



35th Annual  
SKOPABSH  
POW WOW  
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# Muckleshoot MONTHLY



Vol. XI No. 9

Muckleshoot Indian Reservation, Wash.

SEPTEMBER 15, 2011

## Daniels appointed to key Auburn committee post

In a move that signaled a major "coming-of-age" of the relationship between the City of Auburn and the Muckleshoot Tribe, the city recently appointed John Daniels Jr. to membership on one of its most influential policy bodies, the Auburn Transportation, Transit and Trails Committee.



John Daniels Jr.

The relationship between the tribe and the city has gradually evolved over the years, and this new level of involvement is viewed as a very positive sign that both governments now realize that although they often have different perspectives, there are many more things that unite them than divide them.

Quarterly meetings between the two governing bodies have been attended by large numbers of elected officials on both sides and true progress is being made on many fronts. Auburn has recently been recognized as the entertainment center of the Puget Sound area, and the city was quick to acknowledge that the Muckleshoot Tribe has played a pivotal role in bringing this economic magnetism to the area.

Without the tribe's dynamic economic development enterprises such as the casino, bingo hall, White River Amphitheatre and Emerald Downs racetrack, the critical mass needed to make the area into the entertainment hub it has become would not exist.

The Auburn Transportation, Transit and Trails will play a key role in accommodating future growth while ensuring a good quality of life for all citizens of the area, and having a person with the depth of experience John Daniels Jr. brings to the task will definitely be an asset, both to the committee and to the tribe.

"It's good that Auburn has opened the door to the tribe in this way," Tribal Chairman Virginia Cross says. "John is an excellent choice to fill this slot. He is thoroughly knowledgeable about the issues facing the committee and has always represented the tribe very well."

"I'm excited about my appointment to the Auburn transportation committee," Daniels says. "I'm looking forward to being part of the development and preservation of the transportation system in our region. I know the committee also deals with transit and trails; therefore, by working together I am confident we'll be able to make much needed improvements to these systems for all of our citizens."

As the father of three small children, Daniels also appreciates the positive impact that trails can have on the community.

"My family loves to spend time on the walking and riding trails, too," he says. "Keeping them safe for our neighborhoods and families is a high priority for me."

## John T. Williams Memorial Totem Poles Blessed

*A family of woodcarvers  
honors its fallen brother*  
By John Loftus

SEATTLE - At 4:12 pm on Tuesday, the 30<sup>th</sup> of August, speechmaking, drumming, singing and dancing ceased as the hundreds that had gathered on the Seattle waterfront held hands in silence at the moment that four fateful shots had rung out precisely one year earlier.

I took the hand of my old friend, Sister Julie Codd, and leaning forward, reached out to grasp the hand of a stranger, making a little circle of eight or nine people.

As we stood in silence, I gazed across the crowd and spotted two members of the Muckleshoot Canoe Family standing among the singers that had come to lift their voices in song. Glorianna Ortiz-Cross, the Canoe Family's lead dancer, held the hand of her friend and cousin, Gerri L. Williams, who as a teenager had lived on these same downtown streets.

Like me, Glorianna had also reached out to grasp the hand of a stranger to complete their circle.

*continued on page 3*



PHOTO BY JOHN LOFTUS

Rick and Eric Williams bless the totem pole carved in memory of their brother, John T. Williams.

## Cougar and Bear Tips from the Muckleshoot Wildlife Program

By Melissa Calvert, ATOM-ACS

There have been several recent bear and cougar sightings within the Reservation. This is not surprising, given the plentiful food source that both of these predators rely on within the White River basin. Interactions with humans, however, cause concern. The following are some tips that will be helpful if you see or are encountered by either a cougar or bear.



### COUGAR

As human sprawl extends into the forests and woodlands, predators such as the cougar are increasingly having interactions with humans. Cougars may feed on a variety of food sources including rabbits, raccoon, deer, and elk, and have a home range of 25 to 150 square miles depending on the age and sex of the animal.

Typically, most cougars will run at the sight or scent of humans and attacks on humans are extremely rare. However, occasionally a cougar will not run and will choose to confront a human, especially if protecting a kill or if extremely hungry (typically the case in young males).

### What do I do if I Encounter a Cougar?

- Do Not Run! Stop, stand tall, and pick up small children.
- Do not approach the animal.
- Try to appear larger than you are by raising your arms.
- Maintain eye contact. Never take your eyes off the animal.
- If the animal does attack, try to stay on your feet and fight back.

Typically, most sightings are by people driving or witnessing an animal in a backyard. If you see a cougar, report it immediately to Mike Hilden, Wildlife Enforcement Officer at (206) 459-5595 and call the Wildlife Program at 253-876-3266. If you feel that you are in immediate danger, call 911. This will assist us in getting an accurate reporting of cougar in the area.

If you or a neighbor has seen a cougar in the area, the following tips should be followed:

- Supervise children playing outdoors and ensure that they are in the house by dusk.
- Keep small pets indoors at night, and do not feed them outside.
- Ensure that all garbage is picked up outside and in a garbage can with a tightly fitted lid.



### BLACK BEAR

Black bear sightings are much more common on the Reservation as the animals come out of hibernation and are seeking food. Black Bears are omnivores and eat both plants and animals, but when hungry will seek out garbage and bird feeders to sustain their diet. Typically, bears will move on away from residential areas if food is not available.

### What do I do if I Encounter a Black Bear?

- Stop! Remain calm and assess the behavior of the bear. Do not approach the animal, particularly if cubs are present. If it seems unaware of you, quietly retreat while keeping your eyes on the animal. Do not run away from the animal.
- If the bear approaches, wave your hands in the air and **avoid** eye contact. Do not throw anything at the animal or provoke it in any way.
- If the animal does attack, fight back aggressively using hands, feet, or object within reach.

If you or a neighbor has seen a bear in the area, please adhere to the following tips to ensure it does not come back:

- Do not feed bears.
- Keep garbage picked up and in a tightly closed garbage can.
- Move bird and hummingbird feeders indoors at night.
- Do not feed pets outside.
- Clean barbecue grills often to remove grease and food smells.

It is important to note that deer and elk carcasses harvested during hunting season may also draw a cougar or black bear into your yard. Be sure to promptly dispose of any hides, heads, or scrap meat and, if possible, hang meat indoors so as not to attract predators.

Cougar and Black Bear are not to be feared and have been moving through the White River corridor for hundreds of years. Humans and predators can live together if the tips above are followed to ensure that the animals remain wild and survive on food sources that are natural to them. Occasionally, these animals will become accustomed to humans, and then become a concern to Wildlife Program staff.

Be sure to report your sightings to both Mike Hilden, Wildlife Enforcement Officer and the Wildlife Program so that we may track the movements of these animals. Any questions? Wildlife Program staff would be more than happy to discuss your questions and/or concerns.

### MUCKLESHOOT INDIAN TRIBE 2012 ELECTION

### PUBLIC CAUCUS NOTIFICATION

On Monday, January 16th, 2012, there will be an election to fill three (3) Tribal Council positions and two (2) School Board positions.

If you wish to nominate someone to be a candidate to run for election to fill any vacant position, you must be present at the Public Caucus to be held at the:

Phillip Starr Building, Cougar Room  
39015 172nd Avenue Southeast  
Auburn, WA

on

Thursday, October 13, 2011  
6:00PM

Nominations can only be made by those members present and eighteen (18) years of age on or before the date of the Public Caucus.



## Questions about proposed Seattle Native Cultural Center

You might have read or heard about the Muckleshoot Tribe's involvement in discussions about a Native Cultural Center proposed for development on the Seattle Center grounds so we wanted to use this month's column to provide the community with a little background on that involvement.

Last year a group Native and non-Native individuals, organized as a Washington non-profit corporation, submitted a proposal to the City of Seattle to develop a Northwest Native Cultural Center (NWNCC) on land adjacent to the Space Needle. While the City did not accept that proposal Seattle Center officials did offer to make other land on the Seattle Center grounds available to that non-profit group for a Native cultural center.

The Muckleshoot Tribal Council learned about this proposal only through various news reports. Because Seattle City officials did not consult Muckleshoot or any of the region's federally recognized tribes about the proposal cultural center the Tribal Council decided to contact the Seattle Mayor and City Council to raise a few concerns and seek additional information about the proposal.

In our August 22 letter to the mayor the Tribal Council expressed our support for the general concept of a Native Cultural Center to showcase the rich culture and history of Coast Salish people and elevate Indian cultural issues in the city, but we also expressed a few concerns about the proposal.

We questioned whether the Seattle Center was the most appropriate location for a Native cultural center. With the Seattle Central Waterfront undergoing a major redevelopment it might be more appropriate to incorporate such a facility into that project. We also raised questions about how a Native cultural center would be operated and what role recognized tribal governments in the region would have in its programming, oversight and ongoing management. Finally, we asked about how this facility would relate to the Daybreak Star Native Cultural Center and other Native cultural facilities in the region.

It is our hope that Seattle officials will engage Muckleshoot and other recognized tribal governments in the region, who represent the true embodiment of Native heritage and culture in Seattle, in discussions about these and related issues before moving forward with this project.



PHOTO BY JOHN LOFTUS

**TGA RELOCATES.** The Tribal Gaming Agency recently relocated to a large tan-colored modular building at the east end of the casino parking lot adjacent to SE Dogwood Street, clearing the way for the demolition of the former QFC building. Pictured on the porch of the new TGA building are, from left to right, Casino General Manager Darryl Blackburn, TGA Executive Director Jesse McDaniel, Tribal Council members Kerri Marquez and Marcie Elkins and Muckleshoot Gaming Commission Chairman Merle Barr Sr.

## 8th Annual Native Women's Leadership Forum to be held September 27 at Little Creek Casino



Native Action Network will present their 8<sup>th</sup> Annual Native Women's Leadership Forum September 27, 2011 at Little Creek Casino Resort in Shelton, WA. This conference will provide a spectacular array of panelist of Native women who will share their stories of leadership, of challenges, of successes and provide inspiration and insight for all conferees.

One panel will feature the Native Women Warriors, a group of Native American women military veterans who travel the United States sharing their personal stories of physical, spiritual, and emotional fortitude having dedicated to this country over 20 years of service.

Traditional jingle dress dancers, this group of Native women military provide the color guard in powwows around the country with matching red, white, and blue jingle dresses. They proudly display their sergeant stripes and their service branch decals which they have sewn onto their dresses. These brave young women have served tours in Iraq; have been stationed throughout the world; and have triumphantly risen to top ranks in the military with respect and integrity.

Mitchelene Big Man, Julia Kelly, and Glenda LittleBird will be our guest panelists this year. Big Man will highlight her 22 years of military



experience, her personal and professional challenges, all while maintaining her cultural values throughout her travels and duties.

BigMan has such a welcoming smile and enthusiastic wit one cannot help but be brought into her world as she shares her accounts, her perspective, and her hope. Once witnessed, these panelists will leave you with tremendous admiration and reverence to these Native Women Warriors.

The Muckleshoot Tribe is a co-sponsor of this event. For more information visit: [www.enduringspirit.org](http://www.enduringspirit.org)

### SUBSCRIBE TO THE MONTHLY...

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

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

clip and return

### SUBSCRIPTION REQUEST / ADDRESS UPDATE

New subscription  Address change

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If this is an address change, list previous address:

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I am a Muckleshoot tribal member,

I have ties to the Muckleshoot Tribal Community

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

### DO YOU HAVE A MUCKLESHOOT TRIBAL YOUTH OR DESCENDANT INTERESTED IN PARTICIPATING IN THE MUCKLESHOOT YOUTH WORK TRAINING PROGRAM?

- Must be a Muckleshoot Tribal Member or Descendent, between the ages of 14-18 years old.
- Must be currently enrolled and attending school.
- Applications are available at HR and will only be accepted by HR; applications cannot be considered if they are given to the Youth Services Program Staff.
- Applications will be date and time stamped as they are received.
- Applications submitted before September 19<sup>th</sup> or after 5PM on September 20<sup>th</sup> cannot be considered for placement in the Youth Work Training Program.
- Participants selected are subject to the Muckleshoot Tribal Drug and Alcohol Policies and must complete a UA at the time of selection.
- Participants will also be subject to the Tribe's random drug screening throughout the time of participation in the program.

**APPLY September 19 & 20, 8AM to 5 PM**  
**Muckleshoot Human Resources.**  
**30 Participant Positions Available**  
**First Come, First Serve**

For more information please contact Rachel Heaton at (253-876-3278) or email [rachel.heaton@muckleshoot.nsn.us](mailto:rachel.heaton@muckleshoot.nsn.us)

## 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



Muckleshoot Tribal Council

Virginia Cross, Tribal Chair  
Charlotte Williams, Vice Chair  
Virgil Spencer, Secretary  
Marcie Elkins, Treasurer  
Mark James  
Donald Jerry Sr.  
Mike Jerry Sr.  
Kerri Marquez  
Marie Starr

Muckleshoot Monthly

John Loftus, Managing Editor  
39015 172nd Avenue SE  
Auburn, WA 98092  
[muckleshoot.monthly@yahoo.com](mailto:muckleshoot.monthly@yahoo.com)

# JOHN T. WILLIAMS *continued from page 1*

PHOTOS BY JOHN LOFTUS

Unknown to her, the man whose hand she held was none other than Michael Patrick McGinn, the 56<sup>th</sup> Mayor of Seattle. To his credit, he had come as a humble man, and did not ask to speak or be recognized.

## A Person of Light



Sister Julie Codd

Sister Julie Codd is a Catholic nun and former director of the Chief Seattle Club, a Pioneer Square establishment that provides aid, comfort and hot food to Natives living in downtown Seattle. Many of them are very far from home, so the Chief Seattle Club becomes their home away from home – a place where they can share the warmth and familiarity that all Natives feel in the presence of one another, regardless of tribe.

“I started in March of '92, taking over the club from its founder, Father Talbot,” Sister Julie remembers, “and John was one of the regular members that would come in. He would always have a group of friends with him, and was always in such a happy mood – a very light person with a lot of good energy. I just found him to be very much a person of

light. And his friends – they just seemed to kind of hang out with him because they liked being with him.”

She recalls that he would often carry a small piece of wood that he was carving. “It was always very delicately done,” she says. “It didn’t matter how much money he was going to get for it.”

Carving has been a way of life for generation after generation of Williams family members. His ancestors used to land their canoes in front of the Ye Olde Curiosity Shop, which opened on the Seattle waterfront in 1899, when they came to sell their carvings. They are Ditidahts, from the west side of Vancouver Island, and the trip was a long pull indeed.

John and his brothers haven’t had to travel quite so far. They pretty much grew up in the area around Victor Steinbrueck Park, where they both made and sold their work on the street.

“It was a hard living,” one of the speakers at the memorial said, “but regular jobs did not suit them. What suited them was to do what they were taught by their grandfather, to do what was in their hearts, to carve totem poles, walking sticks, paddles and other things.”

As the years passed, Sister Julie saw less and less of John at the Chief Seattle Club.

“I know that much of the time he was homeless, and he’d work out in the street under all kinds of weather conditions, and sometimes he didn’t look like he felt very good, because maybe he’d been sleeping outside,” she says. “But he just had such a beautiful temperament and personality – very friendly. He wasn’t ever asking for anything.”

## Ten Seconds in August

John T. Williams’ life ended quite unexpectedly one late August day. He was on his way home, just a few more blocks to go, carving on a small piece of wood as he walked. Ian Birk, a 27-year-old Seattle Police Officer, was sitting in his cruiser at a stoplight when John crossed the street in front of him. Officer Birk got out of his car and shouted at John three times, very rapidly, ordering him to drop his knife. Four seconds later he squeezed off four shots and John toppled to the sidewalk. The entire incident had lasted ten seconds.

“I watched him kind of slowly, sort of gracefully and elegantly, fall to the ground,” a stunned eyewitness reported.

Officer Birk later made the seemingly bizarre claim that he know from his police training that John T. Williams’ body language and the look in his eyes as he turned to face him were sure signs that a deadly attack was imminent, and that he had no choice other than to shoot him dead. John’s knife was later found on the sidewalk near his body, its three-inch blade folded shut.

## A Martyr for a Cause

Ian Birk was later fired from the Seattle Police Department, but a grand jury declined to charge him with a crime.

“My first response was to say he was murdered,” Sister Julie says. “And then, after some reflection and thinking about who he was and what he stood

for, I said he was martyred. And we use that term in the Catholic Church to mean that he was living out of a sense of integrity and love and respect – and maybe he had the problem with drinking – but I still feel that he was like a light.”

Perhaps Sister Julie is right. Perhaps some good will come as a result of the martyrdom of a Ditadaht woodcarver named John T. Williams, a man for whom the streets of downtown Seattle were home.

For one thing, John’s death brought the simmering, smoldering issue of police brutality toward people of color to a head. There had been a continuing string of incidents. All had caught the public’s attention for a day or two, but the senseless slaughter of a harmless Native woodcarver at the hands of a young policeman had them absolutely riveted.

Jenny Durkan, who had served on two of Seattle’s police accountability boards and was deeply familiar with the issues at hand, was now the US Attorney for Western Washington. Joined by two former U.S. Attorneys and the American Civil Liberties Union, she asked for and got a federal civil rights investigation into the practices of the Seattle Police Department, which is now underway. Seattle is one of only a very small handful of US cities being subjected to such scrutiny.

This is welcome news, and hopefully meaningful change will come from it, but surely the most beautiful change has been brought about by John’s own family, and they did it all by carving. His older brother Rick, younger brother Eric, and numerous other family members and friends got permission for the Seattle Parks Department to carve a large totem pole in memory of John down on the public pier near the aquarium.

People flocked to their little carving shed all summer long, eager to meet them and to watch their creation take shape. The project has really opened doors, and now the Parks Department has agreed to make the carving shed a permanent waterfront feature.

“Tourists want to see real Native artists working and selling their wares in a way that provides them the respect they deserve,” Sister Julie says “not sitting on a bench, freezing to death, trying to make a little money.”

The memorial for John T. Williams was a wonderful, glorious day – a celebration for the hundreds of Natives and non-Natives that came together to witness it. Needless to say, there has been much anger in the Native community over this senseless and shocking incident, but Sister Julie spoke for many when she said that the whole day was “really a tribute to the strength of the family and the teaching that they give us on how not to hold a grudge. Their hearts are open.”

The memorial concluded with the blessing of the totem poles and a final message of peace from John’s older brother, Rick Williams, which we include here:

## An Older Brother’s Message of Peace

“I requested peace after what happened to my brother, and I saw a lot of Natives angry, not understanding why I did what I did. So I stood calmly in the middle of the storm as I watched people angry, hating, threatening me, threatening my kids. I smiled and said, ‘You’re entitled to your opinion, sir.’

I had to stand up the way I was taught, to share that there is peace, and to say it to the Native community here, that my heart, my family, my brothers, my sons, my daughters – we stood up proudly for my brother John, and regardless what others were saying to us, there is peace.

After awhile, they started to understand what I said, that to say you’re Native, and to grow up in the warrior’s thoughts of my dad and my granddad and great-granddad – that’s why I did what I did in this way. They’re frustrated and angry and I’m calm, because it was in a warrior’s trail and journey from this that I found calm and more peace.

I learned to forgive these people. My only question was why do you want to teach me hate? That’s not me. And to say to my Native people here – that I requested peace – to let them know what I’ve seen, how I feel, what I think.

The honorable thing to do is to walk with the old ones, the elders – to say I sat with the best; I knew the best; I learned from the best. To share a thought of calm goes a long way.”



Rick Williams, older brother of John T. Williams.



## Delwin Courville Sr.

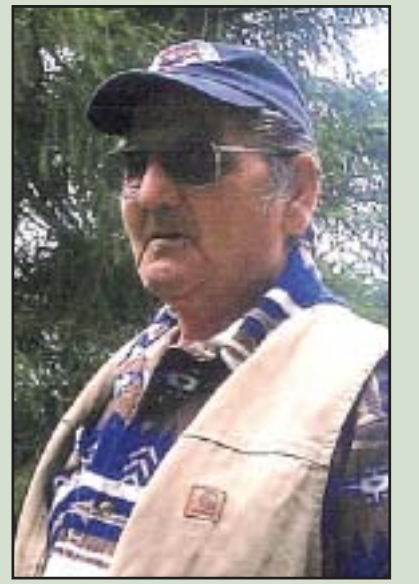
Delwin Courville Sr. of Auburn, Washington died August 26, 2011. He was 70 years old.

Del was born on February 26, 1941 to Amos and Nevitt (Beach) Courville in Auburn. He loved hunting, fishing, picking berries and driving to the mountains. He also enjoyed gambling, making jerky, going to the river and Native American culture.

He is survived by his wife, Connie Courville of Auburn; sons Dondi Courville Sr., Matthew Courville, Steven Courville, and Morgan “Beeb” Moses (Becky Sheldon), all of Auburn; daughters Roxanne Spezza of Shelton, Delrena Courville of Auburn, Josie Fryberg (Dean Jr.) of Tulalip, and SherAnn Courville of Tacoma; brothers LeeRoy Courville Sr. (Gerri Williams) of Auburn, John LaClair (Denise) and Deanie LaClair, both of Shelton; sisters Shirley Taylor, Mary Ann Moses (Stanley), and Barbara Courville, all of Auburn, Sput LaClair of White Swan, and Rosetta LaClair of Shelton. He also leaves numerous grandchildren and great-grandchildren.

Del was preceded in death by his parents, brother Steve Courville, sister Linda Ames, and sons Delwin Courville Jr. and Delwin Joseph Enick.

A funeral service was held Tuesday, August 30, 2011 at 9:00 a.m. at the Shaker Church with burial at Courville Cemetery. Service directed by Weeks’ Funeral Home of Buckley.



**Terran Hoptowit Memorial**  
**Saturday October 15th, 2011**  
**10:00AM**  
**WhiteLake Cemetery**



**Time: 10:00 AM - Headstone blessing and Giveaway**  
**Lunch: 12:00PM – 6:00PM at Sister Rita James’ home...**

**17183 SE 391<sup>st</sup> Street, across from the Senior Center**  
**Family and Friends are welcome!**



Mayor Michael McGinn, Gerri Williams and Glorianna Cross-Ortiz



John T. Williams' sister and niece



Younger brother Eric Williams

## A Very Short Season for Pinks

Everyone was expecting to be pulling a lot of pinks out of the water this year, but the season turned out to be a short one indeed. It opened on the night of Sunday, August 28. The only thing to watch out for would be if there were still too many Kings left in the river, and that's exactly what happened. Quite a lot of Kings were caught overnight, and so the season for pinks ended at noon the very next day. Since that time, the Coho season has opened and the fleet is out once again.



## A Memory Forever!!

I now know how my grandpa (Donald) felt when he first took my dad fishing, and how my dad felt when I first went with him...

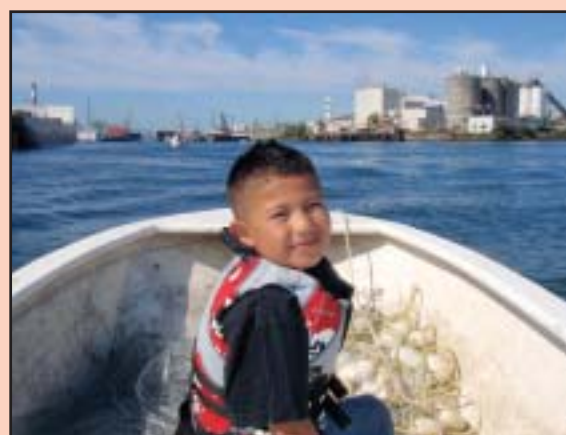
I took Michael out fishing for his first time on my boat. He's six years old and he asked all kinds of questions about this and that! I explained to him how proud I was taking him out there, and he said to me, "Are you having fun with your fishing buddy?" Big smile from me!

He got so excited, too, when the fish hit the net, and also when we pulled the fish in. He laughed because he couldn't hold the fish when they were kicking around. He also says he wants to go all the time now!

I just wanted to share my priceless moment that I'm so grateful for! My sons words are "Dad, I want to be just like you." I want to thank the creator for the non-materialistics of life!



Donald Jerry Jr., Cameron (Courville) Shawl and Wyatt Courville fishing in Elliott Bay, summer 2011.



"My baby, Jacob, and I went fishing. Love time with my baby boy – PRICELESS!"

~ Anthony Lozier



**Muckleshoot Tribal Members -**  
 Come join us at Keta Creek Hatchery on Saturday Sept. 24<sup>th</sup>. 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 212<sup>th</sup> 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

# MIC CAT Program LEAD Event at Cheney Stadium

By *Glorianna Ortiz-Cross, Training & Organizational Development Assistant, Muckleshoot Casino*

CHENEY STADIUM, TACOMA – The big day – August 5, 2011 – was finally here, the annual CAT LEAD Event at Cheney Stadium with the Directors, CAT Participants and their families, the General Manager, and other MIC team members all ready for a fun, competitive day with a softball tournament as the main event.

Before the tournament began, the General Manager, Darryl Blackburn, spoke about the Business Leaders Program – a program created to train eligible MIC Muckleshoot Tribal Members with management experience and prepare them for an executive level position within the Casino. Darryl's speech was followed by the three new Business Leaders introducing themselves and giving speeches – Rocky Oliver, Warren Oliver, and Tyrone Simmons. All three will be rotating and training throughout all of the departments at the Casino. The Directors congratulated the Business Leaders; all are looking forward to developing these three men into the future leaders of the organization. Eugene Gibson, Support Operations Director, believes that these three will set the cornerstone for others [tribal members] to follow.

Following the speeches was a delicious meal and the start to the softball tournament. The four teams were a combination of CAT Participants, directors, the General Manager, and other MIC team members:

- **Team 1 was the "Waniac Specials"** with Marketing Director Wayne Shadd and F&B Director Jeff Stern coaching a mixture of Marketing/F&B/Facilities/Security CAT Participants/team members.
- **Team 2 was the "11 Spartan Warriors"** coached by Support Ops Director Eugene Gibson and HR Director CeeCe Corwin with a mixture of T&OD/Security/HR CAT Participants and team members.
- **Team 3 was "The Dynamic Dolluhs SS"** coached by IT Director Jeff Joslin with a mixture of IT and Finance participants.
- **Team 4 was "The Bling Blings"** coached by General Manager Darryl Blackburn and Gaming Director Johnny Walker with a team of mostly Table Games players and one from the Cage and IT.

All had one thing in common: They were ready to beat the other teams and win! The tournament would be three games with five innings each. The

winner of game one would play the winners of the second game for a final game to see who would have the bragging rights for a full year.

Game one was the Waniac Specials vs. the 11 Spartan Warriors, and what a close game it was. Both teams gave it their all with awesome field-work and plays by Gilbert Adame, Wayne Shadd, Tyrone Simmons, Junior Maldonado and Bruce Savoy, who scored the first run of the game.

It was an intense game of cat and mouse, one team gaining the lead, and then it being stolen from them by the other. By the end of the 4<sup>th</sup> inning both teams were at 9 runs each with one inning remaining. The 5<sup>th</sup> inning started with Eugene pitching and taunting the Waniac Specials, each player at bat having to endure him trying to get into their heads.

It must have worked because the Waniac Specials didn't score any runs, leaving the 11 Spartan Warriors the chance to win. Johnelle Ramirez pitched and it was a successful hit by Jonathan Herda, bringing in the game winning run (Tyrone Simmons), leading the 11 Spartan Warriors to victory, 10 runs to the Waniac Specials' 9 runs.

Yvonne Johnson said "The Waniacs were robbed" and Wayne Shadd said it was Eugene's heckling that got into Jeff Stern's head "messing up his game and keeping the key athlete (himself) from playing in the finals." And so, the 11 Spartan Warriors would be playing in the final game against the winners of game 2.

Game two was the Dynamic Dolluhs vs. The Bling Blings. The teams went through the first inning with no runs, but that was changed during the 2<sup>nd</sup> inning. Multiple hits were made by the Bling Blings, including home runs by Jeff Sheldon and Joe Emery. The Bling Blings were relentless toward the Dynamic Dolluhs' defense. They had more hits, including a double by Melvin Cielo, with runs scored that gave them a 7 to 0 lead at the end of the 3<sup>rd</sup>.

Jeff Joslin, with two hits, and Rudi Zeman with a couple more gave their team some hope, but it wasn't enough to score any runs. The Dynamic Dolluhs' improved their defense and only let the Bling Blings score one more run in the 5<sup>th</sup> inning.

The final score was The Bling Blings with 8 runs and the Dynamic Dolluhs with 0 runs. Although they lost, Dynamic Dolluh players Shawn Oliver and Rudi Zeman both said they had fun and can't wait to play again next year. Johnny Walker said the key player that contributed to this win was Jeff Sheldon. He also feels his pitching a shutout game helped with the win.

The final game was the 11 Spartan Warriors against The Bling Blings. With the start of the game came a lot of catcalling and heckling from the Spartan Warrior coach, Eugene Gibson. This didn't distract the Bling Bling players because they were on a mission to win, scoring 4 runs in the 1<sup>st</sup> inning. Johnny Walker also took up catcalling to the Spartan Warriors, trying to get into their heads and ruin their game.

It was a battle for the Spartan hitters to get on base with the good field-work of the Bling Bling players in action, especially by Jeff Sheldon. Although the 1<sup>st</sup> base players (Darryl Blackburn and Melvin Cielo) "cheated" and tripped/collided with the Spartan designated-runner, CeeCe Corwin, causing her to trip, tumble, and roll across the field, the Spartan Warriors did their best to beat the Bling Blings with a double-play by Gilbert Adame and Alf Tuputala with the longest hit home-run for the whole day.

With all their effort, it was a tied game, 6 to 6, until John Newfield went to the plate and hit a 3-run homerun for the Bling Blings. Into the 5<sup>th</sup> inning, the Spartan Warriors kept the other team from scoring any other runs, hoping to catch up and win the game.

Harold Moses, who hit 6 for 6 and had multiple RBIs in both games so far, was ready to save the day. Unfortunately, he hit a deep pop fly, ending the game with the final scores being The Spartan Warriors with 6 and the Bling Blings with 9. The Spartan Warriors opted to add two more innings to the game to defeat the Bling Blings, but the Bling Blings said no, not wanting to lose their title of "champions".

All in all, it was a good tournament. Eugene Gibson said this was a great teambuilding event and helped everyone get to know each other more. Eugene nominated Monica Simmons for MVP because she improved a lot compared to last year, Jeff Sheldon was named one of the key players throughout the whole tournament, and Bobbi Sanchez voted the liveliest person was Johnny Walker because, according to Yvonne Johnson, "his presence on the mound was crazy, he was even dancing!" Johnny's memorable moment was Gilbert Adame taking him out at home plate for a safe run.

Everyone, from the players to the families that were spectating, had fun watching the annual event and many are excited and anticipating the CAT LEAD Event at Cheney Stadium again next year.



# Back to School Bash

## Muckleshoot Tribal School, August 31, 2011

PHOTOS BY JOHN LOFTUS



## READY! SET! SHOOT! DROP-IN CENTER TAKES OVER OPERATION PAINTBALL!

By Adriel Foxley, Drop-In Center Community Advocate Youth Specialist, MIT Education Division

“There is no way that you are going to be able to shoot me! I’m too fast and you’re way too slow!”

This was just one of the many slams all of the staff at the Drop-In Center hears as we take three van loads of DIC participants to Orting to play at Operation Paintball. The teams are already picked out way before we even pull in to park. All the kids pile out of the vans very anxious to get their equipment and start right away.

Now the slams back and forth to each other are coming harder and faster than ever because each one of them thinks they are better than the other. The Referees come to lay out the ground rules for everyone, a couple of BE QUIET’S!!! And SHHHH’s got them calmed down just enough so everyone can make out what they are saying to us over whispers and giggles.

Finally! We can go get our masks, guns and paintballs to start the day off. Team Renegades went to one side and Team No Names went to the other where the war had begun. It was ON! First round paintballs were cascading all through the air hitting anything that moved. No one could breathe without an opponent seeing you and trying to fire as many paintballs as the gun would allow. Each course got more and more intense with everyone waiting to see someone to fire at so they could take one more person out of the game.

They paused for only a couple breaks throughout the day to eat some signature Drop-In Center BBQ, guzzle water, clean the paint off their masks, and see how many bruises everyone has. We all had a blast talking about getting shot or shooting someone else as well as talking about when we all were going to go again. The laughs and smiles were priceless. All of them including the staff can’t wait to get back on the paintball fields again!



**FAMILY NIGHT**  
at the  
**Drop-In Center**  
**EVERY SUNDAY**



**PLAY XBOX LIVE**  
**ENJOY A GREAT MEAL**  
**WATCH A MOVIE IN THE THEATER**

**ALL AGES FROM 4:00 TO 9:00**

Transportation will be provided  
Please call to arrange pick-up

**Muckleshoot Drop In Center**  
17608 SE 400th ST  
AUBURN, WA 98002  
253-876-2853



## 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,  
When should my child first see a dentist?

**Answer:**

- "First visit by first birthday" sums it up.
- Your child should visit a dentist when the first tooth comes in, usually between 6 and 12 months of age.
- The earlier the first dental visit, the better the chance of preventing dental problems.
- 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,  
Why do dentists wear those funny looking glasses when they work on my teeth, do they have poor eye sight?

**Answer:**

- We use special glasses called *loupes*, which enlarge the teeth we are working on to several times their actual size.
- As a result, we do better work since we never have a problem seeing the tiniest things.
- In addition, a much greater amount of tooth can be saved by using more precise treatment methods.

Tanya Clarke, R.D.H.

**Question:**

Dear Tanya,  
I brush my teeth all the time but still have bad breath, what can I do?

**Answer:**

- Brushing and flossing your teeth are great first steps to eliminating bad breath.
- However, bacteria not only hide on the teeth but also on the tongue.
- A tongue cleaner is excellent at removing this layer of bad smelling bacteria.
- New weapons also include special toothpastes designed to destroy the particles that cause bad breath.
- If you would like to try any of these dental products, 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. 15<sup>th</sup>, 2008* and include:

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

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

## Help in Quitting Smoking!

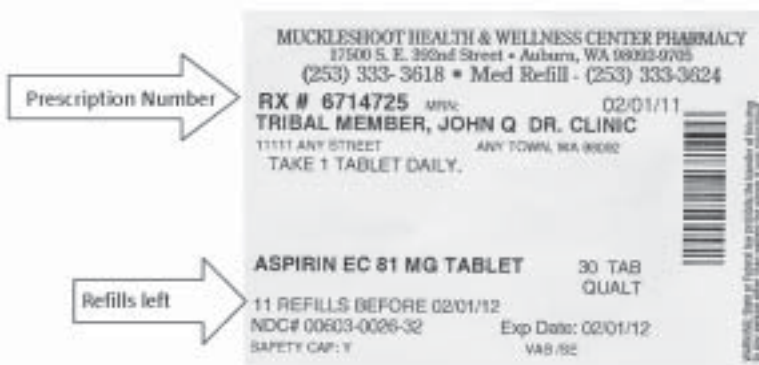


The Muckleshoot Health & Wellness Center uses and endorses the **Washington State Quitline** to assist in stopping smoking.

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

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 2<sup>nd</sup> floor of the Health & Wellness Center.

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

## 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 180<sup>th</sup> Ave S.E.  
Auburn, WA.

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

M.I.T. Recovery House  
39225 180<sup>th</sup> Ave S.E.  
Auburn, WA

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

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

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

M.I.T. Recovery House  
39225 180<sup>th</sup> 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 180<sup>th</sup> 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**

Muckleshoot Health and Wellness Center celebrated Sobriety at the July 2011 Sobriety POW WOW. We asked adults and children a simple question...

*How is life better since you or a family member chose to be clean and sober?*

And here are some of their responses:

**"I have a life today. I have people that love me for me. I have a beautiful baby girl, and soon to be married"**

"I have a life today thanks to NA"

**"Recovery Rocks! All of the "Just for Today's" add up to a wonderful life**

**"I have my family, love, freedom and a life beyond my wildest dreams"**

"Its been better because we go to church 24/7. We go to lots of fun places and we enjoy family time together we bond better when our family is clean and sober"

"Clarity to build self esteem and empower myself with education and independence"

**"Life is good today. I get to live my dreams feel good about myself and help others"**

**"Spend time with kids and my family"**

**"MADE MY FATHER AND I A LOT CLOSER"**

**"My mom is still with me... I love my mom, AA saved our lives!"**

**"Grateful for the life I have today"**

**"Stay Alive... Don't Drink and Drive!"**

**"THE WORLD IS A MUCH BETTER PLACE"**

**"very Good Life, clean is spiritually uplifting"**

**"My foster girls were reunited with their mom! Thank god she found the Red Road!"**

**"It's a good thing to be healthy"**

**"I have never been happier and proud of my Aunt & Uncle!"**

**"I have great relationships!"**

**"I make better choices"**

If you or a family member need help becoming clean and sober please call the Behavioral Health Department: 253-804-8752



# 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

- 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.

Cut out recipe!

## The Therapist is In

Bella Townsend, MA, LMFT

I made an appointment at Behavioral Health. What should I expect this experience to be like?

Sometimes it can be intimidating to make an appointment and not know what to anticipate will happen. All of our therapists are very professional and have the common goal of assisting in your well-being. Your first session will likely be an assessment to get a picture of what you may be coming in to get help with. This may also involve getting you linked to other services you need, like inpatient drug and alcohol treatment. You have the option of making an appointment with a mental health therapist, a drug and alcohol counselor, or both.

After that, you will be assigned to a therapist or counselor who will assist you in working on the issues for which you are seeking assistance or support. This will be at a rate that is comfortable for you and sessions will be kept confidential between you and the therapist. Both of you will work together on figuring out your course of treatment and length of services. No one is turned away in a crisis and can be seen right away for an emergent appointment.

Have a question you would like answered here? Email your question to [rebecca.townsend@muckleshoot-health.com](mailto:rebecca.townsend@muckleshoot-health.com) or give Behavioral Health a call at: (253) 804-8752

## 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 MHWCO 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

## WALKING CLUB

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

**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 Priella @ 253-333-3616 or email priella.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 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



**MUCKLESHOOT INDIAN TRIBE**

**Health and Wellness Center Pharmacy**  
**Misty Taphorn, Pharmacy Manager**  
 17500 SE 392<sup>nd</sup> Street,  
 Auburn, Washington 98092-9763  
 Phone: (253) 939-6648 • Fax: (253) 333-6853

**Do you have questions about Medicare Prescription Coverage?**

**For more information contact:**

**Washington Statewide Insurance Benefits Advisors**  
 1 (800) 562-6900  
[www.insurance.wa.gov](http://www.insurance.wa.gov)  
 OR  
 1 (800) MEDICARE (1-800-633-4227)  
[www.medicare.gov](http://www.medicare.gov)  
**Where you can compare plans that are best for you online!**

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



**HWC DENTAL CLINIC**

**SEPT. 20TH(TUES)-23RD(FRI)**

**3:00PM- 4:30PM**

**NO APPOINTMENT! WALK-INS!**

**HEADSTART**

**DENTAL SCREENINGS**

Dental Receptionist Phone #: 253-939-2131



\*\*Registration must be up-to-date!

**"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	8am-8 pm
Tuesday	8-5 pm	8am-8 pm
Wednesday	9-5 pm	9am-8 pm
Thursday	8-5 pm	8am-8 pm
Friday	8-5 pm	8am-7 pm
Saturday		10 am-2 pm
Sunday	All Programs Closed	

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

Day	Date	Times Closed	Reason for Closure
Thursday	10/06/11	8-9 am	Monthly All Staff Meeting
Thursday	11/03/11	8-9 am	Monthly All Staff Meeting
Friday	11/12/11	All Day	Veteran's Day Holiday
Wednesday	11/23/11	1-8 pm	Thanksgiving Day Eve
Thursday	11/24/11	All Day	Thanksgiving Holiday
Friday	11/25/11	*All Day	Tribal Holiday

\*Essential Services will be open from 1-4 pm CHS, Pharmacy & Medical Walk In Clinic.

**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



## REMINDER

Muckleshoot Wellness Center  
From the desk of Ronette Bailey  
Medical Social Worker

**Need to Apply for Social Security Retirement, Disability, Spousal Benefits, Medicare, or a Replacement Card?**

**Contact:** Social Security Administration  
**Phone #:** 1-800-772-1213 (toll free)  
**Hours:** 7am – 7pm Business Days  
**Office:** Social Security Office  
Suite 401  
321 Ramsay Way (at Kent Station)  
Kent, WA 98032

**Internet:** [www.socialsecurity.gov](http://www.socialsecurity.gov)  
Online services are available daily  
\*Monday – Friday 5am - 1am  
\*Saturday 8am - 11pm  
\*Sunday 8am - 10pm  
\*Holidays 5am - 11pm

Muckleshoot Wellness Center presents

# GATOR SWIM

Starts Sept. 6th and continues thru Oct. 7th.

**Who: All Wellness Center Members**

**When: Starts Sept. 6 and continues thru Oct. 7.**

**What: Anyone who swims 1/2 mile will receive a Gatorade sports drink. You can swim with fins, kickboard, swim noodles, lifevest or swim mat. Limited 3 sport drinks per week.**

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

**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 Wellness Center Swim Lessons

Ready to bring in the school year with some new goals for yourself or your family? Come down to the pool and learn how to swim or improve your stroke!

- Our sessions are four weeks long, but feel free to sign up and get started during any time of the year.
- Private and adult swimming lessons offered on Fridays in half-hour increments between 3:30-5:00
- Swim Lessons are complimentary to Non-Paying Members
- Paying members of the Wellness Center are charged \$20 for a four week session, and \$10 per private lesson.

To sign up for swimming lessons contact Celeste Bettencourt at (253)333-3616 or at [celeste.bettencourt@muckleshoot-health.com](mailto:celeste.bettencourt@muckleshoot-health.com)



M/W	Levels	T/Th	Levels
12:00-12:30	Seahorse/Dolphin Levels 3 & 4	11:00-11:30	Dolphin/Orca Levels 5 & 6
12:30-1:00	Dolphin/Orca Levels 5 & 6	11:30-12:00	Starfish/Jellyfish Levels 1 & 2
1:30-2:00	Starfish/Jellyfish Levels 1 & 2	12:00-12:30	Lil Dippers Parent/Tot Class
2:00-2:30	Lil Dippers Parent/Tot Class	12:30-1:00	Seahorse/Dolphin Levels 3 & 4
5:00-5:30	Seahorse/Dolphin Levels 3 & 4	5:00-5:30	Seahorse/Dolphin Levels 3 & 4
6:30-7:00	Shark/Orca Levels 5 & 6	5:30-6:00	Starfish/Jellyfish Levels 1 & 2
7:00-7:30	Seahorse/Dolphin Levels 3 & 4	6:00-6:30	Shark/Orca Levels 5 & 6
		6:30-7:00	Starfish/Jellyfish Levels 1 & 2

Session 1: September 5, 2011 through September 30, 2011  
Session 2: October 3, 2011 through October 28, 2011  
Session 3: October 31, 2011 through November 25, 2011

Private and adult swimming lessons offered on Fridays in half-hour increments between 3:30-5:00  
Contact Celeste Bettencourt at [celeste.bettencourt@muckleshoot-health.com](mailto:celeste.bettencourt@muckleshoot-health.com) or at (253)333-3616



## Health & Wellness Center

**Muckleshoot's got Talent**

A big thank you to our 11 very entertaining acts!



**Congratulations to our 1st place winner: Jazzmyne Acosta**



Act name: Get Jazzy Wit It Age: 9 years old  
Act description: Sang to "This is me" by Demi Lovato  
Favorite musical artist: Alicia Keys  
Favorite hobbies: Playing piano and singing in the church choir  
What do you want to be when you grow up? A singer  
How did you feel before you performed your act? "At first I was nervous and then after 30 seconds, I felt more confident."  
How did you feel when you heard that you won? "I was excited & I tried hard not to scream at the top of my lungs!"



## THE FALL 2011 Speaker Series

EXPLORING CONTEMPORARY SOCIAL ISSUES

Join Muckleshoot Tribal College for a series of engaging presentations by some of Indian Country's most dynamic people. Enrolled students may be eligible to receive credit for attendance.

**Monica Simeon**  
**9.26 INDIAN-preneurship 5-7**

(Official Bio) - Monica Simeon started Sister Sky with business partner and sister, Marisa Turing Rebe in 1999. Sister Sky manufactures natural bath and body care products at a facility located on the Spokane Indian reservation. Sister Sky distributes products in guest rooms at many spas to Native American Casinos/Resorts across the nation. Sister Sky also manufactures and distributes a full size line of products under the Sister Sky brand to retail and spa businesses domestically and internationally.

In 2004 Sister Sky received the Small Business Trustee Leadership Award from Leadership Spokane for outstanding business achievement and community leadership.

In 2006 Sister Sky received the Business Women's Network Entrepreneurial Star Award for outstanding accomplishment and blazing the trail on behalf of women and minority entrepreneurs.

In 2007 Sister Sky received a "small business make-over" by FORTUNE Small Business Magazine. A team of experts and a reporter traveled to the tribal manufacturing facility to round table with the sisters and offer advice on marketing, financing and manufacturing to assist the company in reaching the local nationally. Sister Sky was featured in the January 2008 issue of the magazine as well as on the CNN/Woody website.

In 2008 Sister Sky was awarded the Tribal Business of the Year Award by the American Indian Business Leaders Association.

In 2010 Sister Sky won the American Indian Women Business of the Year Award by the National Center for American Indian Enterprise Development.

In 2010 Monica was presented an award during the "Honoring Native Women" event held by the U.S. Department of Labor's Women's Bureau to recognize her commitment and leadership in Native American communities.

Sister Sky is a certified MBE (Minority Business Enterprise) through the National Minority Supplier Development Council. Sister Sky is approved to use the "MADE BY AMERICAN INDIANS" trademark by the International Agriculture Council.

Currently Sister Sky collaborates with the Spokane Tribal 477 Employment and Training Program and employs and trains tribal youth at the manufacturing facility. Sister Sky is committed to building a solid and successful business on tribal land. The company hopes to create a positive economic impact in Indian country and serve as a business role model to other Native American entrepreneurs.

**INFO** [www.ged@muckleshoot.edu](http://www.ged@muckleshoot.edu) or 253-876-3310  
[www.muckleshoottribalcollege.org](http://www.muckleshoottribalcollege.org)

**NOTE** Students seeking credit are required to show up before 2 pm and attend a review after the presentation is complete. No exceptions will be permitted.

## NORTHWEST INDIAN COLLEGE

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### Saturday Science Academy

Hosted by the Northwest Indian College Science Dept.

#### Science, Nature & Native American Culture

**Saturdays:** Sept. 24, Oct 8 & 22  
 Nov. 5 & 19, Dec 3 & 10\*

10:00 am - 3:30 pm

Northwest Indian College Campus  
 2522 Kwina Road  
 Bellingham, WA 98226-9217

\* All dates are tentative and subject change

**Event Activities**

- Forestry & Salmon
- Native Horticulture
- Traditional Foods Cooking
- Chemistry & Biofuels
- Geology & Mt. Baker
- Field Trips to North Cascades Institute & the Padilla Bay Interpretive Center

**What to Bring:**  
 Participants are encouraged to bring sturdy boots or tennis shoes, jeans to get dirty, and a warm jacket to wear as most event activities will be held outdoors. Lunch will be provided by the NWIC. To sign up just contact Nathanael Davis ([ndavis@nwic.edu](mailto:ndavis@nwic.edu) or 360.392.4271)

**For More Information Contact:**  
 Nathanael Davis, Outreach Science Coordinator  
 2522 Kwina Road, Building #17  
 Bellingham, WA 98226  
 Phone: 360.392.4271  
 Email: [ndavis@nwic.edu](mailto:ndavis@nwic.edu)

Visit the Northwest Indian College online at  
<http://www.nwic.edu> or  
<http://blogs.nwic.edu/sciencesaturdays>

This event is sponsored by a National Science Foundation TCUP Grant

## Inside the GED Room

An Interview with Norm Koch

**Tell me a bit about yourself.**

I'm 86 years old. I had a wonderful marriage of 64 years and my wife passed away from Alzheimer's in 2008. We had 4 wonderful sons and I'm originally from Bethlehem, PA.

**Why did you decide to get your GED?**

I've always been a little bit ashamed of not having it. I was able to do well at my job of 35 years but know I would have gone higher up in the company if I had earned a GED. Also, I want it for my personal satisfaction.

**What are goals for your future?**

I'd like to take some MOST classes so I can increase my typing speed and learn more about computers.

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

It wasn't as hard as I thought it would be and I'm very proud to come here to the Tribal College to work on my GED. The instructors were very helpful and happy to help me. Don't put it off.

*Do you have any questions about the GED program at The Muckleshoot Tribal College? For more information please contact Jessica & Alicia at: 253-876-3375 or 253-876-3256*

## GED Exam Schedule

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

**September 23, 30<sup>th</sup>**  
**October 7, 14, 21<sup>st</sup>**  
**November 4, 11, 18<sup>th</sup>**

Arrive Early! You may choose one test per session

- 9:00 Reading, or Social Studies, or Science
- 10:30 Reading, or Social Studies, or Science
- 12:30 Math OR Language Essay
- 2:45 Reading, or Social Studies, or Science

**If you are planning on taking 4 tests in one day, then do your Essay at 12:30 and 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) **first time testers must have a completed and signed "General Education Development testing" form filled out beforehand.**
- 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](mailto:mitzi.judge@muckleshoot.nsn.us)  
 Or Tribal College Main Office 253-876-3183  
[www.muckleshoottribalcollege.org](http://www.muckleshoottribalcollege.org)  
 GED Instructor's Phone number Alicia 876-3375 or Jessica 876-3256  
 Located at 39811 Auburn Enumclaw Road SE, Auburn WA 98092

MTC is open to everyone to attend regardless of race/ethnicity

## Saturday Science Academy

Hosted by the Northwest Indian College Science Program

### NORTHWEST INDIAN COLLEGE

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#### Sept 24th, 2011 National Public Lands Day

**Who:** Native American High School Youth (9-12th)  
**What:** Forest Health & Service Learning (Hike, Explore and Park Cleanup)  
**When:** Sept 24th, 2011 (8am - 4pm)  
**Where:** Northwest Indian College Main Campus & North Cascades National Park

Check out the Saturday Science Academy Blog with stories and pictures of past events. Create a Post! <http://blogs.nwic.edu/sciencesaturdays>

There is no cost for attending and lunch will be provided by the NWIC. To sign up just contact Nathanael Davis ([ndavis@nwic.edu](mailto:ndavis@nwic.edu) or 360.392.4271). Be one of the first 15 participants to sign up and earn \$30 just for attending!

**What to Bring:**  
 1. Sturdy Boots or Tennis Shoes,  
 2. Jeans to Get Dirty, and  
 3. Warm Rain Jacket

**Program Activities**

- 08:00am - Arrive and Check-In
- 08:30am - Drive to National Park
- 10:00am - Hike & Talk with Park Ranger, Discuss Forest Health
- 12:00pm - Lunch
- 12:30pm - Games and Service-Learning Project
- 02:30pm - Wrap-Up and Reflection
- 04:00pm - Arrive at Home

Visit the Northwest Indian College online at <http://www.nwic.edu>

Please RSVP by **Sept 17th!**

This event is sponsored by a National Science Foundation TCUP Grant

## PURSUE YOUR DREAMS GET YOUR GED

Visit Alicia and Jessica in the GED Center at Muckleshoot Tribal College or call 253.876.3183 for more information. Tutoring Available Monday-Friday, 9AM-5PM

## 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: Ramajeon Thomas, FPBA Program Associate  
[rthomas@antioch.edu](mailto:rthomas@antioch.edu)  
 Phone: 253-876-3258 Cell: 206-718-3380  
[www.antiochseattle.edu/BA](http://www.antiochseattle.edu/BA)

**UNIVERSITY SEATTLE**

## Elkins makes Dean's List at University of Colorado

Jaison Elkins, a Junior Political Science Major at the University of Colorado, Boulder has made the College of Arts and Sciences Dean's List for Spring Semester 2011. The Dean's List requires that a student hold a 3.75 or better GPA and be enrolled in at least 12 graded credit hours of coursework for the given semester. This achievement ranks Jaison among the top students at CU.

*I am writing to express my sincere gratitude to The Muckleshoot Indian Tribe, friends and family for helping me through my educational experience. Thank you all for your generosity and support.*

- Jaison Elkins

# My College Trip Experience

By Janet M. Emery



Janet Emery (right), with sister Michele Rodarte

Let me start by saying, when I woke up the morning we were to take off on this college trip that Denise Bill, Michele Rodarte and I had been working hard to coordinate for the last few months, I thought to myself, "OMG, what did you get yourself into?!" Chaperoning 40 students on a weeklong tour, sharing close space with them on a charter bus and on a tiny little plane, "are you crazy girl?!"

We started the trip with all the students and 8 chaperones and what seemed at first to be a challenge ended up being a very nice experience and I got to meet and socialize with a bunch of kids that I may not have had the opportunity, had I not volunteered for this role, and for that I am grateful.

We have some very funny, talented, bright students in our community, students who obviously have a desire to learn and take on the bigger challenges in life, such as college and I am very

proud of them and the way that they carried themselves and represented the Muckleshoot Tribe.

Our tour started on Monday, August 8<sup>th</sup>, 2011 – we all met up here at the Muckleshoot Tribal College, loaded a luxury charter bus and headed up North. First stop was Western Washington University; the students were greeted by the Native American Recruiter and had an opportunity for Q&A in a student lecture hall. Everyone seemed to really enjoy this time and I'd have to say, my favorite part of the tour was checking out their breathtaking views around campus.

From WWU we journeyed up north to the Northwest Indian College Campus on the Lummi Indian Reservation. Although this campus was a lot smaller than WWU the students really felt a connection to this ALL NATIVE campus, enjoyed our tour and everyone was impressed with the video chat/classes and their housing opportunities. We spent the night in Bellingham at the Best Western Plus got rested up and hit the road bright and early Tuesday.

Day 2 of our tour we visited the UW Seattle Campus, again, all students got to take part in a Native Ed class, watched the movie "Dance Me Outside" and had discussions about the film w/the actual enrolled students in this program. This tour was wrapped up w/all of us turned loose to find something to eat before jumping on the bus to head to the UW Tacoma campus. The students really enjoyed the Tacoma UW campus and the fact that the enrollment at this site wasn't anywhere near the number at the UW Seattle site. We ended our day with a stay at Tacoma's LaQuinta Hotel. (\*Note to self, not a good spot for students to be wandering around solo). =>

Day 3 of our tour we experienced an injury getting off the bus at the Renton Technical College site. One of our students fell when departing the bus and sorry to say, it was her last day with us and sorry she missed the tour of this school – I think quite a few of these students felt a real connection with this Vocational school and the possibility of having a degree in something within a year really seemed to spark their interest. We visited the Automotive Division, the Culinary Arts Division, The Dental Assistant, Massage therapy, Pharmacy Assistant Programs and it was a good time by all.

This tour was topped off with a few hours of free time for the students and chaperones to walk around the mall, get something to eat, get haircuts J and that evening was spent doing 1 of 3 things; movies, bowling or kicking back around the hotel. The Double Tree/South Center location is a very nice spot to stay.

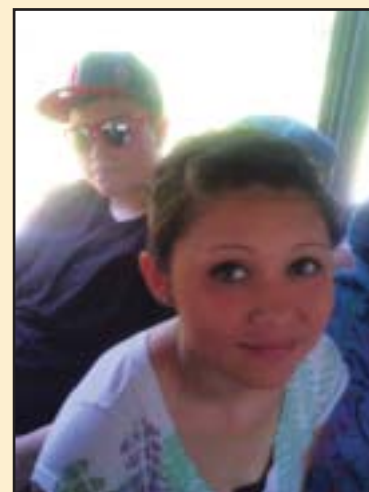
Day 4 we were up at the crack of dawn – making rounds to the rooms, getting everyone up and on the bus in route to the Sea-Tac International Airport. Considering the number of students we had to check in, chaperones and everyone's luggage, we did a great job! Checked everyone in at the kiosk, got everyone's bags checked and we were off to our gate! Everyone present and accounted for! Day 4 was spent flying everyone to Spokane and because of the number of people in our large group we had to split our group into two. The first group arrived at Spokane and headed out on our Charter bus to Eastern Washington University where the second half of the group eventually ended up.

We had a great tour of this beautiful campus and the people in the Native American Center engaged students w/their stories about college life. The evening was a good time by all spent at the Silverwood Water/Theme Park. Time spent riding in the wave pools, water slides, roller coasters, etc. was sooo much fun! If you have an opportunity to visit this place, it is highly recommended.

Day 5 – up early one last time for the week; bus ride to Gonzaga University and then to the airport for our return flight (which we were lucky enough to all get on this time). Gonzaga was a beautiful campus and was a good, short tour but the kids liked it! Plane ride went well and we were greeted by the charter bus one more time for our ride back to Muckleshoot Tribal College.

I'm so happy I made this trip. It was really a fun experience and I'd like to send a big thank you to Denise Bill, Michele Rodarte, Jerry "Jay" Emery, Donald Dorsey, Mikey John, Krystal Adolph and Alicia Woods for your hard work & dedication to this project.

Janet Emery  
Chaperone



## MUCKLESHOOT KINGS GO TO FOOTBALL CAMP

The Muckleshoot Kings High School Football Team took a huge step in our player development this August when we took 15 players to Fort Worden for football camp!

The young men represented the tribe with honor, working hard with three-per-day practices, morning beach runs, and an excruciating session of "Animal Kingdom."

Players were asked to focus on the team unity concept by carrying a rope as a team when traveling to-and-from practice, dining and housing. They responded with alacrity, choosing to spend their "down" time as a team, taking careful consideration to include all players, promoting an inspirational sense of family within the football program.

Special thanks to the Muckleshoot Tribal School Board for allowing the football program the opportunity to participate in our first football camp!



## Muckleshoot Kings Summer Sports Camps

By Todd Moser

Many energetic Elementary and Middle School students from the Muckleshoot Tribal School participated in the first year of Kings Summer Sport Camps, held at the MTS fields. The camps were offered for students who attended MTS last year in a joint effort between the Muckleshoot Tribal School and the Muckleshoot Recreation Department as an extension of the summer school program.

The camps included Basketball, Football, Baseball, Soccer and Volleyball, with week-long camps for Basketball, Football, Baseball and Soccer. The camps were held in the afternoon, directly following morning summer school classes.

We would like to extend a special thanks to former MLS professional, Todd Murray, as a representative of the Washington Premier Football Club for sharing his time and talents with our campers during the first two days of soccer camp.

Additional thanks to: Joseph Martin, Mike Starr and the Muckleshoot Recreation Department, Mario Marsillo and the Muckleshoot Tribal School Administration Team, and the support of the Muckleshoot Tribal School parents who all helped to make the first year of Kings Summer Sport Camps a success!



## THE MUCKLESHOOT TRIBAL SCHOOL PRESENTS "Meet Your Heroes Day"

- Have you ever sat in a Search and Rescue helicopter?
- Did you know a fire truck can weigh up to 50,000 lbs and hold 3,000 gallons of water?
- Did you know a dog can identify a scent 10,000 times better than a human?

Come and join us at the Muckleshoot Tribal School on September 23, 2011 from 9 AM to 1 PM for our "Meet Your Heroes Day." This will be a fun filled day where students, family and friends will be able to interact with the men and women who serve our community daily.

- The King County Sheriff's Office will have their Search and Rescue helicopter, Bomb Disposal robot and K-9 tracking dogs on display.
- The Auburn Mountain View Fire Department will have a fire truck and medical crew with life-saving equipment for all to see.
- The National Guard will have a variety of military vehicles and equipment with soldiers ready to answer any and all questions. Don't miss this great opportunity to meet those who serve us.

See you there!!!



Muckleshoot Tribal School  
15209 S.E. 376<sup>th</sup> St.  
Auburn, WA 98092

### CHILD FIND

All children develop at different rates and in different ways. Some children are born with special needs that can affect their growth and development. Other children may not show developmental differences or delays until later in childhood. Muckleshoot Tribal School as part of their ongoing efforts, is attempting to locate and identify children (birth to 21 years of age) with disabilities, and children who may not be in school or their special needs are not being met. If you are aware of any children with special needs that you feel may need assistance, we would like to help. Please contact the Muckleshoot Tribal School to ask for more information and set up an appointment for a motor skills, speech/language skills and cognitive skills screening.

Call Muckleshoot Tribal School  
Student Support Services Coordinator,  
253-931-6709, ext 3700

## UPCOMING MTS SPORTS EVENTS

- September 15 – 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 – Cross Country vs. Northwest Yeshiva @ Seward Park, 3:30pm
- September 22 – HOME, MS Volleyball Jamboree, 3:30pm
- September 27 – Cross Country vs. Chief Leschi @ Ft. Steilacoom Park, 3:30pm
- September 27 – HOME, Girls Varsity Volleyball vs. Puget Sound Adventist, 6:00pm
- September 28 – HOME, GMS Volleyball vs. Chief Leschi, 3:30pm
- September 29 – HOME, Girls Varsity Volleyball vs. Auburn Adventist, 6:00pm
- October 4 – HOME, Girls Varsity Volleyball vs. NW Yeshiva, 6:00pm
- October 4 – Cross Country vs. Shorewood Christian @ Lincoln Park, 3:30pm
- October 7 – HOME, Boys Varsity Football vs. Quilcene, 7:00pm
- October 10 – HOME, MS Volleyball vs. Lighthouse Christian, 3:30pm
- October 11 – Cross Country vs. Mt Rainier Lutheran @ Ft. Steilacoom, 3:30
- October 11 – HOME, Girls Varsity Volleyball vs. Eastside Prep, 6:00pm
- October 16 – HOME, Girls Varsity Volleyball vs. Shorewood Christian, 6:00pm
- October 17 – HOME, MS Volleyball vs. Crosspoint, 3:30pm
- October 16 – Cross Country League Championships at Lk Wilderness, TBA
- October 21 – HOME, Boys Varsity Football vs. Clallam Bay, 7:00pm

NOTE: Only home games are shown, except for Cross Country

# The First Annual Muckleshoot Berry Festival

Written by Valerie Segrest, Community Nutritionist for the Muckleshoot Food Sovereignty Project, a Northwest Indian College program. Photos by Victor Pascual (www.digitalnavajo.com)



Salmonberry, thimbleberry, salal, soapberry (soopollalie), wild strawberry & blackberry, black caps, saskatoons, rosehips, blueberries, currants, oregon grape, and huckleberries are just some of the edible berries available in the Pacific Northwest. These berries and many more were a main staple of our ancestors diet and summer is the prime time to harvest these delectable and nutritious jewels.

In the spirit of berry season the first annual Muckleshoot Berry Festival was held on August 10<sup>th</sup>, 2011. Over 100 community members and participants gathered at the Muckleshoot Tribal College Native Berry Garden to celebrate the deliciousness of berries. Festival activities included:

- **Berry Basket Display:** Warren King George, Muckleshoot Historian and Huckleberry expert, set up an exhibit of berry harvesting tools that included baskets and combs.
- **Berry Garden Tour & Plant Identification:** Miguel Hernandez, Community Gardener for the Muckleshoot Food Sovereignty Project, welcomed visitors to tour the newly installed berry patch and shared plant I.D. techniques.



• **Berry Nutrition & Recipes:** Wellness center dieticians, Colleen Crossett & Pam Drake offered workshops that focused on the nutritional benefits of berries, recipe demos and even raffled a food dehydrator so one lucky participant would be able to make their own berry fruit leather!

• **Berry Garden Art:** Guests were encouraged to create concrete stepping-stones. Seventy-five stones were made and now adorn the garden with lasting footprints and memories of this beautiful day. Har-

mony Blancher (Site Director for Northwest Indian College) and her husband Quinn Roebuck worked so hard to make this happen!

- **Feeding the People:** Elk burgers with cranberry ketchup and berry-iced tea were served to guests with the generous support of Cord Rose, Ashley Roebuck, Symphony Blancher & Lyric Bonholzer.
- **Storytelling & Entertainment:** Jessica Porter soothed us with her gorgeous voice and kind words. She also developed a storytelling booth with students from her "Storytelling & Leadership" course (offered through Northwest Indian College). The booth created a platform for guests to share their insights on what they can do to help preserve our cultural teachings.
- **Guest speaker, Adrian Lafferty** shared his story of defining healthy eating behaviors for his family as well as overcoming challenging barriers as a Native youth. His words were powerful and came home to the heart as we were all reminded of the struggles we must overcome to bring wellness into our lives.



Berry Fest T-shirt

• **Berry Face-Paint:** One of the biggest highlights of the day was Louie Gong's face painting. It is quite possible that Louie was the busiest of us all as he adorned many faces with salmonberry and huckleberry designs and some dragons too!

• **Muckleshoot Elders Berry Booth:** The Senior Program set up a booth to sell their delightful jams and freshly picked flats of raspberries, boysenberries and blueberries, to raise funds for senior program trips and also celebrating their new farm-to-table program.

Perhaps the most exciting moment of the entire festival may have been the anticipation that came with announcing the winner of the "Best Berry Pie of Muckleshoot" contest. The competition was tough and the panel of esteemed judges was given the difficult task of choosing just three winners:

- **Third Place:** Elizabeth Swanaset with her properly named buttery-crust huckleberry pie the "Salish Blue Delight."
- **Second Place:** Franklin Ross mesmerized judges with his good looking and very tasty version of "Blueberry Pie."
- **First Place Winner:** There was no denying the incredibly designed presence of Sophie Courville's legendary "Blueberry Pie". She blew judges away with her incredibly delectable creation as one judge reported, "It is like a flavor explosion!"

This event was completely grassroots and planning around the day was just as exciting as actually watching it unfold. Our hands go up to all of the volunteers, staff, students and community members who made this a day to truly remember. People really came together to share their gifts and teachings in honor of our berries.



Best Berry Pie of Muckleshoot Contest Winner, Sophie Spencer

Wilma Cabanas, director of the Muckleshoot Tribal College truly captures the excitement of the day in her reflections: "I would say it was a GREAT SUCCESS!! It looked like everyone enjoyed themselves, the activities and booths were great. I heard a lot of compliments about everything."

Because of the success of this event, the Berry Festival can become an annual event that continues to draw from the support of the community and celebrates some of our most precious traditional foods, the incredible wild and edible berries.

\* Special thanks to the Muckleshoot Bingo Hall for donating tickets for our guests and to Northwest Indian College for also donating giveaway artists for the raffle.



## Muckleshoot Scholarship Department

**IMPORTANT: EFFECTIVE IMMEDIATELY**  
The Scholarship Department will no longer be accepting incomplete applications. Budgets may be faxed at student request. We are also requesting that students complete applications at least 1 month prior to the first day of school to allow adequate time for processing.

### Scholarship Department Contact Information

Marie Marquez 253-876-3382  
Sonja Tullata 253-876-3380  
Christina Chagolla 253-876-3370  
Laurie Starr Williams 253-876-3381

Email addresses  
marie.marquez@muckleshoot.nsn.us  
sonja.tullata@muckleshoot.nsn.us  
christina.chagolla@muckleshoot.nsn.us  
laurie.williams@muckleshoot.nsn.us

**REQUIREMENT FOR CURRENT STUDENTS**  
grades and class schedules are required before scholarship funding will be processed for the next quarter.  
**PLEASE ALLOW 10 DAYS FOR PROCESSING.**

## 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 weekday 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.



...because we care.

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



# 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!

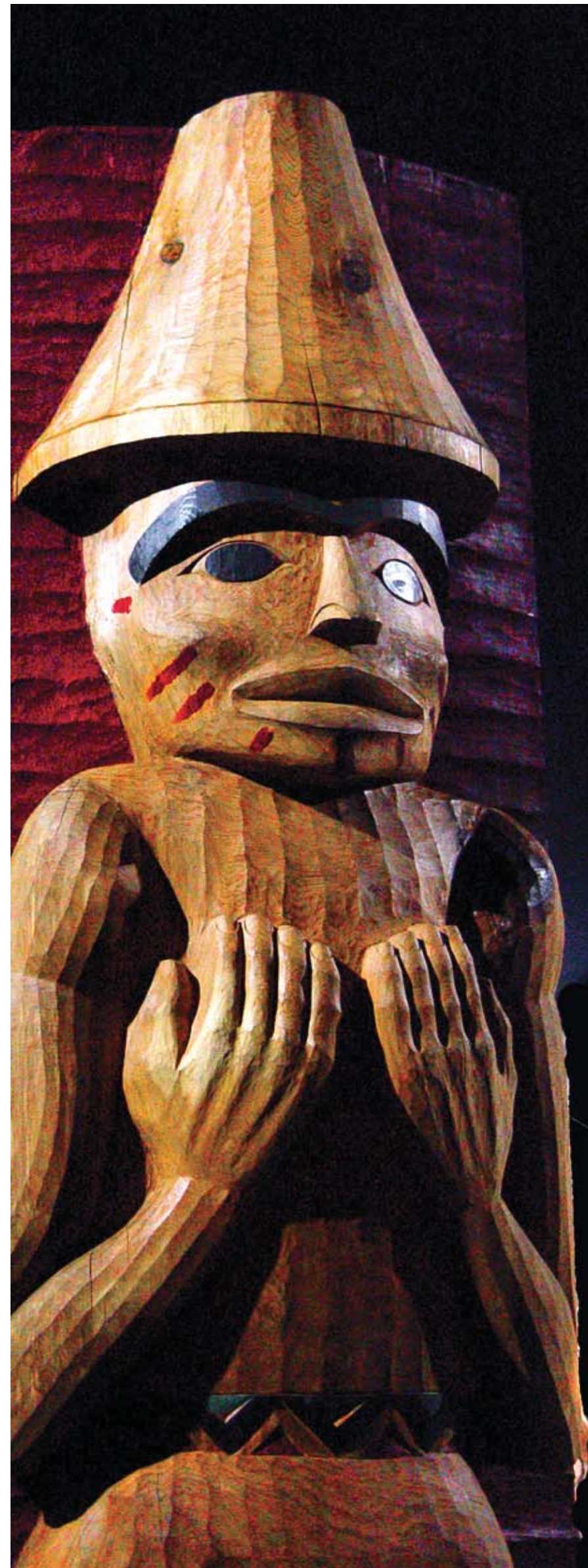
## \* Tribal programs

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



# Another Big Year for Shianna Moses

...ON HER WAY TO BECOMING ONE OF THE WORLD'S TOP SPEED SKATERS

PHOTOS BY JOHN LOFTUS



No, Shianna Moses is not tagging the gazebo outside the Philip Starr Building in the picture you see! Actually, she was writing her name in crab apple juice. Shianna recently returned from the Speed Skating Nationals, where everyone was wondering if she would still be as good when she started getting bigger. Well, the question was answered. Shianna is bigger, stronger, wiser, better... and still breaking records!

The only difference is that this time, Shianna set a new record for the 300-meter distance in the Freshman Division of the *Outdoor National Speed Skating Championships*. For those who don't know, outdoor is the big-time of speed skating. Unlike indoor speed skating, outdoor speed skating has world championships every year, and the Olympic Committee is currently considering making it an Olympic sport.

"I broke the record in the 300-meter at outdoor nationals," Shianna says, "and if I would have skated pro ladies, I would have gotten third." Pro ladies are adults.

Shianna also competed in the indoor nationals this year and, as usual, brought home plenty of medals – four from indoor and four from outdoor nationals. Indoor nationals were held in Fort Wayne, Indiana and the outdoor nationals was held in Colorado Springs, CO, where skaters compete either on a 200-meter banked track or on a road for longer races.

"In outdoor skating, by the time you're in the junior division, you can qualify to go to world championships," Shianna says, "but, I'm only in freshman, and next year I'll still be in freshman. But if I wasn't in freshman, I would have qualified to go to worlds."

And it's true: Given the times she clocked, and if she were just two years older (15), Shianna Moses would definitely have gone to the world championships in Seoul, South Korea this summer as part of the USA World Outdoor Speed Skating Team. In fact, the coach joked that he wished he could sneak Shianna into Seoul with the team. But, of course, that can't really happen until she turns 15. Two more years...







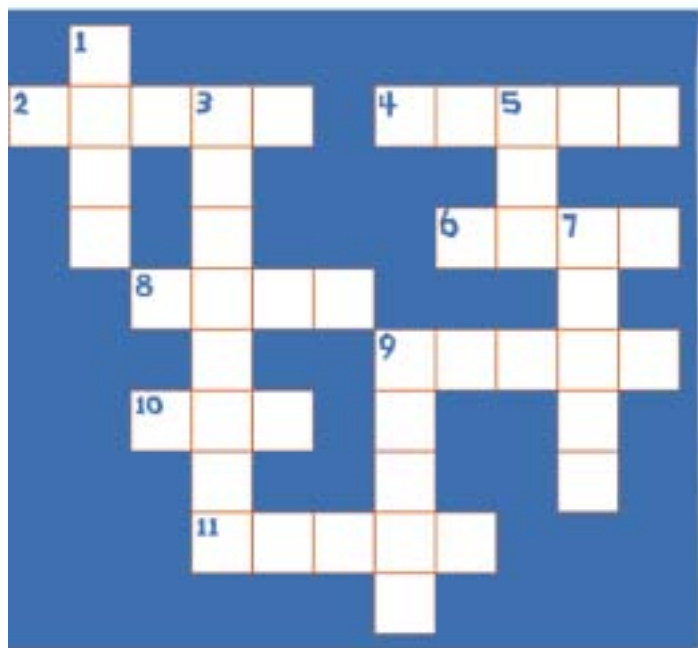
PHOTO BY JOHN LOFTUS

**DAWN FISHERMAN.** This photo by John Loftus won 3rd place honors in the Native American Journalist Association's 2011 Media Awards competition.

## DEAR FAMILY,

Family Reproducible Worksheet

To prepare for emergencies, families can collect items that might be useful and put them in an emergency supply kit. Go to [www.ready.gov](http://www.ready.gov) and click on *Ready Kids* to find out how your family can prepare for unexpected situations. Then complete this crossword puzzle to give you an idea of what kinds of things should be part of your family's emergency supply kit.



### CLUES

#### ACROSS:

- 2. \_\_\_\_\_ light: A handy tool to have if the lights go out!
- 4. Every person needs one gallon of this per day!
- 6. This comfortable piece of furniture should not be part of a family's supply kit.
- 8. Furry family members that should be part of your preparedness plan.
- 9. Some people have a \_\_\_\_\_ between meals if they are hungry.
- 10. You might find water, a flashlight, or a whistle in an emergency supply \_\_\_\_\_.
- 11. Fun items that families can play together.

#### DOWN:

- 1. Families can create a communication \_\_\_\_\_ so that they know where to meet and who to call during an emergency.
- 3. \_\_\_\_\_ bag: Great for napping or keeping warm.
- 5. Every family member should carry a contact list with at least \_\_\_\_\_ different phone numbers that will allow you to keep in touch during an emergency.
- 7. It's important to get the \_\_\_\_\_ about different kinds of emergencies, so that you know what to expect.
- 9. Keep an extra pair of these in your supply kit to keep your feet dry!

Visit [www.ready.gov](http://www.ready.gov) and click on *Ready Kids* for a family scavenger hunt to create your family's emergency supply kit!

**EMERGENCY CONTACT INFORMATION**

It's important to be able to contact your family if there is an unexpected event. Fill in the following information and keep a copy on the refrigerator, in your car, and in your child's backpack.

Parents/Guardians Contact Names: \_\_\_\_\_  
 Telephone numbers: \_\_\_\_\_

Out-of-State Contact Name: \_\_\_\_\_  
 Telephone number: \_\_\_\_\_

Neighborhood Meeting Place: \_\_\_\_\_  
 Meeting Place Telephone: \_\_\_\_\_

**Dial 9-1-1 for Emergencies!**

Crossword Puzzle Answers: Down: 1. plan; 3. sleeping; 5. two; 7. facts; 9. shoes. Across: 2. flash; 4. water; 6. sofa; 8. pets; 9. snack; 10. kit; 11. games.



# Muckleshoot Pentecostal Church Vacation Bible School



**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**



*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

# Taste At Muckleshoot 2011

## White River Amphitheatre ~ August 10, 2011

PHOTOS BY GARY KISSEL



## Muckleshoot Housing Tenant Picnic



## Muckleshoot Housing Employee of the Month

### Lisa Marie Cason

In the 11 months that she has worked at MHA she has excelled in her Finance Specialist job tasks and learned other duties as needed and has had excellent attendance.

Lisa consistently finds ways to help the tenants, homeowners and coworkers by offering a caring ear, suggestions and common sense solutions.

She anticipates daily work tasks for the maintenance staff and MHA management as well as stepping in to provide answers or instructions during telephone or walk in customer service, has helped to drastically reduce the receivables work back log and has taken the responsibility to keep it under control.

Congratulations Lisa Marie, on being chosen Muckleshoot Housing Employee of the Month and our blessings on your recent marriage!



### The Tribe is starting to recycle Household waste in your neighborhood.....

If you live in Davis, Cedar Village or Skopabsh, Your garbage cans will be replaced!!!

In order to provide a better service at a more affordable rate, Public Works will replace all of your existing garbage cans with new ones for homes in these three neighborhoods during the month of September.

Every home will receive a new grey color 96 gallon can for garbage and also a new blue color 96 gallon can for recycling waste. All residents will be asked and encourage to recycle your household waste in order to help save the environment and at the same time save costs of disposing the waste.

You will receive more detailed informational brochure in the next weeks in your mail or at your door on how this program is going to help you to take advantage of this program.

**Think GREEN and Preserve the environment and save money!** For further questions, please call Public Works at 253-876-3030



PS: The rest of the homes within the Utilities District will enjoy a similar program in a few months!

## National Night Out



## Elders' Barbecue Luncheon

PHOTOS BY JOHN LOFTUS



## Native American Night at Safeco Field

PHOTOS BY LEOTA BERRY



Sherene Berry & Taeshawn Johnson at the MTS Back To School event.

## Joseph James: The Caretaker

By Cynthia Lozier



One of Aunt Mary's roses

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 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."

I really felt that I mattered in Aunt Mary's life because I could coax her into doing things her doctors wanted her to do to take care of herself with ease. I had to cut back on macaronis, potatoes, bread, etc. – anything that was starch, because when these foods hit the blood system they become sugar. Basically I had to feed her healthy, vegetables, fruit, maybe an ounce of protein.

Aunt Mary became a family unit with me. I introduced her to my children, and they all took to her. At first they thought this 80-year-old lady was my girlfriend. Then, as time went on, they began to see that I was helping her.

I spent most of my time with Aunt Mary before she died, because I

don't think she would have lived as long if she didn't have anyone to watch her and care for her. I saw her children were too busy with their lives and didn't have the time for her. I felt like they didn't care about her.

I would do what she could not do. I think that it's important when caregiving to make the person do what they can do. This will keep their spirits up because there are some things they can still do, so they should do them.

Prior to Aunt Mary passing, her family was all around her bed and she said all the people she loved that were there. When she got to me, one of her daughters said "What about this ugly guy?" Mary said, "I LOVE YOU THE MOST!" pointing to me. That made me smile and feel so good.

All the pain and hardships of taking care of her were well-worth every minute. I felt it was important to make someone else happy than just myself.

I've collected up so many beautiful memories taking care of other people. There were many sleepless nights to make sure the people were okay and clean. Sometimes I was up 24 hours straight, but it was worth it. I used to have to travel back and forth taking care of two households. The doctors and the nurses helped me know what I needed to do at home to care for her.

I think I gave my life to others like that because of God. I only get a small amount of money per month. I have a car and I know how to budget to live. I also have cerebral palsy. I can't read because it makes my head hurt.

God gave me so much in my life – just like the compliment you gave me when you entered my home. My Mom used to make us make a bed and she would flip a quarter on it. If the quarter didn't bounce, you got to make the bed again until it did. My house is nice and in order also, because the Job Corps was just like the service. GI parties cleaning, we had to clean with a toothbrush. Now that has been thrown out – they say it is abuse.

I asked Joseph this question: "If someone asked you why you gave your life for someone else as you have, what would you tell them?" He answered after thinking for a minute, "One time Aunt Mary's daughters came to visit her. They made her feel bad and I felt she needed someone to stand by her. She was in need of someone to be there."

I lost my mother. Taking care of Aunt Mary was actually a healing to me. I do have a lot of training, and I was taught to help people. When Mary came into my life, she helped my family and we helped her. I have some roses in front of my place from Aunt Mary's garden.

I have taken care of several people throughout my life, and at one time I was taking care of three people. God had to be helping me, because I think about it today and wonder how I did it. When people need a caregiver, they need someone who wants to help and not take and steal from them. The person has to be trustworthy. That way you can form a good trusting relationship.

I believe it means a lot to give your life in this manner at least once in a person's lifetime. We are taught this way by the older people. I am smarter I feel than a lot of people who have a bunch of education, because it all goes to human life and caring for each other. I think we give our lives to someone else because it is part of being a person. My life now, I have to be careful because of health. My knowledge came by experience. I do not like medications which change me. I like me and I try to take good care of me.

I asked him towards the end of the interview, "Do you know what you did for all of the people you took care of?" Joseph said "No, what?" I said, "My mother Pauline Lozier Barrett would say you gave the living rose while the people were alive. It means nothing unless you give love when someone is living. When you give of yourself you show your love...THE LIVING ROSE. You can stack all kinds of flowers on someone's grave, but if you didn't help them while they were living, it doesn't mean nothing. Your Rose



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.

is what you do for someone when they are alive. LOVE is just a four-letter word until someone comes by and puts action to the word LOVE."

Joseph said to that "Aunt Mary used to ruff up my hair and say "Boy, I DO LOVE YOU!" And that made it all worthwhile.

We started laughing and continuing to talk about the old days, and we went outside and looked at the beautiful roses. As I drove away from the interview I found that this man Joseph had put words into all the actions of taking care of someone. I found it remarkable that he had something in common with me. I took care of my Mom for ten years, too, and when I went and took her out of the nursing home the doctors said he would give her about six months tops to live. She lived for ten years, so that told me that the only one who knows for sure is GOD.

Our people will live longer if we take care of them. They never put our people in a nursing home. I remember as a child taking care of our grandpa Frenchy and Grandma. Then before that I remember walking down the road a bit from Grandma's house, and we always brought a plate of food to this person. It was one of the elders, and we were being taught to take care of them.

I believe that was a great interview.

PHOTO BY JOHN LOFTUS

Photos from Della Lynn Morrison

This is Jonathan Sampson and Dylan Nelson Jerry in the first picture, and the second picture is Leondra Keeline, Jonathan Sampson and Patience Daniels. I took these pictures of Jonathan at the pow-wow. He placed 4th in the Shane Moses Junior Boys Fancy Dance Special. This is his second time dancing. He told me, "My Gramma and my Grandpa Johnny are watching me." He danced hard and is learning fast.

The large group picture is my kids, back row L to R: Jonathan, Lawrence and Roberta, and in the front row, Jordan, Raychelle, Diana and Chontaye. It's hard to get a picture of them all together, so I love this picture of them!



CORTNEY MARIE RODARTE

THANK YOU, SO MUCH!

JUST WANT YOU TO KNOW I AM VERY THANKFUL FOR YOU AND FOR THE WONDERFUL THINGS YOU DO FOR ME AND THE REST OF OUR FAMILY.

GETTING ME BOX SEATS TO THE HEART/DEF LEPPARD CONCERT IS EXTREMELY OVER THE TOP. I'M STILL IN DISBELIEF, BUT EVER SO APPRECIATIVE.

I LOVE YOU, NOT JUST BECAUSE OF THAT, BUT BECAUSE YOU ARE YOU!!

LOVE YOU, BEAUTIFUL!

Auntie Janet

Happy 24<sup>th</sup> Birthday to my Brother, Leon Brown, We hope you enjoy many, many more. Love Tam & Macy



Tamicka Elkins at Pow-Wow Skopash 2011



J.T. Totem Blessing Seattle ~ 2011



Gerri L. Williams and Rick Williams, older brother of wood carver John T. Williams.



Chastity Lynn Exum

Welcoming beautiful new baby girl into the world! Proud mommy and daddy: Alexandra Cruz and Wesley Exum and new big sister Serenity Marie ☺ Born 06/18/11 6.15 oz 19.5"



\*\*\* TO ALL OF MY FAMILY AND FRIENDS \*\*\*

I am so very "HUMBLE" and "THANKFUL"!!!

I would like to extend my appreciation and thankfulness to everyone while I was dealing with my health issues in and out of the hospital during May and June 2011. Thank you all for being concerned and especially Thank everyone for their prayers as I believe that is what got me through this whole ordeal! It was SCARY!

I am so very humble to my family for being there for me through my rough times as they all know that it takes a lot for me to go to the hospital/doctor. I cannot THANK them enough for doing everything for me, helping me out when I needed it and taking care of me! My husband, Martin was the biggest help for me, very encouraging and helpful with whatever I needed so I can continue on. I guess that's why we've been together for 30 years now! My daughter, Janice was another BIG help for me, coming to see me every day in the hospital (no matter what the consequences were - job wise), she was there for me and I hope the Creator blesses her in a very special way!!! My sister, DeeDee was a lot of help for me, too by making sure that I went for walks each day so I can regain my strength that I needed and bringing me to my follow up doctor appointments. My sister-in-law, Julia made sure that I had something to eat and drink and my medicines every day. My grandsons were constantly asking me if I was feeling better and they were helping me to get up out of bed or up off from the couch which was very helpful and sweet of them. Thanking my friend, Tammy, for bringing me to Virginia Mason hospital in Seattle, because their services seemed to be better than Auburn hospital.

Thanking all of the visitors that came to visit me at the hospital (my brothers and sisters, all of my nieces and nephews, my grandnieces and grandnephews, my co-workers, my Auntie Sal and my cousin, Liz - even tho I didn't get to see you two-) you don't know how much I appreciated seeing you while I was stuck there!!! Thanking the people who donated to me some of their Sick Leave hours! Thanks to the ones who sent me an email at the hospital, even though I couldn't respond it was still good to hear from you and it brightened my day.

If any of you need anything at all...don't hesitate to ask me, I'll do what I can, since you were there for me when I needed you! Love you all!



With Heartfelt Thanks and Much Appreciation,

Lisa "Angel" Sneatlum

Huckleberries

LOOKING FOR HUCKLEBERRIES. Wendy and I took Tamicka to the mountains to look for huckleberries. We didn't find any, but Tamicka found wild strawberries and is kneeling down getting them. - Byron Lloyd



Huckleberries



# MUCKLESHOOT POLICE



## Muckleshoot Police August Recap

**08/04/11 8:20 PM 11-172052 SE 391 ST/164 AV SE Driving While License Revoked**

An adult male who is suspected of sealing drugs on the reservation was stopped driving a vehicle. The male's driving status was "Revoked in the Third Degree;" he was arrested for the driving offence. A drug pipe was discovered in his pants pocket but no drugs were found. The male was booked into the King County Jail for the driving violation.

**08/05/11 12:00 PM Muckleshoot Indian Reservation Sexual Offender Registration**

An adult male Level 1 Sex Offender registered a change of address with the Sheriff's Office. The male was convicted of Child Molestation in 1990 in King County .

**08/05/11 4:30 PM 11-172716 Stuck River DR/Kersey Way SE Drug Violation**

Two young adult females were contacted in a car by a deputy. The deputy could smell marijuana in the vehicle, the driver voluntarily handed over the marijuana when asked for it. Due to the complete cooperation by the females and the small amount of marijuana they were not charged. The marijuana was confiscated for disposal.

**08/06/11 1:34 PM 11-173433 Muckleshoot Indian Reservation Drug Activity**

A deputy received a report of drug activity at a house. Details are being kept confidential due to the on going investigation.

**08/07/11 8:30 PM 11-174445 Skopabsh Village DUI**

An adult female reported that her highly intoxicated adult male boyfriend drove her car away earlier in the day and that he did not have a driver's license. Deputies checked the area for the male and the car but they were not found.

**08/08/11 5:42 AM 11-174675 36800 block Auburn-Enumclaw RD SE Juvenile Runaway**

A mother reported her juvenile child as a runaway. The juvenile was located by a deputy on 08/11/11 and returned home to his mother.

**08/08/11 5:00 PM 11-175047 41300 block 179 PL SE Assault**

An intoxicated adult female reported that on 08/07/11 she was assault by a female cousin. The victim was taken to the hospital later in the day of the assault when she was found unconscious, she had suffered a concussion.

**08/08/11 7:35 PM 11-175174 39700 block Auburn-Enumclaw RD SE Burglary**

An elder female reported a burglary to a shed to the Muckleshoot Housing Authority. The Housing Authority asked a deputy to investigate. A deputy responded and inspected the damage; the elder was not at home for contact.

**08/09/11 2:33 PM 11-175783 Davis Property Juvenile Runaway**

A father reported his juvenile child as a runaway. The father located the juvenile later in the day walking along a road and took her home.

**08/09/11 5:45 PM 11-175934 Skopabsh Village Theft**

An adult female reported that her per cap check was stolen from a mailbox.

**08/09/11 6:45 PM 11-175938 Davis Property Civil Problem**

An adult female called to report that her son's bicycle had been stolen by a known adult male. The male was contacted and admitted to having the bike but claimed it belonged to a relative. Both parties claimed to have receipts for the bike but could not produce them. No further police action was possible due to the civil matter of the case.

**08/13/11 10:45 PM 11-179472 Skopabsh Village Vandalism**

A double pane front window was broken after an adult male and an adult female were in a verbal argument and the female left the house. The male was passed out when the deputy tried to talk with him.

**08/14/11 8:32 AM 11-179568 Skopabsh Village Assault**

An adult male and an adult female live together and have children together. The male assaulted the female by choking her and cutting off her air supply. The male was taken into custody later in the day and booked into the King County King for a felony assault charge.

**08/14/11 1:35 PM 11-179672 42000 block 180 AV SE Recovered Stolen Vehicle**

An off duty Tribal Security officer discovered a stripped car by the river and contacted Muckleshoot Police. A deputy responded, the grey 1987 Chevrolet pick-up had been stolen in Auburn on 07/05/11. The truck had been stripped of it's tires and wheels and had been left high center on a stump.

**08/15/11 2:00 PM 11-180444 Muckleshoot Indian Reservation Sex Offense**

Report of a sex offense to the Muckleshoot Police. Details are being kept confidential due to the nature of the case and an ongoing investigation.

**08/15/11 3:06 PM 11-180492 Muckleshoot Housing Authority Office Trespass**

An adult male was trespassed from all Housing Authority property by a deputy at the request of a Housing Authority staff member. The Housing Authority had reports that the male was selling and using drugs on Housing Authority property. The trespass will be lifted once the male completes a drug treatment program.

**08/15/11 4:19 PM 11-180547 Skopabsh Village Theft**

A Toshiba Satellite C650 15.6" black laptop was stolen from a house. The victim believes a guest she had in the house stole it when they were visiting.

**08/17/11 12:00 PM 1800 block Ginkgo ST SE Sex Offender Registration**

An adult male sex offender registered with the Sheriff's Office. The male was convicted of "Rape of a Child in the Third Degree" in King County in 2005.

**08/17/11 7:31 PM 11-182384 Skopabsh Village Juvenile Runaway**

A temporary legal guardian reported a juvenile as a runaway who has been gone since 08/12/11.

**08/18/11 12:36 PM 11-182958 4000 block Auburn Way S Theft**

An adult male and an adult female had a wallet, purse, identification and food stolen from there house while they slept. There were several guests in the house overnight.

**08/18/11 4:20 PM 11-183122 Skopabsh Village Violation of a Court Order**

An adult male violated two valid "No Contact Orders" against his adult female ex-girlfriend and a child they have in common by sending flowers and a card to their house. The male was charged with violating the court orders.

**08/18/11 9:25 PM 11-183357 5600 block Auburn Way S Trespass**

An adult male was trespassed from all tribal housing property by a deputy at the request of a Muckleshoot Tribal Housing Authority staff member.

**08/19/11 12:00 PM 38900 block Auburn-Enumclaw RD SE Sex Offender Registration**

An adult male registered sex offender registered a change of address with the Sheriff's Office. The male was convicted of "Kidnapping in the Second Degree" in 2003.

**08/19/11 8:21 PM 11-182384 Skopabsh Village Juvenile Runaway**

A runaway juvenile was located at a bus stop and escorted home.

**08/20/11 1:30 PM 11-184577 POW-WOW Grounds Suspicious Persons**

A suspicious adult male and an adult female were observed on the POW-WOW grounds by a deputy. The details were documented in a police report.

**08/20/11 4:45 PM 11-184677 Skopabsh Village Violation of a Court Order**

Deputies received information that an adult male with a felony Department of Corrections (DOC) warrant was in a house in Skopabsh Village . The male was located at the house; he was in violation of a No Contact Order against the adult female who lived at the house. The male refused to come out of the house, the SWAT team responded and gas had to be used to get the male to come out of hiding. The male was taken into custody and booked into the King County Jail on his warrant and violation of the No Contact Order.

**08/20/11 9:30 PM 11-184864 POW-WOW Grounds Assault**

Two juveniles were in a verbal argument when a third juvenile walked up and punched one of the juveniles in the face four times. Muckleshoot Police responded, the suspect was gone when they arrived. Charges pending further identification of the suspect.

**08/24/11 8:05 PM 11-188034 Skopabsh Village Family Disturbance**

An adult male locked his adult female girlfriend out of their house. The female contacted a deputy to go with her to the house so she could collect some items and leave. The deputy went to the house with the female, she collected her items.

**08/24/11 4:33 PM 11-700747 38600 block Auburn-Enumclaw RD SE Identity Theft**

An adult female reported almost twice the income was being reported to the IRS under her social security number then she makes. Someone may be using/working under her social security number without her knowledge. It was discovered that this has been happening for the last four years.

**08/25/11 8:15 PM 11-188946 Skopabsh Village Suspicious Circumstance**

A deputy received a call that an adult male had been at a house with a gun and had verbally threatened the caller's family. The car the male had left in was located, the occupants and the car were searched, and no gun was found. The deputy later learned that no gun had actually been seen and the person who called only believes family was threatened. The deputy could not get a hold of the caller later. The subjects were released and an informational report was written.

**08/25/11 10:30 PM 11-700758 White River Amphitheater Theft**

An adult female had her purse stolen.

**08/26/11 7:01 PM 11-189662 41800 block 180 AV SE Death Investigation**

An elder male was discovered deceased on a quad. CPR was given without success. The male apparently died of natural causes.

**08/27/11 9:10 AM 11-190083 Skopabsh Village Theft**

An adult female let an adult male friend stay at her house overnight. When the female got up in the morning her cell phone and a \$136.00 in cash were missing from her purse. The police were called; the male was not located but is being charged with "Theft in the Third Degree."

**08/27/11 12:15 PM 11-190159 Skopabsh Village Vandalism**

An adult male and an adult female had been living together as boyfriend and girlfriend. The male and female were separating and the female was moving out. As the female was moving out she picked up a rock outside and threw it into the TV scene in the house. The female was gone when the deputy arrived and was not located. The female is being charged with "Malicious Mischief (Vandalism) in the 3rd Degree."

**08/27/11 8:00 PM 11-190449 17500 block SE 408 ST Trespass**

An adult male was charging people to park in his yard during a concert. An adult male occupant of one of the cars was kicked out of the concert for fighting and went to back to the house where the car was parked and caused a disturbance, a deputy responded and told the male to leave, and he did. Later the male returned, he was intoxicated, and started causing another disturbance. The deputy responded a second time and formally trespassed the male in writing, the male left and did not return.

**08/27/11 7:35 PM 11-190391 Skopabsh Village Warrant Arrest**

An adult male with warrants was observed riding a bike in Skopabsh Village . The male had two misdemeanor warrants; the first was from Enumclaw for "Theft in the Third Degree" with a \$15,000 bail. The second warrant was from Auburn for "Failure to Appear for Criminal Trespass in the First Degree and Theft in the Third Degree" with a \$5,000 bail. The male was arrested and booked into the Enumclaw Jail on the Enumclaw warrant.

**08/27/11 7:45 PM 11-190457 White River Amphitheater Assault**

In the beer garden an adult male assaulted another adult male by grabbing him by the throat and punching him. While the first suspect was being escorted away by security his friend grabbed the victim from behind and threw him to the ground, possibly breaking his ankle. Both suspects were taken into custody and booked into the King County Jail on assault charges. The victim was transported to the hospital for medical treatment.

**08/28/11 9:00 PM 11-191202 SE 392 ST/Auburn-Enumclaw RD SE Warrant Arrest**

An adult female was stopped for a traffic violation. The female had a felony warrant out of Pierce County for "Unlawful Solicitation of a Controlled Substance." The female was arrested and booked into the King County Jail on the warrant.

**08/28/11 11:59 PM 11-191316 Cedar Village Burglary**

An elder female left her house for a couple of hours and discovered her Phillips black flat TV missing when she returned. Entry was made by an outside chair being put under the outside of a window that had been left open.

**08/29/11 5:53 AM 11-191448 38900 block 172 AV SE Vandalism**

An adult female had one of the tires on her pick-up cut and the rear window of the truck scattered.

**08/29/11 4:20 PM 11-191858/11-191953 41400 block Auburn-Enumclaw RD SE Warrant Arrest/Drug Possession**

A deputy contacted an adult male, it was confirmed that the male had a felony warrant with King County for a drug offence. The male had in his possession a glass drug pipe, foil with an immeasurable amount of white powder on it (suspected meth residue) and three unknown white pills mixed in with other pills in a valid prescription bottle. The male was arrested on the warrant and booked into the King County Jail. The pills, pipe and foil were confiscated for disposal.

**08/29/11 10:00 PM 11-191316 Cedar Village Burglary Arrest**

During a follow-up investigation a deputy identified two adult female suspects in the burglary of an elder's home on 08/28/11 in which a flat panel TV was stolen. One of the females was located and booked into the King County Jail for "Residential Burglary," the second female has not been located as yet. The stolen TV was recovered and returned to the elder.

**08/30/11 12:15 PM 11-192545 Lemon Tree Duplexes Recovered Stolen Vehicle**

A deputy observed a red 1993 Honda Accord 2 door at the Lemon Tree Duplexes, it appeared out of place. A check revealed that it was a stolen car from Auburn . The owner was contacted and the vehicle was released to him.

**08/30/11 10:00 PM 11-192990 Stuck River DR/Kersey Way SE Warrant Arrest**

An adult male was contacted during a traffic stop. The male had warrants with King County , Puyallup and Bonney Lake . The male was arrested and booked into the King County Jail.

**08/31/11 8:00 AM 11-193445 Muckleshoot Indian Reservation Sexual Offender Registration**

An adult female Level 1 sex offender registered a change of address with the Sheriff's Office.

**08/31/11 4:00 PM 11-193652 16300 block SE 388 ST Vandalism**

An adult female reported that the outer pane of her double pane bedroom window had been broken.



## 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.

**CULTURAL WELLNESS GATHERINGS**

**AA Meeting Time**

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

**Feather Healing Circle**

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

**Grief and Loss**

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

**Women's Group**

Muckleshoot Tribal College Thursdays 5:00 pm

**Boys Mentoring Group**

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

**Al-Anon Meetings**

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

Federal Way Sunrise  
United Methodist Church

Monday 6:30 pm

150 S. 356th St.  
Federal Way, WA 98003

**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!



**EVENTS CALENDAR**

Submit your events to:  
muckleshoot.monthly@yahoo.com

- September 18** **Family Night at the Drop-In Center**, free movies, meals and Xbox; 4:00 to 9:00 PM; info: 253-876-2853
- September 23** **Native American Day**, Muckleshoot Bingo Hall, during matinee and evening bingo sessions; call Laci or Anita for info at 253-735-2404
- 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
- September 25** **Family Night at the Drop-In Center**, free movies, meals and Xbox; 4:00 to 9:00 PM; info: 253-876-2853
- October 2** **Family Night at the Drop-In Center**, free movies, meals and Xbox; 4:00 to 9:00 PM; info: 253-876-2853
- October 9** **Family Night at the Drop-In Center**, free movies, meals and Xbox; 4:00 to 9:00 PM; info: 253-876-2853
- October 13** **Public Caucus** - Philip Starr Building, Cougar Room at 6pm
- October 14-16** **4th Annual Hiitem' Waq'iswit Powwow**, 175000 Nez Perce Road, Lewiston, ID; Black Lodge, host drum; Grand Entries 12 noon & 7 PM; info: Carlo Chimburas, 208-746-0723, carloc@rcasino.com
- October 15** **Terran Hoptowit Memorial** - WhiteLake Cemetery. 10 am Blessing; 12pm Lunch
- October 16** **Family Night at the Drop-In Center**, free movies, meals and Xbox; 4:00 to 9:00 PM; info: 253-876-2853

**MUCKLESHOOT INDIAN CASINO**

You can now apply for jobs ON-LINE

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

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

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



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

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



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

Visit the Muckleshoot Tribe's



**NEW WEBSITE!**

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

**2011 Per Capita Deadlines and Schedule**

- 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.

**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*

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

*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.**

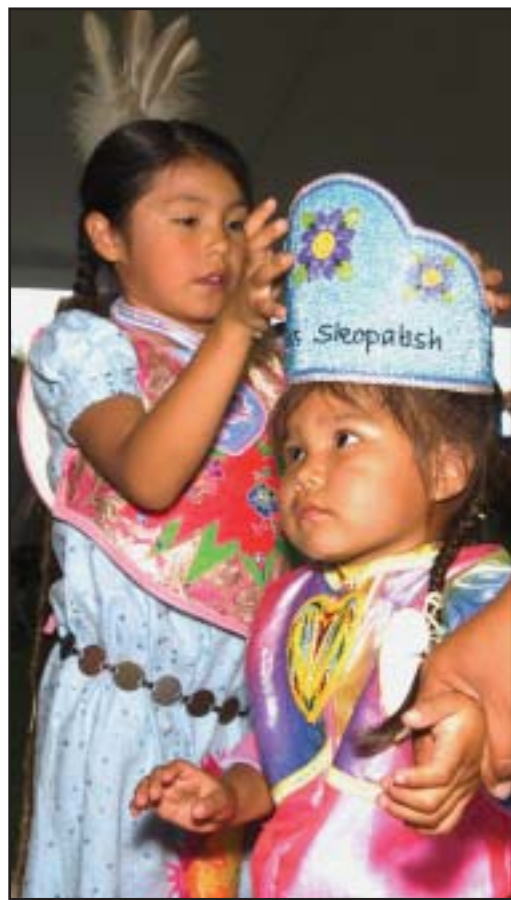


# 35th Annual Skopabsh Pow Wow

August 19, 20 & 21, 2011

Muckleshoot Pow Wow Grounds

PHOTOS BY GARY KISSEL



**MUCKLESHOOT SKOPABSH ROYALTY FOR 2011-12**  
Kiya - Georgiana "Peachy" Ungaro      Little Miss Skopabsh - Lynea Gopher  
Miss Skopabsh - Jenel Hunter      Warrior - Tyler Headdress-Wilson  
Jr. Miss Skopabsh - Sancha Moses      Little Warrior - Silas Simmons

