

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

Skokomish Indian Nation

THE

SOUNDER

February 2020 Issue

p3dQWa'yat
"Time of QWa'yat Power"

Skokomish Tribal Christmas Party 2019



The 2019 Tribal Christmas Party was very well attended, this year, with over 500 children and adults coming in to celebrate the Holiday. Of course, the best part was seeing the eyes of our little ones light up. Especially those who came in to see Mr. and Mrs. Claus and have their pictures taken with them. Each year, at John Gouley's direction, the Christmas Party becomes bigger

and better. Of course, there's a whole team of folks who do their part to make this happen. From Kimberly Miller, who was the head cook for the meal, as well as the many helpers that she had, in the kitchen and putting the food out for all to enjoy. Several of our youth were in the helping in the kitchen learning from Kimberly what it takes to put on a great meal for such a large crowd. The youth

council members volunteered to put hundreds of bags of candy together, for the kids, and tie them to each wolf plush toy. Dydemus Cordova took on the duties as Santa Claus and his partner, Ocean, dressed up as Mrs. Claus to delight everyone who wanted their picture taken with them. Watching the little ones get so excited to visit with Santa, and Mrs. Claus, was priceless.

There were several newborns, and nearly newborns, came in for their very first Christmas pictures. Other kids were huddled together with their families for a group shot. Thanks for everyone who pitched in to make this a special event so much better, for all.
Tony Herrera



CHOICE Highlight Student



CHOICE Highlight Student

Cory Gouley is this month's highlight student at CHOICE High School. CHOICE Skokomish tutor, Paula Muir has chosen, Cory. He is a hard worker at CHOICE and does not allow himself to get behind. He is on top of his school work. He asks for help when needed and always has a positive attitude. Everyone enjoys having Cory around, he is a very kind person.

Some of Cory's goals include going to attend college out-of-state when he graduates.

His hobby is video games and he says his biggest supporter and role model is his mother, Christina Mann.

Way to go Cory!

Paula Muir Mentor/ Tutor



From the Desk of the Education Director

The 2019/20 School year is well underway. Your children have been working hard for several weeks, learning and growing academically. It is very important that all children, no matter their ages get enough sleep so that they can perform at their very best during the school day. According to the Centers for Disease Control and Prevention (CDC), children and adolescents who do not get enough sleep have a higher risk of many health and behavior problems.

How much sleep someone needs depends on their age. The American Academy of Sleep Medicine has recommended that children aged 6–12 years should regularly sleep 9–12 hours per 24 hours and teenagers aged 13–18 years should sleep 8–10 hours per 24 hours. Sleep is necessary to their success.

Due to the many changes that the Skokomish Students have experienced this school year, with the 9th graders moving to Shelton High School and Hood Canal Students getting a new superintendent and building principal.

Most of our students are still trying hard to adjust to these changes. It will take all of our understanding and patience to help them adjust.

Parents if you have any questions or concerns about your child's academic progress or behavior, please feel free to contact the Education Department at (360) 877-2460.

List of Our Skokomish Tutors and their Locations

Hood Canal School

Mona Miller – Pre-Kindergarten – 2nd grade

Durinda Gouley – 3rd grade – 5th grade

Leah Evernden – 6th grade – 8th grade

Shelton High School

Kathrine Lawrence

Meyer Louie

CHOICE High School

Paula Muir

Ma'nalt Education Center

Deborah Hale – College and Career Coordinator

The Education Building is open from 8:00 a.m. to 5:00 p.m. Monday – Friday. Tutoring services are offered at the school buildings, education center, and other locations when necessary. It is our goal that all Skokomish students will graduate from high school and attend an institution of higher learning.

Sincerely,

Antonio Sandifer

*Required Sleep - The American Academy of Sleep Medicine	
Children 6-12 years old	9-12 hours of sleep
Teenagers 13-18 years old	8-12 hours of sleep

* note this is a recommendation of minimum, some children may require more.

Spotlight Students at Hood Canal

I would like to recognize and give a shout out to: Amilia Smith, Ahree Allen and Keslyn Harp, as my spotlight students at Hood Canal School, this month. While I was on maternity leave for the first portion of the school year, each of these girls would send me pictures of their grades and keep me up-to-date on how they were doing in school. When I returned from leave they were the first to stop by my office to check for any missing assignments. If there were any missing assignments they would go straight to their teachers, gather their work and finish it right away. They did this even if it meant staying in from recess, working through their lunch, or staying late on an early release Wednesday. I am proud of each and every one of them.

It is beautiful to see these young women encourage each other to do their best and to see them take pride in themselves and their school work. I recall before I left on leave the three of them saying, "We're going to fail all our classes without you here." While at the time, that was a rather flattering comment, it really was not a fact. I explained to them that if they fail without me then I have failed at my job. They did not understand then, but I hope they do now. They have set their own goals and achieved these goals. Now they need to keep it up and sustain their success.

Leah Evernden, Hood Canal Skokomish Tutor



Attention Hood Canal Parents

Hood Canal Native Parent Meeting, with Superintendent Nikki Grubbs will take place on **February 7, 2020 at 5:30 pm** at the Skokomish Community Center. Please remember dinner and childcare will be provided. See you there.



Winter Basketball League

Winter basketball league has begun. Pictured is the Skokomish 4th and 5th grade girls' team with coach, Tim LeClair. Left to right are Rosa LeClair-Hernandez, Chelsea Hermann, Ada Gouley, Tomisha Grover, and Mahala LeClair-Hernandez. Not pictured are Autumn Wily and Janelle Grover-Wily.

All these girls makeup the team called, Sting. Their February games are on the 1st at 10:15 at OBJH and on the 2nd at 10:15 at the mini-dome. Come out and support our young Skokomish teams.

Submitted by, Hood Canal School Skokomish Tutor, Durinda Gouley

Nursing Assistant Program

Call Deborah Hale Your College & Career Coordinator and she can arrange transportation and help you fill out applications and forms ahead of time. Choose an info session to attend: 360-490-0040 or drop-in Skokomish Ed Center



- Jobs Immediately Available!
- Keep your job while gaining skills to increase your wage potential
- One quarter program
- Classes/labs: 2 to 4 days per week
- Clinical practicum: 4 to 5 days per week
- Payment options available
- Contact us to find out if you qualify for paid tuition, fees and books

Attend an Information Session

Olympic College Shelton
Building S1-Room 118

Wednesday, January 22	1PM
Friday, February 21	11AM
Monday, March 2	1PM
Thursday, March 19	9AM
Tuesday, March 31	3PM

Nursing Assistant Program: 360-475-7554

Beth Gill, Director: 360-475-7764

nacprogram@olympic.edu

Visit us at: www.olympic.edu/nursing


OLYMPIC COLLEGE
OLYMPIC.EDU

Congratulations to Our Skokomish Nursing Assistants Graduates



This past September 23, 2019 5 students from the Skokomish Reservation and Community began their 11 week Nursing Assistant Program adventure at Olympic College on the Shelton Campus. The course involved attending classes three to four days per week four to six hours per day for the 11 weeks. Each student participating has the opportunity to earn 13 college credits. Some of these credits can be used as electives for future college work. This nursing assistant coursework is fast,

fun, and somewhat intense. A state test that includes both a written and a skills portion in order to obtain the certification is the last step to achieve one's professional certification. Our hearts honor Skokomish women who have completed their course work.

While in the Olympic College Nursing Assistant Program students wear scrubs to school every day and each student receives a stethoscope. There are no out of pocket monies if students qualify for worker retraining funds. This is not

a difficult program but it is professional in its nature and quick moving. You do not need a high school diploma to enroll and completing this course can serve as the foundation for entrance into an LPN or RN program. Many nursing programs require this step to be completed prior to acceptance. Near the end of a student's 11 weeks of study, lecture, and skill practice, there is an 8 day practicum at a skilled nursing facility. During this brief hands-on experience students work with a staff nurse and shadow them for

the entire experience. Think about this course if you are even the slightest bit interested in the healthcare field enroll in this course.

The next 11 week class begins on **April 6, 2020** at the Shelton Campus, there is still plenty of time to check this out. See your Skokomish College and Career Coordinator, Deborah Hale for details and to answer any questions you may have, 360-870-2460 or email dhale@skokomish.org. Olympic College has a welding program and a new construction program as well.

*... and the awards go to:
Mahala Leclair Hernandez &
Jonni Gouley*



We have two PreK-8th grade perfect attendees for the first part of the school year at Hood Canal School - Drumming please for: Mahala Leclair Hernandez and Jonni Gouley! Hurray No absences and no tardies. Mahala and Jonni are to be commended and lifted up by our Skokomish community. What a great accomplishment! The Moms and the Dads of both girls need to be congratulated as well. We know this does NOT happen without the support and love from the families. Additionally, we would like to congratulate, encourage, and lift up the following students who have very good attendance this first half of the school year at Hood Canal School. Congratulations to all!.

The Following Students Have Very Good Attendance = 2 or Less Absences and Some Tardies

Eric Andrews
Esme Barragan-Longshore
Letnaya Barragan-Longshore
Lucy Barragan-Longshore
Aya Byrd
Unique Byrd
Dai'vyn Colbert
Sonni Cordova
Weetly Cordova
Austin Escobar
Chelsea Hermann
Rosa LeClair Hernandez

Khaysha Lefthandbull
Kierra Pierce
Armonie McFarlane
Millie McFarlane
Bella Peterson
Khanner Sunga
Haylin'ray Williams
Jeremy Wilbur
Shalie Wilbur
Justin Wilke
Dasan Williams
Leschi Williams

CHOICE Students With Excellent Attendance Records



Tatyana LeClair- Hernandez a freshman at CHOICE High School has perfect attendance. Taty, deserves our admiration and praise. Perfect attendance for the first half of the school year is something to be proud of. Great job, Taty!



Sequoia Kenyon, has a great record at CHOICE for the months of November and December for this 2019 portion of the school year. She has achieved perfect attendance for these two months. Sequoia is a senior this year. Go Sequoia!
CHOICE Skokomish Tutor, Paula Muir.

New Employee

Hello everyone!

My name is Julianne Gale, and I am the new Youth Program Supervisor. I have enjoyed working with young people for over 15 years, including as a teacher, a tutor, and a counselor. It is an honor to get to work here now.

I grew up in Massachusetts, lived in California for 13 years, and have lived in Mason County since 2017. As a Han Chinese and Ashkenazi Jewish guest in your territory, I have been impressed with the welcoming and generosity of the Skokomish community since I came here.

I hope all youth, parents, caregivers, relatives, and community members will say hello and introduce themselves to me.

Let me know what you love about the youth program and if there are any new things you'd like to see in the future, too! You can talk to me in person, call/text me at 1-360-490-6475, or email me at jgale@skokomish.org.



Sharing the Wealth of Knowledge



Mary Williams and Mona Miller spent time in HCS Kindergarten telling stories and making fried bread for all the students and staff to enjoy, after a short presentation by Lisa Queen about Indian people. It was a perfect day with drumming a singing and good food and great friends.

Counting Young Children in the 2020 Census

Counting everyone once, only once, and in the right place

An estimated 5 percent of kids under the age of 5 weren't counted in the 2010 Census. That's about 1 million young children, the highest of any age group.

We need your help closing this gap in the 2020 Census. Here's what our research tells us about why young children are missed and what you can do to help make sure they are counted.



Common situations where young children aren't counted

How you can help?



The child splits time between two homes.

The child lives or stays with another family or with another relative such as a grandparent.



The child lives in a lower income household.



The child lives in a household with young parents or a young, single mom.



The child is a newborn.

- Emphasize that the census counts **everyone where they live** and sleep most of the time, even if the living arrangement is temporary or the parents of the child do not live there.
- If the child truly spends equal amounts of time between two homes, count them where they stayed on **Census Day, April 1**. Coordinate with the other parent or caregiver, if possible, so the child is not counted at both homes.
- If it's not clear where the child lives or sleeps most of the time, count them where they stayed on Census Day, April 1.
- Explain to service providers and families that responding to the census helps determine **\$675 billion in local funding** for programs such as food stamps (also called the Supplemental Nutritional Assistance Program or SNAP), the National School Lunch Program, and the Children's Health Insurance Program (CHIP). When children are missed in the census, these programs miss out on funding that is based on the number of children counted.
- Explain that filling out the census yourself, on your own schedule, is easier than having to respond when a census worker knocks on your door. Remind these households that the form should **only take about 10 minutes** to fill out and can be done online or over the phone, in addition to mailing it back.
- Encourage moms with young children to ask other household members to count them and their children on the form if others live in the household.
- Emphasize that parents should **include babies** on census forms, even if they are still in the hospital on April 1.
- Encourage facilities** providing services to newborns to remind parents about the importance of counting their children on the census form.
- Highlight the fact that the census form **only takes about 10 minutes** to complete, and parents can **fill it out online or over the phone in addition to paper** at a time that works best for them.

United States
Census
Bureau

U.S. Department of Commerce
Economics and Statistics Administration
U.S. CENSUS BUREAU
census.gov

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2020 Hood Canal Girls Basketball Schedule

Thursday, February 6th, 2020
Home Game vs. Faith Lutheran
(Hood Canal Junior High/111 WA-106,
Shelton, WA 98584)

Thursday, February 13th, 2020
Away @ Evergreen Christian School
(1010 Black Lake Blvd. SW, Olympia
WA 98502)

Wednesday February 19th, 2020
Away vs. @Northwest Christian
Academy
(4706 Park Center Ave. NE, Lacey,
WA 98516)

Thursday, February 20th, 2020
Home @ McCleary Middle School
(Hood Canal Junior High/111 WA-106,
Shelton, WA 98584)

Tuesday, February 25th vs. St.
Michael's Parish School
(Hood Canal Junior High/111 WA-106,
Shelton, WA 98584)

Thursday, February 27, 2020
Away @ Pioneer Middle School
(50 E. Spencer Lake Rd., Shelton, WA
98584)

Tuesday, March 3rd, 2020
Away @ Grapeview School
(822 Mason Benson Rd. E., Shelton,
WA 98584)

Thursday, March 5th, 2020
Home vs. Cornerstone Christian
School
(Hood Canal Junior High/111 WA-106,
Shelton, WA 98584)

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

Head Coach: Dan Winter
(360) 877-5463 ext. 224
DWINTER@hoodcanalschool.org



If you have children in your home, make sure they are counted in the right place.

Young children experience new adventures each day, and little ones need all of the support they can get during these early years.



Count children in the home where they live and sleep most of the time, even if their parents don't live there.



If a child's time is divided between more than one home, count them where they stay most often. If their time is evenly divided, or you don't know where they stay most often, count them where they are staying on Census Day—April 1, 2020.



If a child's family (or guardian) is moving during March or April 2020, count them at the address where they are living on April 1, 2020.



Count children in your home if they don't have a permanent place to live and are staying in your home on April 1, 2020, even if they are only staying with you temporarily.



Count newborn babies at the home where they will live and sleep most of the time, even if they are still in the hospital on April 1, 2020.

Start shaping their future by
going to 2020CENSUS.GOV.

Shape
your future
START HERE >

United States
Census
2020



Skokomish Youth Prevention /TANF

February 2020

	Mon (Education)	Tue (Cultural)	Wed (Prevention)	Thu (Health/Rewards)	Fri	Sat
Julianne Joules (360) 490-6475 Demus Cordova (360) 490-7589	Corbett Gamber (360) 463-1890 Allen Carrington (360) 549-6106	Willie Grover (360) 490-2055 Fawn Gouley (360) 490-8231				<u>1</u> City League for Boys/Girls
<u>2</u> City League for Girls	<u>3</u> 3-4:30pm ASP@lab 4:30-5:30pm k-6 OG	<u>4</u> 3-4:30pm ASP@lab 4:30-5:30pm k-6 OG	<u>5 TANF BLUES DUE</u> Hc ER @1:30pm 1:30-2:30pm ASP@lab 2:30-4pm ASP@CC (movie) 4-5pm k-6 OG ITL(TBD)	<u>6</u> 3-4:05pm ASP@lab 4:10-4:55pm k-6 OG	<u>7</u> SHS Early Release	<u>8</u>
<u>9</u>	<u>10</u> 3-4:30pm ASP@lab 4:30-5:30pm k-6 OG	<u>11</u> 3-4:30pm ASP@lab 4:30-5:30pm k-6 OG	<u>12 Hc ER @1:30pm</u> 1:30-2:30pm ASP@lab 2:30-4pm ASP@CC (movie) 4-5pm k-6 OG ITL(TBD)	<u>13</u> 3-4:05pm ASP@lab 4:10-4:55pm k-6 OG YC 5:30pm	<u>14</u>	<u>15</u>
<u>16</u>	<u>17</u> Holiday Tribal Bldgs Closed	<u>18</u> SHS Midwinter Brk. (possible snow make up day)	<u>19 Hc ER @1:30pm</u> 1:30-2:30pm ASP@lab 2:30-4pm ASP@CC (movie) 4-5pm k-6 OG ITL(TBD)	<u>20</u> 3-4:05pm ASP@lab 4:10-4:55pm k-6 OG	<u>21</u> SHS Early Release	<u>22</u>
<u>23</u>	<u>24</u> 3-4:30pm ASP@lab 4:30-5:30pm k-6 OG	<u>25</u> 3-4:30pm ASP@lab 4:30-5:30pm k-6 OG	<u>26 Hc ER @1:30pm</u> 1:30-2:30pm ASP@lab 2:30-4pm ASP@CC (movie) 4-5pm k-6 OG ITL(TBD)	<u>27</u> 3-4:05pm ASP@lab 4:10-4:55pm k-6 OG YC 5:30pm	<u>28</u>	<u>29</u> LEAP YEAR

HOTNEWS

Hello from Tom's Skokomish after school prevention program. We hope everyone had a great holidays and we are excited to get back into the swing of things in our youth program after a busy December. Culture camp was ran December 20th through the 22nd. We had a successful camp with a great turn out of our precious youth. The kids got to make Pendleton stockings, do coastal art work with our very own Paul Peterson, Sy Miller and Bo Tinaza held basketball and skills training during that time at the community center and the youth also got to participate in digital Christmas card making. We all had a blast. We also cohosted a youth basketball tournament with the Squaxin tribes youth program on January 3rd through the 5th. From 8th grade down to 2nd grade with 29 teams filling our community center in the 2nd annual Squauxomish youth tournament. The tournament was ran smoothly and every youth had fun and played hard. Our youth started playing in sheltons youth basketball league on Saturdays that started January 11th. The kids have fun in this league every season. Our after school program is busy with arts and crafts activity's, homework help, and fun games for our youth to play. We also been holding basketball practice at the c.c. from 4:30 to 5:30 Mondays, Tuesdays, and Thursdays for 7th grade to 2nd grade. 2020 is getting off to a busy start and we look forward to keep our youth busy. Thank you all for sharing your youth with us. HOYT.

Skokomish DNR Updates

1. Salmon. Anthony reported that while the coho catch was poor, the coho return to the river was pretty good. Unfortunately, the chum return to the river was as poor as the catch in the fishery. He and his crew are also working on the annual budget and contract with Tacoma. The CWT season was completed with great success.
2. Habitat. Lisa has been assisting with bird surveys lately. She also attended a NOAA nearshore meeting to discuss a tool to assist with nearshore mitigation. The tool will hopefully streamline the permitting process. She also submitted, along with the shellfish crew, a grant to the BIA for invasive species removal. This will target pepperweed in the estuary along with green crab, oyster drills and varnish clams. Charlies conducted multiple FPA reviews and assisted on ID teams in sensitive areas.
3. Hatchery. Robert and Dickie reported that the first egg shock and pick will occur the weekend of December 14, 2019. The hatchery managed to take 641,000 eggs, well short of the 5,000,000-egg goal for this year. Fortunately, we may be receiving 500,000 additional eggs from the state. The local state hatcheries took about 15 million eggs, approximately half of their goal.
4. Shellfish. Andy is working on a new model for conducting surveys utilizing maps and known habitat zones to estimate populations. This would allow us to focus more time using traditional methods on viable commercial tidelands. The Tribe appears to have successfully acquired a lease for a tideland in Dabob Bay. While it currently does not have a large population, it is a good candidate for enhancement and farm work. Staff recently collected 1,400 Olympia oysters from DNR 48 which will be spawned and placed on the Skokomish Tidelands as part of an NRCS-funded oyster restoration project.
5. Water Quality. Julian is finishing up with the tribal assessment report for the EPA. He and Seth will be meeting with the DOH and Mason County soon to discuss the reclassifying of Hoodspout for harvest. Seth recently attended a water quality academy in Washington, D.C.

We Must Demand a Healthy Puget Sound

By Lorraine Loomis

Chair, NWIFC

It would be easy to blame the Puget Sound Partnership's failure to clean up Puget Sound on a lack of leadership, funding and meaningful authority to control pollution, but the truth is that we are all to blame.

This is the year that we were promised a "swimmable, fishable, diggable" Puget Sound when former Washington Gov. Christine Gregoire created the Puget Sound Partnership in 2007. It replaced the Puget Sound Action Team that was created in 1996 and the Puget Sound Water Quality Authority in 1985. Recovery wouldn't be easy, and it's going to take time, she said. "We all need to change the way we go about our business. We need to break some china."

But PSP's bleak State of the Sound report reads just like every state agency recovery report since 1985. Nearly every indicator used to assess Puget Sound's health shows little progress being made. We face the same challenges, but now they're amplified by explosive growth and climate change.

Recovering Puget Sound chinook is one of the Partnership's main responsibilities, but chinook populations remain far below recovery goals despite having been listed as threatened since 1999 under the Endangered Species Act.

Endangered southern resident orca populations in Puget Sound are at a 40-year low and continue to decline. Meanwhile, nearly 40,000 acres of shellfish beds remain closed because

of pollution.

Lack of funding, existing land use and expectation of use are cited as the main reasons for the poor progress in cleaning up and protecting Puget Sound, but the real reason is a lack of political will. That's because we get the government we demand. Until we demand better, Puget Sound will not get better.

In 2017 treaty tribes in western Washington offered a number of bold actions needed to recover the health of Puget Sound. Among them three are key:

- We must stop the ongoing decline of salmon habitat by changing our land-use policies to provide a net gain of functioning habitat. We are in a race to extinction of Puget Sound chinook, coho and steelhead because the status quo is not working.
- We must establish and enforce water quality standards that protect, conserve and restore water resources for salmon. In particular we must develop the green infrastructure needed to control polluted stormwater runoff into Puget Sound.
- We must provide space for our rivers, streams and shorelines to function and be protected by buffers and setbacks to reduce flooding and regulate stream temperatures.

Instead of these bold actions, regulations intended to protect the environment are being rolled back across the country at the request of industry with the help of the Environmental Protec-

tion Agency. We've seen it here in Washington with big oil, and the pulp and paper companies convincing the agency to lower our water quality standards – the most protective of human health in the nation – because industry says they are too costly to implement. While the rollback process isn't complete, we are not optimistic about the likely outcome with the current leadership.

We're also seeing tugboat companies, cruise lines, other marine industries and EPA fighting to kill a no-discharge zone for human waste from boats. The Puget Sound no-discharge zone was a first for Washington, although there are 90 in 26 other states.

We have more than 150,000 recreational boats and more than 3,500 commercial vessels in 2,300 square miles of Puget Sound and lakes Washington and Union. Most already have holding tanks for sewage.

If we can't even agree not to directly discharge our waste into Puget Sound, we have a problem.

The marine industry coalition, with the support of EPA, tried to block implementation of the no-discharge zone through a federal lawsuit challenging the agency's assessment that there are enough pump-out facilities in the region. Fortunately, a federal court last month denied an EPA request to reconsider its assessment, so the lawsuit will proceed without the agency's involvement.

We're not out of the woods on the no-discharge zone, but even a small victory in protecting the health of Puget Sound is important. All of us are the answer to what's ailing Puget Sound and one thing is clear: We must help

ourselves because no one else will. Former Gov. Gregoire is right that we all need to change the way we go about our business if we are truly serious about recovering Puget Sound. And to do that, we are definitely going to have to break some china.

Contact: Tony Meyer, NWIFC, (360) 438-1180

ATTENTION HUNTERS

Hunting season is over, don't forget to return your tags! All hunting tags are due by March 1st, 2020. There is a new drop box installed outside of the Fisheries building. Please drop your tags in the box anytime on or before March 1st. The fine for unreturned or late tags is \$50 per tag. It's important to get hunting tags returned so we can have an accurate harvest report for the Tribe. If for any reason you can't bring the tags back on time, reach out to Bethany Ackerman at Fisheries. She can be reached on the office line (360-877-5213), cell phone (360-463-1146) or by email (backerman@skokomish.org). As long as you can get her your harvest report before the deadline, you may be able to return tags later. Please please please get those tags back!

~ Housing News ~

Musty Smell Helpful Suggestions

Every now and then, most of us face some minor problem or other with respect to our homes and our living spaces in general-and believe it or not, one of the most common problems people tend to be faced with is that of a musty smell emanating from somewhere in the house, usually with no apparent or visible cause. This can spread from one part of the house to another, and affect everything from your clothes to your books to your furniture.

Possible causes for this musty smell: First and foremost, it is important to try and understand where this smell is coming from, and why. One possible cause for this musty smell are identified, you can begin to address the problem. Mold and mildew are usually the most common causes for musty smells in and around the house. This smell is caused by mold and mildew building up and releasing foul-smelling gases, and is often moisture, stagnant air, and darkness.

Identifying the source of the problem; The first step to getting rid of any musty smell in and around the house is to identify the source of the problem i.e., the source of the moisture and

order. This could range from leaky taps in bathrooms and kitchen sinks or even leaky roof. Helpful suggestions to get rid of musty smells in and around the house.

- White vinegar: clothes often tend to develop musty smells, either because they are being washed or stored inappropriately, or as a result of being stored in damp, mildewy areas. In the event that your cloths start smelling damp and musty, whip out that container of white vinegar from your kitchen. To use white vinegar, add 1 cup of it to the rinse cycle. This is very effective for killing bacteria, and will also help to deodorize laundry (which is a good sign that odor-causing bacteria has been killed). It is also an effective fabric softener, and helps to keep colors bright. It is also recommended that you add a scented fabric softener sheet in the dryer. Repeat this step if necessary. This should work wonders for your clothes!
- Baking Soda is yet another perfect solution, and in fact one of the most common ways to get rid of most smell from clothes. Just like with the vinegar, add a cup of baking soda to your normal load in the

washing machine, and run it on the longest and hottest cycle on the settings. During the hot dry months dry your clothes in the sun, and once cloths have dried completely, you will notice that the smell has disappeared. Sunlight is extremely sanitizing, if you can line dry your laundry in the sun, that will give it an extra disinfecting boost.

Of course, your clothes dryer works ok.

- Borax can be used in addition to your regular detergent. It is especially effective as an antifungal, but also helps as a disinfectant.
- To use hydrogen peroxide, add 1 cup of 3% hydrogen peroxide to the wash. **Be sure to spot test the peroxide first thought as it can have a bleaching effect on some fabrics.**
- Oxygen bleach does disinfect, though it is not as strong of a disinfectant as chlorine bleach. Use an oxygen laundry detergent, such as OxiClean, to help disinfect your clothes more than a regular detergent would.
- Fabric softener sheet: Fabric softener sheets are perfect for remov-

ing smells from books just like they do from clothes. They absorb the odor, and leave your books smelling fresh. Cut the sheets according to the size of your books, and place one every 20 pages, and then place the books inside separate zip lock bags or plastic wraps. Take them out in a few days.

- Wipe and clean your wood furniture; There is no method more tried and tested for removing musty smells from all kinds of places and surfaces – not least your beautiful wood furniture. Bacteria are prone to permeating the porous surface of wood, and creating all kinds of foul, musty smells. The best way to get rid of such smell from wooden furniture is by giving the furniture a good cleaning. Dampen a sponge with vinegar, oil soap that is made exclusively for cleaning just such surfaces (Murphy's Oil Wood Soap) or any kind of anti-fungal or anti-bacterial detergent and thoroughly clean the surface of your furniture, paying special attention to the nooks and crannies, including drawers and the like. Once you're done, place in a well-ventilated area, and let dry.

Driving Tips to Follow

More than 41,000 people lose their lives in motor vehicle crashes each year and over two million more suffer disabling injuries, according to the National Safety Council.

The triple threat of high speeds, impaired or careless driving and not using occupant restraints threatens every driver – regardless of how careful or how skilled. Safe driving means not only taking responsibility for yourself and your actions but also keeping an eye on other drivers.

- Don't start engine without making sure each passenger, especially children have secured their seatbelt. Safety belts save thousands of lives each year!
- Remember that driving too fast or too slow can increase the likelihood of collisions.

- Don't kid yourself. If you plan to drink, designate a driver who won't drink.
- Alcohol is a factor in almost half of all fatal motor vehicle crashes.
- Be alert! If you notice that a car is straddling the center line, weaving, making wide turns, stopping abruptly or responding slowly to traffic signals, the driver may be impaired.
- Avoid an impaired driver by turning right at the nearest corner or exiting at the nearest exit. If it appears that an oncoming car is crossing into your lane. Pull over to the roadside, sound the horn and flash your lights.
- Notify the police immediately

after seeing a motorist who is driving suspiciously.

- Follow the rules of the road. Don't contest the "right of way" or try to race another car during a merge. Be respectful of other motorists.
- Don't follow too closely. Always use a "three second plus following distance."
- While driving, be cautious, aware and responsible. Safety is NO accident!

How to Operate a Fire Extinguisher

Let's say you have a small fire, and you've Answered all your fight-or flight questions and have decided to fight the fire with an extinguisher. Now you need to know how to operate it correctly. To use an extinguisher effectively, remember the PASS system. **PASS stands for Pull, Aim, Squeeze, & Sweep.**

Remember the **PASS** Word



Welcome New Employee



New Skokomish Tribal Police Officer Aaron Strong graduated from the Indian Police Academy, in Artesia, NM, on December 18, 2019. He said that the Academy was a great learning experience over the 16 weeks he was there. During the class and training sessions the process of learning about what is needed to be a full-fledged police officer. The only down side, for him, was in the off hours and weekends when he missed his family and the Skokomish Tribal Community. Aaron grew up here and this is where his desire to become a Skokomish Tribal Police Officer began. He did an internship, with the Skokomish Tribal Police Department, when he was 15 years old. He had always gotten along with the Tribal Police officers, he said, even when he was “being a knucklehead.”

Aaron is married and has two small children, the oldest being six years old. His father is John Strong, Jr. He and his wife recently took in his younger sister to provide her with a safe home environment. He wants to be a police officer and help to ensure that everyone has a safe place to call home. Working with his fellow officers he’s learning more and more about team work and having each other’s back.

One of his favorite things is to stop and talk with the children in our community. Handing out stickers and playing basketball with them for a moment. He wants to build a positive rapport between himself and his fellow tribal community members, especially the youth. You never know, he may be the inspiration for more of our kids to dream about being a police officer.

Congratulations Officer Aaron Strong on your recent graduation from the Indian Police Academy and joining the Skokomish Tribal Police Department.

By Tony Herrera

GOLDEN EAGLE RESCUED

On Jan 20th, Martin Luther King Jr. Day, Eddie Green Sr. and Shanoha Cloud informed Officer Bradshaw of an injured eagle at the end of Skokomish Flats/Nellies.

Officer Bradshaw picked up the Skokomish Police Department cage and followed Eddie and Shanoha to where the eagle was. The eagle was on the ground in the thick trees and brush. The eagle looked like a young bald eagle, with only its gold feathers and some spotted white. As Officer Bradshaw approached the eagle with a blanket, the eagle attempted to escape, hopping through the brush. Eddie ran through the thick brush to the direction the eagle was heading. Managing to get the eagle in the clear where it was easier for Eddie and Officer Bradshaw to run, Officer Bradshaw managed to catch the eagle safely.

Officer Bradshaw contacted Discovery Bay wildlife rescue about the injured eagle. Cynthia and Conor from Discovery Bay arranged to pick the eagle up at Lilliwaup, an hour and fifteen minutes away from their location in Port Townsend. Come to



find out, the eagle Eddie and Officer Bradshaw caught was a golden eagle. Golden eagles do not hang around this area much but because of the ducks, it is a good hunting area for them. With that being said, it is important duck hunters are not shooting these magnificent creatures. Golden eagles beaks are smaller and their tails are longer than a bald eagle. They have white blotches under their wings when they fly and their back talon is much

bigger while the fronts are smaller than the bald eagles.

Discover Bay would like to thank Eddie for the generous donation of elk meat for the eagle as it goes through its treatments. Discovery Bay operates only on donations and could not do it without generous people helping out. The eagle did not have any lead poisoning, but was very dehydrated. We are still waiting on a word after a radiology exam is done.



Winter Driving Tips



- * Turn your headlights on for safety
- * Accelerate slowly, especially out of intersections
- * If you have anti-lock breaks, don't pump the breaks
- * If sliding, gently turn your steering wheel in the direction the back tires are sliding
- * Increase your following distance
- * Slow down earlier than you normally would
- * Don't speed
- * Pack your patience (others may drive slower than you)
- * Do not use cruise control



Resolutions Approved by Skokomish Tribal Council

Resolutions for the Sounder: December 18th, 2019

Resolution No. 2019-144: A Resolution Authorizing the Purchase of Fractionated Interests in Allotment No. 20

Resolution No. 2019-145: A Resolution Approving the Submission of a Grant Application to Bureau of Indian Affairs (BIA) – Invasive Species Program

Resolution No. 2019-146: A Resolution Approving the Submission of Grant Application to the United States Department of the Interior, Bureau of Reclamation, Native American Affairs: Technical Assistance to Tribes for FY 2020

Resolution No. 2019-147: A Resolution Approving the Enrollment Application of *Kaicen David Andrews* for Membership in the Skokomish Indian Tribe

Resolution No. 2019-148: A Resolution Approving the Enrollment Application of *Jason Anthony Arca* for Membership in the Skokomish Indian Tribe

Resolution No. 2019-149: A Resolution Approving the Enrollment Application of *Eivi Jovita Marie Johnson* for Membership in the Skokomish Indian Tribe

Resolution No. 2019-150: A Second Resolution Authorizing the

Purchase of Fractionated Interests for Allotment No. 28-B

Resolution No. 2019-151: A Resolution to Approve SLD Contract No. 2019-MC-00326 for Revenue Cycle Management with DT-Trak

The January 15th, 2020 Tribal Council Meeting was cancelled due to weather conditions.

Grateful

As we begin a new year, challenges will be many. The fishing season didn't work out as hoped, so many of our fishermen will be looking for work. Being a small tribe, located far away from the mainstream, puts us at a disadvantage. New business ventures won't come easy and investing Tribal dollars is not that simple. Some people are of the opinion that a successful business in Tacoma, Seattle or other nearby cities will also work well here and be profitable. Not exactly true, many factors must be considered, and number one is location. There are many, many more one must explore to find all of the pro's and cons of what to invest in which will bring the best return to the Tribe and for the long term. The Tribe takes criticism, at times, for not doing more to create jobs for our people. If people would go into our tribal buildings' you would see that we employ a substantial number of tribal members. Some positions require degrees to qualify, some just high school diplomas. Whichever the requirements each member has the ability to achieve whatever it takes to qualify. A trade school is also an option as the Tribe has many needs for certified and skilled craftsmen. The hope that the Tribe will provide jobs for all that need work, here at home on the Rez is not a reality. The hard truth is that many don't want to work off of the Rez and feel that the Tribe should provide them job opportunities. We do

the best we can but just don't have the capacity to have unlimited positions open to employ all members that need a job. We provide services with Tribal dollars and other forms of help, but each one of us must help ourselves and if we need to find work, we must do whatever it takes to find employment. That likely will mean finding work off of the Rez, in Shelton, Olympia and even further away, if necessary. The Tribe will help fund Trade Schools and a contribution toward higher education. I hope that many will see and begin to realize that fishing and harvesting isn't what it used to be, the number of fishers and harvesters involved is way out of proportion to what's available to harvest.

The Skokomish Tribe offers help in many forms, some are aware of what is available and some are still just learning about Tribal services.

The Tribe has a General Welfare benefits program, where Tribal members in emergency needs for assistance can get up to \$1000 a year for help, this program has been steadily growing. It is a new program that started about 2 years ago.

We offer a program to provide firewood for Elders and other Tribal members, this has been a very helpful Program to many of our membership. The Tribe has an Elder meat program that many use, it also benefits the community at large. This program has been in existence for many years.

The Tribe has begun to hire contract

workers in the Wildlife program, bench monitors, beach surveys, currently gravel spreading, furnish clam digging, cooks, many cultural classes teaching cedar work, filleting, canning a variety of offerings.

We pay for development and completion of wills for individual Tribal members.

The Tribe pays for caskets, grave digging, funeral homes assistance which helps greatly to take away a huge burden from family at a very critical time.

The Tribe assists with incentive payments to our youth for school attendance, grades, graduation incentives, higher education degrees are awarded.

High School Graduates get \$500 for completing High School. Higher Ed receives \$1000 for an Associates' degree, a Bachelor's degree will get paid \$2000, a Masters' degree gets \$2,500.

These are just some of the offerings and contributions the Tribe puts forth to encourage our members and assist with family needs.

We strive to help in as many ways as possible, I just listed a few but there are more. So please take time to consider the alternatives and choices you must choose to make for your future.

We have a huge imbalance in Harvesters vs. Resources.

Therefore those that can still rely on our Resources to make a living is very small and will continue to get smaller

as our 18 year olds prepare to enter into the fishery. The best course of action for those that want stability, is to get into the workforce by whatever means are available and make the choice to do whatever it takes. Once you get established, plan for retirement, budget your finances, get advice and help to build a reasonable future. Then they can still use fishing as extra income. This will make life easier.

We, as Skokomish Tribal members, have much to be thankful for, but all to offer is taken for granted. The Creator has blessed our people with a beautiful land to call ours, Resources to sustain us with, people that care and help one another. We must learn to be grateful for what we have and feel blessed with how lucky we are. Some are not so fortunate, they don't have the Resources, the homes, or finances to offer a reasonable life. They live far below the Poverty level and exist without support of any kind. The Skokomish will continue to do our best to advance of economic status, as well as creating all the services and benefits possible to meet the needs of our people. We certainly don't have all of the answers, or solutions, to everything that comes our way, but we will always do our way, but we will always do our best and we do care.

*Thank you.
Respectfully, Guy Miller
Tribal Chair*

1st Quarter General Body
MEETING
 Sat., March 7th at 10 a.m.
 COMMUNITY CENTER
 19731 HWY 101
 SKOK, WA 98584

AGENDA ITEMS:

- Approval of the March 7th, 2020 General Council Agenda & the December 7th, 2019 General Council Minutes
- General Council President's, CEO's, & SITE CEO's Reports
- Tribal Member Comments

TRIBAL MEMBERS:
 If you have not been receiving your quarterly mailings please update your address at the Tribal Center. The 1st Quarter Directors Program Reports will be available on February 28th.

IF YOU HAVE AGENDA ITEMS OR NEED MORE INFORMATION YOU CAN CONTACT BOBBI BLACKETER AT (360) 426-4232 X 2021 OR EMAIL BBLACKETER@SKOKOMISH.ORG

SKOKOMISH INDIAN TRIBE

THE SKOKOMISH INDIAN TRIBE
 CORDIALLY INVITES YOU TO

THE 2ND ANNUAL
**PEOPLE OF THE RIVER
 AWARD CEREMONY**

FRIDAY, FEBRUARY
21ST
 DINNER SERVED AT 6 P.M.
 COMMUNITY CENTER

Please join us for the 2020 "People of the River" Award Banquet to celebrate and recognize one individual in the community for all their dedication and service to the Tribe. This community member will be SURPRISED with the 2nd "People of the River" Award from Skokomish Tribal Council! Dinner will be served at 6 P.M. at the Skokomish Community Center. For more info on the event please call (360) 426-4232!



WELCOME Hood Canal Class of 2024!

- Learn about your options for high school in the Shelton School District
- Get updates on the new programs at Choice and Shelton High School
- Hear about the Academy options to choose from
- Understand an overview of graduation requirements
- Learn about registration for high school
- Make plans to grow your resourceful, resilient, responsible graduate!

Shelton High School Freshman Academy Ambassadors and staff
 AND Choice High School Leadership students and staff

will be at your school during the day and again in the evening

Join us FEB. 11th, 2019 6:00 pm
 Please come meet with SHS and Choice to learn about your student's registration options and process for registration for either high school.

This registration meeting will teach you and your family how to get you on your best start for high school. Please plan on attending.

Additionally, join us for the
Activities and Involvement Fair
 Feb. 12th at 5:00-6:00 pm
 Shelton High School SUB



*The young ladies in this photo are none other than:
 Elena Miller and Cheri Cook! What a great pic :)*

Love Your Heart!

5 WAYS TO PREVENT HEART DISEASE & STROKE

By American Heart Association News



< NUTRITION

Adults should eat more plant-based foods such as vegetables, fruits, nuts, legumes and whole grains, and choose fish, lean vegetable or lean animal proteins. Minimize processed meat and sweetened drinks.

EXERCISE >

Each week, adults should engage in at least 150 minutes of a moderate-intensity activity, such as brisk walking, or at least 75 minutes of a vigorous activity, such as jogging.



< TOBACCO

At each health care visit, tell your doctor whether you have smoked any tobacco product in the previous month – and, if so, work with your doctor to create a plan to quit.



SOCIAL DETERMINANTS >

Talk to your doctor about factors that affect your health, such as housing, food security, transportation, self-image and culture.



< ASPIRIN

Because of the risks of bleeding, don't take aspirin for prevention unless your doctor prescribes it. Aspirin can help in some cases, but talk to your doctor about whether it's right for you.



Source: American Heart Association/American College of Cardiology prevention guidelines
Published: March 17, 2019 | © 2019 American Heart Association, Inc.



February is the American Heart Association's annual Heart Month, and the Skokomish Health Clinic encourages you to take good care of your heart!

Start by Knowing Your Numbers

Begin to take control of your heart health now by learning your numbers. Talk to your healthcare provider about your Blood Pressure, Cholesterol, Blood Sugar and BMI (Body Mass Index).

Lead a Healthy Lifestyle

You can create a healthy lifestyle that keeps your heart in shape

and helps you look and feel your best. Be physically active, get enough sleep, manage stress, eat healthy foods, and avoid harmful substances like tobacco and alcohol.

Make a commitment to take care of your heart health for your family and friends, for everyone who depends on you, and for yourself! Contact the Health Center to make an appointment, (360) 426-5755.

Native Connections Update



By Amber Hanson

The youth have been busy with our Native Connections program the last couple months. Back in November, 11 youth and 4 chaperones attended the Washington State Prevention Summit for the second year in a row. The youth that attended were Ahree Allen, Amilia Smith, Alonzo Delacruz, Alfie Smith, Anita Peterson, Sophia Pinon, Keslyn Harp, Gregory Franklin, Valani Andrews, Trey Babcock-Peterson, and Monique Pinon with chaperones Amber Hanson, Marcy Tinaza, Jon Smith and Tony Herrera. This event was created to enrich the youth through culturally competent training and networking opportunities for youth aiming to prevent substance abuse, violence and other destructive behaviors. While at this conference the youth attended mini seminars that included Advocating for Policy Change, Getting to the Truths about Marijuana, Understanding Opioids, Creating a Message that Sticks and much more. The youth, while at this prevention summit talked about the Coastal Jam that Alonzo Delacruz and Lil Bear Hermann came up with the year before to promote a drug and alcohol free community and asked that we continue this tradition and host a second annual Coastal Jam.

The youth have begun planning this year's second annual Coastal Jam, set to be held April 25, 2020 at the Community Center at 5pm. The youth are meeting every other Thursday during Youth Council. The youth would like to invite the community and other tribal departments to join in supporting the youth and their planning. In preparation, during the biweekly Suicide Talking Circle we will be hosting drum group. As a request by the youth we will make these weekly until the Coastal Jam and then continue biweekly again in May 2020. Next week's talking circle will be an exception. We will be learning and playing Stickgame. We hope to see you all there!

Also in November the youth were invited by Terri Butler to have lunch and sing at the DSHS office. The youth shared

about the Coastal Jam, the prevention conference and other youth activities we have here at the tribe. This is one way to build and strengthen the relationship between the state and the tribe. Amber Hanson and Kimberly Miller chaperoned Valani Andrews, Keslyn Harp, Lil Bear Hermann, Monique Hermann, Amilia Smith, and Ruth Peterson. The youth always work hard and represent the Skokomish tribe with pride.

On December 11, 2019 Jason R. Kilmer, PhD, an associate professor at the University of Washington in Psychiatry and Behavioral Sciences, gave a presentation at the Community Center about "Emerging Research on Cannabis/Marijuana and a Discussion about Substance Use". We had a great turn out with the audience filled by our Skokomish Youth. Jason spoke about current research on marijuana. The presentation was very captivating and we hope to have him out again in the future.

Another big success for the Native Connections program was completing the third round of the community readiness assessments. These assessments conducted by Amber Hanson are used to assess the Skokomish community's knowledge in regards to suicide prevention that include questions on community efforts, community knowledge about prevention, leadership, community climate, community knowledge about suicide, and the resources related to suicide prevention. Amber with the help of the behavioral health staff, Petya Pacheva and Ena Elton-Myers, was able to complete 9 interviews over the span of three weeks. Each dimension score had increased from last year's numbers and overall on a scale of 1-9, the scores increased from 3.1 to 3.76. Amber is working hard to continue spreading Suicide Prevention awareness through culturally enriched events for and with the youth.

Contact Amber Hanson (ahanson@skokomish.org) for any input, questions, and/or concerns.

Health Care Committee Opening

Letters of Intent Requested to Fill 1 Vacant Position for the Skokomish Health Care Committee

The Skokomish Tribal Council is currently seeking Letters of Interest from enrolled Skokomish Members who are 18 years or older and wish to be considered for appointment to the Health Care Committee. This opening is to fill 1 vacant position.

Term for vacant position:

1 TWO-YEAR TERM 2020-2022

Please address letters to the Skokomish Tribal Council then forward your letter to Denese LaClair located at the Skokomish Health Center. In your letter, state why you feel you should be appointed and why you feel you'd be the best candidate.

If you would like more information regarding the the committee and the responsibilities of being a member of this board/committee please contact Denese LaClair at:

All letters received will be forwarded to the Health Care Committee and reviewed at the first available meeting of the month following the deadline to submit letters. The committee will interview applicants and make a recommendation to the Tribal Council, who will then make a final decision regarding appointment.

The deadline to submit letters of interest is: February 27th, 2020

Why do we Brush our Teeth?

The Skokomish dental clinic encourages everyone to brush their teeth with a fluoride containing toothpaste for 2 minutes 2 times a day. The immediate benefit from brushing your teeth is fresh breath and a clean mouth feel. However, brushing accomplishes much more than that. Throughout the day and night, bacteria and fungus are constantly growing in our mouths. These microorganisms build up on our teeth and can be felt as the fuzzy yellow-white substance called plaque. The goal of brushing is to help the body protect your teeth from the microorganisms in plaque that can cause cavities, inflammation of the gums (gingivitis), or loss of bone around the teeth (periodontitis).

The body naturally protects our teeth by bathing them in saliva. We can help the body by brushing with a fluoride containing tooth paste. Brushing physically removes the plaque from the teeth. The fluoride makes the teeth more resistant to cavities. We can further assist the body by avoiding prolonged or repeated exposure to foods and beverages that have a high sugar content or are very acidic (e.g. energy drinks). If you can't brush,



sometimes the best thing to do is rinse your mouth with water or chew sugarless gum.

When you schedule a check-up and cleaning at the dental clinic we can let you know if there are certain areas in your mouth that look like they are difficult to brush. The dental clinic has many different cleaning aids that we can provide to see if they help keep your mouth clean. Call 360-426-5755 to schedule your dental visit. Until then, brush those teeth!



Start a New Winter Fitness Tradition
with the Family

- **Flashlight walk:**
Bundle up and take a flashlight walk after a meal or family gathering.
- **Find some SNOW:**
Drive to the mountains and enjoy the snow— sledding,
Snowshoeing :(free & ranger-led at Mt. Rainier through March) ,
Build a snowperson





- **Skating or Ice Bumper Cars:**

Oly on Ice (Ice Skating) Downtown Olympia (529 4th Ave W) —
only thru Jan 20! <http://olympiawa.gov/city-services/parks/recreation/oly-on-ice.aspx>

Sprinker Recreation Center (Ice Skating & Ice bumper cars)
14824 C St. South
Tacoma, WA 98444 253.798.4000
<https://www.co.pierce.wa.us/1310/Sprinker-Recreation-Center>

- **Dance**
Turn on your favorite tunes & boogie!





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

:: Metformin in the News

- Other countries have reported low levels of NDMA in some metformin tablets.
- An investigation into whether or not metformin in the U.S. market may contain NDMA was recently announced by the FDA.
- There is no recall of metformin; patients should not stop their metformin.



angiotensin II receptor blockers and ranitidine. This has led to voluntary recalls by several manufacturers in the U.S. market.

Metformin is an anti-hyperglycemic agent used widely across the world. It is the recommended initial medication of choice for patients with type 2 diabetes.

NDMA (N-Nitrosodimethylamine) is naturally occurring at low levels in water and some foods; however, at higher levels it is a potential carcinogen. Recently, small amounts of NDMA were detected in some

NEW EMPLOYEE



very happy to come full circle and be here in Skokomish, and am honored to have a hand in carrying out meaningful work within the community. I am transitioning from my previous position working for a non-profit Native organization based out of Seattle, and prior to that I served the Quinault Indian Nation working in Taholah with elders and youth. I recently graduated in 2018 from The Evergreen State College with an MPA through the Tribal Governance concentration and am very excited to participate in the research project at behavioral health clinic. I have a passion for working with indigenous foods and medicines, I love caring for and learning from elders, and love to spend my time by the water with my dog. I have a love for art, I am a beadworker, seamstress, and basket weaver, all bringing me good medicine during the winter months. I am looking forward to serving my Skokomish relatives and carrying on this project here at behavioral health.

Hello, my name is Taylor Pulsifer and I will be working with behavioral health on a community research project, interviewing community members and sorting through archives to help create culturally specific programming for the youth and community. My family is originally from Skokomish, my great grandparents were Bertha Allen and Joseph Pulsifer, my grandparents were Robert and Carol Pulsifer, and my parents are Joseph Pulsifer and Maria Mix . I am

Skokomish Indian Tribe

Peer Support Group
Tuesdays
12:00pm- 1:00pm
Skokomish Health Clinic
100 n Tribal Road, Skokomish, WA 98584
(360) 426-5575

This is a drop-in time for adults in a group setting to seek help in areas of common life challenges: Substance Use, Gambling, Mental Health, etc.

Connect with others facing similar challenges and create a support network.

Please call the clinic and schedule an intake with the

Behavior Health Department to get started.



Looking Forward Together:
Elders' Supports & Services

Save the Date **May 21, 2020**

Billy Frank Jr. Center

An intertribal gathering of
Tribal members, caregivers,
and service providers.



Lunch Provided!

For more information call: 360.426.3990

South Puget Intertribal Planning Agency



2020 Census Snapshot — American Indian/Alaska Native

What is the census?

Every 10 years, the United States counts everyone living in the country on April 1. Our tribes do not share enrollment numbers with the government, so it is important for all American Indians and Alaska Natives to participate in the 2020 Census.

What's in it for me?

The 2020 Census is an opportunity to provide a better future for our communities and future generations. By participating in the 2020 Census, you help provide an accurate count of American Indians and Alaska Natives. Your responses to the 2020 Census can help shape how billions of dollars in federal funds are distributed each year for programs and grants in our communities.

The 2020 Census is our count. Our responses matter. Regardless of age, nationality, ethnicity, or where we live, we all need to be counted.

Responding to the 2020 Census is:

> Easy

In early 2020, every household in the United States will receive a notice to complete the census online, by phone, or by mail.

> Safe

Your responses to the 2020 Census are confidential and protected by law. Personal information is never shared with any other government agencies or law enforcement, including federal, local, and tribal authorities.

> Important

The federal government and local American Indian and Alaska Native leaders and decision-makers will use 2020 Census data in a variety of ways that can benefit Native people and our communities.

2020Census.Gov

D-OP-AI-EN-055

Shape
our future
START HERE >



Tuwaduq Family Services: We are Here to Help You

In December, the Tuwaduq Family Services program put together a canned food drive to help the Skokomish Community that is having a tough time due to the bad fishing season. We collected non-perishable food items and others chose to donate cash so that our program could go purchase food items that we thought people in our community needed to get through the holiday season. It was so great to see so many come together to help our people in the community. Family Services was able to collect enough food to provide baskets to 55 families within our community, which have been impacted by the bad fishing season this year. We would like to thank all of those that took the time to donate. Your donations helped so many families and was really appreciate when delivered to them. It is always good to see people come together to help each other in time of need. In November, we distributed 29 food vouchers to eligible families. In December the number, when up to 55 eligible families that needed the additional help with Christmas time and bills that keep on coming.

The food voucher program continues to offer voucher one every three months to income eligible families, one per household. Food voucher applications can be competed at Tuwaduq Family Services to enrolled tribal member. There are also other resources available if you qualify for TANF, ICW, or food stamps. You can turn in a food stamp application on Wednesday and Thursday at the TANF building with Terri Butler. You can also turn in application for the USDA Food Distribution program (commodity). Applications are available at Tuwaduq Family Services. You can fill them out and provide the required documentation and we can fax the application to the warehouse for you or you can call (360) 438-4216 or (360) 438-4235 and ask questions about the program eligibility. Food distribution is once per month at the old gym behind the tribal center. In addition, local food banks are available at Squaxin every Friday (8-3), (360) 432-3926 located at 90 SE Klah che Min Drive. Hood Canal Food Bank (Hoodsport) is the 1st and 3rd Monday of each month (360) 877-6507. Saint's Pantry is Tuesday and

Wednesday (9:30 to 12) call (360) 427-8847.

This year for the elders' food baskets TFS, provided jars of canned peaches, cherries, spaghetti sauce and jam and fish that was canned by Kris Miller culture classes for the Christmas elder baskets. We also provided emergency preparedness items such as the emergency blanket, heat reflective poncho, hand sanitizer, socks, hat or gloves and candles, Kleenex and toilet paper. Having these items in your car or house can be helpful in time of need or can also be donated to someone that may be homeless to help keep them warm when needed. We were able to help with 100 of these kits for the tribal elders program.

For the Christmas party this year we baked dozens and dozens of cookies for the Christmas party. There were so many cookies to go around and enjoy. Our Healthy Families program gifted families with homemade laundry soap. The Domestic Violence program donated umbrellas that were really needed that evening and water bottles as well. Vocational Rehabilitation program donated piggy banks to all the

kids to start learning how to save for college. We also provided calendars for the New 2020 year. It was good to visit with all of you who stopped by the table to visit. It was a well-attended Christmas party once again this year. We continue to cut loads of wood for the community making sure that each household that has a wood stove has wood to burn during the cold weather that we had. We were so lucky to have been able to have families with a stockpile of wood when needed before the cold weather came. Try to keep your woodpile covered so that it does not get wet and hard to burn. Make sure to keep your stove pipe clean to avoid chimney fires.

We have continued to keep gently used clothing that have been donated in the lobby of Family Services for those that may need a warm coat or sweatshirt or shoes. Stop by and look if you are in need. Thank you to the people in the community that continue to give and share their items they no longer need or have outgrown.

THANK YOU!

Skokomish Healthy Families Program would like to thank two very wonderful programs that have supported the H.F.P and the clients.

First program is "A Gift for Special Children" by helping families of special needs children in Mason County.

This program goes beyond with delightful donations and resources to our families. I'm very thankful that they think of the Healthy Families Program all through the year

The second program is the Tribal Sons. Shelton – Inmates who are members of the Native American group known as the "Tribal Sons" at the Washington Corrections Center. Tribal Sons gave from their hearts and used this as an opportunity to give back and have a positive impact within the Skokomish community. Thirty children of Skokomish received one pair of brand-new shoes. This is the first year I worked with The Tribal Sons.



The Skokomish Healthy Families would like to thank both of these excellent programs for the generous contributions, your thoughtfulness, your time and energy, and most of all, the support of our youth and families I work with daily.

These gestures have are very much appreciated.

Thank you,
Skokomish Healthy Families Program
Laila Longshore-Smith

READY! for Kindergarten

Children are born learning! They naturally love to explore and understand the world around them. The READY! for Kindergarten® school readiness program empowers parents and caregivers to succeed in their role as children's first and most influential teachers.

READY! provides parents and caregivers with tools and activities to optimize children's natural curiosity and nurture learning and development

During a child's early years, parents and caregivers play a key role in shaping language, literacy, math, and social-emotional skills. Active engagement of families and caregivers is the most effective way to make those critical developmental years count

Healthy Families will be hosting **READY! for Kindergarten workshops** you will be able to take-home materials and tools, to inspire and empower your children to help babies and young children develop strong brain connections that determine how they will think, learn and grow. Age Group 0-5

Parents and caregivers will attend a workshop once a week for 4 weeks

You learn new skills and helpful tips to nurture development in ways that foster academic skills and personal behaviors to boost children's motivation, perseverance and engagement in learning.

READY! facilitates interactions and active learning by using movement, play, exploration, communication and all of a child's senses - seeing, hearing, smelling, touching and tasting

Date: February 26th


Time: 5:30

Place: To Be Determined

Please **RSVP** please call Laila 360-426-7788


Will have food and drawings and childcare





THIS FEBRUARY, START TALKING ABOUT HEALTHY RELATIONSHIPS!


Skokomish Domestic Violence Program Recognizes Teen DV Awareness Month



1.5 million teens experience dating abuse of some form each year. Only 33% ask for help. (loveisrespect.org)

ABUSE IS NEVER YOUR FAULT, AND ASKING FOR HELP IS NOTHING TO BE ASHAMED OF.

National 24/7 crisis Hotline
1.800.799.SAFE (7233)
 Call or Text Skokomish Domestic Violence Program 24/7
PATTY 360.463.6912 OR TOR 360.545.2303
IF YOU ARE IN IMMEDIATE DANGER DIAL 911



This project was supported by grant #2018-TX-AV-0040 awarded by the Office on Violence against Women, US Dept of Justice. The opinions, findings, conclusions & recommendations expressed in this publication/program/exhibition are those of the author and do not necessarily reflect the views of the DOJ, OVV.

WEAR ORANGE 4 LOVE FEBRUARY 11, 2020



Join together for a national effort to raise awareness to teen dating violence. By wearing orange, you'll be showing your support for healthy relationships

For information on this or any of our program services and activities contact
Patty or Tor at Tuwaduq Family Services
Phone (360) 426-7788 or Email dvprogram@skokomish.org

This project was supported by grant #2018-TX-AV-0040 awarded by the Office on Violence against Women, US Dept of Justice. The opinions, findings, conclusions & recommendations expressed in this publication/program/exhibition are those of the author and do not necessarily reflect the views of the DOJ, OVV.

Teen Dating Violence Awareness Month

February is Teen Dating Violence Awareness Month. Skokomish Domestic Violence Program wants you to know that there's a lot you can do as a parent to prevent teen dating violence and abuse. Almost 1 in 10 teens reports being physically abused by a boyfriend or girlfriend in the last year. One of the most important things you can do is keep the lines of communication open with your kids. Take steps to make a difference:

- Be a role model – treat your kids and others with respect.
- Start talking to your kids about healthy relationships early – before they start dating.
- Get involved with efforts to prevent dating violence at your teen's school.
- Call the National Dating Abuse Helpline at 1-866-331-9474 or text "loveis" to 77054, if you are worried about your teen. You can help keep your loved ones safe and healthy.
- Wear Orange 4 Love on Tuesday, February 11, 2020. Show your support for healthy relationships by wearing orange and help raise awareness.


In recognition of Teen DV Month we invite you all to "Chalk About Love."

We will have chalk boards and chalk available for adults and teens alike to Chalk About healthy relationships, and healthy dating.

Domestic Violence Program staff is gearing up for statewide advocacy at the state capitol in Olympia during the weeks of February 3-14. They will be talking to our senator and representatives before they go into legislation to vote on issues that impact survivors of domestic violence. Each year it's a chance for us to bring survivors from Skokomish so that their voices are heard. It's empowering to know we can have a direct impact on Washington laws!

For more information, on our program services and activities visit us at Tuwaduq Family Services, 561 N. Tribal Center Rd., call (360) 426-7788 or email dvprogram@skokomish.org. Watch for flyers for all our latest activities and information our program offers. All of our client services are free and confidential.

We wish you all safety and warmth during these snowy, rainy winter days.



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 paystub 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:
Wednesday, Feb 19th at Tuwaduq Family Services 360.426.7788

9:00 am—2:00 pm
 (date and times may change)

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



In Loving Memory



TOMAHAWK WILLIAM PETERSON
August 17th, 1977—January 2020

Funeral Service Was Held On:
Friday, January 17th, 2020 at 11 A.M.
Skokomish Community Center
19731 US-101, Skok, WA 98584

Officiant
George Amiotte

Burial Service Was Held at
Skokomish "Y" Cemetery
19250 US-101, Skok, WA 98584

Thank You

I would like to thank all of those who served as Pall Bearers for Tomahawk Peterson. I would also like to thank Rosetta LaClair for all of her help during this sad time. I had a lot to learn and she showed me how, with all the big freeze and then snow every day, we got a late start. But in good time it all came together. Thank you to the cooks, the food was great. The casket was beautiful, what a job it must have been to make it. Thank you to the casket makers. Thank you to the grave diggers. Thank you to the Marines who showed up in this snowy weather. Cody Andrews, thank you for keeping the parking lot clear. Skokomish Police for taking care of traffic for our last cruise around the Rez. Thank you to the Community Center staff, what a beautiful place for the services for Tomahawk. Bobbi Blacketer,

thank you for the store postings and the notification of Final services, the Burial Dinner announcement. They were beautiful. What can we say: Tomahawk was loved greatly, he had no anger. He was Happy-Go-Lucky all day. He loved his family, his job, for 21 years. He was a cute guy and we will miss him dearly, but then when our time is over here, he will be there. We will see him again. Our hearts are heavy with sorrow but we truly love him, miss him, and will be glad to see him again when we get there. Thank you George Amiotte. This was truly a great tragedy that we must bear together. Thank you everyone again. Tomahawk's mother - Valerie Peterson Brother Shilo - Sister Katherine and his two daughters - Kyleigh - Chenoa - Wife Johanna.

*Damn it bro,
You are not gone
The memories we have,
They will live on...*

*I know I'm not,
Not the only one.
Who will cherish our memories.
And keep you living on...*

*Every time I go,
To memories we share.
I won't be alone, cause I know...
You'll be there...
I can see your face,
I can hear your laugh
Even the last conversation
We had...*

*Love you, little brother
Nephew, the list goes on...
But, I'm telling you now...
You, are not...
GONE..*

*I'll see you when
I get there too
I will also tell you
That we remember...
We remembered you too...*

*Love you Tomahawk Peterson
I will see you again...*



Nicholas Glenn Wilbur

Born On May 30, 1935 in
Shelton, WA
Walked Home On January 22, 2020
in Skokomish, WA

Services Were Held On:
Monday, January 27 2020, 10AM
Skokomish Community Center

He is predeceased by his wife, Kathy Wilbur; his father, Lawrence Wilbur; his mother, Annie Frank; his brothers, Bert Wilbur, Barney Wilbur, Harold Wilbur, his sister, Angie Wilbur, Annamae Conklin; his daughter, Louise Wilbur; and his son, Lyle Wilbur.

He is survived by his brothers, Charles Conklin & John Strong; his eldest son, Nicholas Wilbur, Jr. & his partner Teresa Terrien; his grandsons, Nicholas Wilbur III, Bud Wilbur, & Lyle Wilbur; his second eldest son, Lawrence Wilbur & his wife Patti Wilbur; his grandchildren, Lois Boome, Faith Sleeper, Lawrence "Chuck" Wilbur, & Kenneth Wilbur; his third eldest son, Lloyd "Deno" Wilbur, Sr. & his partner Debbie Wilbur; his grandchildren, Lloyd "Buzz" Wilbur Jr., Augusta Wilbur, Anthony Wilbur; his youngest son, Peter Wilbur & Wife Katilin Wilbur; his grandsons Austin Ramsfield Wilbur & Khyal Wilbur; and also his numerous great grandchildren, nieces, & nephews.

The Joy Of Being Right With God

New that we have been made right with God by putting our trust in him we have peace with him. It is because of what our Lord Jesus Christ did for us, By putting our trust in God, He has given us his loving-favor and has received us, We are happy for the hope we have of sharing the shining greatness of God. We are glad for our troubles also. We know that troubles help us learn not to give up. When we have learned not to give up, it shows we have stood the test. When we have stood the test it gives us hope. hope never makes us ashamed because the love of God has come into our hearts through the Holy Spirit who was given to us

2020 Button Robe Schedule

The Workshop Will Be Held Tuesdays

5:00pm-7:00pm

Button Robe Workshop Starting

Tuesday February 25th

CHOICE High School Room 211, up the stairs

Enter through the front entrance at 807 W. Pine Street



Designs and Robe Workshop
 February 25th March 10th
 March 31st April 14th
 April 28th May 5th

No Class March 24th

**Indian Education Banquet and Button Robe Ceremony on Friday
 May 15th from 6pm-9pm**

This workshop will provide help for Shelton School District graduating seniors and their families to design and construct button robes. Seniors will be presented with their finished robes at the banquet and be able to wear them at graduation. This is a non-profit organization which is run by volunteers who are supporting Native students.

Donations are gladly accepted.

If you have questions please call Jenna Adams (360)463-9688 or e-mail Diva Roberts droboterts@sheltonschools.org.

Happy Birthday to my wonderful mom Marie (2/13)! I appreciate you so much and all that you do for us all. I hope you enjoy your day! Love you always Lea & Lex

Kevin J. Cagey, Thank you for always being there to help me, taking care of me. and no matter what I am thinking and doing for always being there for me. I love you so much. Happy Anniversary

Happy birthday to Alex Gouley. Thank you for all you do for our family. Love you, Your Girls.

Happy Valentine's Day to my three beauties - Taya, Ada, and Alexandra. Love you to the moon and back. Love, Mom

Happy 6th Birthday to My Big Boy, Kyan William Peterson! You are such a blessing to Our family & We Love You More than you will ever know!

I hope your day is as special as you are hoping it will be & all your Wishes Come True!
 Love,
 Mom, Dad & Brother



Merry Christmas from Lucky Dog Casino. This is not everyone that works here, some employees were missing. I would like to take this time to appreciate all the hard work throughout the year. Everyone's job is important to run a business. Working here for years, I've seen this casino grow to what it is today. Thank You, Wendy Johnson

TRIBAL MEMBERS WITH BIRTHDAYS IN FEBRUARY

1st
 Christopher Tinaza

3rd
 Genny Rogers
 Cory Mann
 Kyan Peterson

4th
 Walter Andrews
 Wilma Gardee
 Silas Campbell

5th
 Kathleen Raines

6th
 Joshua Kennedy
 Josephine Rabuck

7th
 James Smith
 Jose Mendoza
 Cameron Henry

8th
 Elaine Peterson
 Eileen Peterson
 Robbie Smith
 Maxamus Miller
 Annabelle Wilbur

10th
 Jacqueline McCann
 Michael Lewis

11th
 Alisha Longshore
 Vanessa Kennedy

12th
 Dawn Lawrence
 David Ware
 Abahay Sparr-Cordova

13th
 Marie Gouley
 Katherine Jackson
 Shalie Wilbur

14th
 Demetria Washington
 Sashina Stephens

15th
 Christopher Gouley
 Loretta LaClair
 Louisa Pulsifer

16th
 Edward Green, Jr.
 Travis Prest
 Andy Peterson

18th
 James Eagles

19th
 Misty Byrd
 Winona Plant-Poulin
 Nick Wilbur, Jr.

20th
 Thomas "Cougar" Blue Bird
 Saturday Carey
 Margaret Miller
 Judy Wilkins

21st
 Jeff Johns
 Lauren Smith
 Cecilia Longshore
 Rocky Peterson

22nd
 Cody Andrews
 Hailey Brown
 Alex Gouley
 Isabelle LeClair
 Isaiah Ives
 Elena Prest
 Mesha Longshore

23rd
 Kasiah Brown

24th
 Pamela Hodgson
 Terri Butler
 Thomas John Gerald Strong
 Austin Escobar

25th
 Karine Archer
 Ava Smith

26th
 Kyle Johnston
 Peter Wilbur

27th
 Shane Miller
 Mandy Wilbur

28th
 Laurie Clayton
 Angel King-George
 Kylan Gobert
 Louis Auld



I ♥ FREE PLAY



**FRIDAYS, FEBRUARY 21 & 28
6PM – 9PM**

WIN A SHARE OF \$2,500!

One Hot Seat winner will be called every 20 minutes to win up to **\$625 in Lucky Bucks!**
Club Lucky members may win multiple times per night.



FREE ENTERTAINMENT



**LIVE MUSIC
7PM – 9PM | THE DRIFT
SELECT THURSDAYS IN FEBRUARY**

**THURSDAY, FEBRUARY 6 | RANDY LINDER
THURSDAY, FEBRUARY 20 | ALMOST BLUE**



BIG GAME WATCH PARTY



**SUNDAY, FEBRUARY 2
3PM – END OF GAME**

Drawings for autographed merchandise every 30 minutes starting at 3:30PM until end of game.
PLUS, earn 12 points during the game to receive a **FREE Seattle Football Team item.**
Enjoy Unique Game Day Specials in The Drift.



NOW HIRING



Casino Porter

The Drift Bartender

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



SWEATSHIRT TUESDAYS



**EVERY TUESDAY
2PM - 8PM**

Earn **40 base points** to receive a **FREE Regional Tourism Sweatshirt!**



THE DRIFT



VALENTINE'S DAY DINNER

FRIDAY, FEBRUARY 14

8 oz. \$26.50 12 oz. \$29.50

Prime Rib served with a Caesar salad, mashed potatoes and seasonal vegetables, plus Cheese topped with your choice of finishes.

OPP PRODUCTIONS VENDOR SHOW

LUCKY DOG CASINO

SATURDAY, FEBRUARY 8 | 2PM – 7PM

FOR MORE INFORMATION, VISIT
WWW.FACEBOOK.COM/OPPPRODUCTIONS
OR CALL 360.277.4307



Rez Photo of the Month



Can you name the young ladies in this photo?
Please turn to page 11 for the answer! Good luck!

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

Non-Profit Organization
 NIS Postage Paid
 Hoquiam, WA
 Permit No. 11

Rez Sudoku Puzzle of the Month

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

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

The Sounder

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

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

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