Living Treasure: Skokomish Tribal Elder Lila Vigil

From her earliest days of growing up on the Skokomish River flats, Lila Vigil remembers that she and her siblings always had fun. She was one of ten children born to Grace and Alex Gouley. Leave it to kids to just enjoy the chance to entertain themselves, make up their own games, play outside in the rain and just have fun. Lila Gouley was born on December 19, 1941, at home, and her grandmother, Nancy Peterson Sherwood, was the mid-wife who attended her birth. Nancy was a mid-wife who attended each of her grandchildren’s birth, helping to ensure that the mother and the newborn were both taken care of to ensure their health and safety. All of this at a time where the family, like so many on the Skokomish Reservation did back then, they lived without electricity, running water and indoor plumbing.

Lila always remembers how her Mom kept a neat, clean and happy home. Her Dad worked as a logger for many years before moving to a job at the sawmill. The two of them met when they attended Chemawa Indian Boarding School, in Kizer, Oregon. Alex Gouley was an Aleut, from Alaska, and when they married they decided to make their home on the Skokomish Indian Reservation and raise their family there. After living on the Skok Flats for several years they bought a home on the Skokomish River Road and moved there. Lila remembers how there weren’t many houses nearby. Louisa Pulsifer was their closest neighbor, the Leschi’s and Emily Miller lived a little further down the road. Education was an important part of Lila’s childhood, she attended the Lower Skokomish School, on the reservation, with all of her siblings and other kids from Skokomish. Since her mother and father were students of Chemawa they both were indoctrinated in the philosophy of the federal government that you don’t speak your language, you speak English, and you don’t practice your traditional customs. So this generation was not exposed to the Tuwaduq language. Lila remembers how her grandmother never spoke English, she only spoke Tuwaduq, but they never had the opportunity to learn from their language from her. Her mother understood the language but would never speak it.

After Lila graduated from the Lower Skokomish School she attended Shelton Junior and Senior High Schools, graduating from Shelton High. She remembers how after leaving the Skokomish school many of her fellow students dropped out and didn’t graduate as she did. By the time she graduated only Jake Smith and Toby Lewis, both from Skokomish, received their diploma also. Her mother and father both stressed the importance of doing well in school and graduating. Now that she was done with school she moved to Tacoma to live with her older sister, Nancy, and baby sit. Nancy was attending a local college. During this time another sister, Harriett’s husband, C.H., introduced Lila to Jose’ Vigil and a whirlwind romance ensued. After only six months they were married in the Skokomish Assembly of God Church.

They settled down in Tacoma, WA where they started their family. Jose’ worked for the Belt Line Railway and Lila stayed home with their four children, Rene’, Raquel, Celeste and Alexii. Just as her mother had demonstrated, Lila believed in providing a clean, safe and loving home for her husband and children. Which meant that she was also very involved in their school and after school activities. Rene, Raquel and Celeste attended the very first Northwest Indian Leadership Conference, on the Lummi Indian reservation. When her children were older Lila attended Tacoma Community College where she completed her studies and received her Associates Degree. At the same time Lila and Jose’ were very involved with the Tacoma Indian Center, serving on the board and working to promote Indians being hired for jobs in both the local governments and private business’. Activism on behalf of Indian causes has always been important to them and seeing other Indians getting the opportunity to succeed brought them a lot of satisfaction.

Lila’s first job was as a Tutor for the Title IV Indian Education Program in the Tacoma Public Schools. She then was promoted to an Indian Liaison position working with high school students. A few years later, with her children out on their own, Lila moved to Skokomish and took a CETA funded position with the Tribe and began working with Bruce Miller on the Language Program. This was an exciting time as many Tribes were in the same process of reviving their languages and now she was playing a part and learning her own Tuwaduq language. But as with grant funded Indian Programs the funding ended and so did this job. Lila then became the Indian Education Program Director for the Skokomish Tribe for a while before deciding to move back to Tacoma, where she lived until Jose’ retired from the Belt Line Railway, after 35 years. Lila worked next tutoring Indian students at Lister and Roosevelt elementary schools, in Tacoma Public Schools, until she and Jose’ decided to move to the Shelton area. They searched for a while before buying a house north of Hoodsport, WA.

Lila has lived a full life, certainly not as she imagined, but how many of us have? She imagined herself going to nursing school, like her sister Harriett, but that was not to be. As her mother showed her, she was a strong home foundation for her family, putting them and their needs first. Her four children now have their own lives, providing the joy of seven grandchildren and two great grandchildren, for her and Jose’. At the same time, she did get a two-year college degree and moved on to help revitalize the Tuwaduq language. These are important events and accomplishments which will help to keep her tribal language alive and hopefully thrive, in the future. This past Summer, in Covid 19 fashion, Lila and Jose’ quietly celebrated their 60th wedding anniversary. Each life has many accomplishments and these are monumental ones.

Tony Herrera
Hello Skokomish Families,

The Skokomish Education Department wants you to know that we are here for you!

First, let me say that we are fully sympathetic to the fact that Distance Learning is new for schools, students, and parents. Additionally, we recognize that Distance Learning is not necessarily the best instructional model for all students. However, we are working diligently with teachers to ensure that your child has the support they may need. We are always searching for the best possible way to support our Skokomish students to be successful in school. We are in an unprecedented time in history and it will take all of us working together for our students. Distance learning has been difficult for many students; however, the education department is continuing to provide academic support to students in grades Pre-K – 12th grade. Our tutors are providing support via Zoom and some small in-person groups.

If you or your child is having difficulties, please do not hesitate to call your child’s tutor or the Skokomish Education Department (360) 877-2460.

Tutors
Kathrine Lawrence – Shelton High School 11th – 12th grade
Igancio Simon – Shelton High School 9th – 10th grade
Paula Muir – CHOICE/Cedar School 9th – 12th grade
Leah Evernden – Hood Canal School – 6th – 8th grade
Mariah Williams – Hood Canal School – 3rd – 5th grade
Katrina Twiddy – Hood Canal School Pre-K – 2nd grade
Deborah Hale – College & Career Coor. - Assist College Application/FAFSA/Scholarships & Resume Writing/Job & Career Search, Apprenticeship Application

Sincerely, Antonio Sandifer, Education Director Cell: 360-490-7710

 Become Nursing Assistant Certified!

This program is 250 hours and 13 college credits. It takes place for 13 weeks 3 - 4 days per week in Shelton. Worker retraining monies typically pay for your books and tuition. Attending the orientation is a requirement to be admitted to this CNA training that begins in January 2021. If you THINK you may be interested in someday being an LPN or an RN or in pre-M ed this is a great opportunity and a super awesome place to begin.

Also you are able to be in the Olympic College Running Start program also but you have to sign up ASAP if you want this as part of Running Start. No high school diploma needed!

Call: Deborah Hale, Skokomish College & Career Coordinator 360-877-2460 extension 2706 dhale@skokomish.org

Congratulations Students!

Bailey Plant and Sonni Cordova both achieved PERFECT TERM 1 ATTENDANCE, What an accomplishment especially during Distance Learning during this COVID Pandemic. Congrats

Congratulations also go to these students for achieving perfect attendance for the month of October!!

Hayzel Luengo Carter
Camron Sandoval
Thomas Strong
Khanner Sunga
James Byrd
Sonni Cordova
Bailey Plant

Keep up the good work!!!

Indian Education SSD Parent Advisory Meeting!

You are invited to our next Native American Education Program Parent Advisory meeting. It is important that we hear your input and ideas for this program. The meeting will be held via Zoom on Monday, December 7 from 5:30-7:00pm.

Please contact Kelly Neely, Director of Curriculum and Instruction and State & Federal Programs at Shelton School District at 360-426-1687 with any questions.

We look forward to seeing you via Zoom! https://us02web.zoom.us/j/82713148513?pwd=bUJOOHVzdzNsY1ISY1B3dTFBeVNWQT09

Ways to Your Children with Online Learning!

We can all agree that learning online is very different from the regular face-to-face classroom. It can be more challenging for students to engage with their teachers, the content, and each other. Additionally, they have something new to interact with - the technology. The following 5 strategies can help keep them on track for success if you are the main caregiver or the parent/grandparent/guardian try these out.

1. Help Your Child Build a Sense of Community
One challenge of online learning is that students often feel quite isolated. Encourage conversations at home about school. This will help them see how you as a parent are invested in their learning. In addition, encourage ways for learners to see each other as resources through methods like peer feedback and peer review, as well as potentially helping students find peers to study with.

2. Help Your Child Feel They Can be Successful
When learners feel like they can succeed then they are more likely to persist and continue to try. Ask your Skokomish tutors for help with ideas to make certain your child feels successful. Post short little educational posters on the walls around where their at home work and study station is located. Post their good grades there too! Let them know they ARE doing a good job!

3. Establish Ways to Monitor Progress
- Keep Track on the Wall Near Their Desk or Work Area!
If students aren’t sure of how they are doing, they may not engage productively. As a parent you can receive from the teachers the goals for the class or course your students are working on. Post these on the wall near their study station at home.

4. Reward and Celebrate Success in Your Home Everyday!
While it is true that learning is its own reward, everyone can use a little help now and then to meet their goals. Think of ways to provide your children with rewards, whether those are in the form of praise or points toward a family reward. Focus on recognizing good effort, progress, and the kinds of learning behaviors you want to see more of, not just achievement.

5. Relate Class to Your Child’s Lives - Talk about it At Home!
It can be hard for students to stay motivated when they do not see the value in what they are doing. Kids are going through the Covid 19 Pandemic, just like adults are! Do not forget this important aspect of this whole thing. One important source of value for academic learning is the connection to our everyday lives. How can your child use what they are learning in class right now? Help them make those connections as often as you can.

Skokomish Education Department
For several years now the Hood Canal School Board has been planning a complete renovation of the football field and track, which were built in 1965. The condition of the track was not very good, and the football field wasn’t any better. A few years ago, when the school was expanded, a new septic drain field was engineered and installed under the football field, and track.

To accomplish this improvement and renovation project the Hood Canal School Board (HCSB) has been saving up funds from the Washington State Timber Tax revenues for over six years, but they knew that they would need additional funding for the overall project cost. The total cost ended up being approximately one million dollars. So the HCSB applied to the Washington State Recreation and Conservation Office for a grant. They were awarded a grant of $250,000 and Mason County was the pass through agency to get this job done. For Mason County’s efforts the HCSB retains exclusive use of the track and football field, during the school day and for their sporting events. In times outside of those Mason County can schedule recreational league sporting events. A twenty-year Memorandum of Agreement was negotiated to memorialize this dual benefit of the new and improved track and field.

After the school year ended, in June, construction began. Part of the design was to remove the existing septic drain field from under the track and football field and it was relocated under the playground on the North side of the school grounds. The new track was installed utilizing the latest technology in a surface that is both weather resistant and keeps the base from breaking down over time, as well as a much better draining football field. In early November new sod was laid on the football field and the last part of the construction will be a new fence with access points designed to restrict access of unauthorized vehicles.

The Hood Canal School Board Chairwoman, Annie Robbins, wanted to make sure that the Board was appreciative of the WA ST Recreation and Conservation Office and the State of WA for the funding to bring this update to Hood Canal School’s track and football field.

By Tony Herrera

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**Hood Canal School Renovates their Football Field and Track**

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**Youth Program Updates**

NEW YOUTH PROGRAM STAFF MEMBER
Welcome to our new TANF Family & Youth Assistant Christopher James! We are so glad you joined the team on November 2!

YOUTH PROGRAM AT HOME (weekly deliveries for ages 5-19)
Until it is safe to offer in-person programming again, the Skokomish Youth Program is continuing our Youth Program at Home deliveries to youth on the reservation, Skokomish youth (enrolled or descendent) who live elsewhere in Mason County, and Skokomish TANF youth clients. When safe to do so, we deliver weekly kits with educational, cultural, art, and/or wellness activities that youth and families can do at home. Most deliveries are on Thursdays.

If you or your child would like to join the delivery program, please sign up online at:

https://forms.gle/cuW3Y6UlbSoLmLN6

You can get help with forms or fill them out over the phone by contacting a Youth Worker.

We invite your questions and suggestions about this program! If you have been part of the deliveries but your child has moved or no longer wants to participate, please let us know that, too. You can contact Julianne (Youth Program Supervisor) or any Youth Worker.

YOUTH COUNCIL
We are currently exploring safe and engaging options for a virtual Youth Council, and we welcome your input (especially from teens!) about how to make it go well. Please contact Julianne or Corbett with your ideas.

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**Tuwaduq Language Department Update**

The language staff have been focused on training to become more proficient in speaking and writing our language to prepare to begin teaching classes in the near future. Probably be the Spring time, but the class offerings will most likely begin as on-line formats, depending on the Covid 19 pandemic status. Since the beginning of November we’ve been having on-line classes, Monday through Friday, for two hours a day with our language consultant, Nancy Jo Bob. During this process we are building resources, exercises, and lessons which can be used to teach new learners with. We’ll begin putting lesson plans together and refining our teaching skills to work with students from head start ages all the way to adult and senior aged learners, as well. Obviously, visual aids/tools will be essential to assist in these class situations, along with our ability to breakdown the words and explain how to pronounce words and build sentences so that everyone can begin speaking Tuwaduq. Eventually progressing to conversational ability so that understanding and retention can be reinforced and enhanced, more easily. These are our goals and objectives for the coming year, and everything that we create is being saved digitally so that they will benefit those interested in learning our language far into the future. We all hope that you have a very Merry Christmas and may the New Year bring us health, happiness and a greater understanding of our Tuwaduq language.

Tony Herrera

RESOLUTION NO. 2020 – 145: A Resolution Appointing Amber Hanson to the Law and Order Committee Pursuant to the Appointment Procedures Contained within S.T.C. 1.06, the Skokomish Committee Standards Ordinance.

RESOLUTION NO. 2020 – 146: A Resolution Appointing Roslynne Reed to the Law and Order Committee Pursuant to the Appointment Procedures Contained within S.T.C. 1.06, the Skokomish Committee Standards Ordinance.


RESOLUTION NO. 2020 – 149: A Resolution to Approve SLD Contract No. 2020-AGREE-00250 for Bonneville Environmental Foundation Monetary Grant Sub Recipient with Public Utility District No. 1 Mason PUD 1.

RESOLUTION NO. 2020 – 150: A Resolution to Approve SLD Contract No. 2020-AGREE-00251 for Master Service Agreement and HIPAA Business Associate Agreement with WithHealth.

RESOLUTION NO. 2020 – 152: A Resolution Approving the Commitment of Tribal Funds and Approving the Submission of an Application to the US Department of Housing & Urban Development (HUD) FY 2020 Indian Housing Block Grant (IHBG) Program.

RESOLUTION NO. 2020 – 153: A Resolution Approving the Skokomish Indian Tribe’s 2021 Annual Intertidal Clam and Oyster Regulation S-#21-02

RESOLUTION NO. 2020 – 154: A Resolution to Adopt the Tuwaduq Alphabet as the Official Written Version of the Tuwaduq Language for the Skokomish Indian Tribe.
**Update for the Skokomish**

**Department of Natural Resources**

**Shellfish:** Blair has been working with the water quality crew on a coccolithophore report. This is the algae that turns the Canal bright blue, like tropical waters, and may be negatively impacting the shellfish resources, mainly crab, shrimp and oysters. The report gives some preliminary causes for the blooms but much work is needed. Josh Hermann has been transferred from a project employee under the Navy Mitigation project to a regular employee who will oversee the Tribe’s tidelands and shellfish farming. These include the flats, a lease in Dabob Bay, a lease near Alderbrook, and a stretch of tideland on Bald Point. Summer surveys are being processed for inclusion in the 2021 Hood Canal intertidal agreement with the state.

**Habitat:** Lisa submitted her progress reports at the end of October. This included an updated map of the pepperweed infestation at the flats. The weed was found at more locations but they also found less of the weed overall by almost half. The Mason Conservation District has helped with the removal efforts. The FY 2020 Implementation Fund Grant is being written. The funds will go towards beach seining at the estuary with the majority of the funds going to large woody debris work.

**Environmental Planning:** Dana has reviewed approximately 83 applications which is 15 more than 2019. These are mostly nationwide permits but also some SKEPA permits. He is also reviewing the floodplain restoration project at the Bourgault property.

**Water Quality:** Seth and Julian have been working on Water Resource Inventory Area 14 and 15 issues. They recently submitted the report to EPA for the PPG grant. This is the final year of the grant but a new four-year cycle starts in January of 2021. The harmful algal bloom report is being worked on and when this work ends Seth will have more time to focus on EPA issues. He and Julian are also tracking WDOT projects slated for Highway 106 which will help protect the road.

**Finfish:** The crew is busy with fish monitoring. This year they found 7,226 live Chinook; 325 in the north fork, 1 in the south fork, and the rest in the main stem of the Skokomish River. They are working on integrating new data collection methods in collaboration with an Arc GIS online account. They are testing the use of a new drone for surveys. GIS and RStat training are scheduled for December.

**Hatchery:** Robert indicated that they have collected zero eggs due to the slow return of the chum. They do have 60-70 fish in the trap and plan to spawn them on Friday, November 13. Normally the egg take is complete by the 19th but the run seems to be about a week late this year. The hatchery has five 10X4 circular tanks onsite that will replace the crumbling concrete raceways. They also have one of the eleven 20X5 tanks on site that will eventually replace the dilapidated fiberglass tanks. The new spawning facility is about halfway complete. The first contractor was fired for poor workmanship. The new contractor got the facility to the point that it can be used this year and then will come back to finish after spawning. You may notice the huge crane that was installed to lift fish out of the channel! The hatchery crew is working on submissions for the next round of Hatchery Cyclical Maintenance money and the Hatchery Reform grants. Finally, a bit of unfortunate news in that the sockeye at the new facility have tested positive for infectious hematopoietic necrosis virus (IHNV). No treatment has been shown to be effective. To prevent the spread of the disease, strict isolation, hygiene, and testing procedures were specifically designed into the sockeye facility.

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**NOTICE:**

The Skokomish Tribe is now accepting applications to fill TWO vacant seats on the Skokomish FISH COMMITTEE.

If interested, please submit a letter of interest to Jonathon Wolf at the Fisheries building by 2:00 PM on December 30, 2020

The three-year positions will run from March 1, 2021 through February 28, 2024.

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**South Puget Intertribal Planning Agency**

**LIHEAP**

**NEED HELP WITH YOUR LIGHT BILL?**

November 30, 2020, SPIPA will be accepting LIHEAP applications

Apply for LIHEAP assistance online!

• Go to: spiipa.org
• Click on top banner or go to spiipa.org/community-resources

• YOU MUST HAVE:
  - Income for Aug-Oct 2020 for everyone in the household 18 and older
  - Current Power bill showing usage and dollar amount owed.
  - Bill must be in Tribal Members name
  - Need social security cards for everyone in household.
Fixing Leaks Around the Home: Common Household Leaks You Can Prevent

Being handy around the house doesn’t have to be difficult. Common types of leaks found in the home are worn toilet flappers, dripping faucets, and other leaking valves. These types of leaks are often easily correctable, requiring only a few tools and hardware.

Toilets: Homes old and new can suffer toilet-related leaks. Newer homes are more likely to experience sudden toilet failure, such as one caused by a faulty supply line or fill valve. Older homes are more likely to develop a slow, seeping leak. And then there’s the constant risk of clogs. Whether caused by a toddler who throws toys into the toilet bowl or other sources, clogs can cause overflows and significant damage to floors. A common reason why toilets will leak is an old or worn-out toilet flapper (e.g. valve seal). Flappers are inexpensive rubber parts that can build up minerals or decay over time. Replacing them can be a quick and easy fix.

Tip: Bring the old flapper to the hardware store for comparison to make sure you buy a new flapper that fits your toilet model. Identify toilet leaks by placing a drop of food coloring in the toilet tank. If any color shows up in the bowl after 15 minutes, you have a leak. (Be sure to flush immediately after the experiment to avoid staining the tank.)

Faucets: Old and worn faucet washers and gaskets frequently cause leaks in faucets. Many tutorials are available online for how to fix a wide variety of faucets. - The Do-It-Y ourself network has a handy reference on faucet repairs or YouTube has numerous video tutorials on how to fix a dripping faucet.

Tip: Don’t forget to turn off the water line before you start.

Showerheads: Some leaky showerheads can be fixed by making sure there is a tight connection between the showerhead and the pipe stem and by using pipe tape to secure it. Pipe tape, also called Teflon tape, is available at most hardware stores, is easy to apply and can help tame unruly leaks. For more complicated valve leaks in showers that drip when not in use, a licensed plumber should be contacted.

Tip: It’s also a good idea to check and, if needed, replace the washer or “O” ring inside the showerhead while making this repair.

Dishwashers and Refrigerators: Often contains two leak-prone appliances: dishwashers and refrigerators. Leaking pipes, hoses and drains under these heavily used appliances can damage floors or cabinets. And since signs often appear behind or under the dishwasher and fridge, leaks often get overlooked.

What You Can Do:
• Periodically check for leaks under the sink where the hose connection to the water supply.
• Look around the base of the dishwasher for evidence of leaks, such as discolored, warped or soft flooring materials, or water damage to nearby cabinets.
• If your refrigerator has an ice maker, make sure the hose connection is securely attached to the water supply line. A damp spot on the floor behind or under the fridge may be a sign of a cramped-ice-maker line about to burst. It’s recommended that cleaning out behind your refrigerator once a year and inspecting hoses and pipes.

Sink, Showers and Bathtubs: Ever gone running to the sink because you forgot to turn off the faucet? Along with drain clogs, overflows can result from water left running by mistake. In the bathroom, broken plumbing behind walls can result in water leaking through old, damaged caulking, grout and other sealants around wall bathtubs, showers and sinks. Faulty drain pipes and shower pans can leak, too.

What You Can Do:
• Regularly inspect and replace deteriorated caulking and grout around sinks, showers and bathtubs.
• Look for stains or soft areas on walls and floors near bathroom or kitchen plumbing.
• Fix leaky faucets.
• If your access to plumbing leak is limited, consult a professional.

One Final Tip: The fastest way to stop a leak may be to turn off your home’s water, so do this first. It’s also an important step to take before you attempt to make any plumbing repairs. So, before an emergency occurs, learn where the valve is located. This main shutoff valve allows a full flow to water through the pipe when it’s open. Turning off the valve (by turning clockwise) cuts off the water supply to the entire house.

Chimney cleaning is very important. You can either hire a chimney sweep and that cost is approximately $100.00 or you can clean it yourself. The initial cost of purchasing a brush and the rods for cleaning your chimney can be in the $100 to $150 range depending on the size of your flue and the height of your chimney. Once you’ve purchased the brush and rods the rest of your chimney sweeping only requires some elbow grease. Cleaning your chimney isn’t difficult; the hardest part of the job is getting out the ladder.

Tips for Cleaning Your Chimney

Once you’ve dug the ladder out you’re well on the way. Don’t forget to take a tape measure, pen and paper up there with you, (there’s nothing worse than getting back on the ground and forgetting what the dimensions were). Now that you’re on the roof if you have a chimney cap remove it. Some chimney caps can easily be removed by loosening 4 thumb shrews at the base. Some chimney caps are permanently mounted and the screws are on the lid.

• Next measure the inside of you flue and write it down. Take a good look at your chimney while you’re up there.
• Creosote will tend to be the heaviest at the top of the chimney where it starts to cool during the burning process. If there appears to be little or no creosote buildup just black soot a wire brush will work fine. If the creosote is really thick you may want to consider a flat wire brush that will give you more surface contact.
• Always use the brush that is the same size as chimney. If the brush is too small you won’t make surface contact or if too large you will jam the brush and bend the bristles.
• Next determine the total height of your chimney. From smoke chamber to the top. If it is a one story home the chimney would average 15’, two story around 25’. Chimney brush rods are available in 3’, 4’, 5’ and 6’ sections that screw together. Chimney brush rods are made of fiberglass and are very flexible; they can bend 90 degrees or more. This allows for cleaning any bends in your chimney.
• Before you start cleaning make sure all the rods are screwed together tightly, there is nothing worse than having them come apart during the cleaning.
• The chimney brush you purchase will be slightly larger than your flue and it is designed that way.
• The best way to clean the chimney is a foot at a time. Push the rod a foot down the chimney at a time, and then allow it to spring back up. Repeat this process down the entire chimney.
• When you are finished cleaning put the cap back on the chimney. If you have the kind where the pressure screws are on the flue just make them snug.
• DO NOT OVER TIGHTEN THEM! Just make sure the cap is on secure.
Letters of Intent Requested
To fill
2 vacant positions for the
Skokomish Everyday Matters Advisory Board

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 Everyday Matters Advisory Board. This opening is to fill 2 vacant positions.

Terms for vacant positions:
12/20/2020-9/29/2021

Please address letters to the Skokomish Tribal Council then forward your letter to Amber Hanson located at the Skokomish Health Center or e-mail ahanson@skokomish.org. 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 committee and the responsibilities of being a member of this board/committee please contact Amber Hanson (ahanson@skokomish.org).

All letters received will be forwarded to the advisory board and reviewed at the first available meeting of the advisory board following the deadline to submit letters. The board 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: December 20, 2020

Poster: November 20, 2020

DENTAL EMERGENCY?

Things break, accidents happen, and teeth are no exception. A broken tooth, sudden swelling, or increasing pain in your mouth are all good reasons to request an emergency appointment at the Skokomish Dental Clinic.

What to expect
An emergency appointment usually lasts about 20 to 30 minutes. First, we’ll review your medical history and ask some detailed questions about what brought you in to see us. We may take an x-ray image and complete other tests to identify the source of the problem. We’ll then present information to help you make a treatment decision. If appropriate, we’ll provide a prescription for medication, and/or place a temporary filling. Finally, an appointment will be made at the dental clinic or with a dental specialist to continue your care. Dental specialists such as Endodontists (root canals) and Oral Surgeons (tooth extractions) require a referral from the Skokomish Dental Clinic and a purchase order to insure payment. It is very important to notify the dental clinic as soon as possible if you are scheduled with an outside dental provider and we did not assist you in making the appointment. Dental emergencies can’t always be avoided but regular dental exams can give you and the dental clinic an opportunity to address small problems before they get worse. Consider scheduling a check-up for yourself or your children in 2021.

For Dental Appointments call: 360-426-5755 or stop by the Skokomish Health Center.

WIC is remote through at least Feb 2021
SPIPA WIC LINE: 360.462.3224

Our office is closed, but WIC staff continues to provide services via phone.

We will continue to call you on your appointment day

Tips to make your appointment go smoother/faster:

Before the appointment:
1. If signing up for the first time, have ID available for all participants.
2. Download the WIC shopper app if you are new to WIC since we started the cards.
3. Expect a call from WIC. The SPIPA number 360.426.3990 will show up on your phone.
4. Take height & weight of any WIC participants or have available measurements from the doctor’s office.
5. Let us know if your child is up to date with immunizations.
6. Have your income/paystub and /or provider one numbers handy.
7. Let us know about any changes in address, income, etc.
8. We will be asking you to set a nutrition or activity goal.
9. For dental emergencies call: 360-426-5755 or stop by the Skokomish Health Center.

Purpose of this communication: Washington State WIC Nutrition Program doesn’t discriminate.

Tips to make your appointment go smoother/faster:

Before the appointment:
1. If signing up for the first time, have ID available for all participants.
2. Download the WIC shopper app if you are new to WIC since we started the cards.
3. Expect a call from WIC. The SPIPA number 360.426.3990 will show up on your phone.
4. Take height & weight of any WIC participants or have available measurements from the doctor’s office.
5. Let us know if your child is up to date with immunizations.
6. Have your income/paystub and /or provider one numbers handy.
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8. We will be asking you to set a nutrition or activity goal.

Purpose of this communication: Washington State WIC Nutrition Program doesn’t discriminate.
Self-Care. Vital to not only healing from trauma, but for everyday overall wellness. The Skokomish Domestic Violence Program continues offering tools for wellness, cultural healing, and self-care. Since March we have been distributing items through various community programs doing door deliveries and keep items on hand for current clients and community members that recognize the need for healing. We keep a library of workbooks, journals and novels that range from recovering from trauma to self-discovery. Now more than ever, these things can be helpful. Quite simply, self-care is making time for yourself each day. Time to meditate, time to read, time to pray, time to sing, time to bathe, time to walk in the woods, time to visit the beach. We all need time to re-fill our soul, even if it’s a quick 20 minute nap! While it might often feel like you are alone, we’re still here, even if all you need is someone to talk to. You don’t need to be in a violent situation to call us. We can help with referrals and present options to help you move forward.

As we go into the holiday season we will have closures over Thanksgiving, Christmas and New Years but will still be available for crisis calls 24/7. Don’t feel that you need to stay in a violent situation because “the office is closed.” We’re still ready to work to get you to safety if you are fleeing from violence. For more information on our services you can call Monday through Friday, 8 am – 5 pm. After hours and weekends we are available by text/crisis line at (360) 545-2303. You can email dvprogram@skokomish.org any day or time.

We are wishing you all wellness and safety during the holiday season and beyond.

A healthy relationship is marked by trust, respect, honesty, responsibility, fairness and independence. In a healthy relationship, you feel good about yourself and about being with your partner. And your partner feels the same. A relationship based on the values of the equality wheel can be a strong, healthy relationship. People’s behavior toward you and how you feel in response to that behavior are your signs of a healthy relationship.

The Skokomish Domestic Violence Program continues providing client services
Monday through Friday, 8 am – 5 pm.
If you are in immediate danger, DIAL 911

We are located at
561 N. Tribal Center Rd.
phone (360) 426-7788 8am-5pm
24/7 text or call Tor at (360) 545-2303
Supporting you during Covid-19
All of us at Tuwaduq Family Services would like to wish everyone Happy Holiday’s and finally Happy 2021. Boy 2020 has been a long year for the community. Family Services continues to be open to the community daily providing much needed services to our community. The garden guys have been really busy cutting wood and delivering it locally to our tribal elders and community. They are trying to get the households with wood before the weather begins to get colder. It takes a lot of work to cut and split and load and deliver wood and we are thankful for the work they do.

We would also like to say “Thank You So Much” to John and Anna Marie Pizzariello, who reside in Centralia, WA. Anna Marie had stopped by and visited the garden during the summer and enjoyed it and appreciated what she had seen. She very much enjoys gardening herself. Her husband John had just recently retired as a ferryboat captain from the Seattle to Bremerton run. They had just bought a new truck and was interested in donating their old truck to Tuwaduq Family Services. Luckily their friend Barbara Churchill, our Voc. Rehab. counselor here at TFS helped to make the donation happen with our program. The truck has been very well taken care of and this will allow us an additional truck to be able to get wood and deliver more produce when needed. This donation will be of great help to the program and we can’t thank them enough.

The Skokomish Elder cooks, Ocean Sparr and Sunsomay Keith and Brian Miller have been very busy providing nutritional hot lunches for the homebound tribal elders three times per week. We have been trying to make sure that they remain healthy and keep their immunity strong. We make sure to be as safe as possible when delivering the meals every Monday, Tuesday and Thursday by wearing masks, and using gloves and remaining mindful of social distancing. We are so thankful for the care that our tribal elders have been doing. They have been remaining home staying safe as they can and it is up to the rest of us to make sure that they continue to stay safe until this Covid-19 is over.

The Vocational Rehabilitation program continues to provide services to those that have been determined eligible with a documented disability and is an enrolled member of a federally recognized tribe. We will be celebrating 100 year anniversary of Vocational Rehabilitation services in 2020. Our program will be honoring our participants and celebrating this in December to show what this program can do for you when looking for employment opportunities. If you have any questions regarding our Vocational Rehabilitation program, please call (360) 426-7788 and ask for Carol Cordova or Barbara Churchill or Rosetta LaClair and we would be glad to answer your questions. We also have a computer set up in the office if you should need it to apply for online employment opportunities.

Healthy Families continues to serve our current full caseload of 15 families. During these holiday times, families are in need of many resources and assistance. Make sure when you are considering buying new toys etc., take time to ask yourself, “what will this teach my child”?. Social and Emotional development is so important in our prenatal to age 3 and beyond children. Books are always a good teaching tool to sit and read with your child. We are always working on ways to help our families with ideas and materials to help with learning.

We hope that the community continues to remain safe within their homes the best we all can. Hand sanitizers and mask and gloves have been continually provided to the community every Wednesday at the gym behind the tribal center for our safety. We appreciate the supplies. Now it continues to be our job as members of the community to keep each other safe. When coming into the Family Service building please remember to wear your mask. We need to keep our staff safe so that we can remain open to provide our services to the community. We will continue to issue food vouchers, and assist with LIHEAP applications if necessary and help with food deliveries when donations come in. We have the clothing donation bins in the lobby area if you need gently used clothing. Please only take what you can use because we do have other families that may need items as well.

We are doing a canned food donation drive to help members of the community. It you have any non-perishable food items that you would like to donate please drop them off at TFS. We will continue to do the food drive until December 18, 2020 so that the food can be distributed for the Christmas holiday. We hope that the holiday season keeps you safe and well. Happy 2021!!

It’s that time of the year once again. Holidays… This year so many families are struggling due to Covid-19, and a bad fishing season. TUWADUQ FAMILY SERVICES is putting together a canned food, non-perishable food drive to help provide for our community families during the holiday season. We will be taking non-perishable food donations at Tuwaduq Family Services from now until December 18, 2020 to be distributed before the Christmas holiday.

This is our way to try and help each other in the community during these rough times. If you have any extra canned/non-perishable food that you are willing to donate and share with others please drop it off at Tuwaduq Family Services: 561 N Tribal Center Road. Everything donated will be distributed back into our community to support our families. Any questions please call (360) 426-7788.

Rez Photo of the Month Answer

The young lady in this photo is none other than: Chanowha Miller! What a great photo!
In Loving Memory

Lawrence Kenyon Sr.
August 7, 1944 ~ November 8, 2020
Services were held on: Wednesday November 11, 2020
Your Smile will be greatly missed!
Rez Photo of the Month

Can you name the young lady 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”  
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.