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

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AUBURN, WA PERMIT NO. 86



# Muckleshoot MONTHLY



Vol. XV No. VIII

Muckleshoot Indian Reservation, Wash.

OCTOBER 31, 2014

## CANDIDATES NOMINATED FOR JANUARY 19 TRIBAL ELECTION

- TRIBAL COUNCIL**  
(3 positions)
- Marcie Elkins
  - Anita Mitchell
  - Donna Starr
  - Janet Emery
  - Louie Ungaro
  - Justin Johnson
  - Sonja Moses
  - Kenny Calvert
  - K.C. Williams
  - Lawrence T. Jerry
  - Virgil Spencer
  - Albert Moses
  - Joseph Martin
  - Dawn Miller
  - Bear James
  - Jessica Garcia - Jones
  - Roger Jerry Sr.
  - Fawn James Hutchens
  - Marena Cross
  - Henry Martin
  - JC Byars
  - Rhonda Harden
  - Melissa Calvert
  - Donnie Jerry
  - Louie Moses Jr
  - Mike Edwards
  - Warren KingGeorge
  - Madrienne Salgado
  - Steven Yanish
  - Kerri Marquez
  - Mark James

- SCHOOL BOARD**  
(2 positions)
- Lori Simonson
  - Linda Starr
  - Donna Starr
  - Denise Bill
  - Susan Starr
  - Rosette Andy
  - Sandy Heddrick

By Huda Swelam,  
Election Administrator

MUCKLESHOOT – Five positions will be filled in this year’s Muckleshoot Tribal Election, including three on the Tribal Council and two on the Tribal School Board.

The Tribal Council positions up for election are those currently held by Marcie Elkins, Kerri Marquez, and Louie Ungaro. A total of 34 individuals were nominated for three-year terms on the Tribal Council at the Public Caucus held on October 9, 2014. Two Tribal Council nominees – Sugar Harden and Warren Oliver – declined their nominations and will not appear on the ballot.

A total of eight individuals were nominated for the two School Board positions currently held by Linda Starr and Donna Starr. Two nominees – Rosette Andy and Aggie Moses – declined their nominations and will not appear on the ballot.

Enrolled Muckleshoot tribal members who will be 18 years of age on Election Day are allowed to participate in the voting.

Tribal Elections will take place on Monday, January 19, 2015 between the hours of 8:00 AM to 8:00 PM in the Cougar Room of the Philip Starr Building.

It’s also possible to vote via absentee ballot. Requests for absentee ballots must be received not later than November 20, 2014. Absentee ballots will be mailed out not later than December 4, 2014, and must be received at the Election PO Box by Friday, January 16, 2015 in order to be counted.

**Questions?**  
Please direct any questions to Huda Swelam, Election Administrator, at: Huda.swelam@muckleshoot.nsn.us, or by phone at 253-876-3041 or 253-293-6256.



Huda Swelam

## NEW MIT HISTORY BOOK TO BE UNVEILED DEC. 4

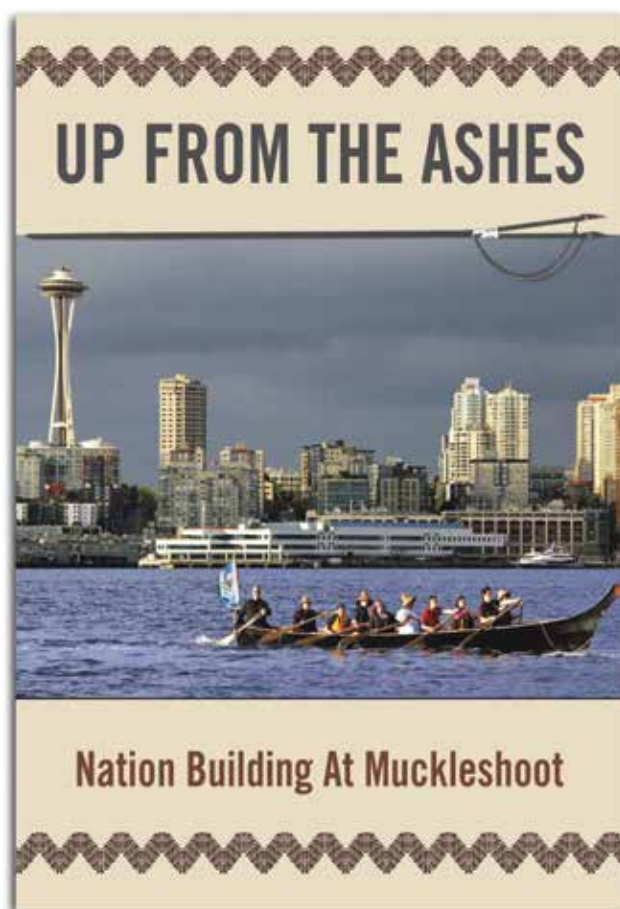
A new history book, *Up From the Ashes: Nation Building at Muckleshoot*, will be presented to members and guests at a launch **Thursday, December 4, from noon to 2 p.m. at the Tribal School gym.**

The eight-by-10.5-inch, full-color book also will appear on the Internet in full text, with free access. A press run of 5,000 copies will be used in the Tribe’s school system as well as neighboring districts, and will be given to influential people in public and private life in Washington and other states.

The ashes in the title are those of the Muckleshoots’ Community Hall, built during the Great Depression on the tribe’s last quarter acre of common land. The building burned to the ground in 1970, leaving only a river-rock fireplace that is maintained today as a symbol of the impoverished past from which the tribe’s modern revival has sprung.

The 300-page book, produced by Seattle Publishing, begins with the earliest migration of Muckleshoot ancestors and their neighbors about 10,000 years ago, following the recession of ice sheets over the Puget Sound country. Its first chapter highlights Muckleshoot ancestors’ natural world, material culture, and way of life before sustained European-American immigration during the nineteenth century. A second chapter describes this immigration, accompanied by the signing of treaties, and repression by Washington state authorities of rights guaranteed by them, most notably fishing.

The book’s third chapter begins with acute repression and poverty at Muckleshoot, and traces glimmers of recovery, leading, in Chapter 5, into the fishing-rights struggle of the 1960s and 1970s,



the Boldt decision, and the building of an economic base that grows slowly, at first with bingo and, by the middle 1990s, more rapidly with casino gambling, the subject of Chapter 6. Chapter 7 describes the building of infrastructure, such as housing, by the new income stream from gaming, fishing and other business ventures.

Chapters 8, 9, and 10 focus on three tribal priorities: recovery of culture through the annual Tribal Canoe

*Continued on page 3*

## Good-Bye Columbus - Hello Indigenous Peoples' Day!



Seattle Mayor Ed Murray signs legislation designating the 2nd Monday in October as Indigenous Peoples' Day.

SEATTLE – On October 6, 2014, the Seattle City Council chamber was packed to the rafters with Native Americans, many carrying signs or drums. History was about to be made, and they would witness it. The City Council was scheduled to vote on final passage of a resolution declaring the second Monday in October to be known in the future as “Indigenous Peoples’ Day” in the City of Seattle.

Drafted by Matt Remle, Lakota, and urged forward by Seattle Human Rights Commission Co-Chair Ethel Branch Navajo, the resolution was strongly supported by the large Greater Seattle Urban Indian community, as well as surrounding federally-recognized Tribes and various community organizations.

If passed, Seattle would join Minneapolis, MN, which adopted such a resolution in April, and Berkeley, CA, whose designation dates back to 1992, as major cities setting Columbus Day aside and instead honoring the original Americans. Bellingham has recently been considering a somewhat different approach, where the name “Coast Salish

Day” has been proposed.

Finally, after much speech making, the council voted unanimously to adopt the resolution and the crowd burst into cheers and rejoiced. It was a great victory that raised the spirits of all Natives of all nations that reside in the Seattle area.

Another exuberant gathering took place the following Monday when Mayor Ed Murray signed the resolution making Indigenous Peoples’ Day official, after which a feast and celebration was held at the Daybreak Star Indian Cultural Center.

Councilmember Bruce Harrell, reflecting on the meaning of the city’s action, said, “I believe that what makes Seattle so special, so unique, is that we are bold enough to admit the shortcomings of our history in order to achieve the realization of our dreams. I believe that in honoring Indigenous Peoples’ Day, we are honoring the best in ourselves. We are being open-minded, we are listening to each other and we are celebrating the triumphs and values of every oppressed group. We are celebrating that human spirit that says, ‘We matter and we shall be treated fairly.’”

## COMMUNITY MEETING

MUCKLESHOOT INDIAN TRIBE

**November 4th 11:00 AM-2:00 PM Fisheries Conference Room-PSB**

**November 12th 5:00 PM-7:00 PM Fisheries Conference Room-PSB**

**Muckleshoot Indian Tribe is considering building new softball fields. We are inviting the community to discuss and provide input on potential future development of these Muckleshoot Indian Tribe softball fields.**



MUCKLESHOOT INDIAN TRIBE  
CONSTRUCTION DEPARTMENT

Steve Webber 253.508.3175, Kim Sharp 206.484.3775

## TRIBAL COURT SPONSORS FREE LEGAL AID CLINICS

The Muckleshoot Tribal Court is introducing a pilot project to establish a Legal Aid Clinic for the benefit of eligible Tribal and Community Members in need of legal advice.

These services may include, but are not limited to, advice-only services with respect to document review, criminal and civil litigation advice, probate matters, family law matters, explanation of the scope of Tribal Court jurisdiction, assistance with access to Tribal Court, and other routine matters.

Advice may be provided to members seeking to use both State and Tribal Court, but, preference shall be given to Tribal Court cases.

To implement this pilot project the Tribe has contracted with Jared Miller, an attorney with Baldwin, Crocker & Rudd, P.C. Mr. Miller will provide advice services at the Clinic on the 1st and 3rd Mondays of each month beginning in the month of November. Each clinic participant will receive up to one (1) hour of free legal services with Mr. Miller or another licensed attorney. The attorney will decline services where there is a conflict of interest or an ethical issue.

For more information, or to schedule an appointment on one of our Clinic days, please contact the Muckleshoot Tribal Court at (253) 876-3203.



Forest naming contest winner Shawny Starr shared her \$1000 reward money with her younger sisters. L-R: Tasha, holding niece Skylynn; Susan, holding Shawny's firstborn, Kanasa; and Shawny, holding her son Apas.

## təmanəməs

The new Muckleshoot tribal forest now has a name! The name is tamanemes, or in English, Tamanamus. It's a word in the old Chinook Jargon meaning "spirit power" or "I believe our forest animals are our spirit power."

Chinook Jargon is a language that all people in the Pacific Northwest once knew in addition to their own languages. It was made up of bits and pieces of many languages – Salish, Nootkan, etc. – and enabled people of different peoples to trade and socialize with one another as they traveled from place to place. It was spoken up and down the coast, from Oregon to Alaska until it fell out of use less than a century ago. It was a very useful language and, in fact, the Grand Ronde Tribe of Oregon is teaching it to their youth in an effort to preserve and restore it.

The name Tamanamus Forest was chosen though a contest that included voting on a list of possible names that had been submitted by tribal members. The winner of the \$1000 prize was Shawny Starr, daughter of Jack and Susan Starr. It's an interesting coincidence that many years ago there was a contest to design the Muckleshoot logo, and it was won by Shawny's much older first cousin, the late Debbie Starr.

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

**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

## MTS STUDENTS OBSERVE TRIBAL COUNCIL MEETING



My US/Tribal Government students have been studying the formation of the US Constitution and from there we led to the formation of the Muckleshoot Constitution. We had invited Alan Stay into the classroom twice because the kids were so into the content discussed in the classroom. We discussed the similarities and difference between the US and Muckleshoot constitutions, and the history of what led up to the formation of the two. We also discussed land issues, fishing rights and basic rights under the Muckleshoot Constitution.

After the discussion and two-day question and answer session with Alan Stay, we then wanted to see the document in action at a Tribal Council Meeting, so we attended one on September 5th. We were focusing on how decisions were made at the Tribal Council level. Here are some reaction statements from the kids:

"I like it, I was very thankful for the lady that sat next to Nita. She wanted the students from MTS to be more involved. I agree with her, us students are always being told that we are going to be the future one day, referring to the Tribal Council, we don't know what their everyday life is like, but it was good to see them in action. Over all, it was a very good experience."

"The Tribal Council meeting on Friday, Sept. 5th was very interesting, I learned a lot about tribal budgets and how they try to help a lot of charities around the area that help the youth around the state. I would like to take another trip there to sit in another meeting to learn more about how the Council makes decisions."

"I was fascinated to see how the Tribal Council members work together and debate before they made their decisions to vote on a topic. Also, I liked how they questioned the motion to find out more. It was nice to attend their meeting and finally see what goes on in there. I thank Ms. Hildebrand and the Tribal Council for attending this meet-

ing for the MTS students."

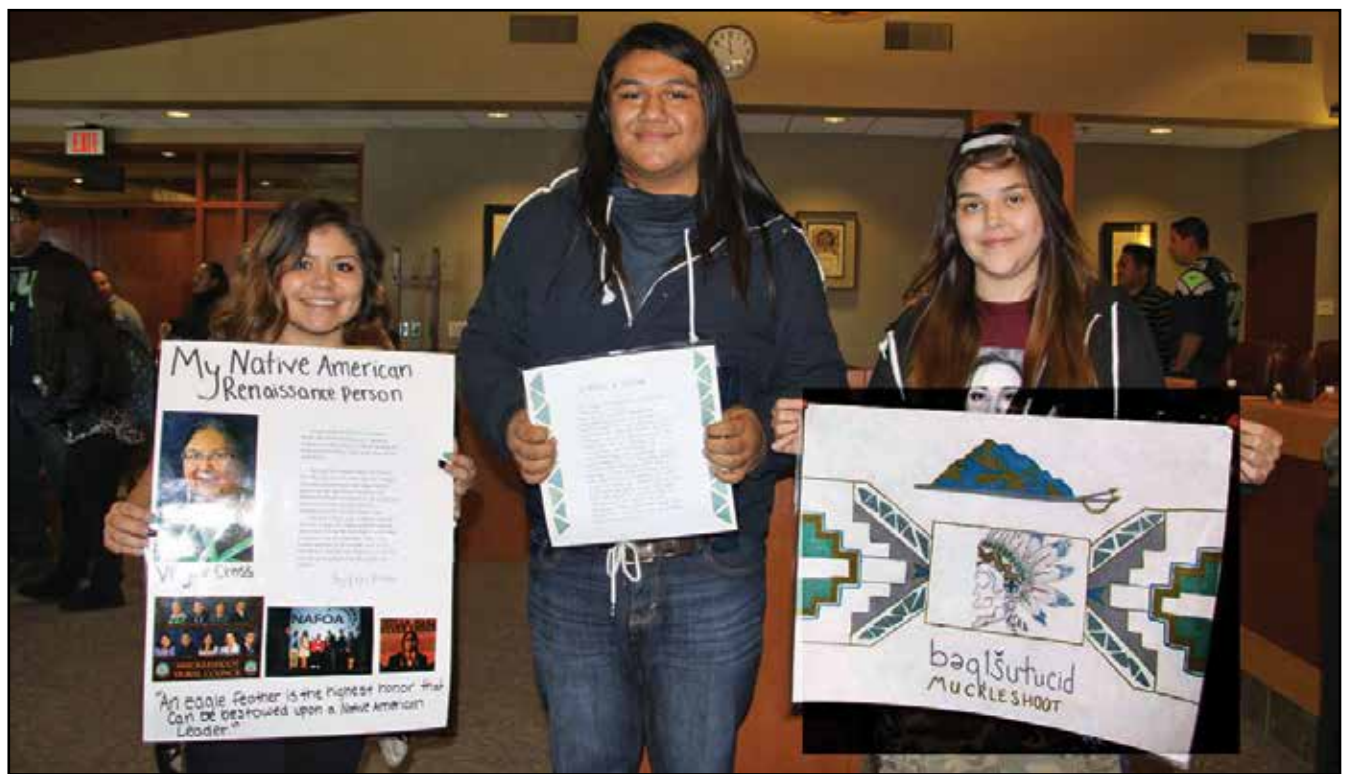
"Attending the Tribal Council meeting was a great opportunity. I really was surprised about how their meetings go and how they operate. Everybody complains about how the Tribal Council doesn't do anything, but they do try their best to make a difference and to make changes for the tribal community, everyone cannot be satisfied. One day, I really would like to step into their shoes and get that experience. I love my tribe and council. Us tribal members are truly blessed."


"The Tribal Council meeting on Friday, September 5th was a great experience for me. I thought it was so amazing that they use lots of the Tribe's money for charities and good causes. I also thought it was so great that people who have always wanted to be enrolled as Muckleshoot finally got enrolled. We are expanding our tribe and that is the best thing we can do for our future."

"I thought the Tribal Council was actually interesting. I honestly thought that they didn't do anything. I guess you just have to be there to see how much they're doing. I love the fact that Kerri suggested to hand out a flyer to every household to notify everyone that a sex offender had been released. I love it because not only the adults would be aware, but the adults can show their kids, so they can be aware also. That's what really caught my attention. There's probably other stuff, but I can barely hear them because I have bad hearing, but I'd love to go to more of these Tribal Council meetings. Hopefully, they speak louder."

Respectfully submitted by:

Victoria Hildebrand,  
MTS History Teacher  
Sarah Clark, Para-Professional  
Chad McGee, Para-Professional





# OUR HEARTS & PRAYERS ARE WITH OUR BROTHERS & SISTERS AT TULALIP



# NAFOA Recognizes Virginia Cross with Lifetime Achievement Award

SAN DIEGO – The Native American Finance Officers Association (NAFOA) recognized an esteemed tribal leader, Chairwoman Virginia Cross of the Muckleshoot Indian Tribe, and a notable Indian Country advocate, Richard Trudell, with the NAFOA Lifetime Achievement Award. Cross and Trudell were recognized in an awards ceremony held on Tuesday, Sept. 23, 2014 at the organization’s Fall Finance & Tribal Economies Conference at the Hard Rock Hotel in San Diego, CA.

The prestigious NAFOA Lifetime Achievement Award is given to an Indian Country Leader who has made significant contributions to further the economic vitality of Native communities over the span of his or her career.

The Iowa Tribe of Oklahoma also honored Cross and Trudell with an eagle feather, which is the highest honor that can be bestowed upon a Native American leader. The Iowa Tribe of Oklahoma operates the Grey Snow Eagle House, a sanctuary for injured eagles. The tribe rehabilitates eagles for eventual release into the wild and is the first tribe in the country to engage in this vital work. The eagle is considered sacred by many tribes across the country.

Cross was honored with the award for her persistent advocacy for Native Americans in education on a national level and for her sound economic leadership of the Muckleshoot Indian Tribe. In the 1960s, Cross was part of the

pioneering group of advocates for Native American students and forged the network of programs now present in all school districts that have a significant Native American population.

She served for 22 years as Director of Indian Education for the Auburn, WA public school district. The Virginia Cross Native Education Center, operated by the Auburn School District in conjunction with the tribe, was named in her honor.

Education continues to be Cross’ top priority today as she chairs the tribe’s Executive Committee for Education. Cross is an important leader and beloved elder of the Muckleshoot Indian Tribe. Her leadership spanning three decades has helped the Muckleshoot Indian Tribe to become one of the most financially prosperous tribes in the Pacific Northwest.

NAFOA also recognized Richard Trudell with the NAFOA Lifetime Achievement Award for his lifelong, unwavering commitment to building strong Native American communities by strengthening the self-governance capacity of tribes. Trudell is a member of the Santee Sioux Tribe of Nebraska.

In the early 1970s, Trudell was among the first wave of Native American attorneys who represented tribal interests and fought for a better future for tribes. He quickly caught

the vision that tribes needed more young people educated in the law to protect tribal sovereignty. He founded the American Indian Lawyer Training Program that assisted 20 Native American attorneys with establishing private law practices on or near reservations. The program also enabled more than 150 Native American law students to hone their legal skills by interning for tribal governments.

Moreover, a tribal court advocacy program that he established provided training to over 1,000 tribal judges and prosecutors. Trudell also spent considerable time advocating for tribes nationally. He worked closely with President Clinton’s transition team, organizing and conducting briefing sessions on Indian issues, including health care and barriers to economic development in Indian Country, among other pressing policy issues.

*NAFOA is a national non-profit organization providing leadership for the advancement of independent and culturally-vibrant American Indian and Alaska Native communities by: promoting excellence in financial management, advocating sound economic and fiscal policy, developing innovative education initiatives, and providing essential information, resources, and support to meet the challenges of economic growth and change. For more information about the organization, visit [www.nafoa.org](http://www.nafoa.org).*



Tribal Chair Virginia Cross (in red) receives her NAFOA Lifetime Achievement Award

## Students play “Wildlife in the Cascades Matching Game”

The Muckleshoot Tribe’s Preservation and Wildlife Programs in collaboration with the Muckleshoot Tribal School are pleased to announce three winners for the “Wildlife in the Cascades Matching Game” Contest. They are Cody Foreman, 7th grade, Deshawn Ross Jansen, 9th grade, and Anthony Ward Moses, 11th grade.

The contest was part of a wildlife exhibit currently in the display case by the School Library. The exhibit provided students a glimpse into the field of Wildlife Management, the Tribe’s Wildlife Program, and the type of animals found in the Northwest.

The MTS Library staff provided school staff with the contest materials to use in their classrooms. They also placed the contest question sheets near the displayed exhibit. The Fourteen skulls, currently on display, allowed students willing to do a little research to match the skulls with the animal’s image. This display was part of a rotating exhibits series from the Preservation Program at the Tribal school.

“The library staff really took charge of this contest, passing the information to classrooms and assisted students with how to access online research information,” said Donna Hogerhuis, Muckleshoot Preservation Program’s Collection Specialist.

The three (3) 100% correct Contest Sheets came back by the October 13th deadline and received a \$50 gift certificate.

“This contest was a perfect opportunity for the students to use technology tools. They collected images of the skulls with their personal devices, used the internet to research online sources to find the similarities and differences and

### Wildlife in the Cascades Matching Game

**GUESS WHO?** Write the number, 1 through 14, of the animal in the blank. Need help? Check out a website like Wikipedia by searching the animal’s name. Many have physical characteristics pages with images of the skeleton.

Name	Latin Name—used around the world
4	Raccoon - <i>Procyon lotor</i>
7	Muskrat - <i>Ondatra zibethicus</i>
12	Porcupine - <i>Erethizon dorsatum</i>
3	Canada Lynx - <i>Lynx lynx</i>
1	Beaver - <i>Caster canadensis</i>
14	Black Bear - <i>Ursus americanus</i>
10	Gray Wolf - <i>Canis Lupus</i>
6	Bobcat - <i>Lynx rufus</i>
8	Red Fox - <i>Vulpes vulpus</i>
5	River Otter - <i>Lutra canadensis</i>
13	Opossum - <i>Didelphis virginiana</i>
9	Striped Skunk - <i>Mephitis mephitis</i>
2	Coyote - <i>Canis latrans</i>
11	Badger - <i>Taxidea taxus</i>

Name: \_\_\_\_\_  
Grade: \_\_\_\_\_  
Homeroom: \_\_\_\_\_



Cody Foreman, Deshawn Ross Jansen and Anthony Ward Moses

were able to match which skull belonged to which animal. There was a lot of attention and questions that came from students and staff about the images from our own Wildlife Management Programs that was displayed above the skulls. I appreciate that we showcased Muckleshoot tribal program careers to our students. It gave the students a chance to imagine their own potential future education and possible careers.” said, Sherri Foreman, Library Media Specialist-Teacher.

Congratulations Cody Foreman, Deshawn Ross Jansen and Anthony Ward Moses!

## Wildlife Population Studies

A sample of the elk, deer and cougar populations are collared with a GPS tracking unit by wildlife staff. The data gathered records individual and herd movement, feeding habits, age, sex, mortality and cougar kill sites. The data helps us to understand the needs of a healthy population of elk and deer, and the impact predators have on them.



**COUGAR STUDIES.** Muckleshoot Wildlife Program staff Paul Rodarte Jr., Leeroy Courville Jr., and Eric Anderson help re-collar a female cougar in the White River. She has been on the air for 3-1/2 years, and staff have investigated many of her kills to understand predation rate and prey selection patterns.



A collared elk



**NET CAPTURES.** Leeroy Courville Jr. demonstrates how net captures are done by helicopter.

# 22nd Annual Salmon Homecoming Celebration

PHOTOS BY JOHN LOFTUS

SEATTLE, WA – The 22nd Annual Salmon Homecoming Celebration was held September 18-20 at Waterfront Park in Seattle.

Hosted by a coalition of federally-recognized tribes, the City of Seattle, the State of Washington, King County and other agencies and businesses, the three-day event started out with School Days on the Waterfront on September 18-19, featuring Native American ceremonies, arts and crafts, storytellers, environmental exhibits. Saturday, September 20 featured the traditional canoe landing, along with a salmon bake and a small waterfront pow wow.

“For 22 years, the Salmon Homecoming has celebrated Native culture and the importance of salmon to the people of our region – culturally, economically, environmentally &

spiritually,” coalition president Walter Pacheco said, adding that “the event has brought Native American culture and traditional environmental knowledge into the heart of Seattle, providing a unique opportunity for people from all walks of life to learn about and enjoy the many lessons and customs of the indigenous people of this land.”

This year’s event was dedicated to the life and memory of Nisqually tribal member Billy Frank, Jr., who chaired the Northwest Indian Fisheries Commission for more than 30 years. Mr. Frank, who was a key adviser to and supporter of Salmon Homecoming throughout its history passed away at the age of 83 on May 5.

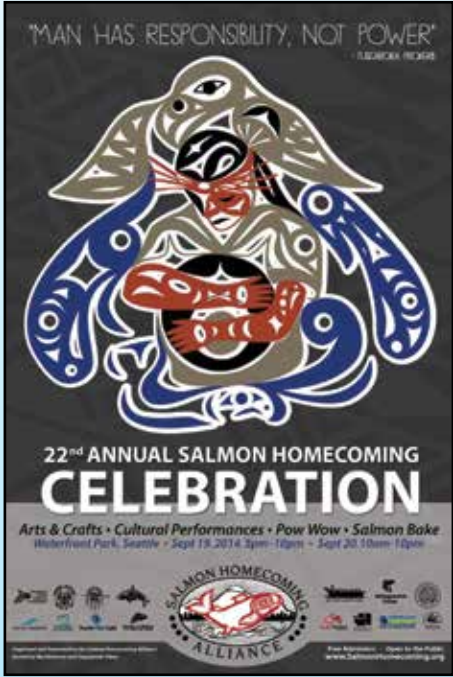


PHOTO BY LONGHOUSE MEDIA



MIT Security chief Tony Lozier with longtime KOMO news anchor Dan Lewis at opening of Salmon Homecoming.



# ᖃᓱᖅᓴᓐᓴᓐ

## hiwil ćix<sup>w</sup>ćix<sup>w</sup>

“In March 1975, John Thompson, former Executive Director of the NFL Management Council and a former Washington Husky executive, was hired as the general manager of the new team. The team was originally going to be called the Seattle Kings, but the name *Seattle Seahawks* ("Seahawk" is another name for Osprey) was selected on June 17, 1975 after a public naming contest which drew more than 20,000 entries and over 1,700 different names.” [http://en.wikipedia.org/wiki/Seattle\\_Seahawks](http://en.wikipedia.org/wiki/Seattle_Seahawks)

ʔəłtx<sup>w</sup>  
Bring it!



ʔəshik<sup>w</sup>cut čət  
We are proud.



padacil yəx<sup>w</sup> k<sup>w</sup>i sali? stubš  
Twelfth Man.



lətələwil čət ʔə tə ʔat  
We run fast!



ʔuyabuk<sup>w</sup> čət ʔə tə tib  
We fight hard!



ćix<sup>w</sup>ćix<sup>w</sup> ʔiışəd  
Seahawk family



## bəqəlšutucid

### 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 **\*\*The language program has moved to the**  
Mary Ross 253-876-3306 Old Canoe Clubhouse  
LittleMary.Ross@muckleshoot.nsn.us by Human Resources \*\*

## ~IMPORTANT INFORMATION~

### SCHOLARSHIP DEADLINES FOR WINTER QUARTER 2014/2015

Due to the Upcoming Trainings & Holidays We will need

- 1) Applications for Newly Enrolled Students
- 2) Class Schedules for Returning students

Submitted no later than

### ~December 9, 2014~





## Get It While It's Hot!!!!

Like us on Facebook:  
**Ged Mtc**



**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

### ATTENTION MIT GED ASSISTANCE RECIPIENTS

MIT HIGHER-EDUCATION AND VOCATIONAL TECHNICAL SCHOLARSHIP PROGRAM POLICIES

GED Assistance

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.

**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](mailto:Marie_Marquez@muckleshoot.nsn.us)

**Sanja Tuilata, Scholarship Program Manager (253) 876-3380**  
[Sanja.Tuilata@muckleshoot.nsn.us](mailto:Sanja.Tuilata@muckleshoot.nsn.us)

**Melissa Scoury, Administrative Specialist II (253)876-3378**  
[Melissa.Scoury@muckleshoot.nsn.us](mailto:Melissa.Scoury@muckleshoot.nsn.us)

## 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)

## 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 us.

**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.

Do You Have Concerns About Your Child's Development?  
Does your child:  
• roll, crawl, walk, run, or climb like others his/her age?  
• hear well?  
• talk like others his/her age?  
•Can you understand most of what your child says?  
•Is your child's vision okay?  
If you have answered "NO" to any of these questions, please contact one of these programs.

### ATTENTION MIT SCHOLARSHIP RECIPIENTS

APPROVED MIT HIGHER-EDUCATION AND VOCATIONAL TECHNICAL SCHOLARSHIP PROGRAM POLICIES

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

**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](mailto:Marie_Marquez@muckleshoot.nsn.us)

**Sanja Tuilata, Scholarship Program Manager (253) 876-3380**  
[Sanja.Tuilata@muckleshoot.nsn.us](mailto:Sanja.Tuilata@muckleshoot.nsn.us)

**Melissa Scoury, Administrative Specialist II (253)876-3378**  
[Melissa.Scoury@muckleshoot.nsn.us](mailto:Melissa.Scoury@muckleshoot.nsn.us)





# Tips on Bullying/ Harassment Prevention

C. Michael Aaron, School Superintendent

Here is some helpful information from the state of Washington's Office of Education Ombudsman.

**If there is a bullying/harassment problem:**

- Talk to your child about exactly what happened. Ask for specific details.
- Tell the teacher, school counselor, and principal, if they are not already involved.

**What to expect from the school:**

- Protection from retaliation for any child who has spoken up against bullying/harassment.
- Commitment to prevent future bullying/harassment, followed up by concrete actions.

**Help at home for an aggressive child:**

- Help your child tell what happened without accusing or blaming anyone. Get your child to look at the situation through the eyes of others involved and to understand how the others were affected.
- Be firm that you will not tolerate bullying/harassment. Calmly provide a non-physical consequence even if the school has also taken disciplinary measures. For example, in a matter-of-fact way, restrict privileges like computer, Internet, phone or television time.

**Help at home for a child who is being bullied/harassed:**

- Tell your child that bullying/harassing is not his or her fault. Recognize that it is not your child's responsibility to fix a situation that includes bullying/harassing by someone stronger or by a group.
  - Praise your child for efforts already made and encourage your child to continue reporting of any bullying/harassing incident to an adult.
- Help for any child involved in harassment or bullying:**
- Make sure that the atmosphere in your home is warm, and spend focused time with your child every day.
  - Provide discipline in consistent ways. Notice and praise your child's good behavior.

The Muckleshoot Tribal School has a very strict policy regarding harassment and

bullying issues. Here is the current policy as written in the MTS Student Handbook:

**Muckleshoot Tribal School Anti-Harassment/Bullying Policy**

It is a policy of the Muckleshoot Tribal School to prohibit harassment, intimidation, and bullying by any means, including, but not limited to, electronic, including social networking computer bullying initiated on-campus, written, oral or physical acts either direct or indirect, when such intentional electronic, oral, written or physical acts physically/emotionally harm, substantially interfere with a student's education, threaten the overall educational environment and/or substantially disrupt the operation of the school.

This policy includes, but is not limited to, harassment, intimidation, and bullying based upon race, color, religion, ancestry, national origin, economic status, gender, sexual orientation, gender identity, pregnancy, marital status, physical appearance, or mental, physical or sensory disability.

**Definition: Harassment, Intimidation or Bullying**

Harassment, including sexual harassment, intimidation or bullying occurs where there is unwelcome conduct or communication that has the purpose or effect of interfering with a reasonable individual's performance, or of creating a coercive, hostile or offensive environment.

This conduct can take many forms, including slurs, rumors, jokes, innuendoes, demeaning comments, drawing, cartoons, pranks, ostracism, physical attacks or threats, gestures, or electronic, written or oral, or physical acts relating to an individual or group.

**Discipline Policy on Harassment and Bullying**

Since harassment and bullying fall into the category of Exceptional Misconduct, they may be punishable by suspension on a first offense. In some instances, students may be referred to Behavioral Health for a mental health assessment.

If your child reports being bullied or harassed, please call your child's teacher or counselor. MTS makes every effort to provide a nurturing environment where everyone feels valued.

## MTS Performing Arts Group at Washington State Fair & Salmon Homecoming



### Look Across the Mountain III For Teachers and Parents

Muckleshoot Tribal School invites Parents or Legal Guardians of Muckleshoot Tribal School Students to attend this informational Workshop in

**Albuquerque New Mexico February 23-24, 2015**

Hotel Accommodations: Hyatt Regency Albuquerque (Downtown)  
330 Tijeras Ave NW Albuquerque New Mexico

- ❖ Common Core Math & ELA
- ❖ Stem: Cross Cutting common core
- ❖ Next Generation Science Standards
- ❖ Parent Involvement
- ❖ Special Education
- ❖ Early Childhood Development
- ❖ Incorporating Culture into the curriculum

**To be eligible you must meet the following criteria:**

1. Must be Parent or Legal Guardian of a Muckleshoot Tribal School student.
2. Parent or Legal Guardian MUST BE an enrolled member of the Muckleshoot Tribe and/or an employee of Muckleshoot Indian Tribe. – NO EXCEPTIONS.
3. Travel arrangements MUST BE MADE 30 DAYS IN ADANCE – No EXCEPTIONS.
4. Space is limited so please, if you're interested, contact the school at your earliest convenience.

If interested in attending please contact Heather Williams Elementary Parent Liaison, Cortney Rodarte Middle School Parent Liaison, and Leona Starr High School Parent Liaison. 253-931-6709

If you are approved for travel you are responsible for completing

1. Travel Advance Form,
2. Registration Form and
3. Providing a copy of your ID

These items are required and necessary to travel.

## MUCKLESHOOT TRIBAL SCHOOL CULTURE NIGHT!

November 4, 2014  
November 18, 2014

- 5pm Dinner
- 6pm Activities

**Door Prizes!**



Transportation provided for families in need.

Contact: Heather Williams, Cortney Rodarte, or Leona Starr

253-931-6709





# Middle School Students of the Month



Mike Valles    Xzavier White    Michael Guevara    Natalie Lessard    Carla Thompson    Cecelia Reyes



**CO-ED MIDDLE SCHOOL SOCCER ACTION.**  
Pictured: Natalie Lessard, Marcus Marquard, and Alexis Starr (background). Thanks Coach Jen and Coach Ancheta for a great season!



**2014 Varsity Girls Volleyball Team at League Tournament "having fun!"** L to R: Juanita Ortiz, Lashawna Starr, Patience Daniels, Rosie Williams. Front - Shaughnessi Hicks. Great Job Ladies!

Thanks, Coach "T" and Coach Krystal

# Students of the Month



Benjamin Anderson



Cameron Williams



Evam Thompson



Ezra Broady



Kai Williams



Lashawna Jackson



Mary Cruz



Nayeli Rodriguez



Priscilla Dolores James



Robert Keeline



Shaleen WhiteEagle



Teuila Aimalala



Tristan James



Vanessa Dolores James

## SPORTS NOTICE:

Winter Sports  
**Start Nov. 17**  
Get YOUR PHYSICAL  
and Paperwork  
**Turned IN Now!**

- High School Girls & Boys Basketball
- Middle School Boys Basketball
- Boys & Girls Wrestling





# Meet Your Heroes Day

These are a few photos of our meet your heroes day. This year, our focus was on local heroes, such as Tribal wildlife, Local police, and tribal Fisheries. We also did a food drive for a local charity, which Mr. Whites class won, by having the biggest donation of any class in the school. The Marines, and Air Force sent displays, along with many units from king County. Northwest Helps, is a local charity which helps misplaced and troubled teens, which sent a van, along with information on how it helps local youth. The bomb truck, a swat rig, and the city of Covington also had displays. The city of Auburn set up an Emergency Management information booth, and had lots of useful info for the kids. All in all, it was another successful day, spent with, and interacting with our tribal Youth.

*John Byars, Muckleshoot Tribal School*



Food Drive





### Effie's Cleaning Tip Corner

Fall has rolled in on us and what a wonderful season to enjoy the painted colors and the breeze's that blow. Here are some helpful hints to get you moving right along.

#### Windows & Mirrors

Equal parts of white vinegar and water. Use a spray bottle for application. To wipe off and get a great sparkle, use waded or folded newspaper.

#### Showers

Ventilation is key here. Ceiling fans and open windows really helps dispense the moisture. Here is a mold preventative. Spray bottle – white vinegar

You may add 10-15 drops of lavender oil. Lavender not only smells wonderful but fights mold and mildew. Spray down shower once or twice weekly.

#### Fleas "Dogs & Cats"

Tea Tree Oil is the answer for fleas I use it on my dog Birdie and my cat Moakie. Spray bottle = 1 cup water 10 drops tea tree oil.

Spray head and tail area 1st. Then spray entire body. Rub in to their coat. Also, you can apply straight oil onto their nylon collar. 5 drops should be enough. Reapply 3-4 weeks.



**Health Division Hawks Fans!** Front, L-R: Janell Hite, Melissa Satiacum; Back, Greg Lezard, Emmie Price, Jesse Robles, Mary Ann Ortiz.

## WELCOME TO NEW DIRECTOR OF CHILD & FAMILY SERVICES

Hello, My Name is Cynthia Orié and I am the new Director for the Muckleshoot Children and Family Services Department.

I am an enrolled tribal member of the Central Council Tlingit and Haida Indian Tribes of Alaska. I am Raven -Dog Salmon and my family originates from Angoon, Alaska. My mother is Alberta Aspen. I am an ANSACA shareholder in both Sealaska and Goldbelt Corporations and a member of the Alaska Native Sisterhood Camp 2.

I am the youngest of a sibling group of two; I have an older sister, Catherine Edwards, who is currently employed with Torres Martinez as a Regional Director for two Tribal TANF urban sites in Los Angeles California. I was born and raised in California and moved to Juneau, Alaska in 1991. I have five children (three of whom still live at home) and five grandchildren.

During my 18 years living in Southeast Alaska prior to relocating to Washington State, I worked for several Alaska Native organizations including: Goldbelt Corporation, the Central Council administrative offices and the Southeast Alaska Regional Health Consortium (SEARHC), an IHS clinic in Juneau. I also served the Alaska Native Community as a foster parent, parent advocate through the Casey Foundation where I was trained as a facilitator in the areas of Self Advocacy, Financial Literacy and Community Leadership. I have an Associates of Arts degree and Bachelor's Degree in Social Work from the University of Alaska, Juneau and Fairbanks campuses.

In addition to my employment and education, I also served the Alaska Native community in volunteer work as an Alaska Native youth culture camp leader for ages 5-13 and volunteer for Elders events through the Tlingit and Haida Community Council. My children were/are members of the Lda Kut Naax sati' Yatx'i (All Nations Children) dance group, where they often performed with the group for the Juneau community and at the bi-annual Celebration hosted by the Sealaska Heritage Foundation held in Juneau, Alaska.

Since moving to Washington State, I worked as an ICW caseworker, foster home licenser for the South Puget Intertribal Planning Agency (SPIPA), and ICW-Children and Family Services site manager for the Nisqually Tribe. I am honored to be an employee of the Muckleshoot Tribe and be a part of the Children and Family Services team to serve as a team leader to the wonderful employees within the department, and also to serve the community in its assertive efforts to maintain family preservation as a strong and proud sovereign nation which is vital to the future of the tribe, tribal families and community.

Gunalchéesh (Thank you)

*Cynthia Orié*



*Cynthia Orié*



**Muckleshoot**  
Veterans Day Dinner  
Tuesday, November 11  
5:00 O'clock  
Pentecostal Church

*Please join the Muckleshoot community in sharing a meal with the Men and Woman whom served our country!*

*Keep in mind that the honor guards will be posting the colors. Give your family enough time to be seated to witness this portion of the dinner!*

## Burke Museum's Newest Exhibit Celebrates Native Art from the Pacific Northwest

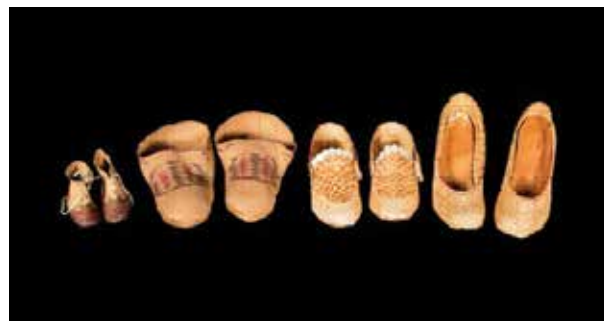
**Here & Now: Native Artists Inspired**  
November 22, 2014 – July 27, 2015

Seattle— Northwest Native artists create 30 new works inspired by 200 years of history.

*Here & Now: Native Artists Inspired* features work by artists whose

practice has been informed by the objects in the Burke's collections, demonstrating how today's artists and art historians learn from past generations. The exhibit will include contemporary works in a variety of media alongside the historic pieces that artists identified as key to their learning.

"The objects in the Burke's collection embody the knowledge of their makers and they can be a catalyst for transferring this knowledge across generations," explains exhibit curator and assistant director of the Bill Holm Center for the Study of Northwest Native Art, Kathryn Bunn-Marcuse.



Commemorating the 10th anniversary of the Bill Holm Center, *Here & Now* explores the dynamic relationship between the Burke Museum and Northwest Native art, artists, and scholars. In the past ten years, over ninety grants have been awarded by the center to researchers, artists, and graduate students.

The grant program is unique in its breadth, providing funding for artists to conduct workshops in their own communities, and travel funding to study collections at the Burke Museum or other institutions that hold collections key to an artist or researcher's interests. These grantees have all contributed to the current dynamism of Northwest Native art.

*Here & Now* shares the results of the conversations artists have with historical artworks. Celebrate master artists of the past and present and share in the enthusiasm and creativity of today's emerging artists.

#### The Mask That Inspired the Seahawks Logo:

In the lead up to the 2014 Super Bowl, Dr. Robin K. Wright, Curator of Native American Art and Director of the Bill Holm Center for the Study of Northwest Native Art at the Burke Museum and Bill Holm – one of the most knowledgeable experts in the field of Northwest Coast Native art history – tracked down the origins of the Seahawk's logo.

A photo in Robert Bruce Inverarity's 1950 book, *Art of the Northwest Coast Indians* depicts a Kwakwaka'wakw transformation mask which depicts an eagle in its closed form with a human face inside (revealed when the mask opens).

Further research revealed press articles from 1976 that described this Kwakwaka'wakw mask from Vancouver Island as the source of the logo. It is now part of the Hudson Museum at the University of Maine's collections.

During *Here & Now*, the mask will be displayed along with Native artists' interpretations of the signature Seahawks design and logo.



**Meet the artists of *Here & Now!*** On Sunday, November 23, participate in a panel discussion with selected artists whose work is featured in the exhibit, *Here & Now: Native Artists Inspired*; and join them for in-gallery conversations about their work.

See the documentary "Tracing Roots," which offers a heartfelt glimpse into the world of Haida elder and weaver Delores Churchill, and visit with her daughter and renowned weaver Evelyn Vanderhoop.

Get an up close view of tools and techniques as Burke Curator Sven Haakanson demonstrates the process of cleaning and preparing a Kodiak bear intestine for use in clothing and boat-making.

\*\*\*\*\*

**Images: Two Spindle Whorls CREDIT (left to right):** Burke Museum #1-275, *Spindle Whorl*. *Copper Repoussé Whorl*, loan from artist Aaron Nelson-Moody (Squamish-Coast Salish). Photo by Richard Brown Photography. **CAPTION:** Squamish-Coast Salish Artist Aaron Nelson-Moody crafted this copper spindle whorl after viewing the Burke Museum's Squamish 19th Century spindle whorl made from maple wood. Spindle whorls were used for spinning wool into yarn before weaving it into objects like garments or tapestries.

**Row of Shoes CREDIT (left to right):** Burke Museum #1-1904, *Child's Shoes*. Burke Museum #1-860, *Shoes; Loafers*, loan from artist Lisa Telford (Haida); *High Heels*, loan from artist Lisa Telford (Haida). Photo by Richard Brown Photography. **CAPTION:** Tlingit adult shoes and baby shoes woven with twined spruce roots are a part of the Burke Museum's vast ethnology collection and served as inspiration for Lisa Telford (Haida) in creating her 2006 pieces *Loafers and High Heels*. The artist's shoes are woven from plaited red cedar bark and twined yellow cedar bark and the loafers are adorned with abalone buttons.

**Transformation Mask CREDIT:** Photo courtesy of the Hudson Museum. **CAPTION:** The Kwakwaka'wakw transformation mask that inspired the design of the original Seahawks logo.

\*\*\*\*\*

**About the Bill Holm Center:** *Bill Holm is Professor Emeritus of Art History and Curator Emeritus of Northwest Coast Indian Art at the Burke Museum. He was a curator at the Burke Museum from 1968-1985 and is recognized internationally as one of the most knowledgeable experts in the field of Northwest Coast Native art history. The Bill Holm Center for the Study of Northwest Coast Art was founded in 2003 to continue the legacy of Bill Holm, who established the Burke Museum as one of the premier centers for the study of Native arts of the Pacific Northwest Coast.*

**About the Burke Museum:** *The Burke Museum is located on the University of Washington campus, at the corner of NE 45th St. and 17th Ave. NE. Hours are 10 am to 5 pm daily, and until 8 pm on first Thursdays. Admission: \$10 general, \$8 senior, \$7.50 student/ youth. Admission is free to children four and under, Burke members, UW students, faculty, and staff. Admission is free to the public on the first Thursday of each month. Prorated parking fees are \$15 and partially refundable upon exit if paid in cash. Call 206-543-5590 or visit www.burkemuseum.org. The Burke Museum is an American Alliance of Museums-accredited museum and a Smithsonian Affiliate.*

## UPCOMING TRAININGS

Here's a list of upcoming trainings offered by the Elders Complex. For further information call 253-876-2888

- Living with Hearing Loss 11/07/14 @ 9:30am, classroom TBD
- CPR & Heartsaver First Aid 11/12/14 @ 8:30am in Station 96 Firehouse
- Bloodborne Pathogens & Oxygen 11/13/14 @ 8:30am in Station 96 Firehouse
- Elimination Training 11/14/14 @ 9:30am, classroom TBD
- Strategies for Improving Mealtime 11/21/14 @ 9:30am, class room TBD

## 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 (state funded vouchers may take longer 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 receipts\*

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

## TRANSPORTATION

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 to Eugene West III 253-876-2869

## 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 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

## WOOD SERVICES

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

The service providers will also be available to check on your propane tanks, removing spider webs, checking lock boxes, and clearing leaves/snow from walkways to make sure you're safe and sound during

the winter months.

\*Muckleshoot Elders are given 1 large bundle of kindling once a week if needed\*

If you need these services please call: Tony Gonzales 253-876-2887

## DESIGNATED HUNTER

Updates information from wildlife department- Elders complex

- Elder's complex will work with wildlife dept. to keep track of your designated hunter
- Elder's complex will help you get in contact with the hunter you have chosen with the Wild life department to confirm they can hunt for you.
- Wild life needs to know in the paper work process how many deer (2- max) or (1) elk you would like from the hunter-(remember this is not a guarantee you will get what you sign up for each year)
- When your hunter gets your deer or elk they will need a contact number from you – or a notice ahead of time if you like your meat put in shop to be butchered per your expense. (You can do this on your own is another option. ) Olsens #253-825-3340
- Olson's Meat Company would need to know also how you want your meat cut up.
- A deer can cost anywhere from \$100.00 and Elk can cost around \$300.00 to process.
- If you like to change your hunter for the season please call wild life department so they can reissue your tags. phone # 253-876-3267
- If you have a tribal member not on designated hunter list you can call Tammy to have them added and they can hunt for you as long as they have no fine or suspended rights.
- Hunting ordinance is available if you like a copy at elder's complex or wild life dept.
- Important Reminder - let wildlife know if you are being asked for gas money or charging you to hunt for you this is Illegal and needs to be reported  
Noreen - Events Coordinator 253-876-3023

## New Sign in honor of Bucs' Lah

Our fire pit was dedicated to Pete "Buc sLeh" Jerry and had a sign made by Katherine Arquette to remember the joyous occasion.



## Emergency Room and Doctor Visit TIPS:

By U R Israel, M. A. Ed

Are you or someone in your family providing care for a beloved elder that sometimes includes many doctor visits and sometimes also an emergency hospital visit and possible stay? I recently found myself in that position. Here are a few tips someone passed on to me. Some of these I found on the Internet after experiencing overly long waits in Emergency Rooms. Most of these tips come from my own experience working at MIT Senior Services and caring for my own family members.

1. Pay attention to the time you entered, and write it down. If your family member is experiencing any change in increased pain or discomfort ask the general receptionist what the predicted wait time is and let them know that there has been an increase in pain etc. Also let them know how long you have been there.
2. If you are still frustrated ask to speak to the In Charge Nurse and tell them the same information listed previously. This worked wonders for me when a family member began moving to a higher level of pain after over a one-hour wait in the E R.
3. Carry your loved one's I D, copy of driver's license, Tribal ID, etc, and any recent doctor diagnosis and a list of all the medicines they take and the doctor's numbers and addresses. I found in the E R that when I could pull out the list of the medications and the amounts prescribed it saved valuable time in the E R caring properly for my family member.
4. Carry a small notebook and record vitals and any medications etc that are given to your elder. Do not be afraid to ask the professional why the person is being treated with that procedure or medication.
5. Here is another tip that helped me and the people that were caring for my beloved family member: pay attention to the name tag of Doctors, nurses, C N A etc and remember to say "Thank you (with their name), we really appreciate your care. Professionals in the E R work long hard shift hours and really enjoy being acknowledged for their service. This also helped me when my member was admitted and I could say, Dr Peterson in E R gave my family member 10 mgs of \_\_\_\_\_ for pain at 4 p.m. (or etc).
6. You are worried and stressed but remember to be a tower of strength and peace as much as possible for your family member. Also if your family member is admitted, the hospital will more often than not provide a reclining chair for you to sleep on near your family member if you desire it.



Recently Maria Carranza was visited by her beloved "Indian sister," Wanda Elwell from the Colville Tribe. Here they enjoy some tasty fresh edibles while catching up on each other's lives.

## Upcoming Ticket Drawings

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

Below are upcoming game days:

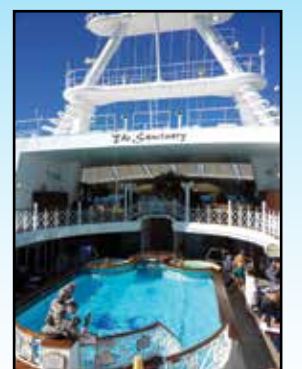
Sunday Nov. 9th	Seahawks VS Giants
Sunday Nov. 23rd	Seahawks VS Cardinals
Sunday Dec. 14th	Seahawks VS 49ers
Sunday Dec. 28th	Seahawks VS Rams

## Alaska Trip



## Happy Birthday!

- |                             |                           |
|-----------------------------|---------------------------|
| Clinton Eyle – 10/5         | Lana James – 10/23        |
| Bonnie Jerry – 10/6         | Christine Purcell – 10/23 |
| Samuel Adame – 10/8         | Jennie Martin – 10/24     |
| Frederick Gaiser – 10/12    | Debbie Brassard – 10/26   |
| Floyd Baker – 10/13         | Ona Bargala – 10/27       |
| Caroline Harp – 10/13       | Kenneth Calvert – 10/27   |
| Marguerite Pacheco – 10/14  | Connie Daniels – 10/27    |
| Chester Brown – 10/15       | Joseph James – 10/27      |
| Robert Pacheco – 10/16      | Wally Courville – 10/28   |
| Elaine WhiteEagle – 10/17   | Elaine Sandoval – 10/30   |
| Marvin "Butch" Ross – 10/18 |                           |
| Marie Starr – 10/20         |                           |
| Fay Allen – 10/21           |                           |
| George Cross – 10/23        |                           |
| Danny Davis – 10/23         |                           |



# HAPPY INDIGENOUS PEOPLES' DAY!

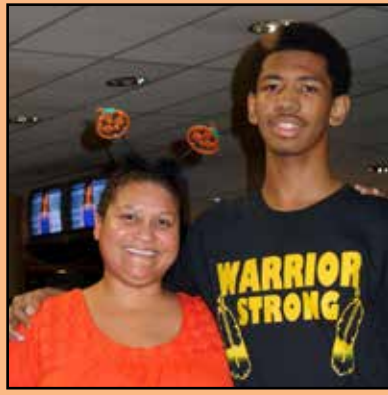
PHOTOS BY JOHN LOFTUS

On Monday, October 13, Mayor Ed Murray signed city legislation establishing the second Monday in October every year as Indigenous Peoples' Day in Seattle. These photos are from the City Council hearing, the Mayor's formal signing ceremony and the big feast and intertribal celebration that Seattle's urban Indian community held at Daybreak Star afterward.



# Tribal Halloween Party 2014

PHOTOS BY JOHN LOFTUS





## Hawks Fans Staff Lunch on Blue Friday

L-R Lisa James, Melissa Satiacum, Gloria Scarborough, Maria May, Janelle Hite, Lisa Perez, Dee Williams

# Celebration

*Gerri L. Williams*

October 15th. I have shared this special day with my little sister Lucy all of our lives. Even if we weren't together on our birthday we still acknowledged one another and expressed our love for one another. It is an honor and a blessing to be able to share this day with my Baby sister. I love you, Lucy. Always and forever, Pretty Girl.

In life, we have all had our struggles and our hardships. But, we all have many great reasons to celebrate too. We all have many reasons to be grateful for, many reasons to celebrate and many reasons to be smiling today. This moment in time is sacred. This moment in life is a blessing. This moment is your life and mine. Make it count.

Our Elder's always tell us to love one another. They express that forgiveness is an act of love. If I have done wrong by you in any way I ask for your forgiveness. Because, in my life; I strive to have no hard feelings towards anyone. I pray that I am able to walk in forgiveness each day. It is something I pray for: to let yesterday be just that; and to be able to walk forward knowing God blessed each of us with a brand new day.

Growing up, I learned a lot. But one of the most important lessons that I have learned is that you only have this one life. What will you do with your life? I have always known since I was 4-years-old that I was going to be a writer and a poet. I began to write poetry when I was 4-years-old. I would write stories and poems on a blank piece of paper and staple them together. I don't have any of those little books anymore but it would have been nice to be able to see the works of my four-year-old hands.

I learned that where you are in life right now is exactly where you are supposed to be. I questioned our Creator many times over why I was going through such hardships growing up. I have experienced many painful things in my life and I always felt like I was being punished for doing something wrong. However, I can see now that God was preparing me for the life that I am leading today. He was giving me understanding, compassion and an inner strength to be able to help our People out today. He was preparing me to be a helper in life and for that I can only be grateful that he carried me through when I couldn't even stand.

My best friend and sis, Marla Dawn Nelson, once told me. "As Native women we are so pretty. We are so beautiful, Gerri. Me and You." Then she laughed out loud! You know those girl talk moments. We used to watch that film, Ever After, a lot. It was a Cinderella story that we favored. And we would say that film word for word and just laugh at one another! I carry a lot of her words with me and teachings and stories and the laughs we shared. I miss her like crazy, you know. My Marla. We used to always travel to canoe jams a lot, too, during the last year or so that she was alive. She would always use my butterfly hand drum that my niece Chandra gifted to me on my 25th Birthday. At every single canoe jam that we attended together Marla would use my hand drum. I can still see the light in her eyes while she was drumming and singing. She was so happy with that hand drum in her hand and in the drum circle singing. I miss her, you know. I love you Marla Dawn and I wish you were here to celebrate with me and Lucy.

I hope you don't mind my little stories. These are just some of the things that I cherish most. Music and poetry are essential in my life. Whenever I am going through something painful I turn to my music to carry me through. I pick up my pen and write in my blank journals and they both help to carry me through. Music brings so much beauty to the world; just as poetry does too. Well, for me anyways! LOL! I know everyone has their own passion and love in life and I hope you live your life honoring that love and passion. Whether it is basketball, music, writing, fishing, carving, painting, singing, being a parent, helping our People out, and etc. What you are passionate about is what our Creator blessed you with.

On this day, it is an honor to share these words with you. You do matter. You are important. You are special. And, you are loved. As Native People. As Muckleshoot People, we take care of one another. We uplift one another. We protect one another. And, we love one another. You are always in my heart and prayers, Muckleshoot, and it is an honor to walk this life with each and every one of you. And, Lucy Miller, it is an honor, a blessing and a privilege to walk this life with you too, Little Sister. Happy Birthday Lucy. My heart. My Soul. My Twin for life. I love you.

Love Always,

**Gerri L. Williams/ Majesty**



*Gerri L. Williams*



*for Celebration*



*Me 'n' Baby Kandace*



*Maria*



## Muckleshoot 4H Club Meeting Come Join!

EVERY 3RD WEDNESDAYS  
JOIN ANYTIME  
5:30 to 7:30

The Blue Horse Barn  
Across from the Grange Hall  
39105 180th Ave SE

**The 4 H's:**  
**Head**  
**Heart**  
**Hands**  
**Health**

4H pledge:  
I pledge my head to clearer thinking  
My heart to greater loyalty  
My hands to greater service  
And my health to better living  
For my club, community, country and world



The goal of 4-H is to develop citizenship, leadership, responsibility and life skills for youth through experiential learning programs and a positive youth development approach.

Hosted by: Family and Youth Services/Behavior Health Program

Questions? Call: Joan Green Ferguson at Family and Youth Services: 253.333.3605

# I Love Lucy

Happy Birthday Lucy. This last year has been a difficult one for you and I want you to know that you are loved by so many people. You are especially loved by me, Pretty Girl. It is an honor and a blessing to share October 15th with you each and every year. Even if we are not together it is still our special day. It is still our birthday.



*Lucy & Joylene*

I love you forever, Little Sister. I love you in this world and into the next. You are one person who fills my life with joy and happiness. I wouldn't be me without you, Lucy. You are the other half of my heart and a huge part of my soul. So, walk in life with confidence knowing that you are amazing, beautiful and loved. Because you are.

Happy Birthday Pretty Girl. We will have many more together, too. I hope this year you know that you are not alone in life even though some of the people you were closest to are in Heaven now. They are still here with you.

You just can't see them, but I know you can feel them all around you. And they would like you to have a good birthday too.

"So put your dancing shoes on and turn the music up and dance!" LOL! Happy Birthday Lucy. I love you, forever, Sis. We all love you and you are not alone. Mwwahhhh! Hugz and kisses.

Love Always,

*Gerri Lullums*



*Lucy & Mom*



*Lucy & Little Lindsey*



### MISTY ANNE UPHAM

Misty Upham. Practically no one in the Muckleshoot Community had heard of her, yet news of the young Blackfeet actress's death circled the globe. The handful that did know who she was were amazed to learn she'd actually been living on the reservation, near the casino at Sherwood Garden Apartments.

The Seattle-Tacoma area has long been a magnet for Native Americans that have left the graves of their ancestors behind to try their luck in the big city. The Muckleshoots and their neighboring tribes, on the other hand, live on ancestral homelands they've occupied for thousands of years, and have shared close-knit reservations for over 150 years.

As urbanization has edged ever closer to the Muckleshoot Reservation, so has the urban Indian community, as evidenced by the fact that 70 separate tribes are represented in Auburn schools. Misty's passing has reminded us that, in spite of their close proximity, the urban and reservation-based Native communities seldom cross paths.

Who was Misty Upham? As a young girl,

she moved here from Montana with her family, attending Auburn and Kent schools. When Misty was 16, she joined Red Eagle Soaring, a Seattle-based Native performing arts group, and knew immediately that she'd found her dream.

Her first big break came in 2002, when *Smoke Signals* director Chris Eyre cast her in *Skins*, and then in *Edge of America*. Her major breakthrough came when she co-starred with Oscar-winner Melissa Leo in *Frozen River*, a role that required her to gain 40 pounds. Her performance won her the American Indian Film Institute's Best Supporting Actress award.

Misty was now on her way. Quentin Tarantino loved the film and cast her in *Django Unchained*. That led to her most famous role, acting side-by-side with Meryl Streep and Julia Roberts in 2013's *August: Osage County*. "I never in my wildest dreams imagined I'd ever hear Julia Roberts calling my name," Misty recalled. But she did.

Misty Anne Upham, a beautiful soul, struggled with mental health issues and left us way too soon, but her dedication to achieving her dream is an inspiration to all young Native Americans. Misty aimed for the stars, and she became one.

### SCREEN ACTORS GUILD MOURNS LOSS OF ACTRESS MISTY UPHAM

SAG-AFTRA joins the entertainment and Native American communities in mourning the death of actor and member Misty Upham.

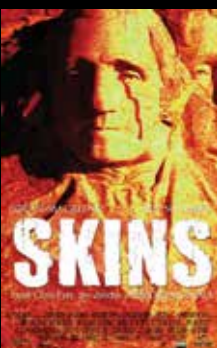
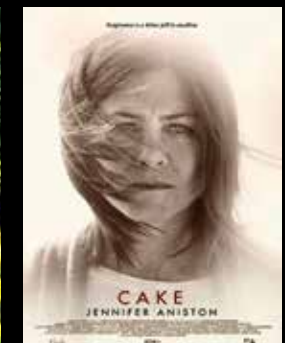
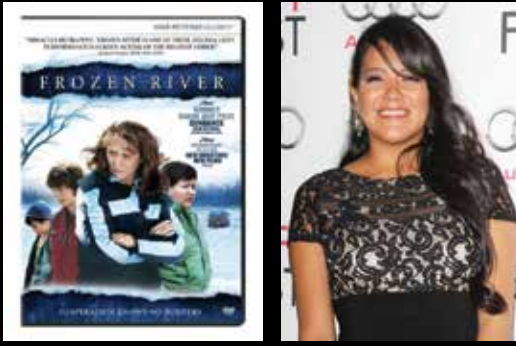


"I was very sorry to hear of the tragic death of Misty Upham. Like her family, friends and fans, I hoped she would be found safe, and the untimely death of someone so young and talented is heartbreaking," said SAG-AFTRA President Ken Howard. "My sincerest condolences go out to all her loved ones."

Upham was nominated, along with fellow cast members of *August: Osage County*, for Outstanding Performance by a Cast in a Motion Picture as part at the most recent SAG Awards earlier this year.

SAG-AFTRA Native Americans Committee Chair DeLanna Studi paid tribute to Upham, stating "Misty was a trailblazer in her own right, who was able to defy stereotypical roles for Native Americans and bring to life complicated and beautiful universal characters. Her contributions to our industry made her a role model for all indigenous peoples. We are terribly saddened by her leaving of this world too soon. We send our deepest condolences to her family and to the Blackfeet Nation."

## Misty Upham ~ She Aimed for the Stars...



Misty Upham and Meryl Streep on location during the filming of "August: Osage County"



Julia Roberts, Misty Upham and Meryl Streep in a scene from "August: Osage County"



Misty Upham / Benicio Del Toro



Jane Fonda and Misty Upham at producer Harvey Weinstein's 2013 holiday party



Misty Upham on the Red Carpet at the 81st Academy Awards



Misty Anne Upham



Misty Upham (in light-colored dress) at the Cannes Film Festival in France



At the Golden Globe Award Ceremony



# CASINO HOSTS CAREER DAY FOR YOUTH DEVELOPMENT PROGRAM

By Glorianna Abella

The Training and Development department at MIC hosted a very successful Career Day for the kids in the Youth Development Program on Saturday, September 27th from 2pm – 6pm in the casino banquet rooms. Trudi Moses reached out to this department in hopes that the youth in the program could be introduced to the various career opportunities available at MIC.

The overall goal for this day was to promote the various career opportunities that are available at the casino – we wanted to show these kids there’s much more to the casino than just gambling. T&D contacted various departments (F&B, Marketing, Engineering, Security, Table Games, and VGD) who all agreed excitedly to share their knowledge and jobs with the kids.

On the day of this event, Renee Lozier-Rojas started the day off with some storytelling about the history of her family as well as the tribe. Following, Monica Simmons and Glorianna Abella introduced themselves and gave their family history as well as their career history – emphasizing the importance of education and never giving up on your goals. The kids were then split into two different age groups: ages 7-11 and ages 12-18.

Pastry Chef Peter gave the younger kids (7-11) chef’s hats and aprons to wear and then brought them downstairs into the casino’s bakery. All the future chefs were given lessons on how to make cookies (piping, baking, and decorating) and were also taught how to make pretzels as well (shaping, blanching, and baking). The kids had a blast decorating and eating their cookies and pretzels!

Afterwards, the kids met with Leila Pleasant and Jasmine Cawley from Marketing. These two ladies introduced them to the various aspects of marketing and then had all the kids (including the YDP coordinators) play the marketing promotional game “Run for the Money”. This concluded the career introduction tour for the younger kids.

Meanwhile, in a different part of the casino, the older kids, ages 12-18, had a heavy agenda and were going to meet with many different people to learn about their

different careers. They started their day off with Building Maintenance Engineers from the Engineering department (Phillip James and Corey Cross) who discussed what fields they specialized in (electrical, HVAC, etc.); Anna Roberts from Facilities introduced the youth to what it takes to be a supervisor in the Facilities department.

Afterwards, Shaun Hoyt (Security Manager) took over and gave a presentation on the different types of situations a person would deal with while working in security – the kids were even allowed to practice using handcuffs! After all were un-handcuffed, Adrian Markantonatos and a couple of Table Games dealers showed off their dealing skills and taught the youth a little about what it takes to work in Table Games.

Following Table Games, the youth were brought out onto the gaming floor to the VGD – Steve Duncan, Devon Johnson, and Thomas Kahama showed the inside of a real VGD machine and did a demonstration on what a VGD Technician does with the machine. Devon and Steve taught the youth about what it takes to manage the VGD department as well.

The last stop on the career tour was at Club Galaxy. Junior Maldonado and his sound and light team (Juan and Bob) wanted to show the youth how they ran the entertainment/sound and lights for the club and what it takes to make it all come together. While a live band was playing, The Hookies, Junior let the youth experiment with the lighting of the show in the galaxy and the sounds as well. They were able to run their own show!

After T&D got all of the kids back together, you could just hear the excited chatter of the youth – some talking about wanting to work in security, become an entertainment manager, or to become a chef, etc. This experience opened their eyes to the many different career opportunities that are available to them at the casino – and they didn’t even get to meet with all the different departments!

T&D hopes to work with the Youth Development Program again next year to plan another successful Career Day to help our youth figure out what they want to do in the future!



## MUCKLESHOOT EMERGENCY PREPAREDNESS

The following are important points to remember when driving in flood conditions:



Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling.

A foot of water will float many vehicles

Two feet of rushing water can carry away most vehicles including sport utility vehicles (SUV's) and pick-ups.

Do not attempt to drive through a flooded road. The depth of water is not always obvious. The road bed may be washed out under the water, and you could be stranded or trapped.

Do not drive around a barricade. Barricades are there for your protection. Turn around and go the other way.

Do not try to take short cuts. They may be blocked. Stick to designated evacuation routes.

Be especially cautious driving at night when it is harder to recognize flood dangers.

**Stay Safe, Stay Prepared!**

253-261-4724 ~ [ada.mcdaniel@muckleshoot.nsn.us](mailto:ada.mcdaniel@muckleshoot.nsn.us)

MCFS in cooperation with MELA presents

## FATHER/MOTHER HOOD IS SACRED PARENTING CLASS

STARTS ON NOVEMBER 13TH, 2014

5:00 pm in the Cougar Room at the Phillip Starr Building

Dinner will be provided

Some of the topics we will be discussing are from Native cultural perspectives and they include:

- \* Understanding the sacredness of parenting
- \* Character and integrity
- \* Self identity
- \* Relationships
- \* Nurturing children
- \* Promoting unity

Etene "T" Taimalelagi

[etene.taimalelagi@muckleshoot.nsn.us](mailto:etene.taimalelagi@muckleshoot.nsn.us)

253-876-3392

William James

[serwilliam@yahoo.com](mailto:serwilliam@yahoo.com)

951-836-0409

## Domestic Violence Resources

Muckleshoot Behavioral Health Program  
17813 S.E. 392nd St. Auburn, WA 98092  
(253) 804-8752



Contact Behavioral Health if you or a loved one are affected by domestic violence, and we will assist you in getting help and support. Please don't wait, get help today.  
**(253) 804-8752**

### SHELTERS

- Family Renewal Shelter (Tacoma): 1-888-550-3915 (24 Hr)
- YWCA King County (Seattle): 425-226-1266 (9 - 4PM M - F)
- New Beginnings (Seattle): 206-522-9472 (24 Hr)
- Life Wire (North & East King County): 425-746-1940 (24 Hr)
- YWCA Pierce County (Tacoma): 253-383-2593 (24 Hr)
- Safe Place (Olympia): 360-754-6300 (24 Hr)
- Puyallup Tribe of Indians: 253-680-5499 (24 Hr)
- DAWN Shelter: 425-656-7867 (24 Hr)

### OTHER RESOURCES

- Washington Domestic Violence Hotline: 1-800-562-6025 (8 - 5PM & Mon - Sun)
- DAWN Crisis/Advocacy: 425-656-7867 (24 Hr)
- National Domestic Violence Hotline: 1-800-799-7233 (24 Hr)
- King County Sexual Assault Resource Center: 1-888-998-6423 (24 Hr)
- Crisis Clinic: 866-427-4747 (24 Hr)
- Seattle Indian Health Board: 206-324-9360 (8:30 - 6PM & Mon - Fri)

## FRUIT: NATURE'S DESSERT



### PLUMS



Plums, in season August through September in the northwest, are a delicious summertime treat. They can be dried and canned for longer storage and are often used (as prunes) to help regulate bowel movements. Some health benefits of plums include:

- Multiple antioxidants to help prevent cancer and the effects of aging
- Regulates digestive health; natural laxative effect
- Fiber content can aid in weight loss and blood sugar regulation

### Spicy Oven-Roasted Plums

(Recipe from allrecipes.com)

**Ingredients:** 4 plums, halved & pitted • 1/2 C. orange juice • 2 Tbsp. packed brown sugar  
1/8 tsp. cumin • 1/2 tsp. ground cinnamon  
1/8 tsp. ground nutmeg • 1/8 tsp. ground cardamom

**Directions:** 1.) Preheat oven to 400\*. Grease shallow baking dish w/ cooking spray, 2.) Place plums, cut-side up, in single layer in baking dish, 3.) Whisk together OJ, brown sugar, cinnamon, nutmeg, cumin, & cardamom in bowl; drizzle over plums, 4.) Bake for 20 minutes, or until plums are hot and sauce is bubbly.

# ORANGE FORMS

- WHAT:** 2014 Health Care Reform
- WHO:** American Indians/Alaskan Natives
- WHY:** Tax Penalty Exemption

See Mona Millan or Ronette Bailey  
Muckleshoot Health & Wellness Center  
Managed Care Department



## 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

## 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

**ATTENTION!**

## Medicare Part A & Part B Insured

### Medicare Part D—Open Enrollment October 15th—December 7th, 2014

- ◆ Medicare Part D is a Prescription Drug Coverage;
- ◆ During Open Enrollment You can Join a Medicare Prescription Drug Plan for 2015;
- ◆ Switch from one Prescription Drug Plan to another Medicare Plan for 2015;

**Come by the Health & Wellness Center's  
Managed Care Department to see Ronette Bailey or  
Mona Millan for assistance or call Ph # 253-939-6648**



# 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

**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

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

**Muckleshoot Behavioral Health Program**

GET HELP TODAY

**DO YOU HAVE A GAMBLING PROBLEM?**

**THERE IS HOPE!**

- Has gambling made your home life unhappy?
- Have you ever sold anything to finance gambling?
- Did gambling make you careless of the welfare of yourself or your family?
- Did you ever gamble longer than you had planned?
- Have you ever gambled to escape worry, trouble, boredom, loneliness, grief or loss?



If you answered yes to any of the questions above, or if you think you have a problem with gambling, there is hope. Muckleshoot Behavioral Health has counselors who are trained in gambling addiction, and can provide you with the help you need.

**Please call 253-804-8752 to schedule an appointment**

Muckleshoot Behavioral Health  
17813 SE 392nd Street  
Auburn, WA 98092

## VEG OUT


### CUCUMBERS

*For in-season cucumbers, purchase July through October*

Cucumbers taste great with a little added salt or added into a salad. Many people love to eat them pickled ("pickles"). Cucumbers are low on the glycemic index, which means eating them will have very little effect on blood sugars.

**HEALTH BENEFITS**

- Relieves bad breath
- Can help prevent & fight cancer
- Cucumber slices on the eyes at night can reduce puffiness



*Zippy Cucumber Salad (allrecipes.com)*

Ingredients	Directions
<ul style="list-style-type: none"> <li>• 2 cucumbers, sliced thin</li> <li>• 1 large sweet onion, sliced thin</li> <li>• 2 tsp. salt</li> <li>• 1 large jalapeno, seeded &amp; minced</li> <li>• 1/4 C. minced carrot</li> <li>• 1/3 C. rice vinegar</li> <li>• 1 tsp. ground ginger</li> <li>• 5 tsp. white sugar</li> <li>• 1/4 tsp. coarse black pepper</li> </ul>	<p>1.) Place cucumber, onion, &amp; 2 tsp. salt in bowl w/ enough water to cover; allow to marinate in refrigerator at least 30 min. Drain in colander and transfer to large bowl; add jalapeno &amp; carrot to mixture.</p> <p>2.) Stir rice vinegar, ginger, sugar &amp; pepper together in small bowl until sugar dissolves; pour over cucumber mixture &amp; stir to evenly coat. Cover &amp; chill in refrigerator for at least 30 min.</p>

## 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

## Health & Wellness Center Program Hours

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

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

Program Name	Phone No.	Closed-Lunch
Main Number to HWC	(253) 939-6648	12:00-1:00
Behavioral Health (Mental Health & Chemical Dep)	(253) 804-8752	Open
Family & Youth BH Services	(253) 333-3605	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 October-December 2014

Day	Date	Times Closed	Reason for Closure
Thursday	Nov 6th	8-9 am	Mo. All Staff Meeting
Tuesday	Nov 11th	All Day	Closed-Veteran's Day Holiday
Wednesday	Nov 26th	1-8 pm	Holiday-Thanksgiving Eve
Thursday	Nov 27th	All Day	Thanksgiving Holiday
Friday	Nov 28th	All Day	Tribal Holiday <b>SHUTTLE BUS WILL RUN 9-9</b>
Thursday	Dec 4th	8-9 am	Mo. All Staff Meeting
Friday	Dec 12th	11-5	Employee Holiday Gathering Wellness Center open 5-8 pm <b>Shuttle will run 9-11 and then resume 5-9 pm</b>
Wednesday	Dec 24th	1-8 pm	Tribal Holiday <b>Shuttle - Wellness</b>
Thursday	Dec 25th	All Day	Christmas
Wednesday	Dec 31st	1-8 pm	Tribal Holiday <b>Shuttle-Wellness</b>
Thursday	Jan 1st	All Day	New Year's Day

## 2014 Gospel Song Fest

Lynda Prince and friends Perry, Semesi and Gela honored us with their prayers and the blowing of the trumpet and silver horns.

Gordo lead the Song Fest again. It was enjoyable time with the music. Rhonda Cabanas coordinated the song fest. She and her helpers provided delicious meals.

On the last Sunday of the song fest, Daris asked to be baptized. She wanted to obey the Lord. The whole weekend was enjoyable for all who attended. The song fest is held on the last weekend of September every year.



EFFIE'S CORNER OF FAITH

### Feeding the Mind

Here's a thought, what are you feeding your mind? You may think what do you mean? Here's food for thought.

In a 24 hour period what are you doing that influences your mind? What about these, cell phones, conversations, TV programs, Internet, games as well as places you go for entertainment. What do you see, hear or talk about?

There are many avenues that you can allow to feed your mind which produces thoughts and influences. Are they negative or positive to your mind? Do they feed your mind with information that can enrich your life and bring positive growth? Do your thoughts give you joy and happiness? Or do you look at life as a negative experience? If so, examine what you are doing, saying and with who or where your allowing yourself to be.

We have choices in life to make. Wisdom says to fill your mind with people, things and places that bring life and light not pain and darkness. Hang out for awhile feeding your mind with good and positive things, because our minds need nourishment just as our bodies do!!

Here's another thought. Have you ever wondered how others see you? People do observe on how we act and speak as well as who we hang around with. This speaks volumes in regard to ourselves.

My dad told me that birds of a feather flock together and also this wise advice, if you have nothing nice to say, say nothing at all. Learn to be careful what you listen to, what you speak. Examine your thoughts and never assume what you see or hear is absolute truth.

In the word of God it says this, Death and life are in power of the tongue. Proverb 18:21

Let's journey together to Feeding the mind with nourishing food.

As always  
-Just me, Effie Tull

## Corwyn Vega, Jr returns to Muckleshoot

Corwyn Vega, Jr returned to Muckleshoot for two nights of service on October 6th and 7th. He plans to return again to Muckleshoot soon to bless us with his fabulous playing on his electric keyboard and wonderful worship songs. Lakota and Vashi are from Tulalip. They came to join Corwyn in music and to enjoy his preaching.



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

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

**RELIGIOUS CONTACTS**  
*Please feel free to suggest additions*

**Muckleshoot Indian Shaker Church**

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

**Muckleshoot Pentecostal Church**  
Rev. Kenny Williams, Pastor

**Sweat Lodge**  
Doug Moses, 425-301-6081

*Muckleshoot 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



Thelma Lozier

**Muckleshoot Library Events & Programs**

**Bricks and More Fun**  
 Wednesdays at 3:30pm  
 Play with LEGOS and bring your friends for fun at the library!  
 Ages 5+ (3-5 ok with an Adult) Last day 10/29

**Fun at Five Family Story Time**  
 Wednesdays at 5:00pm  
 Enjoy stories, songs and rhymes with Miss Robbin.  
 Ages 3 - 7 Last day 10/29

**IMAGERY OF THE WASHINGTON CASCADES: STORIES FROM A GUIDEBOOK PHOTOGRAPHER**  
 Wednesday, November 19th at 7pm  
 Alan L. Bauer is a professional photographer who has among many other things been a co-author and photographer for Washington State titles with The Mountaineers Books for much of the past ten years. **Adults**

**BABA YAGA AND THE BAG OF GOLD PUPPET SHOW**  
 Saturday, November 22nd at 2:00pm  
 This puppet show with Bunraku puppets features the infamous witch Baba Yaga who lives in a hut that walks on chicken legs. Discover classic characters from Slavic folklore.  
 Ages 3+

253-931-6779



**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, 8:30 am—5:00 pm. No appointment necessary!

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

Contact information: Tribal Liaison/Support Enforcement Officer Dept of Social & Health Services, Division of Child Support:  
 Todd Minotti (206)341-7175 todd.minotti@dshs.wa.gov

**“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.



**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




**COMMUNITY MEETING**

MUCKLESHOOT INDIAN TRIBE

November 4th 11:00 AM-2:00 PM Fisheries Conference Room-PSB  
 November 12th 5:00 PM-7:00 PM Fisheries Conference Room-PSB

Muckleshoot Indian Tribe is considering building new softball fields. We are inviting the community to discuss and provide input on potential future development of these Muckleshoot Indian Tribe softball fields.



MUCKLESHOOT INDIAN TRIBE  
 CONSTRUCTION DEPARTMENT

Steve Webber 253.508.3175, Kim Sharp 206.484.3775

**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**

November 24, 2014	- Per Capita Distribution To Be Determined (TBD)
November 25, 2014	- Per Capita Distribution TBD
November 26, 2014	- Per Capita Distribution – <b>Half Day Distribution Only in Finance</b>
November 30, 2014	- Enrollment Cut Off Date for <u>March 2015</u> Per Capita
December 31, 2014	- Deadline for <u>New</u> 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.

Sincerely,  
 Heather Evans  
 Finance Specialist, Tax Fund



# MUCKLESHOOT POLICE



## Muckleshoot Police Report

*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.*

**09/15/14 2:15 PM 14-246316 37100 block Auburn-Enumclaw RD SE Warrant Arrest**  
Princess Paul (24) was arrested on a King County felony warrant for "Failure to Appear (FTA) Rendering Criminal Assistance in the Second Degree" with a \$10,000 bail. Paul was booked into the Regional Justice Center (RJC) Jail.

**09/15/14 9:06 PM 14-246801 14500 block SE 386 PL Warrant Arrest**  
Ricky Apodaca (23) was arrested on a King County misdemeanor warrant for "Obstruction" with a \$10,000 bail. Apodaca was booked into the King County Jail (KCJ).

**09/16/14 6:05 PM 14-247608 14700 block SE 368 PL Warrant Arrest**  
Kenneth Bowen (44) was arrested on a Department of Corrections (DOC) felony no bail warrant for "Escape." Bowen was booked into the Enumclaw Jail.

**09/17/14 8:31 PM 14-248869 Muckleshoot Deli Stolen Vehicle Recovery**  
An adult male was arrested at the Muckleshoot Deli after he got out of a stolen vehicle. The male admitted to stealing the car during a burglary earlier in the day in Auburn. Auburn Police took custody of the male and booked him into the SCORE Jail for investigation of "Residential Burglary," "Vehicle Theft" and "Possession of a Stolen Vehicle."

**09/17/14 10:31 PM 14-248941 Fir ST/Auburn Way S Drug Violation**  
An adult female was stopped after she walked away from a stolen car at the Muckleshoot Deli. The female had black tar heroin on her, a drug pipe and foil. The female was booked into the King County Jail (KCJ) for the felony drug violation.

**09/18/14 11:03 AM 14-249337 Cedar Village Harassment**  
An adult female reported that she was being harassed by the elder mother of her children's incarcerated father. The deputy called the elder female and told her that the reporting female did not want her coming to her house. A case report was written for documentation purposes.

**09/18/14 7:40 PM 14-249761 Auburn Way S/Riverwalk DR SE Warrants Arrest**  
Deanna Fox (43) was arrested on a King County felony warrant with a \$2,500 bail for a drug violation, she was booked into the King County Jail (KCJ). Lonny Payment (48) was arrested on an Enumclaw misdemeanor warrant for "Domestic Violence (DV) Assault in the Fourth Degree" with a \$25,000 bail. Payment was booked into the Enumclaw Jail. Tammy Taylor (47) was arrested on a Renton misdemeanor warrant for "Theft in the Third Degree" with a \$543 bail, Taylor was booked into the SCORE Jail.

**09/18/14 9:30 PM 14-249886 SE 400 ST/Auburn-Enumclaw RD SE Suspicious Circumstance**

A vehicle with no license plates was stopped. The adult male passenger was acting very nervous. The contact was documented in a case report.

**09/19/14 3:54 PM 14-250566 Skopabsh Village Court Order Violation**  
Sunshine Bargala (38) was cited/arrested via citation for violating a "No Contact Order" her elder mother has against her.

**09/21/14 8:00 PM 14-252555 Cedar Village Auto Theft**  
An adult female reported her silver 2011 Dodge Nitro 4 door as stolen.

**09/21/14 10:21 PM 14-252685 41400 block Auburn-Enumclaw RD SE Kidnapping**  
The adult male victim was contacted by an adult male and an adult female in Enumclaw, they asked him if he could help them buy some suboxone. The victim got into the car with them and he directed them to a house in the 41400 block of the Auburn-Enumclaw RD SE. The male suspect went into the house with the victim but backed out of the drug deal. Back in the car the female pulled a gun on the male. They drove to a park where the suspects took the victim's wallet and cigarettes before leaving him at the location.

**09/25/14 5:30 PM 14-257138 SE 392 ST/172 AV SE Vandalism**  
John Brown (25) was reported to be high on drugs when he broke out a side window on his sister's car. Brown had fled the scene on foot before the deputy arrived. Brown was cited/arrested via citation for "Malicious Mischief (Vandalism) in the Third Degree, Domestic Violence (DV.)"

**09/27/14 8:21 PM 14-258538 39600 block 180 AV SE Theft**  
An elder female had her Craftsman Model 917.385410 red lawnmower with bag attached stolen her garage.

**09/28/14 3:27 PM 14-259288 SE 391ST/164 AV SE Burglary**  
An adult male had his two connex boxes that had been converted into fireworks stands broken into. Metal shelving, plywood, straps and lighting were taken.

**09/29/14 5:30 PM 14-260383 Skopabsh Village Warrant Arrest**  
Berynce Elkins (29) was arrested on a King County misdemeanor warrant for "Criminal Trespass in the Second Degree" with a \$2,600 bail. Elkins was booked into the King County Jail (KCJ).

**09/29/14 5:30 PM 14-260890 Skopabsh Village Trespass**  
Berynce Elkins (29) was cited/arrested via citation for "Criminal Trespass in the First Degree" after she was contacted in Skopabsh Village and there is a no trespass order keeping her out of all Tribal Housing properties.

**10/02/14 12:04 AM 14-269726 SE 408 ST/Auburn-Enumclaw RD SE Warrant Arrest**  
Zachary Valez (27) was arrested on a King County felony warrant for "Child Molestation" with a \$25,000 bail. Valez was booked into the King County Jail (KCJ).

**10/08/14 11:37 AM 14-702303 Muckleshoot Indian Reservation Drug Dealing**  
A citizen reported drug dealing on the reservation. The location and details are being kept confidential at this time.

**10/08/14 2:30 PM 14-269019 17700 block SE 408 ST Recovered Stolen Vehicle**  
A black 1991 Chevy S10 pickup that had been stolen from the 4200 block of Auburn Way S on 09/29/14 was found in a yard in the 17700 block of SE 408 ST.

**10/08/14 6:30 PM 14-269517 3400 block Stuck River DR Trespass**  
Three adult males and a juvenile who were riding ATVs on tribal property and who were not tribal members were trespassed from tribal land for one year at the request of a MIT security officer.

**10/09/14 7:40 AM 14-269932 41500 block Auburn-Enumclaw RD SE Theft**  
An adult male had his car broken into overnight by having a side window smashed and a Garmin Montana hand held GPS was stolen.

**10/09/14 5:00 PM 14-270400 41200 block 177 DR SE Assault**  
An adult female was transported to the hospital for treatment by family members after being assaulted by her boyfriend. A police report was taken.

**10/11/14 2:35 AM 14-271915 SE 408 ST/Auburn-Enumclaw RD SE Mental Complaint**  
An adult female jumped out of her father's car and started running in the middle of the Auburn-Enumclaw RD SE. When the deputy arrived the female would not stop for him and she began trying to open car doors of cars that had to stop in the road to avoid hitting her. The deputy had to physically remove the female from the roadway for her and passerby's safety. The deputy suspected the female was overdosed on meth. The female was sent to the hospital for detox and for a mental health evaluation.

**10/12/14 4:40 PM 14-273287 Cedar Village Threat**  
An adult male was arrested for threatening to kill his adult female girlfriend while holding and for assaulting her on a different day. The male was booked into the King County Jail (KCJ) for felony "Harassment (Threats.)"

## Muckleshoot Family Resource Center

**FOOD BANK** – This assistance is available for tribal member households ONLY. Food Bank hours are from 10:00 AM-4:00 PM, Monday through Friday, closed 12-1 for lunch. Please call for more details.

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

**EMERGENCY ASSISTANCE** – Emergency assistance is available for Muckleshoot tribal households who are experiencing an emergency within their household. It is available once per (calendar) year, per tribal household. Please call for details.

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

**OTHER ASSISTANCE** (tribal member households only) – Our office has diaper assistance, which is available once every two (2) weeks. We have personal hygiene packs available once a month, which is available to tribal mem-

ber adults 18 years or older. We have baby hygiene packs available for tribal children on a monthly basis. We also have women's personal items available. We have toilet paper available once per month per household. There is baby formula available once per month per household. This assistance is available for Tribal member households, and is depending on funding. Please call for more details.

**ENERGY ASSISTANCE** – There are two types of energy assistance funds that we receive throughout the year. There is a 7 day processing time for applications, please DO NOT WAIT UNTIL YOU HAVE A SHUT-OFF NOTICE. Once your utilities are shut off, there is a deposit added on to the account, and you must set up a new account with the utility company. Please contact us for more details.

**SENIOR ENERGY ASSISTANCE** – This energy assistance is for Muckleshoot Tribal member elder households (living within a 30 mile radius from the Muckleshoot Tribal Chimney), who need assistance with their utility bills. It is available to the tribal member households once per quarter, and is in addition to the LIHEAP/TAX FUND ENERGY-programs. Please contact us for further details.

**S.T.O.W.W.** – Small Tribes Organization of Western Washington. We also are the main contact for commodities distribution. If you are in need of this assistance, please come in and fill out an application. We will fax the application in to a STOWW representative, and they will contact

you as to whether you are eligible for their program. We distribute commodities from our office on a monthly basis. The STOWW phone number is 253-589-7101 X228.

**GENERAL ASSISTANCE** – This assistance is open to unemployed Muckleshoot Tribal members and to other Native Americans living on our reservation. This assistance is available depending on funding. Please call the office to inquire about funding.

**DSHS STAFF** is at our office Wednesdays and Thursdays every week from 8:30-3:30

**DIVISION OF CHILD SUPPORT** is at our office the 1st and 3rd Wednesday of the month.

### PHONE NUMBERS:

- Dawn Miller, Program Manager (253) 876-3356
- Jessica Garcia-Jones, Senior Energy (253) 876-3020
- Sandra Louie, Receptionist (Main Line), (253) 876-3336
- Renae Ward-Anderson, Social Services/  
Energy Assistance (253) 876-3126
- Juanita Sam, Emergency Assistance (253) 876-3084
- Antonio Cabanas, Food Bank (253) 876-3098
- Darren Redthunder, Food Bank (253) 876-3357
- DSHS Outstation (253) 876-3003
- Office fax # (253) 876-2811

## Driver's Training Available!



Rules of the Road Driving School, located in Enumclaw, currently contracts with the Muckleshoot Indian Tribe for driver education classes at the Muckleshoot Tribal School.

We have been providing driver education classes at the Tribal School since Jan 2014. We focus our course curriculum on state rules and regulations, low-risk driving habits, basic mechanics, tire changing and installing snow chains.

We are proud to announce that 28 Tribal School students have successfully completed our driver education course and 15 of those now have valid Washington State Driver Licenses!

Rules of the Road Driving School also offers practice drives for anyone needing to prepare to take their Washington State Department of Licensing Skills (drive) test or reinstatement tests.

One of the specialty services we offer is the administration of the State of Washington Department of Licensing Knowledge test and Skills test for anyone 15 and over.

We offer this service as part of our driver education class and also to all adults needing to test for their first Washington Driver License or license reinstatement.

The next Muckleshoot Tribal School driver education class session started October 13, 2014. Enrollment is open for all upcoming classes; December 2014, February 2015, April 2015 and July 2015.

Please contact the Muckleshoot Tribal School or Rules of the Road Driving School (253) 880-6758 for more information and enrollment paperwork.



### NOTICE OF PETITION FOR NAME CHANGE

Case No. MUC-NC-09/14-095

PETITIONER: Tammy James on behalf of a minor child DOB: 05/10/1999

Any person who may have an objection to this name change may file a notice of objection with the Muckleshoot Tribal Court 39015 172nd Ave SE, Auburn, Washington on or before the hearing scheduled for November 21, 2014 at 10:30 am.

## 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)



## WEIGHT LOSS COFFEE & TEA

Order your weight loss coffee, and green tea that lowers your A1C-sugar online at: <http://myjavita.com/roxannejava> OR call Roxanne at 206-409-8651.

- 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.
- Focus & energy coffee – improves memory and concentration.
- Fusion hot chocolate – beneficial for ADD and ADHD (children), improves focus and concentration.

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

IN RE THE GUARDIANSHIP OF:

A.S.  
DOB: 11/17/2007

AN INDIAN YOUTH

Case No.: MUC-G-10/14-110

NOTICE OF GUARDIANSHIP READINESS  
HEARING

TO: MARTIN MOON, JR., FATHER  
AUDREY LEACH, MOTHER

YOU AND EACH OF YOU will please take notice that a Petition for Guardianship has been filed for the above named child and a Guardianship Readiness Hearing will take place on **TUESDAY, the 13<sup>TH</sup> day of JANUARY, 2014 beginning at 1:30 PM**, in the Muckleshoot Tribal Court of Justice, located on the Muckleshoot Indian Reservation, Auburn, Washington.

The purpose of this hearing is to determine whether the Petition for Guardianship is contested and if so, then setting this case for a Trial to establish a Guardianship for the above named child.

Muckleshoot Child and Family Services is required to submit a Guardianship Report with the Petitioner's qualifications and MCFS recommendations included, at least ten (10) days prior to the final Guardianship hearing and/or Trial date.

The court will be making a determination that may affect your rights and responsibilities with regard to the above named child. Should you fail to appear at the hearing a default judgment could be entered against you and you could lose your rights in regard to this child.

A facilitated Family Group Meeting will be made available if requested by any party. All parties are entitled to have legal representation at this hearing at their own expense, meaning you are solely responsible for any legal fees charged by your attorney or spokesperson.

If you have any questions regarding the nature of this hearing or the location of the Court, please contact either the Court Clerk at (253) 939-3311, or the Tribal Prosecutor at (253) 876-2981.

Dated this 28 October 2014

/s/ Julia R. Lozier  
COURT CLERK / ADMINISTRATOR  
PHONE:(253) 876-3203  
FAX:(253) 876-2903

## EVENTS CALENDAR

November 4	<b>Community Meeting -11-2pm</b> Fisheries Conference Room PSB
November 4	<b>Muckleshoot Tribal School Culture Night - 5pm Dinner, 6pm Activities.</b> Info call 253-931-6709
November 11	<b>Veterans Day Dinner, Muckleshoot Pentecostal Church</b>
November 12	<b>Community Meeting -5-7pm</b> Fisheries Conference Room PSB
November 18	<b>Muckleshoot Tribal School Culture Night - 5pm Dinner, 6pm Activities.</b> Info call 253-931-6709
November 21	<b>Thanksgiving Dinner, Muckleshoot Pentecostal Church, 6-9pm</b>
December 11	<b>4th Annual NW Tribal Opiate Symposium.</b>
December 19	<b>Tribal Christmas Party, Muckleshoot Pentecostal Church</b>

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

"LITTLE INDIAN ANN, WITCH OF THE WOODS"  
I have the old posters you hand-drew.  
Please call me at 253-204-0841

## MIT Holiday Events Schedule

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

11/11	Veterans Day Dinner (Tuesday) – Pentecostal
11/21	Thanksgiving Dinner (Friday) – Pentecostal
12/19	Tribal Christmas Party (Friday) – Pentecostal

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

## Muckleshoot Realty is now on



This is an easy way to stay up to date.

- Meeting notices.
- Allotment updates.
- Where abouts unknown list.

**Check us out**

## 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



## Muckleshoot Tribal Community Thanksgiving Dinner

Muckleshoot Pentecostal Church  
39731 Auburn Enumclaw Rd SE, Auburn, WA 98092

**Friday, November 21 | 6pm - 9pm**





**SWIM CLUB.** Leetah Jerry and Hanna Vicente joined 2014 Auburn High School Swim Club. They are doing great... they practice every day and swim a lot of laps. They are getting healthy and having fun at the same time. Good job Baby Girl and Hannie Banannie!!! ...from Mom and Dad

## Erb's Palsy Awareness Week

October 19-25

Hello Everyone, my name is Tammy James, my husband is Stacey Gourdine. We have a son named Bane who was born in May with a condition known as Erb's Palsy in his left arm. His arm does not work or move as of today, but we are hoping he gains movement in the next few months because we are beginning to see improvements.

Erb's Palsy is a nerve injury where the nerves are ripped, stretched, blocked, or torn so no signals get from the brain to the area affected, which happens to be my son's left arm. He wears a little brace on his arm to help with his wrist because it curves under (they call it a waiter's tip), so the brace is trying to help him straighten it out.

This injury happened during childbirth, where he was too big and got stuck on his way out, as I am told.

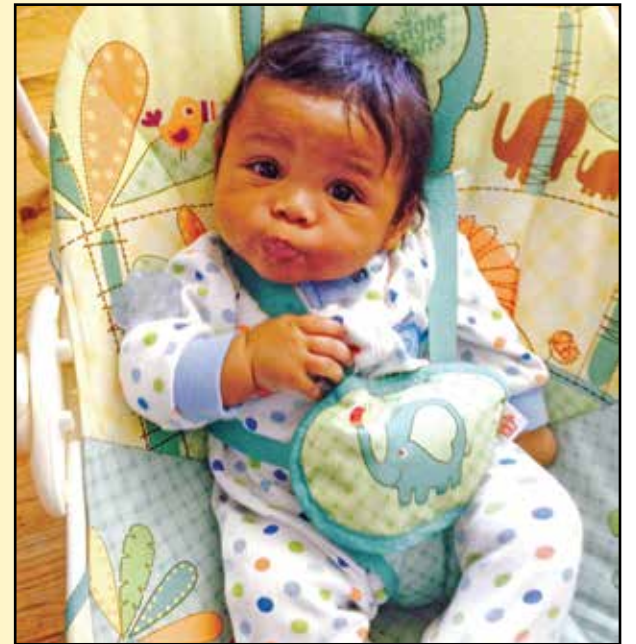
Bane sees a specialist group out at Seattle Children's Hospital and attends therapy sessions at a Children's Therapy center in Renton. When he is at home and daycare we also provide him with physical therapy to keep his arm muscles from tightening up because this will cause more problems later on.

Bane recently started the baby group at the B3 program and they have two therapists there who are also working with us. I was really reluctant to go back to work and send Bane to daycare because I wouldn't be able to perform his therapy throughout the day, but his care providers at MCDC were willing to learn the stretches and work with him while he is there. We are very thankful to have so much support here in the community for our little guy.

I have never known anyone in our community to have this injury so I just wanted to share my experience with it. It has been a very long 3-1/2 months, very emotional for me... wondering if my son will ever have use of his arm, will he ever be able to hug mama with both of his arms, will he ever be able to play sports... Is he handicapped? is he disabled? Are we ok to touch and move him? Will he ever crawl?

There were so many questions we had, but no one could answer them. The hospital wouldn't even come near to answering any questions. All they told us was that he had Erb's Palsy and that he will probably be moving his arm in a few weeks, and just do physical therapy with him.

As weeks passed by and still no movement, we finally got in to Children's Hospital and got more answers -- still not what I wanted to hear, but at least some answers. They told us we have to wait it out three months, because some babies



*Bane*

will start moving the arm within that time frame, but if it goes passed three months then there is most likely a more severe injury.

So here we are at 3-1/2 months and he underwent ultrasounds on his shoulder and diaphragm, and an MRI. We're waiting to see what the next steps are, which is probably surgery to try and repair the nerves if they are not severely injured. There are usually a few different surgeries that they do to try and help the nerves.

I joined a group on Facebook with other parents and people who have Erb's. They have helped me with a lot of questions, and it is nice to see the progress their children are making, from babies to adults. Kids usually gain some movement but they forever have Erb's. I have learned so far the kids learn to adapt and that they live a pretty functional life.

My advice to other mothers: Video tape your childbirth if you feel like there might be complications. You can always delete it later if things go well. Talk with your doctors and make a plan in the event things go wrong so you know what to expect. Listen to your body and if it begins to be too much, tell your doctor. I did have the gestational diabetes, so they were expecting my child to be on the large side, but not as large as he was when born at 37 weeks 5 days.

Bane is a very happy and smiley baby.

So blue is the color for Erb's Palsy Awareness Week Oct 19-25th. Thanks for reading my story, and I hope no other families in our community have to experience this.



### Happy 3rd Birthday Eli Jr.

Love,  
Grandma Wendy & Grandpa Byron  
& Auntie Tamicka

### Happy Birthday!



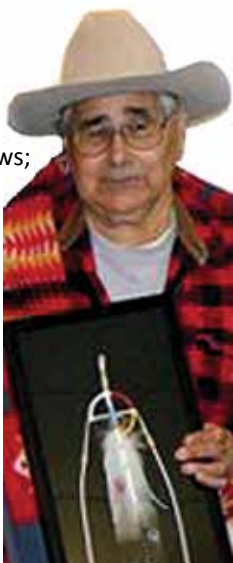
Happy 22nd Birthday  
"Marilyn & Henry" Martin (10/27/92)

BIRTHDAY WISHES to...  
(grandson) Dayton  
(nephew) Dwayne Jr.  
Wishing you MANY BLESSINGS!

**Happy Birthday to my Dad David Nichols**  
- there is not a day that goes by that I do not think of you. ~ Chantilly

### Missing You

No words I write can ever say  
How much I miss you every day.  
As time goes by, the loneliness grows;  
How I miss you, nobody knows!  
I think of you in silence,  
I often speak your name,  
But all I have are memories  
And photos in a frame.  
No one knows my sorrow,  
No one sees me weep,  
But the love I have for you  
Is in my heart to keep.  
I've never stopped loving you  
I'm sure I never will;  
Deep inside my heart,  
You are with me still.  
Heartaches in this world are many  
But mine is worse than any.  
My heart still aches as I whisper low,  
"I need you and I miss you so."  
The things we feel so deeply  
Are often the hardest to say,  
But I just can't keep quiet any more,  
So I'll tell you anyway.  
There is a place in my heart  
That no one else can fill;  
I love you so, Dad,  
And I always will.



Author Unknown



### Happy 6th Birthday Makai Starr!

Love,  
Grandma Wendy  
& Grandpa Byron  
& Auntie Tamicka

**I WOULD LIKE TO WISH MY BABY GIRL MISS MAYLEE AND HER BIRTHDAY BUDDY UNCLE EDDIE A HAPPY BIRTHDAY!!**

**LOTS OF LOVE FROM EVERYONE**



## WALK TO END LUPUS

The Muckleshoot Indian Tribe was a sponsor of this year's Walk To End Lupus in Seattle September 13<sup>th</sup>. I put my own team together, my husband and I walked at this event. It was interesting to read the facts of Lupus and Indian Country. Here is a sample of the material available at the Walk:

- Lupus is much more common in Native Americans than other ethnic groups, in some areas nearly ten times as often as among Caucasians.
- Studies show that Native Americans develop lupus at a younger age than people from other ethnic groups and that the disease may be worse for Native Americans.

### What is Lupus?

- Lupus is a chronic autoimmune disease that can damage any part of the body.
- Autoimmune means your immune system cannot tell the difference between foreign invaders and your own body's healthy tissues and goes after healthy tissue.

I take a personal interest in Lupus, because my mother had Lupus and suffered its effects through most



of her life. Lupus is real and affects our communities at a higher rate and with deeper impacts. So I join with them to walk to raise awareness of this disease and to help their efforts to do more research and learn of more issues. If you would like to learn more, [www.lupus.org](http://www.lupus.org)

Thank you Muckleshoot Indian Tribe for your generosity of sponsorship for this most important event!

~ Claudia Kauffman