



# Muckleshoot MONTHLY



Vol. XI No. I Muckleshoot Indian Reservation, Wash. FEBRUARY 5, 2010



Two-time Muckleshoot Tribal Classic winner Wasserman and owner/trainer Howard Belvoir will be hoping to make it a three-peat in 2010.

## THE HORSES ARE BACK! Emerald Downs opens for training

AUBURN, Wash. – The horses were back on the track bright and early on Monday, February 1, as training began for the 89-day meeting that begins Friday, April 9.

Emerald Downs stable superintendent Vern Baze said 328 horses were on the grounds, as of Monday morning. Training hours are 8 a.m. to 12:30 p.m. daily.

Nine-time training champion Tim McCanna, leading stakes trainer Doris Harwood, and the father/son team of Howard and Vann Belvoir were all up and running when the bell tolled Monday. Silver Slew Belles, a 3-year-old Montana-bred filly trained by Connie Bouslaugh, was the first horse to set foot on the track in 2010.

Clair Annette, a double stakes winner last year, also made an appearance for Bouslaugh, while Hollywood Harbor – the champion 2-year-old colt of 2009 – was on the track for trainer Chris Stenslie.

Howard Belvoir was in the enviable position of welcoming back the last two winners of the Longacres Mile – 2009 champion Assessment and 2008 winner Wasserman. The track's all-time leading earner with \$498,512, Wasserman jogged once around the track with regular rider Jennifer Whitaker in the saddle.

This marks the seventh season at Emerald Downs for the 8-year-old Wasserman and owner-trainer Belvoir said the gelding was “bucking and kicking” after arriving back at his old stomping grounds.

Assessment, who earned \$257,000 in his Horse of the Meeting campaign for owners Lou and Diane Tice, should resume jogging later in the week after getting some new shoes, Belvoir said. Assessment and Wasserman both spent the winter with Vann Belvoir at West Coast Training Center in Auburn.

**What:** Emerald Downs 2010 Live Season  
**Opening Day:** Friday, April 9, 6 p.m.  
**Season:** 89 Days, April 9-Sept. 26  
**\$250,000 Longacres Mile:** 75th Running, Sunday, Aug. 22



## Bear James: A Lifelong Calling

Bear James knew he had a special talent from the time he was very young. His Mom had nine kids and he spent much of his early years in foster homes. Sometimes his foster parents didn't have money for haircuts, and that's when Bear found out he had the knack of cutting hair.

“I found that helping people was something that I really enjoyed doing,” he says.

As the years passed, he had brushes with the law. Nothing major, but he

*continued on page 8*

## TRIBE CHOOSES ITS LEADERS

### Spencer, Jerry and Williams are elected to Tribal Council

Last year, Barack Obama proved that any child in the United States can grow up to be President. And here at Muckleshoot it's absolutely true that any child can grow up to be a Tribal Council member. Once again this year, the Muckleshoot Indian Tribe's great exercise in tribal democracy went off with hardly a hitch, and the people have spoken.

Nine Tribal Council candidates – the lowest number in recent memory – and four School Board candidates ran good campaigns as they took part in an election process that becomes more professional with each passing year.

In addition to the two incumbents – Chairwoman Charlotte Williams and Councilman Virgil Spencer – who both sought re-election, there was also a vacant seat.

It's rare that a Tribal Council member chooses to retire, but after some three decades of service, Stanley Moses did not run for an-



Virgil Spencer



Mike Jerry Jr.



Charlotte Williams

other term. His wise counsel and many accomplishments on behalf of the tribe will be long remembered. He will be sorely missed on the Tribal Council, but intends to remain on the Fish Commission, where he has helped shape history since the days of the Fish Wars.

As noted above, fewer candidates competed for council positions this year, but all of them mounted serious campaigns, which climaxed with a festival of sign-waving supporters lining the streets and highways on election night.

The votes were counted quickly using modern tabulating machines and when the results were in, the two incumbents had both earned another term and the vacant seat was claimed

by Mike Jerry, Jr.

Virgil Spencer was the top vote-getter with 239, followed closely by Mike Jerry with 238. Charlotte Williams came in at 220, just two votes ahead of Mark James. This close margin triggered a recount, which was held the following Wednesday but did not affect the results.

Anita “Nana” Pedro and Elaine “Toots” Baker were both returned to the Muckleshoot School Board with 343 and 334 votes, respectively.

It should be noted that Stan Moses wasn't the only one to retire. Election Administrator Jackie Swanson also retired and deserves gratitude for her dedicated service to the tribe.

### 2010 TRIBAL ELECTION RESULTS

Tribal Council	
✓ Virgil Spencer	239
✓ Mike Jerry, Sr.	238
✓ Charlotte Williams	220
Mark James	218
Tammy Byars	159
Linda Starr	157
Phil Hamilton	133
Janet Emery (Jerry)	78
Marvin R. Moses, Sr.	70

School Board	
✓ Anita “Nana” Pedro	343
✓ Elaine “Toots” Baker	334
Luella J. Nelson Sandoval	125
Sharon Hamilton Curley	119

✓ = ELECTED

## Muckleshoot's Newest Tribal Council Member

A couple months ago, not long after the Public Caucus, Mike Jerry Sr. took his dad, Pete, and his two little ones, Mike Jr. and Kiva, up to the remote area around Chester Morse Lake to see if they might bring home a bear.

Upon arriving at the lake, they stopped to let the kids play along its shore. While Pete and the grandkids wandered along the water's edge, Mike stayed behind, and as he looked across the glassy, still water that reflected distant mountain peaks he thought of many things.

He remembered how his father told him that one time when the water was very low, the ancient fire pits of those who went before could be seen. He thought of the countless generations that had lived in this place, and how he fit in among them.

He thought about the time he'd run for Tribal Council two decades ago when he was a 24-year-old Fish Commissioner. He hadn't tried very hard that time, but surprised people with how well he did.

As he gazed across the water, he could hear the distant voices of his happy children playing with their grandfather farther down the shore. And as he turned to join them, he heard another voice...

“I was trying to figure out where the words came from – if they came out of the air, or the water, or that mountain range...” he recalls.

“I always think about it, but the words were, ‘Don't forget about your Elders.’”

They didn't bring home a bear that day, but what Mike Jerry Sr. brought home was something far greater: a conviction that now was the time to take his place among



Mike Jerry Sr. and son Mike Jr. at Chester Morse Lake

those who will lead his tribe into the future.

Mike can't remember a time when fishing wasn't a big part of his life. As a child, it mostly revolved around the two rivers – the Green and the White. Especially the White. To this day, he can still see the families gathered on its banks waiting for the fishermen to make their way down the river, and how they'd cook the fish together when they arrived.

He remembers a day when boys fished with their fathers near the mouth of Soos Creek on the Green. He didn't know why so many people

– both Indians and non-Indians – were watching them from the bridge, but when they came ashore, the boys were taken to their mothers and their fathers were arrested.

“I couldn't tell you how many of those people aren't here today,” he says, “but these were the people that molded me into who I am.” Even though the tribe is moving forward, Mike believes that the past is as important as the future.

“It provides us with stability – a foundation to stand on,” he says. “If you have that, there's no falling down, no going backwards.”

He also believes that the people of today must be the foundation for future generations.

“It doesn't take one, two, ten, thirty people – it takes *everybody* to make that foundation,” he says. “Sometimes you may agree or disagree, but still you're united when you disagree and agree, and can make steps forward. To me, it's like you don't individualize yourself. You put yourself right in the midst of everybody, standing amongst them – that's how you create forward movement.”



TRIBAL COUNCIL UPDATE

**Muckleshoot Legislative Goals for the New Year**

The year ahead in public policy holds great promise and also presents big challenges for the Muckleshoot Tribe. The Tribal Council has been hard at work preparing to meet those challenges, so as we begin this New Year we thought it timely to provide an update on the policy issues we will focus on in Olympia and Washington DC.

Each year the Tribe's Public Affairs Committee develops legislative priorities in order to concentrate our efforts on legislation and public policy that support tribal programs, protect tribal sovereignty and generally enhances the quality of life for tribal members.


At the state level, we will focus on four general areas; taxation, gaming, transportation and natural resources. The state is still dealing with a large budget deficit and this fiscal reality creates a significant challenge for tribes that require our diligence and hard work. Working with Governor Gregoire and our legislative delegation we will;

- Continue our efforts to get tribally owned land exempted from taxation, just as is the case with all other government property. Currently, all federally recognized tribes within Washington State have a property tax exemption on land used for "essential government services." Because we believe it is wrong for governments to tax other governments we are supporting legislation to expand the current exemption to include all tribally owned land.
- Protect tribal gaming by continuing to fight attempts to change state laws to expand private gambling or state lottery expansion.
- Seek Muckleshoot Reservation directional signage along I-5 and Highway 167.
- Work to get legislative recognition of tribal hunting, gathering and cultural rights by encouraging state efforts to open private lands to these activities and including tribal participation in negotiations with private landowners.

We face equally daunting challenges at the federal level. The political environment has changed a great deal since the inauguration of President Obama. We continue to closely monitor developments in our nation's capital in order to protect tribal rights and Muckleshoot interests. We will work closely with our congressional delegation to;

- Oppose changes to the tribal recognition process that would in any way dilute what it means to be a tribe that possess sovereign rights to self-government. The Tribal Council has serious and legitimate concerns about the impact of federal recognition of groups that are not functioning social and political communities and we will aggressively continue our efforts to make certain any legislative changes to the recognition process maintain the established standards for tribal recognition.
- Secure funding for critical fish passage projects at the Ship Canal Locks and Mud Mountain Dam facility, as well as improvements to the Tribe's White River Hatchery.
- Work with the Forest Service to secure a Memorandum of Understanding with the managers of the Mt. Baker-Snoqualmie National Forest to protect tribal Treaty Rights on these and other federal lands.

The Tribal Council is committed to working closely with state and federal government officials to protect the progress we have made and establish partnerships that will help the tribe as we continue on the path toward a brighter future.



**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  
 Mike Jerry Jr., Council member-elect

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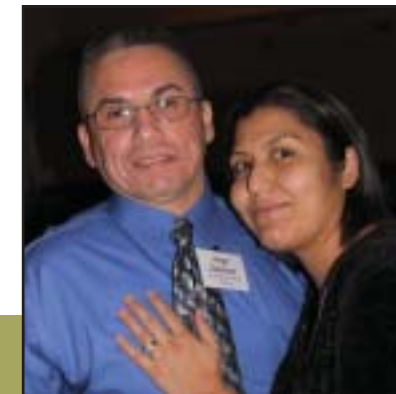


**COMMEMORATING "PADDLE TO SEATTLE"** In 2009, the Canoe Journey celebrated the 20th anniversary to the "Paddle to Seattle." The Muckleshoot Indian Tribe was a host to this historic event. The "Paddle to Seattle" was the first of what are now the Annual Tribal Canoe Journeys. With this beginning in 1989, the Coast Salish Tribes began the revitalization of the canoe culture. This was the movement toward the reinstatement of the true culture of the coastal tribes, which have for some time practiced an adoptive culture of the pow wow. Last year, being the 20th Anniversary of the Paddle to Seattle, a blanket was made to commemorate this historical event. An honoring was made to the Tribal Council for supporting the Canoe Journeys, as this is Muckleshoot's true culture. It has been a real honor for the Canoe Family to participate in the Annual Canoe Journeys, and the Canoe Family wanted to honor the tribal leaders that made it possible ~ *Walter Pacheco*

**MIT Legislative Reception 2009**

The annual Muckleshoot Legislative Reception was held in early December and, as usual, attracted many of the top people from the world of politics. In addition to scores of state legislators and city and county officials, the event drew a large number of tribal leaders from throughout the state. This annual function provides tribal representatives with an excellent opportunity to communicate with elected representatives and to better acquaint them with the Muckleshoot Tribe.

PHOTOS BY JOHN LOFTUS



**A CHANCE TO SERVE YOUR TRIBE**


It's that time of the year again. Muckleshoot Tribal Members are invited to please submit your letters of interest to serve on the following committees:

- Loan Review
- TBD, formerly Youth Services
- Hunting
- Personnel
- Muckleshoot Tribal Housing
- Health Services
- ICW (Indian Child Welfare)
- Planning
- Elders
- Family Resource Center
- Fireworks
- Sla-Hal
- Spiritual Ceremonial
- Preservation (formerly Culture)
- Diabetes
- Fireworks
- Education
- Canoe Club
- Elections
- Gaming Commission
- Pow-wow, formerly Skopabsh
- Veterans

If you would like to serve a one-year term on any of the listed committees, you must submit a letter of interest explaining why you would be a good candidate and listing any experience you may have had in the past that pertains to the committee you are applying for. Please submit your letter to the Tribal Council support staff by **March 17, 2010 at 5:00 p.m.** Letters received after the deadline cannot be considered. Please note that a separate letter must be submitted for each committee you are interested in. You may also pick up copies of the letter template from the Tribal Council support staff.


**THANK YOU FOR BELIEVING IN ME**

I would like to thank everyone that showed their support, trust and belief in me for being elected onto council. I know it would've never happened without all of you believing in me. I will do my best for everyone's interest as a tribal member. I will always remember "we walk together." Thanks for your support!



**Mike Jerry Sr.**

*A tremendous thank you to all who voted in the January 18th tribal election. I'm very grateful for all friends and family who worked hard during this campaign period. I humbly accept another term on the tribal council. I will diligently serve the Muckleshoot tribe and work with other council members for the betterment of our people. May God bless us all.*



*Charlotte Williams*

*Thank You!*

I would like to thank all the Tribal Members who supported me in the success of my re-election 2010.

I look forward to serving you all into the future. All I can say is thanks to all who contributed to my success - you are all the greatest!



*Virgil Spencer*  
 Muckleshoot Tribal Council

## TAX PREPARATION AVAILABLE AT PHILIP STARR BUILDING



PHOTO BY JOHN LOFTUS

Sonny Jerry takes advantage of the on-site H & R Block office to get his taxes filed early.

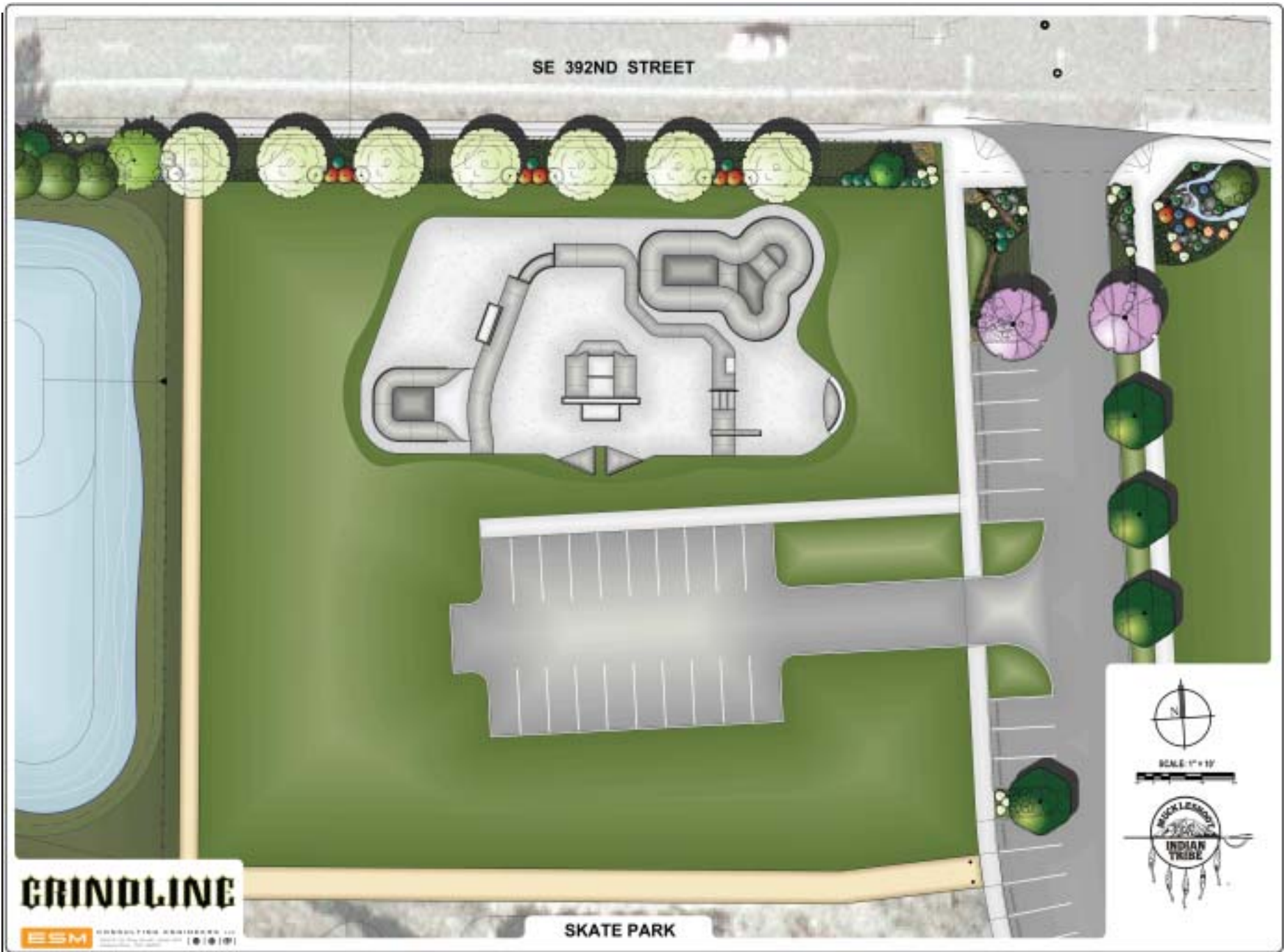
H&R Block has once again opened its office in the Philip Star Building to prepare tribal members' and tribal employees' Federal tax returns. Office hours are Monday through Friday, 9:00 a.m. to 5:00 p.m. from now through April 15<sup>th</sup>.

Call 253-876-3064 to make an appointment for tax preparation, or drop off your tax forms and pick up your completed return later. Just bring in your tax forms (W-2s, 1099s, Scholarship letters, etc.) and have H&R Block file your taxes electronically.

The Tribal Council has approved the following for enrolled tribal members:

- The Tribe will pay for a typical tax return (a cost of \$130.00 for tribal member households).
- Reimbursement of up to \$130.00 to tribal members that have already filed their 2009 tax return at another H&R Block location, or through another tax preparer. Just bring in the receipt to the MIT Finance Department.
- Please note that this is a taxable benefit to tribal members.

**EMPLOYEE DISCOUNT:** A \$25 discount on tax preparation is available for all MIT employees, including non-tribal members. Coupons for this discount can be picked up on the Payroll Office at the Finance Building on the main campus.



## Public Hearing scheduled on Skate Park

For the past eight years various attempts have been made to develop a Skate Park for the Muckleshoot community. It now appears this dream may soon become a reality. Over the last year the tribe has worked with consultants, Recreation staff and Muckleshoot youth to design a small facility. The proposed Skate Park, which is part of the master plan for the recreation complex, would be located at the southwest corner of the SE 392<sup>nd</sup> Street/172<sup>nd</sup> Ave SE intersection. The 10,000 square foot design will be fairly simple to construct. The site will be graded for contours. The skate park itself is mostly concrete with two bowls, several raised sections and metal skate

railings. The Park will include a small 20 car parking lot which is accessed from the Sports Loop Road and lighting is provided to keep the site highly visible from the road.

Rules and hours of operation will be developed by Recreation staff in consultation with Risk Management. You may find it interesting to know that skate boarding has fewer injuries than sports like baseball, football and hockey.

The Hearing will be held by the MIT Planning Commission on February 17<sup>th</sup> at 7:00 p.m. in the Cougar conference room.

## New SeaTac Sound Transit Station Features Native Theme



Incoming King County Executive Dow Constantine (left) and outgoing Seattle Mayor Greg Nickels (right) were among the many dignitaries present at the grand opening of the new Sound Transit Station at SeaTac Airport. MIT's Madrienne Salgado is in the center. They are standing in front of a Native-themed art installation consisting of a shovel-nosed canoe that doubles as a bench, a shelter featuring canoe-related images, and a very old map of Puget Sound. Philip Starr can be seen on the left, and on the right the Muckleshoot Canoe Family's "Grandmother" canoe is seen crossing the mouth of Elliott Bay as a huge ferry boat looms in the background.

PHOTOS BY JOHN LOFTUS



## NEWSPAPER NEWS

This is the time of year when I have quite a few people asking me when the next paper is coming out. It seems to them that it's been a long time since the last newspaper, and they're right. The last newspaper before this one – the Holiday Edition – was distributed on the Monday after Thanksgiving.

There's a reason for this gap. Over the Christmas season the first few weeks of the new year I am totally involved with producing our two year-end reports – the MIT Annual Report and the Tribal Council Annual Report. The first one came to 153 pages this year, and the second one was 53 pages. Like the newspaper, they are huge projects.

The Muckleshoot Monthly will be hitting your local newsstand on the following dates during 2010:

- |                      |                        |
|----------------------|------------------------|
| • Friday, February 5 | • Friday, July 16      |
| • Friday, March 19   | • Friday, August 20    |
| • Friday, April 16   | • Friday, September 17 |
| • Friday, May 14     | • Friday, October 22   |
| • Friday, June 18    | • Monday, November 29  |

## MEMORIALS



### Nora Ann Jerry

A Memorial will be held for Nora Ann Jerry on Saturday, February 6, 2010. The headstone blessing will take place at the New White Lake Cemetery at 11:00 a.m. followed by a dinner and giveaway at the Muckleshoot Shaker church at 1:00 p.m.



### Marla Dawn Nelson

A Memorial will be held for Marla Dawn Nelson on Sunday, February 14, 2010. The headstone blessing will take place at 9:00 a.m. at the New White Lake Cemetery, with dinner and giveaway beginning at 12:00 noon at the Muckleshoot Pentecostal Church following church services. Marla was a member of the Muckleshoot Canoe Family and they will sing in her honor.



### Kathleen M. Eyle

A Memorial will be held for Kathleen M. Eyle Friday through Sunday, February 26-28, 2010. The headstone blessing will take place at the old White Lake Cemetery on Friday, February 26 at 10:00 a.m., followed at noon by a luncheon and giveaway at the Sla-Hal Building. There will also be stick games, starting with open games on Friday night and a tournament on Saturday.

# Congratulations, Speed Skaters!!!

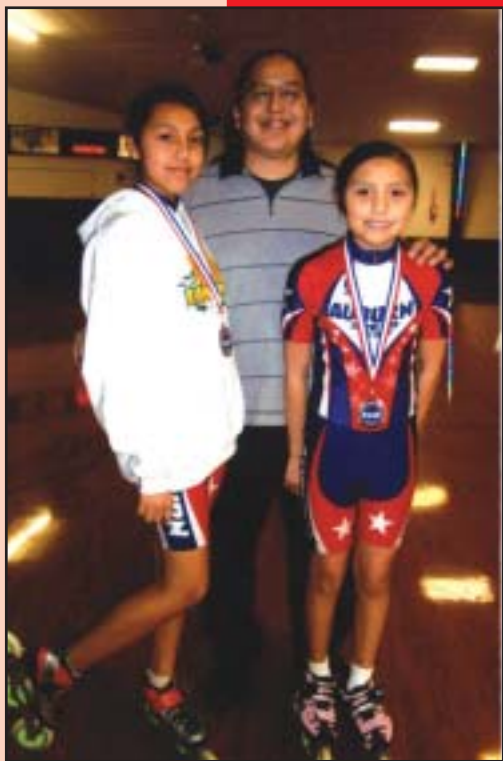
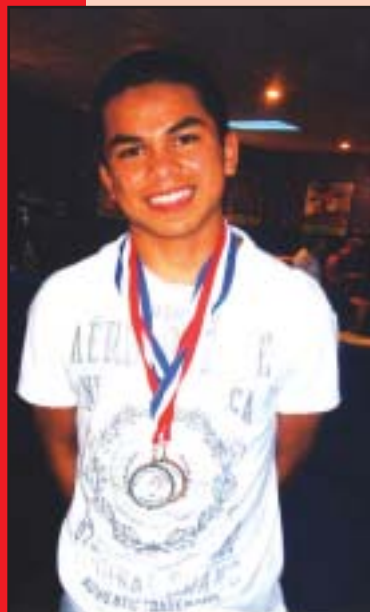
We would like to congratulate all of you on your hard work, dedication and the determination it takes to be the best you can be and give it your all. We are so proud of you guys! We have five Muckleshoot Speed Skaters: Sonny, Alyssa, Ashley, Shianna and Andrew.

We would like to give thanks to the Auburn Skate Connection coaches Laura and Perry for all of their encouragement, hard work and faith in them when some were in doubt. Also, John and Diane Gustafson and fellow teammates and dedicated families for the family atmosphere we have in Auburn.

Keep up the good job and we are so proud of you all!

Much love,

*Jackie & Lani*



## Roy Andrew James Murphy!!!

*Submitted by Donnie Jerry*

We wanted to recognize our nephew, Roy, for doing such an outstanding job at school the last 3 1/2 months. Roy is a Junior at Auburn High. He was failing in school but he has done an excellent job in turning his grades around. He went from straight Fs in all classes to a B and C's and is passing all but one class (but geometry is hard for everyone)!!

To those of you that are in school, you know that it takes a lot to accomplish something like this. We know that this has been a lot of really hard work for him and a huge personal commitment on his part, but he hasn't complained one bit and just kept his nose in his books and continues to work and study really hard at improving in all his classes!

*Roy, we are really proud of you and we all knew you could do it!*

*Auntie, Uncle Chief, the Boss, Leetah & Donald Mom, Larry & Kari*




### MORE PHOTOS FROM THE MIT Legislative Reception



## Sonny Bargala bags big elk

Sonny Bargala brought down this big bull elk on November 13 in the Green River Watershed. L-R: Bob Simmons, Russell Brown, Sonny Bargala, LeeRoy Courville Jr., Eric Anderson. Nov. 13, 2009 Green River Watershed





## Your NEW Community Health Services

At the Muckleshoot Health and Wellness Center  
A healthy community is a strong community

**Medical Social Worker (MSW)**  
939-6648 Ext. 3804

Our medical social worker, is the primary contact between your doctors and any medical services you may need, including:

- Assistance with applications for DSHS Medical, social security disability, or Medicare.
- Ordering needed medical equipment or special transport needs. Coordinating hospital discharge planning and home healthcare services.
- Before hospital discharge, contact the MSW

**Patient Services Director**  
939-6648 Ext. 3634

This is your liaison for any of our clinic services at the Health and Wellness Center. If you are concerned, frustrated, or have an idea for improvements, please feel free to call or stop by.

Consider the Health Educator as your partner in the community with health education needs, including:

- Developing health education materials
- Scheduling and delivering health related presentations
- Coordinating with departments within the Health Division to promote programs

**Health Education Specialist (MPH)**  
939-6648 Ext. 3802

**Transporters**  
Contact: 939-6648 Ext. 3805

Community Health Representative transporters drive patients to and from medical appointments and deliver medications to our elders. When scheduling, the transporters will now prioritize appointments. Everyone is encouraged to use the new Shuttle Bus when possible.

Hours for Shuttle Bus: 12-8pm  
M-F Contact Facilities (Ext. 3626) for specific times or pick up a flyer at the Health and Wellness

**Nutrition Team**  
Registered Dietitian:  
939-6648 Ext. 3815  
Nutritional Therapist:  
939-6648 Ext. 3816

Confused about what foods are best for you and your family? Our nutrition team members can offer guidance while navigating the grocery store aisles. In addition, they can:

- Assist in prevention or management of certain health problems through nutrition.
- Provide natural approaches to controlling diabetes
- Recommend our new, natural nutritional supplements to support your efforts in achieving or maintaining good health.

They specialize in getting out to the community, assisting those with a variety of needs and facilitating multiple programs among the Health Division. They are a great resource and will connect you with the right services.

**Community Health Representatives**  
Contact: CHR Lead  
939-6648 Ext. 3801 or

**Diabetic Program**  
Diabetic CHR:  
939-6648 Ext. 3806  
Diabetic Nurse: t (DN)  
939-6648 Ext. 3417

Our diabetic program can coordinate and track patients to ensure they are getting the care and treatment needed. We provide personalized diabetic guidance and education.

We would like to invite all eligible tribal and community members to get involved with our events and services, even if you prefer an outside provider. Please contact us with any questions.

## Come Celebrate Valentine's Day

Join Us at the Wellness Center For:

# Kids Create Valentine's Day Craft Night

**THURSDAY, FEBRUARY 11**  
From **5:00 to 7:00pm**

### Wellness Center Childcare

- Kids ages 2 to 12 are welcome
- Over a dozen crafts and cards to create
- Cookies and milk/juice will be provided

For more information contact Jessica Neumann at 253-333-3616  
Or by email at [jessica.neumann@muckleshoot-health.com](mailto:jessica.neumann@muckleshoot-health.com)



## MIT RECOVERY HOUSE LOOKS FORWARD TO 2010

2009 was a year of "Firsts" for the MIT Recovery House. We took our first resident on April 1<sup>st</sup> and soon had a waitlist for our male beds. We had our "First" annual Gratitude/Alumni dinner in November and over 100 community members helped us celebrate. The residents and staff of the Recovery House took this opportunity to thank the tribal community for all the support it has given us.

The residents had a lot of "Firsts" of their own. "I was able to celebrate my birthday and Christmas clean and sober for the first time!" "I have my first drivers' license." "For the first time I am enrolled in college." "For the first time I was able to use my Per Cap to pay off my fines, get insurance and a license. Now I am employed by the tribe!" As the Recovery House supervisor I get to watch the residents grow. They have been growing in connection with the community, their emotions, and their spiritual nature.

"I went to the sober Pow Wow for the first time clean and sober; I was able to feel the connection with my community." "My Mom used to sit at home and cry because she did not know where I was or if I was safe, now she comes to visit me at my home." "Mom doesn't cry anymore!" All of the residents have a close bond with each other. They bring new residents under their wing and show them a new way to live life.

"The way the staff treats us teaches me how to treat others." "The staff are always around and helping me deal with life." "I tried to leave a few times and staff always was there to help me make a healthy decision."

I am looking forward to a lot more "Firsts" for the Recovery House.  
Larry Watson MIT RH Supervisor



## 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. 15<sup>th</sup>, 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.

## Massage Therapy

### \*30 minu appointments\*

- \*Two 30 minute massage appointments Now Available Daily!!!
- \*Same day appointments often available!
- \*Great for stress relief
- \*All eligible members welcome

Muckleshoot Massage Therapy  
Mon - Friday 8am - 5pm  
Closed 12 - 1 daily for lunch  
253-333-3620

### Muckleshoot Wellness Center WINTER 2010 Group Exercise Schedule

	Mon	Tues	Wed	Thur	Fri
10:00am		Aquacize		Aquacize	
12:15pm	Yoga Fusion	H.I.I.T Squad	Aqua Fit		Yoga Fusion
5:00pm		Cardio Spin		Cardio Spin	Fortune Cookie Class
5:30pm	Aqua Blast	Core	Kick & Stretch	Core	
6:00pm		Indoor Cycling		Indoor cycling	

• Winter schedule begins January 18, 2010.  
 • Classes are complementary to all Wellness Center members.  
 • You must be at least 15 years of age.  
 • Instructor may cancel class if there are 2 or less participants.



## Anger Management Group

**With Dr. Sarlak**  
**16-Week Course,**  
**Starts:**  
**March 17th, 2009**  
**Wednesdays 6-7:30**

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

## ARE YOU IN TREATMENT & RECOVERY FOR CHEMICAL DEPENDENCY?


ACUPUNCTURE CAN HELP YOUR OTHER TREATMENTS WORK EVEN BETTER.

IF YOU HAVE PROBLEMS LIKE THESE:  
ANXIETY  
INSOMNIA  
CRAVINGS  
DEPRESSION  
LOW ENERGY  
POOR MEMORY

GIVE ACUPUNCTURE A TRY.  
IT IS RELAXING AND PAINLESS.

Hours: Tuesday & Wednesday 8am – 5pm  
Physical Therapy Department/Health & Wellness Center

## (253) 333-3620



## Health & Wellness Center Program Hours

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

Program Name	Phone No.	Closed-Lunch
Main Number to HWC	(253) 939-6648	12:00-1:00
Behavioral Health (Mental Health & Chemical Dep)	(253) 804-8752	Open
CHS/Registration Office	(253) 939-6648	12:00-1:00
Community Health/CHRs	(253) 939-6648	12:00-1:00
Dental Clinic	(253) 939-2131	12:00-1:00
Medical Clinic	(253) 939-6648	12:00-1:00
Optical Clinic	(253) 939-6648	12:00-1:00
Pharmacy	(253) 333-3618	Open
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	12:00-1:00

### Health & Wellness Center Program Closures for February & March 2010

Day	Date	Times Closed	Reason for Closure
Monday	Feb 15 <sup>th</sup>	8-8 – All Day	President's Day Holiday
Thursday	March 4 <sup>th</sup>	8-9:30 am	Monthly All Staff Meeting
Friday	March 5 <sup>th</sup>	3-5 pm (tentative)	Annual Fish Dinner

### Healthy Shopping Tips:

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

If you cant pronounce the ingredients- its not good for you!

## Healthy Bites



Call for more information and a laminated pocket guide

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

### CLIP AND SAVE

#### 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 Snake Shop)	STOP #7 PENTECOSTAL CHURCH	STOP #8 DROP IN CENTER
12:00 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. On'y
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	No Pick-Up

*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.)

## 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

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

## Grief and Loss Support Group

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

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

**253-804-8752**

## 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 your 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:
  - a) DSHS Medical Coupon~ new or expired
  - b) Private Insurance~ new or expired
  - c) 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

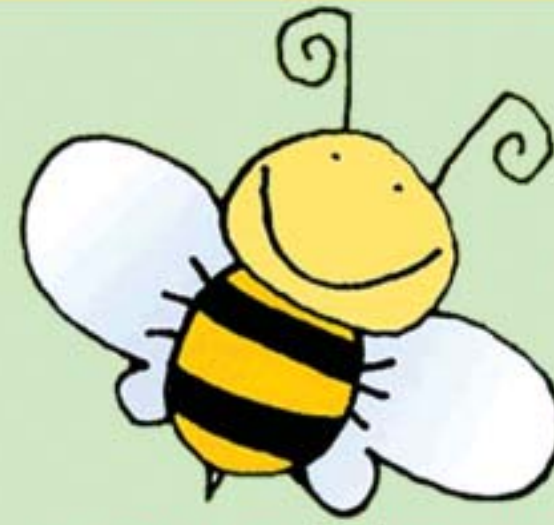
There is no TMJ (temporomandibular joint disorders) any longer under the dental plan, but may be covered under your medical plan. You need to be seen at the Muckleshoot Dental Clinic first, if you need to be referred out for specialty dental care, the dental staff will notify CHS for get a PO number 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



**“BEE - WELL”**

**MAKE SURE YOU AND YOUR FAMILY ARE PROTECTED**

IF YOU HAVE NOT RECEIVED YOUR SEASONAL OR HINI FLU SHOT VACCINE, NOW IS A GREAT TIME AT THE HEALTH AND WELLNESS CENTER.

### THE FLU IS STILL A SERIOUS CONCERN

WHILE CASES OF HINI HAVE SLOWED, THERE IS A CHANCE IT COULD MAKE A COMEBACK AND THE SEASONAL FLU HAS YET TO PEAK. NOW IS A PERFECT TIME TO GET VACCINATED.

REMEMBER, IF YOU WERE INSTRUCTED TO BRING YOUR CHILD IN FOR THEIR 2ND VACCINATION, THEY NEED IT TO BE PROTECTED!

*Drop by the clinic during regular clinic business hours and check in at the Medical Reception area...NO APPOINTMENT NEEDED!*

*Hours: Mon 8-5, Tues 8-5, Wed 9-5, Thr 8-5, Fri 8-5*

*Closed all days 12-1pm*

**Call (253)939-6648 for more information**

*\*We administer flu shots based on available supply, CDC guidelines and Clinic Physician guidance.*

WE AREN'T OUT OF THE WOODS YET...



### THE FLU IS STILL A SERIOUS CONCERN

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**WELLNESS CENTER SUCCESS STORY:**

**Featuring Pete Jerry in our NEW BEGINNINGS program!**

Many of you may already know Pete Jerry, a life-long community member and Elder here in the Muckleshoot community. Pete is also a member of the Wellness Center, and more recently has become one of our "Poster Guys" for our NEW BEGINNINGS comprehensive weight management program, which is just wrapping up its 12-week pilot program. We are pleased to announce that it has been a great success and we are accepting applications for people wanting to sign up. Here are a few words from Pete on his experience in the program:

**Q. Pete, what have you enjoyed most about the New Beginnings program?**

**A.** "I liked learning from the Trainers about how exercise and strength training helps my body work better – especially on my paralyzed side."

Pete also spoke about how much he likes the behavioral and nutritional counseling parts of the program, complementing staffers Becca Townsend (Mental Health Counselor) and Colleen Crossett (Registered Dietician): "Becca makes you feel better and lets you talk freely."

He also said that Colleen was the first person to help him understand how unhealthy his "old diet" was

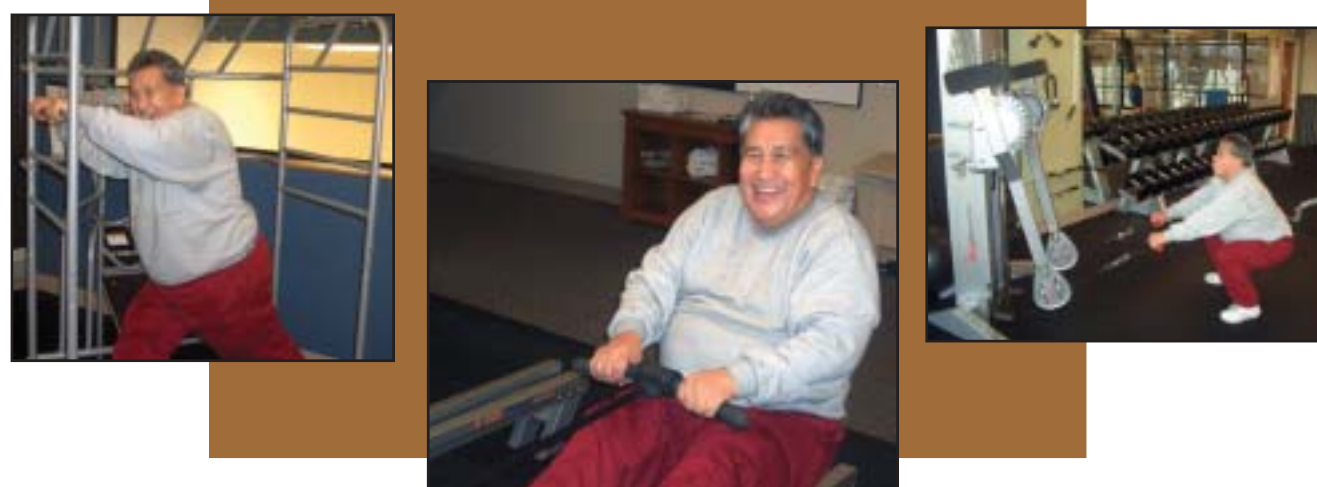
– and showed him healthier foods to eat, and explained what food actually does in his body. He thanks Colleen very much for that. Pete says he still enjoys a few not-so-healthy items from his "old diet" from time to time, but mostly eats healthier foods and feels much better because of it.

**Q. Pete, what else would you like to share about the New Beginnings program?**

**A.** "I wish the Health & Wellness Center was here earlier in my life. I want to thank the HWC staff for all the programs they offer and encourage people to follow their Doctor's orders so they will live longer."

Pete has lost 14 pounds so far, and is walking stronger, climbing stairs with ease (which was very difficult at first) and has improved his balance and strength tremendously. His trainers are amazed at how quickly he learns new exercises and all of them love his positive attitude and willingness to try new things. His workouts include weight training, rowing, walking, pool exercise and other cardio activities.

We congratulate Pete on his success in our New Beginnings program and encourage you to contact us if you would like more information on how to participate in this program. You can call the Wellness Center at 333-3616 for more information!



**New Beginnings Program**

**"Take the Journey to a Better You"**

**"Our program gives you the tools you need to help you make the permanent changes you always have wanted. It is time for you to start your NEW BEGINNING!"**

**Signing members up now!!**

New Beginnings is a healthy lifestyles program which features a holistic individual approach to fitness, nutrition, behavioral health, and medical supervision.

- 48 week program geared towards achieving a healthier weight and lifestyle
- Conveniently run at the Muckleshoot Health & Wellness Center
- Complimentary service for Muckleshoot and registered CHS natives
- All necessary tools provided for success
- Special medical needs considered

Please contact Patrick Raney at the Wellness Center with any questions and to sign up!  
patrick.raney@muckleshoot-health.com or 253-333-3616

**Sweetheart Swim**  
Thursday Feb. 11th, 2010  
5:30 to 7:00 pm

**All Wellness Center members welcome!**  
A sweet treat for the first 50 participants.  
Enjoy the valentine music and swim relays.

**It's all in the heart!**

**For more information please call Al @253-333-3616 ext. 3710**

**Thank You Designated Hunters 2009**

I just want to thank all the hunters who helped out the elders, women, and disabled this hunting season. Each year it seems like we get less and less men who want to DH for people, and homes are without deer and elk meat. I know it is a tough job, and takes a lot of gas money, and I want to thank the ones who did be respectful and help out the community! And I am sure that the families are grateful too.

Thanks,  
**Tammy James**  
Wildlife Assistant

**Community Services seeks input**

Holiday Season has ended. Although the holiday season may be behind us now, we will need to prepare for the next season. With the Christmas dinner and party being the most attended event for each year, I would like to request the input from the community on your satisfaction, advice and ideas on how you might see things work better for you as the benefactor.

I know the input I did receive from community at the party was positive, and I know there are more people that may have ideas or want to provide feedback on this event. Performers for this year – did you like the performers? What would you like to see?

As well as the Christmas event, you may also provide feedback on the Tribal Thanksgiving Dinner and Halloween events.

Please contact Walter Pacheco at 253-876-3153 at your leisure. If anyone is interested in taking part on the Holiday Planning Committee please send me your contact information and I will send you invites for meeting times and places. I am always looking for volunteers to assist with these activities. You can send your input and contact information to me via email as well at walter.pacheco@muckleshoot.nsn.us

**Meet the New Muckleshoot Police Chief**

Chief Dan Morrow took over as the new Muckleshoot Police Chief on December 1, 2009. Dan has been with the King County Sheriff's Office for 25 years and has been a sergeant for the last four years.

Prior to coming to the Muckleshoot, Dan was the sergeant in charge of the King County Metro Police Bicycle Unit. Dan has also served as a patrol sergeant for the Metro Police and at the Sheriff's Office Burien Precinct.

As a deputy, Dan served six years on patrol and fourteen years in the Special Operation Division, 12 as a SWAT team member and seven as a motorcycle officer, with overlapping years in the last two assignments. Dan has a Bachelor of Science Degree in Zoology and a Master of Science Degree in Biology.



Dan Morrow

**BEAR JAMES** *continued from page 1*

was in and out of jail a time or two. His skills were useful there, too, and he learned to be resourceful because he had few tools to work with.

"They had some sheep shears," he recalls, "and I just started doing haircuts with them."

Despite his crude equipment, his talent brought good results, and when he saw his customers admiring themselves in the mirror afterwards, he knew it was something he wanted to continue.

"It helped them with their self-esteem," he remembers.

When he got out of jail, he kept on cutting hair, but having come up the hard way himself, he never forgot about people in need.

"I started helping people on the side," he recalls. "I did volunteer work down at homeless shelters and group homes – I was always doing haircuts somewhere."

Seeking to improve his skills and work toward becoming a licensed cosmetologist, he enrolled in the pres-

tigious Gene Juarez Beauty School, where he was one of their most gifted students.

"I excelled there so much so that after three months they offered me a position at their shop," he says with justifiable pride. "I won third place in a styling contest, and even helped out the instructors in teaching classes. I did really well there."

A couple of accidents slowed his progress. Broken wrists ended his Gene Juarez schooling, but he later earned his degree at Clover Park. A broken back from a skateboard accident was yet another "bump in the road," but Bear has learned that persistence pays off and that dreams can come true.

Now, at age 31, he has his own salon, right around the corner from the Lee Hotel in Enumclaw. The address is 1534 Railroad Street and the phone number is 360-802-2222. Give Bear a call. He'll make you happy to look in the mirror.

**ALL CUTS \$10 WITH THIS COUPON!**

**Big Bear's Barber Shop**

Men's cuts- \$13  
Line-up and cut- \$15  
Women's cuts- \$15  
Seniors and kids- \$10

All cuts \$10 with this coupon. Expires 2/28/2010

1534 Railroad Street, Enumclaw  
around the corner from the Lee Hotel  
Phone: 360-802-2222

**ALL CUTS \$10 WITH THIS COUPON!**

**ICW says "THANK YOU" to all who supported the Angel Tree**

To all the Muckleshoot Tribal employees that sponsored an angel this past year – **THANK YOU**. We were able to witness the generosity of the employees again this year and it was truly touching to see the overwhelming response for our children.

There were even calls and emails coming in to ICW from different staff members making sure that all of the children were sponsored. These employees were willing to make last minute runs to shopping malls to ensure that no child was forgotten. This article is our way of not forgetting you.

We would like to also send a special **THANK YOU** to Jimmy Cross for help in delivering the gifts to the children. We would like to give a shout out to the employees at Office of Indian Child Welfare (OICW) in Seattle for sponsoring some of our children too.

With all your help and support the "Angel Tree" was a great success again this year. From all of us here at the Indian Child Welfare Program thank you.





## A Patient Representative Is an Important Member of Your Health Care Team...



Tina O'Neill

Gina O'Neill knows a lot about people. As the Patient Representative at Auburn Regional Medical Center, that's a real advantage.

"I have a degree in Human Services Management," she said. "That means I have learned how to understand people in a deep and unbiased way."

Gina, a native of the Philippine Island of Mindanao, has been in the US for 23 years, landing first in Burlington, Washington in 1987 to live near her husband's family. Over the years, she has learned how to carefully observe people and interact with anyone, no matter how diverse their background.

"I never jump to conclusions based on a person's racial, ethnic, educational or economic background," she explained. "Rather, I have been trained to watch people's gestures, their tone and their emotional attitude and to listen to them carefully. That way I can understand their problem and know how to best help them."

### How do we contact the Patient Representative if we have a problem at the hospital or want to talk to someone after we get home?

When at the hospital, you should always feel free to approach staff with your comments, suggestions, compliments or complaints at any time. Most verbal complaints can be resolved immediately with the assistance of the department supervisor, manager or director.

If a staff member can't resolve the issue, patients and their families should come to Gina with any sort of problem. You can call her directly by picking up any phone inside the hospital and dialing 2885. You can also call her pager at 253-333-3884 or ask any staff member to contact her for you. There are brochures available in all the units with information on them about how to make a complaint.

If you are at home, call the hospital switchboard and ask to be connected to the Patient Representative or call directly from an outside line by dialing 253-804-2885. If she is not at her desk, please leave a message and a

number where she can contact you, and Gina will return your call as soon as possible.

You can also email Gina at [gina.o'neill@uhsinc.com](mailto:gina.o'neill@uhsinc.com) or mail your complaint in a letter to: Patient Representative, Auburn Regional Medical Center, 202 N. Division St., Auburn, WA 98001.

### Will the hospital staff know we complained?

There is no risk in complaining. The identity of someone who makes a complaint remains anonymous unless the person who made the complaint wants that information known. Retaliation is against our policy and also against the law.

### What sort of information will we need to make a complaint?

Gina will help you gather the information that you need. First, she'll ask you to tell her your story. She will let you talk and ask questions if there is some information missing or if she doesn't understand. After she has the information she needs, she will initiate the process of investigation by forwarding the complaint to the appropriate management, clinical or medical staff for investigation. Gina will also send you a letter that acknowledges your conversation.

### How will I know my complaint has been resolved?

Not all complaints can be completely resolved but all will be investigated. If the complaint concerns the actions of clinical staff, the director of the department where the incident occurred is notified and will review the situation with the employee. If the complaint concerns medical staff (physicians), the medical director of that area or the medical committee responsible for that clinical service will review the incident with the physician involved. In both cases, the incident will be noted in the person's file.

After the investigation has concluded, Gina will send you another letter and explain that the incident has been handled and inform you if any actions have been taken as a result. If you want to know more about your issue, the Gina will then refer you to the correct person or department.

Is there somewhere else I can take my complaint if I am not satisfied by your process?

### You may report concerns or register complaints with:

The Joint Commission, Office of Quality Monitoring  
Phone: 1-800-994-6610, Email: [complaint@jcaho.org](mailto:complaint@jcaho.org)

### You can also contact:

Washington State Department of Health Facilities & Services Licensing  
Phone: 1-800-633-6828

If you are a Medicare beneficiary, you may contact the Quality Improvement Organization (QIO) to lodge a complaint if you have concerns about your quality of care, if you disagree with a coverage decision, or if you wish to appeal a premature discharge at:

Qualis Health  
10700 Meridian Avenue  
Seattle, WA 98133  
Phone: 1-800-445-6941,  
Web: <http://qualishealthmedicare.org/>

*This article was prepared and submitted by the Auburn Regional Medical Center, which also provides free valet parking to those who need it. Just ask.*

## 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 Colville Tribes. If you or someone you know is on the list, please contact the Trust Services department at 253-939-3311.

### Nisqually Tribe of WA

#	Last Name	First Name
1	Armstrong II,	Clinton R
2	Blacketer,	Charles F
3	Charles,	Valerie A
4	Clark,	Geraldine C
5	Gracia,	Ernestine S
6	Hobbie,	Patria
7	John,	Louise I
8	Jordan,	Karen L (Parsons)
9	Kautz,	Kyle Francis
10	Maxam,	Eric J
11	McGee,	Angela C
12	Quintana,	Mary
13	Rudd Jr.,	Raymond
14	Russell,	Desirae
15	Sison,	Falcon Frank
16	Sison,	Steve
17	Sloan,	Carmen
18	Sourakli,	Judy D (Jensen)
19	Valente,	Marshall L
20	Valente,	Michelle E
21	Williams,	Lorna M (Kalama)
22	Ytuarte,	Edward A
23	Ytuarte,	Frederick C
24	Ytuarte,	George J
25	Ytuarte,	John E

For more information on the Whereabouts Unknown List, please visit the Office of Special Trustee website at [www.doi.gov/ost](http://www.doi.gov/ost).

# MIT Staff Christmas Party

December 21, 2009 ~ Muckleshoot Pentecostal Church

PHOTOS BY JOHN LOFTUS



# “Honoring Our Elders – The creation of a Traditional Foods Feast”

PHOTOS BY BOB CHARLO

*“I always hear our Elders saying that if you are sick and not feeling well you have got to eat your traditional foods, you’ve got to “feed your Indian”. These teachings give significance to the true meaning of eating a meal together. Our Ancestors thrived without the knowledge of nutrition and lived free of degenerative diseases like diabetes. In our modern world, we derive food down to numbers and quantity, everything physical. What about feeding our Indian? What about feeding the spirit?”*

– VALERIE SEGREST

In October a small group of Muckleshoot members got together and began planning an event to honor our respected Elders. The goal was to create an experience for all those involved that would incorporate traditional ways of learning and to feed the spirit of our Elders. If you want to offer somebody healing, you feed them and what better way to give love to our beloved Elders than to offer them traditional foods. These are foods our Ancestors worked hard to preserve, and now we too must work hard to ensure that they are kept in existence, as many of our traditional foods are on endangered foods lists.

On November 22nd, 2009, a traditional foods feast was prepared with the help of the youth workers at the Muckleshoot Drop-in center along with the guidance of volunteer cook mentors. The menu included: duck, geese, salmon, clams, oysters, deer, elk, huckleberries, and huckleberry leaf tea to name a few. The elk stew contained many plant foods like fiddlehead ferns, nettles, and camas bulb all simmered in an elk bone marrow broth. A lot of hard work was put into the event from harvesting the herbs needed, to gathering the elk bones and meat, to even prepping in old traditional ways.

The mentors were especially impressed by the hard work of all the youth. They were so dedicated and kept a wonderful attitude the entire day. By the end of the day they were hungry, but followed the Traditional Teaching by waiting until the honored guests had eaten, then fed themselves. We were all so proud of their perseverance and care. The food was full of love and good medicine for the guests because of the youth’s awesome commitment.

This event was meant to serve many purposes, and one was to connect the youth with the traditional ways of our great Ancestors. In order to properly address this functions intention a ceremonial show of gratitude was given to each food offered: duck, huckleberries, clams, elk, salmon, plants, and water. This is something that hadn’t been presented in Muckleshoot for over one hundred years, making our cooks and attendees all participants in the historical renaissance of our traditional foods.

Andrew Burdette, one of the youth volunteers comments that, “I will forever be affected by the events of that day because as we were ready to serve the foods we thanked all those animals and the plants for giving themselves to feed our people. Then the feasting was underway. To see the joy of tasting traditional foods and the kindred feelings from the Elders is a sight I will not forget. It showed me how much appreciation our Elders have for those old ways and how strong it is.”

To conclude the feast, two witnesses were asked to share spoken word. Gilbert King George delivered thanks that sent waves of self gratitude throughout the room. He made sure to announce that these ways were very important to today’s culture. His firm voice carrying throughout the room really set a mood of thanks and kindness. Pete Jerry also gave spoken words and delivered his thanks to the youth for putting such heart and delivery into this meal.

The preservation of traditional ways of learning should continue to be included in the future in order to keep these practices alive and well. It’s not just to keep the heritage alive, but it’s to keep our roots strong. It’s to show that we need to be proud of our ancestral ties to this land and that with treaty rights comes responsibilities. Our Ancestors have sacrificed so much for what we have today, and feasts like these honors and pays respect to those sacrifices. It is up to this community, both young and old, to ensure that we will maintain our cultural continuity with pride and a good strong heart. – by Valerie Segrest



# ~ HEALING DINNER ~

## “POTLUCK STYLE”

**Muckleshoot Shaker Church  
February 13th. 2010, 1:00 - 3:00 pm  
Please bring your favorite dish**

*Everyone Invited*

**We need cooked Fish, Ham, Roast, Deer, Chicken, Pork,  
Chili, Spaghetti, Soups, Rice, Potatoes, Casseroles,  
Veggies, Potato salad, Fruit salad, Green salads,  
Fruit/fruit tray, Desserts, Bread, Refreshments and water.**

*We also need volunteers to help with Set Up and Clean Up,  
starting at Noon & after the Dinner at 3pm. Please!*

**Please contact Kerri Marquez by email or voice mail with  
what you are going to bring or how many volunteers you  
have to help with set up or clean up.**

## I AM TIRED OF THE DRUGS HERE.....

As a Tribal Member, and concerned parent, auntie, and sister I just want to share my experience and concerns with you.

I have family members who are addicted to drugs, mainly pills, the Oxy. I hear there are 80's and 40's, and they do cost a grip of money, and they get delivered to the addicts on our reservation. If you have any tips, call them in to the tip line or email them in. No one is going to hurt you, no one will know it is you giving the tip, and if for some reason you become retaliated on, I am sure there are more of us in this reservation who will protect you from the few who are going to end up in jail. Plus, when they do end up in jail, they will wish they were on our side, because a jail cell is lonely and all your "so called homies" they don't visit or write to you. You can remain anonymous, but if you can remain strong and help put these dealers in jail, you will be able to help all of us and the future of our children.

I personally am willing to help and protect anyone who feels they are in danger from tipping off the cops, and when I stick up for someone, my entire family does, and my friends, and that's how our whole community should be. I am a great friend to have. I been through the court processes and, dealing with detectives, I know how frustrating and time consuming it gets, and how it seems easier just not to go through with anything at all. I also know a few other families in Muckleshoot who would be willing to help out with something like this, like our own protective services program.

My family has bugged and stolen from me to buy their drugs and I have only been here to try and support their sobriety. I have bailed them out of jail, represented them in court, given them rides to court dates, mediated between them and the police/courts, helped them fill out applications for jobs, treatment centers, resource center, I let them get their per caps put into my account so they could get them early. I don't ever expect anything in return, but hope that one day they will sober up and see that living a paranoid, drug addicted life is not right. I have had long talks, and sit downs with them, trying to find out what is at their core to make them stay addicted, trying to seek out their pain and grief that holds them back, and some have opened up and shared with me, others have not. All I seek is insight to see if there is a way that I can help.

I encourage all of you who have addictions to seek counseling or a personal confidant to confide in. Talking will help you grasp reality on your griefs and help you begin to heal internally. Our reservation is filled with addicts, I am an addict, and I journal and talk about my past and how to deal with what I went through so that I can start changing this cycle with my own kid not continue this cycle. It has to stop somewhere, and as long as we keep passing this grief onto our kids we will never begin to heal and the drugs and alcohol will continue to rape our bodies.

People know me as a party animal, I like the social scene, and many people ask me when I am going to run for tribal council, all I can say is "When I decide to sober up!" because a real leader can't be a hypocrite. When I am advanced in my healing process, and I didn't have a very traumatic life, I just had to grow up and be responsible for others at a young age, and had to deal with absent parents and their addictions. So my healing may come sooner than some of you, but it's never too late to start. Start with your kids, or if you are a grandparent, start with your grandkids if you are raising

them, because most likely your kids are acting as you did at that age, if not 10 times worse, as the old saying is. Try to get the young parents more involved with their kids and raising them, so as the kids grow older their grief won't be two absent parents.

All those people that were nominated for council, those should be your confidants, because in some way or another, people trust them enough to nominate them for council. Those are the grassroots leaders in our community who are willing and able to help anyone who asks for it. Even if they are not your relations, they will help you to the best of their ability or refer to someone who can, all you have to do is confide. Confide in our current tribal council because they are there to listen and help.

I am ready to end this drug turmoil around here and I hope the rest of you are also. If you want to contact me you can, I work at the Wildlife Office at the Philip Starr or email bigtam1980@yahoo.com I am a member of the committee that oversees the job corp, youth facility, recreation, and drop in center and it is my responsibility to help create positive change for our people by working with council and my committees, and that is what I am going to do.

To the drug dealers on the reservation, I suggest you try and save up some of that money you are making by poisoning our people, because when you do get caught, you will need a very good attorney, and I hope the tribal council creates a resolution to ban you from the reservation and all resources available because of the damage you have caused and continue to cause. I know who deals around here, and yah its quick, easy money, but it's going to be a long, lonely time away from the ones you love, all for some quick cash. This tribe offers many opportunities to make money and go to college, all you have to do is want to take advantage of it. For the dealers who do not belong to this tribe, it is only easier for us to come together against you, because you are not one of our own, and we as a community tend to forgive our own, if we think you have learned your lesson. So to you, we are watching and reporting, you determine your own destiny.

I know I have facebooked a few times, with Rhonda Harnden-Cabanas, to get some type of support group going, so we can come up with ideas on how to start combating the drugs and start helping people gain control of their lives in Muckleshoot. I see she is starting a group at her house and I hope to catch the first meeting on January 28<sup>th</sup>. Personally I am a person who sticks up for what I believe, and I don't get pushed around, and I right now I feel like my tribe is getting pushed around and has been for awhile, and it is going to be a big job, and might consume a whole lot of my free time, the little that I do have, but I am going to push back, because I am fed up with this, I am fed up with my family being addicts, I am fed up with having to worry if my daughter, my nieces/nephews, my little cousins, or my friends' kids are going to grow up to be a drug addict. These are innocent children who are at risk, with grown adults, maybe not mentally, who put them at risk. The drugs are going to stop!!!!!!!

I am here to help,

*Tammy James*  
Tribal Member

# WAR CRY!

*[This article written by Rita Andrews of Skokomish has been circulated widely via e-mail and has been reprinted here at the request of several tribal members. She invites everyone to attend a noon luncheon at the Skokomish Tribal Center on Saturday, February 6, to be followed by a Community Meeting at the gym and a Community Prayer Service at the Skokomish Shaker Church.]*

Our tribes need to enforce or create tribal laws that govern the manufacture, possession, distribution and use of drugs, both LEGAL and ILLEGAL. The Spiritual Leaders must lead the people on the trail of our Ancestors. The four main types of offenses related to illegal and legal drugs are use, possession, cultivation and trafficking.

These drugs have a strong negative effect on our people that includes reactions of unexpected, unwelcome and, in too many cases, fatal results. Drugs bring about physical and/or psychological changes in the body. They act on the brain and will change the way a person thinks, feels or behaves. A person addicted to drugs and alcohol does not care if they are losing their teeth, children, families, self-respect and becoming living skeletons.

We need to focus on the toxic poisoning that is rampant on our sovereign land and people. The land and the people which were protected traditionally and culturally by our Ancestors are being killed and we can no longer silently stand by. People of all ages are being physically, emotionally, mentally, or spiritually killed by the **Death (drug) Dealers** that are getting rich off of our weak and sick people.

I received a message from our Ancestors. The message was that they would be ashamed of our leadership that does not do enough to protect our sacred children on their sacred land. The children are molested, neglected, abused, hungry, homeless, orphans, and ICW cases due to broken families by the Death Dealers allowed the selling of drugs on our reservation. We voted and obtained law enforcement, specifically to address the Death Dealing activities on our reservation. It has not gotten any better with all the officers we have, it has gotten worse. Much worse.

We are at war with an enemy that should be easy to overcome. Because we are not blind or unaware of who our enemy is and who lives amongst us. They may be our family. They may be our friends. That depends on how you define family or friends. How could we call someone our friend that sells that fatal dose, or causes one to steal from their own loved ones, or to leave a

family to concentrate solely on how to get their next hit from their choice of drug? The Death Dealers make sure that their drug becomes more important than an addicts loved ones, rent, food, transportation, education, employment.

We have to stop petting the Enemy. We have to stop protecting the Enemy. That means we have to do what our Ancestors did to those that intentionally hurt their own. We can give our Death Dealers a second chance to change, or pray that our Creator will force them off our land. This is the only way to clean the blood from our land. We need to see that our young are safe on their own land which is all of our home.

We have strong Spiritual Houses and Leaders on our reservation: The Tschudub (Shaker Religion), Smokehouse, Sweat Lodge, Pentecostal Houses are among a few. Our cemetery is being filled with more young than old in recent years. We need to work together, TODAY. We must meet and pray like we have not prayed before, regardless of where and how we serve the Creator. The laws, the tribe, and the social programs are not able to do it. We have to. We have been quiet too long and ignoring the challenge of the Death Dealers too long. Our pain fills our souls with tears. We must stop singing the Death Cry and sing the War Cry NOW. The strength our Creator has gifted us will create a war cry that will pierce even the hardest hearts of our true enemy – the Death Dealers. Those that quit their killing will become welcome friends once again. Those that believe they can continue selling drugs on our land will become **invisible or gone**. That is my prayer.

*We will be meeting on February 6, 2010 at noon for lunch at the tribal center and the meeting will follow the luncheon. We will then do the most important work and meet at the Skokomish Shaker Church to join as one Community Prayer to make a way for protection for our people. I hope you will join us! You can make 2010 a better year for not just the Skokomish Nation, but our entire neighboring Tribal Nations. Hoyt!*

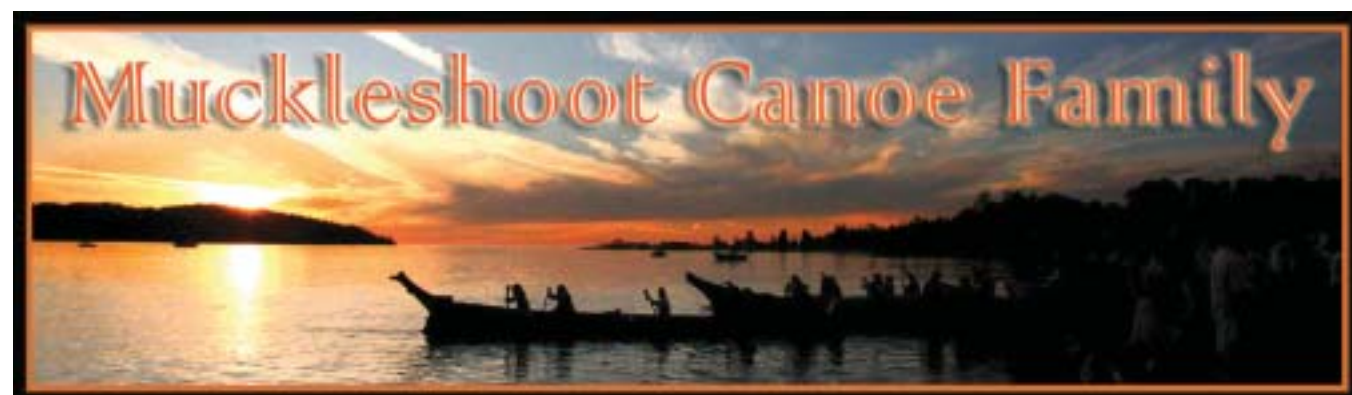
## PER CAPITA INFORMATION

**For all per capita related questions or concerns please contact Heather Evans at 253-876-3189. If she does not answer please leave a message or if urgent please call Tammy Byars at (253) 876-3139.**

### 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 Snake Shop)	STOP #7 PENTECOSTAL CHURCH	STOP #8 DROP IN CENTER
12:00 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. On'y
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	No Pick-Up

Pick-up Only from Health and Wellness and Delivered to Bus Stops  
NOFF, SUBJECT TO CHANGE, DURING ADVERSE WEATHER AND UNSCHEDULED SERVICE DISRUPTION  
(PLEASE NOTE: THE BUS WILL FLICKER AND STOP OFF AT DESIGNATED STOPS ONLY)



**The Muckleshoot Canoe Family meets every Wednesday evening at the Canoe Clubhouse from 5:30 to 9 PM for a Business Meeting. After the business meeting we conduct a cultural activity, whether it be cedar weaving, wool weaving, regalia making or Whulshootseed language lessons. Dinner is included during the meeting. In 2010 we will be enforcing the Canoe Family Guidelines more strictly than in the past. Please make it to the meetings.**

# 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 !



Dear Derek Jay,

I would like you to know that you are in our hearts and thoughts every single day. There is not a day that goes by that we do not think of you, pray for you or miss you. You are truly missed by all of us and we can't wait for the day when you come home again.

Life is precious. Life is sacred. And to bring another life into this world is a blessing; such as your Kandy Baby. She is a beautiful soul, nephew, just as you are too. She is gorgeous. I know you love and miss her a lot and I pray that you have the strength to get through each day so that you can come home to your Kandy Baby. You two complete one another. She is a blessing to all.

In life we all make mistakes. No one is perfect. Perfection is an illusion. Please, nephew, don't let this mistake hold you down. It does not define you. It is something that happened and you are paying for your mistakes now. Take this time to learn from it. To improve yourself. Your life. To reevaluate what you want out of life. Let this be a stepping stone into a better future. Time is precious. Time is sacred. Use this time to better yourself.

In the morning, Derek Jay, always start each day with a prayer. Sing a prayer song. Give thanks. Ask Creator for guidance. Strength. & direction. Ask for forgiveness, but also, forgive yourself. Let go of everything that hurts you. Let go of all the mistakes you made, because, you can only learn from them and educate yourself. Become a better person. You are a good person, nephew. Never. And I mean, NEVER forget that.

We miss your smile but we know you will be coming home soon. We miss your laughter. We miss watching you pick up the babies and spinning them around to make them laugh. We miss you teasing everyone; making us laugh. I miss hearing you say, "I love you, Aunie M." We miss you at the Club House with our canoe family. We miss you when we are on the water pulling canoe. We miss hearing you sing our canoe songs. We miss your kindness and silly ways.

Life is precious, nephew. Most sacred. Out of all eternity we only get one life. I am honored that Creator placed you in mine. We all are. You complete our family circle. You have grown into a beautiful, respectful, caring young man. You are a man of our culture. You are one of the young ones who will carry on our language and that is a place of honor. To be able to speak our language and you do it well. I know Auntie Donna is proud of you too, as we all are. Keep your heart strong, Derek Jay. Keep your prayers strong, too. We love you and miss you. There is not a day that goes by that we do not think of you or pray for you. You are most precious; your life is most sacred.

— Auntie M (Auntie Gerri) I.M., Derek Jay



### Muckleshoot King County Library Hours

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

### February 2010 Events at the Muckleshoot Library

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

#### Story Times

Wednesdays February 3, 10, 17, 24 at 11:00am

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

#### Computer Classes

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

**Excel Level I - Thursday - February 4 - 6:00pm**

**Description:** Learn about the Ribbon, create a new workbook, enter data into cells. Learn how to perform calculations using formulas, copy formulas with the fill handle and use Autosum for quick addition.

**Internet Level I - Tuesday - February 23 - 10:00am**

**Description:** Learn about a browser, type addresses, click links and navigate pages and sites. This class prepares students for the Internet Level 2 class.

#### Book Discussion Group

Reading in the Woods Book Group -

**Monday, January 11 - 7:00pm**

**Description:** Join us for a lively thoughtful discussion. This month's book is "The Last Lecture," by Randy Pausch.

Light refreshments will be served

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

#### Tutoring

Study Zone - Tuesdays, February 2, 9, 16, 23 - 5:00-7:00pm

**Description:** Drop-in during scheduled Study Zone hours for free homework help from volunteer tutors.

#### Children's Special Program

Wombat Stew - Saturday, February 6 - 2:00pm

**Description:** A Gooney, yummy, zany, funny, puppet-show based on Marcia Vaughan's popular books. Enjoy the Kookaburra song, and listen to an Emu play a didgeridoo. See the story of SNAP! and bounce along with Wallaby Volleyball. Brimming with songs and stories, this variety show is noisy fun for all ages. Written and produced by Charlie Williams, performed by Melody, Charlie and/or the Sound Safari Players.

#### Teen Special Program

Poetry Night at Muckleshoot Library -

**Thursday, February 11 - 6:30pm**

**Description:** Share your poetry, song lyrics, or short stories at our Poetry Night, hosted by Joel Keeline. Light refreshments will be provided.

# MUCKLESHOOT TRIBAL CHRISTMAS PARTY

December 21, 2009 @ Muckleshoot Pentecostal Church

PHOTOS BY JOHN LOFTUS

