



**Muckleshoot
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Muckleshoot MONTHLY



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APRIL 15, 2012

LOUIE UNGARO

MIT's Newest Tribal Council Member



PHOTO BY JOHN LOFTUS

The late Bernice White had a huge influence on the Muckleshoot Tribe, serving as Tribal Chairman during some of its most turbulent and challenging times. Bernice may have moved on, but her influence continues to be felt even now, as the last two elections have brought two of her grandsons to the Tribal Council – Yvonne's son Mark, and Peachie's son Louie. Here's a bit more about our newest Tribal Council member, Louie Ungaro.

The year was 1973 – one year before the Boldt Decision, and there were Kings in the river. Louie Ungaro and his wife, Peachie, had just set their net near the Turn Basin when Dennis Anderson came roaring up the river as fast as he could go. “The game wardens are coming!” He yelled. “They’re confiscating everyone’s gear!”

Louie and Peachie scrambled to pull in their net and – wouldn’t you know it? – right in the middle was a big King. Finally, they got their little 8-foot skiff safely up on shore, but Peachie wasn’t about to let that King go. The bank was steep, but she gave it all she had, and by the time she and Louie were safely back at their truck, she was all in. But she still had her fish.

“As I sat catching my breath, I started feeling a little green,” Peachie recalls. “I got sick. My husband looked over at me and I said, ‘Congratulations, Louie – you’re going to be a father.’”

And so it was that our newest council member made his presence known in this world – a true son of the fish wars.

Louie Jr. spent countless hours afloat with his parents during his growing years. A crisis struck the family when, after Boldt, Muckleshoot opted not to allow spouse fishing.

“Louie and I did everything together,” Peachie says. “It was like we were joined at the hip. We’re soulmates – we really are. There was no way I was going to fish with anyone else.”

As she says, she had always been the bold one in her family, and Peachie made a bold move. She switched her enrollment to Suquamish, which allowed spouse fishing. It fractured many relationships, but kept their family fishing together.

(Although enrolled Suquamish, Peachie is Muckleshoot to the very depths of her soul, she says, growing emotional as she tells that one of the greatest honors of her life came last summer when she was chosen to be the tribe’s Skopabsh Kaya (Grandmother) Princess.)

The three Ungaros followed the fish wherever they were. Peachie remembers one night in the San Juans when a pod of orca whales surrounded their boat, leaping into the air and slapping their tails on the water in the moonlight. She brought her little boy from up below to see the whales, and still remembers how surprised he was when one of them surfaced and blew right next to the boat.

Other times, little Louie would stay with Gramma Bernice, and has fond childhood memories of playing down by the river like all the other kids. “It was our Disneyland,” he says. He also enjoyed a close relationship with his Great-Grandma, Maggie Barr.

Eventually, young Louie struck off to fish on his own, and he’s been fishing ever since. He feels that he really came of age when he joined a crabbing crew and faced the harsh elements up in Alaska. “It’s not like *The Deadliest Catch*,” he says with a shake of the head. These days he fishes out of a former game warden boat that he bought at a state auction – kind of a trophy, you might say. He plans to continue to fish while on the council, but only for the Shaker Church, or for families without a fisherman.

As a newly-elected council member, he realizes he is just one of nine, but has a lot of ideas for the tribe’s future.

“I have a lot of hope in my heart for good things to happen in the coming years,” Louie says. “...to see hope instilled in our people again, and self-worth in our communities. And the first resource I want to see rebuilt is our people... being stewards of the land, being a fishing community – hunters and gatherers. We need to remember who we are as an Indian people.”

Tribal Council Electees Take Oath of Office

The Tribal Council meeting where newly-elected or re-elected members are sworn in is always the shortest of the year, since there is no other business. But it always draws the biggest crowd, because each electee has proud family members that want to witness the ceremony.

This year, two veterans and one new member were sworn in on the first Tuesday in April – the day prescribed by the Tribal Constitution. Kerri Marquez and Marcie Elkins were each sworn in for a third term, while Louie Ungaro is beginning his first.

Kerri can’t remember a time when the Tribal Council wasn’t a part of her life. Her mother, Chairman Virginia Cross, has spent nearly all of her adult life as a council member. Kerri started working for the tribe as a 14 year-old youth worker and, after stints at the Bingo Hall and Fisheries, found her life’s work – Enrollment. In this capacity, Kerri has helped to reunite many adopted-out tribal members with their tribe and relations. This is a mission very close to her heart, and as a council member she continues her work as chair of the Enrollment Committee.

Marcie Elkins was also sworn in for a third term. Prior to her election to the Tribal Council, Marcie was a longtime employee of the Tribal Finance Department, where she was originally hired in 1989 as



Marcie Elkins, Louie Ungaro and Marcie Elkins were sworn into office on Tuesday, April 3, 2012.

a bookkeeper trainee through the WTIP Program. In 2005, she was elected to the School Board. The following year she was encouraged by Elders to run for Tribal Council and was elected to her first term. Marcie chairs both the Children and

Family Services and Family Resource Committees, as well as serving on numerous others

Louie Ungaro, the newest member of the Tribal Council, is a lifelong fisherman who has served the tribe as a member of the Planning

and Preservation Committees. (See story at left.)

The Muckleshoot Tribal Council consists of nine members serving rotating three-year terms, with three members up for election each year.

Tribal Council Approves New Muckleshoot Child and Family Welfare Ordinance

On Friday March 23 the Council passed the new Muckleshoot Child and Family Welfare Ordinance, to update Title 12 and replace the Tribe’s Youth Code. It covers child abuse reporting and investigation; voluntary and involuntary placements; Tribal Court dependency proceedings arising from child abuse and neglect; as well as proceedings for guardianships, adoptions, and youth emancipation.

The Muckleshoot Child and Family Services (MCFS) Committee encourages Tribal Community members to review the new Ordinance at the office of the Court Clerk. The MCFS Committee has tried to make language throughout the new Ordinance more clear and less technical than in the former Youth Code.

The Ordinance incorporates the Muckleshoot Tribe’s tradition and culture in a number of ways. Here is a brief summary:

- The ordinance makes it clear that no proceedings in Tribal Court will cut off any child’s Tribal enrollment or inheritance rights. This was a concern in prior adoptions.
- If both parents agree, the Tribal Court may hear proceedings concerning of a Muckleshoot descendant child, or a non Indian adopted child of Muckleshoot parents.
- MCFS Committee members are identified as Tribal experts to the Court, and Committee recommendations in child welfare matters are to be given deference.
- The traditional role of immediate and extended family members who take responsibility for raising children of other family members is acknowledged. If a person has been fulfilling a parental role for a child, he or she can petition the Court to intervene as a party in proceedings concerning that child. The Court is also given authority to award visitation for family members who play a significant role in the child’s life. Sometimes referred to as “grandparents’ rights”, these procedures are not limited to grandparents only.
- “Customary Adoption” is a new section. Unlike standard adoption, it does not require that parental rights be relinquished or terminated. The child’s birth parents and the customary adoptive parent(s) can agree on a plan for permanent modification of parental rights (visitation, communications, child support) that provides for the safety of the child, and gives

customary adoptive parent rights consistent with their responsibilities, along with opportunity to receive adoption support funds. Standard adoption also remains available in the new ordinance.

- Guardians or adoptive or foster parents of Muckleshoot children who are non Indian or live remote from the Muckleshoot Tribal Community, will have a Cultural Contact Agreement to ensure that the child stays in contact with Tribal traditions, culture, and family.

Guardianship reports have been an issue. The former Youth Code required annual guardian reports, but these were not being done. Guardians will be contacted to update reports with the Court. Help is available, and any guardian can choose to report to the Court in person rather than in writing. When a child is a ward of the Muckleshoot Tribe, that annual reporting is critical. The Tribe wants to know how all of its children are faring in private guardianships. The new reporting forms are short and simple, and designed to help the guardians identify where they may need additional support or services.

Reporting of child abuse and neglect, although encouraged for everyone, is clarified by listing mandatory reporters. There are also new penalties for false reporting intended to harass; and new requirements that any new allegations of abuse or neglect raised in Tribal Court will be referred for investigation.

Writing this new law involved a lot of hard work from policy representatives and from staff. We believe that it represents a big step forward to protect our children and families.

MARCIE ELKINS, CHAIR
Muckleshoot Child & Family Services Committee

To report suspected abuse or neglect:

- 1-800-609-8764 CPS intake number
- Remember the W’s (Who, What, When and Where)
- Write it down (To help with remembering important information)
- Muckleshoot Member (Let intake know the family is a tribal community member)

Child Protective Services and Child and Family Services involved is not the end. Use it as a time to begin change and healing.



Legislative Session Wrap-Up

Last October this column focused on the many challenges facing the tribe at the State Legislature as the legislative session got underway. Another multi-billion dollar budget deficit had gambling expansion proponents promoting bills to allow electronic gambling in non-tribal card rooms. A proposal to privatize the state lottery was made. Some spoke of expanding the lottery to include electronic terminals in bars, restaurants and taverns. Calls for changing tribal gaming compacts to divert a portion of our gaming revenue to the state were made by legislators and editorial pages of local newspapers. In short, it was shaping up to be a very challenging legislative session for tribes.

This month we can report that the hard work of the Muckleshoot Public Affairs Committee resulted in the tribe getting through the session in good shape. We protected our gaming enterprises and were successful getting other bills important to the tribe passed.

The Recreational Gaming Association, the organization that represents private house-banked cardrooms, introduced legislation to authorize almost 8,000 electronic gambling machines, or VLT's, in the state's 63 existing cardrooms. Even with the overly-optimistic promise of hundreds of millions of dollars for the state budget and the support of Republican leadership, our work to educate legislators about how tribal gaming supports important tribal government programs helped keep that bill from being considered for a vote.

A seemingly innocuous proposal to privatize the State Lottery was offered as a way to streamline state government and save money. Tribes saw the proposal differently. We knew that lottery privatization in other states resulted in expansion of electronic gambling and opened the door to a broader expansion of non-tribal gambling. Our opposition to that proposal was a factor in its defeat.

But we did more than just play defense in the session. We maintained a strong presence in Olympia and hosted a meeting with legislators to address specific Muckleshoot priorities. We were successful getting important bills passed dealing with such issues as water rights and formalizing the government-to-government relationship between tribes and state agencies. Retrocession of civil and criminal jurisdiction to Tribes was another bill we supported that passed.

Finally, we also worked hard to pass legislation to help tribal members and others who, because of the restrictive wording of rules pertaining to the issuance of conditional driver licenses, were unable to obtain a valid driver license.

The Tribal Council is pleased to report that even though we entered the session facing big threats and a difficult legislative environment, we were successful in promoting our legislative agenda and protecting tribal gaming, the economic engine we rely on to fund the projects and programs so important to all tribal members.

SENIOR MONTHLY ASSISTANCE AGE LOWERED TO 55

MUCKLESHOOT – The Tribal Council received news recently that the Bureau of Indian Affairs has approved its request for another significant expansion of the Tribe's safety net for its elders. After a wait of more than eight months, the BIA gave the green light to the Council's proposal to lower the eligibility age for the Senior Monthly Assistance program from 60 to 55.

"This certainly is good news," Muckleshoot Tribal Chairman Virginia Cross said. "We know it will be welcomed by the elders that are now going to be eligible."

The request required BIA approval because the source of funding will be proceeds from gaming, which are regulated under the Indian Gaming Regulatory Act (IGRA). Compliance with IGRA required federal approval of a tribal amendment to its Resource Allocation Plan (RAP).

The Senior Monthly Assistance program currently provides payments of \$1,000 per month to 207 Tribal Elders aged 60 and up. The new eligibility age will increase that number to 258. Elders are encouraged to contact the Senior Center if they have concerns about how this may affect their eligibility for any state or federal assistance they may currently be receiving.

PROUD FAMILIES CELEBRATE TRIBAL COUNCIL SWEARING-IN CEREMONY

PHOTOS BY JOHN LOFTUS



TRIBAL COUNCIL MEMBERS WITH PRESIDENT BARACK OBAMA



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
Name _____
Address _____
City & State _____ Zip _____

If this is an address change, list previous address:

Address _____
City & State _____ Zip _____

I am a Muckleshoot tribal member,
 I have ties to the Muckleshoot Tribal Community
Please explain: _____

MEMORIAL and HEADSTONE BLESSING

FOR

Florence "Dossie" Wynne



May 12th, 2012

At the Wellpinit Long House, Wellpinit, WA

Headstone blessing will be at 11 a.m. and Memorial Dinner and Give Away immediately following.

For more information, directions or questions please contact: Sugar, Rhonda, Tammy, Sandy or Sonny

PER CAPITA REMINDERS

- When you turn 13 or 18 during a Per Cap Distribution and you have Direct Deposit you will need to turn in a New Direct Deposit form for your new Age group otherwise we will cancel your Direct Deposit until we receive a new one. Teen Direct Deposit Form (orange) Adult Direct Deposit Form (brown) or Seniors (green)
- If you want someone else to pick up your Per capita Check you need to fill out an Authorization Form and have it notarized and turn it into Tax fund. We will not accept forms that are not notarized.
- If you have closed your Bank Account please notify Tax Fund As Soon As Possible so that we can cancel your Direct Deposit. If you wait and we have already send in your Deposit to the Bank you will have to wait until the Bank sends a letter to Tax Fund stating that the deposit did not go through (this can take 1-5 days), then we have to print you a check. This will delay you getting your money in a timely manner.
- If you or a family member are incarcerated and want to notify Tax Fund of what you would like us to do with your Per Cap (mail, put in someone else's name, hold it or just want someone to pick it up) We require a letter to be mailed to Tax fund directly from the jail so it is unopened when we receive it. This is the only way Tax Fund will follow the request being made from an incarcerated Tribal Member
- Things to double check before Per Cap Distribution to make sure Tax Fund and Enrollment has your correct information:
 - Address Change has been updated
 - Your name has changed and you have a Social Security Card showing your new name. Enrollment will need a copy of this before Tax Fund can change in their system.

REMINDER TO TRIBAL MEMBERS TO VOTE IN THE WA STATE APRIL 17TH SPECIAL ELECTION

Reminder to all Tribal members who are currently registered to vote. You should have received your Official Ballot in the mail for your respective County (King or Pierce). Please make sure you mail your ballot in before the April 17th deadline.

If you are not registered to vote. It is not too late to register. The following locations will accept registration in person.

King County
919 Southwest Grady Way
Renton, WA 98057-2906
Phone: 206-296-8683 and 800-325-6165
Email: elections@kingcounty.gov
Website: <http://www.kingcounty.gov/elections>

Pierce County
2501 S. 35th St. Suite C
Tacoma, WA 98409-7484
Phone: 253-798-7430 and 800-446-4979
Email: pcelections@co.pierce.wa.us
Website: <http://www.co.pierce.wa.us/pc/abtus/ourorg/aud/elections/main/htm>

If you miss the deadline for the Special Election, you can always register online: www.myvote.wa.gov or by mailing in a WA State Voter Registration Form. You can pick these up at the Philip Star lobby or call Grant Timentwa at 253-876-3327 or Ada McDaniel at 253-876-3247 and we can provide assistance.



Bridget Simmons and Alex Baker help Sonny Miller (left) pick his net, Lake Washington Sockeye Fishery, 2000

WALKING ON...

Bridget Eloise Simmons

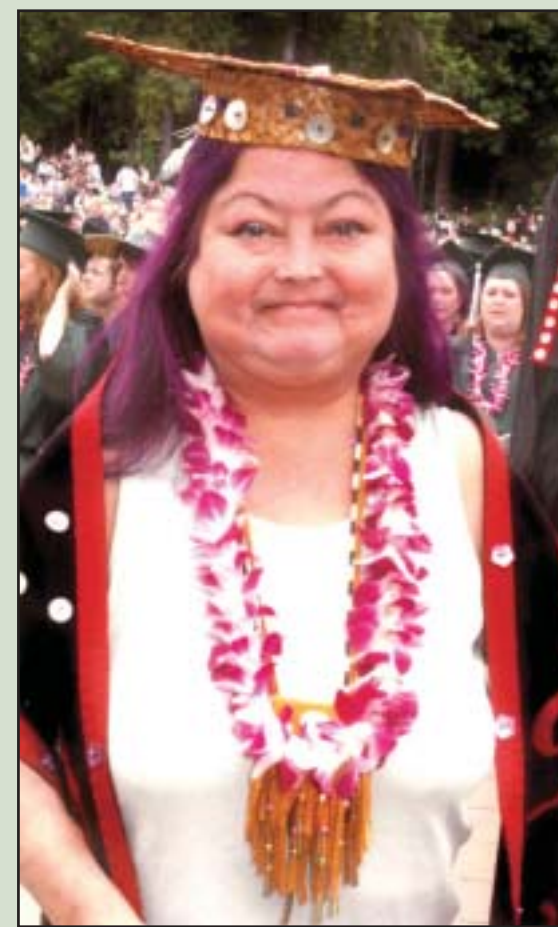
Bridget Eloise Simmons was born on March 31, 1964 and passed over as {Hi-yub-a-woo} on April 6, 2012. She lived at Muckleshoot all her life.

Bridget was an extremely strong woman. She battled many illnesses, and each time her love for the Creator would give her strength and the will to live each day to the fullest. She graduated from Enumclaw High School and she received her Bachelor's degree in Education from Evergreen State College. She worked many years at the Muckleshoot Smoke Shop and helped as a teacher's aide at the Muckleshoot Tribal School.

Bridget enjoyed caring for her family, and was a second mother to her brother Louie. She loved seeing her children thrive in education, sports, and especially in Pow Wow, because her family was her strength. Fishing with family and friends on the local lakes, rivers and at Tribal fishing derbies was something she enjoyed. She liked doing crafts and making lollipops, blankets, shawls, and weaving items. She followed the Pow Wow trail and was able to witness as all three of her children and her mom became Skopabsh Royalty.

Bridget leaves behind her husband Joseph Simmons; daughters Sashene Simmons and Jenel Hunter; son Danny White; parents Louie and Georgiana "Peachie" Ungaro; brothers Louie Ungaro, Ralph "Pug" Elkins, Ira Elkins, James WhiteEagle, Keith WhiteEagle, Pete Ungaro, Mike Locke and Pat Locke; sisters Laurel "Lola" Elkins, Amy Elkins, Naomi Elkins, Angela George and Lynette Kruse; and numerous Aunts, Uncles, Nieces, Nephews and Cousins.

She is preceded by her son Daniel Jeorge Starr; sister Luana Ungaro; Father Ralph Elkins Sr.;



Grandmothers Bernice White, Maggie Daniels, and Ruth Antone Elkins; Grandfathers Gerald "Pappy" Elkins, George White, and Amos Courville Sr.

Services were held at the Muckleshoot Shaker Church on April 11, 2011, followed by burial at the New White Lake Cemetery.



MEMORIAL SERVICE FOR

FRED BIG JIM, SR.

Fred worked with the Native American Students in the Auburn School District for 15 yrs.

Please join us...

THURSDAY APRIL 19, 2012

10:00 a.m.
at the Muckleshoot Pentecostal Church
39731 Auburn Enumclaw Rd. Auburn WA

PLEASE BRING YOUR FAVORITE DISH
POTLUCK DINNER
FOLLOWING THE MEMORIAL SERVICE

Important Dates/Registration Cutoffs for 2012 Washington State Elections

Primary Election

- May 14-18:** Filing Week (Candidates file for office).
- July 9:** Last day for people to register by mail or by registration drive.
- July 9:** Last day for people to update their address.
- July 18:** Ballots for the Primary Election are mailed.
- July 30:** Last day for people who are not currently registered in Washington to register in person at the Auditor's Office.
- August 7: PRIMARY ELECTION DAY**

General Election

- October 8:** Last day for people to register by mail or registration drive.
- October 8:** Last day for people to update their address.
- October 17:** Ballots for the General Election are mailed.
- October 29:** Last day for people who are not currently registered in Washington to register in person at the Auditor's Office.
- November 6: GENERAL ELECTION DAY**

People may register to vote or change their address after these cutoffs; however, registrations and/or changes to registrations will not go into effect for the given election.

Last Fish Dinner MARCH 23, 2012

PHOTOS BY JOHN LOFTUS



Muckleshoot's Keta Creek Fishing Derbies

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

Date/Time	Event
June 16, 2012 8:30-2pm	KIDS DERBY— Fishing for kids 12 and under. Pee-Wee's Pond. Fishing prizes for kids and door prizes for adults.
August 11, 2012 8:30-2pm	FAMILY DERBY—All ages fishing. Family oriented prizes, and door prizes for adults.
Sept. 29, 2012 8:30-2pm	FALL CLASSIC— All ages fishing. Family oriented prizes, and door prizes for adults.



Community Support Services

Community Support Services Director – Fawn James Hutchens

As many may have noticed I am no longer assisting the Finance Front Desk or working in that department the past few weeks this is because I've recently taken a new position within the Tribe as the Community Support Services Director (CSSD). This position oversees the following programs and staff:

Drop-In Center— (253) 876-2853—Age limit: 14-21 yrs. — Wed.&Thurs. Noon-10p.m. / Fri. & Sat. 4p.m. - 2a.m.

Staff: Etene Taimalelagi, Adriel Foxley, Tony Benson, Melissa Scearcy, and Donald Dorsey

Adult Work Training Program (Job Corps) —(253) 876-2827 - Mon-Fri 8a-5 p

Staff: James Ioane-Asst. Prog Mgr; Denise Haynes, Mary Ann Moses, and Henry Miller

Youth Services/Work Training Program—(253)876-3383 – Mon-Fri. Noon-8p

Staff: Teri Masters- Supervisor, Shelly Reynolds, Josie Benito Romero, Angel Melendez;

Youth Facility – (253) 876-3383- Tues-Thurs. 12:30p-9p & Fri. 3p-11:30p & Sat. 12:30p-9p

Staff: Teri Masters- Supervisor; Anna Brendible, Tina Stevenson, Lloyd Belmont, Marcy Mathias, and Rachel Williams.

Recreation- (253) 876-2923 -Applications: Mon-Fri 8a-5p – Staff: Various Hours Mon-Fri & Some weekends

Staff: Mike Starr Sr., Prog. Mgr; Kelvin Barr, Pauline Lezard, Mike John, and Tabitha Baker

***Workshops and Trainings –(253) 876-3381– Mon-Fri. 9a-6p**

Staff: Laurie Starr-Williams

***Student Incentives/Clothing Vouchers- Mon. 10:30a-6:30p & Tues.- Fri. 9:30a-6:00p > NOTE: Mon/Tues may include Off-site hours, please call ahead to verify staff availability (253) 876-3370**

Staff: Christina Chagolla

*Programs will relocate to Phillip Starr building in April 2012 – office will be just past Enrollment, to improve the program availability to MIT Members.

The Youth Development Committee is governing policy body for these programs and they have made some positive changes prior to my employment like renaming *Job Corps* as "*Adult Work Training Program*" and revising the "*Participation Agreement*" for that program enabling it to start the year with a new outlook and will be begin accepting applications for participants in the next month. They've also updated the Standard Operating Procedures for the Youth Work Training Program as well as revised the hours of operation and services age limit for the Drop-In Center to encourage age appropriate activities.

Over the next few months there will likely be more changes to the other program's guidelines, policies, or procedures as the Youth Development Committee has shown interest in analyzing, reviewing, revising and updating them to improve the current processes or services. Like relocating

I am excited to work with these Programs, Youth Development Committee, and our Tribal Community to promote positive and supportive programs for our MIT Youth/Teens/Young Adults so they can become our future leaders. Keep in mind this is not a task for staff and policy alone – Community and Parent Involvement are necessary in fostering healthy and trusting relationships to deter our young from alcohol and drugs or other dishonest activities.

Again I'm looking forward to this year and the new changes it may have in store for us all.

If you have any concerns or questions regarding any of the programs listed above feel free to contact me.

PHONE: (253) 876-3099

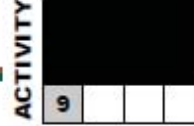
FAX: (253)876-3187

E-MAIL: fawn.james@muckleshoot.nsn.us

LOCATION: Phillip Starr Building RM#242; 17000 172nd Ave SE, Auburn



Drop•Cover•Hold



Conquering the instinct to run

During earthquakes, many people's fight/flight instinct urges them to *run!* – even when they *know* they should "drop, cover, hold." Why? Rational thought (in other words, the *knowing*) flees.

We learn to counter this instinctual response to run by **practicing** doing the safe thing.

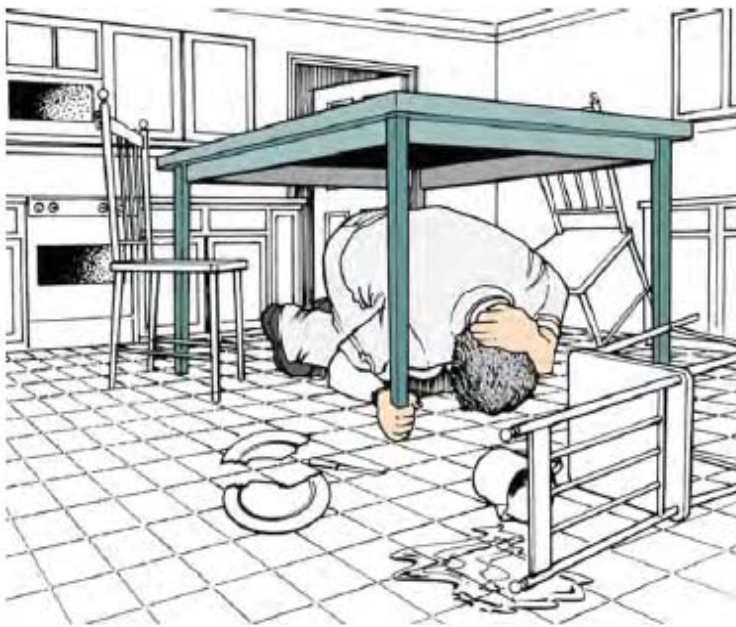
Studies show that people in our country tend to be hurt by falling objects, not collapsing structures. If you are on your feet trying to move, you are in danger from toppling bookcases, breaking windows, flying dishes, falling televisions, collapsing fireplaces, or shifting furniture. Safety comes from quickly getting to a place of safety.

Practicing being safe

1. Choose a safe place to go in each room:

- bedrooms
- bathroom
- living room
- play room
- kitchen
- garage

2. Practice quickly moving to that safe place.



Drop•Cover•Hold is the national standard for earthquake safety in our country. You may have read articles claiming the value of the "triangle of life." Many of the 'facts' used to justify its merits are unproven and questionable.

Whenever the ground begins to shake, and wherever possible, quickly take cover under a sturdy desk or table.

3. Hold Earthquake Drills to practice taking cover in your safe places.

Regularly call out "earthquake!!" Allow everyone time to react. Then, come together and discuss where each of you went, and why it was or was not the safest place to go.

Key to Success: Practice, Practice!

Practicing is what helps ensure you will quickly move to your safe place instead of responding to the instinctive urge to run.

Drop•Cover•Hold – What Does It Mean?

- **Drop** – under something sturdy and taller than you are
- **Cover** – the back of your head and neck with one arm
- **Hold on** – in case the thing you're under moves
- **Close your eyes** – you'll do better psychologically if you don't watch, and you'll protect your eyes

Pet Preparedness

Before a disaster

- Decide on safe locations in your house where you could leave your pet in an emergency. Consider easy to clean areas such as utility rooms or bathrooms. Avoid rooms with hazards such as windows, hanging plants and pictures.
- Plan to set up a separate location for each animal. Disasters stress animals. Even a gentle pet can exhibit distressed behaviors.
- If your pet is on medication or a special diet, find out from your vet what you should do in case you have to leave it alone for several days. Try to get an extra supply of medications.
- Make sure your pet has a properly fitted collar that includes the current license and rabies tags, and your name, address, and phone number.



During a disaster

- Bring your pets inside immediately. Animals have instincts about severe weather changes and will often isolate themselves if they are afraid. Bringing them inside early can stop them from running away. Never leave a pet outside or tied up during a storm.
- If you evacuate and have to leave your pet at home, prepare a safe location for it.
 - leave a three day supply of dry food, even if it is not the pet's usual food. Moistened food can turn rancid or sour. Put the food in a sturdy container the pet cannot overturn.
 - leave water in a sturdy, no-spill container. If possible, open a faucet slightly and let the water drip into a big container.
 - replace a chain "choke" collar with a leather or nylon collar. Make sure the collar has tags and identification.
- Separate dogs and cats. Even if they normally get along, the anxiety of a disaster situation can cause pets to act unpredictably.
- If you evacuate and plan to take your pets, remember to bring your pet's medical records and medicines.

For health and safety reasons, pets will not be allowed in public emergency shelters.

After a disaster

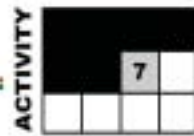
- In the first few days after the disaster, leash your pets when they go outside. Maintain close contact. Familiar scents and landmarks may be altered, and your pet may become confused and lost.
- The behavior of your pets may have changed. Normally quiet and friendly pets may become aggressive or defensive. Leash dogs and place them in a fenced yard with access to shelter and water.

Emergency supplies for pets

- fiberglass carrier for each pet with an envelope taped to the top of the carrier containing: a photo with your pet's name on it, vaccination records, information about prescription medications, and your vet's name and phone numbers
 - train your pet to become comfortable being in the carrier
 - food should be dry and relatively unappealing to prevent overeating
 - towels or blankets for warmth
 - water sufficient for three days
 - zip-lock baggies for cleanup
 - spray disinfectant and latex gloves
- In addition, cats need:
- plastic litter box
 - jug of clumping kitty litter and a scoop



Under-the-Bed Items



Ready to respond - day or night

When disaster strikes, it may be difficult to think as rationally and as quickly as you would like. The more procedures you have in place, and the easier they are to remember and implement, the more effective and efficient will be your response.

We recommend that you keep these basic response supplies under the bed. That way, day or night, you'll know where to go to get the essentials.

At A Minimum:

Keep a pair of sturdy shoes to protect your feet by each loved one's bed at all times

Critical under-the-bed items

- sturdy shoes - to protect your feet from broken glass
- work gloves, preferably leather - to protect your hands from broken glass
- hardhat - to protect you from falling objects like chimney bricks, and downed trees and branches
- flashlight & light sticks - essential for a nighttime response
- an OK / Help card, found either in the MYN (Map Your Neighborhood) handout available from your local office of Emergency Management, or one that you prepare yourself
- a few bandaids - to hang the OK / Help card in the window or on the front door



3Days3Ways

Emergency Kit Supplies

- Water for 3 to 5 days**
1 gallon per day, per person. Pre-packaged or fill clean, food-grade containers yourself. Do not use dairy containers to store water. 2 liter pop bottles work well (2 bottles = 1 gallon). Larger containers (2.5gal, 5gal) work well also.
 - Non-perishable food for 3 to 5 days.**
Use foods that do not need refrigeration and use little to no water or cooking to prepare. Foods can be canned or dry. Be sure to include some portable items in case you need to leave home. Include dry formula and baby food if needed.
 - First aid supplies**
Include bandages of various sizes, pain & fever reducer, hand sanitizer, scissors and bandaging tape.
 - Items for shelter**
Tarp or tent, plastic sheeting for window repairs.
 - Items for warmth & sleeping**
Blankets or sleeping bags. Also, one set of extra clothing, sturdy shoes, socks, coat, hat and gloves and rain poncho.
 - Alternate lighting**
Flashlights with extra batteries. A few hand crank flashlights are handy also.
 - Communication**
Hand crank or battery operated radio with extra batteries (some come with cell phone charger port).
 - Sanitation**
Large garbage bags, toilet paper, diapers, hand sanitizer and wet-wipes.
 - Personal Hygiene**
Toothpaste/brush, soap, feminine supplies.
 - Tools**
Utility knife, wrench for turning off utilities, pry bar, ax, rope, duct tape, ABC fire extinguisher.
 - General items**
Whistle, dust masks, extra cash in small denominations and a backpack in case you must leave home, extra set of car and home keys.
 - Personal documents**
Copies of insurance policy, birth certificates, driver's license, marriage certificate, social security cards, list of credit cards and bank accounts.
 - Medications**
Extra supply of required medicines, extra prescription, list of required medications.
 - Medical and vision aids**
Extra eyeglasses and/or contacts, contact lens case and multipurpose solution, extra wheel chair battery or cane and other required assistance aids.
- Add Your Own Essentials**
- _____
- _____
- _____
- _____
- _____
- Helpful Hints:**
- ◆ Store food and water in cool, dry location.
 - ◆ Include re-useable place setting, utensils and pot for boiling water.
 - ◆ Include a hand-operated can opener for canned foods.
 - ◆ Water purification: Boiling water 2-3 minutes is best. Liquid chlorine bleach (no perfume or dyes) may be used 30 minutes prior to use. 1/8 tsp per gallon of water.
 - ◆ Having a Boy Scout or similar survival guide may be useful.
 - ◆ Have a few comfort items like books, games, cards and a pad of paper and pens.
 - ◆ Include a list of friends, family, physician, kennel and other emergency phone numbers (keep in mind cell phones may be lost, so having numbers written down is important).

Track & Field Season gets underway

By Coach Emily Millbauer

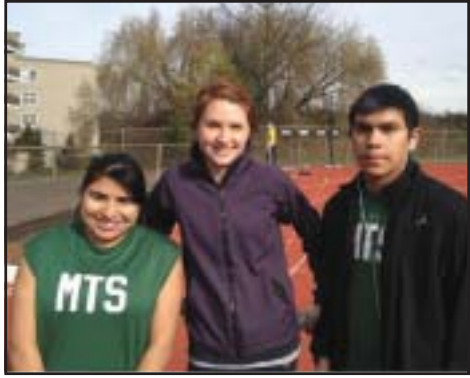
The Track and Field team at Muckleshoot Tribal School is running with excitement for the season ahead! The team is coached by Emily Millbauer and Andre Pleasant, both employees at the tribal school. We are represented by student athletes Anthony Mather, Charles Starr and Kalli Commenout. These students are working hard at improving their fitness and skills each and every day. It's all smiles on the track! We are looking forward to seeing all the hard work and great efforts pay off during upcoming competitions.

Our first track meet will be held on Thursday, March 22nd in West Seattle. The Kings are training hard and are sure to make MTS proud during their competitions with other runners, throwers and jumpers. Go Kings!

UPDATE: The MTS Track and Field team participated in their first ever track and field meet on Thursday, March 22nd. Charles Starr represented the kings and was a strong competitor in both of his races. He finished first place in his heat of the 200 meter, and second place in his heat of the 100 meter. Charles made the Muckleshoot Kings very proud.



Charles Starr proudly representing the Muckleshoot Kings!



Kalli Comenout representing the Kings and supporting her teammate. Coach Emily Millbauer, and athlete Charles Starr.



Charles Starr beginning his 200 meter race.

MTS Cheerleading Squad Proudly Represents Muckleshoot

The MTS High School Cheerleading Squad has had the opportunity to represent the school and Tribe in many events over the past year. Last June, the girls volunteered to distribute grocery items at the Pike Place Food Bank. In December, they participated in the Auburn Santa Parade; and in February, they had the privilege of supporting the MTS High School Boys Basketball Team at the State Tournament in Spokane.

The girls partook in many fun activities, such as a car wash, stunt camp, an overnight teambuilding trip to Lake Wenatchee, teaching cheer camp for elementary students, and serving all the MTS Winter Athletes a family spaghetti dinner.

These women are leaders in our school and the community. Mirella Serrato works at the MCDC; Kalli Comen-Out Starr participates in the

Canoe Family, and Jenel Hunter is part of the Muckleshoot Pow Wow Royalty and wears the crown of Skopabsh Princess.

It takes dedication, commitment, time management, and courage to be a cheerleader. All of these ladies have learned and demonstrated these character traits over the past school year. I am very proud of Kalli Comen-Out Starr, Jenel Hunter, Keilani Moses, Mirella Serrato, and Lashawna Starr. I look forward to seeing these ladies grow as student athletes and young adults.

Cheerleading Tryouts for the 2012-2013 school year will be held May 15 – May 18.

– Coach Gina Coheley



Auburn Santa Parade



Distributing grocery items at the Pike Place Food Bank



Cheer Camp, Lashawna Starr & Keilani Moses



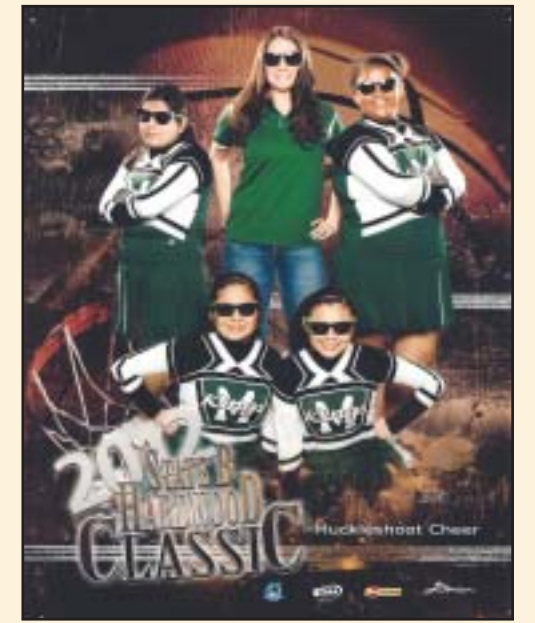
Teambuilding at Lake Wenatchee



Jenel Hunter whips up a batch of spaghetti



Cheer Camp



Proudly representing Muckleshoot at the State Tournament.



On the field at Muckleshoot Stadium!

Skiing & Snowboarding!

Here are some photos of 3rd, 4th, and 5th graders from Muckleshoot Tribal School who learned how to ski or snowboard at the Summit at Snoqualmie this past winter.



PHOTOS BY RICHARD VENDIOLA

MIDDLE SCHOOL GIRLS WRAP UP SEASON

PHOTOS BY GINA COHELEY

The MTS Middle School Girls Basketball Team ended their season with enthusiasm and pride. Each student athlete made gains in improving her basketball skills. Team members included; 8th graders – Lashawna Starr and Brianna Carranza; 7th graders – Cissie

Slockish, Leondra Keeline, Ashley Aho; 6th graders – Cece Williams and Sahara Hansen. Head Coach Jodie Wojdyla and Assistant Coach Gina Coheley. Great work this season and we look forward to next year....**GO KINGS!!!**



Cissie Slockish



Lashawna Starr



Leondra Keeline



Cece Williams



Sahara Hansen



Middle School Girls Basketball Team.



Shortstop Sean Daniels making a strong throw to Ryan Oldman.



Josh Cline rips a ground-rule double.

Kings Baseball Team Opens Season with 9-7 Win

The Muckleshoot Kings baseball team opened their season with a 9-7 score in a 5-inning scrimmage game with Chief Leschi. Sean Daniels started on the hill, throwing the first 2 innings and allowing only one unearned run. Josh Cline followed up in relief, striking out 4 in 2 innings. Nate Anton and Luis Esparza combined to pitch the 5th inning. Nate Anton also threw out several base runners attempting to steal. Nate and Sean also had solid line drive base hits! The Kings' next home game is next Tuesday, April 17th at 4:00 vs. Lummi. – Coach Todd Moser

Thank You!

Thank you to the Muckleshoot Indian Tribe, Muckleshoot Education Committee, Muckleshoot Tribal School Faculty, and my most important – thank you to my family – Robyn Dukowitz and Uncle Daniel; Sherry Ross and Julian; Ross & Lena Dukowitz and family; my Auntie Berne and Lil' Sis Sarah; my Grandma Dee; my Mom and Dad and bros and Big Sis – for your support during my 2011-12 Basketball Season. Without the support from My community and family, going to State would have not have been possible for me or my team mates! Thank-you again – it was a memory we will not soon forget.

Sincerely,
Joshua Cline #21
Basketball Team member,
Muckleshoot Tribal School Kings



Muckleshoot Tribal School Offers Second Chance to Students

The Choices class is a credit retrieval program for junior and senior students who want a second chance to graduate from high school. The program is designed so each student will have support and an environment which will allow them to work toward graduation. Many of our students have been away from school for extended periods of time. Therefore we work on developing life skills and try to incorporate any interests or work experiences that they may have into their learning. Most of our students are very hands on learners who need short term goals. We use small unit lessons in Lang Arts, Math, History and Science. We take baby steps!! These steps provide skills that they need to have as well as the sense of accomplishment and pride.

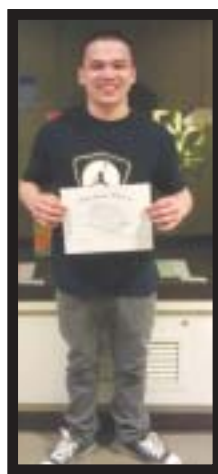
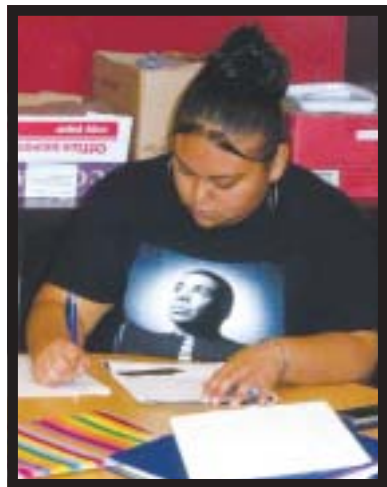
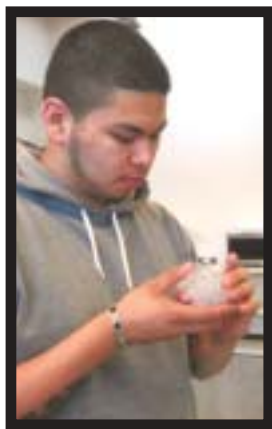
Originally in September 2008 the vision for Choices was to provide support for students who needed to recover credits in their junior and senior years of high school. If a student failed or received an incomplete grade they could complete coursework in areas that were lacking and turn that grade into a passing grade for graduation credit. Our students would work in groups, independently, or on computer programs.

In September of 2009 Choices' student growth exploded, from 8 full day students to 45 students and 6 periods a day. We currently serve approxi-

mately 50 students in 20 different subject sections and have 3 instructors to work with students on their individual credit recovery programs. The makeup of our students range from 9th graders to super seniors. Ability levels run from students returning to school for the first time in 3-4 years, or students who only need to recover credit in 1 or 2 classes. Several of our students have even signed up college courses through the Running Start Program at the Tribal College.

In the Choices Class, we try to develop a relationship that allows us to learn about a student's strong points so we can design individualized work for our students. Therefore students are encouraged to become independent and self-motivated workers. Choices is built on one simple thing, a relationship of trust and respect working together for one goal; their graduation day.

We are selling something that cannot be seen, touched, or heard, possibly until sometimes later in their life. We are selling our students on ideals which grow into passion, belief of a brighter tomorrow for themselves and their children.



Muckleshoot Tribal School Ribbon Winners at Heard Museum Guild American Indian Student Art Show

By Georgina Badoni, MTS

PHOENIX – The Muckleshoot Tribal School participated in the 23rd Annual American Indian Student Art Show 2012 sponsored by the Heard Museum Guild in Phoenix Arizona on March 31- April 2.

Muckleshoot Tribal School students Ben Lazzar, Nate Anton, Juanita Hernandez and Lucy Moses were selected to display and sell their art in a museum setting. The art work submitted was created in Muckleshoot Tribal School programs – Cultural Arts with Marvin Hannah, Woodshop with Mike Eckhart, and Visual Arts with Georgina Badoni. A panel of professionals judged art work for awards, cash prizes, and potential to sell their artwork at the show.

With support from Muckleshoot Indian Tribe and Muckleshoot Tribal School Administration, students were given the opportunity to travel to Phoenix, Arizona for the artist's opening reception. On this important evening, Ben Lazzar, Nate Anton, Juanita Hernandez, and Lucy Moses were guests of the Heard Museum and had the chance to meet museum members, buyers, and other Native American students from other schools and tribes.

Students were excited about having their work selected for exhibition, but more importantly, they honored to be acknowledged as individual artists. Beyond the recognition of awards, the response from the Heard Museum, Native American art buyers, and other art show participants was encouraging and fulfilling. Exhibiting their artwork in the American Indian Student Art Show has given Muckleshoot Tribal School students a new appreciation for art in their lives.

Division II (7,8,9)

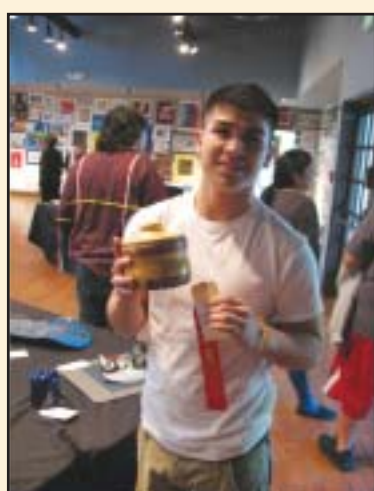
- Anita Hernandez, Paintings, Red Ribbon (2nd place)
- Anita Hernandez, Pottery, White Ribbon (3rd place), Lonely Wolf
- Lucy Moses, Sculpture (2nd place), Red Ribbon, NDN Taco

Division III (10, 11, 12)

- Ben Lazzar, Cultural Items, two Red Ribbons (2nd place), two cedar hats
- Nate Anton, Sculpture, Red Ribbon (2nd place), cedar bowl



Ben Lazzar



Nate Anton



Anita Hernandez Painting

Family Fun Night

Please Join Us

For Culture Night



Thursday April 19, 2012

5:00 to 7:00 in Gym

Traditional Foods Dinner

Cultural Activities

Door Prizes.

DR. SEUSS BIRTHDAY

Read Across America (Dr. Seuss's Birthday) was celebrated recently in Ms. Cinnamon's 3rd grade classroom.



Ms. Hamlin and a student making a Cat In the Hat art project.

Third Grade Science Field Trip

The third grade is doing a plant unit in science. We are studying how plants grow, their parts, and what they provide, such as oxygen, food, medicine and tools. We have learned about icknish (from Ms. Cinnamon's tribe and region) and Nettles. The kids have had fun learning the scientific method by doing experiments such as sprouting beans. They also had a blast gathering nettles by the Pentecostal Church. We cooked and ate the Nettles with Ms. Verna.



Explore your future.

Northwest Indian College
&
National Oceanic and Atmospheric Administration
present

NWIC-NOAA Career Fair & Training Symposium

Northwest Indian College, Lummi Campus
2522 Kwina Rd., Bellingham, WA 98226



APRIL 23rd Evening Social 4 p.m. to 7 p.m.

24th Exhibition Day
Keynote:
O'orianka Kilcher
Actress: Starred in "The New World"
Human Rights and Environmental Activist

25th Career-Building Workshops Day
Keynote:
Temryss Lane
Lummi Tribal Member
Professional Soccer Player
TV Personality: Fox Soccer Channel
Native American Advocate


For more information, visit www.NWIC.edu, call (360) 392-4256 or email toreiro@nwic.edu

To become an exhibitor/presenter, contact Nathanael Davis at (360) 392-4271 or ndavis@nwic.edu


Promoting indigenous self-determination and knowledge

Rooted in Cultural Knowledge
Bachelor and Associate Degrees
7 Pacific Northwest Campuses



NORTHWEST INDIAN COLLEGE
Xwlemi Elh>Tul>Nexw Sgul

www.NWIC.edu
(866) 676-2772
2522 Kwina Road
Bellingham, WA 98226



Fourth Wed of Each Month **3:00p in room 208**

Student Meeting

Leadership passion
motivation
dedication drive discipline
excellence heart



MUCKLESHOOT TRIBAL COLLEGE



Bates
TECHNICAL COLLEGE



EVERGREEN
THE EVERGREEN STATE COLLEGE
OLYMPIA, WASHINGTON




ANTIOCH
UNIVERSITY
SEATTLE

If you are a student of the Muckleshoot Tribal College or any of our partner institutions, please join us the fourth Wednesday of each month at 3:00p in room 208. Students will be gathering to discuss student activities and clubs.

For more information please contact:
Jeramie Smith
Phone: 253.876.2831
E-mail: jsmith@nwic.edu

Inside the GED Room An Interview with Molly



Tell me a bit about yourself.

I'm Tlingit and 36. I have three kids, one of which I put up for adoption but still talk to. I was married, divorced and now happily remarried.

Why did you decide to get your GED?

I dropped out of school to raise my daughter but always wanted my high school diploma. After I married my new husband, I found that he really encouraged me to get my GED.

"I was scared that the tests would say that I was stupid"
-Molly

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

I found that it is not as hard as I thought it would be. The hardest part is making the decision to get off your butt and do it. I guess I was scared that the tests would say that I was stupid but that is not what happened.

What are goals for your future?

I'd like to study nutrition. I'd want to help people lose weight and get healthy.

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

Coming in is the key. Take the work home and when you get stuck, come in and ask the teachers for help. Your scores start to come up and you begin to understand how they word stuff on the GED test. Everyone in the GED program is nice and welcoming and there is a very calming atmosphere. It is a splendid place to learn!



PUYALLUP NATION YOUTH TOURNAMENT CHAMPIONS. In the photo are Ryan Oldmam (All-Star), Julius Arms, Antonio Cabanas, Joshua Cline, Wilfred Middlebro (All-Star), Sean Tuilata, Luis Esparza, Preston Brown and Coach Robert "Bubba" Lezard.

MUCKLESHOOT TRIBAL COLLEGE

I need help. Who should I speak with?

A Referral Chart for Common Inquiries

Student Personnel Specialist

I would like help completing my financial aid or scholarship applications.

I would like to take the Compass Test.

I would like to purchase something from the MTC store.

Other Topics:

- MTC Advising Day
- MTC Store
- MTC College Fair

Michele Rodarte
Student Personnel Specialist
 253.876.3291

Educational Resources Coordinator

I don't know how to get started.

I need help deciding which MTC program to enroll in.

I need help trouble-shooting a special issue related to school enrollment.

I would like general information about educational options outside of MTC.

Other topics:

- MTC Speakers Series
- MTC Website and Social Networking
- MTC Student Handbook and other resource materials

Louie Gong, M.Ed.
Educational Resources Coordinator
 253.876.3210

Program Coordinators

I am only interested in a particular program.

I would like to take the Compass Test.

I would like specific information about admissions requirements and deadlines.

I'm currently enrolled, and I would like specific information about my transcripts, grades or classes.

Janet Emery
MOST Program
 253.876.3355

Mitzi Judge, M.A.
GED Testing
 253.876.3395

Harmony Blancher
NWIC Site Manager
 253.876.3274

Romajeane Thomas
Antioch Program Assistant
 253.876.3258

Michelle Aguilar-Wells
Evergreen Program Director
 360.276.4598

MUCKLESHOOT CHILD DEVELOPMENT CENTER



MCDC Learning how to take care of our teeth. Teacher Lisa getting a check up from the dentist.

St. Patrick's Day Party!

We had a party for St Patrick's day and the children built a trap to try to catch a leprechaun... they had to follow the gold the leprechaun left that lead to the green cake and ice cream party! The children have been talking about how they can catch it next year :)



Happy St. Patrick's Day from the Sky House



Fun Friday Green Party!



Did we catch the Leprechaun



MCDC Kindergarten & Pre-K go skating



MCDC Pre K and Kindergarten go skating.



Fun times skating.



MCDC celebrates Dr. Seuss Birthday, enjoyed a green egg & ham breakfast!



Dr. Seuss ~ Nekole & Teacher Lori



Dr Seuss Birthday



Happy Birthday Dr. Seuss



Cristiana eating Green Eggs and Ham



Angelica says thumbs up to Green Eggs and Ham

Cooking and eating nettles in Ms. Cinnamon's 3rd grade class



17TH ANNUAL POW-WOW

APRIL 27, 2012
 ENUMCLAW HIGH SCHOOL GYM
 226 SEMANSKI STREET SOUTH, ENUMCLAW, WA

GRAND ENTRY 7 PM
 Emcee: Arnold Littlehead

For Vendor Information Contact:
 Cathy Cabert or Sarah Beasland
 (360) 802-7689
 or
 cathy_cabert@enumclaw.wednet.edu

All Dancers and Dancers Welcome
 Competitive Dancing
 Dance Specials

Sponsored by:
 Muckleshoot Indian Tribe

Drug and Alcohol Free

DARE Graduation Ceremonies

Chinook Elementary School ~ Friday, March 23, 2012

PHOTOS BY JOHN LOFTUS



Auburn Mayor Pete Lewis



Leila Elkins-Jerry won an award for the essay she wrote about the dangers of drugs and alcohol abuse, receiving a medal and reading her essay in front of the group of about 100 parents and school staff. From left to right: Nathaniel Elkins, Leila, her proud Mom Leilani Elkins and Syrus Elkins.



Muckleshoot Student Incentive & Reward Program



CALLING ALL 2010 HIGH SCHOOL GRADUATES

Attention: All 2010 High School Graduates, if you have NOT already used or scheduled your Senior Trip through the Muckleshoot Student Incentive & Reward Program please contact Christina Chagolla @ 253-876-3370 to make arrangements.

If you are planning on using your Senior Trip Incentive please be advised the DEADLINE will be 2 (two) years to the date of each individual's graduation.

Example: If you graduated June 2010 you MUST schedule your trip by June 2012



Muckleshoot Student Incentive & Reward Program

38977 - 172nd Ave SE Building #2
Auburn WA 98092

Phone: 253-876-3370

Fax: 253-873-3070

E-mail: christina.chagolla@muckleshoot.nsn.us

MTS Extends an Invitation to Our Elders

The school's library is equipped with a variety of sources that may be interesting to the Elder members of our community. We would also like to see our students have the opportunity to visit with the community elders.

We have a wide selection of books and DVDs that inform the viewers about Native American rights, issues, experiences, true stories and highlights from our culture. We also carry other DVDs that support our sciences and social studies curriculum. (Example: Bill Nye, the Science Guy) We use the DVD materials on campus within the classrooms to support the curriculum connections through various subject areas. They are not checked out to student's individually for home use, but we do allow students to watch the DVDs in the library on the computers. I welcome elders to come and view the movies/DVD within the library.

We are always in the process of gathering cultural

materials for the space we call the Elders Room, which is really the whole library. This space is the most convenient for elder's visits because students are in and out of here constantly. Elders are welcome to check out materials as long as we have your personal information to set up an account in our book circulation system.

We welcome our elders to come and share the library space with us. Please call with any questions. I have included a schedule for classes if any family members want to come and join their students in library during their weekly visits.

Please check in at the main office and get a visitor's pass before coming to the library to hang out.

Sherri Foreman & Fawn Fulgencio
Muckleshoot Tribal School Librarians
253-931-6709, ext. 3728



Computer Cart (18) with Printer



Easy-Everybody Book Section



Comfy chair area



Reference Section & Games



Wall of Knowledge



Quiet study carol



General Table Seating



MUCKLESHOOT INDIAN TRIBE

Health and Wellness Center Pharmacy

Misty Taphorn, Pharmacy Manager

17500 SE 392nd 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

OR

1 (800) MEDICARE (1-800-633-4227)

www.medicare.gov

Where you can compare plans that are best for you online!

The Optical Department at the HWC!



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

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

We are also offering contact lenses and necessary supplies for contacts.

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

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

Sick and don't want to wait long hours in a Hospital Emergency Room?

There are local Urgent Care Centers that can help YOU!

Sore throat, ankle injury, ear ache, upper respiratory infections are just few of the things they can help with. They can do lab work and x-rays too, if needed.

Urgent Care Centers:

Multicare Urgent Care, Auburn (253) 876-8111

202 Cross St SE, Auburn

Hours and Times:

Monday – Friday, 8am to 8pm;

Saturday and Sunday, 8am to 4pm

Location: down by Mazatlan Restaurant and Big Foot Java on Aub Way S.

Valley Medical Center Urgent Care, Auburn (253) 395-2005

1000 Auburn Way S, Auburn

Hours and Times: Monday – Friday, 8am to 8pm;

Saturday and Sunday, 8am to 4pm

Location: across the street from Farmer's Market/U-Haul Rental on Aub Way S.

Multicare Urgent Care, Kent (253) 372-7788

222 State Ave N, Kent

Hours and Times:

Monday – Friday, 8am to 8pm;

Saturday and Sunday, 8am to 6pm

If you need to seek medical care after 5:00pm on week days, weekends or when HWC is closed, you may obtain services from these urgent care centers. You must call the CHS Office for a purchase order number within **72 hours or 3 days of being seen**. Please have your insurance information ready to give their front desk staff.

If you are too sick to call, a family member or friend can call for you. Please call CHS (253) 939-6648, if you have any questions.

Cd/urgent care notice 01-30.12

Dental Clinic Location & Hours (253) 939-2131



We are located on the 2nd floor of the Health & Wellness Center.

Appointment Times

Monday	8:00am-5:00pm
Tuesday	8:00am-5:00pm
Wednesday	9:00am-5:00pm
Thursday	8:00am-5:00pm
Friday	8:00am-5:00pm
Closed Daily	12:00-1:00pm

Emergency Walk In Times

8:00-8:20 am
8:00-8:20 am
9:00-9:20 am
8:00-8:20 am
8:00-8:20 am

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
253-939-6648

NEED A "MEETING" TO HELP YOU !! ?

Alcoholics Anonymous -AA & Narcotics Anonymous NA

Meetings on the Rez

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Grief and Loss Support Group

with Dr. Sarlak@ the Muckleshoot Health & Wellness Behavioral Health Program

Every Thursday 5:00 pm – 6:30pm

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

253-804-8752

BEHAVIOR HEALTH PROGRAM ANNOUNCEMENT:

The Behavioral Health reception window is now open throughout the lunch hour (12:00 to 1:00 pm) so that we will be better able to serve our clients and the community. Please feel free to stop by to schedule appointments and to drop off/pick up paperwork. If you have any questions, please call us at: (253) 804-8752

"FOR YOUR INFORMATION ONLY"

Have you ever been in the store, relative's house, friend's house, or in another public place and witnessed a child getting slapped or handled inappropriately? Wondered what can you do to help that child? What have your elder's taught you? To help that Child....our children in the old days were handled with loving care, cherished by all of our family members, and we had our own significant presence that we brought to our family. How do you feel when you hear the commotion of a child being slapped, swore at, and being abused? Please help that child, our people and relatives need to help our future! Call the CPS hotline at 1-800-609-8764 or the Muckleshoot Tribe, Child and Family Services at 253-833-8782 and request to talk to a caseworker. All information is confidential and to help a child will help our future.....Thank you from the bottom of my heart and the child....

Anonymous

Muckleshoot Wellness Center presents

Salmon Survivor 3

Starts April 16th at 6 pm

Can you survive the Journey?

This program is designed to celebrate the return of the Salmon. To appreciate the survival of the Salmon's journey. Our journey will begin **Monday, April 16th** and will continue every Monday and Wednesday night for 5-weeks. The journey will be 10 water challenges (**Fun & Entertaining**) that will test your skills as you make your imaginative salmon journey to and from the sea.

Where: Wellness Pool every Monday and Wednesday
Who: All Wellness members that have beginner swimming skills. Every participant will receive incentives and prizes for participation.

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

Is Heroin Running Your Life?

There is help.

Call 253-804-8752

Help in Quitting Smoking!

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

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

CONTRACT HEALTH SERVICE (CHS) NOTIFICATION REQUIREMENTS

CHS OFFICE (253) 939-6648

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

ALTERNATE RESOURCE REQUIREMENTS:

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

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

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

"Your Suggestions Count"

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

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

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

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

Thank you

Health & Wellness Center Program Hours

Muckleshoot Health and Wellness Center

Pharmacy	Wellness Center		
Monday	8-5 pm	8-6 pm	10 am-8 pm
Tuesday	8-5 pm	8-6 pm	10am- 8 pm
Wednesday	9-5 pm	9-6 pm	10 am-8 pm
Thursday	8-5 pm	8-6 pm	10 am-8 pm
Friday	8-5 pm	8-6 pm	10 am-8 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 April, May & June 2012

Day	Date	Times Closed	Reason for Closure
WELLNESS CENTER (Fitness) OPEN 12-8 pm			
Thursday	05/03/12	8-9 am	Monthly All Staff Meeting
Monday	05/28/12	All Day	Memorial Day
Thursday	06/07/12	8-9 am	Monthly All Staff Meeting

Reasons To Give Zumba a Try Today!

- It's a good total body workout.** You will get your heart rate up during a Zumba class guaranteed. You will work your legs, core, arms – everything.
- You will burn a lot of calories.** Keeping your heart rate up and almost constantly moving for an hour will burn a good amount of calories. In an hour you can expect to burn 500 to 800 calories.
- It's easy even if you can't dance.** You might feel a step or two behind everyone during the first class, but after that you will realize it's easy even if you aren't a dancer!
- Anyone can do it.** Seriously, anyone can Zumba. If you are worried about not keeping up – don't. Just hang out in the back and go your speed.
- It's fun!** Millions of people do Zumba as a workout because it's fun. You don't feel like you are exercising.

For more information call the Muckleshoot Wellness Center at 253-333-3616 or email ann.bettencourt@muckleshoot-health.com

Thank You! I just want to say thanks to my wonderful son Loren Edgar Wilson-Barr. If didn't have him, I don't know what I'd be doing right now. Being responsible for our well-being is a full-time job. I wouldn't have it any other way. When I'm sad, he hugs me and tells me, "Everything will be alright, Mom." My family and his have also helped me with raising him the past four years. Thank you for my Miracle 'My Son' (P-NUT)!

Wilson Teo Jr.

1/19/12 - Proud Parents Sandi Kinggeorge & Wilson Teo Sr. Boy - Wilson Teo Jr. Proud Grandparents - Henrietta Kinggeorge, Fred Laclair, Ann Daniels, Kiona, Sandi, Wilson j

Muckleshoot Elders Newsletter

April Birthdays

Mike Starr	04/01	Stanley James	04/08
Dennis Nichols	04/02	Archie Lobehan	04/08
Alfred WhiteEagle	04/03	Buddy Wayne	04/14
Greg Lezard	04/03	Grant Adair	04/15
Donald Brassard	04/04	Linda Gonzales	04/17
Neva Hamilton	04/05	Valerie Bellack	04/17
Marie Paul	04/06	William Miller	04/19
Marjorie Williams	04/07	Brett Lobehan	04/19
Rose Cross	04/07	Darrell Stewart	04/19
Mona Ficcaro	04/07	Audrey Fryberg	04/22
Brian Moses	04/08	Patricia Jones	04/28
Antonio Perez	04/08		



Muckleshoot Sovereignty Day

The Senior Center will be closed on Friday, April 6th

Hazel Pete Institute of Chehalis Basketry

Basket Weaving
Lummi
April 15th – April 16th

Elders Luncheons

- Omak – April 20th
- Tulalip – April 26th
- Warm Springs – May 11th
- Muckleshoot – May 16th
- Yakama – May 17th
- Swinomish – June 4th
- Skokomish – August 18th

2012 Elders Day Luncheon

Emerald Downs Racetrack
May 16th
Auburn, WA

Entertainment will be provided by *both* Danny Vernon's Illusion of Elvis – AND – The Saltwater Saints!!!

Members of the Muckleshoot Tribal College Staff and the Senior Center Staff are working together to take our Elders & Seniors out to gather native plants. This year for the Elders Luncheon giveaway, we intend to make medicine and tea. Friday's, after lunch, the staff gathers or works in the kitchen preparing medicine. Feel free to drop by and give us a hand.

Caregiver's Workshops

A small group of Elders & Seniors were able to get away to the beautiful Suncadia Resort for the Caregiver's Workshop. This workshop had a wide variety of presentations. Traditional Medicine, Water Aerobics, Dementia, Alzheimer's, Emergency Preparedness, Opiate Addiction, Medicine Wheel and Spiritual Wellbeing were all covered. It was a very successful workshop and we look forward to the next one in the near future.

Presenters

- Valerie Segrest (Tribal College)
- Dave Turpin (HWC)
- Rita Bear Gray (Recovery House)
- Julia Smiley (Behavioral Health)
- Rosie Anderson (MCFCS)
- Michael Bower (Alzheimer's Association)
- Katie Seward (Red Cross)

Lunch Run

Home Delivered meals are delivered to home bound eligible applicants. Seniors & Elders who drive are encouraged to come in and join us for lunch. If you are on our lunch run list and will not be home, please be sure to notify us. We will leave a note on your door if we miss you. If we attempt to deliver meals three days in a row and no one is home, the meal service will stop.

Seattle Mariners

It is that time again. Come on in and sign up for the Seattle Mariners raffle.

Elders Breakfast

Muckleshoot Casino, Spice Buffett - 9:00 am

- March 31st
- May 28th
- July 28th
- September 29th
- November 24th

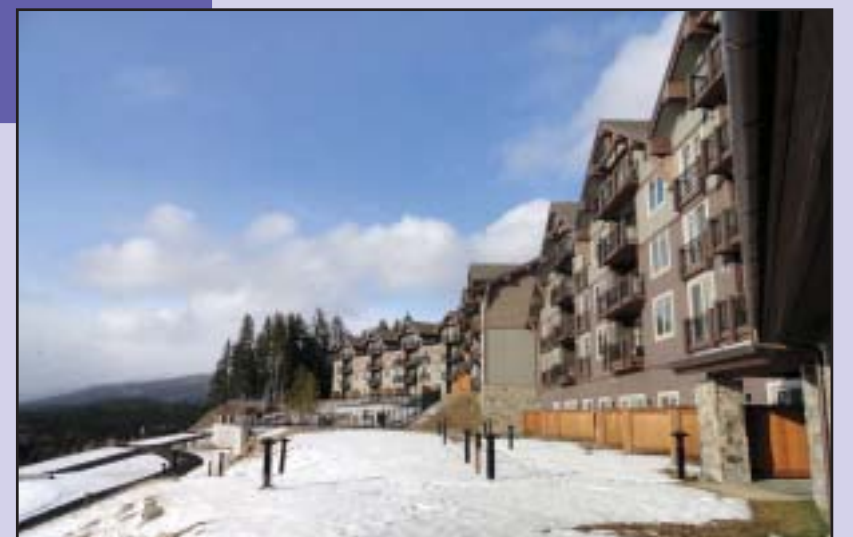
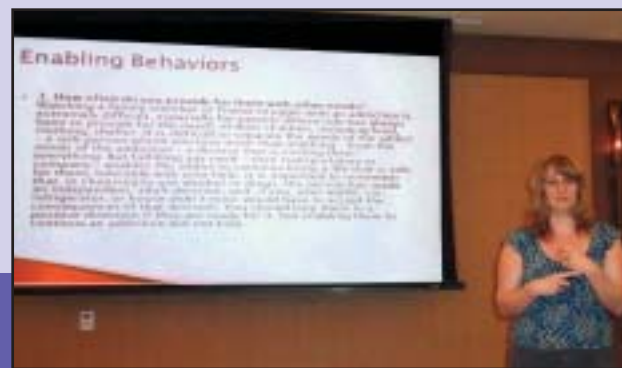
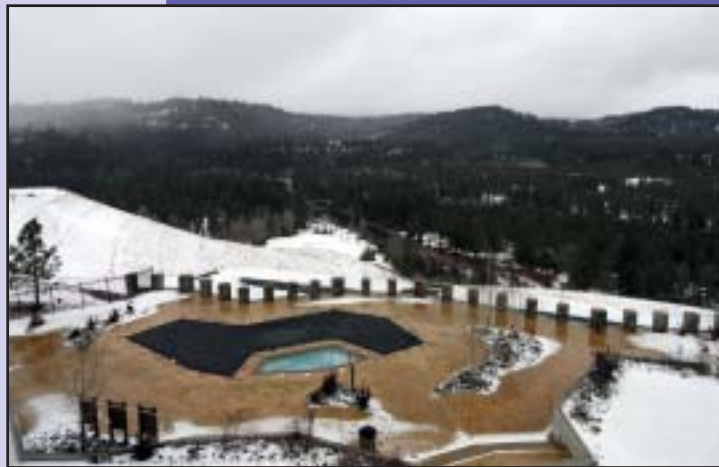
Emergency Alert Bracelets

Available for Tribal Members age 55+
Once a bracelet is no longer necessary, the bracelet is returned to the manufacturer.



Lorraine Cross with Easter Baskets

Caregivers Workshop at Cle Elum





Pastor Kenny, Charlotte and Seong Hwa Park

Carlotta Billy joins Pentecostal Church as Assistant Pastor

STORY & PHOTOS BY MARGARET BURNETT

When Carleta Billy stopped at the Pentecostal Church on her way back to Alaska a couple of months ago, she was just here to conduct a workshop for Sunday school teachers. The teachers found her to be a valuable resource, and had no idea that Carleta would soon come back and join the church as the full-time assistant pastor. On Sunday, March 11, the church welcomed Pastor Carleta back with a potluck after church, and combined the celebration with the monthly birthday potluck. The church also thanked Seong Hwa Park for his service as assistant pastor for the past 10 years.

Pastor Carleta is of the Sauk & Fox and Kickapoo tribes, originally from Oklahoma, and left her ministry position in Alaska to join the Pentecostal Church. In addition to being a pastor, she has excellent administrative and organizational skills. She is currently focusing on writing policies and job descriptions for the church, getting to know members of the community, and creating a more comprehensive Christian Education Program. Her next goal is to improve the morning worship service. She is in the front office at the church most days, so stop by the church and say "Hello."



Carlotta Billy



Breaking of the Dawn...

Arrival of a New Day Celebration Gathering August 17 & 18, 2012 at Pentecostal Church
 Natives coming from Alaska, Canada, Montana, Idaho, Oregon, California, Arizona, Texas, So. Dakota and WA to celebrate.
Contact Gary & Pat Walker (253) 531-9682 for more info

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



NORTHWEST TRIBAL EMERGENCY MANAGEMENT PRESENTS

Family & Personal Emergency Preparedness Training

Overview

The Center of Excellence for Homeland Security and Emergency Management has been selected as a lead college in a national initiative to deliver emergency management training to citizens at no charge

You could be anywhere when a disaster strikes—at home, at work, at school, at the grocery store, or in your car. Emergencies and disasters can strike quickly and without warning. How will you know your family is safe? Do you have the tools and plans in place to make it on your own, at least for a period of time? Is your emergency plan & supply kit up to date? All citizens should be ready and prepared no matter where and when disaster strikes. ARE YOU?

This two-hour awareness level course is intended to teach citizens on how to prepare for and respond to emergencies that could occur in our communities. The likelihood that you and your family will recover from an emergency often depends on the planning and preparation done today.

Topics covered

- Emergency preparedness: Natural (floods, thunder & lightning storms, winter storms, heat, fire) Technological (nuclear power plants, chemical spills, hazardous materials)
- National Security emergencies—Terrorism, active shooter
- sheltering in place/evacuation
- Emergency supply kits and go kits
- Personal & family emergency plans

Date April 19th, 2012

Place: Muckleshoot Bingo Hall, Springer Room – light snacks included arrive at 2:30

Time: 3:00PM – 5:00PM

Contact: Ada McDaniel @ 253-876-3247

Cost: Free to the Tribal Community/ Families and Employees of the MIB, MIT, and MIC.

Instructor is confirmed

View other course offerings and learn more about our training and AA opportunities at www.pierce.ctc.edu/dept/hsem/

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!



To Contact NWTEMC: EMAIL us at info@nwtemc.org

Center of Excellence For Homeland Security/ Emergency Management
 9401 Farwest Dr. S.W.
 Lakewood, WA 98498

Call: 253-912-3622

Fax: 253-964-6608

Visit: <http://www.pierce.ctc.edu/dist/coe/default.php>

HOUSING

Gail Hackett, Housing Employee of the Month

In the two years that Gail Hackett has worked for Housing, she has become a valuable member of the team. Gail's dedication and willingness to help community members resolve maintenance issues is exemplary and does not go unnoticed. Her kind smile, compassionate nature and positive attitude towards coworkers and community members make her a pleasure to work with and serves as a role model for others. Congratulations to Gail. We appreciate your hard work and commitment to the community.



Muckleshoot Recreation



Youth Baseball/ Fast pitch 2012

Sign your child up for T-ball, cub clinic, baseball, or fast pitch from now till **May**. Registration forms will be available in the Recreation office (behind Cannon club house and right next to HR).

T-ball and Clinic generally starts the first week of June and is a six week program. T-ball games will be held Mondays and Wednesdays. Cub Clinic games will be held Tuesdays and Thursdays.

For baseball/fast pitch games will start mid-June and practices will be schedule by the coach. Games, Pitches and Finances will be held Mondays and Wednesday, Pignail and Pignail will be held Tuesdays and Thursdays.

League and grades:
T-ball (Pre-K and Kindergarten)
Cub Clinic (1st & 2nd)
Pinto baseball (3rd & 4th boys)
Pignail fast pitch (3rd & 4th girls)
Bronco baseball (5th & 6th boys)
Ponytail fast pitch (5th & 6th girls)

Last day to turn in registration forms is:

May 2nd, 2012



Mike Starr: 253-876-3303
Tabitha Baker: 253-876-2923
Pauline Lezard: 253-876-2924

FREE LEGAL HELP FOR LOW-INCOME NATIVE AMERICANS & ELDERS (AGE 60+)

THE NORTHWEST JUSTICE PROJECT provides free civil (non-criminal) legal services for low-income people who cannot afford a lawyer. CLEAR is Northwest Justice Project's Coordinated Legal Education, Advice and Referral system. If you are low-income or an Elder you can call the toll-free CLEAR line at (888) 201-1014 from 9:15 a.m. - 12:15 p.m. Monday to Friday. Press 5 to speak with the CLEAR Native American Specialist, Brooke Pinkham.

What is Northwest Justice Project?

The Northwest Justice Project (NJP) is a not-for-profit statewide organization that provides free civil legal services to low-income people from thirteen offices throughout the state of Washington. NJP also has a Native American Unit with offices in Seattle and Spokane. NJP's mission is to provide high quality free legal services on priority problems to eligible low-income clients, either directly or through efficient and effective referrals.



NEW DROP-IN CENTER HOURS OF OPERATIONS:

Starting February 2012

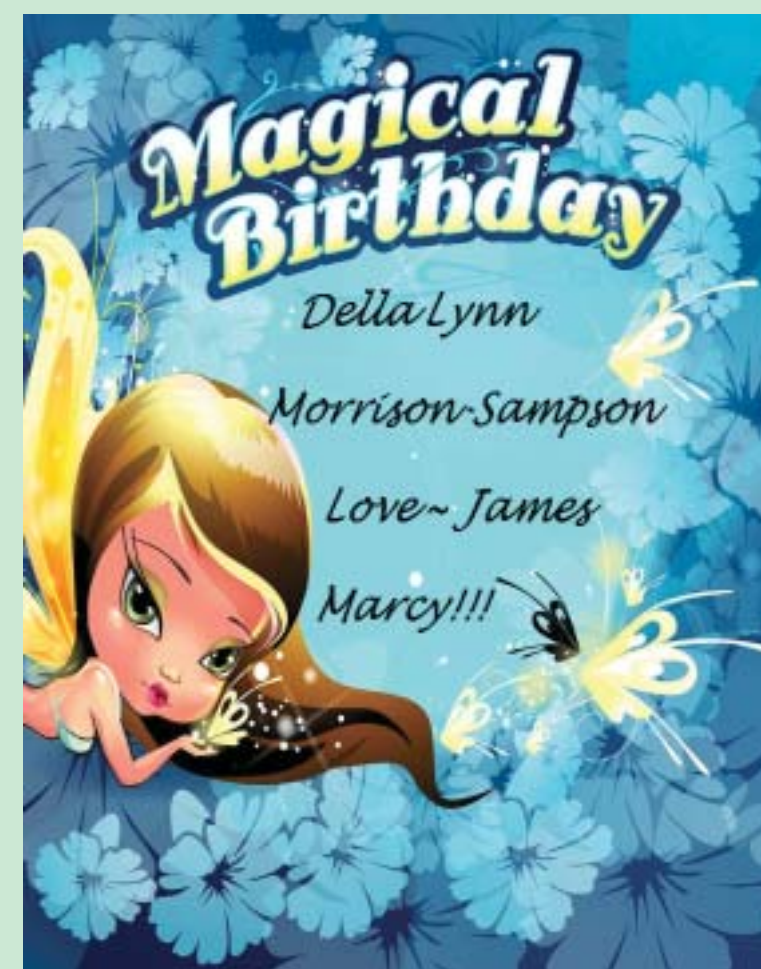
SUNDAY	CLOSED
MONDAY	CLOSED
TUESDAY	CLOSED
WEDNESDAY	12PM TO 10PM
THURSDAY	12PM TO 10PM
FRIDAY	4PM TO 2AM
SATURDAY	4PM TO 2AM

IMPORTANT NOTICE:

Starting in January 2012, the Drop-in Center will strictly enforce the age limitation by which all Drop-In services can be accessed:
14yrs to 21yrs

FAMILY

Happy 4th Birthday, Noel Alexander Baker! We love you!!



Lillian Mary Michelle Moses

Born: 2-15-12, Weight: 2lbs 2oz
Proud Parents: Anna Price and Earl Moses Jr.
Proud Grandparents: Earl Moses Sr., Denise WhiteEagle, and Frances Price
Proud Great-Grandparents: Thelma Moses, Ellamae WhiteEagle
Great-Grandparents Deceased: Cecil Moses, Wayne Lobehan, Edith Price and Harold Price



Muckleshoot Senior Services gets national recognition for Farm to Table Partnership

KING COUNTY, WA— The federal Centers for Disease Control & Prevention (CDC) has recognized 18 local individuals and organizations for their tireless efforts to address health inequities and improve the community's health, especially as it relates to obesity and tobacco prevention.

This recognition based on nominations from peers is part of Communities Putting Prevention to Work (CPPW), an initiative to join community organizations, local cities, schools districts and public health in addressing the leading causes of preventable death. While not all CPPW partners were recognized, all local partners have shown the highest dedication and commitment to making King County healthier.

Elected leaders, bodies and cities honored include:

- Dow Constantine, King County Executive, as an outspoken leader and advocate for environmental protection, public transit and government reform. As Executive he is working to make King County more efficient and performance-based, while integrating equity and social justice into all aspects of county governance.
- King County Board of Health for actions over the past two years to reduce tobacco use and prevent obesity. These actions include a Smoke-Free Housing Resolution; restrictions on Electronic Cigarettes, a Soda-Free Sundays resolution, and guidelines for Healthy Vending and Planning for Healthy Communities.
- City of Des Moines, Sue Anderson, as an inspirational and motivational project manager who heeded exceptional results from the team and provided additional leadership to adjacent cities.
- City of SeaTac, Kit Ledbetter, as a champion for tobacco-free parks who is working to engage teens, law enforcement, parks maintenance crew and other partners.

Community organizations, schools and programs honored include:

- Auburn School District, students Mariah Sonsteli and Alyssa Wall, for demonstrating outstanding leadership in developing and promoting the Commit to Fit campaign, designed to empower every child in Auburn to make healthier choices.
- Bicycle Alliance of Washington, John Vander Sluis, for his strategic thinking and hard work for the CPPW Safe Routes to School Program that advanced policies and programming to encourage active transportation at 15 elementary schools in five school districts in South King County.
- Childhood Obesity Prevention Coalition, Vic Colman, for his statewide work in Washington to tackle obesity at the policy and systems level.
- Farm to Table Partnership for increasing access to local, affordable and fresh fruits and vegetables for low-income seniors participating in home-delivered and congregate meal programs and children attending child

care programs. The Partnership includes King County Housing Authority; Muckleshoot Tribe; Senior Services; Catholic Community Services; City of Seattle Human Services Departments Youth and Family Empowerment and Aging and Disability Services Programs; Puget Sound Food Network; and Washington State Department of Agriculture.

- Healthy Foods Here Project Team for creating healthy corner store options in more than 40 neighborhoods in King County. The cross-sector team consists of staff from Public Health, the City of Seattle Office of Economic Development, Urban Food Link, the University of Washington Urban Design and Planning Department faculty and students, Charlie's Produce, StartZone at Highline Community College, the Center for MultiCultural Health, the King County Food and Fitness Initiative, the Environmental Coalition of South Seattle (ECOSS), Burst for Prosperity, and Seattle Tilth.
- Healthy King County Coalition co-chairs Shelley Cooper-Ashford and Nicole Sanders for a long-term commitment to remedying health inequity in King County.
- King County – Ryan Kellogg and Sarah Ross-Viles, for their oversight and management of the CPPW obesity and tobacco grants; Sherry McCabe, Mental Health, Chemical Abuse and Dependency Services, King County Department of Community and Human Services, for leading a project that will provide tobacco treatment services and tobacco-free campuses at all 105 county-funded behavioral health facilities.
- Project MOVE (Mapping our Voices for Equality) (www.mappingvoices.org) which uses digital stories and interactive maps to educate and empower community members to ask for and create a healthier King County. MOVE is comprised of International Community Health Services (ICHS), Sea Mar Community Health Center, Entre Hermanos and Creative Narrations.
- Puget Sound Educational Service District (ESD), Matthew Gulbranson, for leading a highly successful project for the Puget Sound ESD's early learning tobacco cessation initiative.
- Seattle Housing Authority (SHA), Tom Tierney, as a leader, who went above and beyond the grant deliverable of converting 3,500 units to smoke free to converting all SHA units to smoke-free by February 2012.
- University of Washington School of Nursing, Doris Boutain, for leading Moving Together in Faith and Health—a CPPW program of six churches that changed policies ranging from healthy procurement to healthy eating to incorporating physical activity into church programming.

For more information on CPPW, please visit www.kingcounty.gov/health/cppw <<http://www.kingcounty.gov/healthservices/health/partnerships/cppw.aspx>> and Let's Do This <<http://www.letsdothiskingcounty.org>>, the local CPPW health education campaign that encourages residents to get involved in improving the health of their communities.



MUCKLESHOOT POLICE



Muckleshoot Police March Recap

03/01/12 11:55 AM 12-049696 Health and Wellness Center Theft

An adult male reported that on 02/16/12 his brown leather wallet and Straight Talk cell phone were taken from an unlocked locker in the locker room.

03/01/12 4:20 PM 12-049916 Cedar Village Suspicious Circumstance

A deputy received a complaint about an adult male trying to sale rifles and a TV, the reporting person suspects the items are stolen property.

03/01/12 7:21 PM 12-050105 2200 block Auburn Way S Traffic Violation

A deputy attempted to stop a vehicle for a traffic violation. The car fled from the deputy, the deputy did not pursue the vehicle.

03/02/12 1:30 AM 12-050297 Swan Flats Stabbing

A deputy contacted an adult male who was bleeding from the hand. The male had been stabbed at a different location in Auburn Police's jurisdiction on the reservation. The victim was transported to the hospital for medical treatment. Auburn Police handled the investigation.

03/02/12 4:38 AM 12-050334 Cedar Village Suspicious Circumstance

An elder female reported her shed door standing open. A deputy investigated, there is nothing known to be missing. The incident was documented in a case report.

03/02/12 4:24 PM 12-050785 40900 block Auburn-Enumclaw RD SE Juvenile Runaway

A foster parent reported that their foster child did not return home from school. The foster parent picked the juvenile up in front of the Smoke Shop on 03/04/12.

03/02/12 8:48 PM 12-050999 Cedar Village Warrant Arrest

Deputies received information that an adult male warrant subject was seen at a house in Cedar Village. The male had two misdemeanor warrants from Auburn, the first was for Assault DV with a 10,000 cash only bail and the second warrant was for Driving While License Suspended in the Third Degree. The male was arrested without incident and booked into the SCORE Jail.

03/03/12 12:19 PM 12-051431 Davis Property Suicide Attempt

A juvenile attempted to kill them self by hanging the night before. Muckleshoot Police were called the next morning. The juvenile was sent to the hospital by a private ambulance for a mental health evaluation.

03/04/12 2:27 AM 12-057991 Drop in Center Warrant Arrest

An adult female was arrested on a felony King County warrant for "Theft in the Second Degree" with a \$5,000 bail. The female was booked into the King County Jail.

03/04/12 2:00 PM 12-053196 Skate Park Vandalism

Spray painted graffiti was observed at the skate park. The graffiti does not appear to be gang related.

03/04/12 5:23 AM 12-052048 41200 block 180 AV SE DV Assault

A very intoxicated adult male slapped his former girlfriend in the face, pushed her down and held her down. The male was arrested and booked into the King County Jail for "Domestic Violence (DV) Assault in the Fourth Degree."

03/04/12 8:25 PM 12-052528 Bingo Hall Found Wallet

A deputy contacted an adult male acting suspiciously in the bingo hall. The male handed the deputy a wallet with an ID in it that did not belong to him, the male said he found the wallet. The deputy confiscated the wallet to get it returned to the owner.

03/05/12 1:00 PM 12-053183 Muckleshoot Tribal School Concealed Weapon

A juvenile student brought a knife to school. A teacher observed the knife and confiscated it. School administration as while as the school's deputy were notified.

03/05/12 2:00 PM 12-053173 14600 block SE 368 PL Elder Abuse

Deputies received information that an adult female took financial advantage of an elder parent and slapped the parent. Deputies investigated by going to the elder's home and talking with the elder and the daughter. The elder and the daughter both denied that any financial abuse or physical abuse was taking place. The incident was documented in a case report.

03/06/12 3:41 PM 12-054056 37100 block Auburn-Enumclaw RD SE Fraud

A senior male reported that an account was opened online using his date of birth and social security number. The account bought four \$100 Starbucks gift cards.

03/07/12 10:00 AM 12-054523 Muckleshoot Indian Reservation Child Abuse

Child Protective Services (CPS) referral of reported child abuse. Details are being kept confidential due to the nature of the case.

03/07/12 4:16 PM 12-054988 40900 block Auburn-Enumclaw RD SE Juvenile Runaway

A foster mother reported their foster child as a runaway when they did not return home from school. The juvenile was later located by Indian Child Welfare (ICW.)

03/08/12 3:30 PM 12-055927 41300 block 180 AV SE Assist to the Fire Department

Deputies were called to a large fire to assist the fire department. The fire was started by an elder to burn garbage and get out of control. The fire was put out by the fire department at the elder's request.

03/09/12 2:00 pm 12-055833 Muckleshoot Tribal School Suspicious Circumstance

A teacher woke a sleeping student, the student said "Stop bugging me, you know I have a knife." The student walked out of the classroom and was contacted by the school's deputy. No knife was found on the student. The student received in school suspension.

03/09/12 8:38 PM 12-057078 Davis Property Disturbance

An adult male called to have an adult female and a juvenile removed from the house as they had been living there but were not on the lease. The male had been served an eviction notice earlier in the day.

03/09/12 10:22 PM 12-057156 1700 block 17 ST SE Warrant Arrest

An adult male was arrested at his house on a felony Department of Corrections (DOC) warrant for "Escape from Community Custody." The male was booked into the Enumclaw Jail on the warrant.

03/11/12 4:00 PM 12-058250 16000 block of SE 385 CT Animal Cruelty

A juvenile male was arrested and booked into the Youth Service Center for investigation of Animal cruelty in the 1st degree.

03/15/12 1:50 AM 12-061028 Skopabsh Village Theft

An intoxicated senior female reported that an intoxicated adult female house guest left her house with her cell phone.

03/15/12 9:10 AM 12-061352 Muckleshoot Tribal School Drug Violation

A staff member smelled an unusual odor in a student's bathroom, the school's deputy called. The deputy identified the odor as marijuana. The student last seen in the bathroom was contacted. The student had the odor of marijuana coming from them but no marijuana was found. The student was suspended pending a drug evaluation.

03/20/12 12:15 PM 12-065398 Health & Wellness Vandalism

A male caller reports that someone slashed the passenger side tires of his vehicle while at a dentist appointment. Video surveillance is unavailable.

03/21/12 2:36 PM 12-066491 Skopabsh Village Liquor Violation

An intoxicated 20 year old male was arrested for being intoxicated and underage after causing a disturbance in the village.

03/21/12 2:57 PM 12-066509 Cedar Village Residential Burglary

A female resident of Cedar Village reported a burglary to her storage shed where some DVD's and clothing were taken. Did not appear to be a forced entry. No suspect information.

03/21/12 8:55 PM 12-066834 41400 block Auburn Enumclaw Rd Commercial Burglary

Victim reports a burglary to his fireworks stand, where know suspects were observed removing a box of fireworks and later selling them. One subject was taken into custody and the case will be forwarded for prosecution.

03/23/12 2:20 PM 12-068215 14600 block of SE 368 PL Elder Abuse

A welfare check was conducted on a Tribal elder where there was a report of an elder being slapped. A joint interview with APS/Muckle-

shoot elder's program/Muckleshoot Tribal Police was conducted and the elder denied anything happened. Case was documented as unfounded.

03/23/12 4:30 PM 12-068301 16000 block of SE 385 CT Stalking/Harassment

A 16 year old female reported repeated/harassing texts from a 27 year old male. Deputies made contact with the subject and he was told to cease the texts or it would be pursued further.

03/23/12 8:10 PM 12-068544 39300 block of 165 AV SE Traffic Violation

A 23 year old male was arrested for driving while his license was revoked during police contact after a disturbance was occurring on the side of the roadway.

03/23/12 10:47 PM 12-068690 15800 block of SE 382 PL Residential Burglary

A female reported a forced entry burglary to her home in Skopabsh village. A game console and games were taken. She was unable to provide serials numbers for the items.

03/24/12 3:47 PM 12-069162 38800 block of 160 DR SE Trespass

45 year old male was trespassed from all of Muckleshoot Housing areas for causing a disturbance and being so intoxicated that he was transported via ambulance for de-tox.

03/24/12 4:22 PM 12-069189 15700 block of SE 383 PL Accident-DUI

A 57 year old male was arrested for DUI after a deputy observed the vehicle drive by him with fresh damage to his vehicle and a flat tire. It was undetermined where the accident had occurred.

03/26/12 5:41 PM 12-070867 16600 block of SE 393 ST Trespass

A 19 year old male was arrested for trespassing after contact was made over a theft of some batteries from a nearby location. The male had been previously trespassed from Cedar Village.

03/26/12 8:35 PM 12-070992 38600 block of 162 CT SE Mental Complaints

A 37 year old male motorist was involuntarily committed after erratic/threatening behavior during a traffic stop.

03/27/12 7:45 PM 12-071888 14400 block of SE 368 PL Larceny-Theft

2 adult males and 1 adult female were arrested for stealing wheels/tires from a residence. They were contacted after the theft and admitted to taking the property. Case is pending further investigation.

03/28/12 10:49 PM 12-072899 Skopabsh Village Attempted Burglary

An adult female was watching her senior mother's house when she heard the blinds rustling in her mother's bedroom. The female opened the bedroom door and saw an arm sticking in through a broken window. The female ran to a neighbor's house to call 911 and saw a male running from the house.

03/29/12 3:39 PM 12-073367 SE 400 ST/180 AV SE Recovered Stolen Vehicle

A deputy observed a white 1992 Acura Integra up on blocks. The car had been stolen in Federal Way on 02/10/12. The Acura had been stripped.

03/30/12 4:30 PM 12-074220 White River Access Road Recovered Stolen Vehicle

A deputy followed up on information of a car on a White River access road, accessed from the Shaker Church access gate. The car was a black 2003 Ford Ranger stolen from Auburn on 03/15/12.

03/31/12 8:00 PM 12-075215 40900 block Auburn-Enumclaw RD SE Assault

An adult male and an adult female are in a dating relationship. The male was intoxicated and had been cut off from having more alcohol at an event. While the female was driving away the male punched and choked her. The female drove to her mother's house. The police were called to the house for a disturbance. The male was arrested for assaulting the female and booked into the King County Jail for "Assault in the Second Degree DV."

MOSES FAMILY REUNION

If you are a direct descendant of Albert, Edward or Ollie Moses (Purcell - Wilbur) of Snoqualmie, Washington, you are invited to the

MOSES REUNION
Saturday, August 11, 2012
1:00 pm - 5:00 pm

This event will take place in the Sallal Grange Hall
12919 432nd Ave SE, North Bend, Washington.



CULTURAL WELLNESS GATHERINGS

AA Meeting Time

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

Feather Healing Circle

39015 172nd Avenue SE Tuesdays 5:00 pm
Auburn, WA

Grief and Loss

Grief and Loss

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

Women's Group

Muckleshoot Tribal College Thursdays 5:00 pm

Boys Mentoring Group

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

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

PER CAPITA REMINDERS

1. When you turn 13 or 18 during a Per Cap Distribution and you have Direct Deposit you will need to turn in a New Direct Deposit form for your new Age group otherwise we will cancel your Direct Deposit until we receive a new one. Teen Direct Deposit Form (orange) Adult Direct Deposit Form (brown) or Seniors (green)
2. If you want someone else to pick up your Per capita Check you need to fill out an Authorization Form and have it notarized and turn it into Tax fund. We will not accept forms that are not notarized.
3. If you have closed your Bank Account please notify Tax Fund As Soon As Possible so that we can cancel your Direct Deposit. If you wait and we have already send in your Deposit to the Bank you will have to wait until the Bank sends a letter to Tax Fund stating that the deposit did not go through (this can take 1-5 days), then we have to print you a check. This will delay you getting your money in a timely manner.
4. If you or a family member are incarcerated and want to notify Tax Fund of what you would like us to do with your Per Cap (mail, put in someone else's name, hold it or just want someone to pick it up) We require a letter to be mailed to Tax fund directly from the jail so it is unopened when we receive it. This is the only way Tax Fund will follow the request being made from an incarcerated Tribal Member
5. Things to double check before Per Cap Distribution to make sure Tax Fund and Enrollment has your correct information:
 - Address Change has been updated
 - Your name has changed and you have a Social Security Card showing your new name. Enrollment will need a copy of this before Tax Fund can change in their system.

EVENTS CALENDAR

- April 17 **Special Election - Vote in Washington State**
- April 19 **Fre Big Jim Sr. Memorial Service - 10 am**
at Muckleshoot Pentecostal Church
- April 19 **Family Fun Night/Cultural Night - 5-7 pm**
in gym
- April 23-25 **NWIC-NOAA Career Fair & Training -**
NW Indian College Lummi Campus. Call
360-392-4256 for more info.
- April 27 **7th Annual Pow-Wow - Enumclaw High**
School. Call Cathy Calvert or Sarah
Brassard at 360-802-7689 for more info.
- May 12 **Florence "Dossie" Wynne Memorial and**
Headstone Blessing - 11am at Wellprint
Long House, Well Print, WA. For more info
contact Sugar, Rhonda, Tammy, Sandy or
Sonny
- June 16 **Keta Creek Kids Derby - 8:30 - 2pm**
- August 11 **Keta Creek Family Derby- 8:30 - 2pm**
- August 11 **Moses Reunion -1-5pm** at Sallal Grange Hall
- August 17-18 **Breaking of the Dawn - Muckleshoot**
Pentecostal Church; info: Gary and Pat
Walker, 253-531-9682
www.firestarter-ministries.org
- September 29 **Keta Creek Fall Classic- 8:30 - 2pm**
- SUBMIT YOUR ITEMS FOR
THE EVENTS CALENDAR!!**
Muckleshoot.Monthly@muckleshoot.nsn.us

MUCKLESHOOT INDIAN CASINO

You can now apply for jobs ON-LINE

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

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

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



Fill out a United Indians online survey and receive a \$20 Fred Meyer gift card!

All King County parents or caregivers of American Indian or Alaska Native children between 0-5 (including expectant parents) are eligible. Participants will be mailed a \$20 gift card from Fred Meyer after filling out the online survey. Your responses will help us understand what Native families need to promote health and well-being and the gaps in existing Native family services across King County as we develop our new home visiting program. Please contact Katie Hess 206-723-6288 ex. 126 or InaMakaFamilyProgram@gmail.com for more information.

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

Have you ever considered a career in
gaming regulation?

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



MUCKLESHOOT VETERAN AFFAIRS DEPARTMENT

Vehicle Sale Announcement

The Veteran Affairs Department has two (2) vehicles for sale. The sale will be conducted as a "sealed bid auction" for Enrolled Muckleshoot Members Only. Bring your sealed bid to the Muckleshoot Veteran Affairs office anytime before the close of business, March 30, 2012. Each bid must be in a separate envelope. Or, to mail in a bid, address to:

Muckleshoot Veteran Affairs
Attention: Tony Gonzales (BID)
39015 172nd Avenue SE
Auburn, WA 98092.

Each bid must be in a separate envelope. Please mark the outside of the envelope containing your bid with the description of the vehicle that you are bidding on. Acceptance of sealed bids will close 5 PM, Friday, March 30, 2012. Public Bid Opening will be at the Philip Starr Building (room TBA) at noon.

- 2003 Ford Windstar Mini Van – Minimum bid \$1,500
- 2003 Ford E-350, Club Wagon XLT, Heavy Duty 4X4, Handicap lift equipped – Minimum bid \$10,900

I will have my posse take and send photos of the vehicles for publication, posters and flyers.

**Annual Hunters Meetings/
Drawing Dates**

**Annual Hunters Meeting –July 10 (GMU
485 "Green" drawing)**

**Cedar River Drawing – July 24
Goat/Sheep Drawing – August 7**

All meetings held at 6pm in PSB Cougar Room,
don't be late.

All hunters need to be present to enter the drawings. Also, those who received hunting fines for the 2011 season or have outstanding fines from previous season will not be eligible for the drawings.

Any questions please contact the wildlife department at 253-939-3311.

** these dates are set but in the event of an emergency or tribal closure the dates may change and we will post notices.*

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
Muckleshoot Reservation
Saturday Afternoons at 5:00 PM

Caryn Avila heading up Elder's / Disabled / Veteran Home Program

The Muckleshoot Trust Services/Realty Department has a new employee – Caryn Avila. Caryn will be taking over the Elder's/Disabled/Veteran Home Program and doing electronic document management for the department.

Hello! To those of you who don't know me, my name is Caryn Avila. My parents are Robert and Carol Calvert; my grandparents were Robert and Nellie Calvert. I have three children, Evan, Katie, and Joshua, and am married to my wonderful husband, Miguel.

I know many of you from when I was the greeter at the Wellness Center. I now look forward to helping Muckleshoot Members choose your new or remodeled Elders Home, mortgage buy down, Veterans Home, or Handicapped accessible home.

Elders, did you realize you can call me as early as when you turn 53? We can start looking at your Trust land and make some preliminary decisions.

The Homes are beautiful and we are so happy to help you in this process to new home ownership!



Caryn Avila

Caryn Avila
253-876-3134

NINETEENTH ANNUAL CONFERENCE
RISING ABOVE
HEALING THE SCARS OF ABUSE

June 13-16, 2012
THE UNIVERSITY OF PUGET SOUND, TACOMA, WA

- PRESENTATIONS
- WORKSHOPS
- SHARING CIRCLES
- PROFESSIONAL COUNSELLING
- MUSIC BY THE RISING ABOVE BAND
- LITERATURE & RESOURCES

SPEAKERS

Marvin Cheechoo (Cree), Selma Poulin (Ojibwe), Linda Martin (Ojibwe), Howard Jolly (Cree), Daren George (Metlaxter), Joanna Shaule, Steve Masterson

ADDRESSING ISSUES OF	REGISTRATION/INFORMATION	CONFERENCE FEES																		
SEXUAL ABUSE SELF ESTEEM BOARDING SCHOOL EXPERIENCE	<ul style="list-style-type: none"> Online at www.risingabove.ca Email registrations@risingabove.ca Call toll free 1-800-777-1590 or local 253-229-8773 Mail/Fax this form to: <p>IN CANADA: Rising Above Conference Box 930 Niverville, MB R6A 1E0 Fax: 204-389-5365</p> <p>IN USA: Rising Above Conference c/o Sarah Wright 15211 Burning Tree Lane Tacoma, WA 98406 Fax: 206-429-3297</p>	<p>ADULT REGISTRATION</p> <table border="1"> <thead> <tr> <th></th> <th>INDIVIDUAL</th> <th>COUPLE</th> </tr> </thead> <tbody> <tr> <td>Early bird- May 15</td> <td>\$100</td> <td>\$150</td> </tr> <tr> <td>Pre Registration- by May 29</td> <td>\$125</td> <td>\$200</td> </tr> <tr> <td>Walk up- after May 29</td> <td>\$150</td> <td>\$240</td> </tr> <tr> <td>Previous Attendee</td> <td>\$80</td> <td>\$130</td> </tr> <tr> <td>Full time student (16 yrs. & older)</td> <td>\$50</td> <td></td> </tr> </tbody> </table> <p>ACCOMMODATION/MEAL PACKAGES</p> <p>REGULAR PROGRAM PACKAGE Includes 3 nights (Wed.- Fri.); meals: Wed. dinner to Sat. lunch \$232 (Trimbale Suite) \$206 (Todd/Phibbs Single) \$180 (Todd/Phibbs Double)</p> <p>COMMUTER MEAL PACKAGE (Wed. dinner to Sat. lunch) \$90</p>		INDIVIDUAL	COUPLE	Early bird- May 15	\$100	\$150	Pre Registration- by May 29	\$125	\$200	Walk up- after May 29	\$150	\$240	Previous Attendee	\$80	\$130	Full time student (16 yrs. & older)	\$50	
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In partnership with:
Eagle Wings Ministries
North America Indigenous Ministries

www.RisingAbove.ca

Corrections & Clarifications on Long House Site Blessing Article

My People, s'wiab, tsi'tsiab. In the manner of our Old Ones, I offer these corrections and clarifications to the article on the Long House site blessing. Our old people corrected the young people and each other when recounting our history because we come from an oral tradition. Even small mistakes need to be corrected or the history will be inaccurate.

The Knot Hole – The story I shared about viewing ceremonies through the knot hole of Mary Jerry's barn was actually passed on to me by my uncle, Allen Moses, who was one of those boys peeking into the barn. This happened before I was born, but I do have memories of Mary Jerry, the daughter of Big John.

Isadore Tom Sr. & Isadore Tom Jr. – In the quotation by Thomas Longshore of Skokomish that was published in the photo section of the newspaper, he

stated that, "My late uncle, Subiyay (Bruce Miller) was in the Lummi big house at the same time as Sqialupub (Hoagie King George) was in Isadore's..."

Mr. Longshore was not referring to Isadore "Dobie" Tom, who was present that day, but to his father, the great Isadore Tom Sr., Petious. It was Petious who said that I would "be the seed" to bring seyown "to its rightful place at Muckleshoot." These were his words to me, and it's important for the reader to understand that they were spoken by Petious, Isadore Tom Sr.

Submerged Longhouses – The two submerged longhouses that Dobie Tom referred to that were discovered high in the mountains were in the Nisqually Watershed, not the Cedar River Watershed.

Thank you, my People for listening and remembering the truth.

GILBERT KING GEORGE

MUCKLESHOOT INDIAN TRIBE RESOURCE CENTER ASSISTANCE SERVICE GUIDE

FOOD BANK

This assistance is available for tribal members and other Native American households living on the reservation. Food Bank hours are from 10:00 AM-4:00 PM, Monday through Friday. Food boxes are only given to households who come into the office to sign up for a box. At no time will we give a box to someone else for you. You may sign up for a box once weekly. Delivery of food boxes is only offered to the elderly (age 50 and older) and/or handicapped persons (with State Social Security Disability letter). Delivery requests need to be called in before 12:30 PM.

CLOTHING BANK

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

EMERGENCY ASSISTANCE IS CURRENTLY NOT AVAILABLE AT THIS TIME. THERE ARE NO FUNDS AVAILABLE.

Emergency assistance is available for Muckleshoot tribal households who are experiencing an emergency within their household. It is available once per (calendar) year. This assistance requires an application explaining circumstances, and income eligibility information. If you are in need of assistance, please come in and fill out an application. You can use it on rent/mortgage, utilities, appliances, furniture (including beds), car insurance (liability only), home telephone service (basic service only-no cell phone payments), car repairs (through a certified mechanic only), homeowner's insurance, etc. We no longer assist with temporary housing, except in medical situations. Our housing assistance is for permanent housing only. Applications received and complete by Friday will be processed by the following Friday (5 business days). This assistance depends on availability of funds. Closed until further notice.

LAUNDRY ASSISTANCE

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

OTHER ASSISTANCE – (tribal member households only)

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

ENERGY ASSISTANCE

There are two types of energy assistance funds that we receive throughout the year. The LIHEAP energy funds are for low income Native American households residing within King or Pierce County (excluding Seattle city limits). Tax Fund energy funds follow the same guidelines as LIHEAP, but must have a Muckleshoot tribal member living within the household. Energy assistance is based on funding availability.

SENIOR ENERGY ASSISTANCE

This energy assistance is for Muckleshoot Tribal member elder households (living within a 30 mile radius from the Muckleshoot Tribal Chimney), who need assistance with their utility bills. It is available to the tribal member households once per quarter, and is in addition to the LIHEAP/TAX FUND ENERGY programs. Please come in as soon as you receive a bill, because there is processing time and if you wait until you are shut-off, the light company may add a deposit to your account. As of July 1, this program will be subject to Centralized Income standards of 100% of King County Median Income, as opposed to previously being under LIHEAP income guidelines. This assistance is based on funding availability.

S.T.O.W.W.

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

GENERAL ASSISTANCE

This assistance is open to unemployed Muckleshoot Tribal members and to other Native Americans living on our reservation. This is available depending on funding. Please call the office to inquire about funding. Our phone numbers to the office are:

- Dawn Miller, Program Manager (253) 876-3356,
- Sandra Louie- Senior Energy (253) 876-3020,
- Jessica Garcia-Receptionist (Main Line), (253) 876-3336,
- Linda Starr, Social Services/Energy Assistance (253) 876-3338,
- Juanita Sam, Emergency Assistance (253) 876-3084,
- Stephanie Flescher-Community Advocate (253) 876-3357,
- Banson Nguyen-Food Bank (253) 876-3098,
- Renae Anderson-Food Bank (253) 876-3126,
- DSHS -Cindy (253) 876-3003
- and our office fax # (253) 876-2811.

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