6:37	6:50	7:00 *	7:15	7:20
12:10	12:17	12:30	12:40 *	12:55	1:00
7:30	7:37	7:50	8:00	8:15	8:20
Flag stops and deviations available upon request. Call customer service for more information, 360-427-5033 or 800-374-3747.					
Skokomish/Cushman Pilot Service: Saturday Service Only (Effective November 02, 2015)					
SHELTON TO LAKE CUSHMAN MAINTENANCE OFFICE					
Transit Community Center 1	Wallace Kneeland @ Walmart 2	Hwy 101 @ Twin Totems 3	SR 119 @ Hoodsport Visitors Center 4	Olympic Way & Rainbow Way W. 5	SR 119 @ Lake Cushman Maintenance 6
7:50	7:58	8:12	8:20	-----	8:30
11:30	11:38	11:52	12:00	-----	12:10
3:40	3:48	4:02	4:10	-----	4:20
LAKE CUSHMAN MAINTENANCE OFFICE TO SHELTON					
SR 119 @ Lake Cushman Maintenance 6	Olympic Way & Rainbow Way W. 5	SR 119 @ Hoodsport Visitors Center 4	Hwy 101 @ Twin Totems 3	Wallace Kneeland @ Walmart 2	Transit Community Center 1
8:30	8:37	8:50	9:00	9:15	9:20
12:10	12:17	12:30	12:40 *	12:55	1:00
4:20	4:27	4:40	4:50	5:05	5:10
Flag stops and deviations available upon request. Call customer service for more information, 360-427-5033 or 800-374-3747.					
* Connects with Route 2 No ASA service December 21, 2015 to January 1, 2016					

BIG Ray
Happy Happy Birthday Son
Hope your birthday wish comes
true. I love you all the way!!
Love, Big Momma

To Shaneeka Rose Diane
Happy Birthday from your
TWANA CT fans.

Mandy, Hope your birthday
is fabulous.
Love, Aunt Mary

Broth Twiddy-Happy Bday
Love, Mary

HEIDI
How shall we celebrate
your day? Happy Birthday
My Girl. Love, Momma

Happy Halloween and
Happy Birthday Cuzin Kevin
Love, The William's Clan

Happy Birthday 🎂 Amilia Smith, this
is the year to marry you off niecey!
I hope your birthday is a great day,
Love you from your cousin Margaret
and Auntie Eleanor

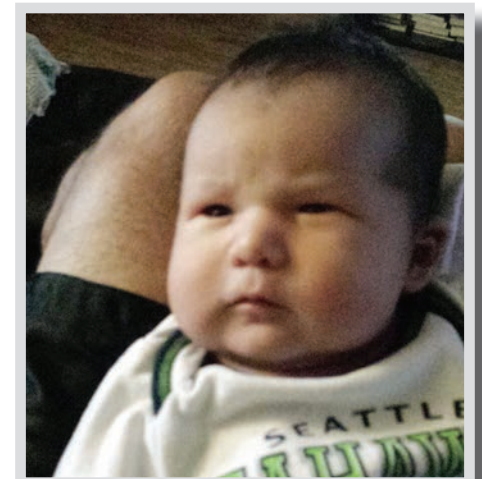
Happy Birthday 🎂 to my parents Es-
ther and Dennis Allen! We love you,
Margaret n Eleanor Smith.

Ms Pearl
I love you and hope
your birthday is special.
I miss seeing you. I pray
you are OK. Love, M

TO ALL MY GRANDKIDS
Happy Halloween
I love you so much
I don't wanna give you
candy, my love should
be sweet enough. LOL
Love, Gram

HAPPY BIRTHDAY MARY J!!!!
We love ya and all the things you
do!! Love Me, Kitty and Hunter and
Pete!!!

Darlyn,
May all your wishes and dreams come
true on your special day! I know mine
did when I met you! Thanks for being
who you are. The best part of every
day is sharing it with you! Happy
Birthday! Love Mark



Alex and Durinda Gouley are proud
parents of Alexandra Marguerite
Gouley born Sept 14, 2015.
8 lb 2 oz 20 and 1/2 inches long.

'Dirt Dog' Day

Nisqually Tribe hosted one last Hoorah youth coed softball tourney on Saturday September 19th. Skokomish youth had planned on attending with teams for the 17u, 14u & 11u age brackets. We had a small handful of 17u players, not enough for an entire team, so our few combined w/ a Nisqually 17u team and came out as champs. Proud of the ones who showed up & were eager to participate in some healthy fun ball playing. We also only had a couple 14u players. This was no problem at all because we have some very eager & able 11u players that did not mind, or object one bit to playing up a division. This 11u plus a couple 14u players came home with 5th place t-shirts. We couldn't be more proud of these young athletes stepping up w/ confidence & courage. Way to represent pups. As for the 11u, we not only had a full roster, & not only did they play in the 14u bracket, they also came out as the 11u CHAMPS. These 1st place winners brought home hooded sweatshirts. It was such a fun day. There was so much laughter, cheering, socializing, & talent being portrayed on the ball fields. A big shout out to Nisqually Tribe, Arthur & Stacy Gouley, & the Skokomish Tribe for the opportunity & experience that provided us some memories to cherish for a lifetime.



Here is our 11u Dirt Dog Champs. Left to right in the back row is Coach Tom Grover, Macie Nichols, Corey Mann-Gouley, Jeremy Wilbur, Jerome Gouley, Nathaniel Byrd, & Chandra Gouley. From left to right on the bottom row is Sharkey Gouley-French, Jayden Johns, Bo Blacketer, Alonzo Delacruz, Thunder Gouley, & Hunter Green. The #1 on one hand & the #5 on the other hand represents 1st place in the 11u bracket & 5th place in the 14u bracket.

Correction:

Last months front page article "Paddle for the Battle" was brilliantly written by Lyn Dennis. Somehow her first name was omitted from the article. My humblest apologies! Mark

Tribal Members with Birthdays in October

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



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

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RETURN SERVICE REQUESTED

Rez Photo of the Month



Can you name the handsome man in this photo from 1981?
Please turn to page 12 for the answer! Good luck!

SPECIAL
General Council Meeting
Has been scheduled
Saturday, October 17, 2015
10:00 a.m. at the T.C.
TOPICS OF DISCUSSION
1.) Drug & Alcohol Abuse Prevention/Treatment
and 2.) Tribal Member Employment

Rez Sudoku Puzzle of the Month

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

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

The Sounder

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

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

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