



Sobriety Pow Wow
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*Special Souvenir Canoe
Journey Section*



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Muckleshoot MONTHLY



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AUGUST 15, 2011

Now that I am clean, I feel way better!



Adrielle S. Foxley and Monique Underwood-Elkins.

By Monique Underwood-Elkins

Something that has changed my life was when I first tried drugs and alcohol. I started using on the Reservation of Muckleshoot. I was 12, almost 13 years old. I was using to fit in with my family and everybody else around me. I just thought that I would've been treated differently if I didn't. At first, I thought it was a cool thing to do – until I got addicted and couldn't quit.

There are drugs everywhere you turn on the Rez – not just Muckleshoot, but any Rez. Kids are starting at a very young age. It just seems like the age gets lower and lower every year. We're losing loved ones left and right, and it's not right. Why do we allow drugs and alcohol to do such a thing towards all of our loved ones? It's changing everything and everybody. How can a bad addiction turn into such a very bad thing? I just don't understand.

I tried my first drug when I was seven years old. I really didn't start using till I was 12, almost 13 years old. It went from smoking weed to drinking alcohol to snorting/smoking pills. It was like that for awhile, and once I got too much into my addiction, I had to do more to try to get the high I wanted, but it never happened. I've also tried heroin and coke once. I got addicted to meth for a few months, too.

I knew it affected everybody around me. I didn't care what anyone thought. I was too far into my addiction to care for anyone. I didn't even care about myself. I was just thinking about when my next high would be. I didn't realize how important my life was, or even everybody else around me.

I was disrespecting the one that was there for me the most, and that is Adrielle S. Foxley! She was there for me when NO ONE else was. She taught me that I could be someone better in life besides using drugs and alcohol – just practically messing up my life, I guess I could say! But I love and respect her so much for showing me something that I thought would NEVER happen to me. I guess it's because part of the things she has taught me, I've been clean since November 8, 2010.

That's how Drugs and Alcohol have changed my life. I wanna be a better person, and a good role model for my younger loved ones. I don't want them to follow the wrong path everybody else has been following, or making the same mistakes.

Now that I am clean, I feel way better. I didn't like disrespecting loved ones, and not caring of what they had to say. This is the new Monique, and I am proud to be the person I am today!

Do you have a story to tell about your struggle with drugs and alcohol? This is where you can share it.

PADDLE TO SWINOMISH 2011

Loving, Caring and Sharing Together

This year marked the 10th annual journey undertaken by the Muckleshoot Canoe Family. The 1989 Paddle to Seattle, in which Muckleshoot participated, started a great re-awakening of Pacific Northwest Canoe Culture.

It took Muckleshoot a few years to become fully involved and actually get canoes on the water, but in 2002 a hand-carved canoe purchased at Clayoquot Sound on the west side of Vancouver Island embarked on the Tribal Journey to Taholah. The canoe didn't have a name, but when a seal followed them day after day, it had its name: The Great Seal Spirit.

Over the next few years, the Canoe Family acquired three more canoes: Eagle Spirit (our main canoe), Grandmother (named for the late Yvonne James), and Shaman (named for the late John Daniels, Sr.)

The award-winning feature-length documentary film Pulling Together was made during the 2003 journey to Tulalip, and another film, Gathering Together, was made when Muckleshoot hosted in 2006. Over the years, the Tribal Canoe Journey has played a large role in spreading teachings that have added meaning



It was bound to happen sooner or later. After many years of fine weather, a steady rain drenched the grand finale' of this year's Tribal Canoe Journey. The Swinomish had prepared beautifully down to the smallest details. Notice the wonderful cedar hat shelters! Many tons of sand had been brought in to create the beach we see onlookers standing on up on the ridge, but down below in the tidal zone, the riverbank mud had turned to pudding. Still, people toughed it out and the landing was carried on in an orderly fashion. The rest of the week went off flawlessly, and our hands are up to the Swinomish for a job well done.

to many a young person's life. Here is Canoe Captain Mike Edwards summary of this year's journey:

What a nice year we had on the paddle to Swinomish 2011. We had a very good turnout. We started off in Squaxin, and worked our way

home here to Muckleshoot on the 20th. We hosted 17 canoes, and our hands go out to each and every one that had a part to do with the Canoe Family this year.

We had a fairly new crew. I'd say half the participants this year were new, and they did a real good

job. My hands go out to each and every one of them, because every morning they all looked forward to heading out on the water to be part of the group for the day, for that healing that they were searching for – whether it be for the day or for the journey.

continued on page 3

A Heartfelt Thank You to the Muckleshoot People

I ran into Edwin Pullen at Swinomish during the week they were hosting the Canoe Journey up there. He was paddling with Muckleshoot in honor of his beloved Mother, the late Norma Rodriguez. Edwin had some words to share, so we set off to find a quiet place where we could record them.

On the way, we bumped into his Niece, Martha Boyer – Norma's granddaughter. She was wearing one of her Grandma's favorite cedar hats and was pulling with a Taholah canoe in her honor. Martha joined us, and soon we were settled in under one of the three big cedar hat shelters that the Swinomish had built along the channel as part of their Canoe Journey hosting. Here are the words they had to share.

All of these words were spoken with strong emotion, with tears welling up and spilling down the cheeks of the speakers.

My Mom came to Muckleshoot on the request of my grandmother's dying wishes. And she – my grandmother, Lillian Pullen – wanted one of her children to go and not forget our Muckleshoot side of the family.

And so my Mom took it upon herself as being that daughter to fulfill her mother's wishes. And what a blessing it was – what a blessing to see how the Muckleshoot people embraced her. It was a dream and a prayer that was truly answered by the Muckleshoot people.

I only dreamed that my Mom would be strong enough to stand on her own two feet, and the Muckleshoot people have allowed her and then some. They took her in and embraced her in her golden years. She met a lot of family. She always was introducing me to my Muckleshoot family whenever I was there with her.

I did not know where she was all the time. She was so involved with the Senior Program and the Canoe Family, which allowed her to become a committee member, an Elder, a teacher, and a mentor to the Muckleshoot people.

My mother was one of the original paddlers of 1989 (the Paddle to Seattle) for the Quileute people. She paddled, and I remember that time. And then, after that, she just went on with it. That's what embraced her life. She always looked forward to it. When she went to Muckleshoot, she realized that there was just – they were just starting off and she became involved.

I am very fortunate for what the Muckleshoot people have done for my mother, and my niece's grandmother. All the trips that she talked about – I never knew where she was going to be from one week to the next. And that was just so awesome. My Mom was so happy.

She found home. She always told me that – "I found my home." And that's what the Muckshoots have done. They opened up their hearts and their arms, embraced my mother, gave her recognition, gave her respect. And it made her feel so good, so proud. She was so proud – proud to be Muckleshoot.

It was really good to see, because as a son caretaker we only want our



Martha Boyer and Edwin Pullen

mothers to be happy. And I was able to pull away to live some of my life as a result of the Muckleshoot people. I didn't have to be so close anymore. It allowed her to flourish and to blossom within that community.

I used to hear my Mom talk about how she was so proud of all the General Council meetings, and all the committee meetings she attended. They not only provided some financial assistance, but also gave her a sense of employment. She was always so happy to receive a check from the Muckleshoot people. "I've earned this. I'm on a committee now. I get paid for my meetings," she would tell me. No matter how much money it was, she was just happy to get that check.

My Mom had a rough life, before then. There was so many journeys we went on. We didn't have no money. We only had prayer. We would always help each other out. To see it come to where she could get whatever she wanted as a result of the generosity of the Muckleshoot people, how they take care of the others in the Elders Program – that was very comforting to me. It allowed her to do whatever she wanted.

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**SKOPABSH
POW WOW**
AUGUST 19, 20 & 21, 2011

Grand Entries
Friday, 7:00 PM
Saturday, 1:00 PM & 7:00 PM
Sunday, 1:00 PM



Muckleshoot Canoe Family And the Paddle to Swinomish

Spirits were high in spite of the steady rain as the Muckleshoot Canoe Family landed at Swinomish on Monday afternoon, July 25th.

This was the 10th consecutive year that the Muckleshoot Canoe Family has completed the annual Intertribal Canoe Journey. The first time in the "modern era" was the 2002 journey to Taholah, Washington. At that time Muckleshoot was new to this culturally significant event and had a lot to learn. But over the ensuing years the Muckleshoot Canoe Family has learned a great deal from the many tribes with which they have shared the waters. Today, Muckleshoot is experienced, capable and respected.

The Canoe Journey got its start with the 1989 Paddle to Seattle, which is considered the beginning of the modern canoe movement and the cultural revival it has engendered. That year a tree was cut and carved into a canoe in the old way by Louis "Doc" Starr and his son Marvin "Cub" Starr. That first journey wasn't a long one for Muckleshoot, taking them across Puget Sound from Suquamish to Golden Gardens Park in Seattle. But what it lacked in length it more than made up for in significance. That first crew, consisting of Todd LaClair, Donnie Jerry, Roy Starr, Petro "Zeffa" Pedro, John Starr and Marvin Starr Jr, couldn't have realized that what they helped start for Muckleshoot would grow into the grand event it is today.

Only 22 summers after that first journey more than 100 Canoe Families, primarily from the Northwest but also as far away as Hawaii and New Zealand, participated in this culturally significant journey that connects our people, and our people to the salmon and the water. In many ways the canoe journey is a new tradition but one rooted in the rich history and culture of our people.

The Muckleshoot Canoe Family's overarching mission is to preserve and enhance the traditional customs and practices of the Coastal Salish canoe culture and encourage community members to participate in related traditional cultural events throughout the year. This year the Tribal School made special efforts to involve students in the Canoe Program. Tribal School staff, led by Will Bill Jr., took students out for several practice runs on Commencement Bay to teach them the ways of the canoe. When the Canoe Journey came through Southern Puget Sound this summer, many students were able to participate – some for one leg, some for the entire journey.

Next year we hope to involve more students from the Tribal School in the journey, a journey that will bring many canoe families to Muckleshoot as they make their way to the final destination, Squaxin Island. By including our students in this wonderful program we enhance our culture-based curriculum in our schools by providing our students the opportunity to travel in the ways of our ancestors in their traditional waterways and using their traditional methods.

The annual canoe journey is a big step toward our goal of promoting and preserving the traditional practices and customs of our culture. The Paddle to Swinomish was a wonderfully successful event for Muckleshoot and all participating Tribes.



PHOTO BY JOHN LOFTUS

A GOOD NIGHT OF FISHING. Henry Miller, Flossie Miller and friend Chad proudly display three King Salmon from the MIT fishery that took place on the night of August 10/11. They had a good night, selling most of their catch to Muckleshoot Seafood Products for \$2.75 a pound, keeping the rest for sale and personal use. Many good-sized fish were among the 2,786 brought in, for a total weight of 43,506 pounds and an average weight of 15.62 pounds each. The Muckleshoot fleet is currently planning to fish on pinks later this month.

Remembering Cowlitz Falls

While driving down Highway 12 south of Mt. Rainier recently, I saw a sign that said "Cowlitz Falls." Although I figured it would probably just lead to a dam, I held out hope that there might actually be some remnant of a waterfall. At the end of a long winding road, I found Cowlitz Falls Dam. No waterfall. I later learned that the falls had been dynamited and replaced with a 140-foot tall dam back in the early '90's – less than 20 years ago.

We still hear about two legendary waterfalls – Celilo Falls and Kettle Falls – but not so much about Cowlitz Falls. A week later, I saw Sophie Spencer at the Sobriety Pow Wow. Remembering that she was part Cowlitz, I asked her if she had any recollections of Cowlitz Falls.

"Sure, I remember Cowlitz Falls," she replied. "My Aunt lived there, and we used to go visit them when I was a girl. It was a beautiful place,

with big rocks and pretty falls (She made a sweeping gesture with her arms to indicate that the falls were long, with several drops.)

There were lots of salmon, and there was a part of the falls that was like a stone basin. The salmon would jump up into it and you didn't even need to fish for them – you could just go and pick them up.

We children played all around the falls, but there was a big red rock there that you weren't supposed to touch. They said that if a girl touched it, she would have a baby with no husband. And it was true! I knew a girl that touched that red rock, and she did have a baby with no husband!

The falls are all gone now. They built a dam there, and now they're all covered up."



Cowlitz Falls, then and now



Sophie Spencer and daughter, Beverly Courville

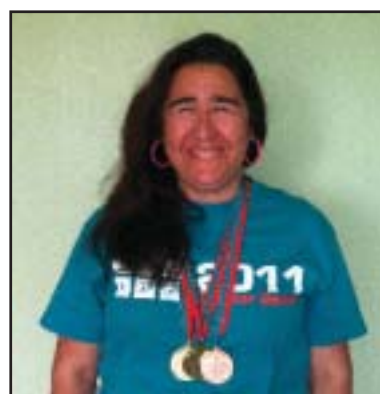
PHOTO BY JOHN LOFTUS



Kaksamah, a Cowlitz Elder

Debbie Brings Home the Gold

Muckleshoot tribal member Debbie Brassard brought home gold medals from the Special Olympics State meet, June 14th at the King County Aquatic Center in Federal Way. Debbie earned her medals in the 50-meter backstroke and freestyle events, and also earned a 3rd place in the 100 meter backstroke.



Debbie has been active in Special Olympics since the age of 12, when she won her first honors in track and field – a silver medal running the mile at Ft. Lewis. She has won a total of 60 medals since that time.

Debbie graduated from Foss High School in 1985 and has worked at Safeway in Enumclaw for 20 years. She remains active in Special Olympics and enjoys cheering on all of her teammates.

Debbie also spends countless hours raising money for the Cancer Foundation, March of Dimes and Easter Seals. She teaches Sunday school to small children and loves to fancy dance at pow wows. Debbie is the daughter of Sharon Calvert

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I am a Muckleshoot tribal member,

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Please explain: _____



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IMPORTANT ELECTION NOTICE

Please update your mailing address with the enrollment office so that you can be contacted to participate in the 2012 Tribal Election process. It is very important that your updated information is received before September 2011 so that you will receive all information and notifications regarding the 2012 Tribal Elections.

Thank you for your participation,
THE MIT ELECTION COMMITTEE
Ada McDaniel, Election Administrator
MA, ENVC

Joseph James: The Caretaker

By Cynthia Lozier

I knocked on his door and he opened it graciously. "Welcome to my home," he said. His house was very neat and tidy. I told him so. He replied, "Thank you, I try to keep a tidy house." He offered me a seat and a drink of water, and so the interview began:

"My name is Joseph James – Sir Joseph to you," he said with a chuckle.

He explained that he went into caregiving when he joined the federal Job Corps at about the age of 18. During his final six months of service, he'd volunteered in an Indian Rest Home in Phoenix, Arizona. It was there that he learned how to shave, bathe, and fix people's beds. When he got back home from the Job Corps, he started working in hospitals, and later worked in landscaping.

"My Mom was a caregiver on the side," he told me, resuming his narrative. "When she needed a break, she'd ask me to help her. My Mom would take care of people. One was an elderly woman named Bertha. Mom would call her 'Mom Bertha,' so I called her 'Aunt Bertha.' It took me a while to figure that out.

Ever since then, I've always taken care of people. It's weird how we find our calling, because my child life wasn't that good. I was handicapped and wasn't able to play as a kid. They always told me I wasn't healthy enough to play. I started feeling like I wasn't good enough. When I started taking care of people that weren't able to take care of themselves, this made me feel like I was doing something good.

The last person I took care of, her name was Mary Jeanette Owens. I called her 'Aunt Mary' and I took care of her for ten years before she passed. She was a very stubborn old lady and insisted on eating and drinking what she wanted, even when the doctor told her it wasn't good for her. I took care of her and several other people while I was on SSI myself.

I didn't charge her, because I had my own money. I spent a lot of my monies on her and others to make sure that they had what they needed, such as fans, air conditioners, vacuum cleaners, and so on. I made sure that she had food all the time. I made sure that she went to doctor appointments and such. She had several medical problems which stemmed from her diabetes. She could only walk a short ways – maybe a block.

I made sure she had fun. We went to Goodwills, and she would push the cart. That would give her needed exercise. We would go to yard



Joseph James holds a photo of Mary Jeanette Owens, who was born in South Dakota and, late in life, became his "Aunt Mary." And also his friend.

sales, and she would say she didn't want to get anything – just wanted to look. Then we would be loading up a bunch of stuff in the car. I felt that it mattered in Aunt Mary's life, 'cause I could coax her into exercising and having fun while she was doing it."

HEARTFELT THANK YOU *continued from page 1*

At this point, Edwin needed to pause for a few minutes before going on. Martha took over.

Hi, this is Martha Boyer. I'm Norma Rodriguez's Granddaughter. I just wanted to raise my hands to the Muckleshoot tribe, let them know that I was pulling in my Grandma Norma's honor this year – first year pulling. She made me a stronger person on the canoe.

I just wanted to let the Muckleshoot Tribe know that I'm very thankful for what they have done for my Grandma. I really appreciate it.

And I want to let you know that I want to be a part of the tribe, too. I want to follow in my Grandma's footsteps; I want to be able to do what she did, and to let you guys know that I know all the basket weavings, all the cedar weavings and regalia – everything – and how to bead... My Great-Grandma Lillian taught me. My Grandma Norma taught me.

I just want you guys to know that if you need any teachings or anything like that with basket weavings or regalia making, let me know and get hold of my Uncle Edwin. I'd be more than happy to teach the tribe what my grandma and my great-grandma taught me, and to thank you for doing everything you did for my grandma. I really appreciate it.

Edwin resumes.

Hello, this is Edwin again. You know, I also want to mention what the tribe did for my Mother when she came back home from the hospital. What a beautiful thing to see! Having all of the Elders come down and pay their last respects to my Mom... to see all those people in her home when she arrived, to see all those elders caring, and being sad, and being with my Mom... That was such a beautiful thing to see. I will always remember that, what happened... the Canoe Families coming down, the meals being provided for... all of that.

("The singing," Martha adds.)

They've really, really showed their love towards my Mother and our family. I just want to thank you for that – thank the Muckleshoot people – for relieving that burden upon us, and sharing it with all her friends.

The Muckleshoot Canoe Family decided that they were going to have this year's journey, 2011, in honor of my Mother. I went up to Neah Bay a couple of days before Muckleshoot left. The journey started there with my other family, Quileute, but, I didn't have that feeling. The feeling wasn't there for me.

PADDLE TO SWINOMISH *continued from page 1*

Our grounds crew did a magnificent job. Our cooks did a good job. Pullers did a good job. The support boats did a wonderful job also. So, all in all, the way everyone worked together as a team made everything go real smooth this year.

I believe there were 75 canoes this year that landed at Swinomish. It was different for the landing day this year, because it started raining for the first time or second time on the journey. But, for the landing date at Swinomish, it rained most of the day, morning, afternoon. After the canoes landed, the rain did let up.

And the way I looked at it was the rain that was there at Swinomish was like a cleansing for the tribe, for they had lost a lot of great leaders over the previous year leading up to the hosting. So it was like the rain was cleansing them and washing away everything, so that when they host Protocol throughout the week everything would run smooth. And, sure enough, everything did run smooth. It was good to see all of our canoe families from near and far visiting, watching Protocol at the tent.

I'd like to thank the elders that traveled with us at the Journey and were there with us through Protocol and throughout the week. It's nice to see the elders there with us each year. We learn from our elders – all the teachings that they pass on to us, and the wisdom that they know, the guidance that

So, I knew that Muckleshoot was starting up and a couple days later. I flew over to Squaxin, and met up with the Muckleshoots there. They immediately embraced me, allowing me to be a part of the family, opened their own hearts and their love to me. I was seeing all those Elders coming up and giving me hugs and saying that "we're happy to have you here."

"We're happy to have you here," all those old Elders said. Virginia Cross said, "We wouldn't be here if it wasn't for your mother teaching us in the beginning."

It was so good to hear all those old Grandmothers saying

that, and giving me love and respect. I was able to go on a journey with Muckleshoot, and I was able to see what my Mom saw, through my own eyes, on this journey.

And I have to say that I was quite impressed – quite impressed – about how far Muckleshoot has come, within their own camp, within their own protocol, how they handle and conduct themselves on the water. I was impressed.

I want to thank the Muckleshoot Canoe Family for allowing me to be just a small part. I was even able to skipper for one day – for a few hours anyway – and that was good for me.

I just raise my hands up to the Muckleshoot people. I'm forever indebted. It makes my spirit happy that they're dedicating this year's journey to my Mother, our Grandmother, our Auntie, our... as I used to call her – "My Little Mighty Mouse." That was my Little Mighty Mouse.

And I thank you for the opportunity to say at least a few words. (Martha says "thank you," too.)



Edwin at Swinomish

WALKING ON...

Judy M. Wayne

Judy M. Wayne 62, passed away peacefully with her family by her side in Auburn on July 21, 2011. Funeral services were held Monday, July 25 at the Muckleshoot Shaker Church, followed by burial at the White Lake Cemetery.



To The Muckleshoot Tribe and the TGA

My family and I would like to extend our heartfelt thanks for your generosity and caring in response to our family's loss. Bill loved his time with The Muckleshoot Tribe.

When he began his job, he felt you were his teachers, and then you became his friends. At the end of his time on earth you were and are part of his family. You embraced him and he loved you for this. He would smile and tell anyone who would listen how much he respected all you have achieved.

Bill and I shared 50 years of marriage and I will miss him beyond words.

As I look through some of his writings I came across the following quote. "The purpose of life is to discover your gift. The meaning of life is giving your gift away. Experience is not what happens to a person...it is what a person does with what happens to them."

Whenever he gave you his pictures, I believe this was his gift to you. I hope that I and my family can follow this philosophy.

May God continue to bless you all and I wish you and your families peace in all you attempt.

Joan Fleet & Family

I Will Be Forever Thankful

Hello, my name is Doug Moses, an enrolled member of the Muckleshoot Tribe and lifetime community member.

At the beginning of this year, January 6, 2011, I lost my dearly loved girlfriend, Patricia "Patsy" Paul, due to serious illness. Patsy was a very well-liked and was loved by many in our community. She was a warm, friendly, caring woman, always with a smile on her face. She enjoyed spending time with her friends and family. She celebrated her culture as an accomplished fancy and traditional dancer and, in her spare time, doing beautiful beadwork. She was a great woman.

When she passed, it was sudden and hard for many, including myself. During this hard time, I was blessed with help and support by many of her friends and family. With all their love, time and support and donations, we were able to put Patsy peacefully at rest.

Even after her passing, I've continued to receive all this support and love. With much appreciation and gratitude for the help with putting on fundraisers and the outstanding, gracious donation from our honored Tribal Council members, I've been able to financially put Patsy peacefully and comfortably at rest.

For all this love and support, I will forever be thankful for every person who was so touched by knowing Patsy that they found time to celebrate her life with all the support they offered. Thank you for everything everybody has done during this hard time. You'll never know how grateful I am. It warms my heart to know so many cared for and loved Patsy as much as I do.

Again, an extra special thank you to our Tribal Council members for reaching out to us and showing their love and support. Forever thankful I will be to all of you.

Sincerely,

Doug Moses

From the Bargala Family

Thank you for the prayers for Candie Bargala. Your prayers helped her survive from the traumatic ordeal; the collapse, the surgery to remove a tumor that caused pressure on her brain, and the recovery. We have always believed in prayer. Candie returned home three days after the surgery and healing very well. It is a life changing ordeal, and thank you again for your prayers.

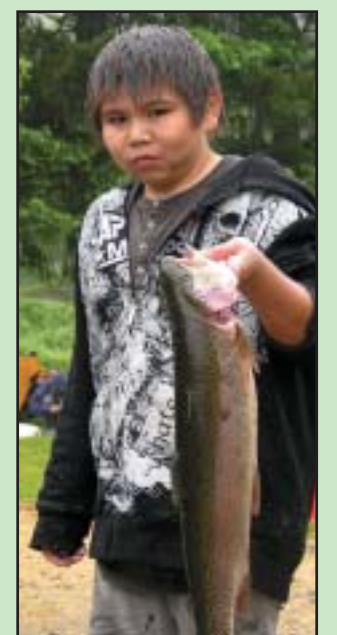
Gratefully,

Sonny, Betsy, Madeline, Dani, Little Man, Nekole & Snuffy



Patsy Paul

Keta Creek Kids Derby 2011



FISHERIES HONORS LONG-TIME STAFFER PAUL HAGE UPON HIS RETIREMENT



PHOTO BY JOHN LOFTUS



PHOTO BY JOHN LOFTUS

A WEALTH OF EXPERIENCE. Paul Hage & Stanley Moses.

“You were always willing to drop whatever it was you were doing and entertain whatever wacky question I might be bringing forward... you always had a calm presence about you.”
 – KAREN WALTER

“We could always count on you for a perspective that we hadn’t considered. In fact, on several occasions, when various issues would come up and I would address them in a certain manner, sometimes I’d be thinking in my head, ‘Well, what would Paul say about this,’ or ‘What kind of input would he provide on things?’”
 – MARTIN FOX



PHOTO BY JOHN LOFTUS

OLD-TIMERS. Dennis Moore, Paul Hage & Stanley Moses.

“...Paul getting hired in our organization...was at the beginning of folks staying for longer than just short-term. There used to be a lot of turnover in Fisheries, and a lot of people came, a lot of people went. But, about the time Paul was being hired, people started staying and staying [laughs]. So, congratulations, for being the first one that ever retires out of Fisheries!”
 – DENNIS MOORE

“I think I have mentioned it to you many times, and I will never tire of saying it – how kind a person you are. And I think that, in addition to all your knowledge and experience, and all that you have taught us, Paul, you are a gentleman, and we will always miss that.”
 – ISABEL TINOCO

“On behalf of the tribal fisherman – all of them over the years – I’d like to thank you. There’s a lot of them no longer here now, that were here when you started, and I’m sure they would thank you for everything you’ve done for them. The little ones that were ‘this big’ when you started – they’re now fishing. They’ve got their own boats. And also on behalf of those little fishermen that aren’t here yet. You’ve helped pave the way for our program to be a success, so we can have salmon around here for a long, long time to come.”
 – DONNIE JERRY

“I remember the first time I met you. I met you on the landing, just like everybody else. It was a good scary moment, but I was like, ‘Okay, if he’s cool, I’m cool.’ You’re going to be well missed. It was great working with you.”
 – ALEX BAKER

“You’ve been such a big part of how the Fisheries here has developed. And there’s going to be a hole there, because it’s going to take us all a period of adjustment, of trying – probably not completely doing – but *trying* to fill the shoes that you’re leaving. We all owe you, my friend. Thanks for your service.”
 – DENNIS MOORE



Muckleshoot Tribal Members -
 Come join us at Keta Creek Hatchery on Saturday Sept. 24th. Start the morning off with a hot breakfast at 8:30am. Tribal Members of all ages, and their families, can fish from 10am till noon. We will provide worms, basic tackle, bags, and ice. We have outdoor fireplaces and canopies to keep you warm and dry. After fishing, sit and enjoy lunch while we give out prizes for the biggest fish and draw for door prizes. Check out our derby gear and clothing at sale prices.
 Be sure to dress for the weather!

Fall Classic Derby
 September 24th
 Keta Creek Hatchery
 34900 212th Ave SE
 Auburn, WA 98092

MIT is not responsible for injuries, lost or stolen items. Please leave your pets at home.
 For more information call Gail @ 876-3178

Everlasting Beauty

THE PHOTOGRAPHY OF BILL FLEET

I remember the first time I walked into Bill Fleet's office at TGA. The walls were covered with large framed pow wow photos, each signed in gold pen. As a pretty fair photographer myself, I'm always interested in seeing someone else's work. I thought they were good, but also figured that, because pow wows are so spectacular, it's not too hard to get great pictures.

I started having Bill photograph pow wows for the newspaper from time to time, and each batch of images he captured was better than the last. Bill worked hard on his photography, took it very seriously. He constantly learned, improved, invested. He had a dream of being a great photographer, and had the dedication to pursue it just as far as his talent would take him.

And then – last fall I think it was – I saw a collection of about 30 photos he'd left for the Tribal Council to view. The first few were from the Southwest, and I thought, "Well, that's a scenic place..." but I do know how hard it is to capture the delicate nuances of light and shadow just right, and he'd done this exquisitely well.

I continued to thumb through the photos and was astonished to see that they'd been taken all over the world – Russia, China and who-knows-where! They were flat-out stunning. Breathtaking. I never got to tell him, but I said to myself, "These are absolutely *National Geographic* quality!" This is the highest compliment one photographer can pay to another. Bill Fleet had become a truly great photographer.

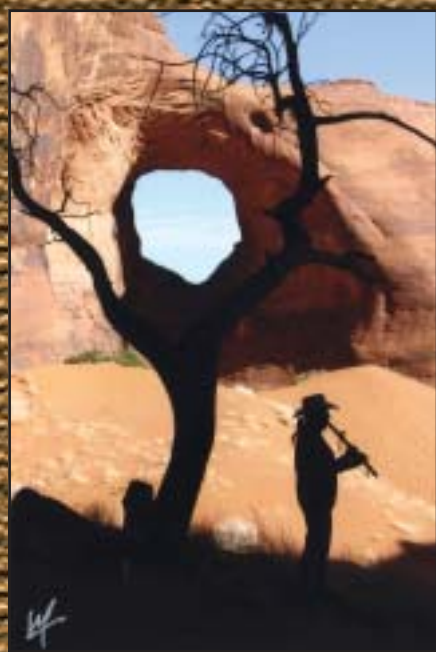
Bill was planning to photograph all three pow wows here at Muckleshoot for me this year. But before that, he was going to embark on a photo odyssey to Alaska, where he hoped to capture the massive grandeur of this wild untamed land. Sadly, it turned out to be his last photo adventure, and he never did photograph those pow wows.

His wife, Joan, tells me that he had them all written down in his date book. She also tells me that when he got back from Alaska, injured, he immersed himself in all the images he'd captured, sitting at the computer for hours on end. They were even better than he'd imagined, he told her.

Bill and Joan were high school sweethearts, and were looking forward to celebrating their 50th wedding anniversary next spring. Joan loves this Muckleshoot Community, as Bill did, and will be sharing the photos from that last trip to Alaska with us in a future edition of the *Muckleshoot Monthly*.

Our friend Bill Fleet has finished taking pictures, but he leaves behind a huge and wonderful body of work – a legacy of everlasting beauty.

– JOHN LOFTUS



The Therapist is In
Bella Townsend, MA, LMFT

I've considered coming into Behavioral Health to see a therapist but what if other people see me in Behavioral Health and think I'm crazy or have an addiction?

This is an excellent question and your concern is shared by many others. People come in to Behavioral Health for a huge array of varying issues. Yes, some people are seeking help to address intense mental health concerns and other people are addressing issues regarding drug addiction. However, many other people come to therapy to address concerns with their mood, deal with stress, process trauma, learn coping techniques, manage difficult situations and events, and many come just for positive support around common stressors and life changes. Most negative opinions about therapy come from a lack of understanding of what therapy is for. Hopefully, more people will realize that it's not just for a few specific problems and that many people can benefit from the services we provide, which will help reduce the negative opinions of Behavioral Health and remove the barriers to receiving therapy.



Behavioral Health Building, front entrance.



Behavioral Health Building, main lobby.

“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

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

Health & Wellness Center Program Hours

Muckleshoot Health and Wellness Center

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

| Program Name | Phone No. | Closed-Lunch |
|-----------------------------------------------------|----------------|--------------|
| Main Number to HWC | (253) 939-6648 | 12:00-1:00 |
| Behavioral Health (Mental Health & Chemical Dep) | (253) 804-8752 | Open |
| CHS/Registration Office | (253) 939-6648 | 12:00-1:00 |
| Community Health/CHRs | (253) 939-6648 | 12:00-1:00 |
| Dental Clinic | (253) 939-2131 | 12:00-1:00 |
| Medical Clinic | (253) 939-6648 | 12:00-1:00 |
| Optical Clinic | (253) 939-6648 | 12:00-1:00 |
| Pharmacy | (253) 333-3618 | Open |
| 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 August & September 2011

| | | | |
|----------|----------|---------|---------------------------|
| Thursday | 08/04/11 | 8-9 | Monthly All Staff Meeting |
| Thursday | 09/01/11 | 8-9 | Monthly All Staff Meeting |
| Friday | 09/02/11 | All Day | Employee Appreciation Day |
| Monday | 09/05/11 | All Day | Labor Day |

Muckleshoot Health and Wellness Center Medical Clinic Appointment and No-Show Policy Effective 07/05/11

To be as efficient as possible and to better serve you and your family members as soon as we can, we are going to be making some changes and implementing an Appointment and No Show Policy for medical-related, dental, optical, massage therapy, CHRs/transportation and behavioral health services. This change is happening because there are too many people that continually make appointments for these services and they never show up to the appointment. This impacts your appointments, because they make an appointment, don't show up and your appointments are made around these chronic No Shows. Your appointments are set back every time they don't make it. If we have four (4) No Shows in a week, that means your appointment will be made later because they will want to schedule another appointment again for the next week. These are appointments that could “you” could have had – you could have been seen sooner. The people who break appointments, hold up appointment times for you and your family. For those of you that are always make your appointments on time, you won't even notice the change—the people that will have a problem with this new policy are the ones that continuously have trouble keeping their scheduled appointments.

In order to ensure that we see everyone in a timely manner, we are going to ask that you call to cancel a scheduled appointment 24 hours prior to a scheduled appointment. This allows for our providers to schedule other people who may be waiting for an appointment. If you do not call to cancel at least 24 hours in advance, you will be considered a “no-show” for that appointment, there may be exceptions to this depending on the circumstance.

If you fail to show for an appointment, it is your responsibility to call and reschedule.

Anyone who misses a scheduled appointment in the morning will not be allowed to see a provider at the medical clinic during a same-day or walk-in appointment that same afternoon.

You should arrive 10 minutes prior to your scheduled appointment time. If you do not arrive by the scheduled appointment time, you will be considered a “no-show” for the appointment and you will have to reschedule your appointment to another time or date. There will no longer be a 10 minute grace time for you to be late for your appointment. If you have a 30 minute appointment and come in 10 minutes late, your appointment is now reduced to 20 minutes and you also have to factor in that you need to be checked in by the Med Assist (to get your vitals etc), now your appointment is down to maybe 15 minutes. The providers can not provide good quality care to you in 15 minutes.

If you fail to show for three appointments in a row OR if you have three no-shows in a three month period, you may be restricted to a selected date/time such as a Tuesday 8:30-9:30 am appointment.

After attending the restricted date/time appointment, you will be able to schedule advance appointments once again at the medical clinic.

To make sure that you are aware:

- We will be sending you a letter every time our records indicate that you no-showed for an appointment.
- Once you have accumulated three no-shows in a row OR three no shows within a three month time frame, we will send you a letter indicating that you will only be able to be seen at a restricted selected date/time appointment.
- If you are given a restricted selected date/time appointment and succeed in keeping that appointment, we will send you a letter to let you know you are eligible to make advance appointments once again.

Also, to help you remember your scheduled appointments, we will continue to try and reach you by phone the day before the appointment to remind you of the time and date of your appointment. However, it will be your responsibility to keep us updated on any address/phone number changes.

Please keep in mind, we are making these changes to make sure everyone can be seen in a timely manner at the HWC.

Thank you,
Lisa James, Health Director

Harvesting Health

by the Nutrition Team:
Colleen Crossett, Dietitian
and Pam Drake, Nutritional Therapist

My husband eats a lot of red meat. I am concerned for his health, should I be?

It is never good to limit your diet in any one food type. A wide variety of meats and high quality proteins is important to get in a range of nutrients. You didn't mention if it was wild game meat or store-bought red meat. There is a difference:

Wild game meat:

- 100 calories per serving less than farmed or store-bought
- Lean, but the fat it does have contains more good fats/Omega 3's
- Increased amount of vitamins and no artificial hormones!


Using either meat can be part of a healthy eating plan, but consider adding it in stir-fry's, soups or salads to stretch out consumption of store-bought meats.

Beef and Broccoli Stir-fry

Cut out recipe!

1 lb. Sirloin or steak of game meat
2 cups fresh or frozen broccoli
1 small onion
1 Tbsp. garlic, chopped
4 Tbsp. Olive oil
3 Tbsp. low sodium soy sauce
2 Tbsp. honey
1 tsp. crushed red pepper

Directions:
Cut onion and meat into thin strips
Add oil to hot skillet or wok. Add garlic and onions. Cook 2 minutes or until onion is lightly browned.
Add broccoli, stand back if using frozen broccoli as it will spatter!
Add sirloin and stir-fry until cooked through. Don't overcook.
Turn off heat and stir in soy sauce, honey and red pepper flakes.
Serve alone or with brown rice for a well balanced meal.



HWC Family Fun Event
Thursday September 15th, 2011
5:00pm-7:00pm



- *Food
- *Good Music
- *Dancing
- *Games
- *Skating

Come join us in some Family Fun! Kick off Fall with some fun for all ages and families!



GRAND PRIZE:
2 Night Stay @ Great Wolf Lodge



Sponsored by the Muckleshoot Health and Wellness Center

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 MHW 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.

HAPPY FEET

It begins with one step!
Come bring the family & take a stroll outside together!

WALKING CLUB

The Happy Feet Walking Club

- Two-30 minute sessions per week
- Meet in the Wellness Café & walk
- Walking on the scenic paved path around the Wellness Center
- Water will be provided during the walk and light snacks will be offered after each walking session

Dates & Times:

TUESDAYS @ 10:00AM:
July 12th, 19th, & 26th
August 2nd, 9th, 16th, & 23rd

THURSDAYS @ 5:15PM:
July 14th, 21st, & 28th
August 4th, 11th, & 18th

Keep track of your steps with a Pedometer and receive it for FREE when you complete 4 sessions!!



You must be a Wellness Center Member to participate. For more information contact Priscilla @ 253-333-3816 or email priscilla.kate@muckleshoot-health.com



Is Heroin Running Your Life?
There is help.
Call 253-804-8752

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

Optical News!!

We knew that the wait time was getting way too long to get an eye exam (almost 4 weeks out), so we've added a new Optometrist to come in a couple days a week to do eye exams.

Please welcome Dr. Kanter to our optical team. You may have already been called to reschedule your appointment to come in sooner.

HWC Optical: (253) 939-6648 M-F 8-5 (closed 12-1 for lunch).



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 can 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.

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

Ask the Dentist....

Monthly columns brought to you by your staff at the Health & Wellness Center.

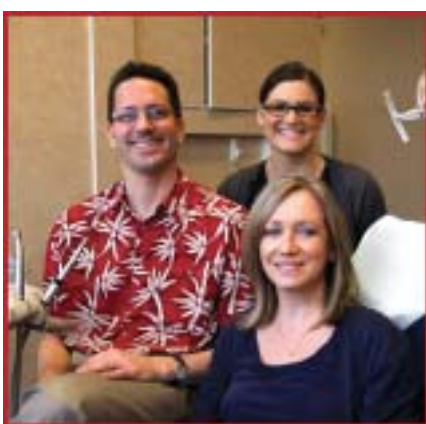
Craig Brandon, D.D.S.

Question:

Dear Dr. Craig,
Why do I need regular dental exams if I have diabetes?

Answer:

- Having diabetes can make your body less able to fight off infection, including gum infections that can lead to serious periodontal disease if left untreated.
- Dry mouth is common among people with diabetes and can lead to an increased chance of developing dental cavities.
- With diabetes, antibiotics may be necessary before oral surgery such as tooth removal, due to slower than usual healing time.
- If you would like to know more or arrange for an exam, come see us at the HWC Dental Clinic.



Rachel DiPasquale, D.D.S.

Question:

Dear Dr. Rachel,
What is a dental sealant?

Answer:

- A dental sealant is a plastic coating placed on the chewing surface of back teeth.
- They are used to fill in the narrow grooves in teeth that a toothbrush cannot fit in.
- Cavities are prevented by not allowing plaque to stick in these grooves.
- Sealants are painless, require no drilling and can provide 100% protection from getting dental cavities.
- If you would like to find out if you or any member of your family could benefit from sealants, please come by and see us at HWC.



Tanya Clarke, R.D.H.

Question:

Dear Tanya,
Why do I need fluoride after my dental appointments?

Answer:

- Fluoride helps strengthen the outer coating of enamel on kid's teeth while they are forming.
- As adults grow older their gums often recede uncovering the root surfaces of the tooth, which are 700% softer than enamel.
- Using fluoride on adults has proven to lower the chances of forming a dental cavity, heal early decay and help control sensitivity.
- If you are interested in finding out more, please come see us at the HWC Dental Clinic.

Notice:

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

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

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

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.

Biggest Loser is a Success!

The Wellness Center's Biggest Loser Challenge was an 8-week weight loss program that began on April 25th and ran through June 25th. The goal of the program was to allow participants to have a fun and supportive environment to jumpstart healthy lifestyle changes. There were four one-hour group workouts offered each week in addition to individual personal training sessions. Each team had a Fitness Trainer as a team leader. The challenge started with 39 members. Carie McGurk led the black team with 13 final participants and Dave Turpen led the Red Team with 10 final participants. The two teams 23 final participants lost a total of 289 lbs over an 8-week period. The participants succeeded in losing weight by increasing their physical activity and focusing on a healthy eating plan. Along with the guidance of the Muckleshoot Wellness Center Fitness Trainer's, each person was dedicated to their individual goals and motivations that drove them to take the necessary steps to improve their health.



Dave Turpen

| | | |
|------------------------------------------|-----------------|-------------------|
| The overall female winner: Amelia Acosta | 20.40lbs lost | 8.21% weight loss |
| The overall male winner: Jason Saldona | 20.60lbs lost | 7.84% weight loss |
| Team Black 13 final weigh-ins | 161.60 lbs lost | 4.94% weight loss |
| Team Red 10 final weigh-ins | 127.40lbs lost | 2.50% weight loss |

CONGRATULATIONS to all the participants and to the overall winners for their success! For more information on programs offered at the Muckleshoot Wellness Center, please contact 253-333-3616.



Amelia Acosta with Carie McGurk



Jason Saldona with Carie McGurk

NEED A "MEETING" TO HELP YOU !! ?

Alcoholics Anonymous -AA & Narcotics Anonymous NA

Meetings on the Rez

Monday 12:00-1:00pm A.A.

M.I.T. Recovery House
39225 180th Ave S.E.
Auburn, WA.

Tuesday 12:00-1:00pm A.A.

M.I.T. Recovery House
39225 180th Ave S.E.
Auburn, WA

Tuesday 5:00-6:00pm A.A.

Phillip Starr Building
"Cougar Room"
39015 172nd Ave S.E.
Auburn, WA.

Wednesday 12:00-1:00pm A.A.

M.I.T. Recovery House
39225 180th Ave S.E.
Auburn, WA.

Thursday 12:00-1:00pm A.A.

Pentecostal Church (In Church Sanctuary)
39731 Auburn-Enumclaw Road S.E.
Auburn, WA.

Sunday 7:00-8:30pm N.A.

M.I.T. Recovery House
39225 180th Ave. S.E.
Auburn, WA

**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.

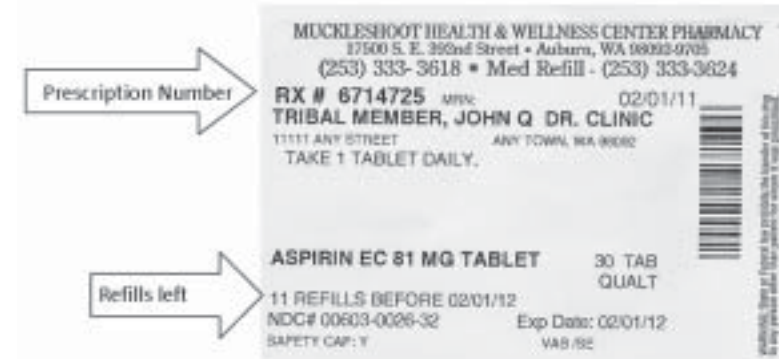
SUBOXONE at the appropriate dose can:
Reduce illicit opioid use
Help patients stay in treatment
Suppress symptoms of withdrawal
Decrease cravings for opioids

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

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

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)



Dental Clinic Location & Hours (253) 939-2131



We are located on the 2nd 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 | |

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



Muckleshoot Behavioral Health Restoring Families

To Sign-Up please call BHP
253-804-8752



Themes, Resources and Outcomes

Day:
Thursdays

Start date
August 11

Time:
11am to 1pm

Location:
Muckleshoot BHP Program~

Who: Tribal Members & Community Members

- 1. Primary Themes** focus on skills which encourage parents and children to experience, Belonging, Importance and Individuality, Being Capable – especially capable of solving problems.
- 2. Parenting in Recovery The Next Step*** is based in concepts in *The Nurturing Program* by Stephen Bavolek and *Positive Discipline for Parenting in Recovery* by Jane Nelsen, Lynn Lott & Riki Intner. These provide help for families in understanding and healing the consequences of addiction by applying recovery principles to family life and supporting recovery by supporting the family. We also use the basic child management book, *Love and Limits* by Elizabeth Crary.
- 3. Child Development:** Ages and stages of child and adult growth and development. Parents learn to understand and apply information about children's important developmental tasks and the how parents can help children belong, feel individually important and become capable at every stage of development.
- 4. Building Trust:** Learning skills that parents can use to re-build trust and security for children who may be living away from home or who have experienced separation from parents. This includes learning to work collaboratively with other caregivers, professionals and agencies who may be involved with care and decision-making for the current and future benefit of children.
- 5. Group Support:** Building current and future support networks for parents and helping class members understand the importance of their support and ideas for other recovering parents.
- 6. Overall Outcome:** To support recovering families in raising healthy children who are less at risk for substance abuse and other high-risk behaviors.

Leona Moran, Parent Educator

Family Language/Culture Camp 2011 August 23-26

- At the Silver Springs Campground
69209 Highway 410
Enumclaw WA 98022
- Bring your family for cultural activities
- Story telling, Drum making, medicine bags, fishing, huckleberry picking (if the berries are ready), etc.
- **Children MUST be accompanied by an adult at all times**
- Bring your own tent, sleeping bags, and extra clothes
 - Food and drinks will be provided
- For more info please contact
Mary Ross JR 253-876-3306
LittleMary.Ross@muckleshoot.nsn.us
Or
Morgan Sohappy
253-876-3315
Morgan.Sohappy@muckleshoot.nsn.us

Back to School Physical Week

August 22nd-26th 2011
3:30pm-5:00pm

WALK-INS WILL BE ACCEPTED AT THE HWC
MEDICAL CLINIC FOR CHILDREN PHYSICALS
PATIENT MUST HAVE A PARENT/GUARDIAN PRESENT



Check it off of your list for enrollment in:

- ✓ School
- ✓ Sports
- ✓ Daycare
- ✓ Head-Start
- ✓ Classes/Programs

Contact Muckleshoot Health and Wellness Center Medical Clinic for any questions @ 253-930-6648

Find us on Facebook



Muckleshoot Health and Wellness Center

is now on facebook

"Like" us on Facebook to get updates on:

- Information
- New services
- Events



Housing Employee of the Month

Robert Kennedy

Robert Kennedy has been with Housing for about 3 years. In that time he has become an indispensable part of the efforts to provide better housing for MIT. His knowledge of the work combined with his desire to always deliver the best has turned him into one of the best Housing employees.

Congratulations to Robert. We appreciate your hard work and enthusiasm.

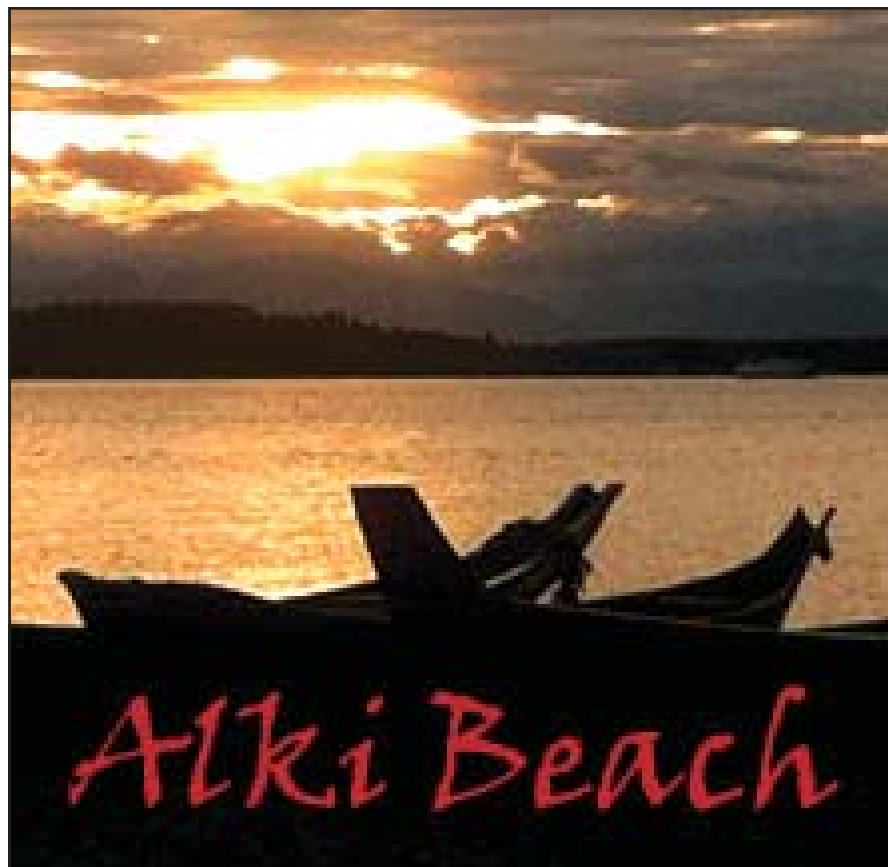


PHOTO BY MAKUATI TULATA

Muckleshoot Pentecostal Church

Kenny Williams, Pastor

SCHEDULE

| | | |
|--------------|------------|---------------------------|
| Sunday | 11:00 AM | Church Service |
| 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 |



PHOTO BY JOHN LOFTUS

FESTIVAL OF THE RIVER. The legendary Buffy Ste. Marie was among the many headliners at this year's Festival of the River, held annually at River Meadows County Park southeast of Arlington. This free event (except for \$5 parking) is sponsored by the Stillaguamish Tribe and, in addition to stage shows, also features a pow wow and numerous other events for the whole family. You might want to keep it in mind for next year. The website is: <http://www.stillaguamish.nsn.us/festival.htm>

AN UPDATE: The Muckleshoot Tribal College Berry Garden

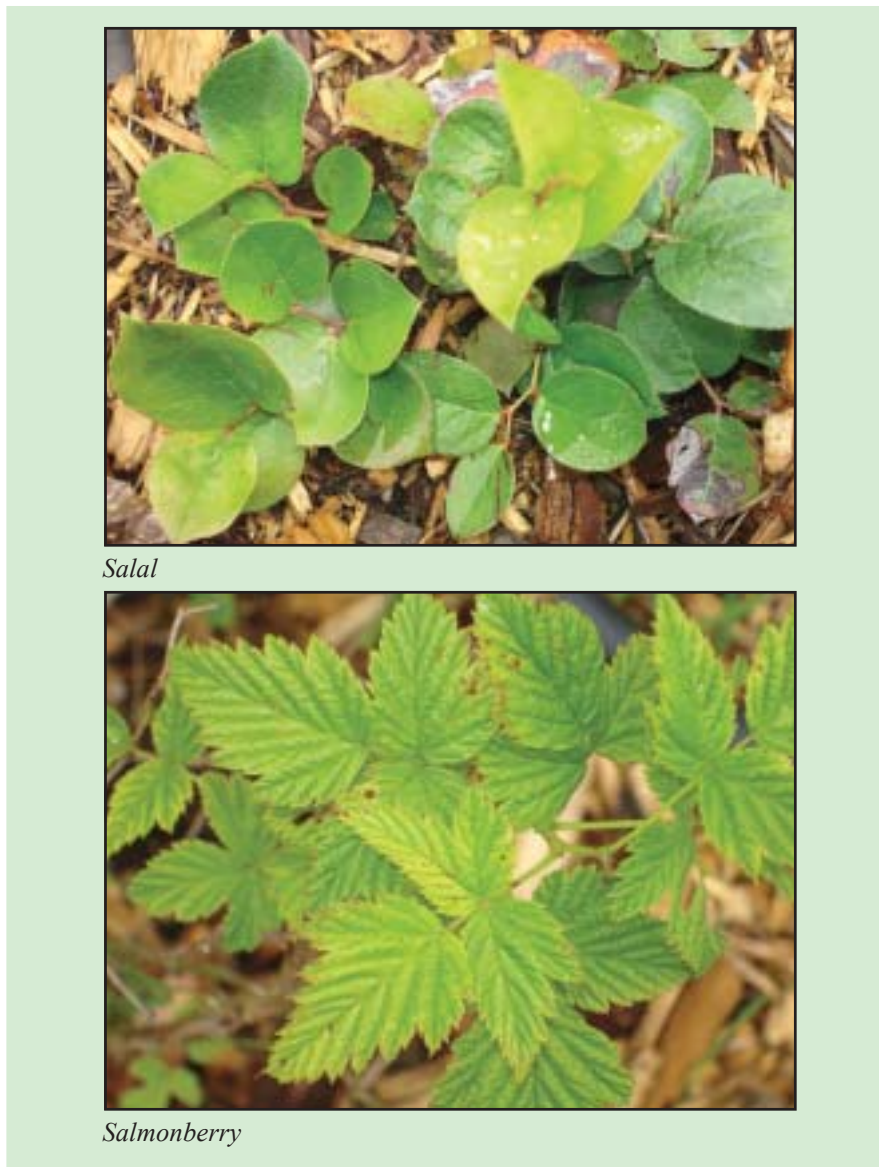
As the summer years to manifest, so does the Muckleshoot Tribal College Berry Garden. It is as if these gorgeous newborn fruit plants are taking their first steps and participating community members are witnessing such exciting moments. On July 22nd and 29th 2011, a group of Northwest Indian College students helped to mulch around most of the fruit-bearing plants and finished up installing a sitting area near the center of the garden. With their assistance we were able to crush shells that had been long awaiting this process. We were also gifted mulch from public works once again.

Soon we will hold another work party to install composting bins and signs researched and prepared by Val Bellack that will share each plants common name and Whulshootseed name. We are also planning on installing steps that will lead to the Tribal College, benches for reflection, stepping-stones and of course any community art additions are warmly welcomed.

All of this work is to prepare for the first annual Muckleshoot Berry Festival in early August 2011. The festival was created to celebrate the plants in the garden that will sustain us in many ways for years to come. Our intention is to create a space that can help us all cultivate a relationship with this significant traditional plant food. We are hoping for a berry good turn out and a whole day of fun. However, by the time you are reading this article the festival will have already happened, but next month's article (September) will capture thrilling moments from this event.

The big picture of this garden is coming more into focus now that we are almost done with the groundwork. As the seasons come and go we can watch the garden grow and transform and as the branches get thicker and stronger on the plants so, too, will the connection to plants and place we are hoping to create with the garden.

Written by Miguel Hernandez, Community Gardener for the Muckleshoot Food Sovereignty Project & Valerie Segrest, Community Nutritionist and Coordinator of the Muckleshoot Food Sovereignty Project, supported by the Northwest Indian College. Photos by Harmony Blancher.



Northwest Indian College Seeks -Part Time Faculty

Math * English * Humanities * Social Sciences * Natural Sciences * Native Studies * Continuing Education

Academic Faculty must have a Masters degree in subject area or related field and experience working in Native American communities.

Continuing Education instructors are needed to conduct workshop in art, fitness, cooking, and more. Instructors must have knowledge in specific subject area.

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

GED Exam Schedule

Remember: Dates are Subject to Change.
Please Call College to Confirm Dates

August 19th
September 16, 23, 30th
October 7, 14, 21st.

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
- 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
- Prior to taking your first test please ask our GED staff to give you our GED Orientation & Pre-Register before testing day, we do not recommend you wait until testing day. Please allow for 20-30 minutes. You must have all of your paperwork completed before entering the testing room.
- On testing day you must bring/provide 1) picture ID 2) proof of passing a pre-test 3) proof of payment 4) age 19 & under must provide "waiver" form 5) a completed and signed "General Education Development testing" form.
- Please be waiting outside the GED examination door Rm. #207 at least 10 minutes before testing.

Contact Mitzi Judge @ Muckleshoot Tribal College 253-876-3395 mitzi.judge@muckleshoot.nsn.us
 Or Tribal College Main Office 253-876-3183 www.muckleshoottribalcollege.org
 GED Instructor's Phone number Alicia 876-3375 or Jessica 876-3256
 Located at 39811 Auburn Enumclaw Road SE, Auburn WA 98092
 MTC is open to everyone to attend regardless of race/ethnicity

The Mendoza Family, visiting tribal members from the Fresno, CA area, enjoyed some coastal culture when they visited in July during the Canoe Journey. l-r: Marcie Elkins, Victor, Cynthia and Robert Mendoza, Junior Maldonado and Kerri Marquez

TAKE ADVANTAGE OF THE LONG SUMMER DAYS AND GET YOUR GED.

Visit the GED Instructors, Alicia Woods and Jessica Porter at Muckleshoot Tribal College or call for more information: 253 876-3256 and 253 876-3375.
Tutoring Available Mon-Fri 9-5 (including 12-1)*
 *Instructors are unavailable 9-10:30 Thursdays for staff meeting

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

Bachelor's Completion Program

Finish your degree and be the change you want to see!

In partnership with Muckleshoot Tribe, Antioch University offers a First Peoples' 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

Excepting Applications for Fall Quarter
Classes begin October 2011

Contact:
 Romajeon Thomas, FPBA Program Associate
rthomas9@antioch.edu
 Phone: 253-876-3258 Cell: 206-718-3380
www.antiochseattle.edu/BA

MTS Kings Basketball players sharpen skills in summer league

The Muckleshoot Kings Boys' Basketball Team concluded a successful summer league season in the Auburn Mountainview summer league. Competing against mostly larger schools in both the JV and varsity leagues, the Kings won all but one JV game, and split their games in the varsity league.

The team played a total of 20 games, which gave the players much needed experience and exposure in playing high caliber competition, which should prove invaluable for the next school season starting in December. Players competing on the team included Ryan Oldman, Preston Brown, Sean Taci, Buddy Brendible, Luis Esparza, Trisdin Lozier, and newcomer Christian Buck.

Tribal School Athletics ready for Fall Sports to begin

A full schedule of games is planned for middle school and high school students. High school teams will begin practice in August, while middle school teams will begin on the first day of school. Athletes must have a current physical exam on file in the Athletic Director's office prior to the first day of practice. Physical exams are good for two years. A parent permission form (green card) is also required. This form is available in the Athletic Director's office and the main office at MTS. MTS is excited to field teams for all age groups. The starting dates and times are given below.

- High School Football (boys)– Wednesday, August 17th – 9:00am
- High School Volleyball (girls) – Monday, August 22nd – 3:00pm
- High School Cross Country (Co-ed) – Monday, August 29th – 3:00pm
- Middle School Volleyball (girls) – Tuesday, September 6th – 3:00pm
- Middle School Soccer (boys) – Tuesday, September 6th – 3:00pm

Contact the school at 253-931-6709 if you have any questions. *Go Kings!*



Cultural Integration in Sixth Grade

This is a display found in the library of Muckleshoot Tribal School. It is the culmination of our classroom-based assessment of student knowledge about the seven characteristics of civilization that we focused on during the course of their social studies course work: economics, religion, technology, food supply, language, government and social structure.

Each student took what they learned from their study of ancient history and applied it to the Muckleshoot Tribe. During the course of this assignment, students looked at artifacts and wrote about their discoveries. Each person reviewed the seven characteristics of civilization and practiced defining them independently.

We created and shared simple books for our kindergartners explaining the concepts. And finally, each student wrote a speech and created a visual display which was used in a videotaped presentation. The display Sherri Foreman created in the library consists of the visual displays students referred to during their taping session.



Luke Moses and Kaleb Williams, security for the Sobriety Pow Wow.

MIT DEPARTMENT OF EDUCATION PRESENTS
Honoring Our Children
BACK TO SCHOOL BASH
WEDNESDAY AUGUST 31ST
at MUCKLESHOOT TRIBAL SCHOOL

INFORMATIONAL BOOTHS
 - YOUTH SERVICES
 - EARLY EDUCATION PROGRAM
 - JOB CORPS
 - NCDC
 - DROP-IN CENTER
 - RECREATION
 - GANG INTERVENTION
 - TRIBAL COLLEGE
 - SCHOLARSHIP PROGRAM / JOB
 - MUCKLESHOOT TRIBAL SCHOOL

FROM 10:00 TO 4:00
LUNCH STARTS AT 12:00
TRIBAL MEMBERS AND COMMUNITY MEMBERS WELCOME

DIRECT INQUIRIES TO 253-876-2853

FREE STUFF
MUSICAL PERFORMANCES BY LOCAL ARTISTS
CONTESTS AND PRIZES
RAFFLES ALL DAY
FUN ACTIVITIES FOR ALL AGES



MTS Canoe Journey Field Trip

Muckleshoot Tribal School enjoyed a summer school field trip to Owen's Beach and the Canoe Journey on July 19, 2011. Our well-behaved students had fun at the Puyallup sponsored event. We enjoyed the ceremony, songs, drumming, and mild weather. A big thank you to the Puyallup Tribe for hosting and making us feel welcome.

In the pictures, you can see students wiggling their toes in the sand, playing in the water and listening as Chief Leschi students sing welcoming songs to the people pulling their canoes towards shore.

Miss Alisha and her primary students (grades k-2) enjoyed the regalia and novelty of the event. Miss Taneisha's intermediate students (3-5) climbed driftwood and found ways to get as wet as their chaperones would let them. Miss Donna's middle school students, many having enjoyed canoe journey previous years, lead the younger kids by example. And Coach Don and Miss Mary's students found their way to the beach to enjoy the cultural event.

Thank you to all of our staff who made this event possible. People from the recreation center, transportation department, sports camp, kitchen staff, and educators worked together to make this an incredibly successful day at the canoe journey.



UPCOMING MTS SPORTS EVENTS

- September 3** – HOME, Boys Varsity Football vs. Taholah, 5:00pm
- September 6** – Varsity Cross Country vs. Rainier Christian School @ Lake Wilderness, 3:30pm
- September 9** – HOME, Boys Varsity Football vs. Highland Christian, 7:00pm
- September 10** – Girls Varsity Volleyball @ Jamboree, 9:00pm
- September 15** – Varsity Cross Country vs. Crosspoint @ Erland Point Park, 3:30pm
- September 16** – HOME, Girls Varsity Volleyball vs. Chief Leschi, 6:00pm
- September 17** – HOME, Boys Varsity Football vs. Lopez, 1:00pm
- September 20** – Varsity Cross Country vs. Northwest Yeshiva @ Seward Park, 3:30pm
- September 27** – Varsity Cross Country vs. Chief Leschi @ Ft. Steilacoom Park, 3:30pm

Muckleshoot Tribal School
September 6, 2011 FIRST DAY OF SCHOOL

We are working to better serve our parents/guardians/students. In that effort, we would like to provide you with information about your student's bus pick-up and drop-off times for the new school year. Please remember:

- Beginning 9/14/11 EVERY WEDNESDAY will be an 1 HOUR LATE START; release time will be the same MS/HS @ 2:30 and K-5 @ 3:30
- Have your child at the bus stop 5 minutes prior to time
- Please allow 5 minutes before or after the scheduled time to allow for traffic or perhaps a delay in picking up or dropping off another student.
- Newly enrolled students, if new bus stop, please allow 3 days for bus routing.

NOTE: Bus pick up and drop times are the same as last year. If you have a new student attending Muckleshoot Tribal School this year; please call Transportation for your child's bus information.

Transportation @ 253-931-6709 ext 3717 or cell # 253-261-1329

More details about your child's bus information will be available at the Transportation Booth @ Back to School Bash at the Muckleshoot Tribal School ~ August 31, 2011, 9:00am - 4:00pm

2011/2012
Kindergarteners

Muckleshoot Tribal School is accepting applications for children that are going into Kindergarten for the school year 2011/2012.

Here are the items needed:

- Application (5 years old by August 31st)
- Birth Certificate
- Tribal ID or Certificate of Indian Blood
- Immunization Records

Hurry in school starts September 6th, 2011
 If you have any questions please call Samantha McGee (253)931-6709 ext. 3747.

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.

Muckleshoot School Age Children

2011 Clothing Voucher Distribution Dates

Clothing Vouchers will be distributed *ONLY* on the following days **Between the hours of 9am—5pm:**

Thursday & Friday August 25 & 26

Thursday & Friday September 8 & 9th

Thursday & Friday September 22 & 23rd

Applications must be complete with all necessary signatures and submitted to the Scholarship Department the **TUESDAY BEFORE** the noted distribution date

For more information call Christina (253) 876-3370


MUCKLESHOOT YOUTH FACILITY

Hours of Operation
 SUNDAY: Closed
 MONDAY: Closed
 TUESDAY: 11:30-8:00pm
 WEDNESDAY: 11:30-8:00pm
 THURSDAY: 11:30-8:00pm
 FRIDAY: 3:00pm-11:30pm
 SATURDAY: 11:30-8:00pm

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 and meals to all youth participants. Please inquire within for details on how to get your youth involved or call us at 253-876-3383.

**Hours of Operation
(July 1st-September 3rd)**

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



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.

Does your child attend Chinook Elementary School?

Call now to learn about free after-school tutoring! Hurry, spaces are limited.




Auburn Sylvan, 410 Main Street (253) 218-0590



2011 28th Annual Ducks Co-Ed Softball Tourney AWARDS

Champions-All Nations-\$1,000
 2nd Place-Dwayne Ross Jr.'s Team-\$500
 3rd Place-BGC (LAWRANCE JERRYS TEAM)-\$300

All Stars:
 Ducks - Macy James & Tonio Cabanas
 Starrs - Tino
 All Nations - Tim Ross
 Cowboys & Ndns - Tammy
 BGC - Ricky Crombie
 Jeff Sheldon's Team - Jake
 Nisqually - Jason
 Sandlot - Joseph aka "T-bone"
 Dwayne Ross Jr.'s Team - Brian H

Home Run Contest - Brian H. \$100
50/50 RAFFLE WON BY GLORIA S. AKA "G" -\$80
 THANKS TO LIZ PENN FOR CASH DONATION, UMPIRES (CHAN, BOTO, BUBBA & ACE), MUCKLESHOOT TRIBE FOR THE FIELDS, KELVIN BARR FOR PREPARING THE FIELDS & BUBBA FOR RUNNING THE LIGHTS.
 THANKS TO EVERYONE ELSE WHO HELPED MAKE IT A SMOOTH & FUN TOURNEY.
 HOPE TO SEE YOU NEXT YEAR IN JULY.

Pete Jerry & Family

Guardianships of Depended Children & Kinship Families are welcome to attend all classes

Muckleshoot Indian Tribe PRIDE TRAINING AT

39015 172nd Ave. S.E.
 Auburn, WA 98092
 Administration Bld.
 (In Facilities Conference Room)
on August 23rd-26th, 2011
From 9:00 AM- 5:00 PM



To become a licensed Foster Parent you must complete the following trainings:

ORIENTATION: Must attend an Orientation session in person or Online. By viewing video's and taking the quiz on www.dshs.wa.gov/ca/fosterparents.

PRE-SERVICE TRAININGS: You are required to take (27) hours of pre-service trainings. As in First Aid / CPR / and Blood-borne Pathogens courses. This Course is offered free of charge.

Please contact Susan Starr, MCFS, Foster Care Licensor or your Case-worker @ ICW Program if you are going to attend @ (253) 876-3397.

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!



MUCKLESHOOT INDIAN TRIBE JOB FAIR



Job Fair-please come by to introduce yourself to the construction trades.

September 13, 2011 12:00 noon-5:00 pm

Contact Angelica Roberts with questions 253.876.3282

PHILIP STARR BLDG

UNION REPRESENTATIVES AND CONTRACTORS WILL BE ON HAND TO SUPPORT YOUR INTERESTS.

COME TALK TO UNION REPRESENTATIVES, FIND A GOOD FIT FOR A FUTURE CAREER



Muckleshoot Bingo Celebrates Native American Day!

Date: Friday, September 23rd

Times: Matinee & Evening Bingo Sessions

Who: We're asking for volunteers who are able to provide the following

*Cultural Dancers

Dancing will be showcased before bingo and during intermission matinee & evening sessions. Approximate times are 11am-2pm and 6 pm-9pm.

* Cultural Vendors

Booths will be available for free to any registered Tribal member. Please contact us soon as space fills quickly!

* Tribal programs

We would like to show our regular bingo players how Bingo has helped our community!

Registration:

To register call Laci Qualls or Anita Pedro at (253) 735-2404 or email laci.qualls@muckleshootbingo.net

Muckleshoot Indian Bingo | 2117 Auburn Way S, Auburn, WA 98002 | 253.735.2404 | www.muckleshootbingo.com

YOUTH SOCCER

Sign your child up for Soccer!

GRADES

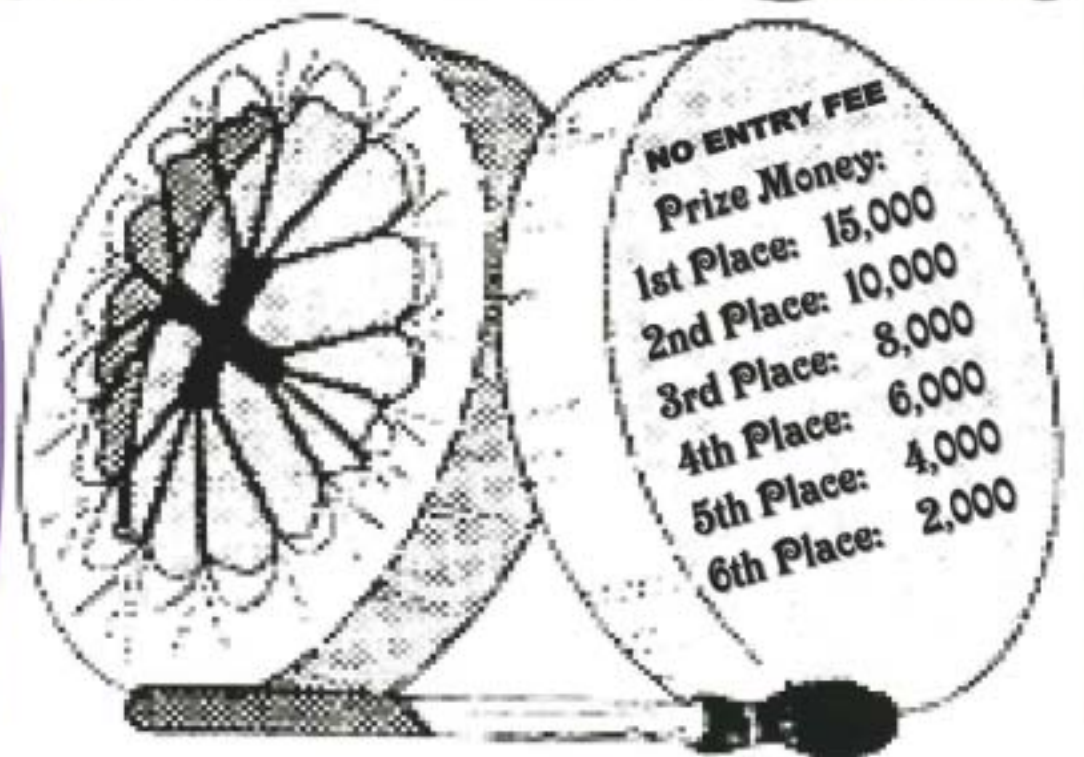
- K - 1st (boys and girls)
- 2nd - 3rd (boys and girls)
- 4th - 5th (boys and girls)
- 6th - 8th (boys and girls)
- 9th - 12th (boys and girls)



Soccer starts September 24th and ends November 12th. K-1st ends October 29th. Sign-up forms are available at the Recreation Office. For more info, call Tabitha Baker at 253-876-2923.

Muckleshoot Casino Stickgame September 9, 10, & 11

Casino Stickgame



Registration closes @ 2:00 PM SHARP NO EXCEPTIONS

Tournament

The Muckleshoot Casino is easy to find, from all points take Highway 18 (Exit 142A off I-5) to the Auburn/Enumclaw exit (Highway 164) and turn left Approximately 2 miles destination will be on the left across the Muckleshoot Bingo Hall and North of the Muckleshoot Casino.

2402 Auburn Way South Auburn, WA

For More Information Contact:
Sharon LaClair 253-804-4444 Mike Jerry 253-876-2981
Eyle Residents 360-825-1586

Dear Olivia,

Our family is so proud of you and the fantastic way you have represented yourself, this community, and our Pow-Wow this past year as Miss Skopabsh. You've grown into an intelligent, respectful, and positive young role model. This year you have faced many personal trials and tribulations and yet you continue to be strong, caring, and an example for everyone with your everlasting smile and humor. Through all the tough times life has challenged you with, we've still seen you improve on your public speaking, leadership, and dancing, skills. These are accomplishments we hope you know have not gone unnoticed. You are truly amazing and inspirational.

Our wish for you, is that you recognize your potential, believe in yourself, and continue to strive for your personal, athletic, and academic goals. Please always remember what an incredible person you are and know that your family will always be here to support, encourage, and nag you when you need it!

With unconditional Love,

Auntie Madrienne, Mom & Matt, Dad, Gram & G, Uncle Josh, Auntie Char, Alicia, Baby M, Lauryn, and Farrak



NEW LOCATION NORTH OF CASINO

OPEN GAMES FRI-SAT-SUN

Over \$100,000
in Cash & Prizes

DANCE CONTEST

GOLDEN AGE CATEGORIES (50+)

\$1200-\$1000-\$800-\$600-\$400

ADULT CATEGORIES (18-49):

Men's Traditional, Men's Prairie Chicken, Men's Grass, Men's Fancy

Women's Buckskin, Women's Cloth, Women's Jingle, Women's Fancy

\$1200-\$1000-\$800-\$600-\$400

TEEN CATEGORIES (13-17)

\$500-\$400-\$300-\$200-\$100

JUNIOR CATEGORIES (7-12)

\$300-\$200-\$175-\$150-\$100

COMMITTEE SPECIALS

Wally Paul (35+) Men's Northern Straight Special
Old Style vs Contemporary Men's Grass Special
Jeannette Morrison-Miller (35+) Short Fringe Special

Old Style vs Contemporary Women's Jingle Special
\$1200-\$1000-\$800-\$600-\$400

ROYALTY SPECIALS

Skopabsh Warrior Dylan Nelson-Jerry Jr. Boys Traditional Special

Lil Warrior Shane Moses Jr. Boys Fancy Special
Miss Skopabsh Olivia Courville Teen Girl's Jingle Special

Jr. Miss Skopabsh Rosalie Fish Jr. Girl's Fancy Special

Lil Miss Skopabsh Daveya Rojero Tiny Tot Special

DRUM CONTEST

\$10,000-\$8000-\$6000-\$4000-\$2000

\$3,000 Split

(7) minimum singers to register for contest

1st (10) non-contest drums paid

(5) minimum singers to register a drum

HOST DRUM

Bear Creek

Sault Ste Marie, ON

Host Hotel:

Auburn Best Western Peppertree
(253) 887-7600 • *Powwow Rate

Vendor Information: Charles Williams
(253)334-1182 or N8iveagle@gmail.com or
Tiffany Escalon (253)269-2598

Not liable for theft or accidents. No drugs or alcohol.
Camping and showers available.



MUCKLESHOOT SKOPABSH POWOW 2011

AUGUST 19, 20, 21

MUCKLESHOOT INDIAN RESERVATION

AUBURN, WASHINGTON

Fri, Aug 19th - Grand Entry 7 PM

Sat, Aug 20th - Grand Entry 1 & 7 PM

Sun, Aug 21st - Grand Entry 1 PM

MC's: Lawrence Baker & Russell Red Crow

Arena Director: Cetan Wanbli Williams

Head Man Judge: Victor Harry

Head Woman Judge: Josette Wahwasuck

Head Drum Judge: Dana Goulet

Head Man Dancer: Rudy Shebala

Head Woman Dancer: Katrina Walsey

Whipwoman: Karen Umtuch

General Information: madrienne.salgado@muckleshoot.nsn.us or wendy.lloyd@Muckleshoot-Health.com
Website: <http://www.muckleshoot.nsn.us> • Grant Timentwa (253) 876-3327 • grant.timentwa@muckleshoot.nsn.us

Muckleshoot Elders Newsletter



Happy Birthday

Birthdays in August

| | | | |
|--------------------|-------|---------------------|-------|
| Lorraine Cross | 08/01 | William Nelson | 08/24 |
| Lorraine Reed | 08/01 | Dhyan Story | 08/25 |
| Laurie Molina | 08/02 | Julie Wonderling | 08/25 |
| Ramona Elkins | 08/04 | Leo Daniels | 08/26 |
| Theresa Hennes | 08/06 | Maryanne Moses | 08/26 |
| Sherene Berry | 08/08 | Wilfred Williams | 08/26 |
| George Reed | 08/09 | Aaron Bargala | 08/27 |
| Donna Starr | 08/09 | Marguerite McClusky | 08/27 |
| Larry Nichols | 08/09 | David Ross | 08/27 |
| Fred LaClair | 08/14 | Walter John | 08/29 |
| Anthony James | 08/18 | Joyce Bartram | 08/30 |
| Charlotte Williams | 08/21 | Mike Edwards | 08/30 |
| Carlene Shultz | 08/22 | Patrick Wilbur | 08/31 |

BIRTHDAYS

Northwest Trek

The Elders headed out to Northwest Trek and it was a nice day. It didn't rain and it wasn't too hot. After enjoying a picnic lunch the Elders took a walk on the trails.

Farm fresh vegetables in the kitchen

The Senior Center kitchen staff is now using farm fresh fruits and vegetables exclusively. In our continuing effort to provide our Elders with healthy, nutritious foods, we are now picking up fresh fruits and vegetables right off the farm in Kent, WA.

Effie's Cleaning Tips

Air Freshener: Commercial air fresheners mask smells and coat nasal passages to diminish the sense of smell.

- Baking soda or vinegar with lemon juice in small dishes absorbs odors around the house.
- Having houseplants helps reduce odors in the home.
- Prevent cooking odors by simmering vinegar (1 tbsp in 1 cup water) on the stove while cooking. To get such smells as fish and onion off utensils and cutting boards, wipe them with vinegar and wash in soapy water.
- Keep fresh coffee grounds on the counter.
- Grind up a slice of lemon in the garbage disposal.
- Simmer water and cinnamon or other spices on stove.
- Place bowls of fragrant dried herbs and flowers in room.

August Recipe

A rehydration drink replaces both fluids and electrolytes in amounts that are best used by your body. Sports drinks (Gatorade, Power Aid, etc.) and other sugared drinks will replace fluid, but most contain too much sugar and not enough of the other essential ingredients. Plain water won't provide any necessary nutrients or electrolytes. You can make an inexpensive homemade electrolyte solution. Measure all ingredients precisely. Even small variations can make the drink less effective or even harmful.

Rehydration Drinks

- ... 1 quart of water
- ... ½ teaspoon baking soda
- ... ½ teaspoon table salt
- ... 3 to 4 tablespoons sugar

Recipe provided by Healthwise for Life

Thank You!

I would like to take this opportunity to thank my family, the Tribal Scholarship Program, Senior Center Staff and our Elders for all of the support I received while pursuing my Masters Degree.

On Friday, June 24th, 2011, Mitzi Judge, Dena Starr and I received our Masters Degree in Management from Antioch University. I intend to combine this degree with the practical skills I have learned on the job and make a real difference here at Muckleshoot.

Over the years I have worn many labels – tribal member, daughter, sister, cousin, wife, mother and grandmother. It gives me great pleasure to add "Masters Degree Graduate" to that list. It is never too late to get started. Nothing would please me more than to have my children and grandchildren follow in my footsteps (but they don't have to wait as long as I did).

Noreen Milne

Masters in Management



Elders on the Canoe Journey





Dad Mom aka Fred Wilma

Happy Birthday Nana Charlotte Williams!!

We love you,
Sam Kids
Stacer, Sampson, Saleena, Scotty



Papa Nana with kids



Mom & Dad

Happy 16th Birthday Sammy!!

We love you and are very proud of you!!!

Glad you are back home...

Mom & Dad
Stacer, Leena, Scotty



Christmas 2010

Happy 18th Birthday, Whitney!

We are very proud of the young woman you are becoming, and we will continue to be by your side and help you achieve all of your dreams.

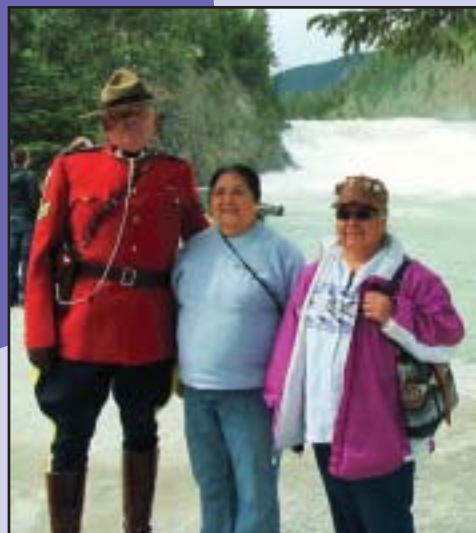
We love you, Whitney.

Love Always,

Mom, Kelvin
Rena, Anthony



CANADIAN TOUR. Here's a few photos of the Canadian vacation sisters Virginia and Lorraine Cross enjoyed with friends Lyle and Geri Davis in July.



Marlee Jo Rodarte ..



Our wish for you, is that life becomes all that you want it too, your dreams stay big, your worries stay small, and you never need to carry more than you can hold.

Happy 3rd birthday beautiful! We love you so much.

Love, Auntie, Daddy, Grandma shell-shell, and Grandpa Paul.



Congratulations Roger Brown & Brianna Perez on their new son Garrett Edward Brown. Born - June 11, 2011. Weight - 9 lbs. 4 ozs. Length - 20 inches



Congratulations to Dylan Brown & Sheylenn Lozier for graduation from Chinook Elementary school

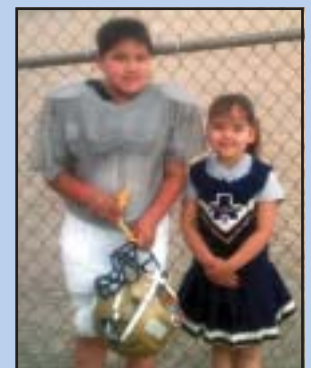


Congratulations to Richelle Brown on graduating from Northwest Indian College on June 17, 2011

Great Job! Love you all! Liz & RB

Quentin Maurice Baker

Born August 4th 2011 @ 9:21pm
7lbs. 15.7oz., 19 inches long
Proud Parents:
Melanie Moses & Robert Baker
Proud Grandparents:
Ann Moses & Lloyd Barr



Sean and Mona Elkins in their new football and cheer outfits.



Big brother Jaison shows Mona and Sean a King Salmon he caught. After working as an intern in the Legal Dept. this summer, Jaison has returned to Boulder, CO, where he is a pre-law student at the University of Colorado.



MUCKLESHOOT POLICE



Muckleshoot Police July Recap

06/22/11 6:15 PM 11-135304 Muckleshoot Health and Wellness Center Theft

An Android cell phone was taken from a locker while the victim was swimming.

06/23/11 12:00 PM 11-135931 Cedar Village Theft

A male cut a bungee cord on a utility trailer and took an orange colored Stihl Power (leaf) Blower. The blower belonged to the landscaper doing lawn maintenance at Cedar Village.

06/23/11 4:45 PM 11-136241 Muckleshoot Health and Wellness Center Theft

An AT&T HTC Surround cell phone was taken from a table while the adult female victim was there for an appointment.

06/23/11 8:20 PM 11-136377 King George Property Illegal Fireworks

An adult male was arrested for sealing illegal fireworks.

06/25/11 10:20 PM 11-137975 Muckleshoot Pow Wow Grounds Assault

One juvenile assaulted another juvenile, the victim fought back. The victim dropped her purse and forgot it when she walked away. The purse was later found in a trash can with \$80 in cash and the rest of the contents missing.

06/25/11 10:30 PM 11-138057 16400 block SE 392 ST Civil Problem

A green Dodge Caravan minivan was taken from behind a house while the adult male driver was inside. It was later discovered that the adult female owner of the vehicle came to the house and took the van without the male knowing.

06/26/11 3:00 PM 11-139095 17500 block SE 392 ST Theft

An adult female parked her car on SE 392 ST while she went to the Pow-Wow. When the female returned to her vehicle her IPOD was missing from the glove box. The female may have left her car unlock, there was no forced entry into the car.

06/26/11 7:33 PM 11-138538 17200 block SE 400 ST Drug Overdose

An adult male overdosed on heroin. The male was unconscious and barley breathing; he was treated by the fire department at the house and transported to the hospital. The male recovered and was released from the hospital.

06/28/11 9:57 AM 11-139833 38500 block 172 AV SE Runaway

A father reported his juvenile child as a runaway.

06/29/11 8:10 PM 11-139833 Skopabsh Road/SE 388 ST Found Runaway

A father found his runaway juvenile child after he received a tip on where they were.

06/29/11 9:30 PM 11-141236 Muckleshoot Deli Trespass

An adult male was observed urinating behind the Muckleshoot Deli on the Deli's property by a deputy. The male was trespassed from the Deli for violating the posted Deli's rules.

06/30/11 7:45 AM 11-141472 Muckleshoot Tribal School Family Disturbance

School security observed an adult male and an adult female arguing in the school's parking lot. The School Resource Officer was called. The couple is married; the deputy discovered that no crime had occurred.

06/30/11 10:00 AM 11-141744 Muckleshoot Reservation Sex Offense

This was a referral from Child Protective Services (CPS.) A sex offence occurred or was attempted on the reservation. Details are being kept confidential due to the nature of the case and an ongoing investigation.

06/30/11 11:15 AM 11-141776 38900 block Auburn-Enumclaw RD SE Trespass

An adult female was arrested at a house for fraud. The elder grandmother who owns the house told her arrested adult granddaughter that she did not want her at the house anymore. A deputy formally trespassed the granddaughter from the house.

07/01/11 1:30 PM 11-142587 Davis Property Theft

An adult female reported that back in February another adult female stole jewelry from her bedroom and pawn it at a pawn shop.

07/05/11 6:03 AM 11-146248 Davis Property Fight Disturbance

A report of two adult males and one adult female assaulting another adult female. The victim female was contacted; deputies had the fire department respond to give aid for minor injuries. Three adult females were detained. The victim would not give names of who assaulted her and did not wish to assist in prosecution.

07/05/11 6:38 AM 11-146266 Davis Property Warrant Arrest

An adult female was detained during a fight disturbance. The female had a misdemeanor warrant from Auburn for "Failure to Appear, No Valid Operator's License without ID" with a \$1,000 bail. The female was arrested on the warrant and booked into the Auburn Jail.

07/05/11 3:13 PM 11-146583 Pentecostal Church Stolen Vehicle Recovery

A deputy was checking on a suspicious vehicle near the parking lot of the Pentecostal Church. The blue Subaru Legacy station wagon was a stolen vehicle from Seattle. The car was impounded at the owner's request.

07/05/11 3:55 PM 11-146620 Pentecostal Church Stolen Vehicle Recovery

While recovering a stolen vehicle at the Pentecostal Church a second deputy discovered another stolen vehicle behind the church. This vehicle was a gray Subaru Legacy station wagon and had been stolen in Auburn. The vehicle was released to the owner at the scene.

07/06/11 1:40 PM 11-146497 17000 blk SE 392 ST Traffic Offense

Traffic stop because of failing to stop at stop sign. Cited for stop sign and no insurance.

07/07/11 6:30 PM 11-148523 Dogwood/Auburn WYS Controlled Substance

Deputy conducted traffic stop which driver was in possession of marijuana.

07/08/11 11:25 AM 11-149112 39200 blk Auburn-Enumclaw RD FIR

Suspicion person identified as member of Outlaw Motorcycle Gang

07/09/11 6:20 AM 11-149794 38400 blk 172 AV SE Assault-DV

Female reports being assaulted, threatened, and held against her will for several hours.

07/10/11 12:30 AM 11-150439 41300 blk 180 AV SE Burglary non-forced

Report of house being entered and electronics stolen by possible known suspects.

07/01/11 2:22 PM 11-151529 39200 blk 165 AV SE Burglary- forced entry

House entered and ransacked sometime within the last 10 days. Nothing missing.

07/11/11 4:04 PM 11-151628 38900 block Auburn-Enumclaw Theft

Jewelry reported stolen from a purse and later found to be pawned.

07/11/11 11:27 PM 11-151958 2700 blk Riverwalk Dr Warrant-Felony

Male subject arrested on a felony violation of court order warrant.

07/12/11 10:30 PM 11-152692 40600 block Auburn-Enumclaw Disturbance

A disturbance during the Mayhem festival resulted in ejections from the venue.

07/13/11 6:45 PM 11-153328 White River Amphitheater Theft

An adult male reported that on 07/12/11 his cell phone was stolen from his car.

07/13/11 8:00 PM 11-153471 41900 block 180 AV SE Burglary

An elder male left his house for about an hour, when he returned his 50" black Panasonic plasma TV was missing.

07/14/11 2:10 PM 11-154053 16400 block SE 368 ST Theft

The adult female victim reported that three truck batteries and two car batteries were stolen from her property on 07/11/11. The victim believes that an adult native male took the batteries after being at the property asking for scrape metal.

07/15/11 9:10 AM 11-154585 Davis Property Warrant Arrest

A Tacoma police officer requested that an adult male be arrested on his felony Tacoma warrants for "Assault in the First Degree with a Weapon" and "Assault in the Second Degree-Domestic Violence." The male was arrested on the Davis Property and transported to Sumner where his custody was transferred to a Tacoma officer.

07/15/11 3:20 PM 11-154880 Davis Property Theft

An adult female reported the theft of two cell phones from her children by two known adult males.

07/15/11 7:30 PM 11-155101 Dogwood ST SE/Auburn Way S Warrant Arrest

A deputy observed an adult male behind the Muckleshoot Market and contacted him. The male had a felony no bail Department of Corrections (DOC) warrant for "Escape." The male was arrested on the warrant and booked into the King County Jail.

07/15/11 9:44 PM 11-155244 37900 block Auburn-Enumclaw RD SE Recovery of Stolen Vehicle

A Muckleshoot deputy discovered a stolen 1990 gray Honda Accord 4 door on vacant tribal property. The car had been stolen from the Regal Theater at the Super Mall on 07/14/11. The vehicle was picked up by the owner.

07/16/11 3:00 PM 11-155701 SE 392 ST/Auburn-Enumclaw RD SE Warrant Arrests

Two adult males were contacted walking on the side of the roadway, one was stumbling. Both males had warrants. The first male had a felony Department of Corrects (DOC) warrant for "Escape" he was arrested and booked into the Enumclaw Jail on the warrant. The second male had a misdemeanor warrant from Auburn; he was arrested and booked into the Auburn Jail on the warrant.

07/16/11 5:00 PM 11-155791 White River Amphitheater Drunkenness

An extremely intoxicated adult male was contacted after a report of him urinating in the parking lot. The male was lying on the ground when contacted, he was unable to get up on his own, unable to care for himself, was uncooperative and was in danger of walking into traffic. The male was sent to the hospital by a private ambulance for detox purposes.

07/16/11 6:00 PM 11-155827 White River Amphitheater Marijuana Pipe for Disposal

An adult male was contacted after he fell down due to extreme intoxication. During a search of the male a marijuana pipe was discovered. The pipe was taken for disposal.

07/16/11 6:50 PM 11-155851 Copper's Corner Suspicious Circumstance

A deputy discovered a vehicle behind the Cooper's Corner abandoned building. In a wheelchair in the rear of the vehicle was a disabled adult female who was unable to care for herself. The female's mother showed up six minutes later. A report was written for documentation purposes.

07/16/11 8:25 PM 11-155961 White River Amphitheater Theft

Two cars were broken into in the parking lot; one vehicle had its front passenger side window smashed. An I-Touch, I-Pod Classic, Magellan Maestro GPS and a Del Inspiron Laptop were taken.

07/16/11 8:30 PM 11-155964 White River Amphitheater Theft

An adult male had his car window smashed and an IPOD Touch stolen.

07/16/11 9:50 PM 11-156106 White River Amphitheater Disorderly Conduct

A very intoxicated adult male was detained by event security due to trying to enter an area he did not have access to, deputies were called to assist. The male was very verbal, failed to listen to instructions and continued to behave in a disorderly manner, he admitted to drinking a half liter of Cognac and smoking marijuana. The male was sent to the hospital for detox.

07/16/11 10:00 PM 11-156056 White River Amphitheater Vandalism

An adult male had the rear window smashed out of his car.

07/17/11 3:21 PM 11-156435 Davis Property Drunkenness

Deputies were called due to an intoxicated adult sitting on the front steps of a house, drinking alcohol and yelling at neighbors. The male was warned about his behavior and sent on his way as he did not have permission to be at the location. The male is a Davis Property resident, a memo was sent to Tribal Housing about the incident.

07/17/11 5:40 PM 11-156518 White River Amphitheater Theft

A juvenile reported that their car was broken into on 07/16/11 and that two Northface backpacks and a TOM TOM GPS unit were stolen.

07/17/11 10:40 PM 11-156726 King County Library Recovered Stolen Vehicle

A suspicious vehicle was noticed in the King County Library parking lot by tribal security, a Muckleshoot deputy was notified. The green 1996 Subaru Outback station wagon was stolen in Seattle on 07/12/11. The owner was notified via a voice message where the vehicle was for pickup.

07/18/11 3:19 PM 11-157194 3700 block Lemon Tree LN Warrant Arrest

Deputies arrested an adult female on four misdemeanor warrants out of Auburn. Two of the warrants were for "Driving While License Suspended in the Third Degree" and two of the warrants were for "Theft in the Third Degree." The female was booked into the Auburn Jail on the warrants.

07/18/11 8:31 PM 11-157474 2600 block Auburn Way S Death Investigation

Muckleshoot deputies responded along with Auburn officers to the report of a male hanging from a tree. An adult male was discovered deceased in what appeared to be a suicide. Auburn Police conducted the investigation.

Traffic Stops

Seventeen (17)

Cedar Village Block Watch

On August 9, 2011 Cedar Village residents celebrated their first ever Block Watch party. There was food, drinks, desserts, and great conversations. Residents had a chance to talk with each other and ask us questions. This was a well attended event. I want to thank everyone who was able to attend and a special thanks to Andrea Hatch at Housing. She went door to door delivering flyers!



Our next Block Watch party will be scheduled sometime during the month of September 2011 in the Davis site. These Block Watch parties are open to all community members regardless of where you live. I hope to see you all next month.

This event was made possible with the cooperative efforts of the Muckleshoot Police Department and the Muckleshoot Housing Authority. Working together we can make this a safer community.

Thank you,
Deputy Ron Riels
253-876-3027



CULTURAL WELLNESS GATHERINGS

AA Meeting Time

Muckleshoot Recovery House Mondays 12:00 Noon
39015 172nd Ave. SE,
Auburn, WA 98092

Feather Healing Circle

39015 172nd 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

MUCKLESHOOT INDIAN CASINO

You can now apply for jobs ON-LINE

Visit 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



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

Visit the Muckleshoot Tribe's

NEW WEBSITE!



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.



**Muckleshoot Tribal Court of Justice
In and for the Muckleshoot Indian Reservation
Auburn, Washington**

IN RE THE MATTER OF:)
TAMMY JAMES,) Case No.:)
Plaintiff) MUC-CIV-5/11-111)
V)
JOHN L. BROWN,)
Respondent.) NOTICE OF CONTINUED SHOW CAUSE)
HEARING ON CIVIL COMPLAINT FOR)
DAMAGES AND REIMBURSEMENT)

To: JOHN L. BROWN, DEFENDANT
TAMMY JAMES, PLAINTIFF

YOU AND EACH OF YOU will please take notice that a SHOW CAUSE HEARING ON Plaintiff's CIVIL COMPLAINT FOR DAMAGES AND REIMBURSEMENT has been scheduled for TUESDAY the 27th day of September, 2011 at 10:30 A.M. in the morning, in the Muckleshoot Tribal Court of Justice located at 39015 172nd Avenue SE, Auburn, WA 98092.

If you have any questions regarding the nature of this hearing or the location of the Court, please call Court Clerk at 253-939-3311.

FAILURE TO RESPOND OR TO APPEAR after actual or constructive notice could result in criminal contempt of court charges punishable by a fine of up to

**Muckleshoot Tribal Court of Justice
In and for the Muckleshoot Indian Reservation
Auburn, Washington**

IN RE THE MATTER OF:)
TAMMY JAMES,) Case No.:)
Plaintiff) MUC-CIV-5/11-112)
V)
FELICIA R. EMERY,)
Respondent.) NOTICE OF CONTINUED SHOW CAUSE)
HEARING ON CIVIL COMPLAINT FOR)
DAMAGES AND REIMBURSEMENT)

To: FELICIA R. EMERY, DEFENDANT
TAMMY JAMES, PLAINTIFF

YOU AND EACH OF YOU will please take notice that a SHOW CAUSE HEARING ON Plaintiff's CIVIL COMPLAINT FOR DAMAGES AND REIMBURSEMENT has been scheduled for TUESDAY the 27th day of September, 2011 at 10:30 A.M. in the morning, in the Muckleshoot Tribal Court of Justice located at 39015 172nd Avenue SE, Auburn, WA 98092.

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2011 Per Capita Deadlines and Schedule

- 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.

Catholic Mass
with Father Pat Twohy
St. Claire's Mission Chapel
Muckleshoot Reservation
Every 3rd Sunday at 10 AM

EVENTS CALENDAR

- August 19-21** **35th Annual Skopabsh Pow Wow**, Muckleshoot Pow Wow Ground. Call Grant Timentwa at 253-876-3327 for info
- August 23-26** **Family Language/Culture Camp 2011**, Silver Springs Campground. Call Mary Ross at 253-876-3306 for more info.
- August 23-26** **Muckleshoot Indian Tribe Pride Training**, 9-5 pm at the Facilities Conference Room. Call Susan Starr at 253-876-3397 for more info.
- August 26** **Free Back to School Event!** Get a free haircut and school supplies at the Muckleshoot Pentecostal Church, Friday, August 26, 12-5 PM, as long as supplies last! Sponsored by the Auburn Food Bank for Children
- August 26-28** **Yakama Legends Casino Pow Wow**
- August 31** **Honoring Our Children Back to School Bash**, Wednesday, August 31 from 10-4 PM at Muckleshoot Tribal School; lunch served at noon; all tribal and community members welcome. Info: 253-876-2853
- September 9, 10 11** **Annual Casino Stickgame**, Muckleshoot Sla-Hal Shed. Info: Sharon LaClair at 253-804-4444
- September 13** **Muckleshoot Job Fair**. 12 - 5 pm at the Philip Starr Bldg. Call Angelica Roberts at 253-876-3282 for more info.
- September 15** **HWC Family Fun Event**. 5-7 pm Sponsored by Muckleshoot Health & Wellness Center
- September 23** **Muckleshoot Bingo Native American Day**, Cultural performances and vendors, afternoon and evening sessions; info Laci Qualls or Anita Pedro, 735-253-2404. (See ad on page 14)
- September 24** **Keta Creek Fall Classic Fishing Derby**. For Tribal Members and their Families, fishing for all ages; Breakfast 8:30, Fishing 10-noon, Lunch 11:30; at Keta Creek Hatchery; Info: Gail Larsen 253-876-3178

MIT Wildlife Dept. to offer Hunter Education Course

The Muckleshoot Wildlife Department will be teaching a Washington State Hunter's Education Course sometime in the fall. If you are a tribal member and are interested in hunting outside of your treaty areas this course is required to obtain a Washington hunters license (if you were born after January 1, 1972). Or, if you are interested in hunting outside of Washington State most states require you to have completed a hunter's education course before issuing you a license.

The hunter's education course will be held either in October or November depending on how many individuals show interest. At the end of the course there is a multiple choice test that you must pass before being certified. There is also a skill evaluation portion of the course where you will be evaluated on what you learned and firearms safety. Subject matter that will be taught during the hunter's education course includes but is not limited to:

- Firearm safety
- Washington State hunting rules and regulations
- Survival
- Basic First Aid
- Wildlife Conservation
- Sportsmanship
- Muckleshoot hunting rules and regulations

This course is open to anyone interested in getting involved in hunting. Children under the age of 12 are required to have a parent present with them. The hunter education course is an easy learning environment; however it may be too advanced for children under 12. The class will be held to 25 students on a first come basis.

The only thing students will need to bring with them to class is paper to take notes and a pen or pencil. All other supplies to include firearms will be provided to the students.

If you have any questions regarding the Washington State Hunter's Education Course please stop by the Muckleshoot Wildlife Department or call Mike Hilden at 253-876-3268. There will also be a sign up sheet in the Muckleshoot Wildlife Department if Mike is not available.

ATTENTION MUCKLESHOOT LANDOWNERS:

Reminder to update your address & or phone number when there is a change in services. The Muckleshoot Realty department 253-876-3170 and OST toll free number 1-888-678-6836. This will enable us to provide important notices of meetings and or signing authority. The BIA/OST will contact you if they have issues that need immediate attention such as but not limited to your IIM statements and Probate hearing notices. *Thank you, Realty staff*

13th Annual

MUCKLESHOOT SOBRIETY POW WOW

July 22, 23 & 24, 2011

PHOTOS BY JOHN LOFTUS

