January 20, 2021 was a long time coming for the Skokomish Tribe and its constituency. The Covid-19 pandemic has inundated our community by having to lockdown, shelter in place, just stay home all to protect ourselves. We have experienced a number of cases within our community, during this time, but not any greater than other areas around us, in Mason County. Certainly less than the more populated counties like Thurston, Pierce and King, to name just a few. But on this particular Tuesday we held the first mass deployment of the Moderna brand of the Covid-19 vaccine. While our clinic staff, and other essential workers, were the first to receive the vaccine, this day was for the Elders, and those with underlying conditions, to start getting vaccinated. They started early, with the first Community member getting her shot before 8:30, that morning. After receiving the shot patients were instructed to sit and wait for 15 minutes to make sure that there were no immediate ill effects. Thankfully, no one had a complaint and everyone was happy to finally get their first dosage against this terrible virus. There was a steady flow of Community members who showed up for their appointment and they left feeling like this was the beginning of the end, with a follow-up dosage scheduled for 28 days later. Within two weeks of every one receiving their second shot they will be nearly 98% immune from the Covid-19 virus. Certainly a welcome thought but we’ll still have to mask up to ensure that we don’t pass on the virus or catch it from someone else. This will be our new normal, but it’s better than what we have been through over the nearly one year that we’ve had to deal with the Covid-19 virus.

Skokomish Indian Nation

Let The Vaccinations Begin

If you are not registered with the clinic, you will need to register prior to being scheduled.
- You will get a call from our clinic staff to schedule an appointment once eligible.
- You can also call the clinic if you would prefer to schedule that way.

**About the MODERNA VACCINE**
- Receiving through partnership with Washington State Department of Health
- Approved for use through FDA Emergency Authorization
- Determined by the FDA to be safe for individuals 18 years and older
- Requires two doses, separated by 28 days
- Important for anyone who receives the vaccine to also schedule their appointment for a second dose

**Vaccine Rollout Update**
- Skokomish Tribal Health Clinic is providing the vaccine at the Community Center by appointment
- The first to be vaccinated were health care workers, essential workers, and elders 65+ and their spouses
- Vaccine distribution rollout is determined by Tribal Council
- There will be enough for everyone in the community to be vaccinated through the Health Clinic

January 20, 2021 was a long time coming for the Skokomish Tribe and its constituency. The Covid-19 pandemic has inundated our community by having to lockdown, shelter in place, just stay home all to protect ourselves. We have experienced a number of cases within our community, during this time, but not any greater than other areas around us, in Mason County. Certainly less than the more populated counties like Thurston, Pierce and King, to name just a few. But on this particular Tuesday we held the first mass deployment of the Moderna brand of the Covid-19 vaccine. While our clinic staff, and other essential workers, were the first to receive the vaccine, this day was for the Elders, and those with underlying conditions, to start getting vaccinated. They started early, with the first Community member getting her shot before 8:30, that morning. After receiving the shot patients were instructed to sit and wait for 15 minutes to make sure that there were no immediate ill effects. Thankfully, no one had a complaint and everyone was happy to finally get their first dosage against this terrible virus. There was a steady flow of Community members who showed up for their appointment and they left feeling like this was the beginning of the end, with a follow-up dosage scheduled for 28 days later. Within two weeks of every one receiving their second shot they will be nearly 98% immune from the Covid-19 virus. Certainly a welcome thought but we’ll still have to mask up to ensure that we don’t pass on the virus or catch it from someone else. This will be our new normal, but it’s better than what we have been through over the nearly one year that we’ve had to deal with the Covid-19 virus.

When will we be able to hug our loved ones who don’t live within our household? Or friends and co-workers whom we just want to share an embrace with? It seems like it’s been so long since we could gather for celebrations, big and small. We all want that new normal where we don’t have to fear close human contact to share a laugh, or console someone who’s dealing with a rough time in their lives, or worse yet, the loss of a loved one. Then there’s our young people, especially the school aged ones who’ve had to deal with distance learning to continue their education. It hasn’t been easy and for some, it’s been devastating. There have been connectivity issues, getting used to logging in to be a part of your class. The Tribe has hired tutors and beefed up other education staffing positions to be able to reach out and engage our young ones to keep up and not fall behind. Incentive programs to encourage reading, and other learning activities, have been established by our Tribe to foster their desire to keep learning and engaged. It’s also been difficult to replace sports, and other extra-curricular activity, for our youth. This is our current normal, hopefully not the new normal that we’ll have to deal with for a long time. Please get your vaccination when you can, wear your mask when needed, practice safe social distancing and don’t be afraid to reach out, give someone a call, if you need some help. Or, you just want to hear a friendly voice. Don’t lose touch, stay connected as best as you can.

Tony Herrera

SKOKOMISH COVID-19 VACCINE ROLLOUT CONTACT SOFI RENES AT THE TRIBAL HEALTH CLINIC: (360) 426-5755

Vaccine Rollout Update

- Skokomish Tribal Health Clinic is providing the vaccine at the Community Center by appointment
- The first to be vaccinated were health care workers, essential workers, and elders 65+ and their spouses
- Vaccine distribution rollout is determined by Tribal Council
- There will be enough for everyone in the community to be vaccinated through the Health Clinic

If you are not registered with the clinic, you will need to register prior to being scheduled.
- You will get a call from our clinic staff to schedule an appointment once eligible.
- You can also call the clinic if you would prefer to schedule that way.

**About the MODERNA VACCINE**
- Receiving through partnership with Washington State Department of Health
- Approved for use through FDA Emergency Authorization
- Determined by the FDA to be safe for individuals 18 years and older
- Requires two doses, separated by 28 days
- Important for anyone who receives the vaccine to also schedule their appointment for a second dose

**Vaccine Rollout Update**
- Skokomish Tribal Health Clinic is providing the vaccine at the Community Center by appointment
- The first to be vaccinated were health care workers, essential workers, and elders 65+ and their spouses
- Vaccine distribution rollout is determined by Tribal Council
- There will be enough for everyone in the community to be vaccinated through the Health Clinic
In response to the COVID-19 pandemic, Skokomish Tribe has developed this page to keep the community informed on any COVID-19 related developments. The Tribe’s COVID-19 Response Team will continue to update this page with the latest developing information on the Coronavirus Pandemic. Please share this page with community members to help get important information out into the community.

Watch for the early signs of COVID-19; including loss taste or smell, fever, cough and tiredness.

SYMPTOMS:
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- New loss of taste or smell
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting

- Diarrhea

Have you been in close contact with someone who has tested positive for COVID-19?

- CLOSE CONTACT is defined by the WA State DOH and the CDC as a person who has been within about 6 feet of a person with confirmed novel coronavirus infection for a prolonged period of time or has had direct contact with secretions from a person with confirmed novel coronavirus infection.
- Stay home for 14 days after your last contact with a person who has COVID-19.
- 10 days if you have no symptoms
- 7 days following a negative test with no symptoms for 7 consecutive days
- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19.

Anyone who has had a close contact with Covid-19 should get tested and immediately quarantine for 14 days.

The COVID Emergency Response Team is here to help provide you food, medicine or other needs while in isolation/quarantine.

ISOLATION/QUARANTINE
RESOURCES AVAILABLE
CONTACT: BERRY PETERSON
- (360) 968-9912

Skokomish Tribal Health Clinic is asking for your help to track spread of Covid-19 through the community.

If you have tested for Covid-19 recently, please call and inform them of the results of the test; whether POSITIVE OR NEGATIVE.

If you believe you need to be tested, please call and let them know. Once you receive those results, please call back and inform them of the results.

Please call the Health Clinic and inform them of any Covid-19 Test Results. This is the best way to for the Tribe to track the spread of Covid-19 through the community:

SKOKOMISH TRIBAL HEALTH
CLINIC: (360) 426-5755

Attention Elders and Tribal Members

This has been a very difficult year so far with the COVID 19 virus followed by a poor fishing season. We have supplied our Elder and community with elk meat for many, many years as well as firewood to most everyone in need. We currently have a great crew of young Tribal members cutting and delivering firewood upon request. If you would like to have elk meat, please call me at (360) 877-6748 and leave a message and we can arrange to have you come and pick some up. If you don’t have transportation, we can try to provide delivery. Firewood can be scheduled also, just give us a call.

This program helps our members provide for their families and helps keep food on the table. We will continue to help all the Tribal members we possibly can.

Thank you, Guy Miller
Tribal Chair

PPE AVAILABLE AT THE TRIBAL HEALTH CLINIC-
5 DAYS A WEEK

Personal Protective Equipment is no longer handed out on Wednesday’s at the Old Gym.

If you need PPE supplies, they will be available at the Tribal Health Clinic:

MONDAY - FRIDAY
(8am-5pm)
- Masks (Cloth/Disposable)
- Sanitizer
- SANITIZING WIPES
- GLOVES
- FACE SHIELDS
- And More

Phone for PPE: (360) 968-9912
Email for PPE: berry@skokomish.org

The young lady is none other than Gale Longshore! A great photo!!
Skokomish Resolutions Approved By Tribal Council

**DECEMBER 2nd, 2020 MTG.**

**RESOLUTION NO. 2020 – 155:** A Resolution Approving a Holiday Elder Stipend, a Fin Fishermen Stimulus, and a Second Round of Geoduck Buyback Stipend, a Fin Fishermen Stimulus, and a Second Round of Geoduck Buyback

**RESOLUTION NO. 2020 – 156:** A Resolution Appointing Gordon James to the Skokomish Tribal Gaming Commission Pursuant to the Appointment Procedures Contained within S.T.C. 1.06, the Skokomish Committee Standards Ordinance.

**RESOLUTION NO. 2020 – 157:** A Resolution Appointing Peggy Johnson to the Skokomish Tribal Gaming Commission Pursuant to the Appointment Procedures Contained within S.T.C. 1.06, the Skokomish Committee Standards Ordinance.

**RESOLUTION NO. 2020 – 158:** A Resolution Appointing Roslyne Reed to the Skokomish Tribal Gaming Commission Pursuant to the Appointment Procedures Contained within S.T.C. 1.06, the Skokomish Committee Standards Ordinance.

**RESOLUTION NO. 2020 – 159:** A Resolution Appointing Thomas Longshore to the Skokomish Fireworks Committee Pursuant to the Appointment Procedures Contained within S.T.C. 1.06, the Skokomish Committee Standards Ordinance.

**RESOLUTION NO. 2020 – 160:** A Resolution Appointing Travis Twiddy to the Skokomish Fireworks Committee Pursuant to the Appointment Procedures Contained within S.T.C. 1.06, the Skokomish Committee Standards Ordinance.

**RESOLUTION NO. 2020 – 161:** A Resolution Approving Memorandum of Agreement for the CDC COVID Navigator between the Skokomish Indian Tribe and the South Puget Intertribal Planning Agency (SPIPA)

**RESOLUTION NO. 2020 – 162:** A Resolution to Approve SLD Contract No. 2020-AGREE-0258, Shellfish Harvest Agreement between the Washington State Department of Natural Resources and Skokomish Indian Tribe

**DECEMBER 9th, 2020 MTG.**

**RESOLUTION NO. 2020 – 039 (amended):** A Resolution Suspending Tribal Housing Evictions until January 1, 2021

**RESOLUTION NO. 2020 – 040 (amended):** A Resolution Suspending Collections of Tribal Rents and Utilities until January 1, 2021

**DECEMBER 16th, 2020 MTG.**

**RESOLUTION NO. 2020 – 163:** A Resolution Appointing Julie LeClair to the Education Committee Pursuant to the Appointment Procedures Contained within S.T.C. 1.06, the Skokomish Committee Standards Ordinance

**RESOLUTION NO. 2020 – 164:** A Resolution Appointing Gary Peterson to the Education Committee Pursuant to the Appointment Procedures Contained Within STC 1.06, the Skokomish Committee Standards Ordinance

**DECEMBER 21st, 2020 MTG.**

**RESOLUTION NO. 2020 – 165:** A Resolution Approving SLD Contract No. 2020-00274 for Construction and Operation of the Transit Protection Program at Naval Base Kitsap Bangor with the Department of the Navy

**RESOLUTION NO. 2020 – 166:** A Resolution Approving the 2021-2023 Intertidal Shellfish Management Agreement for Private Tidelands in Hood Canal North of Ayock Point

**RESOLUTION NO. 2020 – 167:** A Resolution Creating a New Skokomish Homesite Lease between the Skokomish Indian Tribe, as Lessor, and Amber Hanson (Enrollment No. 2027), as Lessee

**RESOLUTION NO. 2020 – 168:** A Resolution Approving an Application with South Puget Intertribal Planning Agency (SPIPA) for the Submission of an Application to the Department of Education for Native American Career and Technical Education Program (NACTEP)

**JANUARY 6th, 2021 MTG.**

**RESOLUTION NO. 2020 – 169:** A Resolution Approving a Statewide Agreement with the State of Washington Department of Services for the Blind (DSB) and the Division of Vocational Rehabilitation (DVR) to Work Cooperatively to Facilitate Access to Vocational Rehabilitation Services for American Indians and Alaskan Natives with Disabilities

**RESOLUTION NO. 2020 – 039 (amended):** A Resolution Suspending Tribal Housing Evictions until February 1, 2021

**RESOLUTION NO. 2020 – 040 (amended):** A Resolution Suspending Collection of Tribal Rents and Utilities until February 1, 2021

**JANUARY 13th, 2021 MTG.**

**RESOLUTION NO. 2021 – 001:** A Resolution Approving an Application to the US Department of the Treasury, Emergency Rental Assistance Program Coronavirus Relief Fund

**RESOLUTION NO. 2021 – 002:** A Resolution Approving Skokomish Indian Tribe’s 2021 Annual Spot Shrimp Regulation PUB-S#21-05

**SKOKOMISH 2021 TRIBAL COURT SCHEDULE**

Court Calendars for the Skokomish Tribal Court are generally held on the First and Third Friday of each Month. Exceptions will be made when there is a major holiday on the week of the court calendar or when the Friday calendar falls on the Friday before a Three Day Weekend.

The following dates in 2021 will be the Court Calendar dates for Criminal and Family cases. Other types of cases will be fit into available space in one of these calendars. Emergency hearings or hearings that are required by ordinance to be held within a certain time period may be scheduled on other dates.

<table>
<thead>
<tr>
<th>Date</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 8</td>
<td>Criminal</td>
</tr>
<tr>
<td>January 15</td>
<td>Family</td>
</tr>
<tr>
<td>January 25</td>
<td>Family</td>
</tr>
<tr>
<td>February 5</td>
<td>Criminal</td>
</tr>
<tr>
<td>February 19</td>
<td>Family</td>
</tr>
<tr>
<td>March 5</td>
<td>Criminal</td>
</tr>
<tr>
<td>March 19</td>
<td>Family</td>
</tr>
<tr>
<td>April 2</td>
<td>Criminal</td>
</tr>
<tr>
<td>April 16</td>
<td>Family</td>
</tr>
<tr>
<td>May 7</td>
<td>Criminal</td>
</tr>
<tr>
<td>May 21</td>
<td>Family</td>
</tr>
<tr>
<td>June 4</td>
<td>Criminal</td>
</tr>
<tr>
<td>June 18</td>
<td>Family</td>
</tr>
<tr>
<td>July 9</td>
<td>Criminal</td>
</tr>
<tr>
<td>July 23</td>
<td>Family</td>
</tr>
<tr>
<td>August 6</td>
<td>Criminal</td>
</tr>
<tr>
<td>August 20</td>
<td>Family</td>
</tr>
<tr>
<td>September 10</td>
<td>Criminal</td>
</tr>
<tr>
<td>September 17</td>
<td>Family</td>
</tr>
<tr>
<td>October 1</td>
<td>Criminal</td>
</tr>
<tr>
<td>October 15</td>
<td>Family</td>
</tr>
<tr>
<td>November 5</td>
<td>Criminal</td>
</tr>
<tr>
<td>November 19</td>
<td>Family</td>
</tr>
<tr>
<td>December 3</td>
<td>Criminal</td>
</tr>
<tr>
<td>December 17</td>
<td>Family</td>
</tr>
</tbody>
</table>
One Year of Pandemic Here at Skokomish

This space is reserved for you, for your story, your letter, your message to the future to your descendants, to your community. What have you learned during this period of isolation, of mask wearing, of children and young people home 24/7? Tell us for the next Skokomish Sounder, tell your learnings, your wishes, your desires. What about what you have enjoyed? What have your challenges been? What have you learned about yourself or your

Have thoughts but do not want to write them down, you just want to say them over the phone? Call 360-877-2460 Ext. 2706 or email dhale@skokomish.org and I will call you. You talk and I will write down your ideas, thought and answers to these questions. I know our elders will have a lot to share. But what will our Kindergarteners, and first graders have to say? What about last year’s seniors? What will they have to say about MISSING their graduation. What about what you have enjoyed? What have you and your family learned about each other?

We are looking forward to what you have to share. Do you have photos? Do you have artwork? Do you have poetry to share? Song lyrics you wrote about this time? Send your message to us and we will share it here in this space. You must have some new ideas about this time we are living in. We will create our own Skokomish Community Journal for future generations to read and learn from.

Also you will want to send your students who are 7th grade and above to this Scholastic website about what happened at the United State Capitol. Go to this link to learn about the second impeachment of former President Trump as it relates to the January 6, 2021 disturbance at the United States Capitol in Washington D.C. Share this web link that will take you to this interesting article written for students. http://bit.ly/dtrimpeached2

The Scholastic, the website has many things written just for kids about current events and what is happening around the world. It can be a nice change from FaceBook.
The spotlighted student of this month is Kate Gouley Miller! She is an excellent student with great attendance! She loves both P.E. and Math. Her favorite show is Paw Patrol and Marshall is her favorite character. She loves to read “There Was An Old Lady Who Swallowed Some Leaves!” written by Lucille Colandro. Her favorite book is the book by that attitude with her humor and kindness. She is an amazing writer, and worthy of recognition. She has not missed a class and every school day. Mom keeps tabs on Kate’s day’s classes and makes time for regular breaks in-between. If you see Kate around, do not forget to tell her to keep up the great work!

You can read Kate’s favorite book at: http://bit.ly/twaolwssl It is a 3 minute and 20 second long reading of the book.

If you or your child need assistance with distance learning or tutoring services, please feel free to contact me, Katrina Twiddy, your Skokomish K-2 tutor. My phone number is 360-463-9409 and my email is ktwiddy@skokomish.org.

Keep it up, Bailey! You are amazing and just a beam of sunshine in the storm of online learning.” ~ Jessie Sage 7th/8th Grade Hood Canal English Language Arts Teacher.

“I agree! Bailey for president!” ~ Toby Syrett 7th/8th Grade Hood Canal History Teacher.

In these difficult times of long term online learning during the Covid Pandemic it can be difficult to remain on task and in a routine that even in a small way resembles learning at school. Bailey Plant has chosen to give it her all and not let this less than ideal way of learning and ‘going’ to school deter her from her goals. Her hard work and perseverance have also garnered the attention of her teachers and counselors, and she is often brought up at school meetings as an example of success during these hard times. Since then, Khaysha has continued to advocate for herself in school, and she has even begun thinking about her academic future beyond Shelton. Way to go K haysha!
Cedar High School College Readiness Checklist

Are you a freshman through senior at the new high school called Cedar High School? Here is a new draft of your requirements for graduation for Cedar High School. This course includes the College Readiness Checklist, College/Career Entrance Exam, and Exit Presentation. The purpose of College Readiness Checklist and Entrance Exam is to help students identify and evaluate personal goals, priorities, aptitudes, and interests with the goal of helping them make informed decisions about their future. These activities include post-secondary training, that covers college exploration, financial aid, and vocational options. The Senior Exit Presentation portion of this course allows students to reflect on their High School career and share with others their accomplishments and future plans and is a graduation requirement.

**Cedar High School Senior Learning Goals**

- Share highest quality work
- Demonstrate readiness to graduate from high school
- Explain post-high school plans
- Receive feedback from staff, family and friends
- Understand the process of applying for college and for financial aid

**Senior Summarized Learning Activities:**

<table>
<thead>
<tr>
<th>COLLEGE READINESS CHECKLIST</th>
<th>Date Completed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meet with your GEAR UP advisor to discuss colleges, financial aid, college application deadlines, and scholarships</td>
<td></td>
</tr>
<tr>
<td>Complete your High School and Beyond Plan in My School Data. (Including Career Interest Inventory, Educational Goals, 4-year Course Plan, Personalized Pathway, Resume, and Graduation Pathways.)</td>
<td></td>
</tr>
<tr>
<td>Review Scholarship Binder monthly and apply for at least two scholarships or complete two job applications (or one of each):</td>
<td></td>
</tr>
<tr>
<td>1. Scholarship/Job Application:</td>
<td></td>
</tr>
<tr>
<td>2. Scholarship/Job Application:</td>
<td></td>
</tr>
<tr>
<td>Attend at least one GEAR UP college field trip.</td>
<td></td>
</tr>
<tr>
<td>College Visited:</td>
<td>Date Visited:</td>
</tr>
<tr>
<td>Complete FAFSA form. Date Completed:</td>
<td></td>
</tr>
<tr>
<td>(Student may apply for a waiver if this poses a hardship for student or family.)</td>
<td></td>
</tr>
<tr>
<td>Research and apply for three colleges. Pay special attention to college application deadlines.</td>
<td></td>
</tr>
<tr>
<td>1. College: Date Applied:</td>
<td></td>
</tr>
<tr>
<td>2. College: Date Applied:</td>
<td></td>
</tr>
<tr>
<td>3. College: Date Applied:</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>COLLEGE/CAREER ENTRANCE EXAM</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete at least one College/Career Entrance Exam. Circle Exam taken:</td>
<td></td>
</tr>
<tr>
<td>ACT SAT ASVAB Accuplacer Date Completed:</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SENIOR EXIT PRESENTATION</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete a Visual Presentation (PowerPoint or Prezi) (See Senior Exit Presentation Rubric and Guidelines)</td>
<td></td>
</tr>
<tr>
<td>Practice presentation with GEAR UP support staff (See Senior Exit Presentation Rubric and Guidelines)</td>
<td></td>
</tr>
<tr>
<td>Schedule an Appointment (Make sure time is appropriate for family, friends and staff)</td>
<td></td>
</tr>
</tbody>
</table>
The Skokomish Youth Program at Home delivery program is currently serving 169 youth ages 5-19 in 79 households in Skokomish Nation and Mason County. We deliver at-home activity kits focused on education, art, culture, and wellness.

If you or your child would like to join the delivery program, please sign up online here: https://bit.ly/YPAHsignup

If you don’t have access to Internet, you can also call a youth worker to sign up.

So far this fiscal year, our deliveries have included:
- School supplies
- Hygiene supplies
- Face painting and Halloween kits
- Salish cookbooks
- DIY elderberry syrup kits
- Sewing kits (for younger youth) and build-your-own-ukulele kits (for older youth)
- Interactive self-care worksheets
- Ornament self-care kits (with eco-friendly paint)
- Supplies and information from other departments including Cultural Resources, Public Safety, Domestic Violence, Suicide Prevention, and Mental Health
- Custom salmon art pages that were part of an online art exhibit
- And more!

UPCOMING OPPORTUNITIES
Check out the flyers in this issue of Sounder for paid contract work and Youth Council survey opportunities!

CONTACT YOUTH PROGRAM STAFF

<table>
<thead>
<tr>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Julianne Gale</td>
<td><a href="mailto:jgale@skokomish.org">jgale@skokomish.org</a></td>
<td>360-490-6475</td>
</tr>
<tr>
<td>Fawn Gouley</td>
<td><a href="mailto:fgouley@skokomish.org">fgouley@skokomish.org</a></td>
<td>360-490-8231</td>
</tr>
<tr>
<td>Willie Grover</td>
<td><a href="mailto:wgrover@skokomish.org">wgrover@skokomish.org</a></td>
<td>360-490-2055</td>
</tr>
<tr>
<td>Allen Carrington</td>
<td><a href="mailto:acarrington@skokomish.org">acarrington@skokomish.org</a></td>
<td>360-549-6106</td>
</tr>
<tr>
<td>Corbett Gamber</td>
<td><a href="mailto:cgamber@skokomish.org">cgamber@skokomish.org</a></td>
<td>360-463-1890</td>
</tr>
<tr>
<td>Christopher James</td>
<td><a href="mailto:cjames@skokomish.org">cjames@skokomish.org</a></td>
<td>360-490-8161</td>
</tr>
</tbody>
</table>
WASHINGTON — The Internal Revenue Service announced that the nation's tax season will start on Friday, Feb. 12, 2021, when the tax agency will begin accepting and processing 2020 tax year returns.

The Feb. 12 start date for individual tax return filers allows the IRS time to do additional programming and testing of IRS systems following the Dec. 27 tax law changes that provided a second round of Economic Impact Payments and other benefits.

This programming work is critical to ensuring IRS systems run smoothly. If filing season were opened without the correct programming in place, then there could be a delay in issuing refunds to taxpayers. These changes ensure that eligible people will receive any remaining stimulus money as a Recovery Rebate Credit when they file their 2020 tax return.

To speed refunds during the pandemic, the IRS urges taxpayers to file electronically with direct deposit as soon as they have the information they need. People can begin filing their tax returns immediately with tax software companies, including IRS Free File partners. These groups are starting to accept tax returns now, and the returns will be transmitted to the IRS starting Feb. 12.

"Planning for the nation's filing season process is a massive undertaking, and IRS teams have been working non-stop to prepare for this as well as delivering Economic Impact Payments in record time," said IRS Commissioner Chuck Rettig. "Given the pandemic, this is one of the nation's most important filing seasons ever. This start date will ensure that people get their needed tax refunds quickly while also making sure they receive any remaining stimulus payments they are eligible for as quickly as possible."

Last year's average tax refund was more than $2,500. More than 150 million tax returns are expected to be filed this year, with the vast majority before the Thursday, April 15 deadline.

Under the PATH Act, the IRS cannot issue a refund involving the Earned Income Tax Credit (EITC) or Additional Child Tax Credit (ACTC) before mid-February. The law provides this additional time to help the IRS stop fraudulent refunds and claims from being issued, including to identity thieves.

The IRS anticipates a first week of March refund for many EITC and ACTC taxpayers if they file electronically with direct deposit and there are no issues with their tax returns. This would be the same experience for taxpayers if the filing season opened in late January. Taxpayers will need to check Where’s My Refund for their personalized refund date.

Overall, the IRS anticipates nine out of 10 taxpayers will receive their refund within 21 days of when they file electronically with direct deposit if there are no issues with their tax return. The IRS urges taxpayers and tax professionals to file electronically. To avoid delays in processing, people should avoid filing paper returns wherever possible.
Salmon sampling is nearing an end as the run is close to over, although the crew is still finding some chum and coho. The spawning ground numbers were better than 2019. The crew has found 1,665 chum and 180 chum redds in addition to 950 live coho and 36 coho redds. They used the drone a few times and are figuring out how to utilize it more often. Jennifer has been helping Kevin with data analysis for the report due to Tacoma (they provide funds for survey work). Most of the crew took a course in R, a statistical analysis program. The CWT work is complete and data has been sent to the state.

Julian and Seth are finalizing the next PPG grant to the EPA; it’s due in late January. Water sampling is ongoing and it’s hoped improvement will be seen now that a couple winter floods have washed out the toxins accumulated over the dry summer months. They are in the final stretch of setting up the online GIS account. The cocolithophore work is complete and the lab is being shut down until new funding is discovered.

Blair noted that we had a good recruit of oysters in 2020 but that it appears about half of the Manila clam population at Quilcene died off, based on their survey from this year. The harvest plan for the DNR tidelands at Dewatto is complete. The Tribe will have access to the entire shellfish resource and pay the state for its share. A federal court recently invalidated all Nationwide 48 Permits for shellfish aquaculture so companies are scrambling to get individual permits submitted. This is causing a delay for the Dabob lease. The crab larvae data has been submitted; we had a couple small round of recruitment in the southern Hood Canal in 2020.

Dave is busy working with Cindy on the river boundary issue, preparing for North of Falcon, a middle Hood Canal management agreement, and has also been trying to settle a dispute about the intertribal shrimp sharing arrangement.

Shellfish Vessel And Vehicle Inspections & Geoduck Vessel Inspections

Happy 2021 to the Skokomish geoduck fleet and our shellfish harvesters!

The Skokomish Department of Natural Resources will be conducting the annual DOH vessel and vehicle inspections for transport of shellfish on Thursday, March 11th and Friday, March 12th at the Lucky Dog Casino. Arrangements to visit Pleasant Harbor or other locations can also be made. All geoduck harvest vessels registering for the fishery require an annual inspection, as do vehicles and vessels that will be used to transport oysters, clams, and other shellfish under the Tribe’s license.

The mandatory inspections will be offered to all geoduck captains as well as any other harvesters interested in having their vehicles and vessels inspected. Please make an appointment with the Fisheries Department to be inspected on the above dates. If you cannot be inspected on one of these dates or have any questions, please give us a call. As a courtesy, a US Coast Guard Auxiliary officer will be also on hand to conduct safety inspections of the vessels on these dates only.

Water Quality. Seth reported that the USGS will now start gauging the outflow of the river with monetary support from the Tribe. He is busy spending most of his time right now working with Julian on the next four-year PPG grant from the EPA which starts October of 2021. Julian is still finding high fecal coliform readings in the local rivers even after multiple flooding events that should have washed it all out by now.

Environmental Planning and Permitting. Dana is working on the Water Resource Inventory Area (WRIA) 14 and 15 planning and the Kitsap County Shoreline Master Plan. He and Seth are also tracking an effort by Mason County PUD 1 to consolidate small water wells in the Union area. This could be concerning if the water draw removes water from the Skokomish tributaries. Dana reviewed ten permits in December and so far, seven in January, mostly ADU’s. One permit in particular was submitted by Hood Canal Mariculture to turn their kelp project into a commercial project. The concern, as with all related aquaculture, is the restrictions it might impose on fishing grounds.

Policy. Dave reported that the Solicitor General of the Department of Justices has reconfirmed an original finding from 1971 that the Skokomish River is indeed on the Reservation. This will hinder the state’s effort to fish.

Salmon and Finfish. Kevin reported that due to rain, landslides and even a bomb scare at the dam, river surveys have been quite limited. The staff have instead been doing office work, dealing with escapement numbers, integrating Arc GIS into their data collection efforts, and TPU analyses.

Hatchery. Jon reported that the Enetai Hatchery collected 177,000 eggs of its five million egg take goal. We were able to backfill 500,000 eggs from the Hoodsport Hatchery.

Shellfish. Jon has been working on reconciling and reporting the 2020 shellfish harvest. He also reported that the geoduck reallocation has been established. Blair has been spending most of his time on the report for the Skokomish Flats permitting. The “R” training has been valuable in this endeavor. He and Andy are preparing for the 2021 sampling season, going through past private tidal surveys to prioritize this year’s work. They have also been processing the fauna surveys from under the coir mats used at the flats to kill the ghost shrimp. One piece of exciting news is that the WDOH is finally ready to reclassify the tidelands in front of Hoodsport as safe for harvest! This has been a multi-year and multi-agency effort lead by the Tribe and should open up a lot of beach area for harvest close to home!

Habitat. Lisa has been working on the Capacity grant. Charlie participated in an ID team on a tributary to the Little Quilcene River. He also met to find some good locations to place data loggers in the Duckabush River. He is finalizing the quarterly FFSA report, has reviewed 12 FPA’s and has been removing scotch broom at the flats.
Helps to prevent most chimney fires. 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. 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.

FYI - Chimney Brushes can be purchased at Tzoyer’s / Ace Hardware, WalMart, Home Depot, Lowe’s and other locations.
You got your COVID-19 vaccine! That’s wonderful - Thank You for helping us take the next step to ‘normalcy’.

The beauty of a vaccine is that it allows your body to mount an immune response, without having to experience the disease, or any of its lasting effects. After receiving the vaccine, your body will build protection to COVID-19; but remember if your vaccine requires 2 doses, the full impact of the vaccine will not be in effect until at least 14 days after your second shot.

If you have had COVID-19 and recovered, reinfection is possible. Studies show that once you recover from COVID-19, you have a 90-day window of natural immunity. This immunity protects you from getting sick, but not from spreading the virus. Because of this the CDC has recommended that everyone get a COVID-19 vaccination.

Although the vaccines are effective, there is still a 5% chance of getting COVID-19. The good news is that those who do get COVID-19 after a vaccine; will only experience typical flu-like symptoms, lasting less than a week.

The vaccine is not going to eliminate the virus; in fact, experts are not sure how long the vaccines will protect against infection of COVID-19, as they have only been around for a few months. Experts do know that both the vaccine and having had COVID-19, gives at least 3 months of protection from re-infection, but not from transmitting the virus to someone else. And because of this, it is likely it will become a yearly vaccine, like the flu vaccine.

Like the typical flu, COVID-19 can change a small part of itself to escape detection as it invades cells. New research shows that the current vaccines are effective against these newly emerging variants of the virus. The longer a virus is circulating among individuals, the more opportunities are available for variants to arise. Vaccinating as many people as possible will help stop the spread of COVID-19 and its variants.

To defeat this pandemic and return to ‘normalcy’ we need to achieve herd immunity to COVID-19. This occurs when a large enough portion of the community is immune to the virus and it cannot spread from person to person. Herd Immunity also protects those who cannot be vaccinated, such as newborns. It’s estimated that 85% of our population or roughly 250 million Americans, need to be vaccinated for the USA to achieve herd immunity. This will take most of the year to accomplish, and until then we need to continue to protect ourselves and others from the spread of the disease.

While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue using all the tools available to help stop this pandemic. To protect yourself and others, follow these recommendations:

- Wear a mask over your nose and mouth
- Stay at least 6 feet away from others
- Avoid crowds
- Avoid poorly ventilated spaces
- Wash your hands often

For more information: [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)

~Health Department News~

### Emotional Wellness Checklist

Emotional wellness is the ability to successfully handle life’s stresses and adapt to change and difficult times. Here are tips for improving your emotional health:

**REDUCE STRESS**

Everyone feels stressed from time to time. Stress can give you a rush of energy when it’s needed most. But if stress lasts a long time—a condition known as chronic stress—those “high alert” changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience.

**TO HELP MANAGE STRESS:**

- Get enough sleep.
- Exercise regularly. Just 30 minutes a day of walking can boost mood and reduce stress.
- Build a social support network.
- Set priorities. Decide what must get done and what can wait. Say no to new tasks if they are putting you into overload.
- Think positive. Note what you’ve accomplished at the end of the day, not what you’ve failed to do.
- Try relaxation methods. Mindfulness, meditation, yoga, or tai chi may help.
- Seek help. Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope.

For more information: [www.nih.gov/wellnesstoolkits](http://www.nih.gov/wellnesstoolkits)

---

**WIC at SPIPA**

(Women, Infants, and Children) provides healthy foods & nutrition information for you and your child up to age 5. Please have available:
- Your child, Provider One Card or pay stub 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

For other wellness topics, please visit [www.nih.gov/wellnesstoolkits](http://www.nih.gov/wellnesstoolkits)

---

**Emotional Wellness Checklist**

### REDUCE STRESS

Everyone feels stressed from time to time. Stress can give you a rush of energy when it’s needed most. But if stress lasts a long time—a condition known as chronic stress—those “high alert” changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience.

**TO HELP MANAGE STRESS:**

- Get enough sleep.
- Exercise regularly. Just 30 minutes a day of walking can boost mood and reduce stress.
- Build a social support network.
- Set priorities. Decide what must get done and what can wait. Say no to new tasks if they are putting you into overload.
- Think positive. Note what you’ve accomplished at the end of the day, not what you’ve failed to do.
- Try relaxation methods. Mindfulness, meditation, yoga, or tai chi may help.
- Seek help. Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope.

For more information: [www.nih.gov/wellnesstoolkits](http://www.nih.gov/wellnesstoolkits)

---

**WIC at SPIPA**

(Women, Infants, and Children) provides healthy foods & nutrition information for you and your child up to age 5. Please have available:
- Your child, Provider One Card or pay stub 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

For other wellness topics, please visit [www.nih.gov/wellnesstoolkits](http://www.nih.gov/wellnesstoolkits)
Twaduq Family Service staff would like to wish everyone a very welcome Happy 2021. We are over and done with what 2020 has asked of the Skokomish community. The month of December, it was a very busy month for the community to pull together in so many ways to help each other out. It was great to see so many staff and community members willing to donate and offer many ways to help families during Covid-19, and a fishing season that did not go so well. When families and individuals were going through tough times, people in our community were so willing to give to help others.

Twaduq Family Services started a canned food drive to help the fisherman. We had staff from accounting, legal dept., natural resources, education, SPIPA, Public Safety, and Clinic staff as well as community members that were willing to donate. We were able to put together 55 boxes of canned, non-perishable food for our fisherman and their families. Thank you so much for all of you who donated. The gift at Christmas time was very much appreciated.

The Vocational Rehabilitation program also celebrated their 100 years of Vocational Rehabilitation during this time. The program put together duffle bags that contained hooded sweatshirts, and hygiene supplies also a hat and pair of gloves, masks and hand sanitizers and a nice cup that the Domestic Violence program provided. Piggy banks were also included to have everyone start their process of saving for a rainy day. This was also a way to gift our community and celebrate the 100 years of Vocational Rehabilitation, since we were not able to get together and have our normal outreach dinner. For Christmas we were able to give our tribal elders wonderful gift bags that contained items to keep them healthy and safe. The bags contained paper towels, toilet paper, Kleenex, cough drops, hand sanitizer, masks, hygiene supplies, medicinal teas, sweet grass, sage and candles, socks with handmade fleece tie blankets and rice bags that contained lavender to be heated and used for body aches and pain. Also included were oranges and apples, and bananas with nuts and homemade cookies as well. We provided a bottle of multi-vitamins and jar of canned fish, canned peaches or cherries and a jar of canned spaghetti sauce. We are trying to provide supplies to the elders that will strengthen their immunity system by providing the multivitamins. The medicinal teas contain so many nutrients that help support your immunity system as well, so we are hopeful that all of the supplies offered are being used to take care of yourselves. If you are not utilizing the items provided, pass them forward, all of these items will help our community to remain healthy the best we can.

We continue to receive food donations, and when we do, it gets distributed primarily to our homebound elders first. Depending on the amount of the food donation and what it is, we will then offer it to the community. We are so thankful all that is donated to the Skokomish community. So many wonderful people in the Mason county area that are willing to give.

The garden crew, Victor Andrews, David Ware, Louis Herrera, Tanner Strong-LaClair and Travis Prest Jr., continue to cut wood and deliver to our tribal elders and community homes. They have worked the whole time since Covid-19 has hit our community and providing many services when needed. They are greatly appreciated for the work they do.

Food Vouchers and applications for energy assistance are still available. Debbie Gardipee-Reyes with SPIPA, has not notified us that the energy assistance deadline has happened, so if you have not turned in your application you should do it as soon as possible. If you need access to a computer to look for employment for turn in job application, Vocational Rehabilitation program has a computer set up to help with submitting application online. We also continue to have the clothing bins in the lobby are of the TFS building, if you are in need of gently used clothing for yourself or your children, please stop by and take only what you can use. We appreciate the families that have brought in clothing that they no longer fit or can use to share with the families in need. If you are pregnant or ready to have a baby, we have infant clothing available as well. We also have baby items, walkers, swings, toys etc. If you should need any of these type of items, please call us to schedule a time that you can come over and look at what you may need. WIC is also available to help as well. If you are interested in getting on WIC, you can call Patty @ 360-462-3224, or Debbie Gardipee-Reyes @ 362-462-3277 and schedule an appointment. They are conducting appointments over the phone to determine eligibility. We are patiently waiting for spring. We hope that the community will be more than ready to grow your own fruit and vegetables this year. After this past year we should all know how important it is to be prepared and make sure we have enough fruit and vegetable in your diet to remain healthy. We are preparing for the new growing season by getting ready to order seeds and plan for spring. We just want something to look forward to. Planting a new garden is always something to be happy about. Be ready to plan to start your own garden.

Elder lunches have continued to be served every Monday, Tuesday and Thursday to our homebound elders. We only have the utmost appreciation for those that have remained at home and kept themselves safe and healthy from Covid-19. It has been hard and you continue to remain safe within your space. You have shown the rest of us in this community what it takes to be safe during this time of Covid-19 in our community. We have recently hired Chinook Miller on staff as the Elder Lunch delivery/Receptionist in January. She had been previously doing the job duties since Covid-19 started. She was working in an OJT/Work Experience position that provided her the training that the job would need for this community. It has been helpful to the program to be able to have the position available to help with all of what we have been working on. Welcome Chinook and thank you for what you have been doing for our elders. We also hope that each and every elder has signed up at the Skokomish Clinic to receive their Covid-19 shot to start the process of community healing. If you have not received your shot you can call the Health Clinic @ 360-426-5755 and schedule one.

It has been a long year 2020 and we have lost so many important and loved tribal community members. We hope that soon we will all be able to get together once again to share a meal and stories to help us all heal. Please make sure to wear your masks for the safety of yourself and others around you. Remain six feet apart and always wash your hand and use the hand sanitizers that are provided. PPE supplies continue to be distributed at the clinic if you should need some. Twaduq Family Services continues to be open from Monday-Friday from 8:00 a.m. to 5:00 p.m. If you have any questions or concerns, please call (360) 426-7788 and we will be happy to help.
Healthy Family News

I hope all our families had a fantastic holiday at home safe with your families. I am happy 2020 is over now on to bigger, better things—just a little update of what Healthy Families has been up to.

H.F.P. has been sending home a monthly calendars providing parent-child interaction activities. The Family Engagement Monthly Calendar is a list of daily activities that you can do with your child anytime. The activities were made to be fun and to make the most of those teachable moments. Not every activity will be appropriate for every child. Children have different abilities as well as various interests. You can modify many of the activities to meet the needs of all your children. Interaction between parents and their children during the first three years of life contribute too many skills later in school. Ages 0-3 children learn during daily interaction with their parents/caregiver, so that when a parent/caregiver spends time in assisted learning activities and connecting with their children, it can strengthen the bond between parent and child.

December “The Tribal Sons,” Native American Inmate Spirituality Circle at the Washington State Correction Center reached out to the Healthy Families program once again. This is the second year the program has partnered with the Healthy Families program and we are very thankful for them wanting to help. Their program donated some amazing handmade wooden boxes with beautiful artwork on them all individual painted by members of their program. They cut, sanded, and assembled each one with good and positive thoughts and prayers for every child that received one. They also donated shoes and socks of various sizes that were able to provide to a variety of children in our community for Christmas.

A big thank you to Jay Powell, a member of the Squaxin Island Tribe who is currently incarcerated at the Washington Correction Center, who reach out to our program and was able to set this up.

The healthy families program also sent home snowman, or Christmas tree felt kits so parents and their children could spend meaningful moment’s together learning and talking and experiencing learning in various ways. Telling a story using felt uses multiple senses: sight, hearing and touch. Adding the sense of touch increases understanding and learning for many children.

Imagination & Creativity

Felt play expands the imagination! If left to play, kiddos will make up their own stories using the materials provided. Children will create characters, storylines, and possibly resolve conflicts.

Fine Motor Development

Playing with felt pieces develops fine motor skills. The felt pieces were made in many different shapes and sizes. Children will have to use their fine motor skills to manipulate the pieces how they wish while developing their skills and not even know it. That’s the best kind of learning.

Social Skills

When multiple children use a felt board together, verbal skills, problem-solving, and creativity are developed. They will have to cooperate and work through their disagreements. These are excellent skills to have. As the parent or teacher, stand near them to be available if they need assistance but don’t solve their problems for them. Let them come up with solutions to their problems and only step in if the disagreement escalates. By working together, they take on those roles. Pretend play is so fun.

Social-emotional skills include being able to get along and cooperate with others, manage strong feelings, focus attention, and persist at challenging tasks. H.F.P. also sent home the feelings book to start to label feelings, identify and start to understand what they are feeling, helping these amazing skills develop. We also sent home the friendship book to learn more about relationships.

Memorization

This can be used to retell stories, which develops reading comprehension and memorization. Using felt pieces to retell stories gives children a visual reminder of what they heard. They can put the images in order and be reminded of what happened. If they struggle with retelling their story it is likely they didn’t understand the story, so they can’t remember what happened. This is a good cue for rereading the story and trying again.

Independence

Felt is terrific for independent play. When you need to get dinner made or get some work done, a felt board will keep your child occupied. Independent play is just as important as group play. It develops creativity. Children need time and space to explore their materials and the world around them. They don’t need to be occupied continuously by us.

Language

Storytelling with felt helps to develop language skills, like listening, speaking, and vocabulary. Exposure to new words and phrases increases learning and understanding, so in the future, if the words or phrase is heard again, the child will be able to decipher the meaning.

Academic skills, such as counting, color recognition, letter recognition, matching, and sorting, can all be introduced and practiced using a felt

January - The Point, No Point Treaty, was signed on January 26, 1855, at Point No Point, on the Kitsap Peninsula’s northern tip. Governor of Washington Territory, Isaac Stevens, convened the treaty council on January 25, with the S’Klallam, the Chimakum, and the Skokomish tribes. For treaty day, The Healthy Families program sent home the water protector book and a beautiful cedar baby rattle so fathers can paint and decorate with their children.

Having a relationship with one’s dad can make a huge difference in a child’s life. Studies have shown that when fathers are affectionate and helpful, their children are more likely to get along better with their brothers and sisters and do better in school and life in general, and that is why we sent home the home Dad’s Book of Awesome Projects: From Stilts and Super-Hero Capes to Tinker Boxes and Seesaws, 25+ Fun Do-It-Yourself Projects for Families to help promote particular time with dad

5 Ideas to Improve Father and Toddler Bonding

1. Love Them—Children are sensitive and intuitive beings who can’t be fooled. So, if you offer love to your child, you’re halfway there. You have to ask yourself, “Do I love my child, and will I put his or her needs ahead of my own?” If the answer is, “Yes, I do, and I will,” you’ll be a great dad!

2. Show Your Face—Children and adults are constantly scanning their environment for friend or foe and making those judgments based on what they see in the faces around them. Right from the first couple of weeks, a child will constantly search for his mom’s or dad’s face. He wants to know that his dad is there and that he’s OK. So, eye contact is vitally important. Keep looking at your child and smiling at him. If you look at him and smile, he will smile back. There you have it, and a bond has been formed.

3. Get Down On Their Level—When you first meet your child when you pick him up from playgroup, get down on one knee so that you are at the same height as him or her. Nobody else will do that (except his mom). This action shows the child that he has your attention and that you are listening to him. It shows that they special. Angle your body so that you face him square on.

4. Listen to Them—Listen to his cries, songs, jibber jabbers, stories. Get involved in their world. Talk and sing with your baby100% priceless moments that builds a lifetime of connection.

5. Get to Know Them—Try to have special times when it’s just you and him. Routines of affection and tenderness make a child feel loved. What sort of cereal do they like, and which is their favorite bowl? Where do they want to sit at the table? Do they want you to help them get dressed in the morning? Don’t assume that they are now “too big for that sort of thing.” The day will soon come when you realize that they’ve got themselves dressed all by themselves all week now and you’ll feel a little sad that that part of your relationship is now gone. But then, if I’m not mistaken, a few days later, he’ll ask you to tie up his shoelaces for him even though he can do it perfectly well himself. I wonder why?

If your child has difficulty sleeping at night, read to him his favorite story again and then turn the light out and cuddle up with him in bed. He’ll be snoring in a few minutes, you’ll see!

If you have any questions regarding the Healthy Families Program please call (360) 426-7788 and ask for Laila Longshore-Smith. Stay safe and wear your mask.
In February we recognize Teen Dating Violence Awareness Month. Dating abuse affects people from all ages, backgrounds and identities, which is why it is important to talk about how abuse can happen in young people’s relationships. Check out these statistics from breakthecycle.org:

- One in three high school students experience either physical or sexual violence, or both, that is perpetrated by someone they are dating or going out with.
- Young women between the ages of 18 – 24 experience the highest rate of intimate partner violence, almost double the national average.
- One in ten high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend.
- Lesbian, gay and bisexual (LGB) youth are more likely to experience physical and psychological dating abuse, sexual coercion, and cyber dating abuse than their heterosexual peers.
- More than half of women (69.5%) and men (53.6%) who have been physically or sexually abused, or stalked by a dating partner, first experienced abuse between the ages of 11-24.
- Of the 8.5% of middle school students who report having bullied a classmate, nearly 1 in 5 have been a victim of dating abuse.
- Nearly half of female and 1 in 4 male high school students who report experiencing sexual or physical abuse by a dating partner, have also been bullied electronically.

Education and raising awareness is important! More than half (58%) of college students do not know how to help someone who is experiencing dating abuse, and nearly all (89%) are not confident in their ability to recognize the warning signs. Not just February, but year-round we believe the time to talk is now. It can be as simple as saying to someone, “If there’s anything you want to talk about, I’m here to listen without judgement.”

On Tuesday, February 9th we will celebrate the annual campaign to raise awareness on Orange 4 Love Day. Due to COVID-19 we will ask that you all join in virtually. It’s as simple as this:

Everyone deserves to live in a safe environment and everyone deserves a healthy relationship. Let’s stand up for our teens in February. They are our future and they are worth protecting. For information on this or any of our program services you can contact us Monday through Friday, 8 am - 5 pm at 360) 426-7788. We are located at Tuwaduq Family Services, 561 N. Tribal Center Rd.

---

### Tribal Members with Birthdays in February

| 1st | Christopher Tinaza |
| 2nd | Dawn Lawrence |
| 3rd | Jose Mendoza |
| 4th | Edward Green, Jr. |
| 5th | Marie Gouley |
| 6th | Dawn Lawrence |
| 7th | David Ware |
| 8th | Elaine Peterson |
| 9th | Robbye Kesler |
| 10th | Maxamus Miller |
| 11th | Abahay Sparrow-Cordova |
| 12th | Katherine Jackson |
| 13th | Shalie Wilbur |
| 14th | Washington |
| 15th | Sashina Stephens |
| 16th | Nick Wilbur, Jr. |
| 17th | Cathy Wilbur |
| 18th | Rocky Peterson |
| 19th | Misty Byrd |
| 20th | Viona Plant-Poulin |
| 21st | Jeff Johns |
| 22nd | Cody Andrews |
| 23rd | Carah Walker |
| 24th | Pamela Hodgson |
| 25th | Terri Butler |
| 26th | Austin Escobar |
| 27th | Karine Archer |
| 28th | Ava Smith |

---

### Tribal Members with Birthdays in February

| 1st | Christopher Tinaza |
| 2nd | Dawn Lawrence |
| 3rd | Jose Mendoza |
| 4th | Edward Green, Jr. |
| 5th | Marie Gouley |
| 6th | Dawn Lawrence |
| 7th | David Ware |
| 8th | Elaine Peterson |
| 9th | Robbye Kesler |
| 10th | Maxamus Miller |
| 11th | Abahay Sparrow-Cordova |
| 12th | Katherine Jackson |
| 13th | Shalie Wilbur |
| 14th | Washington |
| 15th | Sashina Stephens |
| 16th | Nick Wilbur, Jr. |
| 17th | Cathy Wilbur |
| 18th | Rocky Peterson |
| 19th | Misty Byrd |
| 20th | Viona Plant-Poulin |
| 21st | Jeff Johns |
| 22nd | Cody Andrews |
| 23rd | Carah Walker |
| 24th | Pamela Hodgson |
| 25th | Terri Butler |
| 26th | Austin Escobar |
| 27th | Karine Archer |
| 28th | Ava Smith |
Happy Valentines Day to Nitz Hurtado. I love you and thank you for showing me how to love and laugh again. You truly are my true love. Here’s to many more. Love you.

To my Valentines
Lil Hawk and Melody
I love you so much and I just wanted to let you both know Papa loves you very much. I cannot wait to see where this road called life takes you, But be assured I will be there for you anytime you need me. I love you to the moon and back, Love Papa

Norman Cody Andrews
Happy Birthday Buddy and thanks for everything you do for all of us. We are lucky to have you. So glad you are feeling better!

Happy Birthday Cougar!
Proud of the man you have become

~SHOUT OUTS~

South Puget Intertribal Planning Agency

USDA Foods Program
February Dates

PT. GAMBLE S’KLALLAM 2/3/21
SQUAXIN ISLAND 2/9/21
SKOKOMISH 2/12/21
NISQUALLY 2/16/21
CHEHALIS 2/19/21

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for and the days they are not issuing commodities. If you’re unable to make the date, please call and schedule an appointment with appropriate staff.

For USDA Food, call SPIPA at 360.426.3990
This institution is an equal opportunity provider.

~REZ ANIMAL RESOURCES & EDUCATION~
Helping Dogs and Cats on Indian Reservations in SW Washington.
Serving the Chehalis, Nisqually, Skokomish, Squaxin Island and Shoalwater Bay Tribes.

THANKS TO DONATIONS,
We are a nonprofit agency serving Native American communities in SW Washington.
* Spay/Nuter
* Emergency Veterinary Care
* Animal Rescue & Adoption

PLEASE DONATE TODAY!
253-370-6392
www.rezanimals.com
Rez Photo of the Month

Can you name the young lady in this photo? Please turn to page 2 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?! “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.