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Muckleshoot MONTHLY



Vol. IIX No. I

Muckleshoot Indian Reservation, Wash.

FEBRUARY 19, 2009



Tribal Council members and education officials touring the new facility

Progress continues on Tribal School

Construction of the new Muckleshoot K-12 School Campus continues with the general contractor, BNBuilders, focusing on buttoning up the exterior of the buildings, starting interior finishes and placing sidewalks and site concrete. Design of the buildings is complete and the School Work Group (SWG) and School Board (SB) recently approved the interior colors and materials for the buildings.

The design team, Mahlum Architects, is working with tribal artists, the SB and SWG to finalize the many art features proposed for the campus including murals in the school corridors, cast door handles, a basket weave plaza and specialty finish concrete for the main walkways.

Siding and window installation on all buildings is nearing completion and the construction team is getting ready to start painting the siding and installing translucent eaves. With the exterior work nearing completion, interior finishes are beginning in the Elementary School and Gymnasium Building.

The Elementary School is furthest along with interior paint, tile & case-work being installed. In addition, the concrete floors are being polished to their finished appearance. Interior finishes will be beginning in the Gym Building, Middle School and High School in the coming weeks.

Most of the site work activities have been on hold for the winter season but some work is progressing on the campus grounds. In the past few weeks the construction team has placed concrete for the ball field dugouts and sidewalks and has started foundation work for the large plaza seat wall between the four buildings that make up the school campus.

As Spring approaches, the construction team will be focusing their efforts on planting and completing the exterior site features including the play areas, sports fields and central plaza.

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

TRIBE CHOOSES ITS LEADERS

Marquez and Elkins win 2nd terms; Donnie Jerry elected; tie in School Board race

In one of the most vigorous campaigns seen in recent years, two-first term Tribal Council incumbents were returned for a second term, and – as has been a bit of a pattern in recent years – the third position up for election changed hands.

The trend toward higher voter participation continued, as can be seen from some of the vote counts. Kerri Marquez and Marcie Elkins topped all contenders again this year, as they did when they were first elected in 2006, with 270 and 244 votes respectively. Three years ago, they received 233 and 211.

Veteran council member LeeRoy Courville Sr., who retained his seat three years ago with 138 votes, garnered 175 this time, but even with the 27% increase, the result was a fifth-place finish.

Longtime Fish Commissioner Donnie Jerry landed 231 votes to become the Tribal Council's newest member, while the MIT Finance Department's Tammy Byars was the choice of 205 voters, winding up in fourth place.

Jerry will be take his place on the Tribal Council in April, when he will be sworn in along with returning members Marquez and Elkins.

Another Tribal Council veteran, Dennis Anderson Sr., who went off the council last year, weighed in with 136 votes. Linda Starr (117) and Warren Oliver (113) rounded out the hundred-plus group, with eight others falling below that measure.

The School Board election was a lively contest as well. Sandy Heddrick topped the field with 195



Kerri Marquez

votes while Janet Emery and Marie Starr tied for second with 194. A run-off election has been scheduled for March 2 to determine which candidate will occupy the second available seat.

Others also turned in impressive numbers, including Sherri Foreman (169), Mary Ann Moses (153), Tammy James (128), and Marena Cross (97).

Donna Starr will be MIT's Judicial Officer. She pulled in a whopping 456 votes, with Ken Lewis nailing down 145.

The greater voter turnout we are seeing year by year is healthy evidence of a tribal population that is increasingly better-educated, knowledgeable and concerned about the kind of future that the leaders of today are making for the children of tomorrow.

And perhaps Barack Obama can take a little credit, too. His election as President this fall electrified communities of color throughout the United States and sparked tremendous interest here at Muckleshoot as well.



Marcie Elkins



Donnie Jerry

Early results are new feature of 2009 elections

By Jackie Swanson, Election Administrator

The 2009 Tribal Election for the selection of three Tribal Council members, two School Board members and one Judicial Officer was held Monday, January 19th. The Tribal Council authorized the use of an electronic ballot counter, also known as an electronic voting machine or optical scanner.

Instead of the results being counted by hand and finalized in the wee hours of early Tuesday morning, the results were presented about 10:15 PM to the Tribal Council and tribal members attending the Annual meeting, which was being held in the gymnasium of the Health & Wellness Center.

For the most part, voter comments are positive about the technological upgrade to the ballot counting process. Some of the comments include "about time we caught up with other tribes" ... "it will be good to know Monday night instead of Tuesday morning," and "We've been waiting for this for a long time."

In past elections, voting results were posted anywhere from 1 to 4 AM, the day after the election.

There were a couple comments about wanting more privacy in placing completed ballots in the electronic counter. The electronic ballot counter will be placed in a more private and secluded area for the special run-off election to be held March 2, 2009.

The Election Committee has been advocating for an electronic ballot counting machine for some time. Election Committee members include Ann Moses (Chair), Norma Dominick (Vice Chair), Marlene Cross (Secretary), Jeanne Moses, Sarah Moses and Aggie Moses.

Obama Administration takes charge in Washington

WASHINGTON, DC – Over a century ago, in 1905, Teddy Roosevelt invited six Indian chiefs to be in his inaugural parade.

The chiefs – Quanah Parker (Comanche), Buckskin Charlie (Ute), American Horse (Sioux), Little Plume (Blackfeet), Hollow Horn Bear (Sioux) and Geronimo (Apache) – accepted his invitation proudly and rode down Pennsylvania Avenue side-by-side, six abreast, mounted on their finest horses and adorned in their most honored and powerful regalia.

As Roosevelt sat in his reviewing stand, a man asked him why he'd invited the six chiefs. "I wanted to give the people a good show," was Roosevelt's reply.

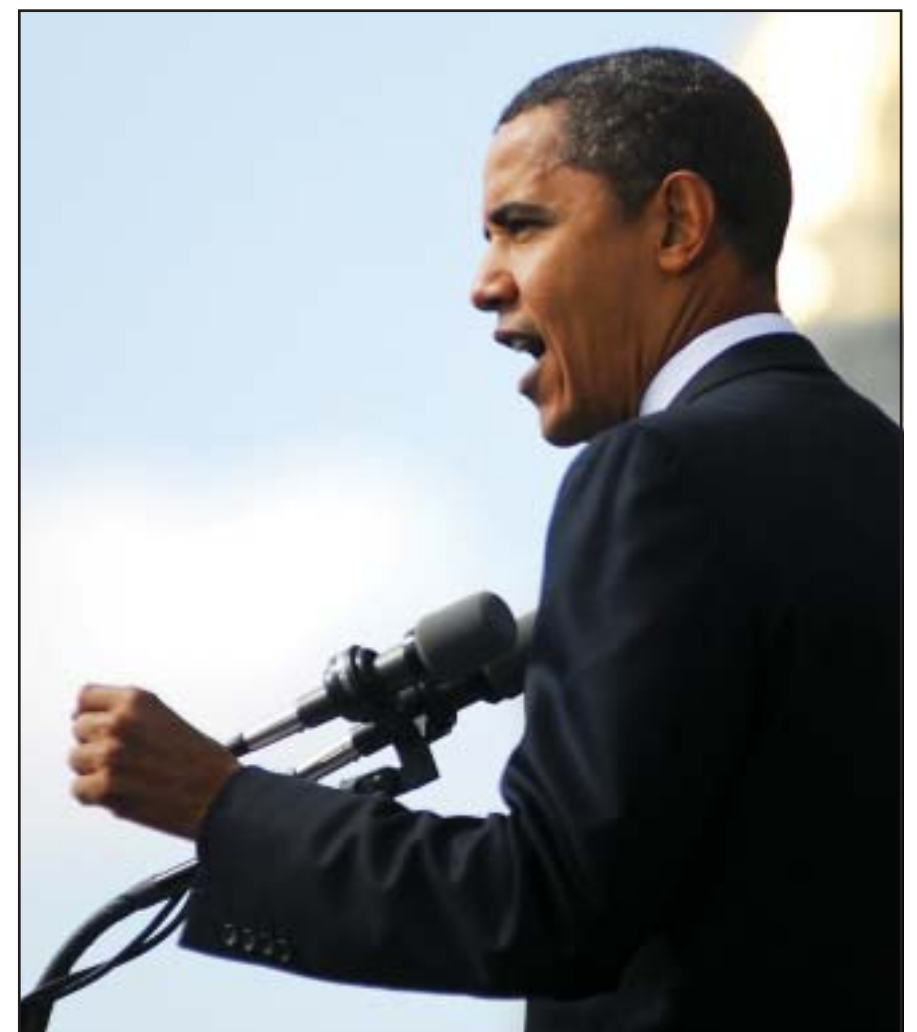
As great as these men were among their respective tribes, they were simply a novelty in Washington, DC, seen as the last remnants of a dying breed. The plan was to make them into farmers.

Fast-forward to another inaugural parade – this one in 2009 – and we see a distinctly different picture. The man in the reviewing stand is Barack Obama, the first person of color ever to be elected President of the United States. Indian people are once again in the parade, and many more than the six that rode in 1905. The Crow, the Oneida, the Suurimmitchuut Eskimos, the Coeur d'Alene and the Nez Perce were there, marching proudly.

Obama had been adopted into the Crow tribe that spring and given a name that translates to "One who helps people throughout the land." Members of the family that adopted the new President were special guests at his inauguration.

In all, 1.5 million Americans from all corners of the land converged on The Mall to witness the inauguration of Barack Obama. The Muckleshoot Tribe was represented by Virginia Cross, John Daniels Jr., Kerri Marquez, Madrienne Salgado and Senator Claudia Kauffman.

"It was a profound experience – one that I'll never forget," Madrienne said. "The people were so friendly and excited, and we all felt connected because by being there, we were a part of history."





**CONSTRUCTION
TRADE FAIR**

Job Opportunities and Internships

Come learn about some great opportunities in construction, project management, architecture and more!

Date: March 6, 2009
**Location: PSB
Cougar Room**
9 A.M. to 2:00 P.M.

Questions: Call Angelica Wellman 253-676-3282

Tribal Council UPDATE

Working for the Muckleshoot Tribe in Washington DC and Olympia

The 2008 elections brought great change to both the country and Washington State. We elected a new President and rejected the anti-Indian tactics of one gubernatorial candidate by handing Gov. Gregoire a decisive re-election victory. Native voters played a key role in those elections, and for that we should all be proud.

But with the elections now behind us it is time to focus on the Tribe's legislative agendas. What are the Tribe's legislative priorities? What do we want to accomplish this year in Washington DC and Olympia? This month's column discusses those issues.

First, the Muckleshoot federal agenda again focuses on issues related to our culture and quality of life. Working with our federal delegation we will:

- Continue and intensify our efforts to work with the United States Forest Service to protect and preserve the Tribe's treaty rights on federal lands.
- Support efforts to secure long-term funding for fish passage solutions at the Ship Canal Locks and Mud Mountain Dam.
- Seek funding for the Tribe's efforts to stop Methamphetamine use and production and support of a gang prevention program targeted at elementary and middle-school-aged children.
- Monitor and respond to any new health care initiatives affecting Indian Country from the new administration or Congress.

In addition to these specific items, we will work closely with our federal delegation to identify opportunities for support of tribal programs and monitor legislation that could impact the Muckleshoot Tribe. This is especially important now with so many changes in Washington DC and the challenging economic times we are in.

We are also working hard here at home to make certain the Tribe's voice is heard in Washington State's capitol. Earlier this month the Tribal Council traveled to Olympia to meet with state legislators and other state officials to discuss the Muckleshoot legislative agenda. Like our federal agenda, the Tribe's state legislative priorities focus on our culture and quality of life.

Because we strongly believe that governments do not tax other governments, we are actively seeking legislation that would allow property tax exemptions for all tribally owned land, regardless of use and location, as is the case for all other governments. The current exemption applies only to tribal land used for "essential government services."

We are also working to achieve legislative recognition of tribal hunting, gathering and cultural rights by requiring state efforts to open private lands to hunting and state recognition of tribal rights of access to such lands.

In the transportation arena, the tribe is working to get additional directional signage to the Reservation along I-5 and Highway 167 and to require state consultation with tribes when establishing speed limits on state roads that traverse tribal lands.

Finally, we are working hard to protect tribal gaming from any further encroachment by the private gambling industry. We will vigorously oppose legislative changes that expand private gambling or in any way erode laws or regulations that govern the location or operations of so-called mini-casinos.

The Tribal Council understands the importance of active involvement with our federal and state governments. We will continue to work hard this year to protect the gains we have made and seek ways to continue making progress through our work in Washington DC and Olympia.

THANK YOU FROM KERRI MARQUEZ AND MARCIE ELKINS

Thank you for your support in the recent Tribal Council election. I am very proud to be elected by you, our Muckleshoot people, to be one of your tribal leaders. I look forward to the next three years to work as a team and improve services to our people.

Being a Tribal Council member is such a rewarding experience, and I will serve you to the best of my ability. I have gained much knowledge and experience in my first tenure as tribal council and am thankful that I can continue to serve you. I will continue to pray that we will all become one and work together for the best of the Muckleshoot people.

Again, thank you – each and every one of you – from the bottom of my heart and may god watch over you.

Kerri Marquez

I would like to thank everyone that has supported me in the Muckleshoot Tribal Council Election on January 19, 2009. The past three years have been good ones. I am so thankful that you believe in me and have voted me back in for three more years. I really enjoy my job working for you and my heart is with you all. I believe change is good. Thank You!

Marcie Elkins



Thank you very much.....

This letter goes out to all of the Muckleshoot people who had the confidence and the trust to vote for me for the Muckleshoot Tribal Council. I can't describe the amount of gratitude that goes out to all of you who voted for me and to all the friends and relatives who backed me and believe I have what it takes to be an effective Council person for you and for our Tribe.

I hope that I can earn the trust of others in the next three years that didn't vote for me. I want you all to know I never want to let you down or think I don't care for what you all believe.

Our Tribal Council has to make tough decisions and sometimes these aren't always the most popular decisions. Now I will have to start making these tough decisions. I just want everyone to know that the decisions I make will always be done in the best interest of our future generations to come, and not just for the immediate future.

Thank you very much,

Donnie Jerry

RUN-OFF ELECTION SET FOR MARCH 2, 2009

There is a tie vote in the 2009 Tribal Election for the Tribal School Board. The tie is for second place and the Tribal Election Ordinance requires a run-off election the first Monday in March following the election. The run-off election is set for Monday, March 2, 2009 from 8 A.M. to 8 P.M. and will be held in the Cougar Room of the Philip Starr Building.

Sandy Heddrick came in first with 195 votes. Janet Emery and Marie Starr both received 194 votes.

ENROLLMENT DEADLINE FOR NEW ENROLLEES

To be eligible for June '09 per capita disbursement a completed file must be turned in by 5 pm on February 27th.

A completed file includes; (but isn't limited to)

- A completed application (signed by both parents if both parents are included on the birth certificate)
- An original certified birth certificate (No copies! Enrollment department staff is required to make the copies. Also please keep in mind that if the father is Muckleshoot in order to utilize his bloodline he needs to be on the birth record. Absolutely no exceptions)
- An original Social Security Card (All documents must match!)

Other document(s) that may be required;

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

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

Certification of 2009 Tribal Election Results

TRIBAL COUNCIL

- Marvin Moses, Sr. – 47
- Tammy Byars – 205
- Linda Starr – 117
- Marcie Elkins – 244
- Kerri Marquez – 270
- Ray Williams – 14
- Nick Bennett – 31
- Marena Cross – 23
- Warren Oliver – 113
- Rosette Cross – 18
- Donnie Jerry – 231
- Sharon LaClair – 68
- Kelvin Barr – 40
- Dennis Anderson, Sr. – 136
- LeeRoy Courville, Sr. – 175
- Sandy Heddrick – 84

SCHOOL BOARD

- Janet Emery – 194
- Sherry Forman – 169
- Mary Ann Moses – 153
- Marie Starr – 194
- Sandy Heddrick – 195
- Tammy James – 128
- Marena Cross – 97

JUDICIAL OFFICER

- Ken Lewis – 145
- Donna Starr – 456

Certified Results, Referendum 2009 – 1

VOTES	OPTION NO.
233	Option 1 – Do not change the membership eligibility standards for enrollment adoption
173	Option 2 – Change the eligibility standards to eliminate any blood quantum requirement and add both a residency requirement and the requirement that the applicant be a lineal descendent.
193	Option 3 – Change the membership eligibility standards to eliminate any blood quantum requirement and add both a residency requirement and the requirement that the applicant be a direct descendent.

As Election Administrator, I hereby certify that the above results are a true and accurate account of all ballots counted and that all counters were zero (0) when the polls opened and that the election was held in accordance with the laws of the tribe. This certification is being submitted in accordance with Section 20.08.080 of the Election Ordinance, Ordinance No. 05– 272.

(SIGNED)

Jacqueline Swanson
Election Administrator

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

WALKING ON...

Ethel Mae Keeline



Ethel Mae Keeline, 86, long-time Muckleshoot resident died on November 25, 2008 at her residence on the Muckleshoot Indian Reservation, where she has resided for the past 31 years. Ethel was born on August 31, 1922 in Auburn, Washington. She was a dedicated home maker. A member of the Muckleshoot Indian Tribe, Ethel enjoyed working with beads and reading the Bible.

She was preceded in death by her husband, Benjamin C. Keeline; son Johnny Brown; daughter Roberta Keeline; sisters Eleanor Schultz and Mary Basteys; brothers

Clarence Courville, Jimmy Barr and Chet Courville; and her parents, Maggie Barr and Amos Courville.

Ethel is survived by sons Chester "Buzz" Brown and Clifford Keeline; daughters Jeanette Morrison and F.E. Keeline; brothers Amos Courville of White Swan and George Barr, and sisters Bernice White of Auburn and Marge McCluskey, 17 grandchildren, 54 great grandchildren and 26 great-great grandchildren.

A wake was held on November 27 at the Muckleshoot Pentecostal Church, with funeral services the following day and burial at the Muckleshoot Pioneer Cemetery. Arrangements were under the direction of Price-Helton Funeral Home in Auburn, WA.

Nora Ann Jerry

Nora Ann Jerry, age 26, passed away on February 7, 2009 in Federal Way, WA. She was born on May 5, 1982 in Auburn, WA. Nora was a member of the Muckleshoot Indian Tribe and lived in Auburn all her life. She loved Mexican dancing, basketball and softball.

Nora was preceded in death by her great grandparents, Elma and Frank Lozier, and Lawrence and Hazel Jerry; also her uncle, Joseph Moses, and many cousins, aunts and uncles.

She is survived by sons Miguel and Joseph, daughters Danila and Muhkayluh; parents Lana James and Roger Jerry; grandparents Jeanne Moses and Lawrence "Zug" Jerry; brothers Roger "Slurp" Jerry, Lawrence "Wild" Jerry, Miguel, Adrian and Heaven Lee Jerry; sisters Tera Jerry, Andrea Gonzalez and Dreama Jerry.

A prayer service was held on February 11 at Price-Helton Funeral Chapel, followed by a candlelight service that evening at the Muckleshoot Shaker Church. Funeral services were held on Thursday, February 12, at the Shaker Church, followed by burial at the New White Lake Cemetery. Arrangements were under the direction of Price-Helton Funeral Home in Auburn, WA.

Donnie R. Harnden

Donnie Robert Harnden passed away the evening of November 26, 2008 at the age of 57 years.

Don was born September 11th, 1951, in Mount Vernon, WA and grew up mostly in the Stanwood and Camano Island area. He moved many times throughout his years to Alaska, California, Nevada, Florida and Texas and both Enumclaw and Auburn areas, but again ended up back home.

He had many jobs growing up: grocery stores, Schenk Packing, logging, construction and a moving company. He hadn't worked in the last 18 years, due to a knee injury and several knee replacements. Don loved his family, loved cooking, gardening, cleaning, dancing and having fun in nature.

He leaves behind his girlfriend, Linda Pierre; his sister Diane Jackels and her husband Vincent (Jack) of Camano Island; brother Jim Harnden (Eileen) of Marysville; sisters, Lorena "Sugar" Harnden, Rhonda Harnden-Cabanas, Sandy Heddrick, William "Sonny" Miller and Tammy Byars, all of Auburn; his children, Jennifer Forbes of Seattle, Jeff Harnden of Snohomish, Rob and Casey Harnden of Kent; grandchildren, Jonathan and Kirsten Forbes; aunts, Camilla Holm and Carol Walters (Chuck); his step-mother Florence "Dossie" Wynne of Wellpinit, WA and many nieces, nephews, cousins and many friends.

He was preceded in death by his infant children, Scott and Kelly Harnden; his father Lyle Harnden; and mother Inez Lowe; and a sister Judy Harnden.

As we all know, Don had a gift to gab, and he made a lot of friends because of this. We will miss you Uncle Don
~ Love, your niece J. Emery



A Little Angel Gets Her Wings



Adrina

piled high with floral bouquets.

"Just as she is surrounded here with beautiful flowers," Moses-Starr told the grieving throng, "...so she is surrounded with them in heaven."

Buried at Adrina's feet were the ashes of the family's faithful dog, Goldie, who stayed by her side until the end as flames gutted their home just before dawn on the previous Friday. The two were found together by firefighters several hours later.

Big sister Katelyn and younger brother Blaze managed to escape from the burning house while their big brother, 17-year-old Austin, heroically

MUCKLESHOOT – Everyone, young and old, called out "I Love You!" as the balloons – many of them shaped like hearts – sailed heavenward. After days of gloom, the sun had broken through to cast its healing rays over those assembled at the New White Lake Cemetery. Bubble stuff had been passed out to the children and the air was filled with bubbles, glinting in the sunlight.

"She is whole again, her sweet smile still the same as you remember it," Lisa Moses-Starr told the hundreds of family and community members that had gathered at five-year-old Adrina Lozier's gravesite, now covered with dirt and

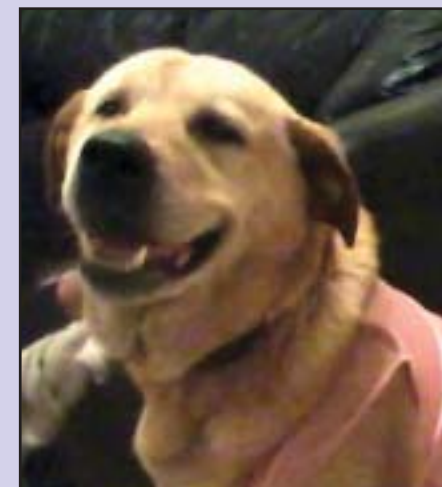
tried again and again to go back inside to rescue Adrina, but without success.

Katelyn was treated for smoke inhalation and released, but Blaze needed to go to the burn unit at Children's Hospital. When Blaze woke up, he told his Dad that he'd seen balloons and lots of bubbles, as if he'd been at his sister's side. Although his throat and lungs were burned, many prayers aided in his recovery and he has returned home to his loving family.

The entire Muckleshoot Tribal Community was brought together by this tragedy. In addition to a beloved child, the family had lost all of its material possessions, and people responded with great generosity, seeing that they were cared for in their time of need. And the community was there, too, when the time came to send Adrina home to join those who had gone before.

Great-aunt Rosa Lozier remembers how she would always tell Adrina, "You're so pretty – you must be an angel. Are you an angel?" The little girl would shake her head "no." "Well, can I give you a hug?" Rosa would ask. She would nod her head "yes." Then Rosa would run her hands all around on Adrina's back, saying, "I'm looking for your wings, because I'm sure you must be an angel!" And Adrina would always laugh, her bright eyes shining.

And now she has gotten her wings. Our hearts go out to the family and to all who grieve the loss of this little angel.



Goldie

Ryan Boyd Eyle

Ryan Boyd Eyle, 22, of Auburn, Washington, died on December 6, 2008 in Marysville, Washington. Ryan was born on May 2, 1986 in Seattle, Washington. He was a member of the Muckleshoot Indian Tribe and was employed by the Muckleshoot Job Corps. He enjoyed video games and being with family.

Ryan is preceded in death by grandmother, Ethel Keeline and grandfather, Norman Eyle. He is survived by parents Gracia Ward and Nelson Eyle; step-father Bo Ward; grandparents Jeanette Morrison, Dale Miller and Wassie Eyle; brothers Norman Eyle and Jonathan Ward; sister Rayanne Ward, and numerous aunts, uncles, nieces, nephews and cousins.

Visitation was held at the Price Helton Funeral Home on December 9, followed by a wake at the Muckleshoot School Gym that evening. Funeral Services were held at the gym the next day, followed by burial in the Courville Cemetery. Arrangements were under the direction of Price-Helton Funeral Home in Auburn, WA.



Patricia A. Vincent

A Mass of Christian Burial for Patricia A. Vincent, age 59, was held Monday, December 1, 2008 at Sacred Heart Catholic Church in DeSmet, Idaho. Mrs. Vincent passed away on November 27 at Kootenai Medical Center in Coeur d'Alene, Idaho.

She was born July 1, 1949 at Auburn, Washington to Albert and Betty (Maurice) Goudy. She attended Pioneer Elementary School and Auburn High School in Auburn, Washington. Patricia married Richard C. Vincent on August 22, 1966 in Pierce County, Washington. The couple made their home in DeSmet, Idaho.

Patricia worked as a cook for the Coeur d'Alene Tribal School for several years, and has been employed as a cook for the Coeur d'Alene Tribal Senior Center Elders Program for the past 11 years. Her husband Richard passed away in February of 2006.

She was a member of Sacred Heart Catholic Church at DeSmet, and a member of the Muckleshoot Tribe at Auburn, Washington. She enjoyed spending time at the Coeur d'Alene Casino. Her hobbies included sewing and making clothes.

Survivors include one son, Samuel J. Vincent of DeSmet, one daughter, Audra Vincent of DeSmet; two sisters, Irene Kai and Margie Williams, both of Auburn, Washington; one brother, Steven Goudy of White Swan, Washington; and two grandchildren, Richard and Dylan Vincent of DeSmet. Also surviving are numerous nieces and nephews.

She was preceded in death by her husband Richard, a sister Audrey R. Michell and a son, Richard Vincent, Jr.



Adrina Valene Rae Lozier

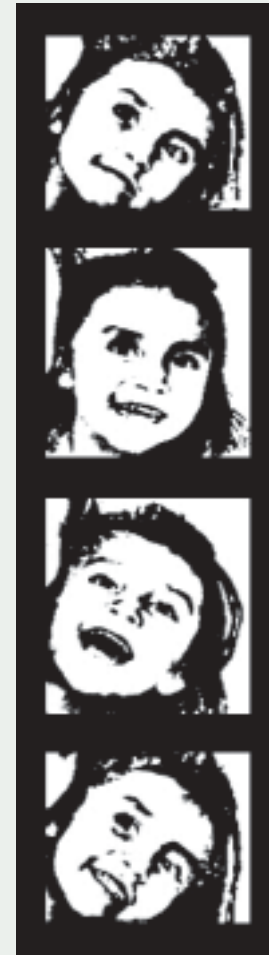
Adrina Valene Rae Lozier, 5, passed away January 22, 2009 at her home in Auburn.

Adrina was born on November 4, 2003 in Renton, WA to Richard and Carolyn Lozier. She loved to blow bubbles, play dress up with her dog, "do make up" and play princess. She WAS a princess. One of her most favorite activities was chasing eagles with her daddy.

Adrina is survived by her parents Richard and Carolyn Lozier; brothers Austin White Lozier, Richard Lozier Jr., Devin Williams, Blaze Lozier and Trevor White; sister Katelyn Lozier; and her grandparents Ralph, Mary Lozier-Kate, Pete Perez and Val-Ray Peone.

She was preceded in death by her grandparents Gloria and Clarence White, and her great-grandparents Frank and Elma Lozier.

Funeral Services were held at the Muckleshoot Shaker Church on January 28, 2009, followed by burial at the New White Lake Cemetery and a luncheon at the Shaker Dining Hall.



Sorrow Times

Loved ones gather together
On this blessing day we join
Tears gently fall to help heal all
The pain and sorrow we feel
Friends and family form
For support for one and all
God grant us the strength
To continue on
Help heal our broken hearts
And make them whole again
With the memories we share
Our loving child will always be there
Prayers go out for those who seek
A gentle hand in need
Watch over our loved ones
And the families daily needs.

~ Amen ~

— JULIE LOUIE



Marla Nelson

A full obituary for Marla Nelson will be printed in next month's newspaper.

TRIBAL COUNCIL HOSTS LEGISLATORS IN OLYMPIA

PHOTOS BY JOHN LOFTUS



John Daniels Jr., Charlotte Williams and Virginia Cross



Madrienne Salgado



Senator Karen Keiser



Rep. John McCoy



Speaker of the House Frank Chopp



Senator Claudia Kauffman



Tribal Chairwoman Charlotte Williams

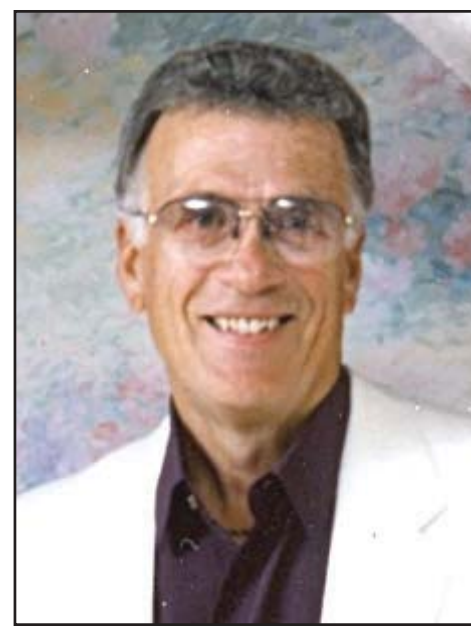


Senator Joe McDermott



Virgil Spencer

Saying good-bye to an old friend of the Muckleshoot Tribal Community



Don Helton

Don Helton knew his time was growing short when he called Price-Helton General Manager Paul Friden and asked him to come over to his home. He wanted to go over his funeral arrangements one more time. He was a man who made a career of helping families in their time of loss, and he knew what he wanted when his own time came. He didn't want a big funeral – just family and friends.

And so that's what he told Paul. What he wanted to be especially sure of was that he would be surrounded by his dear friends from the Muckleshoot Tribe. He had helped them send their own loved ones on their final journeys countless times, and these were the people he wanted sitting in the chairs at the Price-Helton chapel when it was his turn to lay in the place of honor.

And so it was. Don's time came only a few days later, and a wake was held in the funeral chapel especially for Muckleshoot Community members and his immediate family. One after another, community members got up and told the family about how Don Helton was there for them in their time of need, and thanked them for the man he was.

Funeral Directors sometimes become close to the Native tribes they serve, and Don became very close to the Muckleshoot Tribe during the 31 years he owned Price-Helton. A few years after Don retired, Ron Bohlman began to work with the community, and he recently retired, too, after 18 years at Price-Helton.

Both men were honored with Muckleshoot blankets. Don Helton was wrapped in a Pendeton blanket as he lay in his coffin. A Muckleshoot blanket was draped over the top, and at the time of burial it was folded and given to his family.

Ron Bohlman was honored at a luncheon at the Muckleshoot Pentecostal Church on January 12, 2009, where he was ceremonially wrapped in a Muckleshoot blanket. About 100 community members were in attendance, including many Tribal Council members and elders. Ron will be missed, and the tribe wishes him many happy years of retirement.

As someone said at Don Helton's wake, the Tribal Community now has a new friend to get to know. His name is Paul Friden, and he will be there whenever he is needed.



Ron Bohlman



Ron Bohlman, center, was honored by the tribe on the occasion of his retirement

PHOTOS BY KATHY CROMBIE

Standing Rock Sioux member gets key White House post

WASHINGTON – The White House announced Feb. 6 that Jodi Archambault Gillette has been named as one of three deputy associate directors of the Office of Intergovernmental Affairs. It is a historic appointment, as no other American Indian is believed to have ever held the position.

Gillette's role will focus on overseeing Indian and tribal affairs in the office, which is dedicated to facilitating the exchange of information between governmental entities. In recent years, the office has largely served as a conduit between the White House and state and local governments.

Gillette is an enrolled member of the Standing Rock Sioux Tribe. She previously served as the North Dakota First American Vote Director for President Barack Obama's campaign.

Recent presidential administrations have appointed key people to work with Indian tribes in the intergovernmental affairs office, including Jennifer Farley under President George W. Bush and Loretta Avent and Lynn Cutler under President Bill Clinton.



FROM POW WOW RING TO WHITE HOUSE. Jodi Archambault Gillette will be the first Native American to serve on the personal staff of a U.S. President.

NEW INTERIOR SECRETARY MEETS WITH TRIBAL LEADERS

ARLINGTON, VA. – On January 19, 2009, the eve of the historic inauguration of Barack Obama as the first African American President of the United States, Secretary of the Interior designate Ken Salazar met with a group of more than 500 tribal leaders from around the Nation. Salazar assured them that in the Obama Administration, Native Americans will always have a place inside the tent.

"We recognize the special relationship and trust responsibility that the United States has with Indian tribes," Salazar said. "It is important that we meet face to face to work together with mutual respect."

The event was sponsored by the National Indian Gaming Association and the National Congress of American Indians. "Obama is a true visionary," NIGA Chairman Ernest L. Stevens said. "He has shown his commitment by reaching out to Indian country from the beginning. Tribal leaders are eager to engage with the new Administration to build a strong nation-to-nation relationship. After tomorrow, it's time to get to work."

At the time of Salazar's nomination, President-elect Obama said, "We will ensure that we finally live up to the treaty obligations owed to the First Americans. We need more than a government-to-government relationship. We need a nation-to-nation relationship. Ken and I will make sure that tribal nations have a voice in this Administration."

At the meeting, tribal leaders discussed plans for a nation-to-nation meeting with President Obama at the White House and a cabinet level meeting to enhance basic government services and increase aid to tribal governments.

Salazar indicated that the first priority is to staff up the Department of the Interior and then they will get to work on Indian trust issues, Indian health care, education, economic development and energy issues.

President Joe Garcia from the National Congress of American Indians



L-R Ken Salazar, DOI Secretary; Joe Garcia, NCAI President; Ernie Stevens, Jr., NIGA Chairman

said "What a way to start 2009 and a new relationship with the incoming Obama Administration. It is encouraging that Sen. Salazar is putting Indian Country's agenda at the top of his priority list before he even takes the oath of office."



PHOTO BY JOHN LOFTUS

K-12 CURRICULUM WORK GROUP

The K-12 Curriculum Work Group met and began developing culturally relevant learning materials. Students will have the opportunity to approach social studies and science learning through Native stories. This type of curriculum will give students and staff will approach the academic learning in a unique way through a variety of activities that will ultimately be more important and unforgettable to this community of learners. It's a wonderful collaboration among experts in curriculum, teachers, community members and administrators. It's just the beginning! We need as much support and community involvement as possible. Please take the time to talk with one of the work group members if you are interested in offering your knowledge to the school. Back row: Irene Bowie, Jennifer Daniel, Mackenzie Leggett, Joy Hamilton, Sharon Curley. Front row: Donna Starr, Sherri Foreman, Dr. Sandra Fox

Tribal College Presents Advising Day & College Fair on March 5

Muckleshoot Tribal College will put on a College Fair at Spring Quarter Advising Day, 10am-2pm March 5, 2009.

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

Ninth through 12th grade students from Muckleshoot Tribal School, Auburn School District and Enumclaw School District are invited to take part in the day's activities.

The big feature of the event is a keynote address by Dr. Michael Pavel, Department of Educational Leadership & Counseling Psychology, Washington State University. He is a Traditional Bearer of Southern Puget Salish traditional culture, focused on learning the language, traditions, rituals, history, and ceremonial way of life among the Twana and other Pacific Northwest Salish peoples. He's an inspirational and motivational speaker who has gone from reservation to city streets to the highest level of academic achievement.

There are more special events at the College Fair. The fair will feature two informational sessions presented by Seth Keegahn, Northwest Indian College Admissions Recruiter, and Marie Marquez, Muckleshoot Financial Aid Director. Seth's session will show students how to access college information on the internet as well as instruct students in what they must do in 9th, 10th, 11th and 12th grade to get into college after graduating high school.

Marie will help students understand financial aid – the FAFSA (Free Application for Federal Student Aid), which is the basis of all college aid, tribal scholarship resources and private scholarships.

The keynote address will begin at 10am; lunch will be served at 11:30am. Informational sessions will run twice, 12:30-1:05 and 1:15-1:50. Throughout the event, college advisors will be on hand to help students find out about their various programs and to enroll students in classes for Spring Quarter.

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



The New Year Brings New Opportunities for GED Students

Happy New Year!

Yes, we are already well into 2009, but this is the first chance that the GED Program has had to wish the community a happy new year. It is also a good time for us to remind all GED students, current and former and prospective, that the new year brings a new chance to achieve your educational goals. In terms of the GED tests, this specifically means that everyone has three new chances to pass each subject test. If you are one of the students who has had difficulty passing a particular test, you now have three new chances to pass it. That's three new chances to meet your goal and to move on to your next goal. Maybe that means finally completing the whole series

of GED tests and getting your certificate, or maybe it means gaining momentum to take on other tests.

Whatever your goal is, the GED Program will work hard to help you meet it. We have a big room with plenty of quiet study space, plenty of free GED books, a variety of pre-tests in every subject, and free tutoring help. Please know that you are welcome to come in and study independently or get tutoring help during any of our operating hours: M-Th, 9-5, and F, 1-5.



Muckleshoot College Writing Center Room 208



Time: 12:00 - 8:00
Days: Monday-Thursday
Phone: 876-3375

E-mail: cscarborough@antiochseattle.edu

The Writing Center provides writing support for all students attending the Muckleshoot Tribal College.


We provide:

- ◆ Tutoring in a variety of styles from academic to creative writing
- ◆ Space to view films and videos
- ◆ Space to practice PowerPoint and other kinds of verbal presentations
- ◆ Tutoring in speed reading, and reading for college
- ◆ Writing Workshops


Please call for an appointment, or just drop in to chat with our friendly staff.



The new Muckleshoot Tribal College Writing Center



M.O.S.T. Program



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

WOMEN'S GROUP

When: Every THURSDAY from 12-1 PM ~ Starting Feb. 5th, 2009
Where: Muckleshoot Tribal College
IN OUR NEW "WRITING CENTER"
LOCATED IN ROOM 208

Please come to this Women's Group if you are looking for a place to come and have a hot cup of chili and feel supported and inspired. We hope to offer Cultural song & Prayer, Guest Speakers, Opportunities to share in small groups & large groups, arts and crafts.

Guest Speaker Potential Topics:

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

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

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

YOUR INDIAN LAND

ONLY 20 SPOTS FOR THIS TWO DAY WORKSHOP
First Come First Serve Basis

Workshop at the Muckleshoot Casino
2402 Auburn Way S
Auburn, WA 98002

March 24th & 25th, 2009
9:00 a.m. to 4:00 pm



**No children please
Lunch will be provided**

Sponsored by: MIT Workshop & Training Program

**Presented by:
ICC Indian Enterprises
Berlin, New Hampshire
Cell # 310-849-2195
Fax # 310-765-4992**

Frequent Questions Asked:

- Ever wonder what is the difference between Trust, Restricted, and Fee Simple Land?
- What are your rights with regards to Indian Land?
- Why, is it so hard to get a residential lease on my land?
- Can I put my property up as collateral?
- What happens to my land when I die?

This class is designed to better assist the landowner on understanding his or her trust/restricted lands. This is a follow up to the class offered in 2006. The class will be informal. Feel free to ask questions and make comments any time during the class. If you have requests for topics that need to be included, feel free to call us at the phone numbers or e-mails provided below.

Sign up and contacts: Scholarship Building
38977 – 172nd Ave SE Bldg #2
Auburn, WA 98092
Laurie-253-876-3381 • Marie-253-876-3382

MCDC hosts monthly grandparents and elders luncheon

The MCDC wanted to share with you a very special day that we have each month with our grandparents and elders honoring them with a luncheon and small gifts that the children and staff make especially for them. Because this day means so much to us we wanted to share a few precious photos with you.

The MCDC has held this event for over a year now and is growing. These lunches are priceless to all of the staff and children of the center and those who get to sit with the elders as they share a meal, listen to stories and have a great time.

Our next grandparent luncheon will be on February 23, 2009 from 11:00am-12:00pm. We hope to see you there and want you to share this very special day with us as we continue to build long lasting memories for generations to come.

PHOTOS BY ELAINE DANIELS-GASPARAND ROSA MALDONODO



JOB CORPS

PHOTOS BY ANNIE MOSES

Here are pictures of the Job Corps participants working on the Job Corp house, getting it up and ready.



MCDC 2009 Dates at a Glance



February 2009

February 16, 2009 President's Day Holiday Care Only
February 23, 2009 Monthly Parent Meeting (Dinner 5:30-6:30)

March 2009

March 16, 2009 Monthly Parent Meeting (Lunch 12:00-1:00)

April 2009

April 6-9, 2009 Parent and Teacher Conferences
April 17, 2009 National Indian Holiday (Holiday Care Only)
April 20, 2009 Monthly Parent Meeting (Dinner 5:30-6:30)
April 23, 2009 National Bring Your Child to Work Day
April 24, 2009 MCDC Quarterly Grandparent Lunch (11:00-12:00)
April 27, 2009 MCDC CLOSED All Staff Training

May 2009

May 5, 2009 National Teacher Appreciation day
May 4-8, 2009 Teacher Appreciation Week
May 18, 2009 Monthly Parent Meeting (Lunch 12:00-1:00)
May 25, 2009 Memorial Day Holiday Care only

June 2009

June 15, 2009 Monthly Parent Meeting (Dinner 5:30-6:30)

July 2009

July 3, 2009 July 4th Holiday Care only
July 17, 2009 MCDC Quarterly Grandparent Lunch (11:00-12:00)
July 20, 2009 Monthly Parent Meeting (Lunch 12:00-1:00)

August 2009

August 17, 2009 Monthly Parent Meeting (Dinner 5:30-6:30)

September 2009

September 7, 2009 Labor Day Holiday Care only
September 18, 2009 MCDC Quarterly Grandparent Lunch (11:00-12:00)
September 21, 2009 Monthly Parent Meeting (Lunch 12:00-1:00)
September 28, 2009 MCDC CLOSED All Staff Training

October 2009

October 5-8, 2009 Parent Teacher Conferences
October 8, 2009 MCDC Open House
October 19, 2009 Monthly Parent Meeting (Dinner 5:30-6:30)

November 2009

November 11, 2009 Veteran's Day Holiday Care only
November 16, 2009 Monthly Parent Meeting (Lunch 12:00-1:00)
November 25, 2009 Thanksgiving Dinner (Lunch 12:00)
November 25, 2009 Thanksgiving Eve 1:00 PM Holiday Care only
November 26, 2009 Thanksgiving Holiday Care only
November 27, 2009 Tribal Holiday- Holiday Care only

December 2009

December 11, 2009 MCDC Quarterly Grandparent Lunch (11:00-12:00)
December 14, 2009 MCDC CLOSED All Staff Training
December 21, 2009 Monthly Parent Meeting (Dinner 5:30-6:30)
December 24, 2009 Christmas Dinner (Lunch 12:00)
December 24, 2009 Christmas Eve 1:00 PM Holiday Care only
December 25, 2009 Christmas Holiday Care only
December 31, 2009 New Years Eve 1:00 PM Holiday Care only

Please note dates may be subject to change
Muckleshoot Child Development Center
2326 Riverwalk Drive SE
Auburn, WA 98002
Tel #: 253-288-2044 Fax #: 253-2288-2360



PHOTO BY JOHN LOFTUS

Mary Ross Jr. and daughter Kaylie

Muckleshoot Youth Services

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

2009 Family Fun Night Schedule

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

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

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

2009 Family Fun Night Dates:

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

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

Meet Dr. Mario Marsillo, new MTS Dean of Students

Slip on those jogging shoes, lace up your roller skates, and kick up your feet a bit as we prepare to launch the second semester at the Muckleshoot Tribal School. In the short time I have been here, I have observed the many strengths and talents that our students and staff possess. I have appreciated the abundance of resources and the wealth of knowledge that parents and community members bring to the school each day. I hope to blend my skills to make MTS one of the best school systems in the state of Washington.

Please allow me to introduce myself and share a brief BIO. My name is Mario Marsillo and I started at the school on December 1st as the new Dean of Students. I am married and have two sons, ages 23 and 26. My wife April and I have been together for 36 years and we know first hand the challenges of parenting. It's a hard job and like most, we have had our successes and failures in that department. We have a great deal of respect for MTS parents.

My teaching career began in 1976. I then became an elementary principal in 1981 in the University Place School District. During that time, I served as an elementary and middle school principal. I helped plan and open two new middle schools in U.P. from 1989-91. Prior to leaving, I earned a doctorate degree in School Leadership at Seattle University.

My next stop took me to the Tacoma Public Schools where I completed my public service as an elementary principal. I assisted in the planning and opening of two additional new elementary schools. During this time I was president of the Middle School Principal's Association, (AWMSP) and taught classes in the Principal Certification Program at Pacific Lutheran University.

Finally, prior to coming to the MTS, I spent a year planning and opening a nontraditional high school through Community In Schools and the Bill and Melinda Gates Foundation in Kent. In this capacity, I held the title of Executive Director of Performance Learning Centers for the state of Washington.

My learning curve is on an upward slant as I learn about the rich traditions, culture, and history of the Muckleshoot nation. Principal Bowie and I talk and plan on a daily basis. We are working with the school board and staff on many academic and school climate goals. I look forward to sharing a clearly articulated core curriculum in upcoming additions of this newsletter and at parent nights at MTS. We plan to finish this year strong and prepare K-12 students for a successful transition to the new state of the art Muckleshoot School in the fall. What an exciting and wonderful time that will be for all!

Allow me to close this first of many communications with parents and the tribal community by saying, yes, one of my primary responsibilities is the school disciplinarian. This can be a daunting task, but with your support, ideas, and success stories I look forward to leading the effort. Webster's defines discipline as, "instruction, training of the mind and body, self control..." In other words; a disciplined behavior

is a good thing and positively impacts an organization, school, and community.

Discipline can be taught and learned. All children have the ability to learn and act in a disciplined manner when they are properly taught "not told to behave." This can occur when everyone in the school and home setting are consistently teaching and reinforcing desired behaviors. So you see, even though I may be leading the charge, disciplining, is a systemic and collective effort by all!

MTS staff are stepping up to the plate by identifying desired behavioral expectations, teaching and modeling these behaviors, providing practice opportunities for reinforcement, and catching students in the act of successfully demonstrating these expectations i.e. safety, respectfulness, responsibility. Affirming these desired student behaviors with positive recognition and celebration is a priority at MTS.

Recently, many parents have received positive phone calls and letters from your child's teacher, teacher assistants, and school administrators about the student's good citizenship. Students are being recognized each month for outstanding attendance. Leaders are beginning to emerge through A.S.B., athletic programs, and Muckleshoot cultural demonstrations. The more we can engage students in these positive activities, the more successful our students will become in the academic and home settings.

I have been impressed with the staff's willingness to communicate with parents about student behaviors. Parents willingness to provide support by following up in the home environment has been outstanding. Students are making better choices and beginning to expect the same from peers.

I am confident, that this team (students, staff, and parents) will make the remainder of this school year a memorable one in our words and actions. Parents, elders, and community members, please come to the school and share additional ideas on how we can cultivate the **Safest** and most **Successful** school environment possible. The staff and I welcome your suggestions!

Dr. Mario Marsillo
Vice Principal/Dean of Students
253-939-3703



Mario Marsillo

MTS Boys Basketball Team



MTS Boys Basketball Team



Coaches



Jump shot



Going for the ball

SUBMITTED PHOTOS



Spotlight on Joe Allen

"EASY!!!" That is how Joe Allen describes his job if you ask him. If you work at or visit the Philip Starr Building, you may have seen Joe there. He is the tall, young smiling man pushing a cleaning cart and busy working. Joe thoroughly enjoys his daily routine and interacting with tribal members.

Joe's job was created through the Muckleshoot Tribal School's School-To-Work Program in the spring of 2008. This program is part of the Special Education Department at the school.

Peg Ostrander, Transition Coordinator for the School-To-Work Program, and Janice Nelson, Senior Employment Consultant/Program Specialist for Trillium Employment Services, met with Frank (Hoppy) Jerry Sr., Facilities Director, and Frankie Lezard, Facilities Program Manager, to determine if there was a need for Joe's services.

In the past Joe had assisted Harold Black, former Maintenance/ Grounds Keeper at the Muckleshoot Tribal School. Harold did an outstanding job of training Joe and, consequently, Joe had the necessary skills to continue in this field. It was determined that several offices were unable to be cleaned on a regular basis because they were locked when the normal cleaning staff came through. Therefore there was a definite need for Joe's services.

Joe eagerly took to the job and in a short period of time he acquired his cleaning cart and the necessary supplies. By summer he was independent!! In addition, the offices that he services are elated to be cleaned on a regular basis. On top of that, one can only smile when seeing Joe because of his warm, willing, and pleasant attitude.

This past December Joe reached his 22nd birthday which resulted in him exiting out of the Tribal School's School-To-Work Program. Ordinarily that would mean that Joe would no longer be working at the Philip Staff Building. Thankfully though, with the help of Trillium Employment Services, MTS, Facilities, and HR, Joe now has a paid position.

Joe is an individual with multiple disabilities who has demonstrated successful employable strengths, and is a contributing member of his tribe. Hopefully in the future other tribal members who qualify will be able to benefit from such an opportunity. It is natural for humans to want to be useful and contribute to their community. The Special Education Department of the Muckleshoot Tribal School encourages HR to continue this opportunity.

Congratulations and Way to Go, Joe!!!

Written by Peg Ostrander

SUBMITTED PHOTOS



Dusting Phillip Starr Entryway



Joe and Frankie Lezard



Joe signing in with Carlene Ambrosia



Joe with work cart



Joe with Sue Agerup



Joe with Mrs. Peg Ostrander and LeeAnn Bradshaw from Trillium Employment Services



Joe with Grace and Cheryl from the Tribal Credit Office


TRIBAL ARTIST WANTED

LOOKING FOR CREATIVE TRIBAL ARTIST

CARVINGS

DRAWINGS

NATIVE ART



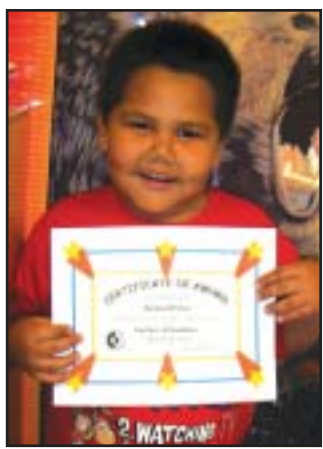
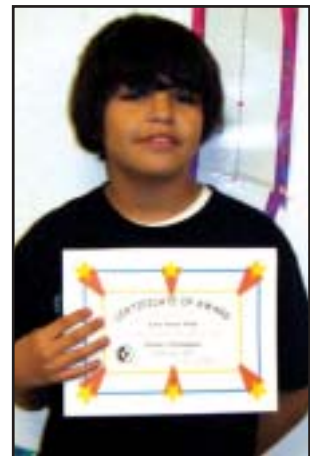
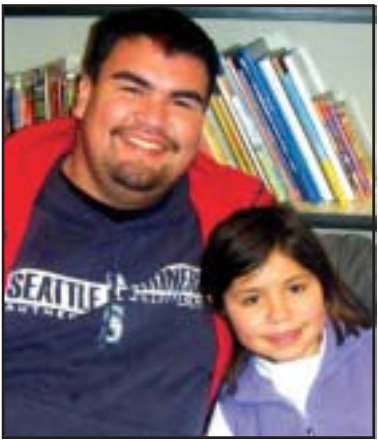
IF INTERESTED IN GIVING BIDS FOR YOUR ARTWORK FOR THE K-12 SCHOOL PLEASE CONTACT

Angelica Wellman
Project Development Officer
Muckleshoot Indian Tribe
253.876.3282 Work. 253.261.4536 Cell
Angelica.Wellman@muckleshoot.nsn.us

Guess Who?



Perfect Attendance



MUCKLESHOOT TRIBAL SCHOOL

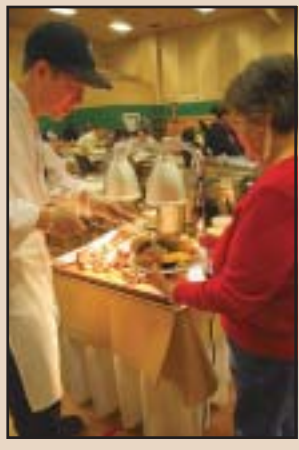
Potlatch

PHOTOS BY JOHN LOFTUS



Thanksgiving Dinner

PHOTOS BY BOB CHARLO



Tribal Christmas Party

MUCKLESHOOT PENTECOSTAL CHURCH

PHOTOS BY BOB CHARLO



CANCER PREVENTION

By Brent Grider

Cancer affects people of all ages and backgrounds. Cancer struck 1.4 million people last year, killing 560,000, which is an average of 15,000 per day. One out of every four deaths in the U.S. each year is due to cancer. Cancer is the second leading cause of death among Native Americans and the native population has the poorest cancer survival rate of any group. While cancer is a feared disease, it does not have to happen. Many cases of cancer can be prevented. Cancer is caused by any number of environmental, lifestyle or genetic (family history) factors. Some causes of cancer remain unknown, but taking specific steps can reduce the odds of developing the disease.

One of the most important steps in the prevention of cancer is to avoid tobacco in all forms. Tobacco is the number one cause of preventable death. It is a direct cause of or a contributor to; lung, throat, mouth and bladder cancer, among others. Cigarettes, cigars, pipes, chew and snuff all cause cancer. There is NO safe form or amount of commercial tobacco. Environmental tobacco smoke (2nd hand smoke) is another cause of cancer. Environmental tobacco smoke kills over 3,000 non-smokers every year. Other environmental toxins that can contribute to the development of cancer include: pesticides, factory smoke, automobile exhaust, dirty oil, and certain household and industrial chemical cleaners. Realistically, it is not possible to avoid all environmental cancer-causing toxins, which is why it is so important to keep the body's immune system strong at all times.

The immune system is the body's first line of defense against disease. A great way to maintain the immune system is to eat a diet full of fruits, vegetables, nuts, and whole grains. Foods in a natural state provide the best

nutrition and provide a number of vitamins and minerals key to fighting cancer. Healthy choices include brightly colored fruits and vegetables such as: peppers, tomatoes, berries, melons, citrus fruits and apples. Broccoli, cauliflower, Brussels sprouts, spinach, kale and other leafy greens are all potent cancer fighters as well.

Avoiding certain foods can also help prevent cancer. Foods that have been burned or charred, particularly meats, should be avoided, as should foods high in saturated fat from animal sources. Alcohol can contribute to certain forms of cancer and should be used in small amounts, if at all. Limit the use of cured meats or foods high in salt, which may increase the risk of stomach cancer. Products high in sugar lower the immune system and should be used only in moderation.

Additional ways to lower the risk of cancer include: regular exercise, moderate amounts of sunshine (vitamin D is a potent cancer fighter, but too much can be unhealthy), healthy stress management and getting enough sleep. Cancer affects thousands of families each year, but there are many steps that can be taken to prevent the disease. Medical science has made great strides in treating and curing cancer, but the best way to beat cancer is to never get it in the first place. Keep your body and immune system strong and healthy. Talk to your doctor, the American Cancer Society (1-800-227-2345) or the Muckleshoot Tribal Health Program at (253) 939-6648 for more information.

*Some information provided by the American Cancer Society and the Centers for Disease Control

Here are some facts about what happens to your body when you quit smoking:

Did you know that there are thirty (30) chemicals in tobacco smoke that cause cancer?

Within 20 minutes of the last cigarette:

- Blood pressure drops to normal
- Pulse rate drops to normal rate
- Body temperature of hands and feet increase to normal

Within 8 hours

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

Within 24 hours (1 day)

- Chance of heart attack decreases

Within 48 hours (2 days)

- Nicotine leaves the body

Within 72 hours (3 days)

- Bronchial tubes relax, making breathing easier
- Lung capacity increases

Within 2 weeks to 3 months

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30%

Within 1 to 9 months

- Coughing, sinus congestion, fatigue, shortness of breath decrease
- Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs and reduce infection
- Body's overall energy level increases

Within 5 years

- Lung cancer death rate for average smoke (person that smoke a pack a day) decreases by almost half!

Within 10 years

- Any pre-cancerous cells are replaced (in other words, cells that could have turned into cancer, go away).
- Other cancers such as those of the mouth, larynx, esophagus, bladder, kidney and pancreas decrease.
- Lung cancer rate drops to "as if you never smoked!"

ALL OF THESE BENEFITS ARE LOST WHEN YOU SMOKE JUST ONE CIGARETTE A DAY!!!

NOTICE TO ALL HWC Clients/Patients

Effective
7-25-08 into 2009

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

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

February is American Heart Month

Sudden cardiac arrest is a major cause of death in the United States. It claims about 335,000 lives each year. Sudden cardiac arrest means that the heart stops pumping blood. This can happen suddenly and without warning. There are many causes for cardiac arrest which include a heart attack, electrical shock, or near-drowning.

The American Heart Association reports that 75% to 80% of all out-of-hospital cardiac arrests happen at home. So learning CPR may help you save the life of a loved one if they have sudden cardiac arrest while you are with them. If bystander CPR is not provided, a sudden cardiac arrest victim's chances of survival fall about 10% for every minute of delay until CPR & defibrillation is started, and brain death starts to occur 4 to 6 minutes if no CPR and defibrillation occurs.

Mountain View Fire & Rescue / Black Diamond Fire Department have first aid classes, and CPR/AED classes that are open to the public. The classes are taught by fire department personnel and are conveniently held at various locations within the district. For more information on attending a class please visit www.kcfd44.org or call Tim Perciful at 253-735-0284.

Some Warning Signs of a heart attack:

- Chest discomfort. This discomfort may come and go and may feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, the neck, jaw, or stomach.
- Shortness of breath, cold sweat, nausea, or lightheadedness.
- Denial is very common with heart attack victims.

Heart attacks can happen to men and women of all races and ethnicities. If you suspect that someone is having a heart attack tell them to sit quietly, and you should call 9-1-1.

Learn more about the American Heart Association's efforts to reduce death caused by cardiovascular disease at www.americanheart.org

For more information on attending a CPR/AED class please visit www.kcfd44.org or call Tim Perciful at 253-735-0284.

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.



Birth Record

By Lisa Elkins

September 2008

12/07/08- Proud Parents Damien Elkins & Coralie Daniels
Boy - Damien Francisco Elkins 8lbs 4oz 19in.
Proud Grandma Christine Moses (Elkins)
Great Grandma Georgiana Elkins

December 2008

12/30/08- Proud Parents Deandra (Queen Bee) & K.C Williams
Boy Kai Riley Williams
Proud Grandparents Charlotte & Kenneth Williams

January 2009

1/21/09- Proud Parents Christena Jansen & Travis Maurice Sr.
Girl- Lanita Carol Maurice 5lbs 13oz. 17.7in.
Proud Grandparents- Vera Jansen, Douglas Jansen, Leonard Lezard

Congratulations to our new parents!!!



HEART DISEASE *doesn't* CARE WHAT YOU WEAR

IT'S THE #1 KILLER OF WOMEN
These women know the Heart Truth--no matter how great you look on the outside, heart disease can strike on the inside. And being a woman won't protect you.
Try these risk factors on for size: Do you have high blood pressure? High blood cholesterol? Diabetes? Are you inactive? Are you a smoker? Overweight? If so, this could damage your heart and lead to disability, heart attack, or death.

The Heart Truth is a real alert to take heart disease seriously. Talk to your doctor and get answers that may save your life. The Heart Truth is, it's time to know your risks and take action now. www.hearttruth.gov

U.S. Department of Health and Human Services
National Institutes of Health

National Heart Lung and Blood Institute
Heart Disease

The Heart Truth and Red Dress are trademarks of 2005.

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.

The Optical Department is finally open at the HWC!

The eyeglass benefits are the same as they've always been.
 One comprehensive eye exam once every 12 months.
 New lenses once every 12 months.
 Eyeglass Frames once every 2 years.

If you are not eligible for the frame allowance, you will be allowed to purchase the frames at a very reasonable price. (Believe me there is a significant mark up when you buy frames in town/private practice!). No eyeglass benefits will be approved outside of the MHWC optical department.

We will be offering contact lenses once we get all the supplies/ and equipment. We will keep you posted on this.

The Optical Department is a Tribally-owned business. Patients 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 – Dee Williams or Melissa Scearcy at (253) 939-6648.

Keep in mind, this is a new department for us also, so please have patience with us.

Thank you,
 Lisa James, Health Director

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



Peanut Product Recall Info

There has been a recent expansion in the number and variety of peanut butter and peanut butter paste products which may have been contaminated with salmonella. The outbreak has been traced to a plant in Georgia owned by Peanut Corp. of America. Please check the U.S Food & Drug Administration's website for a detailed list of recalled products.

www.fda.gov Click on the "salmonella typhimurium outbreak" link on the "In the Spotlight" section (middle of page).



STEPPED ON BY A DINOSAUR: Julia and Hannah having fun in California.

HEART DISEASE *doesn't* CARE WHAT YOU WEAR... IT'S THE #1 KILLER OF WOMEN

THE HEART TRUTH

THE RED DRESS IS THE NATIONAL SYMBOL FOR WOMEN AND HEART DISEASE AWARENESS

THE HEART TRUTH: WOMEN AND HEART DISEASE

Heart Disease and Women's Risk
 Coronary heart disease is the main form of heart disease. It develops over many years and affects the blood vessels of the heart. It can result in heart attack, disability, and death. A heart attack occurs when an artery becomes blocked, preventing oxygen and nutrients from getting to the heart.

Often called "heart disease," coronary heart disease is one of various cardiovascular diseases, which are diseases of the heart and blood vessel system. Other cardiovascular diseases include stroke, high blood pressure, and rheumatic heart disease.

Many women fail to recognize the seriousness of heart disease. One reason may be the common misperception that heart disease can be "cured" with surgery. Bypass surgery and angioplasty can help restore blood and oxygen flow to the heart. However, blood vessels remain damaged, which means women are more likely to have a heart attack.

Once developed, heart disease can be managed, but it cannot be cured. Without lifestyle changes, such as not smoking, following a heart healthy eating plan, and being physically active, heart disease will likely steadily worsen. One in three women dies from heart disease.

Heart Disease Risk Factors
 Risk factors are habits or conditions that increase the chance of developing a disease. Many of the risk factors for heart disease can be prevented or controlled. The heart disease risk factors do not add their effects simply—they multiply them. Having more than one risk factor is especially serious. Women should talk to a health professional about their individual risks and how to lower them.

Risk factors for heart disease are:

- Smoking
- High blood pressure
- High blood cholesterol
- Overweight/obesity
- Physical inactivity
- Diabetes
- Family history of early coronary heart disease
- Age (for women, 55 and older)

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES • National Institutes of Health • National Heart, Lung, and Blood Institute

MASSAGE THERAPY IS AVAILABLE AT MUCKLESHOOT HEALTH & WELLNESS CENTER

Betty Erskine, LMT
Why get a massage?

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

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

HOURS: **MONDAY - FRIDAY** 8:00 - 5:00
 Call **253-333-3620** for more information



MIT Tribal Operations Manager John Halliday got this five-point bull just before Christmas in the Storm King area south of Mt. Rainier. "It was cold, but I had a lot of fun," he said. "I love getting out in the woods," he added. "It's good exercise, and the elk will be good eating this coming year."

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.

ACUPUNCTURE

IS AVAILABLE AT MUCKLESHOOT HEALTH & WELLNESS CENTER

NANCY PAINE-SHERMA

Acupuncture and Oriental Medicine is used to treat many health conditions and common disorders including:

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

Hours: Tuesday & Wednesday
 8:00am—5:00pm
Call 253-333-3620 for more information

Do You Need A Will?

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

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

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

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

Youth Family Planning Resources

The following area services are available for teens and youth:

Teen Clinic at Auburn Public Health

Location: 20 Auburn Ave. (at 1st & B St.), Auburn, WA 98002 (across from the hospital)
Phone: (253) 833-8352

Times: Walk-in Clinic is on Tuesdays from 1-5 pm (check-in begins at 12:30). Patients are seen on a first come, first serve basis. For any other days or times, call ahead for same day or next day appointments.

Cost: Low cost or free. You may be eligible for some free insurance called *Take Charge*. Medical coupons are also accepted.

Services: birth control, family planning, STD checks, pregnancy testing, HIV testing, Pap test & annual exam, counseling, etc. Services are available for youth through age 21. Most teens receive free family planning through the *Take Charge* program.

***All services are confidential. Parental consent is not required.*

Transportation: Busses—152, 154, 180, 181, 915, 917, 919, 564, 565

Cedar River Clinics

The above services are also available through the Cedar River Clinics.

Locations:
 4300 Talbot Rd. S. #403, Renton, WA 98055

1401-A Martin Luther King Jr. Way, Tacoma, WA 98405

Phone: 1(800) 572-4223 or (425) 255-0471

Online: www.CedarRiverClinics.org

Email: outreach@CedarRiverClinics.org

Birth Control Comparison Information:
 www.Birth-Control-Comparison.info

Sex Education Information Online:
 www.sexetc.org (a web site by teens for teens);
 www.iwannaknow.org (answers to questions about teen sexual health);
 www.scarleteen.com (sex education information)

***All services private and confidential*

Kent Teen Clinic

Location: 613 W. Gowe St., Kent, WA 98032

Phone: (206) 296-7450

**Serves youth through age 20*

***All services private and confidential*

Health & Wellness Center Program Hours

- See lunch hour closure below:

	Pharmacy	Wellness Center
Monday	8-5 pm	8am-8 pm
Tuesday	8-5 pm	8am-8 pm
Wednesday	9-5 pm	9am-8 pm
Thursday	8-5 pm	8am-8 pm
Friday	8-5 pm	8am-7 pm
Saturday	8-6 pm	10 am-2 pm
Sunday	All Programs Closed	

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

Health & Wellness Center Program Closures for February & March 2009

Day	Date	Times Closed	Reason Closed
Monday	02/16/09	8-8 pm	President's Day
Thursday	03/05/09	8-9:30	Mo. All Staff Meeting
Friday	03/06/09	1-5 pm	Medical/Ancillary All Staff Admin Closure
		4-8 pm	Wellness Center All Staff Admin Closure

Here are some nice pictures of Marcie Elkins and her two little ones, Sean and Mona. But who is that lady with Marcie? Hmmm! She looks really familiar...

SUBMITTED PHOTOS



Sean Elkins



Ramona Elkins



Guess Who?

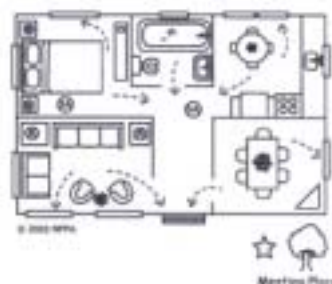


Create Your Home Fire-Escape Plan

Show what you know about fire safety. Follow these easy steps to make a home fire-escape plan so that everyone in your family will be able to react quickly and calmly if there is a fire.

Step 1 Make a Floor Plan

- 1 Draw an overhead floor plan of your home using the grid on the next page. Use separate grids for each floor and include all doors and windows.
- 2 Circle two ways out of each room in blue.
- 3 Place the letters SA wherever smoke alarms are located. Remember, there should be a smoke alarm in every sleeping room, outside each sleeping area, and on all levels of the home. Put a star over your outdoor family meeting place.



Step 2 Check Your Home

- Where are the smoke alarms in your home? Make sure there is one in each sleeping room, outside each sleeping area, and on every level of the home.
- Do the batteries in your home smoke alarms work? Test your alarms at least once a month.
- Can you quickly get to every door in your home? Clear doorways and hallways of any toys or clutter.
- Can you quickly get out every door and window in your home? Make sure every door opens, and closes properly.
- Have you identified two exits from every room on your home fire-escape plan?
- Where is your outside family meeting place?

Step 3 Practice, Practice, Practice

Hold a practice fire drill. Encourage everyone in the family to ask questions. Practice your drill at least twice a year.

Practice Your Plan

Help your child practice reading an escape plan by answering the questions below. Look at the picture and answer these questions to practice your fire-safety skills!

- 1 Kitchen: Draw a purple circle around one safe exit. Draw a red circle around one unsafe exit.
- 2 Bedroom 1: Draw a green path you would use to reach your meeting place.
- 3 Bedroom 1: Draw a blue path you would use as your second way out to your meeting place.
- 4 Put a star on the family meeting place.
- 5 What should you do if your smoke alarm sounds?

Remember These Fire Safety Tips!

- Fires are hot.** Check any door before you leave the room. If it's hot, use another exit.
- Smoke rises.** If you must escape through smoke, get low and go under the smoke to the closest exit.
- Get out and stay out.** Never go back into a burning building. That's a neighbor's job.
- Go to your outside family meeting place.**

Inside Out!

Matilda's family is having a practice fire drill. Everyone has to reach the family meeting place. Can you help?

- 1 Circle the big tree. This is Matilda's family meeting place.
- 2 Draw a red line showing how Dad reaches the tree.
- 3 Draw a green line showing how Matilda reaches the tree.
- 4 Draw a blue line showing how Mom reaches the tree.



Matilda is going on a class trip to the firehouse, but she has to do her chores first. Write "inside" or "outside" below each picture to help Matilda and her Mom put everything where it belongs.



Bonus: Which of these things could cause a fire?

WEAVING

Here are two of Kathy Crombie's latest creations
PHOTOS BY JOHN LOFTUS



BILLY MILLS. Famed Olympic athlete Billy Mills, center, posed with Kerri Marquez, her daughter Virginia, and mother Virginia Cross.



NEW RECOVERY HOUSE. Watch for a story in next month's edition about Muckleshoot's new Recovery House!



We are Proud of You Brenda K. Ward

You have been through a lot in your nineteen years,
Yet you have held your head high
You made it through some very rough times that seemed to
have no end.
You have a full life ahead of you yet to go,
Please keep your head up and continue on your chosen path that
you have yet to learn and that is chosen by God.
You have endured the hard part of making it through your
teenage years and now it is on to adulthood.
Remember the little eye's that are watching, because you are
their mentor.
You came into our lives and brought some more sunshine, your
smile, your laughter, and that little gleam in your eye, and those
cute ear ring holes that continue.
We love you and are so proud of the successes that you have
achieved and we are proud to be part of your life.

Pappa, Sharon, Marcia

!!! REMINDER !!!



MEMORIAL FUNDRAISER:

Alfreda Eva Ross

Friday, February 27th, 2009 & Again, March 27th, 2009

Philip Starr Bldg, Cougar Room

11:00 AM - 'til sold out

Luncheon:

To Be Determined, Watch for announcements

Raffle Fundraiser, Tickets: \$1.00 ea. Or 6/\$5.00

Raffle Items:

To Be Determined, Watch for announcements

"Please help support the Ross family!"

Muckleshoot Pentecostal Church

Kenny Williams, Pastor

SCHEDULE

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



Happy New Year from Bailey Brown!

TRIBE PULLS TOGETHER DURING DECEMBER STORM EMERGENCY

The snow and ice storms that struck the area in December brought the entire Puget Sound area to a halt and the related floods caused considerable damage. The call went out for help at Muckleshoot and many, many community and staff members responded. The following people

were honored for their volunteer work at the MIT staff Christmas Party, which was postponed until January due to the weather. No doubt there are others that aren't included on this list, and they deserve recognition for their efforts as well.

PHOTOS BY JOHN LOFTUS



Alex Baker, Jr
Alex Baker, Sr
Alfred Williams, Jr
Allyssia Courville
Amilia Rivera
Amilynne Judson
Amy Elkins
Angie Camp
Annie Moses
Anthony Lozier, Sr
Aukistino Iosefo
Banson Nguyen
Brad Elkins
Brian Martin
Brian Moses
Byron Loyd
Byron Moses
Carl Abbott
Cecelia Miller
Charlotte Williams
Christine Alba
Christine Elkins
Christine Mallory
Clifford Locke
Clint Eyle
David Heredia
David Schmidt
Dawn Miller
Delilah Sweeney
Dennis Anderson III

Derek Hicks
Dewey Miller
Diana Heredia
Diane Dea
Dyani Baker
Ed Hamilton
Eli Nelson
Eric Anderson
Eva Solomon
Fay Moses
Floyd Baker
Francis Cacalda
Francisco Marquez
Frank Jerry, Sr
Frankie Lezard
Gail Farmin
Gail Larson
Gimaans Goeman
Gregorio Marquez
Hannah Foulkes
Harvey Starr
Heather Leonard
Henry Miller
Hugo Hernandez
Isaac Starr
James Ione
James Pierce
Jennifer Gaking
Jessica Garcia
Joey Anderson

Joey Jansen
John Halliday
Jonathan James
Joseph Martin
Joy Hamilton
Justin Moses
Kathy Underwood
Kenny Williams
Kerri Marquez
Korey Baldwin
Lance Butler
Lavina KingGeorge
Lawrance T. Jerry
Leanne KingGeorge
Lee Luscier
Leeroy Courville, Jr
Lena Baker
Lenny Sneatlum
Lenora Jansen
Leonard Moses
Leonard Moses
Linda Starr
Lionell Mathias
Lisa James
Lisa Perez
Louie Ungaro
Lydia Butler-Smith
Maggie Moses
Mardee Marquard
Mark James

Marvin Starr
Matt Courville
Matt McDaniel
Mau Squally
Micahel Estrada
Mike Edwards
Mike John
Nina Heddrick
Noreen Milne
Norman Williams
Olivia Courville
Olivia Elkins
Oscar Delgado
Paige Kerrigan
Pamela Jerry
Patrick Daniels Sr
Patrick Daniels, jr
Paul Hage
Paul Rodarte
Pauline Lezard
Peteru Pedro
Phillip Hamilton
Phillip Jones
Pius Oleskey
Renee Anderson
Renee Lozier
Richard Gonzales
Richard Johnson
Robert Daniels
Robert Lezard

Robert Pierce
Ron Rihs
Russ Rodriguez
Russell Brown
Samantha McGee
Sandra Jurich
Sandra Louie
Shanon Hamilton
Sharon Curley
Shawny Starr
Shyanda Culbertson
Stanley Daniels
Stephan Rincon
Steve Baker
Steve Daniels
Steve Taylor
Sue Aagerup
Teri Starr
Theo Loggins
Tony Benson
Tyson Simmons
Vanessa Hardin
Vicki Watson
Virginia Marquez
Wallie Courville
Wendi Culbertson
Wesly Exum



Sandbags at White River Hatchery



Water rushes over the dam at the White River Hatchery.



Tribal Council members view the damage.



A washed-out road
SUBMITTED PHOTOS

Coos Bay Trip

PHOTOS BY NOREEN MILNE



Seniors Luncheon

PHOTOS BY KATHY CROMBIE



Senior News

Walking in the mornings leave the buildings around 8:30 sign up so we can get an early start.

Elders after Christmas lunch. Our luncheon turned out great again this year thanks for all those who attended. We had approximately 150 plus. Thanks to the casino staff for providing us such a wonderful lunch and all those who attended we really enjoyed your company.

Elder's breakfast. We will be doing our elders breakfast again every other month.

Snow weather. I want to thank all those elders who waited so patiently for the staff here shoveling snow and making sure the walkways had rock salt safely. It was lots of work but your all worth our effort for you and your safety.

Shopping. Christmas shopping and looking at the lights turned out to be a great couple of days. And thank you Vicki for decorating the bus for us. We put on our Santa hats and went out and about before the snow storm hit.

Program assistance. For those of you turning 50ish, we have energy assistance available, also emergency food vouchers for \$75.00 for Safeway. Some requirements do apply. We, here at the senior center can contact the PPW to make sure you have wood for your fireplace.

HAPPY NEW YEAR to all our Elders and Seniors. Let's make it a healthy and safe year for all of you and your families, from the staff here at the senior center.

Human Services Division Update

Happy New Year to all.

It has been a very busy month, and the holidays are over. A lot of exciting things are happening every where.

First to thank the staff and volunteers, Job Corps, and all who helped with shoveling snow and salting senior's driveways and walk ways. There are over 135 senior homes within the boundaries of the reservation and we divided it up in to six areas and boy was it hard work and a lot of fun. **GREAT BIG THANKS TO ALL OF YOU WHO CAME OUT FOR THE TEN DAYS AND DID THIS.**

The Resource Center handed out 550 Thanksgiving Baskets and 475 Christmas Baskets. This is for all tribal members, and then it is opened up to community members after all of the tribal members have received them. I know that they ran out for Thanksgiving and we are sorry for any inconvenience this may have had on you or your family.

The senior's Holiday party was on Dec. 30, 2008. Over 150 attended and it was good to see a lot of people. If you did not get your gift card, please go see Lydia at the senior center to pick up your holiday gift cards that were given out at the dinner. The cards are for Tribal Senior's 50 years of age and older only.

Break-Ins. There continues to be a lot of break in's and thefts of TV's and electronics from Senior's homes. If you have been broke into and have not reported it to the Police, you need to do so. If you think you may be retaliated on for reporting it, you may report it to Silent Witness Tip Line at 253-876-2850.

Care Giver's Workshop. The Care Giver's workshop is set for March 13 – 15, 2009. If you are a Care Giver please contact Lydia at the Senior Center or Julie at ICW to sign up before Feb. 15. Jeff Yellow Owl, and Valerie Seagrest will be our trainers for this session.

Sharon K. Cowley

Human Services Division Director

Thank you! Thank you! Thank you!

When we first learned that we were not going to get support from the State to provide Christmas Gifts for the children placed in relative care, we at MICW, knew we needed to take action. At first, it seemed to be a daunting task. Ideas rushed like a river, and we needed to harness the suggestions and make a plan. The decision to create the "Angel Tree" was made and each staff member of ICW was willing to go the extra mile to ensure that these children would receive a gift for Christmas.

Looking back, I am amazed about how much was accomplished. Without the help of so many, the "Angel Tree" would not have been a reality. I was once told "Sometimes we need to put faith in people around us" and this was a beautiful example on how this 'faith' can work. Each member of ICW was invested in the project from the beginning and worked hard on gathering all of the lists, mailing out "wish" forms, decorating ornaments and delivering the gifts.

Not only did the "Angel Tree" rally ICW staff, but other tribal employees also supported the cause. For this we thank you. Thanks to the children from 'the upstairs daycare class' and their help with decorating the ornaments, Tribal Facilities staff for looking over the Angel Tree in the Phillip Starr Building, and the staff members from the Resource and Senior center for braving the snow and delivering gifts to the different homes two nights before Christmas.

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 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.

From all of us here at the Indian Child Welfare Program, our deepest thanks for all of the support we received in making the "Angel Tree" a success.

SNOW!

PHOTOS BY NOREEN MILNE



Mardee and Leeroy



Christmas Baskets

ELVIS!!!

PHOTOS BY NOREEN MILNE



“Lil Hutch Racer Girl” making a big name for herself



Kari and 1st place trophy

Kari Hutchens, aka “Lil Hutch Racer Girl,” a seven-year-old student at Chickadee Elementary is, in most ways, a pretty typical little girl. She likes to do crafts with her cousins, and she’s always hungry and full of energy.

But then there’s her hobby, which is a bit unusual for such a tiny girl: high-speed indoor quad racing, or four-wheelers as some call them.

Kari is racing her Kimco Quad in Beginner 0-70cc Quad series of the Mickey Faye Indoor Flat Track at the Puyallup Fair Grounds. Her dad, Larry Hutchens, brings her out to the track at least once a month from October until February – sometimes there are two races within a couple of weeks.

Kari loves to go fast and usually finds her way to the front, but she is actually quite modest in her racing. If she is ahead of the group by too much, she’ll slow down and let the others catch up so she can work at passing them again.

This year Kari was in 1st Place for Championship Points, but then she got into an accident in practice where she was spun into a concrete wall and broke her collar bone (Ask her cousin Donald Jerry Jr. – he saw her wreck) and that put her out of commission for two races, so she is now in 2nd place.

Here is the Top 5 for Championship Points:

Colin Wood #86	18	30	19	30	19	30	15	30	191
Kari Hutchens #1	23	26	26	26	30	0		20	151
Stephen Rademacher #66	20		16	23	26	26	11	19	141
Malcolm Harper #45			20	21	23	23	13	26	126
Tristen Broadwell #38	19	21	13					17	70

She’s doing so well that other track operators/racers have asked her to participate in their upcoming racing seasons! We may have quite the circuit racer on our hands.

We want to thank all her Uncles who religiously come out to see her race – Uncle Doug, Uncle Grant, and Uncle Kevin. And a special Thanks to her DAD – who has committed a lot of time and money into all her gear, safety gear, and quad maintenance which allows her to participate in an activity that she loves!! Thanks Hutch!

I wish this Racing Team LUCK for their upcoming races Jan. 31st and Championship on Feb. 21st!!!!

Go FAST! Keep Your LINE!! GO KARI GO!!

For more information on this sport: <http://www.mickeyfaysraces.com/>



Kari after taking 1st place on Nov. 29, 2008



Preparing for practice runs



Dad (Thanks!)



Posing w/her trophy



Kari with all her trophies (one 1st place and three 3rd place)



Practice run



Gearing up



Proud Dad helps Kari get her gear on



Ready to Race



In Line to Race



Kari's broken collar bone picture

Feathered Healing Circle

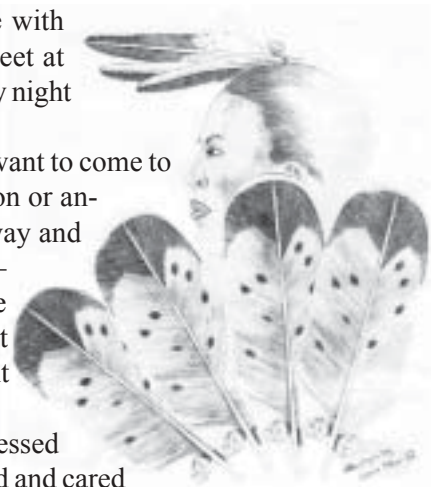
Hello again, Cynthia Lozier here with The Feathered Healing Circle. We meet at the Philip Starr Building every Tuesday night 5-6pm in the Cougar Room.

I want to reach those of you who want to come to one of the meetings, but for one reason or another, something always gets in the way and you don't get to come to a meeting – anywhere. You are having a hard time coping with things the way they are but you can't seem to change anything right now.

I want to reach you – are you depressed because all of the people that you loved and cared for are gone now and you are alone?Are you one of the people who is thinking about... I mean seriously thinking that killing yourself would make your life better?! You are the people that I want to reach. Life is not always a bed of roses, but it is all the way that you look at your life.

The holiday season has just passed, and for some reason we lose so many of our people at that time. It is hard to lose a loved one, and I just want you to know that there are people who love you. Jesus died for all of us before he even knew us, he loved us. Please don't let yourself get depressed... if you find yourself lonely, go to someone's house and just visit for a bit. Go help someone – there is always someone who needs help. Doesn't it make you feel worthwhile when you help someone! Wow! then you look at your life and you find that it really isn't all that bad at all and you actually have a pretty good life.

Please take care of yourself and remember you are loved. Call us anytime Cynthia (253) 218-5209 or Franklin (253) 459-0125.



Judge Family Gregg's Graduation - June 2006



Crow (Papa) Cross & Jared Cross' first Christmas 2008



Cedar, Rosy Fish & Jared Cross



George Cross, Jimmy Cross, Mitzi Cross-Judge, Gary Cross, Rosette Cross, Gerald, Christmas 2008



Most of the Cross Family at Christmas 2008

SUBMITTED PHOTOS

Marlee Jo Rodarte

PHOTOS BY ROSEANNA NELSON



MOBILE COMMAND CENTER

Last Mile Networks visited Muckleshoot recently to showcase its impressive mobile command vehicle, which is outfitted with the latest technology and capable of handling any type of disaster or emergency situation.

PHOTOS BY JOHN LOFTUS

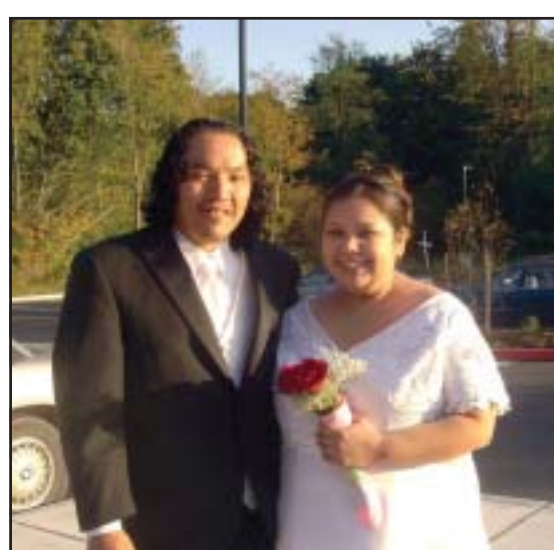


PHOTO BY JOHN LOFTUS

Jeannette Aasted sponsored a pow-wow and naming ceremony in the tribal gym on January 11, 2009. The proud mom gave her daughter, Irene Jimmy, the name “Princess Running Fawn.”

Pete & Val Daniels Wedding

Muckleshoot Pentecostal Church ~ October 10, 2008



Raelynn Kicking Woman / Errol Jensen Wedding

PHOTOS BY KATHY CROMBIE



BELATED...

Staff Holiday Party

January 23, 2009, Muckleshoot Pentecostal Church

PHOTOS BY JOHN LOFTUS



MIT's ANNUAL

Legislative Reception

The Muckleshoot Tribal Council again hosted local and state elected officials at its annual Legislative Reception in early December. Dozens of top elected officials from all levels of government enjoyed good company and a fine meal. Emcee for the night was public television's Enrique Cerna, and speakers included renowned newspaper columnist Joel Connelly and author/journalist Timothy Egan.

PHOTOS BY JOHN LOFTUS



Keynote speaker, author-journalist Timothy Egan



MIT Police Chief Jon Loye and King County Sheriff Sue Rahr



Emcee Enrique Cerna



Dennis Anderson Sr. and Shellee Baker



Marie Starr



Lyn Dennis and King County Executive Ron Sims



Marcie Elkins, Betsy Bargala and Virgil Spencer



Virginia Cross

Governor Christine Gregoire's

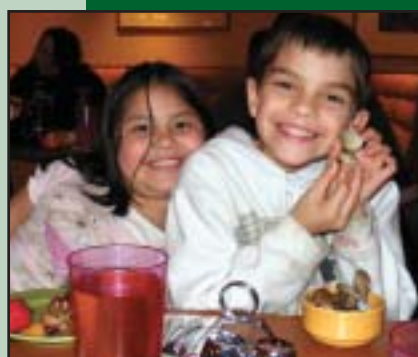
Inaugural Ball

PHOTOS BY ROSETTE CROSS



Canoe Family Dinner

PHOTOS BY KATHY CROMBIE



Skagit elder Vi Hilbert passes on



Vi Hilbert

LA CONNER, Wash. – Vi Hilbert's family-submitted obituary was humble, just like her, describing her simply as a story-teller and language teacher. But she was so much more.

Hilbert, whose Skagit name was taq se blu, devoted her adult life to the preservation of Coast Salish culture and the Lushootseed language – a language she once described as “the most beautiful language in the world.”

She founded the Lushootseed Research Center in Seattle and taught at the University of Washington and at Evergreen State College. She co-wrote Lushootseed dictionaries and grammars, and published books of place names, stories and teachings related to her native region, Puget Sound. She was named a Washington State Living Treasure in 1989, and received a National Heritage Fellowship from the National Endowment of the Arts, presented by President Bill Clinton, in 1994.

She recorded albums of songs and stories with Coast Salish storyteller Johnny Moses, and commissioned a symphony, titled “The Healing Heart of the First People of this Land,” which was performed in Seattle's Benaroya Hall in May 2006. The composition was inspired by the melody and rhythm of traditional songs and included spoken words in Lushootseed.

She was the subject of a documentary in 1995, “Traditions of the Heart.” She received an honorary doctorate from the University of Washington.

Hilbert passed away Dec. 19 in her home in La Conner. She was 90. A wake was scheduled Dec. 26 and the funeral service was scheduled Dec. 27, both in the Upper Skagit Gym.

She was born to Charlie and Louise Anderson July 24, 1918 near Lyman, Wash., on the Upper Skagit River. Her father was a fisherman, a logger and a canoe carver whose canoe, the Question Mark, is housed in the Smithsonian. She grew up listening to her parents speak Lushootseed.

She was the only child of eight to survive, a fact that instilled in her a sense that her life had a purpose. Her parents encouraged her education, and she attended Chemawa Indian Boarding School in Salem, Ore., and then transferred to Franklin High School near Portland, working as a domestic to support herself.

“They wanted her to be safe,” Hilbert's daughter, Lois Schluter, said. “They thought if she got away from here and learned about the world of the majority culture here, she could learn the skills she'd need to survive in that world.”

Those skills would be put to use. In 1936, she married Percy Woodcock and they lived in Taholah, on the Quinalt reservation. There, she ran a cafe. Her first child, Denny, was born in 1937; her daughter, Lois, was born in 1938. After Denny died of meningitis in 1940, Vi and Percy Woodcock separated and Vi moved to Nooksack to live with her parents. There, she worked in a pear cannery in Everson and then in a cafe in Bellingham.

She married Bob Coy in 1942 at Tulalip; their son, Ron, was born in 1943. When that marriage ended in divorce, she worked as a stock clerk in a grocery store, then as a package wrapper in a Danish cookie bakery, to support her children. She trained to do electrical welding and became a “Rosie the Riveter” at Todd's Pacific Shipyards during the war. When the war ended, she waited tables at a Chinese restaurant in south Tacoma.

She married Don Hilbert in 1945 and they lived in south Seattle until 2003, when they moved to Bow, in the heart of Skagit country. She worked in a food wagon at Boeing and took classes to become a secretary at Children's Orthopedic Hospital in Seattle. She later went to beauty school and opened a beauty salon in her home.

In 1967, she met Dr. Thom Hess, a linguist who was collecting information on the Lushootseed language. He introduced her to the International Phonetic Alphabet, a set of symbols intended as a universal system for transcribing speech sounds.

“She seemed intrigued by the fact that there was a system for spelling the language which had a symbol for every sound, and she was definitely interested when I told her that she could learn to read and write it in a month or less (which she later did),” Hess told author Janet Yoder in the book, “Writings about Vi Hilbert by Her Friends.”

Hess and Hilbert worked together recording stories and producing dictionaries, grammars and books of place names, stories and teachings.

Hilbert saw the writing of the Lushootseed language, songs and stories – since time immemorial handed down orally – as vital to the survival of her culture. She also saw it as a way to share Coast Salish teachings on compassion and respect. She believed sharing would build bridges of understanding between cultures and would bring healing to a hurting world.

Petite at 5 feet, 2 inches, Hilbert could seem larger than life in her unwavering pursuit of what was right. She preferred “First Peoples” to “Indians,” saying that the former was an accurate description of the original inhabitants of this land. After she raised money to support the commissioning of her symphony, she said she succeeded “because I'm a bossy old lady.”

But she was also gracious, surrounded by admirers who were drawn to her by her compassion, her encouraging words and her sense of social justice. “She treated everybody the same and shared with everybody,” Samish Chairman Tom Wooten said. “She treated everybody fairly and honorably.”

Remembrances have come to the family from near and far; Schluter said she has had calls and e-mails from as far away as New York and Puerto Rico. Sue Charles, a Lower Elwha Klallam journalist, called Hilbert “a true model of strength, gentleness, humility and grace.”

“We remember her fondly as an educator, storyteller, historian, preserver of the language and culture, honored elder and friend,” Charles wrote in an e-mail. “She will be greatly missed in all the tribal communities. We love and admire Vi, and that could never change. Our prayers go out for her family and all our people during this time of loss.”

“We will miss you. Thank you for all that you have taught us and shared with us about our ancestors,” Laurie Cepa, Tulalip, wrote in an Online guest book hosted by Hawthorne Funeral Home in Mount Vernon. “Your words and translations will always be of great value in my heart. You have taught me things about my relatives that I would have never known if it were not for you. My hands go up to you.”

Hilbert was preceded in death by her parents, Louise Jimmy and Charlie Anderson; her husband, Henry Don Hilbert; her sons, Denny Woodcock and Ron Hilbert-Coy.

She is survived by her daughter, Lois Schluter and her husband, Walter; grandson, Jay Samson and his wife, Bedelia; granddaughter, Jill La Pointe and her husband, John; great-grandchildren, Sasha, Beau, Shain and Stacy La Pointe, Jermaine Wade, Damas and Lillian Samson; great-great-grandchildren, Oryian, Skyler and Shawn La Pointe. She is also survived by countless friends, colleagues and adopted relations.

(Many thanks to Indian County Today for this story, and to its author, correspondent Richard Walker.)

FIRST TEAMS

MUCKLESHOOT ALL INDIAN MEN'S BASKETBALL TOURNAMENT
6FT & UNDER PLUS ONE OVER
February 20th, 21st and 22nd, 2009

- 1st Place - Leather Sleeve Jackets
- 2nd Place- Jackets
- 3rd Place- Hooded Sweatshirts
- 4th Place- Sweatshirts

1 (one) All Star Per Team, MVP, Mr. Hustle, & 3 Point

One Game Championship

ENTRY FEE: \$350.00

Entry Fee must be paid in full by first game

NO PERSONAL CHECKS

NO EXCEPTIONS

Make checks payable to the

Muckleshoot Indian Tribe

For more information contact

Bill Anderson @ (253)261-1765

Pauline Leazrd @ (253) 261-1767 or (253)876-2924

Tabitha Baker @ (253)876-2923

Not responsible for any thief or any injury during the tournament

End of Season Salmon Dinner
Friday, February 27, 2009
3 PM
Pentecostal Church

Speed Skating!

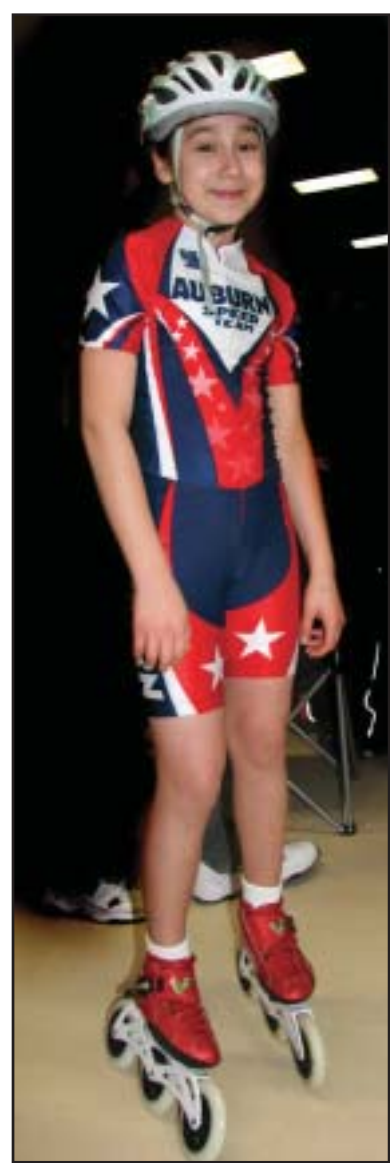
PHOTOS BY JOHN LOFTUS



Alyssa Jerry and Chanteya Hicks



Andrew Simmons with his mom, Joylene



National Champion Shianna Moses



Derek Hicks, Frankie Lezard and Kalea Mae Lezard



Shianna skating on the lead



Grandma Pauline with Kalea



Alyssa Jerry

So long, Spooks – we'll sure miss you

He appeared at the Legal building one day in the spring of 2008. He was very shy and wary of people, keeping his distance. We noticed him right away – a big, black chow with deep brown eyes. Someone said his mother was hit by a car on the highway when he was a pup and he'd been an orphan ever since. He had no home, somehow managing to fend for himself.

Like an elusive shadow, Spooks kept his distance for a long time. A loner when he first showed up on campus, he was extremely shy, fearful and afraid. It took awhile, but after some patience and coaxing, and probably because he was so hungry, he would stretch way out to take a biscuit from our hands. We were all so excited to see that he was beginning to warm up to us.

It became apparent that he was depending on us to feed him (not knowing of course that this clever pooch made his rounds to the Tribal School and the Elders for meals too). So between a number of us, we brought biscuits, leftovers, and scraps from The Kettle in Enumclaw and he was getting regular meals.

He became a regular fixture and knew what time we arrived at the office and would be dutifully waiting for us. He and his buddy, Harley, would come trotting across the parking lot, ears flat, tails wagging furiously, and eyes sparkling with joy looking for their breakfast. He finally allowed us to scratch his ears and pat his head. We were even treated to an occasional belly scratch if he was too lazy to get up off the ground.

Sadly, Harley was the first to disappear. It was during the week-long snow storm. We don't know what happened to him, but we just haven't seen him since. Harley really had an owner and home (Jeanette Morrison), but he and Spooks were buddies, so he hung out at the legal office too.

Jeanette and I had this little fun feud going where she would come to the police office to report Harley as a runaway or accuse me of dog-napping, but then I would tease her in return that she would be getting Tribal Court papers for custody and a name change.

When I showed up at the office one Wednesday morning Spooks was there as usual, waiting. He looked up at her, wagging his tail as she filled the dog dish. "What do you think this is – breakfast in bed?" Sue said when Spooks didn't get up to eat.

It was only when he began struggling to get to his feet that she realized that his hind leg was badly injured. He must've been hit by a car, and then managed to drag himself all that way to the Legal Building where he knew his friends would find him.

With never so much as having a collar on, it was a challenge to get him to a vet. We called on our good friend Tom Harris from KC Animal Control, who was so kind to come out and snare Spooks and transport him to Country Animal in Enumclaw. Spooks was sedated so the doctor could examine him. The news wasn't good. Both leg bones were severely broken.

The choices were few and expensive, but the most challenging was rehabilitation.

Spooks was a free spirit. Alpha. Proud. Strong. Beautiful. He would not have wanted anyone to assist him with walking, or being kenneled. It wasn't his "style."

The choice was made to euthanize, and I must say that although it was sad to see him go, it was good to finally hug on him, pet him from head to tail, clean his eyes, and comfort him. Spooks went peacefully to sleep.

This big black dog quietly captured our hearts and just as quietly departed our company. All of us who loved him every day shall forever remember his big black paw print on our hearts and he'll be dearly missed. Spooks and Harley are somewhere in doggy heaven together. Warm and dry. Not hungry. And they know they were loved.....

This story was a collaboration by his dear friends, Sheriff Sue, Shannon Jurpik and Dhyan Story



Harley

2009 5th Annual

D.A.S. MEN'S ALL-INDIAN BASKETBALL TOURNAMENT 6 FT & UNDER PLUS 1

Muckleshoot Tribal Gymnasium

12 teams - 10 players per team w/coach
 Double elim. - \$350 entry fee – \$175 dep. required before 3-13-09
 Tribal ID required
 1st Place – Letterman jackets
 2nd, 3rd, 4th places
 MVP, Sharpshooter, Mr. Hustle, Sportsmanship, All Stars

March 27, 28, & 29, 2009

CONTACT INFO:

Lenny Sneatlum	253-740-6870	Logan Sneatlum	253-797-7319
Sheryl Sneatlum	253-266-8910	Liz Sneatlum	360-876-4011
Dawn Sneatlum	253-261-4381	Lisa Sneatlum	253-876-3325

Make Checks to (no personal checks):

Leonard J. Sneatlum
 17320 SE 387th Place
 Auburn, WA 98092



Not responsible for any loss, injuries, on premises. Players and fans assume all responsibility of securing their property, as well as health and safety concerns.



Happy birthday to
"Papa" Joe Lewis!

January 27, 2009

Love,

Mardee



Starr bunch



Kendra Bean & Carl Starr



Lyena, Leona, Kenneth

Happy Birthday!

Want to wish my handsome, sweetheart nephews a very happy birthday:

- Talyn Joseph "2" - Feb. 6th
- Desmond Louie "6" - Feb. 7th
- Neleo Raymond "7" - Feb. 8th
- Dakota Edmond "8" - Feb. 24th

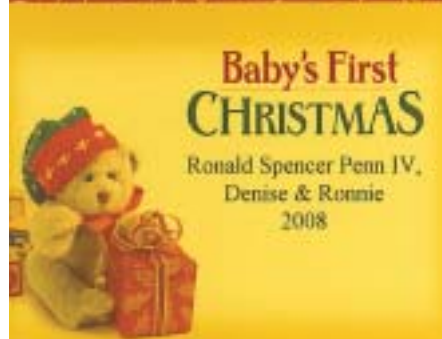
We love you very, very much and wish you everything that you want and to live long, happy, fulfilling lives.

Lotsa Love & Kisses & Hugs,

Uncle Rich, Auntie Lisa, Tamara, Teya, Shaughnessi, Dayton, & Daymen



Tamicka Elkins



Happy Birthday!

Happy 8th Birthday Rosalie Louise

February 24th

We love watching you grow!
We all love you very much,

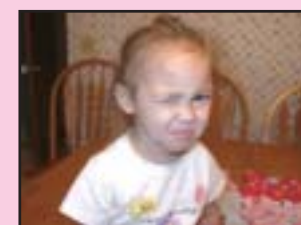
Big Papa and Big Grandma (Crow and Rose Cross)

Little Papa (Bobby Judge)

Little Grandma and Nick (Mitzi Judge and Nick Johnny)

Uncle Gregg, Mom (Autumn Judge), Clinton and Cedar

And the rest of your family



Happy Birthday!

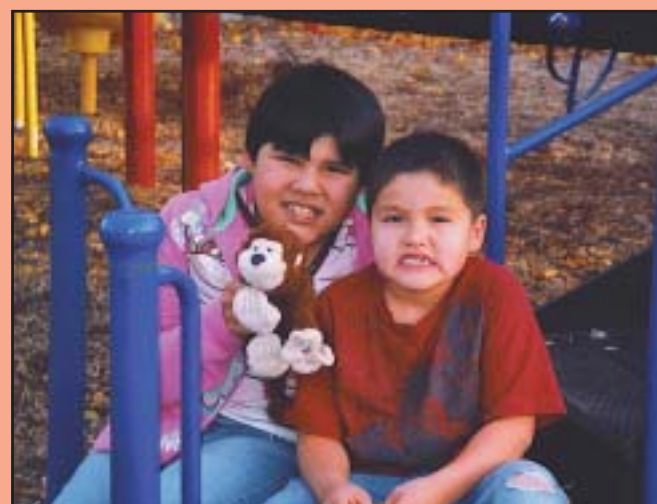
Happy Birthday to Logan & Lenny & Kiz Sneatum

Love,
Lisa, Martin, Sarah, Janice & Boys

Happy 2nd Birthday to our son
Westin Alan Sam!

Love always,
Mom-(Maggie) and Dad-(Nelson)

Happy Birthday!



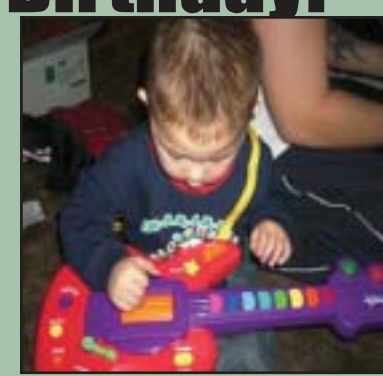
February 2, 2009- Happy 7th Birthday Sean Elkins
Love Auntie Lisa

February 11, 2009-Happy 10th Birthday Arlissa "Bunny" Thunder.
Love you Mom



January 6, 2009, Happy 20th Birthday Darren James Redthunder
"babe" & Daria Thunder 7th - Love Mom

Hanny Birthday!



Happy 2nd Birthday Mikey Jr.
Your growing up to fast! We love you!

love, Mom, Dad and your brothers!

Thank You!

A BIG THANK YOU TO KEY BANK AND ITS CUSTOMERS FOR BLESSING ONE OF OUR COMMUNITY FAMILIES AT XMAS.

A SPECIAL THANK YOU TO CONNIE BYERS AND HER STAFF AT THE FOREST VILLA BRANCH.

THE LOOK ON EACH KID'S FACE EXPLAINED THE SPIRIT OF XMAS AND WHAT GIVING AND LOVING IS.

I WOULD NOT HAVE MISSED IT FOR THE WORLD.

Ama



Sandra & Norman Williams boys
Carl Starr-Williams, Charles Starr



Happy 3rd Birthday Carl!! *Love Mom, Dad and Charlie*



Muckleshoot tribal member Jerry Sloppy is shown here with his darling baby daughter, Elizabeth. She was born July 7, 2008, weighing seven pounds and measuring 20 inches. Her grandparents are Carolyn and Jerry Sloppy, and all reside in Oakville, Wash.

SUBMITTED PHOTO



BURGLARY PREVENTION

With the recent rash of burglaries I've been asked, "What can I do so it doesn't happen to me"? While there is no 100% guarantee, I can offer suggestions to reduce the chances of becoming a victim.

When you are at home:

- Use deadbolt locks on all exterior doors and keep them locked.
- Protect windows and sliding glass doors with good locks and window dowels. You can take measurements of the inside track and go to a local hardware store to have the wooden dowels cut. This is very inexpensive.
- Make sure to engrave your property. I have engravers at the office available for check out (Housing also has 1). I can show you the correct ways to mark your property.
- Keep an inventory of your items. I have forms for that as well.
- Call your insurance company for a quote on Renters Insurance. There is a misconception that insurance is expensive. I've called around and some companies will insure your property up to \$25,000 for only \$6 per month. It doesn't hurt to get a free quote and may save you in the long run.
- Do not open your door to a stranger. If they say it's an emergency, let them know *you* will call 911 for them.
- If you see something suspicious call 911 immediately. If in doubt, make the call and let us investigate.
- Get to know your neighbors.
- When you purchase a new item, dispose of the cardboard at a different location. Criminals pay attention to what you are throwing out and will make a list of it and strike at a later time.

I'm also available for Residential Surveys. That involves me coming to your home and checking the locks, lights, landscape, etc.

All of us are dedicated to providing a safer community for all, but we need your help! Take a proactive roll.

Deputy Ron Riehs
TIP Line
253-876-3246
253-876-2850

EMERGENCY: 911

OFFICE PHONE NUMBERS
Muckleshoot Police/King County
Mon-Fri 8:00-4:00
253-876-3246

Auburn Police
Mon-Fri 9:00-5:00
253-931-3080

Silent Witness
(Anonymous Tip line): 253-876-2850

Drop a line...

Jodie Lee Moses DOC # 321756 / Unit C302L
MCC - MSU
PO Box 7001
16700 177 Ave SE
Monroe, WA 98272

Michael Gulla Jr. DOC# 315728
Clallam Bay Correction Center
1830 Eagle Crest Way
Clallam Bay, WA 98326-9723

TAX PREPARATION AT PHILIP STARR BUILDING

H&R Block has opened an office in the Philip Starr Building to prepare Tribal Members' and Tribal employees' Federal tax returns.

The office hours are: 9:00 am to 5:00 pm, Monday through Saturday

The office telephone number will be 253.876.3240

Tribal Council has approved the following for you:

- The Tribe will pay for a typical tax return (a cost of \$144.00 for Tribal Member households). NOTE: This is a taxable benefit to Tribal Members

- Reimbursement up to \$144.00 if Tribal Member has already filed their 2008 tax return at another H&R Block location, or tax preparer. Just bring in the receipt to Sandra Jurich in Finance. NOTE: This is a taxable benefit to Tribal Members

- \$25 discount for all Tribal employees. (If you are an enrolled Muckleshoot member, you do not need a coupon as your tax return is paid for by the Tribe.)

Squaxin Island Tribe Presents the 2nd Annual
SA'HEH'WA'MISH DAYS
Contest Pow Wow
Little Creek Casino Resort • Shelton, WA • Feb 21 & 22, 2009
Grand Entry Times • Saturday at 1pm & Sunday at Noon

OVER \$28,000 IN PRIZES

- Drum Contest (1st \$4,000 • 2nd \$3,000 • 3rd \$2,000)
- Dance Competitions • Prize Money for 1st, 2nd and 3rd Places
 - Golden Age (1st \$500 • 2nd \$400 • 3rd \$300)
 - Adult 18-49 (1st \$500 • 2nd \$400 • 3rd \$300)
 - Women Fancy, Women Jingle & Women Traditional
 - Men Fancy, Men Grass & Men Traditional
 - Teens 13-17 (1st \$250 • 2nd \$200 • 3rd \$100)
 - Girl Fancy, Girl Jingle & Girl Traditional
 - Boy Fancy, Boy Grass & Boy Traditional
 - Children 7-12 (1st \$125 • 2nd \$100 • 3rd \$75)
 - Girl Fancy, Girl Jingle & Girl Traditional
 - Boy Fancy, Boy Grass & Boy Traditional
 - Tiny Tots (paid for each session)

Master of Ceremony - Roy Frerking (Shelton)
Award Director - Sonny Eagle (Shelton)

Little Creek Casino Resort

Limited vendor space available (\$150/space) Contact Darlene Kriss: 360-427-3027

Pow Wow Hotel Rates (tax applies): Fri & Sat \$60 • Sun \$87 • Call: 1-800-867-7711 or 360-427-7711
Drug and alcohol free event. Not liable for theft, accident, loss, injury or damage to personal property.
41 W State Route 100, Shelton, WA 98586

Employee of the Month

Gail Larsen, Fisheries

Gail Larsen was chosen by her peers as "Employee of the Month" for Fisheries. Gail is a Biologist at our Keta Creek Hatchery and is one of our most valuable employees - in addition to working towards securing fish production at Keta, she is also Dennis Moore's right hand for the fish derbies. Here are some comments Gail's fellow employees shared about her:



Gail Larsen

"Gail always goes beyond what we expect from anyone in job performance, attendance, and community service, and reflects highly in Fisheries"

"Gail is very versatile and does a wonderful job with the derbies"
"Gail's work ethic, dedication and hard work are good examples for others to follow"

Happy 60th Birthday Dennis Anderson Sr.!

PHOTOS BY KATHY CROMBIE



2009 Per Capita Deadlines and Schedules

February 27, 2009	Enrollment Cut Off Date for June 2009 Per Capita's
March 3, 2009	Per Capita Distribution
March 4, 2009	Per Capita Distribution
March 5, 2009	Per Capita Distribution
March 31, 2009	Deadline - New Direct Deposits Must Be In
April 10, 2009	Deadline for Information to be in from Programs - (Enrollment, ICW, Hsg., Loan, Hunting, Etc.)
May 15, 2009	Deadline to stop taking any changes for members currently with Direct Deposits
May 29, 2008	Enrollment Cut Off Date for September 2009 Per Capita's
June 2, 2009	Per Capita Distribution
June 3, 2009	Per Capita Distribution
June 4, 2009	Per Capita Distribution
June 30, 2009	Deadline - New Direct Deposits Must Be In
July 10, 2009	Deadline for Information to be in from Programs - (Enrollment, ICW, Hsg., Loan, Hunting, Etc.)
August 14, 2009	Deadline to stop taking any changes for members currently with Direct Deposits
August 31, 2009	Enrollment Cut Off Date for December 2009 Per Capita's
September 1, 2009	Per Capita Distribution
September 2, 2009	Per Capita Distribution
September 3, 2009	Per Capita Distribution
September 30, 2009	Deadline - New Direct Deposits Must Be In
October 9, 2009	Deadline for Information to be in from Programs - (Enrollment, ICW, Hsg., Loan, Hunting, Etc.)
November 13, 2009	Deadline to stop taking any changes for members currently with Direct Deposits
November 30, 2009	Enrollment Cut Off Date for March 2010 Per Capita's
December 1, 2009	Per Capita Distribution
December 2, 2009	Per Capita Distribution
December 3, 2009	Per Capita Distribution
December 31, 2009	Deadline - New Direct Deposits Must Be In

**UPCOMING EVENTS AT THE
Muckleshoot Library**

Songs and Stories of the Coast Salish Peoples – All Ages
Thursday, February 19, 4:00pm
Join Che ok'ten of the Vancouver Island Saanich tribe as he interweaves his Native American flute music, singing and drumming with traditional stories of the Coast Salish peoples.

Tales and Tunes Story Time – All Ages
Wednesdays March 4, 11, 18 at 11:00am
Please join us for stories, sing-alongs and other fun activities!



Muckleshoot King County Library Hours
Monday-Thursday 10am-9pm
Friday 10am-6pm
Saturday 10am-5pm



Muckleshoot King County Library Hours
Monday-Thursday 10am-9pm
Friday 10am-6pm
Saturday 10am-5pm

**Wild Waves
Season Passes**

**First 300 enrolled tribal children.
One pass per child.**

Will come out of Activities Funding, as long as your child has funding available.

You will be able to pick up at the Recreation office.

****Please remember to have a completed activities application at the time of pick up. ****

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

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



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

MUCKLESHOOT TRIBAL ENROLLMENT

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

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

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

Have you ever considered a career in
gaming regulation?

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



MUCKLESHOOT CASINO IS NOW HIRING!

- Baker,
- Sous Chef,
- Room Chef,
- IT Technician I,
- Keno Writer,
- Emergency Medical Tech. (EMT),
- Training and Dev. Asst. (Clerk III).



Muckleshoot Casino offers excellent compensation and benefit packages. For more info: www.MuckleshootCasino.com



CANDICE Special Projects Coordinator
Muckleshoot Casino Team Member since 2005



November 18, 2008

Dear Muckleshoot Tribal Members:

Around the beginning of this month many Muckleshoot Tribal Members received a letter from the Casino's Human Resources Department regarding our current position openings and encouraging them to apply. We apologize to those of you who did not receive this letter and want all Tribal Members to know your application for employment is always welcome and very important to us.

Please take the time to review the list below of our current openings and keep an eye on our website at www.muckleshootcasino.com/employment or call our job line at 800-804-4944 (ask for the JOB LINE) or have a look at the job boards located outside of the casino's Human Resources Office (also located at Bingo Hall, and The Tribal HR offices) for up to the minute openings. Our website and job boards have complete details on the requirements for each position.

Employment applications are available on the website or in the Human Resources Office. Our Office hours are Monday, Tuesday, and Wednesday 9a.m. to 6p.m., Thursdays 9a.m. to 9p.m., and Friday's 9a.m. to 5p.m. For the positions that require testing you will need to complete the test at the time you drop off your application, so please allow a little extra time to complete the test.

We look forward to assisting you with your employment needs and welcoming you to the TEAM. If you have any questions please call Millicent Thompson, Employment Services Manager or Suzanne Brownrigg, Employment Manager at 253-929-5128.

Current Openings

Baker, Sous Chef, Room Chef, IT Technician I, Keno Writer, Emergency Medical Tech. (EMT), Training and Development Assistant (Clerk III).

WANTED:

Continuing Education Instructors

Muckleshoot Tribal College is interested in hiring part-time, temporary instructors to teach continuing education classes in the areas of culture and professional development.

Please submit a class proposal, resume, and proposed time/dates for class sessions. Evening and weekend classes are preferred. All applicants must have a current Washington State Business License to apply.

Compensation: Negotiable depending on the length and nature of the class. Please submit an initial cost summary along with your class proposal.

Contact: Mitzi Cross-Judge, Continuing Education Coordinator
Phone: 253-876-3395 — **Fax:** 253-876-3395
Mitzi.judge@muckleshoot.nsn.us

JOBS! JOBS! JOBS!

Attention ALL Enrolled Tribal Members!

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

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

EVENTS CALENDAR

February 20-22 Men's All-Indian Basketball Tournament, 6-feet and under plus one. \$350 entry, first 12 teams. Many prizes. Info: Bill Anderson, 253-261-1765; Pauline Lezard, 253-261-1767 or 253-876-2924; or Tabitha Baker 253-876-2923.

February 20-22 CERT TRAINING, Community Emergency Response Team training will be held February 20, 21, and 22 from 9am to 5pm in the Cougar Room in the Philip Starr Building. If you are interested please contact Shanon Hamilton by email: shanon.hamilton@muckleshoot.nsn.us, or call 253-876-3247 to sign up.

February 23 MCDC Grandparents & Elders Luncheon, 11am-12 noon @Muckleshoot Child Development Center

February 27 End of Season Salmon Dinner. Pentecostal Church, 3:00p-6:00pm; Performances by the Muckleshoot Canoe Family and youth from the Muckleshoot Tribal School; Tribal Community welcome

February 27 & March 27 Alfreda Eva Ross Memorial - Philip Starr Bldg. Cougar Room at 11AM. Watch for announcements

March 6 Construction Trade Fair - Philip Starr Bldg. 9am - 2pm. Contact Angelica Wellman 253-816-3282

March 27, 28 & 29 2009 5th Annual D.A.S. Men's All-Indian Basketball Tournament. Muckleshoot Tribal Gymnasium. Contact Lenny Sneatlum at 253-740-6870 for more info.

****IMPORTANT ENROLLMENT INFORMATION****

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

ABSOLUTELY NO EXCEPTIONS!

MUCKLESHOOT TRIBAL MEMBER'S AND DESCENDANTS

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

A completed file includes; (but isn't limited to)

- ♦ A completed application (signed by both parents if both parents are included on the birth certificate)
- ♦ An original certified birth certificate (No copies! Enrollment department staff is required to make the copies. Also please keep in mind that if the father is Muckleshoot in order to utilize his bloodline he needs to be on the birth record. Absolutely no exceptions)
- ♦ An original Social Security Card (All documents must match!)

Other document(s) that may be required;

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

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

Reminder of Enrollment Ordinance changes

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

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

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

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

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

Drop-In Center looks forward to a great year in 2009

Submitted Photos

The Muckleshoot Drop-In Center hosted a New Year's Bash on December 31, 2008 to celebrate the 2009 New Year with the Muckleshoot youth and young adults. The Drop-In Center would like to thank all the participants who attended this event for allowing the Drop-In Center staff to spend their New Year's with them. The Drop-In Center would like to make the New Year's Bash a permanent event to provide a safe environment for the youth and young adults to promote a sober and healthy lifestyle.

The Drop-In Center is reaching its one year anniversary and would like to give special thanks to our Drop-In Center participants, Executive Management, Education Division professionals, Executive Education Committee, Indian Child Welfare and Muckleshoot Behavioral Health Program staff.

This past year has been a challenging but exciting year. Implementing a new program to address the needs of a high risk population can be a difficult task. The Drop-In Center is not just focused on assisting the high risk youth, but all youth who need additional support to maintain a healthy lifestyle.

The Drop-In Centers goals for the 2009 service year are the following:

- Efficient guidelines to provide best practices to the youth who utilize the Drop-In Center;
- Provide advocacy and mediation services for high risk adolescents and young adults which fall in the gray areas of systematical procedures;
- Increase the Native American youth's knowledge on their civil rights and educate them on political topics through group process.

In order to meet our first goal, the Drop-In Center will be administering participation packets to all parents/guardians of the youth who utilize the Drop-In Center. The purpose of these packets is to ensure that the professionals working with the youth have essential information to provide excellent services.

The packet will give the parents an opportunity to instruct the Drop-In Center staff of their expectations in the event a medical emergency or crisis while the participant is at the Muckleshoot Drop-In Center. The Drop-In Center participation packets need to be submitted to the Drop-In Center by April of 2009.

In the event the youth does not have a packet on file, the Drop-In Center staff will begin doing outreaches to the participant's home to get the packets completed before the summer of 2009. The Drop-In Center's participation increases during the summer and the Drop-In Center staff is dedicated to providing quality, efficient and safe services to youth and young adults of the Muckleshoot community.

It has been a pleasure working with the youth and the Drop-In Center professionals look forward to continuing to provide quality services to your family.

Please feel free to contact the Muckleshoot Drop-In Center staff with any questions or concerns regarding the participation packets@ (253)876-2853.

Respectfully,
Drop-In Center Team

