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Muckleshoot MONTHLY



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PHOTO BY JOHN LOFTUS

Nick Bennett, Our Newest Council Member

Nick Bennett's life has, in many ways, been just like anyone else's; yet, in other ways, the experiences he's had, the choices he's made, and the lessons he's learned have been quite unique. Now, at age 36, he is the newest member of the Tribal Council. He recently shared some of his personal history and philosophy in a far-ranging interview, some of which is outlined below:

"I grew up here on the rez," Nicks says. "I attended Head Start at the old Community Center (later the Tribal School and now demolished) and went through Chinook Elementary, Olympic Middle School and Auburn High School."

"I was raised by my mom and my Grandma Millie White," he says, adding that, "My Grandma Bernice White also had a part in raising me." His mother is Cindy (Lezard) Butler, who many will remember from the years she worked at Housing.

Nick is also part Colville, and in his youth often went back and forth between Muckleshoot and Mallott, a little town on the Okanogan River in Eastern Washington. Some of his earliest teachings about acceptance came from his grandparents there.

"They would accept strangers off the road," he recalls, "and they'd let them stay with us and feed them and let them take showers, telling them 'You're more than welcome to stay however long you need.' Nowadays, you'd think that's crazy, because of people getting hurt and kids getting taken advantage of, but they had a strong faith and they just helped people. And to me, that's exactly how I am today. I'll take a stranger and help them. If I can help them, I will."

Another lesson he learned – this one about personal responsibility – came when he was about 14. He recalls that at that age he always wanted Michael Jordans, or whatever were "the latest and greatest cool basketball shoes,"

"I'd say, 'Mom, can I have \$150 to buy these shoes?' And she worked hard for her money. She'd reply, 'Well, no, son, I can't afford that for you.' And I'd cry around about it. 'Why can't I? My friends got them.'"

But then Nick got a job with the Summer Youth Program, working half the day and going to school the other half.

"I worked up at the Green River College bookstore," he recalls. "I had to get up at 4:30 in the morning to catch a bus down to First and B, then from First and B up to the college. I had to learn time management, and had to learn my own self-discipline to get up."

He started earning paychecks, and that's when he learned the value of money, and that one must work for the things they want. He soon forgot about the \$150 shoes.

"It really made me appreciate my mom even more – all the sacrifices that she made to get me whatever I needed." They had a really good talk, and it was a lesson he never forgot.

While he was in high school, Nick gained an early mentor. He can't remember the man's name – just that he was associated with the tribe in some way, and was some kind of entrepreneur.

"He came and talked to me," Nick recalls. "He'd followed me through high school, knew my grades, knew that I was in sports and that kind of stuff. And he took me aside and told me, 'Nick, computers are the future. You're bright. You're gifted. I'd suggest you go into that, because computers are going to run everything, and with the new casino that's going to be built, they may be the thing for you.'"

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TRIBAL COUNCIL ELECTEES TAKE OATH OF OFFICE

On Tuesday, April 2, as per the Tribal Constitution, the Tribal Council convened for the purpose of swearing in the members elected by the voters in January.

This particular meeting is not only the shortest, but also the happiest of the year. Relatives and friends began to trickle into the Council Chamber well in advance of the scheduled 10:00 AM start time, and that turned out to be a good plan because the event turned out to be standing room-only.

First to take the oath of office was Charlotte Williams, who will begin her fourth consecutive three-year term. She was followed by Vice-Chair Mike Jerry Sr., who is starting his second term; and, last but not least, the Tribal Council's newest member, Nick Bennett,



PHOTO BY JOHN LOFTUS

Sworn in for three-year terms on April 2 were Nick Bennett, Charlotte Williams and Mike Jerry Sr.

who moved up to Tribal Council after working his way up to the position of IT Director at the Muckleshoot Casino.

Afterwards, the coun-

cil took a recess to allow for photos, and after resuming elected the officers for 2013-'14. Virginia Cross and Mike Jerry will again be Chair and Vice-

Chair. Charlotte Williams will be Secretary and Nick Bennett will serve as Treasurer.

The White Eagles: A Family Tradition of Carving

By John Loftus

MUCKLESHOOT – Ellie Mae was so excited she just couldn't wait to call that morning. It's a good thing I was already in my office when she phoned me at 7:30 a.m.

"I'm painting totem poles," she told me. "Can you come over and take some pictures?"

I replied that I'd come down later in the morning, and when I got to her cozy little place behind the casino, there she was, sitting at her table painting away. She explained that her son James had carved four poles and had asked her to paint them for him.

The old White Eagle (often spelled WhiteEagle) production line was back in business! After quite a few miles of bumpy road, James, now 44, had gotten himself back on the straight and narrow and was carving again for the first time in years, and Ellie Mae couldn't have been happier.

She can't even remember the first totem pole she worked on. When she and her siblings were small, this was simply something the White Eagles did, and the whole family was involved. Her Dad or Mom would carve the poles; one of the children would paint it; another would put on the



PHOTO BY JOHN LOFTUS

Ellie Mae applies her personal touch to one of her son's new totem poles.

wings, and another the base. After the paint dried they would be lacquered.

It was a family production line, and everyone had a part to play. Her Dad, who went by the name Chief Frank White Eagle, and her Mom, the former Helen Hamilton, were the leaders and head carvers, and all of the kids did whatever they were capable of. In time, nearly all of the boys, including grandsons, became carvers. It was a family tradition, and they had a style all their own. No two poles were alike.

Ellie Mae remembers their little store by the side

of the road where they would sell their wares to tourists. In addition to totem poles, they made lots of other arts and craft items for sale. All family members had regalia and they traveled around to pow wows and marched in parades and so on. They were always on the go.

One of their main customers was Ye Olde Curiosity Shoppe down on the Seattle waterfront. In an article written about a decade ago, the store's owner recalled that, although they had "museum quality" carvings by some of Canada's finest artisans, such as Rick Williams

(brother of the late John Williams), the White Eagle poles were the most popular with tourists.

"Years ago, we had a carver who called himself Chief White Eagle who carved small totems and painted them in fluorescent colors," the owner recalled in that article, adding that, "We couldn't get enough of them."

They also sold to the gift shop on top of the Space Needle, "...but I stayed down on the ground while Mom and Dad went up," Ellie Mae remembers. "That was too high for me!"

continued on page 4



Yes on King County Fire District 44 Proposition One

A very important election is fast approaching. King County Fire District 44 Proposition One will, if approved by voters, help maintain fire and basic life support services so important to our community. You have probably already received your ballot in the mail. The Tribal Council is urging community members to vote YES on this important proposition and to mail your ballot by April 23.

District 44 provides emergency services to 30,000 citizens living in a 70 square mile area of southeast King County, including the Muckleshoot Reservation. Operating out of 8 Fire Stations the District uses 11 Fire Engines, 4 Medical Aid Cars, 2 Rescue Vehicles, 3 wildfire fire trucks and a combination of smaller support vehicles to provide our community with vital fire and basic life support services.



Having properly staffed emergency services in our community is critical to ensuring the kind of response times that can mean the difference between life and death. Last year our Fire District responded to almost 1,200 medical emergencies.

Rapid response to home fires is also critical. Once a fire starts it can spread quickly, dramatically increasing room temperatures and causing a flash-over that can engulf an entire house in a matter of minutes.

The key to rapid response is fire station location and proper staffing. District 44 operates 8 fire stations, three of which are primary stations staffed on a 24 hour basis. Unfortunately District 44's ability to maintain critical staffing and emergency service levels is threatened by a steep decline in property values brought on by the Great Recession. Because the District's funding comes exclusively from property taxes this decline has taken a heavy toll on its budget, causing significant cutbacks that, if not addressed, will increase response times and threaten emergency services levels.

The property tax levy on the April 23 ballot will allow the District to maintain its career firefighter staffing and emergency service levels. The levy of 31 cents per thousand dollars of assessed valuation will only be collected for four years, time for the economy to recover and property tax collections to return to pre-recession levels.

Ballots for this important levy election were mailed to registered voters April 3 and must be postmarked by no later than April 23. Election law requires that 40% of voters who voted in the last election return their ballots for the election to be validated, and 60% of those must vote to approve the levy. That means a little less than 4,000 votes must be cast and 2,400 of those be yes votes.

Muckleshoot voters can make a big difference in this very important election. The Tribal Council urges a YES vote on this critically important measure. Please fill out your ballot and get it in the mail by April 23.

SUBSCRIBE TO THE MONTHLY...

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



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

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SUBSCRIPTION REQUEST / ADDRESS UPDATE

New subscription Address change

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Address _____

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If this is an address change, list previous address:

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I am a Muckleshoot tribal member,

I have ties to the Muckleshoot Tribal Community

Please explain: _____

Muckleshoot Tribal Council

Virginia Cross, *Tribal Chair*
Mike Jerry Sr., *Vice-Chair*
Charlotte Williams, *Secretary*
Nick Bennett, *Treasurer*

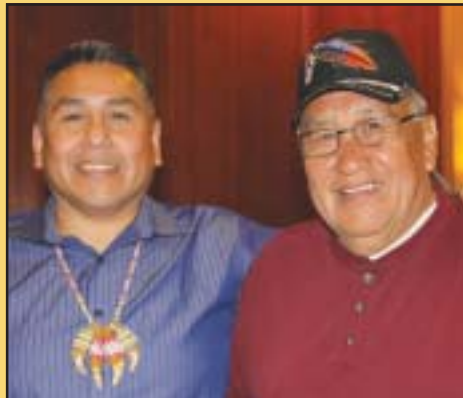
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Tribal Council Swearing-In Ceremony

PHOTOS BY JOHN LOFTUS



NICK BENNETT *continued from page 1*

"That kind of seeded me; but at the time I was varsity in basketball, track and cross country. I thought I was going to the NBA or Olympics or something," he added with a laugh. He couldn't have imagined at that time that he would one day be IT Director at the Muckleshoot Casino, the biggest in the state.

After high school, Nick got some college credits at Green River, got involved with a young woman, and at age 20 became the father of a baby girl.

His education was put on hold and he went to work, getting a job in the "Action Room" of the old Bingo Hall, where he was exposed to VLT's, which were new at the time. Nowadays most people call them slots, but they're technically different. After a few years at the Bingo Hall, his lifelong friend Jeremy James, a pulltab clerk at the casino, lured him over there with tales of big tips.

"That's kind of where I got my foot in the door," Nick

says. But the tips were kind of "hit or miss" and he decided he needed something more stable. That's when he began to look seriously at IT – Internet Technology – reasoning that he would be far more employable if he gained these skills than he would be if he continued with pull tabs or table games, which would limit him to working at casinos.

"That's when I went and took A+ classes at the Kent campus of Green River Community College and started kind of getting my technical certifications."

And so, at this time, he was a student, a casino worker and a full-time dad.

"At that time, it was just the two of us – me and my daughter," he recalls. "In the very beginning, me and the mom kind of split up."

He was only single for a little while, and found out he didn't like it.

continued on page 4



A Proud Moment for the Family of Bridget Simmons

The day of the 2011 commencement exercises at Evergreen State College was the proudest of Bridget Simmons' life. Although a bit of work was still pending, she joined her class in the cap and gown graduation ceremonies. Years of illness had failed to stop her from reaching her goal.

The following spring would be the last she would spend in our midst. Bridget passed over on April 6, 2012, and her family held a fine headstone blessing and memorial on April 6, 2013. Her courage over the long course of her illness taught many people valuable lessons about leading a good life, filled with love, in spite of extreme challenges.

On the day before Bridget's Memorial, the *Muckleshoot*

Monthly got a call from Michelle Aguilar-Wells of Evergreen State. They had been reviewing Bridget's work, she said, and had made the determination that she had indeed earned her degree. And so, on Saturday, April 6, Bridget's diploma was hand delivered to the Muckleshoot Shaker Church just as her Memorial Giveaway was taking place.

In the photo at left, Bridget's headstone picture shows her in cap and gown with Cedar Falls for a background. At right, Ms. Aguilar-Wells is seen presenting her diploma to Bridget's children, Danny, Sashene and Jenel, and husband Joseph.



Lynn Ann WhiteEagle

Lynn Ann WhiteEagle of Auburn, WA died March 31, 2013 in Federal Way at the age of 65.

She was born February 14, 1948 to Archie and Edna Lobehan in Auburn, WA. Lynn married Alfred WhiteEagle on March 9, 1968 in Auburn.

She was a long-time member of the Resource Center and Pow-Wow Committees and was a Head Start Teacher for the Muckleshoot Tribe. Lynn enjoyed carving, beadwork, quilts, Bingo and cooking.

She is preceded in death by her parents, Archie and Edna; brother Wayne Lobehan, sister Nancy Lobehan; son Nathan Martin WhiteEagle; daughter Angelia WhiteEagle; and grandson Christopher Redding.

Lynn is survived by her husband of 44 years, Alfred WhiteEagle Sr. of Auburn; three sons, Alfred WhiteEagle, Jr. of Everett, Timothy and Jeremiah WhiteEagle both of Auburn; four daughters, Deanna (Jose) Guzman of Federal Way; Veronica (Gerald Moses) WhiteEagle, Jaclyn (Curtis, Sr.) Redding, and Victoria WhiteEagle, all of Auburn; three brothers, Archie (Augusta) Lobehan, Bret and Bart Lobehan all of Auburn. She is also survived by 27 grandchildren and 2 great grandchildren.

A visitation was held on April 3, 2013 at Weeks' Funeral Home in Buckley. Funeral services were held the next morning at the Muckleshoot Pentecostal Church, followed by burial at the Muckleshoot Cemetery.

Please sign the online guest book at www.weeksfuneralhomes.com.



Identifying and Responding to Victims of Commercial Sexual Exploitation of Children

WHAT IS COMMERCIAL SEXUAL EXPLOITATION OF CHILDREN (CSEC)

The commercial sexual exploitation of children (CSEC) comprises sexual abuse and remuneration in money, goods or services – or the promise of money, goods, or services – to the child or a third person or persons for the sexual use of a child. The child is treated as a commercial sexual object. CSEC is violence against children. CSEC can occur through a variety of mediums including street prostitution, pornography, stripping, erotic/nude massage, escort services, phone sex lines, private parties, truck stops, gang-based prostitution, interfamilial pimping, and forms of Internet-based exploitation. What differentiates CSEC from other forms of sexual exploitation is an element of organization and/or intent, and/or the context of the commercial sex industry. 1

INDICATORS OF CSEC?

The following are common indicators that may help in identifying commercially sexually exploited children/youth. A child exhibiting one of these indicators may not be a victim of CSEC.

Possible indicators in identifying sexually exploited children/youth:

- Visible signs of abuse such as unexplained bruises, blackeyes, cuts or marks
- Behaviors including fear, anxiety, depression, submission, tension and/or nervousness
- Behaviors such as "hyper-vigilance"
- Sexually exploited children/youth often express interest in or are in relationships with older men or adults
- Evidence of controlling or dominating relationships
- Unexplained shopping trips or possession of expensive clothing, jewelry, or a cell phone
- Secrecy about whereabouts
- Indicators that child/youth is lying about their age or name
- Frequent or multiple sexually transmitted diseases (STDs) or pregnancies
- Family dysfunction (violence, substance abuse)

SERVICES AVAILABLE TO VICTIMS OF CSEC

The following is a list of services and resources available in Washington. Services are available to victims of commercial sexual exploitation by contacting the Crime Victim Service Center or Community Sexual Assault Program in your area. Services include:

- Access to a victim advocate 24 hours per day, 7 days per week,
- Information and referrals to community resources and assistance in accessing those services,
- Support and assistance aimed at assisting victims in their healing and recovery,
- Assistance with safety planning,
- Assistance and support with accessing medical care related to CSEC,
- Help understanding the legal system, as well as other government agencies and services.

INFORMATION RESOURCES

Washington Crime Victim Service Center
24-Hour Hotline: 1-800-346-7555

Abused Deaf Women's Advocacy Services
Phone (206) 726-0093 TTY
24-Hour Hotline: 888-236-1355 TTY



Children's Response Center
Phone: (425) 688-5130
24-Hour Hotline: 425-688-5130

Harborview Center for Sexual Assault
Phone: (206) 744-1600
24-Hour Hotline: 206-744-1600

King County Sexual Assault Resource Center
Phone: (425) 226-5062
24-Hour Hotline: 888-99voice

Asian and Pacific Islander Safety Center
Phone: (206) 467-9976

Refugee Women's Alliance (ReWA)
Phone: (206) 721-0243

The Washington Anti-Trafficking Response Network (WARN)
24-Hour Hotline: 206-245-0782

Washington State Office of Crime Victims Advocacy
Hotline: 1-800-822-1067 (Monday-Friday, 8am-5pm)

National Human Trafficking Resource Center
24-Hour Hotline: 1-888-373-7888

Spruce Street Secure Crisis Center
Seattle, WA / 206-587-0992

YouthCare Seattle, WA
1-206-694-4500
24-Hour Crisis Line: 800-495-7802

Community Youth Services
Olympia, WA / 1-888-698-1816
(Monday-Friday, 8am-5pm)

For more information, please contact the Office of Crime Victims Advocacy by email at OCVA@commerce.wa.gov or by phone at 1-800-822-1067.



A Mother's Last Wish is Fulfilled

Back in the early 1970's, Lynn White Eagle lost two little ones, a boy named Nathan and a girl named Angela. They were buried side by side in the family plot of the Muckleshoot Cemetery.

The years passed, and finally they were able to afford headstones for the babies, but by that time it had become impossible to locate the graves, so the stones were not placed. They sat in storage at Price-Helton Funeral Home for a dozen years or more, and then a few more years at the home of their father, Al White Eagle.

In recent months, as Lynn was going through her final illness and knew that the end was near, she expressed her wish that the graves of these two lost little ones might be found and properly marked by the stones that had waited so long.

Jack Starr, who is in charge of the cemetery crew, shared this story. He was there the day that a firm specializing in such things brought a sonar device to the cemetery. They had two goals: to find a vacant space for Lynn, and – hopefully – to locate the graves of her lost babies. It didn't take long. As soon as they rolled their machine into the cemetery, there they were: Two tiny graves, about ten feet from the road.

And so, as Lynn was being laid to rest on the day of her funeral, two of the gravediggers were a few feet away from the gathering of mourners setting the two stones in cement, fulfilling her final wish. Few noticed them doing it, but we can be sure that Lynn was smiling.

Afterwards, when all but the gravediggers had gone, one of them brought shovels of earth and laid them gently on each baby's grave, as if covering them with blankets from their own mother's grave.



The White Eagles: A Family Tradition of Wood Carving



The White Eagle carved this wall installation, consisting of a giant spindleshield surrounded by six hair combs, for the new Muckleshoot Elders Center.



James White Eagle with four newly-carved totem poles.



The finished product, an authentic, brightly painted one-of-a-kind White Eagle totem pole.



Ellie Mae has been painting totem poles since she was a little girl.



Helen Bertha White Eagle



Chief Frank White Eagle with President Franklin Delano Roosevelt.



An original White Eagle souvenir pole from 'back in the day'



Ben White Eagle with some of his carvings.

THE WHITE EAGLES *continued from page 1*

Both Frank and Helen White Eagle have passed on now. The family has scattered somewhat, although the community is still filled with their many descendants. Ellie Mae says that, until her son James started carving again, her brother Ben, who lives in Port Angeles, was the only White Eagle still carving.

"Ben is the only one that doesn't paint his carvings," she says. Ben still carves poles, as well as plaques and other items, leaving them in their natural wood colors. His style is more in the classical Canadian-influenced mode now. A Ben White

Eagle wall installation at the new Muckleshoot Elders Center, consisting of a giant spindle whorl surrounded by six hair combs, is perhaps his masterwork. It's well worth seeing.

But Ellie Mae's joy, and the pride of her son, was based upon their revival of the true and unique White Eagle style. A few days after my visit to Ellie Mae to watch her paint, son James came to visit me at the Philip Starr Building, where I photographed the finished poles. Each is about four feet tall, brightly painted and coated with laquer to make them shine.

"I just want to thank my Grandma Helen for teaching me

to carve," James says. "And also my Mom for still remembering how to paint the poles. Thanks, Mom!"

James will be offering carvings for sale at the Muckleshoot Casino and invites all collectors to take a look at his work. He also plans to make plaques and whatever type of items prove to be popular. Now that he's made some tall poles, we're hoping to see some more of the classic White Eagle mini-poles as well!

NICK BENNETT *continued from page 2*

"I went right back into a relationship and then had another baby. That was okay for about three-four years. She accepted my daughter as her own, and then we had one."

Both worked at the casino. Eventually they got married, but then divorced within about six months, as Nick recalls.

"So I was a single dad again, and that's really when I started my own personal journey of finding out, because I'd always thought, 'Man, why is this always happening? It's like I go through this pain, and enough is enough. What am I doing here?' And even through that process, I was out drinking and that kind of stuff, trying to numb the pain."

"And then, there was a night that really pretty much changed my course," he says. He'd already begun changing the directions of both his career and personal life, and had gained another mentor in casino IT Director Jeff Joslin. One day Nick and Jeff went to a Microsoft Windows Vista class in Bellevue. They were beta testers for the new not-yet-released program. It was fairly prestigious. He and Jeff had a good day. And then came a life changing experience – a very unpleasant one.

"That same exact night, I went out and was drinking, and I drank to a blackout and got the crap kicked out of me," he remembers. When his mind began to clear, he was at his mom's house in Cedar Village. The first thing he saw was his daughter's face.

"She was holding my hand. She didn't want to leave me. And I was all beaten up. And it was that moment that, because of my own past and history with drugs and alcohol, and my experiences as a kid, that I realized I'd now become the person that I'd told myself I'd never be."

"And after that (he snaps his fingers) – not a drink, not a drop, nothing since. That was about almost eight years ago now. So, that's really what for me changed my whole course."

He remembered his fears as he was growing up, and how he promised himself that when he had children, they would never have to worry about "...the drugs, or the alcohol, or people coming home and partying, and people fighting and being woken up to that."

"But, in that moment I became that person who I didn't want to be. And my daughter was there, and it affected her. And I said I was done. I guess you could say that was the bottom."

"That's when I started my own journey and focused on my physical, mental, and emotional health. And that's when my mentor, Jeff Joslin, was finally able to start working with me. He saw all this stuff years before I even knew, but he couldn't talk to me. 'Nick,' he said, 'I couldn't have told you this. You wouldn't have believed me. I would've just been some white guy that's talking to you, trying to help you out. But you had to go through this and make these mistakes, and want to change. Before, you didn't want to. Now, you want to. Now, I can work with you.'"

"Jeff had a lot to do with my growth and development, which now actually, I'm able to do with other people – especially tribal members. And that's really where my passion kind of comes in. I've always had a knack or a want to help other people. I've been that way my whole life – even almost to the point of my own detriment, where people take advantage of me before I really knew how to set boundaries and that kind of stuff."

He started consuming books on co-dependency and related topics.

"I found out a lot about alcoholism, drug use in my family, and the dysfunction that's been passed down from generation to generation. And that's when I said, 'Okay, I'm going to be the one to break this cycle.'"

"That, for me, was probably the most foundational, most monumental thing that happened with me – just starting to understand myself and then making the changes, and then leading by example. Not like 'Hey, this is what I did – you need to go do this,' because it's different for everybody. The experience is different. The responsibilities are different. And it's up to them – you can't make somebody do something."

Nick began to observe things in a different way, and the casino served as his classroom. One thing he noticed was that if someone got offended or defensive at a meeting, from that

point on very little was accomplished.

"That's when I realized that everything comes down to communication and relationships. It doesn't matter what profession you're in, what your job is. You have to establish and maintain good positive relationships and you have to communicate."

"(Since then), that's what I've been going by. I ask myself, 'Am I being positive with this person? Am I forgiving when people do wrong? Am I moving forward respectfully and honoring people? Because for me, honor is a pretty big thing – whether it's an elder or a young child, you have to honor everybody. It's not just select people, or when you want to, or that kind of thing.'"

"The process is ongoing. I'm never going to be 'there', so to speak. I don't think there is a 'there'. It's just more constant improvement. I still read books; I still look for different ways, because I make mistakes all the time. But, I'm the first to admit it and move forward. I'm not going to be too scared to say, 'Well, I don't know who did that,' when it was me!" he said with a laugh.

"It's like, 'That was me; that was my mistake. I didn't have all the information when I made the decision.' That's leading by example, and that's probably the biggest thing I learned during 14+ years down at the casino – that you have to be the change, because if you're not, you're not going to have any credibility. People aren't going to believe – especially if you're saying one thing and doing another. And that's one thing that I took to heart."

"And it was then that I kind of thought about Tribal Council, because once I started becoming aware of how we're doing business at the casino, and how – if we could just look at ourselves and work on ourselves to improve – that you could actually improve, first, your team on the shift you're in, and then your department, and then the casino, and then the whole tribe. But, it all comes down to each one of us is an individual."

A REUNION

PHOTOS BY JOHN LOFTUS

Doug Moses had a son more than 40 years ago, but he was young and his life was a mess. The boy was adopted and he lost track of him. A few years ago, Doug and daughter Carma began looking for their lost son and brother. They knew he was in Oregon, and even went so far as to go knocking on people's doors down there, but no luck.

Finally he has been found, and his name is Nick Johnson, and it turns out that he is a fine man with a lovely family. Doug set a fine table for 35 or 40 close friends and relatives out in the yard of his place next to the Boxing Barn on Saturday, March 30.

Before they sat down to enjoy ribs, corn on the cob and other delicacies, Doug took a few moments to make a touching speech and then he and his partner wrapped Nick and his wife in blankets as their proud little ones looked on. The mellow singing of Amos Nelson filled the sweet spring air as everyone sat to eat. The weather was fine and it couldn't have been a more perfect day.



Easter Stick Games

PHOTOS BY JOHN LOFTUS





Encouraging School Success

C. Michael Aaron, Superintendent of the Muckleshoot Tribal School

Dear Parents/Guardians,

You are as important as your children's teachers in their academic careers! Support and motivate your youngsters to do their best in school. Here are some ways to help our kids be successful.

- **Visual** – learn best from seeing:
- **Auditory** – learn best from hearing:
- **Kinesthetic** – learn best from touching, doing, and moving

Make School Important – Ask how school was every day. Convey your love of education and insist on good attendance and punctuality.

Praise Success and Progress – Shout "bravo" at every opportunity, whether for successes or small steps of progress. You may choose to reward with words of praise, small gifts or toys, hugs, dinner at a favorite restaurant, or a special dinner at home. A "certificate of achievement" may please your youngsters. Use any award that has special meaning for them.

Develop a "School Checklist" – Insure that your children leave for school and come home with everything they need.

Read, Read, Read! – Every day, read with your children or have them read to you. Make it fun by talking about what you have read.

Create a Study Routine – Set a time and quiet place for your children to work every day. Have all study tools easily accessible. Allow study breaks every 20 minutes or so and provide healthful snacks.

Provide Learning Experiences – Expose your children to learning experiences. This can include visits to museums, as well as having shelves filled with books and other learning materials at home.

Be Available – When children are studying or preparing for tests, be available, but don't give answers to questions. Prompt children to get the answer on their own.

Encourage Independent Thinking – Allow your children to make mistakes and learn from their consequences.

Recognize Learning Styles – Not all children learn best in the same way. By identifying your children's learning styles, you can help them progress faster. Simple assessments are available in every good bookstore and on the internet. Having fun giving one to your children, and then follow the directions on how to use the information it provides. For starters, consider the following differences in how people learn best.

Get Involved – Meet with your children's teachers, attend school events, and help out at school if you can.

MTS March Students of the Month

Wi'yaka Lozier.

Wi'yaka is a respectful student. She gets along with all her classmates. She has taught her friends to sign the alphabet. She is always listening in class. She gets out her materials without being asked, she follows directions right away and she stays on task to finish her assignments. We are so glad she is a student at Muckleshoot Tribal School.

Kaimi Aho is a smart and helpful Kindergarten student. He always does his work and is quick to offer help to his classmates when they need a helping hand. He is a great friend to everyone.

John Starr is always ready to learn. He comes every day to class with his homework and materials. He works hard to complete assignments and listens to the teacher. He works well with his class mates and is helpful when someone needs help. John makes great choices in the class, at recess and in the hallway. He is a great student and a good friend!

Angelina Aho has improved so much this year with academics and behavior. She is a hard worker and great friend!

AJ Smiskin

He works hard during all class hours. He stays focused and respectful

Jordan Stevenson

Jordan is a pleasure to have in our classroom. Jordan is responsible and respectful. She always has a smile on her face. Jordan tries her best on everything she does. She is a great friend to each person in class. Jordan is thoughtful and helpful. She enjoys helping others out and is an awesome student.

Anthony Magee:

Anthony is a friend to his classmates. He is well liked by everyone, likes coming to school and does his best in math, reading and writing. He loves to draw and is a very good artist. He pays attention, follows directions the first time and is a great role model for his classmates. We are happy he is in our classroom!

Trinity Ulrich - She is a great helper and focuses and finishes her work in class.

Tristan James. Tristan comes to school ready to learn, always tries his best, and is a helpful friend. He works really hard to stay focused so he can make good choices.

Olivia Korndorfer - She is a very responsible student. She turns in all of her work on time and works to her highest ability. She is an amazing student helper and a great friend. She enthusiastically participates in all school activities and is a role-model in the 3rd grade classroom. We are very lucky to have her in our room!

Chayton Hannigan has shown amazing growth in math and science. He works hard at challenging his peers. Chayton has done amazing at improving his attendance and we love to see him here every morning.

Alison Moses - Alison has shown major improvements in reading and math. She always has a positive attitude and she loves to learn!

Congratulations to each and every one of you - keep up the good work!



Each MIT Department is responsible for keeping the community informed about its activities and offerings by submitting items to the newspaper. If you like what you see, thank them.



HOMWORK HELP ONLINE

- <http://www.timeforkids.com/homework-helper>
- <http://kids.yahoo.com/learn>
- <http://www.scholastic.com/kids/homework/>
- <http://kids.usa.gov/>
- <http://www.infoplease.com/homework/>
- http://kidshealth.org/kid/feeling/school/homework_help.html

Pics from Marvin Hannah's MTS Culture Classroom



Ben Lazzar



Marvin Hannah and Sandy Heddrick



Raymond Eyle-Owens



Sylvia Agaton

3rd Grade Nettles Field Trip

Spring is here and we are learning about a traditional plant food/medicine that is important to the Muckleshoot diet. Nettles are packed full of vitamins and minerals to help get our bodies going after winter! Astraiya, Priscilla and Kalani led a song, Ms. Verna offered a prayer and then students harvested nettles at the Pentacostal Church. We cooked the nettle Friday and some students brought the extra home to cook and eat with their families. - submitted by Ms. Cinnamon



2013 MTS Kings Baseball Schedule

Date	Opponent	Time	Location
April 15	MRLH	3:30pm	Muckleshoot
17	Evergreen Lutheran	3:30pm	Muckleshoot
19	*MRLH	3:30pm (2)	MRLH
23	*Quilcene	3:30pm (2)	Quilcene
26	*Rainier Christian	3:30pm (2)	Rainier Christian
29	Mary M. Knight	4:00pm	Mary M. Knight
30	*Evergreen Lutheran	3:30pm (2)	Muckleshoot
May 2	Cedar Park Christian-MLT	3:30pm	Shoreline (Hamlin Park)
7	Lummi Nation school	3:30pm	Lummi
11	Districts	TBA	Stanwood, WA
18	Regional Playoffs (1 st Round)	TBA	TBA
24-25	State Tournament	TBA	Ellensburg, WA

* Denotes League game

Kings 2013 Girls Fastpitch schedule

Date	Opponent	Time	Location
April 5 th - 14 th	Spring Break		
April 17 th	Tahola	3:30pm	Muckleshoot
April 19 th	Quilcene (2)	2:30pm (7 inn/5 inn)	Muckleshoot
April 23 rd	Quilcene (2)	2:30pm (7 inn/5 inn)	Quilcene
May 2 nd	Wishkah Valley	3:30pm	Muckleshoot
May 7 th	Cascade Christian	3:30pm	Muckleshoot
May 11 th	District	TBA	



NWIC Eagles Win National Championship for Second Consecutive Year

To say the Northwest Indian College (NWIC) men's basketball team challenged itself this year is to put it mildly. The Eagles' season was filled with games against much larger schools, including an NCAA Division I and Division II teams.

The Eagles, who represent the only tribal college in Washington and Idaho, took on those large competitors with the hope that the games would prepare them for the tribal college basketball competition of the year: the American Indian Higher Education Consortium (AIHEC) national basketball tournament.

On March 17, the Eagles' tough season paid off when – for the second consecutive year – the team claimed the AIHEC championship title at the basketball tournament, held in Cloquet, Minn.

For their first game, on March 14, the Eagles played a fast-paced game against Oglala Lakota College (OLC), which they won 73-67. They won the other two games in their pool as well, beating Navajo Technical College 61-40 and tournament host Fond Du Lac Tribal and Community College 61-57.

"We had some tough, hard-fought wins during pool play that really helped our team," Assistant Coach Adam Lane said. "That helped us to realize that all of our games would only get tougher as we got into the tournament."

On March 16, the Eagles played Fort Berthold Community College in the tournament quarterfinals and won 98-78.

That win sent them into a semifinals match up against Salish Kootenai College (SKC), who the Eagles played in AIHEC championship games the past three years. SKC took the titles in 2010 and 2011, but were defeated by the Eagles in 2012.



PHOTO COURTESY OF NWIC

On March 17 in Cloquet, Minn., the Northwest Indian College Eagles claimed the AIHEC championship basketball title for the second consecutive year.

In the tournament this year, the rivals played hard against each other.

"I think our guys played their best during the semifinal game against Salish Kootenai College," Lane said. "They really came together as a team and played well."

The teamwork paid off and the Eagles beat SKC 114-102.

For their final game, the Eagles were matched up with OLC, their first opponents in pool play.

"The championship game was a battle from the start," Lane said. "We had Played Oglala Lakota College once and knew that it would be a hard-fought, physical game."

Lane said OLC was the Eagles' toughest opponent, with scores in both games against the team remaining close up until the end. At the end of the championship game, the score was dead even, sending the game into overtime. The Eagles defeated OLC in overtime 111-107.

Lane attributed the win to hard work and teamwork, and said that having a large number of players return from last year's championship team gave the Eagles an edge.

"We knew that if we played as well as we are capable, we would be right there at the end with a chance to win," he said.

The Eagles' Doug Williams was named tournament MVP.

"Doug was our leading scorer or one of our top scorers in every game we played over there," Lane said. "He played well on the defensive end as well. He was one of our leading rebounders and also led our team in blocked shots."

The Eagles' Josh Nelson and Mike Schjang made the All Tournament Team. Lane said he thought Randy Evans and J.J. Nixon were also deserving of the All Tournament Team honors.

"Both of them played very hard, especially defensively," Lane said. "Matt Eriacho also had a very

strong tournament, playing a great game in the championship to help us win."

Lane said all of the players deserve recognition for all of their dedication this season.

"They all worked very hard throughout the year and each of them contributed to this championship," he said.

Head Coach Greg Mahle shared a similar sentiment.

"It took the entire team working hard every day to bring home another championship," Mahle said. "Each and every guy deserves recognition for the commitment they made to each other and becoming a stronger team as the year progressed."

Mahle thanked NWIC and the Lummi Nation for the team's big welcome home on March 18, when the players were greeted with a celebratory parade in their honor. He also thanked NWIC President Justin Guillory for supporting the team by making the trip to Minnesota for the games.



Olivia Ho Earns Post-Season Honors

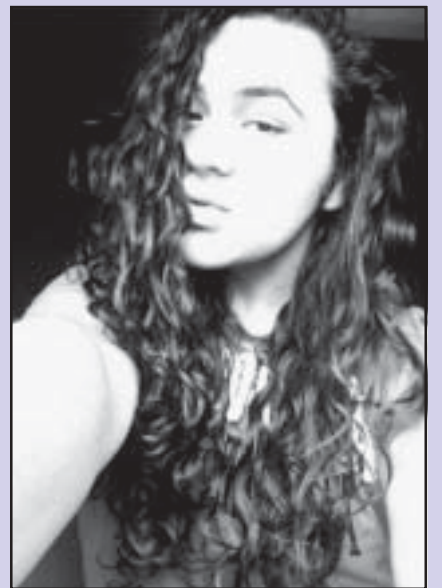
Muckleshoot Kings girls basketball player Olivia Ho earned high honors after the Kings completed the most successful season to date. Ho averaged 26.7 points per game as MTS took second place in the conference and posted a 14-8 record overall.

Olivia was named as the **SeaTac 1B Co-Player of the Year** along with Mount Rainier Lutheran's Haley Rue. She was also recognized by the Associated Press and was selected **Second Team All-State**.

Congratulations to Olivia!!

BAD HABITS.

Back in the day, natives were the most naturally beautiful people to walk this earth. Long black silky hair, smooth skin, their complexion was flawless; they were just all around beautiful people.



Until we were exposed to the white man's poison, alcohol and drugs. Doing some research I found that nearly eighteen percent of American Indian or Alaska Native adults needed treatment for an alcohol or illicit drug use problem in the past year, that's nearly twice the national average (9.6 percent). I'm looking around and seeing the hollow shell of my beautiful native people that are/have been affected by drugs and/or alcohol.

I also found nearly 31 percent of Native American infants suffered from Fetal Alcohol Syndrome in the past year, which shatters my heart. Imagine a mother with a 2 week old infant, she can't breast feed her baby because she's been drinking, so she goes to the kitchen to make her baby a bottle. And In the process, she takes a swig of alcohol and accidently fills the bottle up with alcohol and forces her baby to drink it. That's what drinking while you're pregnant amounts up to. How could someone be selfish enough to let their addiction destroy the beautiful life inside of them? How can someone make permanent damage for that temporary buzz?

As shown in the graph, in 2003 49.3 percent of us Native Americans deceased by alcohol alone. That is almost 6 times the rate of the whites, 7 times the rate of the blacks, and 5 times the rate of the Hispanics, Native Americans existence was brought to a minimal after all of the past events and wars that happened with the whites. If we keep on the same bad habits we are now, we'll be extinct in a matter of time.

So as native people need to get back to our old ways, overcome this horrible disease of addiction by not abusing alcohol, drugs, and our lives, for the sake of the future and the next generation. We are the only ones that have that positive affect in our community and future, it all lays within us. So go to treatment, strive for the healthy life you deserve. If you aren't addicted to anything, convince your neighbor, best friend, cousin, uncle aunt, father, mother, grandpa or grandma to get the help they need and deserve. It's time we drag our people out of the pit, and conquer our addiction at a time.

Life would be so much more beautiful seeing beautiful healthy faces, having the ability drive down the road and not seeing memorial spreads all over the side of the road because someone lost their life to they were driving under the influence. I hope I've given people reading this page knowledge and strength.

– Hunter Vaiese

Celebrating the Birthday of Dr. Seuss

Every year the Tribal School participates in the "Read Across America" program in celebration of the birthday of the late childrens' book author, Dr. Seuss. Are these little ones CUTE or what?!?!





DO YOU RECOGNIZE THESE HEAD STRT CHILDREN? This is number two of three – watch for the final photo next month!

Please join us at the
COMMUNITY WRITING CENTER
 OUR WRITING SPECIALISTS ARE AVAILABLE TO SUPPORT YOUR INTEREST IN WRITING FOR SCHOOL, PERSONAL CREATIVITY, AND/OR BUSINESS

ALICIA WOODS
 Alicia.Woods@muckleshoot.edu

PHOENIX RAINE
 Phoenix.Raine@muckleshoot.edu

Email to schedule an appointment or visit the website for more information:
www.muckleshoottribalcollege.org

It's a great time to come get
 your **GED**
 Before the test changes in 2014

Muckleshoot Tribal College, 9-5
 GED Instructors: Laurie 253 876-3256,
 Alicia 253 876-3375

Muckleshoot Indian Tribe
 FUTURE SITE OF THE MULTI-PURPOSE BUILDING

YOUR COMMENTS ARE IMPORTANT TO US
 Comments Form are available from Kim Sharp in the
 Construction Office or request via e-mail or phone
 Kim.Sharp@muckleshoot.mn.us or (253)876-2875

Each MIT Department is responsible for keeping the community informed about its activities and offerings by submitting items to the newspaper. If you like what you see, thank them.

The GED test is changing!!!!
 2013 is the last year to complete the GED paper test.
 Come to the GED center at MTC for:

- "Tutoring"
- "Online GED Resources"
- Books and study materials"

For more information visit:
www.muckleshoottribalcollege.org
 253 876-3375
 Or email:
alicia.woods@muckleshoot.mn.us

NORTHWEST INDIAN COLLEGE
X w l e m i E l h > T a l > N e x w S q u l

The Muckleshoot Tribal College GED program presents...

BE 100% READY TO PASS THE GED BY ATTENDING OUR SMALL GROUP WORKSHOPS:

Winter Stories: Sit with a small group and talk about Native stories or read... you will learn and practice the reading skills you are building that will help you pass the GED.

Math Magic: Unlock the secrets to solving the math problems you will encounter on the GED.

GED Mystery Timeline: Each week you will be presented with a new, exciting tool that will help you master the GED.

Native Madness: "Anasazi" what you knew about learning by watching the best, interesting teacher from a Native perspective.

Promoting indigenous self-determination and knowledge

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

NORTHWEST INDIAN COLLEGE
 X w l e m i E l h > T a l > N e x w S q u l

www.NWIC.edu
 253 876 3274
 19011 Auburn Enumclaw Rd SE
 Auburn, WA 98002

Associate of Arts and Sciences Degree
General Direct Transfer

Program Description
 The Associate of Arts and Sciences General Direct Transfer Degree is designed for students to explore and develop skills in global issues, communication, natural sciences, cultural awareness, social conditions and critical thinking. This degree is designed for students who are interested in transferring to a four-year college or university to complete a bachelor's degree.

Location:
 Muckleshoot Tribal College
 39811 Auburn Enumclaw Rd SE
 Auburn, WA 98002

More Information:
 Harmony Blancher
 Site Manager, NWIC
 253.876.3274

Jeramie Smith
 Program Assistant, NWIC
 253.876.2831

Call Us Today!

MUCKLESHOOT TRIBAL COLLEGE

GED Exam Schedule for Muckleshoot Tribal College

You need to finish all 5 Tests before 2014 OR start all of your Testing over.
Remember: Dates are Subject to Change
Please Call College to Confirm Dates.

- April 17, 24th.
- May 1, 8, 22nd.

Arrive 10 minutes early! You may choose only one test per time frame

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

If you are planning on taking 4 tests in one day then do your Essay at 12:30 & do your Math the next testing session. A passing score is a 410; however you need an average of 450 to earn the 2250 points needed for your GED

- Prior to taking your first test you must Pre-Register, please ask our GED staff to give you our GED Orientation & Pre-Register before testing day; do not wait until testing day. You must have all of your paperwork completed before entering the testing room. See what you need to bring below.

- On testing day you must bring/provide 1) picture ID 2) proof of passing a pre-test

@ 450+ 3) proof of payment \$30 each; 4) under the age of 19 must provide "waiver" form; 5) first time testers must have a completed and signed "General Education Development testing" form AND the "State of WA Verification of Eligibility to take GED test" form, completely filled out before testing day.

Please be waiting outside the GED examination door Rm. #207 at least 10 minutes before testing latecomers will not be allowed in the testing room, you will have to come back another time.

Test Scores are available the next day after testing at 1:00 pm, not before. Pick them up in person.

If you have any other questions or concerns please call Receptionist @ 253-876-3183 or Mitzi Judge @ 253-876-3395

For GED tutoring & pre-testing here at MTC contact GED Instructor(s) Alicia at 253-876-3375 or Laurie at 253-876-3256

For Muckleshoot Tribal Member Scholarship call Marie Marquez 253-876-3382

You may look on line for more information at:

www.muckleshoottribalcollege.com

We are located at 39811 Auburn Enumclaw Road SE, Auburn WA 98092

You may also take your GED test at Green River Community College: Monday, 9AM – 7PM, phone 253-833-9111 x 2652, 12401 SE 320th Auburn, WA 98002, www.greenriver.edu

Muckleshoot Child and Family Services

Fathers Matter Support Group

The Muckleshoot Child and Family Services Department is offering interested Fathers a "Fathers Matter" support group starting on April 25, 2013. The focus of the group is Parenting skills and strategies for Families who have an open dependency or CPS case.

Some of the most alarming facts about families where Fathers are not present (for whatever reason) are as follows. Children who grow up in father-absent homes are significantly more likely to do poorly on almost any measure of child well-being. For example:

- Almost 75 percent of American children will experience poverty before they turn 11 years old, compared to only 20 percent for families where there are two parents.
- Violent criminals are overwhelmingly males who grew up without fathers, including 72 percent of adolescent murders and 70 percent of long-term prison inmates.
- Children living in father-absent homes are also more likely to be suspended from school, or to drop out; be treated for an emotional or behavioral problem; commit suicide as adolescents; and be victims of child abuse or neglect.

A good father is critical to the optimal development and well-being of a child. Father's role is more than that of economic provider of the past and now includes nurturing, care giving, and emotional support in both obvious and subtle ways. Successful fatherhood correlates strongly with many attributes of children successfully growing up:

Healthy child development. This includes physical and mental health habits, success in school, self-respect and self-esteem, respect for others and for appropriate authority, constructive social and peer activities, as well as the avoidance of substance abuse, delinquency, and other forms of high-risk behaviors.

Gender identity. An appropriate masculine role model is believed to help boys seeking to create and understand their place in the world, and girls formulating the terms of respectful and happy relationships with the opposite sex.

Responsible sexuality. Understanding the emotional and social prerequisites and the consequences of sexual activity depends on a father's involvement. Programs to reduce teen

pregnancy are a significant focus of father involvement initiatives.

Emotional and social commitment. The invisible bonds of affection and protection are strengthened in children through the demonstration of these bonds in day-to-day father involvement.

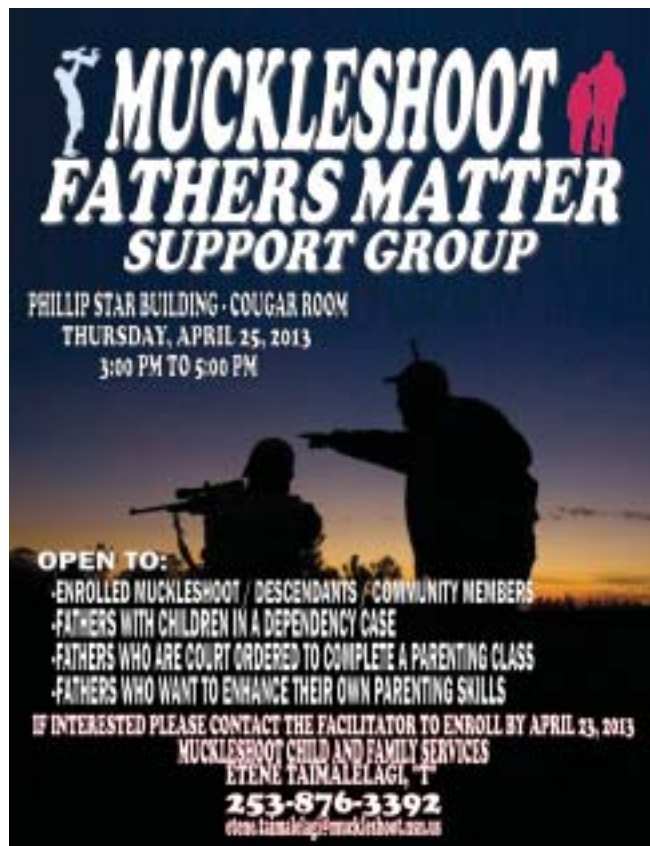
For interested Fathers that would like to participate in this support group, Please call the Muckleshoot Child and Family Services (MCFS) formerly known as, Indian Child Welfare (ICW) at 253 833-8782 and ask to be signed up.

WHAT: "Muckleshoot Fathers Matter" Support Group
WHEN: Every Thursday starting on April 25, 2013
TIME: 3:00pm to 5:00pm
WHERE: Philip Starr Building - Cougar Room

ELIGIBILITY:

- Enrolled Muckleshoot/Descendant/Community Member
- Fathers with children in a dependency case
- Fathers who are court ordered to complete a Parenting class
- Fathers who want to enhance their own Parenting skills

If interested please call MCFS at 253 833-8782 to enroll by April 23, 2013



Scholarships Available for Eligible Enrolled Muckleshoot Tribal Members

MOST PROGRAM I.T. SCHEDULED CLASSES

Spring Quarter Begins April 8th, 2013 – Enrollment Opens March 4th, 2013

SPRING QUARTER 2013		
Morning Class 10AM-Noon Monday, Tuesday, Wednesday	WINDOWS7	Open enrollment
Afternoon Class 1-3PM Monday, Tuesday, Wednesday	A+ (1)	Open enrollment
Evening Class 6-9PM Monday and Wednesday	A+(2):	Continued from Winter Qtr. - FULL

**** TO ENROLL IN IT CLASSES:** student must have successfully completed a MOST Office Assistant Training Program OR pass the entry level exam with an 80% or higher. ENTRY EXAMS ARE GIVEN ON TESTING/TUTORING TIMES NOTED ON THE MOST MONTHLY CALENDAR AND CLASSES ARE FILLED ON A FIRST COME, FIRST SERVED BASIS.

ENROLLMENT IS FREE – OPEN TO ANYONE 16YRS. OLD OR OLDER WITH A HIGH SCHOOL DIPLOMA OR G.E.D. – YOU DO NOT Have To Be A Muckleshoot Tribal Member to attend the MOST Program Classes

For more information contact:
MOST PROGRAM ASSISTANT BY PHONE @ 253.876.3355 OR EMAIL:
JANET.EMERY@MUCKLESHOOT.NSN.US

Once upon a time at Head Start...

During one of our Head Start monthly staff meetings the employees were asked to take ten seconds each and write our "Head Start story". The following is how it came together:

Once upon a time...

- ~ We worked with children and loved to eat cookies and milk.
- ~ Teacher Casey, the shining star because she works like teacher M her hero.
- ~ This Head Start, all of our wildest dreams come true.
- ~ Where the children learn and play.
- ~ Where we meet new student's everyday and enjoy the company of our friends.
- ~ Learn new ways to educate children and to also educate parents, fathers to be more involved with family.
- ~ Where all staff and families are on the same page with a cohesive child motivated focus for our families, our school is great.
- ~ There is no "I" in team, that's why we pick each other up with warm friendly hands and big smiles on our faces.
- ~ Our staff makes Head Start place children want to come to everyday.
- ~ That's because we are all here for the best interest of every child.
- ~ Every child has the right to be educated in a friendly loving place, we are great.
- ~ And that folks is how we do business at Muckleshoot Head Start.



Head Start Wants Your Child!

2013-2014 enrollment open now!

Muckleshoot Head Start offers:

- Free full and half day educational programs!
- Free breakfast, lunch and snack
- Free transportation
- Special services
- Current physical
- Current dental exam
- Income verification
- Guardianship papers if applicable

To apply, bring in the following documents:

- Child birth certificate
- Child social security
- Child/parent Tribal enrollment verification

I would love to answer your questions and get you started on the application TODAY! For additional information, call Leonie Rodarte at 253-876-2997, or email at leonie.rodarte@muckleshoot.nsn.us.



HOLIDAY BLESSINGS. Thanks to a \$10,000 grant from the Muckleshoot Charity Fund last December, community members received warm and cozy blankets and protein-packed food in reusable grocery bags at El Centro de la Raza to help them have a nice Easter Dinner! *Mil gracias* to Muckleshoot and to the many volunteers who helped make this event possible!

~ El Centro de la Raza





NUTRITION SERVICES

The dietitian is in and now seeing patients for individual nutrition counseling for:

- WEIGHT LOSS
- DIABETES MANAGEMENT
- OVERALL HEALTH

Appointments available now Monday through Friday by contacting the Muckleshoot Health and Wellness Center at 253-939-6648.

What are the signs of depression?

Physical

- Sleep disturbances—insomnia, oversleeping, waking much earlier than usual
- Changes in appetite or eating: much more or much less
- Decreased energy, fatigue
- Headaches, stomach aches, digestive problems, or other physical symptoms that are not explained by other physical conditions or do not respond to treatment

Behavioral/Attitude

- Loss of interest or pleasure in activities that were once enjoyed, such as going out with friends, hobbies, sports, etc.
- Difficulty concentrating, remembering, or making decisions
- Neglecting responsibilities or personal appearance

Emotional

- Persistent sad or "empty" mood, lasting two or more weeks
- Crying "for no reason"
- Feeling hopeless, helpless, guilty, or worthless
- Feeling irritable, agitated, or anxious
- Thoughts of death or suicide

What can you do to help a depressed friend?

ACT: Acknowledge, Care, Tell

- Acknowledge that you are seeing signs of depression in a friend and that it is serious
- Care: Let your friend know that you care about him or her and that you are concerned
- Tell someone you trust and call for help

Who can you call to get professional help?

If someone you care about is in an emotional crisis or acknowledges suicidal thoughts


- Call 911
- Call the Crisis Line at (206) 461-3222 or toll-free: 1-800-427-4747
- Contact the Muckleshoot Behavioral Health Program at (253) 804-8752
- Call the National Suicide Prevention Lifeline to get help at 1-800-273-8255

The Muckleshoot Wellness Center Will be OPEN to the Muckleshoot Community for OPEN GYM on Sundays 4-6pm Starts Sunday 4/14!

- For Muckleshoot Community Members
- Only the gymnasium will be open
- All other Wellness Center areas and services will be closed
- Wellness Café will not be open
- This is a trial opening and will continue until further notice

For more information please contact the Wellness Center Front Desk at 253-333-3616

Dentures Slipping???? IT MAY BE TIME FOR A DENTURE CHECKUP!



Give us a call... HWC Dental Clinic 253-939-6648. We are here to help!

KNOW THE SIGNS OF DIABETES

Signs that you might have diabetes include:

- Frequent urination (peeing)
- Excessive thirst
- Excessive hunger
- Weakness and fatigue or feeling tired all the time
- Frequent skin, gum, or bladder infections that don't go away easily
- Blurred vision
- Tingling and numbness in your hands and feet
- Dramatic weight loss

What to do if you experience signs of diabetes:

Make an appointment with your provider at the Muckleshoot Health Clinic to find out if you have diabetes. Call today at 253-939-6648.

TREATMENT WORKS!!!

The benefits of getting treated if you have diabetes:

- You will feel better
- Your risk for having a heart attack, stroke, or other medical problems will go down

"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 would like 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



Each MIT Department is responsible for keeping the community informed about its activities and offerings by submitting items to the newspaper. If you like what you see, thank them.

Is Heroin Running Your Life? There is help.

Call 253-804-8752

NEED A "MEETING" TO HELP YOU !! ?

Alcoholics Anonymous – AA & Narcotics Anonymous NA Meetings on the Rez

Tuesday 12:00-1:00pm A.A. M.I.T. Recovery House 39225 180th Ave S.E. Auburn, WA

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.

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

Did you know the earliest signs of diabetes can be found in your mouth?

Did you know that a vital part of both preventing and managing type 2 diabetes, is seeing your dentist and hygienist regularly?

- Today we know that diabetes and periodontal disease (disease of the gums) are closely linked.
- 90% of Americans with diabetes have periodontal disease.
- Periodontal disease makes it more difficult for diabetics to control their blood sugar, which can lead to other diseases.



Signs that you may be at risk for diabetes:

- Do your gums bleed when you brush or floss?
- Do your teeth look longer than they used to?
- Are you missing any teeth?
- Are your gums frequently sore?

This is how it happens for diabetics:

- Periodontal (gum) disease allows bacteria to create an infection in the gums.
- This infection is released into the body.
- The bacteria prevent the body from controlling glucose levels in the body.
- This results in higher levels of blood sugar which makes controlling diabetes much more difficult.

Now can having regular dental checkups improve my health?

- Regular checkups allow your dentist to diagnose pre-diabetes and early symptoms of type 2 diabetes.
- If spotted and treated early, type 2 diabetes can often be controlled or even prevented through diet and medication.
- In addition, regular checkups allow your dentist to keep up with changes to your health that may affect your teeth and gums.

If you would like to find out more or arrange for an exam, come see us at Muckleshoot Health & Wellness Center Dental Clinic. Muckleshoot Health & Wellness Center Dental Clinic Hours: Monday, Tuesday, Thursday, Friday: 8:00am-5:00pm, Wednesday 9:30am-5:00pm Phone Number: (253) 939-2131

FAQ's ON PROBLEM GAMBLING



What is problem gambling?

Problem gambling includes all gambling behavior patterns that compromise, disrupt, or damage personal, family, or vocational pursuits. The essential features are increasing preoccupation with gambling, a need to bet more money more frequently, restlessness or irritability when attempting to stop, "chasing" losses, and loss of control manifested by continuation of the gambling behavior in spite of mounting, serious, negative consequences. In extreme cases, problem gambling can result in financial ruin, legal problems, loss of career and family, or even suicide.

What kind of people become problem gamblers?

Anyone who gambles can develop problems if they are not aware of the risks and do not gamble responsibly. When gambling behavior interferes with finances, relationships, and the workplace, a serious problem already exists.

Do casinos, lotteries, and other types of gambling "cause" problem gambling?

The cause of a gambling problem is the individual's inability to control the gambling. This may be in part because of a person's genetic tendency to develop addiction, his or her ability to cope with normal life stress, and even his or her social upbringing and moral attitudes about gambling. The casino or lottery provides the opportunity for the person to gamble. It does not, in and of itself, create the problem any more than a liquor store would create an alcoholic.

What is the responsibility of the gaming industry?

Everyone who provides gambling opportunities has a responsibility to develop policies and programs to address underage and problem gambling issues.

How much money do you have to lose before gambling becomes a problem?

The amount of money lost or won does not determine when gambling becomes a problem. Gambling becomes a problem when it causes a negative impact on any area of the individual's life.

WALK AWAY FROM GAMBLING

Sponsored by:



Health & Wellness Center Program Hours

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

*There is no Shuttle/Bus service from 11-12 pm M-F.

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
Family & Youth BH Services	(253) 333-3605	12:00-1:00
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
Shuttle/Bus Service	(253) 939-6648	11:00-12:00
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 May-June 2013

Day	Date	Times Closed	Reason for Closure
Thursday	05/02/13	8-9 am	Monthly All Staff Meeting
Monday	05/27/13	All Day	Memorial Day
Thursday	06/06/13	8-9 am	Monthly All Staff Meeting
Thursday	07/04/13	All Day	4 th of July

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

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

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 allow-
ance, 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 prac-
tice!). No eyeglass benefits will be approved
outside of the MHCW optical department.
We are also offering contact lenses and
necessary supplies for contacts.

The Optical Department is a Tribally-owned
business. Patients must meet CHSeligibility
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.

Dental Clinic Location & Hours (253) 939-2131

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

Appointment Times	Emergency Walk In Times
Monday 8:00am-5:00pm	8:00-8:30 am.
Tuesday 8:00am-5:00pm	8:00-8:30 am
Wednesday 9:00am-5:00pm	1:00-1:30 pm
Thursday 8:00am-5:00pm	8:00-8:30 am
Friday 8:00am-5:00pm	8:00-8:30 am
Closed Daily 12:00-1:00pm	



**Tribal Opiate
Addiction Workshop**

New Date—April 19, 2013
1:30pm—4:30pm
Location: Elder's Complex

"Why Give Pills to Opiate Addicts?"

1:00 - 1:30 History of Opiate Addiction & Treatment
John Bergstrom, MD

3:00 - 3:30 MHT-ERP Muckleshoot Behavioral Health Program
Larry Watson, Don Calkins, Nancy Seals, Carol Nease-Covett

3:30 - 4:30 Recovery stories of Tribal Members
Contact Don Calkins or ERP if you have questions
353-804-8752

CONTRACT HEALTH SERVICE (CHS) NOTIFICATION REQUIREMENTS

CHS OFFICE (253) 939-6648

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

ALTERNATE RESOURCE REQUIREMENTS:

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

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

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

Muckleshoot Optical NOW OFFERING SUNGLASSES



Stop in to the Optical Department today to see
the collection we have to offer!
Sunglasses are not a covered option by Contract
Health Services.

Featuring: **Gucci, Juicy Couture, Nike,
Bebe, Caviar & Koali**

(253)939-6648

FIBROMYALGIA



SYMPTOMS:

- MUSCLE PAIN
- TENDER JOINTS
- FLU-LIKE SYMPTOMS
- HEADACHES
- DEPRESSION AND ANXIETY
- STOMACH PAIN
- DIARRHEA OR CONSTIPATION
- BLADDER PAIN OR NEED TO URINATE IN A HURRY OR OFTEN
- PROBLEMS WITH THE JAW

There's Hope—

Treatment for fibromyalgia is individualized for each person. In general, treatment may include:

- Medicines to relieve pain, improve sleep, or improve mood
- Physical therapy to learn exercises and stretches
- Relaxation therapy
- Working with a counselor



If you have any questions, call your HWC provider at (253) 939-6648

Note: Your provider may suggest that you take a medicine normally used to treat depression or seizures. If so, be open to trying it. Even if you are not depressed and do not have seizures, these medicines may help. That is because they work on the brain areas that deal with pain.



What is heroin?

Heroin is an illegal, highly addictive drug. It is both the most abused and the most rapidly acting of the opiates. Heroin is a naturally occurring substance extracted from the seed pod of certain varieties of poppy plants. It is typically sold as a white or brownish powder or as the black sticky substance known on the streets as "black tar heroin." Although purer heroin is becoming more common, most street heroin is "cut" with other drugs or with substances such as sugar, starch, powdered milk, or quinine. Street heroin also can be cut with strychnine or other poisons. Because heroin abusers do not know the actual strength of the drug or its true contents, they are at risk of overdose or death. Heroin also poses special problems because of the transmission of HIV and other diseases that can occur from sharing needles or other injection equipment.



How to tell if someone is using

- Nodding out when talking to someone
- Throwing up
- Nausea
- Itching and scratching
- Weight loss
- Runny Nose
- Droopy look to a person
- Slowed speech

Evidence of Heroin Use

- Burnt gum wrappers, foil
- Burnt or missing spoons
- Pipes, rolling papers, etc
- Mood swings
- Irritability
- Diminished self-esteem
- Depression
- Change in interests



How do you find help?

Muckleshoot Behavioral Health Department

Phone (253) 804-8752

Walk-in assessment times:
Tuesday 10am, 1pm, and 3pm
Wednesday 10am, and 1pm

VOLUNTEERS RAISE CASH FOR BASKETBALL TOURNAMENTS

THANK YOU! To everyone who has donated money to help support the youth in our community. The raffles, spaghetti feed, and car wash have all helped me raise money to bring boys and girls to basketball tournaments in the next coming months.

We are still on a mission to come up with more, but I want everyone to know that the support they have showed has been amazing, and does not go unnoticed, I appreciate each and everyone who has helped!

Special THANK YOU to the following for helping out at the car wash: Tristan, Luis, Harvey, Buddy, Hami, Brooke, Kacey, Ollie, Stina & Raye! Also thank you Muck Mart for letting us hold the car wash in the parking lot!

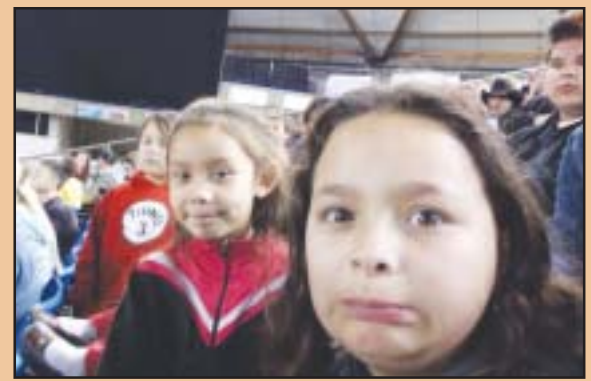
- Robert Lezard (Bubba)



Bull Riding!



The Youth Development Program took some kids to Bull Riding @ The Tacoma Dome 03/09/13
 SUBMITTED BY GINGER STARR



NEWS FROM THE MUCKLESHOOT ELDERS CENTER

Happy Birthday to:

- Michael Starr Sr. - 4/1 Archie Lobehan - 4/8
- Elizabeth Louie - 4/2 Brian Moses - 4/8
- Dennis Nichols Sr. - 4/2 Linda Gonzales - 4/17
- Alfred Williams Sr. - 4/3 Valerie Bellack - 4/17
- Duane "Greg" Lezard - 4/3 Brett Lobehan - 4/19
- Donald Brassard - 4/4 Darrell Stewart - 4/19
- Rosalie Cross - 4/6 William "Sonny" Miller - 4/19
- Mona Ficarra - 4/7 Audrey Fryberg - 4/22
- Marjorie Williams - 4/7 Patricia Jones - 4/28



Pool Tournament

We had a great turn out we had 9 players, Tommy McJoe, Sandy Davis, Dub Starr, AL Starr, Randy Ross Sr., Art Lopez, Woody Irving, Rodney "Zom" Courville, Bonnie Graft. The top three placements were:

- 1st Place: Rodney "Zom" Courville
- 2nd Place: Al Starr
- 3rd Place: Randy Ross Sr.

Everyone had a great time and received a gift of canned elk and healing save. We look forward to having more pool tournaments in the future, all games are double elimination.

Contact Geno or jimmy for more information.
Jimmy- 253-876-2872
Geno-253-876-2869

REMINDERS

Transports

Elders please remember we can only provide transportation to Muckleshoot Tribal Members or long-term members of Muckleshoot Community.

In order for you to receive transportation please call at least 24 hours in advance for shopping trips, appointments, paying bills, or banking. Calling 24 hours in advance helps us to ensure we have enough time for your transport.

Our regular transporters are Tony, Vicki, Geno, and Jimmy. Transports are assigned by who's available at the time.

To schedule for a transport please call: Tony 253-876-2887

Lunch

Elders please remember that you are allowed two (2) free meals that are provided daily at the Elders Complex for yourself or you are allowed to have one of your meals for a guest.

Extra meals may be purchased for \$7 each regardless of age.

If you have your lunch delivered please call into the Elders Complex if you won't be home during delivery.

If you have three (3) consecutive missed lunches without a phone call you will be removed from the lunch delivery program until further notice.

Outdoor Services

Wood services such as cutting, stacking, and kindling bundles are provided by the Elders service providers.

Please let us know if you need wood stacked closer to your home, wood brought inside, or need wood chopped into smaller pieces.

Muckleshoot Elders are given 2 bundles of kindling once a week if needed

The Elders Complex staff does collaborate with Adult Work Training Program for outdoor and moving/hauling services. This allows us to help fill more elders' needs.

The service providers will also be available to check on your propane tanks, removing spider webs, checking lock boxes, check gutters, check for slick stairs and ramps, clearing yard debris, light trimming of shrubs or trees, and light weeding of garden area.



Elders Easter Brunch

On Saturday, March 30th, 2013 the Elders Complex hosted an Elders Easter Brunch from 9:00am-11:00am. The staff served biscuits & gravy, hash browns, hard boiled eggs, scrambled eggs, ham, bacon, oatmeal, yogurt, fresh fruit, and cake to 132 elders.



Wilson Wewa was the special guest at the Elders Easter Brunch

We were very pleased with the turn out and were glad to have our guest speaker Wilson Wewa for Warm Springs, OR. He presented "Collaboration an Indian Tradition into helping me". The presentation covered information about substance abuse; such as, the history behind the substance, how it affects people/communities, and how to deal with the aftermath of substance/elder abuse.

We'd like to thank Wilson for his enlightening presentation. And to those elders who participated in asking questions. We'd also like to wish Wilson a Happy Birthday! We hope to see everyone at our next Elders Breakfast in May with guest speaker Melissa Calvert addressing the procedure on hunting tags.



Easter Basket Sale Update

On Friday, March 29th, 2013 the elders had their Annual Easter Basket Sale. They had prepped seventy-five baskets for the sale and were sold out by noon. We'd like to thank all those who purchased the Easter baskets, with all the sales the elders raised \$600.00.

We'd like to give special thanks to Julie Wilson, Diane Dea, Vicki Watson, Marlene Cross, Lorraine Cross, Virginia Cross, Joseph James, Berlinda Adair, and Grant Adair for donating items and/or helping with preparing the baskets.

We appreciate your generosity and efforts into making this fundraiser possible. With all your help we were able to have a successful fundraiser.

If you need these services please call the Muckleshoot Elders Complex at 253-876-2888 or Diane Dea 253-876-2868.

Important days for the Muckleshoot Elders Complex

- * April 17 Medicine Making with Harmony 1pm-2pm
- * April 19 Skagit Tulip Trip (bring lunch money)
- * April 23 Afternoon Trip to Lavender garden
- * April 24 Mariners Ticket Drawing at Noon

10 Minute Relaxation Routine

1. Start your warm up routine by lifting your arms overhead while taking in a deep breath. Push out your belly as you inhale to maximize your lung capacity. Lower your arms as you slowly exhale. Suck in your tummy to force all of the air out of your lungs. Repeat until ready to stretch.
2. Begin your stretches by reaching your hands upward and gently push your hips forwards as you elongate your spine. This should feel natural and will most likely felt through the front of you're his stomach, and chest. Avoid low back pain by not arching back too far.
3. Next, focus on the sides of your body by reaching your arms overhead and bending to one side. The hands can be together or apart. Try to go perfectly sideways and not slightly forward or backward. Then do the other side.
4. Finally, bow forward and wither brace your hands on the front of your legs or if it's safe for you to do so, relax your arms and just hang for the stretch. Help yourself back up by walking your hands up your legs. Beware that some people feel lightheaded as they rise up to a standing posture. Repeat the stretching circuit as often as you like.

5 ways to stay healthy during spring

1. Take care of your skin - If you're planning on spending some time in the sun be sure to add a moisturizer with sunscreen SPF 15 or higher.
2. Wash your hands - Washing your hands is the number one way to prevent illness, So treat yourself to some fantastic smelling soap to encourage frequency.
3. Stay Active - Being more active by swimming, yoga, or weightlifting. Exercise raises hormones that deal with stress and enhances the immune system. So get Moving!
4. Try seasonal foods - Try a variety of delicious fruits and veggies grow during the season, and eating these foods is a great way to promote wellness.
5. Fight allergens - By bathing before and after sleeping you can reduce the amount of allergens that cling to your skin.

DONATE RAFFLE ITEMS

THE ELDERS ARE ASKING FOR RAFFLE ITEMS AND DOOR PRIZES

FOR THE ELDERS LUNCHEON MAY 22ND, 2013

Items such as...

- .Jewelry
- .Beaded items
- .Homemade items
- .Household items (gently used or new)

MUCKLESHOOT ELDERS COMPLEX CONTACT: NOREEN MILNE 253-876-3023



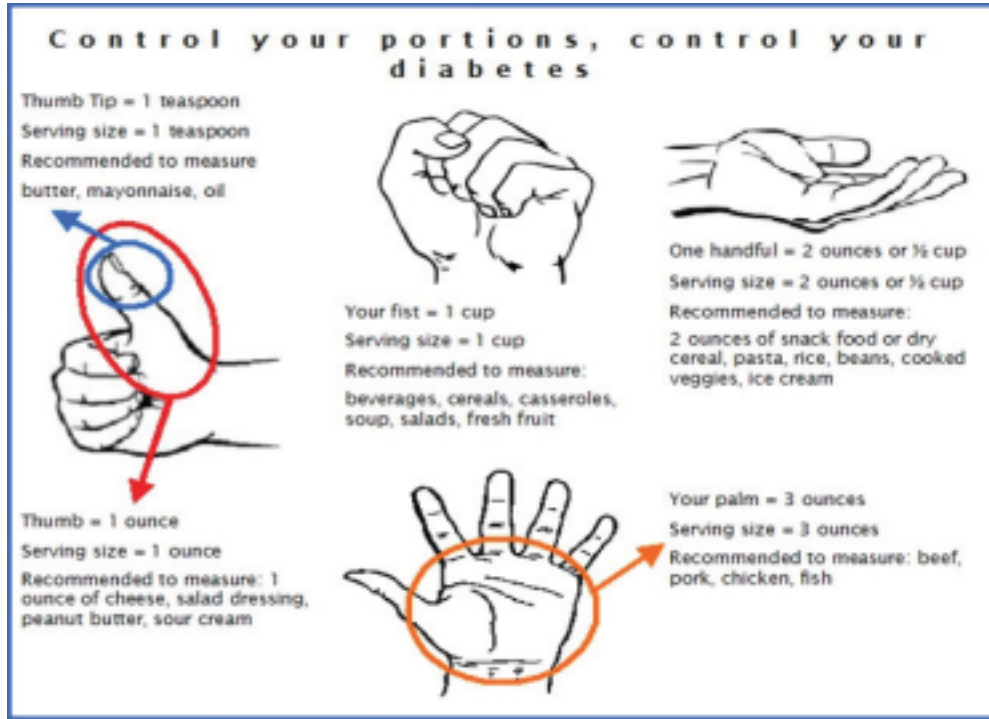
ALASKA TRIP. This is a photo from an Alaska Trip the Elders took several years ago. Left to right: Florence "Dossie" Wynne, Geri Davis, Lorraine Starr, Randy Ross, Lyle Davis, Georgianna "Dutchie" Elkins and Donna Starr

Please join your friends at Muckleshoot for a Elders Luncheon at Emerald Downs

Wednesday, May 22nd, 2013
Doors open at 10:00 am
Lunch Served at 12:00 pm

Emerald Downs
2300 Emerald Downs Dr.
Auburn, WA 98001

Please RSVP to Noreen Milne 253-876-3023 or Muckleshoot Elders Complex 253-876-2888



Congratulations on your new home Marjorie and Family!

The Latest From The Social Services Department

Low Income Energy Assistance Now Available for Muckleshoot Tribal and/or Community Members

*By Social Services Specialist, Linda A. Starr
Muckleshoot Resource Center, 253-876-3338*

Applications are now being accepted for the Low Income Home Energy Assistance Program (LIHEAP) at the Muckleshoot Resource Center. Checklist for Energy Assistance includes:

- Application
- Social Security Number for every member of your household
- Income verification for every member of your household age 18 and older (No income declaration required for non-working household Members) *Please note that the income verification for this program is not handled by Centralized Income and you must submit your supporting income documentation with your application so that your income can be verified through the Accounting Department.
- Your most current utility statement

** Please note that households that receive DSHS, TANF, Foster Care, Veterans Benefits, SSI/SSA or Food Stamps automatically qualify for assistance but are still required to go through the income verification process to determine household income. It is the client responsibility to bring proof that you receive these services such as the award letters or documentation from the State of Washington. Documentation can be obtained from the DSHS Outstation here at the Resource Center on Wednesday of every week from 8:30 am – 4:00 pm

INCOME GUIDELINES

Number in Family	Maximum Income Allowed
1	\$25,485
2	\$33,327
3	\$41,169
4	\$49,010
5	\$56,852
6	\$64,694
7	\$66,164
8	\$67,634

If you need help with your light bill or gas bill and feel that you meet the above criteria, please complete an application and submit the application with your most current statement and income information. Please allow seven to ten days for processing application.

Please be advised that the Muckleshoot Resource Center has funding to assist **Muckleshoot Tribal Elders** with energy assistance as well, and tribal elders should utilize the Senior Energy Assistance Program prior to using the LIHEAP Program. The Tribal Seniors Energy Assistance Program is also an income eligible program and you must be updated at Centralized Income to determine if you are eligible to receive assistance from the Senior Energy Assistance Program. Applications are available at the Resource Center in the front lobby for both energy assistance programs. Please allow seven to ten days for processing applications.

Muckleshoot Tribal Elders are eligible for up to \$300.00 worth of energy assistance per quarter.

Sandra Louie is currently handling the Senior Energy Assistance Program and you can contact Sandra at 253-876-3020.

**Washington Telephone Assistance Program
Information available at the Resource Center**

Eligibility Requirements:

If you are an adult receiving any of the following DSHS programs, you may be eligible for WTAP\

- Temporary Assistance to Needy Families (TANF)
- Refugee Assistance
- General Assistance (GA-U), (GA-X)
- Food Stamps
- Specific Medical Programs
- SSI/Medicaid
- DSHS Chore Services/COPEs; and former clients of community voice mail.

* An adult payee of benefits only for a child is not eligible for WTAP

Benefits:

- 50% discount on telephone connection fee, when you move residences
- Discount on your monthly local telephone service
- Waiver of Local deposit
- WTAP is limited to the first telephone line in your home. WTAP does not apply to business phones. WTAP does not pay for telephone equipment, custom calling features or long distance.

If you are interested in either of these programs and meet the above listed criteria, brochures with additional information are available at the Resource Center.

General Assistance Program. Please note that the General Assistance Program is not available at this time but it is anticipated that this program will be available later in the year following some policy changes.

MIT Community Garden

Healthy Food for Strong Bodies!

Attention: All Muckleshoot Tribal Members

HURRY IN TODAY and sign up for your very own Garden Plot!
Just stop by the Planning Department located in the Philip Starr Building to reserve your plot or for more information call

Roger Blaylock at 253-876-3124.

Email: roger.blaylock@muckleshoot.nsn.us

The dietitian is in and now seeing patients for individual nutrition counseling for:

- WEIGHT LOSS
- DIABETES MANAGEMENT
- OVERALL HEALTH

Appointments available now Monday through Friday by contacting the Muckleshoot Health and Wellness Center at 253-939-6648.

**The Muckleshoot Casual Labor Employment Program
NEEDS PARTICIPANTS!**

This program offers approved Casual Labor participants opportunities to learn skills in a variety of temporary jobs and departments throughout the Tribal Government.

When incidental positions need to be filled, we also use the Casual Labor list to help fill these incidental positions:

– Fisheries	– Finance	– Facilities
– Administration	– Tribal School	– Maintenance
– Head Start	– Planning	– Security
– MCDC	– Public Works	

You begin by coming into the HR dept. and completing the Casual Labor application!

Emergency Preparedness

CANNING = FOOD SECURITY

Canning 101 is a huge part of being prepared for any type of an emergency! This was a part of a seasonal cycle for most of our families, it is very easy to learn, just takes patience. Canning is knowing FOOD SECURITY at its best. When you know how to can, you are ensuring that what is put on the table has been processed by you and only you!



Start gathering those jars, reading recipes and learn how to store and preserve your own foods and be prepared for the next disaster...canned or dehydrated foods can last 2 - 10+ years if prepared the right way.

The MECE program invited MIT Emergency Preparedness to join in with the families to begin a series of making their own individual emergency kits for their families. As we are making the kits we share valuable information and ideas amongst each other on how we are preparing to survive before and after a disaster. Emergency Preparedness Training classes are going to be included in this program provide by the Red Cross and local Emergency service providers.

Please contact: Leonie Rodarte at the MECE for more information regarding this on-going family emergency preparedness program.

As Always, Stay Safe,
Ada McDaniel
253-876-3247

During the time of a disaster, the stores have limited supplies on hand; they may have to shut down because of food shortages themselves. It is better to be prepared with your own food supply at hand rather than risk going out trying to purchase foods that may not be available.



Emergency Preparedness Section Chiefs needed for individual family cul-de-sacs, training provided, also family EP training provided.

CONTACT:

Ada McDaniel MA, ENVC - 253-876-3247
Located @ Cedar Bldg, 38801 172nd Ave SE
(next to the Scholarship Building)

John Elkins, Housing Employee of the Month

The Muckleshoot Housing Authority would like to congratulate John Elkins Sr. on being the Employee of the Month. John was nominated by several of the Housing Staff. John's big smile and laugh is the way to start off every morning and it is heard and felt throughout the office. His commitment and positive attitude each and every day is very much appreciated! Thanks for helping to keep our communities shine John!



MECEC Fatherhood and Healthy Relationship Initiative Program


"A man without an organized system of thought will always be at the mercy of the man who has one."

Fatherhood Mentorship Program

When fathers are absent from the home, adolescent & teenage boys are two to four times more likely to be arrested for juvenile offenses.


Time: Tuesdays 6pm -8pm
Location: Muckleshoot Early Childhood Education Center
Free childcare and meal

For more information contact:
Roy Zahney and Tyrese Lopez
at (253)876-3056




ATTENTION MUCKLESHOOT SENIORS (Heads of Households Only)

If you would like to receive an emergency Grab 'N' Go Kit for your household and you are a Muckleshoot Tribal Member ages 50-59 or 60+ and have not yet received a kit, contact Ada McDaniel at 253-876-3247. One per household.




Trading At The River

A Place to gather, exchange, grow.

11th Annual Trade Show and Conference
April 17-19 2013
The Mill Casino, North Bend, Oregon

Register now:
www.onaben.org



ENUMCLAW SCHOOL DISTRICT

18TH ANNUAL POW-WOW

MAY 3, 2013
ENUMCLAW HIGH SCHOOL GYM
226 SEMANSKI STREET SOUTH, ENUMCLAW, WA
GRAND ENTRY 7 PM
Emcee: Arnold Littlehead

The Trade Information Contact:
Cathy Calvert or Sarah Branstal
(360) 882-7489
www.enumclaw.wednet.edu

All Dancers and Dancers Welcome
Competitive Dances
Dance Spectals

Sponsored by:
Muckleshoot Indian Tribe

Drug and Alcohol Free

SAVE THE DATES!

Muckleshoot Veteran's Pow-Wow
June 14th-16th, 2013

&

Muckleshoot Skopabsh Pow-Wow
August 23rd-25th, 2013

More information coming soon at:
www.muckleshoot.nsn.us

For questions call:
Wendy Lloyd 253-333-3605 or
Grant Timentwa 253-876-3327
Vendors: Charles Williams 253-334-1182



MUCKLESHOOT POLICE



Muckleshoot Police March Recap

Those subjects listed as "arrested" or "arrested via citation" means there is enough evidence for the police to prefer charges but have not been convicted.

03/01/13 1:00 PM 13-046723 Muckleshoot Tribal School Concealed Weapon

A juvenile student took a BB gun to the Tribal School in their backpack. The student was arrested and booked into the Juvenile Detention Center in Seattle for "Dangerous Weapons on School Facilities."

03/03/13 12:56 PM 13-048278 Pentecostal Church Welfare Status

Muckleshoot Police were called when a witness saw what they believed to be excessive physical discipline by a father on two children. Deputies talked with the witness, both parents and the children. It was determined that the father was within his rights, a report was written for documentation/informational purposes.

03/03/13 7:52 PM 13-048567 SE 400 ST/Auburn-Enumclaw RD SE Warrant Arrest

Roxanne Brown (21) was arrested on an Auburn misdemeanor warrant for "Theft" with a \$1,000 cash only bail. Brown was cited/arrested via citation for "Driving While License Suspended in the Third Degree." Brown was booked into the SCORE Jail on the warrant.

03/04/13 9:30 AM 13-048937 Muckleshoot Tribal School Warrant Arrest

A juvenile student was arrested on a Bellingham misdemeanor warrant for "Possession and Consumption." The juvenile was booked into the Juvenile Detention Center in Seattle on the warrant.

03/04/13 12:03 PM 13-049053 Cedar Village Burglary

An adult female reported that her front window had been broken and a silver Sony two speaker stereo was stolen.

03/05/13 10:00 AM 13-049892 Muckleshoot Indian Reservation Child Abuse

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

03/06/13 1:30 PM 13-050889 41400 block Auburn-Enumclaw RD SE Stolen Vehicle Recovery

A stolen gray 1991 Toyota Camry 4 door was recovered. The vehicle had been stolen in Everett a few days prior. No one was in the vehicle when it was recovered.

03/07/13 11:08 AM 13-051647 Davis Site Auto Theft

On 03/05/13 an adult male loaned his silvers 2000 Oldsmobile Alero 4 door to an adult male friend and a juvenile on the condition they return with the car later that night. As of 11:08 AM on 03/07/13 the vehicle has not been returned and was reported as stolen.

03/08/13 8:00 AM 13-052391 Muckleshoot Indian Reservation Sexual Offender Registration

An adult male tribal member, Level 1 sex offender, registered as "homeless" with the Sheriff's Office.

03/08/13 8:35 AM 13-052376 41400 block Auburn-Enumclaw RD SE Suspicious Circumstances

Two adult males and an adult female were found sleeping in a car, the males appeared to be under the influence of drugs. The deputy had the subjects leaved the area and documented the contact in a report.

03/08/13 10:00 AM 13-052425 17600 block SE 413 PL Attempted Burglary

A senior male reported that the lock on his shed had been cut but nothing was missing. A flood light on the front of the house had also been broken.

03/08/13 11:22 PM 13-053104 Skopabsh Village Assault

An adult male assaulted another adult male on the porch of a house. Both males fled the scene before deputies arrived. Deputies have not been able to locate the victim, it is believed his is avoiding the police.

03/09/13 11:50 AM 13-053357 Davis Site Family Disturbance

An adult male and an adult female were in a heated verbal argument, both called 911. The male was intoxicated. No crime had occurred. The male left the area voluntarily to let things cool down.

03/11/13 12:56 PM 13-054803 Davis Site Vandalism

A senior female reported that her front bedroom window was shot with a BB gun putting a hole in the outer pane and cracking the inner pane.

03/12/13 12:30 AM 13-055269 Fir ST/Auburn Way S Warrant Arrest

William Hinchman (24) was arrested on a King County felony warrant for "Possession of a Stolen Vehicle" and "Reckless Driving." Hinchman was booked into the King County Jail on the warrant.

03/12/13 12:06 PM 13-055564 Academy DR SE/Auburn Way S Failure to Transfer Title

Terry Daniels (40) was arrested via citation for "Failure to Transfer Title Within 45 Days of Purchase" and "Driving While License Suspended in the Third Degree."

03/12/13 2:05 PM 13-055661 Davis Site Warrant Arrest

Kimberly Simon (38) was arrested on a King County felony warrant with a \$1,500 bail. Simon was booked into the Regional Justice Center Jail on the warrant.

03/12/13 3:59 PM 13-055740 Tribal Court Warrant Arrest

Ramon Arvizu (40) was arrested on an Enumclaw misdemeanor warrant for "Use of Drug Paraphernalia" with a \$15,000 bail. Arvizu was booked into the Enumclaw Jail on the warrant.

03/12/13 10:50 PM 13-056073 Poplar ST SE/Auburn Way S Warrant Arrest

Jimmy Theodore (60) was arrested on two Auburn misdemeanor warrants, one for "Violation of a Domestic Violence (DV) Protection Order" with a \$1,000 bail and one for "No Valid Operator's License Without ID" also with a \$1,000 bail. On the way to the SCORE Jail Theodore required medical attention and was taken to the hospital. Auburn Police were notified and sent an officer to the hospital.

03/27/13 2:00 PM 13-068061 Muckleshoot Indian Reservation Gang Affiliation

A report was written documenting a juvenile as a gang member.

03/27/13 10:40 PM 13-068452 41400 block Auburn-Enumclaw RD SE Drunkenness

An extremely intoxicated adult male was contacted laying in the grass with no shirt on in 43 degree weather. The resident at the location told deputies they did not want the male on the property. The male was verbally aggressive to deputies and was threatening them. The male was sent to the hospital via a private ambulance for detox as he was unable to care for himself.

03/28/13 8:05 PM 13-069237 16200 block SE 388 ST Driving While License Suspended

Charles Burnes (24) was cited/arrested via citation for "Driving While License Suspended in the Third Degree."

03/28/13 8:27 PM 13-069258 SE 368 PL/Auburn-Enumclaw RD SE Warrant Arrest

Collin Harris (20) was arrested on two Auburn misdemeanor warrants, one for "Theft" with a \$12,500 bail and one for "Driving While License Suspended in the Second Degree" also with a \$12,500 bail. Harris was booked into the SCORE Jail.

03/28/13 8:27 PM 13-069265 SE 368 Way/Auburn-Enumclaw RD SE Trespass

Collin Harris (20) was trespassed from all Muckleshoot Housing Authority properties at a Housing Authority staff member's request due to him not complying with a previous trespass order.

03/29/13 11:01 AM 13-069645 Stuck River Property Trespass

A deputy and a tribal code enforcement officer checked the tribal property at the end of Stuck River DR. An adult male and an adult female were found living on the property in a homeless camp. The subjects were given one week to be moved off the property.

03/29/13 2:28 PM 13-069802 19400 block SE 416 ST Warrant Arrest

Felicia Emery (21) was arrested on a felony no bail Department of Corrections (DOC) warrant for "Escape from Community Custody" on the original charge of "Burglary in the Second Degree." Emery was booked into the Enumclaw Jail.

03/30/13 3:45 PM 13-070630 41400 block Auburn-Enumclaw RD SE Assault

A adult male put a rubber hose around another adult male's neck and pulled. The suspect was gone when the deputy arrived. The victim told the deputy that the male had pulled a sharp knife type weapon on him the day before. The victim did not want to pursue prosecution. The incidents were documented in a case report.

03/30/13 6:00 PM 13-070723 Muckleshoot Police Station Trespass

The adult male suspect in the assault case above was contacted by a deputy. The male wanted to fight the deputy but the deputy was able to calm him down. The male appeared to be suffering from a drug psychosis. The male was trespassed from the assault location at the resident's request. The male went to the hospital via a private ambulance to be seen for his drug psychosis.



Jonathan Sampson Jr. and his Grandmother Audrey Olney.



Tony Nelson & Michael J. Nelson, 1985



MUCKLESHOOT CANOE FAMILY

April 16 Wake up the canoes
April 21 First practice
April 23 Canoe Meeting
April 30 Canoe Meeting

CONTACT:

Mike Edwards
253-876-3192
206-255-0115



NOTICE OF FACT FINDING HEARING

Muckleshoot tribal court of justice
In and for the Muckleshoot Indian Reservation
Auburn, WA 98092

IN RE THE PROTECTION OF:) Case No.:MUC-PO-11/12-176
G.S.))
DOB: 7/19/1940)) NOTICE OF FACT
)) FINDING HEARING ON
)) PETITION
)) FOR PROECTION
)) ORDER
DAMIEN ELKINS, RespondentDOB:)
12/18/1986)

TO: GEORGIANA STARR, Elder/Vulnerable Adult
DAMIEN ELKINS, Respondent
ANNIE HARLAN, Tribal Prosecutor
MARGARET CARSON,
Adult Protective Services

YOU AND EACH OF YOU will please take notice that a FACT FINDING Hearing regarding the above-mentioned case has been scheduled for **FRIDAY the 26th day of APRIL, 2013, AT 10:00 A.M.** in the Muckleshoot Tribal Court of Justice located at 39015 172nd Avenue SE, Auburn, WA 98092.

The purpose of this hearing is to: 1) Hear testimony on the facts of the case; 2) to determine whether or not there is CLEAR AND CONVINCING EVIDENCE that an order of protection should not be entered;

All interested parties are entitled to have someone represent them at this hearing at their own expense – meaning that they will be solely responsible for any fees charged by the person.

If you have any questions regarding the nature of this hearing or the location of the court, please call the Court Clerk at 253-876-3203 or the Tribal Prosecutor at (253) 876-2891.

Dated this 10th day of APRIL, 2013.

/S/Bobbie Jo Norton

BOBBIE JO NORTON MIT-Clerk Of The Court

Muckleshoot Pentecostal Church

Kenny Williams, Pastor

SCHEDULE

Sunday	11:00 AM Church Service
Tuesday	12:00 Noon Prayer Meeting
Wednesday	6:30 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

Cobell Questions?

Landowners/ IIM Account Holders

If you have questions regarding the Cobell Law-suit or know someone who may have questions/concerns, talk to a well-informed person with the "Garden City Group" (GCG) by calling their toll free number:
1-800-691-6109, or e-mail them at: info@IndianTrust.com

CULTURAL WELLNESS GATHERINGS

AA Meeting
The Foundation Muckleshoot Recovery House
39225 180th Ave SE
Auburn Wa. 98092
Every Tuesday 12-1PM
Lunch Served

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

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

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

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

ATTENTION ALL MUCKLESHOOT COMMERCIAL FISHERS SAFETYALERT!

DRUG SCREENING PROCEDURES WILL BE IMPLEMENTED FOR THE 2013-2014 COMMERCIAL FISHING SEASON COMPLIANCE WILL BE REQUIRED IN ORDER TO OBTAIN STICKER AND TO MAINTAIN ELIGIBILITY. THE FISH COMMISSION CURRENT POSITION IS TO REQUIRE A HAIR FOLLICLE TEST.
- THE FISH COMMISSION -

RELIGIOUS CONTACTS

Please feel free to suggest additions

Muckleshoot Indian Shaker Church
Dennis Anderson Sr., Minister
Sandy Heddrick, Assistant Minister
Carl "Bud" Moses, 1st Elder
Lee Stafford, 2nd Elder
Gerald Moses Sr., 3rd Elder
Teri Starr, Secretary/Treasurer
Ben Sweet, Traveling Missionary

Muckleshoot Pentecostal Church
Rev. Kenny Williams, Pastor

Sweat Lodge
Doug Moses, 425-301-6081

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

IN RE THE GUARDIANSHIP OF:)
DRE-F) Case No.: MUC-G-02/13-019, 020,
DOB: 4/19/2013) 021
NPO-C) NOTICE OF GUARDIANSHIP HEARING
DOB: 08/19/2009)
EJO-C)
DOB: 10/13/2006)
Indian Children:)
SALLY and KEITH COLE, Petitioners)
DANIELLE C. JAMES, Mother &
QUINTON LOBEHAN, Father; COREY
MEDDOUGH, Father; and RICHARD D.W.
CLARK, Father, Respondents)

**To: DANIELLE C. JAMES, Mother
QUINTON LOBEHAN, Father
COREY MEDDOUGH, Father
RICHARD D.W. CLARK, Father
SALLY and KEITH COLE, Petitioners
FRANCIS CACALDA, MIT CHILD &
FAMILY SERVICES**

YOU AND EACH OF YOU will please take note that a PETITION FOR GUARDIANSHIP has been filed in the Muckleshoot Tribal Court and a hearing has been scheduled for FRIDAY, MAY 3, 2013, beginning at 10:30 AM in the Muckleshoot Tribal Court of Justice located at 39015 172nd Avenue SE, Auburn, WA 98092.

The purpose of this hearing is to hear testimony to establish a legal basis for the petition and to present evidence as to what is in the best interest of the youth regarding the petitioner's request for guardianship.

Muckleshoot Child and Family Services is required to submit a Guardianship Report with the petitioner's qualifications and MCFS recommendations included, at least two business days prior to the hearing date. Parties may pick up this report from the clerk during this time.

The Court may schedule two hearings: The first hearing to determine whether or not a legal basis exists and the second hearing to review the Guardianship Report recommendations and/or other findings.

The Court will be making a determination at the hearing which may affect the party's rights and responsibilities in regard to the above-named children.

The parents, guardian and custodian of the youth are each entitled to have someone represent them at this hearing at your own expense - meaning that they will be solely responsible for any fees charged by the person.

A facilitated Family Group Meeting will be made available if requested by any party.

If you have any questions regarding the nature of this hearing or the location of the Court, please call Muckleshoot Tribal Court of Justice, Court Clerk at 253-876-3203.


DATED this 25th day of March, 2013.
/s/Bobbie Jo Norton
MIT-CLERK OF THE COURT

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

Catholic Mass

with Father Pat Twoby

St. Claire's Mission Chapel Muckleshoot Reservation 3rd Saturdays at 5:00 PM

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



EVENTS CALENDAR

April 17-19 Trading at the River - 11th Annual Trade Show & Conference
The Mill Casino, North Bend, OR

April 19 Tribal Opiate Addiction Workshop
1:30 - 4:30 at Elder's Complex

April 25 Muckleshoot Fathers Matter Support Group
Phillip Star Bldg. 3-5pm
Call 253-876-3392 for info.

May 3 Enumclaw School District 18th Annual Pow Wow, Enumclaw High School Gym, 226 Semanski St. So., Enumclaw, WA; Grand Entry 7 PM; info: Cathy Calvert or Sarah Brassard, 360-802-7689 or cathy_calvert@enumclaw.wednet.edu

May 22 Elders Luncheon at Emerald Downs, 10-12pm RSVP to Noreen Milne at 253-876-3023 or 253-876-2888

June 14-16 Muckleshoot Veterans Pow Wow

August 23-25 Muckleshoot Skopabsh Pow Wow

SUBMIT YOUR ITEMS FOR THE EVENTS CALENDAR!!
Muckleshoot.Monthly@muckleshoot.nsn.us

2012 Hunting Season Rifle Raffle Winners

Mike Jerry Sr. & James Sportsman Jr.

Winner to fill out an awards form to claim prize, prize may be taxable.

At the end of each hunting season, hunters who did not get any fines or violations during the season are eligible to win the drawings for a \$1000 purchase order to a sporting goods store.

SAVE THE DATES!

Muckleshoot Veteran's Pow-Wow

June 14th-16th, 2013

&

Muckleshoot Skopabsh Pow-Wow

August 23rd-25th, 2013

More information coming soon at:
www.muckleshoot.nsn.us

For questions call:
Wendy Lloyd 253-333-3605 or
Grant Timentwa 253-876-3327

Vendors: Charles Williams 253-334-1182

St. Leo The Great Catholic Mass

Every Sunday at 1:30 p.m. please join the Tacoma Kateri Circle and Father Pat Twoby, S.J. in celebrating the Catholic Mass. Native American Catholics are encouraged to celebrate the sacraments whether you are a regular parishioner or have not been to mass in months or years. Every third Sunday at 12:45 p.m. we have our Kateri Circle meeting; we are seeking new members. After the mass we will have a delicious potluck. St. Leo's is located at 710 South 13th Tacoma, WA 98409. Our website is www.katericircle.com

The Muckleshoot Casual Labor Employment Program NEEDS PARTICIPANTS!

This program offers approved Casual Labor participants opportunities to learn skills in a variety of temporary jobs and departments throughout the Tribal Government.

When incidental positions need to be filled, we also use the Casual Labor list to help fill these incidental positions:

- Fisheries
- Administration
- Head Start
- MCDC
- Finance
- Tribal School
- Planning
- Public Works
- Facilities
- Maintenance
- Security

You begin by coming into the HR dept. and completing the Casual Labor application!

Virginia Cross Birthday Party & Family Reunion

Saturday, June 15 at 4:00 PM
Game Farm Park Picnic Shelter

Please come one, come all to our Annual Virginia Cross June Birthday's picnic bash!!!! June 15th at 4 pm at the Game Farm Wilderness Park picnic shelter.

Potluck style, please bring a dish or something if you can; otherwise, just come enjoy and visit!

All welcome!



Miss Hannah Rose Gettsy



Please welcome to the world Miss Hannah Rose Gettsy born to Michelle Gettsy the Account Manager for the Public Works Department.

Hannah was born on January 29th, 2013. She weighed a healthy 8lbs and 13oz and was 21 and 1/2 inches long.

Thank you Eddy Chu for being so understanding during my time off. I would like to thank the Administrative Staff of the Public Works Department for making my time away so much easier by working as a team!

My hands are up to you, Dena, Tara, Nicole, Vanessa, and Julia for all of the hard work!

I would also like to thank the Tribe as a whole for allowing me time to get to know my daughter before I came back to work, and I thank you for the opportunity to continue to work for this community.

Michelle



Our precious gift from heaven will be welcomed into God's family. Thank you for celebrate the Baptism for

Robert Joseph Lee Jr & Lilyanah Murina Marie

Parents:

Robert Joseph Lee Sr. & Beatrice Jansen

Godparents – For Robert Joseph Lee Jr

Tyler Joseph Evan Lee Martinez & Monique Valles

Godparents- for Lilyanah Murina Marie

Trisdin Corey Gene Alf Lozier &

Saige Susan Carol Scearcy.

Grandparents:

Melissa (Scearcy) & Julio Marquez, Robert Ensoy Scearcy

Suzanne Marie (Jansen) Ginacoli

Great Grandparents:

Joseph V. Figueroa & Murina Obi Davis

Lannie Lee Scearcy Sr. (deceased)

& Carol Ensoy Scearcy

Darrell Jansen & Lillian (Lozier) Jansen

Great Great Grandparents

Riel Joseph Davis & Katherine Obi-Davis

Frank "Buddy" & Elma Lozier

Manuel & Jennifer Figueroa

Sophia Ensoy



The Scearcy Family



Rj & Lily Baptism



Rj Godparents



Rj & Lily



Lily's God Parents



March 14th - Happy Birthday Dad! Love you !!from Mom, Marcie, Johnny, Lisa , Erica, Ursula, Andrew



April 8th- Happy Johnny Elkins love you! Lisa & Thunders



April 19th Happy Birthday Jaison



Andre Flores James March 2013
2nd Place
Peninsula Indoor BMX Competition

Way to go Andre!!!



April 29th- Happy Birthday Nicky Elkins!



Shahayla, Chelsea, Kaylie Elkins



April 20th Happy 13th birthday Arlin Thunder Jr. Love you! Mom!

A GREAT BIG BIRTHDAY WISH & HUGS...

For my granddaughters Pineapple (Chanteya) & Coconut (Shaughnessi)



BIRTHDAY WISHES TO:

Dahawnee Mae (Granddaughter),

and to Hoagie (oldest brother) LOVE & PRAYERS.....

from Grandma, and sister, Theresa

Happy Birthday to my Youngest Sister "Della ~The Doll~ Morrison May All you Birthday Wishes Come True!!! Love you sister, Marcellina Delatorre