



Muckleshoot MONTHLY



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MARCH 15, 2010



MIT Health and Wellness Center Receives National Accreditation

Muckleshoot Health and Wellness Center has achieved accreditation by the Accreditation Association for Ambulatory Health Care (AAAHC/Accreditation Association). Accreditation distinguishes this facility from many other facilities by providing a safe work environment and the highest quality of care to patients.

Status as an accredited organization means Muckleshoot Health and Wellness Center has met nationally recognized standards for the provision of quality health care, set by the Accreditation Association. More than 4,500 ambulatory health care organizations across the United States are accredited by AAAHC. Not all ambulatory health care organizations seek accreditation; not all undergoing the on-site survey are granted accreditation.

When you see our certificate of accreditation, you will know that the AAAHC, an independent, not-for-profit organization, has closely examined our facility and procedures. It means that we as an organization care enough about our patients to strive for the highest care possible.

Ambulatory health care organizations seeking accreditation by the AAAHC undergo an extensive self-assessment and on-site surveys by the Accreditation Association's expert surveyors – volunteer physicians, nurses and administrators who are actively involved in ambulatory health care. The survey is consultative and educational, presenting best practices to help an organization improve its care and services.

AAAHC accreditation is specifically for organizations that provide diagnostic or medical care on an outpatient basis – where an overnight stay would not be required. Among the types of ambulatory health care organizations that can seek AAAHC accreditation are ambulatory and office-based surgery centers, single and multi-specialty group practices, college health centers, dental group practices, community health centers, occupational health centers and managed care organizations.

A TIME FOR HEALING

For Kerri Marquez, it was something that seemed to grow naturally out of her family's efforts to help her big brother, Gene Brown, to recover after sustaining a serious head injury in an automobile accident in the Philippines.

For Pete Jerry, who proudly bears the name of Buc-Slah, it was triggered by the realization that everyone gathers at sad times – particularly funerals. Why can't we all come together at other times, he wondered, just to be there for one another – to care, to share, to heal?

For Pastor Kenny Williams, it was an opportunity to share the grand and beautiful church that he and wife Charlotte operate – another way to further their mission of service to the community.

Although each of them has played a key role in the Saturday afternoon gatherings informally known as *Healing Dinners*, they are but three of many. They got the ball rolling, but it's the community itself that has brought the idea to fruition.

Although the origins of the Saturday dinners are as diverse as the community itself, they all have a single common purpose: healing the hearts, minds, bodies and spirits of those who come together in fellowship, sharing and caring.

Kerri remembers how they were trying to heal her brother, to get him emotionally and physically stable, after he was airlifted home from the Philippines.

"We kept having different spiritual help coming to his home," Kerri recalls. "The smokehouse people had a few ceremonies there, and Pete Jerry would always say that we need to have Healing Dinners."

They talked about it among their family, and decided to start having dinners on the second Saturday of every month.

"We wanted to have them," she says, "because it was not only healing for my brother, but for everybody in the community."

"I know that a lot of our elders talk about bringing back our old traditions," she adds. "They talk about how they used to sit around and talk and socialize, and how we didn't have TVs, or computers, or cell phones, or texts, or e-mails."

Instead, she says, people used to just sit around and socialize, share, and learn from one another.

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M-U-C-K-L-E-S-H-O-O-T!

Go Kings!

By Tim Tubbs, MTS Athletic Director

Muckleshoot is on the map. The MTS Kings ended their run on Friday evening, February 19, losing to Lopez Island 49-58, but not without placing the Muckleshoot name into the minds of schools, players, and communities throughout Western Washington.

The journey started in mid-November with a handful (or less at times) of "rez-ballers" that by February managed to double in squad size and more than double in effort and commitment.

They discovered the value of being teammates who share a couple hours of practice time together every day and then share the same uniform a couple times a week at games, with diminished regard for the amount of individual playing time or points scored.

On the contrary, high regard was placed on representing yourself, your school and your community with respect and dignity. Those are the conditions, meshed with their personal skill and talent, that placed Muckleshoot into the winner - to-state game that Friday.

Muckleshoot can claim a long list of victories. Each player has a page worth of victories that I challenge one to read without a box of Kleenex nearby. The list of obstacles faced by players and coaches is well beyond one page – each one overcome through support of one another and leaving no one to stand alone.

The Muckleshoot team is a big one. Winning is difficult and requires the support of a very large team. Families, staff, fellow students, and the Muckleshoot Indian Tribe all participated in the success, and rightfully so.

The family even extended to a particular Lummi fan who proudly wore our green Muckleshoot t-shirt during our game against Lummi Nation.

We all have important roles to play, which grants us the privilege to share in the particular success of the 2009-10 Muckleshoot Kings Boys Basketball Team. Congratulations and thanks to you.

Go Kings!



MUCKLESHOOT KINGS VARSITY SQUAD 2009-10: Assistant Coach Lonnie Hall, Sampson Sam, Chris Marquard, Kaleb Williams, Stacey Sam, Nate Wooster, Ryan Oldman, Antonio Cabanas, Preston Brown, Silas Miller, Celilo Andy, Head Coach Bill Hawk.

MUCKLESHOOT KINGS TEAM ROSTER

2009 - 10 Boys Varsity Basketball ~ Head Coach: Bill Hawk ~ Ass't Coach: Lonnie Hall

No.	Name	Height	Position	Grade
5	Sam Sampson	5'2"	Guard	9
13	Kaleb Williams	5'8"	Guard	12
14	Antonio Cabanas	5'10"	Forward	11
21	Stacey Sam	5'9"	Forward	11
22	Nate Wooster	6'2"	Forward	12
23	Preston Brown	5'10"	Forward	11
24	Chris Marquard	5'8"	Guard	12
35	Ryan Oldman	6'1"	Forward	11
40	Silas Miller	5'11"	Forward	12

Political issues top Agenda at ATNI Winter Conference

By Carol Craig

CHEHALIS, WA – Concerns that States are on a continual attack against the sovereign nations as they push to tax tribal goods, question tribal jurisdiction and break a promises tribes have accepted in good faith were echoed by tribal leaders during the Affiliated Tribes of Northwest Indians (ATNI) winter conference here.

A record number of over 400 tribal leaders, elders and members gathered Feb. 8-11 to discuss topics including tribal sovereignty, trust reform, treaty rights, global change, economic development, taxation, gaming, land-into-trust and cultural resource protection.

"Why are the states asking for funds from the tribes when we paid 150 years ago?" asked Cheryl Kennedy, chair of the Grand Ronde Tribe in Oregon. The Indian Health Service (IHS) is even on 'life support' with nil funding from the federal government.

Lower Elwha Chairwoman Frances Charles stressed that promises Washington State has made to the Elwha are being broken, and that tribes need

more protection of sacred grounds that affect tribal cultural. "The salmon, water, berries – all of that is our culture," she said.

ATNI tribes also agreed there is a need for a stronger connection to the National Congress of American Indians (NCAI), a national tribal advocacy organization. Currently



MIT Chairwoman Charlotte Williams addresses the ATNI Winter Conference.

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Muckleshoot Counts
Census participation important for you and the Tribe

Census questionnaires will come in your mail by the end of March and it is vitally important to you and the Muckleshoot Tribe that every tribal and community member complete and return the questionnaire by April 1st. There is simply too much at stake for anything less than 100% Muckleshoot participation in the 2010 Census.

The reasons to participate in the 2010 Census are important;

- Census data is used to determine the allocation of more than \$400 billion annually by the federal government to local, state and tribal governments for programs such as schools, public safety, transportation, public health and infrastructure projects. The amount of money individual tribes receive from the government is directly related to how many people identify with a particular tribe.
- The population totals from the Census are used to draw boundaries for state and federal elective offices. This is of particular importance to the Muckleshoot Tribe this year as Washington State might gain another congressional seat and where that new district is drawn can be influenced by Muckleshoot participation in the Census.

It is estimated that American Indians were undercounted by approximately 12% in the last Census. An undercount of this magnitude hurts all of Indian Country by depriving Tribes of their fair share of federal resources. The Brookings Institute recently found that for every person missed by the Census, the community loses more than \$1,000 every year.

Some attribute this undercount to what Census Director Robert Groves calls a "natural" mistrust of the federal government. However, federal law prohibits the Census Bureau from sharing any information in individual Census questionnaires with other federal agencies and imposes a prison sentence and fine for any violations.

The Census questionnaire has only ten questions per person living in your home and will take only 10 minutes to complete. These ten minutes of your time will have a big impact on the Muckleshoot Tribe for the next ten years. Taking the time to complete and return your 2010 Census questionnaire will mean better programs, better services, and better infrastructure for all Muckleshoot members.

The results of the 2010 Census will also impact important federal policies for Native communities over the next decade. An accurate count at Muckleshoot is critical to our goal of building a strong and prosperous future for all Tribal members and strengthening our government-to-government relationship with the United States.

Stand proud and be counted. Complete and return your Census questionnaire by April 1st.



PHOTO BY JOHN LOFTUS

SITE BLESSING FOR NEW FIRE STATION. Tribal leaders joined with a large contingent of representatives from King County Fire District #44 to bless the ground where a new Fire Station will be built. According to fire officials, the new location at the NW corner of the intersection 400th Street and 180th Avenue, across from the Boxing Barn property, will result in improved response times when fires and other emergencies occur on the reservation.

VP Joe Biden helps Sen. Patty Murray kick off re-election bid

Vice-President Joe Biden was on hand recently to help US Senator Patty Murray launch her 2010 re-election campaign. As can be seen from these pictures, the Muckleshoot Tribe was well represented by Tribal Council members John Daniels Jr., Virginia Cross, Donny Jerry and Councilmember-elect Mike Jerry Sr.

PHOTOS BY MADRIENNE SALGADO



Vice-President Joe Biden and US Senator Patty Murray



Donny Jerry, Virginia Cross and Mike Jerry Sr.



Donny Jerry, Virginia Cross, John Daniels Jr. and Mike Jerry Sr.

President Obama Donates Nobel Peace Prize Money to Charity
American Indian College Fund gets \$125,000

WASHINGTON – President Obama today announced the charities that will receive a portion of the \$1.4 million award that comes with the Nobel peace prize.

“These organizations do extraordinary work in the United States and abroad helping students, veterans and countless others in need,” said President Obama. “I’m proud to support their work.”

LIST OF CHARITIES

\$250,000 to Fisher House – Fisher House is a national non-profit organization that provides housing for families of patients receiving medical care at major military and VA medical centers.

\$200,000 to the Clinton-Bush Haiti Fund – In the wake of the devastating earthquake in Haiti, President Obama asked former Presidents George W. Bush and Bill Clinton to create the Clinton-Bush Haiti Fund to raise funds for long-term relief efforts in Haiti.

\$125,000 to the Hispanic Scholarship Fund – The Hispanic Scholarship Fund (HSF) is the nation’s leading Hispanic scholarship organization, providing the Hispanic community more college scholarships and educational outreach support than any other organization in the country. In its 34 year history, the Hispanic Scholarship Fund has awarded close to \$280M in scholarships to more than 90,000 students in need.

\$125,000 to the United Negro College Fund – The United Negro College Fund plays a critical role in enabling more than 60,000 students each year to attend college through scholarship and internship programs.

\$125,000 to the American Indian College Fund – The American Indian College Fund transforms Indian higher education by funding and creating awareness of the unique, community-based accredited Tribal Colleges and Universities, offering students access to knowledge, skills, and cultural values which enhance their communities and the country as a whole. The Fund disburses approximately 6,000 scholarships annually for American Indian students seeking to better their lives through higher education. The Fund also provides support for tribal college needs, ranging from capital support to cultural preservation curricula.

\$125,000 to College Summit

College Summit is a national non-profit organization that partners with high schools to strengthen college-going culture and increase college enrollment rates, so that all students graduate from high school career and college-ready.

\$125,000 to the Posse Foundation

The Posse Foundation is a national non-profit organization that identifies public high school students with extraordinary academic and leadership potential who may be overlooked by traditional college selection processes. Posse’s college and university partners award Posse Scholars four-year, full-tuition leadership scholarships. The scholars graduate at a rate of 90 percent.

\$125,000 to the Appalachian Leadership and Education Foundation

A non-profit organization funded by foundations and companies, ALEF supports and enables young men and women from Appalachia to pursue higher education through scholarship and leadership curriculum.

\$100,000 to AfriCare

AfriCare was founded in 1970 and has more projects in Africa than any other U.S. based charity, reaching communities in 25 countries, primarily in Sub-Saharan Africa. Its programs address needs in three principal areas: health and HIV/AIDS; food security and agriculture; and water resource development.

\$100,000 to the Central Asia Institute

The Central Asia Institute promotes and supports community-based education and literacy, especially for girls, in remote regions of Pakistan and Afghanistan. The Institute’s co-founder, Greg Mortenson, was also a Nobel Peace Prize nominee this year, whose book, *Three Cups of Tea: One Man’s Mission to Promote Peace, One School at a Time*, recounts his attempt to successfully establish dozens of schools and promote girls’ education in rural Afghanistan and Pakistan.



President Barack Obama

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I am a Muckleshoot tribal member,

I have ties to the Muckleshoot Tribal Community

Please explain: _____



Muckleshoot Tribal Council

- Charlotte Williams, Tribal Chair
- John Daniels Jr., Vice-Chair
- Kerri Marquez, Secretary
- Marcie Elkins, Treasurer
- Virginia Cross
- Donald Jerry Sr.
- Stanley Moses Jr.
- Virgil Spencer
- Marie Starr
- Mike Jerry Jr., Council member-elect

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Public Hearing on new Behavioral Health Facility scheduled for 7 PM, Wednesday, March 24th

The Tribe is building a new Behavioral Health facility to replace the currently overcrowded and insufficient space these services currently occupy in the Health and Wellness Clinic. The new facility will be approximately 10,000 square feet in size on one level and designed with the form of a long house.

The design incorporates a large degree of natural light, will have a low maintenance exterior, incorporates expansion capability, and will be eco-friendly. The facility will have public areas, office areas for staff and individual and group counseling rooms, conference and file areas.

The new facility will gain access from SE 180th Avenue and be located halfway between the Health and Wellness center and the Recovery House with the long side facing Mt. Rainier.

The Planning Commission will hold a Public Hearing for the project at **7:00 p.m. on Wednesday, March 24, in the Cougar Conference Room**. Light refreshments will be served. Please call Roger Blaylock at (253) 876-3124 if you have questions.

ATNI WINTER CONFERENCE *continued from page 1*

the resolution process allows NCAI staff to table certain ATNI resolutions if sponsors are not at the national office in Washington, D.C. Also, a number of ATNI resolutions sent to NCAI are edited without notification to the authors.

Tribal leaders pushed for more cohesiveness with NCAI, including working cooperatively with governmental representatives for the benefit of member tribes and assuring tribal leaders are prepared when at various D.C. forums. Jewell James, Lummi Nation also indicated a need for an ATNI lobbyist to get the ATNI resolutions to NCAI and passed. "Through ATNI, make sure our voice is heard. This is your organization," he said.

Bill Allen, Cowlitz, said the Tribe, now recognized by the federal government, still lacks a land base. "We need help from ATNI." He said the tribe's federal resources like health care is being taxed by the state. "Contract health needs expansion and we need the health care money to operate," he said.

Hunting rights are being questioned said Joel Moffet, Nez Perce. "Our hunting rights in Yellowstone country are getting harder to do. We can only hunt on federal lands which is outside of our reservation but stipulations hinder our buffalo hunts."

Another major concern is the Internal Revenue Service's (IRS) taxation policies that are affecting tribes. "They want to tax our elders and other stipends received from the tribe. I told IRS that we as nations should not be taxed, especially on trust land," said James. "They [IRS] are making rules on the sly."

In 2006, there were 126 tribal audits and by 2009 the number has jumped to an estimated 260 tribes. "The IRS is demanding W2s and 1099s for every transaction in Indian Country that has a dollar value," he said. James said the IRS is looking at everything from children to elders, from health to education, from housing to clothing vouchers.

"Even tribal cultural gatherings and arts – all of these and more are declared taxable according to the IRS."

And California Congress woman, Diane Watson has introduced legislation to terminate the status of the Cherokee Nation twice. Tribes are concerned because this is outside of her political realm. "We have to be very vocal and support the Cherokees," said James.

Senator Patty Murray sent a taped message to ATNI and said she is a strong supporter of tribal sovereignty. "It is refreshing to have an administration to honor the government-to-government relationship. I will continue to work on issues important to our tribes. I believe we have a responsibility to the resources." She assured ATNI, "As Congress continues to address issues facing the country I will make sure tribes are included and your voice will be heard."

The Inter-Tribal Monitoring Association (ITMA) explained the proposed Cobell v. Salazar settlement during a Tuesday afternoon workshop. Majel Russell, legal counsel for ITMA said the settlement is 59 pages long and filed in 1996 on behalf of present and former beneficiaries of Individual Indian Money (IIM) accounts across the United States.

deadline for Congress was December 31, 2009, but was extended until February 28, 2010.

The proposed settlement would provide for two payments through the long process for IIM account holders but have settlement terms to adhere to. Payment will compensate plaintiffs and all expenses associated with the settlement, including attorney fees.

Russell said the issue is confusing to most due to newspaper and other articles that have been written since the proposed settlement was signed. Some tribal leaders say they are being questioned about when tribal members will receive their payment. "We don't know what to say to them," said Vice-chair of the Spokane Tribe, Glen Ford.

For further information on the proposed settlement and how it will work, log onto: www.itmatrustfunds.org.

ATNI is a regional organization formed in 1953 and is comprised of 57 Tribes from Washington, Idaho, Oregon, Western Montana, Nevada, California and Alaska. A majority of ATNI members are also members of NCAI.

ATNI committees during the conference propose resolutions for the benefit of the member tribes. Committees include: cultural affairs, economic development, human and social services, natural resources and environment, Tribal governance, and ad hoc task forces. ATNI meets annually to discuss matters of importance. ATNI's mid-year conference will take place at Grand Ronde, Oregon on May 17-20, 2010.

HEALING DINNERS *continued from page 1*

"And that's what the Healing Dinners are – it's a sharing time. Maybe it may be just one person that wants to share that day. Maybe it's two people that want to share. But it's a part of healing for our whole community, and it's working out really well."

The first Healing Dinner was held at the Pentecostal Church. "Pete and Bonnie got up and spoke, and quite a few others got up, too," Pastor Kenny recalls. "It seemed to work."

Others have been held at the Shaker Church and Sla-Hal Shed.

"I guess when they started out, we didn't know what to call it, so we called it a Healing Dinner," Pete Jerry remembers.

As the dinners continued, the time spent together somehow made people feel better. And it wasn't just the opening up, the sharing that helped. It was also the food.

It's potluck style," Kerri says, "and I believe that's part of the healing. Everybody's preparing their own dish, and everybody's also been taught that you if have good feelings and a good heart when you're preparing your meal, everybody will feel good at the dinner, with good feelings and good heart offered to one another."

Peoples are finding that indeed it does feel like old times, as if some of what the elders once knew is again being recaptured.

"We have a lot of food, a lot of fun, a lot of love, and a lot of laughter," Kerri says, "and that's the most important thing to have – fun, love, laughter, and to be with one another."

"We grew up that way in the (Native) philosophy," Pete says. "It's medicine for our brain, medicine for our heart, and it's medicine to everybody else."

Marcie Elkins recalls talking on the phone with her son Jaison, who was on his way back to college in Colo-

Steven John Spencer

Steven John Spencer was born March 9, 1949 in Everett, WA and entered into rest March 3, 2010 in Tulalip, WA. He attended schools in Marysville, WA and Concho Demonstration School in Oklahoma. Steve liked traveling to Shaker Church every weekend, his American Hot Rod cars, fishing, High Speed Chases to church, traveling to visit family, shooting pool, and his Bandidos family. He is survived by his sisters, Sophie Spencer, Rose Cross, Mildred Spencer, Vivian Spencer and Harriet Hillaire; brothers, David Spencer, Charles Spencer, Robert Spencer and Neil LeClaire; numerous nieces, nephews, cousins, friends, and many Shaker Sisters and Brothers. He was preceded in death by his mother, Mary Johnny; father, Richard George Spencer Sr.; sisters, Ruth Fay Zackuse, Nancy Spencer Andre, Velma Papaphee and Mary June Jimicum; brother, Richard George Spencer, Jr.; nephews, George Miguel Jimicum, George Gobin Power, Antonio Solorio Rueda, Jimmy Zackuse, Sr., Jimmy Zackuse, Jr., Richard Butch Spencer III, Chubbys Cheer and Kevin Cheer; nieces, Dawn Spencer, Janelle Spencer, Laura Lee Madrigal and Annette Jean Gobin. Funeral Services were held on Tuesday, March 9, 2010, at the Tulalip Tribal Center, followed by burial at the Mission Beach Cemetery.

CENSUS FACTS

- April 1st is Census day.
- Census Questionnaires will be delivered to your household in mid-March.
- The form is 10 questions, 10 minutes to fill out.
- Households that don't respond will receive a replacement questionnaire in early April.
- Census workers will also visit households that don't return questionnaires.
- If you mail in your questionnaire you are finished with the Census, no Census worker will come knocking on your door.
- The Census is confidential. By law, the Census cannot share your personal information with anyone, including other federal agencies and law enforcement entities.
- The Census only happens every 10 years. Our participation will determine how much the Tribes are allocated for the next 10 years.
- The Muckleshoot Tribe will have a Question Assistance Center QAC setup in the Philip Starr Building from March 15th to April 15th for community members to receive help filling out their Census Forms. The QAC will be staffed by Census Personnel.

THE CENSUS FORM:

- **PERSON #1 is very important on Census forms.** The first person (head of household) must write in tribal affiliation to be counted as a Native household.
- **QUESTION # 9 (The RACE question)** – Must ensure your tribal members are listing only your tribe. If two tribes are listed this will split your funding.
- If your tribal members list your tribe and another race (ex. White, African American, Asian) your funding is not guaranteed to return to your tribe.
- You want your tribal membership to only mark American Indian.
- **Do not mark any other race** otherwise your funding is not ensured to come back to your tribe.
- **This is not a time to be proud of all your heritages.**

rado on the morning of the Healing Dinner.

"He said that I should ask gram Ramona Elkins to make her fish soup. He thought it would be healing for the people. I was so glad my mom said she'd make the soup. She brought it to the dinner and everyone enjoyed it – even Gene Brown. Hearing all the prayers for Gene and our community was Good Medicine."

"I'd like to say thank you to all the community for all the healing and all the prayers – not only for my brother, but for one another in our community," Kerri concludes. "If we continue to pray for one another throughout the community, we'll all become one. And this will help each and every one of us throughout the whole community here in Muckleshoot for all of our people."

The Healing Dinners are held on Saturdays between 1:00 and 3:00 PM. Feel free to ask Kerri, Pete or Kenny for information on when and where the next one will take place.

CENSUS GIRLS - I'm Muckleshoot and I Count!.

PHOTO BY JOHN LOFTUS

~ Chief Seattle's Speech ~

As Quoted by Amelia Sneatum – Suquamish Elder

This is what Seebth said when they were having the treaty at Mukilteo, it's what is said here:

You folks observe the changers who have come to this land. And our progeny will watch and learn from them now, those who will come after us, our children. And they will become just like, just the same as the changers who have come here to us on this land. You folks observe them well.

Your religion was written on tablets of stone by the iron finger of an Angry God, lest you forget. The red man could never comprehend or remember it. Our religion is the tradition of our ancestors, the dreams of our old men, given to them in the solemn hours of the night by the Great Spirit and the visions of our leaders, and it is written in the hearts of our people.

Your dead cease to love you, and the land of their nativity, as soon as they pass, the portals of the tomb; they wander far away beyond the stars and are soon forgotten and never return.

Our dead never forget this beautiful world that gave them being. They always love its winding rivers, its sacred mountains, and its sequestered vales, and they ever yearn in tenderest affection over the lonely-hearted living and often return to visit, guide, and comfort them.

We will ponder your proposition, and when we decide we will tell you. But, should we accept it, I here and now make this the first condition: that we will not be denied the privilege, without molestation, of visiting at will, the graves where we have buried our ancestors, our friends, our children.

Every part of this country is sacred to my people. Every hillside, every valley, every plain and grove has been hallowed by some fond memory or some sad experience of my tribe. Even the rocks, which seem to lie dumb as they swelter in the sun along the silent seashore in solemn grandeur, thrill with memories of past events connected with the lives of my people.

And when the last red man shall have perished from the earth and his memory among the white men shall have become a myth, these shores will swarm with the invisible dead of my tribe, and when your children's children shall think themselves alone in the fields, the store, the shop, upon the highway, or in the silence of the pathless woods, they will not be alone.

At night, when the streets of your cities and villages will be silent and you think them deserted, they will throng with returning hosts that once filled and still love this beautiful land.

The white man will never be alone. Let him be just and deal with my people, for the dead are not powerless. Dead, did I say? There is no Death, only a change of worlds.

— Submitted by S. Sneatum (-Teo)



Chief Seattle

~ Ancient Perspectives ~

By Amelia Sneatum

In this consumer-based society that now dominates our world, we are now-a-days reminded about how finite "natural resources" are. Not too long ago, there was universal sentiment that everything would last forever. And that trees, water and clean air was something we could always find more of.

From the times of long past, times of our grandfathers and our great-grandfathers, we barely remember what they had to say to us about these things. We hear much today about "New Perspective" and improved forestry practices. We are very leery of such things because of the track record. We see these things as new and different ways to get at the "commodities" and "targets."

It seems that we need to look not at "New Perspective" but Ancient perspectives. Our grandfathers still speak to us. And we still hear them as voices from the past. They were wise. They were teachers. They stood up for what they believed in and said it, no matter the consequences.

They spoke for our mother, the Earth. They were concerned for her and for us, their descendants. It seems as though they speak to us now about those "Ancient Perspectives" and caution us about what we are doing. I am concerned about our world . . . Not for myself, but for HER and for our children and their children, who are to come. This is the heart of our grandfathers.

This is that "Ancient Perspective": to hear with the heart and act from the heart in all that we do to the Earth and to one another.

* * * * *

I have learned a lot from what was written by my Grandmother in her auto-biography, and also from my dad when he was alive. He said there was all kinds of speeches made that were said to be that of Chief Sealth (Seattle), but he said this is the closest one he thought would be right, is the one his mother told.

He often said a lot of the speeches say something along the line of whippoorwills or buffalo and my dad said there wasn't any of that over here. He said that was mostly in the Plains territory and couldn't have been over here.

My dad said that must've been a real sad time for ALL of the Indians who signed the treaty. He said, "Well, you could just imagine – one day they're living life freely and then the next day – you become just like slaves or something."

Anyway – I just thought I'd share this with whoever is interested in reading a little bit of history. And by the way – my Grandmother, Amelia Sneatum was Chief Seattle's Great Grandniece.



Charlie Sneatum and his mother, Amelia, great-grandniece of Chief Seattle



PHOTO BY LYNDIA IMBURGIA

Charlie Sneatum at the Penn Cove Water Festival. On his father's side he was related to a long line of Whidbey Island Chiefs.

In Loving Memory of our dad

CHARLES A. SNEATLUM SR.

His Birthday is March 19th

I decided to share this with you all. We all miss our dad very much, and sometimes we can still feel him around us and we can also still hear his stories and songs. But he's now with all of our ancestors who went before him and with our mom. When I dream about him now, mom is always there, I guess that's why I know he's okay.

We love you Dad, Forever & Ever!!!

From the Entire Sneatum Family!!!



PHOTO BY JOHN LOFTUS

THE HONOREES: Monica Walker, Norma Corwin and Amy Boucher of the MIT Realty staff.

MIT's Award-Winning Realty Program

Terry and Lela Beckwith of ICC Training Enterprises, the BIA's top realty trainers, visited Muckleshoot recently to present awards to three MIT Realty Department staff members. Realty is a highly complex field, and every year ICC rates and ranks tribal realty programs and staff, recognizing Indian Country's very best with special awards. This year, Muckleshoot's Realty Department was rated third in the nation, and staff members Norma Corwin, Amy Boucher and Monica Walker were 11th, 14th and 52nd, respectively, in the individual rankings. Their work may not be glamorous, but we have some of the very best in the field right here at Muckleshoot, and are very proud of our MIT Realty team.



Terry and Lela Beckwith

VETERANS CORNER

by Sonny Bargala

- **Veterans Brunch Every 3rd Saturday.** Veterans, please mark your calendars for the third Saturday of each month. This is the day for our Veterans Brunch at the Muckleshoot Casino. Most brunches are held in the Chinook Room and it starts at 9 am. All veteran activities are designed as family affairs. If you are an employee of the Muckleshoot Indian Tribe, working for any of its many divisions, you are also invited.
- **Veterans Committee Meetings 1st Wednesdays.** The Veterans Committee has its regular meeting on the 1st Wednesday of each month. If you would like to attend the meeting, you are invited to do so. The committee provides lunch as the meeting occurs at noon.
- **Tribal Veterans Travel Policy.** The tribal council approved a trip policy for tribal veterans. A letter will be sent to tribal veterans in the near future more completely detailing the trip policy. If you are impatient, contact the Sonny B at Veteran Affairs Office for details. The best way to contact him is via email. His address is: sonny.bargala@muckleshoot.nsn.us

Jesse McDaniel 3, Joe Lewis and Sonny B drove to Phoenix, Arizona to attend the 65th Annual Iwo Jima Flag

Raising Ceremony. We drove down because we were intending to tow the Willy's and enter it in the parade. The parade has many vintage military vehicles, but the Willy's had not been finished by the automotive shop in time. Our drive down was around 29 hours, but we broke it down into 3 sections spending 2 nights in motels along the way. The return trip was done in two days and was very exhausting.

The festivities start on Friday night with a dinner and continue Saturday with a parade and powwow. Joe Lewis attended the powwow, but Jesse and I sat it out. I think I'm getting too old and feeble to do long road trips.

We brought back some pictures of the parade. The Upper Skagit Post of the Inter-Tribal Warrior Society attended this year. The Puyallup Tribe sent a large delegation of veterans for a fourth year running second only to the Yakama Warriors who have attended the celebration since it started 11 years ago.

This event is of special importance to the Marines since it was Marines who raised the flag on Mt Sarabuchi. The American Legion Post in Sacaton, Arizona is named in honor of Ira Hayes, a Pima Indian who grew up, lived and died on the Gila River Indian Community. I am hoping that there will be interest next year by the Muckleshoot Veterans to travel to the celebration. I am pretty certain that I will take a flight down next year.



Carrying the Banner: Dave Bohl & Yakima Joe Lewis, Nisqually; Bob Sison carrying an Eagle Staff; Muckleshoot Sonny Bargala, US Flag; Art Lopez, IWS Flag; Muckleshoot Jesse McDaniel 3, Muckleshoot Flag (view blocked by Bob Sison); Nisqually Mark Sison, WA State Flag.



Sonny B is still a "chick magnet," Bev & Ernie carrying the Upper Skagit Tribal Flag & Upper Skagit Veterans Flag (respectively), Umatilla Sid William – POW/MIA Flag



Sonny B, Art, Jesse Mc3, background is Bev, Ernie & Sid



Vice Chair Peggy Caudill, back seat & Upper Skagit veteran

Origin of the Muckleshoot Catholic Church



Donna Hogerhuis

For those who do not know me, my name is Donna Hogerhuis and I work for the Tribe as the Collections Specialist for the Preservation Program. Our Program's Reference Library and Archives has a lot of primary sources about the Tribe and Puget Sound area, and I get many inquiries on historic topics from staff, students and researchers.

I was recently asked, "When was St. Claire's Catholic Church moved off the reservation?" This question has cropped up from time to time as the major renovation of the Church is currently going on. So I thought I would share some

of our research on the Church with the Muckleshoot monthly in the hope to learn more from readers.

The mystery of St. Claire's original built date remains. Although one newspaper article in 1937 dates the church as early as 1866, St. Claire's Catholic Church was probably built between 1874 and 1875. This is according to some newspaper articles and the birth year of its builders. Gilbert Courville was 17 and his younger brother Ed Courville was 14 years old when they built the church, according to Julia Sam who was interviewed and had cooked for the boys during its construction with her mother.

Either Julia or the reporter had unintentionally switched the boys' names. The research from Gilbert "Hoagie" and Tallis King George document that Hoagie's ancestor Gilbert was actually the younger brother. He was born in 1861 and Ed, the older brother, was born in 1857. By using a little math this would place the original built year at 1874-75. The Courville boys were the sons of Bastille Courville who was a cabinet maker and carpenter.

The church was originally located 500 feet west of the community hall (now chimney) alongside 172nd street. It was made from cedar split lumber and handmade square nails and wooden pegs. A Mr. Winter framed the windows and doors.

Arthur Ballard recorded that the first wedding in the church was that of Dominick Jerry and his wife Mary, daughter of Big John in the summer of 1880. Church records indicate the church was part of St. George's Indian

Mission of Puyallup and later became part of the Holy family Parish of Auburn.

During the Depression, the congregation stopped meeting regularly and St. Claire's Catholic Church fell into disrepair. It suffered greatly during a wind storm in 1934. In 1936 the church roof was re-shingled and the interior painted by Muckleshoot Tribal members.

By 1939, the Catholic Diocese had sent pews from St Anthony's in Kent and Stations of the Cross from the Holy Family Church in Auburn. The old hand-split cedar planks were replaced by milled wood for the interior walls, much to the dismay of Tribal members.

A new altar was provided from Bishop Shaughnessy of Seattle. Services were held until about 1946, when the small congregation was asked to attend Mass in Auburn. The church was all but abandoned from 1946 to 1960. Judge Annie Garrison gave many interviews for the newspapers during this time. She had lived near the Church and tried hard to raise funds to restore it.

"I tried to keep the building from falling part," she said. "People with no respect took the Stations of the Cross, the book, the candlesticks, even the pews."

Garrison and the Tribal Council worried about the Church's fate. In 1961, the tribe was approached by J.R. Cissna, president of the Federal Shopping Way Center, who asked permission to move the church to a historic theme park called "Old World Square," assuring it would be restored and preserved.

Within a few years the Federal Way corporation went bankrupt and these promises were not kept. Once again the church lay empty, unfinished, and was the target of vandalism. Eighteen years later, and after four years of the Tribe negotiating, St. Claire's church returned to the Reservation.

Instrumental in the church's return were Bernice White, Donna Starr, Marie Starr, Charlotte Williams and other tribal and council members. In 1979, when the church was moved back to the reservation, it was placed south of its original location, where it stands today. The Tribe is currently restoring the Church.

OLD AUBURN MISSION CHURCH

This picture shows the first Catholic Church in Auburn built as an Indian Mission Chapel in 1882. Not many photos exist, nor were records saved, from this church. It was built on land which is the corner of Third and R Streets Southeast of Auburn and donated by Louis "Curly" Nelson, a Muckleshoot. By 1904, the Mission Chapel was said to be under the jurisdiction of St. George's Indian Mission in Puyallup. The building evidently was burned down or was torn down about 1910.



Catholic Indian Mission once located on 3rd and R Street, Auburn, c. 1905.

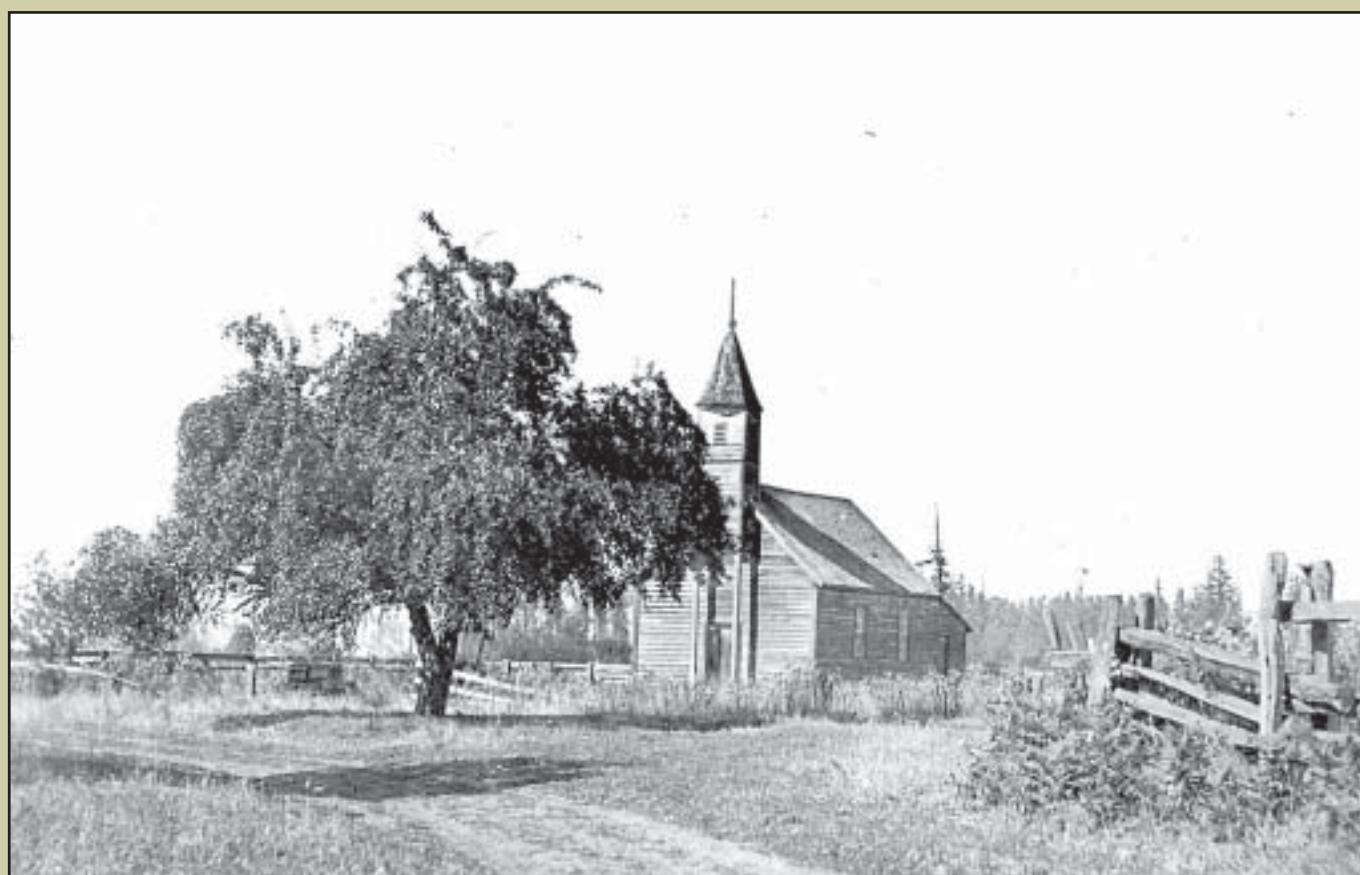
The Nelson Brothers



Chief Nelson or "old man Nelson" with wife, c. 1900, who was the brother of Louis "Curly" Nelson. No photo of Curly Nelson is known to exist.

Curly Nelson was known as a leader of the Muckleshoot according to Ballard. Part Klickitat, Curly was born about 1810 on the Green (Suise) River. He had fought against the soldiers during the treaty wars in 1856. According to Ballard, Curly did not leave any direct descendants; his children had died from tuberculosis. In his old age, Curly donated the land next to his house for the Catholic Mission and supplied the lumber to build it. He held a position within the church and passed away about 1886.

Curly's story is often mixed with his older brother Setallut also considered a leader of the Tribe during the Treaty Wars. Setallut's Christian name was Enoch but he was also known as Eukshannot or "old man Nelson". Like his brother, Enoch also had quite an interesting life. He was well known, traveled the area a lot by horseback, and often visited his son George on the Muckleshoot Reservation until his death around 1897-98.



St. Claire's Catholic Church in 1905. Apple tree in front was from the seeds left by the militia at Fort Muckleshoot about 1856.



Workers preparing church for relocation in 1960. Do you know these people? If so, please contact the Preservation Program.



St. Claire's in 1960.



Taken in 1960. Interior of the Church showing the altar given by Bishop Shaughnessy in 1940.



One of two pot belly stoves and the 'Stations of the Cross' portraits missing since 1960s. If you know the whereabouts of these items, please contact the Preservation Program.



PUYALLUP TRIBE SEEKS HELP WITH CUSHMAN INDIAN BOARDING SCHOOL AND HOSPITAL HISTORY PROJECT

The Puyallup Tribe of Indians Historic Preservation Department is seeking information to help fill in some of the blanks in parts of the Puyallup Tribe's history.

The department is actively searching for people from throughout the Northwest area who are in some way connected to the Cushman Indian Hospital and any of the Indian boarding schools near the Puyallup Reservation in the early to mid 20th century.

The Historic Preservation Department is seeking people from other tribes who may have any connection with the hospital or the schools. Many Natives from Washington, Oregon, California, Idaho, Montana and Alaska were brought to these schools and hospitals.

"There are hundreds of stories out there," said Amber Santiago, Research Assistant for the Historic Preservation office. "This is a big part that we have missing in our history, because most of those people have passed away. We're looking for anyone, maybe not the person who attended, but a grandchild who remembers hearing the stories of their grandparents. We want to piece together the history."

Amber Santiago noted her own grandmother was taken from Montana's Flathead Reservation in 1938 when she was 8 years old and brought all the way to the Cushman Hospital, forcing her family to relocate to the Tacoma area.

"The people who went to the hospital from the 1920s to the 1960s were from all over the state and from surrounding states, that's why this area has one of the highest Native American populations in the area. My grandma's story is not the only story - there are so many people with similar stories."

Because so many former boarding school students and hospital attendees have passed away, and many did not like to talk about their experiences while they were alive, that era is spotty in the Tribe's documentation and research.

Amber Santiago noted much of the information they do have is from the administrators at the schools and the hospital, which gives a biased look at the facilities' conditions.

"It's a big missing link to know what was going on in the schools and hospital and the experiences that they went through. We just have the white people's perspective."

In the past couple of months the Historic Preservation Office has received calls and emails from former students, patients, employees and local city residences that had experiences at Cushman Indian Boarding School and Cushman Hospital. These accounts of tribal members across the Northwestern states are priceless memories that will be useful to the Historic Preservation Department in creating a better understanding of that period in the Tribe's history. All who were interviewed feel a sense of relief in telling their stories



Cushman Indian Boarding School Wards and Campus in the early 1930's on the Puyallup Tribal Reservation in Tacoma Washington.



Cushman Indian Hospital and campus in the mid 1960's on the Puyallup Tribal Reservation in Tacoma Washington. Built in the same location as the Cushman Indian Boarding School Wards.

of Cushman and believe that this is a very important piece of Northwest Native history.

The Puyallup Tribe's Historic Preservation Department will continue its search for anyone who attended, worked at, was associated with, or who may have stories they would like to share regarding: Cushman Indian School located on the Puyallup Tribal Reservation in Tacoma, Washington from the 1860s-1920s and Cushman Indian Hospital located on the Puyallup Tribal Reservation in Tacoma, Washington from the 1920s-1960s.

Please contact Amber Santiago, Puyallup Tribe of Indians - Historic Preservation Department at 253-573-7965 or amber.santiago@puyalluptribe.com

Fishing Wars Memorial being planned

Volunteers from the Puyallup Tribe have been working on projects to commemorate the Fishing Wars of the 1960's and 1970's. A series of small dinners and meetings have been taking place to work on the planning stages to honor all those who sacrificed to affirm our treaty rights.

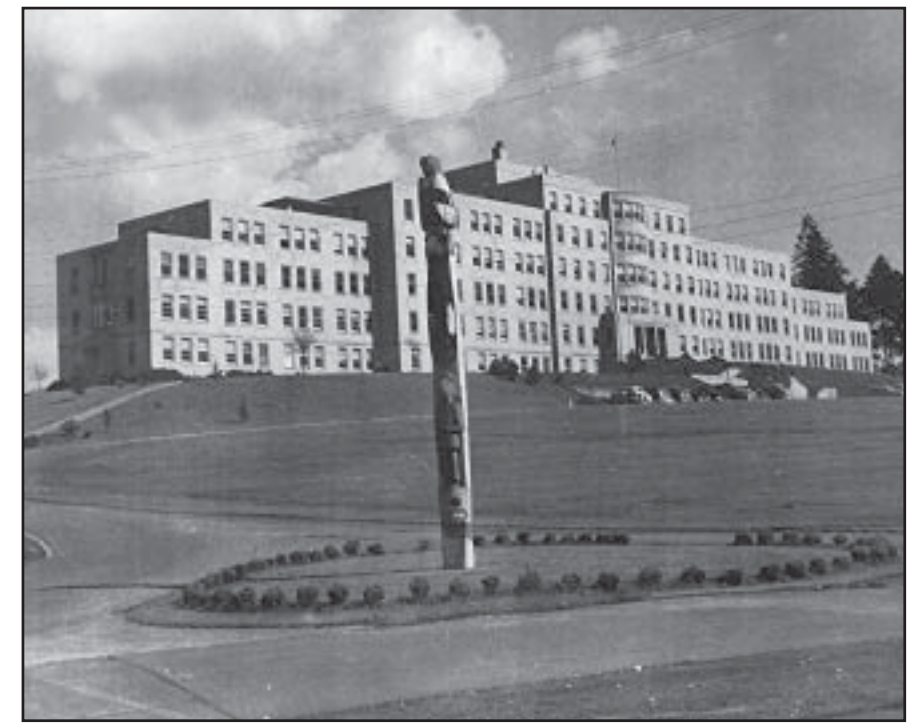
So far, our group has been working on video and/or audio interviews of those who were involved, so that we can retain a living history to educate our children and outside parties. Another goal is to create a commemorative wall at the Elder's Center. We are also working toward an Anniversary Dinner on Thursday, September 9, 2010.

Our most current project is a large community dinner to be held on Friday, April 2, 2010. Our goal is to get community input for these projects, to gather names and information about those involved, to collect photographs and stories, and get interviews from those who wish to participate. It is our sincerest wish to honor all the people.

Contact people for these projects are:

- Sheryl Melius at 253-573-7813 or sheryl.melius@puyalluptribe.com
- Quiasee Mills at quiasee2@yahoo.com
- Patricia Conway at 253-312-8914 or patricia.conway@puyalluptribe.com

Projects being planned include a Commemorative Wall and Clean-up of Ceremonial Grounds. WE NEED VOLUNTEERS!



Fishing Wars 40th Anniversary Preparation Dinner

**Call out for Speakers, Volunteers,
Stories, Information/Document/
Photograph Gathering,
Community Input**

**Place: Emerald Queen Casino
Event Tent**

Date: Friday, April 2, 2010

Time: 12:00

**Please help us honor all the people
Current Projects - Commemorative
Wall and Ceremonial Grounds
Clean-up**



2009 was epic year for Behavioral Health Dept.



Pictured from left to right are: Sabrina De La Fuente, Tammy Hargett, Dan Cable, Ivy Yanish, Reuben Twin Jr., Julie Baumann, Joylene Simmons, Larry Watson, Alicia Deeter-Lopez, Jesus Garcia, Bella Townsend and Truth Griffith. Missing from picture: Mick Clarke, Larry Goncalves, Jennifer Rose, Joan Green-Fergusson, Wendy Lloyd, Dr. Reddy, Dr. Sarlak, Mark Johnson, Sugar Harnden, Gloria Malone, Ryan Thompson, Rita Bear Grey, Walter Bradley, CeCe Freeman, Norma Pemberton, Kathy Johnson.

2009 proved an epic year for the Behavioral Health Department. The Adult Recovery House opened in April of 2009 and has provided an invaluable resource for the community ever since. The Recovery House has a capacity of 16 residents—eight women and eight men. In the first nine months of operations the average length of stay has been over four months per resident; we have residents who have stabilized in their recovery process and are now able to work on full rehabilitation including school, work, and resolving financial and legal issues of the past.

After careful planning with the Health Clinic, Pharmacy and Business Office, the Behavioral Health Department was also able to achieve another goal by starting a Suboxone Treatment Program for adults who are dependent on opiates (prescription narcotics/pain killers, heroin, morphine, etc.) Currently there are 14 patients enrolled in the program and the majority participates in both individual and group therapy which supports their recovery from addiction.

October 1st-3rd, the Behavioral Health Department hosted Four Directions, the first ever National Tribal Problem Gambling Awareness Confer-

ence. The event was a huge success attracting over 200 Tribal Leaders, gaming industry leaders, Educators, Administrators and Counselors from all over the nation. Tribal Chairwoman Charlotte Williams and Tribal Chairman Leonard Forseman, Suquamish, were the Honorary Chairs and opened the conference for national and local experts in the field of problem gambling awareness, prevention, education and treatment.

In addition, the Behavioral Health Department saw continued growth over the entire year and nearly doubled the average number of patient visits from the same time a year before. New groups were started, including anger management and a family group. Overall we have seen exponential growth and are looking forward to the new Behavioral Health building—slated to open July of this year! The Behavioral Health Department was named “2009 Program of the Year” by the Health Division Director, Lisa James and we are honored to be a part of the healing process that moves us all toward a healthy body, mind and Spirit.



5/07/09
Proud Parents Stephanie Armstrong and Mario Sampson
Boy – Samuel Flat Iron Sampson, 8lb. 3oz., 21 in.

1/14/10
Proud Mommy Angie Moses
Boy – Josiah Sky Moses, 7lb 15oz., 20 in.
Grandparents – Melissa James, Louie Moses Sr.
Great Grandma – Thelma Moses



Samuel Flat Iron Sampson



Josiah Skye Moses

2/15/10
Proud parents – Melanie Moses & Robert Baker
Girl – Trista Rose Moses, 7lbs 8.2oz., 18in.
Proud Grandparents – Ann Moses and Lloyd “Gilla” Barr



Trista Rose Moses

2/23/10
Proud parents – Dennis Anderson III & Catherine Bassett
Boy – Kyson Major Anderson, 7lbs 7oz, 20 in.
Grandparents – Mark & Leonie, Jim & Rhonda, Dennis Jr & Pam
Proud Uncle Kyle Rodarte



2/28/10
Proud Parents Tationah Nouata & Jojeffery Jansen
Girl – Taveyah Lynn Nouata-Jansen, 7lb 4oz., 18.5 in.
Grandparents – Suzanne Giancoli, Esperanza Sather, Nouata Nouata
Great-Grandparents – Lenore Jansen, Darrell Jansen, Marylou Anderson

3/1/10
Proud Parents Julia Anderson & Joseph “Teddy” Emery
Girl – Flora Danielle Emery, 7lb. 13 oz., 20in.
Grandparents – Rosie & Dennis Anderson Sr., Mary & Jerry Emery



Flora Danielle Emery

3/08/10
Proud Parents Mary & Robert Weed
Girl – Loretta Anne Weed, 8 lbs 1.4 oz. 19.5 in.
Big Sis Azela, Big Bro’s Robbie ‘n’ Ritchie
Grandma ‘n’ Grandpa – Loretta & Alfred Williams
Grandma – Pamela Hubbard

Congratulations to our new parents!!!



Women's Cancer Survivors Meeting

EVERY TUESDAY

6:30 to 7:30 PM

RIVER ROOM

Muckleshoot Health & Wellness Center

All women welcome.
For information call the Wellness Center
253-939-6648



A Note from Marlene Cross...

The other day I was talking to my cousin and she told me she wanted to start a Women's Cancer Support Group. I have a room at the Wellness Center every Tuesday evening at 6:00 to 7:30. We will be meeting in the Salmon Room. The support group is open to any of our women who have cancer, is a survivor or is helping a family member deal with cancer. Stop by and share your story, your concerns, or show support to all our women.




“Building Healthy Relationships”

Come join us *April 8th from 9-2* to celebrate *Sexual Assault Awareness Month*

9:00-10:00	Exhibit Viewing & Resource Education
10:00-11:00	Speaker: Deborah Guerrero, MSW MIT ICW
11:00-12:00	Speaker: Stephanie Fleisher, “Abuse and Brain Trauma”
12:00-1:00	Lunch
1:00-2:00	Healing Circle

Call Stephanie at (253) 876-3357 or Brent at (253) 939-6648 for more information.



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.

Health & Wellness Center Program Hours

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

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

Health & Wellness Center Program Closures for April & May 2010

Day	Date	Times Closed	Reason for Closure
Thursday	April 1st	8-9:30 am	Monthly All Staff Meeting
Friday	April 16 th	All Day	Holiday -MIT Sovereignty Recognition Day
Thursday	May 6 th	8-9:30	Monthly All Staff Meeting
Thursday	May 13 th	Limited Services	HWC LoL Live! 1 Day Conference @ HWC.
Monday	May 31 st	All Day	Holiday -Memorial Day

ARE YOU IN TREATMENT & RECOVERY FOR CHEMICAL DEPENDENCY?

ACUPUNCTURE CAN HELP YOUR OTHER TREATMENTS WORK EVEN BETTER.

IF YOU HAVE PROBLEMS LIKE THESE:

- ANXIETY
- INSOMNIA
- CRAVINGS
- DEPRESSION
- LOW ENERGY
- POOR MEMORY



GIVE ACUPUNCTURE A TRY. IT IS RELAXING AND PAINLESS.

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

(253) 333-3620

2010 WINTER OLYMPICS HAD STRONG NATIVE INFLUENCE

Canadian First Nations played a major role in the recent Winter Olympics, hosting the grand event and being highly visible from its spectacular opening ceremonies to its grand finale. Native influence even extended to the medals honoring the winning athletes, which featured traditional Coastal designs.



The Optical Department at the HWC!



The eyeglass benefits are the same as they've always been.
One comprehensive eye exam once every 12 months.
New lenses once every 12 months. Adults eyeglass frames once every 2 years/children 2 per year.

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

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

For more information, please contact the CHS Office – (253) 939-6648. Optical Department open regular HWC business hours.

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

Grief and Loss Support Group

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

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

253-804-8752

Help in Quitting Smoking!



The Muckleshoot Health & Wellness Center uses and endorses the Washington State Quitline to assist in stopping smoking.

Call 1-800-QUITNOW for free and effective help in quitting smoking.

CONTRACT HEALTH SERVICE (CHS) NOTIFICATION REQUIREMENTS

CHS OFFICE (253) 939-6648

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

ALTERNATE RESOURCE REQUIREMENTS:

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

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

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

BEHAVIOR HEALTH PROGRAM ANNOUNCEMENT:

The Behavioral Health reception window is now open throughout the lunch hour (12:00 to 1:00 pm) so that we will be better able to serve our clients and the community. Please feel free to stop by to schedule appointments and to drop off/pick up paperwork.

**If you have any questions,
please call us at:
(253) 804-8752**

“Your Suggestions Count”

The Muckleshoot Health & Wellness Center offers “suggestion boxes” where guests can fill out forms to share thoughts, comments or suggestions. The purpose of these forms is to help us improve the quality of services offered to the community. These forms are not “incident reports”, but rather confidential and private opportunities to share your thoughts on what we are doing well or on ways we might improve.

The suggestion boxes are located in each reception area and the main lobby of the building. The feedback forms are located next to the boxes. The boxes are checked at least twice a month by the Facilities Secretary and then delivered directly and confidentially to the appropriate department manager. Suggestions are then discussed privately at Quality Improvement committee meetings.

If possible, please provide contact information on the suggestion form so the appropriate manager can contact you to address your particular suggestion or area of concern. Again, this would be a confidential and private conversation.

We want to hear from you. Please take a moment to stop by the Health & Wellness Center and fill out a suggestion form today. Your thoughts matter!

Thank you

HEALTH AND WELLNESS SHUTTLE BUS CHANGES



On March 1, 2010 the Health and Wellness Center's Shuttle Bus service will add a new bus stop located at the Senior Center, please see the new bus schedule below. The Days and hours for the Senior Center stop are Mon-Fri from 12:00-5:00 p.m. On the same date March 1, 2010 the Shuttle Bus will no longer make stops at the Drop-In Center due to the lack of riders over the last several months. For your convenience we will soon be adding a copy of the bus time schedule that will be attached to the bus stop posts at each location. The bus driver will also have bus time schedules available along with brochures that explain the service we provide.

BUS TIME SCHEDULE • MONDAY - FRIDAY 12-4 p.m. & 5-8 p.m.							
STOP #1 HEALTH & WELLNESS	STOP #2 SENIOR CENTER	STOP #3 VIRGINIA CROSS ED.	STOP #4 QFC	STOP #5 DAVIS PROPERTY	STOP #6 SKOPASSH VILLAGE	STOP #7 PENTECOSTAL CHURCH	STOP #8 PENTECOSTAL CHURCH
12:00 pm	12:03 pm	12:10 pm	12:17 pm	12:27 pm	12:32 pm	12:37 pm	12:41 pm
1:00 pm	1:03 pm	1:10 pm	1:17 pm	1:27 pm	1:32 pm	1:37 pm	1:41 pm
2:00 pm	2:03 pm	2:10 pm	2:17 pm	2:27 pm	2:32 pm	2:37 pm	2:41 pm
3:00 pm	3:03 pm	3:10 pm	3:17 pm	3:27 pm	3:32 pm	3:37 pm	3:41 pm
5:00 pm	5:03 pm	5:10 pm	5:17 pm	5:27 pm	5:32 pm	5:37 pm	5:41 pm
6:00 pm	No Pick-Up	6:10 pm	6:17 pm	6:27 pm	6:32 pm	6:37 pm	6:41 pm
7:00 pm	No Pick-Up	7:10 pm	7:17 pm	7:27 pm	7:32 pm	7:37 pm	7:41 pm
8:00 pm	No Pick-Up	8:10 pm	8:17 pm	8:27 pm	8:32 pm	8:37 pm	8:41 pm

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

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

MUCKLESHOOT WELLNESS CENTER YOUTH ACTIVITIES

6 weeks - 7 years old
Can check into childcare or can be downstairs in the Wellness Center but must be accompanied by an adult at all times. No use of upstairs. To use childcare you must complete a childcare parent/guardian agreement and registration form. Parent or guardian must remain in the building at all times.

- Childcare- 2 hour maximum
- free to non-paying members, paying members \$2/hour

12 years old - 14 years old (junior member)
All activities listed in before ages +
Red card for use of upstairs fitness rooms (must schedule appointment with a fitness trainer and requires parent/guardian signature)

8 years old - 11 years old (youth member)
Must be accompanied by junior member (ages 12-17) or an adult. Junior members may supervise a maximum of 2 youth members.

- Racquetball
- Kickball
- Jump rope
- Basketball
- Soccer
- Pickleball/badminton (please see front desk for set up & availability)
- Wallyball (please see front desk for set up & availability)
- Volleyball (please see front desk for set up & availability)
- Swimming (must pass swim test administered by lifeguard)

15 years old +
activities listed in before ages +
Use of entire Wellness Center allowed

* School age members may not check-in during school hours

Coming Soon...

If you'd like to get a workout BEFORE 8am, be sure to come in during our EARLY BIRD HOURS - the trial period runs from March 15th to March 31st! If the trial period goes well (meaning LOTS of attendance), then these EARLY BIRD HOURS might be extended... so come on in for that sunrise workout!



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

"BEE - WELL"
MAKE SURE YOU AND YOUR FAMILY ARE PROTECTED

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

THE FLU IS STILL A SERIOUS CONCERN

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

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

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

Hours: Mon 8-5, Tues 8-5, Wed 9-5, Thr 8-5, Fri 8-5
Closed all days 12-1pm

Call (253)939-6648 for more information

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

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

THE FLU IS STILL A SERIOUS CONCERN

IF YOU HAVEN'T RECEIVED YOUR SEASONAL OR HINI VACCINE, NOW IS THE TIME AT THE HEALTH AND WELLNESS CENTER!

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Hours: Mon 8-5, Tues 8-5, Wed 9-5, Thr 8-5, Fri 8-5
Closed all days 12-1pm

Call (253)939-6648 for more information

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

The Muckleshoot Wellness Center is getting a running group together!




- Join and participate in our group
- Train to compete in upcoming relay events listed below:



<http://www.runningrelays.com/>

Mt SI Relay (57 miles, 10 legs)

Sunflower Relay (26.2 miles, 7 legs)

Rainier to Ruston Relay (50 miles, 12 legs)



The Wellness Center will pay for the groups participation registration fee. All experience levels are encouraged and welcome!

Ages 16 & up please. Must be a WC member.



To be placed on our interest list please call or email:

anne.bettencourt@muckleshoot-health.com or patrick.raney@muckleshoot-health.com
253-333-3616

New Beginnings Program



"Take the Journey to a Better You"

Signing members up now!!

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

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

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




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

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*

Massage Therapy

30 minu appointments

*Two 30 minute massage appointments
Now Available Daily!!!

*Same day appointments often available!

*Great for stress relief

*All eligible members welcome

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

DOES THE DAMP & COLD WEATHER GIVE YOU ACHEY, PAINFUL JOINTS AND MUSCLES?

THIS IS A GOOD TIME FOR ACUPUNCTURE & THE WARMING, NOURISHING EFFECTS OF ORIENTAL MEDICINE TREATMENTS

TRY ACUPUNCTURE FOR THE FIRST TIME, OR IF YOU HAVEN'T VISITED FOR AWHILE

CALL FOR AN APPOINTMENT TODAY
(253) 333-3620




Physical Therapy Department
 At the Health & Wellness Center

Tuesdays & Wednesdays
 8:00am to 5:00pm

FIND HEALTH AGAIN IN 2010 THROUGH NUTRITION!

- 1. Never Skip Meals.** Skipping meals (this includes breakfast) forces your body into a starvation mode, which means you will store food as fat. You've heard it before! It's healthier to eat more often than just once or twice a day.
- 2. Cut Back on Sweets.** This includes sweet drinks like soda, sweetened tea and hot chocolate. You may be used to getting a little treat after every meal now, but if that continues you may find those extra pounds adding up fast. Slowly work on cutting back on sweets and ease them out of your routine, but without feeling deprived. A healthier option would be a piece of fruit after a meal or with peanut butter for a healthy snack. Most importantly, get them out of the house!
- 3. Focus on "Real" Foods.** The stores are filled with packages that promise better health or flavor explosions. How do you know what foods to eat? Our bodies will benefit by moving to more traditional or real foods we can trust. This means foods without long lists of ingredients or foods that our ancestors would recognize on the shelves. Meat and seafood, beans, vegetables, fruits, nuts and seeds should be the foundation of every diet.
- 4. Store Containers or Packages Out of Site.** Out of Site, out of mind really can work and make a difference over time. Make room in the cupboard or pantry for storing all food items. This applies at work also! Instead of a candy dish out calling your name all day, put it in a drawer or even across the room so you have to get up to get a piece. Leaving a fruit bowl out is the only exception to this rule!
- 5. Eat Only at the Table.** No more eating while you watch TV, drive or do other activities. This way you pay attention to your body's feeling of fullness or satiety and honor the foods that nourish us. If you don't have a table big enough for the family, at least turn off the TV during the meal (this also leads to more family time!).



For more information on healthy eating call the Health and Wellness Center Nutrition Team at 253-939-6648 and set up a personalized nutrition session.

Important Phone Numbers

Emergency - 911

NON EMERGENCY- 206 296 3311-
If you need the on duty deputy to call or contact you.

KCSO/MITPD Office -253 876 3246- Administrative questions

Silent Witness- 253 876 2850 – Anonymous tip line

Pentecostal Church making plans for annual trip to Wakpala, South Dakota

The Pentecostal Church will be making its annual trip to Wakpala, South Dakota on July 16 this year. For the second year in a row, Fresh Paint will be making the trip with the church, and will put on one of its immensely popular carnivals. Once again, there will be a giveaway of clothing, toiletries, and school supplies. Donations are welcome, and may be delivered to the Pentecostal Church. If you have questions, call Pastor Kenny Williams.



Muckleshoot Pentecostal Church

Kenny Williams, Pastor

SCHEDULE

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

PUBLIC WORKS DEPARTMENT

WE ARE RECYCLING AT THE TRIBAL SCHOOL!!!

Come join us for a recycle party at the new Tribal School!! It's time to "GO GREEN" and start recycling. The MIT Public Works Solid Waste division is partnering with the School Facilities Maintenance in starting a recycling program over at the Tribal School.

We have three separate dumpsters. One is for general garbage, another one is for cardboard only, while the last one is a co-mingle recycle bin for all acceptable recyclable materials. All three are labeled to show what to put in each one.

The time has come to treat the area a little better and to give Mother Nature a hand in nurturing our little corner of the world. Recycling can be a fun thing. Make it into a game with the kids.

It only takes a few extra seconds to separate out the recycle from the garbage, yet it makes all the difference



in the long run and is better all around for everyone, not to mention saving a lot of money for the Tribe.

With the success of the school recycling program, we will be planning for the rest of the governmental services to do the same!

Welcome to Public Works Solid Waste Site

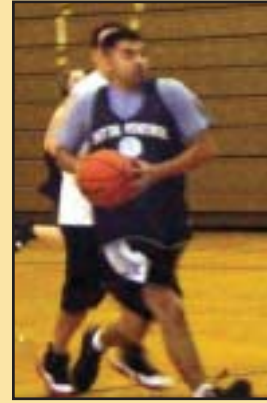
In order to better serve the tribal community and at the same time reduce operating costs, we ask all Tribal members to help by:

- Beginning March, please bring your Tribal ID when you bring in your items. This will help us greatly to minimize illegal use of the facilities and costs.

- In 2010, we encourage Tribal members to bring their household hazardous waste to nearby King County Wastemobile Service station available now every

other Friday to Sunday from 10 AM to 5 PM. The site is located in the northwest corner of the Auburn SuperMall, 1101 SuperMall Way. They are free and you can also call 206-296-4692 for more details. Depending on how successful this King County program becomes, Public Works may curtail the collection of future household hazardous waste.

Please let us know how we can improve our services and should you have any question regarding any of the Public Works services, please call 253-876-3030



OUTTA CONTROL! Here are some pictures of our team, Outta Control, in the Auburn Parks League 2010. Team consists of: Tammy James, Tanya Rojero, Bettina Brown, Russell Brown, Floyd Brown, Lydia Butler-Smith, Menda Butler-Smith, Cassidy Jones, Rachel Givens, Randi Raiford, Kallie Lozier.

MIT SOLID WASTE COLLECTION PROGRAM

Hours of Operation:

The Public Works operate a Solid Waste Collection Station located at 40320 Auburn / Enumclaw Rd., (Entrance from So. 400th Street)

Monday- Friday: 8:00 AM - 3:30 PM
 Saturday-Sunday: 1:00 PM - 5:00 PM
 Holidays Closed

Policy:

- The facilities are free and restricted to all MIT Tribal members use only. (No exceptions.)
- No commercial vendor or contractor shall use this facility for commercial waste.
- All waste shall be put in the specific designated locations or bins. Repeat violators may be barred from further use of the facility.
- All members shall keep the ground clean at all times. Report any spills to the office immediately.

Housing Tenants:

All Housing tenants must request dumpster service through MIT Housing Department. Please call 253-833-7616.

How to Request a Dumpster:

Members who are either home owners / renters can request dumpsters to be delivered to their site for a special cleaning project. Members are required to come in to the Public Works office during the business hours to fill out a Work Request form after obtaining approval from the Housing Department. Dumpster size ranges from 3, 5 and 8 cubic yards. Larger size is available upon special request.

No mixed waste shall be allowed in each dumpster. Yard waste, garbage, appliances and electronic items shall not be put in the same dumpster. Members with mixed waste are requested to bring their items to the Public Works Collection Station.

Property / Site Clean up:

Code Enforcement may require the land owner to clean up their property. Dumpster can be requested to be delivered to facilitate the project. Please call the PW office to request a dumpster for the project. For salvage vehicle removal, please call Planning Dept. Lenny Sneatlum at 253-876-3324.

Demolition Projects:

Should a home or any structure / trailer needs to be demolished, please first obtain a demolition permit from the Planning Department and then bring the permit to the Public Works Department to arrange the work to be performed.

What can you bring to the Collection Station?

- Yard Waste
- General Household garbage
- Tires, small engine, batteries
- TV, computer and other electronic items
- Major appliances
- Waste oils and paints

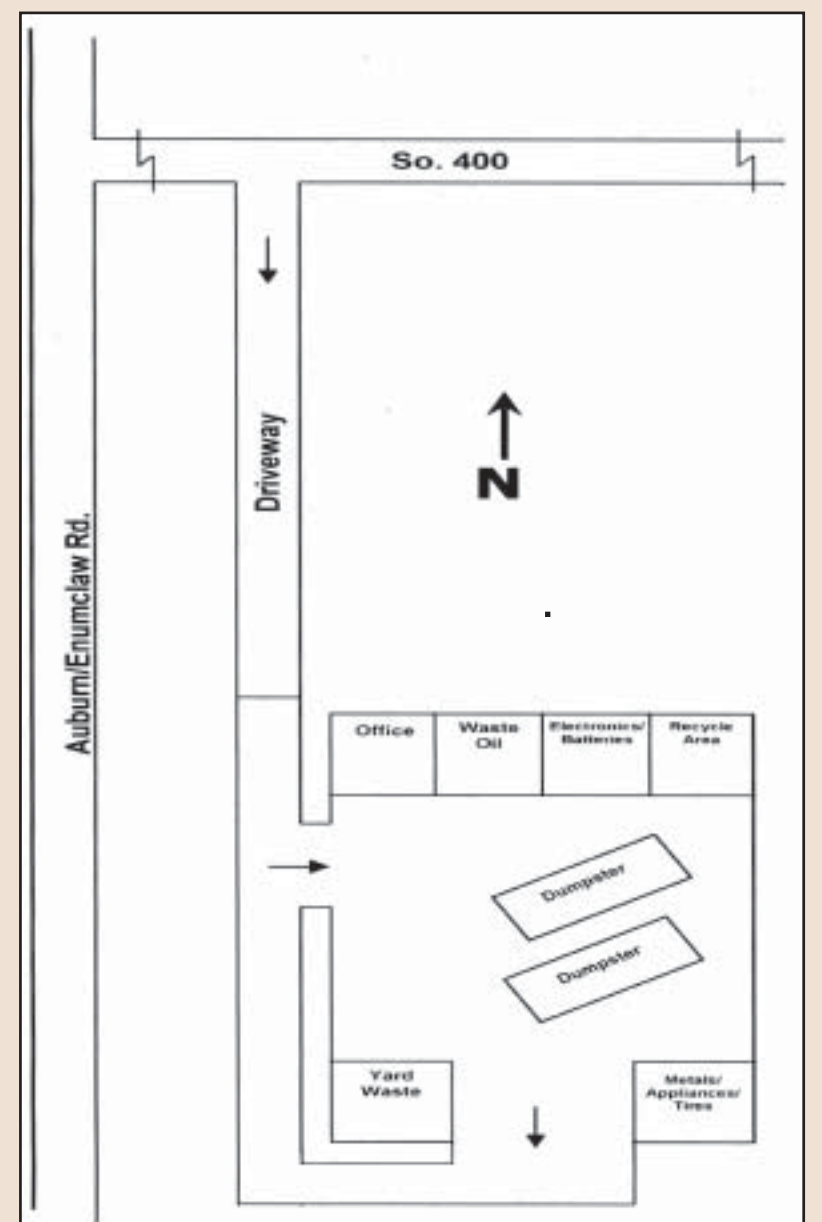
All items above shall be put in separate designated area and dumpsters. DO NOT mix the above listed waste. Any questions regarding the use of the facilities or services, please call the Public Works Office at 253-876-3281 between 7 AM to 4 PM. (M-F).

Notes:

- A new recycle area is designated to collect recyclable waste such as newspaper, card boxes, bottles and cans.
- The Collection Station is monitored by surveillance cameras. Any violators may be cited for penalties as allowed by the MIT Codes.

All tribal members requesting dumpster delivery and pickup should call 253-876-2911.

Please leave a message with your name, address and size of dumpster if no one is answering the phone.



News from the Senior Center

By Noreen Milne



- | | |
|--------------------------------------|----------------------------|
| Naomi Blake – 03/03, 98 years young! | John Elkins Sr. – 03/14 |
| Doug Maurice – 03/03 | Sonny Bargala – 03/20 |
| Marion Harrison – 03/03 | Jeannie Moses – 03/21 |
| Clorine Michel – 03/04 | Leah Moses – 03/21 |
| Sandy Heddrick – 03/04 | James Wynne – 03/22 |
| Steve Heddrick – 03/05 | Harriet Ross – 03/23 |
| Margaret Davis – 03/06 | Ester Tina Moses – 03/23 |
| Tom McJoe – 03/07 | Bryan Hennes – 03/24 |
| Regina Howell – 03/07 | Ken Lewis – 03/24 |
| Elaine Baker – 03/11 | Regina Howell – 03/07 |
| Randy Richardson – 03/11 | Gilbert KingGeorge – 03/26 |
| William Wilbur – 03/11 | Norma Rodriguez – 03/27 |
| Cleo Wilbur – 03/16 | Donna Wallick – 03/29 |
| Mark James – 03/13 | Doreen Thomas – 03/30 |
- If I have missed someone please let me know so I can make sure they put in my newsletter next month.

Time to start Silent Auction again with new items. Come take a look and put your bid in today. Let me know if you have items you would like to put in the auction.

Elder Casino breakfast this month is March 27th. Watch for flyers on where we will be located.

Reminder: Food vouchers, one per client (household). We are available if you need to be transported shopping by senior center staff. Please only purchase what is on the list – healthy and nutritional foods. Help us keep this privilege.

Weather is getting better for walking; otherwise, we have permission to walk at the Pentecostal church in the mornings. Also, Water Aerobics is held at the Health and Wellness center on Tuesday and Thursday. If you would like to attend, Feel free to call here for a ride.

Lunch deliveries – please notify us if you will not be home that day it is important to us to make sure you still want lunch delivered. If not, we can take you off the list until further notice. Please call us here at 253-876-3255 or 876-3023.

We again appreciate those elders who take the time to come in and help the kitchen staff with bagging lunches for our home deliveries you are again very much appreciated.

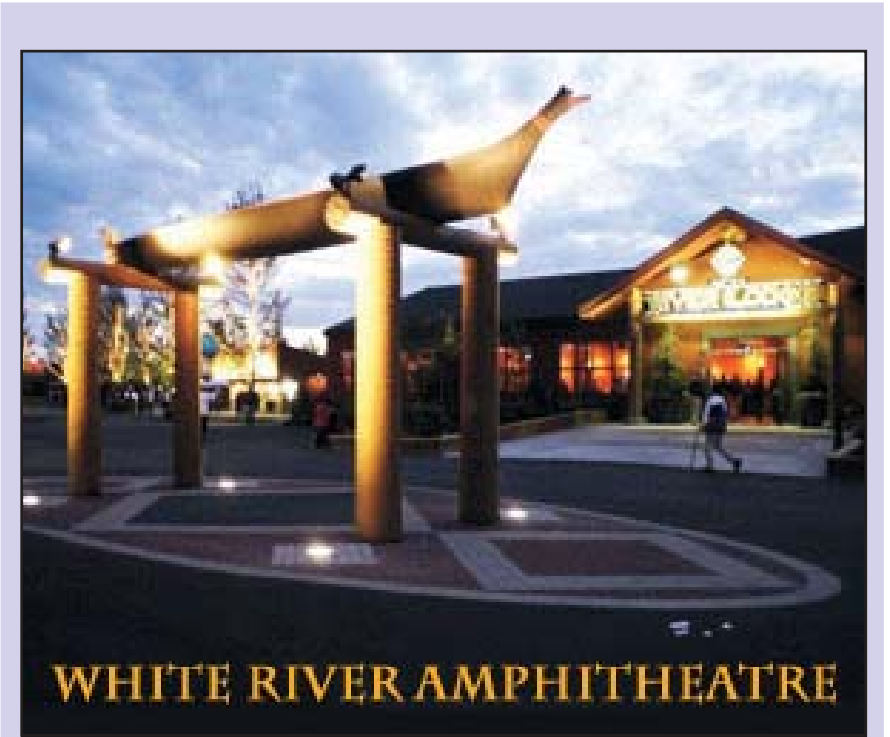
I myself as activities coordinator would appreciate your input on things happening each month so it can be on the calendar and made arrangement ahead of time for all of you to enjoy. My new Extension is 253-876-3023 to my desk in the front office.

Thanks again for those who come in to visit and take time out of your busy lives to come along on our elder trips here at the Muckleshoot Senior Center.

We need to get busy with our Elders Luncheon projects! We have started on drums, key chains, and medicine pouches so far. I will be purchasing new sewing machines. One of our elders suggested we start on small pillows. If you would like to come in and help us please feel free to call we can pick you up

Easter baskets is another fundraiser we have done in the past, so please let me know if you would like to come in and participate with this activity. We made almost \$300 with the Valentine fundraiser activity.

Thank you for all the time and donation from Hazel and Roland Black, Norma R, Lorraine.C, Virginia C, Elaine B, Berlinda and Grant A, Tiny D, Kathy C, Bena W, Lucy and many more who came in and made a V-day box or donated gifts.



WHITE RIVER AMPHITHEATRE

White River Amphitheatre is looking for Elder volunteers!!

We are going to be doing fundraiser this concert season again and need all the help we can get, please come in and donate your time to make this a successful summer fundraising project!!

Watch for Flyers so you can be put on the concert dates you would like to work!!

Caregivers Conference


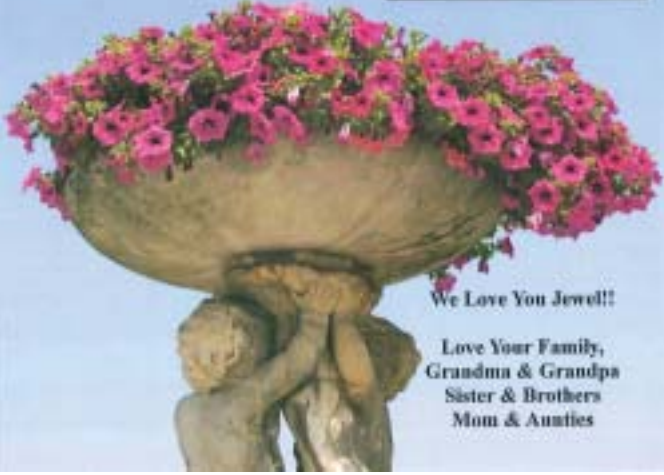
Quinault Beach Resort



Doris Allen and LeOta Berry




Happy Sweet 16 Birthday Jewel

We Love You Jewel!!
Love Your Family, Grandma & Grandpa, Sister & Brothers, Mom & Aunties

Happy 14th Birthday Raymond?




We Love You Raymond!
Love Your Family, Grandma & Grandpa, Sister & Brothers, Mom & Aunties



OLD SCHOOL, Bryson Jenson, Donny Stevenson and Danial Jenson





Tamika Elkins



HAPPY 10TH BIRTHDAY, DYLAN!
We love you so much, and are so proud of you. Thank you for all your smiles and comfy hugs.


XXXOOO
Love, Mom & Dad

Dylan, you are an AWESOME Brother. We love you and hope for your birthday, you have the Best Day Ever!!!
Love,
Cameo, Kaylee and baby Frank

Wishing Big Grams a very Happy Birthday with more to come. We thank god for giving us the greatest gift "You".

Love,
Kalea Mae Lezard And the rest of the family and friends



Happy Birthday Uncle Moon (Great Uncle & Greatgrand Uncle)!!!!




LOVE YA~
Kim, Ed, Sonya & Kelsey!!

HAPPY BIRTHDAY AZELA MARIA (9YRS) & ALFY (2YRS) !!!
Love
Auntie Kim & Uncle Ed,
Sonya & Kelsey...



Happy Valentines Day!!


With Love,
Baby Rosa
Elena & Stan
Glorianna, & Corey

Hugs & Kisses
XOXO

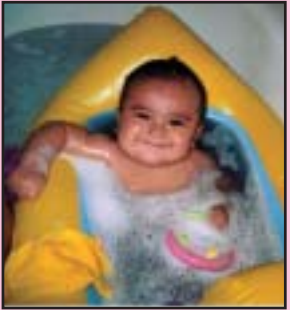





Happy birthday Big Gram we love you bunches

Love,
Lena, Lenora,
noel, Alex,
Shellee, Maggie









Happy birthday Mom! Love you!
Bake & Ronette

HAPPY 1ST BIRTHDAY TO KELSEY MICHELLE WILLIAMS...03/05....
Where has the time gone?
Love you always & forever- Papa N Grandma

Happy 1st Birthday to our daughter
~ Kelsey Michelle Williams ~
Love MOM & DAD









Happy 5th Birthday "Our Lil' Miss Priss," Malia Marie Meyer!


With lots of Love,
Mom: Mardee, Dad: Derrick, Brothers, Gramma, Papa, Twiggles and Baby Bear





PHOTOS FROM
Lisa Elkins



Ramona and Sean



Ramona and Arlissa



Ramona and Arlin Jr.

Happy March Birthdays.....

Anna Jerry 3/9
Missy Brown 3/18
Andrea Gonzales 3/18 *Happy 21st*
Andre Flores 3/19
Uncle Mark 3/13
Jack Murphy 3/13
Leandra "Pooch" 3/17
Bailey Brown 3/26
WE LOVE YOU ALL VERY MUCH....
Tam & Macy













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.

Renter's Insurance Contacts – these sites allow you to get a free on line quote.
 www.geico.com or 1-800-566-1518
 www.statefarm.com - several local numbers are listed.
 www.pemco.com or 1-800-4673626

There are many more but this should give you a good starting point

- 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.

Alarms in Tribal Housing - If you are interested in having an alarm installed, contact the Muckleshoot Housing Authority beforehand at 253-876-2886. Approval is on a case by case basis.

I'm also available for **Residential Surveys**. That involves me coming to your home and checking the locks, lights, landscape, etc. I have forms that are specific to this area. You will be provided a copy of the report before I leave.

All of us are dedicated to providing a safer community for all, but we need your help! Take a proactive roll and call **911 IMMEDIATELY FOR CRIMES IN PROGRESS!**

Deputy Ron Riehs
253-876-3246

TIP Line
253-876-2850

Muckleshoot Police expands storefront office concept to Skopabsh Village



The Muckleshoot Police Dept/ King County Sheriff's Office is pleased to announce that they are expanding their office to include space within the Muckleshoot Housing Authority building located in Skopabsh Village.

Unlike the storefront office located at the Legal Building, the Deputies will **NOT** have set hours at the Housing location. The office will be located on the side of the building with signs posted for your convenience. Please feel free to stop and chat when you see a patrol car.

This is **NOT** a replacement for calling 9-1-1 in an emergency.



Please remember that deputies are not available at all times at this location.

In forming a partnership with Muckleshoot Housing, it will provide an opportunity to work together for a safer community.

Our office number is 253-876-

3027. Feel free to leave a message and one of us will get back to you as soon as possible.

For a faster response to non-emergency related concerns, please call our Communications Center at 206-296-3311 and request for a Muckleshoot Deputy to contact you.

MUCKLESHOOT HOUSING AUTHORITY'S JANUARY EMPLOYEE OF THE MONTH TAGIILIMA (T.J.) PEDRO HOME REPAIR SPECIALIST

T.J. was selected by all departments within the Housing Authority. Just some of the reasons that T.J. was selected is because he always turns in accurate and complete paperwork daily, always turns in leave slips prior to appointments, and calls immediate supervisor if ever sick.

He is always to work on time and is always the last maintenance person to leave. If the gate is ever left open at the end of the day, you can almost bet that he was not at work that day.

When the office staff asks for volunteers for anything, he is always willing to help. He was promoted into a higher position, took on a lot more responsibilities, and proved that he can handle multiple tasks, with no complaints, *to me anyway!* He is a team player and we love to have him on our housing team and employee softball team.



April 20, Happy 10th birthday Arlin thunder Jr



KEEP UP THE GOOD WORK T.J.!
CONSTRUCTION MANAGER

Muckleshoot Housing Authority
After Hours Maintenance Emergency Number

(253) 261-0779

If you have a maintenance emergency outside of Housing's normal business hours, please contact the After Hours Emergency Number.

DOCKYARD DERBY DAMES
SEASON FOUR
2010 BOUT DATES

MARCH 27 - BOUT 1
PIERCE COLLEGE 9401 FARWEST DR. SW LAKEWOOD, WA

APRIL 24 - BOUT 2
PIERCE COLLEGE 9401 FARWEST DR. SW LAKEWOOD, WA

MAY 22 - BOUT 3
FOSS WATERWAY SEAPORT 705 DOCK ST. TACOMA, WA

JUNE 26 - CHAMPIONSHIP BOUT
FOSS WATERWAY SEAPORT 705 DOCK ST. TACOMA, WA

ALL-STAR TEAM BOUTS
@ PIERCE COLLEGE 9401 FARWEST DR. SW LAKEWOOD, WA
JULY 24, AUGUST 28, SEPTEMBER 25, OCTOBER 23

DOCKYARDDERBYDAMES.COM

MIT gift to wildlife rescue center still in service after ten years

PHOTOS BY JOHN LOFTUS



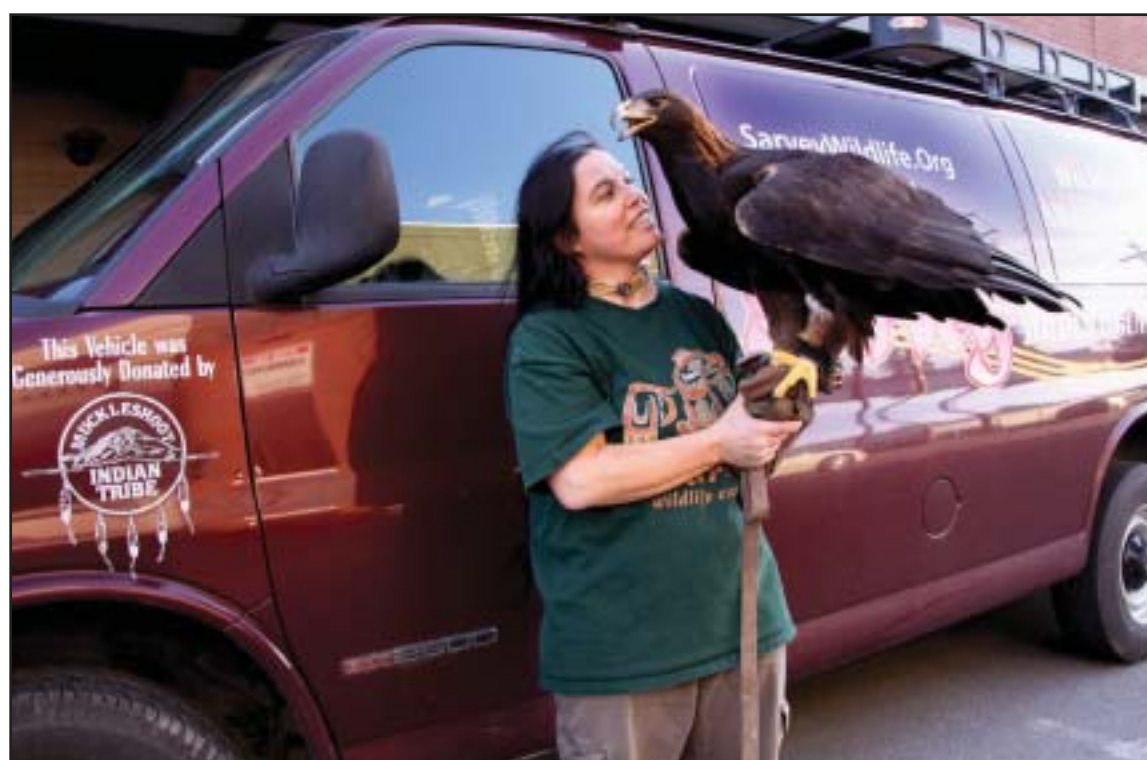
Kestrel Skyhawk of the Sarvey Wildlife Center and the gigantic Golden Eagle that has been her companion for many years are shown here after completing a recent presentation at the Arlington Eagle Festival.

The van she's standing in front of was donated to Sarvey a decade ago by the Muckleshoot Charity Fund. Originally outfitted as a specialized wildlife ambulance, it was used throughout the Puget Sound Area to pick up and transport literally thousands of injured wild animals before finally being replaced by new vehicle donated by the Stillaguamish Tribe.

The original MIT wildlife ambulance recently underwent a complete refurbishment and now has a new mission: transporting the hawks, owls and eagles that are the mainstays of the many school programs Sarvey presents each year.

Located between Arlington and Granite Falls, the Sarvey Wildlife Center serves 4,000 patients per year, ranging from butterflies to bears and everything in between. Nothing is too large, too small, or too insignificant – just so long as it's a wild thing.

The center has successfully healed thousands of injured creatures and released them back into the wild. You can share in the daily drama of the center by becoming a fan of Sarvey Wildlife Center on Facebook, or by exploring its website at www.SarveyWildlife.org.



End of Season Fish Dinner

March 4, 2010 ~ Muckleshoot Pentecostal Church

PHOTOS BY JOHN LOFTUS



Muckleshoot's Keta Creek Fishing Derbies

The Keta Creek Fishing Derbies are a summer time family oriented events for Tribal Members and their families. These Tribally funded trout fishing opportunities include breakfast, lunch, snacks, fun and games for all ages. Bait, fishing tackle, ice, and fish sacks provided. Scheduling of games, contests, and other events will be added when possible, or deleted when necessary. Please direct questions, comments, or suggestions to Gail Larsen at (253) 876-3178.

<u>Date/Time</u>	<u>Event</u>
June 19, 2010 8:30-2pm	KIDS DERBY — this is for kids 12 and under. Fishing prizes for kids and door prizes for adults.
August 14, 2010 8:30-2pm	FAMILY DERBY —All ages fishing. Family oriented prizes, and door prizes for adults.
Sept. 25, 2010 8:30-2pm	FALL CLASSIC — All ages fishing. Family oriented prizes, and door prizes for adults.

