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Muckleshoot MONTHLY



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PHOTO BY JOHN LOFTUS

Tribal elder and former School Board member Marie Johnson is one of many tribal leaders that helped make the new Muckleshoot Tribal School a reality.

And now the dream comes true

By Harry Finks

For a long time, a lot of people have dreamed about what will happen on September 9, 2009. Tribal leaders and elders had dreams of providing the best education possible for the Muckleshoot children and began to live their dream more than twenty years ago when a few little children and a few staff members opened a tiny Muckleshoot Tribal School in its current site.

Since then tribal leaders, school staff and school administrators, and twenty years of children and their parents laid the true foundation for the beautiful new school we want to celebrate and open with all of you on September 9.

Val Daniels has been the soul of this school from the start. Floyd Baker and Ken Carvalho have lived most of the history of the school. Thirty-two students have graduated. Jeane Jerry and Lena Williams, the last graduates of the old school, lived lots of the school's history. The present staff determined to take with them to the new school many of the traditions that have been existed through the life of the tribal school.

Everyone who ever attended the tribal school, sent their children to the tribal school, worked at the tribal school, shared responsibility for the tribal school dreamed that someday we would have the best native school in our country. Charlotte Williams insisted that those words were part of the school's vision. Marie Starr has led to school board's efforts in this direction.

And now this dream comes true. It is time for the grand opening of the best school building anyone could ever hope for. And it is the Muckleshoot Tribal School. It represents the best dreams of a tribal community. And it represents beautiful dreams for the future of the Muckleshoot children and their education.

CHINOOK FISHERY KICKS OFF '09 SEASON

FIRST AVENUE – After the worst test fishery in history, hopes weren't too high for this year's Chinook harvest. Only 110 fish were caught in three nights. To make things worse, test fishers struggled with an algae bloom in Elliott Bay that was thick as mud. It took five or six hours just to haul in their nearly empty nets.

But what a difference a week can make. The hot spell broke, the fish began to move, and in the end fishers enjoyed what MIT biologist Mike Mahovich described as a "solid night" of fishing. By the time the last one had tipped the scale, they'd more than reached their hoped-for goal of 3,500 fish.

Better yet, they were big, averaging about 18 pounds. And, better still, Muckleshoot Seafood Products was paying \$3.00 a pound!

But the prices might not hold, MSP's Eric Soderman cautioned. Chinook had been particularly scarce, and 60,000 to 70,000 pounds of Muckleshoot fish, plus whatever is caught on the Columbia, could lead to a drop from the \$3.00 price level.

But the first night was a happy one for most fishers. "It went good," Dwayne Ross Jr. said, "better than I expected." He weighed in at about 4,000 pounds.

Gary Starr, who fished with his uncle Rabbit, thought that new regulations adopted by the Fish Commission made for a very smooth night. Net length was carefully monitored, as was distance between nets. If they're too close together, one net can completely block off another – a practice known as "corking."

"Last year, we had a problem with the nets running into each other, blocking off the whole channel," he said. "This time, the waterway was open and it was better for everybody."

Fish Commissioner Bud Moses thought the new regs were working pretty well "so far, but we might have to tweak them a bit."

The younger generation is taking up fishing, he observed. "It's good to see father and son out here, like Johnny Elkins over there and his boy. My boy's out here, too."

There are always a few that get skunked, and this time it was Marvin Starr Jr.'s turn to land a light load.

"But I had a good time," he said. "I brought out one of my friends that I haven't seen in a long time, and we got to talk and laugh and have a good time. It's good to just be out on the water at night – to see all the city lights, and all the familiar smells and sights. It brings back a lot of old memories."

"I love it and wait for it every year," said Amelia Starr, who fished with her dad, Mike, and her uncle Alfred.

"My dad teaches me new stuff every year," she said, "But he won't teach me everything, so that I need him out on the water with me." And the only bad part?

"I got stung by a jellyfish!" she says with a laugh, pointing to her chin.



PHOTO BY JOHN LOFTUS

CANOE FAMILY CELEBRATES CULTURE IN PADDLE TO SUQUAMISH

Elder Norma Rodriguez sat proudly front and center at the new Suquamish longhouse known as the House of Awakened Culture all day long as one canoe family after another sang its songs, danced its dances, and did whatever work needed to be done.

This year's tribal journey was special for her. She'd been one of those that traveled from her home on the coast in the original Paddle to Seattle, which was being commemorated this year, and she didn't want to miss a minute of it.

Suquamish did a fine job of hosting at its new facility located at the area on the downtown Suquamish waterfront formerly known simply as "The Slab." By the time the final tallies were in, a total 52 tribes and indigenous nations – some from as far away as New Zealand and Hawaii – had landed on their shores in an estimated 87 canoes. And Emmett Oliver, now in his 90's and considered one of the principal founders of the canoe renaissance, watched each and every one of them land from his perch high atop the bluff.

In all, the Suquamish Tribe served an estimated 60,000 meals and hosted as many as 9,000 guests at one time. There were 85 vendors, 190 portable toilets, a mobile

Laundromat, shower facilities, thousands of tent sites and a fleet of 27 shuttle buses. (We at Muckleshoot remember this well, having hosted the journey ourselves a few years back.)

After days of protocols, the Muckleshoot Canoe Family's turn to take the floor finally came late on Friday night. Everyone waited in anticipation outside the hall, dressed in their finest as the light of a full moon shimmered across the waters of Port Madison. Finally, it was time, and they marched in singing...

Their songs, dances, honoring and gifting was concluded shortly after 1:00 AM. It was immediately afterwards that Canoe Family Co-Captain Mike Edwards recorded these words to share with our readers.

Good evening. Once again, it's been a real nice journey for each and every one that was able to make it this year on Tribal Journey 2009 to Suquamish. We just wrapped up our final protocol for the year here at Suquamish and we look forward to going to more outings yet throughout the year. We're not done yet – even though we're done with protocol, the Canoe Family's not done yet.

First of all, I'd like to give a special thanks to each and every one that

was able to partake in Tribal Journeys with the Muckleshoot Canoe Family. This year we had three canoes out on the water. We shared canoes with West Shore Canoe Family and divided the crews up so it was half-Muckleshoot and half-West Shore. And we had one canoe – the Eagle Spirit – that was all Muckleshoot Canoe Family.

They had a real good time. Each year, we go through our tests and trials throughout the year on being on the water or land, but they all did together, stayed together, pulled together, to be one successful Canoe Family.

I'd like to give a special thanks to our elders, the ones that were able to travel with us and be with us every day. A special thank you goes out to Toots Baker and Norma Stombaugh for being with us there every day, and Randy Ross and Kathy Crombie. Leah Moses was our cook. She did an outstanding job.

I'd like to express our deepest respects to our elders for everything they've done for us throughout the Canoe Journey – their kind words, their words of wisdom that they were able to share with the Canoe Family and to our youth, because we know it's tough and they need to carry on what's handed down to them year after year. So my hands go out to



JOURNEY'S END: Thousands gathered at Suquamish to witness the landing of the canoes.

them for being there with the Canoe Family and saying the wonderful words and the teachings that they have to hand down to our youth.

We spent six days on the water. The longest pull was from Tulalip to Golden Gardens, which was a 30-mile pull. The shortest pull was about 11 miles, and that was from Golden Gardens to Suquamish. We had a crew of over 70 this year,

which was outstanding. And many of them – a majority of them – were first-time pullers, so my hands go out to them for the dedication that they showed us and the courage they had to be out on the water. And we know it gets tough out there on the water, and we just thank them for everything they've done for us throughout Journey and for learning and practicing what it takes to be a puller.

That's also a tough job.

Our grounds crew did a wonderful job. We had an easy year this year. We only had to move camp four times instead of breaking down every day and setting up, breaking down every day and setting up. My hands go out to the support boat operators, which is another tough job, being out on the water watch-

continued on page 2



TRIBAL COUNCIL UPDATE

The Biggest and Best

The Muckleshoot Casino is growing again.

In only 14 short years our casino has grown from a modest temporary structure to an economic engine that is helping drive the Muckleshoot Tribe toward a future that, only a generation ago, was unimaginable. We will soon celebrate the Muckleshoot Casino's newest expansion and this is something in which all Muckleshoot people can take great pride.

It was April 1995 when the tribe opened its first casino in a small tent-like structure on the site of the current facility. Offering table games, poker, Off-Track Betting and one restaurant, the Muckleshoot Casino debut was a big hit. This opening marked the birth of what has become one of this region's biggest and best entertainment destinations. The carefully planned and very successful series of casino expansions since that time have been nothing short of great successes.

Only four months after that first temporary structure opened, the original permanent 65,000 square foot main facility started business offering 52 table games, 16 poker tables, Off-Track Betting, a new and expanded restaurant and the Beach Balls entertainment lounge. This facility was a big hit with customers and helped lay the foundation for continued growth.

Several years later Washington Tribes prevailed in a "friendly lawsuit" with the State that resulted in gaming compact amendments authorizing Video Gaming Devices. This marked the beginning of a series of expansions, starting with the June 1999 tent structure that housed 425 gaming machines, to the addition of approximately 80,000 square feet in December 1999 to accommodate 850 machines, another lounge, players club and Deli.

Beginning with the December 2001 addition of another 72,000 square feet, a rapid series of expansions through August 2006 added additional poker space, 40,000 square feet for additional machines, table games, another restaurant, bar and office space.

The latest expansion project is now nearing completion. Work has been underway for months on a major facelift that not only enhances the physical appearance of the casino but also adds almost 45,000 square feet of gaming space. This new space will house more gaming machines, table games, players club, gift shop/coat check and media bar. When opened later this month this expansion brings the total number of gaming machines to 2966 and table games to 116 as well as three remodeled restaurants.

Over the course of 14 years our casino has grown from a tent, to a 65,000 square foot facility, to what we will celebrate later this month – a 340,000 square foot casino that offers gaming and entertainment unparalleled in the Northwest.

The Tribal Council greatly appreciates the hard work of the people who have worked to make this all possible. Our casino staff is the best in the business and we thank them for their hard work and dedication.

There will be a pre-opening celebration for this latest expansion Friday, August 14th from 6:00 PM – 9:00 PM for Tribal members 21 and over. The celebration will include hor d'oeuvres, live music, prizes and gifts. Please stop by and take part in another celebration of Muckleshoot success.

SUBSCRIBE TO THE MONTHLY...

The Muckleshoot Monthly is delivered free of charge to members of the Muckleshoot Tribal Community. You can help us to serve you better by providing us with an up-to-date address. Please fill out the form below and mail it to:

MUCKLESHOOT MONTHLY
39015 - 172nd Ave. SE,
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I am a Muckleshoot tribal member,
 I have ties to the Muckleshoot Tribal Community

Please explain: _____



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Kerri Marquez, Secretary
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Virgil Spencer
Marie Starr

Muckleshoot Monthly
John Loftus, Managing Editor
39015 172nd Avenue SE
Auburn, WA 98092
(253) 876-3207
john.loftus@muckleshoot.nsn.us



PHOTO BY JOHN LOFTUS

WELCOME TO OUR TERRITORY! Muckleshoot Tribal Council members John Daniels Jr. and Kerri Marquez granted permission for canoes to come ashore at Shilshole Bay in Seattle as the Tribal Canoe Journey celebrated the 20th anniversary of the historic Paddle to Seattle. A crowd of thousands gathered on the beach, and after the canoes were all ashore the Tribe's guests enjoyed an evening of song, dance, food and celebration at the Muckleshoot Sla-Hal Shed.

CANOE FAMILY CELEBRATES *continued from page 1*

ing over the canoes that are on the water. My hands go out to them, because that's not an easy task, also, trying to keep your eye on anywhere from two to four canoes at a time.

But it has been a very successful year. With all due respect to the ones that took part – and we know they've grown a lot over these last two weeks – they found out what it takes to be a puller, grounds crew, what it takes to be a family, the closeness that each and every one had shared. Some of them had touching words for their first Journey.

There were about 87 canoes here at Suquamish this year. The Suquamish have done an outstanding job of hosting and taking care of us. The shuttles they had to go through to get each and every one down to the grounds; the meals they provided – all the work. Even though the building was small for all of us, they still did a wonderful job in hosting Tribal Journeys 2009, so our hands go out to the Suquamish Tribe for doing the wonderful work that they have done, and the hospitality that they've shown us.

And I kind of hate the season to end for Tribal Journeys, because it comes to an end every year. By the time you read this, the Journey will already be over with. And Suquamish will have had their final day on Saturday the 8th. It's been a wonderful year. It's a touching moment for me right now, so I'm kind of lost for words.

I'd like to especially thank the Tribal Council for backing us up. Like I say, we've had a bigger crew this year than usually when we start out. Our hands go out to the Tribal Council for giving us support that we need to continue on with Tribal Journeys year after year. And if it wasn't for the Council, I don't know where we would be right now. It's tough out there, tough to support a big group like this without them.

I'm hoping to see more and more youth involved. Like I say, we had a lot of new youth this year, and so I asked each member of the Canoe Family if they could go out and recruit for next year so we can start out even bigger than we were this year for our Paddle to Makah in 2010, which they will host on July 19th, two weeks earlier than usual. It'd be nice to see all of our canoes filled up with Muckleshoot Canoe Family. That'd be a sight to see – all of our canoes out on the water filled with our Canoe Family members.

I would like to encourage, like I've said before, each and every one that would like to partake in Canoe Journeys with our Canoe Family. We still meet every Wednesday. We meet year-round. We're not done with the season yet. We've been invited to Cowlitz Tribe September 11th through the 13th for Family Canoe Races, so we still have another campout before we go, and we will be attending the Canoe Races at Cowlitz, so we look forward to a nice campout down there for the weekend.

We're not going to unload our truck with our supplies. We'll keep our camping gear and stove and stuff supplied yet for one last outing. It'd be good to join with the ones that will be traveling to Cowlitz for the weekend. And then, we also have other performances that we do year after year. We'll be at the Puyallup Fair, I believe, right around September 15th, for our annual song and dance there.

We had some touching words by our elders tonight on how well the Canoe Family has come to the point where they're at with their song and dance, and how well they can sing the songs and dancers dance. Those are real nice words of encouragement to our group, and when we hear good words like that from our elders it helps us to keep up the good work that we've been doing. And the host tribe also had encouraging words that they offered to our Canoe Family to keep doing what we're doing to keep the Canoe Family strong.

Once again, I'd like to thank everyone that had a part to do with the Canoe Family in making it a successful year. A special thanks goes out to Minnea for helping with sewing and many other things for the Canoe Family. Randy and Kathy came in to help out with weaving hats and headbands. Autumn Judge was busy with regalia. Leah Moses did a lot of sewing for us. And my hands go out to each and every one that was able to help us out and prepare to leave. When we left Muckleshoot, everyone was fitted with regalia. Our bunch looked real nice in their regalia out there tonight at our final protocol.

So, in closing, once again I'd like to say thanks to each and every one. I know you can never say thanks too much. We're always thankful for whatever the Creator gives us and brings us and shows us what to do. So this will be it for Tribal Journey 2009. And, like I say, we'll continue our meetings throughout the year, our song and dances and performances, so look for our performances and our meetings either on the Muckleshoot website or we will be putting a page in the tribal newsletter.

So, once again, thanks each and every one of you, and this is Mike Edwards signing off.

Sen. Claudia Kauffman kicks off re-election campaign

SEATTLE – Sen. Claudia Kauffman, D-47th District, a member of the Nez Perce Tribe and the only American Indian in the Washington State Senate, launched her re-election campaign in Seattle July 15.



Claudia Kauffman

Billed as a celebration of Kauffman's 50th birthday, guests listened to a host of local political leaders and activists endorse her candidacy, but the main attraction was Kauffman.

She thanked the large crowd that had come to see her announce her attempt to return to the Senate for a second four-year term. She spoke about her passion for housing and children's issues, as well as what it's like being a woman – a Native woman at that – in a state Senate that is predominantly comprised of white men.

When asked about her role as Senator, Kauffman said, "The amount of people who came out tonight from all over Washington and from all of the diverse communities, tells me just how much it truly means to folks to have an American Indian in the state Senate and how important that is to all communities of color in Washington."

Despite her freshman status, she has risen remarkably fast within Senate leadership, attaining the rank of Majority Assistant Whip in her first three years.

Since her election in 2006, Kauffman has shown a knack for mastering the political machinery of the Senate. She has racked up an impressive list of accomplishments in her first three years, such as the creation of an Early Learning Advisory Committee which fashioned a groundbreaking statewide plan to revamp Washington's early learning policies.

Kauffman also sponsored legislation to expand the American Indian endowed scholarship program, SB 5001, and to reform the state's child welfare program, SB 2106, both of which have been signed into law by the governor.

Kauffman currently doesn't have a primary challenger. It is unlikely she will see one, given the strong support she enjoys from constituents, Senate colleagues, and the Democratic Party. While her 2006 margin of victory was close at 52 percent to 48 percent, she believes she can increase that margin and make the 47th District a safe seat for Democrats in the future.

Reprinted with gratitude to Indian Country Today

Primary Election is August 18

This year's Primary Election will be held on, Tuesday, August 18. For the first time, all of the voting will be done with mail-in ballots. There will be no polling place at the Philip Starr Building, but a mail drop-off will be available just outside the PSB mailroom. You may also send in your ballots by regular mail by the specified date.

Casino Expansion Celebration!

The Muckleshoot Casino is proud to announce the opening of its new expansion area of the on Friday August 14. There will have a special pre-opening viewing and celebration featuring live music, food and prizes for all Muckleshoot Tribal members 21 and older from 6:00 PM to 9:00 PM prior to the public opening.

The new area of the expansion includes 300 additional VGD machines and a high limit machine area along with approximately 30 table games a sweet shop, media bar, gift shop/coat check and a players club. Approximately 45,000 total square feet have been added, which is just over one acre. So come and join us at YOUR casino – the biggest and best in the Pacific Northwest!

Native people to play large role in Vancouver, BC's Winter Olympics

VANCOUVER, British Columbia – The 2010 Winter Olympics are taking a bold step. The Vancouver Olympic Committee is committed to “unprecedented” aboriginal participation in the planning and hosting of the games.

The goal is to encourage aboriginal people across Canada including First Nations, Inuit and Metis to participate in as many areas of the 2010 Winter Games as possible, be it as athletes, volunteers, employees, entrepreneurs, artists and performers, spectators or cultural ambassadors.

But do these promises have substance, or are they hollow political words that will be forgotten once the Olympic flame is extinguished?

“One of our greatest challenges is that indigenous participation is relatively new to the Olympic movement – there is no template we can follow,” said Gary Youngman, a VANOC official. “Past games have focused primarily on ceremonies and cultural programs. We plan to set the bar higher with the hope that future organizing committees can be inspired and learn from our experience.”

Hopes are high in the Native community. Vancouver will host “the biggest potlatch the world has ever seen,” proclaimed Squamish Chief Bill Williams.

“The 2010 Winter Games represent a turning point,” said National Chief Phil Fontaine of the Assembly of First Nations. “For the first time in Olympic history, indigenous peoples are full partners in hosting these games and we will work ... to ensure there are lasting legacies for our people.”

The Aboriginal Pavilion, with a gleaming 20-meter sphere atop a contemporary version of a West Coast long house, will be the centerpiece of Native involvement during the games. Located in the heart of Vancouver's cultural district, the sphere will dazzle at night with a giant high-tech screen projecting aboriginal art and themes. The images can be viewed from inside and outside.

The games offer a superb opportunity to showcase Native culture and arts to the world. But other than the Aboriginal Pavilion what is being done? Will there be lasting legacies?

In 2005, VANOC made Olympic history by signing a protocol with the four First Nations (Lil'wat, Musqueam, Squamish and Tsleil-Waututh) whose traditional territories encompass the games' sites of Vancouver and Whistler. These First Nations, in turn, established the Four Host First Nations Society to coordinate Native involvement in the games.

Tewanee Joseph, FHFNS executive director is of Squamish and Maori blood, said the organization has three main roles: To look for opportunities for the four host first nations; to be a direct partner in the games; and to be the main contact point for other aboriginal peoples in Canada.

“We are definitely partners,” Joseph said. “And we have been right from the beginning.” He explained how prior to the selection of the 2010 games host, the International Olympic Committee asked the chiefs of the four host nations whether their involvement was “just window dressing.” “No,” they responded, “it is a full partnership.” According to Jack Poole, the chairman of the Vancouver Bid Committee, the Native support played a key role in Vancouver's win.

Native people have a direct say in the games' planning but definitely not as full partners. Of the 10 senior executive positions and 20 directors of VANOC there is only one indigenous person. Gibby Jacob, a hereditary Squamish chief, represents First Nations on the board; and Joseph attends VANOC board meetings as well as the working partner meetings.

Dan Doyle, the VANOC executive vice president responsible for aboriginal participation, described some actions that have been taken on the economic front. “To ensure aboriginal firms benefit financially from Olympic-related construction activity, \$53.8 million in venue construction contracts and \$1.2 million in non-venue contracts were awarded directly to aboriginal businesses, without them going through an open tendering process. And the quality of work produced has been very high.” Doyle said a special aboriginal hiring program has been established and about three percent of VANOC staff are indigenous peoples.

Recently, Joseph visited the Olympic store at Vancouver Airport and was emotionally moved by aboriginal merchandise that bore a special indigenous art logo. “This has never happened before at any Olympic Games, and will really help showcase aboriginal art. We expect excellent sales and one-third of the royalties from aboriginal products are going into an aboriginal youth fund. This will leave a legacy for our young people.”

Joseph is enthusiastic about two legacies he sees emerging from these games. First, the cooperation between Natives and local, provincial and federal governments is working well and will be a good model for making future partnerships successful. Second is skills development.

“Native people have traditionally been seen as lazy and unreliable. We will break that stereotype. We will do quality work and make excellent products.” He feels the games will mark the largest rebranding in Canadian history.



Housing Opportunity Fair

**Wednesday, August 26
from 3:00 to 7:00 PM**

**Cougar Room,
Philip Starr Building
Meet with representatives from
Housing, Planning,
Public Works and
Realty to discuss:**

- Elders Homes
 - Building and Leases on Trust Land
 - Home Purchase
 - 1% Loan Program & Down Payment Assistance
 - Infrastructure Planning
- Snacks and Refreshments provided**

Snacks and Refreshments provided

**MUCKLESHOOT TRIBAL SCHOOL
ENROLLMENT**

Muckleshoot Tribal School is at this time enrolling new and returning students for the 2009-2010 academic year Grades K-12.

INDIAN TRIBE

Contact Tribal School Office @ 253-931-6709.
Applications are also available at the Muckleshoot Child Development Center. We can mail or deliver applications upon request.

“LETTING GO”

IN LOVING MEMORY OF

“CLINTON RAYMOND LACLAIR”

August 1st would have been my grandson Clint's 23rd birthday and, after almost three years, it's still so hard to believe he's gone. I still go visit and talk to him when I get lonely, whenever I see a picture or hear a song that reminds me of my beloved grandson.

He brought so much joy into my life during his time here, but still leaves such a big void. They say time heals all wounds and with time I know my heart will heal, but there will always be that void. I will embrace the memories he unselfishly gave and remember the genuine love, laughter, tears and his mischievous smile.

He was always teasing me and giving me that sideways grin. He dedicated the song “I'm Not Perfect” (by Simple Plan) to me because I expected too much of him and prayed for his sobriety. That was his way of saying, “Grandma, I'm trying, but accept me as I am.”

If only he knew that I didn't want perfection out of him – just for him to be substance free.

I hope most parents and grandparents learn to accept your children and grandchildren, but to be there for that elderly wisdom when they need it. I know my precious grandson is happy now and free from the guilt and pain that haunted him.

He was so special to me, his many friends and family, and we will always cherish those memories. He was so generous and giving with everything he owned, especially his love. I'm ever so grateful to have gotten to share the last few years of his life. He is and always will be my “Perfect” grandson.

From his loving grandmother,

Sharon LaClair

Steve “Skee-pi-iton” Fernandes

Steve “Skee-pi-iton” Fernandes, age 54, died Sunday, July 26, 2009 in Auburn, Washington. He was born August 26, 1954 in Seattle.

Steve was a member of the Makah and Clallam Indian Tribes, and the American Indian Movement. He married his wife Maria in 1989. He was a commercial fisherman and loved art, beading, and carving ivory and cedar. Steve and Maria enjoyed watching the Mariners and movies together.

Survivors include his wife Maria Carranza Fernandes of Auburn, Washington; sons Eddie Carranza, Henry Carranza, Daniel Charles, and Steve Charles; brothers Roger Fernandes, Frank Fernandes, Fred Charles, and Blanchard Charles; sisters Sherry and Sarah; many aunts, uncles, cousins, nieces and nephews.

He was preceded in death by his parents Frank and Violet Fernandes and son Kim Carranza.



Helen Lucile LaDue

It is with great sadness that the family of Helen Lucile LaDue announces her passing after a long bout of illness on Wednesday, July 15, 2009 at the age of 83. Lucile was a resident of Midland for over 40 years, and was born in Chehalis, WA to Roy and Margaret LaDue.

While raising her family and working her way through college, Lucile worked for the Nisqually Indian Tribe. She graduated from law school and went to work for Pierce County Remann Hall. After retiring in 1991 she went on to serve as a Judge for the Puyallup Indian Tribe.

She was a proud member of the Cowlitz Indian Tribe, served on the committee and worked for the Indian Center in Tacoma, was a member of the Midland Residence Association, and in her free time worked for the Pierce County Auditor Elections.

Lucile was ceded in death by her parents, siblings, Elizabeth “Betty” LaDue, Jack LaDue, Barbara Earls and Charles LaDue; her son, Gary Anderson; and daughter, Stay Simpson.

She is survived by her sister, Margaret Simms; her daughter, LeOta LaDue Berry (Muckleshoot Tribal Member), grandson, Nicholas LaDue; her niece Robin LaDue; and her loving and loyal Pomeranian Suga LaDue.



Alison Gottfriedson

Alison Kay (Bridges) Gottfriedson, a central figure in the struggle for Indian fishing rights and an advocate for Indian people, passed away on July 18. She was 57 years old.

The daughter of Alvin James Bridges and Puyallup tribal leader Theresa (Maiselle) McCloud Bridges, Gottfriedson grew up in the Frank's Landing Indian Community. She was arrested many times, along with her sisters Suzette and Valerie, and uncle, Billy Frank Jr., for fishing on the Nisqually River in accordance with Indian treaties.

“She started out as young girl, watching us all go to jail,” said Frank, chairman of the Northwest Indian Fisheries Commission. “Then pretty soon, as she got older, she was going to jail. We never got out of that fighting for our rights.”

Gottfriedson became prominent in the Indian treaty fishing rights movement in 1970 after a photo of her being arrested was used in national publications and on television to draw attention to the issue.

“Alison has been the stone to hold us together,” Frank said. “All of us are just shocked by her death. We're all gathered together this week to cry and laugh and celebrate Alison's life.”

Her activism extended to other Indian treaty rights such as land claims, education and tribal gaming. She was a member of the National Indian Education Association, National Congress of American Indians and National Indian Youth Council, as well as a founding member of the United Indians of All Tribes Foundation. She was chairwoman of the Wa He Lut school board and vice-chair of the parent support service, the Alesek Institute.

She is survived by her mother, her husband, Hank Gottfriedson, sons Adochas and Spap-ull Gottfriedson, sister Suzette Bridges, uncles Andrew McCloud and Billy Frank Jr, and several grandchildren. She was preceded in death by her father, sister Valerie Bridges, paternal grandmother Mary Squally Bridges and maternal grandparents Angeline Tobin Frank, Willie (Bill) Frank Sr. and Andrew McCloud Sr.



FISHERIES

Chinook Fishery 2009

PHOTOS BY JOHN LOFTUS



New Northwest Inter Tribal League kicks off 1st season

By Greg Harrison



On Saturday, July 18th the Greater King County PAL and Muckleshoot Recreation Department's Boy's Varsity Basketball Team traveled to Tulalip to kick off the start of the Northwest Inter-Tribal League's summer basketball league. Teams from Puyallup, Tulalip and Suquamish participated in the event. The Muckleshoot boys won one game and lost one game.

The first league game was on Friday, July 17th at the Muckleshoot gym. There were six boys' teams and one girls' team. Over 80 Native kids participated in the event, which lasted from 4pm until midnight.

While the Muckleshoot varsity boys split two games, going 1-1, they played exceptionally well against a tough Puyallup varsity team that went 2-0. Suquamish lost its varsity game to Puyallup, as did Tulalip.

On the Junior Varsity side, Muckleshoot went 0-1 and JV Muckleshoot PAL also went 0-1 against Puyallup. Tulalip won their JV against Muckleshoot Recreation. The Muckleshoot girls team beat the Puyallup girls team and led the league.

Puyallup leads the varsity league 2-0 with Muckleshoot in second place at 1-1. Tulalip, Suquamish, Nisqually and Squaxin/Skokomish finish off the standings. In JV the standing is Puyallup, Tulalip, Muckleshoot Recreation and Muckleshoot PAL.

STAFF SOFTBALL TOURNEY CONTINUES

Facilities ekes out narrow victory over Human Services

PHOTOS BY JOHN LOFTUS



CANOE JOURNEY SPORTS ACTIVITIES

Canoe Journey sporting events that included flag football, 3-on-3 basketball, softball and volleyball.

PHOTOS BY GREG HARRISON



A NEW ERA IN SPORTS

Muckleshoot Tribal School Athletic Director Tim Tubbs, Mike Starr, Mario Marsillo and Joe Hipp discuss the future of sports programs to be offered by the tribe.



PHOTO BY JOHN LOFTUS



Shianna takes 2nd in nationals
Shianna Moses, who won the national speed skating championship for her age group last year, came in second this year competing against older girls. More details to follow.

Shianna Moses at 10 years old is competing with girls who are older, bigger and taller than she is. She as a matter of fact is one of the smallest in her age class. She competed in the NATIONAL SPEED SKATING CHAMPIONSHIP and she is NUMBER TWO IN THE NATION. We need to let her know that she is doing excellent and represented her people well. Yea! Shianna (the Blur).

Interested in becoming a boxer?

Would you like to compete in the next Indigenous Games?

Beginning August 3rd, 2009

All Nations Sports Foundation will begin the boxing club at the existing boxing gym on 400th & 180th Ave. (Big White Barn)

MON-THURS 5:30-9:00 PM

Boys and girls welcome 8 years old and up!

Have fun while staying in shape!

Anyone interested in training please contact Joe Hipp (425) 766-7521





MUCKLESHOOT POLICE



Muckleshoot Police July Recap

07/1/09 1:30 pm 09-159488 Skopabsh Village Warrant Arrest
An anonymous person reported a male living at the specific location that had several warrants for DUI and Assault. Subject was taken into custody without incident.

07/2/09 3:10 am 09-160206 Skopabsh Village Warrant Arrest
Female in neighborhood reported a disturbance involving gang related subjects making threats with weapons. When deputies arrived, several males (All gang related) were contacted in a vehicle which was involved. Two of the males had warrants and were arrested at the scene.

07/2/09 3:30 pm 09-147251 Cedar Village Vandalism
Victim was away from home for about 2 hours and arrived back home to find the rear window broken on her car. There was no suspect information.

07/2/09 4:00 pm 09-160662 King George Property Warrant
2 subjects were seen walking through the bushes. When contacted, the Deputy confirmed one male had a warrant for DUI. Subject was booked into the RJC for his warrant.

07/4/09 3:00 am 09-162319 Tribal School Underage drinking
A male subject under the age of 21 was highly intoxicated which required immediate medical attention. The subject was taken to the hospital for observation and was subsequently arrested for Minor in Possession.

07/5/09 11:30 pm 09-164368 38900 Block Auburn Enumclaw RD SE Theft
Victim reported being away from home for a few hours. Upon arriving back at home, he found his car had been broken into. His stereo equipment stolen. The victim was visiting from Tulalip.

07/6/09 11:53 am 09-164711 Cedar Village Attempt Assault
Victim claims she was purposely ran off the roadway by a van while she was walking. There was suspect information but the suspect was not able to be contacted. According to the victim, this is an on-going feud.

07/6/09 8:00 pm 09-165006 39400 Block Auburn Enumclaw Rd Se Death Investigation
Deputies responded to a 57 year old male who had passed away from natural causes. The male was not a tribal member.

07/08/09 1:30 am 09-168131 SE 400 ST/Auburn Enumclaw RD SE Assault
A juvenile female was approached by a young adult male and asked if she wanted drugs. The female said did not do drugs and walked the other direction. The male grabbed the female's cell phone as she was texting, she pushed him and he pushed her back. The pushing continued for a couple of seconds when the female punched the male, he slapped her face and she dropped the phone. The male picked the phone up off the ground and walked away with it. The female reported the incident to the Muckleshoot Police on 07/09/09 at 4:00 pm.

07/08/09 1:55 pm 09-166942 SE 403 ST/180 AV SE Misdemeanor Warrant Arrest
A deputy observed an adult male urinating on the side of the roadway and contacted him. The male had a King County warrant for Failure to Appear on a DUI/Driving While Suspended 3rd Degree charge, the male was arrested and booked into the Regional Justice Center on the warrant.

07/09/09 10:00 am 09-167626 41400 block 180 AV SE Abandoned Vehicle
Abandoned camper trailer removed from the side of the roadway by the Sheriff's Office and destroyed

07/09/09 11:00 am 09-167712 Davis Property Vandalism
Adult male victim reported that someone slashed his trampoline in several places on the side of his house.

07/09/09 4:30 pm 09-167942 41300 block 180 AV SE Felony Warrant Arrest
An adult male was arrested on a felony warrant for Communicating with a Minor for Immoral Purposes and booked into the King County Jail.

07/09/09 10:46 pm 09-168358 SE 387 ST/172 AV SE Misdemeanor Warrant Arrest
Two adult females got into a fight over a car. One of the girl's adult female friend and the other girl's adult male brother also got involved in the fight. A deputy arrived and detained the subjects, one of the females had a misdemeanor warrant for DUI and Reckless Driving out of King County, she was arrested on the warrant and booked into the King County Jail.

07/10/09 6:00 pm 09-169688 14700 block SE 368 PL Juvenile Runaway
A juvenile female went to the skating rink in Auburn and never returned home. The juvenile's mother believes her child is with a young adult female cousin who is a bad influence. The juvenile was picked up at a location in Auburn on 07/11/09 at 9:00 pm by a parent.

07/11/09 3:00 am 09-169482 38500 block 172 AV SE Fight Disturbance
An adult male called 911 for medical attention after being assaulted. A deputy responded and contacted the male, he said he was "jumped" by multiple persons, he would not say who assaulted him. Subjects with the male said the persons used an ax and bats during the assault. The victim was transported to the Enumclaw Hospital for medical attention.

07/12/09 12:30 pm 09-170655 41400 block Auburn Enumclaw RD SE Theft
An adult male known to the adult female victim walked away from a house they were staying at with her shoes and jacket.

07/14/09 10:35 am 09-172312 Davis Property Vandalism
A juvenile male pushed a bucket toward his grandfather's face, the grandfather blocked the bucket with his forearm, the grandfather was not hurt and had no injuries. The juvenile male then put one large hole and several smaller holes in his bedroom walls in his grandparent's house.

07/15/09 10:06 pm 09-173941 White River Amphitheater Theft from Auto
During a concert on 07/14 the victim's car was entered and items were stolen from it.

07/16/09 4:46 pm 09-174647 White River Amphitheater Theft from Auto
During a concert on 07/14 the victim's car was entered, the glove box pried open and Oxycodone taken.

07/16/09 3:00 pm 09-174688 Muckleshoot Indian Reservation Narcotics Activity
A citizen report of possible drug exchanges at a house. The location of the house and details are confidential pending further investigation.

07/16/09 9:11 pm 09-173901 Davis Site Assault
One juvenile reported being punched in the mouth by another juvenile.

07/16/09 10:57 pm 09-175050 SE 388 ST/Auburn Enumclaw RD SE Mental Complaint
An adult male told a deputy that he wanted to kill himself, was depressed and wanted to use the knife he had in his backpack to slit his own throat. The male also stated that he has had suicidal thoughts over the last few months. The male was transported to the Auburn Hospital by an ambulance for a mental health evaluation.

07/17/09 8:00 pm 09-175889 41400 block Auburn-Enumclaw RD SE Liquor Violation
An adult female provided alcohol to a juvenile. The juvenile's mother found out what was happening and went to the residence to get her child. The mother went to the Muckleshoot Police to report the incident. The adult female is being charged with "Furnishing Liquor to Minor."

07/17/09 8:10 pm 09-176749 41400 block Auburn-Enumclaw RD SE Controlled Substance Violation
An adult female provided marijuana to a juvenile while at a party at a third person's house. The juvenile's mother found out what was happening and went to the house to get her child. The mother took her child to the Muckleshoot Police. The adult female is being charged with "Distribution to Persons Under Age Eighteen."

0719/09 10:00 pm 09-177940 White River Amphitheater Assault DV
An intoxicated adult male assaulted his adult female girlfriend who had also been drinking, by slapping her several times in the face. The male was arrested and booked into the King County Jail for Assault in the Fourth Degree, Domestic Violence (DV).

07/21/09 1200 pm 09-179526 Muckleshoot Indian Reservation Narcotics Activity
Deputies received information of a suspicious nature; the deputies believe it to be drug activity with a probable suspect involved. Details are being kept confidential pending further investigation.

07/21/09 4:30 pm 09-179544 38900 block Auburn-Enumclaw RD SE Felony Warrant Arrest
An adult male was taken into custody by deputies for a felony Escape from Community Custody warrant and booked into the Enumclaw Jail.

Traffic Stops
Fifteen (15)

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

National Night Out



Deputy Ron Riehs has been with the King County Sheriff's Office for the past eight years. Ron has worked on the Muckleshoot Reservation for the past four years, working second shift from 2:00 pm to 10:00 pm. Prior to coming to the Sheriff's Office Ron was a corrections officer with King County for two years and prior to that was a federal corrections officer for a year. Ron spent nine and a half year in the Air Force split between active duty and reserve time, he worked in the Security Police career field.

**REPORT CRIME ANONYMOUSLY:
CALL THE "SILENT WITNESS" TIP LINE
253-876-2850**

PLEASE remember that this TIP line is NOT a substitute for calling 9-1-1 for crimes that are "in progress." The TIP line will NOT be answered by an officer. It is ONLY to be used for providing information about illegal activity that you want to let the police know about *anonymously*.

"We are ALL part of the solution.....together !!"

Muckleshoot Pentecostal Church Celebrates 1st Anniversary

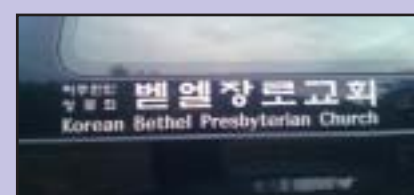
It's hard to believe it has been a year since the Grand Opening celebration at the Pentecostal Church!

The first anniversary was a great celebration, especially for kids. Fresh Paint had a carnival on Saturday and brought a stage and bands. The bands were a big hit, especially when the kids could get up on stage and participate.

A Korean youth group from Portland spent the week holding Vacation Bible School and continued with kids' activities through the weekend. They provided washable paint for face painting, which was especially popular. The kids learned that it's just as fun to paint someone else's face as to have your own face painted.



Della Morrison, Kid's Painting Church Fence



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
Thursday	7:00 PM	Spanish (language) Church
Friday	7:00 PM	Prayer Meeting
3rd Saturday	10:00 AM	Prayer Meeting

SAVE THE DATE

Dual Conference for

Native American Women & Girls and Men & Boys

Presented by Northwest Indian College

Please join us on

August 19-21, 2009

At Camp Huston

14727 Ley Rd, Goldbar, Wa

FEE: \$260/person or

ask about limited reduced rate

A conference focusing on wellness. Some workshops may include: Parenting, Youth Development, Financial Literacy, Native Plant/Hike, Basketry, Cultural Sharing and more to be announced.

For more information call 360-392-4259 or e-mail rsolomon@nwic.edu

Native teens use rap to bare problems affecting tribes

EVERETT, Wash. (AP) – A 16-year-old boy with a red-and-black-checked bandana knotted around his neck leaned over a notebook and penned rap lyrics.

"I went to over 10 funerals in 1 year people had OD'ed," Kyle Moses wrote. "Running around getting keyed/Are they thinking it's going to be better for them/80 bucks for 1 pill. ..."

Around him, other American Indian teens sat on a porch overlooking Port Susan Bay and wrote their own lyrics about prescription drug abuse and problem gambling.

"It's really easy to rap about because I've seen a lot of it," said Moses, a Muckleshoot. "I usually rap about the truth. I think it helps me because I like putting it out there and having other people see how it is."

He spent the last week at Warm Beach Camp, attending a music academy for Indian teens that focused on ending prescription drug abuse and problem gambling. Around 50 teens participated, including a few from the Tulalip Tribes. They recorded their own CDs in a bunk-room-turned-recording-studio, helped create music videos about gambling and drugs, and bounced lyrics and poems off each other.

The camp, called the Tribal Youth Music Academy, was organized by the Evergreen Council on Problem Gambling with grants from the state Attorney General's Office and the state Division of Alcohol and Substance Abuse, along with support from several Northwest tribes.

"What we want to do is train young people, so they themselves live the model of being clean and sober and avoiding addictive behaviors," Attorney General Rob McKenna said. "They can go out and credibly present that to other young people."

He addressed the teens July 24, urging them to take what they've learned back to their tribes and schools to help save lives.

Rapping or writing poetry to help prevent drug and gambling abuse may seem contrived, but many of the teens said the issues – especially prescrip-

tion drug abuse – are relevant to their daily lives.

Several teens said they have parents, siblings or friends who abuse over-the-counter drugs. Carrie Rincon, an adult mentor with the Muckleshoot Tribe, said she lost a niece to OxyContin and has other family members currently battling addiction.

In 2008 on the Healthy Youth Survey, 13 percent of high school seniors in Snohomish County and 12 percent statewide reported using painkillers to get high in the last 30 days. On the same survey, 34 percent of Snohomish County seniors said they had gambled for money or possessions in the last year.

Several musicians, including fusion artist J. Ross-Parrelli and the American Indian group Savage Family, worked with an Olympia-based group known as Music Mentors to run the academy. Music Mentors hosts similar camps throughout Washington to help kids create songs about a variety of issues, including planning for college, preventing violence and earth science.

In the makeshift recording studio at Warm Beach, Cherisse Sulkanum nervously recorded her first single. The shy 13-year-old Nooksack girl has sung in her school choir, but rapping into a microphone about being an American Indian is something else altogether.

"We'll be marching as one in this faceless movement," she sang.



Singing with other tribal kids has encouraged her to try to connect more with her ancestors.

Her aunt, Candace Kelly, said Cherisse is usually so quiet she won't talk to people unless they start the conversation. The camp has given her confidence.

"Most of the youth, they're trying to be American more than Native American," she said. "This helps them to realize they can be Native American."



Sponsored by Women's Funding Alliance & United States Department of Agriculture, Cooperative State Research, Education & Extension Services, National Endowment of the Arts

Graduate Program in Tribal Administration

Only The Evergreen State College offers a Master's Degree in Public Administration (MPA) focused on Tribal Governance.

The Tribal MPA program is created for present and future leaders who wish to actively engage in shaping public policy regarding tribal governance. The Tribal Governance track:

- Focuses on structures, processes and issues specific to tribal governments.
- Provides current and future tribal leaders with the knowledge and skills needed to work successfully in Indian Country.
- Informs tribal liaisons of governmental or other organizations.
- Reflects the diversity of issues addressed by tribes, including health, housing, education, youth, welfare, land use, law enforcement, human resources, transportation, fiscal policy, and economic development.

The program is designed to accommodate student's work schedules by following a weekend intensive format. The cohort meets four times per quarter, roughly once every three weeks. Most students complete the program in two years.

For more information contact:
360.867.6202
www.evergreen.edu/mpa

Tribal College Presents Fall Advising Day on August 19

Muckleshoot Tribal College will host the Fall Quarter Advising Day, 10am-2pm August 19, 2009.

Bates Technical College, Northwest Indian College, The Evergreen State College, Antioch University, Green River Community College, The University of Washington, and Grays Harbor College are the colleges that will be here to help students understand what college can do for them and to help students enroll for the fall.

Other special guests at Advising Day for Fall '09 include Marie Marquez, Muckleshoot Financial Aid Director, and Brent Grider of the Muckleshoot Health and Wellness Center. Marie will help students understand financial aid – the FAFSA (Free Application for Federal Student Aid), which is the basis of all college aid, tribal scholarship resources and private scholarships.




Lunch will be served as well as continental-style breakfast items for early-comers.

For more information about the Muckleshoot Tribal College Fall Advising Day please contact Michele Rodarte at 253-876-3291 or at Michele.Rodarte@muckleshoot.nsn.us.

THE Start Time has changed for GED Exams

PLEASE NOTE: The First Test is now at 9:00AM & the last test for the day is at 2:45PM

August 14, 21, 28

Remember: Dates are Subject to Change, Please Call College to Confirm Dates!

Exam Testing Times –Arrive Early!

9:00 Reading, Social Studies, Science

10:30 Reading, Social Studies, Science

12:30 Math OR Language Essay Pick Only One

2:45 Reading, Social Studies, Science

If you are planning on taking 4 tests in one day then do your Essay at 12:30 & do your Math the next testing session

Contact Mitzi Judge @ Muckleshoot Tribal College 253-876-3395
mitzi.judge@muckleshoot.nsn.us
Or Tribal College Main Office 253-876-3183
www.muckleshoottribalcollege.com
GED Instructor's Phone number 253-876-3256
Located at 39811 Auburn Enumclaw Road SE, Auburn WA 98092

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 Chinook 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

Join others who want to make a difference in Native American communities. All courses focus on Coast Salish peoples.

Apply Today for Fall
Classes begin October 2009

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



Contact Shana Hornmann, program director
206-819-4117
shornmann@antiochseattle.edu

Fall Quarter ADVISING DAY

~EVERYONE WELCOME~

Muckleshoot Tribal College
39811 Auburn Enumclaw Rd. SE Auburn WA (253) 876-3183

When: August 19th 2009
Time: 10:00 a.m.—2:00 p.m.

LUNCH WILL BE PROVIDED

Come see what we have to offer you for Fall Quarter. Enroll in school now!!

Colleges Present:
N.W.I.C., Evergreen, W.S.U., Antioch University,
University Of Washington, Green River Community College, Bates Technical College

M.O.S.T. Program

Would like to invite Women of All Ages to attend our newly formed

WOMEN'S LUNCH GROUP

~ Please feel free to bring your favorite dish to share ~

EVERY THURSDAY 12:00 TO 1:00 PM

Where: Muckleshoot Tribal College
IN OUR NEW "WRITING CENTER"
LOCATED IN ROOM 208

Please come to this Women's Group if you are looking for a place to come and have a hot cup of chili and feel supported and inspired.

We hope to offer Cultural song & Prayer, Guest Speakers, Opportunities to share in small groups & large groups, arts and crafts.

Guest Speaker Potential Topics:

- Setting goals for your life.
- Ways to balance school, work, and home life
- Nutrition, health, domestic violence
- How to build professional relationships in the workplace
- College Programs
- Ways to do Personal Budgets

We hope you can join us for food and fun every Thursday!

For more Information please contact
Janet Emery @ 253.876.3355 or
Denise Bill @ 253.876.3345.



PHOTO BY JOHN LOFTUS

AN UNUSUAL BABY. When its nesting tree was cut down as part of a project to shore up dikes along the Green River, this rare baby green heron became a condo dweller, giving neighbors a treat as he perched for days in a bush near a carport. The fledgling's parents came to feed him regularly and finally one day he was big enough to fly away.



Free Early Childhood Enrichment

The following programs are available for you & your family:

Muckleshoot Birth to Three
(serves infants/toddlers 0 to 36 months & their families)

Muckleshoot Head Start
(serves 3 to 5 year olds & their families)

Look what we have to offer:

Birth-3:
Developmental Screenings & assessment
Developmental Monitoring
Early Intervention Services:
Speech/Language Therapy
Occupational Therapy
Physical Therapy
Group or Individual Play in a safe/ nurturing environment to promote language, motor, social/emotional, adaptive, & cognitive development
Transportation
Meals
Recreational Activities (fieldtrips).

(253) 804-9695
(253) 833-2440

What you teach from Birth to Three is what will matter most to me.

Head Start:
Qualified Teaching Staff
Transportation
Free Meals
Quality Education in Preparation for Kindergarten
Parent Involvement with Exciting Projects
Opportunity for Parents to become "TEACHERS"
Full-Day or Half-Day Instruction
Vision & Hearing Screenings
Field Trips
Early Childhood Special Education Services:
Speech/Language Therapy
Occupational Therapy
Specialized Instruction

(253) 876-3152
(253) 876-3224

Where preparation meets potential. Educating our future leaders.





Last Day at the Old Muckleshoot Tribal School

PHOTOS BY BOB CHARLO



Muckleshoot Youth Facility
38624 172nd Ave SE; Auburn, WA 98092
(253)876-3383

Youth Facility Hours of Operation

Sunday: CLOSED
Monday: CLOSED
Tuesday: 12:30pm-9:00pm
Wednesday: 12:30pm-9:00pm
Thursday: 12:30pm-9:00pm
Friday: 3:30pm-12:00am
Saturday: 12:30-9pm

Youth Services (JOM)
Monday-Friday 8:00 am-5:00 pm

Youth Work Training Program
Monday: 11:30-7pm
Tuesday-Friday: 12-9pm

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:

September 3rd November 5th
October 1st December 3rd

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

Clothing Voucher Disbursements

Any questions/concerns please contact:
(253)876-3381 **Laurie**
(253)876-3382 **Marie**
(253)876-3378 **Receptionist**

ALL DATES LISTED BELOW ARE SUBJECT TO CHANGE.

*If a child is advancing into a different school the Fall Distribution application is to be filled out by the school the child will be attending 2009/2010 school year.
3rd disbursement deadline 8/19 at noon for 8/27 disbursement.
4th disbursement deadline 9/2 at noon for 9/10 disbursement.
5th disbursement deadline 9/16 at noon for 9/24 disbursement.
Last disbursement deadline is 9/30* at 5 p.m. for last disbursement 10/15.

*ALL APPLICATIONS MAILED NEED TO BE POST MARKED ON OR BEFORE 9/30 TO BE CONSIDERED ACCEPTABLE FOR THE FALL DISBURSEMENT.

If a voucher isn't picked on the day it is to be available please call in advance prior to coming in to pick up the voucher.

Remember only those listed on the application is allowed to pick up the voucher and a photo ID is required.

The Latest From The Social Services Department Low Income Energy Assistance Now Available

Applications are now being accepted for Low Income Energy Assistance at the Muckleshoot Resource Center. Checklist for Energy Assistance includes:

1. Social Security Number for every member of your household
2. Income verification for every member of your household age 18 and older (No income declaration required for non-working household members)
3. Your most current utility statement

INCOME GUIDELINES
Number in Family Maximum Income Allowed:

1 - \$29,305	5 - \$65,372
2 - \$38,321	6 - \$74,389
3 - \$47,338	7 - \$83,405
4 - \$56,355	8 - \$92,422

If you need help with your light bill or gas bill and feel that you meet the above criteria, please see Social Services Specialist Linda Starr at the Resource Center for an application. Please allow seven to 10 days for processing application. For further information, call Linda at 253-876-3338.

Wildlife & Preservation new employees

- Keith Stevenson - Cultural Monitor
- Levi Hamilton - Bio Technician for Wildlife
- Anna Price - summer youth worker

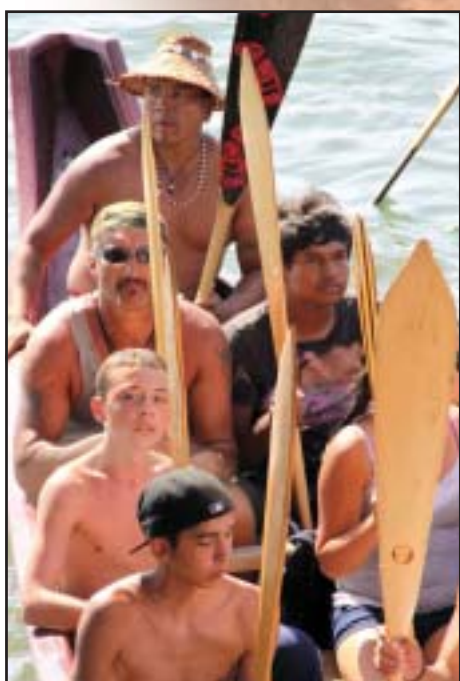
TRIBAL CANOE JOURNEY 2009

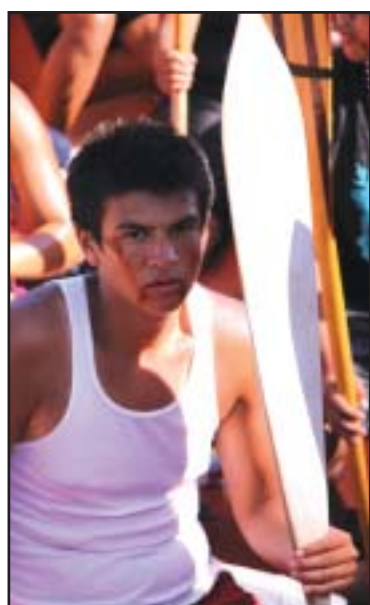
Paddle to Suquamish

PHOTOS BY JOHN LOFTUS



Emmett Oliver watches as the canoes land





Huffing: Inhaling Danger

By Brent Grider

What is "huffing"?

Huffing is a term used for breathing in chemical vapors from a variety of common substances. In fact, as many as 1000 household products can be used as "inhalants" which is another common term for huffing. Other street terms for inhalants include: "bang", "boppers", "poor man's pot", "hippie crack" and "head cleaner", among others. There are four main categories of inhalers.

Volatile Solvents—These are liquids which vaporize at room temperature if left in unsealed containers. Paint thinner, gasoline, correction fluid, nail polish remover and felt-tip markers all contain volatile solvents.

Aerosols—Aerosols are sprays which contain propellants (like hair spray cans) and solvents such as toluene. Examples of aerosols include: paint, deodorant, hair products, and cooking products.

Gases—These are substances which do not have a defined shape or volume. Examples of gases used as inhalants include: butane lighter fluid, gas from propane tanks, and medical anesthesia like nitrous oxide.

Nitrites—Nitrites are a group of chemicals, such as amyl nitrite and butyl nitrite. These chemicals are used by some to enhance sexual experiences rather than to get a high, euphoric feeling. Nitrites are often purchased in capsule form and "popped" in order to release the vapors.

These four categories of inhalants can be ingested or used in a number of ways, from inhaling to sniffing and snorting.

Who is Using?

Use of inhalants is up over a 150% over the past few years. There are now over a million regular users of inhalants in this county and 17 million which have tried huffing at least once. Most of those users are between the ages of 12-17. Inhalants are the fourth most abused substances in the U.S., behind only alcohol, cigarettes and marijuana. By the time a young person reaches the 8th grade, one in five will have tried some form of inhalant at least once. Both males and females appear to use at roughly the same rate.

Symptoms of Inhalant Use

- Drunk or disoriented appearance
- Chemical odors around the mouth or on clothes
- Paint or stains on the face
- Hidden spray paint or solvent cans or chemically soaked rags or clothing
- Nausea or loss of appetite
- Slurred speech
- Red or runny nose or redness around the mouth
- Unexplained holes or burn marks on clothing
- Smell of chemicals on breath
- Lack of concentration or coordination

Effects of Inhalant Use

Huffing can be addictive and is often referred to as a "gateway" drug, particularly for young people and kids because inhalants are cheap and accessible. The short and long-term effects of huffing can be serious and deadly. The short-term effect of huffing may be a feeling of euphoria, like being drunk on alcohol. After the initial excitement, there may be feelings of drowsiness, lightheadedness and possible anxiety or agitation. Then there may be hallucinations, anger, impaired judgment or a loss of inhibitions. Inhaling high concentrations of chemicals can lead to sudden death due to heart failure, suffocation or an accident due to loss of judgment.

The long-term effects of using inhalants include: weight loss, muscle weakness, loss of coordination, irritability and depression. Long-term use may also lead to hearing loss, bone marrow damage and sometimes irreversible damage to the heart, lungs, brain, central nervous system, liver and kidneys. Huffing can kill with one use or with regular use over time. It is NOT a safe alternative to other drugs!!

Contact the Muckleshoot Behavioral Health Program at (253) 804-8752 for more information or to schedule an appointment. Lakeside- Milam in Auburn also provides quality, free assessments. They can be reached at (253) 859-6436.

*Information provided by the U.S. Department of Justice and Brookhaven National Laboratory

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

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

Notice to All CHS Eligible Patients

If you received a PO from the CHS office and now you are receiving a medical bill or statement, please bring them to the CHS office for review.

This will ensure timely payment to your provider.

As always, you must obtain a PO # prior to your medical appointment and call us if you cancel or reschedule your appointment.

**CHS Office Hours:
Monday – Friday, 8am – 5pm
Closed for Lunch 12pm – 1pm
Phone: 253-939-6648**

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 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.

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.

**24-HOUR CRISIS LINE
1-866-4-CRISIS**

**Having a problem with pain pills?
Does your life revolve around pills?
If pills control you instead of you
controlling the pills.....**

Suboxone (Sub-ox-own) referrals and treatment now available!

Help for prescription pain medication dependence is now being offered through the Health and Wellness Center. Suboxone is also used in the treatment of other opiate-based or synthetic opiate drug dependence. These drugs include: Oxycodone/ Oxycontin, Hydrocodone, Vicodin, Heroin, Morphine).

SUBOXONE is the first opioid medication approved under Drug Addiction Treatment Act (DATA) 2000 for the treatment of opioid dependence in an office-based setting. The primary active ingredient in SUBOXONE is buprenorphine.

SUBOXONE at the appropriate dose can:

- Reduce illicit opioid use
- Help patients stay in treatment
- Suppress symptoms of withdrawal
- Decrease cravings for opioids

The Health and Wellness Center will have a provider licensed to prescribe suboxone. Currently we are able to refer to several providers for evaluation and treatment. For more information please contact Behavioral Health at (253) 804-8752.



"New Beginnings"

Coming Soon!!!!

The Muckleshoot Health & Wellness Center will soon be offering the "New Beginnings" program. This healthy lifestyle program will be a comprehensive, focused and targeted wellness program featuring four specific aspects of

- health, including:
- *Nutrition
 - *Exercise
 - *Clinical Evaluation
 - *Behavioral Health

**Eligibility requirements, guidelines and sign up information coming soon... watch for more details!!!

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.

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	Open
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
Optical Clinic	(253) 939-6648	12:00-1:00
Pharmacy	(253) 333-3618	12:00-1:00
Physical/Massage/Acupuncture	(253) 333-3620	12:00-1:00
Recovery House	(253) 333-3629	Open
Wellness Center	(253) 333-3616	Open
WIC Wed/Thurs Only	(253) 939-6648	N/A

Health & Wellness Center Program Closures for Aug. & Sept. 2009

Day	Date	Times Closed	Reason Closed
Fri.	08/21/09	12-2:30	Tribal Ops Mandatory Staff Attendance Event
Fri.	08/28/09	All Day	Tribal Ops Mandatory Staff Attendance Event
Thurs.	09/03/09	8-9:30	Mo. All Staff Meeting
Mon.	09/07/09	All Day	Labor Day

Healthy Bites Healthy Bites



Healthy Shopping Tips:

- Plan ahead
- Don't shop hungry
- Shop the perimeter of the store
- Shop in season, fresh is better
- The fewer ingredients the better
- Beware of product placement; watch for products placed eye level for you and the kids as a marketing gimmick
- Shop sales wisely, don't just buy it because it's cheap
- Be wary of products placed at the ends of the aisles
- Know your sugar terms: sucrose, syrup, dextrose, fructose glucose and lactose are all forms of sugar.

If you can't pronounce the ingredients- it's not good for you!

Call for more information and a laminated pocket guide

Muckleshoot Health Wellness Contacts:
Colleen Crossett, Registered Dietitian
Brent Grider, Health Education Specialist
253-939-6648



Sleep Apnea: More than just a bad night's rest

By Brent Grider

Sleep apnea has become a frequently used term, but what is it exactly? The following is a general description of the condition and includes highlights from a conversation with Doctors Morris Chang and Daniel Clerc who head the Auburn Sleep Center. The center is located at the Auburn Regional Medical Center and is one of the leading comprehensive sleep centers in the area.

What is sleep apnea?

Sleep apnea occurs when breathing is temporarily interrupted during sleep. In fact, apnea is the Greek word for "want of breath." The most common form of sleep apnea is obstructive sleep apnea (OSA). In OSA, the muscles of the soft palate around the back of the tongue and part of the throat relax, which blocks the airway. Sleep apnea can be serious. The lack of oxygen from breathing interruptions can lead to lower blood oxygen levels, adds stress to the heart, increases blood pressure, and can prevent the entering of the REM stage of sleep. All this interferes with a good night's rest and more severely, the increase in blood pressure caused by sleep apnea, can lead to an increase in the risk of stroke, heart failure, and heart attack.

How common is sleep apnea?

There is an estimated 18 million people diagnosed with sleep apnea in this country, but some experts believe that up to 20% of the general population may suffer from sleep apnea. This means a community of about 3,000 people (roughly the size of the Muckleshoot community), approximately 600 could be sufferers. It is a highly unrecognized and misdiagnosed condition. The average time from when a patient first develops symptoms until they are sent to see a sleep specialist is five years. The increase in obesity rates is leading to an increase in sleep apnea diagnosed in adults and children.

What are the risk factors for sleep apnea?

Being overweight is the largest risk factor, accounting for approximately two thirds of all cases. Extra weight contributes to snoring and sleep apnea by putting excess weight around the neck which weighs down the throat and constricts the airway. Hereditary issues like bone structure and tongue shape and size also play a role (if a tongue compressor is required at exam, sleep apnea is probable). Alcohol use is a contributing factor due to its sedative qualities, as are irritants such as tobacco smoke. The risk of sleep apnea increases with age. Males suffer at a higher rate, but this difference disappears after menopause for women.

What are common symptoms?

Insomnia is the initial complaint in half of all sleep apnea patients. Other common symptoms include memory changes, irritability, and depression. Loud snoring or snorting with pauses or gasps are other common signs. Early research has also shown a potential connection between sleep apnea and sleep walking and talking. More research is being conducted in this area. An obese child who snores, and/or exhibits symptoms such as hyperactivity, lack of concentration in school, etc. should be checked for sleep apnea. In fact, sleep disorders may account for half or more ADD/ADHD cases in the U.S. The brain is tired from lack of sleep so the body overreacts. Children suffering from ADD/ADHD may be referred to an Ear, Nose and Throat Specialist (ENT) or Sleep Specialist.

Are there nutritional components to sleep apnea?

Yes, there is some evidence that high inflammation diets (typical Western diet, i.e., sugar, refined grains, etc.) can trigger or influence sleep apnea. There may also be an allergy component to some sleep disorders.

What are common treatments?

Surgery is the prime sleep apnea treatment in children (removal of tonsils/adenoids). Weight loss and the use of the C-PAP (mask worn to improve airflow) are common in adults. Sleep pills can enhance sleep apnea's effects, which may explain the "hangover" effect people feel when taking sleep medications.

What are the benefits of treatment?

Treatment benefits can be significant. Patients often feel more energetic, have better concentration, and don't feel as tired during the day. There should be a reduction in blood pressure after treatment, which will lower the risk of stroke, heart failure and heart attack. Improvements in children may be seen in regard to ADD/ADHD symptoms, as well as the ability to concentrate and do better in school.

Where can you get treatment?

If you think you or someone you know may have sleep apnea, schedule an appointment at the Health & Wellness Center with any one of the providers. They can schedule an evaluation to see if you have the condition and then work with you to determine the best treatment.

*Information provided by Dr. Chang and Dr. Clerc from the Sleep Disorder Center at Auburn Regional Medical Center, www.medterms.com, and Science Daily

"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

ACUPUNCTURE

IS AVAILABLE AT MUCKLESHOOT HEALTH & WELLNESS CENTER

NANCY PAINE-SHERMAN, L.A.C.

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



Anger Management Group With Dr. Sarlak

12-Week Course, Starts: August 12, 2009

Wednesdays 6-7:30

Satisfies Court Requirements

Open to all Tribal and Community members (Space is limited)
 To Register Contact
 Muckleshoot Behavioral Health
 253-804-8752

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

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 instructions 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 to 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 you 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...

Tips for coping with hot weather

Summer is finally here and so is the heat. Although the warm days are nice to most people, they can be dangerous to others. Mountain View Fire & Rescue / Black Diamond Fire Department would like to remind everyone about some safety precautions to help prevent heat related injuries.



HEAT SAFETY TIPS:

- **Drink water** – Be sure to carry and drink water with you anytime you are out in the heat. You will want to stay hydrated by drinking water even if you are not thirsty and avoid drinking alcohol and caffeine.
- **Dress for the heat** – Wear lightweight, light-colored clothing to reflect the sun. It is also a good idea to use an umbrella or wear a hat.
- **Avoid strenuous activity** – If you must do strenuous activity it is best to do it early in the day or late in the day when it is cooler.
- **Check on your neighbor** – It is a good idea to check on elderly residents in your neighborhood who do not have air conditioning. There are also facilities that may open up as cooling centers so check RPIN.org (Regional Public Information Network) for this information.
- **Don't leave pets or children in your vehicle** – Your car can heat up quickly and can be put children and pets in danger. Never leave your child or pet in the car even for a short time.
- **Take a first aid/CPR class** – Mountain View Fire & Rescue / Black Diamond Fire Dept will have a first aid/CPR class on August 19, 2009. Please contact us at 253-735-0284 for more information.

Know What These Heat-Related Terms Mean:

- **Heat cramps** – Heat cramps are muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are an early signal that the body is having trouble with the heat.
- **Heat exhaustion** – Heat exhaustion typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim may suffer heat stroke. Signals of heat exhaustion include cool, moist, pale flushed or red skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.
- **Heat stroke** – Also known as sunstroke, heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals include hot, red and dry skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high—sometimes as high as 105 degrees.

General Care for Heat Emergencies:

Heat cramps or heat exhaustion – Get the person to a cooler place and have him or her rest in a comfortable position. If the person is fully awake and alert, give half a glass of cool water every 15 minutes. Do not let him or her drink too quickly. Do not give liquids that contain alcohol or caffeine. Remove or loosen tight clothing and apply cool, wet cloths, such as towels or sheets. Call 9-1-1 or the local emergency number if the person refuses water, vomits or loses consciousness.

Heat stroke – Heat stroke is a life-threatening situation! Help is needed fast. Call 9-1-1 or your local emergency number. Move the person to a cooler place. Quickly cool the body. Immerse victim in a cool bath, or wrap wet sheets around the body and fan it. Watch for signals of breathing problems. Keep the person lying down and continue to cool the body any way you can. If the victim refuses water or is vomiting or there are changes in the level of consciousness, do not give anything to eat or drink.

According to the National Weather Service; heat emergencies cause more fatalities than any other weather-related type. This includes floods, tornadoes, hurricanes, and extreme cold. Mountain View Fire & Rescue / Black Diamond Fire Dept would like you to have a safe summer. For more information on heat related emergencies please contact Tim Perciful at 253-735-0284.

Basic Facts on Payday (Predatory) Lending:

A Growing Problem:

Predatory payday lending is prohibited in 15 states. (Payday lending was illegal in Washington State until 1995, when the Legislature exempted them from the Consumer Loan Act.)

In 2007, payday lenders made over 3.5 million loans to people in Washington. That is almost 10,000 loans every day.

Payday lending is big money for lenders – in 2007, lenders made \$186 million in fees off of \$1.3 billion in loans. And the industry is growing! Between the years of 2000 to 2007, the number of payday loan shops in our state almost doubled. They are growing so fast that there are more payday loan shops in Washington than there are Starbucks.

Predatory Lending Practices:

Repeat borrowing: The typical payday loan in Washington is made to a person who takes 8 to 17 loans in one year. In fact, borrowers who receive 4 or more payday loans account for 90% of payday lenders revenues.

Balloon payments: The typical payday loan in Washington is made for 14 days and when the loan comes due, the entire amount is due at once. This short term loan period means the annual percentage rate (APR) on the typical loan is 391% (can go as high as 3,500% for loans that are less than 14 days.)

Rollover and Back-to-Back Transactions: Few people who take out payday loans can afford to pay the entire amount out of their next paycheck. Consequently, they take out back-to-back loans or go to multiple borrowers to pay off the first loan. Washington law prohibits extension of the loan (illegal rollover) if the borrower cannot repay at the end of the loan term. However, lenders get around the law by issuing back-to-back transactions (legal rollovers) the very same day.

Preying on our communities: Payday lenders target those who can least afford to be financially exploited, including workers living paycheck-to-paycheck - communities of color and the military. This moved the Department of Defense, Congress and President Bush to pass a law protecting active duty military and their families with a 36% cap on payday loans.

More Graduation photos



Ashley Buchanan, Centralia HS



Jackie Starr, Monica Simmons and Susie Anderson



Julianna and Glorianna



NWIC Instructors Esther John and Ian Padden



Monica Simmons, NWIC



Auburn Riverside grads Lindy Lloyd, Julianna Arms and Glorianna Ortiz Cross



Muckleshoot Elders Newsletter

August 2009

August Birthdays



- | | |
|----------------------------|-----------------------------|
| Lorraine Reed – 08/01 | Leo Daniels – 08/26 |
| Lorraine Cross – 08/01 | MaryAnne Moses – 08/26 |
| Rosemary Fryberg – 08/05 | Joyce Bartram – 08/30 |
| Sherene Berry – 08/08 | Effie Keeline Jr. – 08/31 |
| Larry Nichols – 08/09 | Marguerite McClusky – 08/27 |
| Donna Starr – 08/09 | Carlene Schultz – 08/22 |
| Fred LaClair – 08/14 | Dhyan Story – 08/25 |
| Charlotte Williams – 08/21 | Johnny Williams – 08/26 |

- **Canoe Journey** – an event we travel to each year. Those who attend have a long week but it all worth the memories and travel time in the end.
- **Pick Berries** – We need to get up to the mountains and get those berries this year watch the calendar and come stop in to head out early.
- **Elder's casino breakfast** – This month August 29th come enjoy each others company.
- **Thank you!** – Thank you to Doug Moses for trimming the tree out front using your own truck and tool we appreciate your help.
- We would also like to thank Job Corps for picking up our water at Sam's Club. We want to make sure our elders do not get dehydrated in this hot summer months
- Thanks again to Henry Kevin Starr, Wilfred Starr, Bernyce Elkins, and Guy Kindness.
- **Lunch run** – is done daily if you know you will be gone that day please call us so we do not make a stop and nobody's home.
- **Tribal elder's funds** – For trips, please call senior center for more information. Travel must be used by December 31st 2009



REMINDERS:

Skagit Elders Luncheon – Aug. 12th leave at 8:00



Elder's fundraisers – for August will be concert events @ White River Amphitheatre, concert dates are as follows:

- 8/17 – Aerosmith
- 8/22 – Pain in the Grass

Please sign up at Sr. Center for donation or come and work. Silent Auction needs your donations so we can get it started.

Brunch – We will be serving Brunch on Friday in August from 10:00 to noon, so we will be closed for in-service during the afternoon hours. Please make your appointment for morning on Fridays.

ELDERS ON THE

Canoe Journey

PHOTOS BY JOHN LOFTUS



MUCKLESHOOT SKOPABSH CELEBRATION

AUGUST 28, 29, 30, 2009
MUCKLESHOOT INDIAN RESERVATION, AUBURN, WA

DANCE CONTEST
GOLDEN AGE CATEGORIES (50+)
\$1000-\$800-\$600-\$400

ADULT CATEGORIES (18+):
\$1000-\$800-\$600-\$400

TEEN CATEGORIES (13-17)
\$500-\$400-\$300-\$200

JUNIOR CATEGORIES (7-12)
\$250-\$200-\$150-\$100

COMMITTEE SPECIALS
Prairie Chicken Special
Women's Crow Style
\$1000-\$800-\$600-\$400

DRUM CONTEST
\$8000-\$6000-\$4000-\$2000
1st 20 non-contest drums paid per session

MC's: *Kenny Scabbyrobe & Thomas Morning Owl*
Arena Director: *Russell McCloud*
Whip Man: *Dennis Butterfly*
Head Man Judge: *Rainbow Azure*
Head Woman Judge: *Thea McCloud*
Head Drum Judge: *Ken Gopher*
Head Man Dancer: *Quincy Jackson-Ellenwood*
Head Woman Dancer: *Bernadine Robertson*

HOST DRUM:
Black Lodge, White Swan, WA

Fri, Aug 28th - Grand Entry 7PM
Sat, Aug 29th - Grand Entry 1 & 7 PM
Sun, Aug 30th - Grand Entry 1 PM

General Information: Grant Timentwa (253) 876-3327 grant.timentwa@muckleshoot.nsn.us
or Jeannette Morrison (253) 939-6104 Website: http://www.muckleshoot.nsn.us

YAKAMA NATION LEGENDS CASINO 7TH ANNUAL

POW WOW

RODEO & STICK GAME TOURNAMENT

AUGUST 21-23, 2009 • TOPPENISH, WA

\$80,000
IN CASH & PRIZES!

PRIZE MONEY

SENIORS (55+)
MEN & WOMEN
1st - \$1,100, 2nd - \$800,
3rd - \$600, 4th - \$500, 5th - \$300
ADULTS (18-54)
MEN'S - TRADITIONAL, GRASS, FANCY,
ROUND HUSTLE, SCOTCHGILL, STRAIGHT
WOMEN'S - TRADITIONAL, SINGLE, FANCY,
SHORT FRINGE, SOUTHERN, CLOTH, MUCKSKIN
1st - \$1,100, 2nd - \$800, 3rd - \$600,
4th - \$500, 5th - \$300
TEENS (13-17)
BOYS - TRADITIONAL, GRASS, FANCY
GIRLS - TRADITIONAL, FANCY, SINGLE
1st - \$500, 2nd - \$400,
3rd - \$300, 4th - \$200
JUNIORS (6-12)
BOYS - TRADITIONAL, GRASS, FANCY
GIRLS - TRADITIONAL, FANCY, SINGLE
1st - \$300, 2nd - \$200,
3rd - \$150, 4th - \$100
TINY TOTS (5 & UNDER)
Win a share of \$1,500

SPECIALS

MEN'S TRADITIONAL (18 & UP)
IN HONOR OF JOHN MOSES JR.
SPONSORED BY MOSES FAMILY
1st - \$1,000, 2nd - \$800, 3rd - \$600,
4th - \$500, 5th - \$300
Inherits for 1st, 2nd & 3rd Places
WOMEN'S SPOTLIGHT FANCY (18 & UP)
IN HONOR OF ROSIEA WESLEY
SPONSORED BY WESLEY FAMILY
1st - \$2,000, 2nd - \$1,500, 3rd - \$1,000
Roundel outfits only
WOMEN'S FANCY (18 & UP)
SPONSORED BY ANGELA GEORGE FAMILY
1st - \$500, 2nd - \$400, 3rd - \$300,
4th - \$200, 5th - \$100
All places receive a traditional blizzard.
Sunday afternoon all participants
will receive a T-shirt.
**WOMEN'S HI-STEP SHELL DRESS/
FRONT FRINGE (18 & UP)**
SPONSORED BY HELEN THOMPSON
1st - \$500, 2nd - \$300, 3rd - \$200

WOMEN'S "OLD FIDDLE" GRAND DANCE (18 & UP)
IN HONOR OF JERRY BERNHARDT
SPONSORED BY POW WOW COMMITTEE
1st Place - \$1,200
2nd Place - \$800
3rd Place - \$500
4th Place - \$300

M.C.'s
Jerry Mealmick, Yakama
Ruben Littlehead, Northern Cheyenne
ARENA DIRECTORS
JR Alock, Yakama
John Moses Sr., Yakama
WHIPWOMAN
Lila Telakish, Yakama
HEAD DRUM JUDGES
Casper, Shuswap/Haida
Leroy WindyBoy, Chippewa Cree
HEAD DANCE JUDGES
Men - Harley Guy, Navajo/Yakama
Women - Billie Smith, Yakama
REGISTRATION FEE
Dancers - \$5 Drum Contest - \$50
Opens Friday at 4pm
Closes on Saturday at 7pm
GIVEAWAYS
Friday at 9am
GRAND ENTRY
Friday at 7pm
Saturday 1pm & 7pm
Sunday 2pm
COMPLETE DETAILS
Carla George 509.895.1576
Bette Tillequots 509.949.0557
SPECIALS
John Moses Jr. 509.307.3609
VENDORS & CAMPING
Juan Correa 509.865.8800, x5264
STICK GAME CONTACT
Nancy Selam 509.314.0582
RODEO CONTACT
RaeLynn Bock 509.865.8800, x5261

HOST DRUM

- NORTHERN -
Bear Creek
Snoo Dr. Maria, Detroit, Canada
- SOUTHERN -
Thunder Hill
Weatherford, Oklahoma

DRUM CONTEST

1st - \$6,000
2nd - \$4,000
3rd - \$2,000
4th - \$2,000
5th - \$1,000
Consolation Prizes
\$8,000 split
between the first 16
non-contest drums



LIVE ENTERTAINMENT
AUGUST 20 • 8PM
FREE TO THE PUBLIC

580 FORT ROAD • TOPPENISH, WA
1.877.726.6811 • WWW.LEGENDSCASINO.COM

ALL PARTICIPANTS MUST BE ABLE TO PROVIDE 2 PIECES OF PROPER I.D.
NO ALCOHOL, DRUGS OR WEAPONS ALLOWED. MANAGEMENT RESERVES ALL RIGHTS AT ALL TIMES. NOT RESPONSIBLE FOR ACCIDENTS, THEFT & SHORT HANDED DRIVERS.



Colleen Anderson ~ William "Billy" Bob Wedding

July 18, 2009 ~ Muckleshoot Pentecostal Church

PHOTOS BY KATHY CROMBIE



Employees of the Month

JUNE EMPLOYEE OF THE MONTH

Lena Chavez

Fisheries

Lena's peers have said:

"Lena is a very hard worker and is a conscientious employee" ... "Hard worker – reliable – extremely organized – team player – resourceful" ... "Hard worker, willing to help out anywhere." ... "When something seems difficult, Lena's smile invariably changes your perspective on that. Thanks Lena!" ... "Her willingness to tackle any job from inside filing to outside clam sorting, attentiveness to detail, good-natured, lends a hand whenever needed, An all-around good person and employee." ... "For all you do – for all you are – Thank you!"



JULY EMPLOYEE OF THE MONTH

Emiley Montes

Program Manager, MCDC

Emiley joined the Muckleshoot Child Development Center (MCDC) in February of 2008 and has served the program in a number of capacities. Because of Emiley's passion for Early Childhood Education and a personal commitment her journey started at the Muckleshoot Indian Tribe's Head Start Program in 1993 and lasted for over two years.

Emiley has been within MIT as a member of management going on ten years. She has great leadership skills, is a team player, is highly efficient and is a great asset to the MCDC and MIT as a whole. Emiley truly values our staff, children and families and strives to provide excellence in service and exceeds in all realms of customer service.

Emiley is constantly looking at ways to think outside the box, while remaining diligent, dedicated, eager to learn and assist whenever or wherever there is a need. Emiley believes that the greatest concept the children can learn from us is compassion for others and a strong sense of pride in our culture and tradition is vital to the children's academic success.

The MCDC is honored to recognize such an invaluable Muckleshoot Tribal Member and MIT Employee as July 2009 MIT Department of Education Employee of the Month. Emiley, we applaud your efforts, rejoice in this occasion and thank you for all that you do each day for our children as you are truly leading the way, creating a path and providing a legacy for generations to come!!!



FOR THE CHILDREN

Sarah



The ICW Program is profiling children who are dealing with the long term affects of prenatal alcohol and drug exposure. The children are receiving services from the ICW Program. Their real names are not used.

(Sarah) 11 months old

Sarah was prenatally exposed to alcohol, and opiates. Her mother had no prenatal care and she was born early. Mother reported daily opiate and frequent alcohol use while pregnant.

Sarah was positive for opiates at birth and within days began having withdrawals. She had difficulty feeding. Sarah was placed at Pediatric Interim Care Center (PICC) which provides care to medically fragile and addicted babies.

Sarah was given encouragement to feed and therapeutic handling techniques were used to sooth her.

Children who are prenatally exposed to intoxicants are at risk for feeding problems and failure to thrive. Without diligent attention to feeding, Sarah may have become dehydrated and failed to gain weight.

It is unknown what long term effects Sarah may suffer from her prenatal drug and alcohol exposure.

The ICW Program needs Tribal and community members to provide homes for dependent children. Many have special needs. Please support us in our effort to keep children that require out of home care here in the community. Call (253) 833-8782 to help.

Call 1-800-609-8764 to report child abuse or neglect.

Artwork by Doug Marquard



Feathered Healing Circle: Steps 8 & 9

Hi! Cynthia Lozier again with the Feathered Healing Circle. This next step is a doozy...



Step 8 "Made a List of all persons we had harmed, and became willing to make amends to them all."

Step 9. "Made direct amends to such people wherever possible, except when to do so would injure them or others."

I had a hard time with these steps the first time I ever tried this, because I was looking at it only from my perspective. I had made a list of all the hurts I had ever encountered from others. Wow, I had so much anger in me and hurt because of what others had done to me that I had to uncover my eyes and see that I was also hurting others.

That's when I learned a new saying: "Hurting people always hurt others." And that saying is so true. What a rude awakening. I went to a service of church where there was a cross and I had to lay every single hurt I had wrote on paper, fold it up and physically nail it to the cross.

Now, in order to nail these names and the hurts to the cross, that also meant that I had to leave everything with God. That meant I could no longer hold grudges about all of these hurts in my past. It was explained to me that no matter how bad someone had hurt me I HAD TO LEAVE IT ON THE CROSS AND I NAILED IT.

Do you know how many things God has forgiven us for? Everything....He was nailed on the cross for EVERYTHING we ever did before we even did anything. God forgave us....Why can't we forgive??? God forgave Moses for killing a man even though he was protecting his people. Why did Moses not get to travel into the promised land? Because he struck the rock and brought forth water without God. (He started doing things without God's Command to do it.) Moses was using his wits instead of God's Wisdom. We have to learn to walk for God and do God's Will, not our own.

Walking up to another person and telling them I was sorry for so and so was truly a humbling experience. I found out that those people were just as human as I was. Sometimes you are not able to go straight to that person and ask forgiveness because it is not safe, so you have to do the next best thing...write a letter, and even if you don't mail it you are still walking through the valley. You have to walk through because you are carrying too much baggage around. It makes you hard to reach because you block everyone off so they can't hurt you.

What if God is sending someone to you to help that has been through even more than you could ever imagine? If you have yourself blocked off how can you help someone else? I believe we have to help each other to the top, and not just ourselves. If you can't ask someone to forgive you... That doesn't mean that you can't pick up the pen and paper.

You have more power in the pen and paper than you ever could muster from all the physical strength you might have. Have you ever watched a mighty animal like the tiger or elephant or bear...what strength they have when fighting or killing for food. Yet the absolute gentleness they have when caring for their young.

To know your own strength, you also know your weaknesses. Since you know yourself, you can do the best you can to not hurt others then you don't have to walk around saying your sorry all the time. I am not saying you can't stand up to others, just try to do the best you can without having others step on you.

Next month is Step 10: "Continued to take personal inventory and when we were wrong promptly admitted it."

Having said this I must say Shalom, Shalom until next time.

Cynthia Lozier

A Journey of the Heart

PHOTOS BY CYNTHIA LOZIER

We started out at 7:30 a.m. (wanted to make sure that we weren't left.) Everyone went in a circle and prayed, then jumped into cars, vans, trucks and away we went. We ended up at Ike Kinswa State Park in Cowlitz. That was so magnificent to see the canoes launched into the water, then all the people lining up with their paddles.

I just sat off to the side trying to stay out of the way, except to take pictures of course. It was...so beautiful...the scenery and all. I couldn't get enough shots of the beauty of the area. What really touched my heart is that this area is where my grandfather, Frenchy Lozier was from. The whole time I walked around, I was wondering to myself, "Did my grandfather used to go fishing here?" Questions like this kept popping into my head.

I have been able to do journeys. I traveled the Trail of Tears as much as I could in a canoe with one of my friends while in college. I remember the beauty of the journey, then fighting the rapids to make sure the canoe did not hit the bank.

I have also done a lot of kayaking on my own. One of my friends even made a kayak and we tested it, it worked fine. But never a journey such as this one. I usually have to work when the Canoe Journey is going on, so this was a special trip to me indeed. I felt very close to Mother Earth. Thank you Canoe Family for showing me what Team Work really is.

Hoyt!

Cynthia Lozier



Muckleshoot King County Library Hours

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

Events at the Muckleshoot Library

39917 Auburn Enumclaw Road, Auburn, WA 98092
253-931-6779

Story Time
Stories and Strings
Wednesdays September 16, 23, 30 at 11:00am

Description: Please join us for stories, sing-alongs and other fun activities.

Computer Classes
Looking to sharpen your technology skills? If you're interested in attending a class, please call 253-931-6779.

Word 2007 Level 1 - Thursday - September 10 - 10:00am
Description: Find every day common commands that you need to use Microsoft Word 2007. Learn about the new Ribbon, as well as about Tabs, Groups, Commands, and the Dialog Box Launcher. Learn how to customize the Quick Access Toolbar.

Word 2007 Level 1 - Thursday - September 24 - 6:00pm
Description: Find every day common commands that you need to use Microsoft Word 2007. Learn about the new Ribbon, as well as about Tabs, Groups, Commands, and the Dialog Box Launcher. Learn how to customize the Quick Access Toolbar.

Book Discussion Group

Reading in the Woods Book Group - Monday, September 14 - 7:00pm

Description: Join us for a lively thoughtful discussion. This month's book is "The Absolutely True Diary of a Part Time Indian," by Sherman Alexie.

Light refreshments will be served

Please come to the Service Desk at the library to obtain a copy of the book.

Gaming

Gaming Zone

Tuesdays, September 15, 22, 29 - 3:00pm

Description: Board games! Puzzles! Wii! Come on down and have fun playing a variety of games. Challenge your friends!

I Believe

I Believe...
That just because two people argue,
It doesn't mean they don't love each other.
And just because they don't argue,
It doesn't mean they do love each other.

I Believe...
That we don't have to change friends if
We understand that friends change.

I Believe...
That no matter how good a friend is,
they're going to hurt you every once in a while
and you must forgive them for that.

I Believe...
That true friendship continues to grow,
even over the longest distance.
Same goes for true love.

I Believe...
That you can do something in an instant
That will give you heartache for life.

I Believe...
That it's taking me a long time
To become the person I want to be.

I Believe...
That you should always leave loved ones with
Loving words. It may be the last time you see them.

I Believe...
That you can keep going long after you think you can't.

I Believe...
That we are responsible for what
We do, no matter how we feel.

I Believe...
That either you control your attitude or it controls you.

I Believe...
That heroes are the people who do what has to be done when it needs to
be done, regardless of the consequences.

I Believe...
That money is a lousy way of keeping score.

I Believe...
That my best friend and I can do anything or nothing and have the best
time.

I Believe...
That sometimes the people you expect to kick you when you're down
will be the ones to help you get back up.

I Believe...
That sometimes when I'm angry
I have the right to be angry,
But that doesn't give me the right to be cruel.

I Believe...
That maturity has more to do with
what types of experiences you've had
And what you've learned from them
and less to do with how many
birthdays you've celebrated.

I Believe...
That it isn't always enough,
to be forgiven by others.
Sometimes, you have to learn to forgive yourself.

I Believe...
That no matter how bad your heart is broken
the world doesn't stop for your grief.

I Believe...
That our background and circumstances
may have influenced who we are,
But, we are responsible for who we become.

I Believe...
That you shouldn't be so eager to find
Out a secret. It could change your life Forever.

I Believe...
Two people can look at the exact same
Thing and see something totally different.

I Believe...
That your life can be changed in a matter of
Hours by people who don't even know you.

I Believe...
That even when you think you have no more to give,
When a friend cries out to you -
you will find the strength to help.

I Believe...
That credentials on the wall
do not make you a decent human being.

I Believe...
That the people you care about most in life
are taken from you too soon.

I Believe...
The happiest of people don't necessarily
have the best of everything;
They just make the most of everything they have.

- Submitted by *Janet Emery*



John Elkins III, Chandra Moses, Breezy Mae Elkins, Tamicka Elkins



2nd photo Tamicka Elkins



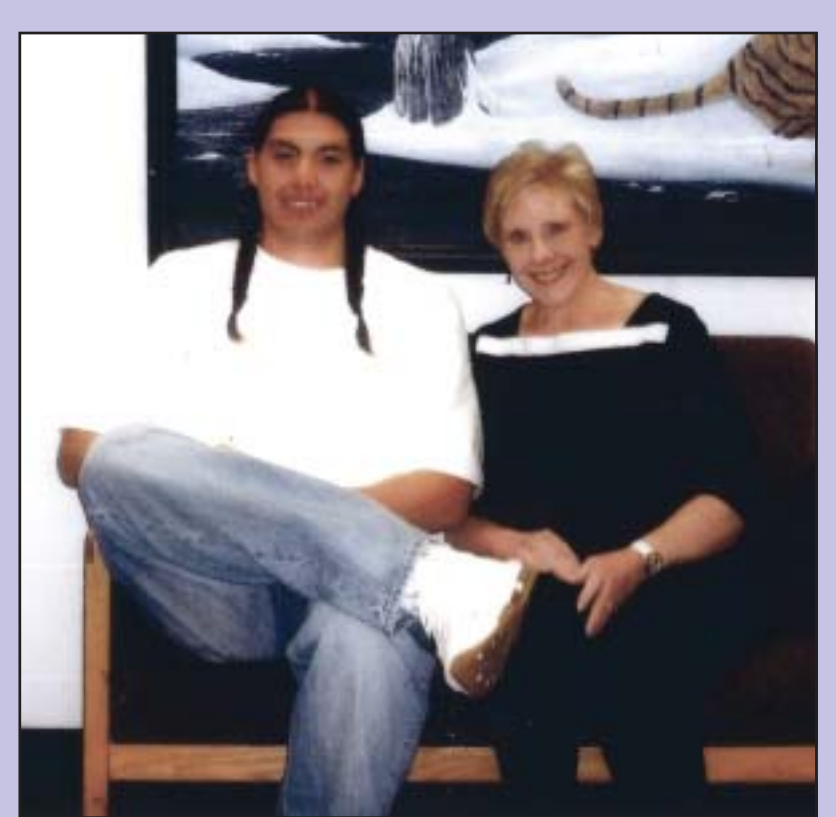
Tamicka



Kaylie



Proud parents Ursula & German Garcia boy Sawyer German Garcia 8lbs 8oz 20in proud grandparents Ramona & John Elkins



Congratulations to my granddaughter Angelica Rodarte for completing her sophomore year at Auburn High School with a 3.6 GPA. It just beauty and brains do go together.

Also congratulations for getting 100% on the first attempt of your driving test.

I am so proud of you and your dedication to getting into a good college.

I love you,
Grandma Pat



Happy 1st Birthday Kalley

Love, Mom & Dad

To whom it may concern:

The Muckleshoot Indian Tribe Veterans Committee has asked that I invite all veterans who work for the tribe to identify themselves to the Veteran Affairs Program so that they can invite you to events for veterans. If you are an honorably discharged veteran, please contact me so that we can get a process started. The information I will need is as follows:

- Name
- Home Address
- Branch of Service
- Dates of Service
- A copy of your DD-214

Also, it would be helpful to know if you served in a foreign theatre.

Thank you, on behalf of the Veterans Committee,
Sonny Bargala

2009 Per Capita Deadlines and Schedules

August 14, 2009	Deadline to stop taking any changes for members currently with Direct Deposits
August 31, 2009	Enrollment Cut Off Date for December 2009 Per Capita's
September 1, 2009	Per Capita Distribution
September 2, 2009	Per Capita Distribution
September 3, 2009	Per Capita Distribution
September 30, 2009	Deadline - New Direct Deposits Must Be In
October 9, 2009	Deadline for Information to be in from Programs - (Enrollment, ICW, Hsg., Loan, Hunting, Etc.)
November 13, 2009	Deadline to stop taking any changes for members currently with Direct Deposits
November 30, 2009	Enrollment Cut Off Date for March 2010 Per Capita's
December 1, 2009	Per Capita Distribution
December 2, 2009	Per Capita Distribution
December 3, 2009	Per Capita Distribution
December 31, 2009	Deadline - New Direct Deposits Must Be In

CULTURAL WELLNESS GATHERINGS

AA Meeting Time

Muckleshoot Recovery House Mondays 12:00 Noon
39225 180th Ave. SE,
Auburn, WA 98092

New Native American "All Nations"

Pentecostal Church Muckleshoot Mondays 7pm - 8:30 pm
39731 Auburn Enumclaw Road SE
Auburn, WA

Feather Healing Circle

39015 172nd Avenue SE Tuesdays 5:00 pm
Auburn, WA

Fire Starters

Pentecostal Church Muckleshoot Fridays 7:00 pm
39731 Auburn Enumclaw Road SE
Auburn, WA

Grief and Loss

Grief and Loss Support Group Wednesday's 6:00pm -8:00pm.
Behavioral Health, Bear Lodge

Women's Group

Muckleshoot Tribal College Thursdays 5:00 pm

Boys Mentoring Group

Muckleshoot Behavioral Health Thursday's 4:30 pm to 9:00pm

Al-Anon Meetings

Auburn First United Methodist Church Monday 10:30 a.m.
E. Main & N St. S.E.
Auburn, WA 98002

Federal Way Sunrise

United Methodist Church Monday 6:30 pm
150 S. 356th St.
Federal Way, WA 98003

**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.



**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.

Seattle Indian Health Board offers services to veterans and families

We have a new Veterans and family program at the Seattle Indian Health Board. Even if it was the grandfather, grandmother who was the veteran, cousin, aunt, uncle etc. We provide counseling, medication management, referrals, medical care, etc. See Ronald W. Alexander, (206) 324-9360, ext. 2293

MUCKLESHOOT INDIAN CASINO

You can now apply for jobs ON-LINE

Visit www.muckleshootcasino.com and click on "Career Opportunities" to view current job openings then complete your employment application. This on-line application can be completed 24 hours a day from the convenience of your home computer and/or at the Muckleshoot Indian Casino's Human Resources Office.

All you need is an e-mail address to set up your on-line application. If you do not have an e-mail address call

Human Resources Hours:
Monday - Wednesday 9am to 6pm
Thursday 9am to 9pm
Friday 9am to 5pm
HR Phone Number 253-929-5128



EVENTS CALENDAR

- August 14 - 16** 4th Annual Flute Quest 2009, 10 am daily at Saltwater State Park, Des Moines. Concerts at Highlight Community College
- August 19** Skateboard Meeting, 4-6 pm, Cougar Room. Contact Angelica Roberts at 253-876-3282 for more info.
- August 19-21** Dual Conference Native American Women and Girls & Men and Boys, Goldbar. \$260 per person. Call 360-392-4259 or rsoloman@nwc.edu
- August 20** Yakama Nation Legends Casino 7th Annual POWWOW, 8pm at Legends Casino in Toppenish. Call 1-877-726-6311 for more info or www.legendscasino.com
- August 24** Taste of Muckleshoot, watch for further details!
- August 28 - 30** Skopabsh Celebration, Muckleshoot Indian Reservation. For more info call Grant Timentwa at 253-876-3327 or Jeannette Morrison at 253-939-6104
- September 3** Muckleshoot Housing Annual Tenant Appreciation Picnic, 12:00 Noon at the MHA Offices, 38037 158th Ave. SE
- September 21** Northwest Indian College. First day of Northwest Indian College classes for Fall Quarter 2009

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**

Visit the Muckleshoot Tribe's **NEW WEBSITE!**
www.muckleshoot.nsn.us



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



Want to work with Music?

WHITE RIVER AMPHITHEATRE

Now accepting applications for part-time, seasonal job opportunities at the White River Amphitheatre.

- Possible Jobs Include:
- Ushers
 - Ticket Takers
 - Security
 - Concessions
 - Parking
 - Box Office
 - Production Staff
 - Artist Merchandise Sales

Fill out an application for the job that you are interested.

Location:
40601 Auburn Enumclaw Road
Auburn, WA 98092
(360) 825-6200

SKATEBOARDERS WANTED



Skateboard meeting August 19th from 4:00-6:00 pm. Come join us to discuss ideas in the Cougar Room

Contact:
Muckleshoot Indian Tribe
Angelica Roberts
253.876.3282

We are looking for all of you skateboarders out there. Come help us design your skate park.

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

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

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.



Program Officer: Center for Native Education, Antioch University

Antioch University Seattle is hiring for a Program Officer in the Center for Native Education. This position is responsible for managing a 2.5 million grant from the Bill and Melinda Gates Foundation. In addition the Program Manager will be responsible for development and oversight of Early College High Schools in multiple sites.

A successful candidate will have demonstrated grants and budget management, excellent oral and written communication, supervisory skills, and ability to communicate clearly with Tribal leaders and communities. This position will supervise two staff as well as independent contractors. Some travel may be required.

Qualifications: B.A. in Native Studies, Education, or related field. Masters' degree preferred. For more information and qualifications please visit the Antioch University Seattle website: <http://www.antiochseattle.edu/about/jobs.html>

11th Annual

SOBRIETY POW WOW

July 24, 25 & 26, 2009

PHOTOS BY BILL FLEET

