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# Muckleshoot MONTHLY



Canoe Family pullers at Neah Bay, 2010

## CANOE FAMILY PREPARES FOR 2011 PADDLE TO SWINOMISH

By Mike Edwards / tul-k-lanuwha

The year is starting to go by fast, and it won't be long and the canoes will be out on the water practicing for Canoe Journey 2011.

There has been four Journey Meetings so far this year, and another one is coming up at Elwha on Saturday, March 19.

We are hoping for a good-sized crew to travel this year as we have had in the past. With the new year, there are strict guidelines and time frames for things that need to be done before going on Journey.

It is important for the ones that wish to go on Journey 2011 to start attending the weekly meetings held on Tuesday evenings starting at 6:00 PM and usually lasting until 9:00 PM.

There are also crafts and regalia sessions held on Monday evenings from 5:00 to 8:00 PM at the Canoe Clubhouse. Autumn is the one that teaches that class.

This year we will be starting from Squaxin Island with our Southern Tribes and take the mainland route all the way to Swinomish. The tentative calendar for this year is Departure to Squaxin on July 17, July 18 Nisqually, July 19 Puyallup, July 20 Muckleshoot, July 21 and 22 at Suquamish, July 23 Tulalip, July 24 Coupeville, and landing date at Swinomish Host Tribe, Monday, July 25.

Protocol will take place all week long at Swinomish, until Saturday, July 30.

I will have more info next month for updates as they come along. We invite anyone and everyone who would like to participate to come to the meetings and craft nights.

Any questions, get in touch with Walter 253-876-3153 or myself at 253-876-3192.

## President Obama's Secretary of Health & Human Services visits Muckleshoot Tribe

MUCKLESHOOT – United States Health and Human Services Secretary Kathleen Sebelius, the country's highest ranking health official, recently visited the Muckleshoot Reservation for a tour of the Tribe's Health and Wellness Center and meeting with Tribal Council members. The Secretary's historic visit on Tuesday, February 8<sup>th</sup> marked the first time a member of a President's Cabinet has come to the Muckleshoot Reservation.

Secretary Sebelius requested the tour and meeting with Tribal Council members to learn more about the Tribe's approach to meeting the health care needs of the Muckleshoot community to see firsthand the operations of the Health and Wellness Center.

Lead by Health and Wellness Center Director Lisa James and Tribal Council Chair Virginia Cross, Secretary Sebelius and her staff toured every area of the facility. The tour began in the in the wellness center and continued on to the medical clinic, pharmacy, dental clinic, optical department and other areas.

The Secretary had many questions about the facility operations and programs offered to tribal members. She also stopped to talk to tribal members who benefited from the various programs and services offered at the facility.

After the tour Secretary Sebelius met with Tribal Council members for a wide-ranging discussion about health care and related tribal issues. Council members Virginia Cross, Marcie Elkins, Mike Jerry, Keri Marquez, Marie Starr, Charlotte Williams, and member-elect Mark James, briefed the Secretary on the history and progress of Muckleshoot health care, the challenges the tribe



Left to right: Charlotte Williams, Virginia Cross, Lisa James, Marie Starr, HHS Sec. Kathleen Sebelius, Mike Jerry Sr., Kerri Marquez and Mark James.

has faced in meeting the health care needs of the community and the development of the Health and Wellness Center. There was also a discussion about the new Behavioral Health facility and Early Childhood Education Center.

The council members also briefed Secretary Sebelius on the planned Tribal Elders Complex. A discussion about the availability of Indian Health Service funding for staffing that new facility ensued. Secretary Sebelius pledged to look into that and directed her staff to work with the Tribe after the President's budget is sent to congress.

At the conclusion of the meeting, Tribal Chair Virginia Cross and Council Member Kerri Marquez wrapped Secretary Sebelius in a

### About Secretary Sebelius

Secretary Kathleen Sebelius has been a leader on health care, family and seniors issues for over 20 years. Before joining the Obama Administration, Secretary Sebelius served as Governor of Kansas, where she was named one of Time Magazine's Top Five Governors, and Kansas Insurance Commissioner, where Governing Magazine selected her as their Public Official of the Year.

Today, as the country's highest-ranking health official, Secretary Sebelius is guiding the implementation of President Obama's historic health care reform legislation, the Affordable Care Act. She is also at the forefront of the Obama Administration's efforts to build a 21<sup>st</sup> century health care system, from putting a new focus on prevention to promoting electronic health records to expanding the primary care workforce.



Muckleshoot Blanket and presented her with a basket made by Muckleshoot basketweaver Kathy Crombie and other gifts as an

expression of appreciation for her visit and support of Indian health care issues.

## Kings' Season Ends in State Tourney Heartbreaker

By Coach Bill Hawk

The Muckleshoot Kings boys basketball season came to a close at Timberline High School with an overtime loss to Tahola in the first round of the State 1b Basketball Tournament.

Muckleshoot Tribal School joined the ranks of the elite boys basketball programs by earning a berth into the most exclusive tournament in the state. The top 16 schools in each classification qualify for the state championship and MTS was one of them. Falling short by one game last year, the boys were determined to make the "big show" in 2011.

This year's team finished second in the league with a record of 12-2, with its only losses coming to first-place Mount Rainier Lutheran, and the latter a one-point loss in January. The Kings finished out the regular season with a seven game

win streak and a 15-5 record.

The first district game was a home game for the Kings that was very well attended by the Muckleshoot school and community and resulted in a 58-36 win over Christian Faith. Next came a trip to LaConner to face Lummi for the second time this season. The game went right down to the wire with Lummi pulling out a 49-46 win.

Not to be daunted, the Kings came back to defeat Lopez Island 63-58 behind the 29 points of Tonio Cabanas and 19 points and 13 rebounds of Ryan Oldman, which qualified the team for the state tournament.

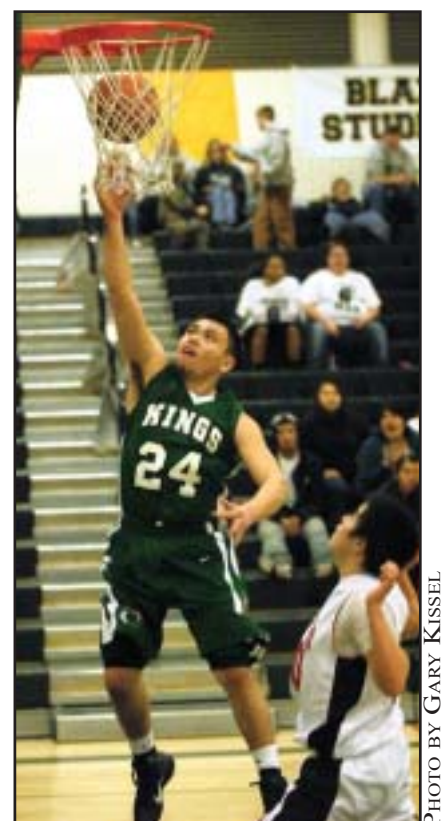
In the placing game the next day for 3<sup>rd</sup> and 4<sup>th</sup> places, the Kings met Neah Bay and lost a gut-wrenching 55-53 game in which MTS led until the final shot of the game. Cabanas had 24 points and Sean Taei had 19

points and 13 rebounds. Neah Bay later ended up second in the State.

In the State Tournament game – again well attended by the Muckleshoot faithful – Tahola denied the Kings of any further games by slipping by with a 55-52 win in overtime. The Kings had two good looks at the basket during regulation for the win, but neither dropped.

The two Kings' freshmen played a big role in the game; Trisdin Lozier came in with three 3-pointers in the 4<sup>th</sup> quarter, and Luis Esparza played inspired defense against the Tahola shooters. Others on the team who were instrumental in its success were Buddy Brendible, Hunter Pulsifer, and Sampson Sam. Preston Brown, unfortunately, was injured for the district and state games, but was solid throughout the season.

Many fans, as well as other



Tonio Cabanas

continued on page 6



## FILED YOUR TAXES YET?

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

**LOCATION:** The office is located in the Conference Room across from the Tribal Council Chamber, to the right at the top of the stairs.

**OFFICE HOURS:** 9:00 AM to 5:00 PM Tuesdays and Fridays

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

The Tribal Council has approved the following for you:

- The Tribe will pay up to a maximum of \$130.00 per return for Tribal Member households.
- Reimbursement of up to \$130 if Tribal Member has already filed their 2010 tax return at another H&R Block location, or tax preparer. Just bring in the receipt to Finance.
- \$20 discount for all Tribal employees. Coupons will be available in the Payroll office.

**NOTE:** This is a taxable benefit to Tribal Members.



### Working with the United States Dept. of Health and Human Services

Last month the Tribal Council hosted a visit to the tribe's Health and Wellness Center by United States Health and Human Services Secretary Kathleen Sebelius. The Secretary's visit not only marked the first time the member of a President's Cabinet has been to the Muckleshoot Reservation, it also underscored tribal Council's commitment to health care and related programs that improve the quality of life for all Muckleshoot community members.

As the highest ranking health-care official in the country Secretary Sebelius oversees the Indian Health Care system. She played a major role in the passage of President Obama Patient Protection and Affordable Care Act, a law that made the Indian HealthCare Improvement Act permanent. Secretary Sebelius' has demonstrated a strong commitment to modernizing and improving health care for American Indians and to building a strong government-to-government relationship with tribal governments.

Secretary Sebelius was impressed with the tribe's Health and Wellness Center and showed a great deal of interest in the programs and services offered to tribal members. Her questions of the HWC staff and tribal members who receive services there demonstrated a deep interest in and sincere commitment to Indian health care issues.

In a long and productive meeting with tribal council members after the tour the Secretary asked many questions about tribal health care programs and needs. She showed a particular interest in the history of Muckleshoot health care and the tribe's plans to continue expanding and improving programs and services.

A large portion of the meeting was devoted to a briefing on the planned Tribal Elders Complex and the assisted living modules and hospice suite that will be an important part of that facility. The Secretary was shown renderings of the project and provided an overview of the various facilities and programs that will be a part of that new facility.

Noting that the Indian Health Care Improvement Act includes authorization for federal funding of certain elder care programs, as well as hospice, assisted living and long-term care, the tribal council discussed with the Secretary the need for federal assistance with those elements of the Elders Complex. The Secretary and her staff committed to working with the tribe as plans are further developed and the President's budget works its way through the legislative process.

The Tribal Council's ongoing work to develop strong partnerships with the federal government and senior officials like Secretary Sebelius is very helpful to our efforts to provide for the health care and social service needs of the tribe.



**Muckleshoot Boys Team, Chief Leschi 12 & Under Tournament Champions**  
 Back row L-R: Coach Kelvin Barr, Jeff Ames, Anthony Moses, Keeko Marquez, Willie Enick, Coach Donnie Jerry  
 Front row L-R: DeShawn Ross, Trey Holland, Freddie Brown, Donald Jerry Jr, Eric Jametski, Wyatt Courville

### Tribal Council Members meet with U.S. Secretary of Health & Human Services Kathleen Sibelius

PHOTOS BY JOHN LOFTUS



Tribal Chair Virginia Cross and HHS Secretary Kathleen Sibelius.



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



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 Mark James, Council Member-Elect

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## WALKING ON...

## Samantha Marie West

Samantha Marie was received into the arms of her heavenly father on February 27, 2011 in Tacoma, Washington. A Muckleshoot Tribal Member, Samantha was born March 9, 1968 in Tacoma, and lived in University Place for most of her adult life.

Samantha Marie attended school in Tacoma and finished her formal education at Tacoma Community College.

Her brothers and sisters are forever grateful for the direction and guidance she provided during their childhood and continuing to offer assistance and support when their children were born. While Samantha did not have any children of her own, she was in all senses of the word a mother to her beloved "Kido" Anthony and her many nieces and nephews.

Among her many interests, Samantha loved to both read and write poetry and literature. Maya Angelou, Ann Rule and Alice Walker were among her favorite authors. She expressed that if where to pursue a career outside of childcare she would have liked to have become a Liberian.

Samantha Marie's memory will be honored by her many nieces and nephews that include, Jordan, Tyler, Eugene IV "Geno", Andrade, Kali and Elijah.

She was survived by her brothers, Eugene "Big Geno" and Alton, her sisters, Charlotte, Natasha and Alexis, her cousins, Philip, Anita, Regina, Shante, Tyrone, Frank and LeOta.

Left with precious memories of Samantha are her Aunt Sherene Berry, her Uncle Joe O'Bryant, her father Eugene West Jr., and her mother Christine Purcell.

Funeral services were held March 4, 2011 at Mountain View Chapel in Lakewood, Wash. with Pastors Charlotte and Kenny Williams officiating, followed by interment at the Mountain View Cemetery and dinner at the Puyallup Tribal Youth Center.



## To My Special Angel, Sam...

My Baby Girl,

I know I'll always miss you and all the joy you brought to your mother. You never called me Mom - it was always Mother or Ma. I know you now are making all the angels laugh as you giggle about everything, such as all the memories you have of your brothers and sisters, friends, and all the doctors and medical people you've touched. All the ones that knew. You had you for such a short time. We will miss you "Forever & 2-Day."

*"Sam, My Baby Girl, I Love & Miss You."*

I want to thank Mardee, and Charlotte and Kenny from the Muckleshoot Tribe; the Puyallup Tribe cooks, and lots of love to Sherina, Geno and Anita, and Regina and Tina and Slow Joe. And thanks for all the love to Eugene Jr. and Christie; Eugene IV, Charlotte, Renee West, Alton, Tasha and LaTanya. And thanks, also, to any others I may have missed.

*Lots of Love ~ Sam's Ma*

## Samantha Marie West

You left this world alone. I know we will regret it for the rest of our lives, but we know you're safe now. All of your pain is gone. You've moved to a better place.

Meanwhile, we're sharing all the childhood memories, seeing your precious smile, remembering the smiles and laughter you put on everyone's face - especially mine... remembering the times I spent weekends with you, knowing I wasn't no Prince fan, but had to listen to it all weekend. It was all good, Samantha.

I'm so grateful to have a cousin as sweet and precious as you. You're always in my heart. You will be missed. I Love You.

Your Cousin,

*Regina Berry*



## Robert Micheal Wayne

Robert Micheal Wayne, Sr. 42 of Auburn died Feb. 11, 2011. He was born Jan. 9, 1969 to Leonard Wayne, Jr. and Judy Baker Wayne in Auburn, WA.

Robert loved commercial diving and fishing, construction and cultural arts, but most of all he loved raising his children and spending time with them.

He is survived by his wife, Sharon Marie Fryberg-Wayne of Auburn; sons, Nicholas Lee Wayne, Robert Michael Wayne, Jr., Vernon Kristopher James Wayne, Joseph Edward Wayne, Jeffrey Michael Fryberg, all of Auburn, and son Myron Joseph Fryberg of Tulalip, WA; daughters, Stephanie Nicole Wayne, Josephine Marie Wayne, Patrice Madonna Fryberg, Debrale Rose Thomas all of Auburn; grandson, Christopher Eugene Wayne; Parents, Leonard Wayne, Jr. & Judy Baker Wayne of Auburn, sister, Susan Wayne, brothers, Leonard Wayne, III and Kevin Wayne, Sr. all of Auburn.

He was preceded in death by two brothers, William and Brian Wayne. Funeral Services were held on Tuesday, Feb. 15, 2011 at the Muckleshoot Shaker Church in Auburn, WA, followed by burial at the New White Lake Cemetery. Weeks' Funeral Home handled the arrangements.



## Wayne Morris Lobehan

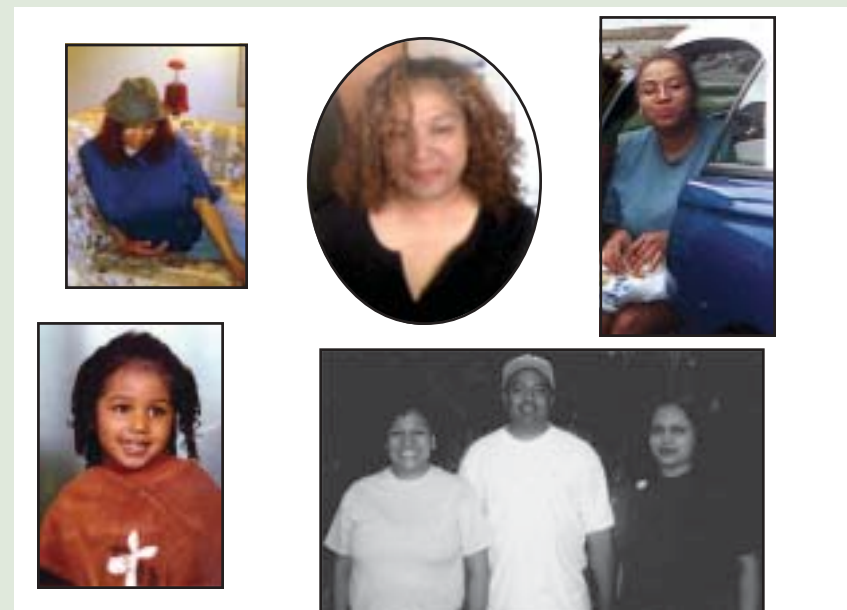
Wayne was born on the Muckleshoot Reservation on Aug. 9, 1949. He died on March 4, 2011 at the age of 61.

Wayne served in the Marine Corps, worked as a maintenance worker for housing and was a logger. He loved to gather cedar boughs, listen to oldies and pick rhubarb and cascara. He loved sports, going to the river, fishing, family gatherings, riding up to the mountains, and watching old movies, like *Billy Jack*, *Scarface*, *Bruce Lee*, and *Rambo*. He especially loved teasing and joking with people.

He leaves behind his beloved wife, Ella Mae White Eagle and eight children: James Oliver White Eagle, 41; Keith Morris White Eagle, 39; Denise Michelle White Eagle, 38; Scott Mathew McMillan 35; Kristina Mary Lobehan, 33; Martha Ann Lobehan, 30; Jesse Lee Lobehan, 28; and Crystal Gail Lobehan, 27. He also leaves behind 30 beloved grandchildren and numerous nieces and nephews.

He was preceded in death by his parents, Archie and Edna Lobehan; son, Ricky White Eagle; and sister, Nancy Lobehan.

A funeral service was held, Tuesday, March 8, 2011 at the Muckleshoot Shaker Church. Weeks' Funeral Home, Buckley, WA, was in charge of the services. Please sign the online guest book at [www.weeksfuneralhomes.com](http://www.weeksfuneralhomes.com).



## Fred Lane Sr. Memorial Planned for April 30

Fred was a proud enrolled member and former council member of the Lummi Nation and equally proud Native Veteran and also part Muckleshoot. He was the husband of Sandy Lane and father of Fred Lane, Jr., Randy Lane, Billy Lane, Elizabeth Lane Louie & Tom Louie, Son-In-Law and loved his family very, very much.

Fred was loved by many, many relatives and friends. He made everyone laugh and had a wonderful talent for making you feel comfortable when you were feeling down; he could uplift your spirits through his words of wisdom and eventually find ways of making you laugh.

Fred had a special talent for bringing many people together to address problem areas. Below are some special highlights of his involvement on behalf of protecting and preserving the rights of our people and his strong commitment to self-determination.

He participated in the movement with key tribal leaders, such as the late Bernie Whitebear, leading to taking back Fort Lawton. Fred and Bernie were very special friends and always enjoyed sharing funny stories and jokes about one another. Fred was also involved with tribal leaders during the fishing rights battles that eventually led to the historic Judge Boldt Decision.

As the Executive Director, American Indian Trade and Development Council, he coordinated the organization of many national conference agendas involving regional tribal leaders, state and federal agency high level government representatives, bankers, members of congress, U.S. President, International Embassy Representatives, Professional Actors, Comedians, etc. He also coordinated the planning for several international trade missions involving many tribal leaders to encourage international trade for all natural resource products of the tribes.

Fred was a strong believer in Sovereignty and Self-Determination. He spent all his political life fighting for Indian Rights and was committed to helping anyone and everyone in any way he could. FRED WILL BE MISSED BY ALL, BUT NOT FORGOTTEN!

The family would like to invite you all to the **Memorial in Lummi April 30<sup>th</sup> at the Frog Building** to share stories and a meal with them with a give-away following. Bank Account #153562885498 has been set up with U.S. Bank to help cover expenses. Any funding support you can provide would be appreciated. For more information contact Sandy Lane 253-929-6362 Vickie Lane Louie 253-202-1442.

~ Submitted by Wally Jackson



## Carla Rose Jones

Carla Rose Jones, "P-nah-toot-my-uit", was born on January 12, 1974 in Everett, WA. She returned to the Creator on February 26, 2011, following an extended illness. She was the daughter of Dennis "Jerry" Jones (deceased) and Shirley Wyena Jones of Tulalip. She was the mate of Jesse Paul.

For the past 12 years she had worked for the Board of Directors of the Tulalip Tribes, she also had worked for several other departments prior to working for the Board. Carla was very committed to her position for the BOD and was proud to be able to assist in helping and caring for her beloved people.

She was an integral part of the Canoe Journey; she looked forward to this annual gathering and trained to pull, as part of the Tulalip Canoe Family. Carla Rose lived in two worlds, following both Tulalip and Yakama traditions. She was eager and excited when it was time to gather Cedar with family and friends. She was equally excited and looked forward to the annual digging of roots and celebrated Feast with family and relations in Yakama. She was very proud of a new root digging hat her mother gifted her with for the next Feast.

Carla Rose was an accomplished bead worker; in addition she enjoyed baseball, football and was the "Wonder Woman" team mom for her sons sports activities. She had a passion for all that she was involved in. Her friends and family will smile as they recall her love of shopping for Coach and Burberry purses, shoes and clothes in general.

She had a larger than life presence and you knew when she entered the room. She had an infectious laugh and a ready smile. Her laughs could envelope you and lift you up. She was a light in the darkness for so many.

She loved being with her family and her friends. She was a woman proud of her children and her heritage. When her father passed away she felt called to continue in his footsteps and care for the canoes in the way he had taught her.

Carla Rose honored the Traditional teachings of both her father and mother's families.

Carla was preceded in death by her father, Dennis, "Jerry" Jones, Carl and Cecelia Jones and Lillian Jones. Also by Harry and Nancy Jim Wyena and many other beloved relatives.

Surviving family include: her husband, Jessie Paul; children, Johnathon Trobee, Issac Lafontaine, Baby J, Nadine Paul, Austin Paul; and her beloved pet, Sugar Jones.

Sisters, Angie Ver Hoeven, Jackie, Penny and Tillie Jones. A grandchild, Issac Lafontaine Jr.

There are numerous aunts, uncles, nieces, nephews and cousins at Tulalip and Yakima.



## Wally David Comenout

Wally David Comenout, age 16, of Toppenish passed away February 4, 2011 as the result of a motor vehicle accident south of Toppenish.

He was born on November 10, 1994 in Puyallup to Charles Williams and Patience Comenout. Wally was raised and educated in Puyallup and in Toppenish, where most recently he attended Eagle High School in the KATS program.

He enjoyed everything about being outdoors. He was a member of the Muckleshoot Tribe and the Shaker Church. He will be missed dearly by his family.

Wally is survived by his parents, Charles of Auburn and Patience of Toppenish; his grandparents, Mark and Nellie Comenout of Toppenish; and Renee "Rosa" (Fortunato) Lozier-Rojas; great grand-uncle and aunt, Robert and Sophia Comenout of Puyallup; one brother, Dakotah of Puyallup; and sisters, Naveen of Wapato and Elycia Christensen of Olympia.

Maternal uncles and aunts are Robert Comenout (Marlene), Glen Comenout; and Edwin (Pearl) Comenout, all of Toppenish; Marcellina DeLatorre (James), Regina Morrison, Pat Daniels, Laura John, Trini Arthur, Arletta Morrison, Gracia Morrison, Della Morrison Sampson (Jonathon), all of Auburn. Levi (Helen) Morrison of Pendleton, Oregon, Thomas (Stella) Morrison of Wapato, Wa. Evan Morrison, Toppenish, WA; Robert Redthunder of Auburn, WA.

Paternal uncles and aunts include Joey (Jeremy) Jansen, Leondo Osoteo, Monica (Franco) Simmons and Stephi Courville. Great-uncles are Franklin (Winona) Lozier; Ralph (Dee) Lozier and Kelly Lozier. Great-aunts are Thelma Moses, Jeannie Moses, Elaine Doy Sandoval, Wilma Cabanas, Lenore Jansen, Abbe Lozier, Vera Jansen, Monti Lozier and Carrie Rincon. Wally also leaves behind numerous cousins and other relations that loved him dearly.

He was preceded in death by his grandmother, Pamela (Morrison) Comenout, great-grandmother Jeannette Morrison, and uncle, Wally Doran Comenout; great-grandparents Frank and Elma Lozier, great-aunt Sylvia Lozier, and uncles Theodore MBOL 65 \f "WP TypographicSymbols" \s 11 Jake Jansen and Loren Williams, and a special great-great-great aunt, Maggie Barr, who was the sister of his great-great-great grandfather, Sampson Daniels.

Services were held at the Muckleshoot Shaker Church on February 9, 2011, followed by burial at the Courville Cemetery. Arrangements were by the Colonial Funeral Home of Toppenish and Weeks Funeral Home of Buckley.



SEE PAGE 11 FOR MORE THANK YOU'S AND MEMORIALS

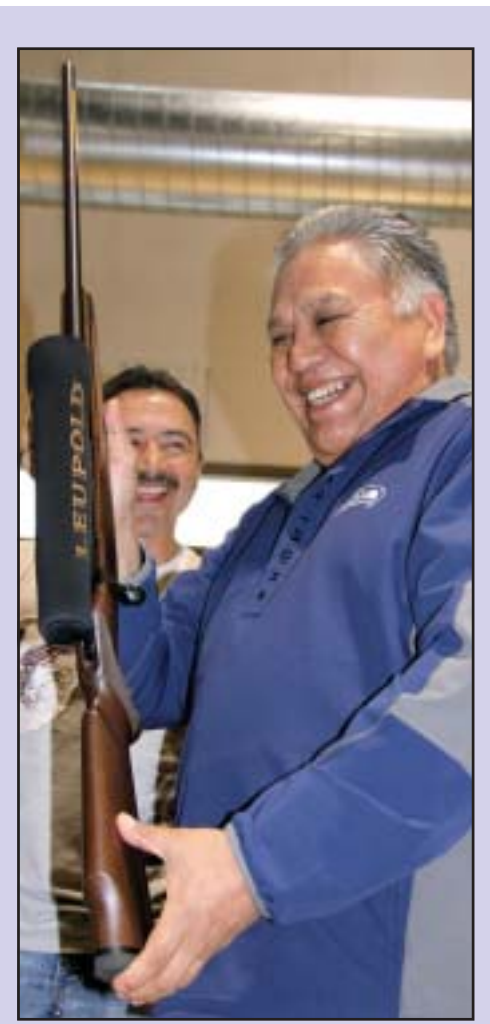
# Last Fish Dinner

March 4, 2011 ~ Muckleshoot Pentecostal Church

PHOTOS BY JOHN LOFTUS



Fisheries Commission Vice-Chair Phil Hamilton announced that Harvest Manager Paul Hage is retiring after 23 years at MIT and 34 in Indian Country.



Caught by surprise, Stanley Moses was given a Browning Medallion A-Bolt 7mm WSM rifle topped with a Leupold VX-3 3.5-10x50 scope in recognition of his many years of service on the Tribal Council and as Chairman of the Fisheries Commission. It was also announced that the Tribe's 1<sup>st</sup> Avenue fishing facility would be renamed in his honor.



Fisheries Commission Chairman Donnie Jerry.



**LET'S HEAR IT FOR THE COOKS!** Lisa James and staff from the Health and Wellness Center stepped up this year and took on the challenge of preparing a gourmet feast of seafood for the annual Last Fish Dinner. It took two days of cooking, weeks of planning, and every friend and relative that they could persuade to volunteer to carry it off, but they did a splendid job. Thank you, and congratulations on a job well-done!

PHOTOS BY FAWN HUTCHENS



# White Swan Fire of 2011

## Hundreds dealing with White Swan fire aftermath

By RONNIE WASHINES  
Yakama Nation Review

TOPPENISH – The Yakama Nation, still reeling from the devastating fire Feb. 12, which destroyed or damaged twenty homes in the community of White Swan, Wash., is moving forward with cleaning up, coping and rebuilding.

The 14-member Yakama Tribal Council met in a special session Sunday, Feb. 13, to get a review on the devastation, declare a Yakama Nation State of Emergency and to set recovery in motion.

“My heart is heavy because of the tremendous and permanent losses our people have suffered,” Yakama Tribal Council Chairman Harry Smiskin said on Valentine’s Day. “My heart is also resolved to act, without rest, until our people are made whole again – and our community is rebuilt.”

### The Fire Danced

The fire that burned nearly 300 acres swept through the brush and trees by winds between 40 to 70 miles an hour – and in some spots, seemed to dance – quickly destroying dwellings, while leaving homes in between intact.

Firefighters said that they were helpless because the water they were trying to douse the flames with just simply blew away.

Fire fighters from several communities, county and tribal agencies responded to battle the wind-swept blaze.

Contrary to rumor, City of Toppenish fire department personnel were on the scene in other vehicles at the fire, said Toppenish Mayor Blaine R. Thorington in a Feb. 17 letter [See letter’s page].

“We were the only lower valley city that provided paid personnel for fire protection,” he said.

He added that other city personnel were on stand-by in Toppenish over “unprotected” areas.

Emergency medical personnel were also pressed into service.

There were two firefighters who received minor injuries from flying fire debris.

On Feb. 19, tribal officials received word from Deputy Yakima County Fire Marshal, Ron Rutherford the fire’s source was started by a house chimney fire.

Smiskin said that tribal officials were conducting their own investigation.

### No Declaration, No Homes

While rebuilding takes place, there are some 100 people who need to get temporary housing of their own. Many families opened their homes to extended families left homeless, but unharmed.

“We are grateful for the miracle that everyone got out alive, including the people who ran into the streets on bare feet,” Smiskin said on Feb. 16. “We cannot overlook that blessing as we turn to the difficult work ahead of getting people securely housed for as long as it takes to clean up and rebuild a beautiful White Swan.”

Federal Emergency Management Administration (FEMA) officials met with the Yakama Tribal Council at tribal headquarters Feb. 18. Elected officials gave verbal reports to FEMA.

Smiskin said they have also been in touch with Gov. Christine Gregoire and the Washington State Emergency Preparedness Office to see about getting a state of emergency declared.

Smiskin said there’s a threshold of \$7.6 million dollars in damage due to the fire that has to be officially documented before a declaration can be considered.

A declaration would allow the tribe to get federal assistance and low-interest financing to rebuild the community.

Smiskin said the Bureau of Indian Affairs’ Regional Director Stanley Speaks called from his Portland, Ore. Office his agency has two mobile homes in the Bonneville Dam area the tribe can use.

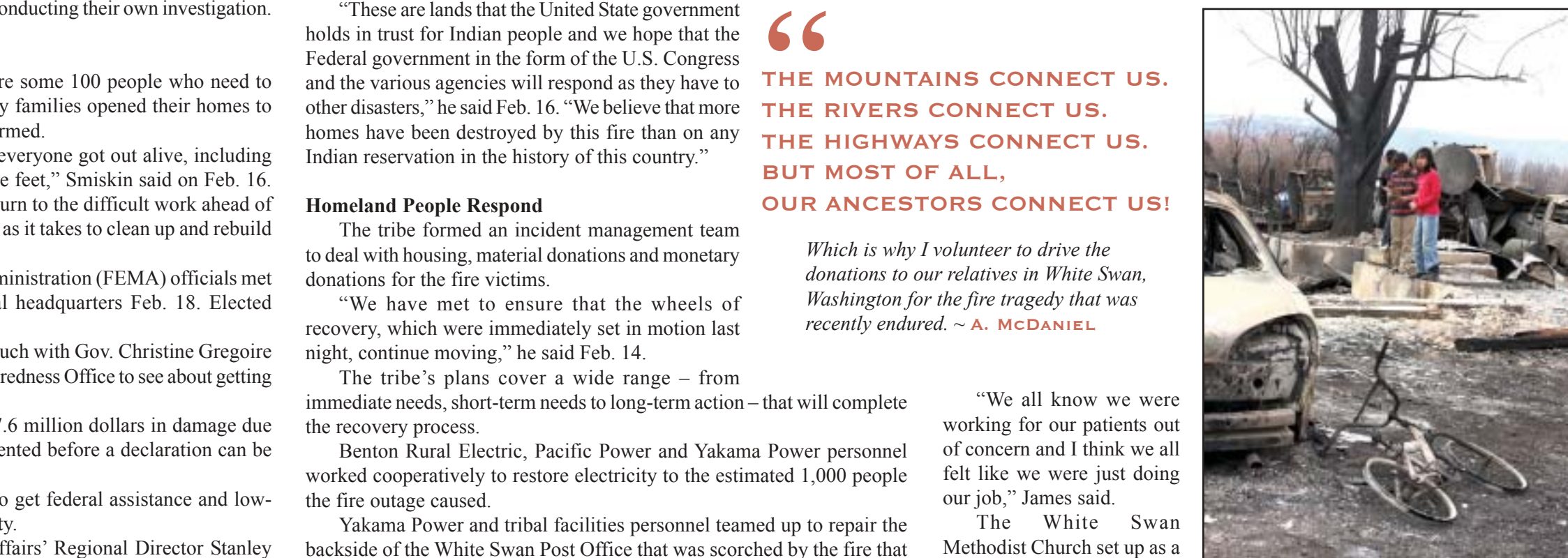
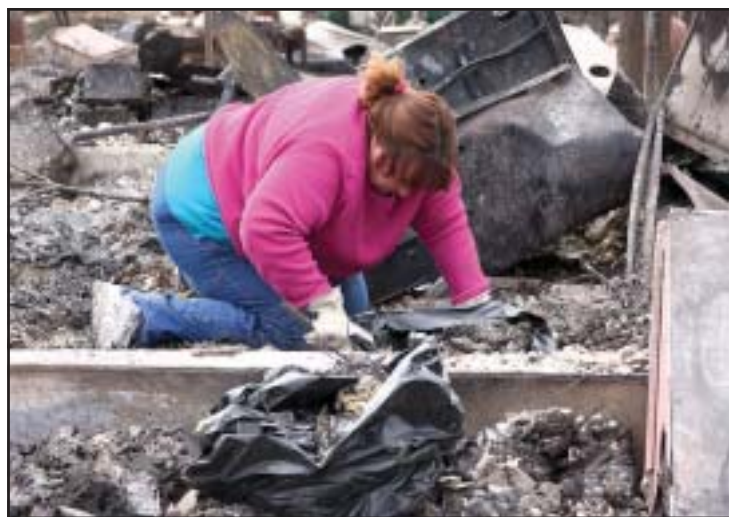
Smiskin said that tribal staff would be seeing the condition of the homes and how to get them to the reservation. Speaks also said that he was able to locate 18 additional FEMA-type mobile homes in Alabama.

Smiskin said his office would review to see if it was cost-effective to have those 18 homes brought up by railway. He said the tribe would have to pay for those costs and if they were used, they would be set up at the Mt. Adams Housing Park on the Fort Road.

Some of the homes burned were built when asbestos was used and it created special cautions in rescue, clean up and policing efforts.

The tribe requested help from “skilled volunteers who can assist in cleanup, including certified asbestos remediation experts, heavy equipment operators and home builders.”

Smiskin said he would continue to press other government agencies for assistance.



“These are lands that the United State government holds in trust for Indian people and we hope that the Federal government in the form of the U.S. Congress and the various agencies will respond as they have to other disasters,” he said Feb. 16. “We believe that more homes have been destroyed by this fire than on any Indian reservation in the history of this country.”

### Homeland People Respond

The tribe formed an incident management team to deal with housing, material donations and monetary donations for the fire victims.

“We have met to ensure that the wheels of recovery, which were immediately set in motion last night, continue moving,” he said Feb. 14.

The tribe’s plans cover a wide range – from immediate needs, short-term needs to long-term action – that will complete the recovery process.

Benton Rural Electric, Pacific Power and Yakama Power personnel worked cooperatively to restore electricity to the estimated 1,000 people the fire outage caused.

Yakama Power and tribal facilities personnel teamed up to repair the backside of the White Swan Post Office that was scorched by the fire that raced by. The fire destroyed the power poles and lines to the building and tribal officials felt the post office was an important part of the community and needed to be in operation.

The repairs and electrical system was restored to the post office Feb. 23.

The Yakama Indian Health Service clinic in Toppenish opened their doors on Sunday, Feb. 13 to allow patients to get refills they lost in the fire.

There were several Commissioned officers who went to the clinic to provide emergency services.

“People were happy to be able to pick up their medications that they had to leave behind,” said Evelyn James, Acting Chief Executive Officer of the Yakama I.H.S. in a clinic update memo.

She also noted the Red Cross personnel told here that in all their disaster relief efforts with all the tribes they have worked with, this was the first time that the I.H.S. showed up in an emergency situation.

“THE MOUNTAINS CONNECT US.  
THE RIVERS CONNECT US.  
THE HIGHWAYS CONNECT US.  
BUT MOST OF ALL,  
OUR ANCESTORS CONNECT US!”

*Which is why I volunteer to drive the donations to our relatives in White Swan, Washington for the fire tragedy that was recently endured. ~ A. MCDANIEL*

“We all know we were working for our patients out of concern and I think we all felt like we were just doing our job,” James said.

The White Swan Methodist Church set up as a community center point for taking food, clothing and toiletries for the affected families.

They had a number of unselfish volunteers who sorted and distributed items.

The Mt. Adams School District closed classes Feb. 14, but resumed classes the next day.

The tribe has set up a Bank of America account – Confederated Tribes and Bands, Yakama Nation White Swan Fire Relief Fund – for those wishing to help.

Smiskin assured those affected their elected officials would do everything within their power to rebuild.

“Understand that through this time of grief, pain and loss, your tribal leadership is grieving with you,” he said. “But also understand that we will act, on your behalf, as a government should. And we will act through our grief the Yakama way.”

## Native Girls Rock the Dome!

Paterson, Erskine win state medals

Enumclaw High's girls wrestling squad is setting goals for next season after their 21<sup>st</sup>-place finish at the 3A state tournament.

Jade Paterson and Logann Erskine carried home medals from the Tacoma Dome, while others picked up some valuable experience. Paterson, a sophomore, finished fifth at 171 pounds after pinning Mixtly Simon of Battle Ground in 3 minutes, 45 seconds.



Wrestling for Enumclaw High, Logann Erskine took 7th in the State Class 3A tourney at 160 pounds.

PHOTO BY VINCE MILLER, COURTESY OF ENUMCLAW COURIER-HERALD



Logann with her medal. Betty's mini-me isn't so mini anymore!

Erskine, a junior, scored a takedown in the final 20 seconds of overtime for a 6-4 decision over Morgan Michels of Yelm for seventh place at 160 pounds.

"That was a good win for her," coach Jerry Scheidt said. "Ending on a winning note with a 20-win season, and she beat the girl she'd never beaten before."

"Native girls rocked the dome!" Logann's mom, Muckleshoot Health & Wellness Center masseuse Betty Lewis proclaimed. "We are very proud of these two girls!"

Thank you to Brenda Sexton and Enumclaw Courier-Herald.

## Tribal Member Jamar Berry's Cinderella Story

ELLENSBURG – It was only last summer that a doctor said the following words to former Franklin Pierce High School basketball star Jamar Berry: "Honestly, Jamar, you might be able to play ball again some day, but to play at an NCAA level of competition? Doubtful."

Berry had been shot in a Denny's parking lot in Tacoma. The gunshot had gone through his bicep, severely damaged a lung, and lodged next to his spine. He was listed in critical condition at Madigan Hospital. Part of his lung had to be surgically removed but, miraculously, he recovered and was able to play a belated senior year at Central Washington University, where he hoped to fulfill his dream of playing on a top-notch winning team.

After high school, the 6'5" Muckleshoot tribal member had played junior college basketball in California and Hawaii, and then he'd sat out a year after transferring to CWU in Ellensburg. Things looked doubtful for the squad this year. The team had been cobbled together out of injury-prone upperclassman that had never had the chance to achieve their potential, and others – like Berry – who just wanted one more shot at that dream he'd held ever since he first learned to bounce a basketball.

Jamar did recover, and he did live that dream. And so did all the other young men on the CWU team. As they went into the NCAA Division II West Regionals last week, they were the top seed and fifth-ranked team in the entire nation, and Jamar had been named to National Association of Basketball Coaches West Region all-star team. It was a Cinderella story-come-true.

Coach Greg Sparling summed it up this way: "It's a true story with a great ending. His team wins the GNAC, loses three games the whole season, he makes all-conference and all-Daktronics first team, and he's MVP of the conference tournament. All this from July 4, when I thought he was dead!"



Jamar Berry

## MTS Middle School Girls Basketball

The MTS Middle School Girls Basketball Team has been playing their season with gusto and dedication. We have 11 girls on our team giving us enough players for two teams! Please come out and support our girls in their last game of the season on Monday, March 21, at Chief Leschi High School. Our lineup includes:

- |                      |                     |
|----------------------|---------------------|
| Belem Esparza #33    | Leondra Keeline #41 |
| Patience Daniels #40 | Cissie Slockish #45 |
| Leanne Redthunder #3 | Lluan Sicade #20    |
| Lashawna Starr #25   | Ashley Aho #23      |
| Brianna Carranza #5  | Alexis Ho #22       |
| Leesa Lozier #30     |                     |

Head Coach is Jodi Wojdyla, and Assistant Coach is Gina Coheley.



LaShawna Starr, Alexis Ho and Belem Esparza



LaShawna Starr



Cissie Slockish



## Jr. Cheerleaders Participate in 2011 Cheer Clinic

On January 27, 2011 the elementary students at MTS participated in the 2011 Cheer Clinic. The Junior Cheerleaders were taught one dance routine and several cheers by the high school cheerleaders. We had a great turnout with a total of 25 elementary students. A few days later on February 1, the girls had the opportunity to perform during half time at the Varsity Boys Basketball game. We look forward to our next cheer clinic!



Coach Gina & the MTS Cheer Team!



## COACH REICHERT NOTCHES STATE CHAMPIONSHIP

Lee Reichert, Muckleshoot Tribal School PE teacher and coach, successfully completed the elusive and ultimate sporting accomplishment last weekend by winning the State Team Championship in Wrestling as head coach for the Enumclaw Hornets. Earlier in the month, Lee was highlighted on King 5 News for his newsworthy style of teaching and coaching.



ENUMCLAW COURIER-HERALD

Last summer, Lee was recognized by his coaching colleagues by being inducted into the State of Washington Wrestling Coaches Hall of Fame. Suffice to say that Lee's list of achievements is very long and could occupy many pages. Lee's focus is simple. Each kid is deserving of our attention and no more grand than another; state champion or elementary beginner. Right now, that focus is directed at our students at Muckleshoot Tribal School. MTS is indeed fortunate to have Lee on the staff.

~ Tim Tubbs



Kevin Higgins and Chezeray Starr of the Muckleshoot Kings Wrestling Team.

## KING'S HEARTBREAKER *continued from front page*

teams, were amazed that a second year school could have the success it had in becoming the first MTS team to advance to a state tournament. In the process, there were several individual records set: Tonio Cabanas, captain and a first team all-league performer, set every scoring record for the Kings. For the regular season he averaged 26/game to go along with his record for assists.

"I've had many outstanding players in my coaching career, but never one who scored like Tonio," Coach Bill Hawk said. "Our opponents double-teamed him most of the time, but when we needed a big shot, Tonio came through."

Ryan Oldman, 2<sup>nd</sup> team all-league, set the rebound and steals record. Sean Taii might have challenged Ryan in rebounds, but he played in ten fewer games. Preston Brown was the chief swatter with 48 blocks – a presence the team missed when he was injured in the playoffs.

Playing with only eight players wore the Kings down during the playoffs. In each game the Kings would win three of the quarters, but fall in one quarter.

"There are boys at school who could give the team more depth if they would turn out," Assistant coach Mike Eckhart noted. "Maybe next year."

The only senior on the graduating list is Cabanas, so the team is looking to continue improving and working toward the goal of being a state champion. With the returners and the Muckleshoot community support, next year could be the real "dream season."

## Notice:



Satisfied customer

**Please return all expired Oyster Permits to the Fisheries Office**

To be eligible for another Oyster Permit you must return old ones – even if you didn't harvest any oysters.

**Questions? Please call Andy Dalton at the Fisheries Office – 253-876-3131**

## RESTORING RIVER HABITAT

Here are a few photos taken recently by MIT Fisheries Geologist Patrick Reynolds as he, Dwayne Ross Sr. and Dr. Martin Fox conducted field work in support of a habitat restoration project along the Clearwater River.



Dr. Martin Fox prepares to survey a flood damaged road that separates Clearwater River from its floodplain.



Dwayne Ross Sr. and Dr. Martin Fox carry survey equipment across Clearwater River.



Dwayne Ross Sr. prepares for survey measurement to determine how much road fill separates Clearwater River from its floodplain.

## 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

# Go Kings!



**CONGRATULATIONS ON A TREMENDOUS SEASON!**



**MUCKLESHOOT TRIBAL SCHOOL BOYS' BASKETBALL ROSTER 2010-11**  
 RECORD: 12-2 SeaTac 1B Conference, 17-8 Overall

Coach: Bill Hawk  
 Asst. Coach: Michael Eckhart  
 Manager: Renee Mayo  
 Cheer Advisor: Gina Coheley

Cheerleaders: Shatayna Baker, Kalli Comenout, Jenel Hunter, Diedre Lane-Black, Keilani Moses

Number	Player Name	Grade	Height	Position
3	Buddy Brendible	11	5'8"	G
5	Sampson Sam	10	5'4"	G
15	Hunter Pulsifer	10	6'0"	W
21	Xavier Fulgencio	10	5'7"	G
23	Preston Brown	12	6'0"	W
24	Antonio Cabanas	12	5'10"	G
25	Sean Taei	12	6'0"	W
32	Luis Esparza	9	5'8"	G
34	Ryan Oldman	12	6'2"	P
40	Trisdin Lozier	9	5'11"	P
44	Robert Simmons, Jr.	12	6'1"	P



ANOTHER WIN! Luis Esparza, Ryan Oldman, Sean Taei and Antonio Cabanas.

Antonio Cabanas was, by far, the scoring champ of the conference, racking up 606 points for an average of 25.3 per game.

## New Behavioral Health Building Open House on December 16, 2010

Hi Everyone! I just wanted to share some pictures and give you some information on your new 10,000 square foot new Behavioral Health Building that opened on 12/16/10. We outgrew the area in the HWC about 2 years ago, and many of our staff were playing “musical” offices since then. Of course it’s our job to make sure you don’t notice these kinds of things, but that was the case.

It’s actually very good news that we need to expand. This means that our people want to get mental health and substance abuse services to help themselves and their families. We had about 80 people attend the Open House. I remember when I started working here, we had two mental health offices and the CD program was located at what is now the “Resource Center” building (for those of you older peeps... remember when it was originally the “Group Home”... ya, some of you are getting older – but not me!).

Anyways, the new building is absolutely great. One person said it exactly right at the Open House. He said, “This place is great, I feel better already just walking in the door!”

“Peter Duck Jerry” was gracious enough to do our Opening House Prayer. He had very good encouraging words for everyone that was there. Thank you, Pete! The main entry way is very open and welcoming with the raised ceilings, the two special made canoe paddle light fixtures (they are really nice), the special order Pendleton furniture pieces, the elk antler coffee table, the fish aquarium and the artwork throughout the building.

There are 20 counselor offices, one large group room and two smaller group rooms. Many of the rooms have a magnificent view of Mount Rainier. We even have our own unintentional man-made lake in the front – that the ducks really enjoy. We will also be adding on a smoking shelter in the front of the building to accommodate our clients that have this “unhealthy” habit, and more specialty landscaping.

Although BH moved from the HWC, the phone number is still the same (253) 804-8752, in order to get there you have to go around the block now. The driveway is on 180<sup>th</sup> Ave SE, and the easiest way to get there is to go through the stop light on 164 (at Crossroads) and go up to SE 400<sup>th</sup> (by the KC Library) and turn left, go down to 180<sup>th</sup> and turn left.

If you need mental health or substance abuse services, please call, that’s why we are here.. to help you. Thank you...

Be Healthy,  
*Lisa James*  
Health Director



Angelica Roberts



BHP Bldg Front Entry



Behavioral Health Building Main Lobby



Kathy Crombie and Toots Baker at the BH Open House



Mike Jerry, Steve Taylor and Donnie Jerry



Walter Bradley and Joylene (Simmons) Manzano



Julie Baumann and Joylene (Simmons) Manzano



Mike, Donnie, Kerri, Larry and others at the Open House

## New Beginnings Success Story

Below is an interview with one of our first graduates from the Muckleshoot Health and Wellness Center New Beginnings Program.

### What makes this program successful?

This program is successful because early on you are told what’s expected and you realize that it’s a year-long commitment and that you have to make your appointments in order to stay a part of the program. Once you are into a routine and are starting to feel comfortable with what has been shared with you, you are able to actually test the advice that has been given and apply it within your daily life.

The program is also successful because it doesn’t just concentrate on one area; but educates you in all areas such as – how food works, how to read food labels and decide whether it’s a good choice or not, etc. It also brings in the aspect of your mental health, which is essential in order to be successful with these lifestyle changes. Anybody can start a workout program, or change what they’re eating; but, in order to make those changes permanent, you need to be in the correct frame of mind. The mental side is often left out and takes more assistance, but it talks to all the components of who you are and helps you to stick to the changes that you are making to become a healthier person.

This program is also successful because it provides a safe environment. What is talked about or shared here stays here.

### What was your favorite part of the program?

The participant said that her favorite part of the program was the Virtual Bike at the Wellness Center. When she rode the virtual bike, she felt like she was doing something and going somewhere. So getting introduced and getting to know that machine was one of her favorite parts.

She also enjoyed interacting with all of the staff in each area. This positive interaction made things go by faster and it seemed like the year went by quicker than she expected. She also really enjoyed how Colleen was always prepared and that if she didn’t have an answer for her right at that moment, that Colleen would find an answer and got back to her in a very timely manner.

### What has the New Beginnings Program done for you?

The participant replied that she is now more aware of her body and being able to “hear it” when it is talking to her and telling her what she needs – and not just when it comes to food, but also increased mental awareness. She learned some techniques that have helped her to make it through some stressful situations – by learning how to not focus on the stressful issues, but to give them a little time and effort and then move on, but don’t dwell on them. She is also stronger physically and mentally – which she credits for helping her to “survive” through some difficult times this summer and find the drive to want to come back and finish the program instead of just giving up. She was a little disappointed that she did not lose more weight, but she realizes that there were other factors influencing that outcome. She also came to realize that throughout everything she was experiencing, that she was not alone; but that she could talk to us and was able to get good, positive feedback.

### What would you say to someone that is considering the program?

The participant said that she would tell them to not listen to the voices that say to give up and that it’s too hard. It’s challenging, but you learn to take one thing at a time and everyone is very positive and encouraging. She realized this when she discovered that she COULD do a crunch on the Exerball – after having been told in the past by others that she couldn’t because she wasn’t strong enough. No one was ever discouraging within the program. Everyone was right there telling her that she could do it and she WAS strong enough to achieve anything she wanted.



Your Pharmacy Staff: Sorida, Vickie, Ashley, Scott and Rhea

## New Pharmacy Remodel...

Your Muckleshoot Health and Wellness Center Pharmacy has a new face. While our name and address has not changed...our face has. We recently completed our remodel and we are very excited to have everyone stop in to see what’s new. We moved our workstations from the back of the pharmacy to the front where we can see every patient in our waiting area. No more wondering who is here, and the patients can now see us as we process their prescriptions. The response from our patients and the Wellness Center employees has been great. Everyone seems excited about the changes and we are too.

In addition to our “facelift,” our telephone system has undergone some changes also. Ordering refills just got easier. Our telephone system never sleeps; it remains on duty 24/7 allowing it to accommodate everyone’s busy schedule. You can order your refills any hour of the day...any day of the week. Just dial our number 253-333-3618...and enter the prescription number that you need refilled. The number is found on your prescription bottle right above your name. The pharmacy staff, Vickie, Scott, Ashley, Rea and Sorida, look forward to seeing you, so please stop in to see the changes and to say hello.



# Kristen – Our Wellness Director

Kristen Bell, our Wellness Center Director, has decided to be a full-time Mom. Her last day with MIT was March 4, 2011. Kristen was hired about 8 weeks before the Wellness Center opened in June 2005. When she got here, she hit the ground running and she has been running ever since. She's done a great job here helping our people to become healthier.

Kristen has truly made a difference at Muckleshoot with her personal and professional dedication to her job and to all of you. She will be missed by many, but she's assured me that she will stop in and visit and will bring her beautiful daughter, Reese, with her too! We had a Going Away Lunch for her on March 2, and I wanted to share some pictures of her...

Lisa James



## Kristen's Farewell to the Community

It is with a LOT of gratitude and a little bit of sadness (because I'll miss everyone) that I'm writing my last "Director's Cut" as the Wellness Director for this wonderful community. Some of you already know that I recently made the decision to resign from my position, and spend more time at home with my new little baby girl.



Kristen and daughter Reese

It has been an amazing journey these past six years...one that I will never forget. I have thoroughly enjoyed watching all of you grow in your own journeys toward healthier lifestyles. I can still remember the first Kids Camp – and all those fun "little kids" that now, aren't so little anymore!

I also remember our first months of being open – and how hard the staff worked to offer programs everyone would like – and now all those programs have helped our attendance numbers grow each year – and double in many areas over the past two years!

I am proud to have worked with such amazing staffers from the very beginning – Dave, Ann, Celeste, Patrick, and Priscilla – you "veterans" have done a fantastic job of setting the standard for strong programs and the best customer service around...and the rest of the staff has jumped right on board and worked hard to keep on growing more amazing programs and bringing better and better customer service! You've ALL been so inspirational – and so much FUN to work with. Thank you all – from the bottom of my heart.

And to the Muckleshoot Community – thank you SO very much for allowing me the opportunity to serve as your Wellness Director for the past six years. I have grown so attached all of you and will miss you dearly. I wish you all ongoing happiness and health! Best wishes to everyone ~ Kristen



## Bonnie Jerry – Main Switchboard at HWC...



Bonnie is always friendly and helpful when she answers the HWC phone and helps you when you come into the HWC.... Thank you Bonnie!

## 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.

## Is Heroin Running Your Life?

**There is help.**

**Call 253-804-8752**

## "Your Suggestions Count"

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

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

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

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

Thank you

**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

## Dental Clinic Location & Hours (253) 939-2131

We are located on the 2<sup>nd</sup> floor of the Health & Wellness Center.

Appointment Times	Emergency Walk In Times
Monday 8:00am-5:00pm	8:00-8:20 am.
Tuesday 8:00am-5:00pm	8:00-8:20 am
Wednesday 9:00am-5:00pm	9:00-9:20 am
Thursday 8:00am-5:00pm	8:00-8:20 am
Friday 8:00am-5:00pm	8:00-8:20 am
Closed Daily 12:00-1:00pm	

# Ask the Dentist...

Monthly columns brought to you by your dental professionals at the M.I.T. Health & Wellness Center.



**Craig Brandon, DDS**

**Question:**

Dear Dr. Craig, can I use Super Glue to fix a broken tooth?

**Answer:**

- No!
- There is danger of gluing your lips, gums and tongue to the broken tooth which really hurts to fix.
- While waiting to see the dentist, products such as Fixodent can be used to temporarily hold broken teeth.
- Minor pain can often be relieved by applying Orajel to the area around the tooth.
- If you experience uncontrolled pain, swelling, bleeding or problems breathing you should be evaluated by an ER physician immediately.

- In the event of a broken tooth, contact the Health & Wellness Center Dental Clinic.
- Avoid attempting to fix broken dentures on your own as improper repairs can often eliminate the chance of successfully reusing an existing denture.
- Teeth in dentures or flippers can normally be repaired in 24-48 hours.



**Rachel DiPasquale, DDS**

**Question:**

Dear Dr. Rachel, I recently had a tooth ache and now the area around it is swollen, what should I do?

**Answer:**

- Place a cold pack on the outside of the cheek if swelling is present.
- Contact the Health & Wellness Center Dental Clinic to arrange for an appointment as active dental infections require treatment.
- Avoid applying heat or any form of pain reliever such as aspirin or Tylenol directly against the swollen area.
- This recommendation applies to both children and adults.

**Tanya Clarke, RDH**

**Question:**

Hey Tanya, it feels like something is stuck under my gums, what should I do?


**Answer:**

- Gently brush and floss the teeth and gum tissue in the area.
- Rinse the mouth with warm salt water for approximately one minute.
- Avoid using fingernails or other sharp objects to relieve the pressure.
- If the gum tissue still feels uncomfortable, call the Health & Wellness Center Dental Clinic to arrange for treatment.

**A LOOK AT**

## Frozen Foods



*by Colleen Crossett, Registered Dietitian at the Muckleshoot Health and Wellness Center*



- **Higher vitamin/mineral content** because they are picked and flash frozen at the height of the season.
- **Cheaper than fresh, and sometimes canned!** Especially the berries this time of year.
- **Last longer once you get them home.** No more throwing out bad produce because you forgot about it!
- **Great addition to soups** Always keep the basics on hand for a quick meal.
- **Lower sodium than canned veggies, nothing added!**
- **Many varieties to choose from.** From stir-fry's, fajita mix, to kid-friendly peas and carrots. Just avoid the 'butter' or sauce varieties as they add too many preservatives and funny ingredients, you'd be better off adding your own real butter or olive oil and sea salt.

Don't give the cold shoulder to the aisle of frozen fruits and vegetables! Especially this time of year when a lot of our fresh foods are imported from South America. If you think about the time it takes for those peppers being picked at the farm until you are actually eating that pepper, it might be weeks! Although fresh and raw produce is good and good for you, the frozen bags of fruits and vegetables have a lot of benefits! Of course, canned vegetables are better than no vegetables, but next time, look at the freezer section to bump up the overall value.

## 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.

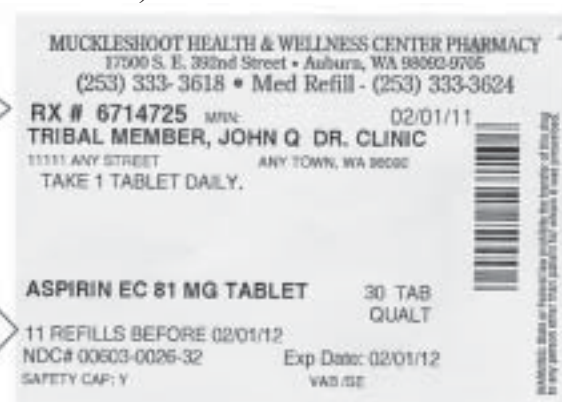
If you are not eligible for the frame allowance, you will be allowed to purchase the frames at a very reasonable price. (Believe me there is a significant mark up when you buy frames in town/private practice!). No eyeglass benefits will be approved outside of the MHWC optical department. We are also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

We have a new telephone system designed to make ordering your refills even easier than before.

1. Dial 253-333-3618
2. Enter your prescription number (located right above your name)



**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 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**

## 24-HOUR CRISIS LINE

# 1-866-4-CRISIS

## 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.

## Health & Wellness Center Program Hours

	Pharmacy	Wellness Center
Monday	8-5 pm	8am-8 pm
Tuesday	8-5 pm	8am-8 pm
Wednesday	9-5 pm	9am-8 pm
Thursday	8-5 pm	8am-8 pm
Friday	8-5 pm	8am-7 pm
Saturday	All Programs Closed	
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 April 2011

Day	Date	Times Closed	Reason for Closure
Fri.	04/08/11	All Day	Closed Tribal Holiday

## HEALTH & WELLNESS SHUTTLE BUS SERVICE

The Muckleshoot Health and Wellness Center's shuttle bus service added two new stops in March! The new stops are at the Green Tree senior apartments on Dogwood St (pending permit approval City of Auburn) and at the new Skate Park on 392<sup>nd</sup> street.

There are now eleven bus stop locations through-out the community! The normal service runs are Monday-Friday from 12:00 p.m. until approx. 8:45 p.m. The shuttle bus picks up and drops off at designated bus stops only. Pick up times and locations may be adjusted as needed.

### ADDING THESE NEW STOPS WILL CHANGE THE SCHEDULE PICK UP TIMES!!!

BUS TIME SCHEDULE										
MONDAY - FRIDAY 12 pm - 4 pm & 5 pm - 8:50 pm										
Stop #1	Stop #2	Stop #3	Stop #4	Stop #5	Stop #6	Stop #7	Stop #8	Stop #9	Stop #10	Stop #11
HEALTH & WELLNESS	SENIOR CENTER	VIRGINIA CROSS ED. By BC	GFC	GREEN TREE On Dogwood St	17th STREET SE (bottom of Sub Hill)	DAVIS Property Housing Project	SKOPABSH VILLAGE	392nd STREET By Cedar Village	Pentecost Church	SKATE PARK Crossroad 392 <sup>nd</sup> & 172 <sup>nd</sup>
12:00 PM	12:03 PM	12:10 PM	12:17 PM	12:19 PM	12:24 PM	12:38 PM	12:43 PM	12:47 PM	12:50 PM	12:53 PM
1:00 PM	1:03 PM	1:10 PM	1:17 PM	1:19 PM	1:24 PM	1:38 PM	1:43 PM	1:47 PM	1:50 PM	1:53 PM
2:00 PM	2:03 PM	2:10 PM	2:17 PM	2:19 PM	2:24 PM	2:38 PM	2:43 PM	2:47 PM	2:50 PM	2:53 PM
3:00 PM	3:03 PM	3:10 PM	3:17 PM	3:19 PM	3:24 PM	3:38 PM	3:43 PM	3:47 PM	3:50 PM	3:53 PM
5:00 PM	5:03 PM	5:10 PM	5:17 PM	5:19 PM	5:24 PM	5:38 PM	5:43 PM	5:47 PM	5:50 PM	5:53 PM
6:00 PM	No Pick-up	6:10 PM	6:17 PM	6:19 PM	6:24 PM	6:38 PM	6:43 PM	6:47 PM	6:50 PM	6:53 PM
7:00 PM	No Pick-up	7:10 PM	7:17 PM	7:19 PM	7:24 PM	7:38 PM	7:43 PM	7:47 PM	7:50 PM	7:53 PM
Last pick-up 8:00 PM	No Pick-up	8:10 PM	8:17 PM	8:19 PM	8:24 PM	8:38 PM	8:43 PM	8:47 PM	8:50 PM	Last drop off only 8:53 PM

NOTE: SUBJECT TO CHANGE DURING ADVERSE WEATHER AND UNSCHEDULED 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 heels are not allowed to be worn on the bus

## 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.



## 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



New Playground at Pentecostal Church

## MEMORIALS & THANK YOU'S



### Thank You

I'd like to thank everyone for their kind words and prayers when my mother, Evelyn Ann Loftus, passed away recently at age 90. She was 21 years old when this picture of her and my dad was taken back in 1941. Eight years later, after two girls, she would give birth to her only son - me. She would have two more girls after that, and all five children would graduate from college. Her ashes will be buried next to my dad's on April 16 following a 1:00 p.m. Memorial Service at St. Joseph's Catholic Church, 112 S. 1<sup>st</sup> St., Dayton, Washington. A traditional meal will follow. Thank you again.

John Loftus

### Thank You...

I want to thank everyone that helped in any way following the recent loss of my Grandson, Wally Comenout. Thank you to all the cooks for providing such a beautiful meal. Thank you to Mike Starr and Butch Ross for taking his casket to him and bringing him home. Thank you to my Children that went to bring my Grandson home, and the one that financed it, for following through with the teachings given to them by their Grandparents and Elders before them. Thank you to the Shaker Ministers that did all the services, for their songs and prayers to send my Grandson on his journey with so much love. Thank you to my sister Monti for the beautiful song she brought out. Thank you to Ken Gopher for the graveside journey song. And Thank you to anyone else I may have missed.

Renee "Rosa" Lozier-Rojas



### Carol Anne "Hum-A-Py-Men" Kirk Memorial

May 18, 2011  
at Umatilla Tribal  
Longhouse  
Mission, Oregon



### Fred Lane Sr. Memorial April 29 - 30, 2011



Sandy Lane and Family Are Planning A Memorial for the Late Fred Lane, Sr.

Fred has helped many tribal members and Tribes across the nation through all of His unselfish hours of working with Tribal leaders on a variety of inter-tribal Organization boards fighting for tribal Sovereignty and Self-Determination

The family is expecting a large turnout for The memorial at The "Frog Building," Lummi

A bank account with U.S. Bank Acct. #153562885498 has been set up To help cover expenses

Any Funding Support You Can Provide Would Be Appreciated.

For More Information Contact  
Sandy Lane 253-929-6362  
Vickie Lane Louie 253-202-1442

## DISASTERS HAPPEN



## MIDDLE SCHOOL HONOR STUDENTS RECOGNIZED

Muckleshoot Tribal School would like to recognize the following Middle School students for making the 2nd Quarter Honor Roll. These students maintained at least a 3.0 GPA from November 5, 2010 – January 26, 2011. We are proud of you! Keep up the good work!

Donate Bronson Johnson	6th Grade	Jose Mendoza	8th Grade
Norman Robinson	6th Grade	John Jackson	8th Grade
Isabella Valles	7th Grade	Lucinda Moses	8th Grade
Joey Courville	7th Grade		



Donate Bronson Johnson Norman Robinson Isabella Valles Joey Courville



Jose Mendoza John Jackson Lucinda Moses

## MTS Middle School Leadership Conference

Nineteen 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade students from MTS participated in the Middle Level Regionals Leadership Conference hosted at Orting Middle School on Wednesday February 9, 2011. This was a fun filled day of ice breakers, teambuilding events, social networking, and joining together to brainstorm ideas for community service projects.

Students participating included 6th graders Dontae Bronson Johnson, Ashley Aho, Leondra Keeline, Norman Robinson, Jordan McMillan, Alexis Ho and Albert Vaiese; 7th graders Candace Lafontaine, Seaira Pacheco, Alexis Mason, Isabella Valles, Tyler Snow and Gloria Simmons; and 8th graders Chezeray Starr, Juanita Hernandez, John Jackson, Lucinda Moses, Emily Jerry and Linice Robinson. Chaperones were Gina Coheley, Christie Kolbe and Richard Vendiola.

Our students expanded their horizons by meeting and working with 250 students they had never met before. Our students took risks to join in group discussions to share and gather ideas of what schools do for service projects, academic support, fundraisers, student & staff recognition, school climate, assemblies, and special events.

The theme for the conference was "How will you Make your Mark?" Students set personal, school, and world goals that would make a lasting impact. Students were encouraged to be proactive in planning for their future, the future of their community, and the future of their world.

According to the Yale University Child Study Cen

ter, "The interest in the study of school climate stems from a major belief that the climate of a school is thought to be linked to student achievement, self-concept, behavior, absenteeism, rate of suspension and future success." During the conference our students were taught the **S-3 Skills**:

**Smile, Shake, and Share.** These skills are a way improve school climate, build relationships, and create a more positive school experience for students, staff, parents, and the community.

- Smile:** Display a kind and caring attitude each day
- Shake:** Connect with all people
  - Handshake, high five, fist bumps, points of recognition
  - Call people by their names
  - Introduce yourself
  - Develop your unique way of connecting: cooking, cards, gifts, listening...
- Share:** Build positive relationships
  - Invite people in to share your "space"
  - Discover commonalities: tell people about yourself and ask people questions
  - Introduce people to each other.

Not only are the **S-3 skills** affective in a school setting, but they can also be used in the work place and in general gathering settings. **Try to use your S-3 skills and see what happens!**



Emily and Ashley



## MTS students learn about history & gov't at NIEA Close-Up Program

Submitted by Victoria Hildebrand, MTS History Teacher  
Will Bill, Dean of Students (Chaperone)

Early in February (6-17, 2011), a new record of 11 students from the Muckleshoot Tribal School and three tribal staff employees attended the Close Up: National Indian Education Association Program (NIEA), in Washington D.C.

This high school program helps students learn and explore the connection between U.S. and Native American history on a national level. The main objective of this program focuses on providing students with skills and attitudes to advocate for issues important to them and their tribes. The students examined the federal government and its relationship with Native Americans throughout history.

After long hours of hard work throughout the day and late into evenings, workshops were held with Close Up staff instructors. The Muckleshoot Tribal School students gave an excellent presentation on community action plan issues concerning drug/alcohol recovery within the tribe and its monetary affect on youth programs. Other tribes from throughout Indian Country presented on pressing concerns such as mining and water pollution, community building restorations, and preserving language and culture.

Many lessons were interwoven and designed to provide hands-on and practical experience through structural learning activities at all key historical sites in Washington D.C. The students visited sites and participated in lessons such as: The National Museum of American Indian, a meeting with members of Congress and Staff, The Library of Congress, and attended seminars on current issues in Indian Country. The week ended with a theater night at The Kennedy Performing Arts Center and a final day tour of various memorials in the D.C. area.

The student comments about the trip were very positive. They felt they had learned a lot about American Indian/Alaska Native issues and concerns on a nation-wide level. Many expressed how much they liked meeting fellow students from other tribes throughout the nation.

The following comment from Kendra Bean reflects the program's success: "My trip to Washington D.C. for the Close-Up NIEA Program was so much fun for the whole week. We have learned so much about politics, the BIA, our state's senators and met many other youths from their home states. The mentors definitely taught us a lot about Washington DC's many monu-

ments and memorials. Most every day of the week was long and exhausting; we met daily with tribal youth from Arizona, Alaska, Idaho, Wisconsin and elsewhere.

All of us have all gotten along with each other quite well, I still honestly miss being with everyone I met during that memorable week. I think this very trip with our group was the best family we made just being together for a week. All of us did not want to say goodbye when it was time to go back to our home reservations. At one point our leaders asked us to get in our groups that we have come with from the same community and to discuss concerns within our tribe. This has really helped each and every one of us understand and really think about what is going on in our community. We have all come up with good ideas and brought it home to continue our plan to try to go through and help out our own home community."

Deidre Lane-Black wrote: "My trip to DC was good; it was a great experience. We got to tour Capitol Hill, the Lincoln Memorial, the House of Representatives, the White House, Jefferson Memorial, the Holocaust Museum, Supreme Court, The Library of Congress, Native American Museum, WWII Memorial and numerous places which were not only an honor but also breath-taking to see for myself. Never did I think I would have a chance to see places like DC itself, or meet people with similarities to my upbringing and background, or to see Congress in session. We worked together to lay out solutions to smooth out issues in each community. I never realized how many issues there are and how closely they are related to one another. It would be a privilege to overcome and be a part of solving the problems that hover over each and every person(s) within tribal communities. The workshops we were put into really opened my eyes to our Indian Nations and made me realize we are all one with the only difference being our tribal names. We should keep working together to build a better future for ourselves and many who come after us."

The Muckleshoot Staff and Administration would like to thank the MTS School board and Tribal Council for supporting our youth in expanding their education beyond the classroom and into the heart of where an "active learning" experience can be attained in a trip such as the NIEA student government study Close-Up in Washington DC.



On the steps of the US Supreme Court Building



MTS students tour the US Capitol



Lana Tsosie, Sid Lazarr, Eli Hunt, Kendra Bean and Deidra Lane-Black at NEIA Close-up dance



Addie Iyall at the dance



Will Bill and students on Capitol Hill



### Middle School Students Recognized

Several middle school students were recognized for their outstanding citizenship at the Muckleshoot Tribal School in January. The students have demonstrated excellence or significant improvements in daily school attendance, attitude and behavior, and academic success. The following students were selected for this honor and treated to a Mexican lunch at Los Margaritas in Auburn. Congratulations students!

- |                        |                 |
|------------------------|-----------------|
| Courtney Aho           | Alexis Mason    |
| Alannah L. Banks       | Luis Mendoza    |
| Dontae Bronson-Johnson | Lucinda Moses   |
| Belem Esparza-Bennett  | Norman Robinson |
| Juanita Hernandez      | Tyler Snow      |
| Leondra Keeline        | LaShawna Starr  |

Muckleshoot Tribal School DATES TO REMEMBER		
<b>MARCH</b>		
18	MS/HS Spring Dance	
24	Family Fun Night 5:30-7:30pm	
25	½ day	
<b>APRIL</b>		
1	End of the Third Quarter	
1	½ day	
4-8	Spring Break No School	
15	Make-up Snow Day	
21	½ day Conferences	
21	Family Fun Night 5:30-7:30pm	
29	½ day	
<b>MAY</b>		
TBD	5th grade Camp	
6	Attendance Party	
14	Jr./Sr. Prom	
19	Spring Program	
27	½ day	
30	Holiday No School	
<b>JUNE</b>		
9	Awards Day	
10	Kindergarten Field Day	
10	8th Grade Recognition	
10	HS Graduation	
13	Kinder Recognition	
13	5th Grade Recognition	
14	BBQ	
15	Field Day & Last Day of School	



STATE'S TOP EDUCATION OFFICIAL VISITS MTS. Washington State Superintendent of Public Instruction Randy Dorn, a recent visitor at the Muckleshoot Tribal School, is seen here with Principal Don Sims and Assistant Principal Mario Marsillo.

### MTS Elementary Reading Update

Students at Muckleshoot Tribal School Elementary are working every day to enhance their reading skills! All students in grades kindergarten through 5<sup>th</sup> grade spend 90 minutes every morning in reading groups and up to another 60 minutes in every afternoon in the same reading groups.

Students who perform really well have the opportunity to move into higher reading groups at their own pace. Six of our original 27 reading groups have already graduated to the next higher group! Six other groups have changed reading programs this year in order to accelerate their progress. Seventy-six percent of our 3<sup>rd</sup>-5<sup>th</sup> graders are now currently working on the on-grade-level Houghton-Mifflin reading curriculum!

Teachers at Muckleshoot Tribal School Elementary are working everyday to sharpen their instructional skills in order to increase student achievement in reading. When a reading group finishes their level of program they earn a root beer float party! These students are pictured here. They earn not only a root beer float after working for 65-160 days in reading, but a certificate, King's Cash ticket for our Friday drawing, and have their picture in the paper.

Parents and families can support our reading effort by having your student read to you at home every day! Happy Reading,

Sadie Pritchard

### Schedule of MTS Test Dates

**Shaded Boxes** = North West Education Association MAP tests (all students use computers with headphones). Kindergarten through 11<sup>th</sup> grade students are tested in September, again mid-year, and finally, in the spring time. This is the third testing session for this school year.

**Non-shaded Boxes** = Washington State Testing Required from 3<sup>rd</sup> grade to 12<sup>th</sup> grade. <http://www.k12.wa.us/assessment>

**Washington Assessment of Student Learning (WASL)** This test was replaced in 2009-10 by the Measurements of Student Progress (MSP) and the High School Proficiency Exam (HSPE).

**Measurements of Student Progress (MSP)** The name of the MSP, given to students in grades 3-8, conveys the goal of the test: to measure student progress.

**High School Proficiency Exam (HSPE)** This test measures the proficiency of students in high school and serves as the state's exit exam. Students must pass this assessment or a state-approved alternative in reading and writing in order to be eligible to graduate.

**End-of-Course Assessments (EOC)** End-of-course assessments for high school Mathematics are to be implemented statewide by the 2010-11 school year and replacing the Mathematics portion of the HSPE. End-of-course assessments for high school

Elementary School	Grades	Tests	Dates
	3-5	NWEA MAP Reading	March 23
	K-2	NWEA MAP Reading #1	March 24
	K-2	NWEA MAP Reading #2	March 29
	3-5	NWEA MAP Math	April 13
	K-2	NWEA MAP Math #1	April 14
	K-2	NWEA MAP Math #2	April 19
	3-5	MSP Reading	May 3
	3-5	MSP Math	May 4
	5	MSP Science	May 10
	4	MSP Writing	May 11 & 12
Middle School	Grades	Tests	Dates
	6-8	NWEA MAP Reading	March 22
	6-8	NWEA MAP Math	April 20
	6-8	MSP Reading	May 3
	6-8	MSP Math	May 4
	8	MSP Science	May 10
	7	MSP Writing	May 11 & 12
High School	Grades	Tests	Dates
	10-12	HSPE Writing	March 15 & 16
	11-12	DAPE/Reading, Writing	March 14-23
	10-12	HSPE Reading	March 17
	10	HSPE Science	April 12
	9-11	NWEA MAP Reading	April 3
	9-11	NWEA MAP Math	April 10
	10-12	End Of Course Test Math (For students who need to make up the HSPE math tests)	May

Science are to be implemented statewide by spring 2012 and replacing the Science portion of the HSPE.

**Washington Alternate Assessment System (WAAS)** The WAAS provides multiple ways for students with an Individual Education Program (IEP) to participate in the state testing system. (Muckleshoot Tribal School will use the DAPE for Reading and Writing)

### Test Taking Tips for Parents

- The following tips will provide suggestions for parents on how to approach test taking with their kids.
- Make sure that your child does all their homework and reading assignments which will help make sure your child is prepared for the test.
- Encourage your child to space out their studying and homework assignments so that they won't be forced to cram on the night before the test.
- If you are anxious about your child's test it's ok, but try to keep cool around your child, you don't want them to get anxious about their tests too.
- Encourage your child to do well but don't pressure him/her. You may stress him/her out. It is important for your child to stay relaxed on the test.
- Keep a positive attitude about tests.
- Provide a quiet, well lighted area with little distractions to help your child study efficiently.
- Mark down test days on your calendar so you and your child are both aware of testing dates.
- Make sure that your child gets enough sleep on the night before the test.
- Ensure that your child eats a healthy breakfast and avoid heavy foods that may make him/her groggy and avoid high sugar foods that may make him/her hyper.
- Make sure that your child gets up early enough so that he/she will be on time to school.
- Let your child relax for a few hours before bedtime, it can be stressful for a child to study all night.
- Talking about the test with your child can relieve stress about test taking.
- If your child is struggling on their tests, talk to them about it and meet with their teacher to find out the best way to help your child.
- Praise/reward your child when they do well on a test or for their hard work preparing for a test. Encourage them to do better if they don't do well. <http://www.testtakingtips.com/parents/index.htm>

**ONE MORE REMINDER:** The make-up days for school days missed due to snow will be April 15 and June 15. We WILL have school those days!



Jesse Garcia-Zamora, Rolando Millan, Jeremiah WhiteEagle, Curtis Redding, Madreen Yallup, Michael Guevara, Danelle Sam, Richard Weed, Shannon Andy (front)



Kiana Aho, Terron Galicia, Teacher Taneisha, Azela Weed, Shai Yallup, Ryan Thompson and John Charles (below)



### FACTS

- MTS Elementary students spend over 90 minutes each day in reading
- 6 reading groups have graduated to the next level
- 6 other groups have changed reading programs this year to speed up their learning 76% of 3<sup>rd</sup>-5<sup>th</sup> graders are currently working on-grade-level in reading

## Muckleshoot Tribal School

It's that time of year again.

If you plan to have your children attend MTS for 2011/2012 school year it is time to register. You can pick up applications at the Coho office.

If you wish to have one sent to you please call (253)931-6709 ex 3747.

Updated application is required each year.

## TRIBAL MEMBERS EARN MASTER'S DEGREES THROUGH ANTIOCH U.

By Shana Hormann and Mark Hower

Antioch University Seattle is pleased to honor four tribal members that have earned Master's Degrees through its First Peoples' Program in Creative Change. The graduates and their degree programs are:


- **Dena Starr**, M.S. in Management and Leadership
- **Mitzi Judge**, M.S. in Management and Leadership
- **Noreen Milne**, M.S. in Management and Leadership
- **Leo V. LaClair**, M.A. in Strategic Communication

These four Muckleshoot tribal members were students in a cohort that began their studies in fall 2008. The remaining cohort members are on track to graduate during 2011. From the beginning the cohort group members identified their collective intention to get an education to be able to contribute more to the tribe. Together they explored examples of effective social change from their own lived experiences.

They then created a brief and profound list of the fundamental values they had found embedded in and necessary for social change to be engaged successfully. This capacity to learn from one's own (and shared) lived experiences is a critical skill for all who undertake social change initiatives. The values identified to support social change are inspirational and rooted in the Muckleshoot tribal community:

- Work toward the benefit of all
- Act with humility
- Aim toward fairness and justice
- Engage in critical thinking
- Act with compassion for the People
- Encourage education
- Recognize that everyone matters
- Pay attention to culture and tradition
- Show appreciation
- Be a servant leader
- Listen, pay attention to community needs

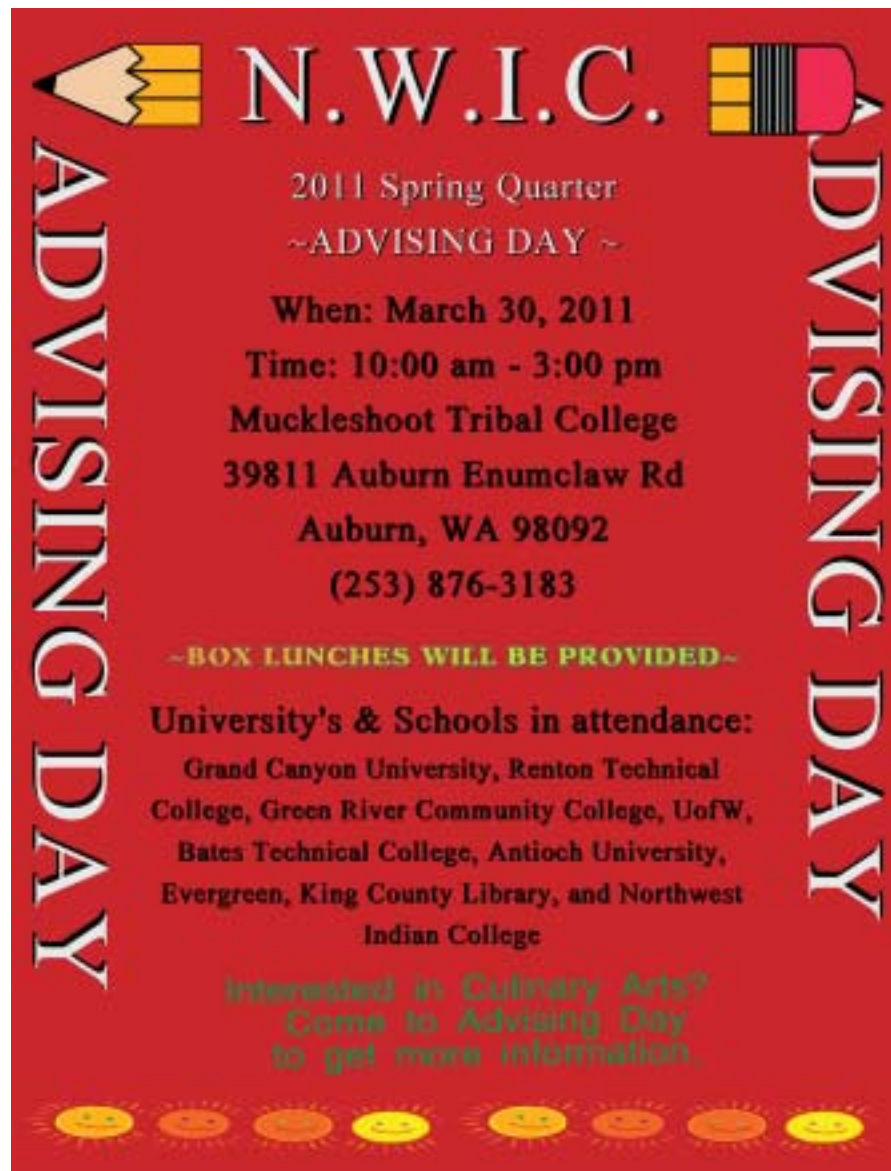
*Congratulations, graduates!*



**GED at the Muckleshoot Tribal College**

Come check out our newly renovated tutoring center today!  
For more information on tutoring, please contact Jessica or Alicia at:  
253 876-3256 or 253 876-3375

Muckleshoot Tribal College - 39611 Auburn Enumclaw Road SE, Auburn, WA 98092  
WWW.MUCKLESHOOTTRIBALCOLLEGE.ORG



**N.W.I.C. ADVISING DAY**

2011 Spring Quarter  
~ADVISING DAY~

**When: March 30, 2011**  
**Time: 10:00 am - 3:00 pm**  
**Muckleshoot Tribal College**  
39811 Auburn Enumclaw Rd  
Auburn, WA 98092  
(253) 876-3183

~BOX LUNCHES WILL BE PROVIDED~

**University's & Schools in attendance:**  
Grand Canyon University, Renton Technical College, Green River Community College, UofW, Bates Technical College, Antioch University, Evergreen, King County Library, and Northwest Indian College

Interested in Culinary Arts?  
Come to Advising Day to get more information.



**Inside the GED Room**  
*An Interview with Melissa Starr*

**Tell me a bit about yourself.**  
I'm Muckleshoot. I just recently got my GED. I'm 19 years old, and I'm going to have a baby.

**What brought you to the GED Center at Muckleshoot Tribal College?**  
I think my mom mentioned something to me about it. I didn't graduate from high school so I needed to do something.

**What was the process of preparing for the GED like for you?**  
It was pretty easy. The only thing I struggled with was Math, but I passed. Everything else, I pretty much knew.

**What do you plan to do now that you have your GED?**  
I was planning to go to college, maybe next quarter once everything settles down. I'm supposed to have my baby at the end of March. Then I'll go back to school and get a part-time job.

**What would you say to someone else who would like to get their GED?**  
Go ahead and go for it if you can't get your high school diploma. A lot of people are scared to get their GED, but it's pretty easy.

*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*

**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, 206-406-3472, jporter1@antioch.edu

**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** instructors wanted to conduct workshops in art, fitness, cooking, and more.



- Math
- English
- Humanities
- Social Sciences
- Natural Sciences
- Native Studies
- and more.

Please submit resume and cover letter to:  
Hamory Blancher  
NWIC Site Coordinator  
253.876.3274  
hblancher@nwic.edu



**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.

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

**Testing Dates are**  
**March 18**  
**April 1, 15, 22**  
**May 6, 13, 20**

**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](http://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

**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!



## Northwest Indian College

Earn your Associate of Arts degree with an emphasis in Native American Studies or a General Transfer degree at NWIC at Muckleshoot. We offer a variety of evening face-to-face, online, interactive television and independent learning classes to allow flexible scheduling for the working professional. Make an appointment with a Muckleshoot Tribal College advisor today by calling 253.876.3183.

**Advising Day  
Wed March 30**

**Important Dates to Remember:**

Muckleshoot Tribal College Advising Day.....	Mar 30
Registration.....	Mar 1-Apr 4
Running start deadline.....	Apr 5
Spring Quarter classes begin.....	Apr 5
Last day to drop for 100% refund.....	Apr 22
Summer Quarter registration.....	May 23-Jun 24
Memorial Day—campus closed.....	May 30
Last day of Spring Quarter.....	Jun 17

For more information please contact:  
Harmony Blancher at 253.876.3274 or hblancher@nwic.edu



## Coast Salish Cedar Craft Making Class

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

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

**Northwest Indian College at Muckleshoot**  
Registration begins March 1, 2011

**To register please contact:**  
Harmony Blancher  
253.876.3274  
hblancher@nwic.edu

## Lakota Speaker Shares Peacemaking Strategies With High School Classes



On January 12, Enumclaw High School government classes participated in a class of traditional peacemaking strategies. Nora Antoine, Rosebud Sioux (Lakota), tribal member, is faculty at Sinte Gleska University, teaches and chairs the Business Management department. Nora is a certified mediator and facilitator who works with school districts and various organizations. She also is an advisory member on several national organizations and promotes social justice through traditional Native American peacemaking practices.

Communication, and culture were stressed in the classroom conversation about conflict. The students reviewed how conflict is a part of our daily lives as well as basics in conflict management.


## Did you earn your GED at the Muckleshoot Tribal College?

If so, we'd like to hear your story.  
Please contact Jessica or Alicia at:  
253 876-3256 or 253 876-3375

## 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.



## 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

ATTENDANCE	Succeeding in School	HONOR ROLL
<ul style="list-style-type: none"> <li>Andrew Williams</li> <li>Izreal Judson-Elkins</li> <li>Tabor Judson-Elkins</li> <li>Mercedes Redding</li> <li>Justice Bill</li> <li>Annie Kitsap-Moses</li> <li>Resa Starr</li> <li>Miranda Kitsap-Moses</li> <li>Jacinda WhiteEagle</li> <li>Aron Ortiz</li> </ul>	<ul style="list-style-type: none"> <li>Pearl Valles</li> <li>Andrew Williams</li> <li>Izreal Judson-Elkins</li> <li>Mikay Valles</li> <li>Andy Bill-Gerrish</li> <li>Scotty Sam</li> <li>Amber Thompson</li> </ul>	<ul style="list-style-type: none"> <li>Monique Valles</li> </ul>

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

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!!



## 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?
- hear well?
- talk like others his/her age?

\*Can you understand most of what your child says?  
\*Is your child's vision okay?

If you have answered "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 me.

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



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

**\*\*\*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


## 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.



**POLICE DEPT. MOVING TO NEW LOCATION.** The Muckleshoot / King County Police Department will be moving its offices from the Legal Building to 38903 – 172<sup>nd</sup> Ave. SE on or around April 1, 2011. The new location is right in front of the old Head Start building. Our phone numbers will remain the same. DOC Jolene will be moving with us. We're very excited about our new building and thank the Muckleshoot Tribe for making it happen! Left to right: Deputy Sue Aagerup, Deputy Ron Riehs, Chief Dan Morrow and Deputy Tayler Jermstad.

**Meet Deputy Jim Shimensky**

I was born and raised in Hawaii but completed my High School and University education here in Washington when my parents moved here in 1975. I graduated from Western Washington University with a Major in Environmental Toxicology and Minors in Aquatic Studies and Biochemistry.



Chance had it that I found a job in law enforcement. I have been with the King County Sheriff's Office for 24 years. In that time I have worked Patrol, Burglary/Larceny Detective, Domestic Violence Detective, Crime Analysis, ProAct Team, DARE Instructor, Kent School District Liaison and Security Supervisor.

Before I took the position of Community Response Team Deputy here on the Muckleshoot Reservation, I spent six challenging years as an Intelligence Detective handling International and Domestic Terrorism investigations. I feel very privileged to have been chosen to work here on the Muckleshoot Reservation and I endeavor to provide the best law enforcement service I can to the citizens.

**Meet Deputy Jace Hoch**

My name is Deputy Jace Hoch. I have lived in South King County most of my life. While I was in high school, I was a volunteer cadet for the Federal Way Police Department. At that time in my life I decided I was going to be in Law Enforcement as a long term career.



After graduating from high school I started a company in the Southcenter area. I happily ran the company for about eight years. For an unknown reason I woke up one day and decided it was time to pursue my dream in Law Enforcement. I was hired by the King County Sheriff's office in 2008. Before coming to the Muckleshoot I worked in the Renton and Kent area.

I have been working on the reservation for about three months now, and I enjoy coming to work every day. My ultimate goal at work every night is to make every citizen feel safe and comfortable in their community. I plan on a long career with the Sheriff's Office, and the Muckleshoot Indian Tribe.

**DROP-IN CENTER / JOB CORPS PRESENT  
NATIVE AMERICAN PARENTING GROUP**

**Parenting Classes**

- ~Learn life skills
- ~Examine family dynamics
- ~Learn effective money management
- ~Explore characteristics of relationships
- ~Learn positive coping mechanisms
- ~Learn tools for handling misbehavior
- ~Closed / private group

**Muckleshoot Drop In Center**

17608 SE 400th ST  
Auburn, WA 98092

**253-876-2853**

Contact Etene 'T' Taimalelagi

etene.taimalelagi@muckleshoot.nsn.us

**253-876-2839**

**Where : Drop-In Center**

**When : Thursdays**

**4:30 pm to 6:30 pm**

**Starting April 14, 2011**

**6 WEEK PROGRAM**



**MOTHERS & DAUGHTERS**

PHOTOS BY JOHN LOFTUS



Beverly Courville and her Mom, Sophia



Carlene Ambrosia and her Mom, Marie



Norma Williams and her Mom, Bena

**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!



**NEED EXTRA CASH???**  
**NOW ACCEPTING APPLICATIONS!!!**

**FOR THE "20TH ANNUAL" EASTER WEEKEND SIA-HAL EVENT**

**APRIL 22<sup>ND</sup>, 23<sup>RD</sup> & 24<sup>TH</sup>, 2011**

**WE HAVE OPENINGS IN CONCESSIONS, SECURITY, CLEAN-UP**

**THERE ARE SEVERAL DIFFERENT SHIFTS TO SIGN UP FOR!**

**YOU MUST BE DEPENDABLE, HONEST, & WILLING TO WORK ALSO, YOU MUST HAVE TWO PIECES OF ID & ABLE TO PASS A U/A (for HR).**

**IF YOU ARE INTERESTED OR KNOW SOMEONE WHO IS INTERESTED...**

**PLEASE CONTACT:  
LISA SNEATLUM @ 253-876-3325 OR  
KIM SNEATLUM @ 253-931-6709 EXT 3713**



## Muckleshoot Elders Newsletter



### Happy Birthday

#### February Birthdays

Dennis Anderson Sr.	02/01
Phyllis Antione	02/04
Les Hoffer	02/06
Carole Allen	02/06
Gary Cross	02/06
Gerrie Williams	02/09
Abbe Lozier	02/12
Lenny Sneatlum	02/13
Lynn WhiteEagle	02/14
Cliff Keeline	02/14
Leo LaClair	02/15
Cindy Butler	02/17
Gail LaClair	02/19
Wayne James	02/21
Renee Sneatlum	02/21
Sharon Elgin	02/22
Joan Maurice	02/23
Virginia Hennes	02/25
Del Courville Sr.	02/26
George Starr	02/27
Nancie Jansen	02/27
Nancy Calvert	02/28
Babe Eyle	02/28
Paul Patterson	02/28

#### March Birthdays

Doug Maurice	03/03
Sandy Heddrick	03/04
Clorene Michel	03/04
Steve Heddrick	03/05
Margaret Gaspair	03/06
Tommy McJoe	03/07
Patricia Stewart	03/07
Regina Howell	03/07
Toots Baker	03/11
Randy Richardson	03/11
William Wilbur	03/11
Mark James	03/13
John Elkins	03/14
Levi Wilbur	03/16
Kelly Lozier Sr.	03/17
Sonny Bargala	03/20
Jeanne Moses	03/21
Annette Williams	03/22
James Wynne	03/22
Harriott Ross	03/23
Ken Lewis	03/24
Ann Jacobs	03/24
Bryan Hennes	03/24
Hoagie KingGeorge	03/26
Norma Rodriguez	03/27
Marcia Brendible	03/28
Donna Wallick	03/29
Robert Collier	03/29

**The Benefits of Daily Exercise for the Elders & Seniors**  
A regular exercise routine can help Elders & Seniors avoid chronic diseases, such as Alzheimer disease, high blood pressure and heart disease.

**Some of the Benefits are:**

- *Better quality of sleep.* Those who perform regular exercise sleep more easily and deeply.
- *Greater social interaction.* Joining a fitness class is a great way of getting together with friends. A 10 minute walk with a friend helps with stress relief.
- *Release of natural endorphins.* Exercise helps release endorphins which make people feel more contented and happier.
- *Prevention of Alzheimer disease and dementia.* Exercise improves brain functionality and helps combat diseases. It also assists with fighting forms of depression.
- *Assists joints.* Building the muscles around certain joints is an important Elders & Seniors exercise. For example, building the muscles around the knee through leg extensions helps prevent joints being worn away.
- *Immunity to viruses and infections.* The body is better placed to fight off sickness so recovery time is reduced.

**Elders & Seniors Exercise Groups**

**Wednesday morning walking group**

Beginning this month, the Senior Center has started up a walking group. Rain or shine, we will be leaving from the building at 9:00 am. Grab your raincoat or your sunglasses and let's get going. If you would like a ride to the Senior Center to attend our walking group, please give us a call a day ahead so we can schedule you on our transportation calendar.

**Aqua Aerobics**

The Health and Wellness Center offers a morning aqua aerobics class on Tuesdays & Thursdays. Classes begin at 10:00 am. The Senior Center provides transportation, just call a day ahead so we can get you on our transportation calendar.

**Elders & Seniors activities**

- **March 15<sup>th</sup>**  
*Second Hand Shopping*
- **March 18<sup>th</sup>**  
*Cribbage Tournament*  
*\$5.00 entry fee*
- **March 17<sup>th</sup>**  
*Ride up to Mount Rainier to look at Eagles and get some fresh water*
- **March 24<sup>th</sup>**  
*Shipwreck Beads to pick up supplies for our Elders Luncheon*
- **March 28<sup>th</sup>**  
*Ride up to Mount Rainier to look at Eagles and get some fresh water*
- **March 29<sup>th</sup> through April 3<sup>rd</sup>**  
*6<sup>th</sup> Annual Native Caring Conference for Caregivers*  
*Hosted by The Confederated Tribe of Grand Ronde*  
*Space is limited. Both ICW & the Senior Center have allocated spots to Elders & Seniors who are caring for grandchildren or an elderly family members so there are only a few spots left. Call Noreen to sign up for the remaining spots and to get on the waiting list.*

**Announcements**

**2011 Annual Elders Luncheon**

April 27<sup>th</sup> at Emerald Downs from 10 am to 3 pm

**ATTENTION:** Elders & Seniors, please come into the Senior Center and work on giveaway gifts for the Elders Luncheon. We have cedar, leather, and beadwork available in the front room. Please come in and see Noreen or give her a call and make arrangements.

**Elders Casino breakfast**

March 26<sup>th</sup> at the Spice Buffet beginning at 9:00 am

**Emergency Food Vouchers**

The amount of the Emergency Food Vouchers have increased from \$75.00 to \$100.00

TAX FUND and Grants & Contracts require that both STORE SALES INVOICE (yellow) and the SALES RECEIPT (white) be turned in after shopping is complete. Please be sure to follow the Essential Food Items & Essential Non-Food Items list as the receipts are audited on a regular basis.

According to

**TAX FUND RESOLUTION 11-034**

**TO APPROVE THE SENIOR SERVICES PROGRAM POLICIES, GUIDELINES AND PROCEDURES, EFFECTIVE NOVEMBER 1, 2010**

Section C

Part 1

*The vouchers must be used in 3 days or they will be void.*

These guidelines are being enforced as of 3/1/11. If you request a food voucher and are unable to use it within the 3 days after it is issued, the PO will be void. The Senior Center Staff has been instructed NOT to white out the date on the coversheet. Please be aware that when the PO expires, it will take the standard 1 to 2 business days to reissue a new PO.

**VOID AFTER 3 DAYS OF ISSUANCE**

**Fire wood**

Need wood or kindling delivered? Need your wood stacked? Give us a call at the Senior Center. James Cross Sr., Public Works and the Youth Center have been working together to ensure that the Elders and Seniors firewood needs are being met.

**Etching valuables for Elders & Seniors**

Please contact us if you would like your valuables etched, photographed and inventoried. In the unfortunate event that a burglary occurs, this information will be of great help when filing a police report or making an insurance claim.

**Effie's cleaning tips:**

**Hardwood floors:** Mix ½ cup olive oil, tablespoon of cider vinegar and 10 drops of lavender oil (optional – it masks the scent of vinegar). Use sparingly with a clean damp cloth.

This natural wood floor cleaner is not for waxed floors but it can be used on a variety of other surfaces, including furniture. Always test a small inconspicuous area first to be sure that it is doing no harm.

**For vinyl floors:** Use the amount of Dawn that you would use for washing dishes in a bucket of warm water. If needed – you may use clean cool water with 1/2cup of vinegar for a clear and clean look on the floor.

**Healthy Snack ideas from Gail, Joey & Robin:**

Chips & cookies making you feel blah? Give these snack ideas a try. All of these healthy snack ideas can be purchased with your Emergency Food Voucher.

*Snap pea pods* – These raw pea pods come in bags and are naturally a little sweet. Delicious!

*Mini baby carrots* – The smallest mini size carrots are easiest to bite and chew.

*Red peppers* – These need to be washed and cut; especially high in Vitamins C and A. Good for the eyes. Peppers of all colors make great elderly nutrition snacks.

*Cherry tomatoes* – Easy to pop into your mouth and eat. No cutting necessary. High in antioxidants.

*Celery sticks* – High in vitamin C, good for blood pressure, cholesterol, and preventing cancer.

*Hummus* – This is a flavorful Mediterranean chickpea dip also often made with olive oil, lemon juice, garlic, and a little salt. Get a natural kind. Great with Pita chips.

*Want a handy snack to take along with you when you are on the go? Try this simple recipe:*

- 3 cups almonds
- 1 cup raisins
- 1 cup cherries
- 1 cup pumpkin seeds
- 1 cup sunflower seeds
- 1 cup pineapple

You can use any combination you like. Mix together then place in small zip lock baggies.

**BINGO Hall**

The Elders Committee and Senior Center Staff would like to thank Raymond Jerry of the BINGO Hall for contributing BINGO passes to the 2010 Elders After Christmas Luncheon. **Thank You.**

## Caregivers Conference at Ocean Shores

PHOTOS BY SHARON HAMILTON-CURLEY



# Casino Honors Team Member of the Year Kristine Fisher

The Muckleshoot Casino outdid itself yet again as it staged an elaborate Sherlock Holmes-type mystery dinner on February 15 to honor its 2010 Team Member of the Year. The production started with a comical on-screen film presentation depicting "Detective Dan and Doctor Durban" finding a clue in Foggy Olde London and embarking on an epic journey that ultimately leads them right into the Coho Room.

From there, a succession of additional clues were found under flower arrangements and many other places throughout the banquet room until the final clue revealed the Team Member of the Year: Kristine Fisher of Food and Beverage's banquet staff. As confetti fell from the ceiling, Detective Dan counted out 50 one-hundred dollar bills – \$5,000 – into her hand. She also received a preferred parking pass and a night at the Salish Lodge.

The show was a big success due to the teamwork of the MIC staff, many of whom donned period costumes for the evening. Each of the casino's four divisions – Administration, Food and Beverage, Gaming Operations and Support Operations – selects a Team Member of the Month each month, and all 48 from the past year were eligible.

Congratulations, Kristine Fisher – Muckleshoot Indian Casino's Team Member of the Year!



## Spring Foods of the Salish Sea

Written by Valerie Segrest a Muckleshoot Tribal Member, working as the Traditional Foods Nutritionist for Northwest Indian College. (contact: vsegrest@gmail.com or (253) 876-2822) \* Pictures taken by Elise Krohn & Melissa Phipps



### Springtime Fare

Like a promise of better things to come, early spring gives birth to many of our traditional foods. In March the herring are spawning, chinook salmon return to their ancestral rivers, salmonberry and thimbleberry sprouts come out to play, native violets bear their delicate flowers and with the pain comes the pleasure of stinging nettles. These native foods are diverse and based on the seasons. They teach us the power of being in the moment and harvesting what is available today.

Eating seasonal foods increases your nutrient intake and prepares you for seasonal changes as well. In this way, traditional foods help our bodies to function optimally. Many of our modern foods lack nutrients and do not contain the same medicinal qualities that traditional foods have. That is why eating traditional foods regularly can make a big difference in your health.

I believe that these foods heal people on many levels. They provide nutrients and medicinal properties that are needed for good health. Chinook salmon, sprouts and sauteed nettles are more than food, they are a prescription!

The foods of spring have many teachings. For example, nettles teach us to wake up and cleanse our bodies so we can be strong for the year to come. Our bodies and spirits respond to our native foods with profound recognition and knowing. That is because they are woven into the Northwest Coastal Indian Culture, and are an integral part of our identity.

In this article you will find three foods that will be available this month. There are many more, and my hope is that you will learn or spend time with those foods as well. In fact, if you want to learn more about other foods of the season you could also check my blog out periodically at [www.feedingthepeople.muckipma.com](http://www.feedingthepeople.muckipma.com) for more foods of the season.

## Stinging Nettles

Just when you thought our thrifty ancestors could not be any more clever, enter stinging nettle. I cannot think of a plant more useful than nettle. Every where it grows, throughout the globe, nettle is used for the same things- food, fiber and medicine. In the spring, tender nettle greens shoot from the ground and tell us to wake up, to get moving and to cleanse yourself.

Traditionally, our ancestors would be coming out a winter diet that consisted mostly of dried fish, meats, nuts and berries. While these foods are very nourishing, they are also pretty tough on our digestive system. The ancestors knew that eating nettles in the spring would make them strong.

Some of my teachers tell me that if you were to drink nettle tea every day, all day, for two weeks straight, that it would completely change the composition of your blood. That makes sense because they are extremely high in iron, calcium, magnesium, fiber and vitamins A & C. This is the perfect recipe of nutrients that our body needs to make our blood and immune system strong.

Now, I would not recommend consuming nettles without adding a little heat. When you add heat to nettles the stinger is denatured and it will no longer sting you. So, if you want to build your strength, feel great and eat your traditional greens **here is how you can handle and consume nettles:**

1. Bring your favorite harvesting basket, or a plastic or paper bag from the grocery store will work just fine.
2. Make sure you have a clean pair of scissors or garden pruners with you.



3. Don't forget gloves. Unless you do not mind the sting. On occasion, I harvest bare-handed, but make sure to move slowly and show respect to the nettles. To my surprise, I do not get stung when I harvest this way.
4. Clip the fresh tops with your clean scissors and using your gloved hand place the fresh cut tops into your gathering receptacle.

### What to do with your harvest?

From here you can do many creative things things. Below are a just few suggestions of things you can do with your fresh nettle greens.

A. When you get home, bring a large pot of water to a boil and put ice water in a separate large bowl. When the water comes to a boil, add your nettles and let them boil for 2 or 3 minutes maximum. Do not throw out the water that the nettles were boiled in, this is the best version of nettle tea around. Drink it! Next, remove nettles from the water using tongs and immediately transfer to the bowl of ice water where they will sit for 30 seconds maximum. Remove nettles from the ice water into a strainer to get the water out of them. From here you can portion out your nettles into the size of a small fist, put them in plastic baggies and freeze them. Now you have preserved your harvest and can add nettles to your soups, meatloaf's and pestos throughout the year!

- B. You could rinse off your freshly harvested nettles in a colander, let them drain and transfer them to a large bowl. Using scissors, cut up the nettles into smaller bit sized pieces. In a skillet heat olive oil on medium heat. When the oil is hot, add onions and garlic and saute until they become translucent. When the onions and garlic are ready add your nettles and saute them for another 4 or 5 minutes. Flavor your saute'd nettles with balsamic vinegar, tamari or a low-sodium soy sauce.



## Spring Chinook



Cold water fish like the chinook salmon are known for sustaining heart health and protecting our bodies against Alzheimer's disease and various cancers. This is due to salmon's deliciously nourishing character. It is not just a great source of protein, it is also packed full of beneficial fatty acids and Vitamin D.

Ask anyone in Salish Sea country and they will tell you how essential salmon is to our people. Our oral traditions talk about the salmon people as beings that live in villages under the ocean. At certain times of the year, they put on salmon skin and transform from people into fish. Upon transforming, they return to the rivers to fulfill their promise to be food for the people who live on the land.

Therefore to honor the salmon, ceremonies such as the "First Salmon Ceremony" are conducted each year with reverence. Every year the springers return to their ancestral rivers to spawn, and by doing so, they bring back nutrients from the ocean that their decomposing bodies release into the water, essentially feeding the rivers. The rivers in return feed the plants, which feed animals like deer and elk that consume those plants. Then, of course, humans eat the plants and animals benefiting from the cycle of life. Without the salmon's contribution return to feed the river, our environment fails to thrive. In many ways it is the salmon's world and we live in it.



### Spring Sprouts

Every year, around this time, I find myself eagerly looking outside for the shimmer of spring. It's a little bit of anxious hunger and the feeling of new growth that sparks my search. Then, like a twinkling star, comes the beautifully bright pink salmonberry flowers. Around mid-March I know that spring has brought the sprouts with it, to help wake up the rest of the world. Enticing us to come into the light of this season and to get busy.

Salmonberry and thimbleberry sprouts are some of the best foods of

## Sprouts

the season and come infused with the vital energy of spring. They are also called "bear candy" because these tender new shoots are a bear's favorite spring meal. The edible magenta colored flowers of salmonberry can be found growing in moist forest areas and along streams. Snap off the vibrantly young growth, peel the outer layer, and taste the tender sweet green sprouts.

salmon roe. Song and dance would be shared to honor the sprouts during such a gathering. Now is the time to get your sprout fix. Eat them fresh, smear them on the stove or saute them in a pan with some butter and enjoy!

Sprouts were traditionally eaten fresh by eager children who relished their sweet as candy flavor. Kwakwaka'wakw mothers would chew the sprouts and place them on their child's head to encourage growth. They were also used as a vegetable and dipped in eulachon, fish or bear grease. In preparing for a sprout feast they were steamed in a root oven and eaten with dried fish and





**LOZIER FAMILY GUESS WHO!?!?** Many thanks to Kate Perez, all of the Kids' Auntie Kate, for keeping such important memories. This photo is a true family treasure. **Top row from left:** John Jansen, LeeRoy Lozier holding Malukah Lozier on shoulders, Joey Jansen, Monica Simmons. **Second Row:** Tony Lozier, Richard Lozier, Mike Valles, Warren Oliver, Charles Williams. **Bottom row:** Jim Valles, Christina Jansen, Trina Jansen holding Maxie on shoulders

**Happy 1ST Birthday Brooklynne!**  
March -19 :)



**Love: Mommy, Daddy and Your big brother Jaiden!**

**THE MIND OF MAN**

This world is created in "the mind of man,"  
who explores such things as we can't understand.  
He fears the nature that nurtured the seeds  
of confusion and chaos in the life that he leads.  
He lives in a treacherous world, full of scandalous lies,  
as his dillusional mind creates illusional eyes.  
I am not mad – I know what I see,  
you say I'm a dope "you criticize me."  
You call me insane for the fears that I feel,  
now am I just trippin' or are these thoughts for real?  
Does this constant drug use have me going insane,  
or was it true what I thought first, "that it subdues the pain"?  
The pain of not knowing is my own kinda hell,  
"The mind of man," in the silence of cells.  
I'm sorry to say that I'm just one of them seeds,  
that must live in confusion and chaos  
Through the life that I lead!

— PETE DANIELS

**FEATHERED HEALING CIRCLE**

Hello! This is Cynthia and Franklin with The Feathered Healing Circle. Gosh, I didn't realize I had not written anything for so long – I will have to start all over with **Step 1: "We admitted we were powerless over alcohol – that our lives had become unmanageable."**

Whenever you are finally able to be honest with yourself again, you will be able to find your way through whatever it is that made you lose your way. It can be alcohol, drugs, sex, gambling – anything that has taken complete control of your life – maybe a man or a woman who have totally changed you, and were able to get you to drug or alcohol, and you were never that weak before. But now you found yourself in a compromising position. You lost yourself so far that you would do anything just for yet one more drink or one more pill, etc.

When something else is in control of your life, you have fallen off the deep end. Sometimes it took several years for you to fall, so be honest and don't expect to have miracles happen when it took hold of your life for more than a night. However long it took to get you, it may take that long to drag yourself out of the pits of hell again.

Truly, God is always there waiting to help you. He never leaves you. Even when you thought you were by yourself, you will always find that God will never, never, never turn his back on you. Only you turn your back on God. He forgives you for anything you've ever done wrong. So you can get up, brush yourself off, and keep trying to do better. As long as you are trying, you will do it eventually. NEVER GIVE UP and you will accomplish any goal you set before yourself.

**Step 2: "Came to believe that a Power greater than ourselves could restore us to sanity."** I have to go back twenty years ago... I was driving down the highway on my way to work. My car hit a patch of black ice and I went over the ramp. I was falling fast. I could see about 50 ft in front of me... I was going to hit the rocks. I closed my eyes and started praying really fast

and hard. I remember saying, "God, if you can just get me out of this rut, I promise my life will be for your glory only."

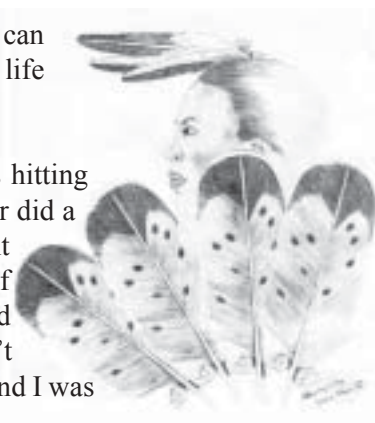
When I opened my eyes, my car was hitting the concrete on the highway again. My car did a final 360 circle and started going in the right direction. I pulled my car over to the side of the road, parked it and got on my knees and prayed in my hundred-dollar dress. I didn't care, because God had just saved my life and I was going to do what I said.

God has been in control of my life ever since, and my life has become manageable, and I can think clearly now. It doesn't mean that my life is a bed of roses by far, but He never tries me beyond my faith. So I have to say, I must have a strong faith because He has brought me through so many trials, and has taught me that no matter what, I can truly believe in Him, and He will never leave me. He is Awesome. He – God, I mean – has blessed me soooooo much it would take many days and nights to explain all the things God has Blessed me with. All I can say is HE IS AWESOME.

Shalom Shalom,

*Cynthia and Franklin*

P.S. Remember – Meetings at Cougar Rm#1 on Tuesdays at 5:00 – 6:00 pm, unless percap distribution or a wake or funeral. Then just contact me and we will have to make other arrangements. (253) 394-1966



**Welcome Kimberly Marie Calflooking!**

Born on Tuesday 2/15/11 @ 7:18 AM  
7 lbs 1 oz., 19 1/4 inches long  
Proud Parents: Sonya Williams & Jason Calflooking  
Proud Grandparents: Kimberly & Edward Sneatum  
Proud Great-Grandparents: Loretta & Alfred (SR) Williams,  
and also Phyllis Enick  
She is the li'l sister of Kelsey Williams & Jay Benally!



**Wishing our 'honeygirl' a very special Happy Birthday**



**We are so so proud of the brilliant & loving lil lady you're becoming!**

**We love you past the moon and stars Momma, Daddy, Junior & Aaron**



Muckleshoot Wellness Center presents

# Swim Wild

Starts March 14th thru April 7th

**Who:** All Wellness Members

**When:** Starts March 14 and continues thru April 7th.

**Cost:** Free

**Maximum miles is 15 miles.**

**What:** Every time you swim a mile your name will go into a drawing for a season pass to Wild Waves. Limited to one pass per person.

**Two passes will be given away.**

For more information please call Al @ 253-333-3616 or email Alfred.frank@muckleshoot-health.com

## 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

### Artwork of Makuati Tuilata

These are some examples of the artwork of Makuati Tuilata, Sonja's husband. He is available for all of your artwork needs, including tattoos.



ENUMCLAW SCHOOL DISTRICT

## 16TH ANNUAL POW-WOW

APRIL 29, 2011  
 ENUMCLAW HIGH SCHOOL GYM  
 226 SEMANSKI STREET SOUTH, ENUMCLAW, WA  
 GRAND ENTRY 7 PM  
 Emcee: Arnold Littlehead

For Vendor Information Contact:  
 Cathy Calvert or Sarah Beasant  
 (360) 802-7689  
 or  
 cathy\_calvert@enumclaw.wednet.edu

All Dancers and Dancers Welcome  
 Competitive Dancing  
 Dance Specials

Sponsored by:  
 Muckleshoot Indian Tribe  
 and  
 Enumclaw Native American Parent Association

Drug and Alcohol Free

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**



#### Muckleshoot King County Library Hours

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

#### Children & Families

**Stories and Strings Story Times**  
 Wednesday, March 23 and 30, 11am  
 Come for a rockin' good time of stories, songs and silliness!

#### Adults

**Computer Class: Excel Level I**  
 Monday, March 21, Noon  
 Learn about the Ribbon, create a new workbook, enter data into cells. Learn how to perform calculations using formulas, copy formulas with the fill handle and use Autosum for quick addition.

**Plateau Area Creative Writing Group**  
 Friday, March 25, 10am  
 Calling all writers! This writing workshop is designed for all who write - whether it's poetry, fiction, creative nonfiction or memoir. It doesn't matter if you're a seasoned writer or one who is just getting started, please come and share your stories.

#### Adults

**Computer Class: Internet Level I**  
 Thursday, April 7, Noon  
 Learn about a browser, type Web addresses, click links and navigate pages and sites.  
 This class prepares students for the Internet Level 2 class.

**One-on-One Computer Assistance**  
 Thursday, April 7, 6pm  
 Do you need extra help on the computer? Have a special project you're working on? Want to create an email account? A KCLS NetMaster volunteer instructor can give you one-on-one assistance.

**Muckleshoot Poetry Café**  
 Monday, April 11, 6:30pm  
 Bring your poetry, short stories or song lyrics to share. Food and drinks will be provided.

**Plateau Area Creative Writing Group**  
 Friday, April 29, 10am  
 Calling all writers! This writing workshop is designed for all who write whether it's poetry, fiction, creative nonfiction or memoir. It doesn't matter if you're a seasoned writer or one who is just getting started, please come and share your stories.

**Stories and Strings Story Time**  
 Wednesdays, April 6, 13, 20, 27  
 Come for a rockin' good time of stories, songs and silliness!

## Housing



T.J. was recognized as Employee of the Month for December 2010. He was recognized and recommended by several of the Staff throughout the Housing Authority. He is greatly appreciated as he is a Team Player and is willing to go above and beyond for the Housing Authority and the Muckleshoot Community. He takes great pride in his work and does an excellent job when he is preparing a unit for an upcoming tenant. We are looking forward to another outstanding year! Thanks T.J.!

## MUCKLESHOOT SOLID WASTE DEPARTMENT



### Use of Dumpster

Due to limited number of dumpsters available, we encourage everyone to bring your disposable items to our Public Works transfer station, but if you still need a dumpster, the below listed are some important information that will help you.

You must be an enrolled Muckleshoot Tribal member residing within the boundaries of the reservation to request a dumpster. All tenants of the MIT houses are required to request dumpster through Housing.

If you need a dumpster for your home clean up this is what you need to know.

- We need at least 3-5 day's advance notice. All dumpsters are scheduled for 3 days usage. So, please plan ahead prior your request.
- You need to fill out a work request form (on-line or in person at Public Works Office or call 253-876-3030, prompt #2).
- We can only serve your primary residence and for 2 times a year.
- Do not overfill dumpsters, we need to close the lid while in transit.
- Do not block truck access.

### The following items are restricted from put inside the dumpster:

- No hazardous materials in dumpsters.
- No appliances in dumpster such as refrigerators, freezers, washers or dryers etc.
- No electronics such as computers, Televisions, VCR's etc.
- No paint, oil, antifreeze, gasoline etc.
- No batteries.
- No metal.
- No fluorescent light bulbs or tubes.
- No yard waste.

In order to serve you better, any violation of the above could jeopardize future usage and other member's need. Your corporation is appreciated!



## It's 2011 but in Roller Derby for Dockyard Derby Dames its SEASON 5!!

Our first season bout will February 26, 2011 at Pierce College and I am NOT skating in it, because I've sacrificed important team scrimmage practices to further another important value in my life- my education!! Yes, I had to make a tough choice and am very happy that my team is understanding, and didn't kick me off the team. THANK YOU FIANNA!! Sometimes we all have to put our own personal activities aside to better our self for not just for our own personal endeavors but to show our families that we're working to improve our community. Education can help make a difference and start change. If you don't like something - go to school!! Our tribe has great programs!! If you need help check the Tribal College or come see me. THANK YOU FAMILY FOR SUPPORTING ME IN BOTH OF THESE!!

Ok back to Derby - come see a Bout!!! This sport is growing fast in our region as well as the nation and it takes a lot of commitment. It's a great way to exercise and let off some steam along with making some wonderful new friendships. The FEMME FIANNA has four new roller

dames this season so it will be great to watch them improve and knock some gals down!! Check our team pages on FB, MySpace for upcoming TEAM Events.

We have a huge new sponsor this season CLICK! Network (Tacoma Power) - so if you get their cable you're in great shape because we will be airing with them this season!! We have many loyal sponsors like THREE CHICKS CATERING, MONSTER ENERGY DRINKS, BUDWESIER, AND MANY LOCAL BUSINESSES -HELLS KITCHEN, DOYLES, THE ATM GUY, OLYMPIC CREST COFFEE and MANY MORE. IF you or a company is interested in sponsoring have them contact me thru this email dydddevelopment@gmail.com be sure to put my name in the greeting. Hoping to see you Trackside in soon!! WWW.DOCKYARDDERBYDAMES.COM Also find us on Facebook, Twitter, & MySpace! Check these sites for TRY OUT information too.



## Reactions to the decision not to bring charges against Seattle Police Officer Ian Birk in the shooting death of Native woodcarver John T. Williams

**King County Prosecutor Dan Satterberg:** "The policy of this state is to give police officers this special protection. The underlying policy, passed 25 years ago, is a sound one. My first and foremost responsibility is to follow the laws in the state of Washington. I had to look and see, 'Is there malice, is there a lack of good faith?'"

**Seattle City Councilmember Tim Burgess:** "I want to acknowledge that the King County Prosecutor's decision today leaves many people angry and disappointed. I've read the prosecutor's decision and I understand his reasoning, but I fully appreciate that it won't sit well with many in our city."

**Seattle Police Chief John Diaz:** "I cannot stress how important this is. A man is dead. We owe it to him, we owe it to his family to not just do this quickly, but to do this right."

**Ida Edward, John T. Williams' mother:** "I know [Birk] did wrong. And the Lord knows he did wrong. So it is going to be between him and the Lord. If I keep holding a grudge against him, I'll be hating the police officer, and I would rather hold back my hate. I will hold it back."

**Nancy Williams, John T. Williams' sister:** "It is like he is getting away with murder. He is going to have a smirk on his face, and he is going to go crazy with that gun, thinking he can get away with it. It really ticks me off. It shouldn't end that way. I want him in jail. If it was anybody else other than him they would have been in the slammer already."

**Harvey Williams, John T. Williams' brother:** "The police force is judge, jury and executioner. There needs to be a clear message that the police force is there to protect the people. And the archaic law that protects police officers needs to be changed."

**Rich O'Neill, president of the Seattle Police Officers' Guild:** "Tactically, could he have made different decisions? Sure. But he committed no crime. He can now move on. The vicious things he was called - murderer, racist, a liar - he doesn't have to put up with that anymore."

**Sweetwater Nannauck, Native community activist:** "I thought this might be a steppingstone for change, to do something for future generations. Instead it is a step back, not a step forward. All this talk about working with the community, all that crap, it's just words. It doesn't mean anything."

**Denise Stiffarm, Gros Ventre tribal member, and president, board of directors, Chief Seattle Club:** "I am gravely disappointed. ... This sends a strong message to the Legislature that they need to review the standard [for bringing charges] so an egregious incident like this isn't allowed to slip through our legal system."



John T. Williams

**Ted Buck, attorney for Ian Birk:** "I wasn't surprised by the decision not to charge. There isn't anything criminal in what happened out there. As to his decision to resign, it's a heartbreaking thing. He is an extraordinary, committed young man. This is a career that has been tragically cut short. It's been an extraordinarily emotional and traumatic event and he has decided it is in his best interest and his family's interest to simply move forward."

**Jennifer Shaw, deputy director, American Civil Liberties Union of Washington:** "We think this shooting is just a symptom of a bigger problem, which is why we want the U.S. Department of Justice to come in and do a full investigation of the Seattle Police Department."



## 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.

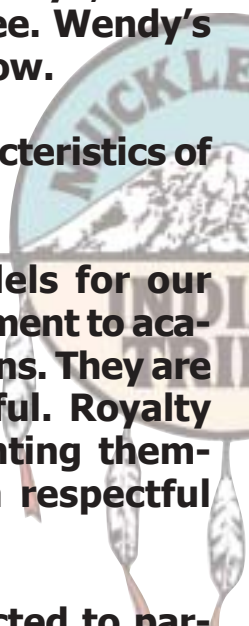
Contestants will be judged in the following areas:

- 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

➤ 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



### 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



### Native American Catholic Mass



Native American Healing Mass  
Sunday, March 20, 2011  
1: 30pm-5:00pm  
St Leo Church/A Jesuit Parish  
710 South 13<sup>th</sup> Street  
Tacoma, WA 98405  
Event includes, mass, sage blessing, anointing with oil, prayer teams, potluck and giveaway. Come and celebrate with local Native American Catholics, Fr. Pat Twohy, Fr. Bill Bischel and Deacon David Rapp. Leave questions @ [katericircle.com](mailto:katericircle.com)

## 2011 Per Capita Deadlines and Schedule

- March 31, 2011 - Deadline for New 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 New 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 New 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 New Direct Deposits to be turned in to Tax Fund

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

## EVENTS CALENDAR



- March 14 - April 7 **Swim Wild** - Presented by Muckleshoot Wellness Center. Call Al at 253-333-3616 for more info
- March 19 **UFC Night - Men Only** - Presented by Muckleshoot Health & Wellness. Shogun vs. Jones. 5pm - end of fight. Call 253-333-3616 to register
- March 19-20 **Coast Salish Cedar Craft Making Class** - Registration begins March 1. Contact Harmony Blancher at 253-876-3274 for more information.
- March 30 **NWIC Spring Qtr Advising Day** - 10-3pm at Muckleshoot Tribal College. 253-876-3183
- April 4-8 **Muckleshoot Adventures Spring Camp** - Ages 7 - 17 years. Sign up by March 11th. Call Stephanie Flesher at 253-876-3357 for more info.
- April 11 **Mt. Si Relay** - 8AM by the Muckleshoot Wellness Center Running Club. Call 253-333-3616 ext. 3711 for more info.
- April 22, 23 & 24 **20th Annual Easter Weekend Sla-Hal Event** - Call Lisa Sneatlum at 253-876-3323 or Kim Sneatlum at 253-931-6709 for more info.
- April 29 **16th Annual Pow Wow** - 7pm at Enumclaw High School Gym. Call Cathy Calvert or Sharon Brasar at 360-802-7689
- June 24-26 **10th Annual Muckleshoot Veterans Pow Wow**

### 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.



## Important information about the \$3.4 billion Indian Trust Settlement

**For current or former IIM account holders, Owners of land held in trust or restricted status, or their heirs**

**What is this About?**

After 14 years, there is a proposed Settlement in *Cobell v. Salazar*. The class action settles claims that the federal government violated its duties by mismanaging trust accounts and individual Indian trust lands.

**Who is included?**

The Settlement includes Indians who:

- Had an IIM account anytime from approximately 1985 to September 30, 2009,
- Had an individual interest in trust land as of September 30, 2009, or
- Are heirs to deceased IIM account holders or owners of land held in trust or restricted status.

**What Does the Settlement Provide?**

- \$1.5 billion fund to pay those included in the Settlement.
- \$1.9 billion to buy small interests in trust or restricted land to benefit Indian communities.
- Up to \$60 million to fund scholarships for Indian youth.

**How Much Money Can I Get?**

- Most people included in the Settlement will get at least \$1,500. Others may receive more or less based on the terms of the Settlement.
- If you are currently receiving an IIM account statement you do not have to do anything to get a payment.
- If you are not currently receiving an IIM account statement and you believe you are included in the Settlement, call the toll-free number or visit the website to register.

For more information about the Settlement and your legal rights, (You have until April 20, 2011 to act on some of these rights)

**Call: 1-800-961-6109 or Visit: [www.IndianTrust.com](http://www.IndianTrust.com)**

## 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
- Al-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

# Drop-In Center Celebrates its 3<sup>rd</sup> Anniversary

LOOKING BACK AT 2010 – THE YEAR IN PHOTOS

