

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

Skokomish Indian Nation

THE

November 2018 Issue

p3dsyaQWusab  
"Sun Turns Face Around"

SOUNDER

## Skokomish Tribe Honors 7 High School Graduates October 18, 2018

Recently on the evening of Thursday, October 18 five of the seven of our Skokomish High School Diploma recipients along with their family and friends joined together at the Skokomish Community Center to eat, celebrate and honor these new high school graduates. Also present was the director of the Skokomish Education Department, Antonio Sandifer and Dr. Shanon Millman-Rodriguez, the South Puget Sound Community College (SPSCC) instructor who heads up the instruction and guides of all of the students in this program.

Our evening began with, Thomas Longshore who provided our blessing. Thomas was joined by his family including graduate Alisha Longshore. The family drummed, sang, and prayed for the graduates, their families, teachers, and friends. We were then able to enjoy an excellent dinner was provided by, Mary Williams joined by some excellent kitchen helpers, Mariah Williams and Hattie Peterson who worked in the kitchen and cooked hams, wonderful from-scratch-scalloped-potatoes, rice, watermelon, amazing green salad, and a delicious dessert. Shanon our instructor provided a delicious and beautiful graduation cake in the SPSCC school colors.

Following dinner we went into the gathering space and Payton Bordley, daughter of Kimberly Miller began by speaking to the graduates with a story of inspiration about her own journey to graduation. In the story that Payton shared how a family ring that had been handed down to her became a symbol and an inspiration to not give up on her academic goals - but to finish and graduate. The spirit and inspiration from the women in her family in the generations before her urged her on to reach her goals for college graduation



and beyond. On one occasion she found she had lost her motivation and drive to continue in school she looked at and reflected upon the ring on her hand and the fire to continue her education was rekindled. She shared how the women in her family have always been examples of strength and determination. Payton shared a personal story that resonated and had meaning to the graduates.

Our second speaker was Tribal Council Chairman, Guy Miller spoke and shared with the graduates his advice and words of wisdom and inspiration. Guy emphasized that the pathway of completing and finishing your education will allow you to serve and work for your own tribe if you choose. Guy shared how the tribal council is always trying to hire and fill job vacancies with our own Skokomish tribal members and is in need of our young members to pursue and achieve degrees and diplomas in order to be able to be the candidates for jobs right here on the Skokomish Reservation. He spoke briefly and eloquently with a clear message for our graduates and he offered praise for their accomplishments.

Antonio Sandifer, Director of the Education Department shared a five

minute inspirational video called, The Death Crawl from the movie, Facing the Giants. Check it out at: <https://youtu.be/-sUKoKQIEC4> - the message from this clip served as an example of how difficulties sometimes in life can seem overwhelming and how always giving your best can result in unexpected and deserved rewards.

Following the speakers and the movie clip our Skokomish graduates' names were called one-by-one and they were then wrapped in button blankets presented with love by their family and friends when they were called to receive their certificates of completion. Every graduate also received an Eighth Generation blanket provided by the Skokomish Education Center. Some of the graduates' families made beautiful button blankets with family crests and meaningful family designs for their graduates and then the Eighth Generation Blankets were placed on the graduates over these button blankets by families and friends. The Skokomish Tribe is proud to honor the following SPSCC High School Diploma Recipients; **Joseph Anderson, Tasheena Sanchez, Helen Cultee, Alisha Longshore, Justin Mowitch, Kayla Nelson, Sashina Stephens.**

The table decorations were simple and personalized they were set up were by Deborah R. Hale, College & Career Coordinator and high school graduate, Kayla Nelson.

How Do I Find Out More About the Over 18 High School Graduation Program?

We are fortunate to have Dr. Shanon Millman-Rodriguez onsite at the Skokomish Education Center each Tuesday and Thursday afternoons from 12:30 pm - 5:00 pm every week **all year long**. Dr. Millman-Rodriguez supports all of our adult students in person as well as communicating with her students a variety of innovative ways that technology allows these days. She is a kind person and a very knowledgeable instructor and the results of her and the students hard work can be seen in the smiling proud faces of our graduates and their families. Along with this high school instruction and school work happening at the Education Center, Cheri Cook our receptionist at the Education Center provides a delicious home cooked meal for students who attend the Tuesday and Thursday afternoon sessions.

If you are one of those Skokomish Tribal members who has been putting off your completion of a High School Diploma come in and see Shanon this next week. You may be able to receive credit for some of your life work that you have been involved in since leaving high school. Also she partners closely with you to complete the work in a supportive atmosphere. This is not a GED program but a real high school diploma program. Check it out!

Deborah Hale, College & Career Coordinator



**Please Join Us  
November 7th  
2018  
SKOKOMISH  
4 Year College/University  
Fair**

**Skokomish Community Center**

**Evening Activities:**

- 5:30 Welcome & Blessing  
Dinner**
- 6:00 College Introductions**
- 6:45 - College Visits & Passport Stamps**
- 7:15 - Passport Raffle Winners**
- 7:45 - Conclusion**

**Where Will your path lead?**

All are welcome to come and meet staff and students from our area 4-year colleges. No matter if you are a traditional younger student or a non-traditional student there is information for you at this fair! These colleges/universities want you as their student.

**Names of outreach teams and logos of 4 year colleges below.**

- University of Washington - Seattle
- University of Washington - Tacoma
- Central Washington University
- Northwest Indian College
- Eastern Washington University
- Pacific Lutheran University
- University of Puget Sound
- Saint Martin University
- The Evergreen State College
- Washington State University
- Washington State University - Vancouver
- Western Washington University



**FAFSA/Wasfa  
College Applications**

**What:** Family Night FAFSA/WASFA & College Application **BRING:** Copy of your 2017 tax return, copy of your child's 2017 tax return (if they have one) + You and your child's Social Security Number

**Who:** Juniors or Seniors in high school and their parents and/or adults wishing to pursue a certificate earn or finish that degree they have left behind

**When:** November 13, or December 4, 2018 5-7 pm includes a light meal.

**Where:** Skokomish Ma'nalt Education Center

**Why:** Filing your FAFSA is the 1st Step toward paying for College. Thousands \$\$\$\$ are available in aid to make college affordable for you. Pell grants, federal loans, state need grants, college bound scholarships and institutional grants as well as the Skokomish and Squaxin Island scholarships all require submitting your FAFSA.

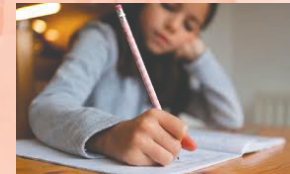
Hope to see you there!  
RSVP by calling 360-877-2460 xt2706 or email: dhale@skokomish.org

**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.  
This is for students on trimester schedules.

**K - 5**

Absences	Incentives
1 or less	\$80 quarter
2	\$60 quarter
3	\$40 quarter



**Grades 6 - 12**

**THESE AMOUNTS ARE FOR  
STUDENTS ON TRI-MESTERS....**

GPA	Incentive
3.5 - 4.0	\$100 quarter
3.0 - 3.49	\$ 80 quarter
2.5 - 2.99	\$ 60 quarter
2.0 - 2.49	\$ 40 quarter

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New School Year. New Reading Program.

- Earn rewards based on minutes read. Reward Trips: Zoo Lights, Ice Skating, Ocean Shores Fun Center
- Sign up at the Education Building with Durinda Gouley, or contact at [dgouley@skokomish.org](mailto:dgouley@skokomish.org) or 360-877-2460
- Children in Tom's Program are automatically signed up
- Library card = 100minutes towards rewards

*"Reading gives us someplace to go when we have to stay where we are."*

*- Mason Cooley*

## ~ EDUCATION NEWS ~

### November Spotlight Student of the Month: Kylind Powell

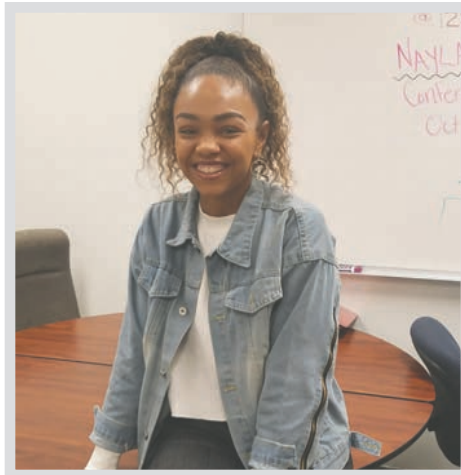
Kylind Powell is our Spotlight Student of the Month for November, 2018. Kylind is the daughter of Willow Byrd. Her grandparents are Bear and Laurie Byrd. Having Laurie Byrd as a grandmother doesn't guarantee you will be a good student, but it couldn't hurt. In any case, some of grandma's magic must have rubbed off on her because Kylind is an outstanding student as well as a gifted athlete.

Kylind is currently in her senior year at Shelton High School. Her favorite class is Sculpture with art teacher Rob Phelan. Although he's a man of few words Mr. Phelan has nice things to say about Kylind. "She's a nice kid – works hard." Mr. Lacy, her chemistry teacher from last year, likes her too. "She has tons of school spirit and a passion for athletics. When she focuses on academics, she is incredibly diligent and high performing."

Kylind is a multi-sport athlete who has excelled in soccer, volleyball, fast pitch, and track. She has been a cheerleader as well as a member of her school's dance team. This year, she's focusing on basketball and she is something of a superstar. She is a power forward/guard and will be playing on the varsity team again.

College figures big in Kylind's plans for the future. She wants to study Criminology or Sports Medicine. She is going to keep an open mind and explore these fields during her first couple of years before making a firm choice. She will be visiting Northwest Nazarene University in Nampa Idaho this month to have a look and see if the school is a good fit for her. Northwest Nazarene is considered to be one of the best Christian Colleges in the nation. Kylind is a highly capable decision maker and that's obvious when you look at the smart choices she's making with regard to her college career.

When she's not knocking down three pointers or acing tests, Ky likes to hike the mountains and enjoy some peaceful solitude. When she's feeling more sociable, she hangs out with her friends whiling away the time



the way all teenagers do. Kylind also enjoys cooking and photography.

What a terrific and well-rounded person this young woman is. She is unfailingly polite with a sweet disposition and a radiant smile. Better than Beyoncé and smarter than Socrates, we are extremely proud to call the amazing Kylind Powell one of our own. Go get 'em girl!

### OBJH Student Spotlight



ANTOINETTE LONGSHORE is starting the year off with determination. Nette says she loves her Honors Science Class with Mrs. McCoy, her Algebra Class with Mrs. Brooks and her History Class with Mr. Bigelow. Nette tells me she has always been interested in Science and History. However, Algebra is a new exciting interest for her now.

She was having a little trouble in Algebra in the beginning, but with a little attitude and some perseverance,

she is growing in big strides.

I am happy that she is showing more interest in Algebra now. Her determination in coming to the Education Center for practice has paid off and her tests are showing her enthusiasm.

The only thing Nette doesn't like, is the people that try to lead you away from success.

Nette has found that the more you practice, the more you grow. The more you grow, the more you learn.

CONGRATULATIONS NETTE ON YOUR HARD WORK AND DETERMINATION OF NOT ALLOWING OTHERS TO PAVE YOUR PATH...

## Teachings of the Tree People



On view: Oct.13 – Dec.15.2018

The Longhouse  
Education and Cultural Center presents  
An Exhibition of Indigenous Fiber Artists of the Pacific Rim

Evergreen Gallery, Library 2204

The Evergreen State College, 2700 Evergreen Pkwy NW, Olympia, WA 98505

Image: Collaborative basket woven at the "Tears of Duk'WibahL" Gathering of Indigenous Visual Artists of the Pacific Rim, 2017 Evergreen Longhouse.

Coordinated by Kelly Church (Grand Traverse band of Ottawa and Ojibwe).

NoVo Foundation  
create. change.



**Important Section 504 Workshop is  
Sponsored by the Skokomish Education  
Department on September 27, 2018**



On Thursday, September 27 from 10 am until 2 pm more than 75 teachers, principals, and administrative teams from Shelton and Hood Canal School Districts as well as education teams from the Squaxin and Skokomish Indian Tribes came to listen and learn from two lawyers from the United States Department of Education. The presenters, Ellen Chestnut and Catherine Fawley from the U.S Department of Education, Office for Civil Rights (OCR) . Both Ms. Chestnut and Ms. Fawley have extensive experience providing technical assistance to districts and parents regarding 504 procedures, 504 plan implementation, as well as, transportation, extracurricular activities, and harassment issues involving students with disabilities. Ms. Chestnut and Ms. Fawley are two of the Seattle office's most experienced alternative dispute resolution facilitators. Their offices are located in Seattle and they traveled to the Skokomish Education Center in the morning to deliver a Section 504 Workshop for many levels of our educational community at large.

The Skokomish Indian Tribe was proud and honored to host and bring this rich opportunity and provide a wonderful authentic and delicious meal. Our meal was reflective of Skokomish life and culture and as always was abundant and generous. Kimberly Miller, Skokomish

Attendance and Truancy Specialist and Antonio Sandifer, Skokomish Education Director were instrumental in spearheading and bringing this special and informative event in our community.

During this workshop we all learned so much from the stories and cases that were shared by Ellen and Catherine our workshop facilitators. A clear and concise description of the law and its intention as well as providing a strengthening of our knowledge of Section 504 Plans. We are grateful to the United States Department of Education for providing this workshop locally. There are many ways any parent can learn more about this important topic. In this YouTube video promoted by the website, understood.org, you can find this explanation of a 504 plans to enhance your own understanding of this topic. <https://youtu.be/A9TgDgHfdIY> Another website rich with information for parents and teachers alike is, [wapave.org](http://wapave.org) where you can find more descriptions and ideas about Section 504 plans and Individual Education Plans (IEP) as well. PAVE and WAPAVE are organizations we have learned a great deal from, <https://wapave.org/?s=section+504>. Finally if reading more about this topic is important to you may want to check out the free and comprehensive US Dept of Education booklet on this topic at <https://bit.ly/2juGyOi>

**LONGHOUSE  
Community Dinner  
Saturday, November 17 at 6 p.m.**

**SPECIAL WELCOME TO OUR EVERGREEN STUDENTS—**

Join us in honoring the 2018 *s3hlihl* "Teaching by Example" Award Recipients



Kimberly Miller  
(Skokomish)

Gary Wessels-Galbreath  
(Pomo descent)

**Longhouse Education and Cultural Center  
The Evergreen State College**

2700 Evergreen Parkway NW,  
Olympia, WA 98505

**OPEN TO THE PUBLIC RSVP BY NOV. 2, 2018**

Contact 360 867 6718

[Longhouse@evergreen.edu](mailto:Longhouse@evergreen.edu)

[www.evergreen.edu/longhouse](http://www.evergreen.edu/longhouse)

Follow us on Facebook  
Evergreen Longhouse



**Twining**



*Lexi Moon and Molly Delacruz showing their school spirit on "Twin Day", Thursday, October 14th, during Shelton High's Spirit Week.*

# Five Myths About School Attendance

With millions of children beginning the new school year, millions of teachers have inevitably begun to take the daily roll in their classrooms. Done right, this simple task not only can provide a way to welcome and engage students, but also can offer important clues about students, classrooms, and whole communities. Most schools miss out on this information, though, because they don't track the right numbers and they trust the following commonly held myths.

## 1. STUDENTS DON'T START MISSING A LOT OF SCHOOL UNTIL MIDDLE OR HIGH SCHOOL.

Actually, one in 10 kindergarten and 1st grade students misses at least a month of school every year, national research shows. In New York City, one in five elementary students falls into this category—a figure that led Mayor Michael R. Bloomberg to launch pilot programs addressing the problem in 25 schools this fall. This can't be labeled truancy in the early grades, since most 5- and 6-year-olds don't stay home without a parent's knowledge. It's chronic absence. Unexcused absences become a bigger problem in secondary school. But the bad attendance habits that lead to skipping school can become entrenched in the early years.

## 2. ABSENCES IN THE EARLY GRADES DON'T REALLY AFFECT ACADEMICS.

National research shows that chronically absent kindergartners demonstrated lower academic performance than their peers once they got to 1st grade. For many low-income children, the poor performance persisted through 5th grade. A long-term study in Baltimore showed that many chronically absent 6th graders later dropped out of high school. In Chicago, poor attendance in 9th grade was a better predictor of dropping out than 8th grade test scores.

When too many students miss too much school, the classroom churn starts to affect the entire class, as teachers repeat material to help children catch up. When state funding is linked to attendance, these absences mean schools get less money.

## 3. MOST SCHOOLS ALREADY KNOW HOW MANY STUDENTS ARE CHRONICALLY ABSENT.

In fact, most schools don't look at chronic-absence patterns. They measure schoolwide attendance—or they track truancy (unexcused absences). Neither figure captures all that's going on. For example, an elementary school of 400 students can have 95 percent of its students showing up every day and yet still have 60 children missing 18 days—or 10 percent of the school year.

Further analysis can find that these students are concentrated in neighborhoods with no school bus service, in chaotic classrooms with an inexperienced teacher, or in communities with high asthma rates. Often, chronic absence is tied to poverty—to families who have no reliable transportation, little access to health care, and unstable housing, or no home at all. Understanding these patterns can lead to solutions—if we crunch and examine the numbers.

## 4. THERE'S NOT MUCH THAT SCHOOLS CAN DO TO IMPROVE ATTENDANCE; IT'S UP TO THE PARENTS.

While parents are certainly essential, schools partnering with community agencies can make a real difference when they work together. Some solutions are universal: educating parents and students about the importance of attendance and ensuring that every absence receives a response.

Other solutions reflect particular challenges. One Bronx school found that chronic absence increased because Muslim students stayed home during Ramadan, lest they be tempted to break their fasts in the cafeteria. So the school hired a monitor for the Muslim students and set up a separate lounge. A school in Providence, R.I., found that some absentee students had parents who worked overnight shifts, then fell asleep before bringing their kids in. The school opened an early-morning program with breakfast, so that parents could drop children off before going home to sleep.

Sometimes a child or a family needs special attention. Baltimore and Providence have programs to help with transportation for students who can't get to school, and to offer health services and counseling to families who need that support. In New York City, 15 homeless shelters will each have a point person paying attention to whether children there are making it to

school.

At its most intractable, truancy is a matter for the courts. There are dedicated truancy officers and court programs that can reach students when schools and communities fail to turn around poor attendance. But it's generally quicker and much less costly to start with preventive measures and targeted solutions.

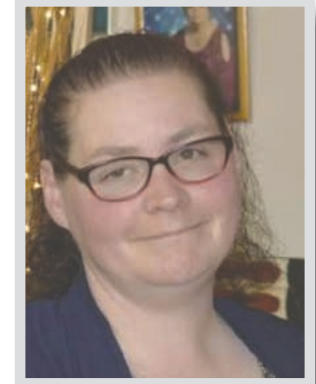
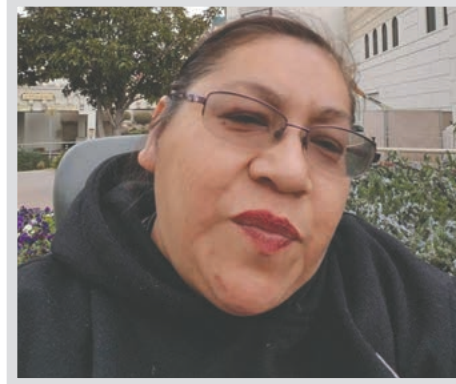
## 5. THE FEDERAL GOVERNMENT HAS NO ROLE IN REDUCING CHRONIC ABSENCE.

While the best solutions are ultimately local, federal policymakers can help ensure schools are looking at the right attendance data. They can require

reporting of chronic-absence rates, not just truancy. They can require states to add absences to longitudinal student databases. And they can assess school improvement not just by standardized-test scores, but by an array of measures, including chronic-absence rates. They can promote using federal grants to form school-community partnerships to reduce high levels of chronic absence.

Ultimately, it comes down to this: Students can't learn if they don't go to school. And schools can't improve if students don't show up for class regularly. The first step is discarding these old myths

## New Employees



Hi, my name is LaDean Johnson. I was recently hired as a Student Language Instructor. I (being a Skokomish Tribal member) feel as it was a great decision to become part of a team learning and teaching Tuwaduq language.

I (as we all do) have a lot of family and friends that live on our Skok Rez. My parents are Peggy Johnson-Teo (enrolled Skokomish) and Willard Johnson (enrolled in Northern Ute). I have 2 children by birth (Sheila and William Pickernell) and 3 by heart (Guardianship); Khaysha LeftHandBull, Spirit Arbuckle, and LakotahMay (Pancake).

I love to be on the "PowWow Trail" with my 3 younger children. We love the "Tribal Canoe Journeys" just as much. We have learned a lot of Canoe journey protocols, PowWow etiquette and now into a new journey into learning our Tuwaduq Language. I can vision my children (and many others too) learning and implementing our Tribal ways full circle.

as?ay'b, I am Christie Chambless, daughter of David and Anna Herrera, granddaughter of Delores Allen Gleason, great granddaughter of Rose Pulsifer and William Allen of Tuwaduq. I had the privilege of being one of my grandma Delores's care takers toward the end of her life. During this time, I spent many hours interviewing her and capturing her personal family stories on digital voice recordings. I look forward to using the skills that this experience has given me when the opportunity arises in the future to begin interviewing our Elders about their own experiences and knowledge of our language and culture.

I am very excited to be working for the Tuwaduq language program! I have been a part of the language classes as a student attending classes with my children, Father, and Uncle since they began with Chris James a few years ago. I am very honored to be chosen to be one of the new Student Language Instructors and look forward to getting to know you all through this program.



# Skokomish Youth Prevention /TANF

## November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>MELANEE STEVENS</b> (360) 490-6475 <b>DEMUS CORDOVA</b> (360) 490-7589	<b>WILLIE GROVER</b> 490-6917 <b>FAWN GOULEY</b> 490-8231			<b>1</b> Tom's Program 3pm-5:30pm OG K-5 4:30-5:30pm 6-8 5:30-6:30pm HS&up 6:30-8:30PM <b>TEEN/TWEEN COUNCIL</b> 5pm	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b> <b>TANF Blues Due</b>	<b>6</b> Tom's Program 3pm-5:30pm OG K-5 4:30-5:30pm 6-8 5:30-6:30pm HS&up 6:30-8:30PM	<b>7</b> Tom's Program 3pm-5:30pm OG K-5 4:30-5:30pm 6-8 5:30-6:30pm HS&up 6:30-8:30PM	<b>8</b> Tom's Program 3pm-5:30pm OG K-5 4:30-5:30pm 6-8 5:30-6:30pm HS&up 6:30-8:30PM <b>TEEN/TWEEN COUNCIL</b> 5pm	<b>9</b> <b>IRON 5</b> <b>Tournament</b> <b>in Puyallup</b> >>>>>>.	<b>10</b> <b>IRON 5 Tour-</b> <b>namment in</b> <b>Puyallup</b> >>>>>>.
<b>11</b> <b>Veterans Day</b>	<b>12</b> <b>No School</b> <b>Tribal Bldgs are</b> <b>closed for Veterans</b> <b>Day</b>	<b>13</b> Tom's Program 3pm-5:30pm OG K-5 4:30-5:30pm 6-8 5:30-6:30pm HS&up 6:30-8:30PM	<b>14</b> Tom's Program 3pm-5:30pm OG K-5 4:30-5:30pm 6-8 5:30-6:30pm HS&up 6:30-8:30PM	<b>15</b> Tom's Program 3pm-5:30pm OG K-5 4:30-5:30pm 6-8 5:30-6:30pm HS&up 6:30-8:30pm <b>TEEN/TWEEN COUNCIL</b> 5pm	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b> Tom's Program 3pm-5:30pm OG K-5 4:30-5:30pm 6-8 5:30-6:30pm HS&up 6:30-8:30PM	<b>20</b> Tom's Program 3pm-5:30pm OG K-5 4:30-5:30pm 6-8 5:30-6:30pm HS&up 6:30-8:30PM	<b>21</b> <b>All Schools</b> <b>Early Release for</b> <b>Thanksgiving</b> <b>Holiday</b>	<b>22</b> <b>THANKSGIVING</b> <b>DAY</b>	<b>23</b> <b>No School</b> <b>Tribal Bldgs</b> <b>Closed</b>	<b>24</b> <b>Winter Jam</b> <b>Tournament in</b> <b>Puyallup</b>
<b>25</b> <b>Winter Jam</b> <b>Tournament in</b> <b>Puyallup</b>	<b>26</b> Tom's Program 3pm-5:30pm OG K-5 4:30-5:30pm 6-8 5:30-6:30pm HS&up 6:30-8:30PM	<b>27</b> Tom's Program 3pm-5:30pm OG K-5 4:30-5:30pm 6-8 5:30-6:30pm HS&up 6:30-8:30PM	<b>28</b> Tom's Program 3pm-5:30pm OG K-5 4:30-5:30pm 6-8 5:30-6:30pm HS&up 6:30-8:30PM	<b>29</b> Tom's Program 3pm-5:30pm OG K-5 4:30-5:30pm 6-8 5:30-6:30pm HS&up 6:30-8:30PM	<b>30</b>	

## SKOKOMISH YOUTH HOT NEWS

TOM'S Skokomish after school and prevention program has been busy this last month. Our youth have been on top of their homework and studies. We have been busy with a competitive kickball game every day and the kids love playing wall ball. Wall ball has become very popular. Our teens and tweens have been meeting on Thursdays for youth council. They have been getting good numbers for their meetings. On Friday the 19<sup>th</sup> the teens went on a trip to the Rutledge corn maze in Olympia and got to eat and have a fun evening. On the 20<sup>th</sup> and 21<sup>st</sup> we took two high school teams to a basketball tournament in Suquamish. Our teams didn't place but they competed hard and showed great sportsmanship and pride for our Skok tribe. We are proud of our youth. Our high school and jr high teams remain undefeated in Native league on every Wednesday. The jr high is 7 and 0 and our high school team is 5 and 0. We have a lot of talent in Skok and it shows. Next month is a busy month. We have 2 tournaments in Puyallup and we are getting ready for Thanksgiving. We also look forward to more teen trips. Until next month. GO SKOK GO.

# Enetai Hatchery Update

By Jonathon Wolf

Finally, after more than five years of planning and preparation, ground has finally been broken on the new Enetai Hatchery Support Building! Thanks to the hard work of DNR, Accounting, and the Community Development Office, along with funding from the BIA and Tribal Council, the support building is underway and scheduled to be complete by January of 2019. The construction got off to a rocky start when the trench was dug for the sewer and electrical lines (yes, the hatchery will finally have a bathroom).



While digging, a number of obstacles were encountered including an old cedar tree and cultural deposits. In addition, water from the hillside filled the trench. With that work complete the area adjacent to the head pond was cleared and the cement foundation has now been poured. Framing should commence around the middle of October.

Our new hatchery manager, Robert Blankenship, started about a month ago. He comes to us with a vast amount of experience working at hatcheries in Alaska and the Stillaguamish Tribe.

## NOTICE:

The Skokomish Tribe is now accepting applications to fill **ONE** vacant seat on the Skokomish **FISH COMMITTEE**.

If interested, please submit a letter of interest to Jonathon Wolf at the Fisheries building by 3:00 PM on December 28, 2018



The one, three-year positions will run from March 1, 2019 through February 28, 2022.

The Fish Committee is a regulatory committee charged with overseeing administrative implementation of the policies of the Skokomish Tribal Council. The committee has authority as delegated by the Skokomish Tribal Council to make rules which govern the conduct of community members to ensure efficient management of natural and other resources held by the Tribe.

## ATTENTION GEODUCK DIVERS

The 2019/2020 Annual Geoduck Regulation was approved by the Tribal Council on October 24, 2018. Please remember these important dates:

1. January 31, 2019: Date by which the annual regulation must be signed
2. February 1, 2019: Date by which divers may start taking drug tests
3. March 10, 2019: Last day to have a drug test performed
4. March 15, 2019: Date by which all paperwork must be turned in to DNR

Summary of edits and changes to the 2019/2020 Annual Sub-tidal Geoduck Regulation

- Dates were changed to match the appropriate years; grammatical edits made.
- Everyone wishing to dive must get their dive physical at The Work Clinic in Tukwila.
- The pre-season validation dive instituted in 2018 was removed as a requirement.
- New language making it clear that a rookie diver will remain a rookie diver, receiving only a half-quota, until they harvest an entire rookie quota in one season.
- New language indicating that a pregnant woman who is a rookie diver must harvest her entire quota herself. If she leaves part of the quota undug or a designated diver harvests part of it she will remain a rookie diver and receive a half-quota the following year.
- Clarified language indicating that a diver who has harvested their entire quota may still act as a tender.
- Changed the language to indicate that a boat captain must only contact the monitor, not a biologist, the night before they plan to dive.
- Added language to clarify that boat captains wishing to receive a boat allocation must have an operational dive boat and that multiple captains may not submit for one boat.
- Indicated in Section 16 that individuals who overharvest will be subject to penalty; previously it said they may be subject.
- Divers requesting a designated diver may choose their own and no longer must present a list of divers to Fish Committee.

## EARTHQUAKE TO DO LIST FOR

### BEFORE

1. Prepare your lifeline kit! Always bring a whistle, flashlight and ID.
2. Make a plan! Know your evacuation area. Designate staff member(s) from your building who will take count after earthquake.

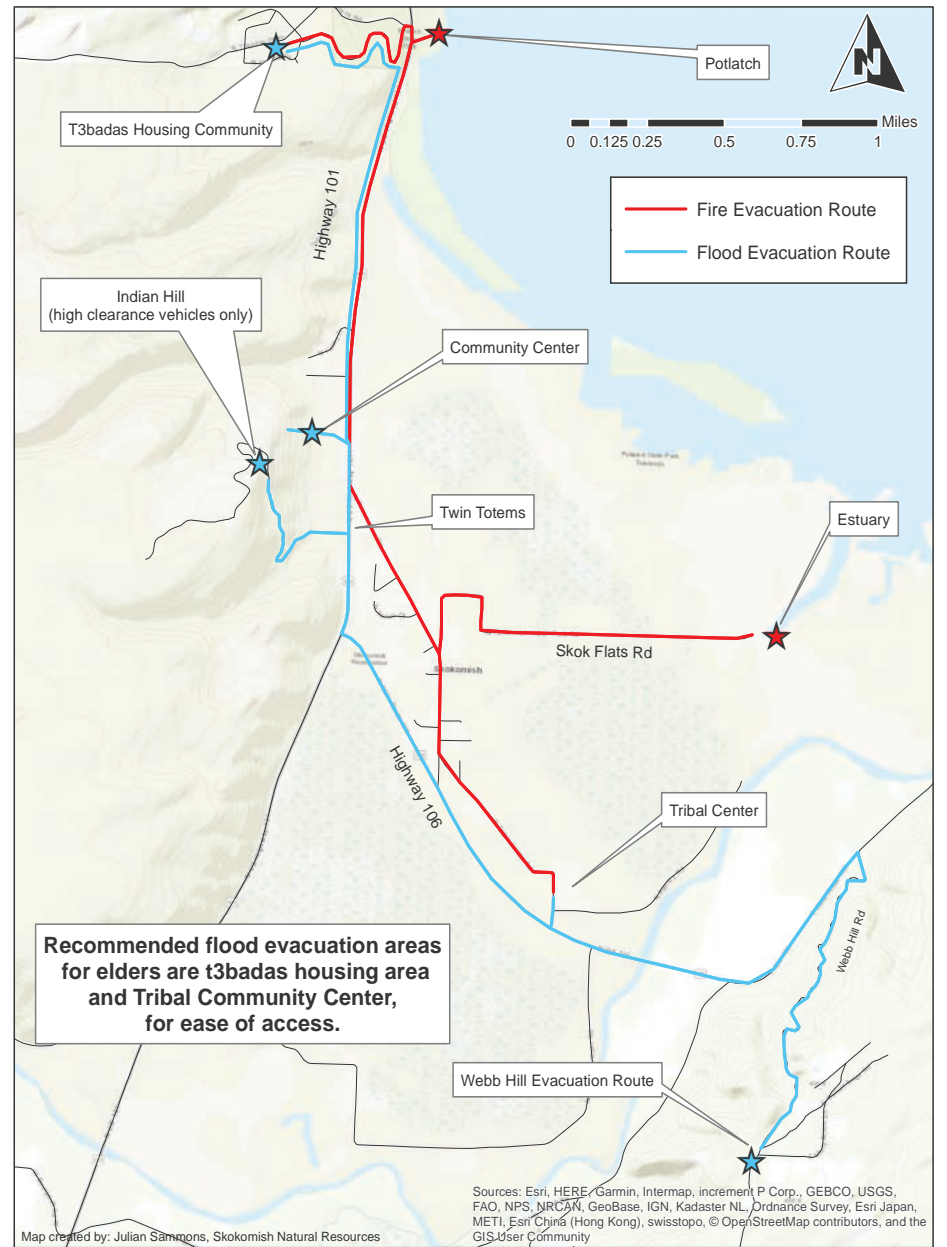
### DURING



### AFTER

1. Evacuate and calmly help other people
2. Go to designated evacuation area and check in with designated contact person.
3. Evaluate surroundings, do gas valves need to be shut off or water?

## EVACUATION ROUTES



## Rez Photo of the Month Answer



*The young lady in this photo is none other than our own Feather Lewis! (And in case you are wondering who Santa was, it was our old Tribal Manager Larry Goodrow)*

### # House Numbers #



Contact: Louis Auld  
 Phone: (360)426-4232  
 ext. 2065  
 Email:  
[Lauld@skokomish.org](mailto:Lauld@skokomish.org)

~Does your mail go to the wrong house?

~Can an ambulance find your home?

# HELP US HELP YOU #

Pick up free house numbers or call Louis Auld if you need assistance with house numbers.

### CRIME PREVENTION

- ♦ Do you know about SafeStreets?
- ♦ Is your home safe from burglars?
- ♦ See Louis Auld to get a free crime risk assessment





## Earthquake Kits

Earthquake preparation is an ongoing project, but needn't be tedious. A rule of thumb is to check or replace supplies when clocks are changed to or from daylight saving time, twice a year. And when assembling a survival kit, don't forget about food and water for pets.

### How Much?

Recommendations vary as to the appropriate amount of emergency food and water to store. Many experts advise one gallon of water per person per day for three to seven days. Also store enough food for the same period of time.

### Storing Supplies

Use a large container such as a footlocker or 30-gallon trash can, and label each item with the date of purchase or the last date it should be used. Items with the shortest shelf life should be easily reached. Place the container in a cool place, raised off the ground.

### Shelf Life

3 months     6 months     1 year

### Top

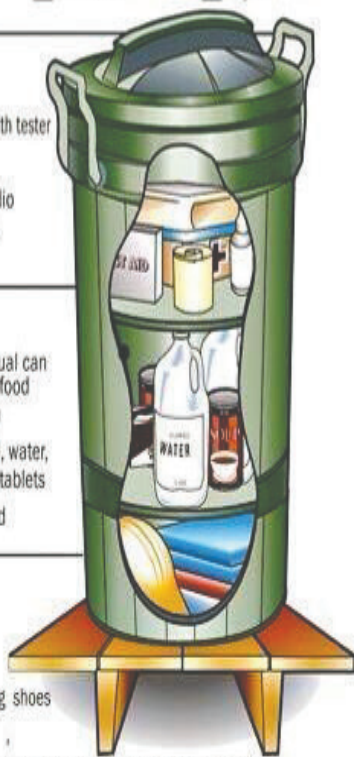
- Batteries, with tester
- Flashlight
- Portable radio
- First-aid kit

### Middle

- Water, manual can opener, dry food (pasta, rice)
- Instant food, water, purification tablets
- Canned food

### Bottom

- Blankets
- Tarpaulin
- Extra clothing shoes
- Towelettes
- Items for personal hygiene, diapers, toilet tissue and heavy-duty plastic bags for disposal



### Additional Supplies

Keep separate from the emergency kit in a spot where they can be easily located.

- Extra batteries stored in refrigerator to last longer
- Spare eyeglasses, contact lenses
- Fire extinguisher
- Wrenches to turn off gas and water
- Cooking equipment: barbecue or camping stove (with charcoal, propane or white gas supply)
- Ax, hammer, crowbar, rope
- Tent and sleeping bag
- Work gloves, hard hat



### Car Kit

- Canned food, manual can opener
- Nonperishable food: instant nutrition bars, dried fruits, jerky, crackers, cookies

- Bottled water
- Extra clothing
- Sturdy shoes
- Small first-aid kit
- Blanket
- Flashlight, batteries
- Toilet tissue
- Fire extinguisher
- Street maps

Sources: Southern California Earthquake Preparedness Project, Governor's Office of Emergency Services; Los Angeles and Orange County Fire Departments, Emergency Management Division; Federal Emergency Management Agency; Lafferty & Associates Inc.

Los Angeles Times

## Fall Home and Yard Checklist Get Your Home Ready for Winter

### 1. Clean and Stow Your Mower

- Run your lawn mower dry before storing it.
- When the mower is cool, remove the spark plug and pour a capful of engine oil into the spark plug hole.
- Pull the starter cord a couple of times to distribute the oil, which keeps pistons lubricated and ensures an easy start come spring.

### 2. Remove Garden Hoses from Faucets

- Remove garden hoses from outdoor faucets. Leaving hoses attached can cause water to back up in the faucets and in the pipes just inside your exterior walls. If freezing temps hit, that water could freeze, expand, and crack the faucet or pipes. Make this an early fall priority so a sudden cold snap doesn't sneak up and cause damage.
- Turn off any shutoff valves on water supply lines that lead to exterior faucets. That way, you'll guard against minor leaks that may let water enter the faucet.
- While you're at it, drain garden hoses and store them in a shed or garage.

### 3. Seal Air Leaks

- Grab a couple of tubes of color-matched exterior caulk (about \$5.00) and make a journey around your home's exterior, sealing up cracks between trim and siding, around window and door frames, and where pipes and wires enter your house. Preventing moisture from getting inside your walls is one of the least expensive and most important of your fall maintenance jobs. You'll also seal air leaks and waste energy.
- Pick a nice day when temps are above 50 degrees so caulk flows easily.

### 4. De-Gunk Your Gutters

- Clogged rain gutters can cause ice dams, which can lead to expensive repairs. After the leaves have fallen, clean your gutters to remove leaves, twigs, and gunk. Make sure gutters aren't sagging and trapping water; tighten gutter hangers and downspouts brackets. Replace any worn or damaged gutters and downspouts.
- Your downspouts should extend at least 5 feet away from our house to prevent foundation problems. If they don't add downspout extensions (about \$10 to \$20 each)

### 5. Direct Your Drainage

- Take a close look at the soil around your foundation and make sure it slopes away from your house at least 6 vertical inches over 10 feet. That way, you'll keep water from soaking the soils around your foundation, which could lead to cracks and leaks.
- Be sure soil doesn't touch your siding.

### 6. Prune Plants

- Late Fall is the best time to prune plants and trees – when the summer growth cycle is over. Your goal is to keep limbs and branches at least 3 feet from your house so moisture won't drip onto roofing and siding, and to prevent damage to your house exterior during high winds.

## Helpful Hints for Water Pipes and Faucets

**To keep water in pipes from freezing, take the following steps:**

- **If you haven't already make sure all hoses are disconnected from outside spigots.**
- **Fix exposed pipes and faucets with insulation sleeves or wrapping to slow the heat transfer. The more insulation the better.**
- Seal cracks and holes in outside walls and foundations near water pipes with caulking.
- Keep cabinet doors open during

cold spells to allow warm air to circulate around pipes (particularly in the kitchen and bathroom).

- If your pipes burst, first turn off the water and then mop up spills. You don't want the water to do more damage than it already has.
- Make temporary repairs and take other steps to protect your property from further damage.

## Welcome Payton Bordley



Payton Bordley recently returned to Skokomish after teaching high school English in Kawashima, Tokushima – a small fishing and farming town in southern Japan. She worked at the City of Seattle Office of Arts & Culture from 2014-2017, and graduated from the University of Washington Creative Writing program in 2016. She is an enrolled Skokomish tribal member, daughter of Kimberly Miller, and granddaughter of Leona Miller.

### Native Connections Update:

Payton began her role as Native Connections Project Coordinator on September 17<sup>th</sup>. Native Connections is a five-year grant program that helps American Indian and Alaska Native communities identify and address the behavioral health needs of Native youth. Specifically, the program supports grantees in reducing suicidal behavior and substance use and misuse among Native youth up to age 24, easing the impacts of substance abuse, mental illness and trauma in tribal communities, and supporting youth as they transition into adulthood.

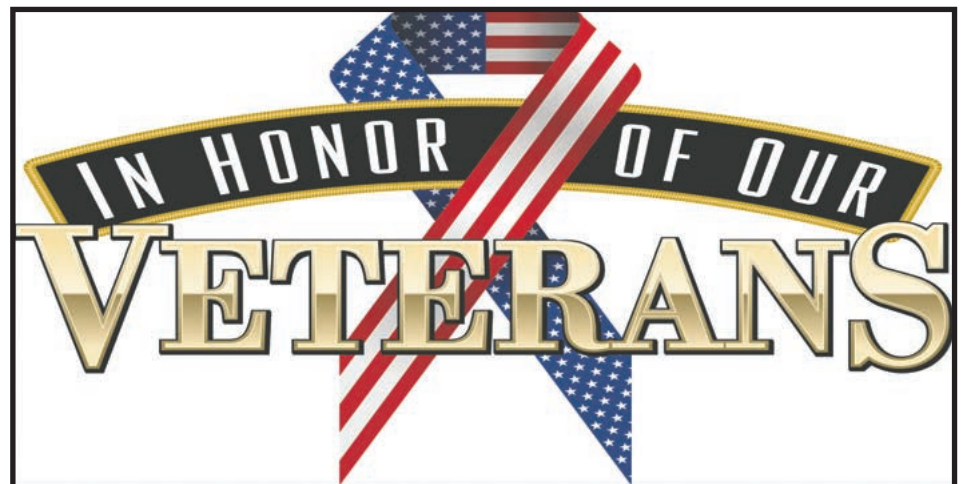
The Native Connections project is guided by Health Director Denese LaClair, Project Coordinator Payton Bordley, and the Everyday Matters Advisory Board which was adopted by council in February 2018. Current

board members are Myranda Andrews, Leah Evernden, Celeste Vigil, and Lila Vigil. The team centers 10-24 year-old youth in the planning and implementation of the project.

Payton is currently conducting community readiness assessments of Skokomish community and tribal members, including youth. The interview questions assess the following in regards to suicide prevention: community efforts, community knowledge of the efforts, leadership, community climate, community knowledge about suicide, and resources related to suicide prevention. She is also compiling a community system analysis – a list of all tribal, county, state, and federal resources that are available to 10-24 year-old youth. The resource list and assessment results will be shared with the community when they are completed, and will inform the strategies and efforts of the project moving forward.

A group of 24 youth will attend the Washington State Prevention Summit November 6-7th in Yakima. The conference will jumpstart a youth-driven prevention project which will align with and guide the Native Connections suicide prevention efforts. Going forward, monthly project updates will be posted in the Sounder. Contact Payton ([payton@skokomish.org](mailto:payton@skokomish.org)) with input, questions, and/or concerns.

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## Veterans Day Dinner

**When:** Sunday November 11, 2018

**Where:** Skokomish Community Center

**Time:** 3:30 Social Hour

**Dinner Served at 4:00 pm**

**Door Prizes**

**Side Dishes and Desserts Welcomed**

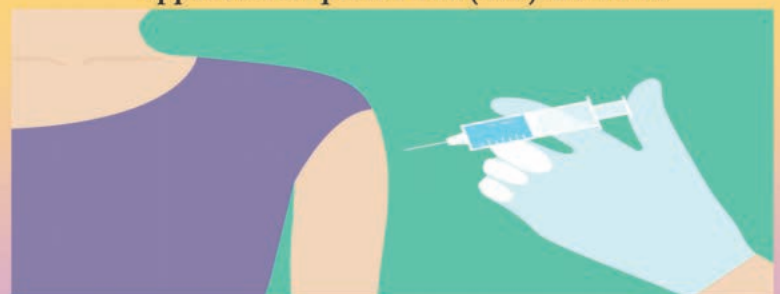
**For more information contact Winona Plant at**

**360-426-4232 x2009**



**The Skokomish Health Clinic is NOW offering flu shots!**

- = **FIRST** come, **FIRST** serve due to limited supply!
- = We are accepting walk-ins everyday 8:30 am-4:30 pm
- = Medicine Shoppe is also offering a free dosage per patient.
- = **If you have any questions or would like to schedule an appointment please call (360)426-5755.**



**Protect your Family, Community and those that cannot protect themselves!**

# Breast Cancer Awareness

**Skokomish Mammogram Dates 3-4, 3-26, 6-11**

Breast cancer occurs when malignant tumors develop in the breast. These cells can spread by breaking away from the original tumor and entering blood vessels or lymph vessels, which branch into tissues throughout the body. When cancer cells travel to other parts of the body and begin damaging other tissues and organs the process is called metastasis. Facts about breast cancer in the United States

- One in eight women will be diagnosed with Breast Cancer in their lifetime.
  - Breast Cancer is the most commonly diagnosed cancer in women.
  - Breast Cancer is the second leading cause of cancer death among women.
  - Each year it is estimated that over 252,710 women in the US will be diagnosed with breast cancer and more than 40,500 will die.
  - Although Breast Cancer in men is rare an estimated 2,470 men will be diagnosed with breast cancer and approximately 460 will die each year.
  - On average every 2 minutes a woman is diagnosed with Breast Cancer.
  - Over 3.3 million breast cancer survivors are alive in the U.S. today.
- All people whether male or female are born with some breast cells and tissue

that have the possibility to develop into cancer. Even though males do not develop milk producing breasts, a man's breast cells and tissue can still develop cancer, although this is very rare. Less than one percent of all breast cancer cases develop in men, and only one in a thousand men will ever be diagnosed with breast cancer.

Breast cancer in men is usually detected as a hard lump underneath the nipple and areola. Of the men who develop breast cancer, the vast majority of cases are when the cells in or around the ducts begin to invade surrounding tissue. Male breast cancer can exhibit the same symptoms as breast cancer in women including a lump. Men may rarely be diagnosed with inflammatory breast cancer or Paget disease of the nipple. Men carry a higher mortality than women do, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer which can cause a delay in seeking treatment.

Although most people who develop breast cancer will not be able to pinpoint one specific cause, scientists have learned much about the risk factors that may indicate a stronger likelihood for cancer. Some risk factors can be avoided, but most risk factors cannot be avoided. Risk factors that cannot be changed are gender; age;

race; family history; personal health history; early menstruation; and late menopause (after 55). Risk factors that can be changed are: lack of physical activity; poor diet; being overweight or obese; drinking alcohol; radiation to the chest and combined hormone replacement therapy (CHRT).

Anyone who notices anything unusual about their breasts, whether male or female, should contact their physician immediately. Survival rates and treatment are very similar for both men and women. Early detection of breast cancer increases treatment options and

often reduces the risk of dying from breast cancer.

This article and others are brought to you monthly by the partners with Sampson County Healthy Carolinians. This organization is committed to addressing major health and social issues with the county. Their on-going efforts are to provide prevention, education and awareness of the available resources that can assist families with their overall health and wellness.



## MEDICARE OPEN ENROLLMENT

October 15 - December 7

This is your time to see if you can find lower premiums and extra benefits. Look at all your Medicare health plan choices for 2018—including prescription drug plans and Medicare Advantage plans from private insurers. Plans change every year—maybe your healthcare needs have changed, too.

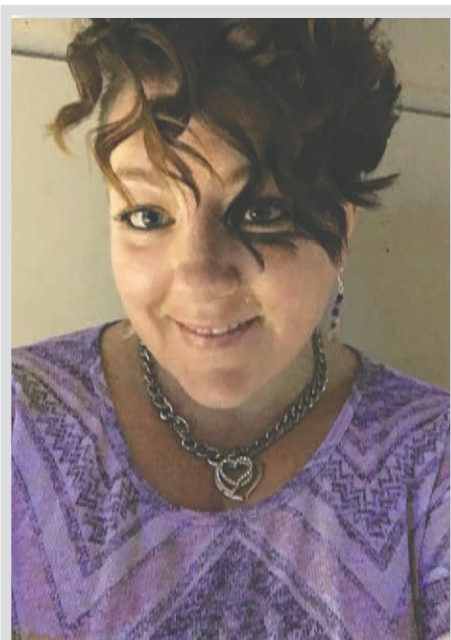
Open to something better? Start today.

Use the **Plan Finder** and other tools at [medicare.gov](http://medicare.gov), or call **1-800-MEDICARE** (TTY 1-877-486-2048) for help.



Like Medicare? 'Like' us on Facebook.

## NEW EMPLOYEE



My name is Melisa Sword, and I am the new PRC Specialist for the Skokomish Health Clinic. I have been here since July 2018 through a temporary agency, then recently hired on with a permanent position.

I am originally from Ohio and I have a background in the Medical field. I have been to school for Medical Billing and Coding, also for Medical Assistant. I am really happy to be a part of the team here at the health clinic!

I look forward to meeting and working with many of you in the community!



WIC wants your baby to get the best start on life.



Wait until 5-6 months to feed your baby solid foods.



**Why?** Early introduction to solids can promote overfeeding, obesity, choking/aspiration and food allergies.

## Research shows

feeding solid foods early does not help babies sleep through the night.



**This institution is an equal opportunity provider.**

Washington State WIC Nutrition Program doesn't discriminate.

# Behavioral Health is Here for You

Behavioral health disorders are real, common and treatable. It is estimated that approximately 1 in 5 American adults (nearly 44 million people) and 13-20% of children living in the United States will experience a diagnosable mental health disorder in a given year. Those statistics are even higher within Native American communities.

The following are signs that you or your loved one may benefit from working with a behavioral health professional:

### In Adults

- Confused thinking
- Prolonged depression (sadness or irritability)
- Feelings of extreme highs and lows
- Excessive fears, worries and anxieties
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Delusions or hallucinations
- Growing inability to cope with daily problems and activities
- Suicidal thoughts
- Denial of obvious problems
- Numerous unexplained physical ailments
- Substance abuse

### In Adolescents & Young Adults

- Substance abuse
- Inability to cope with problems and daily activities
- Changes in sleeping and/or eating habits
- Excessive complaints of physical ailments
- Defiance of authority, truancy, theft, and/or vandalism
- Intense fear of weight gain or judgement of appearance
- Prolonged negative mood, often accompanied by poor appetite or thoughts of death
- Frequent outbursts of anger

### In Younger Children & Pre-Adolescents

- Changes in school performance


- Poor grades despite strong efforts
- Excessive worry or anxiety (i.e. refusing to go to bed or school)
- Hyperactivity
- Persistent nightmares
- Persistent disobedience or aggression

Frequent temper tantrums  
Skokomish Behavioral Health offers several services designed to promote and expand the recovery, confidence, self-sufficiency, and quality of life for individuals, families, and our community. We strive to provide the highest quality of care in meeting your self-determined goals for treatment, by providing mental health and substance abuse treatment in a supportive, compassionate, and strengths-focused treatment setting. We are excited to also be adding a new supportive housing service.

Primary services available for outpatient Mental Health Treatment for adults, children, teens, and families include:

- Assessments to determine what areas of focus and treatment are a best fit for you
  - Psychoeducation to help you learn more about your diagnosis and what it means in your life
  - Individual, Family, and/or Group counseling to help you develop new skills to manage and heal
  - After-care planning, referrals, case management, cross-system coordination, and collaboration with other organizations to help you in improving life
- Primary services for outpatient and intensive outpatient Substance Use Treatment for adults include:
- Drug/Alcohol assessments, DUI evaluations, Urinalysis screenings, and treatment for deferred prosecution, including assessments with referrals for adolescents
  - Individual and/or Group counseling to help you develop new skills for improving your life and relapse prevention

Continued Next Page.....



**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:**

**Patty 360.462.3224**  
wicnutrition@spipa.org  
or  
**Debbie 360.462.3227**  
or  
**SPIPA main number: 360.426.3990**

Next WIC:  
Wed., Nov 21, 2018  
at Skokomish Health Clinic  
9:00 am—2:00 pm  
(Date & times may change)

**This institution is an equal opportunity provider.**  
Washington State  
WIC Nutrition Program doesn't discriminate.

Continued From Page 12

- After-care planning, referrals, case management, cross-system coordination, and collaboration with other organizations to help you in improving life

Primary services for Supportive Housing for adults include:

- Screening, housing assistance, and peer support for qualified individuals
- Teaching daily living skills and support in applying what is learned
- Referrals, case management, cross-system coordination, and collaboration with other organizations to help you in improving life

Your Behavioral Health Team is:

Cassie Hainline

Medical Office Specialist

Cassie is an enrolled Skokomish Tribal member and has been working with the Skokomish Health Center for 8 years. She enjoys interacting with her community and her co-workers. Before working at the clinic, she worked as a CNA at Fir Lane Health and Rehab as well as Shelton Health and Rehab. She recently stepped up and took on helping with the HOPE/Behavioral Health and Chemical Dependency program and we cannot thank her enough for the support she offers our providers on a daily basis. She loves spending time with her family and helping out her community members as much as she can.

Petya Pacheva MA, CDP, LMHC, MHP

Behavioral Health Manager

Petya took over the department in early May and has restructured our programs in their entirety in order to better meet the needs of our community. Petya was born and raised in Bulgaria (you can't miss her thick accent). People often ask what her name means – we found out it roughly translates as “Friday” or “Born on Friday.” She has been in Washington state for the past 15 years and has spent the better part of it in the field of Behavioral Health. Petya is not only a chemical dependency and mental health clinical supervisor, she has been a jail liaison and a designated chemical dependency specialist for Grays Harbor County, where she also managed a Co-Occurring Disorders program and often treated, collaborated



**Bille Hodge, Petya Pacheva, Ena Melton-Myers and Cassie Hainline**

with, and worked alongside members of the Quinault Indian Nation. You may occasionally see her about with her new Malamute puppy.

Bille Hodge, CDP

Substance Use Treatment Counselor

Bille began working for the Tribe in August of 2017. She has enjoyed attending some of our tribal events this past year and shares “My favorite was the Halloween party with the cake walk.” She was raised in Steilacoom and has lived most her life in Washington. She began working in the chemical dependency field in 2001 and has been a Chemical Dependency Professional since 2003. She has worked with adolescents and in Medication Assisted Treatment. She is raising her 14 year old granddaughter, of whom she has had custody since she was 7 days old. They enjoy playing the “get lost game”, which is driving around trying to get lost and learn about the area, in which they are now living.

Ena Melton-Myers MA, LMHCA, MHP

Mental Health Counselor

Ena comes to us from some different experiences before she figured out that mental health care is her passion. Ena was raised by her grandparents and grew up in a ranching community in Northern California. She then spent some years in the Navy serving on the East Coast and in Iceland as an Electronics Technician and working with the US Marines in Ground Defense. After that, she started her family and education while she



**Aaron Hamm**

bounced around in different jobs in the health and human services industry. She eventually found herself working for a Tribe in Northern California for many years. That experience brought her and her family to Washington State where she worked with the Chehalis Tribe for several years before settling into mental health counseling. She feels very honored to be serving within a Tribal community again and looks forward to learning and growing with our community.

Aaron Hamm, BA, CAAR, Peer Support

Case Manager

Aaron has lived in the Grays Harbor

and Puget Sound area off and on for over twenty years. Aaron is a graduate from The Evergreen State College where he earned a Bachelor's Degree in Liberal Arts. Aaron has worked with others in recovery for over a decade and has closely worked with non-profits in the Grays Harbor area for the last five years, helping address the issues that most effected the homeless community there, including members of the Quinault Nation and other local tribes as a Peer Support Counselor, helping them identify community and natural supports to aid them in recovery from mental illness and substance abuse. Aaron looks forward to joining the behavioral health team here as the Behavioral Health Case Manager.

Skokomish Indian Tribe  
Health Clinic - Behavioral Health Department  
*invites you to the annual*

**RECOVERY DINNER**

Wednesday  
**NOVEMBER 14<sup>TH</sup> 2018**  
5:30pm – 7:30pm

**SKOKOMISH COMMUNITY CENTER**  
19731 US-101, Skokomish, WA 98584

*Meet our new program staff+ enjoy good food + spend time with great people*

Hear our very own **Marty Allen & Sparrow Peterson** speak

Stop by our presentational tables and learn more about NAMI, crisis services, needle exchange program, Northwest Indian Treatment Center, and more

## Pumpkin patch Day!!!

Why are family traditions important? Holiday traditions is real to the pumpkin patch every year is one of ours. Traditions give family. It creates stability and fond memories that become emotions. At a young age, children remember the general climate traumatic experiences, but they don't always recall the day to the life you have together. However, if you begin traditions at general memory will stay with them. What going to the pumpkin as a family can do. The excitement begins when they know it's coming. You can make plans to complete the Hay maze). Also Carmel whatever it is that makes your trip fun with your family

I've never seen the place so packed. It was a sunny Wednesday rained the night before and was predicted to be cloudy and so. The weather gods were with us. The Pumpkin patch was busy oiled machine.

I hope you all are having a great Harvest and Halloween and own memories this year. I would like to see the carved pumpkin families carved together

Have a happy Halloween

Laila Longshore-Smith

Healthy Families home Visitor

Here are some pics of our Trip:



## SKOKOMISH IHS EYECARE

Did you know CHS eligible members are able to receive assistance with eyeglasses OR contact lenses costs?

- Skokomish purchase and referred care can issue purchase orders for CHS eligible patients that are in need of glasses/contacts every two years.

But how much?

- Preschool - 54 years of age are granted \$400 plus exam.
- Elderly 55 and older/disabled are granted \$500 plus exam.



If glasses are lost we will issue up to \$200 towards replacements. This coverage can only be used 1 time during each eligibility period.

Please call (360)426-5755 and schedule an appointment to see a provider here at the Skokomish Clinic to be properly referred out to an optometry center of your choice. Keep in mind not all vision centers accept our purchase orders.

## VOCATIONAL REHABILITATION, OUR FINAL YEAR

The fifth and final year of the Vocational Rehabilitation Grant for Skokomish and Chehalis began October 1, 2018. A brief look back at the last fiscal year shows progress in a number of areas. The last quarter was especially busy. During the Early Spring/Summer months the VR program held a quilting class on Fridays for those who were interested in perhaps using their skills in a self-employment endeavor. After several quilts were completed the program sponsored a spring bazaar to support local tribal artists with sales. The VR program raffled one of the quilts and donated the money to the Elders program to support their activities. New staff came on board at Chehalis. Frances Pickernell was hired as the VR Counselor at Chehalis. She joins Erika Pickernell in the Education Department of the Chehalis Tribe. In July the program held training

for staff. Instructors came from the American Indian Technical Assistance Center located in Arizona to provide training on the VR process from Client Application to case closer. Staff from the Lummi VR and Squaxin VR Program joined us for this training. On July 1<sup>st</sup> the VR staff did a presentation for the Youth. The youth who worked for Summer Rec. were receptive to our presentation and hopefully if needed, they will inquire about our program. We serve people from the age of 14 up with a documented disability and enrolled in a federally recognized tribe. Parent participation and guidance is required. The program distributed information and participated in the National Night Out event on August 7, 2018. Carol continues to provide oversight for the Chehalis VR Program who are working continually to improve their process in serving the Chehalis

community. Barb Churchill continues to provide assistance at both Chehalis and Skokomish with one day a week at each tribe. She is here on Thursdays and is willing to work with all who want/need assistance in determining their own career goal. Rosetta LaClair continues to provide direct service to clients at Skokomish. If you have any questions we are always willing to talk with you about the program. Jim Warne, Warrior consulting came to Skokomish on September 27-28, 2018. He provided additional instruction to staff on the provision of counseling and program assistance to Native Americans with disabilities. The Lummi VR and Squaxin VR Program staff joined us again for this training. A Cooperative Agreement is entered into between the Tribe and the State of Wash. Department of Vocational Rehabilitation each year. Staff from all of the Washington Tribal VR programs

met on October 4-5, 2018 to review the previous years' agreement and then met with the State Department of Vocational Rehabilitation to present any changes. The Agreement is in the process of review by Tribes. The highlight of our year is the Vocational Rehabilitation Awareness/ Outreach Dinner. It was held on October 18<sup>th</sup> this year. The Dinner was well attended and attendees were blessed with Indian Tacos, salmon, spaghetti, clam chowder, fry bread and much more. If you did not attend you really missed out. This is a celebration of the work the consumers do during the year and outreach to everyone who might benefit. This year, Yolanda Machado gave a presentation on Career Planning. Thanks go out to Yolanda. Thank you to all who attended and all who helped with the dinner.

# TUWADUQ FAMILY SERVICES NEWS

Tuwaduq Family Services staff have been busy with a variety of activities that have been supporting our community. It was an honor and a privilege to be able to do our part to help with the Skokomish annual elder's picnic. The quilts that were made to donate as part of the Elder's raffle was such a fun and rewarding project working with the elders to make such beautiful quilts. The Healthy Families program and the Domestic Violence program also offered activities and items to share with the visitors from other reservations. Most of all the garden program was able to offer such a variety of vegetables for the elders' picnic. The garden crew takes so much pride in the food that they grow all season long knowing that they will be able to offer such a wonderful harvest for such a meaningful event.

The garden program has provided such a great harvest this year so far providing the community shares bags to at least 95 bags to date offered to members in our community. We have been also providing fresh produce to the elders' luncheon program weekly and other events that are happening in the community when needed. The garden crew has been working hard daily keep the garden going as long as possible. We have canned spaghetti sauce from the tomatoes that they grew in the garden as well. The healing garden has picked herbs and medicines and have the dried ready to make some delicious teas to share. An upgrade of gravel path has been worked on this year with other maintenance to make sure that the healing garden will continue to grow and provide the traditional medicines that we are so thankful for. This year as well some of the garden staff was able to go and pick wild blackberries and other berries that were used to make jam for the

winter months. It has been a busy time and they are doing a great job with keeping the fruit trees pruned and fruit picked to share with the community as well. We also would like to congratulate Rodney Gouley (garden crew member) and Winter Perez for adding "Gunner Gouley" to our community who was born on September 12, 2018.

October was a very busy month for the Domestic violence program, all month long the program conducted outreach activities to bring awareness to so many topics that surround our community letting families and individuals be aware that help is out there when needed. We want to provide prevention education in many areas so that our children and families know how to protect themselves. We hope that you will participate in the outreach activities that will provided to help support one another.

The Skokomish Healthy Families program has been very busy getting required training to better support our individual families and children with their needs. Healthy Families works with prenatal to age three children. They strive to work on social and emotional support issues. The program has been doing fun outreach activities as well as monthly family home visits. In September a class for making regalia was held to work with families on cultural ideas for our children. We had three little students graduate from healthy families into head start. A blanket was made for each of them with their name on it and presented to them when they aged out. Having the children age out is such a reward because we know that they are better prepared to move to the next level of education with a better start with the program providing a much needed service to our children and family support? The

healthy families program provides many services to help our families and children with resources and family support and guidance when needed. We are currently servicing 15 families with a waiting list

started. The healthy families program transported families to the pumpkin patch in October to celebrate Halloween.

## MASON JAR FILLINGS Whoa, Whoa, Whoa, Fillings...



December 11 2018  
5:30-7:30 pm at  
**Tuwaduq Family Services**

*Join us for dinner and gift making with mason jars.*

*Child Care provided beginning at 5:30 pm at the Child Care Center*

For information on this or any of our programs and services call Patty or Tor at (360) 426-7788 or

Email [dvprogram@skokomish.org](mailto:dvprogram@skokomish.org)

s project was supported by grant funding awarded by the Office on Violence against Women, US Dept of Justice. The opinions, findings, conclusions & recommendations expressed in this publication/program/exhibition are those of the author and do not necessarily reflect the views of the DOJ, OVW.

# THANK YOU

The Skokomish Domestic Violence Program would like to thank everyone for another successful Domestic Violence Awareness Month. The community's continued participation in our events and activities is much appreciated.

October 3<sup>rd</sup> we had 21 participants from Turning Pointe, our local law enforcement and courts, the Washington State Dept. of Corrections and as far out as Quinault DV Program coming together for an all day hands on training provided by Blaise Training, LLC. We'd like to thank Blaise for their continued sharing of knowledge, experience and dedication to Indian Country as well as striving to make all communities safer.

On October 11<sup>th</sup> we had another great turnout for our Domestic Violence Awareness Dinner. 81 community members, tribal employees and advocates from other organizations joined us for Lisa Wahl's powerful message about how best to protect ourselves, our children and communities in today's climate that sometimes seems engulfed in assault. How to report, and how to speak, and continue speaking. Lisa Wahl works for Providence Medical Center and is always willing to help share the message with all communities. We'd like to thank Julia and Shane from Skokomish Public Safety for all their assistance setting up and doing kitchen prep, Osario for all his help cleaning up, and as always, our Council of Elder's Task Force Members: Kim Cloud donated an apple pie that we raffled off, Tony Herrera and Melanie Stevens manned the sign-in table for us, Diane Gouley kindly offered to hand out the gift bags to the attendees, and even baked up a few cakes for us. Several other task force members showed up in support. It is an incredible feeling knowing so many people support our work and mission to end violence in the Skokomish Community.

We continue collecting earring donations for the *Sing Our Rivers Red Earring Exhibit*. This brings awareness to missing and murdered Indigenous women and colonial gender based violence in the United States and Canada. We are asking that

you donate one earring to represent a woman that you know or have heard of that is missing, assaulted, murdered, sexually assaulted or trafficked. There are earrings on display around the community, such as the Tribal Center Reception Desk, Skokomish Community Center, the Skokomish Court Lobby and Tuwaduq Family Services. At the end of November we will forward these onto the SASO exhibit in Durango, CO for their National exhibit from December 3-7, 2018. If you would like to send a name/photo for the exhibit we also welcome those.

On November 8, 2018 we will be attending a meeting that will address the issue of missing Native American women in Washington State. The meeting hosted by Washington State Patrol Capt. Monica Alexander and Craig Bill, director of the Governor's Office of Indian Affairs will take place in S u q u a m i s h because of W a s h i n g t o n House Bill 2951, which requires the Washington State Patrol to work with the Office of Indian Affairs, federally r e c o g n i z e d tribes, tribal and other law enforcement and tribal leaders to determine how to increase reporting and investigation of missing N a t i v e A m e r i c a n women. The legislation also requires the state to collect data, for the first time, on the numbers of missing Native American women. The State Patrol must report the

results of its study to the Legislature by June 1. This must include data and analysis on the number of missing Native American women in the state, identification of barriers in providing state resources to address the issue, and recommendations to improve safety and reporting. We are looking forward to coming together to the table to give input that will help guide reporting and investigation of so many missing.

For more information on missing persons you can visit NamUs.gov, which provides technology, forensic services, and investigative support to resolve missing persons cases.

Also Upcoming:  
November 16 & 17 Ocean Sparr will be teaching us to bead around a feather. We will be using Size 11 beads, so know that vision-wise this will be detailed work. We will have beads and

faux feathers on hand or you can bring your own feather or bead color choices. In our attempt to respect your family time, the Holiday Happenings for the Skokomish Domestic Violence Program are towards the beginning of the month. December 11 will be Mason Jar activities for gift giving. Please see our flyers for more details.

Our upcoming Council of Elders Task Force Lunch Meetings are at Noon on November 29, 2018 and December 27, 2018. The Council of Elders Task force is designed to provide support and suggestions for our twice annual awareness events. All elders are encouraged to join us!

For information on any of our program activities or services please call Patty or Tor at (360) 426-7788, Email [dvprogram@skokomish.org](mailto:dvprogram@skokomish.org) or drop by Tuwaduq Family Services at 561 N. Tribal Center Rd.

**Learn to bead around a feather with Ocean Sparr**

**Friday, November 16**  
**5:30-7:30 pm**

**Saturday, November 17**  
**9 am- Noon**

Dinner served on Friday  
Breakfast served on Saturday

**CHILD CARE AVAILABLE ONLY on FRIDAY. Drop off at Child Care Center 5:30-7:30**

**Please stop by TF5 to Sign Up. Class limit: 12 men/women ages 18 and Up.**

For information on this or any of our programs and services call Patty or Tor at (360) 426-7788 or Email [dvprogram@skokomish.org](mailto:dvprogram@skokomish.org)

This project was supported by grant funding awarded by the Office on Violence against Women, US Dept of Justice. The opinions, findings, conclusions & recommendations expressed in this publication/program/exhibition are those of the author and do not necessarily reflect the views of the DOJ, OVV.



# Resolutions Approved

AUGUST 29<sup>th</sup>, 2018

**Resolution No. 2018-119:** A Resolution to Approve SLD Contract No. 2018-K-00215 for the Sale and Purchase of Project Output with PUD No. 1

**Resolution No. 2018-120:** A Resolution Authorizing the Purchase of the Herrera Property and Granting a Limited Waiver of Sovereign Immunity to Mason County Title Company (“AGENT”) and Stewart Title Guaranty Company (“UNDERWRITER”)

**Resolution No. 2018-121:** A Resolution Authorizing the Purchase of the Abel Property and Granting a Limited Waiver of Sovereign Immunity to Mason County Title Company (“AGENT”) and Stewart Title Guaranty Company (“UNDERWRITER”)

SEPTEMBER 12<sup>th</sup>, 2018

**Resolution No. 2018-122:** A Resolution Approving the Submission of a Renewal Application to the US Department of Health and Human Services (HHS), Community Services Block Grant (CSBG) with South Puget Intertribal Planning Agency (SPIPA) as the Lead Applicant for FY 2019

**Resolution No. 2018-123:** A Resolution Approving the Submission of a Renewal Application to the Low Income Home Energy Assistance Program (LIHEAP) with South Puget Intertribal Planning Agency (SPIPA) as the Lead Applicant for FY 2019

**Resolution No. 2018-124:** A Resolution Initiating Civil Exclusion Proceedings against Isaac K. Taito, a Non-Tribal Member

SEPTEMBER 26<sup>th</sup>, 2018

**Resolution No. 2018-125:** A Resolution Reappointing the Judge for the Courts of the Skokomish Tribe

**Resolution No. 2018-126:** A Resolution Approving the Skokomish Supportive Housing Policy

**Resolution No. 2018-127:** A Resolution to Adopt the Fiscal Year 2019 Budget

**Resolution No. 2018-128:** A Resolution to Revise the MEPA Use Policy to Allow for Roof Replacement, Roof Repair, and Gutter Repair

OCTOBER 10<sup>th</sup>, 2018

**Resolution No. 2018-129:** A Resolution Creating a New Skokomish Residential Lease Between the Skokomish Indian Tribe, as Lessor, and Jasmine Johnson Krise (Enrollment No. 792), as Lessee

**Resolution No. 2018-130:** A Resolution to Approve SLD Contract No. 2018-MOU-00242 for Mason County’s Opioid Response Plan with Mason County Community Services-Public Health

**Resolution No. 2018-131:** A Resolution Approving the Submission of a Grant Application to Environmental Protection Agency (EPA) through the Northwest Indian Fisheries Commission (NWIFC) for FY18 Round of the Non-Competitive Tribal Projects for “Restoration and Protection of the Puget Sound”

**Resolution No. 2018-132:** A Resolution Acknowledging the Adoption of Member(s) (Jordyn T. Peterson) into the Skokomish Indian Tribe and Directing their Enrollment

## Public Works News

Hats off to Rosetta’s crew for cutting firewood for elders. David Pulsifer, Tanner Strong, Victor Andrews, Jacey Gonzales, David Ware, Harold Gamber and Ben Peters, your hard work is very much appreciated, thank you. I have a list of elders against the crew for wood delivery our elders are our priority, but we also try to make wood available to single-parent homes when possible. The cold season is here, so if you need wood please call me at 360-490-6679. We will do our best to provide wood for all possible. Please keep in mind, wood is very difficult to get this year so there is no guarantee. We do our best to include everyone we can. We are continuing to look for new wood sources.

Cody, Fred and Dakota have been busy with varied levels of maintenance. Locating of water and power, moving offices, brushing, winterizing machines and mowing etc. Dakota spends Tuesdays at the wastewater plant continuing training

on the operation of the wastewater plant functions.

We have just completed a second round of garbage service for the community in hopes of having less and less when our spring cleanup rolls around. There happened be more large items this second round, furniture, appliances, metals and tires etc.

Public Works is planning on upgrading the transfer sites to construct a concrete pad and walls for the dumpsters. As well as having separate bins builds to keep items separated. This would be for metals, tires, appliances, furniture and the bags of household items would go into the dumpster.

Until next time thank you, Guy Miller, Public Works

The poster features the Skokomish Indian Tribe logo at the top, which includes two stylized figures wearing Santa hats. The main text reads "General Body Meeting @ the Skokomish Community Center". Below this, it says "SAVE THE DATE DEC. 1ST, 2018 AT 10:00 A.M.". To the right, there is a section for Tribal Members: "THE Draft Agenda Will Be Mailed—If You Have Not Been Getting Quarterly Mailings Please Update Your Address At The Tribal Center. QUARTERLY Reports Will Be Available Nov. 26th At The Tribal Center Or You Can Request A Copy From Bobbi Blacketer By Emailing [bblacketer@skokomish.org](mailto:bblacketer@skokomish.org)". At the bottom, it provides contact information: "FOR More Info Please Contact Winona Plant, General Council President, (360)426-4232 or [wplant@skokomish.org](mailto:wplant@skokomish.org)". A small tree logo with the letters 'ITF' is in the bottom right corner.

# PUBLIC SAFETY NEWS

## Hood Canal School Event

On Monday, October 15<sup>th</sup>, the Chief was invited to attend Monday's lunch periods at the school for all classes. The school was recognizing first responders and the work they do. Skokomish Public Safety kicked off the week's event. The Mason County Sheriff's Office, Washington State patrol and the fire department were also scheduled to participate.

The Chief brought many handouts. All were education or safety oriented. The children were pencil bags which were popular. They were also given pencils, erasers, rulers, book marks, badge stickers and tattoos. Some of the pencils changed colors when held. These were very popular and quickly used up. Some of the other pencils carried one word messages like "Truth", "Honesty", "Fairness" and such. The pencil bags and rulers all displayed in both Salish and English "People of the River". The tattoos (temporary) carried an anti-drug message as did the book marks. Other book marks carried anti-bullying messages and quad safety tips.

For the children who had younger brothers and sisters, a handout with child safety seats was included in their pencil bags. A number of refrigerator magnets to record emergency telephone numbers were also handed out.

The children were very enthusiastic. The Chief and the children talked about the importance of school, sharing and doing the right thing. The Chief went in carrying five boxes of materials. He left with just two.

## The Opioid Diaries

The Opioid crisis is the worst addiction epidemic in American history. Over 64,000 overdose deaths occur yearly. Here are some quotes from real people who are in addiction or who are trying to help those who are afflicted.

From Chad in Ohio, an addict: "Heroin grabs ahold of you and it won't let go. It turned me into somebody I never thought I would become." After four overdoses, Chad sought treatment.

From John in Massachusetts: "I had a career in sales making upwards of \$100,000.00 every year. I started with OxyContin as a once in a while thing. It's an amazing warm feeling. Friday and Saturday and Tuesday and Wednesday; 6 to 7 pills a day at \$80.00 a pill. I wouldn't get up without one. I knew about Heroin but didn't want to cross that line but did. Now I'm just an addict trying not to die."

From Walter in Ohio, a Deputy Sheriff: "You kind of become cold to seeing somebody overdose. As an officer, you bury it away... That's how we cope. It becomes easy to talk about the drug and not the person... But seeing the families that are affected, their loved ones... the children involved, the heartache; it's overwhelming. You learn not to give up. So I talk to everybody... I just don't brush by them... A lot of things are lost in the world today and humanity is one of them."

On a suspicious person call yesterday, I talked to two people. The woman, as I was told by someone who knows her, was once a beautiful young lady. On this day she was gaunt, haggard and thin, showing every indication of meth use. The man was also thin and haggard. As we talked, he told me

**WINTER BAZAAR**

Smoke Salmon

Native Art

Chowder & Frybread

Baked Goods

Raffle

**Skokomish Culture Committee**

**Annual Christmas Bazaar**

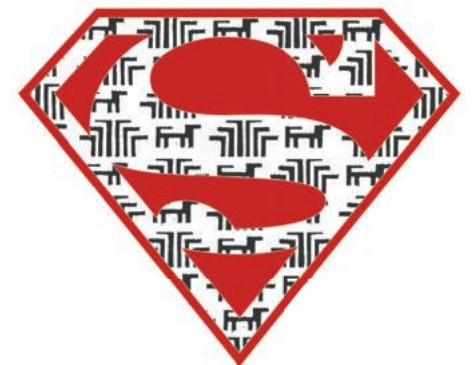
Native Arts, Crafts, foods and more.

**When: Saturday December 1st**  
**Time: 9AM-3PM**  
**Where: Skokomish Community Center**  
**19731 North US HWY 101 Skokomish, WA 98584**

**For vendor openings, please call Kris Miller 360-426-4232**  
**Tables are 25.00 each. 8 ft tables.**

he had just shot up with opiates. He told me he had children. I asked why that wasn't enough to make him stop using. He told me he was in a program. On this day instead of going to a meeting, he decided to go gambling. He told me, "You either get clean or you die."

There is help waiting for any addict who truly wants to live and have a life. Call HOPE.





*Happy Birthday Bear and Anna Love you both to the moon and back*



Happy 5th Birthday to my baby boy King!  
Sister loves you handsome!

I would love to wish my mother, Peggy Johnson, a very Happy Thanksgiving. We are so blessed to have my mom in our lives. Thank you for being you 😊 from the Johnson's

## Tribal Members with Birthdays in November

### 1st

Kayti Pharris  
Kale Wingfield

### 2nd

Mona Miller

### 3rd

Karl Miller  
Mary Pavel  
Ava Tinaza

### 4th

Richard Gouley  
Tami LaClair

### 5th

Tom Pulsfier Jr.  
Brandie Sweitzer  
Corbett Gamber, Jr.

### 6th

Mona Allen  
Darrel Smith  
Bo Tinaza  
Paul Wingfield  
Russell Cagey

### 7th

Perry Carrington  
Jonathan Dominquez  
Denny Hurtado  
Denise Miller

### 8th

Delveda Kenyon

### 9th

Mark Kremen  
Lyle Wilbur  
Aya Byrd

### 10th

Alfred RC Smith

### 11th

Tahnee Miller

### 12th

Jasmine Johnson-  
Krise  
Abigail Wilbur

### 13th

Robert Blacketer  
Aaron Johnson  
Ben Peters  
Shelly Twiddy

### 14th

Logan Longshore  
Setiva LittleSun

### 17th

Bear Plant  
Anita Peterson

### 18th

Billy Allen  
Joey Andrews

### 20th

Antoinette Longshore  
Tom Longshore  
Anna Clark

### 21st

Marty Allen

### 22nd

Kingston Andrews  
Oto Villines

### 23rd

Mary Ellen Geter  
Leslie Lincoln  
Ruth Peterson-  
Bluebird

### 24th

Rose James  
Larry Johns  
Marcy Tinaza  
Nellie Capoeman

### 25th

Carrie Ann Smith  
Marvin Cultee Jr.

### 26th

Timber Ware

### 28th

Lawrence Kenyon, III

### 29th

Jessica Ghramm  
Spilyay Miller  
Sayalts Miller

### 30th

Richard Henry  
Calista Miller

Tamela

May your birthday be as special as you are to me. I know it has been a rough year, but I wanted to let you know how proud I am of you. You are a fantastic, Daughter, Mother and Wife. I have watched you blossom into a beautiful woman of which I am proud to call my daughter.

I love you! Dad

Nellie Capoeman, Happy 8th Birthday, Hope your birthday is as beautiful as you! Love you lots, Love mom.

“To my Brother Steven Lee Johns, Loving and missing you in our hearts Happy Birthday to you too.” Love your Fam Bam.

*Happy Thanksgiving from The Skokomish Tribe*

# 17TH ANNUAL “FREE” COMMUNITY THANKSGIVING DINNER

**SATURDAY, NOVEMBER 10**  
**12 noon - 6 pm**

**NCCU Worship Center**  
**951 E Dalby Rd, Union, WA**

**SUPPORT OUR LOCAL FOOD BANKS**  
**BRING NON-PERISHABLE FOOD OR CASH DONATIONS...**



New Community Church of Union  
360.898.7588 | www.theNCCU.org  
Like us on Facebook



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

Non-Profit Organization  
 US Postage Paid  
 Hoodspout, WA  
 Permit No. 11

RETURN SERVICE REQUESTED

## Rez Photo of the Month



Can you name this young lady in this great old photo?  
 Please turn to page 8 for the answer! Good luck!

## Rez Sudoku Puzzle of the Month

	4		1	5	6			
9								5
6	5		7			2	4	
				7				
		5	3	2	9	8		
				6				
	8	1			7		5	2
2								9
			8	4	2		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](mailto: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.