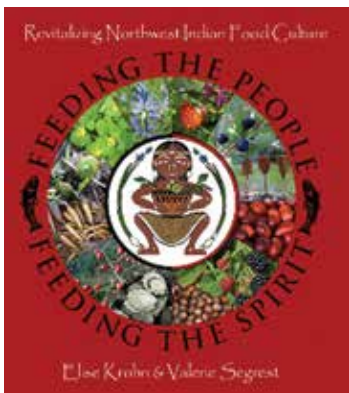


INSIDE

Seattle Art Exhibition 4
 Education 6
 Tribal School 8
 8th Annual Casino Ceremony 10
 Religion 11
 Elders 12
 Health 14
 JR Hamilton 18
 Police 19
 Notices 21
 Family 22



This Month Featuring
NATIVE AMERICAN ART & FOOD SOVEREIGNTY



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Muckleshoot MONTHLY



Vol. XVI No. II

Muckleshoot Indian Reservation, Wash.

MARCH 6, 2015

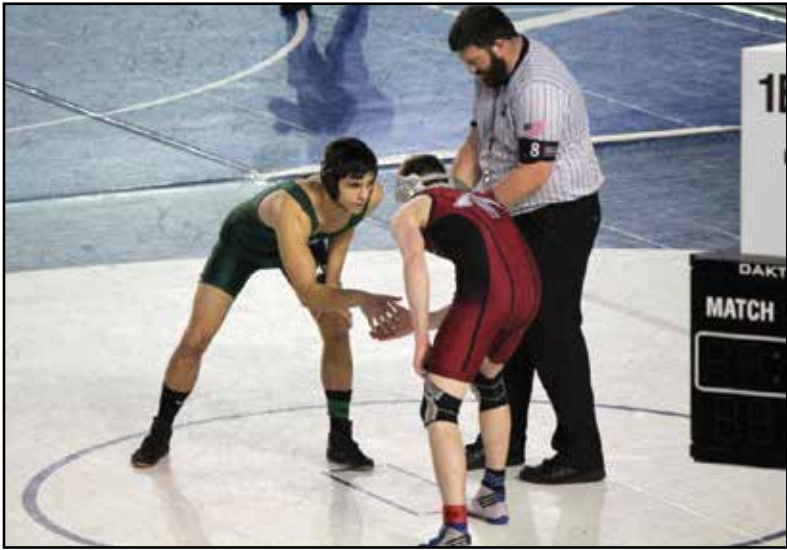


PHOTO BY PHIL HAMILTON

PERSEVERENCE

J-R Hamilton is 1st MTS athlete to wrestle in the State Tournament

By Phil Hamilton

In J-R's final match at the State wrestling Championships this year, the announcer called his opponent's name and school for the on deck match, and then proceeded to announce "J-R Hamilton from the Muckleshoot Tribal School, The Muckleshoot Tribal School."

He paused a moment, and then repeated: "That's right, ladies and gentlemen, this is the first appearance for the Muckleshoot Tribal School in The State Wrestling Championships, with J-R Hamilton."

Over the years, as J-R grew up, he never really excelled in any one sport. Year after year he would try out for them all and struggled making teams, trying to find his niche.

In baseball he began to move ahead of the other kids in the 6th grade, being able to crush the ball till the 9th grade, when he grew five inches and kinda lost his swing.

J-R began wrestling in the 6th grade and struggled, learning the sport and realizing that he needed to become stronger in order to compete with others in his age group. Through this he never gave up. He persevered through the losing.

In the seventh grade he began lifting weights, doing pull-ups, push-ups, getting his red card at the Wellness Center and working out with Dave Turpen, taking the initiative to become stronger.

In the 9th grade, he began to excel in football starting on both sides of the ball. It looked like he had finally found his niche in sports, and J-R became a 4-year starter for the Tribal School. Wrestling was still a challenge for him, but during that freshman year he would become the first wrestler to win a match for the Tribal School.

After the school year, wrestling Coach Todd Moser encouraged him to get involved in freestyle wrestling. It would add another 6-8 weeks of wrestling traveling around the state to various tournaments, wrestling opponents that were older and from 2A-4A schools. The struggles would continue for him; then, while at a freestyle tournament in the tenth grade, he took third, another fourth, then third again.

Entering the wrestling season in his junior year, J-R made taking the school to the State Tournament his goal, coming up short during the Sub-Regionals.

This year, he wrestled like there was no denying him his goal. Taking second place at the Sub-Regionals, then third in the Regionals, qualifying him and the school for the State Wrestling Championships, where he would place 7th in the State.

I will always treasure the memory of that announcer at the Tacoma Dome saying, "That's right, ladies and gentlemen, this is the first appearance for the Muckleshoot Tribal School in the State Wrestling Championships, with J-R Hamilton!"



NEW COLONEL PAYS A VISIT. The Fish Commission recently met with the new Colonel of U.S. Army Corps of Engineers. L-R: Todd LaClair, Leo LaClair, Col. John G. Buck, Commander, Louie Ungaro, Phil Hamilton, and Olton Swanson, Deputy District Engineer.

MUNI LEAGUE NAMES SEGREST PUBLIC EMPLOYEE OF THE YEAR



Valerie Segrest talks about healthy food at a 2012 White House conference

Muckleshoot Tribal member Valerie Segrest, Community Nutritionist and Native Food Educator, and head of the Muckleshoot Food Sovereignty Project, has been named recipient of the 2015 Municipal League Foundation of King County Public Employee of the Year Civic Award.

A non-partisan good-government organization founded in 1971, the Municipal League Foundation supports the development of civic participation and leadership.

At its annual Civic Awards program the League recognizes the accomplishments of elected officials, public employees and individual citizens who make significant contributions to the greater community.

In naming Valerie the recipient of the 2015 Public Employee of the Year award, the League cited her commitment to creating culturally appropriate health systems in tribal communities and dedication to tribal wellness through community-based research that impacts health disparities.

The League also noted her work to promote health and well-being for Native commu-

nities by combining traditional Native food and plant knowledge with modern scientific findings.

As head of the Muckleshoot Food Sovereignty Project Valerie has promoted tribal food assets, accessibility and production potential. She has sponsored workshops on the cultural teachings of some of the tribe's traditional foods such as salmon, camas, elk and berries, as well as various cooking methods.

She developed a basic nutrition curriculum entitled "Honor the Gift of Food" and co-authored the book *Feeding the People, Feeding the Spirit: Revitalizing Northwest Coastal Indian Food Culture*.

Rooted in her deep belief that food sovereignty is an essential underpinning of tribal sovereignty Valerie has worked to build community food resources and help knowledge keepers share their gifts so the tribe can sustain a healthy food system for everyone.

In 2012 Valerie was a participant on a White House panel discussion of the First Lady's "Let's Move! In Indian Country" initiative.

The panel focused on the four pillars essential to building a healthy future for American Indian and Alaska Native youth: 1) Creating a Healthy start on Life; 2) Creating Healthy Learning Communities; 3) Fostering Healthy and Comprehensive Food Systems Policies; and 4) Increasing Opportunities for Physical Activity.

Valerie has also been an outspoken critic of a proposal to approve genetically engineered salmon. In calling on the FDA to reject that application by a large Boston-based biotechnology company, Valerie said "the Coast Salish people have organized their lives around salmon for thousands of years. We see them as our greatest teachers, giving their lives for us to have life. The FDA must not allow the promised of increased production efficiency to trump science or treaty protected fishing rights and culture of Northwest Indians."

Valerie will receive her award at the 56th annual Civic Awards Banquet on April 2nd at the Renaissance Hotel in Seattle.

"Salish Bounty" exhibit now at Muckleshoot Library

MUCKLESHOOT – The King County Muckleshoot Library is currently hosting a special exhibit from the Burke Museum entitled *Salish Bounty: Traditional Native American Foods of Puget Sound*. On display in the library through April 12, the exhibit spotlights the revival of traditional Coast Salish foods and explores the deep history of the area's food traditions.

Archaeological sites around Puget Sound have revealed more than 280 plant and animal species used as food, and elders have shared their traditional knowledge to add even more local foods to this list. The



revival of Coast Salish food embodies the reestablishment of more healthful and sustainable practices that honor land and community.

Salish Bounty is a traveling exhibit co-curated by Burke

Museum archaeologists along with Warren King George (Muckleshoot/Upper Skagit) and Elizabeth Swanaset (Nooksack/Cowichan/Laq'amel.)

HEALTHY LIVING THROUGH TRADITIONAL FOODS

MUCKLESHOOT TRADITIONAL FOOD MAP
 HOW TO NAVIGATE YOUR FOOD RESOURCES
 LOCATIONS IN PARENTHESES ARE PROPOSED OR FUTURE FOOD RESOURCE SITES AS OF APRIL 2011.

TRADITIONAL & ACCUSTOMED HUNTING & HARVESTING GROUNDS ON MOUNT TADOMA
 Elk • Deer • Bear • Huckleberries
 Wild mushrooms • Fieldcrops

ENUMCLAW FARMER'S MARKET
 fresh local produce

RECOVERY HOUSE MEDICINAL GARDEN

COMMUNITY GARDEN

ELDER'S FARM-TO-TABLE PROJECT
 (CAMES PRABHU)
 Hazelnuts • Corn • Wild cherry

TRADITIONAL FOODS BANK
 Learning, Sharing, & Resource Center

WHITE RIVER HATCHERY
 Spring Chinook Salmon

TRIBAL COLLEGE NATIVE PLANTS TRAIL & BERRY GARDEN
 Indian Plum • Salmonberry
 Thimbleberry • Raspberry
 Sageberry • Nettle
 Rose Hips • Serviceberry

THE CHIMNEY

AUBURN FARMER'S MARKET
 fresh local produce

TRIBAL SCHOOL FRUIT ORCHARD & VEGETABLE GARDEN
 Blueberries • (Chickens)
 (Flour starts for gardens)

KETA CREEK HATCHERY
 Trout • Eulachon

SEATTLE FISHERY
 Salmon • Shrimp • Crab

MUCKLESHOOT SEAFOOD PRODUCTS

YASHON CLAM BEDS
 Horsetail • Clams • Oysters
 Mussels • Nettles

GREEN RIVER, **WHITE RIVER**, **THE SALISH SEA**

USDA HONOR EARTH

NORTHWEST INDIAN COLLEGE
 S-w-i-m-e • E-l-k • T-a-l • N-e-w • S-p-a-l

This map was produced with the guidance of Muckleshoot community members, organized by Valeria Siggett, artwork by Roger Fernandez, graphic design by Devin Brady, and supported through the Northwest Indian College, United States Department of Agriculture, and the Honor the Earth Foundation.



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If this is an address change, list previous address:
 Address _____
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I am a Muckleshoot tribal member,
 I have ties to the Muckleshoot Tribal Community Please explain:



Clip and Save

2015 Per Capita Deadlines and Schedule	
May 1, 2015	- Deadline for <u>New</u> Direct Deposits to be turned in to Tax Fund
May 8, 2015	- Deadline to stop taking Direct Deposit Changes/Cancellations
May 31, 2015	- Enrollment Cut Off Date for September 2015 Per Capita
June 2, 2015	- Per Capita Distribution Cougar Room
June 3, 2015	- Per Capita Distribution Cougar Room
June 4, 2015	- Per Capita Distribution Finance Building
July 31, 2015	- Deadline for <u>New</u> Direct Deposits to be turned in to Tax Fund
August 7, 2015	- Deadline to stop taking Direct Deposit Changes/Cancellations
August 31, 2015	- Enrollment Cut Off Date for November 2015 Per Capita
September 1, 2015	- Per Capita Distribution Cougar Room
September 2, 2015	- Per Capita Distribution Cougar Room
September 3, 2015	- Per Capita Distribution Finance Building
October 9, 2015	- Deadline for <u>New</u> Direct Deposits to be turned in to Tax Fund
October 16, 2015	- Deadline to stop taking Direct Deposit Changes/Cancellations
November 23, 2015	- Per Capita Distribution (Location, To Be Determined)
November 24, 2015	- Per Capita Distribution (Location, To Be Determined)
November 25, 2015	- Per Capita Distribution – Half Day Distribution Only in Finance
November 30, 2015	- Enrollment Cut Off Date for March 2016 Per Capita

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
 Anita Mitchell - Councilmember Elect



Native Art Weekend at Burke Museum, March 27 - 29

Seattle—"Culture is not stagnant. Through contact and the technological revolution, Tlingit culture is constantly adapting, observing, and searching for its place in the world," said Alison O. Bremner, Tlingit artist.

Bremner is one of 13 artists participating in the Burke Museum's Northwest Native Art market on Sunday, March 29. Born and raised in Southeast Alaska, painting, sculpture, jewelry and digital collage are a few of the mediums she employs. In addition to her contemporary practice, Bremner is committed to the revitalization of Tlingit culture in her hometown of Yakutat, Alaska.

Presented in conjunction with the **Here & Now: Native Artists Inspired** exhibit, the Burke is hosting a weekend-long celebration of Northwest Native art. Don't miss this unique opportunity to purchase original works directly from artists. Also attend a two-day art symposium that brings together Native artists and scholars to discuss current trends in the distinctive art traditions of the region.



PHOTO BY STEVE QUINN

Alison O. Bremner is one of 14 artists participating in the Burke Museum's Northwest Native Art Market on Sunday, March 29. Bremner is a Tlingit artist born and raised in Southeast Alaska. Painting, sculpture, jewelry and digital collage are a few of the mediums the artist employs. In addition to her contemporary practice, Bremner is committed to the revitalization of Tlingit culture in her hometown of Yakutat, Alaska.

ArtShop: Northwest Native Art Market

Sunday, March 29, 10 am – 4 pm, Burke Museum

Included with museum admission; FREE for Burke members or w/UW ID

Don't miss this unique opportunity to purchase original art directly from artists. The market will feature prints, jewelry, apparel, carvings, sculptures, and other works by 13 emerging and established Northwest Native artists. Art demonstrations including basket weaving, metal work, skinning and painting a drumhead, carving using traditional tools, and jewelry-making will be ongoing throughout the event. 100% of proceeds go directly to the artists.

Participating Artists:

Alex McCarty (Makah): Woodwork
 Alison Bremner (Tlingit): Jewelry
 Charles W Bloomfield (Pyramid Lake Paiute): Apparel
 DeAnn Jacobson (Duwamish/Suquamish): Bead work
 Israel Shotridge (Tlingit): Jewelry, woodwork, graphic design
 Jason Reed Brown (Koyukon Athabaskan): Metal work
 Jennifer Younger (Tlingit, Kaagwaantaan): Jewelry
 Joseph Seymour, Jr. (Squaxin Island/Pueblo of Acoma): Drums
 Linley Logan (Onondowaga AKA Seneca): Prints and cards
 Lou-Ann Neel (Kwakwaka'wakw): Jewelry
 Mary Goddard (Tlingit): Woven Jewelry
 Michelle Price (Navajo): Cedar vases
 Roger Fernandes (Lower Elwha S'Klallam): Original paintings and design

Northwest Native Art Market Media Sponsor: KING FM

ArtTalk Symposium: Conversations on Northwest Native Art

ArtTalk Keynote Program: We Got Styles!

Friday, March 27, 7 pm, Kane Hall 210, UW Campus

Saturday, March 28, 9:30 am – 4 pm, Kane Hall 225, UW Campus

Both days: FREE; pre-registration recommended at burkemuseum.org/events

Join leading scholars and Native American/First Nations artists as they present recent research on Northwest Native Art. The symposium celebrates the 50th anniversary volume of Bill Holm's influential book, *Northwest Coast Indian Art: Analysis of Form*. Speakers will examine the last 50 years of combining innovation and tradition, and envision the future of Northwest Coast art.

The weekend program will begin with the ArtTalk keynote. Dr. Robin K. Wright, director of the Bill Holm Center at the Burke Museum, will reflect on the study of Northwest Coast art styles and the remarkable things that have resulted from the interactions between Northwest Coast art scholars and artists over the past 50 years.

She will be joined by Shaun Peterson (Puyallup/Tulip artist) and David R. Boxley (Tsimshian artist) in a conversation about Northwest Coast art styles from their own experience, and what they foresee for the diverse mixture of rapidly expanding Northwest Coast art styles for the next half century.

Talks on Saturday will include topics such as collaborative research, community based scholarship, retrospectives on Northwest Coast art history, indigenous methodologies, and challenging pre-conceptions of contemporary Northwest Coast art.

For a complete schedule of talks and list of presenters, go to burkemuseum.org/events.

This symposium is made possible by support from the Walter Chapin Simpson Center for the Humanities, University of Washington.

About Here & Now: Native Artists Inspired: Here & Now showcases how today's artists learn from past generations. The exhibit features 30 new works by contemporary Native

artists, paired with historic pieces from the Burke Museum that artists identified as key to their learning. Join us for an exploration of the dynamic relationship between past and present, collections and creativity, and artists and their ancestors.

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.



PHOTO COURTESY OF ALEX MCCARTY

Eagle Rattle, by Alex McCarty. McCarty is one of 14 artists participating in the Burke Museum's Northwest Native Art Market on Sunday, March 29. He will be selling his art and holding a carving demonstration on how he uses traditional tools to shape his work.

Gilbert Buddy Jake

December 28, 1935 - January 15, 2015



Ben Charley, Gerry Dan and Gilbert Jake are shown in the 1972 photo taken at Taholah.

Gilbert Buddy Jake, 79 years of age and a longtime Taholah, Washington resident, died on Thursday, January 15, 2015, at his home in Taholah. He was born on December 28, 1935, in Puyallup, Washington to Thomas Jake and Iva Jack. He was an enrolled member of the Muckleshoot Indian Tribe.

Gilbert was raised and attended school in Puyallup, Cushman and the Chemawa Indian School in Salem, Oregon. Following his schooling he resided in various parts of Eastern and Western Washington. He had worked as logger, shake cutter and in construction.

He enjoyed silk screening and wood carving to include totem poles and canoes. He had traveled to various parts of the Pacific Northwest and attended services at the Taholah Shaker Church.

He was married to Helene L. Mowitch Black in 1964. She died on February 16, 2011.

Relatives include his sons, Mario Jake of Taholah, Marco Black of Taholah, LeRoy Black of Hoquiam, Glenn Black of Moclips and Thomas R. Jake of Wapato; his daughters, Ivy Medina of Wenatchee, Cheryl Shale of Taholah, Lila Whitefoot of Wapato and Jacqueline Medina of Oakville; his brothers, Julius Mike Jake of Wapato, Robert Comenout of Puyallup and Max Comeout of Wapato; numerous grandchildren, great grandchildren and other relatives.

He was the grandson of Julia King George Jake, whose brother, Henry King George, has many descendants here, including great-, great-great and great-great grandchildren. He was the great-grandson of Dan Selalis, one of Arthur Ballard's informants, who lies in the oldest marked grave at our White Lake cemetery, and was also the great grandson of Pilchuck Jack and Pilchuck Julia.

A Funeral Service was held on January 23, 2015, in Hoquiam, followed by interment at the Quinault Tribal Cemetery in Taholah. Please take a few moments to record your thoughts for the family by signing the on line register at www.colemanmortuary.net.



PHOTO BY EUGENA BUENA-DOUGLAS

Father Bichsel, on right, with Father Pat Twohy

Father Bill Bichsel

May 26, 1928 ~ February 25, 2015

Father William J. Bichsel, S.J., was born May 26, 1928 in Tacoma, WA and passed away February 28, 2015 in the city of his birth.

Father Bix, as he was known, was a tireless worker for peace and a compassionate friend to the poor. His whole life was devoted to a search for peace, and the justice which was its prerequisite.

For the past 40 years, he was intimately connected to several of the Salish tribes of the Northwest Coast, and was perhaps best known and loved by the Puyallups. In all his work, Father Bix sought to connect groups who did not normally associate with each other, welcoming and loving all as children – like himself – of the one Creator Spirit.

He was an integral part of many communities, including his Jesuit brothers and the Plowshares and Ground Zero groups opposed to the illegality of nuclear arms under international law. He was arrested many times for acting upon his deeply-held beliefs. Father Bix was also deeply committed to providing food, clothing, and housing for the most ignored in our society.

Services will be held at St. Leo's Catholic Church, 710 S. 13th St., Tacoma. There will be a Vigil on Friday, March 13, at 7pm, followed by a Funeral Mass on Saturday, March 14 at 10am. Father Pat Twohy will officiate.

SEATTLE ART MUSEUM PRESENTS

INDIGENOUS BEAUTY: MASTERWORKS OF AMERICAN INDIAN ART FROM THE DIKER COLLECTION EXHIBITION

A diverse roster of programing and events compliment the exhibition
February 12-May 17, 2015



SEATTLE, WA –Drawn from the celebrated *Native American art collection of Charles and Valerie Diker, Indigenous Beauty: Masterworks of American Indian Art from the Diker Collection* features 122 masterworks representing tribes and First Nations across the North American continent.

Indigenous Beauty is the first traveling exhibition drawn from this acclaimed collection and highlights native North American artists whose visionary creativity and technical mastery have helped preserve cultural values across generations. The exhibition includes artists from many tribes and nations, each the product of complex and intertwined histories; and the captivating objects they created convey the extraordinary breadth and variety of Native American experience in North America.



“Shaped by the Dikers’ passion for American Indian art and culture, and coupled with a sensibility honed by their long engagement with modern and contemporary art, this collection is renowned as one of the largest, most comprehensive, and exquisite of Native American art in private hands,” says Kimerly Rorschach, Illsley Ball Nordstrom Director and CEO. “We are thrilled to bring these superb works to Seattle.”

Selections from the collection have been presented previously at the Metropolitan Museum of Art (1998–2000) and the Smithsonian’s National Museum of the American Indian (2004-6).

“This exhibition affords a rare opportunity to see true masterpieces of art from across the continent,” says Barbara Brotherton, Curator of Native American Art for the Seattle Art Museum. “These works reveal the creative transformations that took place when new materials and

ideas acquired from Euro-American fur traders and settlers inspired Native artists. Exciting interpretive materials and public programs will bring the works to life and allow visitors to experience Native art and culture as never before.”

UPCOMING PROGRAMS AND EVENTS RELATED TO *INDIGENOUS BEAUTY*

Details are subject to change, and additional programs and events may be added

March 14, Family Fun Workshop: Patterns and Textures
10 am-noon, Seattle Art Museum

Explore *Indigenous Beauty* with a family-friendly sketching tour, then create your own striking mosaic inspired by the beautiful patterns and textures seen in Native American designs. Family Fun workshop fee for one adult and up to two kids is \$15; SAM members \$7.50. Additional participants are \$5 each (members included).

March 25, SAM Talks: Gaylord Torrence
7-8 pm, Seattle Art Museum

Gaylord Torrence, Senior Curator of American Indian Art at the Nelson-Atkins Museum of Art, discusses the work of the Plains Indians in *Indigenous Beauty*. Tickets: SAM members \$5; Adults \$10; Seniors and Students \$8.

April 22 SAM Talks: Johnpaul Jones
7-8 pm, Seattle Art Museum

On Earth Day, join a discussion with architect Johnpaul Jones on the relationships between Native culture, the built environment, land use, and environmental activism. Jones was the architect for the National Museum of the American Indian (NMAI).



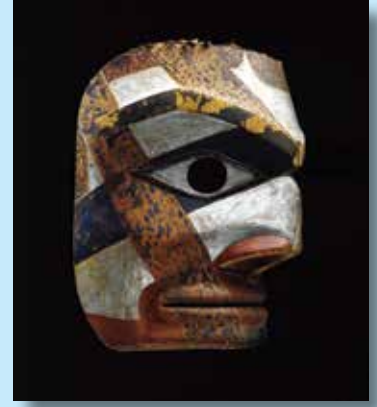
May 6, SAM Talks: PechaKucha Seattle
7-10 pm, Seattle Art Museum

The Seattle Art Museum and PechaKucha Seattle team up to present topics and issues related to contemporary Native culture. Presented in conjunction with *Indigenous Beauty*. Free and open to the public.

Registering and Purchasing Tickets for Special Programs

Advance registration or ticket purchase is required for SAM public programs (there are no timed tickets for this show). To register or purchase tickets visit seattleartmuseum.org or call the Box Office at 206-654-3121. Event tickets may also be purchased at any of SAM’s three sites. For more information about SAM programing please visit the museum’s website at seattleartmuseum.org/.

Arts. *Tunic and leggings*, late 19th century Tlingit, Chilkat, Klukwan, Alaska. Cedar bark, wool, metal cones, 44 1/2 × 14 5/8 in. Diker no. 795. Courtesy American Federation of Arts. Louisa Keyser (also known as Datsolalee, Washoe) Carson City, Nevada. *Basket bowl*, 1907. Willow shoots, redbud shoots, bracken fern root, 12 1/2 × 16 5/8 in. Diker no. 326. Courtesy American Federation of Arts. *Man’s shirt*, ca. 1850 Niimiipu (Nez Perce), Oregon or Idaho Hide, porcupine quills, horsehair, wool, glass beads, pigment, 32 11/16 × 60 2/3 in. Diker no. 666. Courtesy American Federation of Arts.



MEET OUR NEW HUMAN RESOURCES STAFF MEMBERS

Mindi Kee - HR Analyst II - Compensation & Benefits

Hello my name is Mindi Kee and I am an enrolled member of the Shoshone-Paiute Tribes of Owyhee, Nevada. My human resource background includes working for other tribes such as Kalispell, Coeur d'Alene, and the Otoe-Missouria Tribe of Oklahoma. I have also worked in a human resource capacity for other non-tribal businesses.



I graduated with a Bachelor of Organizational Management from Whitworth University and am a student at Gonzaga University seeking a Masters in Communications and Leadership. I am proud to be part of the HR Team here at MIT. I believe that working in human resources helping people is what we do and we can accomplish this by offering the best of customer service to all of our valued employees. With that, please do not hesitate to contact me if you have any concerns or questions and I will be happy to help. GO ZAGS!

Donny Stevenson - Employee Relations Specialist

Please allow myself, to introduce myself.

My name is Donny Stevenson and I am the new (but not so new, recycled, let's say) Employee Relation Specialist with the Muckleshoot Human Resources Department. I am an enrolled Muckleshoot Tribal Member who was born and raised here on the reservation. I have worked for the Tribe in one capacity or another since 1997; virtually my entire adult life. I've had the privilege of serving our Tribal community in a number of different roles over that time. I was an executive level manager with our Casino for a number of years after having worked my way up from entry level. I then served my first term with the Human Resources Department here at the Tribal Government, working in managing Employee Relations.



Most recently, just prior to returning to my current role again in Employee Relations, I also had the privilege of having worked directly with and for our Muckleshoot Tribal Council. The honor of serving our leaders who, in turn, serve our community was a role I very much enjoyed and an opportunity for which I will always be thankful.

In my role as the Employee Relations Specialist in Human Resources, I deal specifically with managing all levels of relationships within the Tribal Government and act as a point of contact for all levels of employees regarding the application and administration of policy within our organization! I am a Senior Professional in Human Resources (SPHR) a high level recognition / certification through the HR Certification Institute in the Human Resources field, a fancy way of saying that basically, I know my stuff when it comes to HR!

I truly consider all of the time I have been able to work for our people to be an honor and continue to apply my energy, efforts and experience toward ensuring that our tribe and each of our employees has the opportunity to excel and be successful! I am so excited and grateful to work for our Tribe and people during such an important and vital stage of our history; we have a real opportunity and ability to make a difference in people's lives; to see how the assistance we offer our community can positively impact individuals and families on a day-to-day basis. Not only for today, but for the 7th Generation and beyond! What an awesome thing to be able to say about where we work! It is with this in heart and mind, that I challenge myself to remember this fact on a daily basis and to represent Muckleshoot accordingly.

In my free time, I am an active artist, athlete and die-hard Seahawks fan! I live in Auburn with my two youngest daughter's Raven (13) and Jordan (11) and my beautiful wife, Tina. We also have another daughter Kacey, who is grown (19) and works for our biggest and best Casino, and our son Ryan (23) recently had a baby of his own, Kaiha (5 months)!

I am so happy and blessed to be working for our Tribal community as your Employee Relations Specialist; please stop by anytime to let me know what I can do to serve you!

Glorianna Abella - Training Analyst

My name is Glorianna Abella (formerly Ortiz-Cross) and as of December 22, 2014, I'm the new Training Analyst working in the Human Resources Department here at the Muckleshoot Tribe. I am a Muckleshoot Tribal Member and I come from the Cross/Kinggeorge and Lozier families. Prior to working here at the tribe, I worked at the Muckleshoot Casino for almost 5 years (actually 4 years and 10 months) - 10 months in F&B and 4 years in the T&D department where I worked primarily with the Career Advancement Training (CAT) Program as an assistant and also as a specialist.



At MIC, I was able to learn what the training and development field had to offer and decided this was the career that I wanted to pursue. I learned to work with tribal members by assessing their career needs, facilitate one on one sessions, and help obtain resources for them to be successful in their careers. These skills are what I am able to bring to the Human Resources Department here at MIT. With this new position, I'm learning aspects of T&D that I didn't quite get to do at MIC on my own so I'm growing and progressing day by day.

In my spare time (when I'm not busy with school), I absolutely LOVE riding my dirt bike alongside my husband, Benjamin B at White River, out in Greenwater, or out in Wilkeson. If I'm not doing that then I'm probably at home with my fur babies (cat and dog) Napoleon and Kimosabi. I'm a very family oriented person and try to spend as much time with my mom, Marena Cross, brothers Stanley and Corey Cross, sisters-in-law Elena and May, my nieces Xandra and Zoie and my nephews Kainoa and Keoni, and of course my little sister Rosa Anne, too!

I'm hoping that with time, I'll be able to work with the many different MIT departments in assessing and providing them with their training needs. I look forward to meeting and working with the MIT employees!



Reese Ponyaquaptewa - Recruiting Analyst

My name is Reese Ponyaquaptewa, I am Navajo and Hopi and come from Tuba City, AZ. I am Tsi'naajinii (Bear/Black Streak Wood) born for the Red Fox clan. I am the new Recruiting Analyst for MIT HR. I like to travel and one of the places that has always been captivating is Seattle, WA. I am learning a lot about this area and the natives in this area and am impressed with the Muckleshoot Nation. All the progress that has been accomplished and the vision that the Muckleshoot people aim for. I am glad to be a part of the MIT Team. An interesting tidbit about myself, my last name. Pon-yah-quap-te-wa. Meaning: it is the name of a Hopi prayer altar used for our ceremonies.



I like to travel and one of the places that has always been captivating is Seattle, WA. I am learning a lot about this area and the natives in this area and am impressed with the Muckleshoot Nation. All the progress that has been accomplished and the vision that the Muckleshoot people aim for. I am glad to be a part of the MIT Team. An interesting tidbit about myself, my last name. Pon-yah-quap-te-wa. Meaning: it is the name of a Hopi prayer altar used for our ceremonies.

Gail Larsen retires from Fisheries

IMPORTANT NOTICE TO MUCKLESHOOT FISHERS

APRIL 15th - FIRST AVENUE SPRING CLEANING - APRIL 15TH

Derelict gear abandoned at the tribe's first Ave. properties has been marked with either an orange "X" or green tape.

Items include fishing nets, boats, boat & tent trailers, motors, cork & lead lines, tools and outdrives etc.

All marked items must be removed by April 15th. Unclaimed marked items remaining after April 15th will be disposed of by the tribe. No exceptions.

MIT FISH COMMISSION

Any questions please contact fisheries at (253) 876-3118



Keta Hatchery chum print

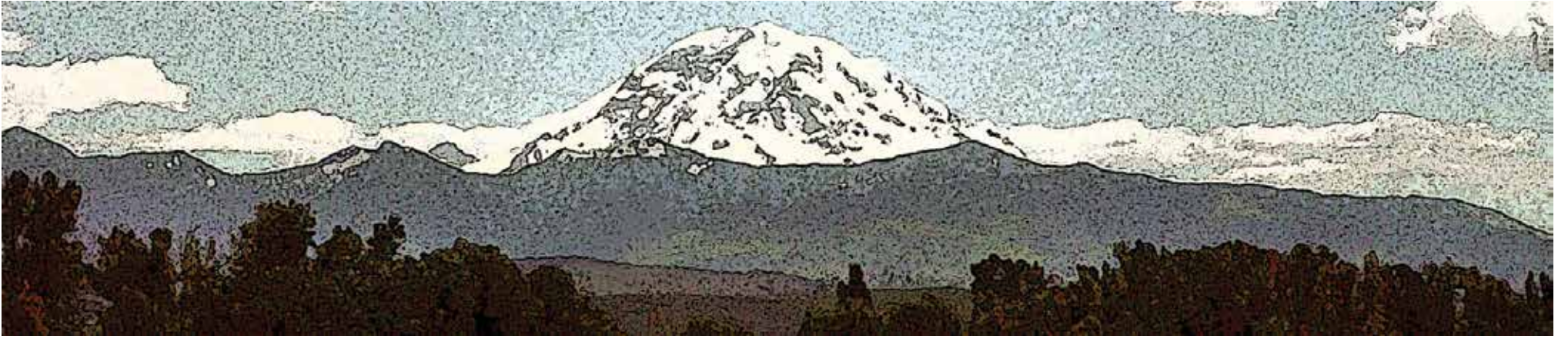


Emcee Dennis Moore



Fish Commissioners Phil Hamilton and Todd LaClair wrap Gail in a blanket.





Gabbie Davis is first to pass new GED test!



Gabrielle Davis is a seventeen year old Muckleshoot tribal member, and the first tribal member to pass the 2014 version of the GED at Muckleshoot Tribal College! While the test has increased in difficulty, many other Muckleshoot tribal members have now passed sections of the test and are our next soon-to-be graduates. Gabbie shares her experiences with us...

What motivated you to get your GED?

I was feeling pressured by everyone because I was procrastinating and felt like a failure. I did not want to feel like a failure anymore.

What strategies helped you to earn your GED?

1. Coming here (Muckleshoot Tribal College) several hours a day.
2. Doing the work even when I didn't feel like doing it – especially math!
3. When I first starting coming to the GED classroom, I was resistant to getting help and tried working on my own. When I started actually working with the instructors, I learned more quickly and started to pass tests.

What is your advice for someone who wants to get their GED?

Coming to MTC is a really good choice. There is a lot of one-to-one time. The instructors understand that everyone learns differently and at different paces. They are patient and know how to elaborate when you need it.

How do you feel now that you have obtained your GED?

I feel like there are more doors opening in life. I feel more independent and confident, academically speaking.

What have you learned about yourself by attaining your GED?

I've learned that all the things I thought I couldn't overcome in life, I could overcome. I never thought I would learn math because I had an IEP in math and there wasn't anyone who could help me. *(After studying at Muckleshoot Tribal College and earning her GED, Gabbie placed into intermediate Algebra for college – which is an accomplishment!)*

What are you doing now that you have your GED diploma?

I am a college student at Northwest Indian College and I am pursuing my career goals.

Could you be next? Come join us at the GED program at Muckleshoot Tribal College. For more information contact Laurie (253-876-3256) or Alicia (253-876-3375) or come by anytime from 9-5, Monday- Friday.

COMMUNITY CLASSES

COME & JOIN US: Every 2nd & 4th Tuesday of the Month at 5:30 – 7:30PM

Language instruction with canoe song & dance practice followed by dinner.

Open to all community & tribal employees

Where: Canoe Family building behind the tribal police department (38907 172nd Ave. SE Auburn, WA)

Language Program
Mary Ross 253.876.3306

Culture Program
James Smiskin 253.876.3013

Invest in your future
Get your GED

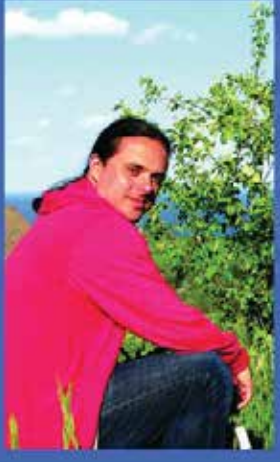
New math classes begin every Monday from 10-11:30!

Muckleshoot Tribal College
For more information, contact the GED Instructors:
Laurie 253 876-3256, Alicia 253 876-3375

2014-2015 Important Dates Academic Year 2015	Summer 2014 (2015-10)	Fall 2014 (2015-20)	Winter 2015 (2015-30)	Spring 2015 (2015-40)
Registration	May 19-June 27	May 19-Sept 19	Nov 10-Jan 6	Feb 23-Apr 3
Faculty Advising Day <i>(Muckleshoot)</i>		9/10		March 5
Admissions App - Priority deadline	None	June 15	Oct 15	Feb 1
Financial Aid - Priority deadline	None	June 15	Oct 15	Feb 1
Graduation Apps due	None	July 1	Oct 15	Jan 31
Quarter classes begin	July 1	Sept 22	Jan 7	Apr 6
Late Registration	June 30-July 3	Sept 22-26	Jan 7-9	Apr 6-10
Permission for Late Registration (Blue Slip)	None	Sept 29-Oct 3	Jan 12-16	Apr 13-17
Faculty Discretionary Drops Due	None	Oct 2	Jan 15	Apr 16
Last day for 100% refund for official withdrawal from courses (Census Date*)	July 10	Oct 9	Jan 22	Apr 23
Last day to sign up for S/U grading, Drop without "W" on record, or register for IL/LC or CEU (including ABE, GED)	July 10	Oct 9	Jan 22	Apr 23
Midterm Week	None	Oct 27-31	Feb 9-13	May 11-15
Midterm Grading	None	Oct 25-Nov 2	Feb 7-15	May 9-17
Last day to officially withdrawal* (No Refund after Census Date)	July 25	Nov 14	Feb 27	May 29
Last day of the Quarter	Aug 8	Dec 12	Mar 27	June 19
Final Grading deadline 5:00 pm	Aug 11	Dec 15	Mar 30	June 22
Graduation Commencement Ceremony				June 19 <i>(Main campus)</i> <i>Muckleshoot TBD</i>
Holidays - College Closed				
4th of July	July 4			
Veterans Day		Nov 11		
Thanksgiving Holiday		Nov 27-28		
Martin Luther King Day			Jan 19	
Presidents Day			Feb 16	
Memorial Day				May 25

MTC SPEAKERS SERIES

Brett Ramey
Monday, March 16th, 5-7, Muckleshoot Tribal College



Brett Ramey (Ioway) has worked for over a decade to support community health and wellness initiatives throughout Indian Country. Currently, this takes form within Partnerships for Native Health at the University of Washington where he works to develop cancer-related education that is relevant and useful to Native communities. Previously, Brett's work has focused on youth leadership development and traditional foods. This included co-teaching courses on traditional foods and climate change at Haskell Indian Nations University in Lawrence, Kansas and working through Native Movement, a Flagstaff, Arizona-based organization that supported youth programs aimed at promoting wellness and reinforcing local knowledge. They did this by creating food and medicine gardens at schools and in vacant lots and leading community-based mural projects that share both a history and shared vision for the health of the community. Brett's presentation style draws from his lived experience and combines elements of photography, active discussion, eating and sometimes getting your hands dirty. This comes from the idea that conversations about health are best with food, art, activity and when everyone has a chance to contribute their ideas, talents and visions.

INFO Kendra Aguilar
253.876.2831
kaguilar@nwic.edu

NOTE This event is free and open to the public. Please RSVP if you intend to bring a group of 9 or more. Snacks will be provided.

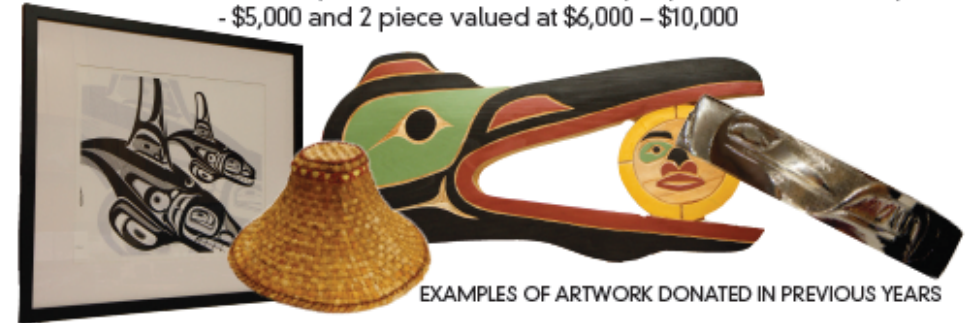
NORTHWEST INDIAN COLLEGE & FOUNDATION'S
7TH ANNUAL
tl'aneq'
CULTURAL ART AUCTION & BENEFIT DINNER
"Gathering for a Celebration"
APRIL 11, 2015 TULALIP RESORT CASINO

Northwest Indian College Foundation is looking for artists and donors to donate Native American artwork to the annual tl'aneq' cultural art auction and benefit dinner.

Donations will help the Foundation raise money in support of student success and the creation of our new Health and Wellness Center through a silent and live auction.

Artists making donations will be invited to attend the tl'aneq' dinner. We would like to provide our supporters with every opportunity to advertise themselves and their art work. Additional advertisement of all artists' names will be listed on our website; artist bios will be on display at the event, and any additional information provided (website links, business cards, pamphlets, etc.) can also be displayed at the event at the request of the artist.

To meet our goal, our auctions need will include 5 items valued at \$50 - \$200, 5 items valued at \$250 - \$500, 6 items valued at \$600 - \$1,000, 4 item valued at \$2,000 - \$5,000 and 2 piece valued at \$6,000 - \$10,000



To submit a piece, to have a piece picked up or for any questions, please contact Mariah Dodd at (360) 392-4217 or mariahd@nwic.edu.



SEEKING CCDF PROVIDERS

Do you have a genuine love of children and enjoy seeing them thrive in a safe and comfortable environment.

Could you provide nurturing and fun learning experiences for a neighbor, friend, or family member's child/ren.

We are seeking individuals that can offer – flexible or set days & hours for children between the ages of 0 through 12 years of age.

Give the Muckleshoot Indian Tribe's CCDF Program a call and see how you could get paid for providing childcare services.

Call: Linda Eyle @ 253-876-3016, come by the MECE Building or, send me an Email: linda.eyle@muckleshoot.nsn.us.

Our children are our most precious resource. Parents shouldn't have to struggle to provide quality, affordable care when working, attending schooling, or training opportunities. Please partner with me in protecting this resource!

15599 SE 376TH St Auburn, WA 98092



Free Early Childhood Enrichment

The following programs are available for you & your family:

- Muckleshoot Birth to Three (serves infants/toddlers 0 to 36 months & their families)
- Muckleshoot Head Start (serves 3 to 5 year olds & their families)

Look what we have to offer:

Birth-3:

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

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

Head Start:

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

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

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.



ENUMCLAW SCHOOL DISTRICT

20TH ANNUAL
POW WOW

NEW DATE: March 20, 2015

GRAND ENTRY 7 PM

Enumclaw High School Gym
226 Semanski Street South, Enumclaw, WA

For Vendor Information Contact:
Cathy Calvert or Sarah Brassard
(360) 802-7689 or
cathy_calvert@enumclaw.wednet.edu

All Drums and Dancers Welcome
Competitive Dancing
Dance Specials

Sponsored by:
Muckleshoot Indian Tribe

Drug and Alcohol Free

Weight Loss & Energy Coffee, Tea and Cocoa. Also, Detox Tea, are all available for your taste review.

1. At your convenience
2. At your home or convenient location
3. You are the boss. What you like?-I like. What YOU NO like, I NO like!!!
4. Schedule a visit from me by calling Roxanne 206-409-8651
5. Join our team
6. Lose weight, lower A1c, block sugar from entering the liver, improves concentration in children with ADD/ADHD, helps focus, and detoxify your system with products you may taste review.

the evergreen state college
olympia, washington
RBCD
Reservation Based Community Determined



Evergreen partners with other colleges to offer an Associate of Arts degree. Students can go on to complete a Bachelor of Arts degree at one of several Tribal reservations.

The Reservation Based Community Determined program is an affordable and convenient educational opportunity.

Program Philosophy

- Personal Authority
- Indigenous Knowledge
- Practical Academics

www.evergreen.edu/tribal - 360.867.6286



New Aquatics Program is Launched

New Aquatics Program is Launched
The Muckleshoot Tribal School has launched an Aquatics program for the 2nd semester of the 2014-2015 school year. Students attend swim lessons, taught by Celeste Nitz, at the Wellness Center, as part of the Aquatics Physical Education course offered by MTS. Students will learn the various strokes, in addition to learning beginning water safety.

Canoe Family member Deidre Edwards is serving as a Cultural Aide for the class, and will also be on hand for planned canoe safety exercises. Additional course exploration will include occupational opportunities related to the field of aquatics.

Students who receive an "A" in the first quarter of the semester long course, in addition to meeting volunteer service requirements, will become eligible for enrolling in a PADI open-water diver course (upon also meeting PADI course requirements).

Al Frank, the Muckleshoot Wellness Center Aquatics Supervisor, has been extremely supportive and accommodating to make sure that MTS has the opportunity to provide this exciting new course for students!



Learning How Our Ancestors Made Ropes & Cords from Natural Fibers

A group of students at the Muckleshoot Tribal School were involved in a cordage-making class presented by Heidi Bohan on Friday, February 6th. The first of two instructional sessions included an introduction to cordage usage and the historical roots of the importance of community collaboration in the process of completing large cordage projects.

Students were shown various materials for cordage usage, including nettles, cedar boughs and raw hemp fiber. Students will be working with raw hemp fiber to create long lengths of rope that may be used for several projects. One project being explored is the creation of a resistance-training body-weight suspension apparatus that can provide an economic and portable option for physical fitness.

An additional project under exploration is a large-scale project that would involve creating large-diameter ropes to be used for creating one or more outdoor obstacles. We



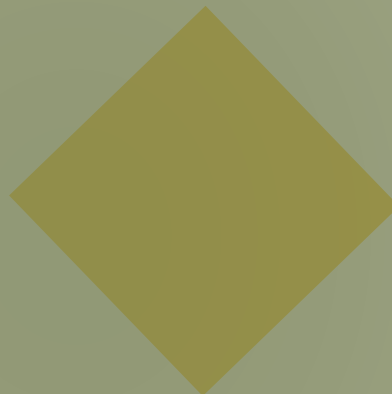
look forward to exploring these projects and possible others as students continue to learn and develop their cordage skills!!!



STUDENTS LEARN SCIENCE AT TOMANAMUS FOREST AND CULTURE AT BURKE MUSEUM

To experience the Coast Salish Science and Social Studies unit outside of the classroom, the third graders traveled to Tomanamus Forest for a day of outdoor learning on their own land. Students explored the water cycle, soil filtration and the watershed and riparian zone.

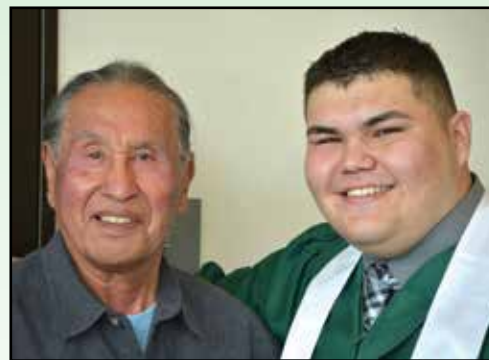
The following week they visited the Burke Museum to see Pacific Voices, Salish Bounty. Here they had hands-on exploration of the Coast Salish Peoples' culture of the past and present. They explored fishing, canoes, weaving, baskets, and the bent-wood box. Many parents, aunts/uncles and grandparents attended, making both days wonderful!





Congratulations to Fide Ortiz and Harvey Starr!!!

PHOTOS BY BOB CHARLO



Muckleshoot Kings Winter Season Sports Wrap-Up

By Athletic Director Jamie Sluys

It was another great season for the Kings Athletic program, with the girls qualifying for the 1B basketball state regional for the 2nd straight year!

Great Job to Coach Andre, Coach Krystal and all girls! Though the girls lost in the regionals against Republic High School, it was a great season!

Boys and Girls wrestling had another great season, with both teams placing wrestlers into Districts! On the Boys side JR Hamilton was the first Muckleshoot wrestler ever to qualify for the Mat Classic State Championships at the Tacoma Dome! JR made it to the Final 8 wrestlers of the 160 lb. weight division truly a great feat!

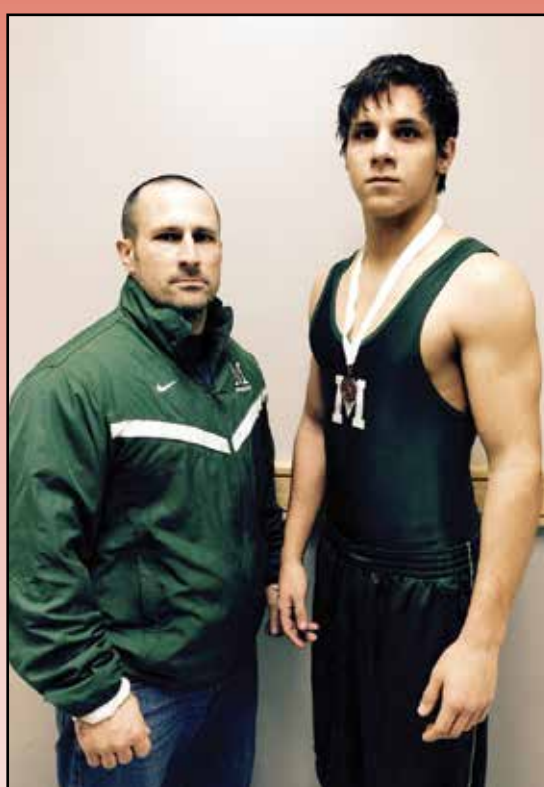
Donte Johnson from the boys team was named Honorable Mention All-Conference along with McKenzie Courville on the girls side! Congrats to all the wrestlers, and to the coaches, Steve Lessard and Heather Scheidt!

The boys team was young this season, suiting up seven underclassmen! They also had a new Head Coach, David Maddock, and assistant coach, Richard Heavyrunner.

The boys finished strong, and that's what was encouraging. They could have given up, but they chose to stick with it and improved and won some games at the end! Their whole group improved! Every player, and the coaches as well. It was great to watch them grow!

Middle school boys had a great season finishing 8-2! Congrats to all the boys and Coach Hawk!

Congratulations to all the athletes from Winter season!



8th Annual Casino Tribal Development Program Accomplishment Ceremony

By Jaison Elkins

Tribal Development Program (TDP) participants, their families, Tribal Council members, trainers, supervisors, managers, directors, the general manager, and supporters at the Muckleshoot Casino gathered in mid-January to recognize and celebrate the accomplishments made in 2014.

The night was very special, the stars were shining, earth was in perfect alignment with the universe, and Club Galaxy was the place to be! Radio 80 took us on a musical and visual look back to the 80s – a time of big hair, loud clothes, and louder music!

Recognizing the need to prepare Tribal members for a successful career, Tribal Council mandated casino management to implement a career advancement program that was created via resolution number 06-145 in May of 2006. Since inception, there have been numerous Tribal members who have gone through the program, trailblazing incred-

ibly successful careers, all who are in the program or who have graduated move forward in life – taking with them a measurable degree of success.

Currently, there are close to 50 participants in various stages of their professional and personal development. We celebrated and recognized participants for their phase movements and graduating into their positions and/or advancing into a higher position.

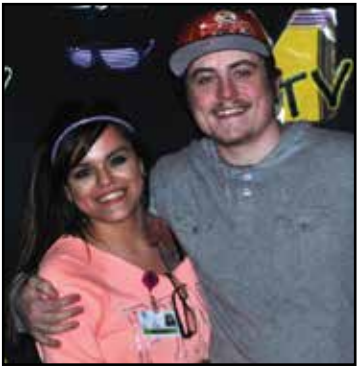
In closing, Training & Development looks forward to celebrating our successes next year for our 2015 9th Annual Accomplishment Ceremony!

Phase Movements. The following Tribal members progressed in their movements through the phases of training: Miguel Arreguin, Justin Johnson, James Ross Jr., Cline Ross, Charlotte Jerry, Whitney Rodrigues, Amanda

Chagolla, Phillip Purcell, Brinnon Aasted, David Cabanas, Oshana Charlie, Phillip James, Vanessa Williams, Celeste Adame, Dawna Elkins, Roger Jerry Jr., Devon Johnson, Monica Simmons, Edward Sneatlum, Kimberly Sneatlum, Natasha West and Sarah Wilson.

Graduates: Dareece Comenout – VGD Supervisor; Adrienne Fulgencio – PPC Supervisor; Roger Jerry Jr. – Table Games Floor Supervisor; Robert Baker Jr. – Housekeeper II; John Elkins III – Lead Gift Shop Attendant; Charlotte Jerry – PPC Supervisor; Celeste Adame – HR Clerk III; Richard Lobehan – Security Supervisor; Jeannie Jerry – F&B Lead Counter Barista

Congratulations to all!!!



“When we look out into space, we’re looking back in time; the light from a galaxy a billion light-years away...”
- Margaret Geller, American astrophysicist





EFFIE'S CORNER OF FAITH

As I was sitting one morning in the early hours of the day I asked the Lord if he has a thought for me. I sat quietly and waited. Then here is the thought that came to me.

Negatives-

A Negative thought can produce
Negative words that can produce,
Negative feeling that can produce,
Negative reactions that causes,
Negative Atmosphere,

That affects those around you in a Negative manner.

We must disperse this type of negativity in our lives to control us or we could become a person of despair, unhappy and non- productive to self and others.

Instead let us look at the negatives in our life and see what we can actively do to turn it around. We don't have to settle for less when the Lord has for us His best.

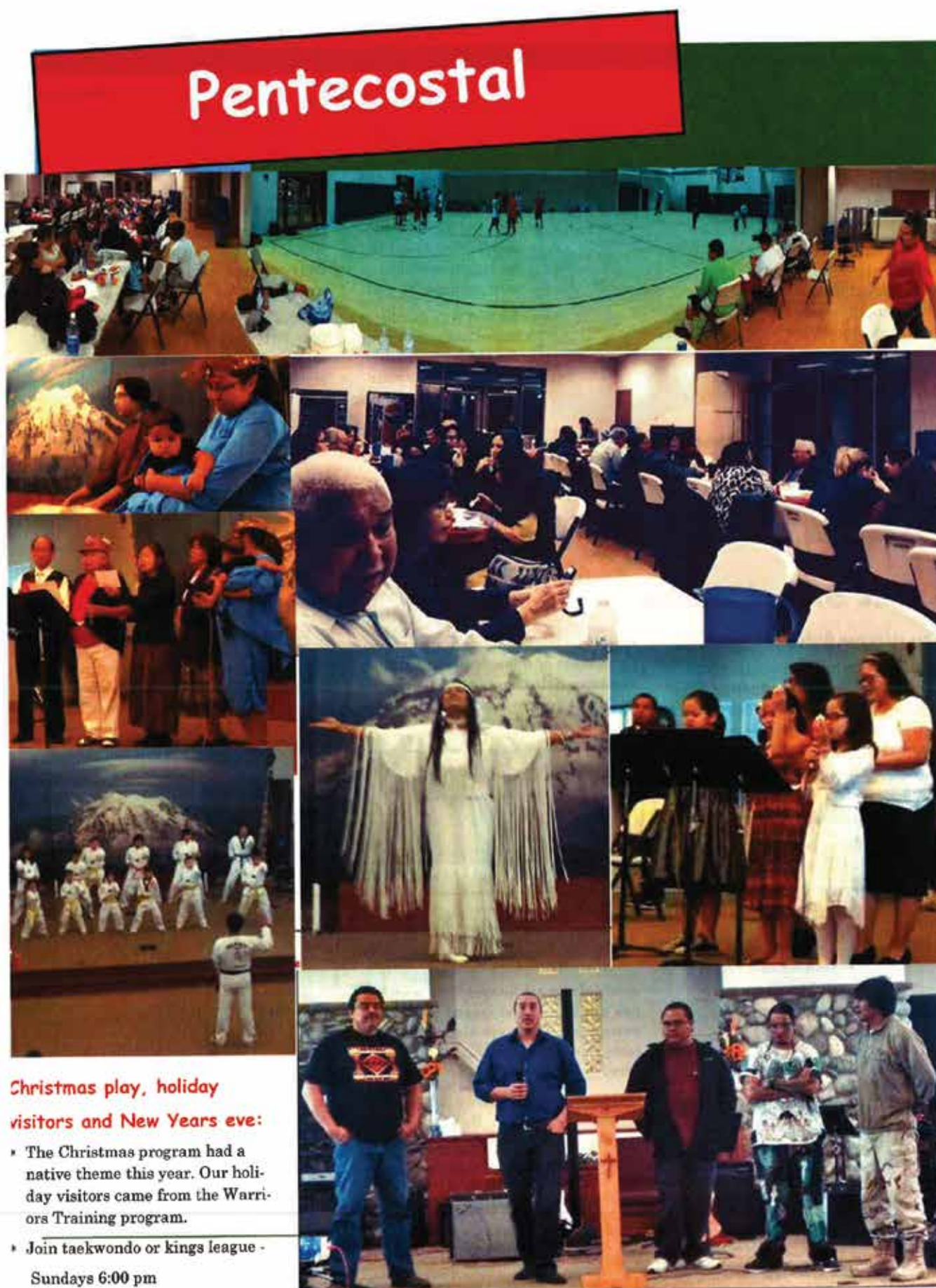
From your heart ask the Lord to strengthen you and guide you through your negative times. Don't let the Negatives define your life or take control of it.

This is where we have choice to take action and respond in a positive manner or a Negative one. Which road of life will you choose? It's up to you how you respond.

I talk from experience as I have in my life had evil words and deeds surround me But it was up to me to how to respond. We all have had a bout with negative in our lives.

Don't allow a Negative to become your positive Take life for what it is, a gift from the Lord. It is never too late to pursue a life of positive change. No matter how small or big the challenge.

With the Lord, all things are possible to them that believe.



Christmas play, holiday visitors and New Years eve:

- The Christmas program had a native theme this year. Our holiday visitors came from the Warriors Training program.
- Join taekwondo or kings league - Sundays 6:00 pm

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](http://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            |

**NATIVE CATHOLICS SAY GOOD-BYE TO FATHER BICHSEL, A TRUE FRIEND**

Native Catholics are mourning the loss of Father Bill Bichsel, known to all as Father Bix. "Father Bichsel has been a loving member of the native community as long as I can remember," Puyallup member Eugena Buena-Douglas writes. "He officiated at my grandmother's funeral in 1975. Father Bix was a true friend of the natives and we will grieve his passing for many years." A rosary vigil will be held at St. Leo's Catholic Church in Tacoma at 7pm on Friday, March 13, followed by 10 am funeral services on Saturday, March 14.

## Flower & Garden Show



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

Wednesday, April 29th, 2015  
Doors open at 10:00 am  
Lunch Served at 12:00 pm

Emerald Downs  
2300 Emerald Downs Dr.  
Auburn, WA 98001

For further information please call  
Noreen Milne 253-876-3023 or  
Front Desk 253-876-2888



## Elders Valentines

### Sock Hop



## Happy Birthday!



Tina Moses – 3/1  
 Raymond Jerry Jr. – 3/3  
 Sandra Heddrick – 3/4  
 John Daniels Jr. – 3/5  
 Louis Starr III – 3/5  
 Margaret Davis – 3/6  
 Joseph Starr Jr. – 3/6  
 Dale Barr Sr. – 3/7  
 Regina Howell – 3/7  
 Thomas McJoe – 3/7  
 Patricia Stewart – 3/7  
 Elaine Baker – 3/11  
 William Wilbur – 3/11

Edith Jerry – 3/12  
 Mark James – 3/13  
 Sophia Spencer – 3/13  
 Cleo Wilbur – 3/16  
 Kelly Lozier – 3/17  
 Leticia Lozier – 3/17  
 Sonny Bargala – 3/20  
 Cheryl Hunt – 3/21  
 Janice Moses – 3/21  
 David D'Ambrosio – 2/23  
 Esther Moses – 3/23  
 Harriet Ross – 3/23

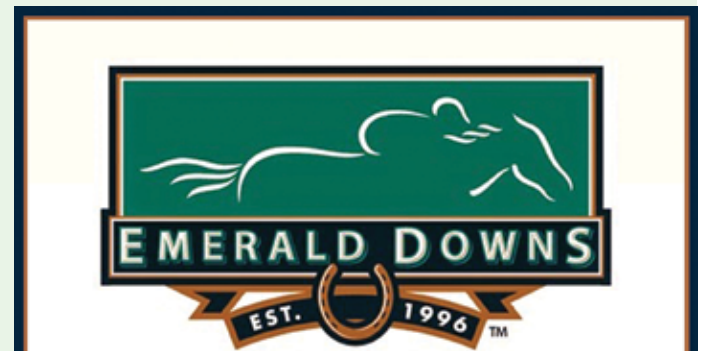
Bryan Hennes – 3/24  
 Ann Jacobs – 3/  
 Kenneth Lewis – 3/24  
 Sandra Poulsen – 3/24  
 Gilbert KingGeorge – 3/26  
 Leah Moses – 3/27  
 Donna Wallick – 3/29  
 Glorianne Adame – 3/30  
 Doreen Thomas – 3/30  
 Bonnie Moses-Sohappy – 3/31  
 Clinton Wilson – 3/31

Get your Easter Baskets  
 @ the Elders Complex  
 April 2nd-3rd, 2015  
 9:00am-4:00pm  
 Starting at \$5 and up

For further information  
 contact: 253-876-2888

\*Donations needed for treats/candy,  
 books, coloring books, and baskets





2015 Emerald Downs Stakes Schedule

| Date           | Race                           | Purse     |
|----------------|--------------------------------|-----------|
| Sun., May 10   | Hastings Handicap              | \$50,000  |
| Sun., May 17   | Governor's Handicap            | \$50,000  |
| Sun., May 24   | Auburn Handicap                | \$50,000  |
| Sun., May 31   | Seattle Handicap               | \$50,000  |
| Sun., June 7   | WA State Legislators' Stakes   | \$50,000  |
| Sun., June 14  | Budweiser Handicap             | \$50,000  |
| Sun., June 21  | Coca-Cola Handicap             | \$50,000  |
| Sun., June 28  | Irish Day Handicap             | \$50,000  |
| Sun., July 5   | Boeing Handicap                | \$50,000  |
| Sun., July 12  | Seattle Slew Handicap          | \$50,000  |
| Sat., July 18  | Kent Handicap                  | \$50,000  |
| Sun., July 19  | Mt. Rainier Handicap           | \$50,000  |
| Sun., July 19  | Emerald Express                | \$50,000  |
| Sun., July 26  | Angie C Stakes                 | \$50,000  |
| Sat., Aug. 8   | Washington Oaks                | \$65,000  |
| Sun., Aug. 9   | Emerald Downs Derby            | \$65,000  |
| Sat., Aug. 15  | WTBOA Lads Stakes              | \$50,000  |
| Sat., Aug. 15  | Barbara Shipoch Stakes         | \$50,000  |
| Sun., Aug. 16  | Emerald Distaff                | \$65,000  |
| Sun., Aug. 16  | Longacres Mile (G3)            | \$200,000 |
| Sun., Sept. 6  | Emerald Championship Challenge | --        |
| Sun., Sept. 13 | Northwest Farms Stakes         | \$50,000  |
| Sun., Sept. 13 | Captain Condo Stakes           | \$50,000  |
| Sun., Sept. 13 | Comcast Sportsnet Stakes       | \$50,000  |
| Sun., Sept. 13 | Chinook Pass Sprint Stakes     | \$50,000  |
| Sun., Sept. 13 | Pegasus Training Center Stakes | \$50,000  |
| Sun., Sept. 13 | Muckleshoot Tribal Classic     | \$60,000  |
| Sun., Sept. 27 | Gottstein Futurity             | \$65,000  |
| Sun., Sept. 27 | NWSS Cahill Road Stakes        | \$50,000  |



## 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)

## ATTENTION TAX FILERS

### WHO MUST FILE?

- ⇒ If you are filing a Federal Income Tax Return;
- ⇒ If you want to claim a coverage exemption for yourself or another member of your tax family you must file form 8965;
- ⇒ Only one form 8965 is needed for your Tax filing household/family;

### TYPES OF COVERAGE EXEMPTION

- ⇒ Members of a Federally-Recognized Tribe;
- ⇒ Members eligible for Indian Health Provider care services;
- ⇒ Exemptions may be secured by applying for an exemption through the Marketplace "Orange Form";
- ⇒ Or by completing the IRS Tax Form 8965 when you file your taxes;

### IRS Form 8965

It is the Health Coverage Exemption form filed with you tax return.

\*See example below\*



If you have any questions, feel free to go to <http://www.irs.gov/instructions/i8965/ch01.html>, or call the Muckleshoot Health & Wellness Center Managed Care Department Ph # 253-939-6648.

## NEW Daily Walk-In Hours

Starting Tuesday, February 17th, 2015

We will have walk in clinic daily

from 9 am - 4 pm  
(Closed 12 - 1 pm for lunch)



Any questions? Contact the HWC Medical Clinic at 253-939-6648.



We have Tamiflu available at our Tribal Pharmacy... It can be used for ages 2 mos and up... this can reduce flu symptoms and help you get over the flu quicker!!!

If you suspect you have the flu, call your primary care provider. There are medications you can get to shorten the recovery time and lessen the symptoms.

For more information contact the HWC Medical Clinic at 253-939-6648.

## 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

## 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

## 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

## Muckleshoot Wellness Center January Swim Lesson Graduates

**Congratulations to our swimming lesson graduates in January! After a lot of hard work, Raistlin Oliver has passed the Level 6 Orca class. The Orca level can be hard to pass since it works on endurance and proper technique, but Raistlin did it! Another shout out goes to Joey and Anjelica Briceno who passed their Level 3 Seahorse and Level 2 Jellyfish classes. Rashawn has also been working hard to pass his Level 3 Seahorse class. Keep up the good work guys!**



To sign up for swimming lessons contact Celeste Nitz at (253) 333-3616 or email at celeste.nitz@muckleshoot-health.com



### E-Cigarettes/Vaping What You Need To Know

- The composition of E-cigarettes can include metals, tobacco byproducts, volatile organic compounds and flavoring agents in nicotine.
- E-cigarettes aerosolize potentially harmful chemicals that contain toxic substances as well as substances that can cause cancer.
- Although marketed otherwise to help individuals stop smoking, there is no evidence that E-cigarettes work any better than a nicotine patch.
- Nicotine is a highly addictive drug in the developing brains of children, adolescents, and young adults who are especially vulnerable to nicotine addiction.
- 40-60 mg of E-liquid can be fatal for a child (currently child proof packing is not required).
- E-cigarettes are available in more than 7,000 flavors with 250 new flavors coming out each month with specific targeting to youth.
- Since E-cigarettes are not federally regulated, their chemical make-up is unknown.
- Children and adolescents should not utilize E-cigarettes.
- Adults should understand there are significant risks in utilizing these products.

## 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

### 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

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

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

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

**For effective Heroin Treatment Solutions Call Us We Have the Answers Muckleshoot Behavioral Health 253-804-8752**

Ask to talk to a counselor

## 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              | 8-6 pm          | 10 am-8 pm<br>9-9 pm  |
| Tuesday   | 8-5 pm              | 8-6 pm          | 10 am-8 pm<br>9-9 pm  |
| Wednesday | 9-5 pm              | 9-6 pm          | 10 am-8 pm<br>9-9 pm  |
| Thursday  | 8-5 pm              | 8-6 pm          | 10 am-8 pm<br>9-9 pm  |
| Friday    | 8-5 pm              | 8-6 pm          | 10 am-8 pm<br>9-9 pm  |
| Saturday  |                     |                 | 10 am-2 pm<br>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<br>(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 March - May 2015

| Day      | Date     | Times Closed | Reason for Closure                  |
|----------|----------|--------------|-------------------------------------|
| Friday   | 04/03/15 | All Day      | Holiday-Muckleshoot Sovereignty Day |
| Thursday | 05/07/15 | 8-9 am       | Monthly All staff Meeting           |
| Monday   | 05/25/15 | All Day      | Holiday-Memorial Day                |

## Muckleshoot BHP Health Warning

# Heroin/Pill Overdose

Several heroin-related overdoses have been reported in the Community.

### Symptoms of overdose

- No breathing
- Shallow breathing
- Slow and difficult breathing
- Dry mouth
- Pinpoint pupils
- Tongue discoloration
- Low blood pressure
- Weak pulse
- Bluish-colored nails and lips
- Constipation
- Coma
- Drowsiness
- Muscle spasticity

### Reduce your risk for overdose:

- ➔ **Don't use alone.** When you fix alone or behind a locked door, no one can help you if you overdose.
- ➔ **Test for strength & quality.** When you use a new supply or dealer, do a tester shot first. Inject slowly.
- ➔ **Tolerance.** If you have not used in a while, your body can't handle the same amount it did before. Start with a smaller amount. Do a tester shot.
- ➔ **Mixing drugs.** Mixing heroin or other opiates with downers like benzos or alcohol can be deadly. Uppers and downers **DO NOT** cancel each other out!
- ➔ **NARCAN:** A medicine used to reverse overdose!  
**You can get NARCAN from Muckleshoot Behavioral Health**

## SAVE A LIFE!

If you are with someone who overdoses:

- ▶ **Call 911.**
- ▶ Give **RESCUE BREATHING** if the person is not breathing on their own.
- ▶ Give **NARCAN:** Get NARCAN at BHP!

### 911 Good Samaritan Law

Under WA law, if you think someone is **OVERDOSING** and you **SEEK MEDICAL HELP** for the victim, neither of you will be charged for **POSSESSING OR USING A SMALL AMOUNT OF DRUGS.**

If you have questions or you are concerned about Heroin use/overdose please feel free to call Muckleshoot Behavioral Health and ask for Megan or Dan at 253-804-8752


## IT'S TAX TIME AGAIN....

The ACA or "AFFORDABILITY CARE ACT" Signed into law in March 2010, the Affordable Care Act (also known as Obamacare) reformed the way health care is handled in the United States.

Originally signed under the title of The Patient Protection and Affordable Care Act, the ACA now prohibits insurers from denying coverage for preexisting health conditions and also set up health care exchanges where every American could register. This health care act was established to help Americans who previously could not afford the rising price of health care. To help ensure that all Americans apply for health care coverage, the ACA will fine those who "opt-out" of getting health care.


- if you are a Tax Filer that you must apply for an Exemption to avoid a PENALTY at Tax Time
- Enrolled Native Americans can sign up for coverage at any time during the year
- Youth 19 years and older can apply for Medical coverage on their own

**ORANGE FORM**



Native Americans can sign up for coverage at any time!

**FORM 8965**



Please feel free to visit the Muckleshoot Health & Wellness Center's Managed Care Department for assistance with getting health care coverage or completing tax exemption form!


**New Service**  
MIT HWC Stop & Shop

MIT Health & Wellness Center is providing shuttle rides to & from Enumclaw Safeway & Auburn Walmart every Tuesday & Thursday with round trips to each of these stores starting at noon & the last run pick up at approx 5:10 pm

Pick up a Stop & Shop Shuttle Schedule at The Health & Wellness Center Today!




## How do I prevent getting the Measles?



- If you were born after 1957 make sure you have received the complete MMR (Measles, Mumps and Rubella) vaccine series.
- Avoid contact with anyone who has the Measles.

If you have any questions or would like to know if you have received your complete MMR series and you use the HWC medical clinic as your PCP; contact us at 253-939-6648.



January 01, through March 31, 2015

## DO YOU NEED TO BE ENROLLED IN MEDICARE PART B?

**There is a Special Enrollment Period**

You may be eligible to enroll in Medicare Part B, during the *Special Enrollment Period*. It allows you to enroll outside your Initial Enrollment Period and General Enrollment Periods.

**ARE YOU ELIGIBLE?**  
IF YOU ANSWER YES TO ALL THE QUESTIONS, YOU MAY QUALIFY.

1. ARE YOU 65 OR OLDER OR HAVE A DISABILITY?
2. WHEN YOU FIRST ARE ELIGIBLE FOR MEDICARE, DID YOU HAVE MEDICARE PART B OR INSURANCE THROUGH YOUR JOB OR THROUGH A SPOUSE/FAMILY MEMBER'S JOB?
3. SINCE THE TIME YOU BECAME ELIGIBLE FOR MEDICARE PART B, HAVE YOU BEEN CONTINUOUSLY COVERED BY MEDICARE PART B OR INSURED BY YOUR CURRENT JOB? IF NOT, HAS THE LAPSE BEEN LESS THAN 8 MONTHS?

IF YOU ANSWERED YES TO ALL 3 QUESTIONS, COME IN AND SEE US!  
YOU MAY BE ELIGIBLE FOR REIMBURSEMENT OF YOU PART B PREMIUM \$\$\$

**MUCKLESHOOT HEALTH AND WELLNESS CENTER  
Managed Care Department at PH # 253-939-6648**

If you do not sign up you may have to pay a 10% Part B premium penalty for each 12-month period that you could have had Part B but didn't take it, except in special cases. You'll have to pay this extra amount as long as you have Part B.

### NARCAN Kits are available for Heroin/Pill Overdose

**What is Narcan?**

Effective and safe way to save someone's life who is experiencing an overdose. Narcan is a drug that can reverse an opioid overdose. It blocks opioids from attaching to opioid receptors in the brain. Narcan comes in the form of a nasal spray. It can be assembled in seconds. Absorbed immediately. Narcan is available to anyone who wants it. It is free to Muckleshoot Tribal and Community members and legal to carry.

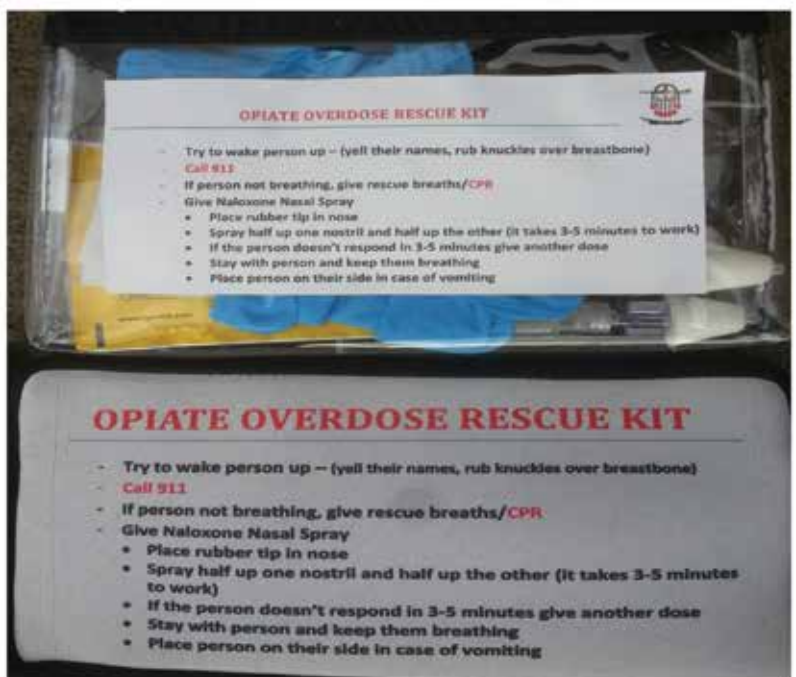
**What is an Overdose?**

An overdose happens when the body has more drugs in its system than it can handle. Opioid overdoses happen when there are so many opioids or a mixture of opioids and other depressants (downers) in the body that the brain shuts down breathing. If someone cannot breathe or is not breathing enough, then oxygen cannot get to the brain. After a very short time, the heart stops. This can lead to unconsciousness, coma, and even death.

Opioid overdoses do not happen in an instant. They often happen as a process – someone slowly stops breathing. Many times, overdoses can happen 1 to 3 hours after the drug was first used. It is rare that someone is "found dead with a needle in his arm."

Most overdoses happen when other people are there. This means there is a chance to prevent harm or death by using rescue breathing and/or Narcan when someone overdoses.

### NARCAN Kits are available at Muckleshoot Behavioral Health and the Pharmacy



### 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!





# A Message from Marlene Cross

I just wanted to share these pictures with everyone. They were taken when we went on the cruise to Alaska last year in May or early June.

I had a mild stroke. It damaged my brain – the part that controls the eyesight. I can see a little – maybe 3 or 4 feet in front of me. Other times, you are blurry to me. The doctor diagnosed me as legally blind.

I can recognize people when they talk to me. Some have said, “Marlene didn’t say ‘Hi’... she is staring at me.” This is because I can’t see you.

My cousin told his Grandma Donna that I never waved or said “Hi” to him. Sorry for that, cousin – you are still my favorite CHR. You would always come in with your Mom and help care for me. Your Mom has left many good memories here with us, and you are here to carry on.

Anyway, I wanted to share this with everyone. I’m not ignoring anyone. Tell me who you are and I’ll answer back.

I am not one to sit at home and whine. When I need something, I’ll go. I’m working on preventing another stroke. Being blind is not easy to live with, but I am coping with my new challenges.

Take care of yourself.

Love,

*Marlene Cross*



## “Muckleshoot Money Skills for Life” class

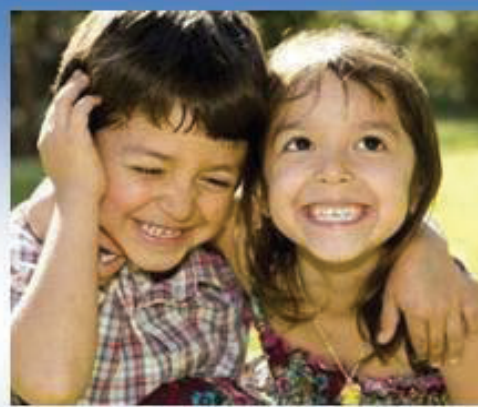
The Muckleshoot Housing Authority is offering “Muckleshoot Money Skills for Life” class. Please call Michelle Leverenz (253-876-3386) or email Michelle.Leverenz@muckleshoot.nsn.us to sign up for the next class.

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.



## 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 Minott (206)341-7175 todd.minott@dshs.wa.gov

## ADVANCED DIRECTIVES

From the desk of Terry Zimmerman Medical Social Worker

### What is an Advanced Directive?

This is a way for you to tell your family, friend 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 Advanced Directive generally includes the following:

#### A Living Will (also known as 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 permanent unconscious medical state.

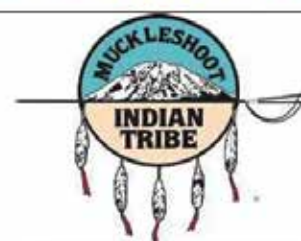
#### A Durable Power of Attorney:

This documentation allows you to choose someone to make MEDICAL DECISIONS for you if you are not able to do so for yourself. You may 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.*

### Muckleshoot Health & Wellness Center

Terry Zimmerman  
Medical Social Worker  
17500 SE 392nd St SE  
Auburn WA 98092  
Phone: 253-939-6648  
EXT. 3433



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

### 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

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

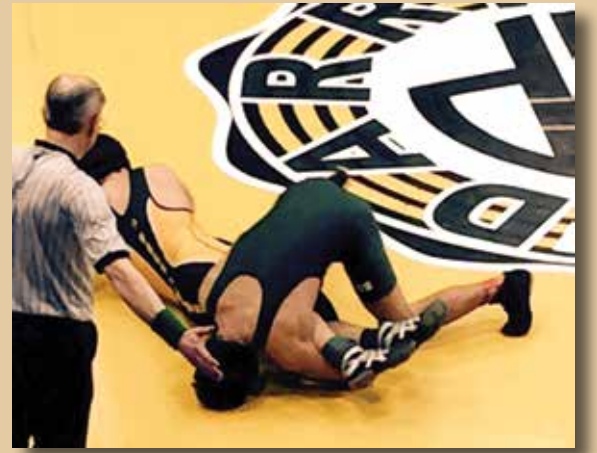
Questions? Call: Joan Green Ferguson at Family and Youth Services: 253.333.3605



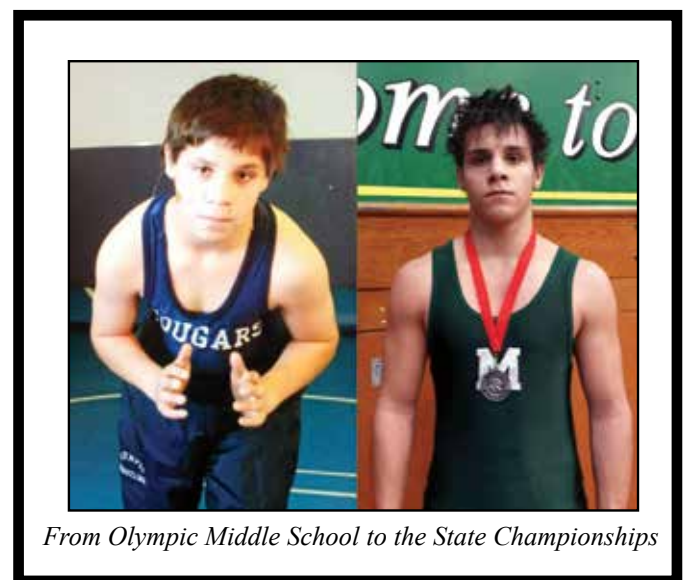
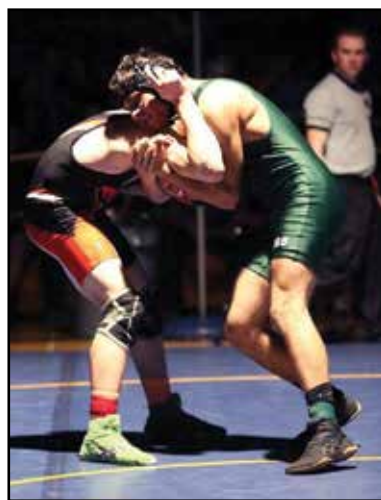
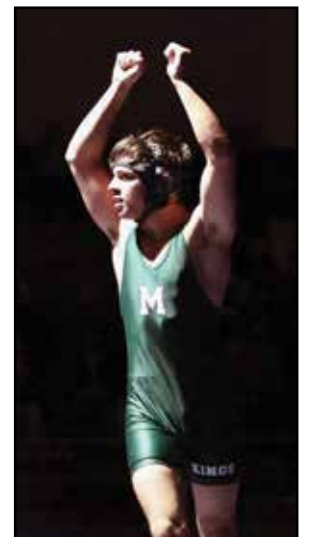
# STATE WRESTLING CHAMPIONSHIPS

J-R Hamilton becomes first wrestler from Muckleshoot Tribal School to make it to the State Championship Tournament, finishing 7<sup>th</sup> in the State.

## Sub-Regionals at Darrington, 2nd Place

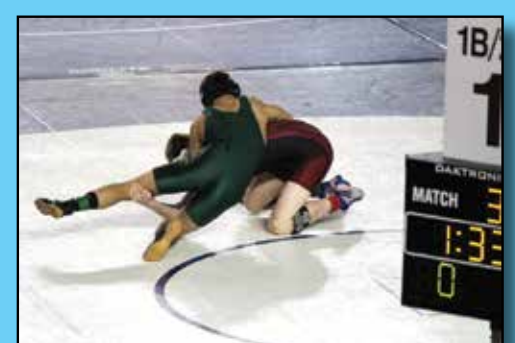
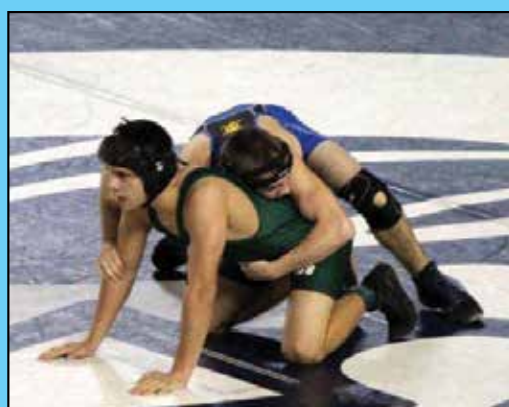
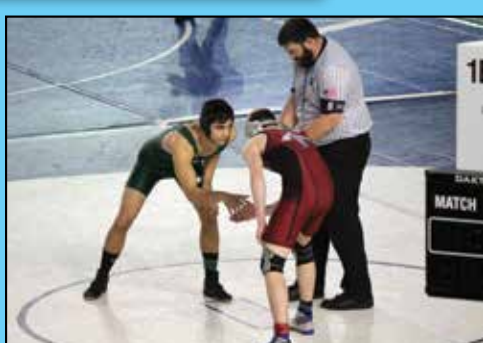
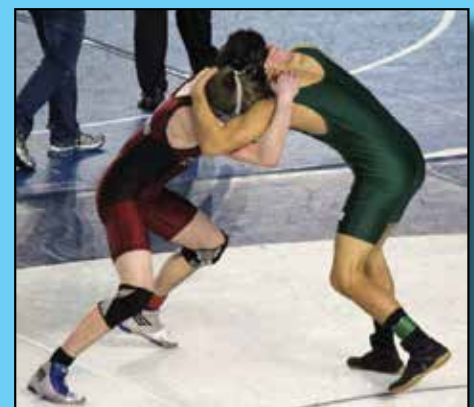


## The Regionals, 3rd Place



*From Olympic Middle School to the State Championships*

## State Tournament, Tacoma Dome, 7th Place





# 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.*

**02/01/15 8:10 PM 15-031580 Davis Property Theft**

An adult female had \$120 in cash stolen from her wallet while holding a Super Bowl party at her house with family and friends in attendance.

**02/02/15 11:50 AM 15-033627 Skopabsh Village Burglary**

An elder male reported that a black Mitsubishi stereo was taken from his home.

**02/04/15 10:30 AM 15-033456 38900 block 172 AV SE Warrant Arrest**

Kyle Rodarte (22) was arrested on two felony warrants for "Theft of a Firearm." Rodarte was booked into the Regional Justice Center (RJC) Jail.

**02/04/15 1:30 PM 15-033735 Elder's Complex Warrant Arrest**

Rebecca Underwood-Elkins (24) was arrested on three misdemeanor warrants. The first warrant was from King County for "Theft in the Second Degree." The second warrant was from Auburn and the third warrant was from Federal Way for "Theft in the Third Degree." Underwood-Elkins was booked into the Regional Justice Center (RJC) Jail.

**02/04/15 9:07 PM 15-034240 M ST/Auburn Way S Court Order Violation/Warrant Arrest**

Bryan Baxter (38) was arrested for violating a Domestic Violence (DV) No Contact Order when he and the female who has the order against him were found together in a car. Baxter was also arrested on a felony Department of Corrections (DOC) warrant for "Escape" which was a no bail warrant. Baxter was booked into the King County Jail (KCJ.)

**02/05/15 9:41 AM 15-034636 Finance Office Trespass**

Nathen Baker (34) was cited/arrested via citation for going to the Finance Office in violation of a No Trespass warning letter barring him from all tribal government buildings until 07/23/15. Baker was cited for the violation and released.

**02/05/15 6:22 AM 15-035210 16600 block SE 392 ST Burglary**

A black 40" Toshiba flat screen TV and 15 Play Station 3 video games were stolen from a house.

**02/06/15 5:40 PM 15-700292 Muckleshoot Indian Reservation Drug Activity Report**

Muckleshoot Police received a report of drug activity at a specific house. Details are being kept confidential due to ongoing police action.

**02/06/15 5:47 PM 15-035943 41400 block Auburn-Enumclaw RD SE Vandalism**

An elder male reported that his adult male son has mental health issues and during a recent argument the son broke of the back window of the father's vehicle. The father did not want to assist in prosecution. A report was written for documentation/reporting purposes.

**02/07/15 6:01 PM 15-036050 41400 block Auburn-Enumclaw RD SE Theft**

An elder male reported that his secure mailbox was pried open and a bottle of Valium was stolen.

**02/08/15 10:40 AM 15-037696 SE 392 ST/Auburn-Enumclaw RD SE Suspicious Circumstance**

A deputy stopped a car that has been seen several times at a drug house. No criminal violations found. A report was written to document the adult male driver and his vehicle.

**02/08/15 3:16 PM 15-037866 SE 388 ST/Auburn-Enumclaw RD SE Driving While License Suspended**

Philip Barr (33) was cited/arrested via citation for "Driving While License Suspended in the Third Degree."

**02/08/15 10:28 PM 15-038228 41800 block 180 AV SE Burglary**

An adult female found a native male in her garage that she did not know, the male ran when he saw her. The garage was ransacked and a duffle bag containing the female and her boyfriend's property was in the garage. A detective is following up on the case.

**02/08/15 10:57 PM 15-038240 42000 block 180 AV SE Stolen Vehicle Recovery**

An elder male reported that someone left a scooter in his yard. The gray 2008 Honda scooter had been stolen in Seattle. The scooter was impounded for safe keeping until the owner could pick it up.

**02/09/15 9:45 AM 15-038562 Davis Property Violation of Court Orders**

Nicholas Elkins (20) was cited/arrested via citation for violating Protection Orders two of his elder grandparents have against him on two different dates in January.

**02/10/15 1:35 PM 15-039744 Davis Property Theft**

An adult female reported that thirty plus items of 0 to 6 months baby clothing was stolen from the house she lives in.

**02/10/15 10:00 PM 15-040256 Elder's Complex Assault**

An elder female who only wanted to be contacted by phone

reported that she was punched in the cafeteria several days prior by an elder male. The female said she was not injured.

**02/13/15 9:00 AM 15-042855 17600 block SE 408 ST Attempted Burglary**

An adult female reported that someone attempted to gain entry through the rear door to her house and the rear door was damaged.

**02/13/15 1:49 PM 15-043063 Muckleshoot Housing Authority Trespass**

Zachary Valles (27) was trespassed from all Muckleshoot Housing Authority properties for two years at the request of a Housing Authority manager.

**02/13/15 2:18 PM 15-043100 SE 416 ST/180 AV SE Warrant Arrest**

Brooke Taylor (19) was arrested on a Lynnwood misdemeanor warrant for "Theft in the Third Degree" which held a \$7,600 bail. Taylor was booked into the Regional Justice Center (RJC) Jail.

**02/13/15 6:12 PM 15-043383 Skopabsh Village Warrant Arrest**

Alfred Williams Sr (64) was arrested on an Auburn misdemeanor warrant for "DUP" which held a \$20,000 bail. Williams was booked into the SCORE Jail.

**02/14/15 3:39 PM 15-044120 Skopabsh Village Warrant Arrests**

After a vehicle pursuit Louie Moses Sr (45) was arrested on four misdemeanor warrants, the first from the Muckleshoot Tribal Court for "Resisting Arrest," the second from Enumclaw for "False Statement" which held a \$1000,000 bail, the third from Burien for "Theft in the Third Degree" and the fourth from Kent also for "Theft in the Third Degree." Wenona Matz (37) was arrested on a King County felony warrant for "VUCSA (Drugs)" and a King County misdemeanor warrant for "Obstructing." Moses was booked into the Enumclaw Jail and Matz was booked into the King County Jail (KCJ.)

**02/14/15 5:50 PM 15-044149 41400 block Auburn-Enumclaw RD SE Theft**

An elder male reported that the rear license plate and battery of his pick-up truck were stolen.

**02/14/15 6:34 PM 15-044284 41400 block Auburn-Enumclaw RD SE Assault**

John Brown (25) was cited/arrested via citation for "Assault in the Fourth Degree" for punching an adult female in the face.

**02/15/15 9:56 PM 15-045327 17200 block SE 400 ST Harassment**

An adult female reported an adult male has been sending her threatening text and Facebook messages. A case report was written for documentation purposes, no charges at this time.

**02/16/15 1:40 AM 15-045449 39600 block 175 LN SE Warrant Arrest**

Lindsey Howtopat (59) was arrested on a felony Goldendale warrant for "Failure to Appear LFO Review Hearing." Howtopat was booked into the King County Jail (KCJ.)

**02/16/15 9:45 AM 15-045633 41400 block Auburn-Enumclaw RD SE Suspicious Circumstance**

An adult male found a grey 1994 Acura Integra 2 door in his back yard up on jacks and with three wheels missing, he did not know where the car came from. The car was not reported stolen. The deputy impounded the car for safe keeping believing it to be an unreported stolen.

**02/17/15 12:00 PM Muckleshoot Indian Reservation Sexual Offender Registration**

An elder male Level 1 sex offender registered with the King County Sheriff's Office for "Communication with a Minor for Immoral Purposes."

**02/18/15 11:28 AM 15-047743 SE 392 ST/Auburn-Enumclaw RD SE Driving without a License**

Nicholas Elkins (20) was cited for "No Valid Operator's License without ID."

**02/18/15 11:28 AM 15-047860 SE 392 ST/Auburn-Enumclaw RD SE Trespass**

Nicholas Elkins (20) was trespassed from the Davis property for two years at the request of a Housing Authority manager.

**02/18/15 4:53 PM 15-048053 Skopabsh Village Domestic Violence Assault**

Jason Flores (33) was cited/arrested via citation for assaulting his girlfriend and the mother of his children. Flores had fled the scene before deputies arrived and could not be located. Flores is charged with one count of "Assault in the Fourth Degree, Domestic Violence (DV)."

**02/19/15 9:28 AM 15-048676 Enumclaw Jail Trespass**

Louie Moses Sr (45) was trespassed from all Housing Authority properties for two years at the request of a Housing Authority manager.

**02/19/15 1:51 PM 15-048918 37900 block Auburn-Enumclaw RD SE Stolen Vehicle Recovery**

A white 2000 Chevy pickup two door and a black 2011 Eagle

utility trailer that had been stolen from Auburn on 02/13/15 were found by a deputy at a vacant house. Three mowers, weed eaters and leaf blowers were missing from the trailer when recovered.

**02/19/15 9:47 PM 15-049391 41000 block 176 WY SE Vandalism**

An unknown native male broke out a passenger side window of a SUV.

**02/19/15 10:00 PM 15-049358 17200 block SE 400 ST Suspicious Circumstance**

An adult female wanted to report her car as stolen. Before the report could be taken the female and a deputy found her car. The female's adult daughter and an adult friend of hers were in the car. The female did not wish to pursue charges.

**02/20/15 3:45 AM 15-049555 17100 block SE 392 ST Warrant Arrest**

Keisha Flores (21) was arrested on a Marysville misdemeanor warrant for "Driving While License Suspended" which held a \$500 bail. Flores was booked into the King County Jail (KCJ.)

**02/20/15 5:43 AM 15-049580 17800 block SE 413 DR Vandalism**

A passenger side window was broken out of a car.

**02/20/15 8:00 AM 15-049835 Muckleshoot Reservation Sexual Offender Release**

An adult female Level 1 sex offender was taken off of the requirement to register with the King County Sheriff's Office as the ten period since her in custody release had expired.

**02/20/15 11:30 AM 15-049779 41200 block 177 DR SE Overdose**

A small child took two 15 mg morphine tablets. The bottle had been left the child could get to it. The child was treated at the scene by fire department and Medic One personnel and transported to a hospital via ambulance for treatment.

**02/20/15 5:13 PM 15-050188 156 AV SE/Auburn-Enumclaw RD SE Warrant Arrest**

Shawnae Jansen (24) was arrested on two misdemeanor warrants; the first from Auburn for "Theft in the Third Degree" with a \$2,500 bail. The second was a no bail warrant was from WA Department of Corrections (DOC) for "Escape from Community Custody." Jansen was booked into the SCORE Jail.

**02/22/15 9:01 PM 15-052330 17600 block SE 413 PL Welfare Status**

An adult female left one of her juvenile children as a facility and another juvenile child with a friend apparently to abandon them. Child Protective Services was notified.

**02/23/15 1:39 PM 15-052906 Skopabsh Village Trespassing**

Bernyce Elkins (29) is trespassed from all Muckleshoot Housing Authority properties. Elkins was found in Skopabsh Village and arrested for Criminal Trespass. Elkins also had two Muckleshoot Tribal Court misdemeanor warrants for Criminal Trespass, one with a \$1,000 bail on one with a \$250 bail and a King County misdemeanor warrant for Criminal Trespass in the Second Degree with a \$1,000 bail. Elkins was booked into the SCORE Jail on the new Criminal Trespass charge and on the two Muckleshoot warrants.

**02/24/15 11:00 AM 15-053837 Muckleshoot Reservation Child Molestation**

The Tribal School deputy received a report of a possible child molestation that occurred on the reservation. A report was written and sent to detectives for review and follow-up. Details are being kept confidential due to the nature of the case and an ongoing investigation.

**02/24/15 12:10 PM 15-053884 2700 block 24 ST SE Warrant Arrest**

Wilson Teo (39) was arrested on a King County misdemeanor warrant for DUI which held a \$2,500 bail. Teo was booked into the Regional Justice Center (RJC) Jail.

**02/27/15 8:26 AM 15-056888 Skopabsh Village Trespass**

Bernyce Elkins (29) is trespassed from all Muckleshoot Housing Authority properties. Elkins was found in Skopabsh Village and arrested for Criminal Trespass. Elkins was booked into the SCORE Jail for Criminal Trespass.

**02/27/15 2:48 PM 15-057218 Skopabsh Village Trespass**

Roberta James (34) was trespassed from all Muckleshoot Housing Authority properties for one year at the request of a Housing Authority manager.

### Muckleshoot Tribal Credit has moved!

Muckleshoot Tribal Credit has moved to a new location. We are now located in the "Old Rec" building. This tan modular building is located right next to the Catholic Church.

If you have a current Auto Loan in our program and you switch Insurance Companies, it is your responsibility to notify Tribal Credit of the change of Insurance Companies.

# Skopabsh Tiny Tot Princess Mia Castaneda

Skopabsh Tiny Tot Princess Mia Castaneda is a very busy girl. She's been representing the Tribe at pow wows and is getting better all the time – even placing in some dance contests! In these pictures, she's shown with her Mom, Amy, and Grandma Tammy as she helps her family put on a fundraiser at the Cougar Room of the Philip Starr Building. What's she raising money for? Not for her pow wow travels, but for her the new sport she's taken up – gymnastics! She is quite the girl, as you can see from these photos. Personality Plus!



## WASHINGTON STATE SEARCH AND RESCUE



### INFORMATION SEMINAR

WEDNESDAY MARCH 25<sup>th</sup>, 2015

HOSTED BY MUCKLESHOOT INDIAN TRIBE EMERGENCY PREPAREDNESS

**WHO?** TRIBAL FAMILIES, COMMUNITY MEMBERS & MIT EMPLOYEES

**WHAT?** SAR INFORMATION SEMINAR

**WHEN?** MARCH 25<sup>th</sup>, 2015

**WHERE?** MIT COUGAR ROOM TIME? 9:00am – 4:00pm (LITE LUNCH PROVIDED) (FIVE DRAWINGS FOR EP GRAB AND GO BAGS/KITS)

**WHY?** TO LEARN THE CORRECT PROTOCOLS TO ASK FOR THE SAR EFFORTS OF A MISSING PERSON. TO HAVE THE CONFIDENCE IN KNOWING THAT THERE ARE RESOURCES AVAILABLE FOR SAR ASSISTANCE IN WASHINGTON STATE.

**BRING YOUR KNOWLEDGE, BRING YOUR QUESTIONS!**

FOR MORE INFORMATION CONTACT: MIT EP COORDINATOR, ADA MCDANIEL @ 253-876-3247 OR ADA.MCDANIEL@MUCKLESHOOT.NSN.US

LIKE US ON FACEBOOK AT MUCKLESHOOT EMERGENCY PREPAREDNESS!

# YOUTH DEVELOPMENT PROGRAM

Muckleshoot Youth Development Program took Participants to Rainforest Café for a Educational Tour on Saturday February 7, 2015





PHOTO BY BOB CHARLO

**HOW THE 12 PHOTO WAS MADE.** We hardly ever have a really foggy day up on the plateau. Whether it's sunny or rainy, at least it's clear out. So wouldn't you know? For the second year in a row, after all the planning and organizing that went into it, we had pea soup fog again for this year's 12 picture. But we can't complain, can we? We only do it when the 'Hawks are going to the Super Bowl! That's John Loftus and Bubba Lezard up there on the manlift, about 30 feet above the ground.

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

Case No. MUC-PO-11/14-125

In Re the Protection of: D.T.  
Elder/Vulnerable Adult's Name, DOB: 03/30/1959, an elder/vulnerable adult

vs.

ROBERT UNDERWOOD-ELKINS, DOB: 06/04/1991, Respondent

NOTICE OF HEARING ON PROTECTION ORDER PETITION  
TO: ROBERT UNDERWOOD-ELKINS, Respondent, DOB: 06/04/1991

IT IS HEREBY ORDERED THAT the previously entered protection order remains in full force and effect. In particular:

1. The respondent is Restrained from committing or threatening to commit physical harm, bodily injury, assault, including sexual assault against the vulnerable adult and from molesting, harassing, or stalking the elder/vulnerable adult.
2. Respondent is Restrained from committing or threatening to commit acts of abandonment, abuse, neglect, or financial exploitation against the elder/vulnerable adult.
3. The respondent is Excluded from the elder/vulnerable adult's residence.
4. The respondent is Restrained from coming near and from having any contact with the elder/vulnerable adult, in person or through others, by phone, mail, or any means, directly or indirectly, except through an attorney, or mailing or delivery by a third party of court documents.
5. Respondent is Prohibited from knowingly coming within, or knowingly remaining within 500 feet (distance) of the elder/vulnerable adult and his or her residence.
6. A violation of this order may subject respondent to arrest and criminal prosecution under tribal and/or state law.
7. The protection order expires April 10, 2015, but may be renewed prior to its expiration.
8. Next hearing: April 10, 2015 at 10:00 a.m.
9. Parties are responsible for updating the court as to any change of service address.

SO ORDERED this 6<sup>th</sup> day of February, 2015.  
/s/ RANDY DOUCET, CHIEF JUDGE OF THE MUCKLESHOOT COURT OF JUSTICE

Muckleshoot Tribal Court  
39015 172nd Avenue SE, Auburn, WA 98092  
Phone: (253) 876-3203 / Fax: (253) 876-2903

**Muckleshoot Realty**  
is now on

This is an easy way to stay up to date.

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

**Check us out**

**MUCKLESHOOT INDIAN CASINO**

You can now apply for jobs  
**ON-LINE**

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

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

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

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

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

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

**Tax Preparation Service At Philip Starr Building**

H&R Block has again opened an office in the conference room at the top of the stairs in the Philip Starr Building to prepare tribal members and tribal employees in the preparation of their federal income tax returns.

Office hours are 9:00 AM. to 5:00 PM. Dates of operation are as follows:

- 2/14 to 3/31 – Tuesdays, Thursdays and Fridays
- 4/01 to 4/15 – Monday through Friday

Call 253-876-3064 to make an appointment for tax preparation, or drop off your tax forms, and pick up your completed return later. Just bring in your tax forms (W-2s, 1099s, Scholarship letters, etc.) and have H&R Block file your taxes electronically.

The Tribal Council has approved the following for you:

- The Tribe will pay up to a maximum of \$130 per return for tribal member households. Please note that the immediate discount is only available at the Philip Starr Building H&R Block office.
- Reimbursement of up to \$130 if tribal member has already filed their 2012 tax return at another H&R Block location, or tax preparer. Just bring in the receipt to Finance.
- 20% discount for tribal members and a \$20 discount for all tribal employees. Coupons will be available at the Finance Front Desk.

**EVENTS CALENDAR**

|              |                                                                                                                                        |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------|
| February 14  | <b>Winter PowWow Grand Entry at 7pm</b> in Tribal School Gym                                                                           |
| February 27  | <b>End of Season Salmon Dinner</b> Pentecostal Church 3pm                                                                              |
| March 5      | <b>MTC &amp; NWIC Advising Day</b> - Contact Donovan Sather, MTC at 253-876-3210 or Felecia Harris, NWIC at 253-876-3274               |
| March 14     | <b>Winter PowWow Grand Entry at 7pm</b> in Tribal School Gym                                                                           |
| March 20     | <b>20th Annual Enumclaw School District Pow Wow</b> , Enumclaw High School Gym, 226 Semanski Rd., Enumclaw, WA. Grand Entry 7 PM.      |
| March 25     | <b>Washington State Search and Rescue Information Seminar</b> , 9AM - 4PM. Call Ada McDaniel at 253-876-3247                           |
| April 11     | <b>7th Annual tl'aneq' Cultural Art Auction and Benefit Dinner</b> . Tulalip Resort Casino. Call Mariah Dodd at 360-392-4217 for info. |
| June 19 - 21 | <b>Veterans Pow Wow</b> , Muckleshoot Pow Wow Grounds                                                                                  |
| August 21-23 | <b>Skopabsh Pow Wow</b> , Muckleshoot Pow Wow Grounds                                                                                  |

SUBMIT YOUR ITEMS FOR THE EVENT'S CALENDAR!!  
[Muckleshoot.Monthly@muckleshoot.nsn.us](mailto:Muckleshoot.Monthly@muckleshoot.nsn.us)

**Muckleshoot MONTHLY**

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

**Muckleshoot Library Free Events & Programs**

**Stories of the Salish Sea**  
Saturday, March 14th 2pm  
Travel to the ancient forests, meadows and waters of the Salish Sea as you enjoy traditional stories and Native American flute music from an award winning musician Paul "Che Oke Ten" Wagner. **Families**

**Movie Monday**  
Monday, March 23rd 4pm  
Watch a movie, or work on an activity. **Ages 10+**

**Salish Bounty: Traditional Native American Foods of Puget Sound**  
Comprised of historic photos, maps and informative text, *Salish Bounty* reminds us that food isn't solitary; cooking and eating are things we do with other people, and express our cultural history and values.  
Exhibit on display February - Mid April

253-931-6779

**Community Culture and Language**

Language, songs, and dance

Food and drinks are provided

Open to all community and tribal employees

|                                                                                                           |                                                                                                                                                  |
|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>• <b>Language Lunch</b><br/><i>Every Tuesday</i><br/>Language building (next to H.R.)<br/>12pm-1pm</p> | <p>• <b>Language and Culture Dinner</b><br/><i>Every Other Tuesday (opposite of MTS Culture Night)</i><br/>Canoce Club House<br/>5:30-7:00pm</p> |
|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|

|                                                                                                    |                                                                                                      |
|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| <p>For questions regarding the Language Program<br/>Please contact:<br/>Mary Ross 253-876-3306</p> | <p>For questions regarding the Culture Program<br/>Please contact:<br/>James Smidin 253-876-3013</p> |
|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|

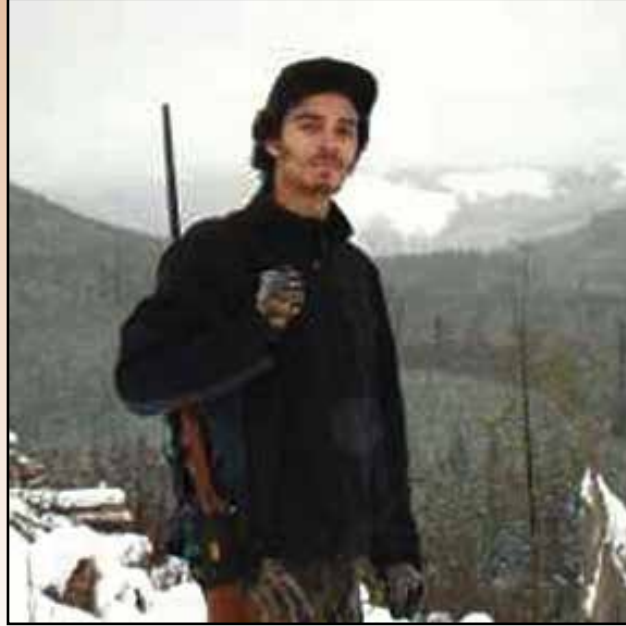
Happy Birthday!



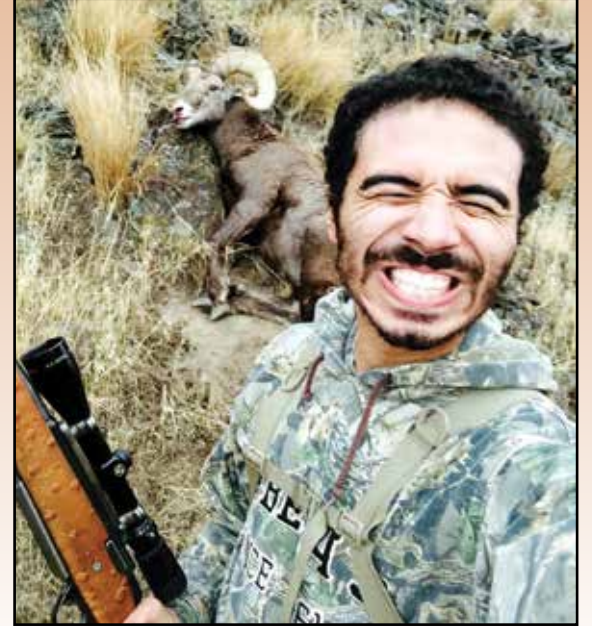
Happy 30<sup>th</sup> Birthday to Joseph Martin (2-21)  
Love,  
Family & Alesha Martin

**BIRTHDAY WISH & HUGS** to granddaughter, Dahawnee and my nephew, Raymond Jerry Jr.

Happy 53<sup>rd</sup>. Birthday Moon Martin SR...  
Best Wishes!  
Love your family and Grandchildren



Colt Potts bear hunting



Colt Potts with biggest bighorn sheep the tribe has harvested



I made it on the School Board for another three years! Thank you, my Grandson, Harvey! That was so thoughtful of you to come and nominate me! Sorry, Theresa! I didn't make it on the Council! At least we got Anita Mitchell in there! Sorry Marcy Elkins, you didn't make it back in there. Yea Anita!!

Also, congratulations to Harvey Starr! He's finished with school now! He graduated on February 27, 2015! I'm so excited for him! Then he's going to college in California! He hopes to take up Recreation, then he'll come back and be the Head Of Recreation in the school! Isn't that exciting? I love you so much Harvey! You remember you done this all on your own!



Happy 15<sup>th</sup> Wedding Anniversary,  
Mom & Dad!

Love,  
Wendy, Byron, Mike & Tamicka



February 11- Happy birthday Arlissa 'Bunny'!



February 2 - Happy Birthday, Sean Elkins!



March 14th - Happy birthday Dad!



Happy Birthday, Dad! Love you!



You are more than a great Dad and Husband.  
You are an inspiration, a teacher and our best friend.  
Happy Birthday, Paul Rodarte Jr.! We love you so much!

Raquel, Cashis, Marlee, and Cale

Congratulations to Trisdin Lozier & Tori Nelson on the arrival of their son Zeke Anthony Nelson-Lozier.

Born February 13, 2015  
9lbs 13 oz 21 inches

