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Muckleshoot MONTHLY



Vol. X No. VIII

Muckleshoot Indian Reservation, Wash.

SEPTEMBER 17, 2009

HELPING THOSE WHO HELPED US

The rights guaranteed to Indian tribes in treaties with the United States date back 150 years or more, but until a few short decades ago they were hardly worth the paper they were written on. Within the lifetimes of many elders still living today, as well as others that have passed on, these rights have been upheld by the courts, leading to sweeping changes in all aspects of Native life.



John Echohawk

Legal assistance was the key to making this happen, and at the national level no organization has done more to further the cause of tribal sovereignty than the Native American Rights Fund (NARF). Years ago, they helped the Muckleshoot Tribe and its staff attorneys win important cases that upheld key treaty rights and helped build the foundation for the strong position the tribe occupies today.

In those days, funding was scarce and the expert assistance of a group like the NARF was a great gift. Today, with funding growing scarce for non-profits, the Muckleshoot Tribe is able to help those that helped out in the past. NARF's Co-Founder and Executive Director recently came to Muckleshoot to accept a check on behalf of his organization and shared some of its history with our readers.

In 1970, a group of tribal leaders and lawyers came together and had a common vision. They all thought that we needed to start a national Indian legal program to provide legal representation to our tribes and organizations and individuals in major Indian rights issues.

The general consensus was that we had a lot of rights under the treaties and laws of this country, but what we didn't have was the lawyers to provide the representation to our people. Everybody knows lawyers cost money, and our people were the poorest of the poor. Most of our tribes did not have lawyers. A few of them did, but most of them didn't.

But they had a lot of rights under the treaties and things that were really not worth the paper they were written on, because we didn't have any lawyers to take them forward. Everybody knows if you don't have a lawyer in this country, it doesn't matter what it says in the law books. You can't get anywhere.

So this group of people came together and worked with the Ford Foundation to get a grant. They went to the Ford Foundation because Ford had started the NAACP Legal Defense Fund that had spearheaded all the civil rights litigation in the '60s for the African Americans, and had started the Mexican American Legal Defense Fund for the same reason - to help with all the discrimination issues involving Mexican Americans.

And so Native Americans were next in line. We went to the Ford Foundation and presented our case, and they gave us a grant to start. They ran the grant through the California Indian Legal Services Program to start with. The CILS program was one of seven Indian legal services programs that was funded by the federal government at that time, but just seven programs across the country didn't come near providing the services that all of our people needed all across the country, so that's really why we needed a national program.

CILS was probably doing the best of the seven programs in terms of its litigation on behalf of Native Americans. I discovered that when I was in law school from '67 to '70. I worked for them for one summer, and then when I graduated they offered me a job. And so I went out to California.

And as soon as I got there, they told me they got this grant to start the Native American Rights Fund as a project of theirs. They wanted to know whether I wanted to work on that, and I said, "You bet. That's what I've kind of been thinking about and dreaming about." All us Indian law students had talked about the need for such an organization, and I was just at the right place at the right time.

And we started. We spent the first year in California. Then, as planned, we incorporated separately and moved to a more central-western location: Colorado, the Denver area. We were located in Boulder. We started raising money and hiring lawyers, and we grew pretty fast up to about fifteen lawyers in just a matter of a couple of years, and the requests for assistance just rolled in.

We pretty well had an idea about some of these big issues we needed to work on. One of them was up here in the Northwest. The fishing rights case, treaty fishing rights case, that resulted in the Boldt Decision. We were co-counsel in that case, and really established that these treaties are still a law of the land, even though they were signed in 1855. They were still the law of the land, and tribes have treaty rights to fish and co-manage the fishery, and the rest is history.

We just had a number of those kinds of cases around at that time, just big issues that were out there that needed to be resolved. And we basically provide the lawyers to represent the tribes to move those issues forward and have just continued on.

continued on page 3

THE DAWN OF A NEW ERA

MIT's new K-12 school grand opening is held

Principal Irene Bowie said that "it takes a village to raise a child," and Gov. Gregoire said a school is "the heart and soul of a community." The Muckleshoot Tribe has invested continuously in its future, starting with the Child Development Center and leading up to the glorious day that a dream carried in the hearts of tribal leaders for more than 40 years became a reality. Here are some of the words they shared on that day:



Mr. Rainier peeks from below the clouds as emcee Warren King George addresses the historic gathering.

Charlotte Williams Tribal Council Chairwoman

Good morning. I am Charlotte Williams, Chairwoman of the Muckleshoot Tribal Council, and on behalf of my council colleagues and all Muckleshoot people I extend to all of you here today a warm welcome to the opening of the Muckleshoot Tribal School.

(At this point, she recognized members of the Tribal Council, School Board, representatives of



continued on page 2

Marie Starr Tribal Council / School Board

Good Morning! I am so happy to see so many people here today to celebrate the grand opening of our new, beautiful school.

I want to thank the parents of the children who attended the Tribal School at the "old" Community Center, which is now called the "old" Tribal School. If it wasn't for all of you allowing your children to attend the "old" Tribal School, we



continued on page 2

Virginia Cross Tribal Council Member

Governor Gregoire, Attorney General McKenna, our honored relatives and guests from other Tribal nations, and other honored guests: Welcome to the Muckleshoot Tribal School Grand Opening. We are pleased to have each of you joining us to share in the joy of this very special day.

Today, we are focusing our thoughts around some of the things



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Irene Bowie MTS Division Director

Good morning. To the Muckleshoot Tribal Council, to the Muckleshoot School Board, and to the parents and students: I want to thank you for allowing me the privilege of being here at this moment; this time in history. I am truly honored to be the Muckleshoot Tribal School Principal.

"It takes a village to raise a child," and this school, today, is a



continued on page 3

Pentecostal Church makes mission trip to South Dakota

WAKPALA, SD - It all started about eight years ago. Doris Allen recalls. Lynette Stair of the Summit Evangelical Free Church in Enumclaw began coming to the Muckleshoot Pentecostal Church, and she told Pastor Kenny and his wife Charlotte (who later became MIT's Tribal Chairwoman) that she'd like to work together to organize a mission trip "here in the States." She'd just come back from such a trip in Canada and had thoroughly enjoyed it.

So Lynn and Charlotte began working together, and pretty soon there were 18 people signed up to make a mission trip to Pine Ridge, South Dakota.

"We'd gathered clothing - mainly blankets and coats and boots and shoes and things like that," Doris says, adding that, "Our goal was to do a vacation Bible school and hold church services with the church back there."

When the Pine Ridge plans failed to materialize, Charlotte fell back on a place that was very familiar to her family: Wakpala, a small village on the Missouri River in north central South Dakota on the Standing Rock Sioux Reservation. A friend that Kenny had gone to Bible



GIFTS FROM THE NORTHWEST: Community members help themselves to coats, blankets and shoes at Wakpala, SD.

School with in nearby Mobridge was now the minister at Wakpala, and he told them they would gladly host them.

And so began what's become a tradition. The folks they call "the

wonderful people from Muckleshoot and the Summit Church" have returned again and again, like the swallows to Capistrano, to help out the people of Wakpala with clothing, blankets, shoes and other basic items

that they gather back home. This year they added school supplies, making it into a two-day giveaway.

"This year's was the biggest and best," Doris says, "even though it

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TRIBAL COUNCIL UPDATE

A Very Grand Opening

Clear skies, warm weather and a beautiful campus greeted the crowd that came to celebrate the Grand Opening of our new Muckleshoot School on Wednesday, September 9. This was an historic day for the Muckleshoot Tribe – a day when our long-held dream of having a tribal school where classroom instruction could be infused with our culture, language, writings and art became a reality.

More than 600 men, women and children of the Muckleshoot community assembled in the center of the campus to enjoy the program. Joined by Tribal Council members, School Board members, school staff, BIA officials, various education leaders and elected officials, the crowd enjoyed a stirring ceremony.

A presentation of the colors by the Muckleshoot Veterans Color Guard was followed by the King George family performance of a traditional family song. Tribal Council members Charlotte Williams, Marie Starr and Virginia Cross spoke of the importance of the new school and the long journey and hard work that brought the tribe to this historic point.

Others who played key roles in the school development also addressed the crowd, including Assistant Tribal Operations Manager for Education Joseph Martin, Tribal School Division Director Irene Bowie, and Project Development Officer Angelica Roberts.

A host of local elected officials also attended the ceremony, including Governor Christine Gregoire, Attorney General Rob McKenna, House Speaker Frank Chopp, State Senators Claudia Kauffman and Pam Roach, Representative Pat Sullivan, Auburn Mayor Pete Lewis, Enumclaw Mayor John Wise and many local city council members.

Governor Gregoire praised the tribe for its commitment to education. “This is a great day for our children, this is a great day for the Muckleshoot Tribe” said Governor Gregoire. “The central part of most of our communities is the school. It is the heart and soul of a community, and that’s exactly what this school is going to be here – the heart and soul of this community.”

The ceremony was followed by lunch served in the school’s Chum Building, a blessing prayer by Pastor Kenny Williams, cultural songs, more speeches, tours of the buildings and campus and a meet and greet with the teaching staff.

This was a very special day for the Muckleshoot Tribe and one that will be long remembered as an important milestone in our journey toward a bright and prosperous future for all Muckleshoot people.



SUPPORTING TREATY RIGHTS. Tribal Chairwoman Charlotte Williams presents Native American Rights Fund Executive Director John Echohawk with a check in support of NARF’s work to protect the treaty rights of tribes nationwide. L to R: Virgil Spencer, Kerri Marquez, Marie Starr, Charlotte Williams, John Echohawk, Marcie Elkins, Billy Frank, Donnie Jerry and Virginia Cross.

CHARLOTTE WILLIAMS *continued from page 1*

other tribes, state and local elected officials, school superintendents, and other dignitaries.)

It is good to see so many community members and friends of the tribe here today. Your support over the years has been key to making this new school a reality – thank you all very much.

The opening of this new school is truly an historic day for the Muckleshoot Tribe. Having a tribal school where classroom instruction can be infused with Native culture, writing, language, history and arts has been a dream of the tribe for many years. Today that dream becomes a reality.

These beautiful buildings and this wonderful campus represent so much more than simply a new structure – more than just brick and mortar – more than just another tribal project.

This facility represents the culmination of the dreams, years of hard-work and steadfast dedication of so many men and women of the Muckleshoot Tribe.

And it represents a big change for our students. It offers them a learning environment where they get the kind of education needed to succeed in this world but do so while proudly being Muckleshoot.

Together with the Early Childhood Center which is under construction on this campus, the Child Care Center, Tribal College and the drop-in-center at this new school where our Tribal elders can interact with students, we have for the first time a place where the Muckleshoot vision of education as a life-long pursuit comes together with our culture and heritage.

And now I would like to introduce one of the tribal leaders that has done so much to make this school a reality – Muckleshoot Tribal Council member Marie Starr.

MARIE STARR *continued from page 1*

would not be here today. I thank you from the bottom of my heart for allowing your children to attend the school.

The school was a dream. It was a place for our children to get quality education. Then, it was a goal and many people became part of that goal. One, a teacher, who from the very beginning of the school...through all of the rough waters that come with opening a new school...stayed with the school since it first opened in 1984/1985. I would like “Mr. C” (Ken Carvalho) to please stand and for us to recognize him for his dedication to the Muckleshoot Tribal School.

There were also Tribal School Board members that ran for positions and served on the School Board for many years. These leaders took time out of their busy schedules and time away from their families to dedicate themselves to accomplish the hard work to get us where we are today. I would like to recognize Annie Moses, Elaine Baker, Linda Starr and many others.

We have reached the goal. We have a beautiful place of learning. The next goal is to complete the development and implementation of our Muckleshoot Curriculum at the Tribal School. We have Muckleshoot Tribal Members who are teachers and staff members at the Tribal School working on developing this curriculum along with Dr. Sandra Fox.

We are at the foothills of Mt. Rainier, and the school from many place – especially the library and the high school – have spectacular views of our beautiful, sacred mountain that we are so blessed with here.

I thank each and every one of you for coming and helping us to celebrate our historic event with us today. I want to thank all of those people who have been working very hard to make this day possible. I want to thank the Muckleshoot Job Corps Program for all of the work that they do. They come in and help us any time that they are asked and they get very little thanks...so I want to thank Job Corps today and I would like for all of you to give them a big round of applause for the excellent support that they always provide to the Tribe.

Again, I want to thank each and every one of you for coming and yes, we are blessed with a beautiful day...the sun is shining and later on we will probably see the mountain. Thank you!



2010 TRIBAL ELECTION CALENDAR

WHEN	WHAT	WHERE
Sep 28, 2009	Notice of 2010 election, public caucus & absentee ballot request sent to eligible voters	Not applicable
Oct 8, 2009 6PM	Public Caucus to nominate candidates for Tribal Council & School Board	Cougar Room, Philip Starr Bldg. 39015 172 nd Av. SE Auburn, WA
Nov 2, 2009	Last day to file referendum or initiative with Election Administrator for inclusion in January 2010 election	Election Administrator 39015 172 nd Av. SE Auburn, WA
Nov 19, 2009	Deadline date to submit request to Election Admin. for absentee ballot	Send request to Election Admin. P.O. Box 2000 Auburn, WA 98071-2000
Dec 3, 2009	Absentee Ballots sent out to voters who submitted request by 11/19/09	Not applicable
Jan 15, 2010	Deadline date for receipt of absentee ballots	Send absentee ballots to Election Administrator P.O. Box 2000 Auburn, WA 98071-2000
Jan 18, 2010 8 AM to 8 PM	Tribal Election Day	Cougar Room Philip Starr Bldg. 39015 172 nd Av. SE Auburn, WA
Jan 19, 2010 File w/Election Admin within 24 hrs of election	Deadline date for eligible voter to file Type I objection, alleging tampering or influence of an election. Must be in writing	Election Administrator 39015 172 nd Av. SE Auburn, WA
Apr 6, 2010	Swearing in of elected officials. Deadline date for eligible voter to file Type II objection w/Election Admin., asking for a ballot recount.	Election Administrator 39015 172 nd Av. SE Auburn, WA

VOTER ELIGIBILITY CRITERIA

- Tribal members must be 18 years of age on or before 10/18/09 to nominate candidates.
- Tribal members must be 18 years of age on or before 1/18/10 to vote in the 2010 Tribal Election

ELECTION COMMITTEE MEMBERS

Norma Dominick, Ann Moses, Jeanne Moses. Alternates: Marlene Cross, Agnes Moses, Sarah Moses.

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,
Auburn, WA 98092

clip and return

SUBSCRIPTION REQUEST / ADDRESS UPDATE

New subscription Address change

Name _____

Address _____

City & State _____ Zip _____

If this is an address change, list previous address:

Address _____

City & State _____ Zip _____

I am a Muckleshoot tribal member,

I have ties to the Muckleshoot Tribal Community

Please explain: _____



Muckleshoot Tribal Council
Charlotte Williams, Tribal Chair
John Daniels Jr., Vice-Chair
Kerri Marquez, Secretary
Marcie Elkins, Treasurer
Virginia Cross
Donald Jerry Sr.
Stanley Moses Jr.
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

Muckleshoot Boxing Club

All Nations Foundation (a Native American non-profit corporation)

First of all, All Nations Foundation would like to thank the Muckleshoot Tribal Council for agreeing to reopen the boxing gym. The idea of reopening the Muckleshoot Boxing gym came about after talking to a number of youth in the community over the past few months, then meeting with the appropriate decision-makers. The gym reopened in late July 2009. So far we've had a great response we average 15 athletes every evening.

Hours of operation are from 5 pm-10 pm, Monday through Thursday. We expect athletes to arrive at least 15 minutes early so they can wrap their hands.

The objective of the Muckleshoot Boxing Program is to attract and involve more young people in the sport of Amateur Boxing and provide positive choices for youth which will then have a positive effect on the community. We want to change the lives of participants and youth for the better.

PROGRAM COMPONENTS

- Initial clinics to introduce amateur boxing elements and exercises.
- USA Boxing certified instructors to provide workouts in the gym throughout the week as well as out-of-gym workout routines.
- Attendees can graduate through various levels of the program:
- Base Conditioning: Support exercise and conditioning elements including shadow boxing, jumping rope, calisthenics, heavy bag punching, road-work, and speed-bag exercises.
- Advanced Conditioning and Training: Begin to learn the fundamental mechanics, moves, and techniques of the sport.
- Supervised Sparring matches: With close supervision, option to compete in three-round two minute matches based on weight classes and skill levels.

WHAT DOES THE PROGRAM OFFER?

Our program offers youth the opportunity to learn the value of:

- Discipline**
- Mental focus**
- Emotional Management**
- Getting in Shape**
- Acquiring Skill**
- Everyone starts out as a Beginning Boxer and can progress through as many levels as they choose.
- Each boxer needs to wear workout clothes**, specifically some kind of gym shoe, shorts or sweats and T-shirt.

- Please be on time.** We recommend the boxers arrive at the gym 15 minutes before class begins so they can change clothes and wrap their hands.
- No horseplay or goofing off.** Boxers are in the gym to train. We encourage the parents to watch, but please no coaching from the side lines.
- Learning how to box is about learning to control emotions**, anger in particular. We expect our boxers not to engage in verbal or physical fist-cuffs at school, home or in the streets.

FREQUENTLY ASKED QUESTIONS

- How will the Muckleshoot Boxing Gym help my kid?** At the Muckleshoot Boxing Gym we not only help athletes get in shape, but we help them "Shape the Life You Want". This process largely consists of helping athletes undo habits of misaligned posture and negative self-image. It's much easier with the youth, because they have fewer habits built up, and we can help them develop habits of aligned, strong posture and positive self-image that will last them a lifetime.
- Will my child get hurt?** We believe in safety and skill first. This is also the motto of USA Boxing, our nation's Amateur Boxing Association that trains our Olympic athletes. Our Boxing Gym is committed to helping your child develop at her/his own fitness level, and she/he will not be asked to complete any drills that are not within her/his abilities.
- What kind of changes might my child go through while he/she is involved in this program?** Your child will get stronger, physically. You can expect that he/she will lose body fat and gain more lean muscle mass, and that his/her confidence and self-image will increase. Also, it is our goal to help your child increase his/her ability to focus and become more aware of being present instead of checked-out.
- Building strength and confidence.** At the Muckleshoot Boxing Gym, we not only strive to develop boxers who enter and win in the competitive ring to become our future Olympic athletes, but we strive to help boxers develop strong, positive lives outside of the ring. Not only will your child become stronger in the gym, but she/he will learn to increasingly see all of life as an opportunity to strengthen his/her own core of confidence.
- How can I help my kid get the most out of your program?** Take a few moments after each practice to ask your kid what he/she liked or learned that day. Make an effort to listen without comment, so you will get a chance to learn more about who your kid is becoming. Your child's life will improve in the process. And, remember, the Muckleshoot Boxing Gym is here for you, too.

INFO: For more information feel free to contact: Joe Hipp, former WBF World Heavyweight Champion, (253) 766-7521.

Interested in becoming a boxer?

Would you like to compete in the next Indigenous Games?

Beginning August 3rd, 2009

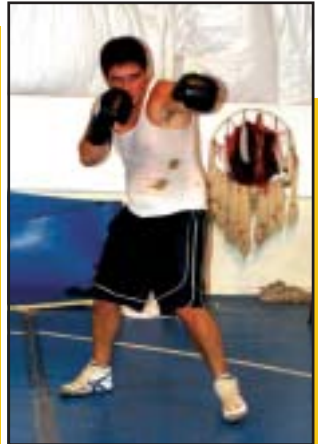
All Nations Sports Foundation will begin the boxing club at the existing boxing gym on 400th & 180th Ave. (Big White Barn)

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



THE CHAMPS! Human Resources captured the championship trophy with a thrilling 20-18 victory over the Community Development CeD's to cap off this year's employee softball tourney.

MTS joins Plateau Middle School League for grade 6-8 athletics



Tim Tubbs, MTS Athletic Director

My eyes admittedly swelled for a moment as I heard the votes cast from seven schools as to whether or not to admit the Muckleshoot Tribal School into the Plateau Middle School League. After more than an hour of round table discussion and review of our application, the unanimous voice in our favor came forward. Leadership, trust, flexibility, and opportunity led the discussion.

I was humbled to be the recipient of this welcome on our behalf. The green and white Muckleshoot Tribal School banner (yet to be designed) will hang in the gyms of Enumclaw, Thunder Mountain, Lakeridge, Mountain View, Sumner, Glacier, and Orting Middle Schools.

I am very proud to belong to this organization. We will build a long-term relationship that brings enormous benefits to all member schools and those participating athletes.

Yahoo to MTS !!!

Tim Tubbs

MTS Athletic Director

SOCCER PLAYERS WANTED!

We're looking for more K-1st grade boys for soccer. If your child is interested, sign up at Recreation Department.

PHOTO BY JOHN LOFTUS

CAT PROGRAM HELPS TRIBAL MEMBER CASINO WORKERS LEARN AND ADVANCE

The Muckleshoot Indian Casino CAT Program is taking off! As you may know, the CAT Program (Career Advancement Training Program) uses the casino operation as a basis for interested and motivated Muckleshoot Tribal Members to learn and advance in their personal and professional lives. The CAT Program offers Members the opportunity to work with management, mentors and the Training & Organizational Development Department (T&OD) to explore their own career development while holding positions with the casino.

The learning opportunities available include shadowing people in various departments and positions, going off-site for learning experiences through colleges or other institutions or just focusing on a specific set of job skills in a regular position with the casino. The CAT Program is dedicated to creating great leaders by ensuring that the Tribal Member has every opportunity to learn and grow according to his or her own abilities.

Primarily coordinated through T&OD, the CAT Program participant has the opportunity to receive an individualized learning plan based on his/her goals and desire to grow. The participant receives the best of in-house and external training opportunities. This learning plan is regularly reviewed and provides participants with a consistent dialogue about his or her development in addition to clearly defining the participant's advancement path.

The CAT Program recently gained approval from GAB and Tribal Council for its first ever set of program guidelines. These guidelines were built with the support and drive of the advisory group made up of Tribal Member leaders at the casino, casino Directors and T&OD. This collaborative group meets regularly to continue to develop the program and its components for future success.

Look for stories of CAT Program participants and their successes, coming in future issues!

Thank you, Training & Organizational Development Team,

- John Hogl - T&OD Sr. Manager
- Monica Simmons - T&OD Manager
- Justin DeAsis - T&OD Specialist Emphasis CAT Program
- Chene DeClercq - T&OD Trainer
- Catharine Chalmers - T&OD Specialist



The following is a list of all CAT Program Participants and their positions:

NAME	DEPTNAME	JOBTITLE
Yvonne B Johnson	Bar	Beverage Manager
Madeline C Bargala	Cage	Cage Shift Manager
Nellie D Brown	Cage	Cage Shift Manager
Leon W "Rocky" Oliver	Casino Executives	Asst Dir of Support Ops
Naomi T Elkins	Finance	Accounting Technician
Ronette S Brown	F&B	Food & Bev Dir
Lenore L Jansen	HR	Clerk II - HR
Millicent Thompson	HR	Employee Services Mgr - HR
Miguel F Arreguin	IT	IT Technician I
Nicholas T Bennett	IT	IT System Admin IV
Joshua M Cross	IT	IT Technician II
John D Elliott	IT	I.T. Tech III
Lawrence R Foulkes	IT	IT Technician I
Jeremy James	IT	IT Technician II
Justin B Johnson	IT	IT Technician II
Gregory E Judge	IT	IT Technician I
Shawn A Oliver	IT	IT Technician I
Norman Williams Jr	IT	IT Technician IV
Sidney Williams Jr	IT	IT Technician II
Leeland M Williams	IT	IT Technician II
Jhonnelle I Ramirez	Kitchen	Executive Chef
Brandon P Eyle	Marketing	Marketing Director
Lovely M Pacheco	Marketing	Senior Host
Sandra Ross	Marketing	Senior Host
Erica L Elkins	Poker	Dealer D/R
Ronald M Jerry Jr	Poker	Dealer D/R
Gerald R Cross	Table Games	TG Asst Shift Mgr
Cherie R Gomez	Table Games	Table Games Shift Mgr I
Lawrence T Jerry	Table Games	Pit Mgr / Floor Sup
Fredrick Lane Jr	Table Games	Pit Mgr/A Shift Mgr
Adrian N Markantonatos	Table Games	Pit Mgr/A Shift Mgr
Irvin N Moore	Table Games	Pit Mgr / Floor Sup
John W Newfield	Table Games	Pit Mgr/A Shift Mgr
Monica N Simmons	T&OD	T &OD Manager
Sheryl A Allen	VGD	VGD Supervisor
Alexander E Williams Jr	VGD	VGD Shift Mgr
Clarice "Gerri" Williams	VGD	VGD Manager

The BIGGEST has gotten even BIGGER!

PHOTOS BY JOHN ELLIOTT

On Friday, August 14th, 2009, Muckleshoot Casino opened its newest expansion area for a special VIP Tribal Preview at 6pm. Tribal Members were in awe as they toured the new area, which has been stirring up conversations and curiosity over the past year. The night was spectacular with a Caribbean flair featuring steel drums, amazing island style hors d'oeuvres, and a fun new Mega Slot game where everyone was a winner!

First impressions were of the new Preferred Players Club booth, which offers our guest one stop shopping for all of their Players Club needs! The new luxurious Gift Shop featured all the latest in logo wear and some of the best souvenirs the Northwest has to offer. The preview provided tribal members a taste of what's to come and everyone ended the evening with a special gift and memories from a night to remember.

The newly expanded non-smoking area offers ad-

ditional video gaming machines, a new high limit area, a media bar, and a lavish and spacious new table games area. The Muckleshoot Casino now has approximately 340,000 square feet offering over 2,900 video gaming machines, over 100 table games and 7 restaurants!

Coming soon, Muckleshoot Casino will introduce the first WMS (Williams) player terminals in the state. Known as the "Bluebird" cabinet, these terminals will add new class II games to our selection. Some of the themes to roll out are Roman Dynasty and the Jewel of the Nile.

In addition we will unveil MILLION DEGREES. This game will give our players a chance to win One Million dollars! These games are the first in the state and are only available when you play at Muckleshoot Casino, the BIGGEST and BEST in the Northwest!



Keta Creek Family Derby 2009



Fishing on the Duwamish

PHOTOS BY SHARON HAMILTON-CURLEY



Muckleshoot Tribal Members - Come join us at Keta Creek Hatchery on Saturday Sept 26th. Start the morning off with a hot breakfast at 8:30am. Members of all ages, and their families, can fish from 10am till noon. We will provide worms, basic tackle, bags, and ice. We have outdoor fireplaces and canopies to keep you warm and dry. After fishing, sit and enjoy lunch while we give out prizes for the biggest fish and draw for door prizes. Check out our derby gear and clothing at sale prices.

Be sure to dress for the weather!

Fall Fishing Classic

September 26th

Keta Creek Hatchery
34900 212th Ave SE
Auburn, WA

MIT is not responsible for injuries, lost or stolen items.
Please leave your pets at home.

For more information call Gail @ 876-3178

Wakpala, South Dakota

Pentecostal Church Makes a Mission Trip to the Standing Rock Sioux Reservation

SUBMITTED PHOTOS



Anointed Preaching

- Valerie Boyd
- Mary Glazier

Spirit-Filled Speakers

- Rita Bear Gray
- Pat Walker
- Jeanne Kallappa
- Doris Allen
- Marie Johnson

Fantastic Teaching:

- Marriage Relations
- Total Forgiveness
- Domestic Violence & its Effects
- Respect & Honor of Our Elders
- Power of Prayer

Inspirational Music

- Grand Entry:
- Bring Regalia,
- Tribal Dress,
- Drums, and Flags

Northwest Native Women's Conference

October 9-10-11, 2009

Oct 9
10 am -1:30 pm Registration (no fee)
2:00 pm Conference begins
Free Meals
No children

For food planning purposes:
Please pre-register:
(include name, address, phone #, Tribe)
By Mail:
Firestarters Ministries
NW Native Women's Conference
P.O. Box 1182
Spanaway, WA 98387
By E-mail:
Firestartersministries1@yahoo.com

Muckleshoot Pentecostal Church

39731 Auburn-Enumclaw Rd.
Auburn, WA 98092 (5 mi. SE of casino)

Hotels Local shuttle available

Auburn Travelodge (253) 833-7171 or (800) 578-7878
Guest House Inn (253) 735-9600 or (800) 214-8378

For special conference rates, please mention Muckleshoot Native Women's Conference when you make your hotel reservations.

For Information:

Rita Kallappa (360) 640-3139
Pat Walker (253) 380-4347
Online: www.firestarters-ministries.org
For Vendor or Ministry Space:
Brenda Hamilton (253) 347-4007

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

Muckleshoot Elders Update



Birthdays in September

Monti Valles	09/06	Mary Lou Anderson	09/18
Randy Ross	09/08	Ralph Lozier	09/21
Delbert Starr	09/09	Ann Daniels	09/21
Rodney Moses	09/10	Theresa Jerry	09/22
Kathy Crombie	09/11	Gayle Allen	09/22
Dorothy Williams	09/11	Elaine Maurice	09/24
Amos Courville	09/11	Lenora Pierce	09/26
Henrietta KingGeorge	09/12	John Loftus	09/27
Franklin Lozier	09/13	Berlinda Adair	09/27
Pat Fleming	09/14	France Hoffer	09/27
Jeanette Miller	09/15	John Loftus	09/27
Jackie Swanson	09/16	Cathleen Shultz	09/28
Jeff Calvert	09/18	Mary Baker	09/30
Marlene Cross	09/18	Rodney Courville	09/30
Jeff Calvert	09/18		

Canoe Journey 2009

Our Canoe Journey trip was wonderful! The weather was cooperative not too hot the week we were able to attend. We will be in Makah next year working on hotel before we even left Suquamish.

We had permission this year to drive the bus all the way down to long house so we had a good spot to park.

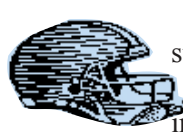


Elder's trips

Our last Elders luncheon was in Skagit we had a good trip and would like to thank Abby and Georgiana for attending we had our new comers with us and they did enjoy themselves also.

We found another place to shop for material and just down the road from the Pendleton store in Oregon so watch the calendar for October month for another trip for some good sale items.

We been doing our best to make sure and get Huckleberries so call us this month to see when we are heading up mountains for Berries or Indian Medicine also. It may not be on calendar due to picking when it ready.



Seahawks tickets are available to sign up at senior center starting this month also. We have the first game as a drawing. The rest of games will be sign up sheet up on Monday morning for that week's game.

We have a couple more of Mariners games also to go this year. I hope you all enjoyed your summer games at the ball field.

Announcements:

We have a form to be filled out by elders so when you go on Vacation your house will be checked while you are out of town to make sure your home is safe.



Information:

We are also wanted to help the elders with their trip that Tribal members are eligible for that has to be used by Dec 31st 2009.

- Trips in a group to choose from could be:
- Las Vegas
 - Connecticut- Foxwoods
 - Niagara Falls
 - Buffalo -Native American music Awards.
 - South Dakota Crazy horse Memorial -09/24

Please call us here at 253-876-3361.

Thank you for donations!

We would like to thanks all those hard workers and donation we have received for our soon to start silent auction. We have locked cabinets so it could all on display to see.

We had donation for our fundraiser concert and lunch at sr center who we would also like to thank as followed:

- Ed & Phillis Bollerud, flour
 - Lorraine Cross, salad
 - Flour, Jam, yeast
 - Berlinda and Grant
 - Fresh fruit-watermelon, cat elope
 - Flour 25 lb bag, jam, honey
 - Norma R -25lb bag of flour and sugar
 - Hazel and Roland - peanut butter
- Money Donation from:**
- Mark James
 - Lorraine Cross
 - Norma Dominick
 - Elaine Baker
 - Norma Rodriguez. Millie Jones
 - Total \$140.00



Picking Huckleberries

PHOTOS BY NOREEN MILNE



David "Indio" Marquard offers advice to our youth

Currently in the Walla Walla State Penitentiary, he has learned the hard way



David 'Indio' Marquard

TO THE MUCKLESHOOT TRIBAL MEMBERS:

I am a Muckleshoot Tribal Member and I am currently incarcerated at the Walla Walla State Penitentiary. Why I'm writing this letter is to respond to Christine Elkins-Moses's letter she put in the tribal paper in the month of July 2009. I'd have to say we have things in common, to have been fighting the system for way too long, in and out of prison for the last 14 years, and on this journey since 2004 and I have 3 1/2 more years left.

I fell due to gang violence and alcoholism because that's the only way I knew how to survive. In fact, Joseph D. Moses was like a "big homie" to me and when I read his obituary in the tribal paper, it tore me up for a long time. To this day, I keep him in our Native prayers and hope he's doing better up there. I'm related to the Moses family. Thelma's my auntie and my heart and prayers go out to all my relations.

All's we can do is keep a positive attitude and keep paddling forward because me, too, am the only paddler in this canoe.

So, to let you know you ain't alone, Christine!! I, too, have a child and her name is Tenisha, and it's very hard to keep in touch, me being so far away, but we do our best.

What I'd like to do is share, too, to our youth on or off the rez, I'm living proof that the gang life doesn't work for you at all. There's more to life than just a color or a symbol, and our tribe is proving that today, and I wish I was out today to participate in all the good and positive things our tribe has to offer.

You can't come to prison and be a gang member and walk with the circle. You have to choose one or the other, and trust me, if you don't run with your program it makes your time go by a lot harder.

We all stick together in here and take care of one another because that's what Indians do. We better ourselves by practicing some Native ways, by drumming and singing, and some do the sweat-lodge, and we

have our own talking circle every week.

It's all for healing, healing our hearts, mind, and body so we can be a good positive member to our tribes when released.

Just remember all the little things you do add up over the years. Every time I came to prison my time got greater because of all the things I've accumulated over the years.

It's sad to say that it took me this long to finally realize that I'm better than this, that there's a better path (buck trail) that our creator has for us all.

I've learned a lot of good things over the years and my duty as a Native American is to pass them on to someone who can use it in a good and healthy way.

And when I get out of here, I hope I can at least help one person out to stay out of the gang life and join the traditional life.

So if you are young out there and you have a good pair of moccasins, don't scuff them up or get them wet because you'll end up in here like I did ("wishing you had a better pair").

I wrote this poem. It's actually my first one I've written, but it's true and it's from my heart, and I hope it catches someone out there.

I also would like to take this time to honor our elders, our canoe family, and our tribal council. "HOYT"

Sincerely,

David "Indio" Marquard

David Marquard #722250/4-A-21
Washington State Penitentiary
1313 N. 13th Ave.
Walla Walla, Washington 99362

HARD TIME'ZZ

Hard time'zz is when you feel empty-handed, or when you feel lost and abandoned.
 Hard time'zz is doing ten years or more, and you are struggling just to get to the front door.
 Losing good time means hard time, which means the higher the hill you have to climb.
 Hard time'zz is when you have to stand and fight, and people don't care if you're wrong or right.
 Hard time'zz is having no one to call, or at that, having no communication at ALL.
 Hard time'zz is having a daughter you love very much, but is four states away and it's hard to keep in touch.
 I know I've been on this rough road way too long, and my family's getting tired of me singing the same ol' song.
 But for me this is the only direction I know, because I had no one to help on the right path to go.
 As I sit here staring at the walls here in this cell, I think about the first time that I fell.
 But that was then, and this is now, and I must say it's time to throw in the towel.
 I've lived and learned the life of crime, and everyone knows I've put in way too much time.
 I'm 33 now and I know what I have to do, and that's get out and stay away from the ones that I knew.
 This prison life ain't no joke or quiz, I just feel I need to let someone know how it is!!

By David "Indio" Marquard

Julie James ~ Mike Darden Wedding

August 27, 2009



A Letter to Our Youth from G. Night

Hello, I hope this finds the Muckleshoot Tribe and all your family hoops in the best of health and spirit.

I am writing to get in touch with my Native Brothers and Sisters, Youngsters and Elders. I am a youngster who was on the wrong path. I've been shot, stabbed multiple times (once in the heart), overdosed and was brought back to life. I've sold every drug you can think of – and been addicted to them, too – ruined families, hurt a lot of people, and even my own family.

When I came to prison, I got a chance to analyze my life. Every single thing. I saw why I did what I did, what made me do what, and who and what influenced me. I realized I didn't need drugs and alcohol to live. I never did. I realized my ignorance and am thankful for all that is life. I've changed mine for the better. I came back to my culture. I sing, sweat, dance, and ceremony. I am an entrepreneur and am starting multiple internet-based businesses in the next few months. I love music and can sing almost anything. I am now a mixed martial artist. I practice Muay Thai (free-style kickboxing), boxing, wrestling, judo/jiu-jitsu, and Hawaiian Luau.

I will dedicate the rest of my life to helping my Native American people realize their strength ad their unlimited power that you all possess. You can do anything and anything you desire at any given moment. Will, hard work, dedication, determination, and patience are unlocked by your inner spirit Creator has put within your physical body. You are so much stronger and capable of so much more than you may know, my Brothers and Sisters. It is all within you.

We will overcome all obstacles. We will continue our cultures and prosper in every way. A new day is coming. We will succeed in everything we

do. Not because I believe it, but because you believe it. I will help spark the flame that will start a big fire that will awaken all spirits within all of us. Please write to me, all of you. I will help you in any way I can, my Beautiful Indian people. I want to connect all of us and get to know all of you.

So from young to old, I am here for you to help with anything, in any way I can. You are all in my prayers, as well as all of your family hoops. Be well, take care. We are all related.

Respectfully,

G. Night

You can reach me by snail mail:

G. Night #856532
RRCC
1752 E. Arica Rd.
Eloy, AZ 85131

P.S. Thank you very much. I love your newspaper and will pray for all your staff, as well. Take care. Goodbye.



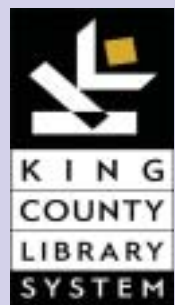
WHILE AWAY ON VACATION

The Muckleshoot Police Department provides a drive by service. If you are going on vacation or are going to be gone for an extended period of time contact the Police Department at 253-876-3246 and we will drive by your home frequently during your absence and contact you if a problem arises. Please be prepared to provide the following information when you call for a vacation watch:

- Your name & address.
- Phone number to contact you in case of an emergency and/or a local emergency contact person.
- Start and end date of your vacation watch request.
- Person(s) with permission to be at your residence, their phone number, and vehicle description.
- Will there be any vehicles left in your driveway? If so, the color, make and model?
- Will there be any inside lights left on or on timers?
- Will porch lights be on or off? Do you have any motion detection lights?

Helpful Hints

- Most important, make your house appear that someone is always home.
- Do not stop your mail and newspaper. Have a trusted neighbor pick them up each day.
- Have your blinds and curtains open during the day, and closed at night.
- On garbage pickup day, have a neighbor take out your trash containers.
- If you have a second car, leave it in the driveway. A car in the driveway tells the potential burglar that someone may be home.
- If you have a garage door with an electric opener, unplug it and also make sure that you lock it.
- Use timers on lights, radios, tv's, etc., and set them to go on and off at different times.
- Turn off the ringers on your phones. Most phones come with switches to either lower the volume of ringers or turn them off all together.
- If you're going to be gone for any length of time, make arrangements to have your lawn mowed.



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 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 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.

Gaming
Gaming Zone
Tuesdays, September 22, 29 – 3:00pm

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



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

CERT TRAINING

September 19, 20 and 21

8:30am to 5pm in Cougar Room in Philip Starr Building

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



2009 Muckleshoot Casino Kids Sla-Hal Tournament "CHAMPS"

Pictured above are Alicia Longshore (Skok), Carlee Eyle, Wyatt Courville & Macy Eyle. These kids went undefeated throughout the kids' tournament! Watch for more stick game pictures in next month's edition! (Photo by Sallie Courville)

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**

Contact: Sarah Lawson
Realty-Trust Services

sarah.lawson@muckleshoot.nsn.us - 253-876-3160

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

New Muckleshoot Tribal School Grand Opening Ceremony

September 9, 2009

PHOTOS BY JOHN LOFTUS



The King George Family sang a family song



NWIFC Chair Billy Frank



Muckleshoot Tribal School



Kenny and Charlotte with the big scissors



MTS Art Consultant Katherine Arquette



Harry Finks

FACT SHEET:

New Muckleshoot K-12 School
Campus acreage: 38.6 acres
Square footage, all buildings: 113,000 Square Feet
Maximum enrollment: 500
No. students currently enrolled: 375 Students
No. enrolled at old school: 170
Eligibility requirements: Enrolled Muckleshoot Tribal Members, descendants & enrolled members of other Federally Recognized Tribes

FACILITY OVERVIEW

Elementary Building:

- 12 regular classrooms
- 3 Auxiliary (Learning Resource, Occupational Therapy/Physical Therapy, Self-Contained)

Middle school:

- 5 classrooms
- 5 auxiliary (computer, culture, media, flex room, language, gifted and talented)
- Library

High School:

- 4 classrooms
- 6 auxiliary (art, home economics, parenting, self contained, physical science, and life science)

Gym:

- 2 high school gyms
- 1 elementary gym
- 4 auxiliary classrooms (wood/metal shop, auto shop, auxiliary gym and music)

Playfields:

- Regulation size baseball field
- Synthetic football and soccer field
- Five-lane running track
- Practice softball field



MTS Librarian Sherri Foreman



Tribal Operations Manager John Halliday with his Auntie, Jackie Swanson



Former NBF World Heavyweight Boxing Champ Joe Hipp squares off with former Seahawk fullback Mack Strong



Tribal Council Member Virginia Cross



Tribal Council Member Virgil Spencer



Tribal Council Member Marcie Elkins and Marie Johnson



Project Manager Angelica Roberts



Tiny Tot Princess Leslie Starr and mom, Florence.



Sr. Princess Lindy Lindgren



The Ribbon Cutting Ceremony

Mucklethoot Tribal School Graduates

- 2001 – Ginger and Matt Allen
- 2002 – Chris Richardson, Leo Daniels, Keevin Williams, Frank Daniels
- 2003 – Tony Rutherford, Lawrence Tecumseh
- 2004 – Emily Brown, Gilbert Daniels, Jason James, Victor Jackson
- 2005 – Barry Anderson Jr, Ryan Eyle, Jose Rodriguez, Raychelle Tecumseh, Melanie Moses
- 2006 – Augustine Allen, Joseph Allen Jr., Teresa Allen, Roger Jackson, Margaret Paul
- 2007 – Myrle Anderson, Sadie Moses, Jason Cross, Liberto Martinez
- 2008 – Irene Anderson, Ramona Daniels, Jonnie Rae Daniels, Jay Barr
- 2009 – Madelena Williams, Jeanne Jerry



Former high school classmates share a light moment



Leon Strom



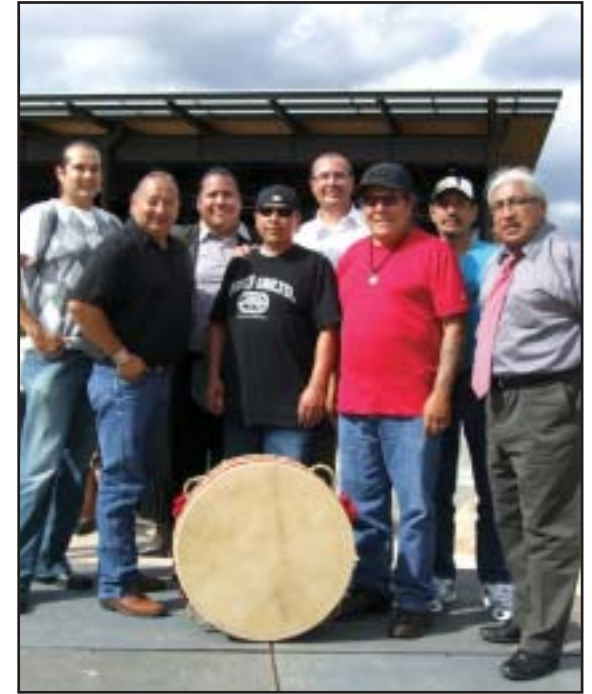
Emerald Downs president Ron Crockett, Randy Ross and Virginia Cross



Dr. Michael Pavel



Marie Starr and Charlotte Williams



Elaine 'Toots' Baker and Mary Ann Moses



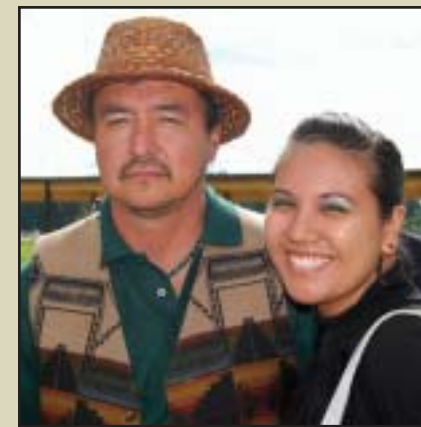
Charlotte Williams



The future



Principal Irene Bowie



Master of Ceremonies Warren King George



Skopabsh Warrior Danny White



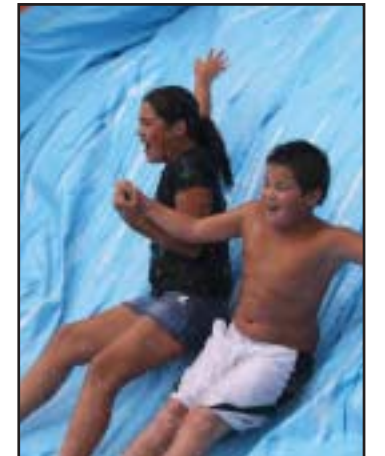
Two old fish warriors, Gilbert King George and Billy Frank



2009 Employee Picnic & Softball Tournament Finals

August 28, 2009 ~ Muckleshoot Ballfields & Sla-Hal Shed

PHOTOS BY JOHN LOFTUS



PHOTOS BY SHARON HAMILTON-CURLEY

COMMUNITY DEVELOPMENT DEPARTMENT HOSTS

Housing Opportunities Fair

About 25 tribal members attended the Housing Opportunities Fair held by the Community Development Department on August 26. Staffs from Housing, Reality, Trust Services, Planning, Public Works and the Home Loan Program were available to answer questions regarding the various programs the Tribe provides to assist members in becoming home owners. Items covered included; how to apply for elder homes, getting leases on trust land; applying for home loans and family land development. Tribal members were amazed at how complex the lease and development process was and thankful for the assistance provided.



Home Loan Program

The Home Loan Program is open to all Tribal members 18 years and older. Loans are available for New or Existing homes, New Construction on Tribal land and Refinance of existing homes. A Home Buyers class is offered to anyone interested, we cover budgeting and the purchase process. We also help in the Elders program with mortgage payoffs and documents preparation.

If you are interested in purchasing or refinancing, or you just want more information you can contact Cheryl O'Brien at 253-876-3154 or Maritza Munoz at 253-876-2902.



Housing Authority

The Muckleshoot Housing Authority offers the following programs:

- \$45,000 Housing Assistance Grant – Down Payment Assistance
- Home Repair Program
- Mortgage Reduction
- Elders Housing Program
- Rental Housing Program



Public Works

Public Works Division provides four distinct services to the Tribe. The first one most people can relate to is site improvement. Our mission is to maintain, improve public and private gravel road access as well as site drainage to prevent potential flooding. We also perform site clearing and grading for all new home construction.

The second function of our service is to provide clean drinking water to the tribe within the designated area (south of 368th). We also maintain waste water collection and conveyance system as well as maintaining storm water system.

The third function is to maintain a solid waste collection site and to transfer solid waste to various King County as well private disposal sites.

Last but not the least is to collect down trees from the water shed and tribal owned forest and process them into firewood. Our service is not complete until tribal members have their winter supplies of firewood delivered to their homes.

Your input how we can better serve you are welcome and you may contact our office by calling 253-876-3143 or email at publicworks2@muckleshoot.nsn.us.

We are open from 7 to 4 every week day and 1 to 5 Saturday and Sunday for solid waste collection only.



Planning Division

The Planning Division assists families in the following areas:

- Family Allotment Planning
- Utility Planning
- Individual Site Design
- Building Permits
- Subdivisions

For assistance with any of these items please contact the Planning division at (253) 876-3326.

Trust Services

Trust Services can provide assistance with:

- Leases
- Land Consolidation
- Rights-of-Way and Service Line Agreements
- Land Gifts and Sales
- Wills and Indian Probate
- BIA Trust Accounts



Staff contacts: Amy Boucher, 253-876-3220; Norma Corwin, 253-876-3170; Sarah Lawson, 253-876-3160

Enumclaw Honors Bob Charlo

Bob Charlo, of the Kalispel Tribe, was recently selected to be added to the Enumclaw Walk of Fame. He was given the key to the city by Mayor John Wise and read a proclamation making July 25, 2009, "Bob Charlo Day" in Enumclaw. With his plaque on Enumclaw's Walk of Fame Charlo joins the likes of Kasey Kahne, NASCAR driver, Brian Scalabrine, Boston Celtics basketball player and Linda Petchnick a local artist as an outstanding member of the community.

He is the first American Indian to be honored in the conservative community. He is a member of the Kalispel Indian Nation and is an award winning and internationally known photographer best recognized for his images of American Indian dancers, elders and landscapes. His now famous photograph titled "Nespelem" was chosen by American Experience-Public Broadcasting System (PBS) for their American Indian history 5-part documentary series "We Shall Remain." The series aired throughout the U.S. in May and June of this year.

The Enumclaw VFW Post # 1949, and the local American Indian Inter-Tribal Warrior Society joined together for a procession of four Eagle Feather Staffs, with the American and POW Flags along with the tribal flags from the Kalispel, Muckleshoot and Lummi Nations.

Mayor John Wise was the Master of Ceremonies for the day and did the induction ceremony and introduced speakers. Invocation was given by Frances Cullooyah, Kalispel Tribal Elder. An opening song with a flag song was performed by the Cullooyah family. Honor songs were done with hand drums and were sung by Frances Cullooyah and another song was performed by Don Munro, Blackfeet Tribe and friends.

The featured speakers followed with Jim Barchek, former Eenumclaw School District Superintendent, who spoke of Charlo's vision of starting cultural programs at the high school while working for the district in the early 1990's.

Raul Anaya, University of Washington EOF Office, spoke of Bob's determination in completing his educational journey at the UW. Sharon Calvert, Muckleshoot Elder and Kiyah 2007-2008, spoke of her relationship with Bob and her

belief in Charlo's talents and gift's in getting other's to see their own strengths and talents.

Enumclaw's City Clerk Marcia Hopkins then read a letter from Lauren Prestileo of American Experience/PBS. She is in charge of program management for "We Shall Remain." The letter told the story of the adventure that the photo had to take to be the final photograph. "It was very difficult to choose a single image that encompassed such a huge project. Bob's photo kept coming to the front of all our department head's mind – in the end it was the only photo that fit all of our criteria."

Then the tune came for Charlo to speak, he began with a moment of self imposed silence, for a friend who had befriended him and brought him out of the dark world of alcoholism and drug addiction. He went on to thank the Elders for being there, "They have lived through the tough times for tribes all over Indian country."

He also thanked both groups of vets for their service and sacrifices to their community and country. He thanked the dancers and drummers for their songs and dancing because it keeps our culture alive. Charlo ended with "This event was not done to honor me but to honor our people, our culture and heritage. I thank all of you for sharing this day with me."

Joseph Mellon, Colville Tribe, and Viet Nam Veteran gave a very moving closing telling the crowd of his own struggles of being a father and his strong belief in our young people. A group of 18 Kalispel Elders drove over from the Kalispel Reservation area, located in the N.E. corner of Washington State, to join the festivities.

A performance was given by the Northwest Inupiaq Dancers, a traditional Alaskan dance troupe, and the Inupiaq Elvis with sequin cape brought the crowd of 150 to its feet.

The city dedicated a plaque with Bob's likeness on it and his words, "This day, these accomplishments are not for myself, but for all Indian people."

– Submitted article; photos by John Wise, James Mathews and others



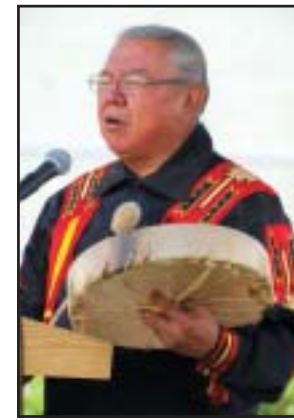
The one and only Inupiaq Elvis



Calvert sisters Cathy and Sharon



Charlo with Muckleshoot Tribal Council member Virgil Spencer



Francis Cullooyah



Don Munro (right) and friends



Charlo speaks



Honoring the flags



Northwest Inupiaq Dancers



Charlo with his Enumclaw Walk of Fame stone



Enumclaw VFW Post #1948



Charlo with Enumclaw Mayor John Wise



Inter-Tribal Warrior Society Honor Guard

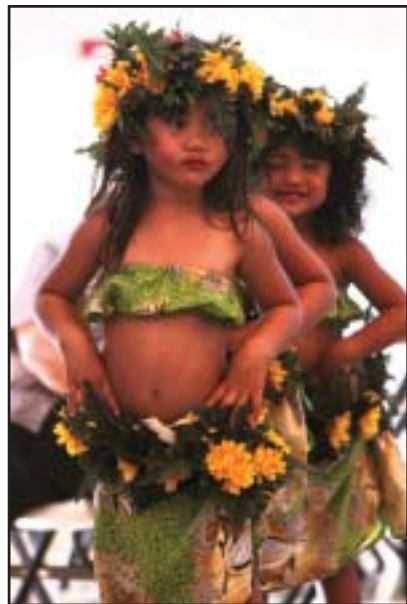


Joseph Mellon leading the procession of 4 eagle feather staffs, followed by flag bearers

Taste At Muckleshoot

On August 24, members organizations representing many of the rich cultural groups that live in the Puget Sound Area gathered at the Muckleshoot Pentecostal Church to share food, song, dance, drumming and fellowship.

PHOTOS BY JOHN LOFTUS



Swine Flu Information

What is H1N1 (Swine Flu)?

Swine Flu is a type of influenza (flu) virus that causes respiratory disease which can spread from person-to-person. Most people infected with this virus in the U.S. have had mild symptoms, but there have been some severe cases, and even some deaths. Young children, pregnant women, and people with chronic diseases like asthma, diabetes, or heart disease may be at higher risk for complications from infection.

What are the symptoms?

The symptoms of swine flu are similar to those of the regular flu. They include:

- Fever
- Cough
- Sore Throat
- Body ache
- Headache
- Chills and fatigue
- Occasionally, vomiting and diarrhea

How to keep from getting swine flu?

The flu virus is spread from person-to-person mainly through the coughing or sneezing of a sick person. The flu virus may also be spread when a person touches something that is contaminated with the virus and then touches his or her eyes, nose, or mouth. A vaccine to prevent the H1N1 virus is now in the trial stage and may be ready in limited supply by fall. Access will be determined based on priority.

Best practices to prevent infection include:

- **Stay Home**—If you are sick, *stay home* and keep sick children home from school, daycare and away from others until at least **24 hours** after symptoms and fever disappear.
- **Wash Hands**—Wash hands frequently with soap and water for at least 20 seconds. If water and soap are not available, use an alcohol-based hand sanitizer.
- **Cover Your Cough**—Cough and sneeze into the crease of the elbow or use a tissue. Dispose of the tissue properly and then wash hands thoroughly.

What to do if you or your child is sick

- Stay home and keep sick children at home
- Drink a lot of fluids (juice, water, Pedialyte, etc)
- Get plenty of rest
- For fever, sore throat, or muscle aches, use fever reducing medicines recommended by your doctor.
- Keep tissues close to the sick person and have a trash bag within reach for disposing of used tissues.
- Contact your provider only if symptoms worsen to the point where you would normally make an appointment to see a doctor. Antiviral medications may be recommended for those with serious illness.

*****Use of a Mask**—In a community setting, the use of a mask is generally **NOT** recommended. However, masks can be effective in certain circumstances, such as when used by an **infected person** to limit the spread of germs to non-infected people.

For more information or questions contact Brent Grider, Health Education Specialist at the Health & Wellness Center at (253) 939-6648 or via email at brent.grider@muckleshoot-health.com.

Links and Other Resources

Centers for Disease Control & Prevention
www.cdc.gov/swineflu
 24 Hour Info Line (800) 232-4936

Public Health—Seattle & King County
www.kingcounty.gov/health/swineflu
 Public Health Information Line (206) 296-4949

Washington State Department of Health
www.doh.wa.gov/swineflu

**Information provided by the Centers for Disease Control and Prevention

What CAN you do?



to boost your body's defense system for the flu season!

Besides doing your best at good hand washing and avoiding exposures, there are some other ways to protect yourself.

Eat Right:

- Your gut (gastrointestinal) health has a huge role in your immune system; by putting in the healthiest foods you are giving yourself a big step ahead. Now is the best time to work on avoiding junk foods and sugary treats (pizza, chips or anything fried, soda, cookies-- you know what they are!)
- Get your vitamin C from fruits and vegetables, the darker color the better like blueberries, oranges, broccoli and red pepper.
- Make sure you get your vitamin D. Your body can produce it from sunlight and foods like fish, eggs, and foods fortified with vitamin D. Ask your provider if a supplement is needed.
- Eat plenty of herbs, garlic and mushrooms. Rich in antioxidants, these foods have been found to aid in immune support.
- Increase protein foods, especially those with zinc like beef, chicken or fish. Beans and pumpkin seeds are also high in protein and zinc.
- Drink hot green or black tea. Skip the sugar or add a little honey if needed.
- Drink plenty of water. It is important to stay hydrated. Unless you have a lot of fluid loss, stick with water.
- Limit alcohol and caffeine as these put stresses on the body.

Get Enough Rest:

Most people need 6-10 hours of sleep per night.

Exercise:

Anything is better than nothing and start slow, 10 minutes to start if you haven't been active and work up to 30 minutes or more most days of the week. Walking is good; keep a moderate pace to get the most benefit.

Manage Stress:

Do whatever you need to in order to stay as stress free as possible. Talk to a friend, take a bath, get some quiet time, etc.

Birth Record
 By Lisa Elkins

08/09/09
 Proud Parents Albert B. WhiteEagle Jr. & Shylene Louie
 Girl- Camisha Jean WhiteEagle 7lbs. 13oz. 19 1/2 in.
 Proud Grandparents- Arletta Morrison, Thomas Louie, Penelope Miller, Albert B. WhiteEagle Sr.
 Great Grandparents-Jeannette & Dale Miller; Shirley & Earl Taylor, Tom Louie

8/20/09- Proud Parents Kristina Andy & Blake Michell
 Girl- Shyla Jo Michell 7lbs. 8oz. 21.5 in.
 Proud Grandparents- Renee Sneatlum, Ambrose Andy Lisa & Earl Michell

9/1/09
 Proud Parents Charidy & Micah McDaniel
 Boy- Truth Reginald Thomas McDaniel 8lbs 12 oz. 21in.
 Proud Grandparents; Ada McDaniel, Reggie Carter, Bernadette Bruce
 Great Grandparents; Ada & Richard Wilkin
 Proud Aunties & Uncles: Rhonda & Jesse McDaniel Jr., Vicki & Eddie Tom, Catherine Jones, Philly Jones Jr., Savannah Collick, James Lester

Congratulations to our new parents!!!

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

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.

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

SUMMER FUN at the Wellness Center

Summer was full of fun activities and events at the Wellness Center. We had a blast at our Muckleshoot Idol Talent Show, where the top 3 performances won cash prizes. Also, we had weekly field trips to some fun places like Wild Waves, the Zoo, Skating at Green Lake, the Children's Museum, Seattle Center, and more. Now it's time for some fun fall programs, and it all kicks-off with our 3rd Annual Triathlon and Family Field Day – both on Saturday September 12th in the field across from the Health & Wellness Center. Triathlon starts at 10 am and Field Day starts at 3pm, so come join the fun!



Nakita Williams 1st Place Winner! Singing "At Last" by Etta James



Alexis & Shianna 2nd Place Winners! Doing "Hoe Down Throw Down" by Miley Cyrus



Don & Chris Bettencourt 3rd place winners! Doing a drum and bass number!!

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

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

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

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

Signs of alcohol dependence

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

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

Who is at risk?

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

Family history, genetics, and the risk for alcohol dependence

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

Other risk factors

A number of other risk factors for alcohol dependence include:

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

Treating the disease

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

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

- Individual sessions
- Group sessions
- Family counseling

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

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

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

Prescription medications have been designed to complement counseling interventions. These medications may make it easier for individuals to

progress and transition from stage to stage during recovery and may offer new hope, especially to those who have been discouraged about initiating change and who may be inexperienced with the use of medication for alcohol dependence.

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

What is VIVITROL?!

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

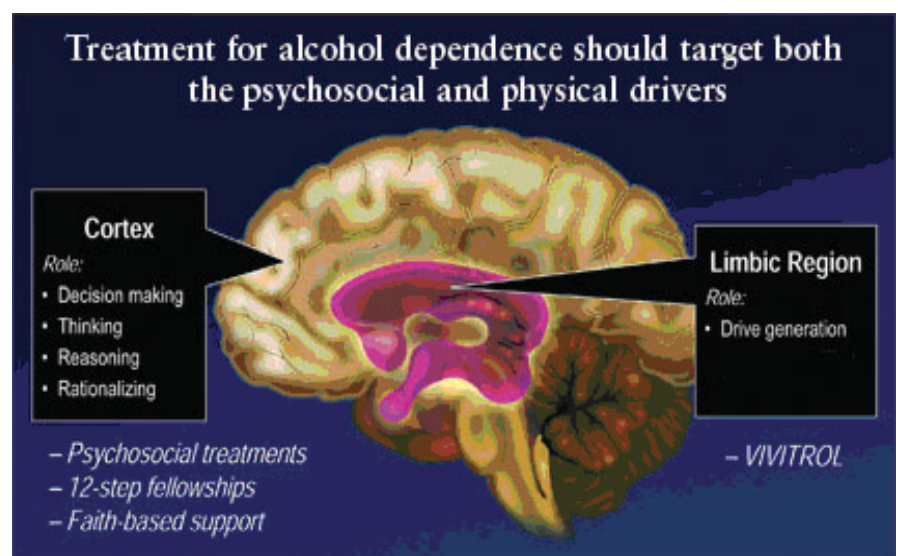
To benefit from VIVITROL, *you do not need to stop drinking before starting the medicine.*

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

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

How does VIVITROL work?

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



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

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

How often do I take VIVITROL?

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

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

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

How may VIVITROL help me?

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

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

How safe is VIVITROL?

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

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

Will I feel sick if I have a drink?

- You may have heard of other medications prescribed to help people stop drinking. Some make people very ill if they drink even a small amount of alcohol.
- VIVITROL works differently; it is NOT designed to make you feel sick when you drink alcohol.

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

**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.

"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

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

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

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 October & November 2009

Day	Date	Times Closed	Reason for Closure
Thursday	Oct. 1 st	8-9:30	Mo. All Staff Meeting
Thursday	Nov. 5 th	8-9:30	Mo. All Staff Meeting
Wednesday	Nov. 11 th	All Day	Veteran's Day Holiday
Wednesday	Nov 25 th	12-8	Thanksgiving Day Eve
Thursday	Nov. 26 th	All Day	Thanksgiving
Friday	Nov. 27 th	12-8	Tribal Holiday
Open with limited services 8-12 pm on Nov 27th providing Medical, CHS, Pharmacy and Dental emergencies only.			
Thursday	Dec. 3 rd	8-9:30	Mo. All Staff meeting



The Optical Department at the HWC!



The eyeglass benefits are the same as they've always been.
 One comprehensive eye exam once every 12 months.
 New lenses once every 12 months.
 Eyeglass Frames once every 2 years.
 If you are not eligible for the frame allowance, you will be allowed to purchase the frames at a very reasonable price. (Believe me there is a significant mark up when you buy frames in town/private practice!). No eyeglass benefits will be approved outside of the MHWC optical department. We are also offering contact lenses and equipment.

The Optical Department is a Tribally-owned business. Patients must meet CHS eligibility requirements to get optical services. CHS eligible patients will need to obtain a PO from the CHS office before getting optical services.

For more information, please contact the CHS Office – (253) 939-6648.



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.

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

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

Domestic Violence Awareness Day

Join us Thursday, **October 8th** for a day highlighting issues surrounding domestic violence. Learn about healthy relationships, the role of alcohol in abuse, and share support with other community members. **Lunch provided!** Healing Circle to follow. Call (253) 876-3357 for more information.

More details to follow next month!!

Grief is painful and at times the pain seems unbearable, now is the time to seek support!

Grief and Loss Support Group

with **Dr. Sarlak**
 @ the **Muckleshoot Health & Wellness Mountain Room**
Every Thursday 5:00 pm – 6:30:pm

Open for everyone, please call Muckleshoot BHP for further questions.

253-804-8752



**Anger Management Group
With Dr. Sarlak
16-Week Course,
Starts:
November 11th, 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

**CONTRACT HEALTH SERVICE (CHS)
NOTIFICATION REQUIREMENTS**

**CHS OFFICE
(253) 939-6648**

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

ALTERNATE RESOURCE REQUIREMENTS:

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

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

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

2009 Flu Season

Seasonal Vs. Swine Flu

Seasonal Flu—

- **Vaccine**—Available by mid-September to anyone interested. It protects against some forms of normal seasonal flu viruses.
- **Symptoms**—Tiredness, fever, headache, cough, sore throat, runny or stuffy nose, and sore muscles. Nausea and diarrhea may also be present.



Swine (H1N1) Flu—

- **Vaccine**—Initial supplies are targeted to be available by November. Vaccine access based on government guidelines and availability.
- **Symptoms**—Swine flu symptoms are similar to those of the normal seasonal flu. Talk to a medical provider if symptoms persist or worsen or for more information.



Honoring Our Past – Protecting Our Future is Theme of First Tribal Problem Gambling Awareness Conference

Counselors, Gaming Industry Members, Educators, Researchers, Community Members Join in Dialogue here October 1-3

SEATTLE – Many representatives of Tribal Nations in the Pacific Northwest have come together to plan the first Four Directions Conference on Tribal Problem Gambling Awareness. This unique conference will be held at the Muckleshoot Health & Wellness Center and the White River Amphitheatre Lodge in Auburn, WA, on October 1-3, 2009. The three-day Four Directions conference is the first of its kind in the nation, and will feature tribal, gaming, and problem gambling experts from across the country, including:

- Gayl Edmunds, Director of Indian Alcoholism Treatment Services, on Culture as Prevention
- Danielle Her Many Horses, Esq., Legislative Director for the National Indian Gaming Association, will provide an Overview of Current Legislative Issues Affecting Indian Gaming and the Benefits of Tribal Casino Responsible Gaming Programs
- Sheila Morago, Executive Director of the Arizona Indian Gaming Association, will address Tribal Problem Gambling Prevention Programs
- Theda New Breast, MPH, of the Native Wellness Institute, on Healing for Loved Ones of Addicted Gamblers
- Judge Teresa Pouley, Northwest Intertribal Court System, will talk about Wellness Courts
- Gene Thin Elk, the Founder of the Red Road to Recovery program, will share the Red Road Approach to Healing

A special Community Event Thursday evening, October 1, highlights the theme “Honoring Our Past – Protecting Our Future,” featuring Grandmother Agnes Baker-Pilgrim of the Thirteen Indigenous Grandmothers; Coleen Clark, Domestic Violence Coordinator for STOP Violence Against Indian Women; and several Tribal youth, who will perform music they created around addiction awareness, prevention, and healthy choices during this summer’s New Directions Tribal Youth Music Academy.

“Indian gaming has brought great growth and opportunities to build economic security and rebuild our communities,” said Charlotte Williams, Chair of the Muckleshoot Indian Tribe and an Honorary Chair of the Four Directions Conference. “Just as we come together during the year with gaming industry leaders and experts to share knowledge and perspectives on current issues affecting Indian gaming, we hope to bring together our Tribal leaders, behavioral health directors and counselors, education experts, and families to support each other with knowledge on health issues, addictions, and financial and safety concerns that affect our communities.”

The full list of presenters and topics is available on the Evergreen Council on Problem Gambling Web site at www.evergreencpg.org. Limited scholarships are available for enrolled Tribal Elders interested in attending the Four Directions conference. For more information, call 360.352.6133.

CONFERENCE COORDINATOR:

The Evergreen Council on Problem Gambling (ECPG) is a non-profit corporation recognizing the importance of addressing problem gambling in Washington State and nationally. ECPG is dedicated to increasing public awareness of problem gambling, expanding the availability of services for problem gamblers and their families, and encouraging research and programs for prevention and education.

CONFERENCE PARTNER:

The Muckleshoot Indian Tribe is comprised of the descendants of the areas’ original Coast Salish peoples. Today’s Muckleshoot Indian Tribe is one of Washington State’s larger Tribes, with an on- or near-Reservation population of about 3,300. A healthy future is key for all members and of the community. The Muckleshoot Health & Wellness Center offers myriad services, including a strong Behavioral Health program. Muckleshoot Behavioral Health serves clients of all ages, providing services for individuals, couples, families, and groups.

Contacts:
Maureen Greeley, Executive Director
Evergreen Council on Problem Gambling
360.870.0116
mlgreeley@evergreencpg.org

Truth Griffith, Behavioral Health Director
Muckleshoot Health & Wellness Center
253.804.8752
truth.griffith@muckleshoot-health.com

Behavioral Health Services

The Muckleshoot Behavioral Health Department continues to grow and expand services to meet the needs of the community.

The following article aims to provide an overview of the current services we offer followed by information on how to get started or get more information.

Chemical Dependency Services (serves all ages):

- Assessment and treatment placement assistance
- Inpatient referral and aftercare
- Relapse Prevention
- DUI assessment and deferred prosecution treatment
- Adult intensive outpatient treatment (IOP)
- Outpatient treatment for adults and youth
- Youth intensive outpatient treatment
- Suboxone Program (Opiate specific treatment program)
- Individual, group and family counseling and intervention
- Detoxification referral and placement assistance
- Case management
- Status/Court reporting for probation and referral sources
- Outreach and client advocacy
- Toxicology screening (urinalysis and saliva testing)

Mental Health Services (serves all ages):

- Evaluations
- Individual, group and family therapy
- Psychiatric services
- Medication management
- Family Healing Retreat
- Coyote Clan
- Boy’s mentoring
- Girl’s support group and equine therapy
- Anger management
- Grief and loss counseling
- Outreach and advocacy
- Home visits
- Case management
- Referral assistance
- Constellations group therapy

Recovery House (adults 18yrs and over):

- Clean and Sober Housing for up to 16 adult residents
- On-site support services
- Life skills groups
- Intensive case management
- Individual, group and family counseling
- Alcoholics Anonymous and Narcotics Anonymous meetings

Our Activities Coordinator also organizes weekly and monthly outings for patients and community members to enjoy social, recreational and cultural events in a clean and sober environment and with transportation often provided.

Our staff is trained to respond to crises and is also available to consult with concerned family members and friends on a wide range of behavioral health needs.

If you or someone you know is interested in receiving services at Behavioral Health, you will need to first register with Patient Registration at the Health and Wellness center. If you are already registered, you may be asked to update your registration information. Be sure to bring ID, address verification and any insurance or medical coupons that you have

If you have been referred to Behavioral Health by another program, any related paperwork will also be helpful.

Once you are registered with Patient Registration, simply call or come by Behavioral Health and we will schedule you for a first available appointment that fits your schedule.

You may also feel free to contact us for more information regarding the programs, groups and activities we offer.

Phone: (253) 804-8752

Muckleshoot BHP hours: (someone at front desk during lunch hour)

- Monday 8:00 a.m. to 5:00 p.m.
- Tuesday 8:00 a.m. to 8:00 p.m.
- Wednesday 9:00 a.m. to 8:00 p.m.
- Thursday 8:00 a.m. to 8:00 p.m.
- Friday 8:00 a.m. to 5:00 p.m.
- Sat/Sun Closed

After hour’s crisis numbers that can be helpful:

CDMHP (24 hrs accessed through crisis clinic):
866-4CRISIS
(866-427-4747)
(206) 461-3222

24 hour Alcohol and Drug Helpline:
(206) 722-3700
(800) 562-1240

2009 Per Capita Deadlines and Schedules

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



Thanks to my Son

Wil Murphy

For my beautiful cedar hat. It was the first one he made, and I'm proud that he gave it to me. Also, he made a second one – it went to his son, Roy A. Murphy. We proudly wore them while on the Canoe Journey. My son wears the first cedar hat I ever made.

The three of us were along, Wil as Skipper and Roy 1st time paddling – hmmm! I got to ride the support boat with Louie (my nephew) along with Toots and relief paddlers. Very good experience. I'm proud to say Roy pulled all day when they paddled.

Thanks to William for beading my Eagle feather and Kathy for the cedar rose for my cedar hat.

Many thanks Son & Grandson for a great experience!

Love, Mom & Grandma

Thank You!

Thanks to my Son Wil and Grandson Roy for being with me at the E.R., my Daughter Monica and granddaughters Roselene and Kristina for being with me and their visits at the hospital.

Also, thanks to pals Toots and Berlinda for visiting and LeOta Berry for her calls and visits, a beautiful lil fluffy blanket and fruit. Also, thanks to Enrollment staff LeOta, Melissa C. And Tanya for the beautiful flowers. Thanks LeOta.

I'm doing better, so thanks for all the calls.

Love ya all!

Norma Dominick

P.S. Also, thank you to the Pow Wow Committee for the honor of being an Elder. It was very nice, and I love the beautiful blanket. It was a good surprise. Love, Norma D.

Thank You from 2008-2009 Skopabsh Tiny Tot Princess Lauryn Courville and Family

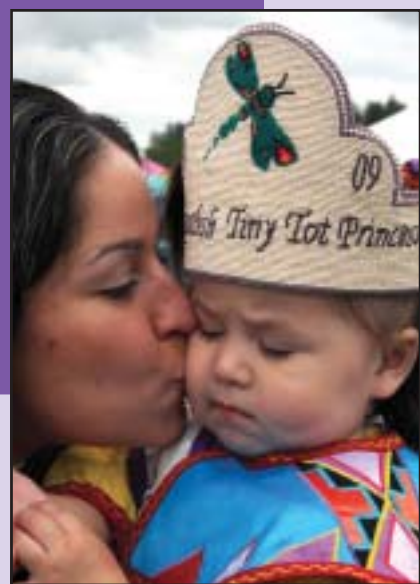
On behalf of Lauryn Courville we would like to thank our family and friends who have supported her throughout her year as The Skopabsh Tiny Tot Princess. She has represented our Tribe and the Pow-Wow to the best of her abilities and even went to a Pow-Wow as far as Morongo California!

Also during her year as princess Lauryn has become a better dancer and has shown enthusiasm for singing and drumming. The past year has been a little rough on us all, but Lauryn has kept a smile on her face and our family's hearts warm.

Lauryn and our family wishes the 2009-2010 royalty all the best in the year to come and thanks the 2008-2009 royalty for the past year of service.

Our family also thanks the Skopabsh Pow-Wow committee, volunteers, and tribal council for their devotion and hard work. We know that putting on such a great event takes a lot of time, dedication, and funding and we appreciate you providing our community with a safe and fun environment to celebrate our pride of being Native American and members of the Muckleshoot Indian Tribe.

PHOTOS BY JOHN LOFTUS



Jeannette Morrison

Long, Long ago, but not so long ago~ A child was born, and was given the name Jeannette

This child was born with the ability to carry the world on her shoulders without complaint

She was given the talent of smiling at a person and making them feel like everything was going to be alright.

To make a person laugh in times of despair, sorrow or grief~ She was given the ability to create a whole dinner with next to nothing, and make it look so simple.

She worked all her life, trying to make ends meet, creating a comfortable atmosphere for all her children.

On this special day that Jeannette was born, little did she know that she'd have 8 children, 32 grandchildren & 24 great-grandchildren & growing....

The children have a love so strong for their mother, that they all surround themselves around her to this day...

I marvel at the accomplishments of this woman, the love, compassion, inner-strength that she has, regardless of all that life has thrown at her... she keeps fighting to overcome!

Our creator had something in mind, when he created Jeannette, and we experience it each and everyday of our lives...

Learning, laughter, love, courage...

I remember as a child, my mother experiencing pain in protecting us... this is the strong love that I have tried showing my child, and know that my child will show his children...

Happy Birthday Mom, We all Love you so Very Much & admire your strength, Love, courage, sense of humor and look forward to celebrating the day you were born.

Happy Birthday!



HAPPY BIRTHDAY TO

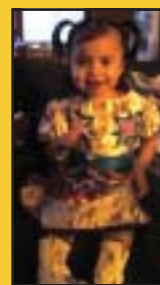
- My Bro Leon, Sept 15th
- Mikey Anderson, Sept 11
- Yvette Brown, Sept 15th
- Erika James, Sept 20th
- Jacob Jackson, Sept 23rd
- Eddie Brown, Sept 28th

Happy 1st Bday to my nephew Payton Brown, Sept 23rd

Tammy James

Birthday Wishes from Bettina to my very much LOVED Family and FRIENDS

- Dad (Doug Brown)
- My Buddy Mikey Anderson
- My Cousin Leon Brown
- My Princess Yvette Ebony Brown
- Denise Haynes
- Kristina Laubner
- Savannah Lynn Jerry
- Tyrese Lopez
- My Brother Eddie Brown
- Mary Ross JR aka CAKES



Happy Birthday everyone! I wish you nothing but the BEST!!

WhiteEagle / Tuilata Family

Happy 5th Birthday on July 19, Baby Girl Valelia Tuilata – Love, Mom, Amu, Uati

Way to go, Uati Tuilata! Play basketball, your mom's Lil Baller – Love, Mom, Amu, Lia

Good job, Amu WhiteEagle! Keep up the good grades.. And All-Star in baseball!! – Love, Mom, Uati, Lia

Happy Bday!
 August 9 – Sandi WhiteEagle
 August 24 – Lavonna
 August 29 – Jaclyn Chambers
 August 30 – Bro Hater Gerald Moses Sr.
 From: Victoria, Viliamu, Makuati, Valelia

A Special Birthday Wish
 To our Dad, Makuati Tuilata
 July 30, 2009
 Love, Your Kids –
 Viliamu, Makuati, Valelia



Jenna and Cousin "Cola"!

Happy 4th Birthday Robert Sam-Charles! We Love you! Love Uncle Mikey, Auntie

Also my husband's address where he is incarcerated at is Federal Detention Center Douglas M Edwards Jr. Reg.# 35941-086 P.O. Box 13900 Seattle, Wa 98198

He is just here for a little bit longer and then they will be transferring him to California so when he gets transferred can I just update his address? Again thanks so much!



Happy Anniversary Bud!
 Our Marriage is a Blessing...
 Love you dearly,
 Trudi Moses



Happy 2nd Birthday Teuila Atimalala! We love you So Much. There is never a dull moment with you near. Love Mommy, Daddy, Big sis Astraiya and Big bro Richie. D.O.B 9/4/07





Arlissa, Daria and Arlin Thunder Jr.

PHOTO BY LISA ELKINS

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.

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

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

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

MUCKLESHOOT 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

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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

FOUR DIRECTIONS

HONORING OUR PAST + PROTECTING OUR FUTURE

Presented by
EVERGREEN
Caucus on Tribal Governance
Conference Partner

INFO:
360-352-6133
www.evergreenpgp.org

Muckleshoot Health & Wellness Center
October 1-3, 2009
Special Community Event
Thursday Evening, October 1
White River Amphitheatre Lodge

Honorary Chairs:
The Honorable Charlotte Williams, Chair of Muckleshoot Indian Tribe
The Honorable Leonard Forsman, Chair of Squamish Tribe

Visit the Muckleshoot Tribe's **NEW WEBSITE!**

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>

EVENTS CALENDAR

September 21	Northwest Indian College. First day of Northwest Indian College classes for Fall Quarter 2009
September 25-27	2009 GOSPEL SONG FESTIVAL- Muckleshoot Pentecostal Church
September 26	Fall Fishing Classic- Kete Creek Hatchery in Auburn. Call Gail at 876-3178 for more information
September 30	Per Capita - Deadline for December 2009 Direct Deposit
October 1-3	Four Directions Tribal Problem Gambling and Awareness Conference, at Health and Wellness Center and White River Amphitheatre. Call 253-804-8752 for more info.
October 9-11	Northwest Native Women's Conference - 10 - 1:30 pm at Muckleshoot Pentecostal Church
November 30	Per Capita - Enrollment Cut off to receive March 2010 Per Capita

CULTURAL WELLNESS GATHERINGS

AA Meeting Time	
Muckleshoot Recovery House 39225 180 th Ave. SE, Auburn, WA 98092	Mondays 12:00 Noon
Feather Healing Circle	
39015 172 nd Avenue SE Auburn, WA	Tuesdays 5:00 pm
Fire Starters	
Pentecostal Church Muckleshoot 39731 Auburn Enumclaw Road SE Auburn, WA	Wednesdays 7:00 pm Fridays 7:00 pm
Grief and Loss	
Grief and Loss Support Group Behavioral Health, Bear Lodge	Wednesday's 6:00pm -8:00pm.
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 E. Main & N St. S.E. Auburn, WA 98002	Monday 10:30 a.m.
Federal Way Sunrise United Methodist Church 150 S. 356th St. Federal Way, WA 98003	Monday 6:30 pm

A NOTE FROM SARAH CAIN



I just wanted to send a friendly notice to my parents and community that I will be leaving the Muckleshoot youth facility on Sept. 4th I hope to still see many of you at community events since I still live here in Muckleshoot. It has truly been a pleasure working for the tribe for so long and at the youth facility for 2 years, I love the families here and the kids I have been so great full to work with. Thank you to those of you who have encouraged me and supported me in following my dream as an artist, I will see you all around the community, check out my artwork or give me a call to get a tattoo J.sinfultattoo/myspace.com

-Thank you again!
Sarah Cain
Youth activities coordinator

SKOPABSH POW WOW 2009

August 28, 29 & 30, 2009

PHOTOS BY BOB CHARLO

SKOPABSH ROYALTY FOR 2009-2010

KI'YAH - LEAH MOSES

SR. PRINCESS - LINDY LINDGREN

JR. PRINCESS - MACY EYLE

TINY TOT PRINCESS - LESLIE STARR

WARRIOR - DANNY WHITE

LITTLE WARRIOR - MIKE JOHN



PHOTOS BY JOHN LOFTUS