

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

Skokomish Indian Nation

THE

SOUNDER

December 2016 and
January 2017 Issue

Potlatch Stream Welcomes New Salmon

By Deborah Petersen, WA State Parks

Late this summer, State Parks was feeling the pressure of the looming October 31, 2016 court ordered deadline to finish fixing our fish passage barriers included in the lawsuit (U.S. v. Washington). Potlatch State Park had two culverts on the list that were blocking salmon. Under the injunction, Parks was obligated to replace those two culverts with either a larger "stream simulation" culvert or a bridge. However, fish would never reach the repaired culverts unless something was done to address downstream barriers. The unnamed spring-fed stream at the park originates in the forest on the west side of Highway 101, then flowed under the highway where it went north from park property onto private land. There the channel disappeared into two barrier culverts under private homes and through a concrete flume before dropping more than 5 feet over a bulkhead into Hood Canal.



Figure 1. Culvert in day use area at Potlatch State Park.

Parks had been working with the Skokomish Tribe and the Mason County Conservation District back in the early 2000's, hoping to find a way to move the stream over to park property, but the funding never materialized. With the court injunction, State Parks worked closely with the Tribe and



Figure 2. Potlatch stream on private property.

private landowners to address the park barriers, as well as the downstream barriers. The project design included re-aligning 400 feet of the stream onto park property and adding 14 large woody debris complexes. Our excitement to finally get salmon back into the stream was challenged as the complexity of the project became apparent. The park is culturally very significant to the Skokomish Tribe, and it was extremely important the project avoid impacts to cultural resource sites as much as possible. Unfortunately, several dozen trees (mostly mature Douglas-fir) had to be removed to create the new channel. These trees were "living cultural resources" to the Tribe, and the decision for their removal was one of the more challenging and difficult decisions for everyone involved in the planning of this project.



Figure 3. New channel in day use area



Figure 4. Large wood added to upstream channel.

Campsites had to be closed during construction, which meant lost revenue for the park. All the major utilities had to be dealt with, including a new sewer line. The new culverts and stream channel had to be designed large enough to accommodate flood flows from the seasonal creek on the north boundary of the park. Smack in the middle of the project is the WSDOT culvert under Hwy 101, which presented design and gradient challenges both upstream and downstream of the 101 culvert. There were permitting delays, which led to construction delays. The project didn't get started until September and the in-water work didn't end until October 31st! But, we made it!

On Monday October 31st, the fish exclusion nets were removed, and on Tuesday November 1st, the first chum salmon, wasting no time, entered the creek. By Thursday, over 100 chum had arrived, and by Friday November 4th, there were over 210 fish competing for spawning sites! Chum will continue to move up the stream and spawn until mid-December. Coho will start to move up stream around the end of November through December. Sea run cutthroat are also expected to use this stream's habitat.

There is so much that still needs to be

done if we are to keep salmon around in Puget Sound for future generations. But here in this little spring fed stream in the southern end of Hood Canal is a success story for the salmon. To get this done, it required cooperation between the state, the Tribe, and the private community. There were some challenges and disagreements over design elements of the project, but in the end, through respectful dialogue and exchange of ideas, the salmon are back in this little stream for the first time in many decades.



Figure 5. Chum salmon in the upper channel.



Figure 6. Chum salmon finding their way from Hood Canal.

Skokomish Natural Resources News

Steelhead Recovery:

Staff conducted 30 spawning ground surveys of the Skokomish River North fork (11 in August, 10 in September, and 9 in October), with some cancellations/substitutions due to inclement weather and/or elevated stream flows. Another 12 surveys of the Skokomish River estuary were conducted, encompassing all 4 survey areas and significantly increasing the number of sites sampled per survey area due to clement conditions and increased manpower. No surveys were conducted in October due to unsafe survey conditions.

Hatchery:

Fish have starting to wander into the adult trap at Enetai. The peak should be around mid-November and we intend to take about 3.3 million eggs. The first spawn occurred on November 2. Jennifer and Dickie are back to work after taking their summer off, as usual. The well is complete and after some tweaking we found it is actually putting out 600 gallons per minute, not the 300 we reported earlier.

Staff have been working with the WDFW and Skagit area tribes to reach agreement about the transfer of sockeye eggs from the Baker Lake Hatchery to the new Tacoma facility at Saltwater Park. If all goes as planned we'll see 500,000 eyed eggs come over in 2017 to start the new sockeye program.

Water Quality:

Surface water-quality surveys were accomplished throughout the year with 106 funds. In addition, groundwater well data were updated with higher accuracy and frequency by utilizing depth dataloggers coupled with new high accuracy surveys of well casings. Skokomish water quality staff worked with the Washington State Department of Ecology on the Skokomish River Total Maximum Daily Load (TMDL) compliance for Weaver and Hunter Creeks. Skokomish staff has continued to communicate Skokomish Tribe's water quality concerns to Ecology for action regarding cattle access to



streams in the Skokomish system. Four of our on-Reservation groundwater monitoring locations and one off-Reservation site in the Skokomish Valley are being continuously monitored with groundwater probes that measure conductivity, temperature and depth. All of our surface water quality monitoring stations have GPS locations assigned along with field notes and pictures.

Recently, staff collected water samples for a screening of pesticides in water. Analysis was conducted by the Skokomish Tribe's Water Quality Laboratory utilizing the Tribe's gas chromatograph/mass spectrometer (GC/MS/MS) and solid phase extraction technology. Pesticide screening will continue and focus sample events when application of pesticide is observed near Reservation and upstream waterways.

Tribal staff coordinated with WDOE's Spill Prevention, Preparedness and Response Program (Spills program) for a public meeting at the Skokomish Lucky Dog Casino (8/4/16) to roll out the 2016 update to Hood Canal Geographic Response Plan. Tribal staff produced maps highlighting environmental and culturally sensitive areas and transported WDOE Spills program planners to these sites during on/off shore site visits in order to focus pollution protection efforts by first responders. Staff has attended meetings and helped develop a Quick Reference Guide for local and tribal officials.

In 2016 the HCRPIC program has used water quality monitoring and assessment and guidance from the technical advisory committee to

identify four septic systems suspected of discharging bacteria and nutrients to surface water in the Hoodspout area. From this work, 9 septic failures were identified, 4 septic systems have been repaired, and more are being evaluated. Our work to open up the Hoodspout area to shellfish harvest may be coming to fruition within a year. We only need a few more clean samples at which point we can petition the Washington Department of Health to upgrade most, if not all, of the area to "approved" for oyster and clam harvest.

The EPA Environmental Coordinator was appointed to the Hood Canal Coordinating Council (HCCC) as a

member to serve on their local Citizen Advisory Group (CAG). The CAG is tasked with evaluating and guiding salmon recovery proposals within the Hood Canal and the eastern Strait of Juan de Fuca region. HCCC is the lead entity for Salmon recovery in the Hood Canal region. The Citizens Advisory Group reviews salmon habitat restoration and protection project proposals according to social, cultural and economic values as they apply to salmon recovery. This is a volunteer position with monthly meetings, and attendance at presentation and evaluation meetings. The term will be three years. This year the CAG approved 14 projects for a total of \$4.2 million in restoration, assessment, construction and acquisition for Hood Canal and eastern Strait of Juan de Fuca.

Finally, the DNR was the scene of some scary shenanigans when on November 27 we were visited by ghosts and ghouls of every sort. They even haunted the Chairman! It was great seeing the kids all dressed up and we're not sure who enjoyed it more – them or us.

GREETINGS FROM HOOD CANAL SCHOOL

I can hardly believe how quickly fall is slipping by. Thanksgiving is nearly upon us, the first trimester ends on December 9, and Winter Break begins on December 19. All of us here at Hood Canal School wish you a very safe and happy holiday season!

Best wishes,

*Gary Thomasson, Skokomish Tutor
Hood Canal School*

Hood Canal School dates and activities for you to remember:

Tuesday, November 22

Wednesday, November 23

Thursday-Friday, Nov. 24-25

Friday, December 9

Friday, December 9

Friday, December 16

Monday-Monday, Dec.19-Jan. 2

Wednesday, January 3

Friday, January

Monday, January 16

Holiday)

Thursday, January 26

Lifetouch Picture Retakes

Early Release (12:00 noon)

No School (Thanksgiving Vacation)

Early Release (12:00 noon)

End Trimester 1

Early Release (12:00 noon)

Winter Vacation

Return to School

Early Release (12:00 noon)

No School (Martin Luther King, Jr.

Early Release (12:00 noon)

Shelton High School Spotlight Student



Cougar Peterson

I cannot say enough good things about this extraordinary young man. Cougar exemplifies the qualities we all hope to find in a brother, a son, a nephew, or a friend. He is hardworking, humble, bright, resourceful, and tenacious.

Cougar's mom is Bunni Peterson-Haitwas. His grandparents are Ruth and Andy Wilbur-Peterson.

Cougar likes to fish and go hiking in the woods. He thinks of himself as a small town, kinda country, truly mellow guy. When I asked him his interests, he mentioned fishing and hiking and then said, "I just like being a local hick."

Don't let his modest nature fool you. Cougar is highly intelligent and focused like a laser beam. That's a pretty tough combination to beat.

Mr. Peterson is a Running Start student taking classes at Olympic College as well as at Shelton High School. This allows him to earn both high school and college credits while paying no tuition. (Told you he was smart.)

Cougar is very ambitious when it comes to his educational goals. He wants to pursue a career in medicine (I can't even pronounce orthopedic surgeon) so he's taking a bunch of

science, technology, engineering, and math (STEM) courses.

He's certainly off to a good start and making all the right moves. His teachers have nothing but praise for him. Cougar is a teaching assistant for Christopher Hudson, a math teacher. When asked about Cougar, Hudson said, "I was really excited to have Cougar as my TA, because he did such a good job for me last year. He's bright and has great social skills. When I had him as a student, he had a really good grasp of the material. Students ask him for help all the time because he's so approachable."

The contrast between his academic competitiveness and unassuming personality is paradoxical. Cougar has a laid back demeanor and a wry sense of humor when he's relaxing with family and friends. He's calm and collected especially when his classmates are agitated and restless. His mere presence brings balance and harmony.

Cougar Peterson has the talent and the drive to achieve success in any arena of life. It's inspiring to see the bright future our people will enjoy, reflected in the many accomplishments of this fine man.

More Hood Canal School Dates to remember:

December

- 1 Boys Basketball at Grapeview 3:30
- 6 Boys Basketball VS St. Mikes 3:30
- 8 Boys Basketball VS McCleary 3:30
- 9 Half Day of School Early Release
- 13 Boys Basketball @ OBJH 3:30
- 14 Awards Assembly Gr 3/4 1:30-2:00
- Awards Assembly Gr K/1/2 2:15-2:45
- 15 Boys Basketball @ Evergreen Christian School 3:30
- 15 Awards Assembly Gr 5/6 1:30-2:45
- Awards Assembly Gr 7/8 2:15-2:45
- 16 Half Day of School Early Release
- 16 Report Cards will be mailed home
- 19-30 Holiday Break- No School



Jordyn Peterson

Jordyn is currently a sophomore at Shelton high school in Shelton Washington. Jordyn is 15 yrs old and is the daughter of Marty Peterson and

Spring Angel VanBrunt. Jordyn is enrolled in the Colville tribe in eastern Washington on her mother's side of the family. Jordyn loves school and her favorite subject is English. This fall Jordyn turned out and played varsity soccer for the climbers and excelled playing mostly on the left side, left forward, and mid field. It was a learning season mostly with not a lot of wins but tons of experience. Jordyn says she turned out for soccer to keep in shape for basketball and to use it for conditioning. Jordyn also plays basketball for the Shelton high climbers playing both junior varsity and varsity last year. Jordyn also plays basketball for our Skokomish teams in tournaments. Jordyn is a great role model among her peers and for our younger kids in the Skokomish prevention program. We look forward to cheering on and watching Jordyn on the court this winter. WAY TO GO JORDYN.

tuwaduqutSid Classes

Submitted by Julie LeClair

On April 25, 2016 I entered my new job as Twana Language Cultural Aide. In this position I work with Nile Thompson. Nile came to our Reservation as a young UW student. He sat with our elders and recorded our oral history. In collaboration with a group of Skokomish Tribal Members he wrote our first dictionary often referred to as "The Orange Dictionary". With Nile, I am learning our language referred to as tuwaduqutSid. I am also assisting him as he writes our newest dictionary. This dictionary is more like an encyclopedia and I find the entries to be very interesting. I'm sure you will be pleased with the outcome. I say this because it is not often Tribal members pick up a book and see themselves in the book. We are in this book because we are the book.

The plan is to hold classes every Thursday from 6-7:30 at the Tribal Center. Dinner will be provided. As of today's date, I have had 3 official classes. In these classes we start as babies and we start with the "easy"

tuwaduqutSid words such as kW3may (puppy), pisHpsH (cat), qWist (cow), ma73 (daddy), ka73 (mommy) b3d3 (child). to name a few. We also play matching games. This simple memory game works great as language reinforcement.

To those of you who have committed to coming to class as an individual or with your children, I can not thank you enough for your dedication to reclaim our language with me. To everyone else please give it a try. I would love to see you walk through the door and join us. If you fear that you missed too much. No worries, give me a call at 877-2460 and we can set up a time to meet one on one.

Lastly, a shout out to our children. Our children are doing outstanding and it gives me so much inspiration that our children are awoken to the language and approach it in an open manner. It is awesome to witness their progress. It makes me think of a quote from a Native Language Teacher regarding language: "A wonderful way to make lemonade out of lemons. We were given a lot of lemons"

CONGRATULATIONS!!! TWO MORE HIGH SCHOOL 21+ GRADUATES



SHS Boys' Varsity Basketball Schedule 2016/2017

Weekday	Date	Opponent	Location	Time
Thursday	12/1/16	Elma High School	SHS Minidome	7:00 PM
Saturday	12/3/16	Hoquiam High School	SHS Minidome	7:00 PM
Monday	12/5/16	Tenino HS	Tenino High School	7:00 PM
Wednesday	12/7/16	Capital High School	SHS Minidome	7:00 PM
Friday	12/9/16	North Thurston High School	North Thurston High School	7:00 PM
Wednesday	12/14/16	Gig Harbor High School	Gig Harbor High School	7:00 PM
Friday	12/16/16	Central Kitsap High School	SHS Minidome	7:00 PM
Tuesday	12/20/16	North Mason High School	SHS Minidome	7:00 PM
Wednesday	12/28/16	River Ridge High School	North Thurston High School	5:15 PM
Thursday	12/29/16	Tumwater High School	North Thurston High School	5:15 PM
Wednesday	1/4/17	Peninsula High School	SHS Minidome	7:00 PM
Friday	1/6/17	Timberline High School	SHS Minidome	7:00 PM
Wednesday	1/11/17	Yelm High School	Yelm High School	7:00 PM
Friday	1/13/17	Capital High School	Capital High School	7:00 PM
Wednesday	1/18/17	North Thurston High School	SHS Minidome	7:00 PM
Friday	1/20/17	Gig Harbor High School	SHS Minidome	7:00 PM
Wednesday	1/25/17	Central Kitsap High School	Central Kitsap High School	7:00 PM
Friday	1/27/17	Peninsula High School	Peninsula High School	7:00 PM
Tuesday	1/31/17	Timberline High School	Timberline High School	7:00 PM
Thursday	2/2/17	Yelm High School	SHS Minidome	7:00 PM

SHS Girls' Varsity Basketball Schedule 2016/2017

Weekday	Date	Opponent	Location	Time
Wednesday	11/30/16	Mt. Tahoma High School	SHS Minidome	7:00 PM
Saturday	12/3/16	Hoquiam High School	Hoquiam High School	7:00 PM
Monday	12/5/16	Clover Park High School	SHS Minidome	7:00 PM
Wednesday	12/7/16	Capital High School	Capital High School	7:00 PM
Friday	12/9/16	North Thurston High School	SHS Minidome	7:00 PM
Monday	12/12/16	Henry Foss High School	SHS Minidome	7:00 PM
Wednesday	12/14/16	Gig Harbor High School	SHS Minidome	7:00 PM
Friday	12/16/16	Central Kitsap High School	Central Kitsap High School	7:00 PM
Tuesday	12/20/16	North Mason High School	North Mason High School	7:00 PM
Wednesday	12/28/16	Olympic High School	Olympic High School	6:00 PM
Wednesday	1/4/17	Peninsula High School	Peninsula High School	7:00 PM
Friday	1/6/17	Timberline High School	Timberline High School	7:00 PM
Wednesday	1/11/17	Yelm High School	SHS Minidome	7:00 PM
Wednesday	1/18/17	North Thurston High School	North Thurston High School	7:00 PM
Friday	1/20/17	Gig Harbor High School	Gig Harbor High School	7:00 PM
Wednesday	1/25/17	Central Kitsap High School	SHS Minidome	7:00 PM
Friday	1/27/17	Peninsula High School	SHS Minidome	7:00 PM
Tuesday	1/31/17	Timberline High School	SHS Minidome	7:00 PM
Thursday	2/2/17	Yelm High School	Yelm High School	7:00 PM

December and January Events at Shelton High School

Fall is fading away and winter is fast approaching for our students at Shelton High School. Although some parents may be dreading the holiday season there is no question about how the students feel – they can't wait for the break from school!

Hang in there guys; work hard until the Christmas break, then you can relax and enjoy your time off without the dread of unfinished homework hanging over your head.

There's a lot of holiday music coming up with performances by the choirs and bands from Shelton High School (SHS), Oakland Bay Junior High (OBJH), and Olympic Middle School (OMS).

Here's a summary of what's happening at Shelton High:

Early Release (1.5 hours)		Friday, December 2, 12:45 pm
SHS/OBJH Holiday Choir Concert	@SHS	Tuesday, December 6, 7:00 pm
OMS Choir Concert	@OMS Commons	Thursday, December 8, 6:00 pm
School Board Meeting	@SHS Library	Tuesday, December 13, 6:00 pm
OMS Band Concert	@OMS Commons	Wednesday, December 14, 6:00 pm
CHOICE HS Winter Celebration	@CHOICE HS	Thursday, December 15, 5:00 pm
Community Open Forums	@OMS Commons	Thursday, December 15, 6:00 pm
Early Release (3 hours)		Friday, December 16, 11:20 am
Winter Break/NO SCHOOL		Monday, December 19, 2016 through Monday, January 2, 2017
First Day Back after Winter Break		Tuesday, January 3, 2017
Early Release (1.5 hours)		Friday, January 6, 12:45 pm
School Board Meeting	@SHS Library	Tuesday, January 10, 6:00 pm
Martin Luther King Jr. Day/ NO SCHOOL		Monday, January 16
Spirit Week		Tuesday, January 17, through Friday, January 20
Community Open Forums	@OMS Commons	Thursday, January 19, 6:00 pm
Early Release (1.5 hours)		Friday, January 20, 12:45 pm
School Board Meeting	@SHS Library	Tuesday, January 24, 6:00 pm
First Semester Final Exams		Wednesday, January 25 and Thursday, January 26
Teacher Training/NO SCHOOL		Friday, January 27

All the winter sports seasons will be in full swing throughout December and January.

Dear Next President:

“We are strongest when our cultures and traditions are woven into the political framework of our nation. For that reason, it is vital and necessary that the values, dreams and needs of Native American youth be understood and shared by our next President and administration.”

—Payton Bordley, Skokomish Indian Tribe, Gen-I Youth Ambassador

We are Generation Indigenous (Gen-I), a movement of over 5,000 Native American youth across the country—and growing—who took a pledge to positively impact their communities and help build a strong future for Indian Country. President Obama demonstrated a true commitment to Native American youth by launching the Gen-I initiative in 2014, a cross-sector call-to-action to focus on strengthening resources and improving the lives of Native youth. Gen-I focuses on our resilience and the strength of our cultures to help us tackle some of the serious challenges in our communities.

As you organize your administration, this letter is intended to give a voice to Native youth about priorities that matter to them and offer recommendations for you and your cabinet. It incorporates the input of the 2016 White House Tribal Youth gathering, the Gen-I National Native Youth Network, and the First Kids 1st coalition. We hope that your administration will continue the important focus on our youngest first Americans by considering these priorities and recommendations.

Visit with and encourage Native youth to inspire one another and share their voice in policy decisions by continuing the annual White House Tribal Nations Conference and Tribal Youth Gathering. These important meetings provide Native youth and their elected tribal officials' direct connection to your administration. We encourage you to build on the progress made to identify and strengthen resources across the federal government that help meet the needs of young people in Indian Country. We also call on your administration to create a permanent Office of Native

American Affairs at the White House to coordinate, implement, and track progress on key policy priorities described below.

Protect our land, water, and sacred sites by directing federal agencies to properly and meaningfully consult with tribal governments about projects that impact our sacred sites, waterways, and lands.

Native youth across the country are standing with the Standing Rock Sioux Tribe in their efforts to stop the Dakota Access Pipeline. Their struggle to protect these resources and sacred sites is the struggle of many tribes across the country and we call on your administration to support us.

Build opportunities for student success by increasing scholarship and grant opportunities for Native American students, and support capacity development and infrastructure for tribal schools and Indian education programs. Native students need more qualified and skilled teachers, culture based curriculum, and family involvement, which are effective and promising practices critical to ensuring children are able to develop to their full potential. During the 2016 White House Tribal Youth Gathering, one of our Gen-I Youth Ambassadors called upon the administration to promote more inclusive curricula in our schools so non-Native youth understand who we are and where we come from.

Foster vibrant communities by providing tribal governments with the flexibility and resources they need to support the institutions that promote our success. The strength and resilience of our communities relies on the federal government being a strong and supportive partner in strengthening our local economies, reducing poverty and providing culturally-responsive resources.

Promote healthy lifestyles by supporting our ability to grow and develop traditional and healthy food systems, creating safe places to play and have access to physical activities, and by developing culturally-grounded programs that reduce our barriers to good health. Native children must have the resources and support we need to

develop strong self-esteem, positive self-identity, healthy bodies, and the life skills to help us reach pathways to a successful adulthood.

Foster supportive environments by focusing on the strength we draw from our cultures. One of the areas where culture is most important is the strength of our families. We call on your administration to fully support tribal child welfare systems and the goals of the Indian Child Welfare Act (ICWA). We thrive when we are connected to our family, our culture, and our community, and tribal child welfare systems are best-positioned to do this for us.

We look forward to working with you and your administration to build a strong future together for our Native nations and the United States. We are proud of our cultures, our ancestors, and our resilience. We hope you will follow President Obama's lead and see us as a resource in developing the policies that will impact our generation—Generation Indigenous.

Sincerely, Generation Indigenous and the First Kids 1st Coalition

Skokomish Childcare New Employee



Hey there! My name is Rebecca Anderson and I come from Shelton, I have two beautiful girls, Aiyanna Longshore and Vivyen Fox. I appreciate the opportunity to work for the Skokomish Tribe as a part-time ECE teacher Aid. Last year I accomplished getting my Early Childhood certificate at South Puget Sound community College. I also have a tremendous amount of training for the new Early Achievers program that our childcare is preparing for. I look forward to teaching the children new things and getting to know the parents as well. Again, thank you for the opportunity.

Message from Paula Muir (OBJH)

OBJH students are working hard on the completion of first quarter. I would like to say a thank you to my student that is putting in extra time and effort at the Education Center. Thank you Sequoia Kenyon, your efforts will pay off. Keep up the good work ☺

I wanted to send a reminder to families that the month of December is going to fly by.

There will be 1 ½ hour release on Dec 2 and 3 hour release on Dec 16.

Winter Break will Dec 19 thru Jan 2, 2017. OBJH/SHS Holiday Choir Concert will be Dec 6@7pm.

January's early release days will be the 6th and 20th of 1 ½ hours. No school on the 27th due to staff training.

I hope everyone has a safe and wonderful holiday with family and friends. Beginning the 2017 – 2018 school year, both SHS and OBJH will implement a trimester schedule. This will mean benefits and changes as we prepare for the class of 2021's increased graduation requirements.

Changes :

3 terms instead of 2 - 5 classes in a day instead of 6 - 7.5 credits in a school year

Benefits:

Each school on the same bell schedule! More opportunities for credit and acceleration, New classes being taught based on interests and Personal Pathways

Sincerely, Paula Muir Mentor/ Tutor

COME JOIN US~ FAMILY NIGHT OUT



Come join us on the first two Mondays in December (12/5 and 12/12) for Skokomish culture classes. The Culture nights, sponsored by Family Night Out, held its first class on Monday, November 7th and are being held for 6 consecutive weeks. The classes teach traditional twana songs and dances. A family dinner is served at 5pm with song and dance instruction beginning shortly after everyone gets done eating. It's fun for the whole family as they learn together and earn a chance to win a one night stay at the Great Wolf Lodge. Mary Williams and her crew of Mariah Williams and Mona Miller plan a delicious menu. Be watching for fliers announcing 6 weeks of family regalia making classes beginning in January 2017. Punch cards will be issued for each head of household represented who fill out a participant form. Every time you attend a class you get a punch on your card. Punch cards with at least 5 of 6 punches will be eligible for the drawing of a complimentary one night stay at Great Wolf Lodge. The drawing will be held in February 2017.



Family Night Out!

In addition to our regular **Family Night Out!** events we began last year we have introduced a new, additional, offering for a **Cultural Family Night Out!** where will be learning songs, dances, making drums and regalia. Below please find the schedule of upcoming events. All activities will be happening at the Tribal Center beginning at 5:00 pm, and all events will include a meal.

<i>Winter 2017</i>		<i>Under 10 requires adult supervision.</i>	
<i>Date</i>	<i>Subject</i>		
Monday, December 5 th	Dinner and Song	Monday, February 6 th	Making a drum Cut out Making regalia Work with Seamstress and sew the vest/tunic End class by singing songs
Monday, December 12 th	Dinner and review of songs learned. Final class of 2016	Monday, February 13 th	Making a drum Cut out Making regalia Draw design onto Wonder Under & Iron on End class by singing songs
Thursday, January 19 th (All Ages Welcome) This will be the first installment of Family Night Out for 2017	Education & Training Activity Children's Arts & Crafts Healthy lifestyle training Adult craft making Language Activity Dinner and Emergency Preparedness Information	Thursday, February 16 th (All Ages Welcome)	Education & Training Activity Children's Arts & Crafts Healthy lifestyle training Adult craft making Language Activity Dinner and Emergency Preparedness Information
Monday, January 23 rd	Two classes: Making a drum Look at how a drum is made Making regalia Look at patterns and styles End class by singing songs	Monday, February 20 th	Finish up remaining items. Practice songs.
Monday, January 30 th	Two classes: Making a drum Cut out Making regalia Work with seamstress and cut out pattern End class by singing songs	Thursday, March 16 th (All Ages Welcome)	Education & Training Activity Children's Arts & Crafts Healthy lifestyle training Adult craft making Language Activity Dinner and Emergency Preparedness Information

Winter Culture Camp

December 19th to the 22nd
10:00 am to 4:30 pm

Computer Lab

The Prevention Program will be having it's annual Winter Culture Camp for grade k-8. It will be December 19th to the 22nd. Everyday will be filled with cultural projects from various mediums and guest speakers.

Breakfast, Lunch and an Afternoon snack will be provided each day.

Watch for flyers that will list some of our fun activities for the week!

If you have question please call Melanee at 877-2200 ext. 2502

SPIPA/Skokomish TANF Program

Skokomish Youth Prevention Program

Skokomish Tribal Housing Department

Winter Weather Preparedness Home & Car Checklist

- ❖ **Communication Checklist**
 1. Cell Phone
 2. Portable Charger
 3. Radio (battery powered)
- ❖ **Lighting Checklist**
 1. Flashlights (extra batteries)
 2. Battery operated Lamps
- ❖ **Food & Safety Checklist**
 1. Drinking Water
 2. Canned Food
 3. Dried Food (jerky, fruit, etc)
 4. Non-electric can opener
 5. Baby Food
 6. Can or Dry Baby Milk
 7. First-aid kit
 8. Blankets
- ❖ **Water Checklist**
 1. Water on hand
 2. Backup Water supply
- ❖ **Car & Emergency Checklist**
 - ⬇ Cell phone/portable charger
 - ⬇ Shovel
 - ⬇ Windshield scraper
 - ⬇ Battery-powered radio
 - ⬇ Flashlight (extra batteries)
 - ⬇ Water
 - ⬇ Snack Food
 - ⬇ Extra Hats & Coats
 - ⬇ Blanket
 - ⬇ Chains or Rope
 - ⬇ Tire Chains
 - ⬇ Booster cables
 - ⬇ Emergency Flairs
 - ⬇ First Aid Kit
 - ⬇ Tool Kit



Skokomish Youth Prevention / TANF

December 2016

Su		Tue	Wed	Thu	Fri	Sat	
	MELANEE STEVENS (907)491-0729 DEMUS CORDOVA 490-6118	WILLIE GROVER 490-6917 FAWN GOULEY 490-8231			1 ASP @ Tanf BLDG 3-5pm (Cultural activities) OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)	2 <u>OPEN GYM</u> 3-5pm Youth Council 5:30	3 <u>OPEN GYM</u> 7:30-10:30PM
4	5 TANF BLUES DUE ASP @ HC 3-5pm Open Gym starts 6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)	6 ASP @ Tanf BLDG 3-5pm (Prevention activities) OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)	7 ASP@HC 3-5pm OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up) Tween group 4:15	8 ASP @ Tanf BLDG 3-5pm (Cultural activities) OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)	9 Hood Canal Early Release (no open gym) Youth Council 5:30	10 <u>OPEN GYM</u> 7:30-10:30PM	
11	12 ASP@HC 3-5pm Open Gym starts 6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)	13 ASP @ Tanf BLDG 3-5pm (Prevention activities) OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)	14 ASP @ HC 3-5pm OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up) Tween group 4:15	15 ASP @ Tanf BLDG 3-5pm (Cultural activities) OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)	16 Hood Canal Early Release (no open gym) Youth Council 5:30	17 <u>Squaxin tourney</u>	
18	19 Culture Camp Open Gym starts 6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)	20 Culture Camp OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)	21 Culture Camp OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)	22 Culture Camp OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)	23 Tribal buildings closed	24 <u>No Open Gym</u> <u>Christmas EVE</u>	
25 <u>Christmas Day</u>	26 Tribal buildings closed (No open gym)	27 OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)	28 OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)	29 OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)	30 Tribal buildings closed	31 <u>No Open Gym</u> <u>New Year's EVE</u>	

NEW EMPLOYEES WITH THE SKOKOMISH TRIBE



Hi. Some of you may know me already. My name is Louis Ray Auld, Skokomish Tribal Member. My parents are Ray Auld and Gilanne "sissy" Delacruz. My Step dad is James T Delacruz Jr. I have 7 siblings. My grandparents are Marlene Johns, Skokomish, Earl Auld Salish Kootenai, Gilbert Cordova Dry Creek Pomo and Carol Cordova Skokomish. I was born and raised on the Skokomish Reservation, went to school at Hood Canal, Shelton High, and Choice. My special interests include my family, friends, softball, watching and enjoying inter-tribal sports. My special hobbies include Cooking and Traveling.

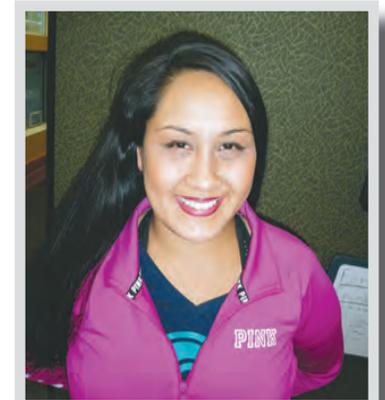
I have been recently hired as the Transportation Specialist for the TANF Department here at Skokomish. I will be primarily working with the Program transporting clients as well as youth to school in the mornings. I also will be helping and working closely with the Youth Prevention program where and when needed.

I have been asked and I accepted to begin helping with Youth council, and am excited for I have many ideas that come to mind for the youth. I have been working off the reservation and living in Olympia area for quite some time now and am excited to be back in MY community to serve and help mentor our young people.

Nydesta Gouley

Nydesta is the new Skokomish Health and Education Outreach Specialist. She is partially funded through the SPIPA Native Women's Wellness Program which helps provide breast and cervical cancer screening to Skokomish women. Nydesta will also be working with Elders and the Diabetes program. She will provide outreach and education on a number of health topics to the Skokomish community.

Nydesta is a Skokomish Tribal member. She worked at the Lucky Dog Casino prior to her new position at the Skokomish Tribal Health Clinic. Nydesta is excited about encouraging and motivating people to come in to the clinic for health and wellness care. "Healthy living is important. Each step towards taking care of ourselves matters. Healthy living is about taking care of your mind, body and spirit." Nydesta continues, "I look forward to learning as much as I can so I can help my people and at the same time respect each person's wellbeing in their own way."





Skokomish Youth Prevention /TANF

January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day	2 No School Tribal Buildings Closed (No open gym)	3 ASP @ Tanf BLDG 3-5pm (Prevention activities) OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)	4 ASP@HC 3-5pm OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up) Tween group 4:15	5 TANF BLUES DUE ASP @ Tanf BLDG 3-5pm (Cultural activities) OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)	6 OPEN GYM 3-5pm Youth Council 5:30	7 Saturday City League OPEN GYM 7:30-10:30PM
8	9 ASP @ HC 3-5pm Open Gym starts 6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)	10 ASP @ Tanf BLDG 3-5pm (Prevention activities) OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)	11 ASP@HC 3-5pm OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up) Tween group 4:15	12 ASP @ Tanf BLDG 3-5pm (Cultural activities) OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)	13 Hood Canal Early Release (no open gym) Youth Council 5:30	14 Saturday City League OPEN GYM 7:30-10:30PM
15	16 Martin Luther King Jr Day No School Tribal Buildings Closed (No Open Gym)	17 ASP @ Tanf BLDG 3-5pm (Prevention activities) OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)	18 ASP @ HC 3-5pm OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up) Tween group 4:15	19 ASP @ Tanf BLDG 3-5pm (Cultural activities) OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)	20 OPEN GYM 3-5pm Youth Council 5:30	21 Saturday City League OPEN GYM 7:30-10:30PM
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29	30 ASP@HC 3-5pm Open Gym starts 6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)	31 ASP @ Tanf BLDG 3-5pm (Prevention activities) OG-6-8:30pm (6pm-3rd grade & under, 6:45-grades 4-7, 7:30-8th grade & up)		MELANEE STEVENS (907) 491-0729 DEMUS CORDOVA 490-6118	WILLIE GROVER 490-6917 FAWN GOULEY 490-8231	

SKOKOMISH YOUTH HOT NEWS

- On November 19th we had an acrylic Art class as part of the Youth Prevention Program. Seven community members had fun trying new painting techniques using paint tape and acrylics. They were worried their pictures would not be beautiful but as the added details they became more and more excited with their art pieces.
- Watch for flyers of our next painting class!
- Winter culture camp is getting set up for December 19th to the 22nd. The final flyer we be coming soon with some of the classes we will be offering in this camp.
- Native League has three more games for this quarter with our 6th through 8th grade kids.
- November 30th is against Suquamish
- December 7th is against the Dream Catchers
- December 14th is against Nisqually
- These last three games are all away.
- Remember to watch the Skokomish Youth Page on Facebook for updates.



PUBLIC SAFETY NEWS

Distracted Driving

Distracted Driving is anything that takes your attention from the roadway. Sometimes it involves looking down at your phone to check that text that just came in, it is changing the radio station, or looking into the mirror to see your passengers.

Texting in particular is distracting due to the fact that it requires three separate functions, Visual, Manual, and Cognitive. Visual to read the text, taking your attention

from the roadway; Manual to manipulate the cellphone and text back; and Cognitive because your attention is now focused on the cell phone and how you will respond to the text you have just received. On average the time you take your attention from the roadway for 5 seconds while texting. While driving at 55 MPH you travel the length of a football field. In that distance there are many things that can happen. Texting and driving makes you 23x more likely to get into a crash. We are a small community and have many people who walk on the roadway. We also have children who also play in the courts, and animals that sometimes get into the roadway. Not paying attention to the roadway is dangerous. A text or call can wait until you pull over to the side of the road or are not in the vehicle.

Distracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety

The best way to end distracted driving is to educate others about the danger it poses.

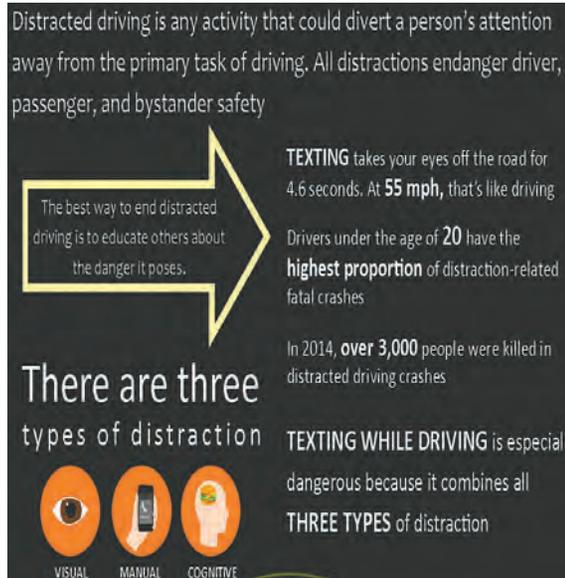
TEXTING takes your eyes off the road for 4.6 seconds. At 55 mph, that's like driving Drivers under the age of 20 have the highest proportion of distraction-related fatal crashes

In 2014, over 3,000 people were killed in distracted driving crashes

TEXTING WHILE DRIVING is especially dangerous because it combines all THREE TYPES of distraction

There are three types of distraction

VISUAL MANUAL COGNITIVE



Ghosts and Goblins, Chefs and Princesses



On October 21st, 2016, the Police Chief and Officers from the Skokomish Department of Public Safety attended a Halloween party that was hosted at Hood Canal Elementary. There was great food and entertainment. The kids were having a great time at the face painting, the bouncy house, and the blow up slide. There was also a cotton candy stand and a pie winning contest. A lot of students had great costumes. It was clear that they had put a lot of effort and thinking into making them. My favorite one of all was the Batman costume. That is probably just because I'm a big Batman fan however. On behalf of the Police Department, thank you for letting us participate.

On October 27th, 2016, children from the Head Start program came to the Skokomish Department of Public Safety building in their Halloween costumes for pre-Halloween trick or treating. I was impressed by how polite they were to Officers and Public Safety staff. As well as how receptive they were to their teachers giving directions. The children were giving Halloween bags which contained candy and assorted goodies. I find it very important to attend functions so that I can build a relationship with the Skokomish community. I look forward to all the community events that are in the future.

Submitted by Jordan Morine

2016 IN REVIEW

By Tisheina Miller

Throughout the year the Skokomish Department of Public Safety attends many community events. Some of these events include the Christmas, Halloween, and Easter Parties. Other events that SDPS attend include doing presentations on job readiness, what it takes to be successful, fingerprinting with an after school study group at Hood Canal Elementary School, domestic violence awareness, and the 911 safety day event. Officers also participate in Women's Circle, Open Gym Night, and Family Night out.

For the Christmas Party we helped shuttle the food from the Tribal Center to the Hood Canal School gym where the event was held. An Officer has been known to be Santa, and Easter Bunny for the children to take pictures with. On October 27th SDPS handed out candy to children from the Skokomish Headstart as well as brought cupcakes for the cake walk for the Halloween Party.

The SDPS worked hard on the National

Night Out event held in August. This event had a baseball game where families and the Officers played against each other among other activities. National Night out was a hit with the Tribe, and it is hoped that next year's National Night Out is just as good if not better than this year.

SDPS also sends out the officers to attend trainings like Crisis Intervention, Domestic Violence Advocacy for Rookies, CPR, and Domestic Violence Prevention Tool box. In the Crisis intervention training the officers learned about better ways to help a person who is in a crisis. In the Domestic Violence Advocacy for Rookies class we learned about how to be there for Domestic Violence Victims and understand that not everyone needs the same kind of help or guidance. As for the Domestic Violence Prevention Toolbox training I was taught some activities that may be used to educate children and adults about healthy and unhealthy relationships.

Power of the Purse

October designated domestic violence awareness month. But awareness needs to be all year long. Domestic Violence happens in every community and affects people of all genders and ages. The impacts of domestic violence affect individuals, families, and our community. Turing Pointe Shelter recently held a "Power of the Purse" fundraising event that focused on raising money by selling purses, scarves, and raffles, and charitable tables to support the cause. Chief Vukich donated a table in the name of Skokomish Public Safety Dept. All of the proceeds will help victims of domestic violence recovery and the shelter. Staff members who attended were Rose Snelson, Toni Smith, Alisa Woodruff, and myself. Guest speakers shared their remarkable stories during the event. As a Domestic Violence Advocate and SORNA representative, I have learned that prevention is possible. Together we can help individuals and the community by taking action to promote safety, respect and equality to stop domestic violence. Skokomish Public Safety Dept. has domestic violence resources for anyone who needs assistance. Sincerely, Julia Simonds



HEALTH DEPARTMENT NEWS

Introduction to the Native Connections Suicide Prevention Project Dinner. About 80 to 100 family members were able to attend our November 10, 2016 Native Connections Dinner. We heard from families touched by suicide and were joined by Rita Andrews and Delbert Miller who shared their stories about how strength lies within the culture and traditions of the Skokomish Tribe. Emma Medicine White Crow moderate the event and will serve as the facilitator for year one of the project that began on October 1, 2016.

The Skokomish Tribe has been awarded a five-year \$835,000 *Native*

Connections grant from the Substance Abuse & Mental Health Services Administration Center for Mental Health Services Division of Prevention, Traumatic Stress and Special Programs Suicide Prevention Branch, SAMHSA.

This grant project funding will help implement Tribal Council's goal to have a culturally based and addiction free community and will fund the implementation of a Substance Abuse/Misuse and Suicide Prevention program to improve the long-term health of our youth and community. The Tribe has a great team which offered letters of support to get this award and to assist

and with this critical project. We hope to network with staff from all of the departments that work with youth, Health, Hope Center, TANF, Youth Prevention, Family Services, and the Public Safety Department.



Skokomish Diabetic Talking Circle

Healthy Holiday Treats!

Recipe Alterations!



Date: December 14, 2016, Wednesday

Time: 12:00 -1:00 PM

Place: Skokomish Clinic Conference Room

Description: Healthy eating can be delicious, and doesn't have to take a break for the holidays! Bite-sized servings of several great-tasting holiday treats prepared by Skokomish Health Clinic staff will be available for sampling.

You are invited to bring along your favorite treat recipes for a healthy makeover!

Speaker: Sarah Fulkerson, Registered Dietitian & Certified Diabetes Educator

NOW SERVING THE SKOKOMISH EVERY SECOND WEDNESDAY IN THE AFTER-NOON, CALL FOR AN APPOINTMENT

Come join us for a free healthy lunch, some great ideas to help us enjoy healthy Christmas treats, & door prizes. Free event! Open to people with diabetes, their friends and family!

SKOKOMISH TALKING CIRCLE (DIABETES SUPPORT GROUP)

Date/Time/Place: January , 11 2017, Wednesday, Skokomish Health Clinic Conference Room

Time: 12N – 1PM

Place: Skokomish Clinic Conference Room

Topic: DIABETES JEOPARDY

Description: Don't let your diabetes put you in jeopardy! We will have a

great time learning and reviewing some fun facts about diabetes will playing a very interactive version of Jeopardy.

Facilitators: Sue Barwick, RN, BSN, CDE & Nydesta Gouley, Outreach Wellness Specialist
Come join us for a free healthy lunch, some great learning about diabetes by playing jeopardy, & door prizes. Free event! Open to people with diabetes, their friends and family!

Healthy Teeth 2017

The Dental Clinic would like to wish the Skokomish community a happy holiday season. We encourage everyone to consider ways to keep their smile healthy in 2017.

Please don't wait for something to hurt before you come to the dental clinic! There are many simple noninvasive ways that we can help you protect your teeth such as:

- Cleanings
- Dental Sealants
- Fluoride applications
- Education on how to brush and floss
- Choosing teeth friendly foods
- Custom sports mouth guards



Exam and cleaning appointments only take about 30 to 45 minutes. Give yourself and your family the gift of a healthy mouth this year. Consider making an appointment for a dental exam. Best wishes to you and your family!

Please call 360-426-5755 or stop by the Health Center to schedule an appointment.

Rez Photo of the Month



The young man in this photo is none other than: Adam Visser! Great pic! Do you have a photo you would like to share? Bring it in or call me at 426-4232 x.2053

Six Holiday Tips for Diabetics and the Holidays

Want to enjoy the holidays and the food and still stay healthy?

The six tips below can help guide you through your next holiday event:

Focus on Friends and Family

- Remember, the holidays are a time to slow down and catch up with your loved ones. Focus on friends and family, not food.
- Play games, volunteer, or spend time outdoors enjoying the weather together.

It's a Party, But Don't Overdo It

- Eat slowly, and really enjoy the foods that you may only have once a year.
- If the meal will be served near your usual meal time, try to eat the same amount of carbohydrate that you normally would for a meal. If you plan to have a portion of dessert, cut back on another carbohydrate food during the main course.

Make sure your portions are reasonable and resist going back for second helpings.

Bring What You Like

- Try not to worry about what will be served. Offer to bring your favorite dish to share. If you count carbohydrates, check your recipe's nutrition facts so you know how many carbohydrates are in one serving and the size of a serving.

Drink in Moderation

- If you drink alcohol, remember to eat something beforehand to prevent low blood glucose levels later. Whether it's a glass of red wine or a beer, holiday drinks can add a significant amount of

calories to your holiday intake. Keep it to no more than 1 drink for women and 2 drinks for men. Avoid drinks that have high calorie mixers like regular soda, tonic, juice or margarita mix that are all packed with carbohydrate and calories. Opt for sugar free mixes instead.

Stay Active

- One reason that we have problems managing diabetes and weight during the holidays is our lack of physical activity. Sure, the holidays are busy, but plan time into each day for exercise and don't break your routine. Make the holidays an active time!

Off from work or school? Use this extra time to do some physical activity

- Train for and participate in a local holiday run or walk (like a turkey trot or Independence Day run).

- Start a game of pick-up football, soccer, basketball or play other games in the yard. Go for a walk with your loved ones after eating.

- Offer to help clean up after a meal to get you moving around!

Overindulged? Get Back on Track

- If you eat more carbs or food than you planned for, don't think you have failed. Stop eating for the night and focus on spending the rest of your time with the people around you. Include extra exercise, monitor your blood glucose levels, and get back on track with your usual eating habits the next day.



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:
Wednesday, Dec 21, 2016
at Skokomish Health Clinic
9:00 am—2:00 pm
(Date & times may change)
360.426.5755

Skokomish Health Center

Purchase Referred Care (PRC);
previously known as CHS

Eligibility Reminder



Notification: It is very important to notify PRC staff

of any upcoming appointments, previous appointments, Hospital inpatient care, and ER visits you may have had. All visits must be reported within 72 hours from that date of service. The elderly and disabled have up to 30 days to notify PRC. Failure to notify PRC staff will lead to a denial of payment for that service.

Alternate Resources: All patients here at Skokomish are required to apply for an alternate resource such as WA State Medicaid (DSHS), Medicare, and Private Insurances. I.H.S is payor of last resort! PRC picks up copays and deductibles after a Primary Insurance has already made a payment.

Contract Health Service Delivery Areas (CHSDA): Patients of Indian descent that live within the reservation (or Skokomish Tribal members anywhere in Mason County) are qualified for PRC funds with proof of address. Olympia does not fall in the category. If you do not live within the CHSDA (Mason County) area you will be responsible for all health care provided outside this facility.

If you have any other questions, need to notify us of an appointment or need a purchase order, please feel free to contact Audry Smith or Myranda Andrews at the Skokomish Health Center 360-426-5755.

Well-woman visits: 6 things you should know

Many of us used to think a "well-woman visit" is that it's the magical time of year when you visit your doctor for that Pap smear. Unfortunately, that explanation isn't completely accurate. In fact, for many women the Pap smear—isn't required annually. For most women, Paps are recommended every three years as long as there are no other factors that make more frequent Paps necessary. Your doctor will also talk to you, and possibly test you, for HPV.

So, what is a well-woman visit? Well, woman, it depends. Here are six basics you should know:

1. It's all about preventive health.

Going to the provider only when you're sick is so last-century. As you age, your body changes and will experience new challenges. A well-woman visit is there for you to understand your own personal health risks and how to readily avoid them.

2. It's just like a physical, only it doesn't have to be as...physical.

Don't just get tests—ask questions. What's on your mind? Talk about your stress levels, your nutrition, your mood, your medications, your sex life, your family's health history—next to nothing is off the table. Asking questions and raising concerns helps your health care provider know what's important to you and what he or she should screen you for. Speaking of health care providers...

3. A good relationship with your provider is vital.

Your provider should show a genuine interest in your health—no judgments. Allowing yourself to build trust into that relationship will increase the likelihood of a satisfactory visit.

4. It's not always one-and-done.

While the well-woman visit is often talked about as a single, annual visit, it doesn't always stop there. For example, if you've got a history of breast cancer in your family, your provider might decide that you should get a mammogram. If the mammogram is scheduled at a different time and place, this should also be covered by your insurance or the Native Women's Wellness Program.

5. You shouldn't be charged for certain preventive services, including well-woman visits.

Under the Affordable Care Act, preventive services should be covered by insurance with no out-of-pocket costs.

Don't touch that wallet if you have health insurance and your Health Provider is covered under your plan.

Tip: Be sure to say you're coming in for a "well-woman visit" when you schedule your appointment(s). And, while it may be tempting to tack your visit onto a sickish-visit with your provider, try to avoid it just to make sure the billing doesn't get complicated.

6. The contents of your well-woman visit are up to you and your provider.

As far as services go, your visit(s) could include any/some of the following depending on your current health status:

- Pap test (every 3 years for most women)
- Breast cancer screen (Clinical Breast Exam, referral for age appropriate mammogram)
- Colorectal cancer screen for those 50 and older (FIT)
- Blood pressure screening
- Diabetes screening
- Cholesterol screening
- Depression screening
- Nutrition and diet counseling
- HPV, HIV and HCV screening
- Vaccines and immunizations
- STI screening
- Contraceptive counseling



Look at healthcare.gov for a full list of services that are covered under the well-woman visit label. And if your insurance isn't paying for services you think should be covered under the Affordable Care Act, contact your Tribal Clinic or the SPIPA Native Women's Wellness Program at 360-462-3258. You can also find out about your rights to health insurance coverage at the National Women's Law Center's hotline 1-866-745-5487 or email CoverHer@nwlc.org.

You're entitled to a well-woman visit every year.

Why not use this month or your birthday month as an excuse to call your provider and make an appointment? Do it for yourself, because doing it for yourself is doing it for those you love.

Adapted from article by Chelsey Delaney at www.bekstiler.org

Some truths about Your Addicted Son or Daughter (brother or sister, cousin, niece, nephew, or grandchild):



Having a loved one struggling with an addiction (alcohol or drugs) is emotionally painful; an emotional kind of pain that one carries every single day. The desire to protect our sons and daughters from anything that may harm them is biologically built into all parents. As their protectors, we would do anything to remove pain, whether it's emotional or physical. If it was in our power, we would solve the problem of addiction and take it away, even if it meant giving our own life. However, at some point, children make decisions that send them down one path or another. As a parent, you can only support them and provide them opportunities to make another decision. The hard fact is that no one is allowed in an addict's mind except them. The addiction will not end until the addict (alcohol or drug abuser) decides to end it. Parents who try to make that decision FOR their addicted children only end up frustrated and in more emotional turmoil. It's not wrong for friends, brothers, sisters, grandparents and relatives to have their own feelings and pain about this situation. Some families have great support and no one abandons the addict, however, some people decide they do not want the trouble of an addict in their life. We all get to make the choice and there is no wrong choice. You do not have to hate your child for using drugs or alcohol and putting your family through this pain. It is totally justifiable to hate the lying, stealing and using. It is perfectly okay to separate the love you feel for your son or daughter, while at the same time hating their ways. The realities of addiction are painful. Next year, we plan to offer a monthly group that will give support to parents, caretakers, and family members dealing with the emotional pain, confusion, and sorrow of having a loved one with an addiction. Please look out in the future for a set day/time.

Happy Holidays from TFS

The holiday seasons are upon us with many things to be taken care of. I would just like to remind people in the community of resources that can be made available to you when it feels like things are getting stressful. Tuwaduq Family services have emergency food voucher applications for Skokomish Tribal members that meet income eligibility available if needed. We are also taking applications for families that may need gifts for their children at Christmas time. We are working with DSHS office in Shelton that will pass on the applications to the many sponsors that are willing to help during the holiday season making sure that all children are remembered during Christmas. We continue to have our clothing voucher bins and requesting donations of warm coats and hats that you may no longer need so we can offer them to those that come in and may need them. We will be hosting Women's Circle activities of making cookies and stockings and helping our elder's with gift ideas. If you are unsure if there is a way to assist you with your need please ask. We will help guide you to the right place and assist you if necessary to help resolve

your situation. Tuwaduq Family Services is here to serve the people in our community. We have many resources available. Please be mindful that during the holidays that Domestic Violence services will be made available 24/7 and can be reached by calling Victoria Parker, DV Advocate @ (360) 545-2303 or Public Safety @ 426-4740 and they will get a hold of us. If ICW services are needed call (360) 490-8647 for Rosetta or Linda Charette(360) 490-0734. If necessary for after hours or immediate need call 911 and they will dispatch us to the situation. This time of the year is always meant to be happy times but sometimes help is needed. We are here to support our community in many ways. Have a Nice Thanksgiving and a Merry Christmas and also a Happy New Year 2017. Please feel free to call Family

SKOKOMISH WOMENS CIRCLE

DECEMBER 13TH AND 14TH WE WILL MAKE AND DECORATE HOLIDAY COOKIES. WOMEN ARE WELCOME TO COME TO TUWADUQ FAMILY SERVICES FROM NOON UNTIL 4:00PM. WOMEN CAN MAKE AND TAKE A BOX OF COOKIES HOME WITH THEM. OTHER COOKIES WILL BE CONTRIBUTED TO THE SKOKOMISH ANNUAL CHRISTMAS DINNER ON DEC. 15TH. FOR MORE INFORMATION CONTACT TUWADUQ FAMILY SERVICES AT 360) 426-7788.

This project was supported by grant no.2014-TV-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.

Services if you have questions or you just were wondering about something about resources. It does not hurt to ask.

VOCATIONAL REHABILITATION PROGRAM

We Are Here to Help

The annual CANAR Vocational Rehabilitation conference was held on November 7- November 10, 2016 in San Diego California this year. The conference was very well attended by all of the awarded grantees from around the United State. Many tribes were represented there and talked about their Vocational Rehabilitation needs in their area. This program is very important to the Native American Tribes that received these dollars to help our tribal members find employment and remove the barriers that they may have in finding employment opportunities. The conference was also held during the Presidential elections and many of the tribes voiced their concerns on unforeseeable future plans of what may happen during these next four years. We are hopeful that programs will continue in the same manner without interruption because we offer a much needed service to our people. It was very interesting to listen to the needs of the tribes in many areas and having the some of the same employment issues within each of our tribal areas. It was also good to hear different ideas that other tribes are doing to try to get our tribal people interested in finding employment and going back to school. If you are an enrolled tribal member of a federally recognized tribe and have a documented disability and WANT to go to work the Skokomish Vocational Rehabilitation program can help. This program can offer many opportunities to help you transition into employment opportunities. For our youth still going to school and struggling and have an IEP/504 plan we can help with program services to help you meet graduation requirements.

If you are interested in learning about Vocational Rehabilitation please stop by Tuwaduq Family Services and talk with Rosetta LaClair (360) 426-7788. Carol Cordova is currently out of the office, but due to return and we wish her well. The Vocational Rehabilitation program has been working closely with the General Assistance program and Native Employment Works funding to tie it all together to meet employment training needs for a better chance of learning how to get and maintain a job once you get it. Having on the job training practice has been beneficial when you put together your job application and resume. We look forward to working with you. Happy Holidays.



Picture of Tom Finch, Acting Director of Rehabilitation Services Administration (RSA) keynote speaker at CANAR

VIOLENT CRIME RISK REDUCTION STRATEGIES

Violent crimes such as rape can be a devastating experience but is survivable. FBI estimates that 1 out of 3 women can expect to be sexually assaulted in their lifetime (Cohen, 1989.) Forcible rape occurs every 7 minutes in the United States. 90,000 are reported to the police, but it is estimated that almost 90% of rapes and attempted rapes are not reported at all. Rapist can be any age and of any ethnic background. They come from all educational, occupational and cultural backgrounds and may appear respectful and charming in some instances or threatening and intimidating in others. There is no one definite way to prevent a rape. Though, there are strategies that can reduce the risk of a women being targeted for such an encounter.

Here are some risk reduction strategies:

I. Check your own home. While locked attempt to gain access and evaluate how you can make it more secure.

- Drapes and shades: Draw the drapes and pull the shades. Invest in heavy shades to prevent silhouetting.
- Outdoor lighting: Deter crime greatly with good outdoor lighting. By lighting around doors, corners as well as driveway and parking areas. Motion lights are highly recommended at access point such as windows and doors.
- Shrubs and bushes: Keep bushes and shrubs cut which will make it easier to detect motion near windows.
- Doors and locks: Consider investing in solid doors and locks, preferably dead bolts. The harder and stronger the locks makes it less accessible for an intruder.
- Windows: Use locks on your window.

Also put dowels in window to make it less accessible for criminals to open a window from the outside.

- Spare key: Hiding spare keys outside of a home is a risky practice. Leave one with a family member or trusted neighbor or friend.

II.

If you plan on being away from home for long period of time, consider having a trusted friend check on your house and alternate lighting inside your house while you or gone. Also consider having someone pickup your mail for you.

- Cell phones: are good to have for safety. Important to keep it charged and have emergency numbers programmed in your phone.
- Neighbors: Watch out for each other by recognizing each other's schedules. Notify each other or police when something appears out of the ordinary.

- Prepare for your return. Make sure there's appropriate outdoor lighting through your walk way. Be cautious, if anything appears unusual call police and let them investigate.

III.

Make sure your vehicle is serviced regularly and has at least one fourth of a tank of gas. When getting into your vehicle do a visual check. If it looks tampered with or anything looks unusual notify police as soon as possible.

- Visual s Scan of your vehicle. Check underneath your vehicle, check back seat and floor area. If it is clear go ahead and get in and lock the doors. Place valuable out for site to reduce the risk of criminals to enter your vehicle.

- If you think you are being followed take precautions to make certain. Make a few extra turns, when convinced you are being followed drive to the nearest police or fire station. Avoid stopping in isolated areas.

- If you become stranded on the highway consider remaining in your vehicle, turning flashers on and wait for police or road service to arrive. Cell phones can be very helpful in these situations calling for assistance or emergency.

- When parking in lots look for well - lit areas and consider backing into the parking space. A well-lit area may help keep vandals away. Be cautious if a large truck or van has parked next to you. Scan the area for any suspicious activity. Keep your keys easily accessible. Get in your vehicle quickly, lock the doors and exit as soon as possible to get out of isolated areas.

IV.

When using public transportation always be aware of the people and things around you.

- On air planes when checking bags use a work address for your tags as extra precaution to prevent your personal information getting to potential criminals.

- When taking the bus try and sit close to the driver. Consider exiting near lighted area.

- If you need to call a taxi, consider calling ahead and get dispatchers name as well as the taxi driver's name and car number. If possible always try and let someone know where you are and who you're with.

V.

When you meet someone you want to date,

take their phone number instead of giving out yours until you get to know each other.

- When making plans consider meeting him at an agreed location for the first few dates. Until you feel comfortable with them. Scheduling group activities or attending populated events is safer. Always consider letting someone know who you're with and where you are going.

- Say your good nights at the car rather the front door and always a good idea to indicate that someone is waiting for you inside.

- Be cautious of how your name is listed on your mailbox, telephone directory and social networks. Consider using initials. If someone has access to your full name it can make you an easier target for stalking type behavior. The internet in general is a dangerous place with numerous sexual predators.

- Consider wearing non-restrictive clothing. Wear athletic type shoes or carry two sets of shoes; one pair for travel and one pair for destination. This may be helpful if the need for caution arises.

- Learn and or practice self-defense techniques to help protect yourself if need ever arises.

These are positive steps that can be used to help reduce the chances of becoming victimized. Understand they are not guaranteed, but being aware of yourself and your surroundings is likely the single most important aspect of avoidance. Without preparation this may increase an already statistically chance of being selected as a target. Prepare for safety!

OUR VETERANS: OUR TREASURES

One of the very remembered and important events in United States of America is on November 11th, 2016.

The Veterans Day dinner was well attended by veterans and family members. Thank you to all that made this event successful. Mark and Darlyn for the mash potatoes, and hats for the veterans. Tor Parker for the veterans' cake. Melanie Willig and Victoria Pavel for cleanup duty. Emily Poulin and Calista Miller for set up and serving the meal.

Veterans please provide a photo of yourself for the veteran's slide show to Mark or myself we will scan the photo so you may keep the original. Photo will be presented during the Veterans



Our Veterans: Front Row l-r, Lucille Austin, Bob Plant, Nick Mosqueda, Mel Smith, Rick Burfiend. Back Row Standing l-r: Gary Peterson, Wayne James, Dick Adams, Joe Arca, John James, Tony Herrera, Visiting Veteran and Mike Davis



Day dinner slide show. If you would like to submit a short memory, story of service, photo, would be greatly appreciated. If you have any questions please contact Winona Plant 360-426-4232 x2009

Thank you

SKOKOMISH TRIBAL COUNCIL

Tribal Buildings Closed for Holidays

Resolutions Approved

NOVEMBER 9, 2016

Resolution No. 2016-158: A Resolution Approving the Applicant Malakai John Seymour for Membership in the Skokomish Indian Tribe

Resolution No. 2016-159: A Resolution Approving the Applicant Stacia Victoria Peterson for Membership in the Skokomish Indian Tribe

Resolution No. 2016-160: A Resolution to Appoint Richard Adams to the Enrollment Committee Pursuant To the Appointment Procedures Contained Within S.T.C. 1.06, the Skokomish Committee Standards Ordinance

Resolution No. 2016-161: A Resolution to Appoint Winona Plant to the Enrollment Committee Pursuant To the Appointment Procedures Contained Within S.T.C. 1.06, the Skokomish Committee Standards Ordinance

Resolution No. 2016-162: A Resolution to Appoint Augusta Blacketer to the Enrollment Committee Pursuant To the Appointment Procedures Contained Within S.T.C. 1.06, the Skokomish Committee Standards Ordinance

NOVEMBER 15, 2016

Resolution No. 2016-163: A Resolution Approving The Submission Of A Grant Application To Environmental Protection Agency (EPA) Through The Northwest Indian Fisheries Commission (NWIFC) For FY16 Round Of The Non-Competitive Tribal Projects For "Restoration And Protection Of The Puget Sound".

NOVEMBER 23, 2016

Resolution No. 2016-164: A Resolution Authorizing The Purchase Of The Gonzalez Property And Granting A Limited Waiver Of Sovereign Immunity To Mason County Title Company ("Agent") And Stewart Title Guaranty Company ("Underwriter").

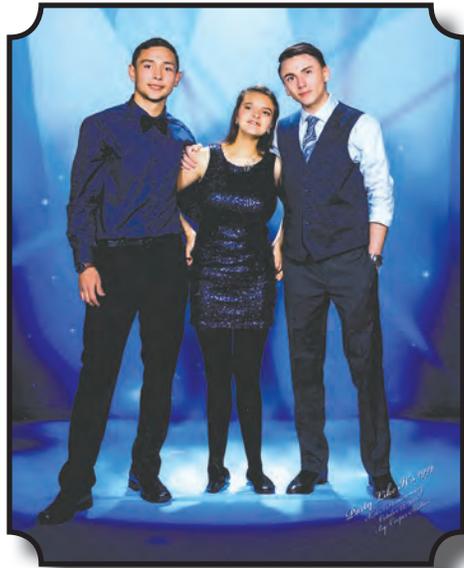
Fri. Dec. 23rd, 2016: Christmas Eve
Mon. Dec. 26, 2016: Christmas Day
Fri. Dec. 30th, 2016: New Year's Eve
Mon. Jan. 2nd, 2017: New Year's Day
Mon. Jan. 16, 2017: Martin Luther King Day
Jan. 26, 2017: Point No Point Treaty Day
Mon. Feb. 20 2017: President's Day
Mon. May 29th, 2017: Memorial Day
Tues. July 4, 2017: Independence Day
Mon. Sept 4th, 2017: Labor Day
Fri. Sept 22, 2017: WA American Indian Day
Fri. Nov 10, 2017 Veteran's Day
Thurs. Nov 23, 2017: Thanksgiving Day
Fri. Nov 24, 2017: Native American Heritage Day
Mon. Dec. 25, 2017: Christmas Eve
Tues. Dec 26, 2017: Christmas Day

Tribal Members with Birthdays in December

<u>1st</u> Clinton Pharris Kiote Sparr	<u>9th</u> Jason Cook	<u>17th</u> Robert Haga	<u>26th</u> John LaClair Donald Monahan
<u>2nd</u> Andrew Arca Tom Gouley, Jr.	<u>10th</u> Darrel Veliz	<u>18th</u> Frank Roush Georgie Johns	<u>27th</u> Halis Smith
<u>3rd</u> Bryce Johns	<u>11th</u> Marty Peterson	<u>19th</u> Derek Allen Jamie Kenyon Lila Vigil	<u>28th</u> David Strong Eli Peterson
<u>4th</u> Kelsey Bowcutt Nikki Simpson	<u>12th</u> Kyle Andrews Shera Cousins	<u>20th</u> Shannon Edwards Kristine McCann	<u>29th</u> Tom Strong
<u>5th</u> Stephanie Hernandez Patrick Johns James Roush Frank Washington	<u>14th</u> Jon Edwards Bradley Johns Ho-Wan-Ut Old Peter Henrietta Montejo Monty Catabay Jr. Ron Twiddy Sr.	<u>30th</u> Lawrence Kenyon Jr. Bo Blacketer	<u>31st</u> Ian Bowcutt Elmer Olney William Sparr
<u>6th</u> Tyler Andrews Josh Herman Greg Twiddy	<u>15th</u> William Allen Glenn Johns	<u>21st</u> Brother Williams	<u>22nd</u> Dan Cultee Glen Gobert
<u>8th</u> Marlon Mount Toni Smith Jennie Strong Marriya Brown	<u>16th</u> Dave Herrera Tanner Strong-LaClair	<u>23rd</u> Nick Wilbur III Vera Smith	<u>25th</u> Christina Mann Winter Strong Gregg Pavel

Tribal Members with Birthdays in January

<u>1st</u> Karen Dillard Amber Wilbur	<u>10th</u> Victor Andrews Nathan Hermann Niah Gamber	<u>16th</u> Tina Knaus Earl Wilbur	<u>24th</u> Jim Byrd, Jr. Jason Wilbur Julia Ghramm
<u>2nd</u> Terry McAfee	<u>11th</u> Jason Longshore Kaylain Lopez	<u>17th</u> Victoria Pavel Rosanne Snelson Jerome Wilbur	<u>25th</u> Staci Miller Elaine Cultee Jacob Pulsifer
<u>3rd</u> Kimberley Weber Rosetta LaClair Annette Smith	<u>12th</u> Kasey Brown Brandon Carrington Brenda Cultee Correne Bailey	<u>19th</u> Michael Miller Jewels Fenton	<u>26th</u> Nola Halverson
<u>4th</u> Ralph Pulsifer Raeanna Auld	<u>13th</u> Rita Andrews Patty Gouley Fred Miller Kendall Archer Claudia Limburg	<u>20th</u> Roy Kenyon George Miller	<u>28th</u> Jean Smith Jackson
<u>7th</u> Nathaniel Byrd	<u>15th</u> Myranda Andrews	<u>21st</u> Albert P. Gouley Kevin Prest Rylan Wilbur	<u>29th</u> Sissy Delacruz
<u>8th</u> Jackie Allen Daniel Lewis Tisheina Miller Anthony Peterson Steven Plant Ben Tinaza, Jr.	<u>22nd</u> Aaron Lewis Jr.	<u>30th</u> Mary Veliz	<u>31st</u> Lily Sparr
<u>9th</u> Augusta Blacketer	<u>23rd</u> Stormy Gouley Shawn Green		



My hands are lifted to Shawn Green and Lawson Bordley for escorting my daughter Maris Bordley to the 2016 Shelton High School homecoming dance. Also I would like to thank Nicole McCann for doing Maris's makeup and hair, Debbie McFadden for helping me shop for the dress, and Nicole green for the jewelry. I love Skokomish in the support that we give to one another. Kimberly Miller

Shanny-

Thank you for being the special friend that you are...I hope you have a great birthday! Enjoy your special day!
Love you! Always
Cass

Myranda-

I'm so lucky to have a special friend like you, may all your birthday hopes and wishes come true! Happy Birthday to my girl! Love ya and hope your birthday is all you ever wanted and more! Love always Cass

Community Assessment Survey 2017

Watch out for the Survey Kick off in January!

Fill out the survey and you will receive a raffle ticket to win one of these prizes and many more!



To fill out this survey you can either take it on a computer using address <http://www.surveymonkey.com/s/97XXGZ3> or you can drop by Head Start or CDO in the Tribal Center and pick up a paper copy.

(This is survey is important and is mandated by our federal partnership for the Head Start Program)

Public Notice

The use of obscene, profane and/or abusive language directed at Tribal employees will not be tolerated.

Employees have the right to a harassment-free work environment.

Skokomish Indian Tribe Human Resources Manual:

Section 12.8 (A) Harassment Policy states "An employee is entitled to a work environment free from verbal or physical harassment that creates an intimidating, hostile, or offensive work environment."

Skokomish Criminal Code section 9.05.080 (c) Disorderly Conduct:

"Any person, whether in a public or private location who: without lawful authority, intentionally interferes with...tribal business activity...shall be guilty of a class D offense."

Skokomish Criminal Code section 9.05.150 Telephone Abuse:

"Any person who makes a telephone call with intent to annoy, insult, threaten, or taunt another...shall be guilty of a class D offense."

Skokomish Code of Ethics section 1.05.030 (g) Standards of Ethical Conduct:

"Officials and employees of the Tribe shall not threaten, intimidate, or discipline any employee in reprisal for the employee acting within the scope of the employee's official duties."

BROTHER

I hope you have the happiest birthday ever. You are such a light to those who know you. I pray you have the sweetest day and your wish comes true. All our love to you, on your special day
Heart, Big Momma

CHRISTOPHER TINAZA

I want to publicly thank you for the generosity you showed my family, the salmon you gave me, was such a sweet surprise and I was and still am so honored and again.....

THANK YOU!

Love, Mary J

MYRANDA

Sweet treats, loving kindness, Sweet treats, super supper, Sweet treats, and all that is good and glorious on your birthday!! I love you to the Moon, Baby Girl. Heart, Other Mom





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 young man in this great old photo?
 Please turn to page 10 for the answer! Good luck!

NOTICE TO THE PUBLIC

All Tribal facilities will be closed on
 December 23rd, 26th, 30th, and January
 2nd in observance of the Christmas and
 New Years Holidays.

On Thursday, December 22nd &
 Thursday, December 29th all Tribal
 facilities will close at 12:00 pm.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>December 19</u> Open	<u>December 20</u> Open	<u>December 21</u> Open	<u>December 22</u> Close at 12pm	<u>December 23</u> CLOSED
<u>December 26</u> CLOSED	<u>December 27</u> Open	<u>December 28</u> Open	<u>December 29</u> Close at 12pm	<u>December 30</u> CLOSED

Rez Sudoku Puzzle of the Month

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

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.