

INSIDE

ToGather..... 4
 New Forest..... 5
 Education..... 6
 Keta Creek Kids Derby..... 7
 Elders..... 8
 Springers Drive 2014..... 10
 Sobriety Pow Wow..... 12
 Religion..... 14
 Health..... 16
 Jonathan Sampson Jr..... 19
 Police..... 20
 Notices..... 21
 Family..... 22



*Springer Drive
 2014
 Pages 10 & 11*

*Visiting Our
 New Forest
 Page 5*



Muckleshoot Monthly
 39015 - 172nd Ave. S.E.
 Auburn, WA 98092

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AUGUST 24, 2014



GATHERING AT THE RIVER The Social Fabric of a Community

By Louie Ungaro

"I believe that our community's first resource is the people, and that it is our responsibility to protect and be good stewards to the land, ourselves, each other and our religions- all of which are a legacy left for us by our Ancestors."

On July 21-22nd, hundreds of Muckleshoot community members gathered on the White River to participate and witness the work of our second Annual Springer Drive. The weather was beautiful, several Spring Chinook blessed us with their presence and perhaps most importantly we took the opportunity to come together as a community and practice our culture, strengthening our sovereignty.

It took several months of collaborative efforts with the Army Corps of Engineers, the Fish Commission and

Continued on page 11



Madrienne Salgado, overlooking Lake Managua in Nicaragua

A Trip to Nicaragua

Dear Community,

I wanted to share a recent experience I had in May. I traveled to the country of Nicaragua!

I was invited by the YMCA to observe as they embark on a journey to develop a partnership with the Y's of Nicaragua. As I would later learn, this journey was a step toward creating a more inclusive, culturally competent, and relevant YMCA in our local communities. These first steps are also what they hope will bear a mutually beneficial relationship, including increased opportunities for both sides to enhance programming in areas such as community development, health and human services, and potential staff and youth participant exchanges.

I would like to thank the YMCA for their generosity of including me in this enriching experience and would also like to acknowledge my supervisor John Daniels Jr. and the Tribal Council for encouraging me to explore such a rare and rewarding experience. During my stay I was exposed to a completely different culture, rich with history, besieged by extreme poverty, and blessed with an overwhelmingly beautiful landscape. I was there only five days, but the cherished memories and life lessons will last a lifetime.

During our stay, the group, mostly made up of Seattle Area YMCA staff, participated in a series of tours. First we landed in the capital city of Managua, and stayed there for two nights. Later we'd visit the central area of the country in Boaco and Santa Lucia, and then we'd end our tour in the historic town of Granada.

One of the most incredible elements of my trip, besides meeting such extraordinary people, was the awe inspiring landscape. Nicaragua is a gorgeous country, with many lakes, rivers, mountains, coastal beaches, and volcanos. In addition to their landscape, I was also spoiled by the country's wonderful cuisine. My favorite foods I enjoyed there included plantains, yucca (potato-like), and their seasoned meats.

While in the capital we visited landmarks, the country's YMCA headquarters, and one of the community facilities. In the initial meetings we sat and shared some information about Washington State and details about our local Y's,

Continued on page 3

ToGATHER – A Celebration of Community and Cultures

By Jon Stone, Executive Director, One Reel Productions

On Sunday, August 10, the Muckleshoot Tribe embarked on the first public-facing project associated with the Transforming White River Amphitheatre initiative: ToGather – a day of celebrating the community and cultures of the surrounding area.

The presentation of colors by the Muckleshoot Honor Guard, welcoming remarks by Tribal Council Chair Virginia Cross and blessing by Donna Starr got the event off to a strong start. Opening remarks by MIT Intergovernmental Affairs Director John Daniels, Jr. and El Centro de la Raza Executive Director and co-founder Estela Ortega were followed by a spectrum of performances by ethnic dance and musical groups, kids and sports activities, and a closing ceremony by the Muckleshoot Canoe Family.

In addition to Muckleshoot Tribal Council members, elected officials in attendance included State Senator Joe Fain, King County Council member Peter Von Reichbauer and Auburn City Council members Yolanda Trout and Claude DaCorsi.

The event brought people together by showcasing our shared humanity as well as our unique cultures. In the August sun more than 1000 people came throughout the day and experienced Pacific Islander Hula and colorful Aztec dancers, Muckleshoot, Somali and Polynesian basket weaving, Okinawan taiko drums,



Tribal Chair Virginia Cross welcomes people to the celebration.

African rhythm and blues, traditional Mexican music and a delicious salmon bake.

It was a colorful neighborhood party, born out of the Taste of Muckleshoot events hosted in 2009 and 2011 and shepherded into fruition by John Daniels, Jr. True to the concept behind the TWRA (Transforming White River Amphitheatre) project, it stems from the idea that the South King/ North Pierce County region is home to many remarkable emerging communities, and these communities ought to come "to gather" from time to time to learn about each other. The White River Amphitheatre is an ideal space to host these kinds of

community events.

It was a unique challenge organizing such an event in a relatively short period of time but together with the great support of so many tribal members and other event participants the event came together nicely in roughly 10 weeks. It was a challenge for everyone involved but we learned a lot that will help us shape future events.

One example of our steep learning curve was the design and implementation of the salmon cooking operation. But here again the support of the tribe was invaluable. We were grateful to receive wise advice from Muckleshoot Seafood Products and John LaClair,

who eventually came on board as the lead salmon cook.

ToGather was an exciting learning experience for us, but most importantly it was a coming together for leaders in the Muckleshoot, Tongan, Samoan, Pacific Islander, Latino, African-American, Fijian and Somali communities. New introductions were made and friendships forged.

Everyone enjoyed themselves. Performers reported feeling that ToGather was a very special event and a timely idea. Many community leaders spoke of feeling honored to have been invited to share their cultures and their stories on Muckleshoot land.

Making New Memories in Muckleshoot's Mountains

By Louie Ungaro

On August 8th & 9th, Hancock Forestry hosted the first annual Muckleshoot Community Day. Witnessing what took place over those two days, and also the months of truly thoughtful preparation brought out many reflections.

The first thing that comes to mind is the gratitude in my heart for our ancestors, and those leaders before us who had such a strong vision and commitment to setting us up for success that their foresight opened the way for us to take the opportunity to purchase 96,000 acres of our traditional homelands – just 0.5% of what our lands once were before we ceded it to the United States Government.

Even in that moment, more than 150 years ago, when our ancestors gathered to negotiate the treaties, they knew we would be here at this time, and they knew the right thing to do. For this I thank God, and the ones who came before me – the councils that spent conservatively and came before today's Tribal Council, the folks who saw to it that we made it through legislative and courtroom battles that directly affected our identity, like the Indian Self-Determination Act of 1975 and the Boldt Decision of 1974. In all of these battles our blood – the same blood coursing through the veins of this community – stood for and carried the forethought of a time when our community would be presented an opportunity like the purchase of this land.

This vision, a true blessing, was surely present for those two beautiful August days as we gathered to take a look and spend time in our new acquisition. It could be found in the food that was harvested from that very same watershed – the salmon, the elk and deer, the berries and medicines that were presented on our plates. It could be found in the stories and testimonies that were shared, recalling a time not that long ago when the people would put away their boats at the end of the fishing season and head towards the hills to log.

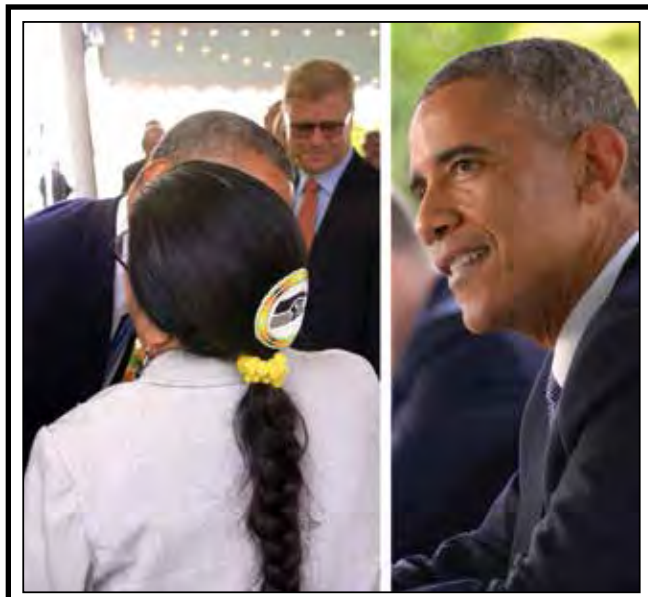


A nature-based scavenger hunt was one of the highlights for children.

That opportunity exists again today, and this time we are the managers, driving a process to restore a way of life that is healthy and honorable. What a great moment for Muckleshoot, and what a statement to make. It took a little over 165 years, and here we are bringing those homelands back to our people – the people who have managed it for thousands of years. It brings hope to our people, our extended family and our relatives: the plants, the animals, the fish, the trees, and the water that deserve to thrive in those hills.

We have the opportunity to be stronger activists now more than ever, picking up the responsibility of our ancestors to be powerful advocates for those relatives, and taking on the knowledge of how to cultivate the land in such a way

Continued on page 21



A KISS FROM MY PRESIDENT

Barack Obama, 44th President of the United States, plants a smoochie on the cheek of Muckleshoot Tribal Chair Virginia Cross at a recent Seattle area political event.



Grand Marshall Virginia Cross waves to the crowds that lined Main Street for the Auburn Days parade.

PHOTO BY JOHN LOFTUS



Virginia Cross and Jeremy James with Vice-President Joe Biden



TOOTS IS SWORN IN. Tribal Chair Virginia Cross administers the oath of office as Elaine "Toots" Baker, surrounded by family, is sworn in for a term on the Muckleshoot School Board.

PHOTO BY JOHN LOFTUS



Thea Nelson-Jerry

"It's like a dream come true. All the hard work on the job and studying for my college degree really paid off!"
 - Thea Nelson-Jerry, MIT's new Community Services Manager

Rename Hancock Forest Land Contest BALLOT

**MUCKLESHOOT TRIBAL MEMBERS!
 WANT TO HELP RENAME
 HANCOCK FOREST LAND?
 HERE IS YOUR CHANCE!**

NAME: _____

ENROLLMENT#: _____

PLEASE VOTE FOR ONE (ONLY ONE) OF THE FINALISTS BELOW BY CIRCLING YOUR CHOICE:

1. skubabš swatixʷtəd <i>Skopabsh Forest</i>	8. Maggie Barr swatixʷtəd <i>Maggie Barr Forest</i>
2. wíwísu čaʔahali sxʷətixʷtəd <i>Childrens Place of Play Forest</i>	9. skupamiš səgʷt <i>Skopamish Valley Trail</i>
3. təmanəməs <i>Tomanamus- Spirit Power</i>	10. xʷəlbəqšəd <i>Whul-buq-shud Foot of Mt. Rainier</i>
4. bæqəšut swatixʷtəd <i>Muckleshoot Land</i>	11. skubabšəd swatixʷtəd <i>Skopabshud Forest</i>
5. swətixʷtəd ʔə tə qa xʷxʷudxʷudtəd <i>Forest of Many Voices</i>	12. qələkʷ ʔə tə həliʔ <i>Circle of Life</i>
6. swatixʷtəd ʔə tə həliʔ <i>Land of Life</i>	13. ʔuləxədali <i>Gathering Place</i>
7. yəlyələb swatixʷtəd <i>Ancestors Forestry</i>	14. tubšadad <i>Tu'bshadad - Spirit Power for Warriors</i>

- One vote per Muckleshoot Tribal Member.
- Must use this form to vote and return it to tribal council support staff
- Your vote must be submitted to council support staff no later than, 9/19/2014

**THANK YOU FOR YOUR PARTICIPATION AND
 GOOD LUCK TO EVERYONE!**

SUBSCRIBE TO THE MONTHLY...

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



MUCKLESHOOT MONTHLY

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

----- clip and return -----

SUBSCRIPTION REQUEST
 / ADDRESS UPDATE

[] New subscription [] Address change
 Name _____

Address _____
 City & State _____ Zip _____

If this is an address change, list previous address:
 Address _____
 City & State _____ Zip _____

[] I am a Muckleshoot tribal member,

[] I have ties to the Muckleshoot Tribal Community Please explain:



Muckleshoot Tribal Council

- Virginia Cross, Tribal Chair
- Mike Jerry Sr., Vice-Chair
- Charlotte Williams, Secretary
- Nick Bennett, Treasurer
- Marcie Elkins
- Jeremy James
- Kerri Marquez
- Marie Starr
- Louie Ungaro

Muckleshoot Monthly

John Loftus, Managing Editor
 39015 172nd Avenue SE
 Auburn, WA 98092
 Muckleshoot.Monthly@muckleshoot.nsn.us



ELDERS CENTER STAFF MEMBERS EARN C.N.A. CERTIFICATION. Six Muckleshoots and four other Natives have completed the Certified Nurses Assistants (C.N.A.) completed the 14 week course on 8/8/2014. Back Row, L-R: Eugene Brown, Muckleshoot; Karen Cantrell-Kennedy, Assiniboine-Sioux; Wesley LaClair, Muckleshoot; Anthony Gonzales, Muckleshoot; Tievon Tachell, Colville; Front Row: Diane Dea, Lummi; Andrew Simmons, Muckleshoot; Christianne Brendible, Alaska; Latana Baker, Muckleshoot; Noreen Milne, Muckleshoot. **SIX MUCKLESHOOTS and 4 OTHER TRIBE!**

CHIEF FRANK NELSON



PHOTO BY JOHN LOFTUS

The recent passing of Chief Frank Nelson was greeted with an enormous sense of loss throughout the Northwest Native World. He was a blessing to all who crossed paths with him, one of the finest men you could ever hope to meet. His early gifts of songs, wisdom and love formed part of the very foundation upon which the Muckleshoot Canoe Family was built. Countless words have been brought out about this kind and generous man, and these sentiments from his nephew, Tlakwagilgame Williams, poignantly express feelings that are shared by so many.

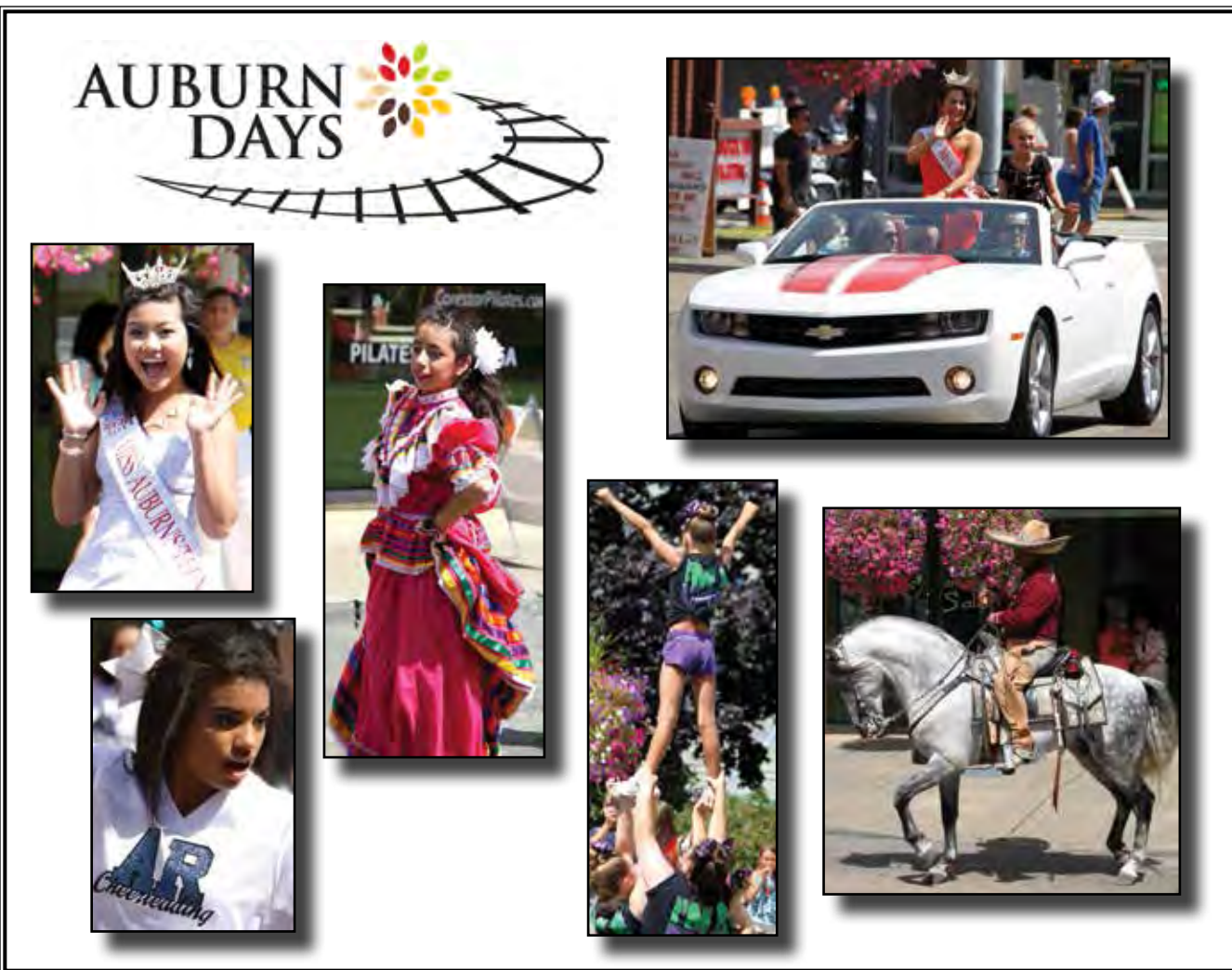
Our Uncle Frank Nelson strongly and truly believed in the ways of our ancestor's and forefathers. Throughout his journey he had 10 mentors and teachers all of whom were Nokala Ninogad Ninoksola Gigigame. He stood for their teachings and stood for the truth of our culture. His place was that of Mayaxila... honor, respect and integrity.

He gave his whole heart and spirit to the ways of the past and carried forward fulfilling all of his duties and responsibilities as a Hereditary Chief, Song Keeper, Song Composer and Teacher. A very accomplished and famous speaker, he touched so many lives up and down the coast with his voice and his heart, including mine.

He gave four Potlatches, upholding the names passed on to him by our ancestors... Yekawidi, Padsasame, Hamalaguise, Iwultaladzi, Tlaliletla. He also carried other names bestowed upon him by Alphonse Harris from Shell Beach and John Martin from Alaska. He revitalized the culture and inspired all of us. Uncle Frank was the essence of Mayaxala, the sacred spiritual respect of our ancestors.

Uncle Frank Nelson, I am so grateful and honoured to have been a part of your life, to have all the memories and teachings you shared with me and most of all the love and encouragement you so unconditionally gave me. With that I say Olikala Mulan NokayGilakasla Kwali'uley. You're my hero, you left the greatest legacy behind. It's now up to us to carry your teachings and pass them on.

I love you Uncle, always and forever.



A TRIP TO NICARAGUA *continued from page 1*

i.e. programming, populations served, etc. But mostly we learned about the variety of programming the Nicaraguan Y's offer. Some of the more notable efforts include their endeavors to end violence against women, youth leadership development, and land bank communities.

Their work to decrease violence against women and programming for youth development are greatly intertwined. Their efforts include training Y participants, mostly youth (ages about 15 to about 25), about prevention and the social, physical, and psychological effects of domestic violence. Those youth then share their knowledge with their respective communities. They make home visits and hold their own trainings to teach others about the realities and social impacts of domestic violence. Their goal is to promote safe and healthy families and to increase awareness of the dangers and consequences of violence against women.

The pride, passion, and caring you see in the eyes of these youth is a refreshing sight.

Another great program the Nicaraguan Y offers is what they call "land banks". They purchase land with grant funds and loan it out to families. The participants keep livestock such as cows and chickens and learn to grow plants like yucca, cucumbers, melons, corn, beans, spices, coffee, beets, carrots, cacao (what chocolate is made of), plantains, etc. Once the families are self-sustaining, using their skills to feed their families and to market their products for in-

come, the Y moves on to start work with other communities in need.

On our tours we were fortunate to meet many youth groups, families, community organizers, etc. I noticed something about Nicaraguans during this time. That although in most cases they had few worldly possessions and little disposable income, the people I had the pleasure of encountering did have an abundance of warmth and compassion.

With their strong sense of pride, community, and hope for the future, I found a way to relate to them, as they reminded me of our tightly woven community at Muckleshoot. So, although many aspects of our daily lives differ immensely, their overall objectives in many ways mirror the goals and desires of our tribe, such as enhancing quality of life and making a positive impact on the greater community for generations to come.

Although the Nicaraguan Y's had small and humble buildings and extremely limited resources, they still managed to have a huge impact on youth, families, and small communities. After witnessing all of this, I was made aware of so many things that I take for granted on a daily basis. For example, basics like enjoying easy access to food, clean water, education, indoor plumbing, etc., to some more luxury items such as air conditioning and owning a vehicle. After this trip, I have learned to appreciate and recognize

the convenience and luxury of what it means to be an American. I praise and thank God for providing me with such an eye-opening experience.

There were many teachings I came away with from this trip, some professional and others personal. What stand out are an increased awareness of struggles abroad and a heightened appreciation of available resources. In regards to follow up for this trip, my hope is that the Y's here in the greater Seattle area continue their journey toward partnering with the Nicaraguan Y's formulating mutually beneficial relationships.

Beyond that, I also hope the Tribe and the local Y's can explore options for including Muckleshoot Youth and community in these potential learning and exchange experiences. I think embarking in such a monumental endeavor would build character and enhance our youths' sense of community in new and unique ways. I will do my best to assist in facilitating these connections.

Thank you for taking time out to read about my experience. If you have any questions please free to stop me or message me on Facebook.

God Bless,
Madrienne Salgado



Group at Boaco



Managua YMCA



Santa Lucia Kids



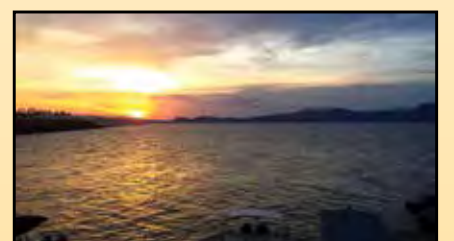
A young couple is proud of their crops grown through the Land Bank program.



Group at Hilltop house



A Classroom



Lake Managua

TO GATHER

A CELEBRATION OF CULTURES

PHOTOS BY BOB CHARLO & JOHN LOFTUS



* The Muckleshoot Canoe Family also put in a fine performance, but it was a long day and, unfortunately, the photographer's battery had died.

Tribal Families Visit Muckleshoot's New Forest August 8 & 9, 2014

PHOTOS BY JOHN LOFTUS



bəqəlʃutucid Muckleshoot Language Community Classes

Language classes will be every Tuesday

There are two sessions to choose from:

12:00-1:00pm or 6:00-7:30pm

Please pick whichever time works best for you and your family

**Cultural arts class will be every
3rd Tuesday of the month
6:00-7:30pm**

Please let the language staff know if you and/or your family would like to attend either class so we may plan accordingly to have enough seating & food for everyone.

"These classes are open to the community of all ages and all

Muckleshoot Tribal Employees"

****Meals will be provided****

For more information please contact
Mary Ross 253-876-3306
LittleMary.Ross@muckleshoot.nsn.us

****The language program has moved to the
Old Canoe Clubhouse
by Human Resources ****



Dear Muckleshoot Parents,

Here we are beginning another school year. We are busy working on the routing for the Muckleshoot Tribal School 2014/2015 school year, so please get your child's application in as soon as possible. Be sure to indicate the pick up and drop off address on your student's application. Transportation will call each parent/guardian to verify the information also, look for a letter from transportation with your child's pick up and drop off times. If you have any questions at all please call the transportation department @ 253-931-6709 ext. 3717 or Cell# 253-261-1329. Transportation office is located at the old school site in building #C, stop by anytime. Transportation hours during the summer are 8:00-4:00. Enjoy the rest of your summer. Watch for the detailed list of bus stops in the September paper. Thanks Victoria



Child Support Issues?

The Division of Child Support is here to help!

Help is available on the 1st and 3rd Wednesdays of every month at the Muckleshoot Resource Center, 8:00 am—4:30 pm. No appointment necessary!

- * Paperwork assistance
- * Payment arrangements
- * Questions answered
- * Assistance with release of licenses
- * Application assistance

Contact information: Tribal Liaison/Support Enforcement Officer: Dept of Social & Health Services, Division of Child Support:
Todd Mino ti (206)341-7175 to dd.mino.ti@dshs.wa.gov



Like us on Facebook:
Ged Mtc

Get It While It's Hot!!!!

 **New GED math classes begin every Monday at 10**

 **Tutoring in other subjects 9-5**

GED Instructors: Laurie 253 876-3256,
Alicia 253 876-3375



Free Early Childhood Enrichment

The following programs are available for you & your family:

Muckleshoot Birth to Three
(serves infants/toddlers 0 to 36 months & their families)

Muckleshoot Head Start
(serves 3 to 5 year olds & their families)

Look what we have to offer:

Birth-3:

- Developmental Screenings & assessment
- Developmental Monitoring
- Early Intervention Services:
 - Speech/Language Therapy
 - Occupational Therapy
 - Specialized Instruction
- Group or Individual Play in a safe/nurturing environment to promote language, motor, social/emotional, adaptive, & cognitive development
- Transportation
- Meals
- Recreational Activities (fieldtrips).

(253) 876-3056
What you teach from Birth to Three is what will matter most to me.

Head Start:

- Qualified Teaching Staff
- Transportation
- Free Meals
- Quality Education in Preparation for Kindergarten
- Parent Involvement with Exciting Projects
- Opportunity for Parents to become "TEACHERS"
- Full-Day or Half-Day Instruction
- Vision & Hearing Screenings
- Field Trips
- Early Childhood Special Education Services:
 - Speech/Language Therapy
 - Occupational Therapy
 - Specialized Instruction

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

Enroll Now For Preschool




IT'S TIME TO ENROLL FOR THE 2014 - 2015 SCHOOL YEAR. IF YOU ARE A RETURNING STUDENT, PLEASE STOP BY OUR ENROLLMENT OFFICE TO SPEAK WITH LINDA EYLE TO ENSURE ALL INFORMATION IS UP TO DATE. IF YOU ARE A NEW STUDENT, PLEASE ASK ANY OF OUR MELA STAFF FOR AN APPLICATION (LOCATED IN OUR LOBBY).

BE SURE TO TURN IN ALL REQUIRED DOCUMENTATION AT THE SAME TIME AS YOUR COMPLETED APPLICATION.

QUESTIONS???

CONTACT LINDA EYLE @ 253-876-3016 (DESK PHONE)
OR TEXT @ 253-261-0176 (CELL PHONE)



ATTENTION MIT GED ASSISTANCE RECIPIENTS

GED tests and testing requirements across the US have undergone significant changes. This has required changes within the Muckleshoot Scholarship Program in regard to payments of GED Assistance.

MIT HIGHER-EDUCATION AND VOCATIONAL TECHNICAL SCHOLARSHIP PROGRAM POLICIES

GED Assistance

Major changes:

1. All the testing is done via computer, on-line
2. There are now only four (4) tests; there are now 5 payments verses 6 payments.
3. Tribal members that passed a GED test prior to 2014, and did not earn their GED Certificate, will need to retake all tests.
4. Please make note... If you were already paid any section of the GED Assistance, you will NOT receive duplicate payment.

For more information please contact the MIT Scholarship Office:
Office hours: 8:00 am to 5:00 pm
Fax No. (253) 876-3040

Marie Marquez, Financial Aid Director (253) 876-3382
Marie.Marquez@muckleshoot.nsn.us

Sanja Tullata, Scholarship Program Manager (253) 876-3380
Sanja.Tullata@muckleshoot.nsn.us

Melissa Searcy, Administrative Specialist II (253)876-3378
Melissa.Searcy@muckleshoot.nsn.us



ATTENTION MIT SCHOLARSHIP RECIPIENTS

This message is to advise you that new Scholarship policies have been approved and copies are available at the Muckleshoot Scholarship Program.

APPROVED MIT HIGHER-EDUCATION AND VOCATIONAL TECHNICAL SCHOLARSHIP PROGRAM POLICIES

Major changes:

1. No more Academic Warning; unless prior approval by Education Committee (will need to appeal in writing).
2. Must maintain a 2.0 GPA per term/quarter/semester.
3. 0.0 GPA automatic 5 year disqualification and the garnishment of Per Capita for repayment purposes.
4. Only regionally accredited and not-for-profit schools are available for funding for degrees.

For more information please contact the MIT Scholarship Office:
Office hours: 8:00 am to 5:00 pm
Fax No. (253) 876-3040

Marie Marquez, Financial Aid Director (253) 876-3382
Marie.Marquez@muckleshoot.nsn.us

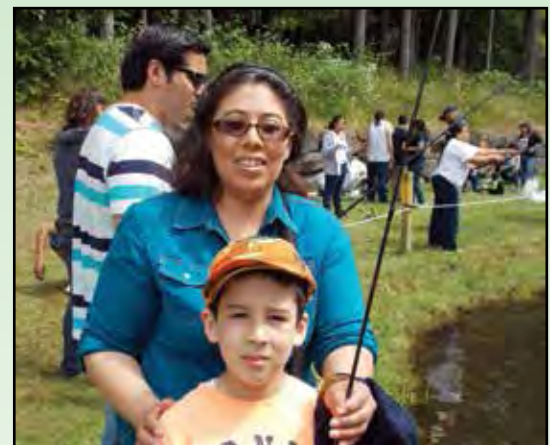
Sanja Tullata, Scholarship Program Manager (253) 876-3380
Sanja.Tullata@muckleshoot.nsn.us

Melissa Searcy, Administrative Specialist II (253)876-3378
Melissa.Searcy@muckleshoot.nsn.us



Keta Creek Kids Derby

June 21, 2014



NEWS FROM THE MUCKLESHOOT ELDERS CENTER

Happy Birthday to...

- | | |
|---------------------------|--------------------------|
| Lorraine Cross – 8/1 | Charlotte Williams -8/21 |
| Laurie Molina – 8/2 | Carlene Shultz – 8/22 |
| William Nelson – 8/2 | John Starr – 8/22 |
| Arletta Morrison – 8/3 | Pauline Lezard – 8/23 |
| Ramona Elkins – 8/4 | Julie Wonderling – 8/25 |
| Bradley Michel – 8/5 | Leo Daniels Jr. – 8/26 |
| Robert Spencer – 8/5 | Johnny Williams – 8/26 |
| Teresa Hennes – 8/6 | Mary Ann Moses – 8/26 |
| Christine Johnson – 8/7 | Aaron Bargala – 8/27 |
| Larry Nichols – 8/9 | Mike Edwards Sr. – 8/30 |
| Donna Starr – 8/9 | Gerald Moses Sr. – 8/30 |
| Jesse McDaniel Jr. – 8/10 | Patrick Wilbur – 8/31 |
| Fred LaClair – 8/14 | |
| Leonard Moses – 8/14 | |
| Ada McDaniel – 8/16 | |
| Leon Oliver – 8/16 | |
| Anthony James – 8/18 | |



Muckleshoot Animals visit the elder's home gardens. Below are pictures of animals that elders or their grandchildren discovered visiting their new gardens in July. A science kit was purchased by Wedgwood Healing Arms of Hope to encourage the elders and their grandchildren to observe, document, and enjoy these wonderful visitors.

Upcoming Trainings

The following trainings will be held in the Elders Complex and open for any who would like to attend:

- Fri. 08/01/14 @ 9:30 am Nutrition Class
- Fri. 08/15/14 @ 9:30 am TBI Training

Upcoming Classes

The Elders Complex will be offering more sewing, weaving, and other cultural classes soon. Look out for notices!

Food Vouchers & Receipts

At this time we would like to reiterate the rules for Food Vouchers for our new elders. Elders please remember that:

- The Food Voucher program is to encourage our elders to eat healthy and provide essential household items
- Food Vouchers turned in for the next month can't be processed until the beginning of the month
- Food Vouchers usually take 24-48 hours to process
- If you have a caregiver or spouse that will be doing the shopping for you please write their name on your form
- Both (yellow and grocery) receipts must be turned in immediately *do not staple or tape them*
- Receipts not being turned in will make you ineligible for future vouchers

For further information please contact: Rosa Maldonado 253-876-3049

Utility Bills

The Elders Program does not have any funding for utility bills. If you need assistance with your utility bills please contact the Resource Center. The Resource Center has a Seniors Energy Assistance Program or LIHEAP (low income home energy assistance) program, where you are able to get some assistance with electric, gas, or water bills.

To apply for these programs you will need to make sure your household is up to date at Centralized Income (in Finance Building), then turn in a copy of your bill and a complete application to the Resource Center.

For further information please contact Senior Energy Program—Jessica Garcia-Jones 253-876-3020
LIHEAP Program—Renae Ward-Anderson 253-876-3126
Centralized Income – Bettina Brown 253-876-2916

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 24-48 hours in advance for shopping trips, appointments, paying bills, or banking. Calling 24-48 hours in advance helps us to ensure we have enough time for your transport. For appointments in Seattle/Tacoma area please try to schedule a week ahead of time.

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

Lunch Reminder

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 by 10:00am 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.

Elders DNA Bank

Location: Elders Complex
Date: Last Thursday of Every Month
Time: 10 A.M. to Noon

The enrollment department has been maintaining an Elders DNA bank. The purpose is to preserve DNA for future generations that may not be able to trace ancestry or prove lineage (if a parent or parents are deceased).

If you have any questions, please contact the Enrollment Department at (253)876-3141.

Natural Home Cleaning Mixtures

For Cleaning tubs, Sinks, and even toilets:

- ½ Salt
- ½ Baking Powder

(As your making your mix, to any container, make sure mix is Always half and half)



For Stubborn Stains:

- Mix Lemon Juice and Borax into a paste consistency
- This can be used for bathroom toilets and any sink areas

A Vinegar water with lavender spray:

What you will need:

- 1 Mixing bottle of vinegar
- 2/3 vinegar
- 1/3 water
- 22 Drops of Lavender

For Glass Shower Doors with Deposit stains:

Apply Lemon Juice to rag and put directly to door – Let set for 3-5Mins

- Take baking soda mixed as a paste
- 3 Parts baking soda
- 1 Part Lemon Juice

Apply circularly to glass doors. Rinse off with vinegar water mixture then wipe down with towel to dry.

Toilets

- 3 cups vinegar to toilet water.
- Let stand few minutes then scrub and flush.

For hard stains above water ring area

- Take paper towels and apply vinegar to them generously, and pad unto stained area.
- Wait 5 minutes the wipe down with existing paper towels.

Garbage Baking Soda Deodorizer

- Sprinkle bottom of can before placing bags in.
- Then sprinkle in garbage.

Baking Soda for Smoking Areas

- Put baking soda in saucer and place in smoking areas

Refrigerator Baking Soda Deodorizer

- Put a box of soda in the back of fridge to absorb odors. Change as needed.

Floors/Dawn

- Stubborn stains mop with dawn soap.
- Hot water to 3 tbs or a squirt of detergent into bucket after 2 gal bucket is filled

Floor rinse

- 1 cup vinegar to bucket of hot water

Tips for Preventing Heatstroke

Heatstroke is predictable and preventable. Take these steps to prevent heatstroke during hot weather.

1. Wear loose fitting, lightweight clothing. Wearing excess clothing or clothing that fits tightly won't allow your body to cool properly.
2. Wear light-colored clothing if you're in the sun Dark clothing absorbs heat. Light-colored clothing can help keep you cool by reflecting the sun's rays.
3. Drink plenty of fluids Staying hydrated will help your body sweat and maintain a normal body temperature.
4. Take extra precautions with certain medications Be on the lookout for heat-related problems if you take medications that can affect your body's ability to stay hydrated and dissipate heat
5. Never leave anyone in a parked car

This is a common cause of heat-related deaths. When parked in the sun, the temperature in your car can rise 20 degrees in just 10 minutes. It's not safe to leave a person inside a parked car in hot weather for any period of time, even if the windows are cracked or the car is in the shade.

6. Take it easy during the hottest parts of the day If you can't avoid strenuous activity in hot weather, follow the same precautions and rest frequently in a cool spot. Try to schedule exercise or physical labor for the cooler parts of the day, such as early morning or evening. Taking breaks and replenishing your fluids during that time will help your body regulate your temperature.
7. Get acclimatized Limit the amount you spend working or exercising in the heat until you're conditioned to it. People who are not used to hot weather are especially susceptible to heat-related illness, including heatstroke. It can take several weeks for your body to adjust to hot weather.
8. Be cautious if you're at increased risk If you take medications or have a physical condition that increases your risk of heat-related problems, avoid the heat and act quickly if you notice symptoms of overheating. If you participate in a strenuous sporting event or activity in hot weather, make sure there are medical services at the event in case a heat emergency arises.

Lemony Bugs-Away Spray Recipe

This light textured repellent leaves your felling fresh and clean and scented with a lingering, Lemony aroma enjoyed by all. Recommended for: All skin types except very sensitive skin Use: As needed

Prep Time: About 5-10 minutes
Blending Tools: Shake bottle before each use
Store In: plastic or glass spritzer bottle
Yield: Approximately 2 cups

Ingredients:

- 2 cups witch hazel
- 1 teaspoon vegetable glycerin
- 20 drops citronella essential oil
- 20 drops lemongrass essential oil



Instructions:

Combine all ingredients in a 16 oz. glass or plastic spray bottle or two 8 oz. spray bottles. Shake the mixture vigorously to blend. The essential oils will tend to separate out and sit on top (like oil in salad dressing), but this does not affect the product. No refrigeration is required, but for maximum potency and freshness, be sure to store this blend away from light and heat. Use within 1 year.

August Baking & Candy Making Days

Aug. 26—M&M Cookies

*Baking & Candy Making Days are subject to change

SEATTLE MARINERS

Mariners' Game Schedule

The Elders Complex has ticket drawings every Wednesday prior to the weekend home games for Muckleshoot Seniors & Elders.

Below are upcoming game days:

Aug. 29th-31st	Mariners vs Nationals
Sept. 12th-14th	Mariners vs Athletics
Sept. 26th-28th	Mariners vs Angels

GO HAWKS!

Seahawks Game Schedule

The Elders Complex has ticket drawings during the week of scheduled home games for Muckleshoot Seniors & Elders.

Below are upcoming games:

Thursday Sept. 4th	Seahawks VS Packers
Sunday Sept. 21st	Seahawks VS Broncos
Sunday Oct. 12th	Seahawks VS Cowboys
Sunday Nov. 2nd	Seahawks VS Raiders
Sunday Nov. 9th	Seahawks VS Giants
Sunday Nov. 23rd	Seahawks VS Cardinals
Sunday Dec. 14th	Seahawks VS 49ers
Sunday Dec. 28th	Seahawks VS Rams



Dragonfly on the 4th of July

NATIONAL NIGHT OUT

August 5, 2014

PHOTOS BY KATHY CROMBIE



STOCK UP ON WATER FOR EMERGENCIES

Tired of storing plastic bottled water? Tired of drinking out of plastic? Tired of paying the price only to have to throw away the bottle? Try canning your own water! Distilled and tap water is already sterilized all you have to do is can it! **Stock up and plan for emergencies!**



Canning Water 101:

1. Distilled or Tap water will work just fine.
2. Wash jars w/ hot soapy water rinse thoroughly – let dry.
3. Fill each jar with distilled or tap water.
4. Place lid and ring on jar; place in a slightly boiling hot water bath for 10 – 20 minutes.
5. If dry canning no water bath is needed, just follow directions for sealing jars.
6. Store in cool dark area, **use for emergencies only!**
7. Be sure to mark each jar with a date of processing and a six month date to rotate or to use!
8. If need to use; shake before using to activate oxygen levels in each jar!
9. Be sure to can only clean clear water; you can always add purifiers/flavors/fruit after you have opened them if desired.
10. Use for drinking, cooking, hygiene, etc. wound care in times of water shortage!

* Pros-jars/lids can be recycled in your own home! **Save money** by using your own H2O!

* Cons-Well water must be treated before processing, jars can break

* You can re-use your plastic bottles if you want to...just conserve & store water!

“Muckleshoot Money Skills for Life” class

The Muckleshoot Housing Authority is offering “Muckleshoot Money Skills for Life” class. Please call Michelle Leverenz (253-876-3386) or email Michelle.Leverenz@Muckleshoot.nsn.us to sign up for the next class.

The “Muckleshoot Money Skills for Life” course consists of two half-day sessions, from 8:30am to 1:30pm.

Some key points participants will cover are:

- How to budget monthly spending;
- How to improve your credit score;
- The wise approach to “big ticket items” of your financial life – cars and housing;
- Why it’s important to begin planning for your future EARLY;
- Investments and 401K;
- Why the wisest way to invest turns out to be one of the easiest; and
- What the REAL benefit of making sound financial decisions is. (Hint: it’s not about the money!).

If you wish to attend the two (2) half day sessions please contact Michelle.



Springer Drive 2014

Many Thanks to All Who Shared Their Photos!





GATHERING AT THE RIVER

continued from page 1

our tribal Fisheries department in order to make this event happen. Every year Army Corps repairs tunnels in the Mud Mountain Dam, located just upriver from our Springer Drive gatherings. Because Mud Mountain Dam was constructed in 1947, after the Flood Control Act of 1936 was passed, it is in need of closely managed maintenance. However, because we won the water rights on our traditional and accustomed river systems our voices are required to be at tables where discussions around the dam maintenance happen. Lowering water levels are of particular interest, as it provides an opportunity for us to practice a form of fisheries that have existed for thousands of years.

As a young man, I heard testimony shared by my Mother and Grandmother recalling a time not so long ago when the community would gather down on the river each year with their nets and spears to celebrate the return of the Springers. We would work together, construct campsites and spend our summer days gaffing these precious fish. My Mother remembers seeing Lawrence Starr heading towards the river behind the Shaker Church with his rifle and a spear and returning with a fresh caught salmon in one hand and a deer on his back.

In recent discussion with Squalupcub (Hoagie King George) he shared a story with me about fishermen racing to see who could spear the first fish. He recalls Buddy Lozier always being the first to spear one. This story stands

out to me in particular because at one point during this years drive I had a hold of the net, along with Bud Moses, and when we pulled it across, scaring up the Springers in to the riffle, one of Buddy Loziers direct descendants was standing there and gaffed the first fish. It was in that moment I felt the presence of our Ancestors with us, proudly watching their descendants carrying on with the work they dedicated their lives to. This brought joyful tears to my eyes to witness this work and feel such presence.

It is the unity of these Ancestral actions that truly hold us together as a people and that was mirrored in the work of bringing us all together on the river last month. The young ones were assisting the Elders, and the Elders were assisting the young people. Folks showed up to potlatch- sharing food, stories, prayer and a good feeling in their spirit. It is this type of opportunity that brings us together in solidarity and weaves together the social fabric of our Muckleshoot people making us strong in body, mind and spirit. We have the salmon people to thank for such an opportunity, our teachers who remind us of the unity we hold with all living things.

These types of gatherings, with that much enthusiasm and support, absolutely need to happen throughout the year. I am reminded of how we are a seasonal people and when the salmon run we are in the river with them, just as when the berries are ripe we gather in the high mountain mead-

ows and when the four legged are ready to be harvested we are on the landscape in their pursuit. By following the lead of our foods, we honor the practices of our Ancestors and simultaneously we strengthen our sovereignty by actively exercising our treaty rights. In return, we are gifted with memories of not just today but also a distant passed- and those memories heal us, reminding us of who we are and the stewardship responsibilities we carry with the land. It activates what is inside of each and every one of us, breathing life in to us.

I want to thank everyone who helped to set this up. Public works and Fisheries made sure the land was cleared and prepared for us to have a safe couple of days on the banks. For those who stayed behind to clean up, those who took part in the work, those of you who made gaff hooks and harvested the materials for people to learn, everyone who shared stories, prayers, potlucked and potlatched, you lift us all up. You are the reason this event was so beautiful. I'd also like to thank the Salmon People and our Ancestors who were with us, walking on the riverbank, blessing our actions and making sure the way for this work was open.

Thanking God and Giving God all of the praise and glory,
Louie Ungaro

MUCKLESHOOT SOBRIETY POW WOW “Natives on a Wellness Path”

July 18, 19 & 20, 2014

PHOTOS BY JOHN LOFTUS



Muckleshoot Language Program Open House

AUGUST 26TH, 2014

We will have three sessions to choose from

MORNING SESSION	
9:00	LIGHT BREAKFAST(DANISHES, FRUIT, ETC)
10:00	LANGUAGE BINGO WITH PRIZES
10:30	ACTIVITIES
11:00	SONGS

AFTERNOON SESSION	
12:00	LUNCH CATERED
1:00	LANGUAGE BINGO WITH PRIZES
1:30	ACTIVITIES
2:00	SONGS

EVENING SESSION	
5:30	DINNER CATERED
6:30	BINGO WITH PRIZES
7:00	ACTIVITIES
7:30	SONGS

MEET THE LANGUAGE PROGRAM STAFF AND PARTICIPATE IN ONE OF THE THREE SESSIONS.

There will be a door prize raffle each session

****if you have any questions please contact****

Mary Ross 253-876-3306

LittleMary.Ross@muckleshoot.nsn.us

Language Program address: 39001 172nd Ave SE Auburn, WA 98092
Old Canoe Clubhouse, next to Human Resources.

MUCKLESHOOT YOUTH DEVELOPMENT PROGRAM HEALTH FAIR

WEDNESDAY, AUGUST 27TH

FROM 1:00 TO 4:00 AT THE TEEN CENTER





DENTAL SCREENINGS TEA MAKING HYGIENE PACKETS SOAP MAKING OTHER SERVICES OFFERED...

YOUTH DEVELOPMENT PROGRAM
17608 SE 400th ST
AUBURN, WA 98092
253-876-2853

PICKUP STARTS AT 11:30 DROP OFF AT 6:00

OPEN TO ALL YDP ENROLLED PARTICIPANTS

A Letter of Thanks to the People of Muckleshoot

At this time I would like to thank all the people who helped me through a very bad period of my life!

Almost 5 years ago I was able to overcome my ordeal with alcoholism, but I relapsed with a cross addiction of meth. It controlled all aspects of my life, from my health to my children – my loved ones!

With the help of the wonderful people at the Muckleshoot Behavior Health Department, and the Resources available to me, I went to Inpatient in Monroe! Now I'm free from my drug addiction.

There too, I met new friends, a support system, and a great staff. I am currently in Intensive Outpatient program here at Muckleshoot!


My counselor is Jesus "Jessie" Garcia. He went to great lengths finding a place for me to build a solid foundation to grow upon! Muckleshoot is gifted to have him aboard our team! He saved my life once, and I feel he is here to save lives of people who are willing to reach out and ask for help! I am so grateful to be his client, brother, and mostly a man I can truly call one of my very best friends! I carry much love in my heart for him. He is my guide, my Higher Power, a man of many talents. I am sincerely thankful to have met such a person. I can't express the feelings that I carry inside for him. But I think he knows!

I was full of shame and guilt. I hope I haven't offended anyone with my abuse – if I did I apologize to you all! It isn't something I could just admit or talk to about with all of you. Thanks to all for the support, prayers, and love! I am working very hard to make amends in various ways! I just want all of you I am doing well with my life. One day at a time, I'm getting stronger and stronger!

I am truly blessed, and am going to try to help others in dire need. Just know Jon is on The Red Road, and your prayers and thoughts weren't in vain!

Thanks again to the people of Muckleshoot for providing the necessary monies to go to the Inpatient. I will pay it forward in any way I can, and encourage all who still suffer to Humble yourself and reach out to someone for Help. You'll find out life is so much better without the addictions we may find ourselves in !!!

Sincerely,
Jon Spencer



Advance Directives

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

What is an Advance Directive?


This is a way for You to tell your family, friends, and Health Care Providers what kind of medical treatments you DO or DO NOT want if you become unable to speak for yourself in the event of a medical emergency. The Advance Directives generally include the following:

A Living Will (aka: Health Care Directive):
This is a written or printed document that clarifies whether you wish to withhold or withdraw "life sustaining procedures" if you are in a terminal or permanently unconscious medical state.


A Durable Power of Attorney:
This documentation allows you to choose someone to make medical decisions for you if you are not able to do so for yourself. It also allows you to specify what types of decisions your designated contact can make for you.

This type of advanced decision making and documentation can be an important resource in the event of a medical emergency and it can reduce the stress that is often felt by friends and family members at these critical times.

Are you interested in making an Advanced Directive?



Contact: Ronette Bailey
Medical Social Worker
Health & Wellness Center
PH #253-939-6648



JAVITA COFFEE – try this coffee and to suppress the appetite and green tea lower A1C.

- Weight loss coffee – appetite suppressant, burns over 300 calories per cup
- Weight loss Green Tea – lowers A1C, blocks sugar intake, burns over 300 calories per cup
- Energy & Mind coffee – improves memory and concentration
- Fusion hot chocolate – beneficial for ADD and ADHD (children), improves focus and concentration.

Contact Donna Starr: 253-508-7243




PHOTO BY JOHN LOFTUS

The Wonderful Latinas

I met these girls after the Auburn Days parade. Their fathers and mothers ride the high-stepping Mexican Dancing Horses that perform in local parades. They saw my camera and asked me to take their picture, proud to show off their English speaking skills. I obliged.

Although the parade was over, the girls' families and their dancing horses were still enjoying themselves nearby, getting in a bit more dancing before it was time to go. As the loud little band struck up another tune, the girls started to dance, too, stepping high like the horses. "I've been dancing as long as I can remember," the younger girl said. "I even dance in my dreams!"

They were very excited when I told them I was taking pictures for the Muckleshoot Tribe's newspaper and begged me to put their picture in the paper. I promised I would and, taking my leave, told them that I was happy to have met two such wonderful girls. "Yes!" the older one, Maria, exclaimed. "Call us that! Call us the 'Wonderful Latinas' when you put our picture in the paper!"

June & July
News

PENTECOSTAL CHURCH



The kids, youth and ladies shared a poem and songs on Father's Day and Sammy shared a message from the Bible.

Sammy also attended the Warrior Leadership Summit and the On Eagles wings tour during the summer of 2011, 2012 and 2013. He stayed home this year.

However, six youth and four adults attended the summit. You can search the Warrior Leadership Summit on you tube to view some of the fun things that happened at the summit.



Several churches joined the Pentecostal church this year for the annual camp meeting. Several Spanish, two Korean and a Kenyan congregation shared in concert on Saturday and shared barbeque meals together that weekend. During the evening service another Korean church had bible classes and fun activities with the children.



THE CHURCH OF
JESUS CHRIST
OF LATTER DAY
SAINTS

~~~~~

SERVICES AT 3:00 P.M.  
EVERY SUNDAY  
IN THE COUGAR ROOM  
ALL INVITED

Muckleshoot Catholic Church  
Mass

1st Saturday of  
every month  
at 5pm

### Corner of "Faith"

I am here to share a monthly up lifting "words" of encouragement with you. All that I will share comes from my heart. This month I will share with you about "Redemption". Sometimes we, and I speak of myself, can get caught up in our past wrong choices.



These choices sometimes have hurt others and yourself as well. These choices can come back to haunt you which in turn can bring guilt, anger, and resentment, towards yourself and even others. In our past, at times, we also have hurt; pain and frustration from loved ones, friends, fellow coworkers, and strangers. We wonder why? (This is what I want to share with you) It time to realize that we can't go back into the past to change mistakes or other treatment towards us. This is futile. Looking back at what has hurt you or how you hurt others holds captive. If we must look back, it should be to bring change. If we continue to be caught up in our past, it is hard to live in our present and as we are held captive by our past, then it robs us of our future. Here is here we have a choice. Once again, we need to ask God, our Father, in Jesus name, to help us and let go of our past, bitterness, sadness, and sorrows and move forward by Gods Grace and love. Just simply know that you have a choice to do so and become a stronger and better person for it.

**Redemption=To be Restored and Worthy**

"You are loved and are special."

*Just me, Effie Tull*

*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            |



**Mountain View Fire & Rescue**

**VOLUNTEER FIREFIGHTERS NEEDED**



Mountain View Fire & Rescue is currently looking for motivated individuals to attend the next Volunteer Recruit Academy. This ten week academy gives recruits the essentials for firefighting and is the first step to becoming a volunteer firefighter.

**Applications Due August 25, 2014**

Deadline extensions may be possible – contact us ASAP!

2014-2 Mountain View Fire Department Volunteer Recruit Academy Begins October 4th

Visit [www.kcfd44.org](http://www.kcfd44.org) for more info and to download an application.



**Mountain View Fire & Rescue**

Serving Muckleshoot Indian Tribe, City of Black Diamond  
32316 148<sup>th</sup> Ave SE  
Auburn, WA 98092  
253-735-0284  
[www.kcfd44.org](http://www.kcfd44.org)

**alzheimer's association**

The Alzheimer's Association in partnership with Muckleshoot Elders in Home Support Services

**meaningful activities**

learn how to engage persons with dementia and create meaningful, personalized activities out of everyday tasks and interactions

This class teaches participants how to create a portable, individualized activity bag to have at the ready for calming, sensory stimulation, boredom, and more.



**Location:** 17800 Southeast 392nd St. Auburn, WA 98092

**Date:** Friday, September 19, 2014

**Time:** 9:30 AM - 12:00 PM

**Space is limited, preregistration is required: (253)876-2888**

**Please note:** This presentation is not appropriate for the person with memory loss.

Alzheimer's Association Western & Central Washington Chapter | North Tower, 100 W. Harrison Street, N2209, Seattle, WA 98119



Bubba Lezard and son Rylan

**Effie's Cleaning Corner Tips**



I'm back to share cleaning tips for home. We will be using various products from your very own cupboards. This month we will begin with three simple products that will work "wonders" for cleaning an also save you money!

There are no harmful chemicals, which makes these cleaning solutions great for elders, children, and people with allergens and irritants to the strong smells and chemicals.

**Products you will use/need:**

**Baking soda, kitchen salt, and white vinegar**

**How to use:**

- 1part salt to 1part baking soda (Half and half)
- Scrub sponge
  - Take baking soda and salt, and mix evenly together.
  - Put in a sprinkle bottle (such as you see at Starbucks)-jar with hole in the lid
- Use circular motion to scrub
- Rinse, and wipe clean



This allows you to sprinkle on a scrub sponge or area that you are cleaning directly. You can use this on stained sinks, tubs, ect...

**White Vinegar**

White vinegar has various uses. Try this one on your toilet bowl, especially those that have mineral deposits that are stubborn.

**Stubborn Deposits:**



- Take 3 cups white vinegar
- add to existing toilet bowl water
- Let stand for 5 minutes
- Scrub with scrub brush.

**For above water line in toilet bowl:**

- take a paper towel and soak with white vinegar
  - Place all around stained area.
  - Let soak for 15 minutes
- Wipe and remove, discarding in garbage container.



Vinegar smell will dissipate in short while and make your bowl sparkling clean and also smell fresh!

(Always use rubber gloves for cleaning)

**For pesky fruit flies!**



Take apple cider vinegar and put in a small bowl in kitchen and they will be attracted to it instead of your fresh fruit. They'll fall in and die. Empty every third day.

**Per Capita Information**

Hi Tribal Members,

I would like to take this opportunity to let you know of the deadlines for this year's Per Capita distribution.

**2014 Per Capita Deadlines and Schedule**

- August 31, 2014 - Enrollment Cut Off Date for November 2014 Per Capita
- September 2, 2014 - Per Capita Distribution Cougar Room
- September 3, 2014 - Per Capita Distribution Cougar Room
- September 4, 2014 - Per Capita Distribution Finance Building
- October 10, 2014 - Deadline for New Direct Deposits to be turned in to Tax Fund
- October 24, 2014 - Deadline to stop taking Direct Deposit Changes/ Cancellations
- November 24, 2014 - Per Capita Distribution To Be Determined (TBD)
- November 25, 2014 - Per Capita Distribution TBD
- November 26, 2014 - Per Capita Distribution – **Half Day Distribution Only in Finance**
- November 30, 2014 - Enrollment Cut Off Date for March 2015 Per Capita
- December 31, 2014 - Deadline for New Direct Deposits to be turned in to Tax Fund

Some other important things to note:

- **If you have direct deposit and your account is closed,** you need to let me know. If we submit your payment to your account and it is rejected, we have to wait until the funds are returned to us before we can reissue you a check. This process can sometimes take up to 5 days. In order to get your money in a timely manner, come to Finance and fill out a Direct Deposit Cancellation form.
- **If you turn 13 or 18 during the current quarter, your direct deposit will be cancelled.** You will need to fill out a new form for your corresponding age group.
- **If you are unable to pick up your Per Capita check** and would like someone else to do it for you, you MUST put the request in writing and it has to be notarized. We have forms available in Finance.
- **Please keep your address updated with Finance.** When checks are not picked up during normal distribution, they get mailed the next day to the last address we had on file for you. Payment can be delayed if it goes to the wrong address.
- **If you or a family member is incarcerated during a Per Capita distribution,** please let us know. We will hold your check until we receive something directly from you at the jail to Finance, letting us know what you would like done with your check.

If you have any questions about your Per Capita, please feel free to contact me at 253-876-3189 or via email [heather.evans@muckleshoot.nsn.us](mailto:heather.evans@muckleshoot.nsn.us).

Sincerely,  
Heather Evans  
Finance Specialist, Tax Fund



## What is a UTI?

### What is a urinary tract infection?

A urinary tract infection, usually referred to as UTI, is an infection of the urinary system.

### What causes a UTI?

A UTI is often caused by bacteria that live in the digestive tract, vagina (women) or around the urethra. Bacteria enters the urinary tract system through the urethra and travel to the bladder and possibly the kidneys.

### How is a UTI diagnosed?

Your physician will do history and physical examination. He/she may also order the following:

- Urinalysis
- Urine specimen for culture
- Possibly other tests.

### What are the symptoms of a UTI?

- Frequent urge or feeling to urinate.
- Pain or burning with urination.
- Difficulty with urinating.
- Fever.
- A feeling of pressure or fullness in the pelvic area.
- Cloudy or foul smelling urine.
- Blood in urine.
- If the kidneys are involved, there may also be pain in the lower back.
- Frail elderly may have unusual symptoms to include confusion, weakness or falls.

### How is a UTI treated?

Antibiotics for as long as your doctor recommends.

### Are there possible complications from a UTI?

In some patients with UTIs, the infection can progress further when bacteria enters the bloodstream. This is called urosepsis. This can be a serious illness that can affect other organs in the body and requires prompt attention at a clinic or the emergency room.

### Are there ways to prevent a UTI?

There are ways to prevent or minimize the relapse of UTI:

- Drink plenty of fluids (non-alcoholic and non-carbonated) each day to help empty the bladder frequently, which flushes bacteria from the urinary tract. Drink 8-10 eight ounce glass of water per day is recommended unless you are on a fluid restriction.
- Urinate when you have the urge rather than holding urine for a long time.
- Cranberry juice may be helpful.
- Wear cotton underpants to prevent growth of germs.
- Use sensible hygiene; wipe from front to back after using the toilet.
- Urinate after sexual intercourse.
- Wear cotton underpants to prevent growth of germs.
- Use sensible hygiene; wipe from front to back after using the toilet (women).



For more information contact:  
Health & Wellness Medical Center

## UV AWARENESS



### Do you know how ultraviolet rays affect your eyes?

- Increases risk for Pre-Mature Cataracts.
- Damages the Retina and the Macula.
- Can cause Ocular Cancer.

### How can I prevent UV damage?

1. Wear a hat or a visor.
2. Find shade.
3. Maintain a healthy diet and exercise.
4. Avoid smoking.
5. Routine vision examinations for early detection.
6. WEAR SUNGLASSES!!!!!!!  
Or, Transition Lenses.

### What should I look for in a pair of sunglasses?

- Blocks 99 to 100% both UVA and UVB radiation.
- Provides adequate wrap around the eyes.

Muckleshoot Optical carries sunglasses for all ages.  
Stop in today to protect your vision from the harmful rays of UV.  
Muckleshoot Optical (253)939-6648



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.

## Glaucoma Awareness

It is very important to understand what glaucoma is and how it can impact your vision!

- Glaucoma is an eye disease that damages the optic nerve which connects the eye to your brain.
- Side vision loss can occur and even tunnel vision.
- Glaucoma is a slow progressing condition, early detection is critical.

Normal Vision -



Vision With Glaucoma -



### What can I do to make sure I don't have Glaucoma?

- Schedule a routine eye examination every year.
- If your results are abnormal, your Doctor will let you know to schedule glaucoma tests. It is very important to follow up with the glaucoma testing.
- Follow through with referrals to Glaucoma Specialists.

Contact Muckleshoot Optical today to schedule a routine eye exam.  
(253)939-6648

## Lung Cancer

- ✓ Leading cause of cancer death in men & women
- ✓ Each year more Americans die of lung cancer than breast, colon, ovarian & prostate cancer combined
- ✓ 80% of lung cancers are related to tobacco use

### Help is available to quit smoking!!

- Clinic Medical Providers can prescribe multiple medications & the patch (253) 939-6648
- Hypnosis available (253) 804-8752
- Counseling at Muckleshoot Behavioral Health (253) 804-8752
- Go online to [webquit.org](http://webquit.org)

## Fruit: Nature's Dessert

### APRICOTS

Apricots are a delicious summer-time fruit, typically in season in the Northwest during July and August. Apricots are a great source of vitamin C to help support the immune system. Other health benefits include:

- Promotes good eyesight
- Protective against cancer
- Protective against unwanted inflammation
- Fiber content improves digestive health



### APRICOT LEATHER

#### Ingredients

- 5 C. pitted and diced fresh apricots (no skin)
- 2 Tbsp. honey

#### Directions

- In sauce pan, on low heat, cook apricots until soft & juices are released.
- Add honey & stir until combined.

- Puree mixture in food processor or blender.
- Line cookie sheet w/ parchment paper & spread mixture thin over it.
- Cook at 150\* for 4-5 hours, until leather peels away easily from parchment paper.



## WHAT ARE THE SIGNS OF HEROIN USE?

### Definitive signs of heroin use include:

- Needles or syringes not used for other medical purposes
- Burned silver spoons
- Aluminum foil or gum wrappers with burn marks
- Missing shoelaces (used as a tie off for injection sites)
- Straws with burn marks
- Small plastic bags, with white powdery residue
- Water pipes or other pipe

- Hostile behaviors toward loved ones, including blaming them for withdrawal or broken commitments
- Regular comments indicating a decline in self esteem or worsening body image
- Wearing long pants or long sleeves to hide needle marks, even in very warm weather

Users build tolerance to heroin, leading to increases in the frequency and quantity of heroin used. With growing tolerance, more definitive physical symptoms of heroin use and addiction emerge:

- Weight loss-they may wear big clothes to hide their weight loss..
- Runny nose (not explained by other illness or medical condition)
- Needle track marks visible on arms
- Infections or abscesses at injection site
- For women, loss of menstrual cycle (amenorrhea)
- Cuts, bruises or scabs from skin picking

**For effective Heroin Treatment Solutions Call Us We Have the Answers Muckleshoot Behavioral Health 253-804-8752 Ask to talk to a counselor**

### Behavioral noticeable with heroin addiction include:

- Lying or other deceptive behavior
- Avoiding eye contact, or distant field of vision
- Substantial increases in time spent sleeping
- Increase in slurred, garbled or incoherent speech
- Sudden worsening of performance in school or work, including expulsion or loss of jobs
- Decreasing attention to hygiene and physical appearance
- Loss of motivation and apathy toward future goals
- Withdrawal from friends and family, instead spending time with new friends with no natural tie
- Lack of interest in hobbies and favorite activities
- Repeatedly stealing or borrowing money

## What is Suboxone?

Suboxone is a partial opioid agonist (it can both activate and block opioid receptors), its opioid effects are limited compared with those produced by full opioid agonist, such as oxycodone or heroin. Suboxone also contains naloxone, an opioid antagonist (prevents drugs from binding to opioid receptors).

### Who is Prescribed Suboxone?

- Opioid Addicts (pain pills and heroin)
- Chronic Pain/Pain Management Patients

### Why is Suboxone Safe?

Suboxone at the appropriate dose may be used to:

- Reduce illicit opioid use.
- Help patients stay in treatment.
- Decreasing and/or removing cravings for opioids.
- Suppressing symptoms of opioid withdrawal.
- Is less sedating.
- Provides the patient with limited, if any euphoria
- Offers less potential for abuse.
- Provides manageable pain relief for chronic pain patients.
- Can be a good relapse prevention tool.

### Who Prescribes Suboxone?

- Dr. Jake Bergstrom, Medical Director Muckleshoot Medical Clinic
- Dr. Sandra Ritland, Lead Physician Muckleshoot Medical Clinic

### Treatment

Treatment is a big part of the physician plan with each patient. The behavioral issues and lifestyle changes that are necessary for a stable recovery program are very important and also need to be addressed. Thus, Suboxone maintenance is ideally provided along with outpatient chemical dependency treatment.

Muckleshoot Behavioral Health Programs has a very successful treatment program for those who are prescribed Suboxone. It is very structured educational/counseling programs who have seen many successes in the program.

### Goals in Treatment

- Education
- Relapse Prevention
- Build a Support System
- Help with emotional Issues
- Determine how Long a patient will continue to take suboxone

### Contact information regarding Suboxone Treatment

**Dan Cable, Chemical Dependency Manager  
Muckleshoot Behavioral Health Program  
17813 SE 392nd Street  
Auburn, WA 98092  
Phone: (253) 804-8752**

## MIT Holiday Events Schedule

The dates below reflect the scheduled dates and locations for tribal events for 2014:

- 10/24 Halloween Party (Friday) – Emerald Downs
- 11/11 Veterans Day Dinner (Tuesday) – Pentecostal
- 11/21 Thanksgiving Dinner (Friday) – Pentecostal
- 12/19 Tribal Christmas Party (Friday) – Pentecostal

## What is Vivitrol?

Vivitrol is a non-addictive, non-narcotic, non-mood altering medication that is delivered once a month via injection. Vivitrol reduces the urge to use alcohol and opioids (such as heroin, morphine, codeine, hydrocodone and oxycodone) and blocks the “high” if opiates or alcohol are used.

### Is Vivitrol used for alcohol/opiate detox?

No, Vivitrol is used to control drug cravings and prevent relapse after completing alcohol/opiate detox. Individuals must be alcohol free for two days and opiate-free for 7-10 days before using Vivitrol.

### What makes Vivitrol effective?

- Vivitrol isn't addictive and has no mood- or mind-altering effects so you can focus on your recovery.
- Vivitrol significantly reduces alcohol/opiate cravings, allowing individuals to participate fully in an inpatient treatment program, AA/NA and counseling to build the

skills needed for sustained recovery.

- Unlike medications that must be taken every day, Vivitrol is taken once a month, increasing your ability to commit to treatment and avoid relapse.
- Research shows that Vivitrol is effective in preventing relapse and reducing drug cravings.
- Vivitrol is safe for long-term use.

### How Vivitrol Treatment Works

Vivitrol works by filling the opioid receptors in the brain, which blocks the euphoric effects of opiates and alcohol and reduces drug cravings.

### The Benefits of Vivitrol Treatment

- What makes Vivitrol unique as compared to other medications for addiction, such as methadone and Suboxone?
- Vivitrol is non-addictive.
- Vivitrol has no mood- or mind-altering effects.

- Vivitrol typically begins managing drug cravings within two days.
- Each injection of Vivitrol lasts for one month, increasing the chances of compliance with treatment.
- Vivitrol is generally well-tolerated with minimal side effects.
- Studies show that Vivitrol is effective in preventing relapse and reducing drug cravings.
- Individuals can use Vivitrol long-term, if needed.

As with any medication for addiction, Vivitrol is not a cure. It is a tool which, combined with other tools like inpatient drug rehab, counseling and AA/NA meetings, can improve your chances of a successful recovery. To learn more, contact Dan Cable, Chemical Dependency Manager Muckleshoot Behavioral Health at 253-804-8752.

## VEG OUT

### BROCCOLI

*In season June through October*

Broccoli, also referred to as “little trees” by many children, provides the body with a burst of nutrition. For the Muckleshoot Health Clinic dietitian’s favorite way to eat broccoli, see the recipe below.

### HEALTH BENEFITS

- Good source of calcium for bone health
- Reduces risk of cancer
- Helps lower cholesterol
- Helps the body’s natural detox system

### Cheesy Broccoli (kid approved)

Steam broccoli florets for 5-10 minutes or until desired tenderness is achieved, drain. Sprinkle shredded cheddar cheese over broccoli and let melt. For a slightly crispier top, place in oven (in an oven-safe dish) on low broil for an additional 5 minutes.



## 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          | 10 am-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              | (253) 804-8752        | Open         |
| (Mental Health & Chemical Dep) |                       |              |
| Family & Youth BH Services     | (253) 333-3605        | Open         |
| CHS/Registration Office        | (253) 939-6648        | 12:00-1:00   |
| Community Health/CHRs          | (253) 939-6648        | 12:00-1:00   |
| Dental Clinic                  | (253) 939-2131        | 12:00-1:00   |
| Medical Clinic                 | (253) 939-6648        | 12:00-1:00   |
| Optical Clinic                 | (253) 939-6648        | 12:00-1:00   |
| Pharmacy                       | (253) 333-3618        | Open         |
| Recovery House                 | (253) 333-3629        | Open         |
| 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 August 2014

| Day    | Date        | Times Closed | Reason for Closure        |
|--------|-------------|--------------|---------------------------|
| Friday | August 29th | All Day      | Employee Appreciation Day |

# Gathering & Working With Cedar

PHOTOS BY KATHY CROMBIE & ELDERS STAFF



# Jonathan Sampson Jr.

## Skopabsh Warrior 2013 - '14

Jonathan had quite a year as Muckleshoot's Skopabsh Warrior. He traveled around to all of the Pow Wows representing Muckleshoot and always having a smile. He's met a lot of people on the Pow Wow Trail and is a good kid. Our Elders and our people should be proud to have such a good representation of our Muckleshoot Community.





# MUCKLESHOOT POLICE



## Muckleshoot Police July 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.*

### 07/01/14 4:57 AM 14-168723 17300 block SE 387 PL Assault

A young adult male (minor) was arrested for felony assault Domestic Violence (DV.) The male had been drinking alcohol with three other minors and a juvenile when he assaulted the juvenile breaking one of the juvenile's teeth. The male was booked into the King County Jail (KCJ.)

### 07/01/14 9:41 AM 14-168853 Muckleshoot Pharmacy Forged Prescriptions

Between 06/11/14 and 06/30/14 the Muckleshoot Pharmacy received seven forged prescriptions in five different incidents. The prescriptions were for Oxycodone, Alprazolam (Xanax) and Methadone. All five incidents are being investigated.

### 07/03/14 7:53 PM 14-171603 Skopabsh Village Violation of a Court Order

Jesse Starr (38) was cited/arrested via citation for violating a Domestic Violence (DV) No Contact Order when he was placed on a phone call with his wife who is the protected person on the order. Starr was in the SCORE Jail when the call was made.

### 07/04/14 2:34 AM 14-172012 Muckleshoot Casino Trespass

Frederick Baily (59) was trespassed from all Muckleshoot Tribally owned properties at the directions of the Chief Operating Officer at the request of the Muckleshoot Police Chief due to Baily's drug dealing on and near the reservation.

### 07/04/14 8:58 PM 14-172899 Dogwood ST/Auburn Way S Stolen Vehicle Recovery

Two adult males were stopped by a deputy walking away from a silver 2001 Chevy Impala 4 door that fled from the deputy when he tried to make a traffic stop on it. The vehicle had been stolen out of Puyallup earlier in the day. The males were booked into the King County Jail (KCJ) for investigation of "Possession of a Stolen Vehicle."

### 07/05/14 12:00 PM 14-173568 17200 block SE 400 ST Family Disturbance

Deputies were called to a house for a family disturbance going on since the night before involving a father an adult daughter and the daughter's adult cousin. No crime had been committed. A case report was written for documentation purposes.

### 07/06/14 6:18 PM 14-174832 4500 block Auburn Way S Driving While License Suspended

James Sohapp (22) was cited/arrested via citation for "Driving While License Suspended in the Third Degree" and "Failure to Stop and Provide Information."

### 07/06/14 11:00 PM 14-175158 Kinggeorge Fireworks Stands Warrant Arrest

Robert Connelly (53) was arrested on an Auburn misdemeanor warrant for "Aggressive Pan Handling." An Auburn officer arrived and gave Connelly a new court date. Connelly was released at the scene.

### 07/07/14 9:39 AM 14-175480 White River Amphitheater Burglary

A building was broken into and an empty ATM machine was pried open. No money was gotten as the ATM machines are stored without cash in them.

### 07/07/14 10:09 AM 14-175496 SE 400 ST/Auburn-Enumclaw RD SE Theft

An adult female accused a juvenile of taking her purse with \$700 in it.

### 07/10/14 3:34 PM 14-178934 Skopabsh Village Court Order Violation

Jesse Starr (38) was cited/arrested via citation for calling his wife from the SCORE Jail in violation of a No Contact Order.

### 07/12/14 2:20 AM 14-180603 Davis Property Burglary

An adult male reported the burglary of his house while he was away for a week. Among the items stolen were a Russell Wilson signed Seahawks jersey, a pair of Seahawks Superbowl gloves in a display case and a Sanyo black 27" LCD TV.

### 07/12/14 5:33 PM 14-181200 17600 block SE 413 PL Disturbance

Deputies were called to a disturbance between an adult male and a juvenile on a quad with the adult reportedly have a holstered gun. No crime had occurred. A report was written for documentation purposes.

### 07/14/14 2:23 AM 14-182531 SE 380 ST/Auburn-Enumclaw RD SE Warrant Arrest

Leonard Moses (21) was arrested on a misdemeanor warrant for "Obstructing a Peace Officer" which held a \$5,000 bail. Moses was booked into the King County Jail.

### 07/15/14 1:25 PM 14-183921 14700 block SE 368 PL Theft

A Stihl model MS440 chainsaw was stolen from a construction area.

### 07/15/14 4:17 PM 14-184089 Skopabsh Village Trespass

William Leonard (18) and Yvonna Moses (20) were trespassed from 15811 SE 383 PL for one year at the request of a Housing Authority staff member due to drug use and stealing from the elder at the location.

### 07/16/14 10:13 AM 14-184823 17900 block SE 416 ST Burglary

An elder male returned home after being gone for half a day and discovered his front door forced open. A black LG flat panel 20" TV and a lavender 10" screen Toshiba notebook were stolen.

### 07/16/14 10:52 AM 14-184845 17900 block SE 416 ST Theft

An elder male discovered items missing from his car while it was parked in his driveway overnight.

### 07/19/14 12:14 AM 14-187940 Pow Wow Grounds Threats

One juvenile threaten to knock out another juvenile. A case report was written for documentation purposes.

### 07/20/14 4:23 AM 14-189068 17200 block SE 387 PL Hit and Run

A reportedly intoxicated adult female hit a truck with her SUV and fled the scene in her vehicle. The female is being charged with "Hit and Run."

### 07/20/14 1:00 PM 14-189261 Pow Wow Grounds Dog Bite

A child was nipped on the back of a leg by a small dog. Very minor injury. A report was written for documentation purposes.

### 07/20/14 3:00 PM 14-189339 Health & Wellness Center Theft

An elder female had a beaded eagle head necklace and a beaded mini purse stolen from her vehicle.

### 07/21/14 12:30 AM 14-189769 Youth Recovery House Juvenile Runaway

A juvenile that was suspected of drinking alcohol packed a backpack and left the Recovery House without permission.

### 07/21/14 11:38 AM 14-190086 Davis Property Thefts

A deputy followed up on an Adult Protective Services (APS) referral of an elder female missing beaded articles, a Galaxy tablet and jewelry over the last two years. The elder suspects family members of stealing from her. A report was taken.

### 07/21/14 2:07 PM 14-190195 Skopabsh Village Theft

An adult female reported her son's green 24" men's Revolution GS22420 bicycle as stolen.

### 07/21/14 9:58 PM 14-185699 41400 block Auburn-Enumclaw RD SE Vandalism

A glass patio door was broken during an unauthorized party while the resident was out of town.

### 07/22/14 9:08 PM 14-191634 Cedar Village Assault

Clifford Locke (24) was arrested for "Assault in the Fourth Degree Domestic Violence (DV)" after he assault his girlfriend.

Locke was booked into the King County Jail (KCJ.)

### 07/23/14 1:50 PM 14-192178 17000 SE 392 ST Trespass

Nathen Baker (34) was trespassed at the request of

the Chief Operations Officer from all Muckleshoot Indian Tribe owned properties for a period of one year.

### 07/23/14 3:12 PM 14-701733 Pow Wow Grounds Hit & Run

An adult male reported that his parked Nissan SUV was hit on the right front side on 07/20/14 at the Pow Wow grounds, the other driver did not leave any contact information.

### 07/24/14 3:00 PM 14-193276 Pow Wow Grounds Vandalism

A deputy discovered gang graffiti spray painted on a restroom/shed building. The vandalism happened between 07/20 and 07/24.

### 07/25/14 1200 PM 14-194201 Lakeland Hills Assault

Muckleshoot Police received information about an adult male tribal member being assaulted and in the hospital. The investigation revealed that assaults have been occurring but appear to be unrelated to being in the hospital. The deputy will follow-up with the male when he is released from the hospital. If the victim confirms the assaults the case will be sent to Auburn Police for further follow-up.

### 07/25/14 5:23 PM 14-194379 SE 391 ST/164 AV SE Recovered Stolen Boat

A boat stolen from Tacoma on 07/24/14 was recovered in the area of the old baseball fields. Two motors, a center console along with other items were missing from the boat when it was recovered. The boat was returned to the owner at the scene.

### 07/27/14 7:59 PM 14-196534 White River Amphitheater Mental Complaint

An extremely intoxicated adult male who was combative, having extreme mood swings, could not stand on his own and could barely sit up on his own was sent to the hospital by an ambulance for detox.

### 07/27/14 9:02 PM 14-196627 Cedar Village Rape

A juvenile was reportedly raped by an adult male while they and an adult female in the house were all intoxicated. The juvenile was reportedly heavily intoxicated at the time of the rape. The male was booked into the King County Jail (KCJ) for investigation of "Rape in the Second Degree."

### 07/28/14 9:33 PM 14-197646 39100 block Auburn-Enumclaw RD SE Warrant Arrest

Cody Jansen-Benavidez (22) was arrested on a felony no bail Department of Corrections (DOC) warrant for "Assault in the Third Degree." Jansen-Benavidez ran from the deputy, the deputy caught him and had to take him to the ground to take him into custody. Jansen-Benavidez was booked into the Enumclaw Jail.

### 07/30/14 2:26 PM 14-199298 38900 block Auburn-Enumclaw RD SE Warrant Arrest

Thadious Lozier (23) was arrested on a felony Department of Corrections (DOC) no bail warrant for "Escape from Community Custody." Lozier was booked into the Enumclaw Jail.

### 07/30/14 3:26 PM 14-199363 38900 block Auburn-Enumclaw RD SE Child Neglect

Two small children were removed by deputies from a camper trailer and placed into the custody of Muckleshoot Child & Family Services. The children were removed for the lack of sanitary conditions, lack of food and the food they were getting was not nutritious and there was no responsible adult willing to care for them. A detective followed-up on the report of a baby recently being born on the floor of a house to the same mother of these two children, the baby was found in a hospital.

### 07/30/14 4:30 PM 14-199423 38407 180 AV SE Recovered Stolen Boat

A Tracker V175 Guide boat painted black over silver that had been stolen from a boat yard in Bellevue on 07/17/14 was found behind a house. The motors and all electronics were missing.

### 07/31/14 1:00 PM 14-200370 40700 block 180 AV SE Theft

An adult male was seen stealing a red gas can out of a boat.

**MUCKLESHOOT TRIBAL COURT OF JUSTICE  
YOUTH COURT DIVISION  
IN AND FOR THE MUCKLESHOOT INDIAN RESERVATION  
AUBURN, WA 98092**

IN RE THE WELFARE OF: ) Case No.: MUC-J-05/14-038  
S.C. )  
DOB: 04/30/13 )  
& ) NOTICE OF FACT  
T.C. ) FINDING HEARING  
DOB: 04/01/14 )

An Indian Youth )

TO: CURT COX, Father

YOU AND EACH OF YOU will please take notice that a FACT FINDING Hearing regarding the above-mentioned youth has been scheduled for TUESDAY the 9<sup>th</sup> day of September, 2014, AT 1:00 PM in the Muckleshoot Tribal Court of Justice located at 39015 172<sup>nd</sup> 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 the youths are YOUTH IN NEED OF CARE, and in need of Tribal Court supervision as wards of this court; 3) whether out-of-home placement of the youth is necessary and 4) any other action necessary for the youth's best interest; 5) whether filings were timely and appropriate.

You may pick up a copy of MCFS Case Manager's Court Report from the court clerk's office three working days prior to the hearing. Pursuant to Section 12.A.03.070; Title 12, a Petition for Fact-finding must be filed within fifteen days of the Preliminary Inquiry and sent to all parties. The Parties shall be notified of the hearing at least (10) days prior to the hearing. The Fact-Finding hearing must be conducted within 40 days after the Petition for Fact-Finding is filed or the conclusion of the Preliminary Inquiry, whichever comes last, pursuant to Section 12.A.03.080, Title 12 of the Youth Codes.

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

If a party fails to appear the Court may, in his or her absence, take legal custody of the child, make the child a ward of the Court, and take any other action that is authorized by law.

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.

Dated this 11<sup>th</sup> day of June, 2014

/s/ Julia R. Lozier  
MIT-Clerk Of The Court

MUCKLESHOOT TRIBAL COURT OF JUSTICE  
IN AND FOR THE MUCKLESHOOT INDIAN RESERVATION  
39015 172<sup>nd</sup> AVENUE SE  
AUBURN, WA 98092  
(253) 939-3311 EXT. 3203

Muckleshoot Tribal Court of Justice  
Civil Court Division  
Muckleshoot Indian Reservation  
39015 172<sup>nd</sup> Avenue SE  
Auburn, Washington

**MUCKLESHOOT TRIBAL COURT OF JUSTICE  
IN AND FOR THE MUCKLESHOOT INDIAN RESERVATION  
AUBURN, WASHINGTON**

Sham S Ratty, Case No.: MUC-CIV-05/14-044  
Plaintiff, CIVIL SUMMONS  
vs. Defendant.  
Melanie Elizabeth Ross,

YOU ARE HEREBY COMMANDED TO APPEAR and defend the above-entitled action by:

1. Serving a copy of your answer or defenses to the attached complaint, upon the Plaintiff.
2. Filing said written answer of defense with the Muckleshoot Tribal Court Clerk; and
3. Appear in the Muckleshoot Tribal Court of Justice on the 14<sup>th</sup> day of October, 2014, at 11:30 a.m. to answer why this court should not decide in favor of Plaintiff in accordance with Plaintiff's Complaint for Damages.

FAILURE TO APPEAR AND DEFEND IN THE ABOVE STATED MATTER MAY RESULT IN JUDGEMENT BEING RENDERED AGAINST YOU ACCORDING TO THE DEMAND OF THE COMPLAINT.

Dated this 28<sup>th</sup> day of July, 2014

By: /s/ Sham Ratty  
Plaintiff Signature

Sham S Ratty  
654 Blaine Ave NE  
Renton, WA 98056

CIVIL COMPLAINT

YOUR NAME  
ADDRESS



**Muckleshoot MONTHLY**

READ THE MUCKLESHOOT MONTHLY ON-LINE AT:  
<http://www.muckleshoot.nsn.us/community/muckleshoot-monthly.aspx>

**MUCKLESHOOT INDIAN CASINO**  
You can now apply for jobs ON-LINE

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

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

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



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

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

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



**St. Leo The Great Catholic Mass**

Every Sunday at 1:30 p.m. please join the Tacoma Kateri Circle and Father Pat Twohy, 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 first 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](http://www.katericircle.com)

**MIT Holiday Events Schedule**

The dates below reflect the scheduled dates and locations for tribal events for 2014:

- 10/24 Halloween Party (Friday) – Emerald Downs
- 11/11 Veterans Day Dinner (Tuesday) – Pentecostal
- 11/21 Thanksgiving Dinner (Friday) – Pentecostal
- 12/19 Tribal Christmas Party (Friday) – Pentecostal

**IMPORTANT HUNTING DATES**

485 and Cedar River Drawings

**JULY 29TH 2014**  
SIGN IN BY 6PM  
@ THE PSB COUGAR ROOM

GOAT/SHEEP DRAWINGS

**JULY 31ST 2014**  
@ PSB COUGAR ROOM  
SIGN IN BY 6PM

**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, 425-301-60811

**EVENTS CALENDAR**

|                                                                                                                                                   |                                                                                                                                 |
|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| August 22-24                                                                                                                                      | Skopabsh Pow Wow, Muckleshoot Pow Wow Grounds                                                                                   |
| August 23                                                                                                                                         | Moses Family Reunion at Pentecostal Church. Info: Bev Moses at 253-205-7566                                                     |
| August 26                                                                                                                                         | Language Program Open House. Info: Mary Ross 253-876-3306                                                                       |
| August 27                                                                                                                                         | Muckleshoot Youth Development Health Fair, 1-4pm at the Teen Center 253-876-2853                                                |
| September 19                                                                                                                                      | Alzheimers - Meaningful Activities. 9:30 am - 12:00 pm. Prereg call 253-876-2888                                                |
| September 27                                                                                                                                      | Keta Creek Fall Classic at Keta Creek Hatchery, 8:30 am - 2pm. Info: Gail Larsen (253) 876-3178 or Dennis Moore ( 253) 876-3286 |
| October 24                                                                                                                                        | Muckleshoot Halloween Party, Emerald Downs                                                                                      |
| November 11                                                                                                                                       | Veterans Day Dinner, Muckleshoot Pentecostal Church                                                                             |
| November 21                                                                                                                                       | Thanksgiving Dinner, Muckleshoot Pentecostal Church                                                                             |
| December 11                                                                                                                                       | 4th Annual NW Tribal Opiate Symposium.                                                                                          |
| December 19                                                                                                                                       | Tribal Christmas Party, Muckleshoot Pentecostal Church                                                                          |
| SUBMIT YOUR ITEMS FOR THE EVENTS CALENDAR!!<br><a href="mailto:Muckleshoot.Monthly@muckleshoot.nsn.us">Muckleshoot.Monthly@muckleshoot.nsn.us</a> |                                                                                                                                 |

**NEW MEMORIES** *continued from page 1*

that our community members in the distant future can thrive here as well – just as those who came before us have done.

We can do this by using sustainable forestry practices and cultivating the land with our traditional ecological knowledge driving the work, reawakening and teaching our future generations. In this way, we can heal from the assimilation our people have endured in being disconnected from these practices as well as these homelands – here, in this opportunity, in this gift – as our people have done for thousands of years in pre-treaty times.

This is now secured. We no longer need to ask permission from the state or other landowners to access the trails our ancestors still walk in this drainage ever again. We give free keys, stickers and access permits through the Wildlife Department to tribal members to get up there.

I am not sure the last time our Indian people were up there cooking salmon on a stick in that way. Creating this new memory, inspired from a not-so-distant past, helped me to remember the puzzle we are all a part of... how we are all needed in order to set the table, restore our communities health and uphold the responsibilities that come with treaty rights. With that, I strongly encourage you to access your homeland and to visit with your family and environmental relatives, to get grounded in the medicine that quietly awaits your visit in those lands.

I want to thank all of the ones who participated in this community event: The cooks who came and prepared traditional foods; the ones that participated from Fisheries and Wildlife; the loggers who showed up to speak to the youth who were interested in job opportunities; to the youth crew that built the trail system; and to many more who shared the best parts of themselves. That took a lot of hard work, and completed the puzzle.

With this being done, hopefully it will awaken that voice in your heart and spirit – the voice that we all need, and that is a sense of community, togetherness and family. Everybody had to come together for this to work. Not one piece was missing. Every little piece connected, made this a successful event. That it was. Our ancestors are out there, wandering these lands forever... as we will be, and this is how we can become the cultivators as our ancestors once were.

Thanking God and giving Him all the glory...

**Keta Creek Trout Derbies**

The fishing derbies at Keta Creek hatchery are family oriented event for Tribal Members and their families. We serve breakfast, lunch, snacks and plenty of fun and games for all. Bait, tackle, ice, and fish bags are provided. Fish cleaning facilities are available.

**September 27 — Fall-Classic**

Fishing prizes, Door Prizes, Contest prizes, Pee Wee's Pond, Etc.

**Hours for all events 8:30—2pm**

Call us with questions:  
Gail Larsen (253) 876-3178 or  
Dennis Moore ( 253) 876-3286

**Muckleshoot Realty is now on**



This is an easy way to stay up to date.

- Meeting notices.
- Allotment updates.
- Whereabouts unknown list.

**Check us out**



**TEAM YAKASHOOT HEADS FOR NATIONALS.** Roger Jerry, Ronnie Jerry Jr., Nelson Kahama, James Cross Sr., Bea Kahama, Molly Loveland and David Herdia Sr. are off to the Nationals in Las Vegas!!! Congratulations Team Yakashoot!!!

## Thinking of You Again

Hello Grandma,

I just wanted to tell you I'm sitting in the foot of the old chimney of the Community Hall. The same one I've seen pictures of you helping prepare food when you a young woman. And, it reminded me of you, so I began to write this to you!

I also wanted to tell you some things; first of all thank you for all your love, you shared with me. Thank you for my mother, your daughter, Claran Kay (Cookie). She was the sweetest, soft, wonderful mother a boy could have ever had. Your love flowed through her like the White River you were raised on. I was truly blessed to have been a part of you both. Your teachings remain deep inside of me. I cherish the time we all got to spend together.



Iola ~ Lobehan ~ Bill (Gramma)  
Aug. 16, 1917 ~ Sept. 30, 2005

I feel I am a member of one of the finest families the creator ever did put here on Mother Earth. I am so grateful! I'm at rest inside just knowing you are with your mother and father sharing stories. I feel your prayers. Oh how I miss your laugh and your smile – how I long to see you again! I pray you're my angel helping me to stay on the path... I feel you walk softly beside me!

That day I get to hold your hand again, and walk together with Grampa, Mom, Dad, and those ancestors, family I didn't know... Words can only describe some of my thoughts and beliefs. Now I must show all my worth, from all I learned from you, Mom and Dad! I hope you are awaiting for me patiently, to take my place among my people, my parents, all of my family! Well, the last thing I wanted to tell you was "Happy Birthday, Gramma!" You would have been "98" this summer.

I love you, God bless you, your Grandson,

*You*

## Moses Family at Springer Drive

PHOTOS SUBMITTED BY THELMA MOSES



I would like to wish my mother Laurie Molina and my sister Charlotte Porterfield, Happy Birthday. They share August as their Birthday month.



Our family loves you very much and hopes you have a wonderful time on your special day. Big hugs and kisses, Madrienne and the gang!



Laurie Molina



Charlotte Porterfield



The picture above is our beautiful daughter Harmony Amira (before & after). Can't believe how fast this year has gone by. August 25, 2013 @ 3:50pm was the best day of our lives. Seeing you for the first time in person just had us in love at 1<sup>st</sup> sight. Weighing in at 6 lbs. 15oz. 19in. long. Your great-grandma cut the cord that kept us together for 9 months.

Can't go anywhere without you stopping and smiling and cheering at everybody around, you're smile brings so much happiness and joy. You've grown so much and learned so quick I can't believe you're already turning 1 year old. You're just a happy baby from the time you wake up to when you go to bed. You make bad times into great moments. Mommy & Daddy couldn't be more proud to call you our daughter. Can't wait to see what else you learn and what you'll become in years to come.

We love you more then the world and stars itself.

**Happy Birthday Harmony Amira!**



The Family of Sherene Berry would like to say **THANK YOU** for all of the support, help and advice we have received for our Fundraisers and Memorial. **THANK YOU VERY MUCH!!!**