

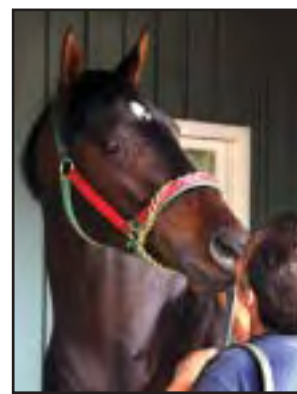


Paddle to Seattle Remembered

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Muckleshoot MONTHLY



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Muckleshoot Indian Reservation, Wash.

APRIL 16, 2009



New Asian restaurant "8" at casino

By Jeffrey Stern

The Muckleshoot Casino is getting ready to open a brand-new restaurant in the space formerly occupied by the Pisces Buffet. The new Asian Restaurant, named "8" (which in most Asian cultures symbolizes luck and wealth), will serve the casino's primary Asian market. It will feature the cuisines of China, Japan and Southeast Asia, including Southeast Asian Pho Noodles, Szechuan Chinese, Cantonese Chinese, Japanese Sushi, and various Asian specials. The planned completion date is April 27.

The new restaurant will be managed under the direction of Jeffrey Stern by Joe Suwanvichit, who was born and raised in Thailand and came to the United States in 1976. Mr. Suwanvichit has worked with and has gained extensive experience in various cuisines, including Thai, Asian/Pacific, and American.

He has held food, beverage and restaurant managerial positions at such well-known establishments (restaurants) as the Omni Hotel CNN Center in Atlanta, GA, Sheraton Boston Hotel and Towers, Boston MA, and the Pan Pacific Hotel in Anaheim, CA, (which is the Disneyland Hotel now). In addition, he owned and operated City Thai Cuisine, with three locations in Kirkland and Bellevue and City Thai Express at the Kitsap Mall.

Asian Chef Van Phung will be handling the culinary operations under the direction of casino Executive Chef Clint Jones.

The design team of Andrea Piacentini, along with the marketing director of the Seattle Asian Museum, selected design and color elements that are specific and valuable to the various cultures. Also considered in the design are *feng shui* and *chi*.

Feng shui is an ancient Chinese system of aesthetics believed to utilize the Laws of both heaven (astronomy) and Earth (geography) to help one improve life by receiving positive.

Chi beliefs refer to the natural energy of the Universe, which permeates everything. All matter, from the smallest atoms and molecules to the largest planets and stars, is made up of this energy. It is believed to be the vital force of life.

The Muckleshoot Casino is very excited to have this new offering to its primary market.

Adult Recovery House to Open Soon!

Another step toward providing a full circle of care

Ahhh! The change of the seasons... Spring is here and with it brings great change to the Health Division and the Behavioral Health Program's ability to provide a full circle of care to Muckleshoot Tribal Members.

If you weren't aware, an Adult Recovery House has been constructed on 180th, just across from the Health and Wellness Center (on the same road at the old Grange Hall).

The Recovery House was developed to meet the needs of those just starting their recovery journey and who need a clean and sober living space to support them in their efforts. Whether returning from inpatient treatment or starting outpatient, the vision of the Adult Recovery House is:

"To provide a positive transitional living environment where Muckleshoot Tribal Members recovering from alcohol and drug addiction can gain the skills and support they need to be successful in their treatment programs and ultimately to live independently as they choose, free from drugs and alcohol."

The Adult Recovery House has the capacity to house up to eight women and eight men for a total of



The new MIT Adult Recovery House

16 residents and will have a staff on sight around the clock. Residents must be 18 years or older and will be able to stay for up to two years while they complete outpatient treatment and aftercare groups, develop employment and vocational skills and other daily living skills.

In addition to the two dorm areas that are separated for females and males, there are common areas that include kitchen, living, dining and courtyard spaces that are designed to encourage social interaction. There are group meeting spaces in each dorm and in the front lobby area. There is a large multi-purpose room that can be used for celebrations, treatment successes, birthday parties and other events and activities. The courtyard features a basketball hoop, fire pit and outdoor cooking area and the space for a future garden that residents can create.

The Recovery House is a "Zero Tolerance" facility: Residents must remain completely clean and sober

while guests of the house. Residents are required to attend house meetings, and other recovery groups such as 12-step/support groups, activities and community functions. A Case Manager will assist residents individually through the process of recovery; the Case Manager will also coordinate with other agencies, providers, legal systems, support services, family members and the community.

To access the Recovery House, Tribal Members need register or update with Patient Registration at the Muckleshoot Health and Wellness Center and then go to the Behavioral Health Program to fill out a "Request for Services" form. Determination for residency and order of placement will be based on eligibility, clinical need, risk and case history.

Requesting services does not guarantee residency. Applicants will be notified in writing wherever possible as to the status/outcome of their request for services.

The program is modeled after current successful programs that offer transitional living space and operates on the belief that people can and do recover when given the tools and support they need. Many classes and activities will be offered on sight at the house including: life skills, communication, financial literacy; budgeting; house meetings and special topic lectures and groups. We hope to offer cultural activities as well such as carving and weaving classes. We hope to have our first residents the first week of April. For more information please contact the Behavioral Health Program at (253) 804-8752.



Adult Recovery House staff members

NEW AND RETURNING TRIBAL COUNCIL MEMBERS ARE ADMINISTERED THE OATH OF OFFICE



Donnie Jerry

I'm very honored to be voted onto the Tribal Council, and very appreciative of all the support I got from everybody. I think I can make a difference, helping the tribe move forward and hopefully bringing the Tribal Council together as one to make the world a better and more secure place for our youngsters that are growing up.

The financial security of the tribe must always be a top priority of the Tribal Council, and we need to broaden our business opportunities beyond just gambling. We're located in a metropolitan area where there are many business opportunities for the tribe. I think we have the resources to do it, and I just want to be a part of it.

To me, the most important thing of all is taking care of our elders. Our elders are the people that carried us to where we are today, and they're very, very valuable. They know a lot of history of the tribe, and I just think that they're very precious, and we need to care for them as best we can. We've

continued on page 2



Kerri Marquez

It's been a great pleasure serving on the Tribal Council these past few years, and I'm very grateful to be elected for another three-year term. I look forward to working together as a team with the other Tribal Council members to address the challenges our tribe will face in the coming years. I plan to focus my efforts in a number of areas, and would like to briefly touch on several of them.

The tribe is prospering dramatically and I know that everybody has seen many improvements. A lot of the programs have been developed, and now the challenge is to make them work as effectively as possible, and to identify and fill any gaps that may still exist.

One of my main concentration areas as a council member has been youth. They are the future of our tribe and I plan to continue working very hard with all the programs that serve them, such as Job Corps, the Youth Facility, Recreation, and Drop-in Center. Our goal will be to see that these programs

continued on page 2



Marcie Elkins

I'm very happy to be able to serve another term on the Muckleshoot Tribal Council. It was good to have everybody come up to visit as we were taking our oaths of office – especially the elders and the children. It was a happy and heartwarming occasion for all that took part.

Being elected to serve our tribe is a great honor and I enjoy working for you. My first term was just amazing. I really learned a lot, and I think that the Tribal Council, working together as a team, has been able to bring about a lot of progress in many areas.

I'm hoping that this next term will be even better. As Tribal Treasurer, I work closely with the Finance Department to monitor the tribe's financial resources, and this year I plan to cut back on some of my committee work so that I can focus on the financials.

As I said, a lot of progress has been made, and I'm glad to see so many projects moving forward. One major project that I think we're all excited

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PHOTO BY JOHN LOFTUS

2009 MUCKLESHOOT TRIBAL COUNCIL

Front row, l to r: Secretary Kerri Marquez, Treasurer Marcie Elkins, Chairwoman Charlotte Williams, Virginia Cross, Marie Starr. Back row, l to r: Donnie Jerry, Stanley Moses Jr., Vice-Chair John Daniels Jr., Virgil Spencer.

DONNIE JERRY *continued from page 1*

had the current senior center for quite a few years, and we've far outgrown it. I don't know if we need to build a new home for the seniors, but it's clear that they need a bigger facility, and that we need to take care of them a lot better.

I also think that we need to be reaching out to our youth, steering them away from drugs and alcohol before they get into things like that. We need to have activities to keep them busy and off the streets, and not thinking about following in the footsteps of negative role models, be it their parents, or their uncles, or their cousins, or whoever it is.

We need to break these chains – these cycles of alcohol and drug abuse that have gone on in our tribe for generations. And really, the only way to do that is through your family. *You do it. You decide. You're the one that's going to break the chain.*

You, as parents, need to decide that you're not going to let your kids see the alcohol addiction and the cigarette smoke. It starts when they're very, very young. People need to realize that, and to recognize that they – the adults – are the ones that need to stop it. You can't just tell the kids "Don't drink alcohol, don't smoke cigarettes," when you're sitting there smoking cigarettes and drinking beer. We can't do that. You have to stop, and you have to lead by example.

That doesn't always happen in our tribe, but the best thing we can do is to get more programs for the kids, to hopefully teach them outside of their family that other people *do* care, and that there's other things for them to do, like play basketball, go bowling, go skating, play baseball, or join the canoe club. These are all healthy activities that will keep them off the streets. Education is also very important. We have the new school going up. I'm new to the council, so I don't know how everything works, such as making sure we have the best teachers hired. I don't know how that's going to play out, but I do believe that it's very important. If we were talking about fisheries, I could go on and on and tell you everything, but that's not what we're talking about.

We're talking about all the complex issues that the tribe as a whole is facing, and that's where I want to help. I want to be a positive person, and not look down at people, thinking I'm better than them because I'm on the council. I'm just another tribal person. I put my pants on the same way everybody else does, one leg at a time, and I ain't a changed person just because I'm on there. I have a heck of a lot more responsibility now, but you know that going in. You know what you're getting into when you start running for the Tribal Council, and that's just the reality of it.

We're all available 24/7, as they say, but people do – regardless of if you're on a council or not – have a private life. We all have children growing up, and I can't turn my back on my kids, because they're ten years old. They need me to be there for them and to do the job just as much as the tribe needs me. I'm not going to abandon my kids for anything. They're the most important thing in my life, really, as well as my service to the tribe.

There are a lot of issues out there that the tribe is facing. I'm not a savior. I'm going to do my part. I'm going to pull my weight. I didn't get on the Tribal Council to be a one-term person. I'm in it for the long haul. I've been born and raised on the reservation. I care deeply about everybody on the reservation, and I just want to be a positive influence on the Tribal Council and on the tribal community.

I want to keep Muckleshoot the frontrunners in leading all tribal governments in the Pacific Northwest. I want Muckleshoot to be at the top. I look forward to working hard for the next three years for sure, and hopefully a lot more years after that.

KERRI MARQUEZ *continued from page 1*

are working closely together in a collaborative way to service all the youth throughout the tribe, and to make sure that we have a program open 24/7, 365 days a year.

Another area we've been working really hard on is law and order, and I believe progress is being made. One improvement I'd like to see is the establishment of an on-site probation officer position for youth. Currently our young people have to go all the way to Seattle to see their probation officer, and they can easily get lost in the system up there. I believe it would be much more effective to have a probation officer that could see them here on the reservation, and I plan to work toward that goal.

We as a tribe need to reach out to families when we see a child that may be needing assistance, such as when their attendance at school is starting to get low. We need to encourage the parents to be more involved with their children in every aspect of their children's lives – sports, school, education and so on – and I'd like to see some services to help keep children in school incorporated into the tribal court system.

A system could be developed where we intervene and reach those children and their families immediately, before two, three months have gone by and they've lost a lot of their education time. This could possibly take the shape of a truancy program – not necessarily one developed to be seeking out the families or trying to suspend the children in any way, but instead one that reaches out to those families and starts assisting them before an issue begins to negatively impact their child's education.

Culture is important, too. I'd really like to see more cultural elements woven into all of our youth programs, so they can learn their culture and continue to benefit from the knowledge and wisdom from their elders. I can't help but encourage everybody to be together, and for each one of us to work together to start developing these programs so we can all work as one, and improve the tribe for each and every one of us, and all of our children and our future generations.

Keeping families together and helping them to live healthy in a positive environment is one of the main themes that drives our efforts on the Tribal Council. We can all see the improvements throughout the community, but there are many areas where more progress can be made.

I believe there is still much room to improve our services to elders. A lot of our elders, as well as our disabled and handicapped people, need a housing option that will enable them to live on the reservation, close to their families. I'd like to see an assisted living facility developed to meet this need and hope to see it become a reality within the next few years.

We are concerned about our children in out-of-home placement, and we need some sort of home for those youth where we can provide a stable environment and establish what their needs are so that they could be placed with their families again. We have the adult recovery home now, and we need to start focusing on getting another one where our youth can become well and be reunited with their families once again.

In closing, I'd just like to thank each and every one for giving me the opportunity to serve on the Tribal Council for another three-year term. All the programs that I discussed are focusing on trying to create opportunities for each and every one of our tribal people to live a healthy family lifestyle, so we can all be healthy, and all be a happy family.

MARCIE ELKINS *continued from page 1*

about is the new Tribal School. The kids have outgrown their current facility at the old community center, and the new facility will house up to 470 students.

It was a dream for all the kids to have a wonderful school facility like this one, and as each day passes, we see it getting closer to being a reality. Even now, we can see the yard lines for the football field being put in. This new school has the potential to open doors for our children in so many ways, and to help them be all they can be. It's important that we continue to work together as a community to make sure that it succeeds.

As we all know, this past year was also a pretty sad one. We lost so many people, and so many of them were young, with their whole lives ahead of them. As someone who has suffered such a loss, my heart goes out to all the families that are struggling with pain at this time. I hope we can do something about the serious drug and alcohol problem in our community. This past year we had sixteen babies that were drug/alcohol affected.

The new Recovery House is a step in the right direction, and I hope we get the strength in our programs to help our people before they lose their lives. We need to encourage all of our tribal families that need these services to ask for help, so they can be strong for their families, and can survive and see tomorrow.

One of my main goals during my second term on the Tribal Council will be to work with the other members to find ways make our programs coordinate with one another more effectively and to work together to provide the best possible services to our people. This is especially true for the programs that serve our youth, but it applies to all of our tribal programs. We are constantly looking for ways to improve the services to our people, and will continue to work very hard toward this goal.

Again, I am honored to have been re-elected to the Tribal Council. I will do my best to serve each and every one of you. Thank You!



THERE'S A NEW "JUDGE" IN TOWN: Donna Starr takes the oath of office as MIT's new Tribal Judicial Officer.

PHOTO BY JOHN LOFTUS



MUCKLESHOOT POLICE



King County Sheriffs/ Muckleshoot Police March Recap

03/03/09 1100 hrs 09-051266 Cedar Village Arson, Confirmed

Fourteen year old male was playing with matches on his mother's bed in an upstairs bedroom. The residents initially put the fire out and then carried the mattress and box springs outside. After the residents left the mattress reignited, the fire department responded and extinguished the fire. A King County Fire Investigator responded and investigated the fire. Damage in the house was limited to soot damage to the wall and six vinyl floor tiles.

* * * * *

03/04/09 2308 hrs 09-052747 SE 392 ST/Auburn Enumclaw RD SE Criminal Warrant, Misdemeanor (Outside Agency)

Adult female contacted during a traffic stop, she had two misdemeanor warrants with Auburn. The female was placed into custody and transported to the Auburn Jail for booking.

* * * * *

03/05/09 1820 hrs 09-053397 Cedar Village Disturbance, Fight

Four LVL "Lil Valley Loketes" gang members (all male, one adult and three juveniles) were contacted at a house in Cedar Village after an adult reporting person called. The four males contacted said they were hanging out at a friend's house when some others came over and started a "beef" with them; they would not say who the others were. None of the four subjects live on the reservation. An adult female was arrested on a warrant and booked into the King County Jail.

* * * * *

03/06/09 0239 hrs 09-053679 Skopabsh Village Suspicious Circumstances

Deputies responded to the report of a separated DV. Deputies contacted two intoxicated females. An intoxicated young adult female (who was gone when deputies arrived), the daughter to one of the females still at the house, told them during a verbal argument that her father had been rapping her since she was six years old. The young adult female could not be located for follow-up on the allegation. A case report was written for detective review and follow-up.

* * * * *

03/06/09 1230 hrs 09-055543 39400 block Auburn Enumclaw RD SE Vandalism

Adult male in a pickup truck drove through the victim's field causing tire track damage.

* * * * *

03/07/09 0112 hrs 09-054594 SE 384 ST/180 AV SE Attempting to Elude (Felony Flight)

A recklessly driven pickup truck failed to stop for a deputy. A pursuit began that went around the south end of the reservation reaching speeds of up to 90 mph. The adult male driver stopped after a deputy attempted to use a PIT maneuver to stop the vehicle. The driver was very intoxicated. The male was booked into the King County Jail for "Attempting to Elude (Felony Flight)."

* * * * *

03/12/09 37100 block Auburn Enumclaw RD SE Sexual Offender Registration

Adult male convicted of Child Molestation 1 in 1998 registered as a sex offender with a reservation address.

* * * * *

03/13/09 1000 hrs 09-059828 41400 block Auburn Enumclaw RD SE Elderly or Dependent Neglect

Adult female suspect (caregiver/victim's mother-in-law) is allegedly slapping the victim, an adult female ADL individual. Adult Protective Services is involved.

* * * * *

03/13/09 1124 hrs 09-0059782 38700 block 162 CT SE Welfare Status

ICW workers asked for the Sheriff's Office assistance on a welfare check of a 2 month old and a 2 year old after an 8 year old child answered the door and then closed and locked it when the ICW employees asked to speak to an adult. A young adult female (mother of the 2 month old) and a young adult male (father of the 2 year old) were in the house. According to ICW the male was not suppose to be in the house due to gang activity. A baggie of marijuana buds was found in the house. ICW placed the children in the care of the female's sister while they took the male and female for drug testing.

* * * * *

03/13/09 1858 hrs 09-060276 4000 block Auburn Way S Criminal Warrant, Misdemeanor (Outside Agency)

Young adult male was arrested for a Kent misdemeanor warrant for Failure to Appear for Driving While License Suspended 3rd Degree. The male was booked into the Kent jail.

03/14/09 1930 hrs 09-061103 16800 block SE 392ST Driving While License Revoked

Adult male stopped and cited for Driving While License Revoked 1st Degree. The male's vehicle was impounded as no licensed driver could be contacted to come drive it away.

* * * * *

03/16/09 0800 hrs 09-062314 16900 block SE 392 ST Sexual Offender Registration

An adult male convicted of sexual assault in 1994 and now classified as a Level 2 offender registered to an address on the reservation.

* * * * *

03/16/09 1117 hrs 09-044954 Cedar Village Burglary, Res., Non-Forced

An adult female victim of a residential burglary on 02/24/09 called the Muckleshoot Police office and left a voice mail that she wanted to report additional items missing. A deputy called her; she reported three rented DVDs where missing and believed to have been taken during the burglary. The deputy added the DVDs to the report.

* * * * *

03/17/09 0900 hrs 09-063293 38900 block Auburn Enumclaw RD SE Sexual Offender Registration Violation

Adult male was convicted of Rape of a Child in the Third Degree in 2005. The male is required to sign-in with the Sheriff's Office weekly, he has not done so since 01/30/09.

* * * * *

03/18/09 1430 hrs 09-064171 Muckleshoot Police/Department of Corrections Office Controlled Substance Violation

Adult female reported to her D.O.C. officer, she was taken into custody for violations of her probation. In a search incident to arrest 4 Methadone pills were found in her right front pants pocket. The female was booked into the Enumclaw jail for the D.O.C. violations. A case report was forwarded to detectives for charging on the narcotics violation.

* * * * *

03/18/09 2100 hrs 09-064493 Stuck River DR/Kersey WY SE Criminal Warrant, Misdemeanor

Adult male arrested on a misdemeanor warrant from the King County Sheriff's Office for Failure to Appear on a Driving While License Suspended 3rd Degree charge. The male was booked into the King County Jail.

* * * * *

03/19/09 1437 hrs 09-065064 17600 block SE 400th Larceny

Adult male reported two checks missing from the office. There were no witnesses a report was taken.

* * * * *

03/24/09 0126 hrs 09-068876 38900 block S R 164 Drunkenness

An adult female was found lying on the shoulder of the southbound lanes of S R 164.

The deputy called an aid car to assess her condition. Her level on intoxication was so high she was transported to a local hospital for treatment.

* * * * *

03/24/09 2339 hrs 09-068831 37100 block S R 164 Criminal Warrant

An adult male was arrested on a misdemeanor warrant form King County Sheriff's Office for failure to appear on a Driving violation. The male was booked into the King County Jail.

Traffic Violations	
Speeding	5
License violation	2
No Insurance	1
Registration violation	5

Important Phone Numbers

Emergency - 911

**NON EMERGENCY- 206 296 3311-
If you need the on duty deputy to call or contact you.**

KCSO/MITPD Office -253 876 3246- Administrative questions

Silent Witness- 253 876 2850 - Anonymous tip line

MIT K-12 School Construction Focuses on Finishes

The K-12 School project is just three months from completion and the new school campus is busy with activity both inside and outside the buildings. BNBuilders, the project general contractor, is wrapping up the interior and site work activities for the forty acre site and is on schedule to turn the campus over to the tribe in July of this year.

The exterior enclosure for the four buildings was completed a few months ago and few activities remain on the outside of the buildings. Exterior painting has begun and is expected to be completed soon and the horizontal slats for the sunshades are being installed. Completion of the exterior enclosure of the buildings has allowed the construction team to focus on wrapping up the interiors of the buildings and completing site work.

With the rainy winter season coming to an end, the construction team has been able to start several of the remaining site work activities. This past month several activities were completed on the three sports fields including the installation of the synthetic turf football field and the erection of the backstops and dugouts for the baseball and softball fields. Site work around the four buildings that comprise the campus has also picked up this month with placing of concrete sidewalks, installing irrigation lines for planting beds, setting pavers for the basket weave plaza and preparing the loop road for asphalt paving.

The interior work is quickly nearing completion and recent major milestones have been met on all buildings. The permanent heating and lights are on in both the Elementary School and Gym Building and are expected to be operational in the Middle School and High School in the coming weeks.

The Elementary School is furthest along with only floor coverings, final clean and furniture installation remaining to complete this building.

The Gym Building is following closely behind with gymnasium equipment and kitchen equipment being installed now and sports flooring installation beginning soon. The Middle School and High School Buildings are closely behind these two buildings with interior painting, floor covering, and casework installation starting.

Recently the School Board, School Work Group and Elders have toured the construction site to see the progress of the future school. The tour groups were excited to see the project coming together and are looking forward to opening the campus for the start of the next school year in August.

For more information about the project, project photos, job fair postings, and to post your comments please visit the project website at: <http://muckleshootk-12school.com/>



The view of Mt. Rainier from the Middle School's second floor can be seen in this photo



Sherman Dominick

Sherman Andrew Dominick, 68, passed away on March 18, 2009 in Auburn, WA. He was born on October 24, 1940 in Covington, WA.

Sherman was a member of the Muckleshoot Tribe and worked as a security guard on the Muckleshoot Reservation.

Services were held at the Muckleshoot Shaker Church on Saturday, March 21, 2009 at 9:00 a.m. with burial at the New White Lake Cemetery in Auburn, WA. Arrangements were under the direction of Price-Helton Funeral Home in Auburn, WA.

Thank You from the Family of Marla Nelson

The Nelson family would like to thank Sandy Heddrick, Charlotte and Kenny Williams for Marla's funeral services. They cooks Patsy, Bea and their crew. And also don't forget Kelvin bar and his crew. Especially all the family and friends for their support in our time of need. Grave diggers, canoe family, Janet Emery thank you for your good slide show, you're all greatly appreciated.

Sincerely,
Marla's Family



Thank You from the Family of Ryan Eyle

We'd like to thank all who attended Ryan's funeral and paid final respects. A special thanks to Ryan's Bro's and friends who showed so much respect to family.

Gracia, Nelson, Wassie, Jeannette, Dale, Rayanne & Norman, and aunts and uncles

NOTICE TO TRIBAL MEMBERS

Please note that MIT funerals are now being handled by Yahn & Son Funeral Home of Auburn and Weeks Funeral Home of Enumclaw.



New Sweet Shop to open soon

The Muckleshoot Casino is pleased to announce that its new Sweet Shop will be opening in late April. The new Sweet Shop will feature a full-service coffee bar serving espresso drinks, frappuccinos and baked goods. In addition, there will be a fabulous selection of sweets, featuring Dreyer's Ice Cream.

Muckleshoot Tribal Council OFFICERS FOR 2008-2009

Charlotte Williams, Chair
John Daniels Jr., Vice Chair
Marcie Elkins, Treasurer
Kerri Marquez, Secretary

GENE BROWN RECOVERING AT HARBORVIEW

Gene Brown, who suffered a serious head injury as the result of an auto accident in the Philippines, returned to American soil in the pre-dawn darkness Saturday, March 28, on a solo medical flight. He was accompanied by his mother, Virginia Cross, and was met at Boeing Field by his children, sisters and aunts.

Daughter Breanna Brown also spent many weeks at her father's side in Filipino hospitals before flying home in advance of his return. Upon landing in Seattle, Gene was transferred to a waiting ambulance and taken to Harborview Medical Center where his condition was carefully assessed using the best American diagnostic equipment.

Since his return, Gene's condition has improved as his memory, impaired due to his head injury, returns to him day by day. The future is still uncertain and the path will be a long one, but he is getting better, and has his loving family at his side to help him along the way.



Gene Brown

It's on to Kentucky for Santa Anita Derby winner Pioneer of the Nile



Pioneer of the Nile finishing up his morning workout the day before the race.



Local hero Gallant Son shares a quiet moment with his groom hours before running in the Santa Anita Derby.

It's on to Kentucky for Santa Anita Derby winner Pioneer of the Nile

ARCADIA, CALIF. – Another major piece of the Kentucky Derby puzzle fell into place on April 4 as Pioneer of the Nile continued his winning ways in the West Coast's top prep race, the \$750,000 Santa Anita Derby. Now it's on to Louisville to challenge 19 other three-year-olds on the first Saturday in May, when the 135th "Run for the Roses" will take place beneath the shadows of Churchill Downs' legendary twin spires.

Considerable local interest was generated in this year's Santa Anita Derby when local hero Gallant Son became the first Emerald Downs horse ever to run in the prestigious race. The handsome bay colt notched three stakes victories at the Emerald oval last year, including a monster six-length romp in the \$100,000 Gottstein Futurity. In October he tested himself against the world's top two-year-olds in the \$2 million Breeders Cup Juvenile. He finished a seventh, but was less than four lengths behind the winner.

A victory in the Pasadena Stakes at Santa Anita last month led to his entry in the Santa Anita Derby. A win, or even a second, could've landed Gallant Son in the Kentucky Derby. But it was not to be. He ran a good race and never gave up, but began to tire in the final furlong, finishing last of seven. But, again, he did it in a respectable way and wasn't beaten by a large margin.

Surely a bright future lies ahead for Gallant Son, although it will not include the Kentucky Derby. As they say in racing, "You're only three once." Owners Chris and Dianna Randall of Bellevue and Trainer Frank Lucarelli felt they just had to try it. They knew they had a heck of a good horse. And they still do.



EMERALD DOWNS MEET OPENS!

There will be 91 days of live horse racing at Emerald Downs this year, from April 17 to September 27. Races start at 6PM on Friday nights and 2PM on Saturday and Sunday.

www.emerald downs.com



The original Paddle to Seattle Crew: Back row (l-r): Petro (Zeffa) Pedro, Roy Starr, Todd LaClair; front row: John Starr, Donny Jerry, Marvin Starr Jr.

20 YEARS LATER...

Remembering the Historic Paddle to Seattle

Canoe Family begins preparations for 2009 journey hosted by Suquamish

By Walter Pacheco

The Muckleshoot Tribe will be hosting the canoes entering Seattle in the golden Gardens Park this year. This year also marks the 20th Anniversary of the "Paddle to Seattle," and wouldn't this be a great opportunity for all those pullers who were involved in that historic journey to make the run into Seattle again this year?

Did you know who they were? The pullers for the Paddle to Seattle were Donny Jerry, Roy Starr, Marvin Starr, John Starr, Todd LaClair and Petro (Zeffa) Pedro. I personally would like to see that happen and will be contacting those individuals to see if they will do this for us.

With a change for a canoe ceremony at Golden Gardens, it will be a different scenario and travel to and from the site will be a little more difficult for the community. I encourage you however to come and watch the canoes come into Seattle and also be there when they depart. With the tribes and their canoe Families only being here one day this year we will have limited time for the presentations and protocol.

This too is an honor for us to have these canoe nations come to our territory and share their culture with us. I strongly encourage the community to take part in this sharing and honor their presence here by having you present to acknowledge them. We do expect around 20-25 canoes coming here to Seattle and to Muckleshoot for the one-day festivities.

We will be writing one story a month from this point forward to keep you informed about our planning and to make sure that you know what is going to happen here at Muckleshoot and the final destination which is Suquamish in 2009.

NEXT MONTH: MAY– Information on who is coming to Muckleshoot and where we will have our activities.



Salish Lodge and 270-foot Snoqualmie Falls

SALISH LODGE WELCOMES TRIBAL COUNCIL

After years of being owned by out-of-state pension funds and other absentee landlords, the staff of the Salish Lodge is happy that they finally have real flesh-and-blood owners with ties to the area. And what stronger ties could they ask for than to be owned by the region's original people? Sales manager Erin Courteau spoke for the rest of the staff when she told The Monthly what it meant to have the Muckleshoot Tribal Council as guests during a recent workshop.

"When the Tribal Council is here, there is a general excitement across the hotel. Everyone was filled with anticipation for the whole week before they came. We all are very proud of this property, and really enthusiastic about showing them what we can do here, and what makes Salish such a special place.

We're just excited to have the Tribal Council here this week, and we're really grateful to have them as our owners. The feeling with the tribe is that they're really wanting to be here for a long time, and as employees, it makes us feel that they're really invested in our hotel and its future, so that always leads to happy workers."

In addition to Salish Lodge, the Columbia Hospitality Group manages the Cedarbrook Conference Center; the Seattle World Trade Center; Bell Harbor International Conference Center; The Inn at Langley; the Friday Harbor House and Lakedale Resort, both on San Juan Island; and Kenwood Inn and Spa in Sonoma, California.



Back row, l to r: Birdie Pierce, Lisa James, Donna Starr, Donnie Jerry and Bruce Starr. Front row: Donnie and Lisa's 10-year-old twins, Letah and Donnie Jr.



Kerri Marquez (center) with husband Yuyo; children Gregorio, Francisco and Virginia; her mother Virginia Cross, and Auntie Lorraine.

Virginia Cross Native Education Center

PHOTOS BY BROOKE BROUSSARD



Anita Cross and Jolene Lozier performed at the First Salmon dinner with the canoe family. Both are students of Virginia Cross Native Education Center.



Anna Price and Samantha Milne



Desiree Elkins holding the drum she made and painted at Virginia Cross Native Education Center.



Roxanne Brown in the process of painting a drum she made.



Kevin Williams holding the drum he's in the process of painting.



Kayla Moses and Lavonna White Eagle-Brown picking huckleberries during a field trip with Virginia Cross Native Ed Center.



Roberta Tecumseh and grandma Jeannette Morrison attended the First Salmon Dinner.



Hand drum beautifully painted by Gerald Moses.



Chuck Jansen, a student of Virginia Cross Native Education Center, holds the drum he made and painted.

Spring Quarter at Northwest Indian College-Muckleshoot

Spring quarter at NWIC-Muckleshoot will feature some excellent courses that only come around once a year, in addition to courses that are offered more than once per school year.

BIOL 203 Animal Biology: Our Relatives, is a lab course taught by our Ian Paden. It introduces the topics of invertebrate and vertebrate anatomy and physiology, taxonomy, diversity and classification and animal adaptation in terms of form and function.

CHEM 113 Biological Chemistry is an introduction to biochemistry. This course is a must for anyone headed into the medical or life sciences, including fisheries and forestry.

ENVS 201 Northwest Plants is a hybrid course that blends European plant identification with traditional plant identification and uses. It is taught by Dr. Margaret Smither-Kopperl, US Dept. of Agriculture botanist and Deborah Saluskin, Upper Skagit traditional elder.

HMTS 109A-C Encounters in the Humanities/Native American Humanities combines literature, spirituality and philosophy from the Native American perspective. It is taught by Patricia Davis, Navajo elder, who gave workshops as part of the Dalai Lama's visit to Seattle last year.

LGST 101 Introduction to Legal Studies I is taught by Sarah Lawson, JD, of the Iowa Tribe of Kansas and Nebraska, and Trust Real Estate Director of the Muckleshoot Indian Tribe. The class will provide students an overview of the law, legal principles and legal terminology. Students will gain a basic understanding of how the law operates both in the courts and in the halls of government.

PHED 174 Walking for Fitness is a brand-new course to our campus, given by Rachelle Kanning at the Health and Wellness Track on Wednesdays 5-7:30pm. The class will combine regular walking with classroom activities.

Anyone interested in these and our other courses for Spring 2009 can come to Muckleshoot Tribal College M-F 11am-5pm and speak with Esther John, M.Ed., NWIC Site Manager (253-876-3274), her assistant, Sarah Dogeagle or Michele Rodarte, Muckleshoot Tribal College Academic Affairs Information Specialist (253-876-3291) for more information. Please see us by March 13th so you can order and receive your books and have financial aid arranged in time for the beginning of classes.

We hope to see you soon!

Na-ha-shnee

14th ANNUAL NATIVE AMERICAN HEALTH SCIENCES INSTITUTE IN SPOKANE
JUNE 21 - JUNE 27, 2009

Native American Health Sciences Program
Washington State University - Spokane
Academic Center Rm 141B
PO Box 1495
Spokane, Washington 99210-1495
(509) 368-6884

PURPOSE: To provide an opportunity for Native American High School students to experience the Health Science professions. To encourage Native American students to pursue Health Science degree programs and to prepare themselves for their future.

PARTICIPATION: Invited Native American male and female students who will be entering the 10th, 11th, or 12th grade in Fall of 2009. Taking only students who live in the states of Washington, Oregon, or Idaho unless your Tribe or family pays transportation if live outside of these states.

REQUIREMENTS:

1. Letter of interest and expectations of your camp experience.
2. Immunizations: Hep A/B 1st shot started, TB test, yearly.
3. Minimum of "C" average.

COST: Free - with interest in the Health Sciences, such as nursing, medicine, dental, pharmacy, physical therapy, speech and hearing, and exercise physiology.

HOUSING: Students will stay in a dormitory located at Whitworth University. Food and lodging are provided at no cost to all students participating in the Summer Camp Institute.

TRANSPORTATION: Mini-Vans will provide all transportation for students to all destinations during their stay at camp.

DEADLINE FOR APPLICATION: Friday, May 1, 2009

TOPICS TO BE COVERED: First Aid, blood borne pathogens, vital signs, CPR (Cardiopulmonary Resuscitation), traditional herbal medicine, job shadowing, and hospital visitations. There also will be critical thinking and team building experiences.

LOCATION OF THE INSTITUTE: Washington State University, College of Nursing, 103 E. Spokane Falls Blvd., Spokane, WA 99210-1495.

For further information, please contact Robbie Paul, Director Native American Health Sciences at 509-368-6884 or e-mail paul@wsu.edu. You can also contact Raynel Begay at (509) 335-6718 or rbegay@wsu.edu.

Muckleshoot Indian Tribal Graduation Season Dates

All information tentative unless otherwise noted

Head start: June 5 @ 10 am, White River Amphitheater, River Lodge

Tribal School:*

- June 5 @ 1:00pm - Kindergarten
- June 12 @ 3:15pm - Eighth Grade, Tribal School Gym
- June 12 @ 4:00pm - Twelfth Grade, Tribal School Gym

* Showcase a goodbye to the Current Tribal School and Hello to the New Tribal School

- Birth to 3:** June 5, noon to 3:00pm @Northwest Trek
- Youth Services:** June 11
- Higher Education Dinner:** June 19 @ 6:00pm, Casino (confirmed)

OTHER LOCAL GRADUATION EVENTS THAT MAY BE OF INTEREST TO THE MUCKLESHOOT COMMUNITY

- Evergreen State College:** June 12 @ 1:00pm in Red Square, rain or shine
- Northwest Indian College:** Friday, June 19 @ 5:00pm - 8:00pm @ at Wex'liem Community Bldg.
- All Auburn School District:** June 14, Auburn Memorial Stadium
- Enumclaw School District:** June 15 @ 7:30pm, Commencement @ W.R. Amphitheatre
- Antioch University Graduation:** June 21 Commencement Ceremony

Weaving Classes

April 27 & 28
Cedar Headband, Hawaiian & Traditional.

May 4, 5, & 6
Cedar Mortar Board (graduation caps)
10am to 6pm

Sign up for classes 10 people per day
At the Muckleshoot Scholarship Building
Questions please contact
Laurie Williams at 253-876-3381 or
Marie Marquez at 253-876-3382



GED Exam Dates

April 24

Please Note: No testing April 17th due to Tribal Holiday!

May 1, 15, & 29th

Dates Subject to Change, Please Call to Confirm!

Exam Testing Times Arrive Early!

- 8:15 Reading, Social Studies, Science
- 9:45 Reading, Social Studies, Science
- 11:30 Language Essay OR Math Onlypick One
- 2:15 Reading, Social Studies, Science
- 3:45 Math Only!! To take 5 tests in 1 Day Do 11:30 Essay 3:45

Contact Mitzi Judge @ Muckleshoot Tribal College
253-876-3395
mitzi.judge@muckleshoot.nsn.us or TC Office
253-876-3183
GED Instructor 253-876-3256
39811 Auburn Enumclaw Road SE, Auburn WA 98092

Wilma L. Cabanas: Eighth Grade Drop-Out

"I got a taste for Learning Again"



Tribal College Administrator Wilma Cabanas

Wilma L. Cabanas is the Tribal College Administrator for the Muckleshoot Tribe. She is well qualified for this important position by virtue of her educational qualifications and her life experiences. Her educational qualifications are the result of a sudden awakening as a young adult to, not only the value of gaining an education, but the realization that she had an innate desire and drive to learn. She clarifies, "I learn best by doing and I learn something new everyday and I will continue to do this as long as I breathe."

The road to success was not an easy one and she faced various challenges and setbacks. Yet, she credits these very challenges and setbacks as a major part of her eventual educational achievements. She points out, "I would not be in this position if I had not gone through all of the challenges I have faced throughout this journey," and adds that she has earned the trust and respect of her peers.

Her challenges began early in life at school and are best explained in her own words:

I was never called on when I raised my hand to answer a question in school. I grew up thinking perhaps I was invisible. Unfortunately, there are still occasions when the same type of thing occurs in a store an office or even a restaurant and that same feeling creeps over me and I am invisible again... Another time, in school I was slapped across the face by my gym teacher because I wouldn't undress in front of others in the locker room because I was ashamed. I came from a large family and there wasn't a lot of money for clothes, we all got one new set of clothes and new shoes before school started in the fall and mostly second-hand clothes after that. There were no extras for anything and I never felt like I belonged or fit in or measured up to the "white kids" in school. I dropped out of school in the 8th grade.

Obviously, these unfortunate experiences in school, leading to dropping out of school in the 8th grade affected her but ultimately were not deterrents that would impede her journey towards educational self-actualization. She rediscovers "a taste for learning," gets an education, faces what she says is her biggest challenge, that is taking on the position of an administrator at the Tribal College and, significantly, recognizes that the challenge has made her a stronger person. Here's how she describes that aspect of her life:

I went on to get my GED years later when my kids were four, three and six months, once I got a taste of learning again I didn't want to stop. I enrolled in the local community college, but because of family obligations I could never stay in a program long enough to get a degree then or over the next several years. I enrolled in colleges and certificate programs, I earned a

certificate in Medical Office Skills, studied Business Management and Fashion Merchandising & Design. I graduated from Massage school and was licensed for a short time. I enrolled in a variety classes through NWIC and other colleges off and on; I could never decide what I wanted to be when I grew up. I finally got serious about obtaining my degree when I enrolled in the Evergreen State College Reservation Based Community Determined Program in 1999-2000. I graduated from there with a Liberal Arts degree in 2001. I went on to get a Master's in Education from the First People's Program Antioch University- Seattle graduated in 2005. I started that Program the same week I started the job as Administrator at the Tribal College; I think that was the biggest challenge I have ever faced, I was not only learning a new job that I never expected to have but going to school full time. I have to say; that entire experience made me a much stronger person and placed me in a position where I am still growing and that I thoroughly enjoy.

Wilma knows the value of a supportive helping hand when it is needed. She points out that Jeff Antonelis-Lapp, Evergreen State College, Reservation Based site instructor, offered that helping hand and gave her what she calls "the courage to click." For her, it was a memorable learning experience:

One of my most memorable experiences occurred when I took a computer class at Evergreen with Jeff Antonelis-Lapp, we took the computer apart, examined & identified each piece and put it back together again. Up until that time I was afraid of using the computer for fear I would touch something and it would blow up or something, I always told Jeff he gave me the "courage to click" that's when I really started learning the computer and basically taught myself from then on. Jeff said if you don't know how to do something just click the help button that's what it is there for and I did.

Through her experiences in life and education Wilma has developed a very definite belief system. Her personal beliefs come through in her philosophy of education in which she states categorically:

My philosophy is that it is never too late to learn. Anyone can go to school. It doesn't matter how old or how young you are and for Muckleshoot Tribal members there are no restrictions or limitations on where you go to school or what area you want to study. The funding is there. Take advantage of it.

Wilma is living proof of what she believes in and what she stands for. That is why she advises students in a message straight from the heart:

Don't give up! When the going gets tough, if you are stuck, ask someone for help, there is help available for most problems, you just have to ask the right person. You may have to ask more than one person but the problem can be solved in most cases. I have learned that the challenges we overcome helps us become stronger.

Wilma grew up on the Muckleshoot Reservation. She has three brothers and 10 sisters. She currently lives in Auburn surrounded by her family of three handsome sons, one beautiful daughter, 14 very special grandchildren and three awesome great-grandchildren who are the absolute light of her life.

* * * * *

Evergreen State College offers Bachelor completion classes on the Muckleshoot Reservation two nights a week, Monday and Thursday, at Muckleshoot Tribal College. Reservation Based Community Determined Program site instructor, Mark Ferguson, can be reached at fergusom@evergreen.edu or calling Mark @ 360-789-5684.

Applications are currently being accepted for Fall Quarter 2009. For more program information, access the Reservation Based Community Determined Program @ www.evergreen.edu/tribal. or calling or emailing Michelle Aguilar-Wells, RBCD Director, @ 360-276-4598 aguilarm@evergreen.edu

Wilma L. Cabanas was interviewed by Gina Corpuz, M.Ed., Reservation Based Community Determined Associate Director.

Marlene R. Cross: Never too old to Learn

Muckleshoot Tribal Member to Graduate from Evergreen State College



Marlene Cross and Evergreen advisor Gina Corpuz

Growing up on the Muckleshoot Tribal Reservation brings back both good and bad memories for Marlene Cross, 60 years old. She remembers having to go to the creek to get butter and eggs out of a bucket because her family didn't have a refrigerator.

When she was in the 10th grade Marlene was left homeless when her father passed away and her mother's excessive drinking rendered her unable to care for her children. As the youngest child in the family, her older sisters decided to send her to the Chillico Indian Boarding School in Oklahoma so she could continue her education and live in the dormitories. There she received vocational education and training but most importantly, Marlene learned to love the English language and writing.

While at the Chillico Indian Boarding School, Marlene received good grades but was forced to return to the Auburn School District where she was placed in special education. This labeling did not discourage Marlene from going to Green River Community College to earn her AA degree.

In the beginning, Marlene was forced to take remedial classes to prepare her for college level courses. She willingly accepted her educational challenges but felt out of place at Green River as most of the students were so much younger than her and the classes too big. Recognizing that she needed more attention and smaller classes, Marlene began attending Northwest Indian College right on the Muckleshoot reservation.

Marlene recalls the moment that Jeff Antonellis-Lapp, Evergreen State College's Reservation Based Program Instructor, told her she had enough lower division credits to start her Bachelor completion program. She credits him with putting her on a successful educational path.

"He paid a lot of attention to me and other students by counseling us individually and making suggestions on how to improve our learning and writing skills. He was great!"

Marlene says she learned more than just reading and writing from the Reservation Based program. She learned how to stay healthy physically and emotionally by managing her diabetes and depression.

"I'm more disciplined about taking my medications so I don't have to struggle to get things done. We are all family here (in the Rez Based program) so we share and help each other."

"I love our Saturday classes on campus once a month when all the students get together (both lower and upper division) and engage in Battlegrounds. In Battlegrounds, we read, write and debate about current issues in Indian Country. I feel comfortable in these classes because there are students my own age."

Marlene survived breast cancer in 1996. As a survivor, she is determined to spend her time and energy in clean and sober family activities and events. As part of the ground crew and transport for the Muckleshoot Canoe Club, she, her two daughters and grandkids have assisted with canoe journeys to Chemainus, Tahola and Tulalip. Marlene lives on the Muckleshoot Reservation with her ten year-old grandson, Jordan.

Marlene's advice to other Native students is to "Never give up because you are never too young or too old to learn. Don't say you can't learn or don't want to. You can do it!"

Marlene is scheduled to walk in the Evergreen State College, Reservation Based Community Determined Program, graduation ceremony on June 7, 2009 on the Evergreen campus. She plans on continuing her education and earning a Masters Degree.


* * * * *

If Marlene's story inspires anyone to start on their higher education path, the following information will be helpful. New student applications are currently being accepted for Fall Quarter 2009. You may access our website at www.evergreen.edu/tribal. Contact Muckleshoot site instructor, Mark Ferguson at fergusom@evergreen.edu or call 360-789-5684 for more site information. You may also call Michelle Aguilar-Wells, Program Director, at 360-276-4598 or aguilarm@evergreen.edu. Classes are held two nights a week at Muckleshoot Tribal College.

Marlene Cross was interviewed by Gina Corpuz, M.Ed. Associate Director, Reservation Based Community Determined Program.



The Evergreen State RBCD Program



The Evergreen State College Reservation Based Community Determined (RBCD) program began in 1989 and serves students with 90 college credits or more. The RBCD program currently offers courses two nights a week on the Muckleshoot, Nisqually, Tulalip and Quinalt reservations. Students also attend Saturday classes four times per quarter at the Evergreen State College Longhouse. Borrowing from the field of participatory research, the program places value on Indigenous traditional knowledge existing within the tribal community where sites are located. Students graduate from the program with a Bachelor of Arts Degree.

Antioch offers "no-thesis" Master's Degrees

In partnership with Antioch University Seattle, MTC offers a variety of Master's Degrees, satisfying students' diverse interests ranging from management to education. These unique degree programs engage students in collaboration with community members to lead positive change projects – no thesis required.

Students say the experience, "...provokes new thinking and gives us skills to make the world a better place" and provides "learning we can use on a daily basis in our jobs, at home, and in our community."

The programs' flexible classes meet two evenings every other week and accommodate students' busy work schedules.

If you have your bachelor's degree and are thinking about what's next, one of these programs may be perfect for you. Applications are being accepted now for summer and fall entry. Contact: Jessica Porter, Program Associate, 206-406-3472, jessica_porter@antiochseattle.edu

Become a More Effective Leader in Your Community



"We not only create theories about how our area of interest could be of use to our communities, but we get to test our theories through applied practice within our communities and organizations."

Jessica Porter
Current student
M.A. Organizational Psychology program
and member of the Osook Indian Nation

In partnership with the Muckleshoot Tribe, Antioch University offers five master's degree programs at the Muckleshoot Tribal College:

- M.A. in Environment and Community
- M.A. in Organizational Psychology
- M.A. in Whole Systems Design
- M.S. in Management
- M.A. in Strategic Communications

Come to an Open House on campus
Antioch University, 2326 Sixth Ave., Seattle 98121
Thursday, April 23 at 6 p.m.

For more information, visit the Center for Creative Change website at:
www.antiochseattle.edu/creativechange

antioch UNIVERSITY SEATTLE
Contact Shana Hornann, program director
206-819-4117
shornann@antiochseattle.edu

Need Your GED? Get Started Today

at MUCKLESHOOT TRIBAL COLLEGE

MONDAY 11 to 5
TUESDAY 10 to 6
WEDNESDAY 10 to 6
THURSDAY 11 to 5
FRIDAY 11 to 5

The GED room is available for individual study during the lunch hour from 1—2 pm.

Todd Johnson
GED Instructor
todd.johnson@muckleshoot.nsn.us
253-876-3256

Mitzi Judge
GED Examiner
mitzi.judge@muckleshoot.nsn.us
253-876-3395

TESTING DATES
April 24
May 1, 15, 29

Fun fact: GED diplomas represent nearly 14 percent of all high school credentials issued in the United States each year.

But I've been out of school for twenty years!

You don't have to remember everything you learned in high school. The GED tries to test how well you think about issues based on your life experience. So even if you have been out of school for a long time, you can pass this test if you study for it.

How do I get started?

Just call or drop by the college during business hours. We'll talk about your previous educational experience and decide how to proceed based on your unique situation. Most students begin by taking a 30-45 minute pre-test, but this is not a requirement.

Interesting facts about the GED:

Over 1,000,000 people took the GED last year.


Many well-known public figures have also earned their high school diplomas by passing the GED Tests. Among them are country western singer Waylon Jennings, Olympic gymnast Mary Lou Retton, comedian, actor and author Bill Cosby, actress Kelly McGillis, entrepreneur Wally Famous Amos, U.S. Senator Ben Nighthorse Campbell, Former New Jersey Governor Jim Florio, actor and director Charles Dutton (a Maryland GED graduate) and comedian and actor Chris Rock.

More than 95 percent of employers nationwide employ GED graduates on the same basis as high school graduates in terms of hiring, salary, and opportunity for advancement.

Having a GED will increase a person's income by at least 15% over a five-year period. A person with a GED will earn \$385,000 more than a person without a GED or high school diploma.

"The Field Trip Exhibit"

The Muckleshoot Indian Tribe
& The Summer Youth Photography Program
and the MIT Youth Facility
in conjunction with the
"Young Eyes Walk With Image Catcher"
Student Photography Exhibit Series
present



Virian Jensen 6th grade
©2008

Through May 11, 2009
at the Muckleshoot Library

University of Washington creates Indian Studies Department

SEATTLE – The Board of Regents at the University of Washington has approved a proposal to elevate American Indian Studies (AIS) in the College of Arts & Sciences to departmental status. The regents' action acknowledges the quality of the unit and results in no additional costs for the college.

"The creation of this department demonstrates our commitment to diversity and provides students with the unique ability to learn about American Indian cultures and customs through an interdisciplinary approach," said Ana Mari Cauce, dean of the College of Arts and Sciences. Cauce said that the move by the Board of Regents is recognition of the accomplishments and dedication of the faculty and students in American Indian Studies.

Although AIS classes have been offered at the UW since 1970, the creation of the department will help strengthen existing relationships with tribal leaders in the area and attract prospective students wishing to major in AIS. The University of Washington ranks among the top 25 American Indian-serving universities in terms of the number of Native undergraduate and graduate students. Students who choose to major in AIS will take a selection of courses related to history, contemporary Indian issues, art, and the American Indian aesthetic and world view. These students actively participate in the American Indian community and culture by hosting powwows each year and participating in the Native Voices Film Festival.

This is an important and momentous movement on behalf of the Board of Regents for American Indian people and studies," says American Indian Studies chair Tom Colonnese. "It demonstrates a web of support that doesn't exist at just any university and sends a strong message to students about the importance of their study and degree."

The newly created department currently has nine faculty members, several of whom celebrated recent achievements. Marvin Oliver, renowned artist, recently received the Best of Classification award from the prestigious Heard Museum for his sculpture, "War Helmets from Past to Present," Deana Dartt-Newton has joined the faculty as assistant professor and curator of Native art at the Burke Museum, and Sasha Harmon, associate professor, recently published an edited collection, *The Power of Promises: Perspectives on Pacific Northwest Indian Treaties*.

The development of an American Indian Studies (AIS) Center at the University of Washington began in 1970 following student protests calling for more diversity in the University's curriculum, faculty, staff and students. Both Indian and non-Indian faculty were involved with the center from departments including Anthropology, Art, English, History, Sociology, and Political Science, as well as the Burke Museum.

The goals of the AIS Center included increasing Native American student recruitment and retention; creating courses that address every major area of Native American life and history; attracting new Native American faculty; and creating a place for Native American students on campus.

The next decade was a period of program expansion, with nearly 30 American Indian part-time and full-time faculty teaching courses in departments that supported the Center, and American Indian student growth from 125 to 500 students. In 1982, the AIS Center established a formal affiliation with the Department of Anthropology, which lasted until 2003 when AIS was made an independent program.

Muckleshoot Head Start Parent meeting update for March

Agenda was as follows:

- Welcoming from all who were present
- Dinner
- Transportation
- Getting to know each other
- Team building activity

Issues that were brought up on transportation were how communication is made and bus changes. All the buses have cell phones on them. So, if you ever need to get a hold of your child's bus they can be reached on their cell phones or you can still call the Head Start and we will relay your message. Cell Phone numbers for the buses are; Bus 1 Yolanda (253) 261-7265, Bus 2 Verna (253) 261-7247, and Bus 3 Randy (253) 261-7106.

Staff and Parents participated in a getting to know each other activity by answering questions. These questions were based on childhood memories, parenting, and what you would like your child to be doing while in Head Start. The team building activity was a hand on activity. Everyone broke up into groups and tried to build the tallest tower out of marshmallow and dried spaghetti noodles.

Management staff threw bouncy balls at the teams trying to break their tower. The tower that was being built represented the child and how it takes the whole team to protect. So while balls were being thrown two members of the team building protected the tower by blocking the balls being thrown to them. This activity was fun with lots of laughter between parents and staff.

Our next Parent Meeting will be April 14, 2009 @5:30. The main focus of this meeting will be early literacy and kindergarten transition. So come join us for some good food and fun.

Head Start Parent Meetings bring together parents, staff

Muckleshoot Head Start parents and staff came together for a Parent Meeting on March 24, 2009. A discussion regarding transportation was followed by an activity in which parents and staff were each asked to share some information about themselves, such as favorite school memories, difficulties with parenting, and favorite things to do with children.

We then played a game called "Spaghetti and Marshmallows." The Head Start staff has used this game in the past for team building and adapted it for the meeting. Parent and staff teams were asked to build the tallest tower possible with spaghetti and marshmallows. While they were building, "outside forces" were throwing beach balls and attempting to knock the towers down.

Parents were asked to imagine that the towers were the children and the balls were issues that impede quality parenting, such as work, television,

school, anger/violence, drugs and alcohol, illness, health/nutrition, and stress.

The purpose of the game was to demonstrate how difficult it can be to protect a child from all of these outside forces, but that it was the responsibility of all of the individuals in that child's life to protect him or her. Parents and staff had a great time building their towers and blocking the balls, but they also had great observations about this activity and found it helpful to see parenting from a different perspective. There was lots of laughter and smiles, too!

We will be holding parent meetings on a regular basis. Check with staff to find out when the next one is scheduled. Please plan on joining us and see our newly redesigned Parent Resource Room. We have resources for parents, along with some snacks and hot coffee. Feel free to stop by anytime for a visit. We'd love to see you here!



LOOKING FORWARD

Moving towards the end of the school year also moves us closer to the new school. This year, spring will bring a new meaning to a "new beginning". For some of us with direct ties to the old school, "we" will move into a new school with much anticipation; an anti-cipation propelled by the dream and the vision of so many years ago.



Irene Bowie,
Director of Education/Principal

For those of us who have appeared most recently at the front of this new venture, we look forward to a beginning that we only dream about in our business of education. We are fortunate to be here at this moment; at this time in history; at this incredibly exciting and challenging time. We strive to work in unison to help make these buildings come alive with our students learning and growing.

Certainly, the initial overtures and adventures of those involved in the beginning of the development of the new school are many. It is evident that much was done by the tribal community and leaders to help make the new school a reality; and trust that historians will record the histories. Those individuals will have many stories to tell and volumes of stories to record.

As a newcomer to the immediate area, I can only imagine the excitement one must feel as we begin to see the completion of the "new school." It is truly going to be an amazingly, beautiful facility; we will work diligently to make it come alive with our students; our classes; our enthusiasm as we enter the doors the first day. We will work hard to make it a first class facility coupled with a "first class" staff and students; students that will come to school with the energy and enthusiasm for learning that we know they have.

Parents, guardians, and friends, we will work together to help provide positive learning experiences for our students, your children. STUDENTS we look forward to an enthused, quest for learning and trust that you will know the depth of your responsibility and commitment to becoming FIRST CLASS STUDENTS. We will all work together as we make plans to begin a PROUD JOURNEY in helping you become the next generation of leaders.

Irene Bowie
Muckleshoot Tribal School Principal

Pictures for student projects



Deidre Lane-Black



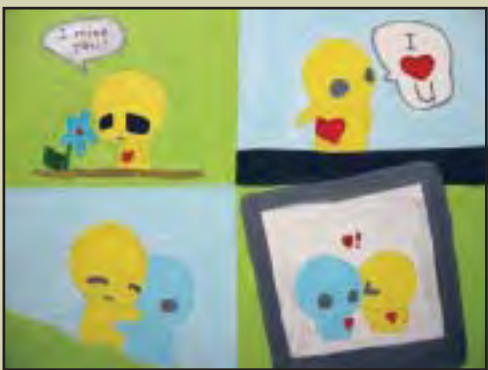
Dena Starr



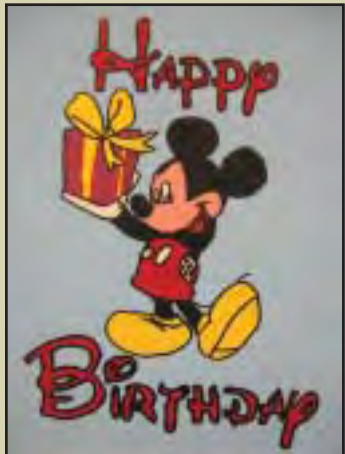
Sophia Spencer



Kalli Starr



Keilani Moses



Jenel Hunter

Painting a Portrait



Photo of Sariah Weldon



Baby Sariah Walden painted by Aunt Rachael

MTS Performing Arts Group performs at Enumclaw

Muckleshoot Tribal School Performing Arts Group attends the Enumclaw High School Community Book Night. In Attendance: Staff - Verna Harris; Staff - Sherri Foreman; Thelma Moses, Shianna Moses, Alannah Lobehan-Banks, Patience Daniels, Arlena Lobehan-Banks, Alexis Mason, Courtney Aho, Cody Foreman. Thanks to Cathy Calvert for inviting us to participate.



Cooperation with Enumclaw and Tribal School Performers



Some of the Performing Arts Group



Everyone is participating



Eagle Dancing



Drumming at the Enumclaw High School



Preparing to Dance

Positive Enhancement Comments Feb 2009

Here's some good news from math class: Every one of my students who are attending class 80% of the time or more has a good grade (with one exception).

In other words, students who come to class 4 out of 5 times each week (or more) all are learning a lot AND are currently earning grades of A, B, or C. No D's and only one F.

I genuinely appreciate the efforts of all students who come to class. We are making good progress in all areas: Basic Facts, Algorithms, Probability and Statistics, Fractions, Decimals, Per Cents, Problem Solving, Vocabulary, Perimeter, Area, Volume and Metric Measures!

Congratulations to all my students who care so much about learning!

Curtis

* * * * *

Second grade is learning multiplication, about government, and beginning to write in cursive. Quiz the 2nd Graders about Multiplying by 2, 5, 9, and 10s.

Mr. C

* * * * *

Thank you for the opportunity to share good moments.

Every day I look for chances to catch students doing something good. Last week, on Thursday I was walking a 3rd grade student to my office for our weekly chats, when right in front of the lunch counter he dropped his boxes containing small plastic shapes. Of course they flew all over the floor. The MS/HS students were standing in the lunch line when this happened. I could see the embarrassment on his face. Two of our older students stopped to help him pick up the pieces and put them back into their boxes. Clifford and Rev. I nominated them for "Caught you doing good" candidates of the day.

This morning during circle Ms Peg was trying to get in the gym door which was locked. Jonathon left the circle to help her. He is my candidate for "Caught you doing good" today.

Lil Dan

* * * * *

I just want to say how proud I am of all the Kindergartners! They are doing a great job and are beginning to read.

Joy Hamilton & Mary Goddard
Kindergarten Classroom

* * * * *

One of my comments for sixth grade is....

We try to watch our impact on the environment. We have teams of 6th grade students picking up litter and we are adamant about recycling. My positive comment is.... Yesterday I saw one of my students, without me asking, just bend down and pick up a piece of garbage off the sidewalk and throw it away. This is definitely a big step in the right direction to making the Muckleshoot landscape shine.

Miss Leslie

* * * * *

Robert Moses has improved his attendance tremendously. Cecelia Anderson is working hard to get all caught up in the Math class. Jesse Daniels is working so hard in Reading and Math and is taking responsibility for coming to class on time. Marlin Brown is an awesome reader!

Ms. Violet Berman

* * * * *

My 5th Period Career Class is fun because the students are able to joke around but work and keep focused at the same time. Several of the students have a desire to expand their knowledge and challenge themselves. Working with these students is a delight for me. Their positive and creative ideas help fuel the learning that takes place. It is fun to see these students make healthy choices.

Peg Ostrander

Tribal students take part in Closeup Foundation trip to Washington DC

PHOTOS BY BROOKE BROUSSARD



Latana, Roy and James with Washington State Indian Education representatives, Pasty Whitefoot, Denny Hurtado and Nisqually repr.



Brooke with view of US Capitol.



James Cross hamming it up at dinner in Alexandria, Virginia.



Anna Price and Lavonna White Eagle-Brown with new friends.



Latana Baker, James Cross and Anita Cross waiting for subway in Alexandria, Virginia.



Latana Baker, Lavonna White Eagle-Brown, James Cross, Anita Cross, Anna Price visiting Washington Monument at the National Mall.



Latana Baker, Anita Cross, and James Cross with new friends at banquet.



Latana Baker and Roy Murphy waiting for a meeting at Patty Murray's office in Washington DC.



Roy Murphy and new Osage friend.



Latana Baker, Anita Cross, James Cross, Anna Price, Lavonna White Eagle Brown waiting for subway in Virginia.



Lavonna White Eagle-Brown and Anna Price with roommates in Washington D.C.



Bubba and Liz waiting for meeting at Patty Murray's office in Washington DC.



Anna Price and Lavonna White Eagle-Brown.



Anita and James Cross in Washington DC.



Roy Murphy at Holocaust Museum in Washington DC.



James Cross pretending to hold up Washington Monument.

Sylvan Learning Center available at Tribal School

The new location for the Sylvan Learning Center will be at the Tribal School. In order to attend this location please contact Marie Marquez, at 253-876-3382, for approval and to guarantee a spot, seats are limited. Priority will be given to current students attending and actively participating in the Disabilities Program.

For Tribal members that are interested in attending and have never been approved must first write a letter addressed to the Education Committee requesting for funds to be allocated to attend Sylvan.

The letter must have the applicant's first and last name, address, MIT enrollment number, telephone number, grade level, name of present school attending, to which location of Sylvan or other tutoring service Tribal member will be attending and a contact name if applicant is a minor.

Please allow 10 business days for the request to go to Education Committee for review and to be notified of the outcome. We will provide contact name and number to call to registered and do assessments and to set up a tutoring schedule.

Please do not contact tutoring centers prior to approval letter. The Disabilities Program will not guarantee payment and you will be responsible for any fees endured prior to approval.

Thanks,
Marie Marquez

TOUR THE NEW TRIBAL SCHOOL

A tour of the new MIT Tribal School will take place on Thursday, April 23 at 5:30 PM. It is open to all community members. Please contact Val Daniels at 253-931-6709 to sign up for the tour.

Muckleshoot Youth Services

38977 172nd Ave SE, Bldg #1; Auburn, WA 98092
(253)876-3293

2009 Family Fun Night Schedule

The Youth Services Program is happy to announce that we will continue to have monthly family fun night events in 2009! However, we will be changing days to the first Thursday of every month.

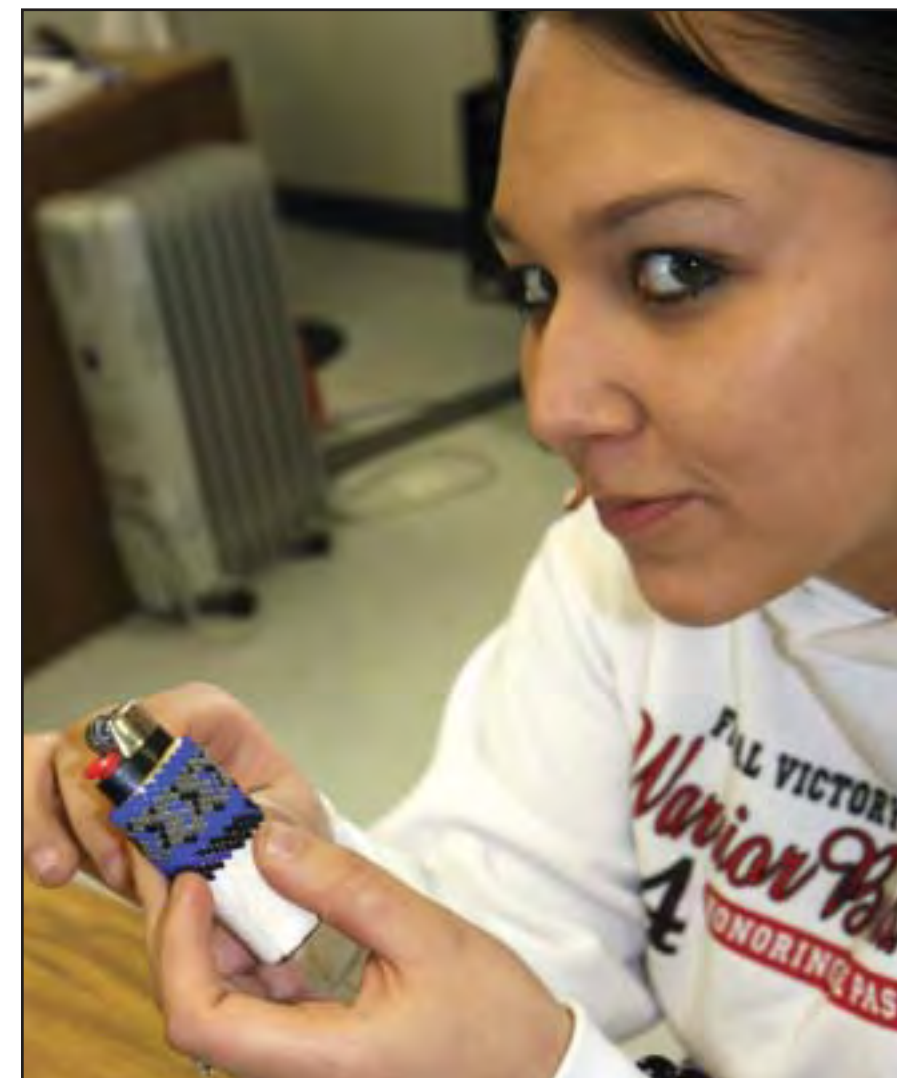
Meals, activities and entertainment are provided. All youth, parents, and community members are welcome to attend.

So mark your calendars and join us each month for these special family fun nights at the MIT Youth Facility from 6-9pm on the first Thursday of every month.

2009 Family Fun Night Dates:

May 7 th	September 3 rd
June 4 th	October 1 st
July 2 nd	November 5 th
August 6 th	December 3 rd

Hope to see you there and feel free to call us with any questions, at 253-876-3383.



Greetings Muckleshoot Indian Tribe,

This year the Muckleshoot Tribal School had the opportunity to attend the 1st annual NIEA/Close-Up collaboration conference held in Washington D.C. The Close-Up foundation is an organization that focuses on leadership skills and responsibility in which they teach the student. The organization uses the city of Washington DC as their class room and allows the students to see the federal government "close-up."

The tribal school delegated two student council members as well as two staff members from the school this year. This was an excellent opportunity for the Muckleshoot Tribal School and the Tribe as well to be recognized at a national level. The two participating students were Elizabeth Aldana and Robert Simmons. The teacher was Victoria Hildebrand, and the trip coordinator Don Munro.

We departed from Sea-Tac airport early Sunday morning and arrived in Washington DC around 3:00 EST. Upon arrival at the hotel the students were greeted by members of the close-up foundation and other participating students.

During our seven-day adventure to the nation's capitol, the students had the opportunity to meet other students from Idaho, Montana, Wyoming, Arizona and some Southeastern Tribes. Some other highlights are: Close-Up provided one-day visits to the Capitol as well as an opportunity to appear on C-SPAN 2 television. Each student had to participate in evening school sessions which were provided and taught by the close-up team at the close-up conference site. Towards the end of the conference the students were able to participate in a teen dance sponsored by NIEA/Close-Up from 8-11pm on Friday night.

After the conference ended the student were awarded a group photo as well as a certificate of achievement which was signed by the five national officials. The officials were Speaker of the House Nancy Pelosi, Senate Majority Leader Harry Reid, and the House Minority Leader John Boehner and Senate Minority Leader Mitch McConnell, as well as the Close-up Foundation President.

We have received several letters of appreciation from the NIEA President Robert Cook from the Oglala Lakota Nation. We have been invited to the 2009 National Indian Education Association Conference in Milwaukee, Wisconsin.

The After-school Program has also had a great and adventurous year as well. We began activities on the

Tuesday October 21st, 2008. We sent the registration packets out on Wednesday October 15th, 2008. After the forms were returned and signed. The program activities were scheduled to begin on Tuesday, Wednesday and Thursday of the week for the students that have all forms signed and returned. The times are set for 3:30 pm for the elementary students. The program will start wrapping up activities for the day around 4:50 pm, and then have the students on the bus and ready to depart for their homes by 5:00 pm.

The Afterschool Program had some exciting activities for the past couple months for the students. Some of the activities consisted of, physical conditioning, building leadership skills and theatrical plays. We also got to attend some off campus events that were held at local facilities on the tribe. The elementary students created crafts according to the holidays that occurred each month. The elementary students have been conducting outdoor physical activities and indoor team building.

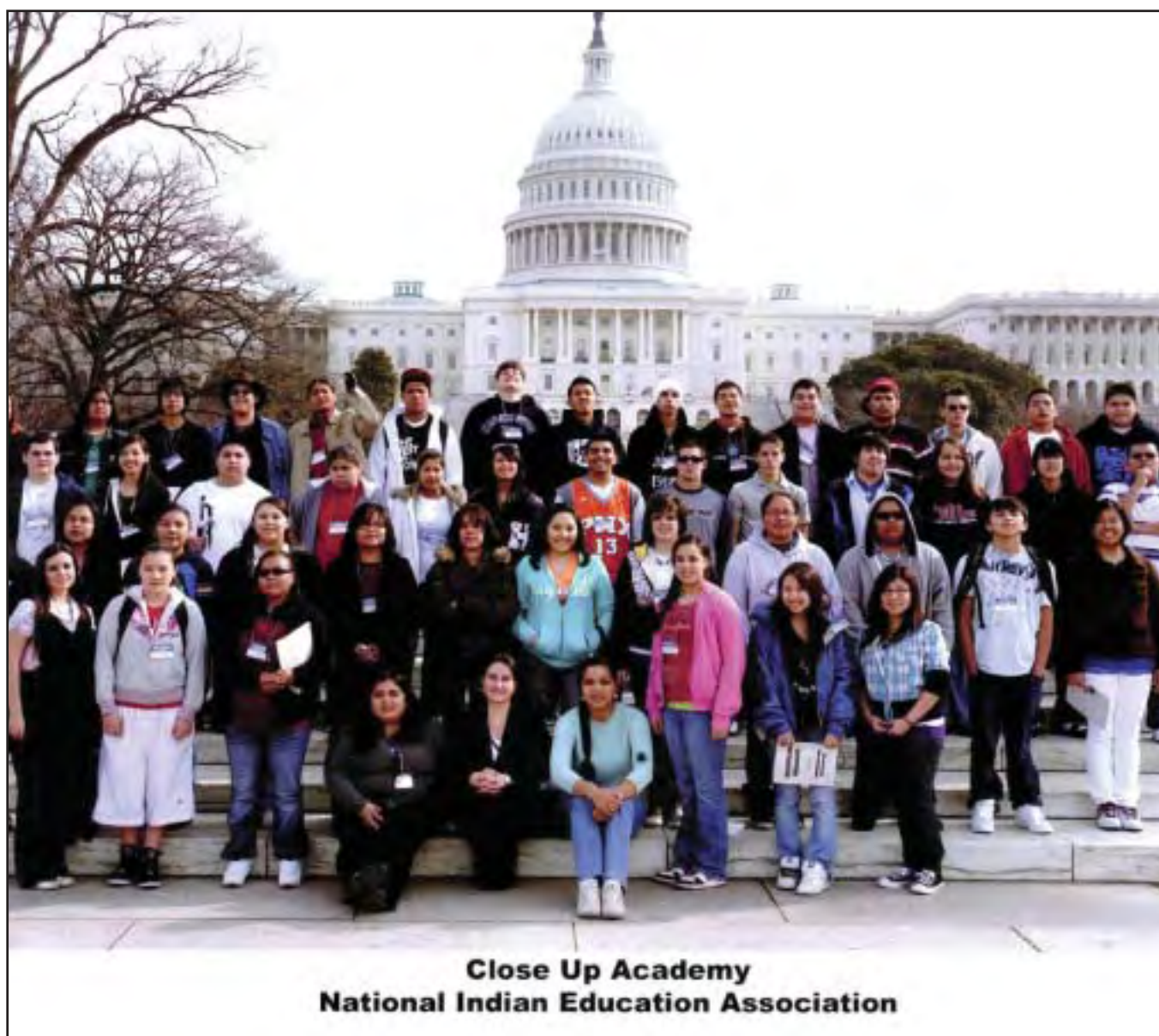
We rotate the activities on an Indoor/Outdoor basis every other day according to the weather. Now that the weather is cooperative we are planning some outdoor adventures and field trips. Our up coming field trips are collaborative events with in the education department. In closure; we are in the process of planning the spring and summer activities for the program and slowly gearing up for the new Tribal School Move! If you have any questions about the student council or the After-school Program feel free to contact me at 253-931-6709 ext. 3708.

Respectfully,

Don Munro
Afterschool Program Coordinator/
Student Council Advisor



Don Munro



Close Up Academy
National Indian Education Association

Family Fun Night at Muckleshoot Tribal School

by Susan Gins, School Nutritionist



On Thursday, January 29, Muckleshoot Tribal School hosted the monthly Family Fun Night for students, family and friends. The meal featured a *Pasta Bar*, with three kinds of pasta, (spaghetti with meat balls; angel hair pasta with homemade white clam sauce; rotini with veggie sauce), garlic bread, two kinds of salad, beverages, and Fudgesicles and Creamsicles for dessert, distributed by teachers Pearla Konig (4th grade teacher), Jennifer Daniel (3rd grade teacher) and student Kalli Starr Comenout.

The evening started at 5:00PM in the former King County Library room with a talk about local gang activity and how to recognize and reduce gang activity. The presentation was followed with a prayer led by Sherri Foreman and then the group adjourned to the gym/cafeteria.

With tables covered in red and white checked



tablecloths supporting the Italian restaurant theme, dinner was served by teachers Leslie LaFountaine, Cindy Hamlin and school nutritionist Susan Gins. The meal had been prepared with special care by "Chef" Doy Sandoval, Head Cook with help from Sefa Pedro, Trisha Perez and Deidre Lane-Black & Vivian Jansen.



When dinner was completed, Principal Irene Bowie introduced new Vice-Principal Mario Marsillo to the group. Tables were cleared and Bingo cards were passed out. The game was uniquely played using raisins to cover the called numbers, as Don Munro did an excellent job shouting them out for all to hear. Many fantastic prizes were won. The kitchen clean-up was led by Don Ronning, aided by Cindy, Leslie and Susan; while many other staff members cleared the gym. As we all said good night, Lance Butler remained behind to finish the clean up.

Our Family Fun Nights are held the fourth Thursday of the month from 5:00-7:00PM.

Lego projects gifted and talented class

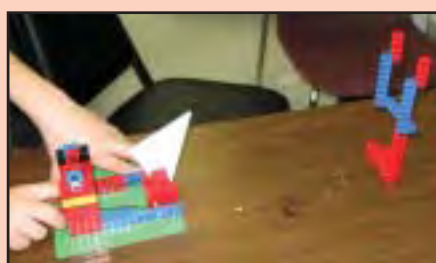
PHOTOS BY SHERRI FOREMAN



4th grader Jacob Jansen-James made an Automatic Field Goal Kicker. He's showing Dylan Self



Preparing for kickoff



Pulling it tight



It went so fast I couldn't catch it on camera!

5th & 6th Grade Projects

PHOTOS BY SHERRI FOREMAN



Anthony and Kiko



Jose and Jesse



Jeffrey



Ralisea



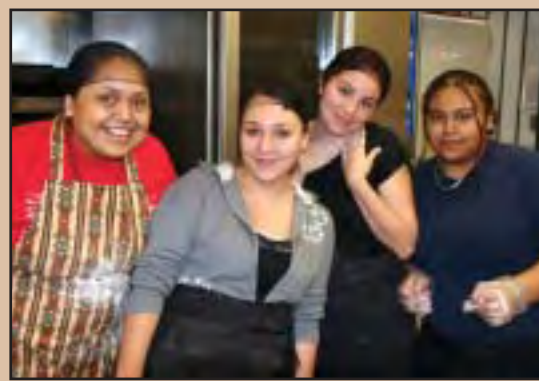
Simone & Luana



Tiana 3

Fry Bread Cooks

PHOTOS BY JOHN LOFTUS



Muckleshoot Tribal School
Parent Student Teacher Administrator Meeting "PSTA"
March 24, 2009 6:00 pm - 7:45 pm

The first of many meetings was held in the old library space. Parents, students and teachers attended and shared a meal. The focus of this meeting was to share our combined knowledge about how to make our school even more successful. Those in attendance were students and family members from the 7th and 8th grade classes. We discussed many important things.

Attendance Issues: The goal is 100% attendance for the entire k-12 school year, incentives, and helpful programs available

Behavior expectations: What do we expect from students while during the school day?

Safety Issues: Providing a safe and secure environment

Sports & Activities: This year's programs and next year's athletic goals on the new campus

Sylvan Learning Program: Who is eligible? Is there funding for other non-tribal members to attend Sylvan?

There was additional discussion about the new school and what it will offer to the students and families. See the pictures that were taken on tour of the new facility in the March Muckleshoot Monthly.

We would like to send a Special Thanks to the families who attended last night's meeting. We appreciate you finding time to spend with us.

Sonja and Uati Tuilata with Hunter Vaiese; Rick Leonard and Leanne Hoops with Jon Rodarte, Kellie Leonard, William and Charles Leonard-Russell; Shanon Hamilton with Justin Hamilton; Devon and Trevor White.

Birth to Three News

Muckleshoot Birth to Three 2009

April: pədx^wiwaac (time of robin whistling)



What is Birth to three?

The Muckleshoot Birth to Three (B3) Program provides a safe nurturing environment that promotes the language, physical, social/emotional, adaptive and cognitive development of young children. The program serves native children birth to 36 months of age. The service area is the Muckleshoot Reservation or any Native American child living in Southeast King County. Native American children have the opportunity to explore their native heritage through drumming, exposure to the Whulshootseed language, and an opportunity

to participate in cultural activities.

The B3 program is funded by the Bureau of Indian Affairs and the Muckleshoot Indian Tribe. The program is primarily funded to provide services to children with developmental delays or disabilities. Funding from the Muckleshoot Indian Tribe allows typical developing infants/toddlers to participate in the program to support their peers.

If you would like more information on the B3 program or are interested in having your child participate in the program, please call (253) 804-9695/833-2440.

Autism Awareness Month

WHAT IS AUTISM? Autism is a complex neurobiological disorder that typically lasts throughout a persons lifetime. It is part of a group of disorders known as autism spectrum disorders (ASD). It occurs in all racial, ethnic, and social groups and is four times more likely to strike boys than girls. Autism impairs a persons ability to communicate and relate to others. It is also associated with rigid routines and repetitive behaviors, such as obsessively arranging objects or following very specific routines. Symptoms can range from very mild to quite severe. All of these disorders are characterized by varying degrees of impairment in communication skills and social abilities, and also by repetitive behaviors.



Autism spectrum disorders can usually be reliably diagnosed by age 3, while first diagnosis usually takes place around 18-24 months.

Parents are usually the first to notice unusual behaviors in their child or their childs failure to reach appropriate developmental milestones. Some parents describe a child that seemed different from birth, while others describe a child who was developing normally and then lost skills. Pediatricians may initially dismiss signs of autism, thinking a child will "catch up", and may advise parents to "wait and see". New research shows that when parents suspect something is wrong with their child, they are usually correct. If you have concerns about your childs development, dont wait: speak to your pediatrician about getting your child screened for autism.



Although parents may have concerns about labeling a toddler as "autistic", the earlier a diagnosis is given, the earlier interventions can begin. Currently, there are no effective means to prevent autism, no single effective treatment, and no known cure. Research indicates, that early behavior intervention for at least two years during the preschool years can result in significant improvements in IQ and language ability for many young children with autism spectrum disorders.

As soon as autism is diagnosed, behavioral intervention should begin. Effective programs focus on developing communication, social and cognitive skills. Many children also benefit from speech-language therapy and occupational therapy.

SIGNS OF AUTISM: the following may indicate that a child is at risk and should be screened to ensure that he/ she is on the right developmental path. If your baby shows any of these signs, please ask your pediatrician or family practitioner for an immediate evaluation:

- No big smile or other warm, joyful expressions by six months or thereafter.
- No back-and-forth sharing of sounds, smiles, or other facial expressions by nine months or thereafter.
- No response when the childs name is called by 10 months.
- No babbling by 12 months.
- No words by 16 months.
- No two-word meaningful phrases (without imitating or repeating) by 24 months.
- Any loss of speech, babbling or social skills at any age.

FACTS ABOUT AUTISM, did you know.....

- Approximately 67 million people worldwide are affected by autism
- Autism is the fastest-growing serious developmental disability in the world
- More children will be diagnosed with autism this year than with diabetes, cancer and AIDS combined
- Boys are four times more likely than girls to have autism
- There is no medical detection or cure for autism, but early diagnosis and intervention improve outcomes



Fax: 253-692-4718

The Mindsource Center, LLC

The Mindsource Center offers therapy, support, workshops and educational tools that are available to teachers, parents, children, therapists and caretakers that are seeking to grow and understand more about autism and related syndromes.

Toddler Class

Storybook Curriculum

For the month of April the children will be reading the book "The Very Hungry Caterpillar" by Eric Carle. This book follows the caterpillar as he eats his way through one apple on Monday, two pears on Tuesday, three plums on Wednesday and so on, through cherry pie and sausage. He eats until he is really fat and has a stomach ache- - I bet you can guess what happens then! This book is good for teaching nutrition, counting and the days of the week. Watch for this book

to come home the last week of April

Whulshootseed words/ phrases we will be using with the book;

- Fruit- **sq̄wəlatəð**
- Meat- **bayac**
- Sun- **tukwət**
- Warm weather- **pədhəð**
- Moon- **stukwəlb**
- Eating- **wəʔətəð**
- Hungry- **ʔəscəwət**
- Stomach ache- **ʔəsx(ə)ʔulč**
- Butterfly- **yʔyubəč**
- One (1)- **dəčʔ**
- Two (2)- **šaliʔ**
- Three (3)- **tixw**
- Four (4)- **buus**
- Five (5)- **čəlac**
- Monday (after side of Sunday)- **pəʔtəq̄wəbac**
- Tuesday (second day)- **scəbdati**
- Wednesday (third day)- **stixwi**
- Thursday (fourth day)- **sbuusi**
- Friday (fifth day)- **scəlaci**
- Saturday (near side of Sunday)- **čitabac**
- Sunday (great/ sacred day)- **pədxəxəʔ**



New Sign-In/ Out Procedure

The Muckleshoot Birth to Three Program and Muckleshoot Child Development Center have been working collaboratively on insuring the safety of all entering the MCDC. We have established a new sign-in/ out procedure to know who is in the building in case of emergencies. When you are bringing your child(ren) in for B3 please sign them in and out at the front desk. Also if you are staying for any period of time with your child you will need to sign-in/out on the B3 sheet under your

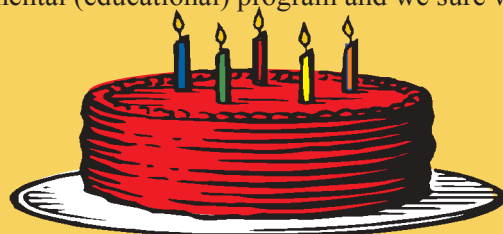
childs name. The B3 staff will be responsible for reporting children transported on the B3 bus. Thank you for your involvement in making the environment safe for all children and families participating in the B3 and MCDC programs.

Happy Birthday!

B3 would like to say "Happy Birthday" to our April kids;

- Sage- 3
- Heaven- 3
- Cosmo- 3
- Noah- 3
- Baby Frank- 1
- Noel-1
- Kandace-1
- Teacher Julia- ?

We wish the best for all of our kids on theirspecial day. For those who are turning three we hope you have a good time in your next developmental (educational) program and we sure will miss you.



April is Child Abuse Prevention Month

10 Ways to be a GREAT PARENT

1. Be a good role model. Your child learns from you.
2. Show respect for your childs thoughts, feelings and suggestions.
3. Make your child feel loved with hugs, kisses and words of praise.
4. Keep your word/ promises. If you must break your word or promise apologize and make it up to your child.
5. Encourage your childs creativity; ask questions, stimulate his/ her curiosity and imagination.
6. Build your childs self-esteem by showing appreciation for his/ her contributions throughout the day.
7. Stay involved; know what is going on in your childs life, at school, with friends, etc.
8. Discipline your child fairly, firmly, and with love. Focus your attention on the behavior and not the child.
9. Make time to do fun things together, build family traditions.
10. Think positively. Expect the best, you empower yourself and your child to achieve goals and solve problems.



How Children Learn and Grow- FREE E-Newsletters

The Muckleshoot Birth to Three would like to send you a website link that offers a parent free e-newsletters that have science-based information on how children learn and grow each month from birth to age 3. The monthly newsletter includes:

- Age-based information about child development
- In-depth articles on common child rearing issues and challenges
- Parent-child play activities that promote bonding and learning
- Frequently asked questions
- Research on child development and what it means for parents

If interested check out this website (www.zerotothree.org/site/PageServer?pagename=FromBabytoKid) and register for your childs specific age range.



Internet Resources for Grandparents & Other Relatives Raising Children

Learn More About...

- Financial Assistance
- Health Care
- Mental Health
- Drug and Alcohol
- Child Care
- Food Assistance
- Child Support
- Children with Disabilities
- Foster Care
- Kinship Navigators
- Support Groups
- Free Publications
- Additional Reading
- National Websites
- Benefits Check Up
- Legislative Documents



Visit... www.dshs.wa.gov/kinshipcare

Laughter Really is the Best Medicine

By Brent Grider

Laughter benefits the mind and body in many ways. It is free, has no side effects, and most everyone likes to do it. In fact, it may be the best thing a person can do for their physical and mental health. Laughter does not happen as often as it should in today's fast-paced society. An article in *Discovery Health* points out that, "By the time a child reaches nursery school, he or she will laugh about 300 times a day. Adults laugh an average of 17 times a day." Simply put, we need to laugh more. Aside from the fact that laughter is fun and feels good, there are other reasons to laugh as often as possible? Let's look at a few benefits to both the mind and body.

Studies have shown laughter to benefit the body in the following ways:

- **Heart Protection**-Research has shown that people with heart disease are 40% less likely to laugh than people without heart disease. Laughter exercises the heart muscle. Laughter reduces many of the potentially heart damaging stress hormones like cortisol, adrenaline, and growth hormone. These hormones are necessary in emergency situations, but can lead to increased inflammation and an elevated heart disease risk when they are constantly activated. Laughter also improves blood flow by increasing the blood vessel's ability to expand and contract normally and without restriction.
- **Lower Blood Pressure**-When a person laughs their blood pressure temporarily rises, but then quickly decreases to levels below normal. People who laugh regularly have lower standing blood pressure than the average person.
- **Laughter is Great Exercise**-A good laugh is a good workout for more than just the heart muscle, it also exercises the diaphragm, stomach, respiratory, facial, leg, and back muscles. It is a great aerobic exercise and increases the body's ability to use oxygen and increases the oxygen content in blood. A hearty laugh can burn as many calories as several minutes on a stationary bike or a rowing machine. For all of these reasons, laughter has been called "internal jogging."
- **Immune System Booster**-It increases the number and activity of natural germ and disease killer cells. Laughter appears to be a switch that turns these cells on in greater numbers.

- **Improved Brain Function**-Laughter stimulates both sides of the brain and enhances learning. It helps to keep the brain alert and improves memory.
- **Reduces Stress**-Laughter reduces stress levels, elevates mood, and improves emotional health. It releases endorphins into the body, which are the body's natural mood enhancers. Laughter also helps to give perspective on life, changes the way the mind thinks, and suppresses feelings of being overwhelmed.
- **Laughter Creates Social Connection**-A healthy sense of humor reflects a healthy level of self esteem and shows self acceptance and self respect. These feelings often translate into healthy relationships. Humor enhances our ability to connect with others and to find common ground. Humor is an important part of relationships, whether family, friend, romantic, or work related. Humor brings people together in a shared experience.
- **Other**-There is evidence laughter may keep blood sugar spikes after a meal significantly smaller. One study also showed patient reaction to dust mites and other common skin irritants to be less after watching a funny movie. Laughter is a well known pain reliever and can help relieve mucous plugs in the lungs. Laughter also increases the production of an immunoglobulin in the respiratory tract which fights infection.

Laughter is critical to living a healthy and balanced life. Take the time to find humor in life and better health may follow. Surround yourself with people who like to laugh. People who like to laugh often attract other people who like to laugh. Humor can be found most anywhere and in most situations if we are receptive to it. Look for humor every day. Take a five minute humor break where you spend a few minutes reading, watching, or listening to something funny. Watching children is another great source for humor. Do whatever it takes to find ways to laugh. You'll be glad you did!

*Some information provided by the University of Maryland, www.holistic-online.com, *Active Healthy Lifestyles*, Paul Rosch, The American Institute of Stress.

"Your Suggestions Count"

The Muckleshoot Health & Wellness Center offers "suggestion boxes" where guests can fill out forms to share thoughts, comments or suggestions. The purpose of these forms is to help us improve the quality of services offered to the community. These forms are not "incident reports", but rather confidential and private opportunities to share your thoughts on what we are doing well or on ways we might improve.

The suggestion boxes are located in each reception area and the main lobby of the building. The feedback forms are located next to the boxes. The boxes are checked at least twice a month by the Facilities Secretary and then delivered directly and confidentially to the appropriate department manager. Suggestions are then discussed privately at Quality Improvement committee meetings.

If possible, please provide contact information on the suggestion form so the appropriate manager can contact you to address your particular suggestion or area of concern. Again, this would be a confidential and private conversation.

We want to hear from you. Please take a moment to stop by the Health & Wellness Center and fill out a suggestion form today. Your thoughts matter!

Thank you

What to do if you are sexually assaulted.

****Call 911**

****If you choose not to call 911, it's important to seek medical treatment at the emergency room (it is a requirement for hospital staff to report the assault to 911 if you're a minor under the age of 18. A female police officer may be available upon request).**

****Do not wash clothes or bathe before seeking treatment, as doing so may destroy evidence.**

****There are phone numbers available for help as well, including:**

Community Crisis Line: 1 (800) 244-5767

Muckleshoot Community Advocate: (253) 876-3357

DAWN Crisis Line: (425) 656-7867

KCSARC (King County Sexual Assault Resource Center): (425) 226-5062

Washington State DV Hotline: 1 (800) 562-6025

South King County YWCA: (425) 226-1266

Community Healing Circles

In the Mountain Room of the Health & Wellness Center

Every 2nd Thursday of the Month
10:30 am – 2pm

LUNCH PROVIDED!

On-site Childcare
Tribal & Community Resources
Counselors

Attendees receive a Healing Circle tee shirt and bag!

Be a witness to healing stories about Sexual Assault and Domestic Violence

It can be difficult and emotional to talk about the history of abuse and oppression of Native People...

But, many in the Muckleshoot Community believe it is important to end the silence about these topics.

"The tears are not the pain.
The tears are the release of pain."

For more information or help, please contact:

Stephanie Flesher, Muckleshoot Community Advocate
253-876-3357 • Stephanie.Flesher@muckleshoot.nsn.us

Bobbi Keeline-Young, Tulalip and Muckleshoot Tribal Member,
SPIPA 253-797-5477

Pamela Panther, DV Community Advocate,
Seattle Indian Health Board
Seattle 206-324-9360 Ext# 2806
Federal Way 253-815-6612

New Pharmacy Hours to better accommodate you and your family!

Did you know the Tribal Pharmacy is open until 6 pm M -F?

Also, the Tribal Pharmacy is open during lunch, 12-1.

Monday	8- 6 pm
Tuesday	8-6 pm
Wednesday	9-6 pm
Thursday	8-6 pm
Friday	8-6 pm

For Pharmacy questions call: (253) 333. 3618

Help in Quitting Smoking!



The Muckleshoot Health & Wellness Center uses and endorses the **Washington State Quitline** to assist in stopping smoking.

Call **1-800-QUITNOW** for free and effective help in quitting smoking.

Notice:



In an effort to better serve you better, we are making some changes to the walk-in clinic and medication refill guidelines. These changes took affect **Dec. 15th, 2008** and include:

- Walk-in Clinic at 1 pm M-F will be seen based on medical need—not on a first come, first serve basis.
- Patients presenting for walk-in will be checked on their Registration status. If necessary, you will need to update your application.
- The walk-in clinic will no longer be used for pain medication refills. Please see your provider for refills.
- Lost or stolen narcotics will no longer be refilled.

Thank you in advance for your cooperation as we continue to look for ways to improve our services for you and your family.



Employee of the Month

Greg Lezard

Community Health Representative
Muckleshoot Health & Wellness
Center



Greg Lezard

Greg Lezard has served the Health & Wellness Dental program since July 08. His main focus is to assist and transport eligible patients with an outside specialist appointment and participate in all community activities to promote dental care.

In the period of time since he started, Greg has demonstrated his outstanding work integrity in everything he does and represents. Patients report that Greg will sit by their sides during a procedure if they are scared or uncomfortable. Both patients and fellow staff refer to him as "Grandpa"! He has a great sense of humor and is always positive and upbeat. We are fortunate to have Greg as a Health Division employee and who is truly concerned for the patient's welfare.

CONTRACT HEALTH SERVICE (CHS) NOTIFICATION REQUIREMENTS

CHS OFFICE (253) 939-6648

1. Notify CHS office before any non-emergent services are rendered to determine patient eligibility, medical priority and to set aside funds for payment. Pre-authorization is mandatory and failure to comply is reason for denial of payment for claim(s).
2. In true medical emergencies, notify the CHS office within seventy two (72) hours of start of services. Failure to comply is reason for denial of payment of claim(s).
3. Prior notification does not guarantee CHS can pay for services, unless all other CHS requirements are met. There are some services CHS can not cover.

ALTERNATE RESOURCE REQUIREMENTS:

Muckleshoot CHS is a residual resource and not an entitlement program. In addition to CHS, other resources for health care are available from various state, and federal programs, as well as individual and group health insurance policies. By federal law, CHS must ensure that all resources, where and when applicable, are utilized before CHS can assume financial responsibility for your care.

This means that CHS will not be authorized if you are eligible or would be eligible upon making an application for an alternate resource such as: Medicare (over age 65 or disabled at any age), Medicaid (medical coupons), crippled children or have private insurance etc. Failure to comply with a CHS office referral to an alternate resource will terminate your CHS coverage. You are required to use these benefits as your first source of payment of your medical-related costs.

The CHS office is required, as per IHS Federal Rules and Regulations, which requires all CHS denials to patients be sent by certified mail to the address on file.

Why did I received a denial in the mail from the Muckleshoot CHS Office for a medical bill?

There are several reasons why the CHS (Contract Health Service) Office would issue denials, below are the five main reasons:

1. You went to a scheduled non-emergent doctor's appointment without a PO number and the doctor's office billed the CHS office for the amount due by you.
2. You had an emergency room visit and did not call the CHS office for PO numbers within the 72 hour notification time frame. The hospital, emergency room doctor, x-ray department or ambulance sent the CHS office a bill for you.
3. You went to a doctor's appointment in town or had an emergency room visit and even though you called for a CHS PO number, you had primary private insurance coverage that requested information from you before they could pay their portion of the medical bill(s). They need to pay first.
4. You were referred by the CHS office to apply for an alternate resource to assist in your medical cost and you did not comply with the referral.
5. You went to a doctor's appointment in town for a medical problem when you could have been seen at the Tribal Medical/Dental Clinic.

Our CHS Program is funded by Indian Health Services (I.H.S) money and this requires that you follow specific notification requirements in order to be eligible for the CHS program. You must call or give notification to the CHS office before you receive any non-emergent medical services provided outside of the Tribal Programs and you must contact the CHS office of an emergency room visit within 72 hours (3 days) since the visit. The reason for these notification requirements is to determine if your request is within covered priorities, coordination of benefits with any other insurance you have, verify that you are CHS eligible and the most important reason, so that the CHS office can set aside the funds to pay for these services for you. Please be aware that the CHS staff did not make these rules, IHS did, and that the CHS staff is required to make sure that these rules are followed by everyone that is CHS eligible.

If the doctor's office/hospital sends the CHS office a bill for you, we are required to act on the bill by either paying for or denying the bill. When a CHS denial is issued, it is required to be sent by certified mail, the denial is sent to the address you have on file at the Clinic. The denial letter has in-

structions on how to appeal the denial, but this requires action on your part. So please make sure that we have current information available for you/your children. If you decide not acknowledge the CHS denial letter by not picking up the certified letter from the post office, the bill(s) will not go away. It is to your benefit to be aware of any unpaid bills you have, 99% of all unpaid bills will be turned over to a collection agency and this will show up on your personal credit history and could effect you ability to get a home, car, phone or any other kind of credit in the future. It will catch up to you sooner or later.

You need a PO number for each individual separate doctor, emergency room or medical service you receive, so we can set aside the funds to pay each doctor/bill you have. If you get a PO number for a doctor's appointment and the doctor wants additional tests and x-rays done or refers you someplace else, YOU NEED TO CALL THE CHS OFFICE AND GET ANOTHER PO NUMBER. You can personally choose to go to the doctor without a CHS PO number or not get PO's after an emergency room visit, then you have also decided to pay for the bills on your own.

If you have an alternate resource available to you, you are required to use this as your first source of payment for your medical costs. If you don't use this as your first source of payment, your CHS eligibility is denied. If the CHS office just paid medical bills without billing your insurance, or if you were eligible for other medical coverage and chose not to apply for the alternate resource, and we paid bills without following these rules, the CHS money would be all used up very, very quickly. It is our job to make sure we stretch your CHS money as far as it will go and help as many Tribal and community members as possible.

If there is a medical service that is available to you at the Tribal Health Programs, you are required to get the service there. CHS will not pay for something to be done outside, when the health area is already paying someone to perform the same service here.

Please keep in mind that this is just a brief description or explanation for some of the rules and regulations for I.H.S. I hope that this information has been helpful in answering some of your questions on CHS office denials. If you have any questions, please give Maria May or Dee Williams a call in the CHS office 253-939-6648.

CHS Team...

Coming soon: Get a free ride to the HWC!!

That's right - we have a brand new and beautiful 20-passenger Health & Wellness Shuttle that will soon be picking up passengers needing rides to the HWC! We are still working on specifics, but we couldn't wait to tell you about this great new service for the Tribal community that's coming soon.

Initially, the shuttle will serve the areas between 416th street and the QFC near the Casino. There will be several bus-stops in-between and of course - the main stop at the Health & Wellness Center. The main hours of operation and schedule are still being decided, but the bus will be running between the hours of 12 noon and 8pm Monday through Friday. All the details are currently being finalized, including the routes, schedules and bus-stop locations.

We will be sure to let you know when it's ready to go! We know you will love how comfortable and smooth the ride will feel. The seats are made to fit everyone - small, medium or large and it has a great power wheelchair lift, too! Pretty soon, no one will need to walk on the dangerous highway - and guess what?? That also means no more excuses to miss your appointment or workout!

We will be sure to keep you updated with all the details. See you soon at the Health & Wellness Center!



MASSAGE THERAPY IS AVAILABLE AT MUCKLESHOOT HEALTH & WELLNESS CENTER

Betty Erskine, LMT

Why get a massage?

Massage therapy gives you a time out from the world to relax and enjoy yourself. Besides feeling comfort, massage helps relieve chronic muscle pain. It is a gentle therapy that can heal and reduce muscle tension. Massage can increase your desire to live healthy. It also brings down sugar levels in diabetic patients. Massage is an excellent way to start living healthy!

- Relief from stress
- Helps circulation
- Reduces headaches
- Improves mobility
- Relief from anxiety and depression
- Reduces mental and physical fatigue

HOURS: MONDAY - FRIDAY 8:00 - 5:00

Call 253-333-3620 for more information

NOTICE TO ALL HWC Clients/Patients

Effective
7-25-08 into 2009

We will be replacing all the carpet at the HWC in several stages. This means that services/access may be temporarily relocated.

**Notices will be posted in each area prior to relocation.
Thank you for your patience**

BEHAVIOR HEALTH PROGRAM ANNOUNCEMENT:

The Behavioral Health reception window is now open through-out the lunch hour (12:00 to 1:00 pm) so that we will be better able to serve our clients and the community. Please feel free to stop by to schedule appointments and to drop off/pick up paperwork.

If you have any questions, please call us at:
(253) 804-8752

ACUPUNCTURE

IS AVAILABLE AT MUCKLESHOOT
HEALTH & WELLNESS CENTER

NANCY PAINE-SHERMA
Acupuncture and Oriental Medicine is used to treat many health conditions and common disorders including:

- Migraine headaches
- Back pain
- Joint pain
- Anxiety
- Insomnia
- Fatigue
- Addictions
- Hypertension

**Hours: Tuesday & Wednesday
8:00am—5:00pm**

Call 253-333-3620 for more information

Something new offered by our Behavioral Health Program for help with alcohol abuse/addiction!!! Read on.....

Vivitrol

Viv-ah-what? Vivitrol (pronounced viv-uh-trawl)...

Dependence on alcohol is one of the most serious health challenges facing American Indians today. It takes a heavy toll, not only on the person who drinks too much, but also on family members, friends, community, medical and legal systems, and Tribes as a whole. Alcohol related deaths for American Indians are nearly seven times higher than for all other races combined in the United States.

If alcohol dependence touches your life or you're worried about a family member or friend, this article aims to provide useful information on a medication that has been FDA approved for treatment and is available at the Health and Wellness Center, through the **Behavioral Health Program and the Medical Clinic. (253) 804-8752.**

Signs of alcohol dependence

Before treatment or recovery, most people with alcohol dependence deny that they have a drinking problem. The following questions are often used to help people become aware of whether they are at risk of having an alcohol problem.

- Have you ever felt you should cut down on your drinking?
- Have people annoyed you by criticizing your drinking?
- Have you ever felt bad or guilty about drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover ("eye-opener")?

Who is at risk?

Anyone can be at risk for alcohol dependence. However, heavy drinking by itself is just one of the risk factors that contribute to alcohol dependence.

Family history, genetics, and the risk for alcohol dependence

Alcohol dependence is a complex disease caused by many factors, including some that are beyond your control. One of the most important risk factors is genetics: you may have actually inherited, from one or both of your parents, risk factors for alcohol dependence. As a result, when some alcohol dependent individuals had their very first drink, there was an excessive release of pleasurable chemicals in the brain (such as "endorphins"). This excessive pleasure from drinking may result in an individual's becoming alcohol dependent.

Other risk factors

A number of other risk factors for alcohol dependence include:

- **Age of first use:** People who began drinking earlier tend to be at greater risk for developing a drinking problem⁸
- **Emotional problems:** Emotional problems such as depression, anxiety, and other psychiatric disorders may increase risk for developing alcohol dependence or make recovery more difficult. Likewise, excessive stress and trauma may play a role in the development of alcohol dependence⁹
- **Gender:** Men are almost twice as likely to become alcohol dependent, although the rate of alcohol dependence among women has been steadily increasing⁷
- **Culture, friends, and neighborhood:** Getting in with the "wrong crowd" at school, work, or the neighborhood may also put a person at increased risk for developing alcohol dependence⁷

Treating the disease

Various treatments are available to help people with alcohol dependence. Typically, treatment may involve an evaluation, an outpatient program or counseling, medical treatment and management, or a residential inpatient stay.

Counseling is the main focus of alcohol dependence treatment. Depending on personal preference, available resources, and/or doctor referrals, counseling may take several forms:

- Individual sessions
- Group sessions
- Family counseling

In addition, many people benefit through participation in mutual-support groups such as Alcoholics Anonymous. While counseling can be an effective form of treatment for many, medicine, when combined with counseling, offers patients the best chance of recovery.

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) sponsors about 90% of the research on alcohol dependence in the United States. According to the NIAAA: "All approved drugs have been shown to be effective adjuncts to the treatment of alcohol dependence." Scientists supported by the NIAAA agree that medicine for the treatment of alcohol dependence works best in conjunction with counseling:

"A combination of medication and behavioral therapies is most successful."

Prescription medications have been designed to complement counseling interventions. These medications may make it easier for individuals to progress and transition from stage to stage during recovery and may offer new hope, especially to those who have been discouraged about initiating change and who may be inexperienced with the use of medication for alcohol dependence.

Previously, medications for alcohol dependence have been limited to oral medications (pills) taken sometimes up to 3 times a day.

What is VIVITROL?!

VIVITROL is an injectable medicine for the treatment of alcohol dependence in adults 18 years and older.

To benefit from VIVITROL, *you do not need to stop drinking before starting the medicine.*

To be effective, treatment with VIVITROL must be used along with other alcohol dependence recovery measures, such as counseling.

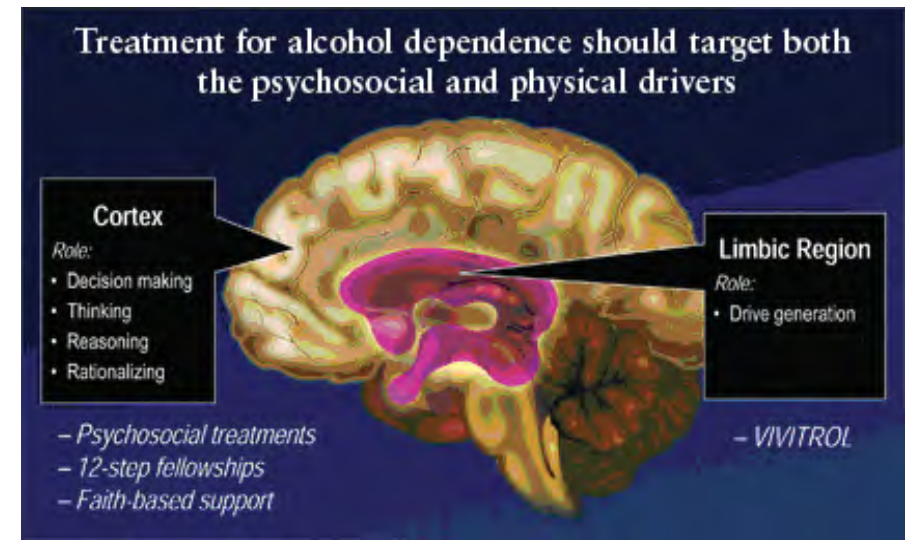
VIVITROL may not work for everyone; VIVITROL has not been studied in children under the age of 18.

How does VIVITROL work?

Much is still being learned about how VIVITROL works to help people maintain abstinence. It is believed that VIVITROL works by providing continuous levels of its active ingredient naltrexone. Naltrexone blocks activity in the brain's reward system (the "limbic system") thought to play a central role in alcohol dependence.

A biologic urge to drink is fundamental in alcohol dependence. Once-a-month VIVITROL is effective in the treatment of alcohol dependence, helping you to concentrate on psychosocial therapy.

VIVITROL may not work for everyone — talk with your doctor or a Chemical Dependency Professional at Behavioral Health to determine whether VIVITROL may be right for you.



How often do I take VIVITROL?

Many people dislike having to take a pill every day, or forget because of their lifestyle, and so they often stop taking their medication, therefore adding to the risk of a relapse.

The medicine in VIVITROL dissolves slowly throughout the month, releasing medicine every day. Therefore, it is only necessary to take VIVITROL once a month.

VIVITROL offers people struggling with alcohol dependence an alternative like no other option. Because it lasts for 30 days, there is no need to take a pill every day.

How may VIVITROL help me?

When combined with counseling, VIVITROL may help reduce the number of drinks you consume and the number of days you drink each month. VIVITROL may help you abstain from alcohol as part of ongoing recovery.

With VIVITROL, you don't have to take medicine every day as with oral medication (pills). That means more time for you to focus on your successes, your goals, and your recovery.

How safe is VIVITROL?

VIVITROL has been shown to be generally well tolerated with most side effects rated as mild to moderate. VIVITROL is not addictive.

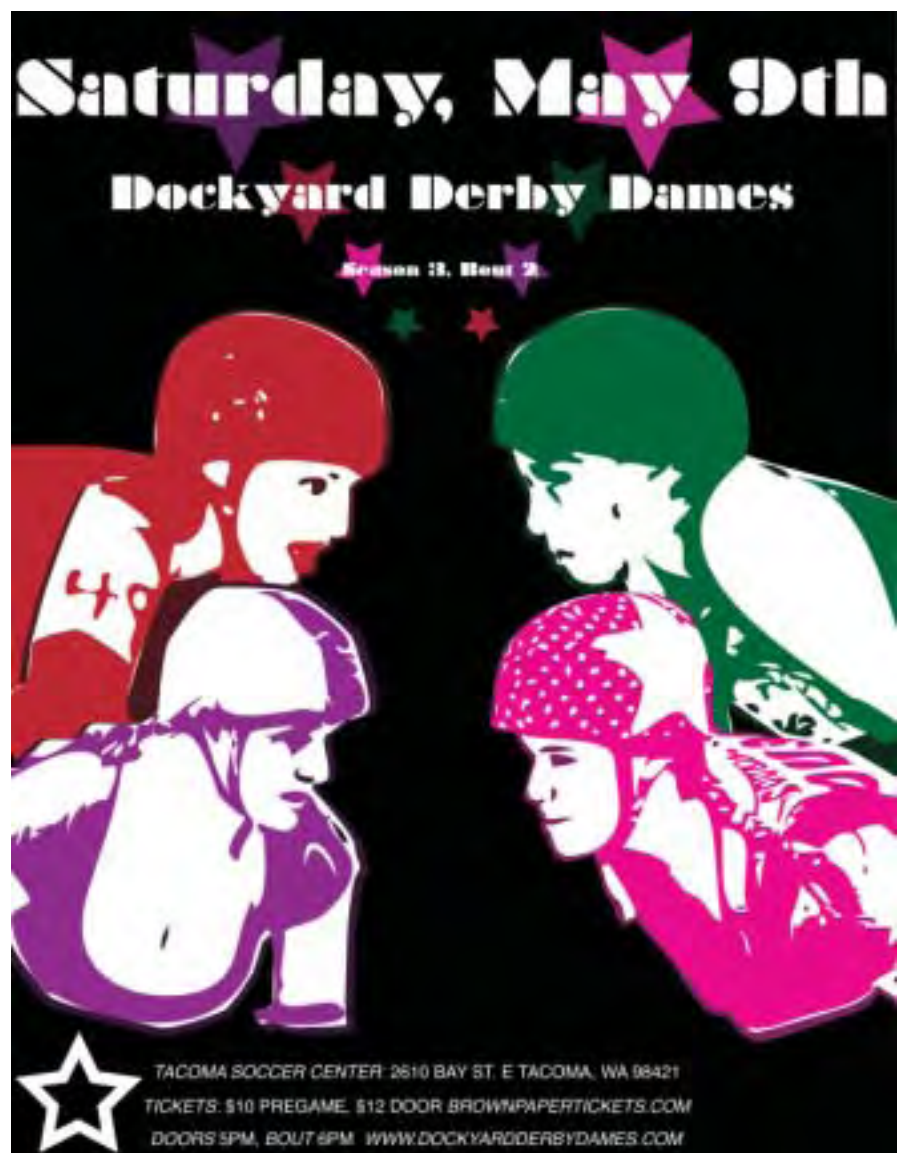
Some patients may experience side effects with VIVITROL, including some serious side effects. Please refer to the information on potential side effects and talk to your doctor or Behavioral Health Professional. For more safety information, please refer to <http://www.vivitrol.com/>

Will I feel sick if I have a drink?

• You may have heard of other medications prescribed to help people stop drinking. Some make people very ill if they drink even a small amount of alcohol.

• VIVITROL works differently; it is NOT designed to make you feel sick when you drink alcohol.

We are excited about now having this medication available for the treatment of alcohol dependence. If you have been struggling with cutting down or quitting or are concerned about a family member or you know someone you feel may benefit from this medicine, please stop by or call the **Behavioral Health Program (253) 804-8752** to schedule a confidential and private consultation.



ROLLER DERBY QUEEN??? Yes, it's true!!! Muckleshoot's own **Fawn James Hutchens** is skating in the roller derby! Her team, the Dockyard Derby Dames, will be skating at the Tacoma Soccer Center, 2610 Bay St. E., starting at 6:00 PM on Saturday, May 9. Tickets are \$10 pre-game, \$12 at the door. Advance tickets can be purchased through brownpapertickets.com. The team's website is <http://www.dockyardderbydames.com>.



Health & Wellness Center Program Hours

- See lunch hour closure below:

	Pharmacy	Wellness Center
Monday	8-5 pm	8am-8 pm
Tuesday	8-5 pm	8am-8 pm
Wednesday	9-5 pm	9am-8 pm
Thursday	8-5 pm	8am-8 pm
Friday	8-5 pm	8am-7 pm
Saturday		10 am-2 pm
Sunday	All Programs Closed	

Program Name	Phone No.	Closed-Lunch
Main Number to HWC	(253) 939-6648	12:00-1:00
Behavioral Health (Mental Health & Chemical Dep)	(253) 804-8752	12:00-1:00
CHS/Registration Office	(253) 939-6648	12:00-1:00
Community Health/CHRs	(253) 939-6648	12:00-1:00
Dental Clinic	(253) 939-2131	12:00-1:00
Medical Clinic	(253) 939-6648	12:00-1:00
Pharmacy	(253) 333-3618	Open
Physical/Massage/Acupuncture	(253) 333-3620	12:00-1:00
Recovery House	(253) 333-3629	N/A
Wellness Center	(253) 333-3616	Open
WIC Wed/Thurs Only	(253) 939-6648	N/A

Health & Wellness Center Program Closures for April & May 2009

Day	Date	Times Closed	Reason Closed
Friday	04/17/09	All Day	National Indian Day
Thursday	05/07/09	8-9:30	Mo. All Staff Meeting
Monday	05/25/09	All Day	Memorial Day

“Don’t Let Go of Hope!”

*Hope gives you the strength to keep going when you feel like giving up.
 Don't ever quit believing in yourself.
 As long as you believe you can, you will have a reason for trying.
 Don't let anyone hold your happiness in their hands; hold it in your own, so it will always be within your reach.
 Don't measure success or failure by material wealth, but by how you feel.
 Our feelings determine the riches in our lives.
 Don't let bad moments overcome you.
 Be patient, and they will pass.
 Don't hesitate to reach out for help; we all need it from time to time.
 Don't runaway from Love, but towards love; because it is our deepest joy.
 Don't wait for what you want to come to you.
 Go after it with all that you are; knowing that life will meet you half way.
 Don't feel like you've lost when plans and dreams fall short of your hopes.
 Anytime you learn something new about yourself, or about life, you have progressed.
 Don't do anything that takes away from your self-respect. Feeling good about yourself is essential to feeling good about life.
 Don't ever forget how to laugh or be too proud to cry. It is by doing both that we live life to the fullest.*

Submitted by S. Sneatlum-Teo
 Author unknown
 (Dedicated to the families who have recently lost someone in your family or someone close to you.)



THE BROKEN CHAIN

Little did we know that morning,
 That God was going to call your name,
 In life we loved you dearly
 In death we do the same.
 It broke our hearts to lose you,
 You did not go alone,
 For part of us went with you,
 The day God called you home.
 You left us peaceful memories,
 Your love is still our guide,
 And though we cannot see you,
 You are always at our side.
 Our family chain is broken, and
 Nothing seems the same,
 But as God calls us one by one,
 The chain will link again.

Author Unknown

Of all the jobs I've had, this is the best – thank you!

This is a note to let you know that I appreciate what good bosses I have, and to help you understand what dedication these two people have for what they do for the Muckleshoot Tribe.

I love my job. I can see what they do, and I can not say what they don't do. For one is Betsy Meyers. She works from early hours and til late hours, even after she goes home and continues her job as does Jerome Jainga.

To top off things, they have time to talk to their employees. If something's wrong, they make time to talk to them. Their door is always open and they make the job inviting, like you are happy to be there.

Of all the jobs I've ever had, this is the best. I would like them to know how much I appreciate what they do for us who work at the Muckleshoot Headstart, whether it be for the children or the employees, they are the best and I am proud to work for Muckleshoot Headstart.

Thank you Betsy and Jerome for the great work you do.

Henrietta Kinggeorge

Hey! Young person, Don't turn that Page! You're Special!

By Phillip Hamilton

It has been brought to my attention in my times of prayer and by different individuals that a number of you have contemplated or even have attempted suicide for one reason or another. I want to encourage you today to stop thinking that way, there is nothing worth taking your life for and causing extreme pain for your family and friends.

You were created with a purpose in mind by our Creator. In Jeremiah 1:5 it tells us there that "Before He formed you in the womb He knew you" and in Jeremiah 29:11 it says there that "I know the thoughts that I think of you, ... thoughts of peace and not of evil, to give you a future and a hope. Then you will call on Me, and I will listen to you, and you will search for Me and find Me". He thinks nothing but the best for you, a life filled with peace and hope as you seek out His best for you.

No matter how difficult life might become He knows the turmoil you're in, the difficulties you face. Romans 5:3 tells us there that the troubles or trials we face in life produce perseverance, character and hope because of His love for us. There is another scripture that I want share that is found in Philippians 4:6 that says, "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God which surpasses all understanding will guard your hearts and minds through Christ Jesus."

What is your heart and mind filled with worry of? If you search Him out in prayer and thanksgiving, give Him your worries, you will find Him, He will listen, then His peace will come and guard your heart and your mind. Remember He thinks nothing but the best for you. He wants you to prosper and be successful in all that you do. He wants your lives to be filled with joy and peace, all we have to do is search Him out.

You need to know that you are special and that you were created with gifts and talents to contribute to not only our community but our society as well. Our Creator has great plans for your life, a life filled with HOPE.

I want to encourage you today if you feel that life has become too difficult, to search someone out that will listen, that will encourage you and pray with you, someone you can trust. I know there are many who care and will take the time to share with you.

The recent issue of the Muckleshoot Monthly was fantastic! My son Berry has been in quite a few papers this past basketball season (the Chronicle, the Daily World to name a few) but I have never been more proud. You did a fantastic job editing, and how you fixed the photos (the scans I sent were crap) is amazing. I love the Monthly!
 Again, thank you for the great job with the article and photos.

*Celeste Vigil
 Mother*

18th Annual Penn Cove Water Festival to be held at Coupeville, Whidbey Island - May 15-17, 2009

Event features vendors, entertainment, Native canoe races and more



COUPEVILLE – The rich experience of the 18th annual Penn Cove Water Festival begins Friday evening, May 15th in historic Coupeville on Whidbey Island. Come experience the traditional Native American “coming ashore” canoe ceremony and listen to tribal elders’ stories of the first festivals of the 1930’s at the Coupeville Recreation Hall.

Also, on Friday, Lou LaBombard, storyteller, professor of Anthropology and member of the Seneca Nation,

will share riveting stories at the Fort Ebey campground amphitheater.

The Water Festival, on Saturday, May 16th, provides the setting for Northwest tribes to share their heritage with canoe races, tribal dancing, singing, storytelling, native arts and food in a free, fun and family atmosphere.

“We expect that 3,000 people will be here to watch and cheer for 12 tribes as they compete in single to 11-person canoe races from 11 to 6,” explains Susan Berta, chair of the Festival, adding that, “The tribes honor our community when they return to Penn Cove to race each year. We also welcome the larger, splendidly carved journey canoes from several tribes as they share their songs and protocol with festival-goers.”

Kids of all ages can explore creative arts and crafts techniques in the Children’s Tent. Admission is free.

On Sunday, May 17th, join Lou LaBombard on board the Deception Pass Tour catamaran. “I will talk about the various adaptations to Whidbey Island from food, shelter, canoes, hunting, fishing, gathering, to the making of tools,” states Lou. Pointing out burial sites and living sites in Penn Cove brings to life Native American history.

Enter to win a two-night lodging certificate at the Cove Cottage by printing an entry form from our web site, www.penncovewaterfestival.com, or by picking one up from any Front Street area merchant during the 3-day festival.

Make this a week-end getaway for your family to learn about the history, and current life, of the Native Americans of Whidbey Island and the Puget Sound area.

Friday, May 15 beginning at 6 pm

- Coming ashore ceremony early evening on the beach near Coupeville Wharf followed by stories at the Recreation Hall
- Story telling by Lou LaBombard at Ft. Ebey State Park, 6:00 pm

Saturday, May 16, from 11 am to 6 pm

- Canoe racing in Penn Cove with a shuttle to the boat launch from Front Street
- Native music, singing and dancing on stage in front of the Museum



PHOTO BY LINDA IMBURGIA

- Children’s activities tent by the Recreation Hall
- Educational displays in the Recreation Hall
- Storytelling in the Museum
- Native and Northwest food and arts and craft booths on Alexander and Front Streets

Sunday, May 17 from 10:00 to 11:30 am.

History of Natives on Penn Cove by Lou LaBombard aboard the Deception Pass Tour catamaran. Tickets are \$35 and are limited to 35 people. They can be obtained through our web site, and at Miriam’s Espresso and the Harbor Store in Coupeville.

For more information, schedules, and accommodations go to www.PennCoveWaterFestival.com or www.WhidbeyCamanoIslands.com (360) 678-3451.



User

I am a drug-abuser. I need help.
 Don't solve my problems for me.
 This only makes me lose respect
 For you and for myself.
 Don't lecture, moralize, scold, blame, or argue
 Whether I'm stoned or sober
 It may make you feel better,
 But it only makes the situation worse.
 Don't accept my promises. The nature of my illness
 Prevents my keeping them, even though I mean them at
 The time. Promises are only my way of postponing
 Pain, and don't keep switching agreements:
 If an agreement is made, stick to it.
 Don't lose your temper with me. It will destroy you
 And any possibility of helping me.
 Don't let your anxiety for me make you do
 What I should do for myself.
 Don't believe everything I tell you.
 Often I don't even know the truth, let alone tell it.
 Don't cover up or try to spare me the consequences
 For my using. It may reduce the crisis,
 But it will make my illness worse.
 Above all, don't run away from reality as I do.
 Drug dependence, my illness
 Gets worse as my using continues.
 Start now to learn, to understand, to plan for recovery.
 Find Families Anonymous, whose groups exist
 To help families in just your situation.
 I need help from a doctor, psychologist, a counselor, a minister
 From some people in a self-help program who've
 Recovered from a drug problem themselves
 And from a Power greater than myself.

Your “User”



STORIES AND PHOTOS BY MARGARET BURNETTE

Seven are baptized on March 29

Norma Williams was thrilled to see family members baptized at the Pentecostal Church. They were among the seven people baptized on March 29. The seven were Justin White, Rodger Mayo, RenEe Mayo, Bear James, Warren Oliver, Seaira Pacheco, and Lori Rodarte. Pastor Kenny started the service with a message, and Clinton Ellison closed the service with music.



Muckleshoot Pentecostal Church

Kenny Williams, Pastor

SCHEDULE

Sunday	10:00 AM	Prayer
	10:30 AM	Breakfast
	11:00 AM	Church Service
	12:00 Noon	Share (Potluck) Meal
	2:00 PM	Church Services/Classes
Tuesday	12:00 Noon	Prayer Meeting
Wednesday	7:00 PM	Bible Study
Thursday	12:00 Noon	Support Group Meeting
Friday	7:00 PM	Prayer Meeting
3rd Saturday	10:00 AM	Prayer Meeting

Alex Garcia Turns 77

Alex Garcia turned 77 in March, and as usual, he and his family celebrated his birthday with a revival weekend at the Pentecostal Church. Titus Upham came from Montana to do some preaching for the event, there was lots of good food and music, and there was even a baptism and a baby dedication.



CHILD CARE DEVELOPMENT FUND

PUBLIC HEARING

COMMUNITY, PARENTS, & PROVIDERS ARE ENCOURAGED TO ATTEND
 WE WILL BE DISCUSSING:
 -UPCOMING PLAN 2009-2011
 -IDEAS
 -SUGGESTIONS

WHEN: APRIL 23, 2009

TIME: 11:30PM-1:30PM

WHERE: PSB COUGAR ROOM

FOR MORE INFORMATION PLEASE CONTACT: MICHELLE BARNY 253-208-2044 MICHELLE.BARNY@PSB.GOV

PSB 3/25/2009



AREA VETS TAKE PART IN IWO JIMA FLAG RAISING PARADE

Submitted by Sonny Bargala

This is a picture of the Inter-Tribal Warrior Society marching in the 64th Annual Iwo Jima Flag Raising Ceremony Parade on the Gila River Indian Reservation in Sacaton, Arizona. The Puyallup Tribal Veterans and the Yakama Warriors Association were also in the parade.

The Puyallup veterans have attended the past three years and the Yakama for the past 10 years. There were over 50 Honor Guards that participated (mostly Indian groups) in the event. I am hopeful that next year the Muckleshoot Indian Tribe will send its veterans that are interested in going.

Carrying the banner are (L to R) Lummi Nation Roland LaClair, Dave Bohl and Muckleshoot Sonny Bargala. Walking behind Dave is Nisqually Bob Sison. Carrying the US Flag is Yakama Joe Lewis; carrying the POW/MIA Flag is Umatilla Sid Williams; carrying the IWS Flag is Winnebago Warren Gohl; carrying the Muckleshoot Flag is Muckleshoot Jesse McDaniel III; carrying the Lummi Veterans flag is Lummi Steve Plaster, and carrying the Slade Gordon (Washington State) flag is Nisqually Mark Sison.

NOTICE: In keeping with the Muckleshoot Tribe's zero tolerance policy on gang-related activity, the Muckleshoot Monthly will no longer print photographs in which hand gestures of any kind are displayed. This includes both children and adults, and all hand signs, regardless of what they may or may not mean. Thank you.

ATTENTION: Tax Fund Check Distribution Changes

Effective May 2nd, the Tax Fund will process **one** check session per week. All documentation will need to be delivered to the Tax Fund Department by **Wednesdays at NOON** to have a check ready on **Friday** of the same week. If there are issues with the documentation that cannot be resolved prior to the check session, items may need to be processed the following week.

2009 Per Capita Deadlines and Schedules

May 15, 2009
 May 29, 2009
June 2, 2009
June 3, 2009
June 4, 2009
 June 30, 2009
 July 10, 2009
 August 14, 2009
 August 31, 2009
September 1, 2009
September 2, 2009
September 3, 2009
 September 30, 2009
 October 9, 2009
 November 13, 2009
 November 30, 2009
December 1, 2009
December 2, 2009
December 3, 2009
 December 31, 2009

Deadline to stop taking any changes for members currently with Direct Deposits
 Enrollment Cut Off Date for September 2009 Per Capita's
Per Capita Distribution
Per Capita Distribution
Per Capita Distribution
 Deadline - New Direct Deposits Must Be In
 Deadline for Information to be in from Programs - (Enrollment, ICW, Hsg., Loan, Hunting, Etc.)
 Deadline to stop taking any changes for members currently with Direct Deposits
 Enrollment Cut Off Date for December 2009 Per Capita's
Per Capita Distribution
Per Capita Distribution
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 Deadline for Information to be in from Programs - (Enrollment, ICW, Hsg., Loan, Hunting, Etc.)
 Deadline to stop taking any changes for members currently with Direct Deposits
 Enrollment Cut Off Date for March 2010 Per Capita's
Per Capita Distribution
Per Capita Distribution
Per Capita Distribution
 Deadline - New Direct Deposits Must Be In

Preparations being made to host Elders' Luncheon

We still need donation for Door prizes for the Elders' Luncheon, which will take place on April 24 at the Pentecostal Church. If you have anything please bring it in to building.

I'd like to thank all the elders who take time to come and help us make gifts for the luncheon. We still have time to complete more gifts. Come in and sew, bead or make a drum for our Elders' lunch!

We will be having an "Electric slide dance contest" so get your dancing shoes on and participate.

HOME SAFETY. We are working on home safety for our elders. We need to make appointments with all those interested in getting their household items recorded and will engrave your items in case they are stolen. This was discussed at our last Elders' Breakfast. We talked with the tribal officers there to help with paper work. If you would like, we can help fill out your papers, or you can have it done with your family at home.

TRAY RETURN. Please return the take home trays to the senior center. We do sterilize them here and reuse them for all you home delivery people.

OCEAN SHORES. We had a great trip to Ocean Shores. Our speakers were Jeff Yellow Owl and Valerie Segrest. We learned more about plants and berries to make medicine with Valerie. We also talked on grief and loss of family members through out the community with Jeff. Thanks to all those attended. The first few days we were able to enjoy the sunshine and one another's company.

MARINERS TICKETS. Mariners' open season tickets for first game will be raffled off.

ELDERS' BREAKFAST. Elder's Breakfast this month will be at the Bingo hall for month of April so watch for flyers on the date!!!

SPRING FAIR. Spring fair in April in Puyallup hopefully the weather cooperates so we can see the exhibits and walk around the fair.

UPCOMING EVENTS:

- April 21 – Yakama Luncheon
- April 24 – Elders Luncheon @ Pentecostal church
- May 8 – Tulalip Luncheon
- May 9 – Warm Spring luncheon



Muckleshoot Tribal Senior Center

Cordially Invites you to attend our Annual Elders Luncheon "Dancing into Spring!" Contest for the best "Electric slide team"

Date: April 24th 2009
Time: 11:00-3:00

Location Muckleshoot Pentecostal Church
39731 Auburn Enumclaw highways,
Auburn WA 98092
Craft Tables Available please call us to reserve.

If you have any questions feel free to call Noreen Milne or Sharon Curley at: 253-876-3255 or 253-876-3361

Human Services Division

It is Spring time, but you can't tell by the weather. The programs are all busy and working hard at serving our community. If you have a complaint or concern about any of the Divisions programs, please call and let me know.

There continue to be break-in's at Elder's homes, do you know that this is considered a Crime? We are working on an Elder Abuse code for the tribe to assist with keeping our elder's protected. If you know of anyone that has stolen TV's, X Boxes, etc. please feel free to contact the King County Sheriffs, or myself.

In February Mardee Marquard left the Senior Program to return to be the Manager for the Tribal Council. We were sorry to see her go, but we appreciated her and miss her at the Senior Center. We will report next month as to who is hired for the position.

We will start gathering next month, so look to the Senior Calendar for our outings.

If you need to report child abuse and neglect, please call 1-800-562-5624, we are all protectors of our children.

Sharon K. Curley

For The Children

A child's letter

The following letter was sent to ICW from a 12 year old dependent child placed in care. This is a very powerful letter. Some of the information has been changed intentionally to protect the child's identity.

"Dear Muckleshoot Court System and Muckleshoot ICW

I, ..., do NOT want to go back (*home*) because I will go back to my old life. My life(*at home*) was all about doing drugs including marijuana, alcohol, and tobacco and one other thing I use to cut myself. I cut for a couple of reasons and one of them was that my parents hit me, called me names, put me down, telling me I'll never succeed my life, or locking me out of the house because I went to go play outside. Now because of all that stuff I got Post Trauma Stress Disorder (P.T.S.D.) or the fact that I have had asthma all my life and my parents not caring about how I told them it hurt to participate and P.E. my parents never cared about how I lived my life. It will go back to the way it was it always does. I lost trust in *both* parents because of them saying "I'm going to stay sober" and then they relapse. Its horrible being a young child and seeing you own father beat not only your mother but your (*siblings*) and being told that it is normal. I was beat the most out of everyone, was beat because I looked like my mother or I talked to the counselor. I took beatings for my mother and it hurt so bad! I went to school with *bruises* or cuts and have to lie about it. I never want to go back to that life. I believe the environment that I am in right now is the best for me versus my surroundings (*at home*). I finally found the place that is drug-free, safe, and I don't have to worry about coming home to drunk or high parents. But (*at home*) I was scared to go home to the fear of being hit or drinking with my parent or getting high with them. I didn't want any of that. I hate that life! I never want to go back to that life style ever again. Well the best thing about being where I'm at right now is that I have a older sister to watch over me and make sure I am staying drug-free or making sure that I'm safe and I look up to her without her I probably would have never made it this far with my sobriety. I'm doing so much better here than I was doing (*at home*) I got almost one year next month and I hope to god that I stay that way, but deep down inside I m scared that if I go back I will start using again.

Sincerely,

(*ICW Dependent Child*)"

Gathering Pussy Willows

Leah and the two Normas found some nice spring pussy willows on the drive home from Ocean Shores.

PHOTOS BY NOREEN MILNE



MIT SOLID WASTE COLLECTION PROGRAM

Hours of Operation:

The Public Works operate a Solid Waste Collection Station located at 40320 Auburn / Enumclaw Rd., (Entrance from So. 400th Street)

Monday- Friday: 8:00 AM - 3:30 PM
Saturday-Sunday: 1:00 PM - 5:00 PM
Holidays Closed

Policy:

- The facilities are free and restricted to all MIT Tribal members use only. (No exceptions.)
- No commercial vendor or contractor shall use this facility for commercial waste.
- All waste shall be put in the specific designated locations or bins. Repeat violators may be barred from further use of the facility.
- All members shall keep the ground clean at all times. Report any spills to the office immediately.

Housing Tenants:

All Housing tenants must request dumpster service through MIT Housing Department. Please call 253-833-7616.

How to Request a Dumpster:

Members who are either home owners / renters can request dumpsters to be delivered to their site for a special cleaning project. Members are required to come in to the Public Works office during the business hours to fill out a Work Request form after obtaining approval from the Housing Department. Dumpster size ranges from 3, 5 and 8 cubic yards. Larger size is available upon special request.

No mixed waste shall be allowed in each dumpster. Yard waste, garbage, appliances and electronic items shall not be put in the same dumpster. Members with mixed waste are requested to bring their items to the Public Works Collection Station.

Property / Site Clean up:

Code Enforcement may require the land owner to clean up their property. Dumpster can be requested to be delivered to facilitate the project. Please call the PW office to request a dumpster for the project. For salvage vehicles removal, please call Planning Dept. Lenny Sneatum at 253-876-3324.

Demolition Projects:

Should a home or any structure / trailer needs to be demolished, please first obtain a demolition permit from the Planning Department and then bring the permit to the Public Works Department to arrange the work to be performed.

What can you bring to the Collection Station?

- Yard Waste
- General Household garbage
- Tires, small engine, batteries
- TV, computer and other electronic items
- Major appliances
- Waste oils and paints

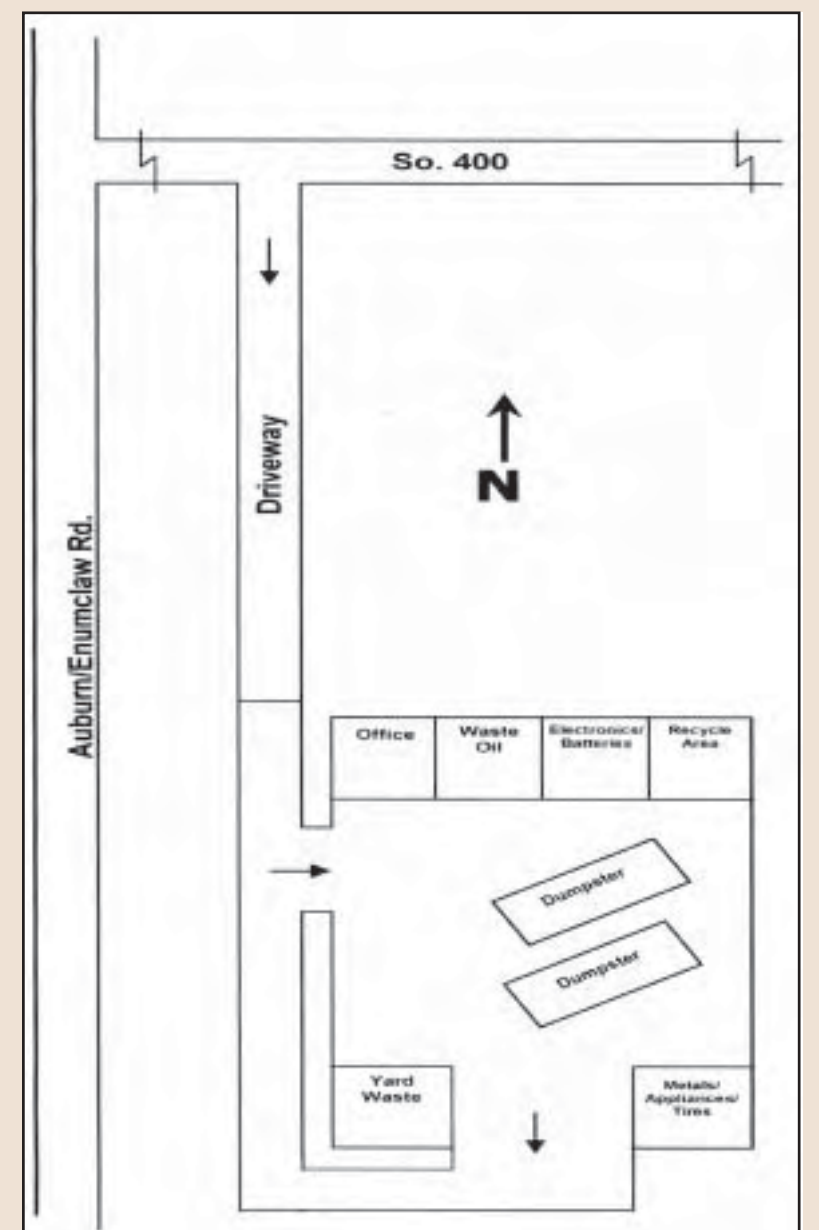
All items above shall be put in separate designated area and dumpsters. DO NOT mix the above listed waste.

Any questions regarding the use of the facilities or services, please call the Public Works Office at 253-876-3281 between 7 AM to 4 PM. (M-F).

Notes:

- A new recycle area is designated to collect recyclable waste such as newspaper, card boxes, bottles and cans.
- The Collection Station is monitored by surveillance cameras. Any violators may be cited for penalties as allowed by the MIT Codes.

All tribal members requesting dumpster delivery and pickup should call 253-876-2911. Please leave a message with your name, address and size of dumpster if no one is answering the phone.



EMERGENCY PREPAREDNESS



The Community Emergency Response Team (CERT) Program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist other in their neighborhood or workplace following an event when professional responders are not immediately available to help. CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community.

CERT TRAINING June 12th, 13th, 14th

9am to 5pm in Cougar Room in Philip Starr Building

If you are interested please contact Shanon Hamilton by email or call 253-876-3247 to sign up.

Muckleshoot Tribal and Community members: Emergencies can strike suddenly at any time, anywhere.

ARE YOU READY?

Being prepared can reduce fear, anxiety, and losses that accompany disasters. Communities, families, and individuals should know what to do in the event of earthquake, lahars, power outages and where to seek shelter.

Here are three easy steps you can take to help prepare your family.

- Make a plan
- Get a kit
- Be informed

It is very important that you are able to survive for 3 days on your own. Make sure you have enough supplies to last everyone in your household for at least 3 days.

- **Water** – Have at least one gallon per person per day.
- **Food** – Pack nonperishable, high-protein items, including energy bars, ready-to-eat canned food and food you enjoy.
- **Flashlight** – Include extra batteries
- **First-aid-kit**
- **Medications** – Prescription and non prescription
- **Battery-operated radio** – Include extra batteries
- **Tools** – Wrench, manual can opener, screwdriver, hammer, pliers, knife, duct tape, plastic sheeting and garbage bags.
- **Clothing** – Provide a change of clothes for everyone, including hats, sturdy shoes and gloves.
- **Important Documents** – Keep at least copies of these in a fireproof container or a safe deposit box with a key you always carry.
- **Sanitary supplies** – Toilet paper, feminine supplies, disinfecting bleach.
- **Cash and Coins** – If the power is out there will be no cash machines.

Any questions please feel free to call Emergency Preparedness Coordinator Shanon L. Hamilton at 253-876-3247.

THANK YOU!

I just wanted to say thank you to everyone who participated in the very first MIT CERT class. This was a dedication of a full weekend. Thank you for taking the time to become CERT certified. We had 22 people graduate from CERT class on Sunday February 22nd.

- | | |
|--------------------|------------------|
| Trudi Moses | Justin Moses |
| Joy Hamilton | Derek Hicks |
| Melanie Shindbeck | David Schmidt |
| Leslie LaFountaine | Liz Eyle |
| Sharon Curley | Clint Eyle |
| Ada McDaniel | Delaney McLellan |
| Anthony Lozier Sr | Julie Louie |
| Doug Cloud Jr | Samantha McGee |
| Byron Lloyd | Joey Jansen |
| David Heredia | Kat Underwood |
| Ralph Lozier | Sandra Louie |

First MIT CERT Class on February 20, 21 and 22, 2009



Kim Sharp is Finance Department Employee of the Month

Kim Sharp has been selected as the Finance Department's "Employee of the month" for March. Kim has been an outstanding Executive Assistant for Construction and Finance. Kim came to work in 2006 for Muckleshoot Indian Tribe, after working with Lease Crutcher Lewis on various phases of the casino expansion. She loved working with the Tribe and wanted to continue on her with her employment here.



Kim Sharp

She is a pivotal employee for construction and finance department in keeping all the paperwork and contracts flowing throughout the Tribe. She leads by example and always is willing to pitch in when a hand is needed. It is always a great pleasure to work with her and this chance to recognize her hard work and dedication to the Finance and Construction Departments! Thank you Kim!



SCHEDULING EVENTS AT THE SHAKER CHURCH

The Shaker Church has agreed to have one person be responsible to maintain a schedule of events so that events aren't booked for the same time. If you would like to use the 1910 Muckleshoot Indian Shaker Church or Mess Hall please contact Tammy Byars to schedule your event.

You can contact Tammy at:
253-876-3139 – work
253-632-0977 – cell

2009 Keta Creek Fishing Derbies

The Keta Creek Fishing Derbies are summer time family oriented events for Tribal Members and their families. These Tribally funded trout fishing opportunities include breakfast, lunch, snacks, fun and games for all ages. Bait, fishing tackle, ice, and fish sacks provided. Scheduling of games, contests, and other events will be added when possible, or deleted when necessary. A flyer will be sent to Tribal Members in April. Please direct questions, comments, or suggestions to Gail Larsen at (253) 876-3178

Date/Time	Event	Other information
June 20, 2009 8:30-2pm	<i>Kids Derby</i> - This is for kids 12 and under.	PeeWee's Pond for all kids/Popcorn Cart and under. Fishing prizes for kids and door prizes for adults.
August 8, 2009 8:30-2pm	<i>Family Derby</i> - All ages fishing.	Piñata Games/Ice Cream Cart/Popcorn Cart Family oriented prizes, picture Fish Printing for Kids prizes for adults
September 26, 2009 8:30-2pm	<i>Fall Classic</i> – All ages fishing.	Casting Contest/Popcorn Cart/Free Rain Family oriented prizes, door prizes Ponchos provided for adults.

MUCKLESHOOT – ARE YOU READY??

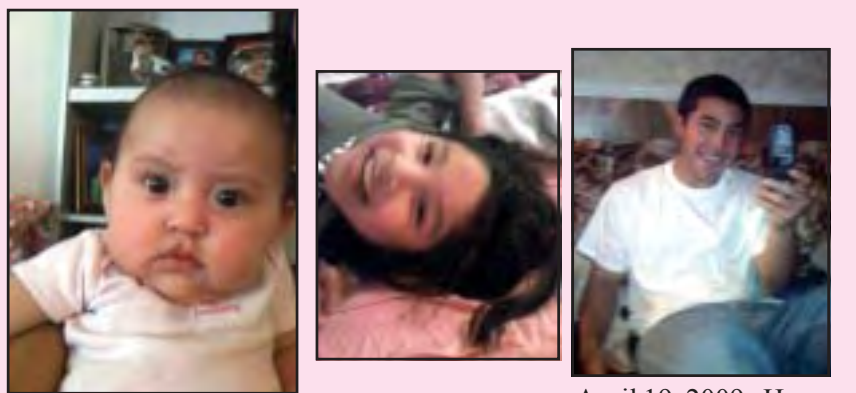
DISASTER CAN HAPPEN AT ANY TIME

What kind of disasters did you say?

- Earthquakes
- Lahars
- Wild fires
- Tornados
- Winter storms
- Power outages

WHAT DO I DO IF WE HAVE DISASTER?

FOR INFORMATION CALL PHILIP STARR
BUILDING 253-939-3311 OR
SHANON HAMILTON,
EMERGENCY PREPAREDNESS COORDINATOR
253-261-3968 OR 1-877-MIT-CERT



Kaylia Elkins

April 19, 2009, Have a happy birthday Jaison!

Good Friends, Good Times

Tammy, Bettina and Tabitha aka "TRIPOD"



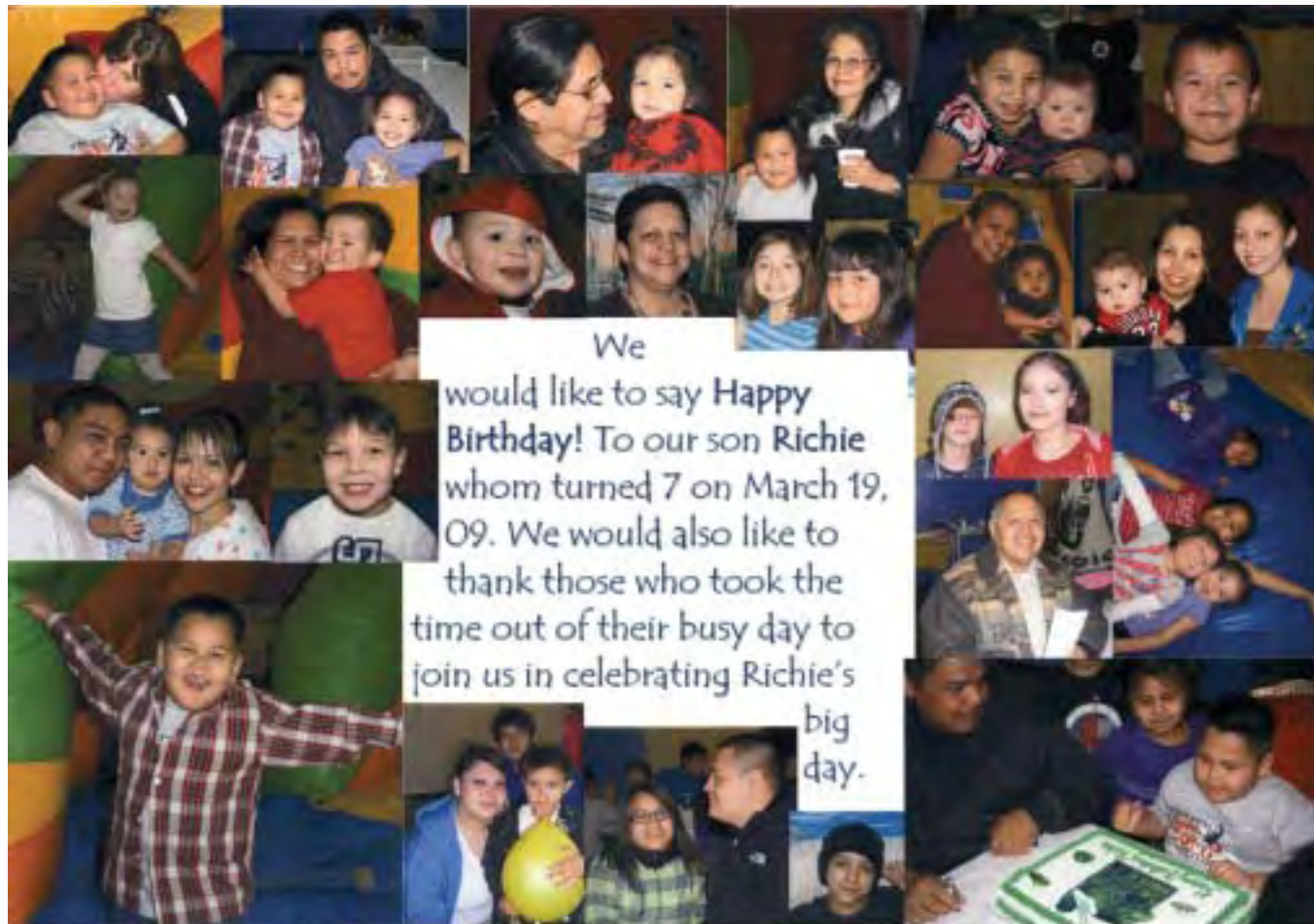
Renee "Rosa" Lozier-Rojas (center) and her children, Charles Williams, Monica Simmons, Joey Jansen, Leondo Osoteo. Not pictured is youngest daughter, Stephi Lin.

Youth Boys Basketball Team

I want to say thanks to Mike Leslie, Mikey John and Tyrese for coaching our boys in basketball. This was my grandson's first year playing and he loves basketball. Thanks for having the patience and commitment it takes to coach and for transporting. The boys did well this year, but might have a tournament in Yakama yet. They took second place in Nisqually and Taholah. You go Boys! It's great to see those boys playing and having so much fun playing together. Most of them play baseball on the same team too. If they keep playing the way they are now, they'll be taking home first place next year. I am so proud of you boys! Love you all, "Anthony's Grandma" (Sharon Laclair)

Thanks to Sallie and Gator Courville

I also want to express my deepest gratitude to my sister, Sallie and her husband, Gator for taking my grandson with them to the tournaments. I know Anthony appreciated it as much as I did. I know they enjoy watching our boys play because they are both "sports nuts". Thanks again! Love you, Sis Sharon



We would like to say Happy Birthday! To our son Richie whom turned 7 on March 19, 09. We would also like to thank those who took the time out of their busy day to join us in celebrating Richie's big day.

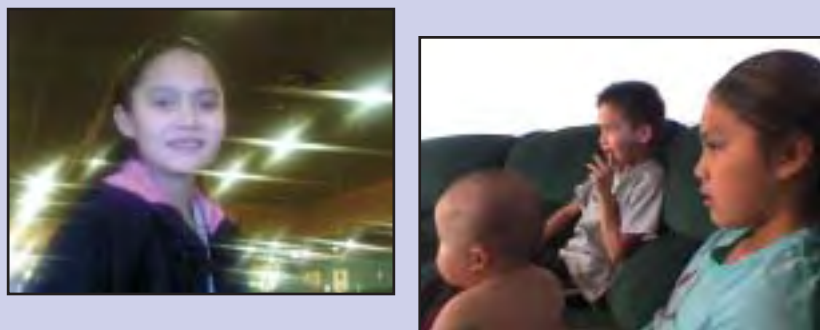
We Love You Richie! Mommy, Poppi, Astraiva, & Teuila

Window Into The Past...

PHOTO SUBMITTED BY MARK JAMES



Mitchell James and Laura Starr-James-Nichols. The picture was taken shortly after they were married.



Thea Nelson with baby board



Frank and Thea's Family. The new addition to Frank and Thea's family - Cameo, Kaylee, Dylan, and lil Frank. SUBMITTED PHOTOS



Richelle and Don

Happy Birthday
Richelle Lynn Brown!
Age 25 (4-15-1984)
Love,
Don M



Happy Birthday Emily, 3/30



Happy 27th Birthday Wassena, 4/29



Happy 13th Birthday Carlee, 4/19



Happy Birthday Amanda, 4/4



Happy 9th Birthday Dylan, 5/4

Roger Brown has had many achievements just to name a few Roger has competed an outstanding season of football with the Chief Leschi Warriors, Basketball, and Is now playing Baseball; we love you lots and we cannot express how proud we are of you Roger Keep up the good work! Love Always, Richelle, Riley, Don, Auntie Liz, R.B, Emily, Roger, and Dylan

Happy Birthday!



April 8, 2009- Happy Birthday Johnny Elkins Jr. Love you broth! Lisa

April 20, 2009 Happy 9th birthday, Arlin Thunder Jr, Love you, Mom

A "Big Bow-Wow Birthday Wish" to Ricky Lozler on April 20!



Photos from

Janet Emery



Kissing Fish



Beautiful Cickas



"Thompson Family"

Ryan Thompson Sr, (holding) Evan Thompson. Ryan Thompson Jr. Adele Thompson, Kalani Thomson, Tristan Thompson

EVAN THOMPSON BORN FEBRUARY 25TH



Frank 'N' Thea-Hawaii

NEW BOYS AND GIRLS BASKETBALL TEAMS MAY LEAD TO FORMATION OF INTER-TRIBAL LEAGUE

Tribal School, Recreation Program and Sheriff's Office pull together for MIT youth

In early October of 2008, Little Dan Carpita, Youth Counselor at the Muckleshoot Tribal School noticed an increase in truancy. His experience told him this might be due, in part, to a lack of activity. Little Dan sought help from Deputy Sue Agerup, Store Front Officer and Deputy Eric Thornson, School Resource Officer, with the King County Sheriff's Office.

His idea was to create an after school basketball program whose primary focus would be to bring kids back to school on a regular basis. His vision was to instill pride, self-worth, and confidence and engender team work among his Muckleshoot students.

The King County Sheriff's Office supports a non-profit organization called Greater King County Police Activity League which is funded by the Office of Juvenile Justice and Delinquency Program. GKCPAL's Mission is to build partnerships among youth, police and the community through athletic, educational and recreational activities designed to encourage and develop good citizenship and reduce juvenile delinquency.

Following Little Dan's suggestion, GKCPAL implemented a boys' basketball program that consisted of two hours of practice five days a week. Practice was held at the Pentecostal Church gym.

The program started with eight students. Team members are: Louie, Robert, Silas, Antonio, Ryan, Nate, Jacob, Danny, Justin, Celilo, Eddie, Eli, Teddy and Marvin. The coaches are Roman and Sean Williams.

Games have been played with other Tribal recreation departments such as Nisqually, Puyallup, Tulalip Boys and Girls Club and Suquamish Tribes. The boys have a record of 4 wins and 7 close losses. Each week they become more competitive with other teams.

A girls' team has been formed with team members consisting of: Angie, Rachael, Trisha, Kelli Jo, Darrion, Vivian, Lena, Yvonna, Jeanne, Kalli, Peaches, and Keisha. They have been playing against other Tribes since February and have a record of 2-4. Their coaches are Floyd Baker and Suzie Black.

The success of this program has been seen in reduction of truancy rates, increased self-esteem, increasing team work and instilling a sense of pride among participating students.

On March 11, 2009 seven Tribal youth directors and community members gathered at the Muckleshoot Casino to discuss an inter-tribal sports league. There was great enthusiasm among the youth directors, which included Mike Starr, Youth Director, from the Muckleshoot Recreation Department, to create an ongoing league among Washington Tribal entities.

The next inter-tribal meeting will be held on April 29th at the Puyallup Casino where it is anticipated that there will be up to 50 representatives from at least 10 Tribes to discuss the ongoing basketball league and scheduling of future games.



Girls Basketball Team Players

- Angie Moses
- Darrion Anderson
- Jeanne Jerry
- Kalli Comenout-Starr
- Keilani Moses
- Kellie Leonard
- Latasha Moses
- Tricia Perez
- Vivian Jansen

Girls Basketball Team Coaches

- Floyd Baker
- Suzie Black



Coach with Celilo and Jacob



Celilo and Sean



Coaches Roman and Sean Williams



Celilo and Sean



Jacob at practice with the older guys



Sean and Justin



Nice moves guys



Kalli and Suzie



Linda Shivel, Clinton Eyle to be wed

Linda Ann Shivel and Clinton John Eyle are pleased to announce their upcoming wedding on May 16th, 2009 at Two-Thirty in the Afternoon at the Muckleshoot Shaker Church. Reception to follow ceremony at the Casino Coho and Chinook banquet rooms. The couple is registered at Target.

Auburn Police Dept. seeking comments regarding accreditation

AUBURN, Wash. - April 9, 2009 - Chief of Police Jim Kelly and the Auburn Police Department are proud to announce that a team of assessors from the Commission on Accreditation for Law Enforcement Agencies, Inc. (CALEA) will arrive on April 26 to examine all aspects of the Auburn Police Department's policy and procedures, management, operations and support services.

As part of this assessment, all Auburn citizens, city and agency employees, and any other interested persons are encouraged to offer comments about the department's services and performance at a public information session on Monday, April 27 at 7 p.m. at the City of Auburn's Criminal Justice Center Building in the Municipal Court, courtroom No. 1 located at 340 East Main St. Additionally, comments can be phoned in on this day between 1 - 3 p.m. at 253-261-7347.

Comments can be submitted via mail or telephone to CALEA immediately. Send written comments to: The Commission on Accreditation for Law Enforcement Agencies, Inc. (CALEA), 10302 Eaton Place, Suite 100, Fairfax, Virginia, 22030-2215 or call 800-368-3757 or 703-352-4225.

Happy 1st Birthday!
April 12, 2009

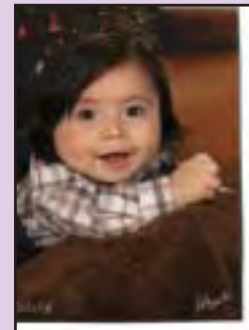
Justin Martinez

Love always,
Auntie Lena, Noel,
Lenora & Baker Family



Happy 1st Birthday!
Noel Baker

April 12, 2009
We love you so much son!!!
With lots of love,
Mommy, Daddy, Sister Lenora
Papa Baker, Grandma Ronette
Auntie Shellee, Uncle Alex
Auntie Maggie



Happy 1st Birthday
Baby Frank Jerry

April 12, 2009
Love, Lena, Noel, Lenora
Baker family





Muckleshoot King County Library Hours

Monday-Thursday 10am-9pm
 Friday 10am-6pm
 Saturday 10am-5pm

Muckleshoot King County Library Hours

Monday-Thursday 10am-9pm
 Friday 10am-6pm
 Saturday 10am-5pm

April Events at the Muckleshoot Library

Tales and Tunes Story Time – All Ages
 Wednesdays April 22 and 29 at 11:00am
 Please join us for stories, sing-alongs and other fun activities.

Computer Classes

Tuesday, April 23 at 7:00pm
 Monday, April 27 at 10:00am
 Looking to sharpen your technology skills? The library is offering computer classes covering how to access the internet, email basics and Microsoft Word and Excel. If you're interested in attending a class, please call 253-931-6779.

May Events at the Muckleshoot Library

“Look to Your Library”
 May 1-8 at 9:00-11:00am
 Bills piling up? We will be opening libraries an hour early each day during May 1-8 to show you how to find information about unemployment benefits, food and energy assistance and community organizations that can offer advice in managing your bills.

Tales and Tunes Story Time – All Ages

Wednesdays May 6, 13, 20 and 27 at 11:00am
 Please join us for stories, sing-alongs and other fun activities.

Dance Tunes of the Alaska Gold Rush

Saturday, May 2 at 1:00pm
 The Alaska Gold Rush started in July, 1897, when the steamship Portland docked in Seattle with news of the gold strike in the Klondike and a load of gold to prove it. People flocked to Seattle from around the world to catch a boat to Alaska and make their way to the Yukon. Soon the population of Dawson and the mining camps in the region exploded. One of the principal entertainments of the miners was dancing in the many saloons and dance halls. This program presents the music they danced to, the type of dances done, and quotes about music and dance from journals and accounts from the gold rush.

CCDF Public Hearing
4/23/2009 ~ 11:30-1:30
PSB Cougar Room

Come work for Your Tribe and make a difference!!!



The Muckleshoot Tribal Administration is looking to hire Tribal members to fill its new openings. Please visit us in the Tribal Administration Human Resources Department to see if we have any new openings that you might be interested in

Also see our opening on-line at www.muckleshoot.nsn.us

MUCKLESHOOT TRIBAL ENROLLMENT

Any interested/eligible Muckleshoot parties seeking tribal enrollment please be advised that the following documentation is always needed for Muckleshoot tribal enrollment:

1. Enrollment application, filled out completely, front & back.
2. Original certified birth certificate (NO EXCEPTIONS.) (Signatures of both parents, if both are on certified birth certificate and under age 18.)
3. Original Social Security card.
4. Relinquishment must be completed, if enrolled in another tribe.
5. Name must match on all documents.

No copies are accepted. Until all documents are on file, no review process will begin.

Have you ever considered a career in
gaming regulation?



THE MUCKLESHOOT GAMING COMMISSION regularly posts openings at the Casino, Tribal Headquarters, and the Commission office. Because resumes and/or applications are accepted for open positions only, check often or call 253.735.2050 for current openings.

FIREWORKS SALES NOTICE

Under Federal law, only landowners may use trust property for the sale of fireworks.

Non-landowners may use trust property only with the written consent of a majority of the trust landowners for that parcel.

If you have any questions, or would like to know if you own trust land, please contact Muckleshoot Trust Services at 253-939-3311

Do You Need A Will?

The Realty Department has staff who can help you draft your will, plan your estate, and answer questions about probate.

- **Wills**
- **Probate**
- **Estate Planning**

Monday-Friday, 8am-5pm
 Philip Starr Building
 39015 172nd Ave SE
 Auburn, WA 98092

Contact: Sarah Lawson
Realty-Trust Services
sarah.lawson@muckleshoot.nsn.us - 253-876-3160

FREE LEGAL HELP FOR LOW-INCOME NATIVE AMERICANS & ELDERS (AGE 60+)

THE NORTHWEST JUSTICE PROJECT provides free civil (non-criminal) legal services for low-income people who cannot afford a lawyer. CLEAR is Northwest Justice Project's Coordinated Legal Education, Advice and Referral system. If you are low-income or an Elder you can call the toll-free CLEAR line at **(888) 201-1014** from 9:15 a.m. - 12:15 p.m. Monday to Friday. Press 5 to speak with the CLEAR Native American Specialist, Brooke Pinkham.

What is Northwest Justice Project?

The Northwest Justice Project (NJP) is a not-for-profit statewide organization that provides free civil legal services to low-income people from thirteen offices throughout the state of Washington. NJP also has a Native American Unit with offices in Seattle and Spokane. NJP's mission is to provide high quality free legal services on priority problems to eligible low-income clients, either directly or through efficient and effective referrals.



NOTICE

If you would like for me to post your Event to the tribes “Event” Intranet Calendar /Reader Board please go to:

<http://shasta:8080/>

There will be a link press on it and there you will find the Request to Post Form, please fill it out and submit it to me for posting.

Thank you,
 Lori Simonson
 Event Coordinator
 (253) 876-3377

The Wildlife Dept. does not have the keys to the White River gate. Please contact Public Works!

*Thanks,
 Wildlife Staff*

JOBS! JOBS! JOBS!

Attention ALL Enrolled Tribal Members!

If you are energetic, willing to learn, and able to work flexible shift schedules, including weekends and holidays, then we want to talk to you! If you would like to work at the MUCKLESHOOT INDIAN CASINO please stop by our Human Resource office, Monday to Friday, 9am to 6pm to complete an application. Job openings are posted on our Job Opportunities Board outside our Human Resource office. Or for a list of open jobs call the Jobline at 800-804-4944 ext. 4990 or look us up on the Internet at <http://www.muckleshootcasino.com>.

We exercise Tribal Preference hiring for all tribal members. Pre-employment drug test required.

EVENTS CALENDAR



April 23 CCDF Public Hearing, Philip Star Building, Cougar Room - 11:30 - 1:30

April 24 Annual Elder’s Day Dinner, Pentecostal Church from 11am - 3pm

April 25 Summer High School Pow Wow, 1PM-5PM in the gym; 1st 10 drums get \$75; vender tables \$25; Contact Jason LaFountaine 253-778-7963, or Kandis Reyes 253-778-7988

May 2 14th Annual Pow-Wow, Enumclaw School District - Enumclaw High School Gym 226 Semanski Street South, Enumclaw, WA Grand Entry 1pm and 7pm

May 9 Dockyard Derby Dames- Tacoma Soccer Center at 6PM. Tickets are \$10 pre-gam , \$12 at teh door. <http://www.dockyardderbydames.com>

May 15-17 18th Annual Penn Cove Water Festival - Coupeville, Whidbey Island. For more information, schedules, and accommodations go to www.PennCoveWaterFestival.com or www.WhidbeyCamanoIslands.com 360-678-3451.

June 26-29 Muckleshoot Veterans Pow Wow, MIT Pow Wow Grounds

****IMPORTANT ENROLLMENT INFORMATION****

Tribal ID Reminder: As of June 2, 2008 there has been a change to the Muckleshoot Tribal ID process. The 1st Card issued after February 2008 is free. This is the new ID card with the security laminate. This card doesn't expire for a four year period. If an additional card is required in those four years the pricing goes as follows. The 2nd Tribal ID card will cost the Tribal Member \$15 dollars. Every card after that will cost the member \$20 dollars.

ABSOLUTELY NO EXCEPTIONS!

MUCKLESHOOT TRIBAL MEMBER’S AND DESCENDANTS

When applying for Enrollment it is important to obtain the most current Enrollment application from the Muckleshoot Enrollment Office staff.

- A completed file includes; (but isn't limited to)**
- ♦ A completed application (signed by both parents if both parents are included on the birth certificate)
 - ♦ An original certified birth certificate (No copies! Enrollment department staff is required to make the copies. Also please keep in mind that if the father is Muckleshoot in order to utilize his bloodline he needs to be on the birth record. Absolutely no exceptions)
 - ♦ An original Social Security Card (All documents must match!)

- Other document(s) that may be required;**
- ✓ If the applicant is a member of another tribe at the time of applying for Enrollment a relinquishment form must be filed WITH OUR OFFICE. Please do not file with your present tribe. We would like for the process to be completed with our Enrollment Committee before a member relinquishes their rights to their PRESENT tribe.
 - ✓ If an applicant doesn't have a parent on the Muckleshoot membership rolls they are required to turn in original certified birth records back to the generation that is on the membership rolls.
 - ✓ Certified marriage certificate if the name on the certified birth certificate doesn't match the current social security card due to marriage.

PLEASE KEEP IN MIND THAT THE APPLICANT MAY BE REQUESTED AT ANYTIME BY ENROLLMENT STAFF OR THE ENROLLMENT COMMITTEE TO TURN IN OTHER DOCUMENTS IN ORDER FOR A FILE TO BE CONSIDERED COMPLETE.

Reminder of Enrollment Ordinance changes

This is a reminder that the Muckleshoot Indian Tribe has adopted an amended Enrollment Ordinance. It has been officially approved by the Superintendent at the Bureau of Indian Affairs as of April 11, 2008. The Muckleshoot Indian Tribe will be utilizing Ordinance No. 08-103 for all Enrollment Matters. Please make note of the following major changes;

- After April 11, 2011, any applicant that has ever been a member of another tribe who do not enroll before their (30) thirtieth birthday forfeit their right to apply for enrollment. Exceptional circumstances as listed in Ordinance No. 08-103 may apply in some cases.
- Paternity affidavits are no longer acceptable forms of proving paternity. An applicant is required to obtain a certified birth record with the father listed if the father is the parent that contains the Muckleshoot bloodline. Same rules apply when an applicant would like to increase their bloodline with a paternal bloodline. **At anytime the committee at its discretion may require an applicant to submit to a DNA test at the applicants cost. Absolutely no exceptions.**
- The process for disenrollment has been changed slightly. Please carefully review the process listed in Ordinance No. 08-103.

Please keep in mind that the changes listed above are only the major changes that have been included in the new adopted amended Enrollment Ordinance. If you have not yet received a copy of the new ordinance please acquire one at your earliest convenience. Copies will be available for Enrolled Muckleshoot Tribal members in the Enrollment Department.

If you should have any further questions or concerns please feel free to contact the Enrollment Department at (253)876-3141. Thank you!

Breanna S. Brown/ Enrollment Manager
LeOta Berry/ Enrollment Assistant
Juanita Joseph/ Enrollment Assistant

Sophie Courville's 82nd Birthday Party

PHOTOS BY VIRGIL SPENCER & JOHN LOFTUS

