There were so many ghosts, ghouls and goblins that came to the Halloween party, on Friday October 25th. Attendance was over 400 people who came to dine on pizza first, then all of treats to be had after that. There was a cake walk, three different bouncy houses for the little ones to play on as well as the slides. Outside, in the new cooking shed, a very scary haunted house caused a multitude of screams and even a few tears, from the frightful delights that were there.

TANF staff signed people in for the raffle, and there were lots of wonderful prizes given to those lucky enough to have their ticket drawn. Ocean set up her camera to take family pictures in front of a Halloween themed backdrop. Towards the end of the evening the Reptile Man came to enthrall everyone with his wide array of animals, from a large turtle, an iguana, a couple of different snakes and finally, a 25 foot long python.

You could see how the little ones were absolutely mesmerized by these reptiles and wanted, so badly, to touch them, yet they were clinging to their parents. The Reptile Man is always a hit with the kids for these very reasons. It was fun to see the fascination in their faces as they touched the python, tried to pet the iguana and tapped lightly on the turtles’ shell.

The Community Center staff did an excellent job of accommodating the large crowd, providing a warm and dry place for this party. We all appreciate the hard work that went in to making this event such a success for our kids, large and small.

By Tony Herrera
This year’s annual Veterans’ Day Dinner brought the highest attendance that I can remember over the last decade. The room was full of our veterans and their loved ones. There were several babies and young children which illustrates how we have many younger veterans. George Amiotte shared his video of a recent trip he had made to Vietnam. He told us of how the Country has changed since he was there, as a soldier, during the Vietnam War. Several of our Vietnam Veterans were very surprised to see the change since they were last there.

Skokomish 4 Year College Fair a Success on November 14 - Thank you to Our College Reps!

On Thursday, November 14 at the Skokomish Community Center College representatives from more than 10 colleges both private and state universities from around our state of Washington attended our Skokomish 4 Year College Fair Event. These included those mentioned in the photo and in our list of contacts below. We enjoyed close contact and great conversations with this wonder group of four year colleges. Mary Williams and her capable crew cooked up a spaghetti dinner and door prizes were provided by the Skokomish Education Department. We have appreciated families who joined us and share in this evening dedicated to learning about higher education opportunities for our youth and adults. Thank you to our college representatives who shared their gifts and knowledge with the Skokomish Community. Thank you especially to Donna Feddern of the Shelton Timberland Regional Library for her support and presence at our Education events. She is an important asset to the community at large and she considers Skokomish Community to be important enough to be present.

Submitted by Deborah Hale

Below are your Washington state four year college contacts (2 community colleges) all of these representatives have been to the Skokomish Reservation and visited and understood just a little bit more about what is Skokomish and what that means. Questions or more contact information please contact Deborah Hale at 360-877-2460.

Jorge Martinez
University of Washington - Tacoma
jorgemm3@uw.edu
Admissions Advisor
253.692.5724

Allison Smith
Olympic College
Shelton Campus Administrator
asmith@olympic.edu
360.432.5404

Erin Rust
South Puget Sound Community College
Outreach/Admissions Specialist
erust@spssc.edu
360-596-5331

Karim Ahmath M.Ed
Admissions Transfer Advisor
EWU Office of Admissions
206.799.0806
kahmath@ewu.edu

Donna Feddern
Library Manager
Shelton & Hoodsport Timberland Libraries
360.426.1362
dfeddern@trl.org

Matt Lyons
Admission Counselor
Gonzaga University
509.313.6635

Robert Stolzberg
Admissions Counselor
Western Washington University
Robert.Stolzberg@wwu.edu
360.650.2381

College Representatives who visited Skokomish Community Center for our youth included from front left clockwise around the table; University of Washington- Seattle - Avelaka Macarro and her team member , Pacific Lutheran University- Jeankie-Jhen D. Aczon, Eastern Washington University - Karim Ahmath M.Ed, Gonzaga University, University of Washington - Jorge Martinez, The Evergreen State College - Erin Rust, South Puget Sound Community College - Amber De Villers, Saint Martin University - Michael Otter-Johnson. Not pictured but in attendance Western Washington University - Robert Stolzberg, Northwest Indian College - Alisa Woodruff, Olympic College - Allison Smith, Carmen Hoover, and Rose Ferri.

Winona, and her crew, made a wonderful meal and there were lots of great side dishes which were brought in by our community members. It’s always heart-warming to see our Veterans come and visit with their buddies and friends, reliving days gone by but certainly not forgotten.

After dinner there was a raffle with lots of nice prizes for those who attended.

Tony Herrera
Skokomish Athlete @ Shelton High School


I am so proud of Blaze, he has been working real hard on his academics this year. He isn’t afraid to ask me for help if he needs it and always has a good attitude. Blaze says sports are important to him and he knows he needs to keep his grades up to be able to participate fully. His favorite sports in order are; football, basketball, and baseball. Blaze also has a role model he would like to mention for all his help in sports, Trey Andrews, he is just the big bro and I look up to him.

Well done “Blaze” keep up the good work!

Skokomish Mentor/Tutor @ Shelton High School, Paula Muir.

Skokomish Student is a National Honor Society Inductee; Taya Gouley

Taya Gouley was inducted into the Shelton High School National Honor Society Chapter on Thursday, November 14, 2019. She has always maintained a 3.6 GPA or better her whole entire high school career. She has done this all while playing Shelton High School Varsity Basketball and Softball. Additionally she has played AAU Basketball, and Select Softball throughout the year. She is currently enrolled in the Olympic College’s Running Start Program working on her NAC certificate. She would like to pursue nursing as a career, following in the footsteps of her grandmother, Diane Gouley.

What is National Honor Society?
National Honor Society (NHS) raises a high school’s commitment to these four values of scholarship, service, leadership, and character. These four pillars have been associated with membership in the organization since began back in 1921.

Today, it is estimated that more than one million students participate in NHS activities. NHS chapters are found in all 50 states, US Territories, Canada, and around the world. Chapter membership not only recognizes students for their accomplishments, but challenges them to develop further through active involvement in school activities and community service.

As such, NHS chapters and students are in schools that care not only about student achievement, but also community engagement.

NHS students volunteer in their communities at the highest rates and make connecting with and serving within the community a priority. The average National Honor Society chapter contributes:

- 1,000 hours of school/community service
- $26,000 in charitable donations
- 1,000 pounds of food to local, state, and national causes
- 100 pints of blood

Hood Canal Tutor Schedule
Did you know that Durinda Gouley stays afterschool at Hood Canal School? Monday through Thursday for tutoring. She assists 3rd graders on Mondays from 3pm - 4 pm, and 4th graders on Tuesdays from 3pm - 4 pm. Mrs. Gouley's office is open on Wednesdays from 1:30 - 3:00 pm, and for the 5th graders on Thursdays from 3pm - 4pm. If your student needs help, send them on over to the Skokomish Education Room after school at Hood Canal. Thank you to, Durinda Gouley, Skokomish Tutor.

Skokomish Education Tutoring room at Hood Canal School Grades & Times

<table>
<thead>
<tr>
<th>Monday</th>
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<td>3 - 4 pm</td>
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<td>1:30 - 3:00 pm</td>
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<tr>
<td>Third Grade</td>
<td>Fourth Grade</td>
<td>OPEN to ALL</td>
<td>Fifth Grade</td>
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Come to the Free Application for Student Aid (FAFSA) Nights
Tuesdays, 2019 at the Skokomish Mall Education Center 3:30 pm - 7:00 pm December 10, and 17. This money is available to first come, first served and the applications opened October 1, 2019. This is your time, do something for you!

Snacks & FAFSA assistance available. Bring your Social Security Number and Driver’s License (if you have one) as well as your tax return from 2018 (if you have one).

Be ready for classes this summer and next school year 2020-21. Anyone is welcome, but seniors in high school are especially encouraged to attend. Call Deborah Hale or Cheri Cook at 360-877-2460.
Esteem is Important for Our Kids?

Most of us understand that positive self-esteem is when our kids feel good about themselves. We can all stand to learn more about positive self-esteem, and how to help our children build it. Being in touch with our culture will help this journey to positive Self-Esteem.

Do You Know Why Positive Self-Esteem Is Important for Our Kids?

When kids have positive self-esteem they feel good about themselves and their place in the world around them. They will be proud of what they can do and the skills they have and will try to do their best.

When our kids are confident and comfortable about who they are, they are more likely to have what Mr. Bob Cunningham in the Understood.org calls, a growth mindset. When kids have a growth mindset they are able to actually inspire themselves to accept new challenges and handle mistakes they may make along the way. Mistakes are not failure but are a way to provide more opportunities to learn from. If our kids have positive self-esteem they are able to stand up for themselves and even ask for help when they need it. This is so important and critical to success in the schools that our students attend. Asking for help is important. Your Skokomish tutor can be the first step in this process and often they can help your student go to a teacher for further help and support. Studies show that students who ask questions and talk with their teachers will understand the curriculum they are being taught better the more they discuss and question with teachers and their tutors.

Can We Grow and Cultivate Positive Self-Esteem Within Our Kids?

Kids develop positive self-esteem by working hard toward a goal and seeing their hard work produces results. When our kids achieve things this shows them they have what it takes to face new challenges. Their success makes them feel good about themselves, and they learn that it’s even OK to fail.

When kids do well at something, it also pleases other people, like their friends and the adults who care about them. This type of feedback also makes them feel good about themselves. This will help them to continue to build their positive self-esteem.

When Our Kids Have Positive Self-Esteem It May Look Like the Following:

1. They Feel respected
2. They become strong and feel proud even when they make a mistake
3. They have a sense of control over the events and activities in their lives
4. They can act independently
5. They can take responsibility for their actions and their work
6. They are comfortable and secure in forming relationships with others outside of their families

They have the strength and courage to make good decisions, even in the face of peer pressure.

What is the Price of Negative Self-Esteem on Our Kids?

Executive Director, Bob Cunningham, EdM, at the website Understood.org, writes that many kids have trouble growing and keeping positive self-esteem, for a variety of causes. One reason can be when our kids struggle in school.

When kids experience difficulties at school the feedback they receive from the adults in their lives

In some cases, they might get positive feedback that’s not sincere. This can make them mistrust the adults who are supposed to be helping them. Or they might become wary of the kids who are supposed to be their “friends.”

As a result, they feel less sure of themselves and their abilities. They may not feel motivated to try things that are hard for them, and have a tough time dealing with mistakes. Deep down, they may not believe they’re worthy of good treatment or success.

Kids who have negative self-esteem may also:

1. Feel frustrated, angry, anxious, or sad
2. Stop being interested in learning and school
3. May have trouble making and keeping friends
4. Be the students who are picked on or even bullied
5. Become withdrawn and quietly moving away from being involved with friends and family or give in to peer pressure
6. Sometimes even “develop self-defeating ways to deal with challenges,” this may look like quitting, avoiding activities, homework, even attending school, they can have silliness, and denial when you most want them to be involved or be serious about

Kids with negative self-esteem can also have a harder time standing up for themselves. In other words, they have trouble developing strong self-advocacy skills.

How to Help Your Child Build Positive Self-Esteem

Building self-esteem is possible. Kids can learn to build a better self-image to be able to see the good and value themselves. Being a supportive, realistic—but not overprotective—parent or caregiver is key. Asking teachers to be supportive but realistic is important, too.

It’s important to praise kids in ways that build self-esteem and teach them to be proud of their efforts and accomplishments. Praise kids’ efforts, but don’t lavish praise on everything they do. Kids know when they’ve been successful and worked hard—and when they haven’t. Friendship is a big part of building positive self-esteem, too. That doesn’t mean kids have to have tons of friends or be popular. Just having one friend who accepts you for who you are can make all the difference. Read about how to help grade-schoolers and middle-schoolers connect with other kids. And hear from an expert on what to do if your child doesn’t seem to “fit in.”

What is a competence anchor? Mr. Cunningham tells us it is a trigger of a memory of something they did well in the past by our kids. That allows them to feel and remember the joy and courage needed when they are faced with challenges at school and in life.

“Remember

1. Positive self-esteem gives kids confidence to face challenges.
2. Kids who value themselves are more likely to ask for the help they need.
3. Being supportive but realistic is key to helping your child build positive self-esteem.”

FYI, Bob Cunningham, EdM serves as executive director of learning development at Understood.org. You will be amazed at the information for parents at this wonderfully rich resource for you. To learn more go to: https://u.org/32V66Gr
This was the third Native Voices Arts Academy, which ran from November 14 - 17. The primary funding for this experience comes through Title I, Part C, Migratory Education. Other funding partners are WA ST Office of Indian Education, Arts Impact and Centrum. The first two sessions were during the previous school year and Hood Canal School has been attending since the beginning. This years’ edition had more schools, than before, so each school was limited to five students each. The two previous Native Voices had fewer schools participating so Hood Canal School took nine or ten students to those. The students are from grades 6 – 8 and must qualify under the Title 1, Part C, Migratory Education criteria. That criteria is specific to students whose families have self-identified themselves as migratory, per the grant definition. Those families depend on harvesting (fishing) and their parents do so beyond the local school boundaries. Thus, the migrant designation applies in this particular case. The program seeks to honor and deepen students’ connections to their heritage, and enhance their knowledge and skills through Native ways of learning. To serve this goal and sustain culturally grounded teaching and learning year round, Native Voices seeks to root educators, both Native and Non-Native, in these same cultural experiences and indigenous ways of teaching and learning. The five tribal community schools which were represented were Hood Canal, Mt. Adams, Marysville, Muckleshoot and La Conner. The presenters/teachers were Elaine and Julie Grinnel with Sarah Klostermeier (Jamestown S’Klallam) who taught basket weaving. Della Rice Sylvester (Cowichan First Peoples) who taught Plant Medicine. Shameka Gagnier (Cherokee and Purhe’pechan) who taught carving. Jefferson Green (Confederated Tribes of Warm Springs) who taught drumming, singing and dance. Toma Villa (Yakama Nation) who taught mural painting. Jackie Johnson (Makah Nation) who taught film making (utilizing smart phones). Patsy Whitefoot (Yakama Nation) and Sara Marie Ortiz (Acoma Pueblo Nation) who both taught Teacher Professional Learning. Each student was assigned to learn one of the art disciplines and they focused on that both Friday and Saturday. Seeing how the students picked up basket weaving, carving, making plant medicines, drumming and singing as well as film-making was a treat. You could see how they enjoyed learning new skills and went through the process of honing their new skills to create beautiful works. On Saturday night the students were invited to participate in a talent contest on a voluntary basis. There were a couple of very funny stand-up comedians, a powerful singer and drummer and an adult story-teller who had her students act out the story. During the evening get together the students were offered the microphone to share their thoughts on how their day went, what they learned, and which part of the day was their favorite. The more opportunities they have, like this, will benefit our students in the future. Confidence and comfort in speaking is a very valuable lesson and most of the participants took turns on the microphone. While some communities had some of their teachers and several paraprofessionals who were there to chaperone and watch over their respective students. Hood Canal Schools’ new Superintendent, Nikki Cannon, was the only administrator who attended. Her interest is to really learn about how the State of Washington’s “Since Time Immemorial” curriculum is being implemented and how our students interacted throughout the Native Voices Arts Academy. The other schools were impressed as their respective schools’ administrators have never come to this event. Nikki came as a chaperone, so she was right in there with the students during the whole learning process. We are fortunate to have such a caring and involved Superintendent, at Hood Canal School. On the last day the arts teachers had their students show off their finished projects that they learned to create. The basket weavers could take their new creations home with them, as well as the carvers. The film makers had a brief video project to share and now they have the spark to get more involved in film making, using their smart phones. The plant medicine makers were also able to take salves and potions home with them. The mural painters could take pictures of their works and share those pictures with friends and family. The drummers, singers and dancers have their newly honed skills to share also. The last day is filled with lots of collaborations, new friendships, laughter, joy and a little sadness at leaving their new friends as they all headed home. This is the success of Native Voices, seeing how the students showed off their works their abilities to work together on teams of new friends. There are so many people to thank for making this all possible and that was done very nicely, late Sunday morning, before everyone got ready to travel back home. On the first day there may have been some hesitancy, with the students, who weren’t sure what to expect out of home. On the first day there may have been some hesitancy, with the students, who weren’t sure what to expect out of this Arts Academy experience. But on the last day each one bubbled with enthusiasm at having been through this learning process and they said that they hated to leave. They also want to come to the next one, in March. The Native Voices Arts Academy keeps proving to be a wonderful learning opportunity for all the students who get to participate.

Tony Herrera
ACT/SAT Info Session at Skokomish
Announcing an Information Evening for Skokomish Juniors and Senior and their parents

Who: High Schoolers and their parents
What: Information event about ACTs, SATs, and the Accuplacer
When: January 7, 2019 3-5 PM Like snacks will be served.
Where: Skokomish Ma’Nalt Education Center 151 N. Reservation Rd. Shelton, WA 98584

This is only for Skokomish families and is a great and important opportunity. Light refreshments served. Please pass this on to any Skokomish parents you know who can benefit.

SHS WINTER SPORTS ELIGIBILITY INFORMATION

GIRLS BOWLING INFORMATION:
Clearance week: October 28 – November 1
* Athletes must be registered, cleared, and receive a RED CARD from the Athletics Office BEFORE the first practice.

Practice begins: Monday, November 4

BOYS & GIRLS BASKETBALL, BOYS SWIM, BOYS & GIRLS WRESTLING INFORMATION:
Clearance week: November 12 – November 15
* Athletes must be registered, cleared, and receive a RED CARD from the Athletics Office BEFORE the first practice.

Practice begins: Monday, November 18

WHAT TO BRING: Students must not have any athletic related fines (ASB card, unreturned uniform/gear, etc.)

All athletes who have NOT participated in a sport this school year must fill out an ATHLETIC REGISTRATION PACKET.

Athletes who HAVE participated in a sport this school year must fill out a new EMERGENCY CARD.

All athletes must provide a current sports physical, dated after 3/7/2018, if copy has not been provided PHYSICAL EXPIRATION DATES.

All athletes must have an active 2019-2020 ASB CARD ($35).

WINTER PRIDE NIGHT: Monday, November 25, 6:00 PM, SHS Minidome

We have much to be proud of in our community, and in our schools! Our community is passionate in its support for our athletic/activities programs. Please join us on November 25 in the Minidome, from 6:00 PM – 7:00 PM. We hope you can come dressed in red and black to show your school spirit. Go High-climbers!!!

**If you have questions, please contact Heather King in the Athletics office at hking@sheltonschools.org or 360-432-2124

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2019 Hood Canal Boys Basketball Schedule

November 19, 2019
Home Game vs. NW Christian Academy

November 21, 2019
Away @ Faith Lutheran
7075 Pacific Ave. SE, Lacey, WA 98503

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December 3, 2019
Home Game vs. Evergreen Christian School

December 5, 2019
Away @ St. Michael’s Parish School
1204 11th Ave. SE, Olympia, WA 98501

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December 10, 2019
Away @ McCleary Middle School
611 S. Main St., McCleary, WA 98557

December 12, 2019
Home Game vs. Grapeview School

December 17, 2019
Home Game vs. Pioneer Middle School

December 19, 2019
Away @ Cornerstone Christian School
5005 Lacey Blvd. SE, Olympia, WA 98503

*All games begin at 3:30 pm with the JV game playing first and the Varsity game second.

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Student Spotlights: Skyla and Nola Peterson

Skyla and Nola Peterson are the daughters of Stormy Gouley and James (Jim) Peterson. Their grandparents are Serena Gouley from Skokomish and Lois Peterson from Makah. They have a baby sister, Cinda Peterson. Skyla is a sixth grader at Hood Canal School and Nola is in fourth grade.

Skyla played volleyball this past season at Hood Canal School. Her favorite thing about volleyball is serving. She can serve overhand and she will be a very fierce server in another year or two. Skyla also likes her music class because she is happy being able to play the piano in the music room. She does not know yet what she wants to be when she grows up.

Nola really enjoys her reading class at Hood Canal School. Her reading teacher is, Mrs. Avery. Nola really likes the Diary of a Wimpy Kid series of books. She wants to play football when she grows up. Both Nola and Skyla played football for Neah Bay Elementary Warriors. Nola was a guard and Skyla was a lineman. They both like football because they like to tackle people. These are amazing sports minded young women.

Skyla and Nola live in Skokomish now with extended family that could not be happier to have them home and present at family gatherings. They both add light to their family’s lives.

Submitted by Durinda Gouley, Hood Canal tutor.
Hello from Tom’s Skokomish youth prevention and after school program. We had a busy last month. Our teams have been performing really well in native league with winning records thus far. Some of our kids attended a youth basketball tournament in Taholah Wa. Our 13 and under boys team went to the championship and took a 2nd place battling all the way back from a loss on Friday night. Our 11 and under and our 9 and under both took home 4th place t shirts. After school program went to the timberland library in hood sport recently. Thank you timberland for hosting our youth. We will make a trip their every couple of weeks. After school program has been busy with homework help and projects and coloring contests. Thank you to Sy Miller for stepping up and helping coach are little 9 and under teams at open gym. Be on the look out next month for winter culture camp starting December 20th through the 22nd of December. And for any future tournaments. Hoyt
ATTENTION GEODUCK DIVERS

All harvesters and divers must be certified by the Tribe by March 15, 2020 in order to participate in the 2020 fishery. All paperwork to become certified must be to the deputy director of DNR by 2:00 PM on March 15. It is the responsibility of the diver to make sure all of the necessary paperwork has been turned in by the deadline. This includes ensuring all third parties (Mason General Hospital, family doctor, The Work Clinic, etc.) submit paperwork on a diver’s behalf by the deadline. Making sure a third party submits the proper paperwork before the deadline is the sole responsibility of the diver. Certification will include successful completion with appropriate verification of the following:

1. NAUI or PADI recognized SCUBA certification
2. OSHA approved Surface Supplied Air diving certification
3. Current first aid and CPR certification
4. Current valid Skokomish Tribe fishing identification
5. All harvesters must pass a certified dive physical every two years and are responsible for scheduling of the physical. Divers may take a physical every year if they so choose.
6. All harvesters must pass a drug screening test every year. Scheduling of drug tests (other than random drug tests) will be the responsibility of the diver
7. All divers must read the Annual Geoduck Regulation and sign a copy (either in front of a DNR staff person or a notary public) stating that they have both read the regulation and understand the content, including the deadlines for submission. The signature also indicates that the diver will adhere to all of the rules of the geoduck fishery and if a rule is broken, they will accept and pay all required penalties and fines. Failure to sign the form will prevent a diver from getting a quota. The signed copy must be returned to the Deputy Director of DNR by the first day of February each year.
8. All divers must pass Tribally-conducted dive test annually. Specifics for the dive test will be released prior to January 1 of each year.

All pre-season drug testing, as necessary to become certified to dive for geoduck, must be conducted at Mason General Hospital between February 1 and March 10. Proof of a negative drug test must be received by the Department of Natural Resources by 3:00 pm on March 15.

As everyone has noticed by now, we have installed new lighting along Reservation Road and Tribal Center Road. All the lights have been retrofitted with LED Lights that use not even half as much energy as the old lights that were replaced. The reason that we done this was for safety. Believe it or not, when I was growing up here it was very dark pretty much all the way through the reservation. In fact my friend Gary Wilbur was ran over with a ten speed bicycle that put him in the hospital. I think we have come a long way since then. I used and application that measures light in Lux. I could not see a huge difference with the application but from the pictures I took there is a noticeable difference in the amount of light there is along both of our main roads through the reservation. We are going to be performing some road maintenance in summer of 2020. It was originally scheduled for last summer but Mason County Public Works had an overload and couldn’t get to our projects. Please be safe and use the new sidewalks. They were built for our community so let’s use them everyone.

Thank you,
Marty Allen
Helpful Hints for Water Pipes and Faucets Keep from Freezing

- Keep cabinet doors open during cold spells to allow warm air to circulate around pipes (particularly in the kitchen and bathroom).

Hose Bibb Cover:
Installing insulated hose bibb cover on outdoor spigot to prevent freezing. Outdoor spigots, also known as hose bibbs.

Suggestion: Hose bibb covers can be easily found in most hardware or home improvement stores, and they’re inexpensive and easy to install. Covers can usually be reused for several years, so they are a good investment. For just a few bucks, you can “winterize” outside faucets quickly and then move on to the other winterizing plumbing tasks.

~Housing News~

Rez Photo of the Month

The young kids are none other than Hattie Williams holding Seath’l Johns!

Don’t let it happen

- Keep cabinet doors open during cold spells to allow warm air to circulate around pipes (particularly in the kitchen and bathroom).

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Trees and holiday lighting
“Although Christmas tree fires are not common, when they do occur, they are more likely to be serious,” NFPA says.

“The NFPA offers these tips for enjoying a freshly cut tree indoors and reducing related fire dangers:

Picking the tree
- Choose a tree with fresh, green needles that do not fall off when touched.
- Before placing the tree in the stand, cut 2” from the base of the trunk.

- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water daily.

Lighting the tree
- Use lights that have the label of an independent testing laboratory. Some lights are only for indoor or outdoor use.
- Replace any string of lights with worn or broken cords or loose bulb connections.
- Read manufacturer’s instructions for number of light strands to connect.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.

After Christmas
- Get rid of the tree after Christmas. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home. Also, bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.
- Don’t overload your outlets. Use surge protectors if multiple outlets are needed and do not insert more than two plugs into one outlet. Never force a three-pronged plug into a two-pronged outlet or extension cord.

Holiday Lights
- Maintain your lights – Inspect the lights, wires, and sockets for wear and tear.
- Electrical Outlets – Don’t overload outlets or stretch lights to reach outlets.
- Periodically check the lights; they should not be warm to the touch.
- Turn the lights off when you’re not at home and before going to bed.

Each year fire occurring during the holiday season injure 2,600 individuals and cause over $930 million in damage. By following some of the outlined precautionary tips, individuals can greatly reduce their chances of becoming a holiday fire casualty.

“The holidays typically bring a lot of happy times with family and friends. “But falling to follow some basic safety rules can turn what should be happy memories into memories filled with sadness and regret.”

Rez Photo of the Month

The young kids are none other than Hattie Williams holding Seath’l Johns!
Skokomish Tribal Council
Resolutions Approved

October 23rd, 2019
Resolution No. 2019-126: A Resolution Adopting the 2020-2021 Skokomish Tribe Annual Sub-Tidal Geoduck Regulation ANN-S#20-01

Resolution No. 2019-127: A Resolution Approving the Revised Mutual Help Maintenance Program Policy to Bring into Compliance with Current Federal Statutes and Regulations

Resolution No. 2019-128: A Resolution Approving the Revised Rental Maintenance Program Policy to Bring into Compliance with Current Federal Statutes and Regulations

Resolution No. 2019-129: A Resolution Designating the Chief Executive Officer, the Chief of Police, and the Vocational Rehabilitation Coordinator as the Primary Contacts for the Department of Correction (DOC) Tribal Relations Liaison

Resolution No. 2019-130: A Resolution Authorizing the Settlement of the Dispute in United States V. Washington, Sub Proceeding No. 89-3-06, Regarding Intervention and Coverage in the 2007 Settlement Agreement

November 6th, 2019
Resolution No. 2019-131: A Resolution to Approve the Memorandum of Understanding between South Puget Sound Community College and Skokomish Indian Tribe – Coordinator and Instructor

Resolution No. 2019-132: A Resolution Approving Michael Pegarsch, Community Development Planner, as Representative to the Peninsula Regional Transportation Planning Organization Executive Board

Resolution No. 2019-133: A Resolution Approving Michael Pegarsch, Community Development Planner, as Representative to the Peninsula Regional Transportation Planning Organization Technical Advisory Board

Resolution No. 2019-134: A Resolution Approving Michael Pegarsch, Community Development Planner, as Representative to the Washington Indian Transportation Policy Advisory Committee

Resolution No. 2019-135: A Resolution to Approve the Employment Contract with the New Chief Executive Officer for the Skokomish Indian Tribe

Resolution No. 2019-136: A Resolution Approving the Submission of a Grant Application to the Environmental Protections Agency (EPA) through the Northwest Indian Fisheries Commission (NWIFC) for FY19 round of the Non-Competitive Tribal Projects for “Restoration and Protection of the Puget Sound”

Resolution No. 2019-137: A Resolution to Approve the Memorandum of Agreement with the Mason County Fire Protection District No. 16 (West Mason Fire)

SKOKOMISH TRIBAL COURT 2020 CALENDAR DATES

The Skokomish Tribal Court will hold regular court calendars two days each month in 2020. One date will be primarily for criminal cases and the other will be for family cases (ICW, Guardianships). On the criminal calendar day, time will be reserved for civil infraction hearings at 1:00 PM. Cases involving civil matters, protection orders, and truancies will be placed into one of these court dates as space allows. The Tribal Court will also hold hearings on other days in cases of emergencies or to comply with deadlines set by the Skokomish Tribal Code. If you have any questions, please call the Tribal Court at (360) 426-4740.

<table>
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<tr>
<th>Criminal Cases</th>
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<tr>
<td>January 10, 2020</td>
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<td>December 4, 2020</td>
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Skokomish Recycling News

Well Skokomish Nation, here is part two about our recyclable plastic.

#5 Polypropylene: Lightweight and heat resistant. This plastic is used to protect against moisture, grease and chemicals. Only about 3% is recycled but this number is growing.

#6 Polystyrene: Lightweight and easily shaped, this plastic may leach styrene, a possible human carcinogen into food products particularly when heated in a microwave. Though the technology exists, polystyrene has a low recycling rate and accounts for 35% of landfill material in the United States.

#7 Other Plastics: BPA Polycarbonate and Lexan. As the catchall for all other plastics, this classification has limited protocols for recycling. It includes BPA (Bisphenol A) a known endocrine disruptor as well as plastics with PLA near the symbol which is a compostable plastic made from bio-based polymers.

A little news on Recyclables and Non-Recyclables: Global output of plastic waste rose more in a single decade beginning in the early 2000’s than it had in the previous 40 years. According to environmentalists in 2015 Americans were generating 34.5 Million tons of plastic waste at year. Much of the nations discarded plastic ends up in foreign counties with poor waste management systems where unCaptured plastics turn into pollution. So come on down to the recycling center and drop off your plastics. We are open year round 7 days a week and all Holidays! See you there! Thank you, Daniel Cush and Sy Miller Waste Management.
Stress can wreak havoc on blood sugar. Here’s how.

By Gina Shaw
From the WebMD Archives

The holidays are right around the corner, and they often come with a heaping helping of stress. That extra tension can seriously affect your blood sugar, experts say, in at least two significant ways.

1. Hormonal changes. Stress wreaks havoc on your hormones, and the release of stress-related hormones like cortisol can lead to spikes in blood sugar levels. That’s true whether or not you have diabetes. But when you do have the disease, getting your blood sugar back under control is much harder.

2. Taking care of yourself -- or not. “Diabetes is largely about self-care: meal planning, exercise, taking your medications on time, keeping track of your blood glucose,” says Susan Guzman, PhD, co-founder of the Behavioral Diabetes Institute.

To see how stress affects your own blood sugar, try this experiment: Pick an upcoming situation that could be stressful in the short term. Maybe it’s a job interview or a public-speaking commitment. Check your blood sugar a few hours before the event, then right before the event, and then again immediately after.

“This can give you a ballpark idea about your own personal response to stress,” says John Zrebiec, LICSW, director of behavioral health at Joslin Diabetes Center.

“Diabetes and Holiday Stress

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“Diabetes is largely about self-care: meal planning, exercise, taking your medications on time, keeping track of your blood glucose,” says Susan Guzman, PhD, co-founder of the Behavioral Diabetes Institute.

“When there’s a lot going on in your life, you’re more likely to grab comfort foods. You’re less likely to count carbs and make sure you’re taking the proper insulin dose,” Guzman says. “Of course, things like not eating right or not getting enough sleep affect everyone under stress, but when you have diabetes, the cost of making these mistakes is higher.”

Continue Reading Below

So how can you get a handle on stress and keep your diabetes care in check?

Know yourself. Understand what your stress signals are. Do you feel panicky and anxious? Depressed and overwhelmed? Cranky and irritable? Do you overeat?

Breathe. Take deep, slow breaths from your diaphragm. This tells your brain to send oxygen to your muscles, helping you relax.

Set yourself up for success. Set an alarm on your computer or phone to remind yourself to get up and take a short walk every hour. Stash healthy snacks and your blood glucose meter in a handy desk drawer, and keep any holiday treats far away, Guzman says.

More Expert Tips

Feeling stressed this holiday season? Consider this advice from Zrebiec.

- Rather than accept every holiday invitation, practice politely saying no.
- Let go of your expectations that you have to do everything, and do it perfectly, this holiday season.
- Set limits. Plan for what you can do, and say no to what you can’t. Then, when unpredictable things happen -- and they will -- you won’t be too worn down to handle them.
Healthy Mouths in 2020

If it has been a while since you have had a dental check-up, please consider making an appointment for an evaluation and cleaning. Cavities are best treated before they start to hurt. Often, by the time a tooth starts to hurt, it may be too late for a simple filling. The tooth may require a root canal or extraction. Early dental evaluation allows us more treatment choices. For the next two months, we especially encourage everyone between the ages of 13-15 to stop by the dental clinic for a dental evaluation.

Every year, the Skokomish dental clinic evaluates data on a certain age range of patients. We look to see how many healthy teeth, dental fillings, missing teeth, cavities, and dental sealants people of a certain age group may have. This is really important, because it gives us information on the dental health of a particular segment of the community. The more evaluations we can complete the better idea we have of the dental health of the community.

Best wishes for the upcoming New Year from the dental clinic. Please consider stopping by the clinic this year for a dental evaluation and cleaning.

Note:
Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities.

If you’re unable to make the date, please call and schedule an appointment with appropriate staff.

For USDA Food, call the Warehouse at Nisqually 360.438.4216

This institution is an equal opportunity provider.

Washington State Prevention Summit

November 4 – 6, 2019
The Skokomish Tribe’s Native Connections program took 11 students to the Washington State Prevention Summit, in Yakama, WA, this year. Some of those students were fifth and sixth graders who had never attended this Summit before. There were also some seventh, eighth and ninth graders who had attended last years’ Prevention Summit with the Native Connections program. The younger students were experiencing this event for the first time, so there was a lot to absorb from the training sessions which they attended. But on the second day there was more confidence in them about what they were there for and a greater willingness to participate. The older students, especially those who attended last year, were very involved in the information sessions from the very start. The Prevention Summit had a wide array of information, most of which focused upon self-awareness about emotions and how to navigate issues that our youth face today. Drugs, alcohol, vaping, smoking and gang awareness were topics that were presented. There was also plenty of information, and examples, of anti-bullying awareness and techniques. Discussions were held on how to build positive activities, within your school and neighborhood, to promote safety. During last year’s Prevention Summit our youth came up with the idea of holding a Coastal Jam here at Skokomish. The youth council put together a plan and created a budget then they presented it to the Tribal Council. The Council was impressed with their enthusiasm, and efforts, and they provided the funds, and assistance, to make it happen. During the trip to Yakama these students spent time having meals together and meeting new youth from all over the state of Washington, including other tribal communities. In the evening there were socializing events, like arts and crafts, a Jeopardy completion, like the one hosted by Alex Trebek, on ABC, and even a dance with a DJ. It was a well-rounded event to help our youth be more prepared to grow up as prepared as possible to thrive and prosper. They also tried to let the students just have fun. We’ll see what ideas the youth come up with after this year’s Prevention Summit. Those younger students will be witness to the fruits of the information provided there. This opportunity expands the exposure, and experience, to help our youth grow up more aware, of how to better navigate their world and be much more knowledgeable of how to take care of themselves and their loved ones. Tony Herrera

South Puget Intertribal Planning Agency

USDA Foods Program

FEATURED RECIPE!

Chicken and Dumplings

Ingredients:
1 1/2 lbs chicken breast or canned (leftover turkey would also be great)
1 Tbsp olive oil
2 Tbsp butter
1 russett potato, peeled and diced
1 medium onion
1 rib celery
1 bay leaf, fresh or diced
Salt and pepper to taste
1 Tbsp poultry seasoning or 1/3 palm full
1 cup flour
1/3 cup warm water
1 cup frozen peas
handful of parsley

Instructions:
1. Dice chicken, set aside. Place oil and butter in a large pot on medium/ high heat; Add vegetables and bay leaf, cook about 5 minutes stirring frequently. Season with salt, pepper and poultry seasoning. Add flour and cook 2 minutes. Stir in broth/soup and bring to a boil, add chicken and stir.
2. Place biscuit mix in a bowl, combine with warm water and parsley. Drop in tablespoonfuls and reduce heat to medium low. Steam dumplings 8-10 minutes. Remove cover and stir to thicken sauce a bit. Stir in peas. Remove from heat when peas are done and serve in shallow bowls. Serves 4

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South Puget Intertribal Planning Agency

USDA Foods Program

December Dates

PT. GAMBLE S’KLALLAM 12/4/19
SQUAXIN ISLAND 12/9/19
CHEHALIS 12/13/19
SKOKOMISH 12/17/19
NI SQUALLY 12/19/19

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**New Employee**

Dr. Travis Townsend (Acoma/Cherokee) is a Native American Psychiatrist who works as a Tele-Behavioral Health provider for the Bemidji Area Office of the Indian Health Service providing Psychiatric care to multiple sites. Dr. Townsend most recently spent the past 5 years working at the Albuquerque Indian Health Center providing Psychiatric care to a diverse Tribal population there. He also has over 7 years of experience providing Psychiatric care to patients via telehealth at the Acoma-Canoncito-Laguna (ACL) service unit, both at the Hospital, and the Canoncito satellite clinic. Dr. Townsend completed his academic training at the University of New Mexico (UNM), he earned his Bachelors there with a double major in Psychology and Biology in 2003. This was followed by earning his Medical Doctorate there in 2010 and was then accepted into and completed his Residency in Psychiatry at the residency program at UNM Hospital. Dr. Townsend is also currently Volunteer Faculty with UNM School of Medicine Department of Psychiatry as a Clinical Assistant Professor where he teaches medical students and residents. He is also involved with UNM School of Medicine as a mentor for upcoming medical students interested in a career in Psychiatry.

**FOOD DRIVE**

Tuwaduq Family Services is putting together a canned food, non-perishable food drive to help provide for families during the holiday season. We will be taking donations at Tuwaduq Family Services from now until December 18, 2019 to be distributed to families in our community in need. This year has been a difficult fishing season for many families. For some the fish really never did show up. This is our way to try and help each other in the community through rough times. If you have extra canned/ non-perishable food that you are willing to donate and share with others in the community please drop it off at Tuwaduq Family Services: 561 N Tribal Center RD.

Thank You!

Everything donated will be distributed back into our community to support our families.

Any questions please call (360) 426-7788
November brought some rainy weather, colder temperatures, increased hours of darkness and therefore, a lot of indoor activities for our program. Healing Circle participants made hand drums and drum sticks over two nights. As a result, there are now twelve more drums in the Skokomish Community to be used for personal use or for gifting. We were also able to make a drum to donate to the Elders Program for the annual fundraising event at the Winter Bazaar held on November 30, 2019. In our ongoing partnership with Turning Pointe Domestic Violence Shelter, we presented at Turning at their Core Advocacy Training. It was a great opportunity for us to educate new domestic violence/sexual assault advocates and S.T.O.P. employees on the uniqueness of the Skokomish Domestic Violence Program and the services we offer. Much of the time we face misconceptions and stereotypes and in further strengthening our relationship with Turning Pointe in this manner we are able to teach the dynamics of violence in Indian Country, as we are dealing with historical trauma. We are able to bring to light the challenges as well as the strengths of the reservation. For example, did you know there is a “Power and Control Wheel” that explains the dynamics of domestic violence? Well, there is also a Native American version, and that is something were able to share at this training. Look for the Native American Version in this newsletter!

Our program is also working with Turning Pointe prevention specialist, Tammy Bacigalupo to provide prevention education groups in Hood Canal School beginning in the month of December. These groups will be offered during student lunch time, in its own classroom. Parents should expect to receive notification of the Healthy Relationship curriculum that will be implemented and know that it will be customized to each grade / age range.

Our Council of Elders Task Force meeting is scheduled for December 26th, noon at Tuwaduq Family Services. The Council of Elders Task force is designed to provide support and suggestions for our twice annual awareness events. All Community Elders are welcome. We look forward to seeing everyone at the annual Christmas gathering as we will be doing outreach at this event. As the weather continues to turn to winter we wish you all safety and warmth.

For more information on any of our activities or services please contact Patty Gouley or Tor Parker at (360) 426-7788. Emergency domestic violence situation call 911.

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**Your Domestic Violence Program is Here For You**

**Domestic Violence in Indian Country**

**UNNATURAL POWER AND CONTROL**

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**SKOKOMISH DOMESTIC VIOLENCE PROGRAM**

Wishes you a safe and happy holiday season

**OUR CRISIS LINE REMAINS 24 HOURS A DAY, 7 DAYS A WEEK, EVEN DURING THE HOLIDAYS. IF YOU NEED HELP GETTING TO SAFETY, AND HELP STAYING SAFE**

CALL OR TEXT PATTY AT (360) 463-6912, OR TOR AT (360) 545-2303

We are located at Tuwaduq Family Services—561 N. Tribal Center Road.

Call (360) 426-7788 8am—5pm Monday through Friday or Email dvprogram@skokomish.org

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**STRONGHEARTS**

Native Helpline
1-844-7NATIVE (762-8483)
7 am-10 pm Daily

**IF YOU ARE IN IMMEDIATE DANGER**

DIAL 911

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**Domestic Violence in Indian Country**

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**Turning Pointe**

Survivor Advocacy Center
To create a world free of sexual and domestic violence.

1-877-923-1212
210 Pacific Court
Shelton, WA

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This project was supported by grant 22615175.00.94.04 awarded by the Office on Violence against Women, U.S. Dept of Justice. The opinions, findings, conclusions & recommendations expressed in this publication/program/individual are those of the author and do not necessarily reflect the views of the OAVP.
December is a month for families to enjoy together. Pick an activity to enjoy quality time with your children and start some new family traditions.

Send Holiday Cards
Get the family involved in sending out holiday cards. Buy a box at the store or get creative and make your own. They are a pleasure to receive but they also give and you one-on-one time with your children while you create them together. Paint your cards, use rubber stamps or use the computer to design your own holiday cards use your imagination sky is the limit.

Have Holiday Pictures Taken
Put on your matching green and red sweaters or your sea gear and capture the moment with family holiday portraits. Be creative and get some good holiday shots. Keep your camera ready all month long so you can capture unique holiday pictures of your family.

Visit Santa Claus
Take the kids early in the month to see Santa and avoid the crowds closer to Christmas. The guy with the white beard in the bright red suit can be a scary sight to younger children, so prepare them for what to expect during their visit with Santa Claus. The mall almost always has a Santa.

Bake with Your Kids
You probably spend a lot of time in the kitchen in December. Let the kids be your little helpers. Bake with them to extend your holiday fun. Make gingerbread houses from scratch or bake cookies. Kids love to help in the kitchen in December. Let the kids be your little helpers. Bake with them.

Wrap Presents Together
Usually, kids wake up to find presents in the house who could easily choke on small parts or be injured from an older child’s toys.

Read a New Book
Every month should be Read a New Book Month. But during December, you have plenty of opportunities to introduce new books to your children. Pick books centered around the month of December. They can focus on the holidays, an author’s birthday and specific events.

For 31 days of craft activities check this web page out https://whereimaginationgrows.com/kids-activities-december-calendar/

Developmental parenting is warm, responsive, encouraging, and communicative. Developmental parenting is what most parents are doing when they clap their hands for their baby’s first steps, soothe their toddler who gets hurt, encourage their child to sing a song, or ask their child opened ended questions and support their children’s learning.

Whether it’s mealtime, bath time, or anytime in between, there are so many ways to help build your child’s brain. Brain building moments are all around you in the things you already do. All kinds of “conversations” help to build children’s brains—even when they’re still learning how to talk. By following your child’s lead and responding, you spark the connections they need for language and communication later on. All of these activists allow so much time for talking or babbling. Don’t be afraid to babble. When your child starts to make noises, treat it like a real conversation and mimic the sounds right back. See how many times you can go back and forth!

Safe Toy and Gift Month
With so many toys coming this month, it’s please stop and think about safety. As you shop for new toys or inspect your current ones, be sure you follow the toy safety checklist you can search the web for ideas. But also use this month to talk about toy safety with your children.

What may be age appropriate for one child could be dangerous to another. It’s especially true if you have a baby in the house who could easily choke on small parts or be injured from an older child’s toys.

Skokomish Vocational Rehabilitation Program

wishing you Happy Holidays

1. KEEP TO YOUR REGULAR ROUTINE.
   A change in routine can lead to additional stress. Try to exercise at your usual time, go to meetings that you normally go to, and stick to a normal a diet as you possibly can.

2. THINK MODERATION.
   While it may be easy to drink and eat too much at parties and special dinners, we should try not to overindulge with food or alcohol.

3. BE REALISTIC, AND TRY NOT TO EXPECT THE “IDEAL” HOLIDAY.
   Try to be realistic. Remember, nobody has a perfect holiday or perfect family.

4. STAY CONNECTED.
   Focus on catching up with family and friends. Remember to ask for support if you need it.

5. THROW GUILT OUT OF THE WINDOW.
   Try not to put unreasonable pressure on yourself to be happy, to rejoice, or even to enjoy the holiday season. Give yourself a break this holiday season.

6. DON’T BE ALONE, IF YOU DON’T WANT TO BE.
   If you anticipate spending time alone, try to volunteer somewhere, spend time with community members.

7. FOCUS ON TODAY, NOT YESTERDAY.
   There is something about family get togethers that makes us become who we were and not who we are. It is not necessary to play the same role as you did when you were younger, even if others are encouraging you to do so by their behaviors. If there is someone at the get together who knows who you are like today, make sure to reach out and draw them into the interactions. That will help ground you.

8. JUST SAY NO.
   It’s OK to say no when you’re asked to do more than you can. Just say no with love and kindness.

9. ASK FOR HELP.
   Holidays are often a time people attempt to take on too much on their own. It’s OK to ask for help from family and friends.

10. BE GOOD TO YOURSELF.
    Put focus back on what is meaningful to you. Spending time with loved ones. Draw from your beliefs. Stick to simple traditions. Laugh alot!
Tuwaduq Family Services staff wishes the Skokomish community a safe and happy holiday season. We are all preparing for the winter months and the cold weather that has started. The garden crew guys have been cutting and delivering wood for the tribal elders that are on the list. Since the garden is now put to bed for the winter the crew has been doing a variety of jobs that the community is in need of assistance. They have been working at the newly remodeled dumpster site for the Fall Clean-Up program that was open from November 5 to November 18, 2019. This fall clean-up helps to provide a place for tribal members to take their garbage and keep the community maintained during the winter time. We hope members took advantage of this offered opening. The TFS staff will be baking cookies once again this year preparing for the Christmas gathering that will be held at the Community Center. Each year it is always rewarding and delicious to be able to make homemade cookies for those who attend the event. Our program staff will also be attending the party and providing outreach supplies to support our community during the holidays. We will be providing canned goods for the elders Thanksgiving and Christmas basket for our tribal elders. This year we will be providing supplies for emergency preparedness with the Christmas baskets to be used or shared with someone that may need them in an emergency situation. On November 12, 2019, Debbie Gardipee-Reyes (SPIPA staff employee) came out and took applications for Energy Assistance. If you missed the scheduled date for turning in your application you should do this as soon as possible. This is a reminder that SPIPA is the one that will be issuing the checks for energy assistance, it is not the Skokomish Tribe. Applications have been taken, but payments will not be made for a while so please continue to pay your electric bill to avoid getting your lights turned off. Emergency food vouchers are still available to those that meet the income requirement and are only allowed one every three months. Applications are available at the front desk at Family Services. The clothing bins are also available to look through if you are in need of gently used clothing items. Thank you to those that continue to bring in clothing items to share with members of our community. We have many people that stop by and utilize them, located in the lobby area of TFS. We usually have a crockpot full of soup for those that stop by and may be homeless and hungry and need a cup of coffee and would like to visit. The jobs board has updated jobs that are being advertised and updated if you are looking for employment as well. We look forward to visiting with you and wish you well during the holiday season and the New Year. If you have any questions please call (360) 426-7788 and we will be glad to assist you.

I’m Free

Don’t grieve for me, for now I’m free,
I’m following the path God laid for me.
I took his hand when I heard his call,
I turned my back and left it all.
I could not stay another day,
To laugh, to love, to work, to play.
Tasks left undone must stay that way,
I’ve found that peace at the close of the day.

If my parting has left a void,
Then fill it with remembered joy.
A friendship shared, a laugh, a kiss,
Ah yes, these things I too will miss.
Be not burdened with times of sorrow,
I wish you the sunshine of tomorrow.
My Life’s been full, I savored much,
Good friends, good times, a loved one’s touch,
Perhaps my time seemed all too brief,
Don’t lengthen it now with undue grief.
Lift up your heart and share with me,
God wanted me now, He set me free.

Acknowledgments:
The family wishes to express their sincere gratitude to all those who have supported us during this time of loss.
-The Family

Crystal Lynne Green

April 5th, 1985 - November 9th, 2019
Wake Services were held on:
Friday, November 15th 2019 4:00 PM
Skokomish Community Center
Officiant: Gussy Blacketer

Funeral Services were held on:
Saturday, November 16th, 2019 11:00 AM
at the Skokomish Community Center
Graveside Services were held at the Skokomish Y-Cemetery
Officiant: Rita Andrews
Dinner Followed at the Skokomish Community Center

Wishing Everyone a Safe and Happy Holiday Season from TFS

WITH DEEPEST SYMPATHY

If You Have An Agenda Item You Can Contact Winona Plant, General Council President, At (360)426-4232
Or By Email: wplant@skokomish.org

Program Reports Will Be Available On Nov. 27th, 2019 At The Tribal Center Or You Can Request One
By Email: hblacketer@skokomish.org

Visit us on the Web @
### Tribal Members with Birthdays in December

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<tr>
<td>Clinton Pharris</td>
<td>Andrew Arca, Jr.</td>
<td>Bryce Johns</td>
<td>Kelsey Bowcutt</td>
<td>Stephanie Hernandez</td>
<td>Tyler Andrews</td>
<td>Marlon Mount</td>
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<td>Kiothe Sparr</td>
<td>Tom Gouley, Jr.</td>
<td>Berry Peterson</td>
<td>Nikki Lewis</td>
<td>Patrick Johns</td>
<td>Josh Herman</td>
<td>Toni Smith</td>
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<td>Chase Bursfield</td>
<td>Hernandez</td>
<td>Greg Twiddy</td>
<td>Jennie Strong</td>
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#### Tribal Members with Birthdays in January

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<td>Amber Wilbur</td>
<td>Terry McAfee</td>
<td>Kimberley Weber</td>
<td>Ralph Pulsifer</td>
<td>Nathaniel Byrd</td>
<td>Jackie Allen</td>
<td>Augusta Blacketer</td>
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<td></td>
<td>Aloha Long</td>
<td>Rosetta LaClair</td>
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<td>Tisheina Miller</td>
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<td></td>
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<td>Annette Smith</td>
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<td>Steven Plant</td>
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<td>Lovey French</td>
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<td>Ben Tinsa, Jr.</td>
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### Happy Birthday Mom

You are one fabulous gal.

I love ya very much.

Love, Mary

### Bryce Johns

WHOOP WHOOP

Happy BDAY

I love ya, Mary

### Chief Twiddy

Happy Bday, I’ll bring ya a biskit or two.

Love, Mary

### Happy Day Halis

I think you are a fabulous kid

Love, Aunt Mary

### Happy Birthday Bodacious

Have a great day. Love you sooo much.

Kiya and Uncle Kevin.

### Cousin Dusty

Happy Bday

Hope you are well

I love ya, Mary

### Lil Hawk

Everyday I count my blessings.

You brighten my day everyday.

I can’t believe you are going to be 4 years old! I am sure Kiya is smiling down on you everyday.

You were so special to her. I love you and I can’t wait to see where that beautiful smile takes you.

Happy Birthday my Grandson.

Love, Poppa

### Happy Birthday!!

How old? 40?

I hope you can enjoy your day, I miss ya and love you. You are my best Big Son I’m thinking of you. Love, Big Momma

Bo, It’s your day this month. Hope your cake is sweet.

Love, Mary

### To my oldest son, Bradley Johns

You are my first born child. I am so glad that you are my son. I am grateful to the creator for bringing you to me. Hope your birthday is Lit. Love you to the Moon and stars.

### Happy Bday Shera

Sweet Cake and Happy Memories to you.

Love, Mary

### Happy Birthday

Wheelin you need me. I will be here. Even when you do not need me, I am here for you.

We love you to the moon and back.

Grandpa

Happy Birthday Chase Bursfield

### Holiday Building Closures

**All Tribal Buildings Will Be Closed at Noon on December 23**

**Closed December 24th and 25th**

**Closed at Noon on December 30**

**Closed December 31st and January 1st**

### Chase

Thanks for everything you do. Hoping your birthday is special!

### Sista

Happy Birthday!! How old? 40? Hope its a good one!
North and South Camp Closed for the season. Reopens April 2020.

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$1 FOUNTAIN DRINKS

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THE DRIFT

NEW YEAR’S EVE SPECIAL
TUESDAY, DEC. 31
STARTING AT 1PM
Steak Oscar | $20.20
10 oz. Angus New York Strip topped with Crab Meat.

PRIME RIB SPECIAL
EVERY FRIDAY & SATURDAY
STARTING AT 4PM
8 oz. $17  12 oz. $20
First come, first served.

LIVE MUSIC
EVERY THURSDAY
7PM – 9PM
THURS., DEC. 5 | RANDY LITCH – ONE-MAN VARIETY DANCE SHOW BAND
THURS., DEC. 12 | THE LADY DRINKS WHISKEY BLUES/ROCK/COVER BAND
THURS., DEC. 19 | RANDY LINDER ACOUSTIC GUITAR
THURS., DEC. 26 | LISA RAMSAUER SULTRY BLUEFOLK
Can you name the young kids in this photo?  
Please turn to page 9 for the answer! Good luck!

Rez Sudoku Puzzle of the Month

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?I “It’s All Written Down”
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Skokomish Nation, WA 98584
Phone: (360) 426-4232 ext 2053
Fax: (360) 877-5943
E-Mail: sounder@skokomish.org
Mark Warren, Editor

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

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