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# Muckleshoot MONTHLY



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PHOTO BY JOHN LOFTUS

## MARK JAMES: Muckleshoot's newest Tribal Council member

MUCKLESHOOT – They say the third time's the charm, but for Mark James it took just a bit more perseverance than that. On January 17, in his fifth bid for office, he finally landed a seat on the Muckleshoot Tribal Council with a hefty 233 votes.

"Every year my vote total has gone up," Mark says. "I thought I had it made last year, but I guess this was my year."

He fell just two votes short last year. The razor-thin margin triggered an automatic recount, but it didn't change the outcome.

### Their dedication made us who we are today

Mark's experience with Tribal Council politics goes back pretty much as long as he can remember. He is a grandson of the late Bernice White, who served as Tribal Chairwoman through some of the most dramatic days of the Fish Wars, which in the end led to victory when the historic 1974 Boldt Decision upheld the Tribe's treaty fishing rights.

Bernice was a good grandma to Mark and her numerous other grandkids, Mark remembers, but when there were things that needed to be done for her tribe, like many others of that era, she stepped up and faced the challenge.

"You could tell when she was out on business – she'd be all dressed up and very professional-looking," he says.

"I remember she made us get out and walk in marches for the Boldt Decision," Mark says, recalling that he must've been about ten years old at the time. "She knew that there wasn't much for us young men back then, and that fishing was a way out. It could be a living for a great number of tribal members."

Bernice White and the other leaders of that era – some still active – might rightfully be called Muckleshoot's "Greatest Generation" in the same way that the generation that fought World War II is thought of by Americans in general.

"I think history will be kind to her," Mark says of his late grandmother. "She worked tirelessly for the tribe, and if it wasn't for people like her, I believe there wouldn't be a tribe like there is today. They worked for us and they fought for us, and their dedication made us who we are today."

Mark also notes that his mom, the late Yvonne James, served on the Tribal Council back in the 1980's, and remembers that she worked hard for the people, too.

### You get it in your blood and that's what you want to do

"When I'd come of age, about 1973, I started fishing," Mark remembers. "There was no legal fishing back then. If you wanted fish, you'd go out and get it. We'd find a fish and we'd make a hook and go catch it."

"They couldn't stop us from hunting or fishing," he says. "That's just who we are, you know – salmon people. I believe that. Salmon is food for the spirit."

The Boldt Decision revolutionized fishing, opening up new opportunities for the young men, and many took to the water. Mark was no exception. "I took my grandma's advice," he says, "and for the longest time, I was a commercial fisherman."

Although he still fishes occasionally, Mark gave up commercial fishing around 2002.

"I wanted to get out while I was still at the top of my game," he says, "but getting out of fishing commercially was the hardest thing I'd ever, ever done. You get it in your blood and that's what you want to do."

"I think fishing comes natural to Indians," he adds. "I'm glad to see it still going on, and just hope the resource holds up."

### Integrity and honesty are all-important

Ethics are central to Mark James' concept of public service. It's something he says he got from listening to his uncle, the late Clarence "Pun" Courville.

*continued on page 2*

# TRIBE CHOOSES ITS LEADERS



Marie Starr



Virginia Cross



Mark James

## Marie Starr, Virginia Cross and Mark James are elected

MUCKLESHOOT – The outcome of this year's Tribal Council elections was a bit mixed, with two of the Tribe's most experienced leaders topping the field and the third place finisher representing new blood. This is a trend that has become common in recent years, as the Tribal Council has tended to gain a single new member with each election.

Veteran Council Member Marie Starr topped this year's field of nine with a very strong 288 votes, followed by Tribal Chair Virginia Cross with 252. The final Tribal Council slot up for election was claimed by Mark James, who garnered 233 votes. It was the fifth attempt for James, who fell just two votes shy of being elected last year.

Mark James will be a third-generation Tribal Council Member. His mother, the late Yvonne James, served one term in the 1980's, and his grandmother, the late Bernice White was one of the historic leaders of the Tribe, serving as Tribal

Chair during the Fish Wars, a time of great conflict and heroic activism.

Tribal Council Vice-Chair John Daniels Jr., who had run as a team with Starr and Cross, came in fourth with 190 votes, which means he will be departing from elective office for the second time.

After working as a pull-tab venter at Muckleshoot Bingo and a drug and alcohol counselor for Behavioral Health, Daniels, in his early 30's, was by far the youngest member of the Tribal Council when first elected in 1995. He became Tribal Council Chair just two years later and continued in that capacity through a decade that saw Muckleshoot transform itself into one of the major economic and political powers of the Pacific Northwest.

After winning four successive terms, he was edged off the Council by a seven-vote margin in 2007, but came roaring back in 2008, topping the field of candidates by an impressive 51 votes, which translated to a margin of 27 percentage points.

Several other candidates put in strong performances this year, including Carl "Bud" Moses (167), Kenneth "KC" Williams (162) and Lorena "Sugar" Harnden (160), with Melvin Daniels and Les Nelson Sr. rounding out the field.

The two seats up for grabs on the Muckleshoot School Board this year drew six candidates and considerable voter enthusiasm. Donna Starr topped the field with 254 votes. Incumbent Linda Starr finished second with 228, while the other incumbent, Michele Rodarte, was edged off the board with a third-place count of 216. Marie Johnson, Denise Bill and Lana James rounded out that field.

Donna Starr also topped a field of three and was re-elected to another term as Tribal Judicial Officer, while the Enrollment Referendum passed by a margin of nearly two-to-one, 336-176. This year, a total of 519 votes were cast, compared with 549 in the 2010 election.

## 2011 Official Election Results

### Tribal Council (3 positions)

✓ Marie Starr .....	288
✓ Virginia Cross .....	252
✓ Mark James .....	233
John Daniels Jr. ....	190
Carl (Bud) Moses .....	172
Kenneth (K.C.) Williams .....	162
Lorena (Sugar) Harnden ....	160
Melvin Daniels .....	105
Les Nelson .....	43

### School Board (2 positions)

✓ Donna Starr .....	254
✓ Linda Starr .....	228
Michelle Rodarte .....	216
Marie Johnson .....	183
Denise Bill .....	116
Lana James .....	34

### Judicial Officer (1 position)

✓ Donna Starr .....	238
Tammy Byars .....	209
John Stevenson .....	111

### Enrollment Referendum

✓ Yes .....	336
No .....	176

✓ = ELECTED

# MUCKLESHOOT CASINO FINDS ITS FIRST MILLIONAIRE!

MUCKLESHOOT – For one 40-something Auburnite, copper turned to gold.

The woman, a regular at the Muckleshoot Casino, hit a hefty jackpot on a recent Sunday night, winning \$1,040,253.45 on a \$2.50 spin playing Kingdom Cash, a video gaming device located in the Red Room smoking section.

The winner has asked not to be identified.

"It brought tears to her eyes (as the numbers added up to the large progressive jackpot)," said Johnny Walker, the casino's director of gaming operations.

It is the largest payout for a video game device at the casino and possibly in the state, according to Walker.

"It's been hit before ... in Oklahoma about three months ago," Walker said of the game.

Specifically, the jackpot was hit on Rocket Gaming's Gold Series Kingdom Cash machine. According to the manufacturer, the Gold Series is a progressive jackpot machine designed to offer its players the chance to win a top prize of over \$1 million. It's been a sensation across Native American gaming floors throughout the United States, according to Rocket Gaming.

The Gold Series is made up of Burnin' Up, Golden Sunrise, Kingdom Cash, Lucky Year and Puppy Tales, and is now installed in 88 facilities in 13 states across the country.

Walker was confident that a big jackpot would light up the casino, given its 12 video gaming devices in the Red Room and six more in the non-smoking area. The machines awarded about \$50,000 in payouts last week, Walker said.

"What people don't realize is that we got a lot of new games," he said. "What a way to start off the New Year!" Walker said.

"We are so happy that a lucky local person won the Jackpot! It's always a thrill to see a regular Preferred Players Club member hit it big here at Muckleshoot Casino."

With congratulations in order, he also adds that "the progressive jackpot on the Rocket Gaming Gold Series machines has been reset, and will start growing again immediately."

"We're ready for our second Muckleshoot Millionaire!"





**The Year Ahead in Olympia and Washington DC**

The 2010 elections brought a new Republican majority to the United States House of Representatives and 31 new members to the Washington State legislature. Those changes will make the Tribal Council's work to advance the Muckleshoot federal and state legislative agendas somewhat more challenging this year. The Tribal Council has been hard at work preparing to meet those challenges and as this new legislative season gets underway we wanted to give you an overview of the issues we will focus on Washington DC and Olympia.

Every year the Tribe's Public Affairs Committee undertakes the process of developing legislative priorities to guide our work at the federal and state levels. The broad focus of that effort is to improve the quality of life for all tribal members, protect tribal programs and enterprises and protect tribal sovereignty.

At the federal level we will continue our work to protect tribal gaming and oppose the dilution of tribal recognition criteria or weakening of the recognition process. We will also work to secure support for improvements to the White River Hatchery, tribal elder's complex and tribal programs for gang prevention and intervention and substance abuse prevention and treatment.

We will also work to determine the best process to seek retrocession from Public Law 280 and give the tribe greater flexibility to address law enforcement matters. Also on our federal agenda is accreditation of the Tribal College and securing support for improvements to curricula, school safety and facilities funded by the Reauthorization of the Elementary and Secondary Education Act.

Here at home our work will focus on the general areas of taxation, gaming and transportation. The large budget deficit facing the state has created an atmosphere that greatly complicates our work and will require diligence and hard work.

In the area of taxation, we will continue our efforts get all tribal owned land exempted from the state property tax. Currently, only tribal land use for "essential government services" enjoys that tax exemption. A bill to expand that exemption to all tribal owned land is currently before the legislature and the Tribal Council is working hard to secure its passage.

In the gaming area the tribe will fight to stop any expansion of private, for-profit gambling or any erosion of laws and regulations governing the location or operations of mini-casinos. Again this year private business interests are promoting expanded machine gambling in non-tribal restaurants, bars and taverns as a revenue generator for the state. The budget crisis has created an opening for expanded gambling legislation but we are working hard to stop any such proposals.

In the transportation arena we will work with the State Department of Transportation to develop a corridor pedestrian management plan, paving plan and maintenance program for SR 164. We will also support efforts to assess all existing signs along the corridor and replace those that do not meet standards and develop a region-wide assessment for Muckleshoot signage.

This is an aggressive legislative agenda and the political environment in which we must operate is challenging. However, the stakes are high and we are committed to devoting the time and resources necessary to succeed.

**TRIBE & KING COUNTY SIGN MEMORANDUM OF UNDERSTANDING**



L to R: King County Executive Dow Constantine, Tribal Chairwoman Virginia Cross and King County Council Chair Bob Ferguson.

On December 1, 2010, the Muckleshoot Tribe and King County entered into a formal Memorandum of Understanding (MOU) intended to strengthen their government-to-government relationship and establish procedural guidelines to promote cooperation between the two governments. This important agreement recognizes that both governments have an interest in the public health, safety, welfare, economic strength and resource management needs of their citizens. This MOU also stands as an affirmation of the Muckleshoot Tribal government's important role in the region and promotes greater regional cooperation.

**MARK JAMES** *continued from page 1*

"I think integrity and honesty are all-important nowadays in tribal politics," he says. "You've got to be fair. And I'll be fair. I'll be really fair, with everybody - no matter who they are. That's how I feel."

Mark currently serves on the Elders Committee, which is working on the construction of a new Elders Complex.

"There are 274 tribal members over age 50 now, and the old building is just too small," he says, adding that he looks forward to seeing a lot of progress on the new facility in the coming year.

**THANK YOU!**

In closing, Mark wants to share a few words regarding his election:

"It's been a long time coming, and I'd like to thank all the people that supported me and believed in me. I'm not going to let them down. I'll just do the best I can."

**Washington DC**

Tribal Chair Virginia Cross and Claudia Kauffman attended President Obama's second annual Tribal Nations Summit in Washington, DC in December. Virginia reports that although she didn't get her picture taken with him, she did get to shake President Obama's hand.



The White House



The Capitol Christmas Tree



Tribal leaders with Senator Patty Murray.

**2011 Per Capita Deadlines and Schedule**

November 30, 2010	- Enrollment Cut Off for March 2011 Per Capita
December 31, 2010	- Deadline for <u>New</u> Direct Deposits to be turned in to Tax Fund
January 7, 2011	- Deadline for Information to be turned in to Tax Fund from Tribal Programs
February 11, 2011	- Deadline to stop taking Direct Deposit Changes/Cancellations
February 28, 2011	- Enrollment Cut Off Date for June 2011 Per Capita
March 1, 2011	- Per Capita Distribution
March 2, 2011	- Per Capita Distribution
March 3, 2011	- Per Capita Distribution
March 31, 2011	- Deadline for <u>New</u> Direct Deposits to be turned in to Tax Fund
April 8, 2011	- Deadline for Information to be turned in to Tax Fund from Tribal Programs
May 13, 2011	- Deadline to stop taking Direct Deposit Changes/Cancellations
May 31, 2011	- Enrollment Cut Off Date for September 2011 Per Capita
June 7, 2011	- Per Capita Distribution
June 8, 2011	- Per Capita Distribution
June 9, 2011	- Per Capita Distribution
June 30, 2011	- Deadline for <u>New</u> Direct Deposits to be turned in to Tax Fund
July 8, 2011	- Deadline for Information to be turned in to Tax Fund from Tribal Programs
August 12, 2011	- Deadline to stop taking Direct Deposit Changes/Cancellations
August 31, 2011	- Enrollment Cut Off Date for Dec 2011 Per Capita
September 6, 2011	- Per Capita Distribution
September 7, 2011	- Per Capita Distribution
September 8, 2011	- Per Capita Distribution
September 30, 2011	- Deadline for <u>New</u> Direct Deposits to be turned in to Tax Fund
October 7, 2011	- Deadline for Information to be turned in to Tax Fund from Tribal Programs
November 10, 2011	- Deadline to stop taking Direct Deposit Changes/Cancellations
November 30, 2011	- Enrollment Cut Off Date for March 2011 Per Capita
December 6, 2011	- Per Capita Distribution
December 7, 2011	- Per Capita Distribution
December 8, 2011	- Per Capita Distribution
December 31, 2011	- Deadline for <u>New</u> Direct Deposits to be turned in to Tax Fund

If you have any questions or concerns, please contact Heather Evans at 253-876-3189.

**SUBSCRIBE TO THE MONTHLY...**

The Muckleshoot Monthly is delivered free of charge to members of the Muckleshoot Tribal Community. You can help us to serve you better by providing us with an up-to-date address. Please fill out the form below and mail it to:

**MUCKLESHOOT MONTHLY**  
39015 - 172nd Ave. SE,  
Auburn, WA 98092

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New subscription  Address change

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If this is an address change, list previous address:  
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City & State \_\_\_\_\_ Zip \_\_\_\_\_

I am a Muckleshoot tribal member,  
 I have ties to the Muckleshoot Tribal Community

Please explain: \_\_\_\_\_

**Muckleshoot Tribal Council**

Virginia Cross, Chairwoman  
John Daniels Jr., Vice-Chair  
Virgil Spencer, Secretary  
Marcie Elkins, Treasurer

Donald Jerry Sr.  
Mike Jerry Sr.  
Kerri Marquez  
Marie Starr  
Charlotte Williams

**Muckleshoot Monthly**  
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**Muckleshoot Tribal Committee Appointments**

TO ALL ENROLLED MUCKLESHOOT TRIBAL MEMBERS:

It's that time of the year again. Please submit your letters of interest to serve on the following committees:

- Smokehouse
- Loan Review
- Youth Development
- Hunting
- Personnel
- Housing
- Health Services/Diabetes
- ICW (Indian Child Welfare)
- Planning
- Elders
- Family Resource Center
- Enrollment
- Repatriation
- Spiritual Ceremonial
- Preservation
- Fireworks
- Education
- Canoe Club
- Elections
- Gaming Commission
- Pow-wow
- Veterans
- Culture
- Sla-Hal

If you would like to serve a one-year term for any of the listed committees, you must submit a letter of interest for each committee you are interested in. Explain why you would be a good candidate, or list any experience you may have had in the past that pertains to the committee that you are applying for. Please note that a separate letter must be submitted for each committee you are interested in. Copies of the letter form are available from the Tribal Council support staff.

**Please submit your letter to the Tribal Council support staff by March 23rd, 2011 at 5:00 p.m. or your letter will not be granted.**

## WALKING ON...

**Joseph Anthony Ray Bisson**

Joseph Anthony Ray Bisson Jr was born October 12, 1992 to and passed away January 1, 2011. He was 18 years old.

Joseph is survived by his parents Steven Korndorfer and Lori Simonson, his brothers, Nate Bisson, Cedar Korndorfer and Ayden Bisson; his four sisters Tania Korndorfer, River Korndorfer, Olivia Korndorfer, Aubrianna Bisson; and numerous extended family and friends. He was preceded in death by his great-grandfather Percy James, who he was very close to and in whose footsteps he sought to follow.

Joey had an infectious sense of humor and his smile would light up a room. He was passionate about family, friends, music and basketball.

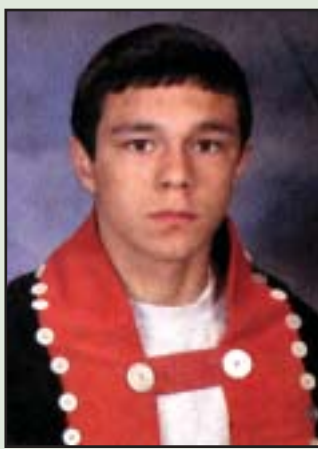
Joey was a 2010 graduate of Chief Leschi High School and a freshman at the University of Washington, where he planned to pursue a degree in civil engineering. He was a quality student who maintained a 3.5 GPA who considered math his strong suit. He participated in the running start program at Tacoma Community College and earned college credit while in high school.

He was a standout athlete at Chief Leschi participating in cross country, basketball and track. Joey qualified for the state cross country meet his senior year and as a co-captain led his basketball team to the state playoffs and a 7th place finish. He also worked the past two years at GREAT Camp as a counselor and was the undisputed squirrel dance champion. Joey loved his family and friends unconditionally. He considered his mother to be his hero for all the many sacrifices she made in raising her children.

In a college essay he said, "The future belongs to those who prepare for it." This quote, from Malcolm X, is what has guided my high school decision making process. I will be a first generation high school graduate and a first generation college attendee. As the oldest in my family, it has important to me to set an example for my younger siblings. In setting an example for my siblings I find that I am even more motivated to achieve my goals."

A public wake was held on Friday, January 7, 2011, followed by funeral services the next day, both at the Chief Leschi School Gym. A special ceremony retiring his basketball number 12 was held in the gym on Saturday, January 29.

Always in our Hearts!

**Amos "Tubbs" Courville Jr.**

Amos "Tubbs" Courville Jr., of Medicine Valley, Washington passed away on December 6, 2010 in Yakima.

He was born in Auburn on August 4, 1924 to Amos and Maggie (Daniels) Courville Sr. He was raised and educated in Auburn and at various Indian Mission schools in the Tacoma area. He worked as a logger and commercial fisherman and moved to the Yakima Valley in 1978.

In his retirement he continued to fish in the Puget Sound area. He was a longtime member of the Muckleshoot Shaker Church. Tubbs was the oldest enrolled member of the Muckleshoot Tribe and last WWII veteran of the tribe.

He is survived by his wife, Loretta Swearingen of Medicine Valley; eight children, Delwin Courville, Shirley Taylor, and LeeRoy Courville Sr., all of Auburn; Wesley, Rosetta and John LeClair, all of Shelton; Nadine LaClair and Joy Sanchez, both of Medicine Valley; numerous grandchildren and great-grandchildren; one brother, George Barr, and one sister, Marge McKluskey both of Auburn.

Tubbs was preceded in death by his parents, two children; two brothers and four sisters. Services were held on Saturday, December 11, 2010 at the Yakima 1910 Shaker Church.

**Clinton Kevin Fryberg**

Clinton Kevin Fryberg was born on November 18, 1983 and went to be with the lord on September 30, 2010. He was 26.

A Tulalip tribal member, Clinton was born in Auburn, WA, son of Maureen Fryberg and Clinton Sam. He joined the Tulalip Tribes 1910 Shaker Church, where he celebrated his first 12 birthdays of his life. Clinton was proud of his Indian Heritage and practiced his culture by participating in Tribal Canoe Journeys for several years, attending sweats and traditional carving. He attended school in Marysville, WA and was attending GED classes this fall at Everett Community College.

He leaves behind his mother, Maureen Fryberg; father, Clinton Sam; sisters, Anjelica Cordnel-Maurice, Marsha Young, Jo-e-Dee Fryberg; and brother, Albert Young, Jr; grandparents, Jan Maurice of Muckleshoot, Gerald (Sammy) Fryberg, Sr., Carol Allen, William "Sonny" Sam, Sr., all of Tulalip, WA; and special niece, Jessica Peters; nephew, Cole Peters, Martyn Dupri.

He is preceded in death by his great-grandparents, Alexander Maurice (Shag), Anita King George; sister, Anita Jo Maurice; uncles, William Sam, Jr., Anthony Sam; aunts, Loreen Sam-Barr, Angela Mae Sam and Kaya Treva Maurice, Carol Maurice and Betty Goudy, all of Muckleshoot; and Grandma "Tootsie," great-uncles, Myron Fryberg, Sr, Leroy Fryberg, Sr, of Tulalip.

Funeral services were held on October 6, at Tulalip Tribal Center, followed by burial at the Mission Beach Cemetery.

**Lawrence Edward Jerry Jr.**

Lawrence Edward Jerry Jr, 77, passed away at his residence on the Muckleshoot Indian Reservation on Thursday evening, January 13th, 2011.

Lawrence was born in Fall City, Washington on June 3, 1933, to Lawrence Edward Jerry Sr. and Hazel Davis. He served in the Army, and upon his discharge returned to the reservation where he lived his entire life. Lawrence worked as a Maintenance worker for the tribe for many years. He enjoyed hunting, fishing, picking berries, taking rides to the mountains, wood cutting, and working on cars.

Lawrence was preceded in death by his parents; his loving wife Rose Jerry; daughter Galinda; sons Garland, Clyde, and Clifford; a granddaughter, Nora Jerry, and great-grandson Lawrence Mitchell Jerry Williams.

Lawrence is survived by sons Roger and Daniel Jerry; daughters Gina, Lynette, Violet, and Nadine Jerry; 20 grandchildren and 18 great-grandchildren.

Funeral services took place on January 17, 2011 at the Muckleshoot Shaker Church, followed by burial at the Old White Lake Cemetery. Arrangements were entrusted to Price-Helton Funeral Home, Auburn, WA.

**Kelly Lozier Jr.**

Kelly "Fire" Lozier, Jr. of Auburn, died December 4, 2010 at the age of 32.

He was born July 30, 1978 to Kelly Lozier, Sr. and Verna Moses. Kelly was a student at Muckleshoot taking business management. He loved spending time with his nieces and nephews. Kelly had a soft heart and a smile for everybody.

He is survived by his mother, Verna Moses; father, Kelly Lozier, Sr.; brothers, Myron Lozier "Nuggz," Thadious Lozier "Fat Horn," Stephon Greene, Isaac Tekins "Ike," Jackson Lozier; sisters, Kallie Lozier, Sadie Moses and his grandmother, Joan P. Maurice "Grandma Tomato."

He was preceded in death by his brother, Cyrus Lozier. A funeral service was held on Thursday, December 9, 2010 at the Muckleshoot Shaker Church with burial at White Lake Cemetery in Auburn.

Memorials may be made to: Muckleshoot Shaker Church, 16407 SE 392nd St., Auburn, WA 98092. The service was directed by Weeks' Funeral Home in Buckley, WA. Please sign the online guest book at [www.weeksfuneralhome.com](http://www.weeksfuneralhome.com)

**Prominent Quileute Elder "Jiggs" Penn passes on**

Christian Esau "Jiggs" Penn Jr., a prominent Quileute elder and the tribe's only witness at the historic Boldt decision trial, passed away on Monday, December 13, at LaPush, Wash. He was 81.

Penn was an advocate for treaty rights and represented the tribe as its witness during the 1974 lawsuit United States v. Washington, decided by U.S. District Judge George H. Boldt, which allocates 50 percent of the annual fishing catch to treaty tribes in Washington.

**Fisherman**

"He was a fisherman all his life, fighting all the important fights for our people regarding our treaty rights," said Lonnie Foster, vice chairman of the Quileute Tribal Council. "He was very gentle but had a strong, determined spirit and was very passionate about our kids and our culture."

His daughter, Ann Penn Charles, said he fought for everyone's rights. "My dad was an advocate for everyone," she said. "He encouraged everyone to do the best with what they had."

**Spit on Penn**

While Penn was testifying in the lawsuit, a woman who was protesting spit on him, according to the tribal newsletter The Talking Raven.

"About 10 years later, Jiggs received a call from her, asking to meet for lunch in Port Angeles," the newsletter said.

"She had always been very remorseful for her behavior the day she assaulted him and explained she got caught up in the heat of the moment. Jiggs says, 'I thought that was pretty good,' that this woman apologized for her actions," the newsletter said.

While in the Army, Penn received the Bronze Star, Korean Service Medal and United Nations Service Medal.

**Dinner, services**

A dinner was held on Friday, December 17, at the LaPush Shaker Church with a candlelight service following at 7 p.m. at the A-ka-lat Center in LaPush. A funeral service was held at the A-ka-lat Center the next day, followed by graveside services at the Quileute cemetery. The America Legion Freedom Riders Honor Guard escorted his body from Harper-Ridgeview Funeral Chapel in Port Angeles back to LaPush in honor of his Korean War service.

Penn was born May 24, 1929, to Christian Esau and Lillian Payne Penn. He married Eileen (Humphreys) Penn, who survives him, 50 years ago in September.

**Helped children**

The couple frequently opened their home and offered their help and support for any youth, family member and foster child in need.

In addition to providing financial assistance for sporting gear for any child – as long as the child promised not to quit during the season – Penn also attended many Forks High School Spartan sporting events, according to information from the tribe.

He also attended every softball and basketball tournament that involved any member of his family from Little League and up, and was a fast-pitch coach for the LaPush Rebellettes, the LaPush 1½ Pint team and the boys basketball teams.

**Survivors**

In addition to his wife and daughter, both of LaPush, he is survived by a son, Christian "Sonny" Penn III of LaPush; another daughter, Fern Penn of LaPush; two sisters, Norma Penn (Rodriguez) of Muckleshoot and Hazel Black of Auburn; and three brothers, Dan Penn Sr., Esau Penn Sr. and Doug Pullen of LaPush; 12 grandchildren, Charlotte Penn, Marcus Penn, Michael Estrada, Natalie Jackson, Brigitte Anderson, Stacy Harrison, Chance Black, Stephanie Calderon, Keya Rollman, Darryl Guerrero-Penn, Eric Ceja Cisneros and Jasmine Summers; six great-great-grandchildren, Elizabeth Soto, Carlos Soto, Isaiah Jackson, Chastity Black, Marcus Penn Jr. and Sophia Calderon; and another great-great-grandchild on the way. He is also survived by a number of nieces and nephews.

(Courtesy of the Peninsula Daily News)

**Patricia Anna Paul**

Patricia Anna Paul, 53, of Auburn Washington, passed away on January 6, 2011, at Auburn Regional Medical Center.

Patsy, as she was known by all, was a member of the Yakima Tribe, but spent her life here on the Muckleshoot reservation, involved in the community. Patricia enjoyed Traditional Native American dancing, beading, and sewing. She also loved dogs and enjoyed the wild-life around her where ever she journeyed.

Patsy was preceded in death by her father Wally Paul; mother Arlene (Miller) Paul; sisters Arlette Paul and Michelle Lloyd; brother Harvey Paul; and Billie Jean.

She is survived by her stepmother Marie Paul; brothers Raymond Paul (Wanda); Chris Paul (Jenny); Byron Lloyd (Wendy); sisters Cynthia Williams (Phillip Powderface) and Beatrice (Nelson).

Funeral services were held at the Muckleshoot Shaker church on Saturday, January 8, 2011, followed by burial at the New White Lake Cemetery in Auburn, WA.



## Shrimp Harvesting Opportunities

Starting in April 2011, Tribal members will again have the opportunity to harvest the large spot prawns from the depths of Elliott Bay. Each year about ten Muckleshoot fishers participate in the ceremonial and subsistence (C&S) and commercial fisheries. The Tribe has a harvest quota of 2,250 lbs of shrimp which will be divided between a commercial fishery and a C&S fishery.



All Tribal members interested in receiving training in shrimp harvesting or who would like to register for the fisheries should contact the Muckleshoot Fisheries Division at 253-876-3131.

If you are interested in participating in the Commercial fishery you must have a Muckleshoot registered fishing vessel, shrimp pot-hauling equipment, and a minimum of ten legal shrimp pots.

**Please note that commercial shrimpers must sign-up with the Tribe's Fisheries Division before Friday, March 11th.**

You can either call the Fisheries Division or visit the Fisheries office (downstairs at the Philip Starr building) and sign-up on the clipboard at the Shellfish section of the Fisher Services bulletin board. Additional information on shrimp fishing, including the type and costs of the gear required, is available from the Fisheries Division – 253-876-3131.



**MUSTANG SURVIVAL VESTS** are currently available to registered fishers for the reduced price of \$50 at the Muckleshoot Fisheries Office



## IMPORTANT NOTICE TO MUCKLESHOOT FISHERS

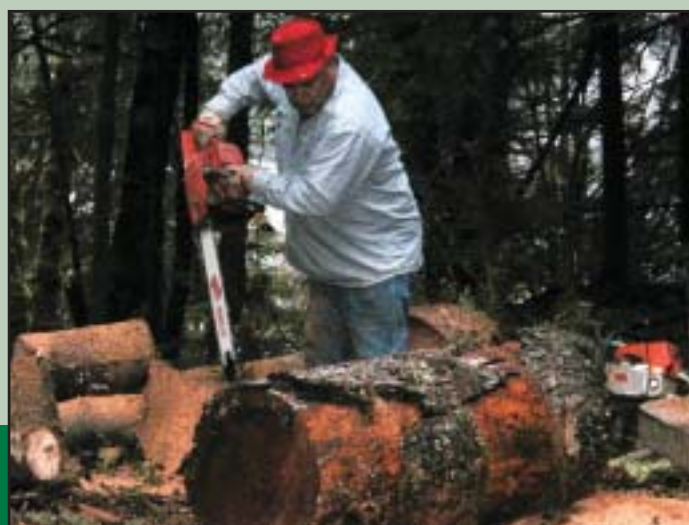
### REMOVAL OF ABANDONED OR UNUSED GEAR FROM THE FIRST AVE PROPERTIES BY MARCH 31<sup>ST</sup>

All abandoned gear or gear that is not being actively used, including nets, boats, boat trailers, and any abandoned vehicles **must be removed by their owners from the Tribe's First Avenue properties by March 31, 2011.** Any abandoned or unused gear remaining after March 31, 2011, shall be considered unclaimed and will be consolidated on the property and disposed of by the Tribe.

THE FISHERIES COMMISSION

## CUTTING FIREWOOD FOR THE ELDERS IN THE CEDAR RIVER WATERSHED

Jim Kapucinski, Watersheds Tribal Coordinator for Seattle Public Utilities, submitted these pictures of Dennis Anderson Sr. cutting firewood for the Elders in the Cedar River Watershed. Jim is in one of the photos. He retired this week and will be missed. Jim has been a good friend to the Muckleshoot Tribe.



## CALLING ALL 2011-2012 SKOPABSH ROYALTY CONTESTANTS

If you or someone you know is interested in running for this year's Skopabsh Pow-Wow Royalty, please contact Wendy Lloyd, Vice-Chair of the Pow-Wow committee. Wendy's contact information is listed below.

**What are expectations and characteristics of Skopabsh Royalty?**

Royalty members are role-models for our community; they display commitment to academics as well as cultural traditions. They are confident, reliable, and respectful. Royalty responsibilities include representing themselves and our community in a respectful manner in any situation.

Royalty members are also expected to participate in as many cultural and public events as possible, such as Pow-Wows and Community and local events, like Tribal dinners, or City parades.

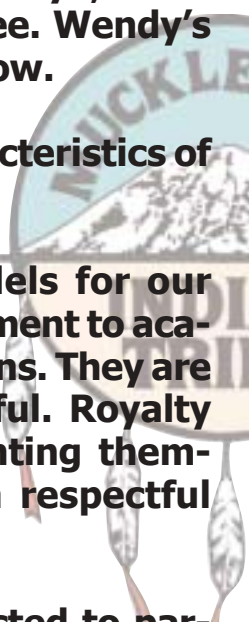
Contestants will be judged in the following areas:

- Public speaking
- Dancing
- Ticket sales

Tickets can be obtained from Wendy Lloyd. She may be reached during the day at (253) 804-8752 x 3213, or evenings at (cell) 253- 507-0966. Her E-mail is address is [wllloyd25@gmail.com](mailto:wllloyd25@gmail.com)

➤ After initial tickets are distributed, at least 75% of monies must be submitted to Wendy in order to get additional tickets.

All ticket stubs, remaining tickets, and money must be turned in to Wendy Lloyd by noon on August 28<sup>th</sup> 2011



**H&R BLOCK®**

## TAX PREPARATION AVAILABLE AT PHILIP STARR BUILDING

H&R Block is currently operating a tax preparation office in the Philip Starr Building in the small second floor conference room near the top of the stairs. Preparation of federal tax returns is available to Tribal Members and Tribal employees.

- The Tribe will pay up to a maximum of \$130 per return for Tribal Member households.
- If Tribal Member has already filed their 2010 tax return at another H&R Block location, or other tax preparer, just bring in the receipt to Finance for a reimbursement of up to \$130.
- A \$20 discount is available to all Tribal employees. Coupons are available in the Payroll office.

NOTE: This is a taxable benefit to Tribal Members.

FROM THE DESK OF SUPERINTENDENT MICHAEL AARON

## SIMPLE STRATEGIES FOR CREATING STRONG READERS

Without doubt, reading with children spells success for early literacy. Putting a few simple strategies into action will make a significant difference in helping children develop into good readers and writers.

Through reading aloud, providing print materials and promoting positive attitudes about reading and writing, you can have a powerful impact on children's literacy and learning.

- Invite a child to read with you every day.
- When reading a book where the print is large, point word by word as you read. This will help the child learn that reading goes from left to right and understand that the word he or she says is the word he or she sees.
- Read a child's favorite book over and over again.
- Read many stories with rhyming words and lines that repeat. Invite the child to join in on these parts. Point, word by word, as he or she reads along with you.
- Discuss new words. For example, "This big house is called a palace. Who do you think lives in a palace?"
- Stop and ask about the pictures and about what is happening in the story.
- Read from a variety of children's books, including fairy tales, song books, poems, and information books.

Reading well is at the heart of all learning. Children, who can't read well, can't learn. Help make a difference for a child.



Superintendent Michael Aaron

## PERFECT ATTENDANCE LIST FOR DECEMBER

Muckleshoot Tribal School would like to congratulate the following students for perfect attendance for the month of December 2010

### Kindergarten

Ronald A.  
Elizabeth C.  
Julius C.  
Kuleace  
Samiah I.  
Tabor J.  
Sanchez K.  
Tyrell N.  
Daveya R.  
Maricella R.  
Maricia S.  
Tristan T.

### 1<sup>st</sup> grade

Kaylea Hamilton  
Kayli L.  
Mackenzie L.  
Chad M.  
Brandon M.  
Astraiya P.  
Lillianna R.  
Ayana R.  
Kalani T.  
Kaylee W.

### 2<sup>nd</sup> grade

Sweet tub C.  
Erika J.  
Izreal J.  
Rian K.  
Rolando M.  
Curtis R.

### 3<sup>rd</sup> grade

Joshua C.  
Chayton H.  
Marcia J.  
Annie K.M.  
Miranda K.M.  
Skylar M.  
Darius N.  
Lamont N.  
Richie P.  
Cecilla R.

### 4<sup>th</sup> grade

Yonita B.  
John C.  
Dominic J.  
Waylon M.  
Kesiah N.  
Mercedes R.  
Carla T.  
Ryan T.

### 5<sup>th</sup> grade

Clarissa C.  
Jarret H.  
Sahara H.  
Nathan K.  
Daniela L.  
Gaspar M.  
Charlize M.  
Corisa M.  
Erika R.  
Matthew T.

### 6<sup>th</sup> grade

Cissie Slockish

### 7<sup>th</sup> grade

Marlin Brown  
Shaughnessi Hicks  
Teddy Salinas

### 9<sup>th</sup> grade

Jenel Hunter

### 10<sup>th</sup> grade

Sidney Lazzar

### 11<sup>th</sup> grade

Ray Charles

### 12<sup>th</sup> grade

Stanley Bluehorse  
Addie Iyall  
Felix McKay

## Muckleshoot Tribal School to Offer Extended Hours for Students

The Choices class is a credit retrieval program for junior and senior students. We are extending our program hours as of December 1<sup>st</sup> until 5:00 PM Monday through Thursday.

The Choices program is designed so each student will have support and an environment which will allow them work toward graduation. As part of this effort to meet the needs of our students we are offering a new extended day program. The program is open to any high school student that wants help with their studies. The idea is to provide more classroom time for students that can't make it to school during the normal school schedule or provide additional help to students that want additional help in one of their regular classes. Those students who need transportation home can ride the Muckleshoot Activity Bus at 5:00 PM.

By extending our support hours, we hope to provide help to students wanting to improve their performance in a subject area or need to arrive at school later in the day so they can have more time and support to earn a high school diploma faster.



**CHEER.** (L-R): Kalli Comenout, Shatayna Baker, Jenel Hunter, Keilani Moses, Diedre Lane-Black



**HIGH SCHOOL BOYS BASKETBALL.** The Boys Varsity Basketball Team has been extremely competitive this year. As this newspaper goes to press, their record is 9-2 in the SeaTac 1B Conference and 12-5 overall, with three games to go. Front (L-R): Sampson Sam, Xavier Fulgencio, Antonio Cabanas, Josh Molina, Buddy Brendible, Luis Esparza. Back (L-R): Michael Eckhart, Coach, Trisdin Lozier, Ryan Oldman, Robert Simmons, Jr., Preston Brown, Hunter Pulsifer, Chris Marquard, Coach, Bill Hawk, Coach. Not pictured: Sean Tael



**WRESTLING.** Front (L-R): Kevin Higgins, Ben Lazzar, Nate Anton. Back (L-R): Raymond Eyle-Owens, Todd, Moser, Coach, Chezeray Starr, Eli Hunt. Not pictured: Charles Starr



**MIDDLE SCHOOL BOYS BASKETBALL.** Front (L-R): Joaquin Garcia-Zamora, Joey Courville, Jose Gutierrez; Back (L-R): Dontae Bronson-Johnson, Clarence Barr, Diego Dick, Donald Dorsey, Coach



**Remember: Dates are Subject to Change,**  
Please Call College to Confirm Dates!

Testing Dates are  
**February 4, 18, 25**  
**March 4, 11, 18**

**Please Arrive Early!** You may choose one test per session

**9:00** Reading, Social Studies, Science

**10:30** Reading, Social Studies, Science

**12:30** Math OR Language Essay Choose only One!

**2:45** Reading, Social Studies, Science

If you are planning on taking 4 tests in one day then do your Essay at **12:30** & do your Math the next testing session

Passing a Pre-Test with a 450 score is Mandatory before taking the GED test. Anyone may pay for the GED test themselves if they do not wish to Pre-test.

There is a Mandatory (1 Time) GED Orientation held. Tuesday & Thursday at 3PM & Wednesday at 10AM, Orientation will be approximately 20-30 minutes long please see the GED Examiner or GED Instructors.

We are pleased to announce that the "rumor" that you needed to be done with all of your testing before 2012 was a false rumor, you do not have to finish by January 2012. However we encourage you to do so.

Contact Mitzi Judge @ Muckleshoot Tribal College 253-876-3395 mitzi.judge@muckleshoot.nsn.us  
Or Tribal College Main Office 253-876-3183  
www.muckleshoottribalcollege.org

GED Instructor's Phone number Alicia 876-3375 or Jessica 876-3256

Located at 39811 Auburn Enumclaw Road SE, Auburn WA 98092

MTC is open to everyone to attend regardless of race

## Northwest Indian College Seeks Part Time Faculty

**Academic Faculty** must have a Masters degree in subject area or similar field and experience working in Native American communities.  
**Continuing Education Faculty** conduct classes and workshops in a variety of areas, including crafts, fitness, cooking, and more.

### Spring Quarter:

- **Biology**
- **Chemistry**
- **Humanities**
- **Native Studies**
- **and more...**

Please submit resume and cover letter to:  
Harmony Blancher  
NWIC Site Coordinator  
253.876.3274  
[hblancher@nwic.edu](mailto:hblancher@nwic.edu)



## Complete Your Degree and Make a Difference in Your Community



In partnership with the Muckleshoot Tribe, Antioch University offers a B.A. Completion program at the Muckleshoot Tribal College with concentrations in the following areas:

- Leadership and Organizational Studies
- Human Development and Learning
- Individualized Studies

Apply by Aug. 31st for Fall quarter - Classes Begin October 2010

[www.antiochseattle.edu/BA](http://www.antiochseattle.edu/BA)

**ANTIOCH UNIVERSITY**  
SEATTLE

Contact: Jessica Porter, First Peoples Program Coordinator, 206-466-3472, [jporter@antioch.edu](mailto:jporter@antioch.edu)



Northwest Indian College

Muckleshoot Tribal College  
Saturday & Sunday  
February 19-20, 2011  
10:00a-2:00p

Join us as we explore an introduction to cedar weaving techniques and a brief history of cedar baskets. By completion of the course students will complete their own cedar basket. \$100 cedar kit fee required at start of class. Class is open to community members. CEU credits are available.

Registration begins  
February 1, 2011.  
Class space is limited.

To register please contact:  
LenNessa Brown  
253.876.2831  
[lbrown@nwic.edu](mailto:lbrown@nwic.edu)

**Coast Salish Cedar Basket Making Class**



## Herbal Remedies for Winter Health

**Class Description:** Sometimes the toughest of illnesses can be remedied with a simple cup of tea. Like humans, every plant has a gift to share with the world. Creating your own herbal blend can be a very insightful and empowering experience, as you become a part of your own wellness. Come join us as we blend together herbal remedies that address a variety of health concerns.

**When:** Saturday, February 12, 2011  
**Where:** Muckleshoot Tribal College  
**Time:** 3pm-6pm

**Class is FREE!**

**Open to the community!**

**OSPI Hours Available for teachers.**

Contact Valérie Segrest if you have any questions by phone: (360) 471-8384 or email: [vsegrest@gmail.com](mailto:vsegrest@gmail.com)

## THE MUCKLESHOOT REVIEW

Volume 2 of *The Muckleshoot Review* is now available at the Muckleshoot Tribal College. *The Review* is an eclectic mix of original art and writing from MTC students, staff, community members and teaching artists. Come to Room 205 and pick up your copy today.



## Inside the GED Room

An Interview with Daron Whiting



Tell me a bit about yourself.

My name is Daron and I am originally from Indiana. I use to work at the casino in security and have been in the area for awhile.

What has the process of preparing for the GED been like for you?

Some of the tests were easier than other ones and I came in pretty regularly and was able to go through and get my GED quickly. The instructors were really helpful in explaining anything I needed help with.

What are goals for your future?

After I got my GED I enrolled in Everest College. I am studying to be a pharmaceutical tech and want to get a good job after school and hopefully get married.

What would you say to someone that is considering getting their GED but has not taken the first step?

If I can do it, you can do it too. Just come in and try, you might find that it is easier than you thought it would be.

Did you receive your GED from the Muckleshoot Tribal College? If so, we want to hear your story. Contact Jessica & Alicia at: 876-3375 or 876-3256

## GED HAS MOVED!

Come visit the new GED Adult Learning Center in Room 205 at the Muckleshoot Tribal College

### Extended Hours:

**Mon-Fri 9AM-7PM**

Now is the perfect time to get your GED

For more information on tutoring, please contact the GED Instructors:  
Alicia- 876-3375, [alicia.woods@muckleshoot.nsn.us](mailto:alicia.woods@muckleshoot.nsn.us)  
Jessica- 876-3256, [jessica.porter@muckleshoot.nsn.us](mailto:jessica.porter@muckleshoot.nsn.us)  
Muckleshoot Tribal College- 39811 Auburn Enumclaw Road SE, Auburn, WA 98092

## GED Tutoring

**Free to all community members**

- One-on-one tutoring
- Private study space available
- Assistance in obtaining accommodations due to learning disabilities

**Monday-Friday 9am to 5pm**  
**Muckleshoot Tribal College**  
**room 203**

For tutoring: Jessica Porter at 253-876-3256 or Alicia Woods at 253-876-3375

For testing questions: Mitzi Judge at 253-876-3395  
NOTICE: The GED agency is re-creating their tests, and all existing test scores will be voided after January, 2012. This means that *if you have taken any tests in the last 10 years, those tests will be invalid after January, 2012.* Please come and see us ASAP about finishing your GED!

## Muckleshoot Indian Tribe School Age Children – Clothing Voucher APPLICATION

STORE OPTIONS:  Fred Meyers  JC Penny  Marshall's  Sears  Sea-Tac Mall  Wal\*Mart  Khol's  
 South Hill Mall  OTHER: \_\_\_\_\_

APPLICANT INFORMATION DATE \_\_\_\_\_  
**Print in Ink** – Child's Full Legal Enrollment Name (Last, First, Middle) DO NOT USE A NICKNAME

Residence Address (include apartment, suite, unit or space number) \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ County \_\_\_\_\_  
(Area Code) Telephone Number \_\_\_\_\_ Sex  Male  Female Birthdate (Month, Day, Year) ( \_\_\_\_\_ )

TRIBAL CERTIFICATION I certify \_\_\_\_\_ is an Enrolled Member of the Muckleshoot  
of \_\_\_\_\_ Tribe with the Enrollment Number \_\_\_\_\_ MUCKLESHOOT  
ENROLLMENT OFFICER Date \_\_\_\_\_

FILLED OUT BY SCHOOL OFFICIAL ONLY –  
\*FALL DISTRIBUTION = VERIFICATION OF SCHOOL ENROLLMENT FOR SCHOOL YEAR  
\*SPRING DISTRIBUTION = ATTENDANCE FROM SEPTEMBER -DECEMBER  
Total Present Days  Excused Absences  Unexcused Absences  Scheduled School Days

Name of School \_\_\_\_\_ Grade \_\_\_\_\_  
School Address \_\_\_\_\_

SCHOOL OFFICIAL SIGNATURE \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_

PARENTAL SIGNATURE & INFORMATION  
\*Bring in Your picture ID upon pick-up.  
\*This Program is for Muckleshoot Tribal Members Only that is enrolled in an educational facility.  
\*Incomplete Applications will be mailed back to the current address provided.

PARENT / GUARDIAN SIGNATURE \_\_\_\_\_ Name of (1) person who may pick up for you \_\_\_\_\_

Application Dates and Reminders  
**Spring Disbursement**  
**January 1<sup>st</sup>, through March 31<sup>st</sup>**  
• Distribution based on attendance.  
• 10 or more **Excused or Unexcused** absences will automatically receive \$150.00.  
• Excessive Excused absences will be brought to Education Committee for approval.

**Fall Disbursement**  
**July 1<sup>st</sup>, through September 30<sup>th</sup>**  
• This distribution will receive full benefit of \$300.00 as long as student is enrolled for the following academic school year in an Educational Setting.

**Please allow 15-working days for disbursement.**

Christina Chagolla: Phone 253-876-3370  
Fax 253-876-3070

Address: 39015 – 172<sup>nd</sup> Ave SE  
Scholarship Bldg. # 2  
Auburn, Washington 98092

**Free Early Childhood Enrichment**  
The following programs are available for you & your family:

**Muckleshoot Birth to Three**  
(serves infants/toddlers 0 to 36 months & their families)

**Muckleshoot Head Start**  
(serves 3 to 5 year olds & their families)

Look what we have to offer:

**Birth-3:**  
• Developmental Screenings & assessment  
• Developmental Monitoring  
• Early Intervention Services:  
• Speech/Language Therapy  
• Occupational Therapy  
• Specialized Instruction  
• Group or Individual Play in a safe/nurturing environment to promote language, motor, social/emotional, adaptive, & cognitive development  
• Transportation  
• Meals  
• Recreational Activities (fieldtrips)

**Head Start:**  
• Qualified Teaching Staff  
• Transportation  
• Free Meals  
• Quality Education in Preparation for Kindergarten  
• Parent Involvement with Exciting Projects  
• Opportunity for Parents to become "TEACHERS"  
• Full-Day or Half-Day Instruction  
• Vision & Hearing Screenings  
• Field Trips  
• Early Childhood Special Education Services:  
• Speech/Language Therapy  
• Occupational Therapy  
• Specialized Instruction

Do You Have Concerns About Your Child's Development?  
Does your child:  
• roll, crawl, walk, run, or climb like others his/her age?  
• talk like others his/her age?  
• Can you understand most of what your child says?  
• Is your child's voice clear?  
If you have observed "NO" to any of these questions, please contact one of these programs:

(253) 804-9695  
What you teach from Birth to Three is what will matter most to us.

(253) 876-3224  
Where preparation meets potential. Educating our future leaders.

### CCDF/ Tax Fund Program is accepting applications

The Muckleshoot Child Care Development Fund assists low-income Native Americans with childcare costs. To qualify the parents must be working, or attending an educational institute. The child must be enrolled in a federally recognized tribe or is a verified descendant (Biological parent(s) must be enrolled in a federally recognized tribe). Service area includes those who live on or near (30 miles radius from MIT administration) the Muckleshoot Indian Reservation. Overlapping service areas will require a decline letter or verification that you are not already receiving services from the primary CCDF Program.

If you are interested in the CCDF Program please provide us with the following documents (listed below);

- Complete Childcare Application
- DSHS application
- Copy of Child's Immunization (Child)
- Proof of Tribal Enrollment (Child/Parent)
- Household income (Parent)
- Schedule from Employer/Educational Institute (Parent)

It will take three to five business days to review the CCDF application and determine eligibility. If you have any questions feel free to contact the CCDF office at (253) 876-3056 or (253) 939-3311 ext. 3915, email [Richelle.brown@muckleshoot.nsn.us](mailto:Richelle.brown@muckleshoot.nsn.us)

## School Age Children Clothing Voucher Program

### 2011 Clothing Voucher Distribution Dates

Clothing Vouchers will be distributed on the following days:

Thursday February 17, 2011 :9am-5pm  
Thursday March 3, 2011 :9am-5pm  
Thursday March 17, 2011 :9am-5pm

•FINAL DISTRIBUTION•  
Thursday March 31, 2011 :9am-5pm

Applications must be submitted, complete with all necessary signatures to the Scholarship Department the Tuesday before the noted distribution date above

For more info call \_\_\_\_\_ or Christina (253)876-3370

Laurie (253)876-3381

# Notice

**Please be advised Christina Chagolla has moved over to the Scholarship Department. All inquiries RE: Student Incentives & Clothing Vouchers can be directed to me @ 253-876-3370**

Keep in mind all Youth Services issues should be directed to Teri Master @ 253-876-3346

# Touring Campuses

Recent grads and current seniors toured several college campuses last fall, traveling as far as California to give students an opportunity to plan for their educational future. More such trips are being planned.



## Tribal High School Tour Le Cordon Bleu Culinary Arts School

By Cindy Hamlin

On December 9<sup>th</sup>, Miss Fischer and Ms. Hamlin's students, and our new Tribal School Superintendent Michael Aaron toured the Sea-Tac Le Cordon Bleu Culinary Arts School. Our tour included visiting the industrial kitchen's with professional chef instructors and actual students learning how to become professional chefs.

The culinary arts programs run from nine to twelve months with hands-on training, real world training, career services assistance, and flexible schedules. The skills they teach can be applied to any cuisine from traditional to trendsetting. During our visit, the students had an opportunity to taste a delicious bread-pudding dessert.

The Le Cordon Bleu Culinary Arts School offers financial aid options for all students. However, they do not guarantee employment or salary. The Seattle Campus Le Cordon Bleu Culinary Arts School classes start February 14, 2011, if you are interested.

The students that attended were: Addie Iyall, David Heredia, Jennifer Green, Austin Ross, Kalli Starr, Kendra Bean, Derek Summers, Dustin Jansen, Devan Williams, Kiya McDonald, and Jewel Eyle. The media student photographer was Renee Mayo.

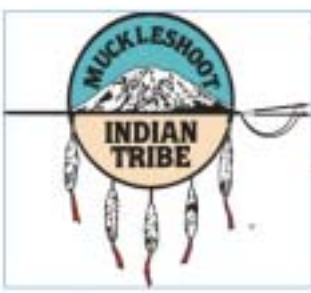
If interested, the Sea-Tac Le Cordon Bleu Culinary Arts School contact number is: 206- 268-3914, ask for Melissa Maxwell or email Chefs.edu/Seattle.



## Student Incentive & Reward Program

January 2011

Muckleshoot Education Division would like to Congratulate the following Youth for Achieving a Student Incentive Reward in the following categories



Do you know of a 12th grade Muckleshoot student that is scheduled to Graduate?

The MIT Student Incentive & Reward program can assist with funding towards:

- Cap & Gown
- Tassel
- Class Ring
- Announcement Package
- Senior Pictures

### ATTENDANCE

- Andrew Williams
- Izreal Judson-Elkins
- Tabor Judson-Elkins
- Mercedes Redding
- Justice Bill
- Annie Kitsap-Moses
- Resa Starr
- Miranda Kitsap-Moses
- Jacinda WhiteEagle
- Aron Ortiz

### Succeeding in School

- Pearl Valles
- Andrew Williams
- Izreal Judson-Elkins
- Mikey Valles
- Andy Bill-Gerrish
- Scotty Sam
- Amber Thompson

### HONOR ROLL

- Monique Valles

Congrats to the following youth for receiving a Letterman's Jacket from the Program for lettering in Volleyball

- Isabella Valles
- Leondra Keeline



CONGRATULATIONS TO: JUSTICE BILL FOR A FULL ACADEMIC YEAR OF HONOR ROLL..... ENJOY YOUR LAPTOP!!



## MUCKLESHOOT YOUTH FACILITY

### Hours of Operation (October 2010)

- SUNDAY: Closed
- MONDAY: Closed
- TUESDAY: 12:30-9:00pm
- WEDNESDAY: 12:30-9:00pm
- THURSDAY: 12:30-9:00pm
- FRIDAY: 3:30pm-11:30pm
- SATURDAY: 12:30-9:00pm



MIT YOUTH FACILITY  
38624 172nd Ave. SE  
Auburn, WA 98092  
Phone: 253-876-3383

Stop in today to enroll your youth in the program. We offer a variety of activities, games, crafts, field trips and more. We also provide transportation, as well as meals to all youth participants. Please inquire within for details on how to get your youth involved.

# Youth Facility



## CALLING ALL YOUTH

The Youth Facility is welcoming all youth between the ages of 5-18 to join our program. The Youth Facility is open Tuesday through Saturday after school and in the evenings. We offer a variety of activities every day from arts & crafts to recreational games to cultural activities. We also offer homework time every week-day to help you with your homework problems. In addition we regularly go on off site field trips and have monthly Family Fun Nights. All you have to do to join the fun is stop in and fill out an enrollment packet, and let the fun begin!

For any questions please call us at 253-876-3383.

MIT YOUTH FACILITY  
38624 172nd Ave. SE  
Auburn, WA 98092  
Phone: 253-876-3383



...because we care.



\*\*\*REMINDER\*\*\*  
Upon completion of your High School Diploma all enrolled Muckleshoot youth will receive a Senior Trip up to \$3,000.00 for you and one companion. Senior Trips must be utilized within 2 years of Graduation

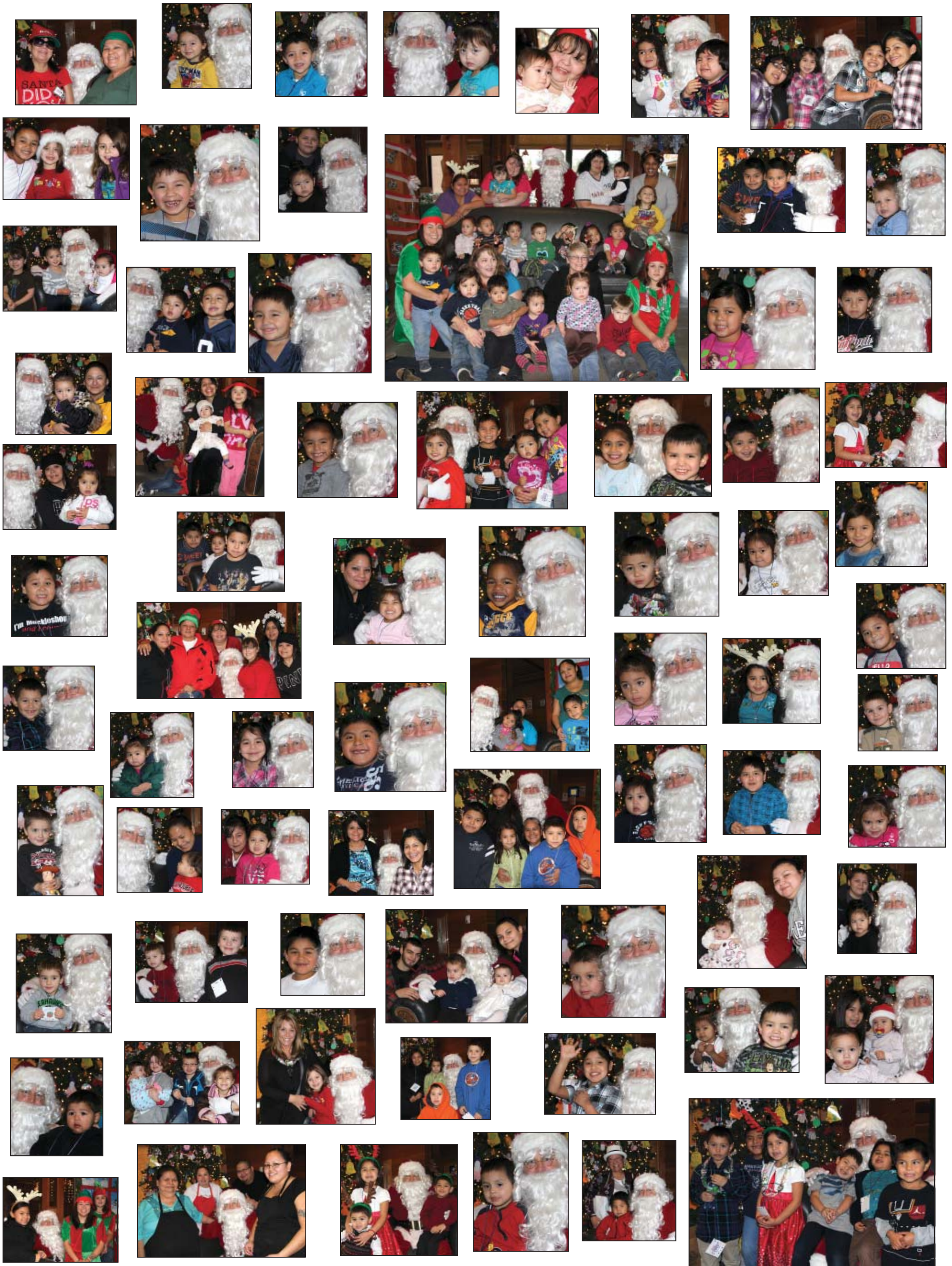
For more information on the Student Incentive & Reward Program please contact:  
Christina Chagolla  
253-876-3370

### \*\*\*\* PROGRAM REMINDERS\*\*\*\*



# Muckleshoot Child Development Center Christmas Party

PHOTOS BY JOHN LOFTUS



# COURT-ORDERED NOTIFICATION IN \$3.4 BILLION INDIAN TRUST SETTLEMENT TO BEGIN

*Hundreds of Thousands of Native Americans must act soon to participate in the Settlement*

Washington, D.C. – The Court-ordered process of notifying individual Indians of their right to participate in the historic \$3.4 billion class action Settlement, Cobell v. Salazar, is underway. The Settlement resolves claims related to Individual Indian Money (or IIM) accounts and land held in trust by the federal government for the benefit of individual Indians.

Class Members all over the country are receiving detailed information about their legal rights and options via U.S. Mail. Information will also be provided through an extensive media campaign, which includes Native America print media, television and radio ads, and online advertising.

On December 21, 2010, U.S. Senior District Judge Thomas F. Hogan granted preliminary approval of the Settlement, setting in motion a process through which hundreds of thousands of individual Indians who have or had government-managed IIM accounts or trust lands may receive some of the \$3.4 billion Settlement Fund.

The judge's approval came after Congress passed and the President signed legislation approving the Settlement. Current estimates project that most Class Members will receive about \$1,800, with some Class Members receiving much more depending on the level of activity in their IIM accounts.

The \$3.4 billion Settlement was reached between the Departments of the Interior and Treasury and the individual Indian plaintiffs in December 2009. The Settlement resolves the government's failure to provide an historical accounting for IIM accounts and also resolves claims that the government mismanaged funds and other trust assets, including royalties owed to individual Indians for oil, gas, grazing, and other leases of individual Indian lands, mostly in the West.

The Settlement provides a \$1.5 billion fund to compensate an estimated 500,000 affected individual Indian trust beneficiaries who have or had IIM accounts or own trust land. The Settlement creates two groups of Class Members eligible to receive money from the fund—the Historical Accounting Class and the Trust Administration Class.

- The Historical Accounting Class comprises individual Indians who were alive on September 30, 2009, who had an open IIM account anytime between October 25, 1994 and September 30, 2009, and whose account had at least one cash transaction.

- The Trust Administration Class comprises individual Indians alive on September 30, 2009, who had an IIM Account at any time from 1985 through September 30, 2009, recorded in currently available electronic data in federal government systems, as well as individual Indians who, as of September 30, 2009, had a recorded or demonstrable interest in land held in trust or restricted status.

- The estates of deceased Class Members will also receive a Settlement distribution if the deceased beneficiary's account was open as of September 30, 2009, or their land interest was open in probate as of that date. Other eligibility conditions and requirements for each Class are detailed in the Settlement Agreement.

Under the Settlement Agreement, \$1.9 billion will fund a Department of the Interior program to buy fractionated interests in trust or restricted land from willing sellers to benefit tribal communities and aid in land consolidation. Depending on the level of participation in the land consolidation program, up to \$60 million will be set aside to provide scholarships for higher education for American Indian and Alaska Native youth.

Information about the Settlement and legal rights is available to all American Indians and Alaska Natives.

The website [www.IndianTrust.com](http://www.IndianTrust.com) and toll-free number 1-800-961-6109 are available to provide more information about the Settlement and the legal rights of Class Members. Individuals who are unsure whether they are included in the Settlement should visit the website or call the toll-free number for more information.

Class Members who receive a formal notice in the mail about the Settlement and who are currently receiving IIM account statements do not have to do anything to receive payment. Individuals who believe they should be part of the Settlement but do not receive a notice in the mail or are not receiving IIM account statements need to fill out a Claim Form as soon as possible, available at the Indian Trust website or by calling the toll-free number.

Individuals wishing to keep their right to sue the federal government over mismanagement claims covered by the Settlement must exclude themselves from the Settlement by April 20, 2011. Class Members can also submit written comments or objections about any Settlement terms that concern them by April 20, 2011.

**Sonny Sam**  
**Clinton K. Sam Bodie**  
**Carol Allen**

**Gerald Fryberg**  
**Maureen Jo Fryberg**  
**Janice Maurice**

## Clinton K. Fryberg

Thanks, Love and Prayers right back to you, my niece Theresa Baker, Juaquin, Angel & Jesse for giving Cameron and myself a ride over to by with my loved ones and meeting at Gerald's. My 1<sup>st</sup> Cousin, Donna Starr, for bringing me over for the funeral. Thanks to all family member for attending services.

Muckleshoot Seniors for piking up and making sure my sister Joan (Kiyah) Maurice, Leah (Kiyah) Moses, Hazel and Sippy, Miralee Moses, my good friends and relatives could attend. And thanks so much to Lisa Starr for officiating.

My grandson attended AA in Seattle, and as a tot participated in a Heart Walk with me, fund raising in Muckleshoot. He also attended a Seniors Breakfast with me in Muckleshoot. He always showed up asking, "Is it our weekend, Grandma?" – meaning to open the Muckleshoot Shaker Church. He was more than willint to put up candles. He was an active member of Muckleshoot 1910 Shaker Church. He pulled canoe from Port Angeles to Canada.

I love my Grandson, My first and oldest.

*Jan Maurice*

Daughter of Alexander "Shag" Maurice and Anita "Neat" KingGeorge



# MUCKLESHOOT RESOURCE CENTER ANNOUNCES SERVICES FOR 2011

The Muckleshoot Resource Center will be providing the following services to the community during the coming year:



**FOOD BANK.** This assistance is available for tribal members and other Native American households living on the reservation. Food Bank hours are from 10:00 AM-4:00 PM, Monday through Friday. Food boxes are only given to households who come into the office to sign up for a box. At no time will we give a box to someone else for you. You may sign up for a box once weekly. Delivery of food boxes is only offered to the elderly and/or handicapped persons. Delivery requests need to be called in before 12:30 PM.

**CLOTHING BANK.** The clothing bank is open to receive clothing donations so that clients in need can look through the donations and take items they need for themselves or family members. The clothing bank is open during office hours, and is available to tribal/community members.

**EMERGENCY.** Emergency assistance is available for Muckleshoot tribal households who are experiencing an emergency within their household. It is available once per (calendar) year. This assistance requires an application explaining circumstances, and income eligibility information. If you are in need of assistance, please come in and fill out an application. You can use it on rent/mortgage, utilities, appliances, furniture (including beds), car insurance (liability only), home telephone service (basic service only-no cell phone payments), car repairs (through a certified mechanic only), etc.

We no longer assist with temporary housing, except in medical situations. Our housing assistance is for permanent housing only. Applications received and complete by Friday will be processed by the following Friday (5 business days). This assistance depends on availability of funds.

**LAUNDRY ASSISTANCE.** Laundry assistance is available for tribal member households once quarterly. If you have a need for this assistance you can pick up an application at the Resource Center. The amount of assistance is based on your household size. If you have a washer/dryer but need laundry soap, we have soap available on a quarterly basis.

**OTHER (tribal member households only).** Our office has diaper assistance, which is available once every two (2) weeks. We have personal hygiene packs available once a month for tribal member adults age 18 years or older. We have baby hygiene packs available on a monthly basis. We also have women's personal items available. If you are in need of any other type of assistance, please don't hesitate to ask us for help. If our office does not assist with what you need, we will assist you with finding other options.

**ENERGY ASSISTANCE.** There are two types of energy assistance funds that we receive throughout the year. The LIHEAP energy funds are for low income Native American households residing within King or Pierce County (excluding Seattle city limits). Tax Fund energy funds follow the same guidelines as LIHEAP, but must have a Muckleshoot tribal member living within the household. Each of these assistance programs is dependent on funding. When you receive a bill please come in and fill out an application as soon as possible. If you wait, you may have a deposit added to your account if you get disconnected.

**SENIOR ENERGY ASSISTANCE.** This energy assistance is for Muckleshoot Tribal member households who have a Muckleshoot tribal member age 50 & over living in the household, who need assistance with their utility bills. This is available to the tribal member household once per quarter, and is in addition to the LIHEAP/TAX FUND ENERGY programs. Please come in as soon as you receive a bill, because there is processing time and if you wait until you are shut-off, the utility company may add a deposit to your account.

**S.T.O.W.W.** We also are the main contact for commodities distribution. If you are in need of this assistance, please come in and fill out an application. We will fax the application in to STOWW representative, and they will contact you as to whether you are eligible for the program. We distribute from our office on a monthly basis.

**GENERAL ASSISTANCE.** This assistance is open to unemployed Muckleshoot Tribal members and to other Native Americans living on our reservation. This is available depending on funding. Please call the office to inquire about funding.

Our phone numbers to the office are:  
Dawn Miller, Program Manager (253) 876-3356  
Sandra Louie, Senior Energy 876-3336  
Jessica Garcia, Receptionist 876-3336  
Linda Starr, Social Services Specialist 876-3338  
Stephanie Flesher, Community Advocate 876-3357  
Banson Nguyen, Food Bank 876-3098  
Renae Anderson, Food Bank 876-3126  
Juanita Sam, Emergency assistance 876-3084  
DSHS, Mary 876-3003  
Office fax # 876-2811

If you have questions, please don't hesitate to call us!



The Philip Starr Building was one big bazaar on Per Cap Days.

PHOTO BY JOHN LOFTUS



# Muckleshoot Tribal Christmas Party

PHOTOS BY GARY KISSEL





## Why did I received a denial in the mail from the Muckleshoot CHS Office for a medical bill?

There are several reasons why the CHS (Contract Health Service) Office would issue denials, below are the five main reasons:

1. You went to a scheduled non-emergent doctor's appointment without a PO number and the doctor's office billed the CHS office for the amount due by you.
2. You had an emergency room visit and did not call the CHS office for PO numbers within the 72 hour notification time frame. The hospital, emergency room doctor, x-ray department or ambulance sent the CHS office a bill for you.
3. You went to a doctor's appointment in town or had an emergency room visit and even though you called for a CHS PO number, you had primary private insurance coverage that requested information from you before they could pay their portion of the medical bill(s). They need to pay first.
4. You were referred by the CHS office to apply for an alternate resource to assist in your medical cost and you did not comply with the referral.
5. You went to a doctor's appointment in town for a medical problem when you could have been seen at the Tribal Medical/Dental Clinic.

Our CHS Program is funded by Indian Health Services (I.H.S) money and this requires that you follow specific notification requirements in order to be eligible for the CHS program. You must call or give notification to the CHS office before you receive any non-emergent medical services provided outside of the Tribal Programs and you must contact the CHS office of an emergency room visit within 72 hours (3 days) since the visit. The reason for these notification requirements is to determine if your request is within covered priorities, coordination of benefits with any other insurance you have, verify that you are CHS eligible and the most important reason, so that the CHS office can set aside the funds to pay for these services for you. Please be aware that the CHS staff did not make these rules, IHS did, and that the CHS staff is required to make sure that these rules are followed by everyone that is CHS eligible.

If the doctor's office/hospital sends the CHS office a bill for you, we are required to act on the bill by either paying for or denying the bill. When a CHS denial is issued, it is required to be sent by certified mail, the denial is sent to the address you have on file at the Clinic. The denial letter has instructions on how to appeal the denial, but this requires action on your part. So please make sure that we have current information available for you/your children. If you decide not acknowledge the CHS denial letter by not picking up the certified letter from the post office, the bill(s) will not go away. It is to your benefit to be aware of any unpaid bills you have, 99% of all unpaid bills will be turned over to a collection agency and this will show up on your personal credit history and could effect you ability to get a home, car, phone or any other kind of credit in the future. It will catch up to you sooner or later.

You need a PO number for each individual separate doctor, emergency room or medical service you receive, when you call for a PO, we set aside the funds to pay each doctor/bill you have. If you get a PO number for a doctor's appointment and the doctor wants additional tests and x-rays done or refers you someplace else, YOU NEED TO CALL THE CHS OFFICE AND GET ANOTHER PO NUMBER. You can personally choose to go to the doctor without a CHS PO number or not get PO's after an emergency room visit, then you have also decided to pay for the bills on you own.

If you have an alternate resource available to you, you are required to use this as your first source of payment for your medical costs. If you don't use this as your first source of payment, your CHS eligibility is denied. If the CHS office just paid medical bills without billing your insurance, or if you were eligible for other medical coverage and chose not to apply for the alternate resource, and we paid bills without following these rules, the CHS money would be all used up very, very quickly. It is our job to make sure we stretch your CHS money as far as it will go and help as many Tribal and community members as possible.

If there is a medical service that is available to you at the Tribal Health Programs, you are required to get the service there. CHS will not pay for something to be done outside, when the health area is already paying someone to perform the same service here.

Please keep in mind that this is just a brief description or explanation for some of the rules and regulations for I.H.S. that we have to follow. I hope that this information has been helpful in answering some of your questions on CHS office denials. If you have any questions, please give Connie Daniels or Maria May a call in the CHS office 253-939-6648.

If you are receiving notices about an unpaid bill medical bill and you had a PO, please bring the letters/notices into the CHS so that we can look into in for you..

CHS Team....

## "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

## Women & Urinary Tract Infections (UTI) : What You Should Know

### What is a urinary tract infection?

A urinary tract infection (UTI) is a bladder infection caused by germs. Bladder infections are found most often in women. Women have a shorter urethra (the tube that drains the bladder) than men, making it easier for germs to get into the bladder. These infections are common and can occur spontaneously or, if frequent, be associated with medical conditions that increase the likelihood of their occurrence.

### What are the symptoms?

- Pain or discomfort (burning) when urinating
- Frequent need to urinate (frequency)
- Uncontrollable urge to urinate (urgency)
- Strong-smelling urine
- Change in the amount of urine, either more or less
- Cloudy, dark, or bloody urine
- Leaking of urine
- Pain in lower pelvis, abdomen, lower back, or side
- Shaking, chills, fever, or sweats

### How do I know if I have a UTI?

Your doctor can tell if you have a UTI by reviewing your symptoms, examining you and testing your urine. Other tests may be needed in selected cases but not commonly.

### What do I do if I have a UTI?

Your doctor can give you medicine to make your infection go away. You should take the medicine until it is gone, even if you start to feel better. If the infection is not treated it may spread to the kidneys or to your blood requiring hospitalization.

### How do I prevent another infection?

There is no way to make sure you do not get another infection, but you should always follow your doctor's directions. Frequent infections (more than 3 a year) may require further medical evaluation and possible referral to a specialist. Other things that may help are:

- Wiping from front to back when you go to the bathroom
- Drinking a lot of water
- Going to the bathroom right after you have sex
- Keep the genital area clean
- Wear all-cotton or cotton crotch underwear and panty hose

You may call the HWC at (253) 939-6648 and talk to Medical staff if you have any questions.

### Dr. Craig Brandon joined our Dental Team...

My name is Craig Brandon and I recently joined the M.I.T., Health & Wellness Center as the Lead Staff Dentist. I grew up in Renton, Washington and graduated from Seattle University in 1989 followed by the U.W. School of Dentistry in 1994.



I spent the last several years in Southern California serving as an assistant professor at the U.C.S.D. School of Medicine and providing dental care for a band of seven Native American tribes in the San Diego area.

While living there I married my wife Rachael, also a Washington native, adopted an English Bull Terrier named "E" and recently had our first child, Kennedy.

Our return to Washington has helped reunite family and friends, so that we can raise our daughter with the traditions and values that helped shape my wife and me growing up.

It is this same sense of community that drew me to accept a position with the Muckleshoot Indian Tribe and motivates me to provide the best care possible to all my patients.

I want to thank everyone for the opportunity to join the Health & Wellness Center team and look forward to partnering in your dental health.

Hope to see all of you soon.

### Dr. Rachel DiPasquale.. joined Dental Team in October...

Rachel G. DiPasquale grew up in Renton and graduated from Kentridge High School before attending Seattle University where she graduated with a Bachelor of Science degree in Biology. She attended dental school at the University of Southern California.



She completed a dental residency program at the University of Washington and is very happy to be back in the Seattle area. She grew up swimming and playing water polo and enjoys outdoor activities, especially hiking. She is thrilled about the opportunity to work for the Muckleshoot Indian Tribe and is looking forward to providing quality dental care for the tribal members in the community.

## DO YOU WANT TO QUIT SMOKING? ACUPUNCTURE CAN HELP!

Treatments for withdrawal from nicotine and smoking Are easy, quick and painless. Ear acupuncture sessions are only 20-30 minutes weekly for 4-6 sessions and:

- Reduce cravings for cigarettes
- Build your will power
- Improve your sleep
- Keep you calm and relaxed
- Focus your mind
- Reduce irritability and depression
- Keep your spirits up!
- Help control your appetite & food cravings (is gaining weight one of your concerns?)



You have nothing to lose by trying acupuncture. And you can add it to any other QUIT SMOKING program or plan you have chosen or your medical provider recommends. Everything can work better together to help you quit!

**Interested in learning more?** Call the Medical Clinic for an appointment or leave a message for Nancy and she will contact you on a Tuesday or Wednesday. **Muckleshoot Health & Wellness Center, (253) 939-6648.**

## Three items to consider including in school newsletters for Heart Month in February (or whenever you can fit it in).



### Heart Healthy Recipe

#### Lentil Barley Stew

8 cups water – 1 cup dry lentils – 1/2 cup pearl barley – 2 carrots, scrubbed and cut into large chunks – 2 stalks celery, chopped – 1 large yellow onion, chopped – 1 clove garlic, pressed or chopped fine – 2 bay leaves – 2 1/2 tsp. ground cumin - 1 1/2 tsp. ground thyme – 1 1/2 tsp. salt – 1/2 tsp cinnamon – 1/4 tsp. black pepper.

**Directions :** Combine all ingredients in a large stew pot. Cover and simmer for 1 1/2 hours over low heat, stirring occasionally. Adjust seasonings to taste.

**Serves 4:** Per serving: 210 calories, 50g carbohydrates, 20g fiber, 0g fat, 16g protein.  
Source: Diabetes Action, from Hope Health Publications and **The Hope Heart Institute**

### Step out of the brown rice box with these whole grains

**Barley**— Good in soups, stews, and cold salads.

**Buckwheat groats/kasha**— Not a wheat, but a fruit seed with no gluten. A satisfying substitute for brown rice.

**Bulgur**— Cooks quickly. Serve cold as tabouli salad or hot as a side dish.

**Millet**— Nutty, easily digestible, gluten free; good with vegetables or stew.

**Quinoa**— High in protein, gluten free. Light texture combines well with other grains.

**Rye, whole**— Chewy, high in protein, distinctive flavor.

**Spelt, whole**— More protein than wheat and well tolerated by many with wheat sensitivities.

**Wheat berries, whole**— Full flavored, makes hearty, filling side dishes.

**Wild Rice**— Not a true rice, but the seed of a marshy grass. Low fat, high fiber, high protein, gluten-free.

Source: PCC Natural Markets, from Hope Health Publications and **The Hope Heart Institute**

### Just a Nudge...

*A friendly reminder may be all you need to stay fit*

An encouraging phone call, e-mail, or quick text message may be enough to get you - or someone you love - off the couch and into the habit of regular exercise.

In a study of would-be couch potatoes, people who received regular live phone calls with gentle reminders to exercise increased their average weekly activity, from one hour and 40 minutes to two hours and 58 minutes, by the end of the year. Participants in the same study who received computerized phone calls increased their average activity from one hour and 18 minutes to just over 2 1/2 hours.

“Whether it’s smoking, alcohol abuse, or lack of activity, people trying to change unhealthy habits generally need something more than will power,” notes Dr. Abby King, the Stanford University researcher who conducted the study. Participants in the study were called roughly every three weeks and were always praised for their accomplishments. “Social support doesn’t need to be constant,” add Dr. King. “A light touch can have a lasting effect.”

Source: *Health Psychology, Vol. 26, pg. 718, from Hope Health Publications and The Hope Heart Institute*

**Protect Yourself!  
Your Family!  
Your Community!**

**Get Your Flu Vaccination Today!!**

- Seasonal Flu Vaccinations are now available for
  - Eligible Tribal and Community Members
  - while supplies are available at the Muckleshoot Medical Clinic
  - No appointment! necessary!**
- Walk in service for all seasonal Flu Vaccine Requests
- Shots available for 6 months of age and up
- Covers all seasonal flu viruses along with H1N1

**Hours of Availability For Vaccinations**  
 Monday 8am-12pm & 1pm-4:30pm  
 Tuesday 8am-12pm & 1pm-4:30pm  
 Wednesday 10am-12pm & 1pm-4:30pm  
 Thursday 8am-12pm & 1pm-4:30pm  
 Friday 8am-12pm & 1pm-4:30pm

*Any questions contact 939-6648 and ask for Medical Receptionist*

## December Youth Events at the Wellness Center

*Winter Wellness Wonderland*

### Youth Basketball Clinic

**Muckleshoot Health and Wellness Center Presents:**

**UFC Night**

**Men Only**

**SAVE THE DATE: SAT. MARCH 19TH 2011**

**JOIN US FOR GOOD FOOD, GREAT DOOR PRIZES AND TIPS TO KEEP YOUR BODY AT ITS BEST!**

**WATCH FOR MORE INFORMATION!**

### DENTAL EMERGENCY TIMES AT HWC:

Monday	8 am
Tuesday	8 am
Wednesday	9 am
Thursday	8 am
Friday	8 am.

Please call the Dental Clinic for more info (253) 939-2131.

### OPEN HOUSE AT NEW BEHAVIORAL HEALTH FACILITY

PHOTOS BY JOHN LOFTUS

**Having a problem with pain pills?  
Does your life revolve around pills?  
If pills control you instead of you controlling the pills.....**

**Suboxone (Sub-ox-own) referrals and treatment now available @ HWC!**

Help for prescription pain medication dependence is now being offered through the Health and Wellness Center. Suboxone is also used in the treatment of other opiate-based or synthetic opiate drug dependence. These drugs include: Oxycodone/Oxycontin, Hydrocodone, Vicodin, Heroin, and Morphine.

SUBOXONE is the first opioid medication approved under Drug Addiction Treatment Act (DATA) 2000 for the treatment of opioid dependence in an office-based setting. The primary active ingredient in SUBOXONE is buprenorphine.

SUBOXONE at the appropriate dose can:  
 Reduce illicit opioid use  
 Help patients stay in treatment  
 Suppress symptoms of withdrawal  
 Decrease cravings for opioids

The Health and Wellness Center has a medical provider licensed to prescribe suboxone.

**For more information please contact Behavioral Health at (253) 804-8752**

## Massage Therapy

**\*30 min. 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

### Health & Wellness Center Program Hours

	Pharmacy	Wellness Center
Monday	8-5 pm	8-6 pm
Tuesday	8-5 pm	8-6 pm
Wednesday	9-5 pm	9-6 pm
Thursday	8-5 pm	8-6 pm
Friday	8-5 pm	8-6 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
Recovery House	(253) 333-3629	Open
Wellness Center	(253) 333-3616	Open
WIC Thurs Only 8-4:30	(253) 939-6648	12:00-1:00

#### Health & Wellness Center Program Closures for February and March 2011

Day	Date	Times Closed	Reason for Closure
Thurs.	02/03/11	8-9:30	Mo. All Staff Meeting
Mon.	02/21/11	All Day	President's Day Holiday
Thurs.	03/03/11	8-9:30	Mo. All Staff Meeting
Fri.	03/14/11	3-5 pm	Tentative Closure for Annual Fish Dinner. Essential Services will remain open: Pharmacy And CHS. Wellness open regular hours also.

### HEALTH & WELLNESS SHUTTLE BUS SERVICE

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 OFC	Stop #5 17 <sup>th</sup> ST SE	Stop #6 DAVIS PROPERTY	Stop #7 SKOPABSH VILLAGE	Stop #8 392 <sup>nd</sup> ST OLD SMOKE SHOP	Stop #9 PENTE- COSTAL CHURCH
12:00 pm	12:03 pm	12:10 pm	12:17 pm	12:22 pm	12:34 pm	12:36 pm	12:41 pm	12:45 pm
1:00 pm	1:03 pm	1:10 pm	1:17 pm	1:22 pm	1:34 pm	1:36 pm	1:41 pm	1:45 pm
2:00 pm	2:03 pm	2:10 pm	2:17 pm	2:22 pm	2:34 pm	2:36 pm	2:41 pm	2:45 pm
3:00 pm	3:03 pm	3:10 pm	3:17 pm	3:22 pm	3:34 pm	3:36 pm	3:41 pm	3:45 pm
5:00 pm	5:03 pm	5:10 pm	5:17 pm	5:22 pm	5:34 pm	5:36 pm	5:41 pm	5:45 pm
6:00 pm	No Pick-up	6:10 pm	6:17 pm	6:22 pm	6:34 pm	6:36 pm	6:31 pm	6:45 pm
7:00 pm	No Pick-up	7:10 pm	7:17 pm	7:22 pm	7:34 pm	7:36 pm	7:31 pm	7:45 pm
8:00 pm	No Pick-up	8:10 pm	8:17 pm	8:22 pm	8:34 pm	8:36 pm	8:31 pm	8:45 pm

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

### RULES FOR ALL USERS

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

### The Optical Department at the HWC!



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

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

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

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

### Notice to All CHS Eligible Patients

If you received a PO from the CHS office and now you are receiving a medical bill or statement, please bring them to the CHS office for review. This will ensure timely payment to your provider.

As always, you must obtain a PO # prior to your medical appointment and call us if you cancel or reschedule your appointment.

**CHS Office Hours:**  
Monday - Friday, 8am - 5pm  
Closed for Lunch 12pm - 1pm  
Phone: 253-939-6648

### Help in Quitting Smoking!



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

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

### 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**

**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**

### 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

### 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.

### Notice:

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

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

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



# Annual Muckleshoot Legislative Reception

December 1, 2010 ~ Muckleshoot Casino

PHOTOS BY JOHN LOFTUS



Emerald Downs President Ron Crockett, wife Wanda, John Daniels Jr.



Janice Hannigan, Mardee Marquard and Madrienne Salgado



Tribal Chair Virginia Cross and King County Executive Dow Constantine



Mr. Muckleshoot Casino, Brandon Eyle



Master legislative tactician Gordon Wallgren and Mardee Marquard



Susan Ramirez and her husband



Mike 'n' Desire'



Seattle Times columnist Joni Balter and King County Council President Bob Ferguson



Senator Tim Sheldon and Seattle P-I columnist Joel Connelly



Prominent Asian Elder Ruth Woo

## Joey Bisson

### Personal Statement

[NOTE: Joey wrote this as part of his application to the University of Washington]

My name is Joseph Anthony Ray Bisson JR I am enrolled into the Squaxin Island Indian Tribe. I was born in Tacoma, Washington at St. Josephs hospital. I was born into a huge loving, dysfunctional, low income, Native American family full of cooks, fishermen, and unemployed uncles. My house hold contains eight members including myself, my mother, Step-dad, two brothers, and three sisters. Although I do not live with my father, I still see him often and have a brother and sister on his side.

I love my family to death because they are all inspirational loving and caring. They are always ready to put family in front of anything else and for that I love them dearly. I currently live on the Muckleshoot Reservation where there are many problems facing the people in my community. Such as gangs, drugs, teen pregnancy, poverty, transportation and yes even racism. I am sure you are wondering, "He lives on a reservation with his own kind, what sort of racism could possibly occur?" Yes it sounds like the dumbest thing in the world and, although I am still shocked that it occurs, it is still very much true.

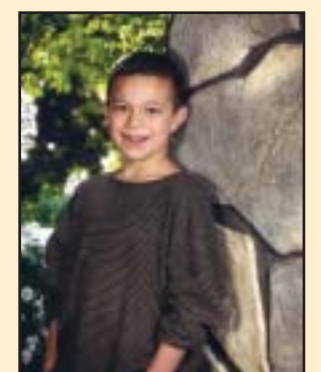
I am an honor student at Chief Leschi and am in the Leadership club where we work together to pull off several different tasks. I run cross country and play for the Warriors where I am a Team Captain for the Varsity basketball team. I love basketball, I have played basketball for four years and although I started at a late age I managed to put that aside, and train train train. Because of this hard work I have excelled to the top of the game competing with the best in the league.

My favorite subject in school is math, this class is my favorite because I am good with numbers and love testing my brain to uncover a problem. I have done many things to help my community which include helping develop a recycle program to help make this world a better place. Through my mother's and father's eyes, I am a very intelligent, bright, leader ready to take on the world. Through my peers eyes I am a very fun, active, outgoing athlete ready for any challenger.

There have been many bumps in my path but no matter how deep the gap I have always managed to get through it and jump back on my feet. I have met many of goals that I have set for my self and I believe that I am ready for the rest of the list of goals. I personally feel that I am ready for the next step after senior year and ready to take charge at any task set in hand. I am ready for independence and freedom. I feel I have been well prepared for the world thanks to my family, friends, and teachers and, yes, my "enemies."

Well I honestly hope to hear back from the University of Washington because I feel that, like me, the University of Washington is both very skilled in academics and in sports. So thank you for your time.

Sincerely,  
Joseph Bisson



### Goals

- Captain of the basketball team
- Going to state for basketball
- Getting in better shape
  - Getting buffer
  - Faster
- Own a big collection of air Jordan's
  - Graduate
  - Looked at by colleges
- Making smart decisions
  - Jump higher
- Get more active in my community
  - Drivers license
  - Get a car
  - Stop biting my nails
- I want to go to another continent
  - Go to outer space
  - Own a big mansion
  - Go to the NBA
- Having a basketball court in my house • Marry a very young beautiful successful woman
  - Have kids
  - Teach them to do good
  - Be looked up to

# Muckleshoot Staff Holiday Party

## EMERALD DOWNS ~ DECEMBER 17, 2010

PHOTOS BY JOHN LOFTUS & NATASHA ALEXANDER



Photographers John Loftus & Natasha Alexander



## Muckleshoot Elders Newsletter January 2011



### Happy Birthday

#### Birthdays in January

Dana Matta	01/01	Ione Barr	01/15
Doris Allen	01/02	Mildred Jones	01/15
Jeanette Aasted	01/06	Kenny Cross	01/16
Lenard Lezard	01/06	Donna Bland	01/17
Phillip Powderface	01/08	Brent Michel	01/20
Louie Ungaro	01/09	Margie Williams	01/22
Alfred Williams	01/10	Joanne Jackson	01/24
Eugene Hoffer	01/10	Gary Calvert	01/27
Millie Thompson	01/12	Debra Black	01/27
Marvin Moses	01/13	Joe Lewis	01/27
Clayton McCluskey	01/14	Ester McCluskey	01/31
Amos Nelson	01/14	Lorraine Starr	01/31

#### February Birthdays

Renee Sneatlum	02/01	Cindy Butler	02/17
Dennis Anderson Sr	02/02	Gail Laclair	02/19
Phyllis Antoine	02/04	Wayne James	02/21
Carol Allen	02/06	Sharon Elgin	02/22
Gary Cross	02/06	Joan Maurice	02/23
Les Hoffer	02/06	Virginia Hennes	02/25
Gerri Williams	02/09	Del Courville	02/26
Abbe Lozier	02/12	George Rabbi Starr	02/27
Lenny Sneatlum	02/13	Nancie Jansen	02/27
Cliff Keeline	02/14	Norma Eyle babe)	02/28
Lynn WhiteEagle	02/14	James Patterson	02/28
Leo Laclair Sr	02/15		

#### Activities

##### Christmas Bazaar

This year's Christmas Bazaar Fundraiser was a success. Neva Hamilton donated baked goods and Darlene Ambrosia baked cookies and pies. We had vendors from as far away as Hawaii come and join us.

##### Fantasy Lights at Spanaway Park

Our Elders reported back that the official word for this year's annual trip to Fantasy Lights at Spanaway Park was COLD. The bus was COLD. The restaurant where they stopped to have dinner was COLD. Even bundled up in blankets, our Elders were COLD. Our Elders made the best of it and a

good time was had by all. Next year our Holiday wish list will include a new toasty warm bus and nice mild weather so our Elders can enjoy the Fantasy Lights in comfort. ☺

##### Elders Casino Breakfast

We had a terrific turn out for this month's Elders Casino Breakfast. Seventy-two Seniors & Elders showed up to listen as the architects gave their presentation about the new building. It just so happened that the power went out on the same day as the breakfast, so it was extra nice to enjoy a hot meal in the warm casino!!!

##### After Christmas Luncheon

The Annual Elders after Christmas Luncheon was a success!!! It was held at the Emerald Downs Racetrack. Cheryl Bear, from the Carrier Nation in Northern British Columbia, Canada, performed and was wonderful.

##### Thank you!!!

##### Youth Facility, Job Corp & Public Works

Our Service Provider James Cross Sr. has had really good feedback about our wood delivery/stacking program. Jimmy has been out there getting it done and has received a lot of help along the way. The Youth Facility, Job Corp and Public Works have all worked together with Jimmy and that is the reason for the terrific customer service. We would like to thank Josie Benito-Romero and her Youth Facility Crew, Henry Miller and his Job Corp Crew along with Eddy Chu & Public Works for coordinating with Jimmy and working together. Thank you!!!

##### Wild Life and the Designated Hunters

With the assistance of Tammy James of Wild Life department, our Activities Coordinator, Noreen Milne, has had great success pairing up Elders with Designated Hunters. Many of our Seniors & Elders filled up their freezers with Venison & Elk meat and for that we would like to say a BIG thank you to Tammy and the Designated Hunters!!!

##### Resource Center

Dawn Miller and her staff worked closely with Noreen Milne and the Senior Center Staff and the result was the Elders and Seniors received their December Holiday Baskets in a timely manner. It was great working together and now we will have a successful game plan for delivering Holiday Baskets in 2011. Thank you Resource Center!!!

##### Fisheries

This year's Christmas Bazaar had so many vendors; we barely had room for them all. We would like to thank Fisheries for opening up their conference room and making room for everyone. Thank you!!!

##### Senior Center Staff

Wendy would like to take this opportunity to thank the Senior Center Staff for a job well done throughout the year. Noreen, LeOta, Vicki, Gail, Mary, Diane, Jimmy, Effie, Joey & Robin, Dar, and Marlena it has truly been a pleasure working with you this past year and I look forward to facing next year's challenges with you.

##### Senior Center Services

##### Transportation

Reminders: please call 24 hour ahead of appointment time so we can make sure and have a transporter available for you.

##### Elder's breakfast - Every other month

Our next Elders Casino Breakfast is scheduled for Saturday, January 29<sup>th</sup>. Please stop by and sign up if you would like a ride, or give us a call.

##### Service Providers

Please join us in welcoming Effie Keeline-Tull as our newest Senior Center Employee. Effie is a wonderful addition to our staff and we feel very lucky to have her with us.

##### Kitchen

A suggestion that keeps popping up is portion control. We would like to let you know that we hear you and will begin to exercise portion control as soon as 2011.

##### Administration

Noreen would like your ideas for the 2011 Elders Trips. Where would you like to go? Would you like an overnight trip for the Spokane Elders Luncheon? Stop in and see Noreen and let her know what you think.

**2011 intake forms** are printed and ready to be filled out for the New Year. Please feel free to stop in and fill yours out for the New Year.

##### Announcements

- Care Giver workshop Spirit Mountain Lodge Grande Ronde, OR. Please call to sign up at Senior Center. Departure March 30<sup>th</sup> - 31<sup>st</sup> (travel on the 29<sup>th</sup> return the 1<sup>st</sup> of April)
- Elders Committee Meetings Feb 2<sup>nd</sup>, 9<sup>th</sup> and 16<sup>th</sup> 2011
- We need your fundraising ideas and your talent to come in and start on projects for Annual Elders luncheon 2011.
- Reminder food voucher are still available for Safeway.



## MUCKLESHOOT REALTY OFFICE RECEIVES NATIONAL HONORS

13<sup>th</sup> Annual National Indian Realty Awards presentations were held in California recently, honoring the top Indian Realty Offices and Indian Land Professionals in the nation. The awards are determined by a series of tests in all aspects of realty. Scores on the test determine points going to the scoreboard for each individual and for the realty office.

Again this year, the Muckleshoot Realty Office and staff ranking near the top in the nation. The office itself was ranked 4<sup>th</sup> best, while staff members Amy Boucher and Norma Corwin ranked 10<sup>th</sup> and 12<sup>th</sup>, respectively. Those receiving awards are as follows:

#### OUTSTANDING REALTY OFFICE AWARDS

1. Uintah and Ouray Agency (Utah)
2. Yakama Nation (Washington)
3. Great Lakes Agency (Wisconsin)
4. Muckleshoot Indian Tribe (Washington)
5. Alaska Regional Office
6. Hopi Tribe (Arizona)
7. Midwest Regional Office (Minnesota)
8. Rocky Mountain Regional Office (Montana)
9. Oneida Nation (Wisconsin)
10. Great Plains Regional Office (South Dakota)
11. Minnesota Agency
12. Southwest Regional Office (New Mexico)
13. Cherokee Nation (Oklahoma)

14. Bristol Bay Native Association (Alaska)
15. Gila River Indian Community (Arizona)

#### NATIONAL INDIVIDUAL REALTY AWARDS

1. Dave Murray, ILP, Uintah and Ouray Agency (UT)
2. Darnell Day, ILP, Concho Agency OST (OK)
3. Vonnie ShortBull, ILP, Rosebud Sioux Tribe (SD)
4. Kim Yearyeen, ILP, Native Lands Consulting Services (CA)
5. Cheryl Ethelbah, ILP, White Mountain Apache Tribe (AZ)
- Tie Annabell Kingbird, ILP, Minnesota Agency
7. Chester Earl, ILP Salish Land Associates (WA)
8. Ann Alexander, ILP, Shawnee Field Office (OK)
9. Marion Duffy, ILP, Great Lakes Agency (WI)
10. Amy Boucher, ILP, Muckleshoot Tribe (WA)
11. Clara Lovato, ILP, Southern Pueblos Agency (NM)
12. Norma Corwin, ILP, Muckleshoot Indian Tribe (WA)
13. Roxanne Poupart, ILP, Rocky Mountain Regional Office OST
14. Annette Siquieros, ILP, Papago Agency
15. Donna Lynk, ILP, Bad River Band

For additional information on the National Indian Realty Awards contact: Terry Beckwith or visit [www.iccindianenterprises.com](http://www.iccindianenterprises.com)



**WELLNESS CENTER RUNNING CLUB.** The Muckleshoot Wellness Center took 8 relay teams (15 people) to the Santa Runs Tacoma 5k/10k/10k Relay Run held on December 18<sup>th</sup>. For information on joining the Running Club contact Ann @ 253-333-3616 ext.3711

## Births

**10/7/10** – Proud Parents – Renee Davis & Rev Barr  
 Girl – Ta'Liyah Barr  
 Proud Grandma's – Irene Barr, Sandra Davis  
 Great Grandma – Francis Marie Johnson

**12/3/10** – Proud Parents – Queena Sneatlum & Leo Daniels IV  
 Girl – Krista Daniels  
 Proud Grandparents – Dawn & Roger Miller, Leo Daniels III,  
 Linda Ramos, Great Grandpa Leo Daniels Jr.

**12/22/10** – Proud Parents – Sandi Kinggeorge & Wilson Teo  
 Girl – Kiona Ida Destiny  
 Proud Grandparents – Henrietta Kinggeorge,  
 Fred Laclair,  
 Joanne & (late) Benjamin Jackson,  
 Andrea & Bill Fugot

**12/23/10** – Proud Parents – Christine G. Elkins  
 "Kiwi" & Benjamin Sanchez  
 Boy – Benjamin Elkins-Sanchez  
 Proud Grandma – Christine Elkins  
 Great Grandma – Georgiana Starr



Kiona Teo



**BLAKE ROBERT JAMES** – BORN 12/5/2010 AT 6.A.M. ~ WEIGHING IN AT 7LBS 4ozs. And 18.5 inches long!! Proud parents: Jonathan "JOHNNY" Raymond James & Leticia



I brought my niece Olivia Courville, current Miss Skopabsh, to the Clearwater Casino Pow-Wow in Lapwai ID this past October. We had a blast and I was so proud of my niece! The last day she had to dance three songs for her contest, and one of them was the longest trick song ever! Lol, but she hung in there, so kudos to her. *Love you Liv!*

Auntie Madrienne

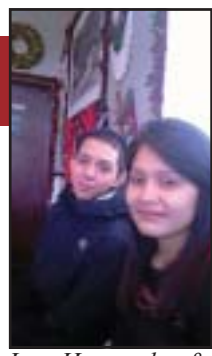
Oscar Lee Delgado, Jr. Born 11/18/2010 @ 6:17pm 8lbs 4oz 19 1/2 in  
 Proud Parents are Madeline Bargala and Oscar Delgado, Sr.  
 Proud brother and sisters are Trenton Eyle, Angel-Leigh and Nekole Bargala  
 Proud Grandparents are Sonny and Candie Bargala

Baby Oscar was born almost a month premature and I would like to thank everyone for their love and support. He is doing so well now! Getting so big so fast :) Thank you so much to my family for everything you have done to help us. I love you all to the moon...

Love,  
 Madeline



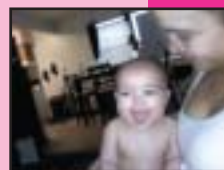
Dylan Nelson-Jerry,  
 Kaylee Nelson-Jerry



Jose Hernandez &  
 Cameo Jerry



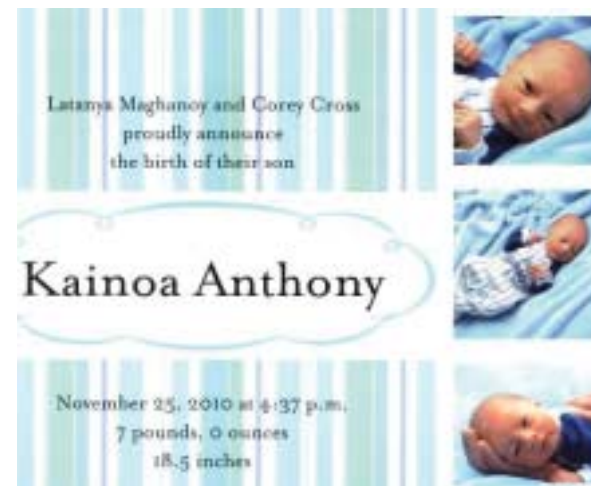
### Baby Janet



Art and Lucinda Moses Children 2010. Beverly Moses, Doug Moses, Marvin Moses Sr., Rudolph Moses



Cadeliah



## Housing

### Tupe Siose named Housing Employee of the Year



Employee of the Year, Tupe Siose

Tupe Siose has been with Housing for 10 years. In that time he has become an indispensable part of the efforts to provide better housing for MIT. He always delivers the best and has become a symbol of the quality that Housing is targeting to achieve by setting a standard for others to follow. He is well known and respected by the community and co-workers.

Words are simply not enough to describe how Tupe became Employee of the Year 2010.

Congratulations to Tupe! We appreciate your hard work and enthusiasm!



John Elkins



Tusi Pedro

**HOUSING EMPLOYEES OF THE MONTH.** October's Employees of the Month for Muckleshoot Housing were Tusi Pedro and John Elkins Sr. These two Maintenance men have proved to be the most productive in our Unit Turn area. The units are completed accurately and within a timely manner. This is greatly appreciated by the Housing Staff and the Muckleshoot community because we can move families into these units shortly after vacated. Keep up the good work guys!

### Thank You Deputy Riehs



Housing would like to recognize and thank Deputy Riehs for his outstanding service to the Community. Deputy Riehs has demonstrated time and time again that he is committed to making the Community safer.

Housing has had the pleasure of sharing office space with the Tribal Police Department. Deputy Riehs was an instrumental part of making this happen and when on duty, our residents can count on his assistance.

From all of us at Housing, we thank you and truly appreciate your hard work and dedication!

Please remember to dial 911 if you have an emergency.



### Housing Afterhours Emergency Phone

Please call the number below for housing related maintenance emergencies outside of normal business hours. Please leave a detailed message including your name, call back number, address, and the nature of your emergency and Housing staff will return your call as soon as possible. Please contact Housing with any questions.

**(253) 261-0779**

### Fire Prevention: Wood Burning Stoves & Fireplaces

The wood burning fireplace or stove can be a timeless, exciting addition to any home. As you enjoy the friendly glow, never let fire safety and fire prevention slip your mind. The following are several basic wood stove and fireplace safety reminders:

#### DO

- ✓ Burn only dry, well-seasoned wood.
- ✓ Teach young children the dangers of a wood burning fireplace.
- ✓ Make certain smoke detectors are operational & keep a fire extinguisher nearby.
- ✓ Make sure there is enough clearance between the stove and combustible materials; including floors, walls and ceilings.
- ✓ Make sure the stove is installed on a noncombustible, fire resistant base. Avoid sparks by at minimum installing glass doors or a fire screen in front of any openings.
- ✓ Have a mason or chimney specialist inspect your chimney on a regular basis.
- ✓ Dispose of ashes in a closed metal container outside and away from the house.

#### DON'T

- ✓ Leave a fire burning unattended or overnight.
- ✓ Extend the stove pipe through a wall or ceiling unless there is no other possible alternative, and then only to local code to ensure proper installation.
- ✓ Connect a wood stove to a fireplace chimney unless the fireplace has been properly equipped and sealed off.
- ✓ Connect a wood stove to a chimney serving another appliance/furnace burning other fuels.
- ✓ Start a fire with flammable fluids of any type, such as gasoline.
- ✓ Burn trash in a stove. Doing so can contribute to chimney fires.

#### IN CASE OF AN EMERGENCY


In Case of a Wood Burning Stove/Fireplace Fire: Exit your home immediately and dial 911 from a cell phone or neighbor's house. If you have to escape through smoke, crawl to the nearest exit, keeping your head about 1 foot off the floor.

#### SELECTING & INSTALLING A STOVE (HOMEOWNERS)

Be sure your stove is made of sturdy material, such as cast iron or steel. Look for stoves listed by Underwriters Laboratories (UL) or other recognized testing laboratories.

If you purchase a used stove, check it carefully for cracks or other defects. The legs, hinges, grates and draft louvers should be checked carefully.

If you live in a mobile home, be sure your stove is of a type specifically approved for use in a mobile home.



Seattle University School of Law  
**Center for Indian Law & Policy**

**Why is Will Writing and Estate Planning Important for Trust Landowners?**  
If you die without a Will, it is called dying "intestate" which allows federal laws to determine:  
Who receives your property, and What amount they will receive and Whether your trust property may be subject to a forced sale at probate.  
Under a federal law, the American Indian Probate Reform Act, your trust property will be divided into the following two categories:

<p><b>A. Trust land interests 5% or more will go to:</b></p> <ol style="list-style-type: none"> <li>1. Your legal spouse in a life estate without regard to waste;</li> <li>2. The remainder to all eligible children equally;</li> <li>3. If none, then to eligible grandchildren;</li> <li>4. If none, then to parents;</li> <li>5. If none, then to siblings;</li> <li>6. If none, then to tribe with jurisdiction;</li> <li>7. If none, to the federal government.</li> </ol>	<p><b>B. Trust land interests less than 5% will go to:</b></p> <ol style="list-style-type: none"> <li>1. Your legal spouse in a life estate, but only if the spouse lives on that parcel at the time of your passing;</li> <li>2. The remainder goes to the oldest living eligible child (Single Heir Rule);</li> <li>3. If none, then to the oldest living eligible grandchild or great grandchild;</li> <li>4. If none, then to tribe with jurisdiction;</li> <li>5. If none, to the federal government;</li> </ol>
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**You Need a Will If...**

- You are over 18.
- You are an elder who received a home through the Muckleshoot Veterans, Elders, or Disabled Home Program.
- You have, or may acquire, trust land, non-trust land, or personal property.
- You have children or step-children under 18.
- You want to leave property to someone who is **not** in your immediate, blood family.
- You want to leave income from an interest to a non-Indian spouse.
- You want to stop further fractionation of your land.

**A Will Allows You To...**

- Choose the friends and family members you want to receive your trust property and personal property (Beneficiaries).
- Leave your trust property in trust status to any of your children or their children (lineal descendants) whether or not they are an enrolled member or qualify as Indian.
- Choose what property and in what amounts should go to specific people (Distribution).
- Choose a trusted person to oversee the administration and distribution of your non-trust property after death (Personal Representative).
- Provide for your non-tribal spouse or non-tribal family member to enjoy the benefits of trust property and any income from the property for their lifetime. (Life Estate).
- Reconsolidate trust property.
- Prevent any forced sales of trust lands during probate of your estate.

**Confidential Free Estate Planning and Will Drafting Service Provided for Muckleshoot Tribal Members**  
If you are interested in drafting a new will OR changing an existing will to comply with Tribal, State, and Federal Law, please contact the **Institute for Indian Estate Planning & Probate at (206) 398-4284**. Tribal members who received a home through the Muckleshoot Veterans, Elders, or Disabled Home Program are eligible to receive services on a year-round basis. All other Tribal members will be placed on a waitlist for Estate Planning Services between May and August 2011. We look forward to hearing from you!

Standing for **excellence**. Reaching for **justice**.

**Request for Pricing: Tribal Art Consulting  
Muckleshoot Indian Tribe Elder's Center – "Big Art"  
Tribal Artists Preferred**

**BRIEF OVERVIEW**

**Project Description.** The Muckleshoot Indian Tribe is in the design process for a new Elder's Center on the reservation in Auburn, WA. The new Elder's Center will serve the community needs of the Tribe's Elder population, currently numbering approximately 300. Dietary, health, general recreational, training, and cultural craft and art activities will be carried out at the new facility. SKB Architects has been selected as the designer for the project and design is currently under way. The date has not been set for start of construction.

The project consists of approximately 20,000 SF of new activity rooms and areas, kitchen and dining room, and administration. Outdoor cooking and medicinal garden areas are included. The scope of work that proposals are being solicited for entails the consulting review of the existing design with ideas and recommendations as to the incorporation of culturally significant "Big Art" into the facility. "Big Art" is defined as art that is either incorporated into the structure of the facility (e.g. a story circle) or very significant in stature (e.g. full wall mural or photo). Hanging art or smaller scale sculpture is not being considered as a part of this RFP.

**General Scope of Work.** Following are a list of examples of materials/images/facilities that should be considered. This list is not intended to be comprehensive, and the successful consultant is encouraged to bring as many ideas as possible to the Elder's Committee for evaluation.


- Cedar
- Sweet Grass
- Salmon
- Elk & Deer
- Native Trees and Plants
- Photographs
- Pacific Coast Salish Art
- Water Features
- Canoe Paddles
- Carving and/or coordination with carver
- Eagle
- Cougar
- Bears
- Other animals native to the Northwest/Muckleshoot traditional region

**Please contact Kim Sharp to pick up complete request for pricing.**  
**Phone: 253-876-2875**  
**Email: Kim.Sharp@muckleshoot.nsn.us**

**Are you interested in becoming a Foster Parent?**  
**P.R.I.D.E Training**  
**February 8- 11, 2011**  
**@PSB**  
**9:00 A.M-4:00 P.M.**  
**Please Contact**  
**Norma Nelson@206-441-6822**  
**\*Pre-Registration is required\***

*Muckleshoot Pentecostal Church*  
Kenny Williams, Pastor  
**SCHEDULE**

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



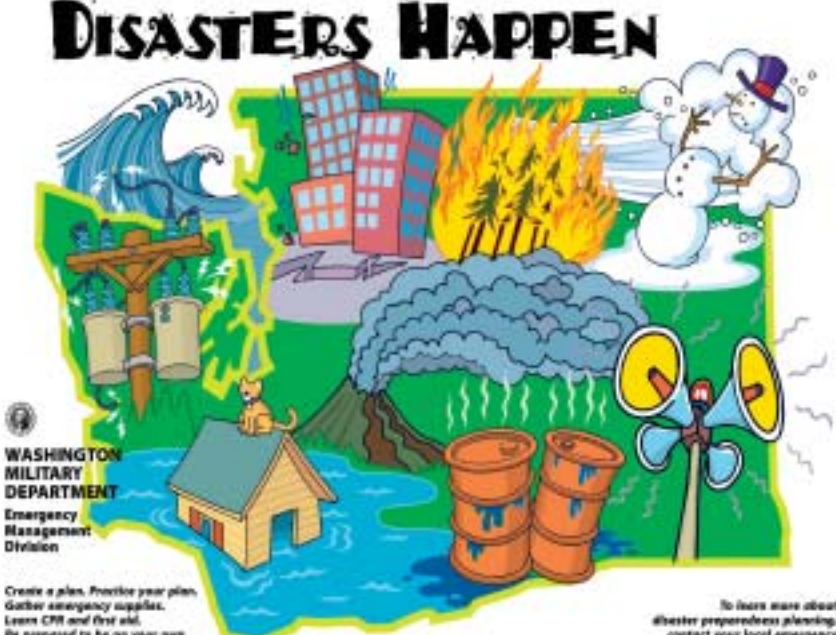
**MUCKLESHOOT CERT**  
**COMMUNITY EMERGENCY RESPONSE TEAM**

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

**WHO SHOULD TAKE CLASS: Tribal Members, Community Members, Essential Staff, Teachers, EVERYONE**

**CERT TRAINING**  
**February 23<sup>rd</sup>, 24<sup>th</sup>, and 25<sup>th</sup>**  
**8:30 am to 5pm**  
**Cougar Room in the Philip Starr Building**

**(Must be present all 3 days to receive certificate of completion)**  
**If you are interested please contact Shanon Hamilton by email or call 253-876-3247 to sign up.**



**DISASTERS HAPPEN**

WASHINGTON MILITARY DEPARTMENT Emergency Management Division

Create a plan. Prioritize your plan. Gather emergency supplies. Learn CPR and first aid. Be prepared to be on your own for at least three days.

To learn more about disaster preparedness planning, contact your local emergency management office.

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



**1% INTEREST RATE**  
**30 Mile Radius**  
**Max Loan 567,500.00**  
**TRIBAL MEMBERS**  
**BUILD OR BUY**  
**\$45,000 Down payment assistance**

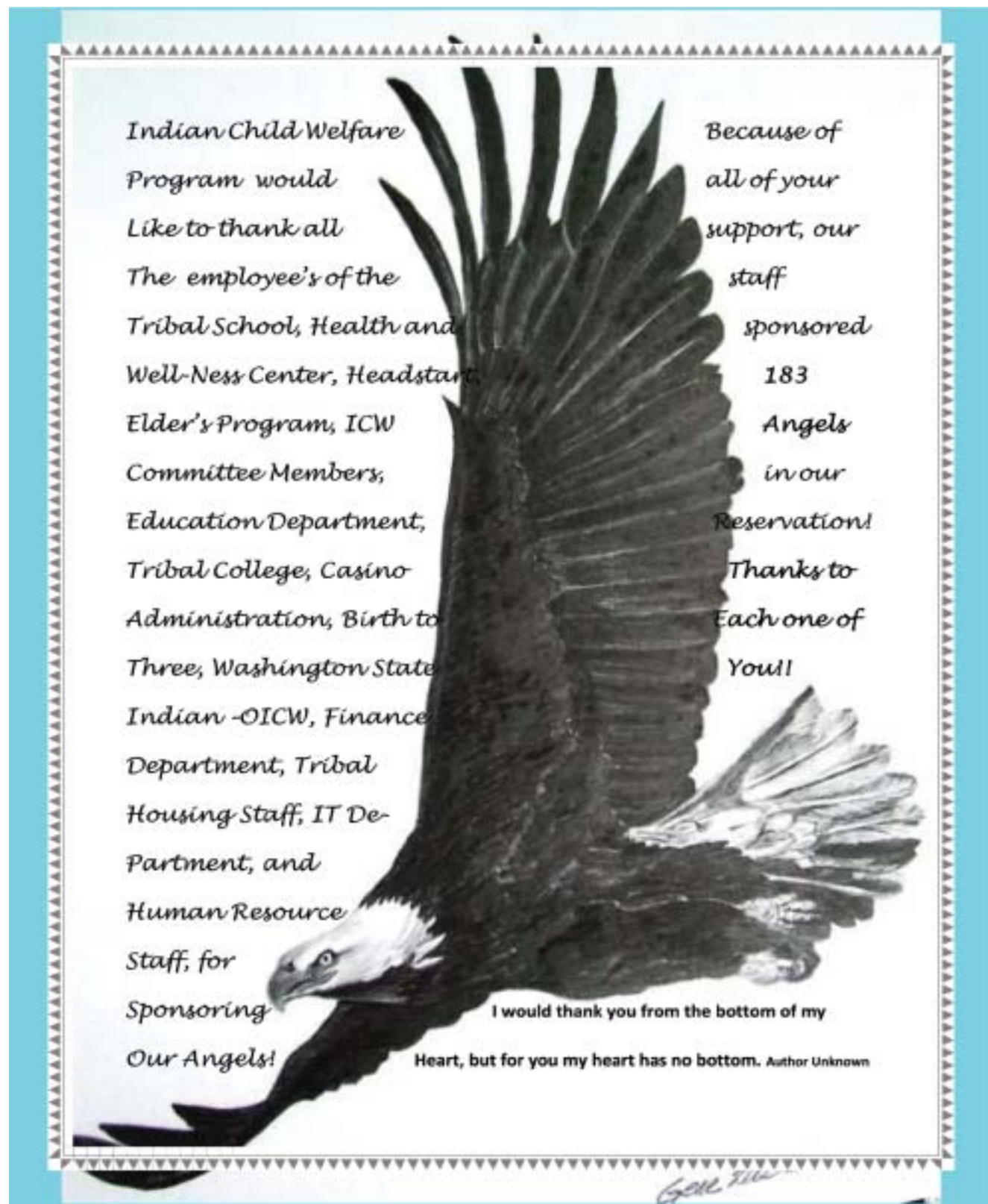
Are you tired of your hard earned rent money going in to someone else's pocket, why not buy now and invest in a new home? This is a great opportunity for Muckleshoot tribal members to put your money towards something that you and your family will be able to cherish for years to come. Please come buy the Phillip Starr and pick up an application in the Home Loan Department.

For more information please contact:  
**Cheryl O'Brien @253-876-3154 or**  
**Maritza Munoz @253-876-2902**



PHOTO BY DWAYNE ROSS JR.

Deshawn Ross-Jansen's first deer!!!



Indian Child Welfare Program would like to thank all the employees of the Tribal School, Health and Well-Ness Center, Headstart, Elder's Program, ICW Committee Members, Education Department, Tribal College, Casino Administration, Birth to Three, Washington State Indian -OICW, Finance Department, Tribal Housing Staff, IT Department, and Human Resource Staff, for sponsoring our angels!

Because of all of your support, our staff sponsored 183 Angels in our Reservation! Thanks to Each one of You!

I would thank you from the bottom of my Heart, but for you my heart has no bottom. Author Unknown

**We are "RECYCLING"**



Public Works - Solid Waste Program has a bin for recycling cardboard. By recycling cardboard we have saved Tribal Dollars & precious resources. We would like to commend all of you out in the community that have been using the cardboard recycling.



Other items we accept for recycling are metal, electronics (anything with a cord), wood (not including anything with roofing) and major appliances.



In the past it costs the Tribe money to discard these items. Now by recycling, the Tribe is being paid.

Becoming 'GREEN' is our top priority and we will be working closely with everyone to make this a success. Thanks for your participation.

To learn more or any questions, please contact Public Works @ 253-876-3143 or [public.works@muckleshoot.nsn.us](mailto:public.works@muckleshoot.nsn.us)  
Hours Monday-Friday 7:00-4:00  
Saturdays & Sundays 1:00-5:00  
Closed all Holidays.



# The Muckleshoot Food Sovereignty Project

You might be wondering, "What the heck does food sovereignty mean?" That was my response when I first heard the term. I remember thinking, "Does that mean plants and animals will have reservations and treaty rights?"

As a member of the Muckleshoot Tribe and a community nutritionist, I decided to research the term. According to the First Nations Development Institute, food sovereignty is defined as "the inherent right of a community to identify their own food system." This means that, as a community, we have the power to choose the food on our table. Then I thought of the history of our people and the current superimposed food system in our community.

It's true that spaghetti, macaroni salad and, dare I say, fry bread are not a part of our traditional diet, nor do they consist of ingredients that are native to the Puget Sound. Roots, berries, elk, shellfish and salmon were at the center of Muckleshoot traditional food culture and have been replaced with foods from the dominant society. In just a few generations, our ability to eat our traditional foods has declined. There are many reasons for this change, both historical and modern, and many impacts on the health of our people have been identified as a direct result of this change such as heart disease and diabetes.

In 2009, I worked on a community-based project that studied the changes of our traditional food system. In order to overcome issues of access we needed to identify the challenges. In discussions with various tribal communities throughout the Puget Sound numerous obstacles were identified. Some include: a loss of rights, loss of land, state and federal regulations, colonization and cultural oppression, lack of time and money, environmental toxins and lack of education.

I also spent that time interviewing Elders and native food experts about the traditional foods of the Puget Sound. They taught me about how precious these ancient foods truly are, to honor their gift and to remember that they are our medicine. I witnessed both the passion Elders have for traditional food culture as well as their concern for our current and future place within that traditional way of life.

At the same time, I was also working as the nutritionist for the new Muckleshoot Tribal School. So one day I would sit with Elders and the next day was spent working with the youth at the tribal school. They were all so interested in native plants and foods, but struggled with identifying modern healthy eating habits. Across generations I kept hearing that people wanted more opportunities to learn about and eat our traditional foods in order to increase the health of the community. I wanted to create a program that shares our common food knowledge and creates experiences with these foods, increase access to them and reflect the voice of the community.

With all of this in mind, I sat down with my colleagues in the Traditional Plants program and designed the Muckleshoot Food Sovereignty Project. We were able to finance the project by writing a grant and received funding from the United States Department of Agriculture.

For the next two-years, this project will:

Assess our current community food resources and strategize what we can do today, as a community, to create a healthy food system for those to come in the future.

Offer monthly classes within the community that share information about the benefits of traditional and other healthy foods. Workshops will focus on old traditions around utilizing traditional foods and plants in a new world. For example, in spring we will focus on herbal teas, derived from native plants, to increase health. These classes will take place at the Muckleshoot Tribal College.

Conduct quarterly traditional foods feasts, organized with the contribution of the community. These feasts will feature the foods available within the season and will offer opportunities to learn more about when, where and how to harvest each food. In this way, preparations for the feasts will be reinforced as a time to share cultural teachings and offer an environment that supports our youth. My hope is to integrate this knowledge and build activities around working with our foods into the tribal school curriculum.

Ultimately we can recover our relationship with traditional foods and recreate a system that supports cultural continuity. I look forward to working with you all and welcome your suggestions and support. Every month I will be writing articles in the Muckleshoot Monthly in order to keep the community informed and updated about the progress of this project and how you can give your support. Thank you.

*Valerie Segrest is a graduate of the Northwest Indian College and received a Bachelor of Science in Nutrition from Bastyr University in 2009. She now teaches classes on traditional foods and medicines for the Northwest Indian College's Cooperative Extension Department. In 2009 she co-authored the book Feeding the People, Feeding the Spirit: Revitalizing Northwest Coastal Indian Food Culture.*



If you would like to purchase a copy of the book Feeding the People, Feeding the Spirit – Revitalizing Northwest Coastal Indian Food Culture you can email Valerie Segrest at: [vsegrest@gmail.com](mailto:vsegrest@gmail.com) or attend any of the workshops to purchase one from her directly.





Muckleshoot Elder Georgina K. Smith with her favorite Deputy, Ron Riehs.

## Beauty in the World Today

*Our love knew no limit of my heartache and pain.*

*My love was true and unreturned when you left me for another so-called sister.*

*With friends like this there is no need for enemies.*

*I have grown to a strong and independent woman of the new millennium.*

*I was hoping that after all the love and trust I showed you, you would become a partner to help raise a beautiful boy we made out of our love.*

*Our beautiful son is all I have to hold onto after all our love has come to an end.*

*He reminds me that there is beauty left in this world, and in others.*

*He is so trusting and loving to everyone he meets.*

*I am so proud to have a young man I can mold into a respectful young man who is not afraid to say "I love you."*

*My son is the only good thing you gave me in the fourteen years we invested into each other and our broken wedding vows.*

*I thank our higher creator for such a wonderful young man, that my son is becoming every day.*

*He is my inspiration that there is beauty in the world today.*

~ ANONYMOUS

### Important information about the \$760 Million Indian Farmer Settlement

#### What is This About?

A \$760 million class action Settlement in a lawsuit against the United States Department of Agriculture ("USDA") has been reached. The lawsuit, *Keepsseagle v. Filsack*, claimed the USDA discriminated against Native Americans who tried to get farm loans or loan servicing.

#### Who is Included?

The Settlement Class includes all Native American farmers and ranchers who:

- Farmed or ranched or attempted to farm or ranch between January 1, 1981 and November 24, 1999; and
- Tried to get a farm loan or loan servicing from the USDA during that period; and
- Complained about discrimination to the USDA either directly or through a representative during the time period.

Because of a law passed by Congress, excluded are claims of Class Members who either:

- Experienced discrimination only between January 1 and November 23, 1997, or
- Complained of discrimination only between July 1 and November 23, 1997.

#### What Does the Settlement Provide?

- \$680 million to pay those included in the Settlement.
- Up to \$80 million in USDA loan forgiveness for those who qualify.
- Changes in the USDA farm loan program to enhance the ability of Native Americans to continue to farm and ranch.

#### What Can I Get From the Settlement?

- You may be eligible for a payment of up to \$50,000 or more and full or partial loan forgiveness from the Settlement.
- After the Court grants final approval, meetings will be held across the country to help people file claims.
- Register for a Claims Package at the website or by calling the toll-free number listed below.

To register for a Claims Package and to learn more about the Settlement and your legal rights,

Call: 1-888-233-5506

or

Visit: [www.IndianFarmClass.com](http://www.IndianFarmClass.com)

## Native American Catholic Mass



February Native American Catholic Mass with Father Pat Twohy. Please join us each Sunday as we celebrate the Mass at St. Leo Church - A Jesuit Parish located at 710 South 13<sup>th</sup> - Tacoma 98405. February 6<sup>th</sup>, 13<sup>th</sup> and the 27<sup>th</sup> at 1:30pm, on February 20<sup>th</sup>: Kateri meeting at 12:45, Mass at 1:30pm followed by a potluck and raffle. Go to our website and hear Father Pat's homilies @ [www.katericircle.com](http://www.katericircle.com) Watch for more information about our March 20, 2011 Healing Mass.

## MUCKLESHOOT INDIAN CASINO

You can now apply for jobs ON-LINE

Visit [www.muckleshootcasino.com](http://www.muckleshootcasino.com) and click on "Career Opportunities" to view current job openings then complete your employment application. This on-line application can be completed 24 hours a day from the convenience of your home computer and/or at the Muckleshoot Indian Casino's Human Resources Office.

All you need is an e-mail address to set up your on-line application. If you do not have an e-mail address call

Human Resources Hours:  
Monday - Wednesday 9am to 6pm  
Thursday 9am to 9pm  
Friday 9am to 5pm  
HR Phone Number 253-929-5128



## EVENTS CALENDAR

- February 8-11** Foster Parent P.R.I.D.E. - 9am - 4pm@PSB Normal Nelson 206-441-6822
- February 19-20** Coast Salish Cedar Basket Making Class - 10am-2pm. Call LenNeesa Brown at 253-876-2831 to register
- March 4** End of Season Salmon Dinner - 3pm at the Pentecostal Church
- March 19** UFC Night - Men Only - Presented by Muckleshoot Health & Wellness
- April 4-8** Muckleshoot Adventures Spring Camp - Ages 7 - 17 years. Sign up by March 11th. Call Stephanie Fleisher at 253-876-3357 for more info.

## CAREER ADVANCEMENT TRAINING (CAT) PROGRAM FOR MUCKLESHOOT TRIBAL MEMBERS

### Relationships

### Work-Life Balance

### Culture

### Communication

### Integrity

### Respect

### Accountability

### Trust

### Commitment

### Education

Positive, customized and on-going development plans for eligible Muckleshoot Tribal Members interested in pursuing a successful career path through Muckleshoot Casino.

A great opportunity to grow and develop in a supportive environment. The CAT Program offers:

- ◆ Management Leadership Training
- ◆ Personal Development
- ◆ Specific Job Training
- ◆ Higher Education Coordination
- ◆ Rotations throughout Casino
- ◆ Externships

Contact the Training & Organizational Development Department at MIC (800-804-4944—ask for Monica Simmons or Sarah Wilson) today to start your journey!



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

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



Also see our opening on-line at [www.muckleshoot.nsn.us](http://www.muckleshoot.nsn.us)

Visit the Muckleshoot Tribe's

**NEW WEBSITE!**



[www.muckleshoot.nsn.us](http://www.muckleshoot.nsn.us)

## Have you ever considered a career in gaming regulation?

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



## CULTURAL WELLNESS GATHERINGS

### AA Meeting Time

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

### Feather Healing Circle

39015 172<sup>nd</sup> Avenue SE Tuesdays 5:00 pm  
Auburn, WA

### Grief and Loss

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

### Women's Group

Muckleshoot Tribal College Thursdays 5:00 pm

### Boys Mentoring Group

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

### AI-Anon Meetings

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

Federal Way Sunrise  
United Methodist Church Monday 6:30 pm  
150 S. 356th St.  
Federal Way, WA 98003

# Muckleshoot Adventure Camp

## Youth attend Winter Adventure Camp December 27-31

By Stephanie Flesher

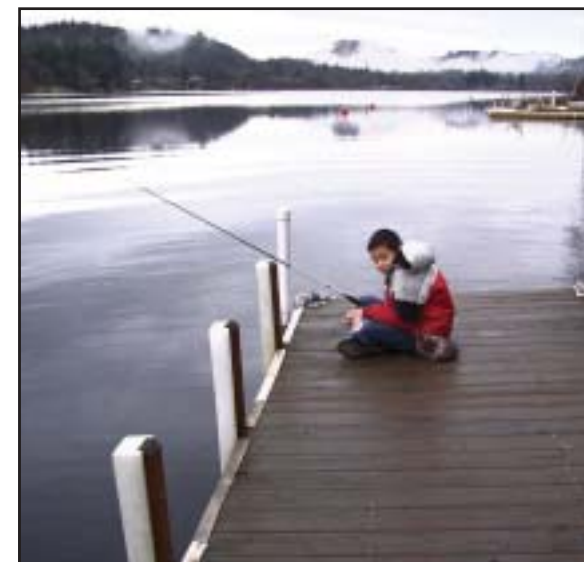
Muckleshoot Winter Adventure Camp was a huge success. The camp started December 27 and ended December 31. The youth were afforded the opportunity to have an Elder with them at this camp, Leah Moses, and she told them stories throughout the week.

The children made rattles among several other craft items. Paintball was by far the favorite again this time at camp. The kids loved showing off their bruises and leaving bruises on the staff.

The children attended several classes such as: personal hygiene, bullying, sexual assault and domestic

violence, communication, exercise, healthy eating, trust, respecting elders, and cooking. Other activities included archery, miniature golf, fishing, dancing, singing, and movie nights.

Thanks to all the staff, Donald Dorsey, Debbie Guerrero, Sharon Curley, Samantha McGee, Floyd Brown, Amilynne Judson and our drivers Kelvin Barr and Joy Hamilton. We will host the next camp April 4-8 2011 for youth ages 7-17. If interested please contact me at 253 876-3357.



**Muckleshoot Adventures**  
**Spring Camp**  
 April 4 - 8, 2011 ~ Ages 7 - 17 years



Activities to include: Fishing, Archery, Hiking, Sports, Arts & Crafts, Mini Golf, Life Skills Training, Cooking, (kids 13 & older need own fishing license)

**MUST SIGN UP BY FRIDAY, MARCH 11, 2011**

**THIS IS AN ALCOHOL, DRUG, & ELECTRONIC FREE EVENT!**

CALL STEPHANIE FLESHER AT 253-876-3357