



INSIDE	
Pentecostal Church News	5
Health	6
Education	11
Sports	13
Birth to Three	14
Elders	15
Tribal Halloween Party	16
Drop-In Center	17
Boxing	18
Family	24
Notices	25
Honoring Our Veterans	26



Muckleshoot MONTHLY



Vol. X No. X

Muckleshoot Indian Reservation, Wash.

NOVEMBER 26, 2009

A LETTER FROM THE MEDICAL DIRECTOR

H1N1 & Seasonal Flu Shots at Muckleshoot Clinic

Dear Tribal and Community Members,

I would like to thank each of you for your patience and realize it has been very frustrating during the last few months, waiting for information about where and when you would be able to get your H1N1 and Seasonal Flu shot as well as trying to make sense of all the information related to the flu.



The Muckleshoot Medical Clinic Team can meet all of your needs during this flu season. There is no reason to spend hours waiting at urgent care or an emergency room. **No one with the flu will be turned away!** We will continue to provide antiviral medicine as needed to fight the flu virus. This medicine reduces or may quickly eliminate your flu symptoms and shortens how long it lasts. We have made sure our supply of this medicine is substantial and able to meet demand.

With the opening of the new Drop-In Flu Shot Clinic, we have been able to provide the H1N1 and Seasonal Flu shots as soon as supplies are received. We have made sure that the Muckleshoot Tribe receives the maximum available shots, but initially this has been limited with unpredictable delivery. This will improve, but we ask that you call 253-939-6648 ext. 3103 to check on that day's availability before you stop by.

Children who have not had seasonal flu shots and those under 10 years receiving the H1N1 flu shot will require two (2) shots. For these children one shot is not enough. Make sure to bring your child in for the second shot. The second shot is given 30 days after the first.

Also as important, this age group will not be protected until 7-10 days after the second shot. For children over 10 and adults, who only need one shot, protection occurs about 8 days after the shot. If flu symptoms develop during the this waiting period feel free to contact us at the Muckleshoot Medical Clinic at 253-939-6648 with any questions or concerns.

On behalf of myself and our team at the Muckleshoot Health & Wellness Center, thank you for your support and patience.

JAKE BERGSTROM, M.D.
MHCW Medical Director

Virginia Cross appointed to NARF's Board of Directors



Virginia Cross has been appointed to the Native American Rights Fund (NARF) board of directors. Always a strong advocate of treaty rights, she served as Tribal Chair when NARF helped MIT win a landmark lawsuit years ago over claims to the former bed of the White River. "I have the greatest respect for NARF," she says, "and am deeply honored to serve on their board."

A FRONT-ROW SEAT TO HISTORY

Chairwoman Charlotte Williams takes part in White House Tribal Nations Conference

WASHINGTON, DC – Like tribal leaders from throughout the United States, Muckleshoot Tribal Chairwoman Charlotte Williams sensed that history was about to be made when President Barack Obama announced that his Administration would sponsor its first annual White House Tribal Nations Summit Conference. It was a promise he'd made during the campaign, and now he was keeping it.

It was cold when Charlotte arrived in front of the Interior Building at 6:15 AM on November 5. The line was already a half-block long, and it was still nearly three hours until the conference was to begin. Her perseverance paid off. She didn't quite wind up in the front row, but pretty darn close. She got a seat in the second row.

"I sat with several Northwest tribal leaders," she says, adding that she had "one of the best seats in the auditorium."

But we should back up a bit. November 5 was actually the climax of a sequence of events that had been put into motion several weeks earlier when the White House announced a firm date for the long-promised conference.

Tribal leaders nationwide immediately shifted into high gear, determined to be prepared to make the most of this historic opportunity for true partnership with the federal government.

Here in the Pacific Northwest, Swinomish Tribal Chairman Brian Cladoosby, who also chairs the Affiliated Tribes of Northwest Indians (ATNI), organized a strategy session at Suquamish's Kiana Lodge conference center. This was the first of a series of meetings at many levels that took place throughout the country as tribal nations laid groundwork for the November 5 summit meeting with the President and his top officials.



WAITING FOR OBAMA. MIT's Charlotte Williams and fellow Tribal Chairs Frances Charles (Lower Elwha Klallam) and Jeromy Sullivan (Port Gamble S'Klallam) pass the time as they await the President's arrival.

On November 3, tribal leaders began to congregate in Washington, DC. That morning at 6:00 AM they gathered at the Tribal Nations Embassy for an outdoor blessing. Charlotte Williams, selected to represent Northwest tribes, offered words of prayer and hope.

A few hours later, at 10:30, she joined fellow ATNI members for a brunch meeting to follow up on the plans that had been made at Suquamish. They

continued on page 3

Honoring tradition, Josh Hamilton shares meat from first kill

SEATTLE – Bagging his first deer was a rite of passage for 13-year-old Josh Hamilton. After bringing home the three-point buck, Josh had another tradition to honor.

On a recent Tuesday morning, the young Tulalip tribal member climbed warily out of his grandfather's truck in the middle of Seattle's Pioneer Square neighborhood.

A shy Totem Middle School eighth-grader, Josh was greeted on the sidewalk by staff and clients of the Chief Seattle Club, a nonprofit organization that provides support to about 200 low-income and homeless urban American Indians and Alaska Natives.

Josh was there to give away his butchered deer to help feed the people who frequent the club's day shelter. He helped unload coolers of venison from the truck and carried the meat to the club's kitchen.

"Our tradition is that when a boy gets his first deer, he must give it away to those who would appreciate the help," Josh's mother Andrea Hamilton said as she watched her son. "Josh knows his grandpa brings fish to the Chief Seattle Club, so he wanted to give his deer to our people here on the streets."

Tall for his age, Josh accepted hugs, handshakes and high-fives from men who called him "brother."

The Rev. Patrick Twohy, a Catholic priest who ministered for many years on the Tulalip and Swinomish reservations, asked the people gathered to accept Josh's gift to form a circle in the lobby of the club.

Josh, who lives with his family in Tulalip, has known "Father Pat" since he was a little boy and was happy to see the priest, who now splits his time between Chief Seattle Club and Tacoma's Mount Tahoma Indian Center.

Following another tradition, Chief Seattle's executive director Jenine Grey, a young Tlingit woman, pinned a blanket around Josh as one of the elderly men in the circle sang and kept a beat on his deer-skin drum.

"We are humbled and honored by your gift," Grey said. "It will nourish the bodies and spirits of people who don't often have the chance to eat traditional foods. In this urban world where we live, a gift like this will bring tears to their eyes."

Josh's grandfather, longtime Marysville School Board director Don Hatch, said he hoped the deer meat and the fresh fish and smoked salmon he brought along would be received as medicine by people at the club. He also praised the Tulalip Tribes and his friends and relatives who helped prepare the food for delivery to Chief Seattle Club.



Josh being honored

"And thank you for taking our gift," Hatch told the group. "I hope this is a day Josh will remember forever."

The brief ceremony concluded with prayer and a round of thank-yous in several native languages.

Josh raised his hands in thanks and smiled. "It's good to be able to help out our Indian family in Seattle, people who don't have a place to stay," Josh said. "And it's an honor to get the blanket from the elders here."

At 6 feet tall and more than 200 pounds, Josh has a tribal name, KweKwaWeChud, that doesn't seem to fit. It means "Little Elk."

After one of the men at the shelter gave Josh a red-and-black dreamcatcher to hang in his bedroom, the boy said his dream is to be a professional baseball, basketball or football player.

For now, though, Josh is a hunter. Steve Hamilton had taken his son Josh hunting many times. Hamilton, a Muckleshoot, hunts early in the season to stock up for the large meals following funerals and special ceremonies on the Tulalip Reservation.

"You have to give to get," he told Josh. Hamilton taught Josh that animals sacrifice their lives to feed the people, and that every bit of the animal must have a purpose. A craftsman, he uses the hooves for ceremonial regalia and the hides for drums.

"The deer lives on as long as the drum beats," Hamilton said. In the high hills east of Arlington last Friday, Josh asked for his dad's permission to shoot his first deer while out during the tribal hunting season.

The kill was quick, with a shot right to the heart. "I was excited and very happy for the gift," Josh said.

Many thanks to the Everett Herald and writer Gale Fiege for this excellent story!



White House Tribal Nations Conference A New Beginning

On November 5th, 2009 President Barack Obama fulfilled an important campaign promise by convening the White House Tribal Nations Conference with representatives of the 564 federally recognized tribes. The Conference, held at the Department of Interior and attended by President Obama, tribal leaders, Cabinet Officials and Congressional Representatives, marked the beginning of a new and stronger government-to-government relationship between tribes and the United States government.

Tribal Council Chairwoman Charlotte Williams represented the Muckleshoot Tribe at the conference. She described the meeting with President Obama, and various work sessions preceding the meeting, as an historic event that signaled the administration's commitment to protect sovereignty, build stronger government-to-government relationships and reverse a history of neglect and broken promises.

"The President's acknowledgment that tribal consultation is important is an encouraging sign that we are at the beginning of a new relationship," she said.

In his address to the tribal leaders President Obama acknowledged a long history of broken treaties and broken promises.

"You were told your lands, your religion, your cultures, your languages were not yours to keep" said the President. "And that's a history that we've got to acknowledge if we are to move forward."

The agenda for the Tribal Nations Conference was broad and far reaching. Topics discussed included strengthening the Nation-to-Nation relationship between tribes and the Federal government, improving public safety on tribal lands, helping tribes lead the clean energy revolution, bringing greater economic development opportunities to Indian Country, strengthening health care and education for Native Americans and doing a better job of protecting natural resources.

To implement this new policy and fulfill his commitment to tribes President Obama signed a Presidential Memorandum at the conference directing every cabinet agency to develop and submit to the Office of Management and Budget, within 90 days, a detailed plan to improve the relationship between the government and tribal communities. The presidential memorandum acknowledges a "unique legal and political relationship with tribal governments" and commits the federal government to "regular and meaningful consultation and collaboration with tribal officials."

The White House Tribal Nations Conference truly was a new beginning for the relationship between tribes and the federal government. The President's clearly stated commitment and the attendance of so many cabinet-level officers makes it clear that tribal consultation will be taken seriously. In closing the conference the president's words were unequivocal: "I want to give you my solemn guarantee that this is not the end of a process but a beginning of a process, and that we are going to follow-up."

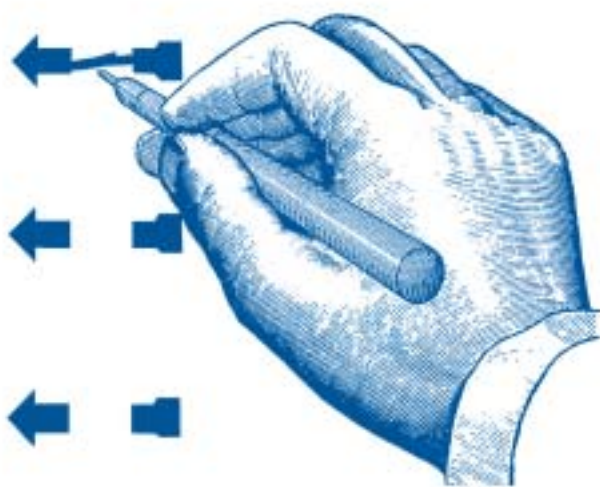
Muckleshoot participation in this historic conference reflects the Tribal Council's commitment to work with the administration to ensure that the promise of a new relationship becomes a reality.



MADAM SPEAKER. Tribal Council members Kerri Marquez and Virginia Cross recently met with US Speaker of the House Nancy Pelosi and other dignitaries at an event in Seattle. Also in attendance were Congressmen Norm Dicks, Jim McDermott, Rick Larsen and other elected officials.

INSTRUCTIONS FOR MARKING BALLOT

TO VOTE:
DRAW A LINE CONNECTING THE HEAD AND TAIL OF THE ARROW THAT POINTS TO YOUR CHOICE.



USE ONLY THE SPECIAL PEN OR PENCIL PROVIDED

IF YOU MAKE AN ERROR
PLEASE RETURN YOUR BALLOT TO THE ELECTION
OFFICIAL AND REQUEST A NEW BALLOT

DO NOT FOLD BALLOT

SAMPLE BALLOT

Muckleshoot Tribal Election

January 18, 2010

OFFICIAL BALLOT
MUCKLESHOOT INDIAN TRIBE
January 18, 2010
- A -

This is your secret ballot. Do not sign or otherwise mutilate it.

DO NOT ERASE
TO VOTE: USE A #2 PENCIL (NO INK)
Complete the arrow(s) pointing to your choice(s), like this →

TRIBAL COUNCIL
VOTE FOR UP TO THREE (3)

	MIKE JERRY, SR.	←
	MARVIN R. MOSES, SR.	←
	PHIL HAMILTON	←
	LINDA STARR	←
	JANET EMERY (JERRY)	←
	TAMMY BYARS	←
	YRIGIL SPENCER	←
	CHARLOTTE WILLIAMS	←
	MARK JAMES	←

SCHOOL BOARD
VOTE FOR UP TO TWO (2)

	ANITA "NANA" PEDRO (MARTINEZ-COURVILLE)	←
	ELAINE "TOOTS" BAKER	←
	LUELLA J. NELSON-SANDOVAL	←
	SHARON HAMILTON-CURLEY	←

OFFICIAL BALLOT
MUCKLESHOOT INDIAN TRIBE
January 18, 2010
- A -

See the Tribal Nations Summit for yourself!

GOT A COMPUTER? You can watch to the entire proceedings of President Obama's White House Tribal Nations Conference on C-SPAN's website. For the morning and afternoon sessions and President Obama's remarks, go to www.cspan.org and type "TRIBAL NATIONS" in the search window at top right.



The 26-minute interview and call-in with Swinomish Tribal Chairman Brian Cladoosby is just a wee bit harder to find. To get there, scroll toward the bottom of the C-SPAN main page until you find a box that says "Still Looking? If you cannot find a particular video you are searching for, please check our expanded archive in the C-SPAN Video Library." Click on that, and when it transfers you to that page enter "Cladoosby" in the search window.

Here are CSPAN links where you can watch full coverage of the White House Tribal Nations Conference:

- Brian Cladoosby interview, 26 minutes / <http://cspan.org/Watch/Media/2009/11/04/HP/A/25393/Brian+Cladoosby+Swinomish+Tribe+Chairman.aspx>
- President Obama address, 51 minutes / <http://cspan.org/Watch/Media/2009/11/05/HP/A/25569/White+House+Tribal+Nations+Conference.aspx>
- Tribal Nations Conference, Morning Session, 3 hours, 6 minutes / <http://cspan.org/Watch/Media/2009/11/05/HP/A/25883/White+House+Tribal+Nations+Conference.aspx>
- Tribal Nations Conference, Afternoon Session, 3 hours, 8 minutes / <http://cspan.org/Watch/Media/2009/11/05/HP/A/25544/White+House+Tribal+Nations+Conference.aspx>

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

WHITE HOUSE TRIBAL NATIONS CONFERENCE

continued from page 1

continued their strategizing the next day – November 4 – with a working lunch before merging with the larger national group, the NCAI (National Congress of American Indians), for the rest of the afternoon.

The ATNI group hadn't been able to meet until noon because its Chairman, Brian Cladoosby, was a featured guest on C-SPAN's Washington Journal call-in program that morning.

That evening, the National Museum of the American Indian hosted a gala reception for the unprecedented number of tribal leaders that had traveled to Washington for this historic occasion. Several congressional representatives, including Norm Dicks (D-Tacoma), spoke at the reception.

While she was at the museum, Charlotte served as a standard bearer for her tribe in the truest sense of the word: She hand-delivered a Muckleshoot flag to be hung in the NMAI's tribal nation flag display.

Finally, the big day came and the moment they'd been waiting for arrived. Over 400 Tribal Nations were represented in the Department of Interior's auditorium, including 27 of Washington's 29 federally-recognized tribes. Charlotte was in her second row seat with other Northwest tribal leaders as President Barack Obama took center stage.

"I didn't have expectations," Charlotte recalls, "but the President came into the room with confidence and was genuine in his demeanor and words. He used humor, was candid and made the audience feel comfortable."

Native people have been told a lot of things by a lot of administrations over the years. History has proven that they are more than entitled to be skeptical; but still, they held hope in their hearts that this time it might be different, and President Obama's words resonated with them.

"I want to be clear about this," he told the group, "Today's summit is not lip service. We're not going to go through the motions and pay tribute to one another, and then furl up the flags and go our separate ways. Today's sessions are part of a lasting conversation that's crucial to our shared future."

Several cabinet members, along with high-ranking administration officials participated in the conference, including Commerce Secretary Gary Locke, formerly Washington State's governor.

The event was conducted as a town hall meeting, with tribal leaders allowed to make comments or spoken presentations and ask questions to members of the President's cabinet and top federal officials.

The tribal leaders that spoke were selected at random from the audience, and Frances Charles (Elwha) and Fawn Sharp (Quinault) were the



President Barack Obama addresses the historic gathering of tribal leaders.

only Northwest leaders that were given the floor during the conference.

"The officials, ATNI and NCAI tribal officials came prepared," Charlotte says. "The U.S officials knew our challenges and heard about them as well. They let tribal representatives – elected and others – tell them about our problems and challenges and share solutions, too."

President Obama spoke at the beginning and end of the conference, with a host of cabinet secretaries and other top officials taking turns addressing the tribal leaders and fielding their questions in the hours in between. Interior Secretary Ken Salazar served as moderator.

One of the day's highlights was President Obama's signing of Executive Order 13175, which directs all cabinet agencies to devise detailed written plans for improving tribal consultation within 90 days.

"President Obama and top officials recognize that tribes are sovereign governments and need to be treated as sovereign," Charlotte noted, adding that they often made reference to tribal governments being sovereign entities in their personal statements and responses to questions.

Afterwards, NCAI President Jefferson Keel declared the conference to be a success, stating that "It is an understatement to say that this was an historic day for Indian Country."

Muckleshoot's Tribal Chairwoman Charlotte Williams agreed: "This conference was definitely an historic occasion," she said.



William Richard Anderson Sr.

William "Bill" Anderson Sr. of Muckleshoot passed away on Nov 14, 2009, at the age of 64. He was born on Oct 27, 1945 to Richard and Cecelia Anderson at Tacoma, Washington.



Bill was associated with team sports throughout his life and his passion for athletics left a positive mark on the community. He enjoyed working with young and old alike, and coached the Muckleshoot basketball team as well as baseball and softball. He loved fishing, traveling, casinos and his family. He worked in recreation programs for the Muckleshoot Tribe.

Bill was preceded in death by his parents; daughter Billie Jo; son William Anderson Jr., sisters Barbara Hatch and Rebecca Penn; brothers Richard "Roller" Anderson, Gordon and Richard Anderson, and granddaughters Chontaya Anderson and Michelle Anderson.

He is survived by his girlfriend, Theresa Jerry; daughter Tammie Anderson; son Bill Anderson, stepdaughter Lennessa Brown; brothers Dennis Anderson Sr. (Rose), Leroy Anderson, Barry Anderson Sr. (Barbara); sisters Pamela Jackson (Wally), Deborah Anderson, Penny Anderson, Christine Barr, Ann Siddle, Marge Jamison (Ernie); brothers-in-law Don Hatch Jr. and Dan Penn; grandchildren Samantha Munson, Kevin Anderson, Kristina Anderson and Jaelyn Anderson; great grandchildren Jazzlyn Moses, Jovahn Munson, and numerous nieces and nephews.

Funeral services were held on November 17 at the Muckleshoot Shaker Church, followed by burial at the White Lake Cemetery. A luncheon for family and friends was held afterwards at the Muckleshoot Pentecostal Church. Weeks' Funeral Home of Buckley was in charge of the arrangements.

Madeline Anne-Marie Williams

Madeline Anne-Marie Williams, daughter of Geraldine & David, died November 10, 2009. She is preceded in death by her great grandfather, Henry King George, and great grandmother, Mary King George; great grandfather, Alexander Williams, and great grandmother, Dorothy Williams.



She is survived by her mother, Geraldine Williams, and father, David Hawley; grandparents, Alfred and Loretta Williams and David, Sr. & Leona Hawley. A funeral service was held, Friday, November 13, 2009 at the Muckleshoot Pentecostal Church followed by burial at the New White Lake Cemetery. Services were directed by Weeks' Funeral Home, Buckley, WA.

Thank You from the Family of Larry V. Moses

From the family of Larry V. Moses, we would like to thank everyone that showed up for this headstone blessing/memorial ceremony! Great turn out! Thanks to Sandy Heddricks blessing the headstone and Warren KingGeorge for speaking for us.

A very special thank you to the Pentecostal Church (Kenny Williams) for opening their doors for our family to do this ceremony.

Job well done to our hired cooks, Joey Jansen, Vera Jansen, Trina Jansen, and their helpers! Thanking everyone that made donation and contributed to our fundraisers we had with in the last year.

Thank you so much,

Theresa Jerry, Marierose "Breezy" Weir, Collin, Talyn, Preston, Grace Iverson, Lisa Penn, Albert & Eleanor & all his nieces 'n' nephews!

Thank You

This is to all the good people who helped in a great time of need. I thank each and every one of you for your most generous donations. Thank you to all the grave diggers and cooks, to Virginia Cross, Lorraine Cross, Alfred Starr, Sandy Heddricks, Auntie Joan Maurice, and Mary Ross, who were all with me at the most crucial moments.

Also, I thank the Smoke Shop and Muckleshoot Gas Station for their help in getting donations, and to the Muckleshoot Tribe. Sherina, Charlotte, Jerry, Kelvin Francks and Virgil Spencer were all most kind and generous. And finally, thank you to anyone I forgot in my time of sorrow.

Thank You All & God Bless You!

IRENE (GOUDY) KAI

2010 TRIBAL ELECTION
JANUARY 18, 2010
8 AM TO 8 PM
PHILIP STARR BUILDING
39015 172ND AVENUE SE
AUBURN, WA

Sheila James Memorial

We would like to thank all the people that attended Sheila's headstone blessing and her memorial dinner and give away on Saturday, 11/14/09. We are all very grateful that you took time out of your busy day to show your respect to her. We would like to extend a special thank you to Rhonda Cabanas-Harnden and Auntie Deed Starr for cooking the meal and to Kenny and Charlotte for allowing us to use the Pentecostal Church.

Thank you again,
 Fawn James-Hutchens & Family
 Mark James & Family
 Lisa James & Family

Connie (James) Daniels & Family
 Bonnie (James) Jerry & Family
 Melissa James & Family

Sheila was preceded in death by our Dad & Mom:

Russell "Bugs" James
1929-1981

Yvonne "Grandmother" James
1936-2002

PS. We have a few coffee cups with Sheila's picture (above) left over from the memorial dinner, contact Bonnie Jerry @ the HWC if you want one.. she will hand them out until they are gone.

2010 TRIBAL ELECTION CALENDAR

WHEN	WHAT	WHERE
Nov 2, 2009	Last day to file referendum or initiative with Election Administrator for inclusion in January 2010 election	Election Administrator 39015 172 nd Ave. 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 - 8 PM	TRIBAL ELECTION DAY	Cougar Room, Philip Starr Bldg 39015 172 nd Av. SE, Auburn, WA
Jan 19, 2010	Deadline date for eligible voter to file Type I objection, alleging tampering or influence of an election. Submit objection to Elec. Admin w/in 24 hrs of election, MUST BE IN WRITING.	Election Administrator 39015 172 nd Av. SE Auburn, WA 98071-2000
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 . Submit objection in writing to Tribal Council Chairperson & Election Admin. before newly elected officials sworn in.	Election Administrator 39015 172 nd Av. SE Auburn, WA 98071-2000

VOTER ELIGIBILITY CRITERIA: Tribal members must be 18 years of age on or before 1/18/10 to vote in the 2010 Tribal Election
ELECTION ADMINISTRATOR: Jackie Swanson, (253)876-3260
ELECTION COMMITTEE MEMBERS: Ann Moses, Norma Dominick, Jeanne Moses, Marlene Cross, Agnes Moses, Sarah Moses

MORE PHOTOS FROM THE *Keta Creek Fall Classic*



Dawn on the Duwamish

Donnie Jerry Sr. submitted these photos taken at daybreak as he and son Donnie Jr. finished up a night of fishing for Kings on the Duwamish River.



BEAR HUNTING IN THE *Cedar River Watershed*

PHOTOS BY MIKE JERRY SR.

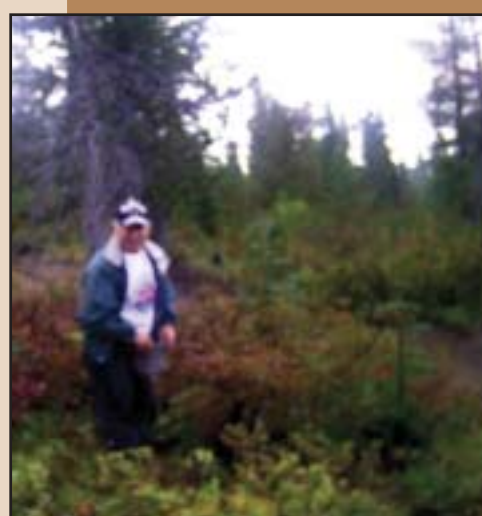
I would like to thank the Hunting Committee and staff for the opportunity to hunt bears in the Cedar River Watershed. I never harvested a bear, but had a blast with my father and my kids, Michael Jr. and Kiva. Here are some photos I wanted to share. ~ MIKE JERRY SR.



Berry Picking in Yakama Territory

The Byron and Wendy Lloyd Family recently spent an enjoyable few days at a campsite used by Byron's family for generations as they picked berries in the Potato Hill area. Campers and pickers included Byron and Wendy, Tamicka Elkins, Randy Ross, Neal Foulks, Lindy Lindgren and Mike Lindgren.

SUBMITTED PHOTOS



Mount Adams



The traditional family campsite, with Potato Hill in background



Muckleshoot Pentecostal Church hosts Northwest Native Women's Conference

On October 9-11 the Pentecostal Church hosted the 2009 Northwest Native Women's Conference. The event was coordinated by Rita Kallappa and many others, and featured a number of excellent local and visiting speakers. The entire event was free, including meals, because of the many generous donations. Saturday afternoon was especially fun with free haircuts, facials, nail care, massage, scrap booking and Native crafts. This was followed by dinner with a special treat of crab legs, and Grand Entry immediately after dinner. The weekend concluded with lunch on Sunday.



Muckleshoot Pentecostal Church
Kenny Williams, Pastor

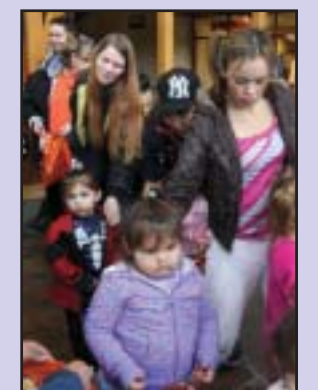
SCHEDULE

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



Trick or Treat!

PHOTOS BY JOHN LOFTUS



You & the Flu...

What you need to know about the flu, how to prevent it, and what to do if you have it

Quick Tips



To prevent the flu:

- Wash your hands often either with soap and water or alcohol-based sanitizers.
- Cover your mouth and nose when you cough or sneeze.
- Get vaccinated for both seasonal and H1N1 flu



If you have the flu or flu-like symptoms:

- Stay home for the recommended time, at least 24 hours after fever has passed. Wear a mask if you have to go out in public.
- Most people don't need to be seen from a doctor or have a lab test to check for H1N1.
- Anti-viral medications are only for high-risk people and most effective within 48 hours after the first symptom.
- Children don't need a note from a doctor to return to school.



Can I "SWEAT-OUT" my sickness?

- **Exercising when you're body is fighting off an illness is not a good idea for several reasons, including these:**
- When you are sick, your immune system is already working hard to fight the illness in your body, so exercising will not help...in fact, you need to **REST** so that your body can focus all its energy on **HEALING** you.
- "Sweating out the sickness" does not work. When you're sick, your body needs plenty of fluids, and sitting in a hot environment will cause you to lose fluids, which can lead to dehydration. Wait until you're better before jumping into that sauna!
- We all know that when we work-out, we breathe harder, get sweaty and usually end up touching lots of equipment – which all can lead to germs being spread around. If you're sick, you are putting others at risk of catching your illness AND you're putting yourself at risk of possibly coming into contact with more bad germs. You'll enjoy your workouts more when you're feeling better –and you won't be putting yourself or others at risk by being in a contagious environment.

So, take a rest day (or two, or ten)...

the gym will be there when you're better!

Keeping Children & Teens Home with Flu

This flu season, there may be more illness because of the new H1N1 flu virus (also known as "swine flu"). Be prepared to keep your children and teens home if they get sick.

Why it's important to stay home with flu

When you've got the flu, you can pass it to others when you cough or sneeze. You are most contagious while you've got a fever AND also for the 24 hours after the fever has gone.

during fever

and

one full day after fever has gone

Some people are at much greater risk of serious health problems if they get the flu.

pregnant

has asthma

has heart disease

just had chemo therapy

young child

Many people who are at higher risk look healthy.

If you go to school or other gatherings when you are still spreading the virus, you will put others at risk.

Plan ahead for back-up childcare

Find out about sick leave policies at work and what your employer plans to do if there is a widespread flu outbreak.

Talk to family, friends, and neighbors now to plan for back-up childcare if your child becomes sick or the school or childcare center closes. Plan ahead.

So we'll plan on taking turns caring for the kids if they get sick.

Sounds good.

Check to make sure your child is well before school or childcare each day

Does your child have:

fever

above 100° F

cough

OR

sore throat

If so, your child may have the flu. Other symptoms can include runny nose, body aches, diarrhea, and vomiting.

When your child is sick or there's no childcare, it can be stressful, especially when you have to go to work. Here are some suggestions for what you can do.

So you can care for her in the afternoon?

I think that'll work.

Thanks! The kids can be at my place tomorrow.

Ask relatives, friends, or neighbors for help.

Set up a neighborhood child care network. Find a small group of families to trade off child care days.

It's best to have 6 or fewer kids. Coordinate care with the same small group of families to prevent the wider spread of illness.

If there are 2 working adults in the household, see if one can work a different shift so that an adult can always be at home.

I'll be home around 11 tonight.

If possible, find ways to work from home.

Know when to talk to a health care provider

Most people with the flu can be cared for at home. Before going to a doctor or clinic, call to see if an appointment is really needed, or go to the public health web site for more information.

OK, since she doesn't seem sick enough to see a doctor, I'll care for her at home.

Thanks for the tips.

Funding provided by Cooperative Agreement Number U50/CCU302718 from the Centers for Disease Control and Prevention (CDC) to the National Association of County & City Health Officials (NACCHO). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC or NACCHO.

FLU WHAT TO DO????

Typical Flu Symptoms

- | | | |
|---------------|------------------------|-------------------------|
| § Fever | § Runny or Stuffy Nose | § Chills |
| § Cough | § Body aches | § Fatigue |
| § Sore Throat | § Headache | § Diarrhea and Vomiting |

These are typical Flu symptoms and if you are not in an increased risk group (see below) No special medication or treatment is needed other than what you would normally do at home for a flu-like illness. Most people have mild to moderate illness and recover within a few days to a week. **BUT** if you become ill or your flu is progressing to include any of the Emergency warning signs below then seek emergency medical care.

Emergency Warning Signs

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Irritability, child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough



In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough



These high risk conditions increase the risk of complications from having the Flu:

(But does NOT include high blood pressure)

- Children younger than 5 years old – With most risk under 2 years
- Adults 65 years of age or older
- Pregnant women
- Persons with the following conditions:
 - o Heart / Vascular Disease
 - o Diabetes
 - o Asthma / COPD / Emphysema
 - o Kidney Disease
 - o Liver Disease
 - o Neurologic / Neuromuscular conditions
 - o Rheumatoid Arthritis
 - o HIV or weakened immune system



If you have one or more of these conditions and experience flu like symptoms you need to contact your health care provider or clinic immediately!

For further information contact
The Muckleshoot Health & Wellness Center Medical Clinic
253-939-6648

Muckleshoot Health & Wellness Center

17500 SE 392nd Street Auburn, WA 98092
253-939-6648

Business Hours: Mon - Tues 8-5, Wed 9-5, Thurs - Fri 8-5
Closed All Days 12-1pm

FLU SHOT CLINIC

The Muckleshoot Health & Wellness Center's Flu Shot Clinic is now located opposite of the Medical Reception Area. The Flu Shot Clinic is set up to serve our Tribal Community Members. No appointment is necessary! We are open during regular business hours (noted above).

Based on current availability, we will be providing both the H1N1 and Seasonal Flu shots for ages: **6 months to 24 years, persons at high risk due to certain medical problems, pregnant women and those who have recently delivered.**

H1N1 and Seasonal Flu shots are given based on available supply, CDC guidelines and clinic physician guidance.

Please understand that our supply of flu shots is limited and shipments are unpredictable. You are welcome to contact the Flu Shot Clinic regarding availability or if you have any questions at 253-939-6648 extension 3103.

Thank you for your cooperation and understanding.

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.

how to care for someone with influenza

Rest, Hydrate, Watch

- **Rest is very important.** Keep the ill person as comfortable as possible.
- **Keep the person hydrated.**
 - Offer small amounts of fluid frequently, even if the ill person does not feel thirsty.
 - Watch for signs of dehydration. Someone who is dehydrated may have weakness or unresponsiveness, or decreased output of urine.
 - See the "Fluids and Nutrition section" below for information about what to do if the patient is vomiting.
- **Watch for complications.** Call a doctor right away if the ill person:
 - Has difficulty breathing or fast breathing.
 - Has a bluish color to the skin or lips.
 - Begins coughing up blood.
 - Complains of pain or pressure in the chest.
 - Shows signs of dehydration and cannot take enough fluids.
 - Appears confused or does not respond appropriately.
 - Has convulsions.
 - Gets worse after appearing to improve.
 - Is an infant younger than 2 months old with fever, poor feeding, urinating less than 3 times per day, or other signs of illness.



MEDICATIONS

- Use **ibuprofen or acetaminophen or other measures for fever, sore throat, and general discomfort.** half with water), and sodas, but not diet drinks.
- **Do not use aspirin in children or teenagers with influenza**, because it can cause Reye's syndrome, a life-threatening illness.
- **If the patient is vomiting, do not give any fluid or food for at least 1 hour.** Then offer a clear fluid in very small amounts. Let the stomach rest for an hour after each time the person vomits before giving more fluid.

FLUIDS AND NUTRITION

- **If the ill person is not eating solid foods, include fluids that contain sugars and salts**, such as broth, sports drinks (diluted half and
- **Babies who are breast-fed and vomiting can continue to nurse**, but offer smaller amounts.

Public Health
Seattle & King County



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, dry 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.

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

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



Notice:

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

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

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

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



Birth Record

By Lisa Elkins

November 2009

11/4/09- Proud Parents Olivia Sandoval & Austin White
Girl-Adrina Mariane White 7lbs. 3oz.
Proud Grandparents- Carolyn & Rick Lozier Sr. , Luella & Rueben Sandoval

11/6/09- Proud Parents- Tiffany Escalon & Hagen Barr
Boy-Makai Raymond Starr 9lbs. 7oz. 20 ½ in.
Proud Grandparents- Wendy & Byron Lloyd
John Escalon

Congratulations to our new parents!!!

OCTOBER 2009 EMPLOYEE OF THE MONTH

Kenny Jones, Medical Assistant Health & Wellness Employee

Kenny has been a Medical Assistant with us since April 2006.

Kenny is always calm regardless of fireworks going off all around him. His presence seems to settle a situation down and, sometimes, it seems there is not enough of Kenny to go around in a given day!! His co-workers at the HWC appreciate "a lead who is always willing to jump in and help" and his steady efficiency in getting things done no matter how busy it seems to get.

His laugh and smiles make the days better. Kenny's calming presence ensures that the clinic does not go into a state of over-excitement! Kenny is just a really nice and great guy to work with and, more importantly, the patients really like him, too.



Kenny Jones

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

Come Celebrate the Holidays!

Join us at the
Wellness Center For:

Kids Create Christmas Craft Night

TUESDAY, DECEMBER 1ST
From
5:00 to 7:00pm

In the Wellness Center Childcare

Kids will enjoy creating over a dozen Christmas themed crafts while listening to the sounds of their favorite holiday music! Hot chocolate and cookies will also be provided!

For more information contact Jessica Neumann at 253-333-3616
Or by email at jessica.neumann@muckleshoot-health.com

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

Health & Wellness Center Program Hours

		Pharmacy	Wellness Center
Monday	8-5 pm	8-6 pm	8am-8 pm
Tuesday	8-5 pm	8-6 pm	8am-8 pm
Wednesday	9-5 pm	9-6 pm	9am-8 pm
Thursday	8-5 pm	8-6 pm	8am-8 pm
Friday	8-5 pm	8-6 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 November, December 2009 & January 2010

Day	Date	Times Closed	Reason for Closure
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
Thursday	Dec. 24 th	1-8	Tribal Holiday
Friday	Dec. 25 th	8-8	Christmas!!
Thursday	Dec. 31 st	8-9:30	Mo. All Staff Meeting
		1-8	Tribal Holiday
Friday	Jan. 1 st	1-8	New Years Day
Monday	Jan. 18 th	8-8	Martin Luther King Jr. Day

CLIP AND SAVE



HEALTH AND WELLNESS SHUTTLE BUS SERVICE

The Muckleshoot Health and Wellness Center's shuttle bus service added a new stop in October! There are now *eight* bus stop locations through-out the community, Virginia Cross Education Center, Gaming Commission (QFC), Davis Property, Skopabsh Village, 392nd St. (old Smoke Shop location), Pentecostal Church, and the *new Drop-In Center location* along with the Health and Wellness Center. The Drop-In Center's service is on Wed-Fri, see Bus Time Schedule below. The normal service runs are Monday-Friday from 12:00 p.m. until approx. 8:50 p.m. The shuttle bus picks up and drops off at designated bus stops only. Pick up times and locations may be adjusted as needed.

The Health and Wellness Center's 20 passenger bus is painted white with the Health and Wellness logos on the front and back along with a large picture of a canoe on both sides of the vehicle.

BUS TIME SCHEDULE • MONDAY - FRIDAY 12-4 p.m. & 5-8 p.m.

STOP #1 HEALTH & WELLNESS	STOP #2 VIRGINIA CROSS ED. CENTER	STOP #3 QFC	STOP #4 DAVIS PROPERTY	STOP #5 SKOPABSH VILLAGE	STOP #6 392nd ST. (Old Smoke Shop)	STOP #7 PENTECOSTAL CHURCH	STOP #8 DROP-IN CENTER WED-FRI
D12:00 pm	12:10 pm	12:18 pm	12:30 pm	12:35 pm	12:42 pm	12:47 pm	12:52 pm Wed only
1:00 pm	1:10 pm	1:18 pm	1:30 pm	1:35 pm	1:42 pm	1:47 pm	1:52 pm Wed only
2:00 pm	2:10 pm	2:18 pm	2:30 pm	2:35 pm	2:42 pm	2:47 pm	2:52 pm Wed only
3:00 pm	3:10 pm	3:18 pm	3:30 pm	3:35 pm	3:42 pm	3:47 pm	3:52 pm Wed only
5:00 pm	5:10 pm	5:18 pm	5:30 pm	5:35 pm	5:42 pm	5:47 pm	No pick-up
6:00 pm	6:10 pm	6:18 pm	6:30 pm	6:35 pm	6:42 pm	6:47 pm	6:52 pm Thur-Fri only
7:00 pm	7:10 pm	7:18 pm	7:30 pm	7:35 pm	7:42 pm	7:47 pm	7:52 pm Thur-Fri only
8:00 pm	8:10 pm	8:18 pm	8:30 pm	8:35 pm	8:42 pm	8:47 pm	

Pick-up Only from Health and Wellness and Delivered to Bus Stops

NOTE: SUBJECT TO CHANGE DURING ADVERSE WEATHER AND UNSCHEDULED SERVICE DISRUPTION (PLEASE NOTE: THE BUS WILL PICKUP AND DROP OFF AT DESIGNATED STOPS ONLY)

RULES FOR ALL USERS

- Children 12 years old or younger must be accompanied by a person 16 years of age or above.
- No smoking
- Move for seniors and people with disabilities
- Be considerate of others, no offensive language
- Don't take more than one seat
- Fireworks or flammable liquids are not allowed on the bus
- Roller skates, roller blades, or heelys are not allowed

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. Adults eyeglass frames once every 2 years/children 2 per year.

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 necessary supplies for contacts.

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. Optical Department open regular HWC business hours.

“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

No Show Policy for Medical & Dental Clinics:

The staff at the Medical & Dental Clinic would like to make you aware of our no-show appointment policy.

Because the wait for health clinic appointments is becoming increasingly long (currently 3-4 weeks), we want to ensure that scheduled appointments are actually kept. Therefore, any patient with 3 no-shows in a row at the health/dental clinic, or 3 no-shows in a 2 month period at the health/dental clinic, will be restricted to same day or walk-in only appointments for the following six month period.

Also, anyone who misses a scheduled appointment in the morning will not be allowed to see a provider at the health clinic during a same-day or walk-in appointment that same afternoon.

To keep patients informed, we will be sending you a letter every time our records indicate that you no-showed for an appointment. Once you have accumulated 3 no-shows in a row, or 3 no-shows within a two-month time period, we will send you a letter indicating that you will only be able to be seen during same day or walk-in appointments for the next 6 months. Once the 6 months are up, you will be free to schedule advance appointments once again at the health clinic.

Also, to help you remember your scheduled appointments, we will continue to try and reach you by phone the day before the appointment to remind you of the time and date of your appointment. So it is very important that you keep us updated on your phone number.

We apologize for any inconvenience this new policy may cause you, but we want to ensure that everyone has an equal opportunity to access the health/dental services, and that patients reserving time to be seen actually use their appointments.

If you have any questions or concerns regarding this new policy, please contact Beth Burden, Director of Patient Services at (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.

CONTRACT HEALTH SERVICE (CHS) NOTIFICATION REQUIREMENTS

CHS OFFICE (253) 939-6648

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

ALTERNATE RESOURCE REQUIREMENTS:

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

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

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

BEHAVIOR HEALTH PROGRAM ANNOUNCEMENT:

The Behavioral Health reception window is now open throughout 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

Muckleshoot Health & Wellness Service Information

Here is some helpful information from the Registration Department and CHS Office. Keep in mind that everyone that receives services from the HWC are required to provide this information in order to receive services.

When do I need to update?

1. Annually
2. When you have a change of address (moved).
3. When you're Tribal Affiliation has changed.
4. When you have a name change~ you need a Legal Document to change name such as: current driver's license, new SS card, marriage certificate, Tribal ID.
5. When your insurance information has changed:
 - DSHS Medical Coupon~ new or expired
 - Private Insurance~ new or expired
 - Medicare Coverage (65 & over or disabled) Part A or B and Effective Date

This information is very important because if you have insurance, when you come in for any type of health-related services at the Tribal Clinic that your insurance covers, we will bill your insurance for your visit. When we get paid this money will help provide more services and help to offer more health-related programs. **It is your responsibility to inform us of these changes.** Please provide copies of all insurance coverage.

The process to register or update your registration information:

1. A completed yellow Health Care Application, available at the HWC from the Registration Department.
2. Verification of your enrollment in a federally recognized Tribe.
 - Tribal ID Card w/name, birth date, enrollment number.
 - Certificate of Indian Blood (CIB) -available from your Tribal Enrollment Office or BIA.
 - Certified Birth Certificate w/parents or grandparents Tribal verification is required to verify descendency from an parent/grand parent that is/was enrolled in a federally recognized Indian Tribe.
3. Verification of actual street address. Only the following items are acceptable address verification – No exceptions. These items must have the actual street address printed on them.
 - Copy of lease from Muckleshoot Housing Authority (w/name on the Lease)
 - Copy of lease from apartment complexes (w/name on Lease)

- Current electric bill
- Current water bill
- Current garbage bill
- Current phone bill- Cellular phone bills are not acceptable !
- Current cable/satellite TV bill

For those of you living Tribal housing units, you will be required to have your name on the lease from Muckleshoot Housing or an apartment complexes located within Muckleshoot Reservation Boundaries. MIT Housing leases will type in names for all people on your individual lease, leases that have been altered or names that are hand-written will not be accepted.

4. If applicable a copy of the following:

- DSHS Medical cards
- Medicare Card w/Social Security Number
- Private Insurance Cards
- Any other Medical Coverage for any and all private insurance you have.

If you have any questions about this information, please call the Registration Department at the HWC (253) 939-6648

Contract Health Services (CHS) Department

Notification Requirements for CHS Health Care Payment:

1. Notify the CHS Office before all non-emergency services are rendered to determine eligibility, medical priority of need and to set aside funds to pay for your care. If you don't call before you receive non-emergent services, the medical bill will be denied by CHS.
2. In true medical emergencies notify the CHS office within 72 hours of start of services.
3. Prior notification does not guarantee CHS can pay for services unless all CHS requirements are met- such as: eligible for other insurance, the service you requested is not within medical priority or it may be a service that CHS funds can not cover.

IHS and CHS Alternate Resource Requirement

The Muckleshoot CHS program did not make these rules up to make things harder for you. Indian Health Service has federal rules and regulations that we are required to follow since this program is funded by IHS funds. If these rules are not followed, we would run out of money real quick and it is our job to make sure that we can provide you with as much health care as possible with the money we get from IHS.

Muckleshoot CHS is a residual and not an entitlement program. In addition to CHS, other resources for health care are available from various states and federal programs, as well as individual and group health insurance policies. By law, CHS must ensure that all other resources, where 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 (if it does not cost you anything) on making an application for an alternate resource such as Medicare (over age 64 or disabled), Medicaid (Welfare), Crippled Children, workman's compensation or have private insurance (through employer) etc... You are required to use these benefits as your first source of coverage/payment for your medical care.

If you have any questions or concerns, please call the CHS office at (253) 939-6648.

Some Helpful Information If You Have Regence Blue Shield Private Insurance

If you have Regence Blue private insurance you need a PO number for each and every medically-related service done outside of the Tribal Health Program. When in doubt, pick up the phone and call, it may save you some money and headaches.

Regence insurance coverage information should be provided to you at the time of your initial HR employee orientation. You may call the HR Department at (253) 876-3135 for this information. AND you may call Regence at 1-800-458-3523 if you have any questions.

If you have Regence/Preferred Plan (PPO):

Individual annual deductible (amount you are responsible to pay) is \$300 per person, \$900 per family for Preferred Plan. Annual deductible per person is \$600 and \$1,800 per family. If CHS eligible you need CHS Office PO numbers for each and every medical visit outside of the Tribal Health Programs – Regence Blue Shield does not pay for cover anything at 100%, there will always be a patient balance. If in doubt – call the CHS office.

If you have Regence Traditional Dental There is no TMJ (temporomandibular joint disorders) any longer under the dental plan, but may be covered under your medical plan. You need to be seen at the Muckleshoot Dental Clinic first, if you need to be referred out for specialty dental care, the dental staff will notify CHS for get a PO number from the CHS office for you. If you decide to go outside of the Tribal dental clinic for services, you will be responsible to pay for any balance after Regence pays.

If you have Columbia Dental HMO Plan:

You can not use the Muckleshoot Dental Clinic; you will have to go to a Columbia Dental Clinic. Locations are in Federal Way, Kent, Tacoma, & Puyallup. If you need the address or phone number for one of these clinics, call the Muckleshoot Health Clinic. As a Columbia Dental Client you are not eligible for a PO Number from the CHS office for copayments at Columbia Dental Clinic office visits. You have chosen to obtain all your dental care from this dental plan, and you are required to follow you insurance guidelines for benefits. **The only time you can change from this plan to the Regence Traditional Dental Plan is at the end of the year, please contact your Human Resources office about this.**

If you have any questions about your Regence Blue Shield plan you can call RBS at 1-800-458-3523 or the CHS office (253) 939-6648.

Thank you for reading this information, and we hope that it has been helpful to you.

New Director Announced for the Antioch Center for Native Education

William Wolf has been appointed the new director for the Center for Native Education (CNE) at Antioch University Seattle.

The goal of CNE is to reduce student drop out rates in high school and to make college the norm for Native peoples within a single generation. Wolf came to Antioch in large part because of his strong belief in the value of education and the mission of CNE. His long-term goal is to establish a Native American high school for talented and gifted Indian students which includes a strong cultural component and integrates accelerated learning techniques.

"I believe education helps students be more successful in all areas of their lives," Wolf states. "It also improves the quality of life for tribal communities."

Wolf, a member of the Cheyenne River Sioux, has a passion for early college preparatory programs that was ignited during his first job with Upward Bound in Minnesota. Since those early days, Wolf has held numerous positions including developing a leadership module for 75 Bureau of Indian Education schools and working on a community development project for the American Science and Engineering Society.

Wolf has been active in Indian education for 34 years beginning with membership in the National Indian Education Association. He has worked with K-12 tribal and urban schools, taught at tribal colleges and universities and served as a school board member.

Other responsibilities have included a position as health director for

Kodiak Area Native Association, working for the American Indian Society and Engineers and serving as president of Red Road Consulting based in Seattle, WA. Wolf is also a founding board member of Seventh Generation CDC, whose mission is to provide services for Native American veterans and address Indian child welfare, substance abuse and family issues.

Wolf has an M.A. in Public Administration from the University of Washington with an emphasis in Tribal Administration, an M.A. in Education from the University of South Dakota and a B.A. in liberal arts from Mount Mary College.

Cassandra Manuelito-Kerkvliet, president of Antioch University Seattle and a member of the Navajo tribe is pleased that Wolf has taken the leadership role for CNE. "Willie has the depth of experience to build on CNE's success. I'm impressed with depth and breadth of his knowledge and ideas, which he will be bringing to each of our early college sites."

About the Center for Native Education: In 2002, the Center for Native Education at Antioch University Seattle began operations with a vision to make college-going the norm for Native peoples within a single generation. Through innovative programming such as the Early College High School Initiative, the New Path Program and Making College the Norm, the Center for Native Education is raising educational hopes and results. For more information, visit www.centerfornativeed.org

Northwest Indian College Winter Quarter 2010

Winter Quarter 2010 for Northwest Indian College students begins Monday, January 11th and ends Friday, March 26th. All Northwest Indian College-Muckleshoot students should have registered for classes by the end of November, 2009. Students can still enroll in classes but will have to be aware that service will be reduced during the holiday season. To be sure that services will be available on campus when you arrive, please call or e-mail ahead to check before making the trip:

- Esther John, NWIC-Muckleshoot Site Manager, 253-876-3274, ejohn@nwic.edu
- LenNessa Brown, NWIC-Muckleshoot Assistant, 253-876-3076, lbrown@nwic.edu
- Michele Rodarte, MTC Academic Affairs Information Specialist, 253-876-3291, michele.rodarte@muckleshoot.nsn.us

If you come to the office you can pick up Winter 2010 class schedules for face-to-face classes offered at our site as well as a W10 schedule listing distance learning courses.

Happy holidays! We hope to see you soon!

Evergreen State offers Master's Degree in Tribal Administration

Since the MPA Program in Tribal Administration began in 2002, more than 75 students have graduated with a master's degree specializing in contemporary tribal governance subject areas. No other college or university in the United States offers such an advanced degree. Evergreen faculty specializing in both public administration and Native studies lead the program, with visiting lectures by tribal leaders from around the region.



In the late 1990's, Northwest tribal leaders approached The Evergreen State College's Master of Public Administration (MPA) Program with a vision. They saw the need to create a graduate program that combines broad principles of public administration with the specialized knowledge necessary to work in tribal governance and in public and non-profit agencies that work closely with the tribes.

Since the MPA Program in Tribal Administration began in 2002, more than 75 students have graduated with a master's degree specializing in contemporary tribal governance subject areas. No other college or university in the United States offers such an advanced degree. Evergreen faculty specializing in both public administration and Native studies lead the program, with visiting lectures by tribal leaders from around the region.

Most students go through the entire two year program in a group; the college accepts a new 30-student cohort every other year. Students meet four times per quarter in a convenient weekend-intensive format, with optional summer classes. In keeping with Evergreen's interdisciplinary tradition, each student's work is evaluated through written narrative evaluations, rather than traditional letter grades. Learning experiences are participatory and often occur in small seminars.

MPA Tribal Administration students have come from the Puget Sound region and all over the Northwest, as well as from Fila River/Maricopa, Aleut, Apache, Tlingit, Lakota, Taos Pueblo, Wichita, Turtle Mountain, Hawaii and the Philippines. This wide range of tribal backgrounds adds to the quality and depth of students' graduate experience.

We are currently accepting applications for the Fall 2010 Tribal cohort. For more information about the program and the admissions process, visit <http://www.evergreen.edu/mpa/tribal/> or call (360) 867-6202.

REMINDER NOTICE TO ALL CONTINUING COLLEGE STUDENTS PLEASE SUBMIT YOUR CLASS SCHEDULE AS SOON AS YOU REGISTER FOR **WINTER 2010!**



PLEASE SUBMIT GRADES ONCE YOU RECEIVE THEM.

***For all students that are in Good Standing for the Fall09, you will receive your "living expense" check two weeks prior to first day of classes and if you are in Academic Warning, you will only receive your book money until we receive your grades and determine your academic status for the winter 2010.**

In order to process your payment we must have your winter 2010 class schedule in our office by 4:30 on Friday, December 11, 2009. Otherwise we cannot process payment.

Also it is your responsibility to provide us with the school invoices in a timely manner; otherwise you will be responsible for any late fees.

Please drop off Winter2010 class schedule at the MIT Scholarship building, Scholarship mailbox located in Tax Fund building, fax to 253-876-3082 or 253-876-3080, or email to Marie.Marquez@muckleshoot.nsn.us or Sonja.Tuilata@muckleshoot.nsn.us

For more information contact the MIT Scholarship Department at 253-876-3378

MIT SCHOLARSHIP WINTER 2010

Get Started Today at Muckleshoot Tribal College!

How do I get started?

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

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

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

Interesting facts about the GED

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

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

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

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



The Tribal College computer lab has experienced some unfortunate damage this summer due to small children not being closely supervised. We are having to ask that children under age 10 not be brought into the lab. Sorry for the inconvenience.

Need Your GED?

The GED Program is free and open to all. Located in rooms 203 and 205, we help prepare students for the GED tests. No appointment is required for the following hours of operation.

MONDAY	9 to 4:30
TUESDAY	9 to 4:30
WEDNESDAY	9 to 4:30
THURSDAY	11 to 4:30
FRIDAY	9 to 4:30

Got questions?

Kitty Heite
GED Instructor
kitty.heite@muckleshoot.nsn.us
253-876-2977

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

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

Test Dates:
December 4, 11, 18
January 8, 22, 29

MUCKLESHOOT
TRIBAL COLLEGE



<http://www.muckleshoottribalcollege.org>

EVERGREEN
THE EVERGREEN STATE COLLEGE
OLUMPIA, WASHINGTON



MPA in Tribal Governance

Only The Evergreen State College offers a Master of Public Administration (MPA) focused on Tribal Governance.

Designed for present and future leaders who wish to actively engage in shaping tribal policy and governance issues, the Tribal Governance concentration:

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

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

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

Settling In

The first quarter – forty-five days – is now behind us, and we continue with the adjustments in our new surroundings. We look across our landscape from the various points of view in our school and we sense the pride of students, staff and parents. Our beginning has been testy at times, but make no mistake: It has propelled us into the next era of Muckleshoot Tribal School pride and achievement. What we are accomplishing with students, staff, parents and community is the beginning of a much anticipated future for Muckleshoot Tribal School. We have just begun.



Irene Bowie

Our parent/teacher conference will be behind us as this goes to print. Thank you to the many parents who came in to check on their child's progress. If you missed your child's parent/teacher conference, please take the time to call or come in to meet with your child's teacher(s) to discuss their progress in school. It is important to your child, to your child's teacher and to all of us here at the school to have an opportunity to both meet with you and share with you their achievements; their status and their "life" here in school.

Our first 45 days have been filled with many activities; meetings; events; gatherings; competitive games; field trips - volleyball games (had our first home victory); student trips to the hatcheries; to college programs; to the first AISE (American Indian Science and Engineering) Conference in Portland, Oregon; the Body Exhibit in Seattle (5th grade); our first school dance (Halloween); student council meetings; school pictures and our list continues to expand. Our cheerleading squad is becoming a reality, as well, and soon we will see our students involved and engaged in many extra-curricular activities. There will be many more activities as the year progresses.

As a concerted group of teachers, parents, educators, staff and members of this community we can continue to collect our energies and encircle our students and help them have a successful school year. We will continue to remain focused, enthused and positively excited about our commitment to our belief, that we can help students believe, achieve, excel and succeed in their goal of completing their high school education. We are meeting with our seniors to both guide them and help them "cross the finish line" soon.

We respectfully ask for your support, help, guidance and counsel as we help our students throughout the school year. Many individuals, parents and community members have made their presence know in our school already. Come and visit; walk among us in this place of learning and living in the Muckleshoot Tribal School.

Irene Bowie
Principal

Red Ribbon Week celebrated at the Muckleshoot Tribal School

Behavioral Health and the Muckleshoot Tribal School teamed up the week of October 26-30 to provide K-12 students information on Drug & Alcohol Prevention. The theme for the week was "Natural Highs" verses chemical highs.

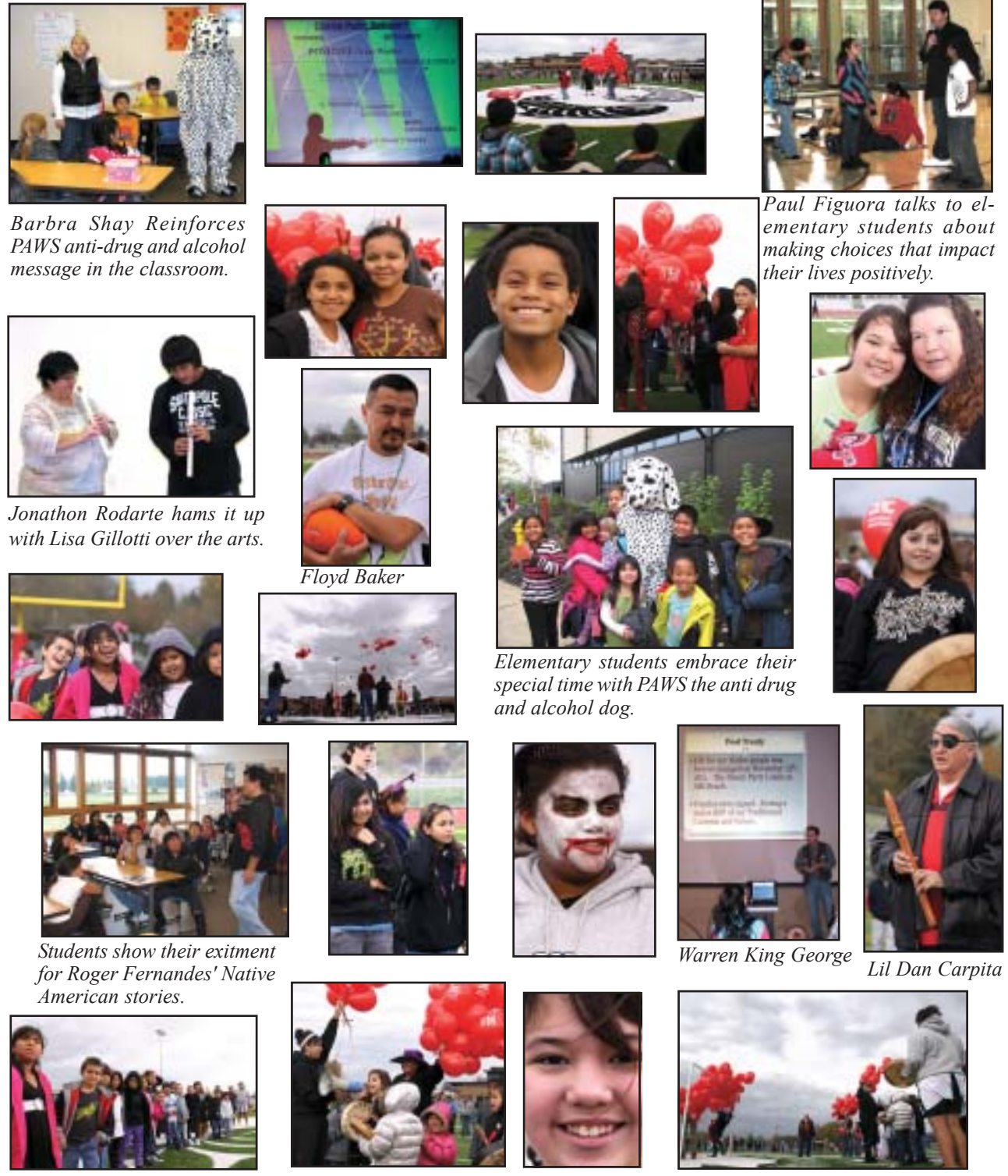
Paula Figuora from Peace Enforcement LLC kicked off the week with an educational message on decision making and positive choices. Paul had worked with the King County Sheriff's Department and dealt directly with Gang Activity and drug & alcohol related theft and burglaries. Paul addressed high and middle school students.

Warren King George, a local historian, shared a passionate message about engaging in the Muckleshoot Culture as a means of getting high. Warren talked about Muckleshoot traditions, foods, holidays, and other culture activities. Valerie Segrest, the school nutritionist, joined Warren in these middle and high school presentations. Valerie will follow up on these topics in classroom discussions as the year progresses.

Story teller, Roger Fernandes, mesmerized K-5 student with Native American stories about good decision making, leadership, and doing the right thing in regards to staying away from drugs and alcohol. Lisa Gillotti conducted Flute Circle activities with students in grades K-12. Her effort helped children focus on "the Arts as a Natural High". PAWS the Anti Drug & Alcohol dog appeared on campus and visited each elementary classroom. Dan Carpita brought all students and staff together for the grand finale - a Balloon Launch on Friday, October 30.

Muckleshoot staff expanded on the Red Ribbon themes by integrating class lessons on history, social studies, music, art, language, and culture with the drug and alcohol information. Red Ribbon activities will continue throughout the year with ongoing Drug & Alcohol Prevention activities. Please join us for our next planning meeting on November 16th at 2:45. There has been some discussion about Canoe Family and Healthy Habits as our next Natural Highs school activities.

In closing, let's give a huge thanks to Dan Carpita, Wendy Lloyd, Pam Perez, and Walter Bradley, CeCe Freeman, and all of the MTS students for their many contributions to Red Ribbon Week activities. Their efforts are greatly appreciated by all!



Barbra Shay Reinforces PAWS anti-drug and alcohol message in the classroom.

Jonathon Rodarte hams it up with Lisa Gillotti over the arts.

Floyd Baker

Students show their excitement for Roger Fernandes' Native American stories.

Paul Figuora talks to elementary students about making choices that impact their lives positively.

Elementary students embrace their special time with PAWS the anti drug and alcohol dog.

Warren King George Lil Dan Carpita

FATAL ACCIDENT CAR

Once again, a car in which young people had lost their lives was displayed as part of Red Ribbon Week. Here is their story:

On July 25th, 2009, Chase Tinsley was driving his 1992 Acura Integra southbound on 218th Avenue East between the 4700 block and Snag Island Drive in Pierce County. Chase was driving at a high rate of speed and crossed the centerline to pass a vehicle on the left. Chase was driving too fast to handle a curve in the road and went off of the roadway to the left. His Acura struck a tree and landed on its side in a pond below. The car sank into the water leaving only a few inches of car above the water.

This display is brought to you in hopes of keeping others from having the same deadly fate. It only takes one poor choice at any given time and life is over in an instant, leaving behind grieving family and friends. The Washington State Patrol urges you to never get behind the wheel after consuming alcoholic beverages.

SAVE A LIFE! DON'T DRINK AND DRIVE.

Driver: Chase Andrew Hartnell Tinsley
Born: October 31, 1990
Died: July 25, 2009
18 years old

Passenger: Zachary James Oliver
Born: May 26, 1988
Died: July 25, 2009
21 years old



Details About The Muckleshoot Tribe

A JOURNAL ENTRY BY A TRIBAL SCHOOL STUDENT

Students in the High School Language Arts class at the Muckleshoot Tribal School have been writing daily entries in journals as part of their learning experience. Their instructor, Mr. Rick Ancheta, asked students if they could tell him something about their community, and one of them responded with the following essay, which is so nicely written that it was submitted to the newspaper for publication.

I'm going to tell you a little bit about the "Muckleshoot Tribe" and how they're incredible and give us beautiful things, but sometimes these things aren't so useful. They mainly give us these things so we stay out of trouble. I will tell you about these things later on in this entry. I believe this will be intricate, and it will have a beginning, middle, and end.

First I am going to start with the gangs around here, something not so trivial. I used to be somewhat of someone who claimed to be part of one. But now I no longer care for them. It's just straight up dumb nowadays because it's over a color or a symbol. Basically around here, it's family beating up family. Wonder why we can't just be serene with each other? It makes things zany. We definitely need more paradigms around here, now don't we? Also there are teenagers using drugs and alcohol. I would have to say the reason for the drug and alcohol use, and also for the gangs, is because of some parents. They're still being teenagers with us, not really caring, not stepping up. They really need to help kids flourish by disciplining them. At least, put them in boot camp for discipline. That's just my opinion, though.

Second, I was pretty messed up a while back, and I would say my mom should have sent me to one of them. Parents really need to thwart things like alcohol, drugs, and gangs. Before too many pass on, we need to stop the heartache and tragedy. Nobody likes to see teenagers or anybody go. I, myself, have lost two loved ones because of alcohol. They fell asleep and never woke up. Same day, but different year. Sad, huh? I believe my uncle was

taking my cousin so he didn't have to go in a bad way. Some 18 year-olds died while drinking and driving, also by drugs. Isn't it sad? They should tell them their destiny if teens keep doing what they're doing: passing on or maybe hard time.

Third, maybe we shouldn't blame all the parents because some probably don't know what's going on, but, personally, I think most do know. That's why they give us all the beautiful things, because of trouble. I will tell you about those beautiful things we get. I would say the first thing they did for us, to stay out of trouble, is basketball. (Mon.-Fri.). They no longer do that now. The drop-in center is pretty nice. That's the chilling spot (101). They are also suppose to be making a skate park. They pay for skating on Friday, and what about that youth facility? I can't think of anything else they made for us to stay out of trouble, but I will tell you about what other great things we get. This beautiful, gorgeous, and incredible school. And work. You have to be 14 years-old to be able to get a job. That's tight, because who else does that? There is the casino, bingo hall, and smoke shop. Those aren't good buildings or whatever, but they get us our trust funds, per capita, and our clothes vouchers for school. Every reservation has a casino, though - right? We have a daycare, and how about that wellness center? Isn't it amazing? I think so, and everything else we got. We've got housing, old people homes, or whatever they're called. Just got to love this tribe. Now who wouldn't? Well, can't think of anything else. Oh, wait, the Philip Starr building and administration building. Can't forget about them. See the incredible things I was talking about? Not many adults are helping us either. Some are, but they need to try harder. Hopefully they will.

I would love to reach out to our elders. They can help show us our ways or if there was some way to talk to our ancestors. That would be awesome. Really, we just need to reach out to our spirits and realize what life has for us. Now I am done. I believe I like writing. Don't know why, but I do. So yup! Those are some details about our tribe.

Student of the Month awards announced

We would like to congratulate the following students for receiving the Student of the month award for October 2009:

- Eris Ambriz – Kindergarten
- Jess Garcia-Zamora – 1st grade
- Chayton Hannigan – 2nd grade
- Carla Thompson – 3rd grade
- Sahara Hansen – 4th grade
- Corissa Barr – 5th grade

The following students of the month are from high school and middle school.

- Teddy Salinas
- Seira Pacheco
- Kendra Bean
- Ray Charles

Muckleshoot Youth Services

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

Family Fun Night December 3rd

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

Muckleshoot Kings come close in thrilling first home game

The Muckleshoot Kings middle school girls' basketball team played their first-ever home game on November 18 against the Orting Middle School team. The Kings racked up a sizeable lead during the first half while playing Orting's junior varsity squad, but in the second half they faced Orting's varsity girls, who were fresh and rested. The Kings saw their lead dwindle one basket at a time, but fought back valiantly again and again.

Finally, Orting took the lead, but our girls battled all the harder, and with less than a minute to play needed just one basket to win. It didn't happen, but the parents and fans shared some thrilling moments with our hard-charging girls when it looked as if the magic might actually happen.

The final score was Orting 38, Kings 35. Our girls made some mistakes, but they were nothing that more training won't fix. What they did show was something that money can't buy, and that's heart.

"The girls played their hearts out," Coach Mikayla Schaaf said. "and I couldn't be more proud of them!"

PHOTOS BY JOHN LOFTUS



ROSTER:
 Lashawna Starr - #3
 Leticia Fryberg - #5
 Belem Esparza - #22
 Linda Ames - #33
 Patience Daniels - #40
 Leanne Redthunder - #41
 Jenel Hunter - #45



NW Inter-Tribal League play underway

By Greg Harrison, King County PAL, Northwest Intertribal League

The Greater King County Police Athletic League kicked off its Fall Basketball season with a jamboree at the Puyallup Tribal's Chief Leschi School on Saturday, October 24th. Teams from PAL Muckleshoot, Nisqually, Puyallup, Skokomish, Squaxin Island, Suquamish and Tulalip Tribes were present to play a round robin style tournament.

Chairwoman Charlotte Williams and Pastor Kenny Williams were present to welcome the teams. Pastor Kenny Williams gave an opening prayer.

The Muckleshoot team was coached by Roman and Sean Williams, Nisqually by Farron McCloud, Skokomish/Squaxin by Tom Grover, Tulalip by Darrell Enick, and Suquamish by Craig Miller.

Games started with Skokomish/Squaxin playing Nisqually on the main court and Suquamish playing Tulalip in the 2nd gym. In the first game Skok/Squaxin beat Nisqually by a score of 28 to 18. Dakota from Skokomish lead the charge with 9 points while Jordan from Nisqually leads their team with 8 points.

In the second game scores were a bit higher with Nisqually beating Tulalip by a score of 52 to 46. Jordan at Nisqually had 14 points while Aaron and Chris had 12 and 10 points, respectively.

In Muckleshoot's first game they played Skok/Squaxin Island. Zak Garcia had 19 points while Chris Marquard had 15. Muckleshoot lost by one point 43-42. In the fourth game Suquamish beat Tulalip by a score of 57 to 47, with Jon George scoring 17 points for Suquamish.

Muckleshoot won its second game against a tough Suquamish in overtime 43-42.

The event was highly successful in getting teams together to play on another. Team schedules are posted on the Greater King County PAL website at www.kingcountypal.com under basketball. Three teams play each other every 2 weeks.

Muckleshoot also played on November 7th against Tulalip winning by a score of 79-44. Coach Roman Williams commented that, "The difference is that we train our youth 4-5 days per week. This is a tough league, so every practice helps our boys play well together as a team"

The PAL Muckleshoot team's home court is at the Pentecostal Church. Practice is from 2-6 Monday through Thursday. The Pentecostal Church now has a score board up and running for our teams.

It is anticipated that several new divisions will be added to include a Girls Team and Elementary and Middle School boy's team.



ONE FOR THE ROAD Volleyball season closes with another victory

Muckleshoot Volleyball came to a close for the 2009 season with a road trip to Seattle Academy on Monday, October 26th. If a first win last Friday night at home was not enough for our family, fans, and friends, then how about a road trip win to cap off the season?



Muckleshoot 2, Seattle Academy 1

Coach James and the team won the first two games and therefore captured the team victory in the best of three series. They played a third game anyway and Seattle Academy came out on front. Two teams wins in a row made for a good ride home. Congratulations to our volleyball team on a glorious season!

Victories come in many forms. A winning team score certainly deserves its own applause; but fellowship, character, skill development, and leadership are immeasurable victories. Core values define the athletic curriculum. We are confident that each participant faced several challenges in this regard and can claim some significant victories that will help define who they are and who they want to become.

We are the Muckleshoot Kings! Go team!

Tim Tubbs

Athletic Director

VOLLEYBALL SHINES!

By Tim Tubbs, Athletic Director

The first win is the hardest. On several occasions you are given the chance to throw in the towel, call uncle, or just plain give up. Only determination and courage will carry you over the top and into victory. Your opponent can sense your level of tenacity and strike the final blow if you expose any weakness. You must never give up.

The Muckleshoot Kings volleyball team defeated the Chief Leschi Warriors last Friday evening earning the school's first-ever volleyball victory; setting history in the new gymnasium at MTS. The bleachers were full of students and staff screaming, whistling and rooting for their team.

The collective energy of the crowd vaulted MTS to a 25-21 victory in game number one. Chief Leschi responded like any competitive athletic team by pushing back and earning wins in games two and three, 25-27 and 13-25.

With the winner of the match determined by the best 3 out of 5 games, Muckleshoot had no choices left; down two games to one. Win the game, or accept defeat until the next chance comes along. The energy shifted midway through game four in favor of the Kings: Muckleshoot 25, Chief Leschi 19. Muckleshoot and Leschi now had two wins apiece, one short of winning the match.

The fifth and final game only goes to 15 points. Chief Leschi stormed ahead and looked like victory was theirs with a 13-11 lead. Rhea Oldman appeared blind to the score, focused on her duty as server for MTS. She and her determined teammates took on the challenge of grabbing that first, elusive victory by earning the next four consecutive points for the 15-13 game five win.

Muckleshoot 3, Chief Leschi 2. Victory and celebration were emotional and well deserved.

Congratulations to the players: Demetria Elkins, Kellie Mandoza, LaTana Baker, Rose Davis, Shatayna Baker, Vivian Jansen, Rhea Oldman, Cortney Rodarte, Haley Price, Lana Tsosie, Ongelic Johnson, and Kiya McDonald. Congratulations to the coaches: MaryAnne James and Krystal Adolph.

Go Kings!

CANOE DINNER SCHEDULED FOR SUNDAY, DECEMBER 6

We have re-scheduled the Tribal Journey Meeting and Dinner for Sunday, December 6. Lunch will start at 12 noon, and then we'll go into the meeting. Dinner will be at 4pm and song and dance if anybody wishes to JAM OUT, since it has been awhile.

The venue for the meeting will be at the Muckleshoot Casino. I will send out the info later on the meeting rooms for those that will be attending. Any questions, feel free to call Polly M. at 360-640-0988, or myself. ~ Mike Edwards



Birth to Three News

What should my infant/toddler be doing?

Have you ever watched your baby or toddler and asked "What should my baby be doing at this age?" "Is s/he doing what other babies her/his age are doing?" You are not alone. Many parents watch their child grow and wonder the same questions. Here is a checklist to help you see if your child is doing what others their age are doing.

BIRTH TO 3 MONTHS:

- Lift head and chest when on stomach?
- Move arms and legs easily?
- Follow movements by turning head from side to side?
- Easily takes a bottle or breast?
- Becomes startled or cries at sudden loud noise?
- Watches your face?
- Makes gurgling or cooing sounds?
- Smiles in response to smile or talk?
- Quiets easily when comforted?

3 TO 6 MONTHS:

- Plays with feet when on back?
- When on stomach lifts head and chest with weight on hands?
- Holds head steady without support?
- Rolls from stomach to back or back to stomach?
- Plays with own hands by touching together?
- Reaches for toys?
- Picks up a toy that is in reach?
- Turns head towards sounds?
- Makes different sounds?
- Laughs out loud?
- Begins to show you likes and dislikes?



6 TO 12 MONTHS:

- Pulls self to stand with assistance?
- Sit without help/support?
- Transfers objects from one hand to the other?
- Feeds self finger food?
- Can wave bye-bye?
- Lets you know needs with motions and sounds?
- Imitates simple sounds (ba-ba/ ga-ga)?
- Takes turns while playing with adults (actions, sounds, facial expressions)?
- Understands simple questions ("do you want more")?
- Knows parents from stranger?

12 TO 18 MONTHS:

- Walks alone?
- Can pick up small objects (cheerio size)?
- Can put objects in and dump out of a container?
- Puts one object on top of another?
- Feed self with spoon?
- Hold and drink from a cup with some spilling?
- Point to pictures when named?
- Say 5-10 words in addition to mama/dada?
- Will ask for things using words?



18 TO 24 MONTHS:

- Walks up and down stairs with assistance?
- Scribbles on paper?
- Dances to music?
- Can make a 2 word sentence (more juice/ mama gone)?
- Begin to ask questions
- (bye-bye?/ milk?)
- Take off own socks/shoes?
- Look at a picture storybook with an adult?
- Makes simple choices (blocks or puzzles)?
- Copy's another child's play?

2 TO 3 YEARS:

- Runs without bumping or running into things?
- Can pick-up a toy by squatting in middle of floor?
- Can stack more than two objects?
- Uses spoon and cup by self?
- Follows 2 step directions (get the book and put on table)?
- Can name 5-6 body parts?
- Will take part in simple conversation?
- Can answer simple "what" and "what do" questions ("What do you want to eat?")?
- Point to or name objects when told what their use is ("what do you drink with?")?
- Can help with simple tasks (pick up own toys)?
- Will use 2-3 word sentences regularly?



If your child is not doing some of the tasks identified in their age range you may want to contact the B3 program (253-804-9695) to conduct a developmentally screening. **FREE** developmental screenings are available.

CLASSROOM NEWS

TODDLER CLASS

For the month of October we have been reading and incorporating activities in the classroom to go with our book "Mouse's First Halloween" by *Lauren Thompson*. This book keeps the little ones attention as they adventure out one spooky night with little mouse and find many creatures on Halloween night. It involves the children using their imagination and problem solving (cognitive) skills to figure out what they are hearing or seeing. Great book to get the little ones ready for Halloween.

BABY GROUP

We have really enjoyed the babies and their parents and/or caregivers coming to visit us every week. It is quite a joy to see how much they progress in such a short time span.

This year we are also incorporating books for the infants and very young toddlers (waddlers). For October we were introducing "White on Black" by Tana Hoban. This book incorporates familiar shapes for babies. A great way to introduce books to infants and start talking together about what they see.

For November, both Toddler Class and Baby Groups read "Here are My Hands" by *Bill Martin Jr & John Archambault*.

Perfect Attendance:

The following students had perfect attendance for the months of September and October 2009;

- * Teuila Atimalala
- * Malikai Allen
- * Bailey Brown
- * Honeah Brown

Thank you parents for consistently sending your children to class. Consistency is a key to success.

Parent/ Teacher Conferences:

Birth to Three Classes were cancelled for October 26th & 29 to conduct Parent/ Teacher Conferences. We would like to thank all the parents that attended to talk about how your child is adjusting to class and to develop a individual learning plan. A big THANKS goes out to you;

- * Teresa Allen & Myrle Anderson Sr.
- * Irene Anderson & Victor Jackson
- * Lauren Tsosie
- * Jeremy James
- * Jackie Lezard
- * Robert Keeline
- * Eileen Richardson
- * Juanita Joseph
- * Melanie Moses

We want to also thank those who notified us that they were not going to be able to make their scheduled appointment or rescheduled for a later time. If you did not scheduled a parent/teacher conference it is not too late, please call Teacher Carol or the B3 office to schedule an appointment. Parents are the first and most important teachers of these young children and we want to encourage your participation in their development at home as well as in the classroom.

Upcoming School Closures (limited staff will be available during breaks):

DECEMBER

Date To Be Determined- MIT- Employee Holiday Gathering (watch for notice) Monday, December 21st to Friday, January 1st- Winter Break

Cooking Activities:

Don't forget to let your young one help out in the kitchen for Thanksgiving. Let them play with the excess pie crust dough to strengthen those hand muscles and stimulate their creativity. Also here are a couple recipes you can use with your children to create their own treat.

Easy Apple Crisp

Ingredients:

- ~ Apple Pie Filling
- ~ Granola
- ~ Vanilla Yogurt

Plan ahead—have the ingredients in separate containers with an ice cream scoop or serving spoon for the child to serve themselves. Arrange the child's cooking area so that the ingredients are within reach of the child. Using a coffee mug or small sundae/pudding cups have each child get a scoop of the ingredients; yogurt on bottom, then a scoop of granola, and apple pie filling on top. Mmmm, a yummy, healthy treat.

Pumpkin Pudding

- 1 Teaspoon Vanilla Instant Pudding
- 1/2 Teaspoon Canned Pumpkin
- 1/4 Cup Milk

Parent or caregiver measures ingredients and puts into each child's individual small bowl or regular size cup. Have child mix together with a spoon. When finished you can put the pudding on wax paper or aluminum foil and let them finger paint. Great sensory activity.

THE COLOR OF LEARNING

by *Laura Liedtka, Occupational Therapist*



I am sure by now that many of you have heard that the Muckleshoot Birth to Three and Head Start Programs will be moving in to a new building entitled the Muckleshoot Early Childhood Education Center in the spring of 2010. This is a very exciting and long anticipated event for us. Many hours have gone into dreaming, planning and researching what this building would look like, and how it would best serve the children of the Muckleshoot community. Here is some of the research and reasoning behind the colors that have been chosen for the building.

The use of color and its effect on the muscular, mental and nervous activity of your body has been studied for many years. We see the results of this research in use around us daily. Have you ever wondered why McDonalds is red and yellow? Why rooms in the cardiac wing of the hospital are generally blue? Red often triggers hunger and bright yellow excites the brain and body and stimulates memory. Blue is calming and has been shown to slow the heart rate, therefore decreasing the stress on a healing heart. Here are some more findings from the research of color and color therapy:

- * Green- inspires creativity, is relaxing and comforting. Green gives a feeling of balance and increases concentration. Green is also the easiest color for the eye
- * Blues-are relaxing and can calm behavior
- * Brown-natural tones give the feeling of warmth, comfort and reliability
- * Bold colors, such as orange red and lemon yellow demand attention, increase activity and can be distracting

Color may be used to give "cues" to the brain, about where to focus attention and find information. How does this apply to an early learning classroom? Some

might think that children are attracted to bright colors, therefore toys and play places are often bright bold colors. Should we use these in the classroom? Others might feel that neutral colors and warm tones are calming. Should we stick to these? The answer to both of these questions is yes. It is important to use both components in an early learning environment. Bright colors that attract a child's attention should be reserved for art materials, manipulatives and items you want to draw a child's attention to.

Structural components such as walls, furniture and floor coverings should support organization, be comforting and not create distraction when the children's colorful, creative art pieces are displayed on them. In general walls should use warm, restful colors in pale tones: light green, aqua, peach and cream. Stark white should be avoided as well as bold or dark colors. Pale or neutral tones are best for floor coverings. Bold or printed area rugs are best for active areas. They should be avoided in areas where quiet sitting or reading are encouraged. A shade of green or blue is better for these areas with cushions that can be put away to decrease distraction when circle time is over. Furniture should use fabrics and colors that do not distract from the environment, such as peach, rose, aqua blue and light brown. Neon and bold colors should be avoided.

Color is an important factor in the physical learning and is a major element of interior design. Using color meaningfully, we will ensure a better interactive learning environment in which children will enjoy engaging. If you would like to see the color board for the new MECE Center, please stop by the Administration Building at the Head Start Program.

INCORPORATING CHRISTMAS TRADITIONS IN LANGUAGE DEVELOPMENT

by *Martha "Marty" Laronal, Speech/ Language Pathologist*

Christmas is especially fun for children! The most special times are sharing the first Christmas seasons with our children when they're toddlers and preschoolers. They're in awe of everything. They love every minute. You can make each moment a special memory by starting your own, new family traditions this year.

Christmas fun and activities don't have to cost an arm and a leg. Find activities for the whole family to join in. Watch your toddler beam!

Christmas is everywhere—even as far back as October. So this is an opportunity to teach your child about the things you see. This time also marks the early winter in our area, so taking a walk around the neighborhood or to a park will give you plenty to talk about. Walk around churches to check out the nativity scenes. Take a walk in the snow and build a snowman (top him off with a Santa hat.) Take a drive to look at Christmas lights. Pick a different thing to talk about during each shopping trip you take. Focus on the things that interest your child or focus on things that are a part of your own family's tradition. This is a great time to reinforce colors since green, red, silver and gold is everywhere:

Make a Gingerbread House - This is a fun way to involve the whole family in a Christmas tradition. Bake the pieces to your gingerbread house, then let your whole family put together and decorate the house with lots of frosting and different kinds of candy.

Make Handmade Christmas Cards - Instead of buying Christmas cards, make your own. Purchase all your materials at a sewing center, a scrapbook shop, craft store or dollar store. Buy blank note cards to decorate. Insert your family's Christmas photo inside and mail them to your family and friends.

Decorating and Lighting the Tree - Of course, this is the most special occasion that marks the beginning of your family's Christmas. Plan a day of family fun...you know that involves food! At the end of the day, gather everyone to decorate and light the Christmas tree. Then, sit around your beautiful tree and tell stories, jokes, play games, and just enjoy your family!

NEW EMPLOYEES

Birth to Three had a position available that brought Theresa Jerry, Muckleshoot Tribal Member, out of retirement. Theresa has accepted a Bus Aide position with the B3 Program. Jamie Starr, Muckleshoot Tribal Member, had applied for casual labor with the Muckleshoot Indian Tribe and was waiting for a call to work. Jamie has filled an incidental labor request with the B3 Program as a Substitute Bus/ Van Driver. B3 is excited to have both these ladies working with our program.



Jamie



Theresa

What is Birth to three?

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

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



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

Muckleshoot Elders Update



Elders Birthdays in December

- Renee Lozier – 12/02
- Gerald Cross – 12/02
- Elson Moses – 12/11
- Leeroy Courville – 12/11
- Pete Jerry – 12/11
- Regina Morrison – 12/11
- Elwood Irving – 12/12
- Janice Starr – 12/12
- Norman Williams – 12/14
- Norma Williams – 12/14
- Thelma Moses – 12/14
- Robert Allen Jr – 12/14
- Sharon Calvert – 12/15
- Anthony Nelson – 12/15
- Larry Slaughterback – 12/17
- Yvonne Petty John – 12/20
- Ken Williams – 12/21
- Robert Simmons – 12/22
- Mike Curley – 12/22
- Loretta Moses – 12/26
- Ernestine Starr – 12/27
- Bud WhiteEagle – 12/27
- Gilbert Jake – 12/28
- Helene Allen – 12/29
- Dwayne Ross – 12/31

Seasons greetings from all
of us @ the
Senior Center!



Shopping for Holidays

Please come in and sign up so we can all shop together for you and your family.

If there is a specific favorite shopping place you would like to go let us know. Then we can make arrangements ahead of time to shop at your store.

Our Elders Christmas luncheon

After Christmas brunch will be on the 29th of December upstairs in the Casino banquet room. After the hassle of holidays we can relax and enjoy one another company.

The Spanaway lights

A trip we attend each year you would all enjoy. We will be heading out on the 10th about 4:30 from the Sr Center.

Christmas Baskets

They will be handed out at the Resource Center please and make sure and fill out a form ASAP to insure you get one. We will be delivering them for those who cannot pick them up. Watch for forms that will be sent with lunch run. Remember they do Tribal member first then community members.

Elder's \$1000.00 trip

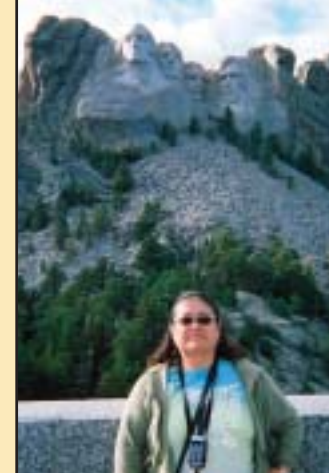
It is still available if you have not used your monies yet for those 60 years and older. Feel free to call us at senior center to get on the list. We do have a few who would like to go on an Alaska Cruise in the spring. Another group would like to go to Reno.

Call senior Center @ 253-876-3255 or back office 253-876-3361 leave a message.

**Happy
New
Happy
Year**

More Photos from Seniors' South Dakota Trip

THANK YOU AGAIN TO BNB BUILDERS!



Muckleshoot Tribal School 1ST QUARTER HONOR ROLL

High School, 3.5 – 4.0

- Sylvia Agaton
- LaTana Baker
- David Cabanas
- Ray Charles
- Alfredo Courville
- Rose Davis
- Ongelic Johnson
- Kendra Kahama
- LaTasha Moses
- Nova Pulsifer
- Olivia Sandoval
- Lana Tsosie
- Megan YellowBoy
- Sierra YellowBoy

High School, 3.0 – 3.49

- Demetria Elkins
- Kendra Bean
- Carol Daniels
- Dustin Jansen
- Jason Jansen
- Sidney Lazzar
- Christopher Marquard
- Yvonna Moses
- Sampson Sam

Middle School, 3.0 – 3.49

- Acey Charles
- Jenel Hunter
- John Jackson
- Trisdin Lozier
- Courtney Morrison
- Rochelle Oliver
- Seaira Pacheco
- Teddy Salinas
- Shalena Summers
- Anthony Ward-Moses
- Nathan WhiteEagle

Muckleshoot Wellness Center

Holiday Splash

Thursday, December 10th
6:00 p.m. to 7:30 p.m.

- Build a gingerbread house
- First 30 families
- Movie on the projector
- Family fun swim
- Pizza and drinks
- Decorate an ornament

* Muckleshoot Wellness Center members only
Questions contact: Lauren 253-333-3616 or
Lauren.McCuiston@Muckleshoot-Health.com



THE PAT DANIELS JR. FAMILY. Left to right: Simone, Patience, Jesse, Pat, Sahale and Maya.

PHOTO BY JOHN LOFTUS

2009 Tribal Halloween Party

October 30, 2009 ~ Emerald Downs

PHOTOS BY JOHN LOFTUS



Thank You!

Many thanks to Gail Larsen, Ada McDaniel, Elaine Daniels, LeOta Berry, Joseph James Jr. aka Bear, Mike Edwards, Wendy Burdette, last but not least Emiley Montez. Thank you all for all your hard work and time that you volunteer. You are all Truly Appreciated!

Lori Simonson
MIT Events Coordinator

MUCKLESHOOT DROP-IN CENTER 2009 YEAR REVIEW

In February 2008, the Muckleshoot Indian Education Division developed and administered the Drop-In Center. The Drop-In Center focuses on accessing needed human services to at-risk youth and young adults of the Muckleshoot Indian Tribe.

The Drop-In Center is staffed with human service professionals with specialized education and training in correction, substance abuse and mental health. The Drop-In Center is a counseling center disguised as a recreational center to service youth and young adults from approximately 13-28 yrs of age. The intent is to build a strong rapport to provide consistent and therapeutic services to youth and young adults who are oppositional to transitioning into mainstream educational facilities.

The Drop-In Center's primary hours of operation are Wednesday 8a.m.-5p.m. Thursday-Sunday 6:00p.m. - 3:00a.m. The safe and fun environment is what keeps a consistent 300 program participants. The Drop-In Center staff are required and dedicated to service youth and young adults with essential obstacles in their life which prohibit them from living healthy and productive lives.

The Drop-In Center is a strong advocate for youth to remain in main stream educational facilities and believes eclectic practices, flexibility and finding ways to provide services vs searching for ways not to provide services. Our goal is to decrease risky behaviors while providing the needed support to the family and the participants. The Drop-In Center does not tolerate gangs, drugs, or violence. Participants who attend the Drop-In Center are required and held accountable for all undesirable activities.

The Drop-In Center Program targets youth and young adults' most prone to harmful behavior and provides therapeutic techniques which exercise critical thinking skills to identify the unacceptable behavior. The Drop-In Center has watched many youth and young adults change deviant and oppositional behavior which demonstrates the participant's faith in a positive and health future. The Drop-In Center Program provides:

- One-on-One Counseling
- Referrals and Follow-Up
- Advocating/Mediating Services
- Outreach Services for Truant Youth
- Critical Incident Response Team
- Tutoring Services
- Legal Support
- Educational Tutoring/Workshops
- Case Management
- Support Groups

2009 Year in Review:

2009 marked the first full year of operation for the Drop-In Center. To date, over 1000 participants have walked through the Drop-In Center however approximately 300 of them are consistent participants who access services from the Drop-In Center program. There were many activities that were offered this year that aligned with the center's overall mission of sobriety and gang free lifestyles. Here's a list by date and/or name of event:

The Muckleshoot Indian Tribe Drop-In Center New Years Eve Bash.

This event kicked off the New Year with a Live Kube 93 DJ, Hollywood decorated theme, professional photographers throughout event, catered food and soft drinks and Limo rides to and from participant homes. About 65 were in attendance and of course this was a drug, alcohol and gang free event

Super bowl XLIII, February 1, 2009 – Pittsburgh Steelers vs Arizona Cardinals.

This event was sponsored by the Drop-In Center. Center staff whipped up some tacos and nachos. Pizza and soft drinks were also provided to participants who came in to watch the game.

Suicide Prevention Training

DIC Staff participated in a three day training that focused on suicide identification, prevention as well as strategies to deal with emergencies involving suicidal ideations.

Tactical Communication/CPR/First Aid Training

DIC Staff participated in a two day training focusing on communication strategies and techniques during a situation involving verbal and physical assaultive behavior

River Rafting Trip with Male and Lady Warriors

DIC Staff and participants went on a two- day rafting trip in Wenatche, WA. Participants and staff enjoyed a camp like setting and two fun filled days of rafting on the Wenatchee and Columbia rivers while reflecting on positive behaviors.

Prescription Pill Training (3 day)

DIC staff, tribal staff from other departments and interested community members participated in a three day training focused on the state of gangs, drugs and alcohol in Indian Country. A whole day was focused on disseminating information on the prescription drug phenomenon as it relates to the Muckleshoot and other tribal communities. A variety of strategies were discussed on how a community could pro actively deal with the problems associated with illegal drug use, trafficking, and prescription drug abuse.

The Youth Working Training Participants were part of this event and did a wonderful job in participating. The YWTP engaged in an open discussion

amongst their peers to demonstrate their understandings of the topics of the training. The youth and young adults who participated in this process did a wonderful job and were very knowledgeable about their civil rights.

Second Annual Back to School Bash

DIC planned another back to school event for youth and young adults. A variety of activities, food, prizes, and back to school gift bags were offered during the event. A Muckleshoot youth Hip Hop concert took place at the Game Farm Amphitheater with special guest appearances by the Savage Family, Comedians Milo and Jr. Redwater, and local recording artist. This event was a memorable event for the Muckleshoot youth and young adults. More than 300 participants gathered to witness the youth and young adults who started the recording studio project at the Muckleshoot Drop-In Center perform. Supports were so engaged the rain couldn't stop the events success.

Weekly Warrior Groups for Males and Females

Community Advocates facilitate gender specific warrior groups once a week. Topics include life skills, self esteem, drug and alcohol intervention/prevention, domestic violence, unhealthy family dynamics while incorporating cultural aspects.

Weekly Parenting Groups

Started in July 2009, DIC Community Advocates began facilitating Parenting groups for new and existing Parents. Information offered includes the important levels of birth to adolescence in relation to behavior. Strategies and techniques on how to be Parents and what to expect for new parents. Resources for Parents with special needs. Roundtable discussion with parents on their personal issues that might prevent them to being good parents.

Medium to Intensive case management and legal services

DIC Community Advocates are assigned an average of 20 to 30 clients in which services are accessed based upon their clients needs. In addition, Community Advocates facilitate court appearances and all essential case management duties to increase the success of the participant's compliance with state and local correctional programs. Intensive case management and follow up are mandatory to assist clients with measurable goals.

Community Outreach through athletics

With the opening of the new Tribal School, DIC Community Advocates jumped at the opportunity to spend additional time with Drop-In Center participants in their positive and normal educational environment. The Drop-In Center Community Advocates were selected and administered stipends to join forces with their Warrior graduates. Besides coaching the fundamentals of each of these sports, community advocates are able to interact with youth in both an academic and community setting therefore, gaining enhanced perspectives on the youth and young adults they serve.

Late Night Basketball

DIC staff have participated collaboratively with the Gang Intervention program in assisting with late night basketball by which community youth and adults participate in open gym in a safe environment free from drugs, alcohol and gang activity.

Outings

The program has offered several outings for participants to attend events off the reservation, including activities such as the Taste of Tacoma, the Bite of Seattle, and local pow-wows, to name just a few.

Weekly Pool Tournaments

The Drop-In Center sponsors a weekly pool tournament at the recommendation of the Drop-In Center participants. This event averages 50+ participants every Saturday night.

Staff prepare Hot meals daily

DIC staff prepares home cooked meals from Thursday to Sunday; one of the most unique traits of the DIC program. Participants enjoy the diverse selection of meals served on a daily basis. Sometimes community members show up just to eat the great food prepared from the heart of the DIC staff.

In conclusion, the Drop-In Center Program continues to be at the cutting edge of service delivery to its targeted populations. The professional staff and their Manager is constantly providing continuous quality assurance of its policies and practices to ensure the community is receiving services that are high in quality and standards. Drop-In Center staff look forward for an even more productive 2010 and invites those have not yet frequented the center to come and visit. The Drop-In Center staff would like to thank the tribal elders, the tribal council, agency managers and the community for their support and encouraging words that has helped us help our youth and young adults. We leave you with the Male and Lady Warrior pledge to their group's members and community. Our meaning of a WARRIOR:

- Willing to walk the right path
- Able to stay the course
- Resilient to the challenges of life
- Responsible for my thoughts, words and actions
- Integrity is part of my every decision
- Obligated to be a role model for those around me
- Respect for my body, my family, elders and my community

A MESSAGE FROM THE DROP-IN CENTER MANAGER

When I first received the position as Drop-In Center Manager, I was very honored but scared about the responsibility of developing a new program. Many people have supported me on this journey in different ways. There have been challenges in developing the Drop-In Center program but the results have been rewarding.



Katreece Moore

Learning how to train someone to provide quality services to your people is a challenging task because you don't think anyone will take care of them up to your standards. Well the creator sent me two individuals who have stayed the duration of the struggles, challenges, laughs, tears, funerals, and disappointments.

High performance teams are capable of knowing their fears and weaknesses and trusting their colleagues to disclose those so they can be strong in those areas. Learning how to manage a program while not stepping on the toes of two other professionals with the same heart and compassion for the youth has been difficult.

While I look back at all the events, I can't express how grateful I am for having Etene Taimalelagi and Krystal Adolph on my team. Krystal and Etene have been so supportive and trusting in my decision making, which left me with no choice but to trust them when implementing ideas and practices on how to service the youth.

I remember being in General Council meetings hearing the fears of the Muckleshoot Community and what they believed the Drop-In Center would stand for. Those fears and concerns have been eliminated by watching the performance of the professionals. Krystal and Etene's passion for the youth is shown through the dedication of their day-to-day task. I never have to fuss at them for coming to work, it's usually about not doing work on their off time.

Etene and Krystal I want to give you a public thank you for all your tired less compassion, dedication, and quality work and assisting the Drop-In Center with servicing the Muckleshoot Community.



Respectfully,

Katreece Moore

Drop-In Center Manager

WARRIOR GROUP TAKES RAFTING TRIP

The Muckleshoot Drop-In Center hosted a drug and alcohol free event for the weekend of August 15th and August 16th for youth (ages 16+). The Warrior group traveled to Monitor, Washington to take part in a two-day trip of White Water Rafting on the Wenatchee River.

The Warrior participants enjoyed their weekend of adventure and reflection of life teachings; they not only got to travel to a new place but also experienced a new activity. Participants spent two days on the Wenatchee River, meeting new people and learning how to work together.

The Drop-In Center staff encouraged the Warriors to step out of their comfort zone and try something new, none of the Warriors who participated in the event had ever been White Water Rafting before but many of them were familiar with the canoe. The first day out on the water was quite eventful; the rafting company took us through rapids and then swimming at the base of the river. The second day was spent rafting and kayaking on the river with a little bridge jumping along the way.

When the event was completed, the Warriors had bonded and some were not ready to come home. They sang songs and played car games all the way back home to their reservation.



Sister Warrior's loving each other unconditionally.



MUCKLESHOOT BOXING NEWS

October was another great month for the boxing program. The numbers get bigger and bigger, WOW! A total of 43 athletes showed up in the month of October. We now have to start making a few changes to the schedule in order to accommodate all the athletes. We have been talking about breaking up the athletes into different groups so one group will start training earlier perhaps working out with the more advanced boxers while novice will continue with the same schedule.

On Saturday, November 21, we took interested athletes to a Strength and Conditioning Clinic in Bellevue at Maximum Sports Conditioning. Maximum Sports Conditioning is a training facility for many professional, college, and high school athletes. It specializes in:

- Improving Agility and Quickness
- Increasing Strength and Power
- Decreasing Chances of Injury
- Eating Healthy: Food=Fuel
- Providing History of Pro & College Native American Athlete Info.

This provides athletes with first-hand knowledge on what it takes to succeed as an athlete in training wishing to advance at all levels. A Native American trainer (Leilani Finau, Haida) was on-hand to assist our athletes.

On December 5th we are proposing to host a 'Boxing Smoker' with fighters traveling from South Dakota (some of South Dakota's best Native fighters), Idaho, Oregon, and of course native boxing clubs from throughout Washington State. We are working out the particulars as to where we will do it and how at this point. What we are trying to do is showcase our local Muckleshoot Community Fighters. It will be a great show for the entire community to come out and show their support.

In closing, remember athletes:

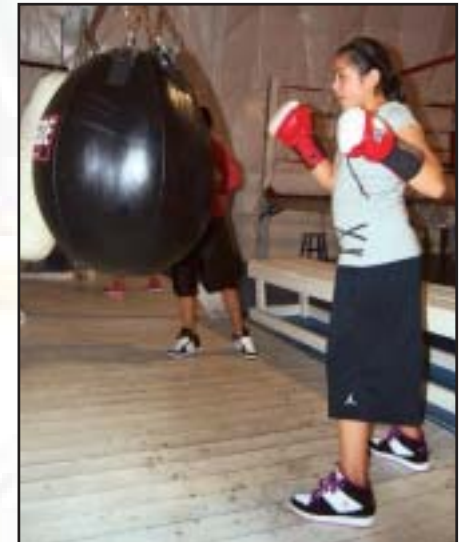
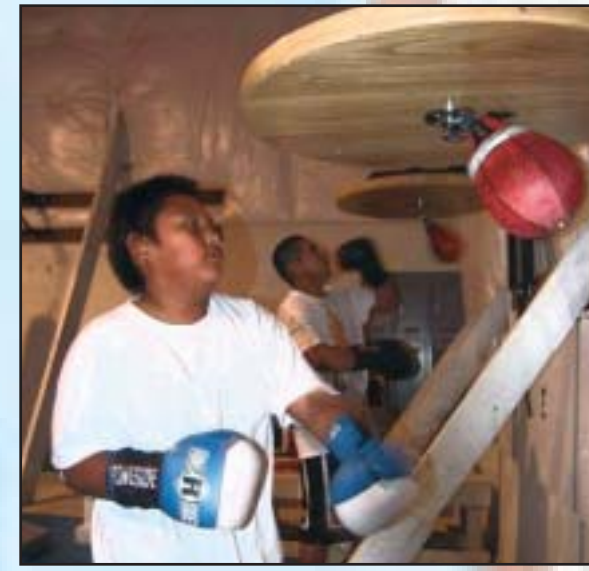
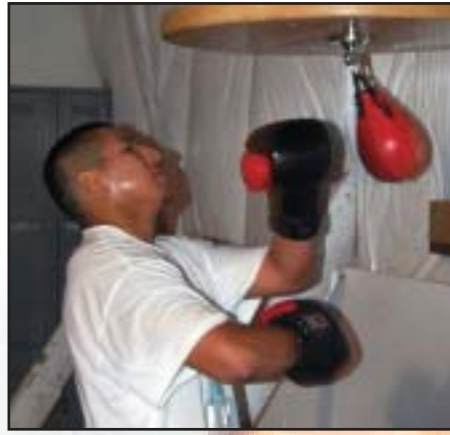
You can be anybody you want to be all it takes is *dedication, motivation, and endurance.*

Once again a big "thank you" to the parents, the Tribal Council, our wonderful trainers, the athletes, and anyone else who believes in All Nations Foundation!

Till next time.

Joe "The Boss" Hipp

1st Native American Heavyweight Champion of the World
All Nations Foundation



ATTENTION TRIBAL MEMBERS

Bank of America will be requiring 2 pieces of Picture I.D. to cash all checks, including Per Capita checks for Tribal members. The Tribal I.D. is acceptable as a secondary piece of I.D.

Please be prepared!

Pass this information on to family and friends !



TWO PIECES OF I.D. NEEDED

Is the BIA holding money for you?

We are seeking current addresses for certain Bureau of Indian Affairs Individual Indian Money (IIM) account holders. All Whereabouts Unknown (WAO) accounts have either interests in trust land and/or funds to be disbursed to the rightful owners.

If you were enrolled with another Tribe and have since changed your enrollment to Muckleshoot, you may still have a BIA number from your former Tribe. You will need to have your old BIA number and your new BIA number merged.

Below is a list of IIM account holders from the Colville Tribes. If you or someone you know is on the list, please contact the Trust Services department at 253-939-3311.

Confederated Tribes of Colville

- Adams Jr., Thomas S.
- Baker, Alexander
- Baker, Elsie
- Baker, Paul A.
- Baker, Pauline
- Baker, Steven
- Baker Jr., Floyd
- Barr, Phillip E
- Bob, Wayne
- Jim, Myrna
- LaClair, Leslie A.
- Quintasket, James

For more information on the Whereabouts Unknown List, please visit the Office of Special Trustee website at www.doi.gov/ost.

EMERGENCY PREPAREDNESS

MUCKLESHOOT TRIBAL AND COMMUNITY MEMBERS:
EMERGENCIES CAN STRIKE SUDDENLY AT ANY TIME, ANYWHERE.

ARE YOU READY

Being prepared can reduce fear, anxiety, and losses that accompany disasters.

Communities, families, and individuals should know what to do in the event of earthquake, lahars, power outages and where to seek shelter.

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

- Make a plan
- Get a kit
- Be informed

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

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

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

MUCKLESHOOT – ARE YOU READY

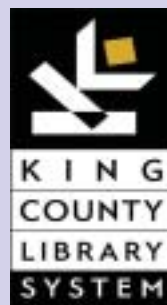
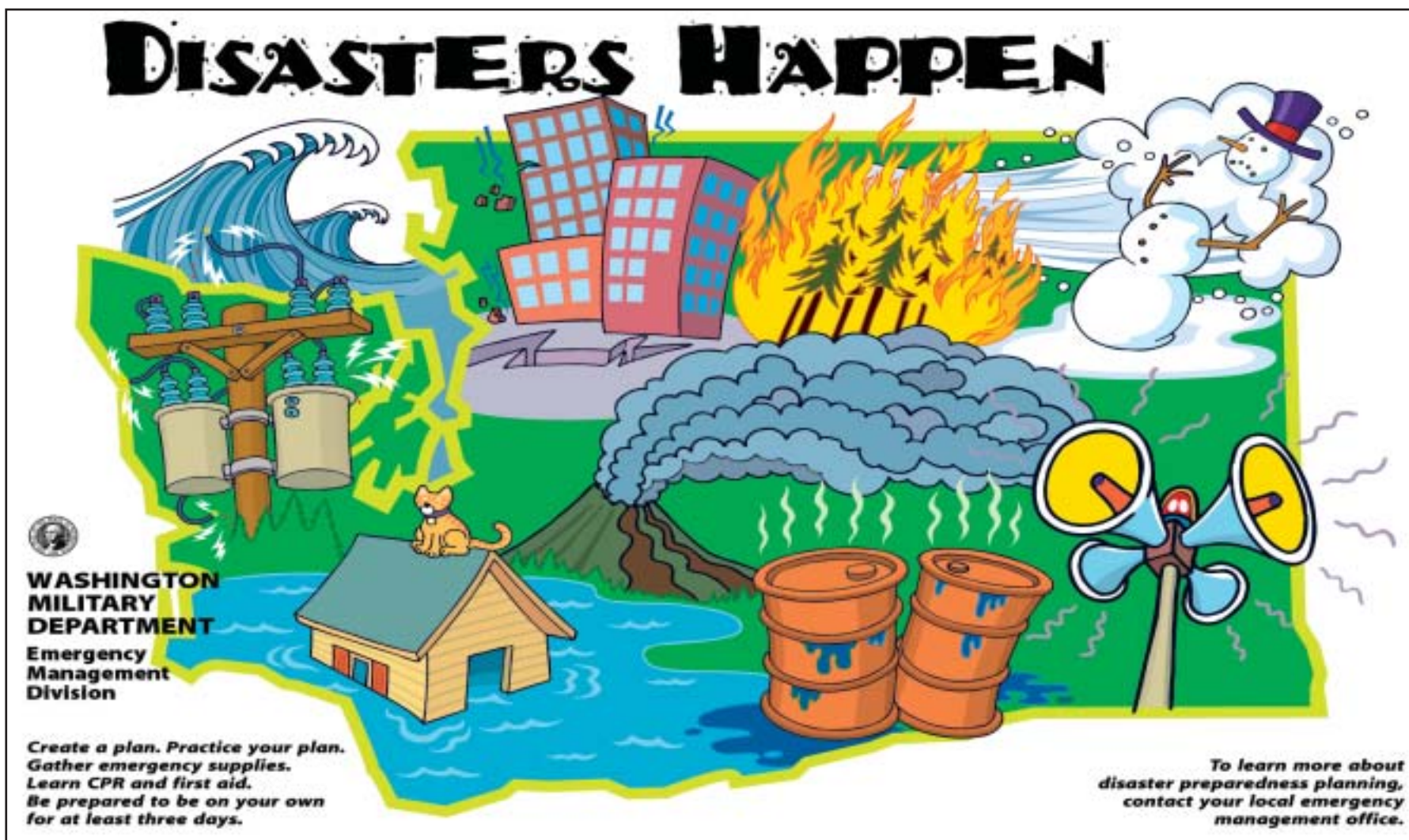
DISASTER CAN HAPPEN AT ANY TIME

What kind of disasters did you say?

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

WHAT DO I DO IF WE HAVE DISASTER?

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



Muckleshoot King County Library Hours

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

December Events at the Muckleshoot Library

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

Story Times

Stories and Strings
Wednesdays December 2 & 9 at 11:00am

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

Book Discussion Group

Reading in the Woods Book Group
Monday, December 14 at 7:00pm

Description: Join us for a lively thoughtful discussion. This month's book is "The Miraculous Journey of Edward Tulane," by Kate DiCamillo. Light refreshments will be served. Please come to the Service Desk at the library to obtain a copy of the book.

Early Literacy Fiestas

Early Literacy Party in Spanish
Tuesdays, December 1 & 8 at 6:30pm

Description: For Spanish-speaking families with children, newborn to age 5. Families learn about Early Literacy and how to prepare their children for Kindergarten.

AVON CALLING!

Hello again! This is Sheryl Sneatlum (- Teo) & I just thought I would give you all the dates and numbers to remember in the upcoming Avon Campaigns! You Do Not Want to Miss Out on all of the Big Sales coming up in December ~ It'll be the Best time to shop for your family & friends, without actually going shopping!!! Anyway, Please try to remember the dates that the campaign orders are going in, so you can get yours in ASAP!

I will be taking orders for Campaign 25 until DECEMBER 1st at 11 am, (Tuesday) this order will be sent back to me – Saturday, December 5th – but I usually don't get them back to you until the following Monday (Dec. 7th). Unless you specify that you want it delivered to home I might be able to get it to you by Sunday – you must let me know, when you order. For Campaign 26, I will be taking orders all the way until December 15th (Tuesday) at 11 am and that order will come back to me on December 19th and I will distribute them back to you on December 21st.

So, Please post this article on your refrigerator – so you will know how to get a hold of me, anytime! You can actually order anytime and I can still get it back to you in time for X-mas! Just get it ordered ASAP!!!

Here are the easiest ways you can reach me:

Phone: (253) 735-6736
E-mail: rezzzgirl1@yahoo.com
Or go to my Avon website and order there:
<http://www.youravon.com/ssneatlum>



Either way is fine with me. Call Anytime – The Sales are going on NOW! Don't Miss Out!!!
Sincerely,

Sheryl Sneatlum (- Teo)

Christmas Shopping

It's time to think about gifts that are going to touch those that you care for and love.

Why wait til the last minute?

Do your shopping early.

Anyone would be thrilled to receive one of these beautiful gifts beaded by our Native friends who are incarcerated. Photos do not do them justice. You really have to see them to truly appreciate the intricate and fine detail work. And for the quality of the craftsmanship they are reasonably priced.

- The suggested prices:
- Muckleshoot necklace \$120.00
 - Loom necklaces \$50.00
 - Earrings \$15.00
 - Choker \$35.00
 - Hair Tie Barrettes \$30.00
 - Necklace (bear paw) \$40.00
 - Necklace (coastal design) \$40.00



Prices have been negotiated
Please contact Pies at ext. 267

Bob Charlo presents photo to City of Enumclaw

The following statement was read by Bob Charlo to the Enumclaw City Council on Monday, October 26, 2009 as he presented the city with a framed print of "Nespelem" © 1992 as a thank you gift for his *plaque on the city's Walk of Fame, the first American Indian to have such a honor in the city's history. Bob wishes to share his statement with the tribal community, and has submitted a copy to the newspaper and asked that it be published.

First, allow me to introduce myself, in the proper and correct manner. My name is... *Bob Gene Charlo*... a proud full blood Indian and enrolled member of the federally recognized tribe of the Kalispel people... My reservation is located in the northeast corner of Washington State... My people and my ancestors are still there in the same area that has been ours since the beginning of time...

My mother was *Rose Mary Abrahamson Seymour Charloe*, a Kalispel woman... My father was *Emmett Charloe* of the *Cayuga/Seneca* people of upper New York State. They were forcibly marched to Oklahoma during the dark ages of our American Indian history, my father's agency is now located in Miami, Oklahoma.

My Grandparents were *John and Isabelle Abrahamson* of the Kalispel Tribe of Indians... I suppose you are wondering why I tell this. Well, that is the old way for a true human being to introduce themselves in a forum such as this. Believe it or not, you just learned a lesson in American Indian History. I stand before

you as a piece of living History, and you as city council have contributed to this area's history by honoring an American Indian on this year's Enumclaw's Walk of Fame, 2009.

Now, let me thank all that were involved in this event. First and foremost, the *Honorable John Wise*, the Mayor of the city of Enumclaw. By this selfless act of kindness and compassion, he has forged a new relationship with a neighboring community. And it has not gone unnoticed. The Muckleshoot Monthly has done a couple of articles on the dedication of the plaque and how the city has come forward to have such an honor given to a person that is of American Indian descent.

Also I would like to thank the staff at Enumclaw's city hall ... *City Clerk Marcia Hopkins*; *Administration Assistant; Maureen Burwell*; and *Media Services Manager; Jon Funfar*. It was with their patience and understanding of what I wanted to bring to the community, what I wanted everyone to experience that day, that truly made it a day that we all, who were there, will remember.

Of course I would like to thank the people who came to speak on my behalf... *Dr. Jim Barcheck*, former Enumclaw School District Superintendent, this man has always understood the importance of this event for me and without hesitation said yes when I asked me to do this. Besides, I saved his Christmas tree one year so he couldn't refuse me.

Raul Anava, this man of Mexican decent, who assisted me though my year's at the University of Washington truly has a kind and good heart.

Francis Cullooyah, *Kalispel Tribal Elder*, My brother in heart and soul,

he is the person in my life and many others who live on the reservation, turn to when we need a good and positive presence in our life.

And of course, *Sharon Calvert*, a *Muckleshoot Tribal Elder*. Without her strong belief in me, most of this would not be possible, I truly owe her more than my life everyday. We all owe a debt of gratitude to these gentlemen for their service and sacrifices for this country and for their communities.

VFW Post #1949

- *Milton Till, US Navy WWII*
- *Al Zarb, US Air Force Viet Nam*
- *Al Law, US Army Korea*
- *Paul Rossman, US Navy WWII*

The American Indian Inter-Tribal Warrior Society

- *Steve Plaster (Lummi Tribe) US Army Viet Nam*
- *Sonny Bargala (Muckleshoot Tribe) US Army Viet Nam*
- *Robert Sison (Nisqually Tribe) US Navy Cold War*
- *Joe Lewis (Yakama Tribe) US Air Force Cold War*
- *Sidney Williams (Umatilla Tribe) US Army Cold War*
- *Warren Gohl (Winnebago Tribe) US Army Viet Nam*
- *Art Lopez (Yakki Tribe) US Army Viet Nam*

Don Munroe and Ken Gopher III, of the *Blackfeet Tribe*, out of Montana, and *Nelson Jim, Yakama Tribe*, who sang a warriors welcome home honor song, which Don felt was appropriate for the occasion.

Joseph Mellon, Colville Tribe, for honoring me by leading the four eagle feather staffs into the ceremony and (smudging the stone and myself) the flag from my tribe, the Kalispel Tribal flag, and the Muckleshoot flag, and the Lummi Flag. Along with the American flag, and the POW flag.

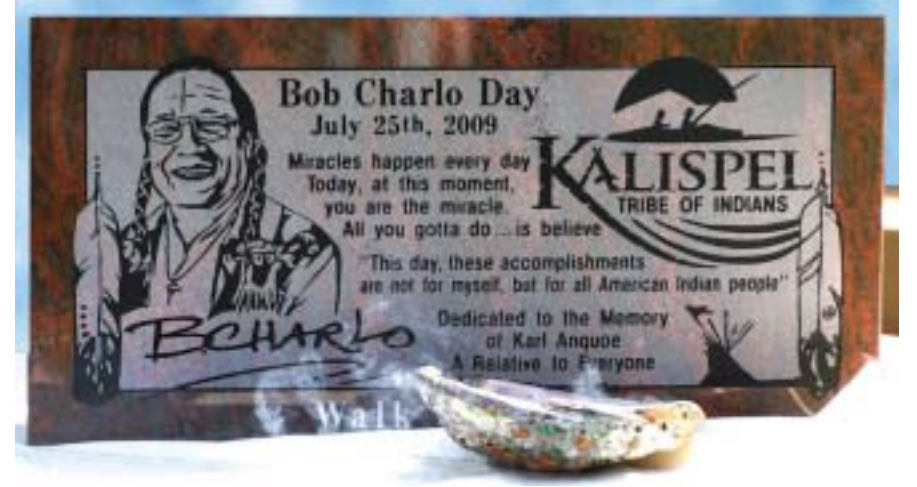
The Northwest Inupiaq Dancers, with the Inupiaq Elvis are old time friends and many of them traveled great distances to be here that day.

Eighteen Kalispel Tribal Elders traveled from my reservation in NE Washington State in their Cadillac bus to be here and many other friends came too.

I wish a heartfelt thanks to *Francis Cullooyah's family, his wife, Wilma and daughter, Kaylee*, who traveled here with him to drum and sing for me that day. They sang an honor song that has not been heard or sang for many years.

All this for an Image that I took back in 1992. Even this image has a lot of history to it. Since the photo has come into being, it has traveled to most if not all of the US, it has been to Chile in South America, and it has been in numerous exhibits from the Seattle Art Museum to the Portland's Center for the Performing Arts to Galleries around Santa Fe New Mexico and the museum at the Institute of American Indian Arts.

I have donated the image to countless causes, fund raisers for schools,



veterans groups, animals groups, arts organizations and art auctions, if there was a cause or need to raise funds or money this photo fills that need. There is a reason for this photograph. It has been given as a gift many times over, one poster has presented to an medal of honor awardees from WW II and to soldiers fresh home from Iraq. I probably have given this image away, for one reason or another, more then I've sold.

The most profound comment given to me by someone who was moved by the image was a gentleman who had been on Iowa Jima told me what the image represents to him. That it was not the American flag that was flying over the Indian teepee but the other way around, the American Indian teepee was supporting the American flag. Then he asked me if I was aware of iconic image of the flag raising on that island Iowa Jima, I said who wasn't, he told me if I looked at my Photograph, that he saw the soldiers in the shape of the teepee and that the American flag is at the same angle as the flag in that photo. His oldest daughter was with him and assisting to get around, after he turned to walk away, she told me that he has trouble getting places and rarely speaks of the war but he had to come and find me to tell me that, so she was really surprised by him making such an effort to do that.

Hopefully you'll think of how history has come to visit you this night and you will remember some of the words you've heard.

I give this photograph in the spirit in which it taken. To the city of Enumclaw, the Mayor John Wise, Marcia, Maureen, and Jon who have honored me with their friendship and all who attended the event on *July 25th 2009, a Gift for a Gift is the Indian way....

Thank you...Great Spirit... Thank You for this moment, Thank You for this day... Take Care, Enjoy and Be Well... My New Friends

B. Charlo / Kalispel Nation

* The day and the plaque was dedicated to the memory of Karl Anquoe (Kiowa) 1952-2009

Youth Photography

PHOTOS BY JOHN LOFTUS

Another class of youthful photographers were recently led through the Tribal Council Chambers by instructor Bob Charlo, where their works were the objects of great admiration. Afterwards, their framed photos were taken to the Muckleshoot King County Library, where they will be on display through December 3. Student photographers include:

- Patience Daniels – 5th grade
- Simone Daniels – 5th grade
- Jesse Daniels – 5th grade
- Isabella Valles – 6th grade
- Leonara Jansen – 6th grade
- Gloria Simmons – 6th grade
- Sefa Pedro – 5th grade
- Luis Mendoza – 5th grade
- Courtney Morrison – 8th grade
- Luana Locke – 6th grade
- Juanita Hernandez – 7th grade



Sharon Calvert Honored

When Bob Charlo presented a framed print of his "Nespelem" photograph to the Enumclaw City Council, he had a surprise planned for Sharon Calvert, who accompanied him to the meeting. On behalf of the and school district, Mayor John Wise presented Sharon with a watercolor portrait of herself to her for her decades of service in Indian Education.

PHOTOS BY BOB CHARLO



Is OST Holding Money for You?

We are seeking current addresses for certain Bureau of Indian Affairs Individual Indian Money (IIM) account holders. All Whereabouts Unknown (WAU) accounts have either interests in trust land and/or funds to be disbursed to the rightful owners. If you were enrolled with another Tribe and have since changed your enrollment to Muckleshoot, you may still have a BIA number from your former

Tribe. You will need to have your old BIA number and your new BIA number merged.

Below is a list of IIM account holders from the Lummi Tribe. If you or someone you know is on the list, please contact the Trust Services department at 253-939-3311.

LUMMI TRIBE

1. Aaron, Cynthia M
2. Aaron, Landon James
3. Adams, Belinda
4. Adams, Perry
5. Alexander, Frank R
6. Alexander, Phyllia A
7. Alexander, Ronald W
8. Alvin, Tom
9. Azure, Jean
10. Ballew, Fredrick J
11. Ballew, Geneva K
12. Ballew, Mildred Maxine
13. Beasley, Ellen P
14. Berger, Barbara E
15. Blair, Roberta (Susie Blair)
16. Blang, Patricia Marie
17. Bleisner, Allen L
18. Bob, Dorothy J
19. Bowers, Gloria J (Johnson)
20. Brudevold, Joseph H
21. Burrow, Editha A (Hillaire)
22. Cagape, Mary Louise
23. Cagey, Amber Dawn
24. Cagey, Curtis M
25. Cagey, Dan
26. Casimir, Paul
27. Charles, Anthony
28. Charles, Clifford A
29. Charles, Edward
30. Charles, Kimberly
31. Charles, Nikki
32. Charles, Tracy
33. Charles Jr., Edward
34. Christianson, Nannette
35. Clayton, Finkbonner D
36. Coe, Edward Lee
37. Coe, Frank Alvin
38. Coe, Warren
39. Cooper, Jerry A
40. Cooper, Marvin M
41. Cordero, Shane Kirk
42. Davis, Donnelle
43. Decoteau, Eileen
44. Deshaw, Marion L
45. Dillon, Anita M
46. Dillon, Regina A
47. Dodd, Cindy Lou Jefferson
48. Dougall, Carolyn
49. Driskill, Jean L (Johnson)
50. Druckrey, Reginald Zane
51. Edwards, Carolyn
52. Elmasry, Tawnya
53. Elving, Elaine M
54. Elving Ernest E
55. Entz, Rachel C
56. Fernandez, Janet
57. Finkbonner, April A
58. Finkbonner, Arnold
59. Finkbonner, Darrin
60. Finkbonner, Linda
61. Finkbonner, Lucy
62. Fisher, Anita F
63. Fisher, Ann
64. Fisher, Sue Louise
65. Frances, Marilyn D
66. Friday, Jr., John
67. Fuller, Misty
68. Gainer, Eleanor
69. Gallegos, Leanne
70. Galler, Gilbert A
71. Garfield, George D
72. Gaspaire, Margaret
73. George, Andrew
74. George, Anthony
75. George, Arlene E
76. George, Chardelle Lynn
77. George, Daisy M
78. George, Donald
79. George, James L
80. George, Jessica A
81. George, Judith A
82. George, Lena P
83. George, Louise (Hillaire)
84. George, Russell S
85. Grant, Gloria F
86. Greene, Sally Ann Jefferson
87. Greene, William Edward
88. Hal, Raynette
89. Hall, Raynette
90. Hall, Roberta
91. Harvey, Clara
92. Henderson, David
93. Henderson, Kateri
94. Hernandez, Cindy Lorraine
95. Hill, Patricia M Pagilas
96. Hillaire, April S
97. Hillaire, Garron
98. Hillaire, Myrtle R
99. Home, Robert E
100. Hopkins, Yvonne (Deardorff)
101. Horne, Douglas G
102. Horne, Earl A
103. Horne, Emmanuel
104. Horne, Ethyl
105. Horne, Harold F
106. Horne, Jocelyn K
107. Horne, John
108. Horne, Julienne
109. Horne, Louis
110. Horne, Ralph
111. Horne, Richard
112. Horne, Romey
113. Horne, Ron
114. Horne, Rosanne S
115. Horne, Jr., John D
116. Horne, Jr., Romey
117. Howell, Art
118. Howell, Gordon
119. Humphreys, Arthur Jr.
120. Humphreys, Loretta
121. Humphreys, Matthew
122. Iyall, Mollie (Bizer)
123. Jacob, Rosalie
124. James, Betty
125. James, Bradley L
126. James, Cary Ann
127. James, Colby L
128. James, Deanna Margaret
129. James, Denise
130. James, Eva
131. James, Georgiana Marie
132. James, Harold L
133. James, Jason L
134. James, Jeffery Joel
135. James, Jeffrey
136. James, Kailani
137. James, Marion D
138. James, Marjorie
139. James, Matilda Louise
140. James, Matthew Robert
141. James, Misty
142. James, Robert H
143. James, Robin C
144. James, Sheree A
145. James, Victor
146. James, Walter
147. James, William A
148. James Sr., David J
149. Jefferson, Alexander C
150. Jefferson, Celeste J (Scarborough)
151. Jefferson, Dale Jonathan
152. Jefferson, Dana A
153. Jefferson, James K
154. Jefferson, John A
155. Jefferson, John Alex
156. Jefferson, Johnathon
157. Jefferson, Phillip
158. Jefferson, Randal Adrian
159. Jefferson, Raymond Francis
160. Jefferson, Rob Douglas
161. Jefferson, Robert Earl
162. Jefferson, Rose
163. Jefferson, Sandra
164. Jefferson, Theresa Jolene
165. Jefferson, Todd Vincent
166. Jefferson, Wesley
167. John, Larose N
168. John, Laura M
169. John, Milo d
170. John, Nona L
171. John, Rose E
172. John, Salina M
173. Johnnie, Betty M
174. Johnson, Andrea K
175. Johnson, Eina Jo
176. Johnson, Melvin Charles
177. Johnson, Victor L
178. Johnson Sr., Verne A
179. Jones, Josephine

180. Jones, Lance
181. Jones, Michelle L
182. Jones, William
183. Joseph, Leroy C
184. Joseph, Leroy Charles
185. Julius, Aaron
186. Julius, Christina M
187. Julius, Jeremiah J
188. Julius, Karen (Phair)
189. Julius, Reynold
190. Julius, Rodney Lee
191. Julius, Vanessa M
192. Kamkoff, Charles
193. Kamkoff, Jamie Lee
194. Keeler Jr., Henry
195. Kerkenas, Roberta A
196. LaClair, Cyril J
197. Lafontaine, Devon Angelo
198. Lane, Angelina
199. Lane, Anjannette
200. Lane, Carol A
201. Lane, Cindy
202. Lane, Elizabeth V
203. Lane, Frederick F
204. Lane, George
205. Lane, Jonathan M
206. Lane, Larry A
207. Lane, Levi Christopher
208. Lane, Marcelline A
209. Lane, Mary T
210. Lane, Nancy A
211. Lane, Shellina
212. Lane, William A
213. Lane Jr., Virgil
214. Largo, Ascancio
215. Leach, Kathleen
216. Leach, William A
217. Leathers Jr., John B
218. Long, Ralph
219. Long, Verna
220. Lorenz, Frank
221. Lorenz, Mamie M
222. Lorenz Jr., Robert J
223. Lumbert, Gary
224. Machuca, Salvador Leandro
225. Mamac, Victoria L (Washington)
226. Mann, Angela S
227. Marios, Debbie Jo
228. Martin, Dean
229. Martin, Gordon Mitchell
230. Martin, James
231. Martin, Jaycina
232. Martin, Mandy
233. Martin, Raydene
234. Martin Jr., August
235. McDougal, Maryilyn Lee
236. McLean, Tara L (Cummings)
237. Miller, Sharon (Phair)
238. Mireau, Nora E (Tom McLean)
239. Mitchell, Muriel
240. Montenegro, Connie Dee
241. Morris, Karen
242. Morris, Marcus C
243. Mosher, Kelly R
244. Mosher, Lavigne Anne
245. Nevins, Jacob
246. Nevins, Michael
247. Nevins, Tricia
248. Norcross, Carol
249. Oldham, Brittny
250. Oldham, Bruce
251. Oldham, Crystal
252. Oldham, Martin
253. Oleary, Walter James
254. Olsen, Darin Ray
255. Owsley, Jodie Lee
256. Page, Victory
257. Parrott, Tina Renee
258. Parrott, Tony Dee
259. Paul, Gabriel
260. Paul, Harvey Brian
261. Paul, Priscilla Belle
262. Penter, Arlen Anthony
263. Phair, Cynthia
264. Phair, David
265. Phair, Diane
266. Phair, Floyd
267. Phair, Grace
268. Phair, Janine M
269. Phair, Jerry O
270. Phair, Lisa R
271. Phair, Mark S
272. Phair, Marya
273. Phair, Murray T
274. Phair Jr., Eugene
275. Phair Jr., James R
276. Phar Jr., Sidney
277. Phare, Annie Rose
278. Placid, Martina
279. Plaster, Cynthia Paula
280. Plaster, James Francis
281. Plaster, Jessica Jo
282. Plaster, Pamela Renee
283. Plaster, Shannon Leroy
284. Point, Ernestine
285. Powell, Carlene
286. Price, Richard Dale
287. Priest, Chad
288. Revey, Arlene
289. Revey, Jason
290. Reyes, Rose M
291. Reynolds, Barbara (Howell)
292. Ridley, Joel
293. Sanchez, Anita Rose
294. Scarborough, Kim D
295. Scarborough, Laurinda E
296. Scarborough, Steve E
297. Scarborough, Tyron James
298. Scott, Alice
299. Scott, Paul D
300. Shaquanie, Prudence
301. Shula, Susan
302. Skeels, Anand D
303. Sliney, Valerie R
304. Smith, James
305. Solomon, Bambi
306. Solomon, David
307. Solomon, Edith
308. Solomon, Glen Rudy
309. Solomon, Janet H
310. Solomon, John L
311. Solomon, Kirk
312. Solomon, Laura Ann
313. Solomon, Lester G
314. Solomon, Louise
315. Solomon, Michael W
316. Solomon, Sandra
317. Spencer, Claudia S
318. Stivers, Madalynn
319. Stowell, Sheila
320. Swan, Henry J
321. Talas, Michael
322. Tanner, William Frances
323. Tate, Karen
324. Taylor, Adeline
325. Thomas, Marie L
326. Thomas, Michael Andrew
327. Thorp, Joan
328. Tom, Johnny M
329. Tom, Leona J
330. Tom, Melvina
331. Tom Sr., Jerome A
332. Tom Sr., Keith J
333. Torres, Joseph
334. Tuttle, Lisa L
335. Veitenheimer, Jeffrey Ted
336. Warbass, Veronica
337. Warbus, Kareena
338. Washington, Christie L
339. Washington, Geraldine G
340. Washington, Lawrence
341. Washington, Marcelene J
342. Wesley, Michael
343. Wesley, Michael T
344. Wesley, Raymond S
345. Whims, Fredrick
346. Whims, Ronald
347. Williams, Dean Alexander
348. Williams, Dean Anthony
349. Williams, Roberta
350. Wilson, Mabel Lea
351. Wilson, Regina Rae
352. Wilson, Shawn Anthony
353. Yamasaki, Barbara J

For more information on the Whereabouts Unknown List, please visit the Office of Special Trustee website at www.doi.gov/ost.



Muckleshoot
Tribal Christmas Party

Monday,
December 21st
6:00 - 9:00 pm

at the
Pentecostal Church



Joined together in friendship
United forever in love.

Danae Daniels
&
Juan Mercado-Fuentes

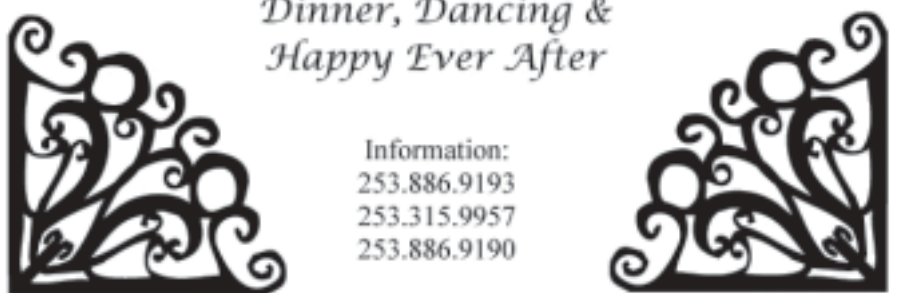
Invite you to share
In a celebration of love
As we exchange our marriage vows

Saturday, the Nineteenth of December
Two thousand and nine
At Six o'clock P.M.

Newaukum Grange Hall
38420 180th Avenue Southeast
Auburn, WA

Immediately Following
Dinner, Dancing &
Happy Ever After

Information:
253.886.9193
253.315.9957
253.886.9190



MUCKLESHOOT POLICE

No Police Report was submitted for this edition.

Division of Vocational Rehabilitation program helps people with disabilities find employment

The mission of the Division of Vocational Rehabilitation (DVR) is “to empower individuals with disabilities to achieve a greater quality of life by obtaining and maintaining employment.” Employment contributes to a person’s ability to live independently, and DVR believes that every person has the right to work.

Individuals who are experiencing difficulty getting or keeping a job due to a physical, sensory and/or mental disability can get help from a DVR counselor. The Vocational Rehabilitation Counselor (VRC) works with each person individually to develop a customized plan of services designed to help achieve his or her employment goal.

DVR services include, but are not limited to assessments, counseling and guidance, independent living, assistive technology, vocational and technical training, job placement and retention services.

Currently, there are two individuals that work as liaisons with the Muckleshoot Tribe; Marilyn Mason, Vocational Rehabilitation Counselor and her

assistant Sherri Mason, Rehabilitation Technician. If you are interested in obtaining services you can contact them directly.

Marilyn Mason, Kent 253.372.3955 email: masonmr@dshs.wa.gov
Sherri Mason, Kent 253.372.3953 email: masons@dshs.wa.gov

If these numbers are long distance for you, you may dial the toll free number at: 1.800.622.1375 and press the number 2 to be directed to our office. Or you may contact Stephanie Flecher, Community Advocate at 253.876.3357 to help you schedule an appointment.

Beginning Tuesday, November 10, 2009 Marilyn and Sherri have been working out at the Resource Center twice a month on the 2nd Tuesday from 9:00 a.m. until 1:00 p.m. and the 4th Tuesday from 1:00 p.m. until 5:00 p.m.

Important Phone Numbers

Emergency - 911

NON EMERGENCY- 206 296 3311-

If you need the on duty deputy to call or contact you.

KCSO/MITPD Office -253 876 3246- Administrative questions

Silent Witness- 253 876 2850 – Anonymous tip line



Finding Our Wings

We Are Women -We Can Fly

Please join our one-day Talking Circle with resources and information sharing for Native American women healing from sexual violence. Lunch will be provided.

- ◆ Discuss Historical Trauma
- ◆ Create and Share your Personal Story
- ◆ Make your own Medicine Bag

Facilitator: Maiah Merino, MA
Yaqui/Maya/Opata

When: Thursday, December 3rd, 2009
10 am-4 pm

Where: Columbia City Site
3712 S. Ferdinand St.
Seattle, WA 98118

Buses #7 and #9 are the closest routes to our office.

Please contact **Tina Fox** at (206)723-6288 Ext #11 or tfox@unitedindians.org to register or with any questions.



The Census: A Snapshot

What: The census is a count of everyone residing in the United States.

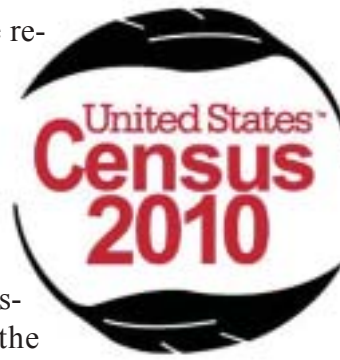
Who: All U.S. residents must be counted - people of all races and ethnic groups, both citizens and non-citizens.

When: Census Day is April 1, 2010. Questionnaire responses should represent the household as it exists on this day. More detailed socioeconomic information will be collected annually from a small percentage of the population through the American Community Survey.

Why: The U.S. Constitution requires a national census every 10 years. The census will show state population counts and determine representation in the U.S. House of Representatives.

How: Census questionnaires will be delivered or mailed to households via U.S. mail in March 2010; many households that do not respond will receive a replacement questionnaire in early April. Census workers will also visit households that do not return questionnaires.

With only 10 questions, the 2010 Census questionnaire is one of the shortest questionnaires in history and takes just 10 minutes to complete.



Here's a chance to show off your community and become a published photographer.

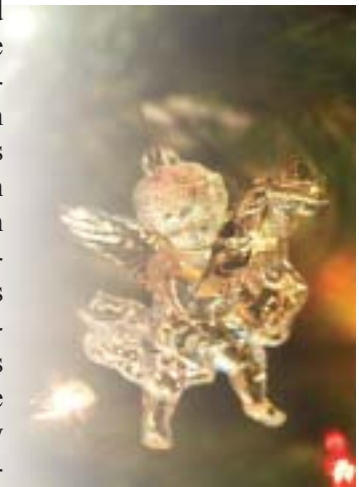
Help us add a new feature to American Indian Report! Send us digital photos (5 to 10) of your community and we'll publish them on our Web page. Let the world

know about the great sights and scenes in Indian Country. Please include your name (if you want to be anonymous we won't publish your name, but we need contact information in case we have a question.), the name of your tribe, and captions for each photo, so we can let people know what they are looking at. Please send photos or questions to editor@americanindianreport.com We hope to get this started in January 2010, so get out your digital camera and start clicking.

For the Children

The Angel Tree

Hot sunny days, swimming, fireworks and summer picnics are now memories. It is time for us at MICW, to focus on the fast-approaching holiday season. We have been lucky in previous years with help from outside services to provide Christmas gifts for our children in care. There has been a change. Children in foster care will have gifts as always, but children in relative care will not be supported. As mentioned in previous articles to the *Muckleshoot Monthly*, we strive to use relatives as the first choice when children need to be placed outside of their home. MICW strongly feels that relatives are the backbone of our program. We make a strong effort in keeping Muckleshoot children with relatives, tribal members and within the community. At this time we are asking for help.



For those of you who have the means, MICW is reaching out. In light of not having enough help for children placed with relative through MICW, we are creating an "Angel Tree." We are going to decorate a Christmas tree with Angel ornaments and each of those ornaments will be dedicated to one of our children in relative care, in-home with parents and guardians. The decorated tree will be displayed in the Philip Starr building lobby. We are asking for sponsors from the employee community to help purchase gifts for the children. Please help. Please spread the word.

We are always looking donations at MICW. We have a visiting room in the back of our office that needs extra toys for children of all ages. If you have any extra children's movies, please consider bringing them to MICW before you throw them away.

If you can help with sponsoring one of our children for the Angel Tree, can donate toys or children's movies, please contact us at (253) 833-8782.

Thanks!

I just want to give thanks to the tribal council for approving and building the Recovery House. Thanks to the employees who work with our people, and a big thanks to each individual who has embraced the opportunity to live in a sober environment, and who are maintaining their sobriety. I am quite sure it is a very hard thing to do. But the Recovery House provides structure and discipline that is needed to get your life under control. It's hard to be away from kids and family and old friends...but I am thankful that all of you are giving yourself a brand new opportunity at life. There is soooooo much that this Tribe has to offer if you are willing to accept and embrace it.

I want to give a special CONGRATULATIONS to my Sister **Andrea Gonzales** for staying focused and making a better life for herself and her child. I am glad that she has found other tribal members to confide in that can help her see her way. I LOVE YOU ANDY...KEEP UP THE GOOD WORK...EVERYTHING FALL INTO PLACE...IT TAKES TIME...!!!!

LUV,
7AM

An easier and quicker way to contact us in Public Works at any time, (no need to remember all the department's phone numbers)

Public Works has now a 24/7 phone number for you to call:

253-876-3030

when you need to contact us for specific issues such as road and drainage, dumpster or firewood or even water and sewer related subjects, the menu prompt will direct you to a specific Supervisor's office phone and further forward to the Supervisor's mobile phone after the third ring. From November 1 to March 31, these phone will be answered 24/7 for emergency calls only. Other times, you may choose to leave voice messages also.

Thank you,
MUCKLESHOOT PUBLIC WORKS

On the Importance of Family

By Cynthia Lozier

I'm writing this because I want to share my beliefs with you about the most important commodity in your life... Your Family. Years ago, I used to work for CASA, helping families stay together. I spent many hours just traveling to bring children to visit their parents. I entered into prison doors to bring families together so that they could stay bonded hugging each other, crying and loving each other.

As a child, I lived through the system as a foster child for some years while my Mom got herself together, and that's why I feel so strongly about this. The only thing I remember my Auntie telling my Mom was when she was visiting us to make sure that she was not high and not drunk. My Mom abided by this simple rule.

I remember being at my Auntie Bernie's one day, and seeing a lady staggering down the road. She was drunk, of course, but I saw her stop staggering long enough to hold a new baby in her arms and give the baby kisses and hugs. She handed the baby back to the parents and continued on her journey of staggering down the road. That lady touched my heart because she gained her composure long enough to give someone hugs & kisses. I remember saying "Wow!" and I locked that memory into my heart.

I thank God every day for blessing me with Auntie Bernice Tanewasha and Daniel Tanewasha. They gave me my moral core values. They did their best to keep the family together. I remember I thought it was cool because Auntie would ask us kids what we wanted for dinner of course we always answered in unison, "Pancakes!" We loved pancakes for anytime. Dinner, lunch, breakfast, we didn't care - we just liked... pancakes... yum! Especially with the little pieces of bacon, blueberries or huckleberries.

I found out after we were grown, that those were the times Auntie and Uncle were trying to make ends meet. To this day, whenever I have my pancakes and peanut butter and syrup I think of them. They helped me stay with my Mom. They stepped into the situation and offered their home. Not too many people will do that but they did.

I'm not saying it was a piece of cake, but they made my life livable and taught me many things while they were alive... especially that, yes, family is important to a child. The children understand that their parent(s) have messed up and are not perfect but they still love their parents unconditionally. We can learn something from the children, huh?

2009 Per Capita Deadlines and Schedules

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




Muckleshoot Bingo!
"Your Destination For Fun"
Doors open at 4pm | Warm-ups at 6:40pm
Evening Session | Thursday, December 31st

NEW YEARS EVE 12.31.09

\$50 Pack | 25 Games
Regular games pay \$2010
Over \$70k in Cash Will Go!

SPECIAL JACKPOTS:
Do-It-Yourself \$5,000 (Must Go)
Bonanza \$5,000 (Must Go)
Super Jackpot \$10,000 (Must Go)
Car Special \$2,010 (Consolation)
\$100 Hourly Drawings 5pm-Midnight

Free Gift Set! Hat, Scarf, Gloves & Tote Bag.
Free Buffet 5pm - 7pm. Apple Cider Toast at Midnight.
Live Band GUNSHY 4pm-6:40pm



MUCKLESHOOT INDIAN TRIBE Public Works Division Community Development

September, 2009

NOTICE FOR FIREWOOD DELIVERY PROGRAM

With limited supplies of firewood for this coming winter, we provide the following information to assist all Tribal members who request firewood from Public Works:

1. Public Works will deliver firewood from October to March of each year only as directed by the Council.
2. Each approved household can have up to 2 cords of wood for each of these months.
3. All Tribal members requesting for wood must have an updated application forms with Public Works. Application forms needs to be updated each year. Bring your Tribal enrollment card with you when updating the application form. Members with outdated application will not be served.
4. All Tribal members received wood shall not resell the wood for profit.
5. All firewood requests shall be through the Work Request form filled out by the members with specific delivery address. Only one address per member household will receive delivery.
6. Member shall not collect firewood from the Public Work yard directly.

Also:

1. Due to the limited supplies of Fir wood, some of the delivery may have some Hemlock or other species of wood mixed in.
2. Due to the winter raining condition, it is up to each tribal member to keep all delivered wood dry and out of the weather. Covering them with a plastic tarp or under cover is strongly recommended.
3. It is unavoidable to have some bark or wood debris mixed in the wood pile, especially when the wood is left in a pile for an extended period. Public Works will make all effort to screen all firewood and keep them dry before we make the delivery.
4. Public Works only responsible for delivery the firewood to your property and make all effort to unload them at the designated area, if possible. It is the member's responsibilities to stack them and protect them from weather.
5. Only for Elders and adult Handicapped members, Public Work staff will assist in stacking the firewood.
6. Public Works has limited supplies of tarp for the covering of the firewood. We can provide them as long as supplies last. Members that have been given one in prior year may be in a lower priorities in getting a replacement.

Please direct all firewood delivery requests through Public Works Wood Cutting Office between 7 AM to 4 PM on business days only. Call 253-876-3173 or email forrest.nelson@muckleshoot.nsn.us to request firewood. Please do NOT request through any staff member directly.

Thank you for your attention and your cooperation will help us to serve you more efficiently.

2009 Holiday Native Arts Fair

Friday December 11, 10 - 5 pm

2 pm - Flute Musician Rona Yellow Robe Walsh (Chippewa Cree)

4 pm - Children's Storytelling with Bobbie Bush (Chehalis)

Saturday December 12, 11 - 6 pm

2 pm - Children's Storytelling with Bobbie Bush (Chehalis)

11 am-5 pm Canoe Way: The Sacred Journey

See a special preview of the documentary

Canoe Way: The Sacred Journey

Canoe Way: The Sacred Journey documents the annual Tribal Journeys of Pacific Northwest Coast Salish people. Indigenous tribes and First Nations from Oregon, Washington, Canada and Alaska follow their ancestral pathways through the waters of Puget Sound, Inside Passage and the Northwest Coast. Families and youth reconnect with the past and each other. Ancient songs, dances, regalia, ceremonies and language were almost lost and are coming back.

Hourly showings from 11 to 5 pm on Saturday

Fry Bread and Indian Taco Sales both Days! Hand-crafted Art Work in All Price Ranges.

For more information call (360) 867-6413 or email grabhorl@evergreen.edu

PERFECT SCORE. Muckleshoot tribal member Veronica Milne, a 9th grader at Auburn High, scored a perfect 110 out of 110 points for this brochure project. Way to go, Veronica! A+++++!!!

CHANGES IN PAYDAY LOANS EFFECTIVE JANUARY 1

The following changes in payday lending practices will take effect January 1, 2010 New!

- You may only borrow a total of \$700 or 30% of your gross monthly income, whichever is less.
- Your information will be registered in a state-wide database, ensuring that all payday lenders have your most up-to-date loan information.
- You may only take 8 payday loans per 12-month period.
- If you are unable to repay your loan before your loan is due, you may request an installment plan with no additional fees.
- If you currently have an installment plan you may not receive another loan.
- Lenders may not harass or intimidate you when collecting a loan. If you are harassed, contact Washington State Department of Financial Institutions (also known as DFI) and file a complaint.

Payday loans are highly discouraged. They are considered Predatory Lending.



November 7, 2009

Happy Birthday Riley Munro!



Love Always, Mom and Dad

Happy 4th Birthday Lenora



December 12, 2009
Happy 4th Birthday Lenora Baker
We love you lots

Grandpa Baker, Grandma Ronette,
Uncle Alex, Auntie Shellee, Auntie Maggie



Happy 4th Birthday Lenora Baker
We love you lots

Love, Mommy, Daddy, Brother Noel

MIT Employee of the Month for November 2009

Katreace Moore is the MIT Employee of the Month for November, 2009. As the Program Manager for the Drop-in Center, Katreace has been responsible for bringing that program from a concept to that of a vital service within the Department of Education. Katreace is known for her can-do attitude and work ethic. She frequently collaborates with other programs in delivering services and events to the community and she encourages that type of collaboration amongst the other staff at the Drop-In Center and the Youth Services Programs where she is currently serving as acting Program Manager.



Katreace Moore

Katreace's can-do attitude and work ethic are not confined to her professional life. She demonstrates these attributes in her personal life as well. Katreace is a life-long learner that has taken the Muckleshoot Tribe's commitment to education seriously. Katreace completed a bachelor degree two-years ago, she received a Master of Arts degree in Psychology in June of 2009, and began work on a Ph.D. in Psychology in September of 2009. Along the way, she also completed the education and testing required in order to earn her certification as an Chemical Dependency Professional (CDP).

It is a pleasure to work with Katreace and it is an honor to recognize her as the MIT Employee of the Month for November 2009.

Rebecca Gallogly, Education Division Director

Happy Birthday Lena!

Happy 23rd Birthday, Mommy Lena!

Love,
Lenora & Noel

Happy Birthday, Lena!
Love,

Oscar





Arlin and Auntie Erica



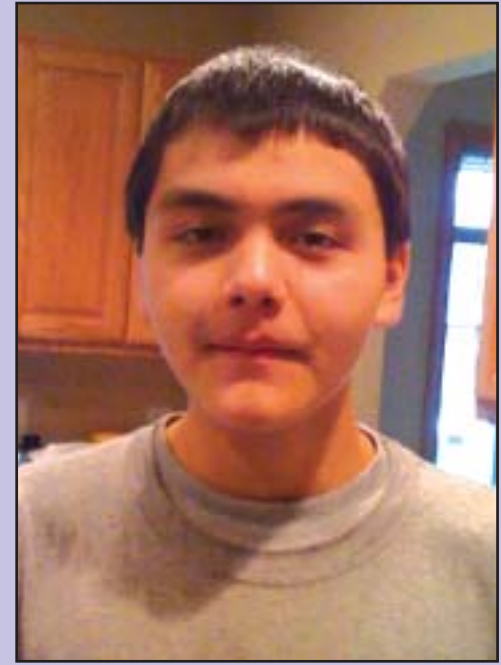
Sawyer Garcia



Adrina Mariane White

November 2009
 Baby Girl: Adrina Mariane White
 Born: November 4th, 7 lbs & 5 oz
 Proud Parents: Austin White & Olivia Sandoval
 Paternal Grandparents: Richard Lozier & Carolyn White
 Paternal Grandparent: Richard Claxton
 Maternal Grandparents: Ruben Sandoval & Luella (Nelson) Sandoval

12/4/09
HAPPY 16TH BIRTHDAY
Andrew Elkins



Alicia and Brad Elkins



Andre "The Ninja" James and Izzy "Hannah Montana" James



November 13th
Happy 20th Birthday John Elkins

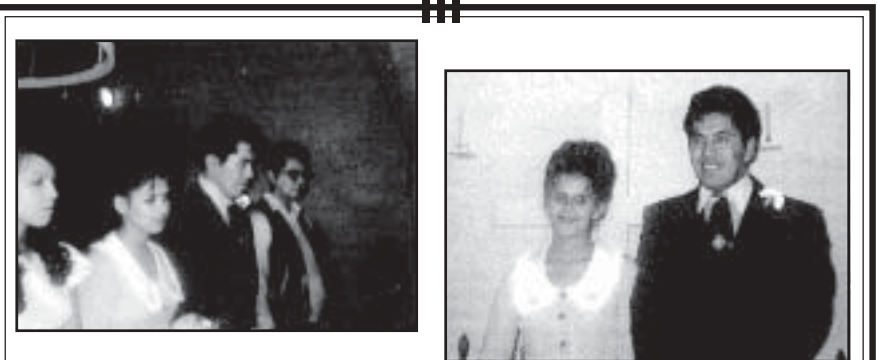
CONGRATULATIONS KELLY KINGGEORGE !!!

I have a few words to share about my son, Kelly Kinggeorge – about how he is doing so good and sticking in there with his education. He graduates on December 18, 2009. He will be walking with his class. I am so proud of him, and continue on encouraging him for continuing with his further education in his trade that he loves so much. From his mother, sister, his son, his nieces and nephews and the rest of his family here at Muckleshoot, we are so proud of you and love you very much Kelly, the sky is the limit, so don't stop now, shoot for the stars! Can't wait for you to get home KELLY!!!!!!!!!!!! CONGRADULATIONZ yo!!!!!!!!!!!!

Henrietta Kinggeorge

HAPPY 9TH BIRTHDAY
DOMINIC JANSEN

MUCH LOVE FROM MOM & NATE



Happy 36th Anniversary
Stanley and MaryAnn Moses

Wishing a you both a very Happy 36th Anniversary on December 7th and may you have many more happy years together.

Love,
 Sonja, Maquati, Fay, Yvonne, Katie, Sai, Jeremy, Kevin, Nichole, Shawn, Stanley, Teddy, Keilani, Hunter, Helika, Angela, Alyssa, Alby, Annie, Miranda, Keira, Stannsi, Corrina, Nollie, Jayden, and Kijonna

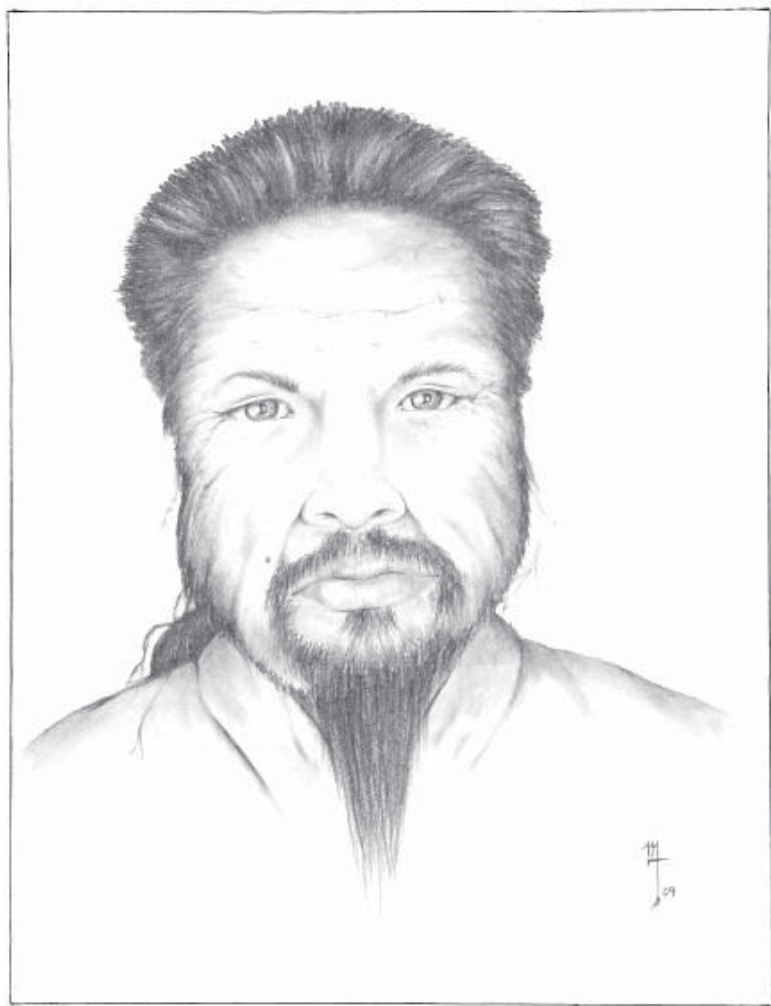
Photos from Malikah Lozier



Happy 3rd Birthday Westin Alan Sam!!!

May God Bless you on your Birthday. We all love you so much.
 Love always, Mommy, Grandma Dar, Grandpa Tony, Auntie Sara, Uncle William, Uncle Mikey, Auntie Jenna, Auntie Mariya, Leila, Robert, Dakota, Rianna, Grandpa Mike, Maui, Auntie Deidre, Auntie Sherrena, Auntie Crystal, and Auntie Celeste





Louis "Smoke" Starr III, writes, "Can you please put this in the paper so people can see how I am doing?" The artist's name is Mick Turlington.

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 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



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

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.



LEGAL NOTICE

Muckleshoot Tribal Court of Justice
In and for the Muckleshoot Indian Reservation
Auburn, Washington

IN RE THE CUSTODY OF:
WESTIN SAM

DOB: 12-20-2006

Case No.: MUC-Cij-11/09-176
To: KENNETH GOPHER, Father

YOU AND EACH OF YOU will please take NOTICE that a PETITION FOR CUSTODY, VISITATION & CHILD SUPPORT HEARING has been filed in the Muckleshoot Tribal Court of Justice and a hearing has been scheduled for TUESDAY the 22ND day of DECEMBER at 10:30 A.M. in the MORNING, in the Muckleshoot Tribal Court of Justice located at the legal building at 39015 172nd Avenue SE, Auburn, WA 98092.

The purpose of this hearing is to hear testimony and present evidence as to the custody of the youth regarding custody, child support and visitation.

The parents, guardian and custodian of the youth are each entitled to have someone represent them at this hearing at your own expense - meaning that they will be solely responsible for any fees charged by the person.

If you have any questions regarding the nature of this hearing or the location of the Court, please call the Court Clerk-253-939-3311.

FAILURE TO RESPOND OR TO APPEAR after actual or constructive notice could result in criminal contempt of court charges punishable by a fine of up to \$500.00 and/or imprisonment; and/or the Court could find in favor of the other party, by default, awarding the petitioner the release requested without further hearing or testimony or the failure of the petitioner to appear could result in dismissal of the action.

DATED this 6TH day of NOVEMBER, 2009.
Elizabeth J. Bargala, Court Administrator
OFFICE OF THE MIT COURT CLERK

LEGAL NOTICE

IN RE THE WELFARE OF:
KRISTOPHER EKANGER

DOB 8/27/2002
KACEY EKANGER
DOB 4/28/2005

TO: MICKEY EKANGER, RESPONDENT
YOU AND EACH OF YOU WILL PLEASE TAKE NOTICE THAT A PETITION TO TERMINATE THE PARENTAL RIGHTS OF MICKEY EKANGER HAS BEEN FILED WITH THE COURT. A HEARING ON WHETHER TO APPROVE THE PETITION WILL BE HELD THE 22ND DAY OF DECEMBER, 2009 AT 2:30 PM IN THE TRIBAL COURT LOCATED IN THE LEGAL BUILDING AT 39015 172ND AVE. S.E., AUBURN, WA 98092 ON THE MUCKLESHOOT INDIAN RESERVATION.

THE PURPOSE OF THIS HEARING IS TO REVIEW EITHER THE PARENTS VOLUNTARY TERMINATION OF HIS/HER OWN RIGHTS TO THE YOUTH; OR, IN THE CASE OF INVOLUNTARY TERMINATION, DETERMINE WHETHER THERE IS CLEAR AND CONVINCING EVIDENCE TO SUPPORT A TERMINATION OF PARENTAL RIGHTS. THE PARENTS, GUARDIAN AND CUSTODIAN OF THE YOUTH ARE EACH ENTITLED TO HAVE SOMEONE REPRESENT THEM AT THIS HEARING BUT AT THEIR OWN EXPENSE - MEANING THAT THEY WILL BE SOLELY RESPONSIBLE FOR ANY FEES CHARGED FOR SUCH REPRESENTATION. IF YOU HAVE ANY QUESTIONS REGARDING THE NATURE OF THIS HEARING OR THE LOCATION OF THE COURT, PLEASE CONTACT THE COURT CLERK AT 253-939-3311. DATED THIS 16TH DAY OF NOVEMBER, 2009. ELIZABETH J. BARGALA, ACTING COURT CLERK.

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.

"PROFESSIONAL AUDIO, VIDEO STARTS HERE!"

- ✓ Sales
- ✓ Rental
- ✓ Consultancy
- ✓ Design
- ✓ Production
- ✓ Integration

NU-Generation Professional Audio Visual Solutions, LLC
206.274.9282 | www.ngaudio.com

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

November 30	Per Capita - Enrollment Cut off to receive March 2010 Per Capita
December 1	Kids Create Christmas Craft Night, 5-7 PM, Wellness Center Childcare
December 1, 2 & 3	Elders Christmas Bazaar, 8 to 5, Philip Starr Building
December 3	Finding Our Wings - 10-4pm at Columbia City Site. 3712 S. Ferdinand St., Seattle, 98118. Call Tina Fox at 206-723-6288 ext. 11 for more info.
December 6	Canoe Dinner - Lunch starts at 12 noon. Call Polly M. at 360-640-0988 for more info.
December 10	Holiday Splash, 6:00-7:30 PM at the Muckleshoot Wellness Center. Info: Lauren McCuistion 253-333-3616
December 11-12	2009 Holiday Native Arts Fair - 10-5 (Fri) & 11-6 (Sat) at the Longhouse Education & Cultural Center. Call 360-867-6413 or email grabhorl@evergreen.edu for more info.
December 19	Danae Daniels – Juan Mercado-Fuentes Wedding, 6 PM, Newaukum Grange Hall
December 21	Muckleshoot Tribal Christmas Party, 6-9 PM, Pentecostal Church
December 31	New Year's Eve Party, Muckleshoot Bingo, doors open 4 PM
January 15	DEADLINE FOR RECEIPT OF ABSENTEE BALLOTS
January 18	TRIBAL ELECTION DAY

CULTURAL WELLNESS GATHERINGS

AA Meeting Time

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

Feather Healing Circle

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

Fire Starters

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

Grief and Loss

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

Women's Group

Muckleshoot Tribal College Thursdays 5:00 pm

Boys Mentoring Group

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

AI-Anon Meetings

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

Federal Way Sunrise United Methodist Church
150 S. 356th St.
Federal Way, WA 98003

Monday 6:30 pm



H&R BLOCK®

Preparing America's Taxes Since 1955

H & R BLOCK WILL BE BACK IN JANUARY

H&R Block is planning on reopening their office in the Phillip Starr Building. Their staff will be available to you beginning January 2, 2010 through April 15, 2010. More information to follow. Stay tuned!

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

Auburn Veterans' Day Parade

Saturday, November 7, 2009

PHOTOS BY GARY KISSEL



State Senator, Claudia Kauffman.



Jesse McDaniel III, salutes the flag at the Veteran's Memorial prior to the parade. McDaniel is a Muckleshoot Tribal member. McDaniel was the Commander for the Inter-Tribal Warrior Society members who gave the 21-gun salute.



Inter-Tribal Warrior Society march down Main Street



Inter-Tribal Warrior Society acts as the Honor Guard at the ceremony at the Veteran's Memorial prior to the Veteran's Day parade. Photo 6A: Inter-Tribal Warrior Society gives a 21-gun salute at the ceremony at the Veteran's Memorial prior to the parade.



Inter-Tribal Warrior Society march down Main Street



The Inter-Tribal Warrior Society salutes the flag as the Pledge of Allegiance is played.



Sonny Bargala reads off the names of the Auburn area Veteran's deceased who have fought in every war since WWI.



Bob Sison, the Chaplin for the Inter-Tribal Warrior Society, was part of the Honor Guard at the ceremony at the Veteran's Memorial prior to the parade.

Veterans' Day Dinner 2009

November 11, 2009 ~ Muckleshoot Pentecostal Church

PHOTOS BY AUTUMN JUDGE

