Skokomish Education Banquet 2019

On June 20, 2019 the Skokomish Education Banquet was held at the Skokomish Community Center. It was a wonderful celebration for all of the graduates from Headstart, Middle School, High School, College and Trade schools. An excellent feast of salmon, Hood Canal Shrimp and other local delicacies was served and enjoyed by all. The Skokomish Tribal Council ensured that there was plenty and that the graduates were recognized and honored for their achievements.

We had eighteen graduates who are leaving Headstart and going on to Kindergarten this Fall. Another 19 students have completed their first year of Headstart and will be in the upper grade level, this Fall. Kudos to the staff for getting these first timers initiated into the educational journey that will permeate their lives.

There were twenty-four eighth graders who were being promoted from Hood Canal School and moving on to start their High School education. We wish them all the best in their next level towards gaining the High School diploma.

There were eight students who were honored for their graduation from High School, this year. Those being: Donovan Allen, Kyler Gall, Alexia Moon, Decheiya LittleSun, Jordyn Peterson, Kylin Powell Austin Ramsfield and Timber Ware. They are now ready to begin their college level studies, some are looking at Trade school options, and others are going to move into the employment market. Best wishes to each of these students.

We had six students who were celebrating the award of their High School diploma in the High School 21 plus category. These are: Thomas (Cougar) Peterson, Emery Mount, A da LeClair, Justine Mowitch, Sashina Stephens and Helen Cultee. You are to be commended for sticking with it and getting this accomplished. Good luck to all of you as you move on in life and hopefully to higher education or trade school.

There were five honorees who have completed their college course and received their degrees. These proud graduates are: Alisa Woodruff, Bachelor of Arts from Northwest Indian College, Crystal Green, Associates Degree, Clover Park Technical College, Tristan Johnson, Associate Degree, Northwest Indian College, Taylor Strong, Summit Salon A cademy Aesthetics, and Hattie Williams, South Seattle Community College. May your next experiences be fulfilling and rewarding on a professional and personal level. Be proud and you’ve made us proud. Congratulations to everyone.

Finally, big props to John Gouley and the Community Center staff for their hard work in accommodating this celebration of our community. Your efforts were definitely noticed and appreciated.

Tony Herrera
The Head Start Staff held a wonderful dinner, on June 21, 2019, to celebrate the transition of twenty-five preschool students who are transitioning into their second year of the program. Another nineteen students transitioned out of the program and are going on to begin Kindergarten. Nearly all of the graduates had custom button blankets on, some wore variations of cedar regalia. Obviously, families put a lot of time into creating these special items for their little students to feel very special. As these children should, as they are now on their educational path in life.

The Head Start Graduates are: Xavier Allen-Johns, Kinston Andrews, Terry Birchall, Aya Byrd, Silas Campbell, Jacqueline Delacruz, Nina Edwards, Niah Gamber, Jacob Gilbert, Ti’ula Grover, Bentley Hackney, Paige Heyer, Millie Mcfarlane, Jesse Morigeau, Kyan Peterson, Miles Randall, Camron Sandoval, Kailan Sen, Blake Strong, Sha’Nyssa Tate, Harmony Taylor and Ryan White. Best wishes for each of them as they go off to the big school. Thanks to the Head Start teachers, and staff, for providing this important building block towards these little ones future, and the cooks who put together a great meal to celebrate over.

We also need to thank the fishermen, gatherers and hunters who contributed their efforts to have such a great array of local delicacies. And last, but not least, John Gouley and his Community Center staff who took care of all the needs to make this evening a success.

Tony Herrera
Summer School Success!

Several Skokomish students who attend CHOICE High School are enrolled for summer school and are off to a successful start. Four students have already completed the Health high school graduation requirement course using the FuelEd online program. This is because of the Skokomish Education Department working in partnership with the Shelton School District. We also have students working on completing Geometry, and Biology Section B. Our students are benefiting from the equation of online learning added to our one-on-one Skokomish tutor support that results and equals success for our Skokomish students.

Students who work as intern with the Skokomish Prevention Program are paid during the day for their work as well as receive payment when they come in to the Skokomish Ma’nalt Education Center and earn money while completing their summer school work from 4:00 – 6:00 PM. Roxanne Bruner is the Skokomish Tutor for CHOICE students and is available at the Center over summer from 8:00 AM - 6:00 PM Monday through Thursday each week during the summer. The CHOICE High School administration allows students enrolled in the online summer school program at our Skokomish Ma’nalt Education Center to continue to work toward completion of these courses during the school year. We can all be proud because these students are committed to earning credits toward graduation and deserve to be recognized for their efforts and achievements. Additional options for credit retrieval, earning credit for graduation and academic support are also available. Come in to the Education Center and see learning in action. The Skokomish/CHOICE and Shelton High School students are doing a great job!

Submitted by: Roxanne Bruner, MPA Tutor

Get Ready for Shelton High School Fall Sports!

SHS Fall Sports begin in August! SHS students interested in Cross Country (Boys & Girls), Football, Girls Soccer, Boys Tennis, Girls Swimming and Volleyball must be registered, cleared and receive a RED CARD from the SHS Athletic office BEFORE their first practice. Sports clearances are due August 19th through August 23rd. Football practice begins Wednesday, August 21st. All other sports begin Monday, August 26th.

What is needed to be eligible for sports at SHS?

• Purchase a Shelton High School ASB Card ($35.00).
• ALL CHOICE High School students are eligible to participate in all Shelton High School sports!
• Complete and sign every portion of the eligibility form.
• Current physical exam must be on file. Physicals are good for 24 months.
• Have either adequate private family insurance or enroll in the Shelton School District insurance program.
• Pay all outstanding fines and fees with both the school and Athletic Department.

Don’t forget to schedule a student physical! They are valid for 24 months.
**Twana Language Project Update**

This summer our language consultants, Nancy Jo Bob and Tami Hohn will be spending the better part of eight weeks working with Christie Chambless and Tony Herrera - teachers, to go through the various documents by all of the Ethnographers who studied our language. We’ll be looking for the most correct spelling and pronunciation of our language so that we can begin to create coloring books, language based games, flashcards, etc. This is tedious work but it needs to be done for the accuracy of everything we do going forward. We do find variances in the work of some of the Ethnographers and sometimes interpretation and spelling require precise detection using sound editing/listening software. We have only been doing this process, with the consultants, for the past two weeks. Previously we’ve been gathering all of the materials possible to make this as thorough as possible. Documents as far back as 1877 as well as recordings and previous dictionaries, teaching materials, legends and stories have been catalogued and time marked to get to where we are now. By the end of August we’ll have made a tremendous amount of progress to get the Twana Language Project poised to complete the deliverables of our Administration for Native Americans (ANA) Grant. This is the beginning of the third, and final year, of this particular grant. We will be applying for a continuation grant, for next year. Other funding sources are being explored as well.

Tony Herrera

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**Traveling with our Ancestors: Paddle to Lummi 2019**

It was a cool and damp morning, July 17th at 5 am, when the River Road Canoe Family began to assemble to begin the Paddle to Lummi 2019. There were lots of yawns but those grew into enthusiasm as the time to push off approached. Norma Cagey counseled the young paddlers about how they need to act and work together. To respect those who came before and built the legacy which Canoe Journey exemplifies today. On the whole our paddler’s average age is quite young, and some of them are on their second and third Canoe Journey. Norma Cagey said a prayer and sang a song to get them ready to push off and begin the first leg of the trip. We do have some seasoned veterans as part of the crew to provide the knowledge and experience that our younger paddlers need. “Moosie” LeClair is the Captain and he has a tremendous amount of experience in that role. On the way up to Dosewalips, that first day, the River Run canoe had to pull into Triton Cove as it became very windy, and rainy, so the swells became too much. After a brief respite the wind settled down and the canoe continued north. Port Gamble was the destination on the second day with Suquamish being the host tribe on the third day. Friday, on their way to Suquamish, the sun came out and the River Run made a stop at Point-No-Point, where our ancestors signed the Treaty in 1855. The final leg into Suquamish was a welcome sight, especially since the Navy and Marines carried each canoe up to the House of Awakened Culture. I was able to cover this landing, in person, and capture quite a few photos of the fifty plus canoes that landed there. Most of them came from Alki Point, those being the ones who started at Squaxin Island just a few days earlier. There were a few canoes who came over from Golden Garden’s Park, in Seattle, also. Suquamish was ever the gracious host providing camp sites and meals for two days, one day of rest before continuing on towards Lummi. Chairman Leonard Forsman welcomed each canoe and he was assisted by several of their Suquamish Days royalty, of all ages. Saturday was a day off and the canoes resumed the trip, on Sunday, heading over to Tulalip Bay. Monday they’ll pull to Swinomish, Tuesday to Samish and then up to the Stommish Grounds, at Lummi for their final destination. In the September edition of the Sounder we’ll have pictures of the goings on at Lummi, along with Protocol. Tony Herrera
Summer rec is off to a busy start with lots of our Skokomish youth attending this summer. On Mondays we have been having a series of classes. Drama, basketball skills, cooking, and working with Winter Strong with traditional teas. Tuesdays we go swimming at the Squaxin pool, Wednesdays we have health and fitness class with Bo Tinaza and yoga class. Our Skokomish 1st and 2nd graders had a basketball game recently in Olympia with program Team Up. Our kids prevailed 32 to 14. Our 1st teen Friday trip we spent the day in ocean shores. It was a funfilled day riding go carts and eating ice cream and playing on the beach. The 2nd Friday teen day the teens got to go to lakefair and ride the rides and after that went to a movies to watch lion king. Live Native Leadership camp with be held august 29th-30th at the Skokomish community center. 2 days of leadership training, motivational speakers, basketball skills training. Our wildwaves trip will be august 26th and our back to school bash will be august 27th.

The 2019 Wellness Warrior Camps was a great experience for the Skokomish youth. When we arrived to the camp the trainers had all the groups sit in the pow wow arbor seating and had us all begin introducing our self’s. It was an awesome to see other tribes tell us where came from and how long it took them to get to the wellness warrior camp. As everyone was getting done with their introductions the trainers put all the youth in random clans to encourage them, interact and to be more social. Over the days we were at camp the groups are now broken up into their clan, going to their classes. The classes they had for us were really cool and fun, some of the youth even got to try out new activities they haven’t gotten to do like riding a horse, archery, and traditional games, also tools and wellness and healing. When the classes were all finished up later in the day they camp put on a 3v3 tournament, some of the skok youth entered in the tournament and was playing really good basketball, competing. Chase Burfiend and Taya Gouley and their teammate took championship.

The last day of the Wellness Warrior Camp the youth were getting there gift to give away and practicing for their songs to sing for the whole camp.
Monitoring for harmful algal blooms is in full swing by the water quality and shellfish staff. Coccolithophores appear to have started blooming in the Canal, focused on Dabob Bay and perhaps Annas Bay. This is later than when it started in 2018 but earlier than normal, which is late August. Blooms are a concern because it is believed less light penetrates into the water reducing primary production which, in turn, means less food for animals higher on the trophic scale, such as oysters and clams. Nutrient sampling is also ongoing as is the setup of new lab equipment. Finally, thanks to a grant, the Tribe will be contracting with a geohydrologist to investigate the ground water to determine where it goes and how it flows.

Trump’s EPA is causing even more concern for the environment. As mentioned last month, the EPA is looking to rescind its support of the fish consumption rate. The rate itself will stay the same, 175 grams per day, but the health criteria will become much worse with 1 person in 10,000 expected to get cancer instead of on person in a million. In addition, we have learned that the EPA is trying to redefine the Waters of the United States to exclude the Clean Water Act. Finally, the EPA is also planning to change protections for pesticides to make industry happy. This will put at risk species listed as endangered such as summer chum and killer whales and reverse much of our recovery work.

A new invasive species has been discovered at the Skokomish Estuary, this time one that invades the salt marsh. Unlike most invasive plants, pepperweed can grow in salty water and is flowering right now. The Tribe, with assistance from Mason County, has pulled quite a bit in hopes of “nipping it in the bud.” The habitat staff also deployed temperature monitors in the Tahuya River which will be checked throughout the summer. Water temperature is a concern for spawning salmon.

During the crab opening in June, shellfish staff looked at the length and weight of crab to get an estimate of the weight of individual crab. This can be used regionally to determine the amount of crab caught by the state as they record in numbers of crab, not pounds. We also continue to monitor the light traps for megalopes. With three more dive days we should finish surveying the Case Shoal South tract and will move on to the Brown Point tract. The team is looking at ways of improving the show plot information. Also, with assistance from the water quality and permitting team, shellfish staff reviewed Nationwide Permit 48 violations which may impact treaty fishing opportunities. Shellfish growers use hanging bags to grow oysters but legally must have a permit; unfortunately, many don’t.

Egg take at the Enetai Hatchery went exceedingly well with an 87% survival rate, up from only 64% in 2017. Upgrades to the spawning channel, paid for by the Navy for mitigation, are on hold until 2020 because of permits. However, the well conveyance is scheduled to be complete this year which is good considering the drought conditions. We’ll need every drop of water, no doubt. The project should be complete by the end of October, 2019. Finally, the hatchery crew attended a training in New Mexico put on by the US Fish and Wildlife Service. Dickie and Robert scored 95% on the final test and Jennifer Adams scored a perfect 100%!

The habitat crew along with Mason Conservation District have been busy removing an infestation of weeds (Perennial pepperweed) from the estuary. Perennial pepperweed (Lepidium latifolium) is an herbaceous plant in the mustard family. Plants survive several years and produce very thick, monospecific stands, especially in moist areas such as wetlands and along rivers and creeks. Each shoot will produce thousands of small, white, cross-shaped flowers. Each flower results in one small seed capsule containing two seeds. A thick infestation has been estimated to produce over 6 billion seed per acre. We are trying to avoid using herbicides if at all possible so we pulled, bagged and removed all the pepperweed we could find. It took several days and in total we removed over 2 tons of this weed from the estuary!!
Hood Canal blooms again, as biologists assess role of armored plankton

By: Christopher Dunagan

In what is becoming an annual event, portions of Hood Canal have changed colors in recent days, the result of a large bloom of armored plankton called coccolithophores.

Teri King, a plankton expert with Washington Sea Grant, has been among the first to take notice of the turquoise blooms each year they occur. "Guess who is back?" Teri wrote in the blog Bivalves for Clean Water. "She showed up late in June 24 in Dabob Bay and has been shining her Caribbean blueness throughout the bay and spreading south toward Quilcene Bay."

Yesterday, I noticed a turquoise tinge in Southern Hood Canal from Union up to Belfair, although the color was not as intense as I've seen in past years. The color is the result of light reflecting off elaborate platelets of calcium carbonate, called coccoliths, which form around the single-celled coccolithophores. The species in Hood Canal is typically Emiliania huxleyi.

In the past, coccolithophore blooms seem to appear when the waters of Hood Canal are calm and sunny. The organisms are said to out-compete other types of plankton when nitrogen diminishes in surface waters. Nitrogen, a key nutrient for phytoplankton, can be used up in Hood Canal during periods of calm, dry weather. It will be interesting to see how the plankton population changes after recent rains may have infused a bit more nitrogen.

Meanwhile, biologists with the Skokomish Tribe have begun to investigate how the coccolithophore blooms could be affecting shellfish in Hood Canal. In recent years, shellfish growers have reported higher-than-usual oyster mortalities around the time of these blooms.

In 2017, Blair Paul, the tribe's lead shellfish biologist, conducted a dive survey of the vast underwater geoduck beds in the midst of a coccolithophore bloom. Blair said he noticed that the geoducks weren't eating, and the light levels appeared to be reduced. Tiffany Royal, a public information officer for the Northwest Indian Fisheries Commission, wrote about his finding, quoting Blair in a news release: "Now we want to know two things: if there is a correlation between low crab and shrimp abundance when there is a coccolithophore bloom, and if there is a reduction in food production in the water column for all shellfish nutrition."

Tribal biologists are taking samples of water for concentrations of plankton while also looking at water chemistry. They are also testing for light levels inside and outside the plankton blooms. Since the coccolithophores seem to dominate the waters after other major plankton species have declined, it is important to know whether shellfish will eat the coccolithophores, Blair said. They aren't toxic, but their shells may be too abrasive for the shellfish to consume, he noted.

Seth Book, a tribal biologist who coordinates with the federal Environmental Protection Agency, told me that he is interested in the ecological role that coccolithophores play in Hood Canal, which is known for its low-oxygen conditions and occasional fish kills. "We are concerned with potential reduction in primary productivity due to reflection and light attenuation, which means less food for shellfish," he wrote in an email. "We have started to call it an ecosystem-disrupting harmful algal bloom. Not toxic that we know of, but it appears to have impacts other than pretty water.'"

Increasing levels of carbon dioxide in the atmosphere also complicates the picture. Since coccoliths are made of calcium carbonate, they might play a significant role in the carbon chemistry of Hood Canal — given their sheer number during a major plankton bloom. The investigation of coccolithophores in Hood Canal is funded by a grant from the Bureau of Indian Affairs. A report is expected in the fall, and the tribe will follow with a mitigation plan that considers how to reduce damage to shellfish resources.

The tribes have been here thousands of years and will continue to be here," Seth said in the news release. "It could be a natural cycle, but what we're seeing is having implications to shellfish and treaty resources. It could possibly spread to other parts of Puget Sound as well.

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How to pick the perfect watermelon

There’s nothing like digging face first (or with knife and fork if you’re feeling fancy) into a giant slice of watermelon on a hot summer day. A good ol’ wedge of watermelon — straight from the fridge, all juicy, sweet and crisp — can be a serious thirst quencher when the sun is high in the sky and eating anything that’s not ice-cold is out of the question. Unfortunately, it is possible to end up with a less-than-perfect watermelon. If you do, there are great ways to use it up — watermelon sorbet or watermelon frosé, for example, will certainly make it disappear in a flash. But the best thing to do is go to your favorite grocery store armed with the knowledge that will ensure you buy a perfectly ripe melon in the first place. So here’s what you need to know:

Go for uniformity. Avoid any watermelons that look lumpy, dented or generally irregular. You want to choose one that is firm with no bruises, soft spots or damaged areas.

Pick it up. A ripe watermelon will feel heavier than one that is less ripe. This extra weight is a great indicator that it is full of water (not dry and flavorless). Compare different watermelons that are roughly the same size and select the heaviest one — it will also be the rippest!

Find the field spot. This is the yellow spot that you will see on one side of the watermelon. It indicates where the melon sat on the ground as it was growing and ripening. The yellower the spot is, the riper the watermelon is going to be. Definitely avoid a watermelon whose field spot is very pale, white or not there at all — this means that it was picked far too early and is not at all ripe.

Give it a knock. This is a pretty well-known technique than many watermelon lovers swear by. Simply knock on your selected melon with your knuckles and take note of how it sounds. A deep, dull sound indicates that the fruit is not quite ripe; a deep, hollow sound, however, is just what you are listening for.

These tips will help you source a perfect watermelon to enjoy whenever a craving strikes. Never succumb to a subpar piece of watermelon again; instead, browse the fruit section with savvy, and always buy whole fruit rather than cut — that’s just one of the secrets supermarkets don’t want you to know!
June 19th, 2019

Resolution No. 2019-075: A Resolution to Approve a Memorandum of Understanding between Capital Region ESD 113 Sound to Harbor Early Learning Programs and Skokomish Indian Tribe Head Start

Resolution No. 2019-076: A Resolution Approving and Adopting the Skokomish Tribe’s 2019 Annual Chum Salmon Regulation F#19-10

Resolution No. 2019-077: A Resolution Approving and Adopting the Skokomish Tribe’s 2019 Annual Coho Salmon Regulation F#19-08

Resolution No. 2019-078: A Resolution Approving and Adopting the Skokomish Tribe’s 2019 Annual Chinook and Pink Salmon Regulation F#19-06


Resolution No. 2019-081: A Resolution Approving the Application of Cameron C. Henry for Membership in the Skokomish Indian Tribe

Resolution No. 2019-082: A Resolution Approving the Enrollment Application of Alexia G. Moon for Membership in the Skokomish Indian Tribe

Resolution No. 2019-083: A Resolution Approving the Enrollment Application of Abel K. Elguero

Resolution No. 2019-084: A Resolution to Enact the Supportive Housing Ordinance, S.T.C. Chapter 2.14

Resolution No. 2019-085: A Resolution to Approve an Emergency Fireworks Regulation for the 2019 Summer Season

Resolution No. 2019-086: A Resolution to Approve and Authorize Submission of a Multi-Year Funding Agreement for FY 2020-FY 2024, a Tribal Transportation Program (TTP) Addendum and FY 2020 Reprogramming Request to the Office of Self Governance for Approval by the Assistant Secretary of Indian Affairs for the Department of the Interior

Resolution No. 2019-087: A Resolution Approving the Education Department Student Incentive Program

Resolution No. 2019-088: A Resolution Approving and Authorizing the Execution of the Peninsula Regional Transportation Policy Board Interlocal Agreement

Resolution No. 2019-089: A Resolution Approving the Submission, Negotiation and Execution of the Renewal Grant Application for the Skokomish Head Start Program to Department of Health and Human Services (DHHS), Administration for Children and Families, Head Start Bureau for FY 2019

Resolution No. 2019-090: A Resolution Approving Submission of an Application to the Vocational Rehabilitation Services Projects for American Indians with Disabilities FY 2019

Resolution No. 2019-091: A Resolution Approving IHS Project PO-19-M67

Resolution No. 2019-092: A Resolution to Approve and Authorize Submission of a Multi-Year Funding Agreement for FY 2020-FY 2024, a Tribal Transportation Program (TTP) Addendum and FY 2020 Reprogramming Request to the Office of Self Governance for Approval by the Assistant Secretary of Indian Affairs for the Department of the Interior

Resolution No. 2019-093: A Resolution to Approve the SPIPA’s Submission of Renewal Application to the USDA FY 2020 Food Distribution Programs of Indian Reservation (FDPIR) on behalf of the Skokomish Indian Tribe

Resolution No. 2019-094: A Resolution Approving the Enrollment Application of William Lee Misner for Membership in the Skokomish Indian Tribe

Resolution No. 2019-095: A Resolution to Approve SLD Contract No. 2019-AGREE-00197, Interlocal Agreement between Mason County and Skokomish Indian Tribe for Acquisition of Services

Resolution No. 2019-096: A Resolution to Approve SLD Contract No. 2019-AGREE-00197, Interlocal Agreement between Mason County and Skokomish Indian Tribe for Acquisition of Services

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Resolution No. 2019-098: A Resolution Approving the Collaboration between the Skokomish Indian Tribe and the Skokomish Indian Tribal Enterprise Incorporated (DBA S.I.T.E., Inc.) in Order to Support the Vocational Rehabilitation Program

Resolution No. 2019-099: A Resolution Approving the Enrollment Application of Laila Longshore-Smith to the Skokomish Tribal Suicide, Drug, Alcohol Prevention Board “Everyday Matters!” Pursuant to the Appointment Procedures Contained within the S.T.C. 1.06, the Skokomish Committee Standards Ordinance

Resolution No. 2019-100: A Resolution Approving the Appointment of Dakota A. Lee to the Skokomish Housing Committee Pursuant to the Appointment Procedures Contained within the S.T.C. 1.06, the Skokomish Committee Standards Ordinance

Resolution No. 2019-101: A Resolution Approving the Appointment of John I. Cosel to the Skokomish Law & Order Committee Pursuant to the Appointment Procedures Contained within the S.T.C. 1.06, the Skokomish Committee Standards Ordinance

Resolution No. 2019-102: A Resolution Approving the Appointment of Jenna Adams to the Skokomish Law & Order Committee Pursuant to the Appointment Procedures Contained within the S.T.C. 1.06, the Skokomish Committee Standards Ordinance

Resolution No. 2019-103: A Resolution Approving the Appointment of Laila Longshore-Smith to the Skokomish Law & Order Committee Pursuant to the Appointment Procedures Contained within the S.T.C. 1.06, the Skokomish Committee Standards Ordinance

Resolution No. 2019-104: A Resolution Approving the Appointment of Ada A. Sherer to the Skokomish Law & Order Committee Pursuant to the Appointment Procedures Contained within the S.T.C. 1.06, the Skokomish Committee Standards Ordinance

Resolution No. 2019-105: A Resolution Approving the Appointment of R. Miller to the Skokomish Law & Order Committee Pursuant to the Appointment Procedures Contained within the S.T.C. 1.06, the Skokomish Committee Standards Ordinance

Resolution No. 2019-106: A Resolution Approving the Appointment of S. Miller to the Skokomish Law & Order Committee Pursuant to the Appointment Procedures Contained within the S.T.C. 1.06, the Skokomish Committee Standards Ordinance

Resolution No. 2019-107: A Resolution Approving the Appointment of N. Miller to the Skokomish Law & Order Committee Pursuant to the Appointment Procedures Contained within the S.T.C. 1.06, the Skokomish Committee Standards Ordinance

Resolution No. 2019-108: A Resolution Approving the Appointment of A. Miller to the Skokomish Law & Order Committee Pursuant to the Appointment Procedures Contained within the S.T.C. 1.06, the Skokomish Committee Standards Ordinance

Resolution No. 2019-109: A Resolution Approving the Appointment of C. Miller to the Skokomish Law & Order Committee Pursuant to the Appointment Procedures Contained within the S.T.C. 1.06, the Skokomish Committee Standards Ordinance

Resolution No. 2019-110: A Resolution Approving the Appointment of J. Miller to the Skokomish Law & Order Committee Pursuant to the Appointment Procedures Contained within the S.T.C. 1.06, the Skokomish Committee Standards Ordinance

Resolution No. 2019-111: A Resolution Approving the Appointment of K. Miller to the Skokomish Law & Order Committee Pursuant to the Appointment Procedures Contained within the S.T.C. 1.06, the Skokomish Committee Standards Ordinance

Resolution No. 2019-112: A Resolution Approving the Appointment of M. Miller to the Skokomish Law & Order Committee Pursuant to the Appointment Procedures Contained within the S.T.C. 1.06, the Skokomish Committee Standards Ordinance

Resolution No. 2019-113: A Resolution Approving the Appointment of T. Miller to the Skokomish Law & Order Committee Pursuant to the Appointment Procedures Contained within the S.T.C. 1.06, the Skokomish Committee Standards Ordinance

Resolution No. 2019-114: A Resolution Approving the Appointment of B. Miller to the Skokomish Law & Order Committee Pursuant to the Appointment Procedures Contained within the S.T.C. 1.06, the Skokomish Committee Standards Ordinance

Resolution No. 2019-115: A Resolution Approving the Appointment of Z. Miller to the Skokomish Law & Order Committee Pursuant to the Appointment Procedures Contained within the S.T.C. 1.06, the Skokomish Committee Standards Ordinance

The Skokomish Tribe is accepting comments on the new Skokomish Gaming Ordinances (S.T.C 4.02 & 4.02A).

Comments may be made in two ways:

1) At one of the public hearings scheduled for August 13, 2019, at 11:00AM and 5:30PM at the Skokomish Legal Department.

2) By emailing Robert Jimerson (Tribal Code Revisor—rjimerson@skokomish.org) or Earle Lees (Tribal Attorney—elees@skokomish.org) by August 13, 2019 at 12PM.

The proposed ordinances and all public comments will be submitted to the Tribal Council at the regularly scheduled Council meeting on Wednesday, August 14th, 2019.

To obtain a copy of the proposed ordinances please call Robert Jimerson at 360-426-4740 or email rjimerson@skokomish.org

Public Works

We have acquired 7 dump truck loads of logs for elder firewood for this winter from the forest service. This will not carry us all winter, so it is important that our elders make it last the best they can. We are continuing to search for wood sources, but still haven’t found a sufficient supplier.

Cody, Dakota and Fred have a lot of work order coming their way. The new tiny houses are ready for occupancy! The guys fill each home with household items to accommodate the occupants’ needs.

Public works has taken on 2 interns again this summer, Chase Burfiend and Treyton Andrews, to shadow Dakota and learn about the wastewater plant, water system and other duties we provide. Cody and Dakota will be selecting a class sometime down the road to accomplish their need to maintain a certain required level of ICU’s to keep their certification as water and wastewater operators.

Public works is going to be improving our Tribal transfer site soon by constructing concrete bins for separating disposal items and making for easier cleanup. We hope to make the approach to each dumpster better, hoping to eliminate the mud that tends to develop. All in all things are going good, the guys are busy with work orders and multiple requests.

Guy Miller, Public Works

www.skokomish.org
The Skokomish Police Department continues to grow in many different facets. The cooperation between them and surrounding law enforcement agencies is impressive and a tremendous asset to our community. A few months back Officer Kanika Uch was on duty and heard a call regarding a domestic incident that was happening, in Shelton. A man was distraught over his wife having served him with divorce papers and he threatened to kill himself. He drove from Shelton and headed north on Hwy. 101 then turning onto the Skokomish Valley Rd. and proceeding up to the Steel Bridge. City of Shelton police pursued him until he left their jurisdiction. When Mason County was asked to pursue they said that they didn’t have anyone nearby, but would respond as soon as possible, upon which Officer Kanika Uch responded and headed up to the Steel Bridge to assist in any way possible. When he arrived at the bridge he found one abandoned vehicle and another vehicle in which the man’s wife was watching hysterically. Officer Uch climbed down under the bridge to talk to the man who was threatening to jump, and asked him his name. When the man responded affirmatively Officer Uch quickly grabbed him and drug him up to the roadway. The man was despondent and so he was placed into the back of the police vehicle and then transported down to the George Adams Hatchery, where Mason County was waiting to transport him to the hospital for evaluation.

Officer Uch was given a life-saving award by Chief Doug Smith, to recognize his valiant effort to keep this man from jumping. Hopefully the distraught individual was helped and has come to the realization that life is worth living and he can build a positive future from here on out. Each time a police officer puts on his uniform and reports to work, they do not know what they’ll encounter, yet they must be prepared for any situation. Their training and instincts guide them to do what’s right to the best of their abilities. Congratulations to you, Officer Kanika Uch for your service and dedication to serving our community and all of Mason County.

Tony Herrera
**Two is too late!**

Baby teeth are so important.

Dental cavities are not just painful, they can impact how a child learns, sleeps, eats, and speaks.

Unfortunately, many children in our Skokomish community have cavities by the age of two. Please consider bringing your child to the dentist as soon as they get their first tooth.

**What do cavities look like?**

Cavities can start as white “chalky” looking areas on a child’s teeth. This is usually right at the gum line or the chewing surface of the teeth. Cavities can then grow and turn brown and black in color. Last of all the tooth may break because of the cavity.

Your children need your help to stay cavity free.

- Assist your child to brush their teeth utilizing a fluoride containing toothpaste
- Use a “rice sized” amount of fluoride toothpaste for children under three
- Use a “pea sized” amount of toothpaste for older children
- Older children with teeth that are close together may benefit from flossing. Children’s “flossers” or “floss picks” can make this a much easier task.

We would love the opportunity to help keep your child’s mouth healthy. Please schedule an appointment for your child (and yourself) at the Dental Clinic. Please Call 360-426-5755 or stop by the Skokomish Health Center.

**Overdose Awareness Walk & Resource Fair**

Every member of the community is invited!

Let’s show our support for those who have lost their lives to overdose and those that are still struggling.

Friends, family, community resources...

**It's A Beautiful Day To Save Lives**

**Belfair**

- **Date:** Wednesday Aug 28th 2019
- **Location:** North Mason Timberland Regional Library
- **Time:** 4PM Resource Fair Begins
- **5:45 PM Gather for Walk**
- **6:05 PM Walk Begins**

**Shelton**

- **Date:** Thursday Aug 29th 2019
- **Location:** Kneeland Park 100 Turner Ave
- **Time:** 4PM Resource Fair Begins
- **5:45 PM Gather for Walk**
- **6:05 PM Walk Begins**

For questions please call: D. Abraham Gardner 360-463-2238

**Save the date... 2019 Recovery Dinner**

**Date:** September 13, 2019
**Time:** 5:30 – 8:00 pm
**Place:** Skokomish Community Center

Please join Skokomish Health Center’s Behavioral Health Department to honor family, friends, and neighbors in recovery from addiction, mental illness, abuse, loss of a loved one, or even everyday stress.

We’ll have dinner, inspiring stories from local speakers, gifts, information & resources, and an activity room for kids under 13.

For more information contact Amber Hanson at the Skokomish Health Center, 360-426-5755.
Emily Poulin, a 13 year old youth, recently attended the 2019 Prevention Tribal Gathering: Health, Healing & Hope, which was hosted by the Lummi Nation. This gathering was intended for learning together and creating a vision for the future leaders of our communities. Emily represented our Skokomish community and presented the Spring Youth Forum Presentation. This presentation showed the Skokomish youth’s dedication to suicide prevention and commitment to promoting mental well-being through culture this last January with the Skokomish Coastal Jam. The other youth that had presented with her were busy with our other youth events, Thrive and the Native Youth Warrior Camp, and Emily did not let that stop her. We are proud of Emily and cannot wait to see what the future holds for her.

Native Connections Update

Emily Poulin, a 13 year old youth, recently attended the 2019 Prevention Tribal Gathering: Health, Healing & Hope, which was hosted by the Lummi Nation. This gathering was intended for learning together and creating a vision for the future leaders of our communities. Emily represented our Skokomish community and presented the Spring Youth Forum Presentation. This presentation showed the Skokomish youth’s dedication to suicide prevention and commitment to promoting mental well-being through culture this last January with the Skokomish Coastal Jam. The other youth that had presented with her were busy with our other youth events, Thrive and the Native Youth Warrior Camp, and Emily did not let that stop her. We are proud of Emily and cannot wait to see what the future holds for her.

2019
Skokomish Elders Picnic Saturday
AUGUST 17TH, 2019
Starting at 12:00 pm

We will have dessert tables set up at the park and will need help with donations.

Any additional donations for the raffle please drop off at the clinic front desk.

Contact Margie, Perry, or Nydesta @ clinic (360) 426-5755

SPIPA's Skokomish WIC
(Women, Infants, and Children)
provides healthy foods & nutrition information for you and your child up to age 5.
Please bring:
Your child, Provider One Card or PayStubs and identification for you & your child

Contact at SPIPA for an appointment:
Patty at 360.462.3224, wicnutrition@spipa.org
Debbie Gardipee-Reyes 360.462.3227 gardipee@spipa.org
Main SPIPA number: 360.426.3990

Next WIC:
Monday, August 12 at Tuwaduq Family Services 360.426.7788
9:00 am—2:00 pm (date and times may change)

*WIC is usually the 3rd Wed each month

This institution is an equal opportunity provider.
Washington State WIC Nutrition Program doesn't discriminate.
Simple Ways to Manage your Diabetes

you know managing type 2 diabetes isn’t just about taking medicine. So you’ve been trying to make better food and lifestyle choices. But figuring out what’s healthy and what isn’t can be confusing.

Take these habits. They may seem like they’re good for you, but they could actually be sabotaging your efforts.

1. Buying ‘sugar-free’ foods
   The supermarket is full of things that appear to be diabetes-friendly because they don’t have added sugar. But many have sugar substitutes that contain carbs. That means they could send your blood sugar levels soaring.

Before you put something in your cart, check the nutrition facts to see how many grams of carbs are in each serving and how much sugar is added. Knowing how many total carbs per serving are in foods helps you manage your blood sugar levels.

2. Swapping meals for meal replacement bars
   Losing weight can help, and meal replacement bars may seem like an easy way to slim down. Many meal replacement products are aimed at athletes. So they can be high in calories. Others contain ingredients like sugar alcohols (sorbitol and mannitol, for example), which can cause stomach trouble.

Occasionally, munching on a bar for breakfast when you’re pressed for time is OK as long as you pay attention to the nutrition info. But it’s smarter to stick with real meals or calorie-restricted bars that are complete meals and nutritionally balanced.

3. Loading up on vitamins and supplements
   A diet with lots of fruits and vegetables should give you all the nutrients you need. A multivitamin may help fill in the gaps, but it still can’t match the real thing -- food.

Some people take supplements like cinnamon or chromium to try to keep their blood sugar levels stable. It’s unclear whether these work. If you choose to try them -- or any supplement -- tell your doctor. He can make sure it’s safe for you and won’t interact with any medication you’re taking.

4. Drinking juice
   Natural doesn’t always mean healthy. One cup of apple juice, for example, has 25 grams of sugar and just 0.5 grams of fiber.

An apple, on the other hand, has less sugar (19 grams) and more fiber (4.5 grams). It will satisfy you longer and help stabilize your blood sugar. What’s more, a study found that drinking juice every day can raise the risk of getting diabetes. But regularly eating whole fruit can make it less likely.

5. Downing diet soda
   It may be calorie-free, carbohydrate-free, and sugar-free, but you can still overdo it. One study found that overweight people who rely on diet soda end up taking in more calories from food. Why? Diet-drink lovers may think they’re “saving” calories on drinks and can afford to splurge on food.

Artificial sweeteners also confuse your body because they taste sweet but don’t provide calories. If you’re craving a cola once in a while, it’s fine to treat yourself. But you should usually fill your glass with water and other unsweetened beverages like plain iced tea.

6. Avoiding all high-fat foods
   A little fat is good for you, assuming you choose the right kinds. You should limit saturated fats (found in meat and dairy products) and avoid trans fats completely. But monounsaturated and polyunsaturated fats are healthy.

In fact, certain high-fat foods seem to help people who have diabetes. Eating nuts along with higher-carb foods may prevent blood sugar levels from going up too sharply. Other studies have shown that people who eat avocados are less likely to get metabolic syndrome. That’s a cluster of symptoms that includes high blood sugar.

Just remember to keep portion sizes small. The calories can add up quickly.

7. Nibbling on 100-calorie snack packs
   Many people open pack after pack because each one seems so tiny. They end up eating more than if they’d started with a “regular” container. In one study, people who were given nine small bags of chips ended up eating almost twice as much as those who were given two large bags.

So be honest with yourself: Can you really stop after one? If not, put the box back on the shelf.

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Spicy Asparagus Stir-Fry

Serves 4

Ingredients

- 1 1/2 pounds pencil-thin or medium asparagus
- 2 tablespoons vegetable oil
- Salt and pepper
- 1 teaspoon grated or minced garlic
- 1 teaspoon grated fresh ginger
- 1 serrano or jalapeno chili, finely chopped (seeds removed if less heat desired)
- 2 tablespoons toasted sesame oil
- 3 scallions, sliced
- 1 (or 2) red Fresno chilies, thinly sliced into rings
- 1 teaspoon toasted sesame seeds
- Handful of cilantro sprigs

Steps:

1. Snap off tough bottom ends of asparagus and discard. Cut spears into 2-inch pieces (halve thicker pieces lengthwise).
2. Set wok or wide skillet over medium-high heat and add vegetable oil. When oil is hot, add asparagus and toss well to coat.
3. Season well with salt and pepper and stir-fry for 1 minute or so, then add garlic, ginger and serrano chili.
4. Continue stir-frying for another minute, until asparagus is cooked but still firm and bright green.
5. Transfer cooked asparagus to platter. Next, drizzle with sesame oil.
6. Sprinkle with scallions, red Fresno chili rings and sesame seeds. Garnish with cilantro sprigs and serve.

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Diabetes Mellitus Disease Information for the Elderly

Diabetes mellitus, commonly referred to as sugar diabetes, is one of the more prevalent chronic diseases particularly in Western nations. It is not specifically a disease of the elderly - in fact diabetes mellitus is more likely to develop within the mid-forties to late-fifties. However, some of the more severe complications in diabetes mellitus occurs closer to the senior years. It significantly complicates both the lifestyle and management of other diseases in the elderly. More importantly though, diabetes mellitus is potentially fatal and there is often ignorance about the seriousness of this disease.

Types of Diabetes Mellitus

There is broadly three types of diabetes mellitus:

- **Type 1 diabetes mellitus** which tends to start in early life, hence the outdated term juvenile diabetes, although it may start within the 30s and 40s.
- **Type 2 diabetes mellitus** which is more common and can start from the 20s onwards. It may be termed early onset if it begins before 60 years of age or late onset if its starts after the age of 60.
- **Gestational diabetes** also commonly referred to as pregnancy diabetes which starts when a woman is pregnant and often resolves shortly after childbirth although it can continue for life thereafter.

Causes of Diabetes Mellitus

Diabetes mellitus is simply a problem with controlling the blood glucose levels thereby leading to high glucose levels (hyperglycemia). Normally the pancreas secretes a hormone known as insulin to lower blood glucose levels should it rise. Another hormone known as glucagon can raise blood glucose levels when it falls too low. In this way the body can maintain the blood glucose levels within a normal range at any time of the day or night. Glucose
Hello everyone, my name is Michael Pegarsch. I am the new Community Development Planner at Skokomish. I grew up outside Chicago and have been living in Washington for the better part of the last 5 years. I recently earned my Master of Public Administration degree from The Evergreen State College concentrating in Tribal Governance, and I also have an undergraduate degree from Black Hills State University in Spearfish, SD; where I majored in American Indian Studies. I have been collaborating with Native communities in South Dakota and Washington on different projects for nearly two decades. I am extremely passionate about the inherent rights of Indigenous Peoples to sovereignty and self-determination, and I feel honored to serve the Skokomish community assisting growth in this capacity. Thank you all for this opportunity. I look forward to getting to know everyone and building relationships with the community.

Diabetes Continued ...

is essential for the cells to produce energy and is needed for every process in the body to run efficiently. Most glucose is sourced by breaking down carbohydrates that are eaten but even protein and fat can be converted into glucose. High levels of glucose however can damage cells and lead to a host of complications.

The hormone insulin forces cells to take in more glucose and for excess glucose to be stored away in the liver as glycogen or throughout the body as fat. In this way insulin removes glucose from the bloodstream when the glucose levels are too high. It also signals the liver to not produce any additional glucose either from the food it is processing or its glucose stores. In diabetes mellitus this control of blood glucose levels by insulin is impaired. In type 1 diabetes mellitus the pancreas cells that produce glucose is damaged leading to a lack of insulin (insulin deficiency). With type 2 diabetes mellitus the cells of the body stop responding to the insulin and this is known as insulin resistance. A similar process to type 2 diabetes mellitus occurs in gestational diabetes possibly as a result of the high levels of female hormones in circulation during pregnancy.

Although genetic factors play a significant role in diabetes mellitus, the influence of other lifestyle factors particularly with type 2 diabetes mellitus are important considerations. This includes:

- Obesity or being overweight
- Age as the chances of developing diabetes increases as a person gets older
- Sedentary lifestyle
- Family history of diabetes
- High blood cholesterol or triglyceride levels

Apart from age and family history, most of the other factors are modifiable meaning that it can be changed or avoided.

Signs and Symptoms

Diabetes mellitus is initially asymptomatic meaning that there may be no signs and symptoms especially in the stage just before diabetes fully develops known as pre-diabetes. In the elderly, the signs and symptoms can often be mistaken for side effects of chronic medication or other diseases. Therefore it is important to undergo regular testing to monitor the blood glucose levels rather than depending on the onset of the various symptoms.

- Increased thirst - feeling thirsty often despite not being more active or not perspiring excessively in hot weather.
- Frequent urination - urinating many more times in a day that is your normal pattern and especially awaking at night to urinate.
- Fatigue - feeling uncharacteristically tired even without extra physical activity which is sometimes just passed off as low energy levels.
- Increased hunger - eating more frequently, feeling hungry shortly after eating and sometimes ravenous hunger.
- Unexplained weight loss - losing weight for no known reason despite eating more food and being as active as is normally the case.

Over time and as the diabetes worsens, a person may start noticing additional symptoms such a repeated infections, wounds that do not heal properly or as quickly, blurred vision, unexplained headaches and fruity odor to the breath. Once the complications of diabetes mellitus sets in, more severe symptoms will become apparent.

Diabetes Continued ....
Your Domestic Violence Department News

We have had a fulfilling summer so far, being able to pop up at the Community Center to make all natural sunblock and sun relief spray, making sore muscle rub at the Tribal Center Kitchen, and finally Jam Making at the Tribal Center Kitchen. We attended the annual Washington Coalition of Sexual Assault Program’s (WCSAP) annual gathering where approximately 40 advocates from all over Washington were updated on policy regarding Missing and Murdered Indigenous Women. It is always a good day to connect with other advocates and hear what other programs are doing.

The nDiGi Storytellers Carmella Rodriguez and Brenda Manuelito paid us a visit and did a full day one on one follow-up training so that we can continue to hone our skills in digital storytelling. We will continue to improve our craft and do our best to continue telling the stories of the Skokomish Community. Our biggest lesson: Everyone has a story to tell. Give us a call and let’s see how we can help you tell your story.

We have been doing some in-depth research to bring more all natural healing to the community. Domestic Violence is the single major cause of injury to women. Survivors experience arthritis, hypertension and heart disease later in life from domestic violence suffered in early adulthood. So the recipes we have been researching are for both long and short term issues. We are ready to begin making batches of an arthritis blend, a pain relief bath soak, and we distributed a tester batch of sore muscle rub that is getting good feedback. We include in the recipes all-natural essential oils that add a beneficial aid to help calm and uplift. It’s exciting for us to see our apothecary grow, because we value the idea of using natural medicines and plants whenever possible. The closer we get to these things, the closer we are to our natural way of being as Indian people. And that is where true healing begins.

Speaking of recipes, we have been getting a lot of compliments with requests for our lavender lemonade recipe we served at our Sexual Assault Awareness dinner. So we’d like to provide that recipe for those summer days.

Make a simple syrup: 1 ¼ cup sugar + 1 cup of water in a saucepan, bring to a small boil, stirring until sugar is dissolved. Remove from heat and allow to cool to room temperature.

Squeeze enough lemons to measure 1 ½ cups. This is usually the equivalent of a 2 lb bag of lemons (maybe 6 lemons). When the simple syrup is cooled, add the lemon juice and 7 cups cold water.

For lavender lemonade, add about 4 drops of lavender oil into the lemonade and purple food coloring. It is very potent so it does not take much. Or you can soak lavender spikes in the lemonade overnight.

Recently, we made a blackberry green tea lemonade with about 7 cups steeped overnight green tea and mixed that into the basic lemonade recipe, topping it off with fresh blackberries just before serving.

Once you make the basic lemonade, you can go anywhere your imagination takes you from there. Enjoy, and let us know how your lemonade shakes out!

August 7 & Aug 28 are our next scheduled Pop-Up Crafts. These are our last Pop-Ups of the summer before we move back indoors, so come visit us between 11 am and 3 pm, do a quick craft and enjoy a snack.

Our Council of Elders Task Force Meeting is always the last Thursday of each month. This Task force is designed to provide support and suggestions for our twice annual awareness events. All elders are encouraged to join us! Next Noon Meeting: Thursday, August 29, 2019 at Tuwaduq Family Services.

We look forward to seeing you all at upcoming community events. Look for our Pop Up Canopies and come say hello. We always have program information available.

Our program provides 24/7 confidential crisis response and client services on weekdays from 8 am-5pm. If you need to talk to someone about your relationship, or need help getting out, and staying safe we’re here. Call Patty or Tor at (360) 426-7788. If you are in crisis, always dial 911 first. Then text or call 24/7 to (360) 545-2303. If you prefer email we are at dvprogram@skokomish.org.
Helping our Community

The Skokomish Vocational Rehabilitation program will be submitting their grant application hoping to be considered for refunding for the next five years. This will be a very competitive process this time and many tribes are worried that the possibility of not being funded is real and what will the tribal programs do if they are not considered for being refunded. This can have a big impact on Alaska/Native American tribes that may not be funded. We have been told by RSA (Washington D.C.) staff that they will not be able to fund all the tribes that will be submitting grants this time. We here at Skokomish/Chemalis who are jointly applying for the grant realize that we have very good grant writers submitting our grant application but there is still no guarantee. We will know by the end of September if the grant has been funded and will be able to continue the services that we currently are providing. We have been fortunate to be able to collaborate with the Chemalis tribe when applying for the grant back in 2014. When applying for the grant you are required to serve as certain amount of tribal membership and both tribes combined meet that number. Prior to the collaboration with Chemalis the Skokomish Tribe and other went in as a consortium through SPIPA. Skokomish and Chemalis have been working together meeting the employment numbers required by the grant each year. We have been successful working with our people in getting people to work and also working with the youth in transition. This program serves individuals that meet eligibility by providing documentation of disability that results in a barrier to employment and you must be an enrolled member of a federally recognized tribe. You need help with finding a job and want to work. The VR program can help remove barriers that you may have that may cause you to have a hard time finding employment, such as no driver’s license, no insurance, legal issues, lack of job skills, need help to write a resume or fill out a job application etc. We cannot pay for any type of fines but we can pay for several type of class fees. For students attending school that may have and IEP or 504 that will determine you eligible for the program if you are an enrolled member of a tribe. If you are struggling and having difficulty learning you can apply to see if we can schedule you for a learning assessment that can help with you your education and career goals that you have after high school. There are a variety of services that Vocational Rehabilitation can offer and if you are interested please stop by Tuwaduck Family Services building and talk with Rosetta LaClair or Carol Cordova or Barbara Churchill. We will be offering classes on financial planning soon as well as career classes being offered. There is a jobs board in the lobby of the building that jobs are advertised as they become available. We also have a computer available if you would like to search on line for jobs as well. This program works in collaboration with the Native Employment Works program as well as the Western Washington Indian Employment Training Program (WWIETP) trying to put people to work. The Skokomish Vocational Rehabilitation Annual Outreach dinner has been scheduled for September 25, 2019 tentatively at the community center. Please watch for flyers and announcement the closer it gets to that time. The Skokomish Garden crew did a presentation to the Tribal Council which they showed the video that was put together by WEAVE Program (Northwest Indian Health Board staff) a year prior when they came to the garden for a visit. We introduced all of the members of the garden crew and they were kindly acknowledged for all the hard work that they are doing for the community. It is not just gardening that they do for this community. You will see them in many different locations doing many other type of job activities for their community. All of these guys work very hard and are glad to be giving back to their community. They are a true “Community Resource” that we tap into whenever we need something done. If you would like to watch the video this is the link that you could go to watch it: https://youtu.be/SKLcsNOwxDU. It is something to be proud of. The traditional foods program continues to grow. We are getting more names added to the list of elders 65 and older. It is wonderful to be able to provide our elders with clams, oysters, shrimp (occasionally) and canned cherries that were canned by community members and taught by Kris Miller and Winona Poulin (Plant). Fresh vegetable and fruit have started to be distributed from the garden as it gets ready to be harvested. It will be ready just in time for the elder’s picnic in August. The planning and preparing has already started for the big event. Be watching for flyers and activities to help prepare to make this year another good picnic. The domestic violence staff was busy making jam and other pop up craft and medicines. The Healthy Families program will be taking the grandparents and families to the blueberry farm again this year. It was do cute to see the little ones picking berries and sharing the day with their parents and grandparents with lots of blueberries to take home at the end of the day. It has already been a busy summer this year and will continue to say busy. Make sure to watch for the summer activity flyers of all that happens in Skokomish. National Night Out will be first week in August. Planning for school clothes time will soon be upon us, be ready. (Financial Planning). To all the Canoe pullers and helpers, great job you should all be proud of your inner cultural strength that you pulled from. The ancestors are nothing but proud of all the hard work and commitment. The elder’s lunch program continues to provide healthy delicious lunches to our Skokomish Elders 55 and over every Monday, Tuesday and Thursday and birthday dinner the last Thursday of the month. Just a reminder to all that if you are not an enrolled tribal community member 55 and older or a spouse of a tribal member there is a $4.00 fee that is to be paid for your lunch. There are no take home lunches only to those that are homebound. You are welcome to purchase a lunch to be taken home if you would like but they are not free. The lunch program is set up to have our community elders come and visit with each other and make sure that they are eating healthy. The homebound elders are monitored by our CHR staff and they are the ones that will determine who will receive take home lunches. Please be honest when attending the lunch and make sure to pay if you are required to pay. The money earned just goes back into the pot of money for the elders that helps pay for one of the staff cooks. Thank you Ocean Sparr and Brian Miller and Sunsmay Keith for the delicious meals that you prepare for our elders. You are appreciated. Also remember that every Thursday at eleven o’clock yoga classes are offered to our tribal elders as well. This class helps with developing their strength as well as better balance. This is for tribal community elders only as well.

Rez Photo of the Month Answer

The young kids in this photo are: L-R Nick Wilbur III, Eleanor Smith, Jacob Smith, Katie Smith and Bud Wilbur!
**101 LAPTOP GIVEAWAY**

**EVERY FRIDAY | 7PM – 10PM**

5 WINNERS every hour will receive a **LENOVO® LAPTOP OR $200 IN LUCKY BUCKS!**

PLUS, there will be a bonus drawing on August 30 at 10:15 for a **Microsoft Surface Pro®**!

Earn entries daily. Receive additional entries for every 50 Lucky Points earned. Redeem points for even more entries.

**ENTERTAINMENT**

**SATURDAY, AUGUST 24**
**COMEDIAN**
Kris Shaw

**SATURDAY, AUGUST 31**
**DANNY VERNON**
Illusion of Elvis

**DOORS OPEN AT 7:30PM | SHOW STARTS AT 8PM**
All Club Lucky members get in FREE with purchase of TWO drink tickets ($10 total).

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**NOW HIRING**

**Security Officer**
Maintain constant vigilance to ensure the safety of customers, employees and company property.

**Cash Operations Representative**
Responsible for performing all duties of the Cash Operations Department.

**Casino Porter**
Responsible for maintaining cleanliness and order of the Casino.

**Bartender**
Must have Mixologist and Food Handlers Permits.

**Guest Services Representative**
Responsible for completing lodging reservations, general cleaning of guest rooms and assisting customers with inquiries.

**Park Attendant**
Assists in daily operation of the park. May include landscaping, maintenance projects, park cleanliness and guest services.

**Apply in person at Human Resources**
19330 North US Highway 101, or visit ldcjobs.com

Must be 21 years or older with a valid driver’s license and a high school diploma.

---

**2019 CAR SHOW**

YESTERYEAR CAR CLUB
Shelton, WA

**SATURDAY, AUGUST 17**
**11AM – 3PM**
**REGISTRATION BEGINS AT 7AM**

**OPP PRODUCTIONS VENDOR SHOW**

**LUCKY DOG CASINO**

**SATURDAY, AUGUST 31 & SUNDAY, SEPTEMBER 1**

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**OPP PRODUCTIONS VENDOR SHOW**

**LUCKY DOG CASINO**

**SATURDAY, AUGUST 31 & SUNDAY, SEPTEMBER 1**

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**2019 CAR SHOW**

YESTERYEAR CAR CLUB
Shelton, WA

**SATURDAY, AUGUST 17**
**11AM – 3PM**
**REGISTRATION BEGINS AT 7AM**

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**LINKS**

www.skokomish.org
**UPDATE:** South Camp Restroom Renovation Complete!

7211 N Lake Cushman Road | Hoodsport, WA 98548 | skokomishpark.com | 360.877.5760

BOOK TODAY AT
wfresort.com

21660 US HWY 101 | Skokomish, WA 98584 | wfresort.com | 360.877.9422

$2 BAGS OF ICE
$1 FOUNTAIN DRINKS

Remember to use your Tribal Discount Card for 25¢ off per gallon.

Ethanol-Free Coming Soon!

19390 US HWY 101 | Skokomish, WA 98584 | 360.877.2024

Happy Birthday Angel. I Hope You Have An Awesome Day. Your The Best. I Love You very much

Happy Birthday to these two important guys in my life! My Padre, thank you for being the best Papa ever to my son! We all love you very much!! My Son, Drevyn can’t believe you’re 7! Time flies and you make us so very proud!! We love you guys both very much and hope your day is amazing as you two are!!


Happy Birthday Wendy Johnson. We love you very much

Happy Birthday to these two important guys in my life! My Padre, thank you for being the best Papa ever to my son! We all love you very much!! My Son, Drevyn can’t believe you’re 7! Time flies and you make us so very proud!! We love you guys both very much and hope your day is amazing as you two are!!

Your Social Security number isn’t suspended. Ever!

A caller says that he’s from the government and your Social Security number (SSN) has been suspended. He sounds very professional. So you should do exactly what he says to fix things… right? Wrong.

The FTC has gotten reports about scammers trying to trick people out of their personal information by telling them that they need to “reactivate” their supposedly “suspended” SSNs. The scammers say the SSN was suspended because of some connection to fraud or other criminal activity. They say to call a number to clear it up – where they’ll ask you for personal information. Thing is, Social Security numbers do not get suspended. This is just a variation of a government imposter scam that’s after your SSN, bank account number, or other personal information. In this variation of the scheme, the caller pretends to be protecting you from a scam while he’s trying to lure you into one.

Here are a few tips to protect yourself:

Never give out or confirm personal information over the phone, via email or on a website until you’ve checked out whoever is asking you for it.

Do not trust a name, phone number, or email address just because it seems to be connected with the government. Con artists use official-sounding names and may fake caller ID or email address information to make you trust them. Besides, the government normally contacts people by postal mail.

Contact government agencies directly, using telephone numbers and website addresses you know to be legitimate.

If someone has tried to steal your personal information by pretending to be from the government, report it to the FTC.

Submitted by your IT Department
Rez Photo of the Month

Can you name the kids in this great old photo? Please turn to page 16 for the answer! Good luck!

Rez Sudoku Puzzle of the Month

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</tbody>
</table>

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

The Sounder

3sXeXa?l “It’s All Written Down”
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Mark Warren, Editor

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.