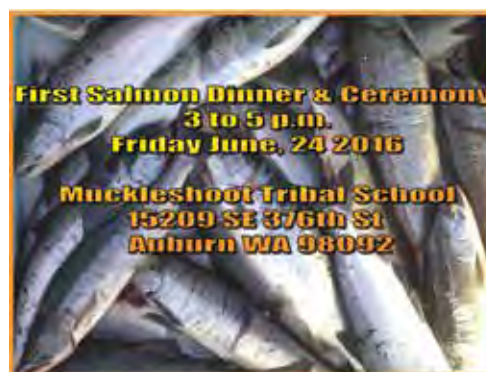


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Veterans Pow Wow
June 17th - 19th

First Salmon Dinner
3 to 5 p.m., June 24th
Muckleshoot Tribal School



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

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Muckleshoot MONTHLY



Vol. XVII No. V

Muckleshoot Indian Reservation, Wash.

June 12, 2016



Warm Springs BIA Supt. John Halliday with Interior Secretary Sally Jewell during the recent takeover of Malheur Nat'l Wildlife Refuge by right-wing militants.

Halliday promoted again by BIA

Tribal member John Halliday, who has held many high level jobs, including MIT Tribal Operations Manager, has again been promoted by the BIA. He wants to share the following update with the Muckleshoot Community:

"I recently accepted the position of BIA Deputy Regional Director for the Navajo Region. I'll be serving as right hand to the Regional Director – a big responsibility. The Navajo Reservation is larger than 10 U.S. states. I'll be stationed in Gallup, NM, which I think is going to be pretty cool, as Gallup, population 22,000, is considered the Native American Jewelry Capitol of the world and is 40% Indian.

I've served as Superintendent for Warm Springs Agency for the last four years and have gained a great deal of experience, as they also have a large land base of 640,000 acres. A big part of my work was dealing with Wildland Fires, since the BIA Superintendent is the top line officer in charge of the fire fighters. At one time, we had as many as 1,600 firefighters on the reservation fighting a 75,000 acre fire.

Continued on page 8

SUMMER TRAFFIC ADVISORIES:

SUMMER TRAFFIC ADVISORIES:

Road construction projects, concerts and special events are expected to impact traffic flow this summer, as follows

CONSTRUCTION

- South 277th St – Auburn Way N to Green River Bridge
- West Main St – Interurban Trail to W Valley Hwy, W Valley Hwy from W Main St. to 15th St NW, 15th St NW from W Valley Hwy to C St. SW
- M Street SE – 3rd St. SE to East Main St.
- B St NW – 37th St NW to S 277th St
- Southbound I-5 – S. 320th to Duwamish River
- Green River Road SE – City limits to 104th Ave SE – approx. 5 days starting June 8

EVENTS

- June 24:** Auburn Kids Day, 11 am - 4 pm, Les Gove Park
- June 25:** Auburn Fireworks Spectacular, 10:15 PM Muckleshoot Casino
- July 8:** DCX World Tour MMXVI Concert
- July 27:** Rob Zombie & Korn: Return of the Dreads Tour 2016 Concert
- August 12:** Vans Warped Tour Presented by Journeys Concert
- August 21:** 99.9 KISW Presents Pain In The Grass 2016 Concert

GRADUATIONS will take place at the White River Amphitheatre on June 3, June 10, June 13 and June 17.

Tribal Leaders Advocate for MIT Priorities in Washington, DC

WASHINGTON, DC – The Muckleshoot Tribe sent a delegation to Washington, D.C. during the second week of May to meet with federal officials and fight for the Tribe's priorities. The delegation included Tribal Chairman Virginia Cross, Councilmember Louie Ungaro and Public Affairs Director Madrienne Salgado.

This trip was crucial to the continued implementation and success of the Tribe's federal agenda. As it does every year, the Tribal Council has created and adopted a agenda for the 114th Congress to identify the Tribe's priorities and provide direction to its staff. Through this agenda the Tribal Council has been able to secure many significant victories for Muckleshoot tribal citizens.

The Tribe has secured millions in federal investment for Puget Sound salmon recovery

Continued on page 2



Archivist Jane Fitzgerald (with white gloves) shows the original Treaty of Medicine Creek to Tribal Chairman Virginia Cross and Councilmember Louie Ungaro in the vault of the National Archives.

PHOTO BY RICHARD REICH

Living Safely With a Volcano in Your Backyard

Majestic Mount Rainier, also known as Tahoma, soars almost 3 miles (14,410 feet) above sea level and looms over the Muckleshoot Indian Reservation. Every day we admire its beauty. However, the volcano's beauty is deceptive. U.S. Geological Survey (USGS) research shows that it is one of the nation's most dangerous volcanoes. It has been the source of countless eruptions and volcanic mudflows (lahars) that have surged down valleys on its flanks and buried broad areas now densely populated. To help people live more safely with the volcano, USGS scientists are working closely with local communities, emergency managers, and the National Park Service.

Mount Rainier, an active volcano currently at rest between eruptions, is the highest peak in the Cascade Range. Its edifice, capped by snow and 25 glaciers, has been built up by untold eruptions over the past 500,000 years. It last erupted in 1894-95, when small summit explosions were reported by observers in Seattle and Tacoma.

Mount Rainier's next eruption might be of similar or larger size and could produce volcanic ash, lava flows, and avalanches of intensely hot rock and volcanic gases, called "pyroclastic flows." Some of these events swiftly melt snow and ice and could produce torrents of meltwater that pick up loose rock and become rapidly flowing slurries of mud and boulders known as "lahars."

In contrast to lava flows and pyroclastic flows that are unlikely to extend farther than 10 miles from the volcano's summit and remain within Mount Rainier National Park, the largest lahars can travel for tens of miles and reach Puget Sound.

Volcanic ash will be distributed downwind, most often toward the east, away from Puget Sound's large population centers. Airborne plumes of volcanic ash can greatly endanger aircraft in flight and seriously disrupt aviation operations. Although seldom life threatening, volcanic ash fallout on the ground can be a nuisance to residents, affect utility and transportation systems, and entail substantial clean-up costs.

Lahars Pose the Greatest Risk

At Mount Rainier, the risk from lahars is greater than from lava flows, volcanic ash fall, or other volcanic phenomena because some pathways for future lahars are densely populated and contain important infrastructure such as highways, bridges, ports, and pipelines. Lahars look and behave like flowing concrete, and they destroy or bury most manmade structures in their paths. Past lahars



The White River carved its "new" canyon after a partial collapse of Mt. Rainier about 5,600 years ago caused the Osceola Mudflow, which buried today's Muckleshoot Reservation area.

PHOTO BY JOHN LOFTUS

probably traveled 45 to 50 miles per hour and were as much as 100 feet or more thick where confined in valleys near the volcano. They thinned and spread out in the wide valleys downstream, slowing to 15 to 25 miles per hour. Deposits of past lahars are found in all of the valleys that start on Mount Rainier's flanks.

How Hazardous is Mount Rainier?

Mount Rainier has erupted less often and less explosively in recent millennia than its well-known neighbor, Mount St. Helens. However, the proximity of large population centers in valleys susceptible to lahars from Mount Rainier makes it a far greater threat to life and property than Mount St. Helens for the following reasons:

- **Population and development at risk** – about 80,000 people and their homes are at risk in Mount Rainier's lahar-hazard zones. Key infrastructure such as major highways and utilities cross through these zones, which also contain economically important businesses, hydroelectric dams, and major seaports.

Continued on page 3



The Native American graduates of Enumclaw High School paid a visit to Tribal Council and shared their plans for the future.

FOR MIT PRIORITIES IN WASHINGTON, DC continued from page 1

initiatives, for repairs and replacement of Army Corps dams that injure or impede salmon runs, and for public safety funding.

The delegation also worked to obtain legislation to prevent the taxation of certain benefits it provides tribal citizens and secure new Native language immersion programming in the Elementary and Secondary Education Act reauthorization.

During the Tribe's May lobbying trip to D.C. its delegation kept a busy schedule holding meetings with key Congressional leaders including: Senator Patty Murray, Senator Maria Cantwell, House Minority Leader Nancy Pelosi, Rep. Adam Smith, Rep. Dave Reichert, Rep. Suzan DelBene, Rep. Derek Kilmer and Rep. Dan Newhouse.

In addition, they met with high-ranking federal officials of the Army Corps of Engineers, and the Office of the Assistant Secretary-Indian Affairs. Some of the main topics of discussion during the meetings were:

- \$ North of Falcon negotiations for setting tribal salmon fishing seasons;
- \$ Funding for the fish passage facility at Mud Mountain Dam;
- \$ The negative impacts of genetically-modified salmon;
- \$ A technical fix to the Social Security Act to ensure that all tribal citizens have access to benefits; and
- \$ Public Safety funding.

The visit began with a private viewing of the 1854 Treaty of Medicine Creek in the vault at the National Archives. The vault is a climate-controlled, waterproof, fireproof, and highly secured area in the Archives, where many of the nation's most important documents are preserved. Other items in the vault include George Washington's papers and the Louisiana Purchase document, signed by Napoleon Bonaparte.

The Treaty of Medicine Creek was laid out before the delegation on a table and they were able to inspect it up close and without barrier, although it could only be touched by Head Archivist Jane Fitzgerald, who wore special white gloves to avoid damaging the fragile handwritten document.

It was a powerful and moving experience to see such an important piece of our history. Seeing the original Treaty firsthand was a poignant reminder of exactly what the Muckleshoot delegation was in D.C. fighting for as well as a testament to the struggles that

Muckleshoot ancestors endured to protect the Tribe's sovereignty.

Tribal Chairman Cross and Councilman Ungaro continued their defense of Muckleshoot treaty fishing rights throughout the trip. They explained the Tribe's stance in the North of Falcon negotiations relating to tribal salmon fisheries and the importance of ensuring that there are fish not just this season, but for future generations as well.

In addition to addressing technical and scientific issues affecting the Tribe's treaty salmon fisheries, they educated Congressional offices on the racism and threats that Muckleshoot fishermen face when engaging in their treaty protected rights.

The delegation also declared the Tribe's deep objections to genetically-modified salmon (GMO salmon). The Tribe's efforts on this issue helped secure a labeling requirement for GMO salmon, which has prevented the GMO salmon from entering the market to date. The Tribe has also supported several pieces of pending legislation that would ban GMO salmon. The Tribe's message on this issue was well received in all of their meetings.

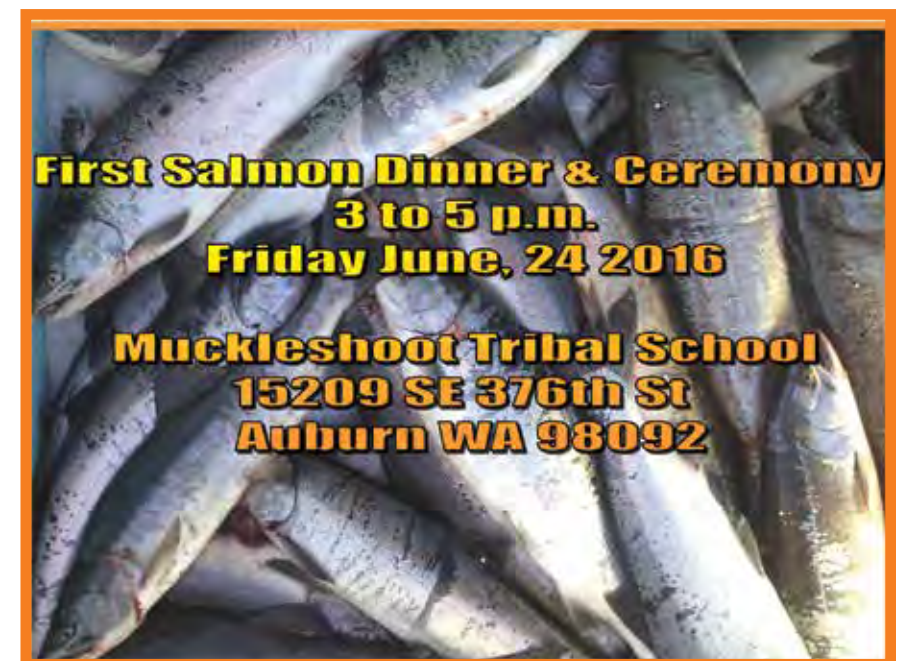
Over the past few years, the Muckleshoot Tribe, with the help of Senator Patty Murray, has pressured the Army Corps of Engineers and the White House Office of Management and Budget to commit millions of dollars to the Mud Mountain Dam fish passage facility. The current fish passage facility is derelict and causes countless fish to perish.

The Tribe met with the Army Corps of Engineers, Senator Murray, and Rep. Derek Kilmer to thank them for their continued work towards securing enough funds to build a new fish passage facility. Construction on the new facility is expected to begin in 2017 and be completed in 2020. This will be great news for White River salmon run and tribal fishers.

Finally, the Tribal delegation discussed the need for increased public safety funding for the Muckleshoot Reservation. The Bureau of Indian Affairs (BIA) provides very little assistance to the Tribe because it deploys its limited resources to other locations. MIT has fought for more support for years, but during this trip learned that they BIA will be sending the Tribe funding to assist with tribal court assessment and development. This news was a nice way to end another productive trip to Washington, D.C.



EHS Native American Graduates Visit Tribal Council



MUCKLESHOOT ★ VETERAN'S POWWOW

JUNE 17-19, 2016



2016 Muckleshoot Tribal Graduation Dates

ENUMCLAW SCHOOL DISTRICT

Monday, June 13th at 6:00 pm at the White River Amphitheater

TRIBAL SCHOOL GRADUATIONS

All graduation ceremonies will be in the Muckleshoot Tribal School Gym

8th grade	Monday June 14th at 10 am
5th grade	Monday June 14th at 10 am
Kindergarten	Monday June 14th at 10 am

MUCKLESHOOT HEAD START (MUCKLESHOOT EARLY LEARNING ACADEMY):

Thursday, June 16th at 10 am in the Muckleshoot Tribal School Gym

HIGHER EDUCATION DINNER

Thursday, June 16th at 6 pm in the Muckleshoot Casino Banquet Rooms

BIRTH TO 3 END OF THE YEAR CELEBRATION

Friday, June 17th 12- 3 pm at Northwest Trek

HIGH SCHOOL GRADUATION DINNER

Friday, June 17th at 6pm in the Muckleshoot Casino Banquet Rooms

ALL SCHOOLS-ALL GRADES COMMUNITY CELEBRATION

Honoring Our Graduates, June 17, 2016, 12:30 to 5:30 PM
Muckleshoot Tribal School Grounds

AUBURN SCHOOL DISTRICT

Auburn Mountain View High School
Saturday, June 18th at 11 am at Auburn Memorial Stadium

WEST AUBURN HIGH SCHOOL AND VIRGINIA CROSS NATIVE EDUCATION CENTER

Saturday, June 18th at 1:30 pm at the Auburn Performing Arts Center

AUBURN RIVERSIDE HIGH SCHOOL

Saturday, June 18th at 4 pm at Auburn Memorial Stadium

AUBURN HIGH SCHOOL

Sunday, June 19th at 4 pm at Auburn Memorial Stadium

VOLCANO IN OUR BACKYARD *continued from page 1*

• **Size and frequency of lahars** – During the past several thousand years large lahars have reached the Puget Sound lowland on average at least once every 500 to 1,000 years. Smaller flows not extending as far as the lowland occurred more frequently. If future large lahars happen at rates similar to those of the past, there is roughly a 1-in-10 chance of a lahar reaching the Puget Sound lowland during an average human lifespan.

• **There may be little or no advance warning** – Studies by U.S. Geological Survey (USGS) scientists show that at least one of Mount Rainier’s recent large landslide-generated lahars may have occurred when the volcano was quiet and not providing the warning signs typical of a restless and erupting volcano. In such a rare case, the only warning could be a report that a lahar is already underway.

Two Types of Lahars

Mount Rainier can generate two types of lahars that can threaten surrounding valleys:

• **Meltwater-generated lahars** – Mount Rainier supports more than one cubic mile of glacial ice—as much as all other Cascade Range volcanoes combined. During past eruptive episodes, swift melting of snow and ice by pyroclastic flows and other events caused numerous lahars. Such lahars would be preceded by events that warn of an impending eruption.

• **Landslide-generated lahars** – Landslides can be triggered when molten rock (magma) intrudes into a volcano and destabilizes it, as happened at Mount St. Helens in 1980, or they may be triggered by large earthquakes. They may also be the result of the eventual failure of rocks that were weakened by the action of acidic fluids. Magma releases gases and heat creating hot, acidic ground water that, over time, can convert hard volcanic rock into weak, clay-rich rock by a process called hydrothermal alteration. When masses of water-saturated clay-rich rock slide away, they transform rapidly into a lahar. Although most large landslides at Mount Rainier occurred during eruptive periods and were probably triggered by magma intrusion or by explosive eruptions rocking the volcano, the origin of at least one, the 500-year-old Electron lahar, may not be related to eruptions. This lahar left deposits as much as 20 feet thick, and buried an old-growth forest in the vicinity of modern-day Orting.

Are All Parts of the Volcano Susceptible to Landslides?

The west flank of Mount Rainier, including the head of the Puyallup River, has the greatest potential for unleashing large landslides that become far-traveled lahars, because it has the largest amount of weakened clay-rich rock at high altitude. Therefore, the Puyallup River valley and, to a lesser extent, the Nisqually River valley, whose basin includes some of the weakened rock, are at most risk from such events. Little Tahoma Peak on the east side of the volcano and many other cliffs and steep slopes can fail in landslides, such as one in December 1963 that traveled several miles, but such events are too small to generate lahars. In contrast

to landslides, lahars generated by eruptions could descend any of the valleys originating on Mount Rainier.

Long-Term Effects of Lahars

Lahars fill stream channels and bury valley floors with deposits of boulders, sand, and mud a few feet to tens of feet thick. These deposits readily erode as rivers and streams reestablish their channels, shedding abundant sediment downstream over years to decades. Because of this, downstream valley floors initially unaffected by a lahar may later suffer increased flooding and progressive burial by remobilized sediment.

Recent studies have revealed extensive layers of sandy sediment from Mount Rainier that extend to the Port of Seattle along the Green and Duwamish River valleys. This sediment was rapidly eroded from the deposits of lahars caused by eruptions about 1,000 years ago, even though the lahars themselves did not extend much past present-day Auburn, which lies about 20 miles south of downtown Seattle.

Past Lahars Provide Clues About Future Hazards

Lahars leave behind thick layers of boulders, mud, and logs on valley floors. Geologists use this and other evidence to assess future hazard potential and to map zones in river valleys heading on Mount Rainier that could be inundated by future lahars. Not all valleys would necessarily be affected during a given eruption or large landslide, nor would all lahars in a valley be large enough to extend to hazard-zone boundaries. Lahar hazard zones mapped by the USGS are being used to guide the development of hazard-area regulations in comprehensive land-use plans by counties and cities that lie at the foot of Mount Rainier.

Lahar Warning System Reduces Risk

Because there is higher level of risk from lahars generated by landslides on the west flank of Mount Rainier, the USGS, Pierce County Department of Emergency Management, and Washington State Emergency Management Division have established a lahar warning system. A detection component consists of arrays of monitors that record the ground vibrations of a lahar. Computerized evaluation of data assesses the presence of a flowing lahar and issues an automatic alert to emergency-management agencies. Emergency managers can then initiate appropriate response measures. City, county, and State agencies design and maintain notification procedures, evacuation routes, and public-education programs.

Monitoring and Emergency Planning Are Ongoing

The USGS, in cooperation with the Pacific Northwest Seismic Network at the University of Washington, continuously monitors Mount Rainier and assesses potential hazards stemming from volcanic activity. Volcanoes often show signs of unrest, such as increased seismicity (earthquakes) and emission of volcanic gases and swelling of the volcano, days to months in advance of an eruption. When unrest is detected, scientists will notify emergency-management officials and increase monitoring efforts. The Mount Rainier Volcanic Hazards Response Plan, which was created by



Armero, Colombia, was battered in 1985 by lahars generated by an eruption of glacier-clad Nevado del Ruiz volcano. More than 20,000 people died in the city. Note empty street blocks where structures were swept away. Tragically, safety lay nearby in areas of higher ground. (USGS photograph by R. J. Janda.)

cooperating local, county, State, and Federal agencies, describes the responsibilities of agencies and how they will communicate with each other and the public during a volcanic crisis.

What to Do if Threatened by a Lahar or Debris Flow

Know the signs of debris flows and lahars. Experience from around the world shows that moving to high ground off the valley floor is the only way to ensure safety during a lahar. When hiking in valleys on the slopes of Mount Rainier during late summer or during intense rainfall, be alert for the signs of an approaching debris flow—ground shaking and roaring sound—and move up the valley wall to higher ground. The same is true for lahars, but, because they affect much larger areas, people need to move out of threatened areas before lahars get close. Lahars are almost always preceded by volcanic unrest, so in most instances there will be time to warn people when there is an increased risk. Obtain a NOAA weather radio to receive alerts about possible lahars, as well as other natural hazards (for further information on the Web go to <http://www.weather.gov/nwr>).

Courtesy of United States Geological Survey

Volcano Evacuation Routes

What You Need to Know

What do the signs mean?

Volcano evacuation route signs are located throughout the city of Auburn to direct you to the quickest and safest routes to travel to high ground in the event of an impending flood or volcanic mudflow.

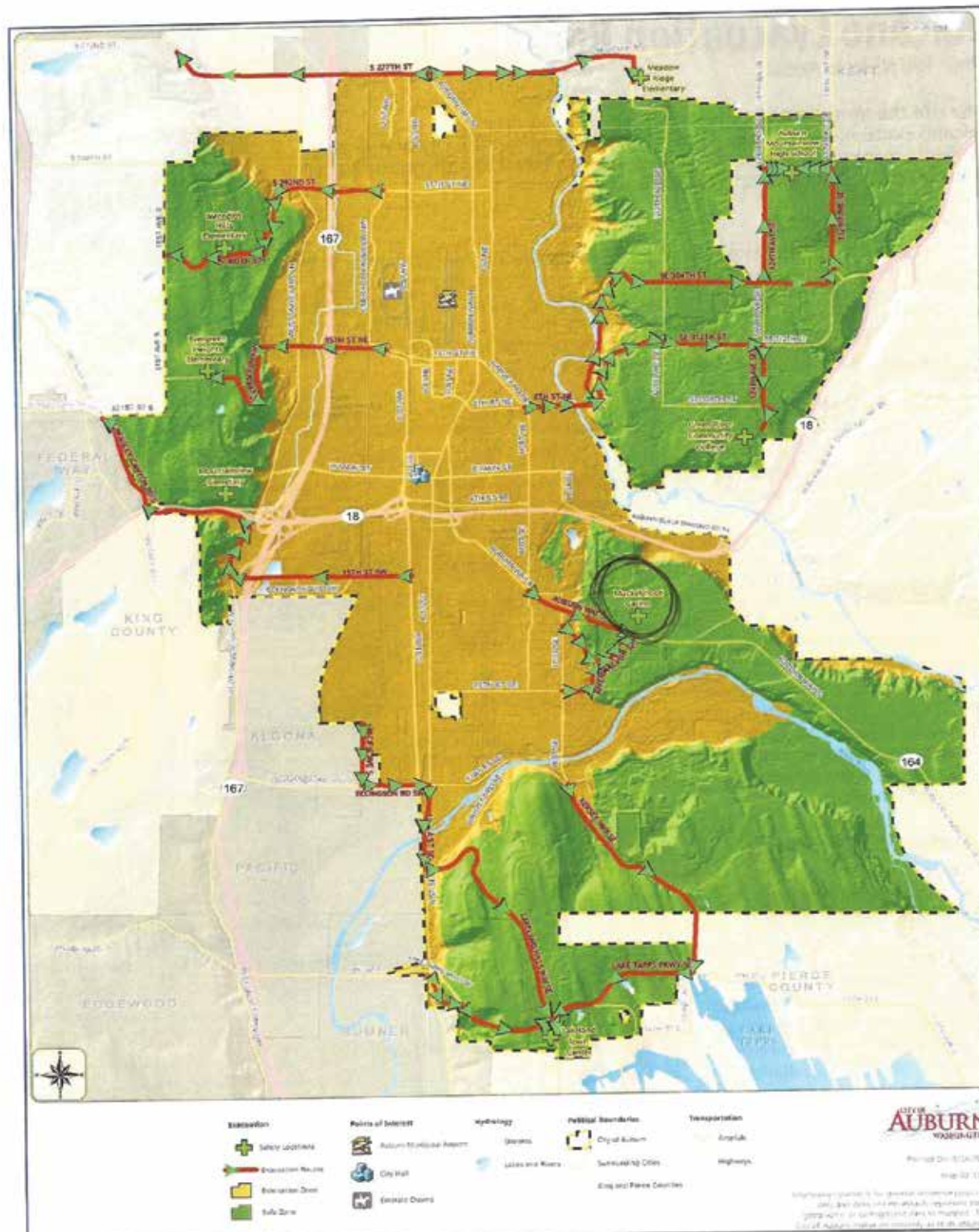
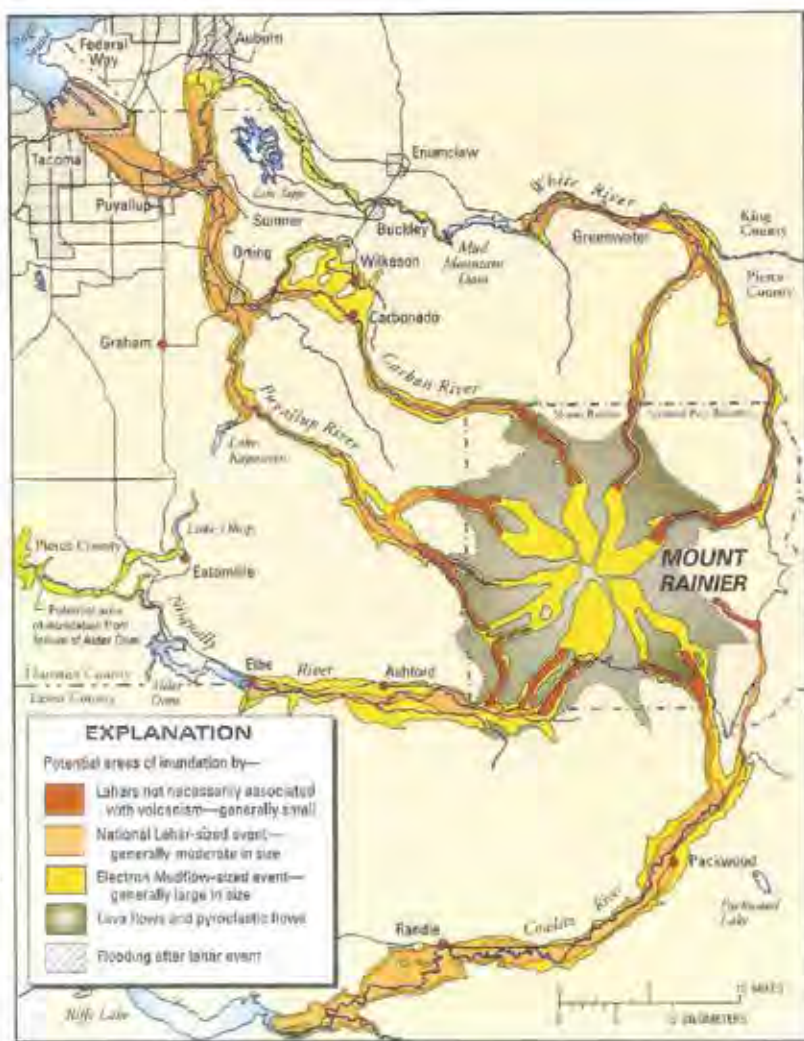
What is the Threat?

According to the United States Geological Survey (USGS), Mount Rainier is an active volcano that is currently at rest between eruptions. Its next eruption might produce volcanic ash, lava flows, or pyroclastic flows (hot lava fragments and gas). Pyroclastic flows can rapidly melt snow and ice, producing lahars (volcanic mudflows) that travel down valleys beyond the base of the volcano. Lahars can also be caused by large landslides on the mountain. Lahars look and behave like flowing concrete, at times traveling 50 miles per hour.

At Mount Rainier, lahars are a greater hazard than other volcanic products such as lava and poisonous gases popularized by TV and film. The map shows areas that could be affected if events similar in size to those of the past occurred today. Lahar hazard is not equal in all valleys. The Puyallup valley is the most susceptible to lahars caused by large landslides or a flank collapse on the volcano. As you can see on the map, the city of Auburn is located on the northernmost fringe of the inundation area, and may be affected by a lahar, although the impact will be much less than what is expected in the Orting and Puyallup areas.

How Much Time Do I Have to Evacuate?

According to estimates from the USGS, Auburn residents have approximately 1.6 hours from the first warning to evacuate in the event of a severe lahar. The short time period will necessitate walking to higher ground, as roads will become blocked by debris and traffic. You can familiarize yourself with the evacuation routes near your home and workplace by following the blue and white “Volcano Evacuation Route” signs nearest your home and business. Map on reverse.



TO THE GREAT WOLF LODGE



By Theresa Moses, Adam Lee Miller and Donna Starr

The Elders paid for Theresa and I to go to the Weaving Conference, and Eileen approved me to go as a training for my program. We would like to take this time to thank The Elders Program and Eileen for allowing me to go to this very important training! Thank you very much! It is such a meaningful training for us!

Also it is a truthful training! It is applicable to any Indian who wants to be more Indian! It is so great for Yvonne and her family to put this on! You must be making your Mom proud right now! You had such a great turn out! It was a Great Conference! Yvonne, Trudy and all of your family members need to be held up in the highest honor!

ʔəshiiṭ ṣəd ʔə tə ds.uyə ʔaciṭtalbix^w
I'm glad I'm becoming Indian

Anyway, Theresa and I both decided to make a Traditional Cedar Bark Hat! Trudy was our Instructor and man! She is really a good instructor! She had the patience with us! It took us two days to do the hat! Man I've made them before but it still took us that long to finish it! Trudy was happy when we finished! Theresa really looked good in her hat! Plus when we finished our hats Trudy had the Microphone and announced when we finished! I said "Oh my God Trudy! I didn't know you were going to do that!" She just laughed at me!

Adam chose to make a X Basket! It really looks neat! It has red and black coloring on it, plus the Cedar! His instructor's name was Gabe! He done a swell job with Adam! I doubted if Adam would finish it on time cause we were leaving as soon as he did finish! It looks really pretty!

On Friday night we were invited to go out to the Oakville Community Center for dinner! Which was provided by the Canoe Club! Man that was such a nice dinner! We need to thank them royally! (Theresa made us late, because she was trying to finish) Anyway when we got out there we were offered a seat with Titter, her daughter and Titter's sister-in-law. So we sat down and the Canoe Journey was singing their songs! It was really neat! Then a man from Canada got up to thank the Canoe People for singing and Making the food!

Anyways, we also had the honor of meeting Curtis DuPuis! He is a brother of Yvonne, Trudy and them! He had so much to talk about! He had stories about Rabbit, Pete, Hoagie, Henry, Dennis, Billy and Kenny Anderson! He knew Georgie and Leona, Levi Hamilton! Wow! He knew a lot of our people! He was the Catcher for Oakville! No wonder he knew all of the Muckleshoot Boys! He had some good stories about all of them! Especially about Rabbit! It was an honor to talk with him and I hope he makes it over here for the Indian Relay races! He asked us to tell everyone he said "Hello!"

Well, once we finished that good meal cooked by the Canoe Family we left to go out and get some Camas! OMG! You folks need to see the Camas over there in Oakville! Wow! It was so neat! A whole field of them! Gail WhiteEagle took us out there and showed them to us! She had her son, Marcus bring out some Diggers! She made me dig some up! After that I was so shaky, my arms and legs! I brought some home, but decided to bring it down to Hoagies, cause no one will come into his yard and mow everything over!

The field that the Camas grow in used to be owned by Gail's relative, Chief SiSi Naxan! I hope I remember his name! Not just anyone can go out there and dig! It's a good thing we had Gail with us! The flowers of the Camas are blue! There's some white flowered ones but you need to destroy those ones cause they are no good for you! If you come to a plant that doesn't have a color in the flower you throw that one away too! Cause it may be the one that is no good for you! Anyway, you can bake them or cook them in soup, or just boil them and eat them up, it's like potatoes.

This story tells you that when you are allowed to go to something like the Weavers Conference, you can learn so much more! So, if you supervise someone that is Muckleshoot and they ask to go to something Cultural like this you need to let them go! Don't ask questions about it just approve it! You won't regret it!

Marie Starr came with her daughters, that was good for her! I know she always makes it a point to go and that's really good for her and her daughters and grandchildren! Virginia Cross showed up on the last day and she said "I wish I had more money!" I told her that's what I always say!

So much for this conference! Theresa, Adam and I really appreciated being able to attend this Conference! We can't thank you all enough for letting us go! And we can't thank the "Hazel Pete Family" enough! You guys do such a wonderful job of passing what you know on to us who know very little! You all are so Powerful, Wonderful, Beautiful and Rich with knowledge!

Thank you! Thank you! Thank you! We love all of you!

~ Theresa, Adam, and Donna!

Feeding the Spirit: Revitalizing Root Gardens

By Valerie Segrest, Traditional Foods and Medicines Program Manager



PHOTO BY ELISE KROHN 2007

Have you ever seen a Camas meadow in full bloom? To be standing in the wide open lily bulb prairie, witnessing the leftovers of ancient glaciers and ice ages- any ounce of daydreamer in your blood could not deny the sheer wonderment of such a place.

The Muckleshoot Plateau was once a major epicenter of such root gardens. In fact, our societies organized around this significant food source. In April and May, when this bulb was in bloom, families would gather and begin to dig up the pearly bulbs of Camas, Chocolate Lily and Balsam Root to name a few. After gathering time was over, the prairies were carefully burned and the bulbs were watchfully roasted in an earthen oven.

Camas prairies came to us by means of glacial till. This means that during the ice ages, a giant glacier, a mile deep, rested between the Cascades and the Olympics then retreated and returned an estimated four times, tilling up the land beneath its mile tall presence. Its remnants are found in the very soil we stand on and in the unique scar of the beautiful prairie land on which we reside.

For me, it is the epitome of our ancestral deeds that promote healthy environmental intervention. After all, without such actions these prairies wouldn't exist. In my calculation, this act has to have been going on for 10,000 years, which is when the last glacier retreated. It is a remnant and an energizing reminder of how we are to live a life in such a way that promotes abundance and provides a future for generations to come.

Camas was once the second most traded food item in Coast Salish territory, the first being salmon. It is one of the only starches (or carbohydrates) in our traditional diet and offers compounds that help our body manage blood sugar. That compound is called Inulin, a powerful prebiotic that also feeds our bodies immune system and supports healthy digestion.

These root gardens were once so abundant you could travel through Canada all the way in to Northern California by means of prairie. Now less than 5% of these prairies are still in tact. The Mima Mounds in the Chehalis valley is a great place to go to see these working prairies still in existence.

This May, several Muckleshoot's traveled to the Mima Mounds to participate in this ancient method of food gathering. In a short amount of time, this enthusiastic group gathered nearly 500 bulbs! Even more exciting- we gathered seeds. The bulbs are being prepared for a "Revitalizing Root Gardens" curriculum that will be revealed next year. It is one of 14 foods that will be included in the teaching toolkit. The seeds will be sown in our own territory in an effort to revitalize our root gardens here, and ultimately restore and invigorate our own community health.

My sincere gratitude is extended to the Preservation Department, the Senior Center, the Tomanamus SIViculture Crew (aka "The Devils Club"), the Department of Natural Resources, the Portland Indian Health Boards WEAVE Project and of course our esteemed Elders for joining in and bringing the Camas prairies back to our homes and hearts.



Help Us Protect Our Huckleberries!!

Have you seen anyone or evidence of people damaging our precious high mountain huckleberry plants?

Have you seen people picking for commercial harvest using invasive techniques and raking the bushes clean?!

We need your help!

Please send us photographic evidence!
Or comments and testimonies of personal observations!!

We are researching these impacts so we can have sound evidence to make some change happen.

Join our Facebook Page:
Ethical Huckleberry Harvesters

or send an Email to:
valerie.segrest@muckleshoot.nsn.us



Vaccinium sp.
Photo by Valerie Segrest

Canoe Family Prepares for Paddle to Nisqually 2016

PHOTOS BY MARENA CROSS

The Muckleshoot Canoe Family joined other canoe families in traveling to Taholah on May 14th to hone their skills under challenging ocean conditions. They learned to ride the breakers without rolling over, as has happened to some canoes in the past, and also intentionally flipped their canoes to practice for cold water emergencies. Canoe Families will be hitting the water in mid-July and making various stops along the way until reaching Nisqually on Friday, July 29. Muckleshoot will welcome and host a large number of canoes on Wednesday, July 27.



Data Source: Nisqually Indian Tribe, Previous Host Tribes and Participants. Basemap - ESRI's National Geographic Map Service. Cartography: Nisqually GIS Program, May 17, 2016.



H.O.P.E. Walk

Healing Our People Everywhere

Saturday, May 21, 2016

PHOTOS BY THEA NELSON-JERRY

My Heart Is So Overjoyed...

My heart is so overjoyed by the event today. The love our people have for the community is truly inspiring. I'm so blessed with friends and family...

Donny Stevenson, Elizabeth Louie, Tom & mom, FJ Hutch, Daniel White Eagle, Deanna Guzman, Denise Bailey, Chavely Cherena, Anita Cross, Janet M. Jerry Emery, Emiley Montes, Noreen Milne, Henry Miller, Leonard Moses, Joey Jansen, Carla Accettola, April Heriot, Eunice Cochrane, Savannah Walker, HWC team, Alexandra James, Charlotte Williams, Sean Daniels, Romajeon Thomas, Tribal council, John LaClair, Givens Strong, Cynthia Lozier, Marcie Elkins, Trudi Moses, Daniel Givens, Laura Givens, Jeremy Cassidy James, Amalia Maestas, Ginger Starr, Alyson Waller, Teri Starr, Josie Edwards, Walter, Lisa James, Shirley Taylor, Danae Mercado-Fuentes, Rogelio Gaspar Merino, Thea Nelson-Jerry, Anita Joy Pedro-Martinez, Wanita Courville, Tribal Councilman John Daniels Jr... Each word of encouragement or assistance was greatly appreciated. I hope I didn't leave anybody out. If I did I'm truly sorry...

Last but not least, my people who came and showed their support for the MUCKLESHOOT H.O.P.E. Walk and its great success. The walk would not have been successful without your presence. We had babies in strollers to elders with walkers. To demonstrate how powerful the prayer walk was, when I was walking to get vehicle my legs felt like I couldn't go on. My legs were cramping totally, and I thought "I'm not getting out at the Davis Site and walk." Not only did I get out and walk all the way through - I jogged from the park area to the entrance of the other driveway! You know me - jogging is a miracle in itself!

God is great.

Elaine Daniels-Gaspar



Youth Participate in HOPE Walk

Here are a few pictures of YDP participants at the first HOPE Walk. We were stationed for Swan Flats area and at the Elders Facility. Youth that participated were chanting "Hope for Muckleshoot!" They all shared their wishes/prayers as we marched in the neighborhood. It was enlightening and beautiful to see youth sharing their wishes /prayers to strengthen our community.

Our culture is based on oral tradition and we are blessed with many spiritual leaders in our community for testimonies, support and guidance. We can have the best services to advocate for healthy lifestyle as a foundation, but it is our own spiritual prayer/wish and belief that will carry us to our goals. Hope is a very strong word-defined many ways and that echoed through our community as many of our community members marched for HOPE!

Thank you for inspiration to plan this meaningful event. I loved that I was able to witness - many smiles. ;)

Trudi Moses



MIT Scholarship Program

Believing in Education

If you have questions or are in need of assistance, please email or call us!
Phone: 253-876-3378 Email: ScholarshipsDept@Muckleshoot.nsn.us

During application periods visit our **online application** to apply.
<http://Scholarship.muckleshoot.nsn.us>

For more info about the scholarship program, visit our **website**.
<http://tinyurl.com/mitScholarshipProgram>

Application Periods

Winter 2017	Summer 2016
Oct. 21st—Dec. 2nd	April 15th—May 27th
Spring 2017	Fall 2016
Jan. 20th—March	July 8th—Aug. 19th

To All Scholarship students

Earn a free laptop today!

You are eligible if ...

- You have a 3.0 or higher each term for 3 consecutive quarters or 2 consecutive semesters as a full time student.
- You have an equivalent GPA on an alternative scale
- You are in a post-baccalaureate program & earned a 3.0 GPA or above for your last 3 quarters or 2 semesters of college-level work.

To apply you must...

- Complete an application. You can get one from Scholarship Staff!
- Provide an official transcript showing that you earned at least a 3.0 GPA for the last 3 quarters or 2 semesters.

Email us for more information!

Phone: 253-876-3378
Email: ScholarshipsDept@Muckleshoot.nsn.us

ATTENTION MIT SCHOLARSHIP RECIPIENTS

PLEASE BE AWARE THAT COUNCIL ADOPTED RESOLUTION 13-217, revised policies, guidelines and procedures of the Scholarship Program-Higher Education & Vocational-Technical

Please stop by the MIT College or MIT Scholarship Building to pick up a copy or email us at: ScholarshipsDept@Muckleshoot.nsn.us to request a copy. Please call us for any questions you may have or call to set up an appointment to go over the new policies at 253-876-3378.

Also for those that might not be aware the MIT Scholarship Application can only be filled out online at <http://Scholarship.muckleshoot.nsn.us>

Summer 2016 deadline is May 27, 2016 at 5pm!! Fall 2016 Dates: July 8- Aug. 19
 Winter 2017 Dates: Oct. 21- Dec. 2, 2016 Spring 2017 Dates: Jan. 20- Mar. 3

Please read all the instructions and make sure you attach all required documents!!!! Please call our office for assistance. The Education Committee meets on Mondays, so your application and/or Appeals must be into our office on Wednesday's by no later than 1:00p.m., to ensure that it will be on the agenda for Education Committee to review.

For more information please contact the MIT Scholarship Office.

Office hours: 8:00 am to 5:00 pm
 Fax No. (253) 876-3082

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

Dena Starr, Scholarship Program Manager (253) 876-3147
Dena.Starr@Muckleshoot.nsn.us

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

Q & A About Head Start Health Documents

Why Does Head Start Keep Hounding Me About Health Documents?

There are currently 3,542 performance Head Start programs across the United States. One component of these standards is health. Head Start programs are required to collect health documents for all enrolled students within a specific timeframe. Part of our job is to determine a child's health status (whether they need additional follow-up or are up-to-date on medical and dental care). We are required to collect physical exams, dental exams, immunizations, vision, hearing, and developmental screenings to make this determination. Once we have this information, we can partner with families to assist in finding affordable health insurance (if applicable), finding a primary care provider, requesting records, making appointments, and following up with providers, as needed.

What Does All This Have To Do With My Child Going to School?

Children who are struggling with health, dental, vision, hearing, and developmental issues and concerns, are not as ready to learn as those children who are following up regularly with the child's primary care provider and dentist, receiving support services (if needed), and maintaining consistent attendance at school due to good health all contribute to a child's overall success at school.

**Auburn announces new AugustFest Celebration
 New Festival will take place August 12-13**

Auburn Days – Auburn's main summer celebration for many years – will take on a different look this summer. The change includes a new name: AugustFest. Over the past several months, plans for a new festival have been developed that blends pieces of the former Auburn Days with pieces of a new festival in Les Gove Park.

AugustFest will kick off on Friday, August 12 with a 5K Fun Run and Kid's Loop-de-Loop at Les Gove Park, held in conjunction with the Summer Sounds & Cinema concert and outdoor movie

On Saturday, August 13, the Auburn Days Parade will begin at 11:00am on Main Street. The new AugustFest festival at Les Gove Park will run from 11:00am until 8:00pm on Saturday and will include two entertainment stages, a beer garden, food vendors, craft and specialty vendors, community and non-profit vendors; a zip line, inflatables, a rock-wall, a train, pony rides, mini golf and much more! A Commemorative Car Show will also take place at Les Gove Park- 12pm-5pm.

Applications for Arts & Craft Vendor spaces, which are \$50 before July 8, \$65 after, are available through the Auburn Parks & Recreation Department.

HALLIDAY PROMOTED *continued from page 1*

Going to the Southwest isn't going to be too much of a change, since I was formerly stationed in Flagstaff, AZ when I served as Tribal Liaison for the Assistant Secretary of the Interior for Water and Science. In that position I was only three levels below the President.

The photo with Interior Secretary Sally Jewell was taken March 16 in Burns, OR during the militant takeover of the Malheur Wildlife Refuge. The Burns Paiute Tribe is one of the tribes served by my Agency, and the Malheur area is a sacred site to them. Many artifacts, some of them 10,000 years old, were located in the occupied headquarters building.

At one point, members of Ammon Bundy's militant group released a video claiming they wanted to "open a dialogue" with the Burns Paiute Tribe regarding these artifacts. Tribal members didn't want anything to do with them and just wanted them gone.

Anyhow, I just wanted to take the time to say hello to everyone up at MIT and let them know what I'm up to. I come from the Courville/Siddle families. My mother was Jeanne Thomas and my Auntie is Jackie Swanson. Look me up if you make it to my area!"

PLEASE JOIN US FOR OUR SOCIAL SECURITY BENEFITS DAY

Faces and Facts of Disability

Information on Social Security Disability, Veterans Admin, IRS benefits information

THURSDAY, JULY 7TH
 10 A.M. UNTIL 2 P.M.

AT ELDER'S BUILDING
 ASK QUESTIONS
 GET HELP WITH CLAIMS
 APPLY & START CLAIMS

MEMORIAL DAY DINNER

May 30th, Muckleshoot Pentecostal Church

PHOTOS BY EVAN AVILA



Treaty of Medicine Creek, 1854

Articles of agreement and convention made and concluded on the She-nah-nam, or Medicine Creek, in the Territory of Washington, this twenty-sixth day of December, in the year one thousand eight hundred and fifty-four, by Isaac I. Stevens, governor and superintendent of Indian affairs of the said Territory, on the part of the United States, and the undersigned chiefs, head-men, and delegates of the Nisqually, Puyallup, Steilacoom, Squawskin, S'Homamish, Stehchass, T'Peeksin, Squi-aitl, and Sa-heh-wamish tribes and bands of Indians, occupying the lands lying round the head of Puget's Sound and the adjacent inlets, who, for the purpose of this treaty, are to be regarded as one nation, on behalf of said tribes and bands, and duly authorized by them.

ARTICLE 1.
The said tribes and bands of Indians hereby cede, relinquish, and convey to the United States, all their right, title, and interest in and to the lands and country occupied by them, bounded and described as follows, to wit: Commencing at the point on the eastern side of Admiralty Inlet, known as Point Pully, about midway between Commencement and Elliott Bays; thence running in a southeasterly direction, following the divide between the waters of the Puyallup and Dwamish, or White Rivers, to the summit of the Cascade Mountains; thence southerly, along the summit of said range, to a point opposite the main source of the Skookum Chuck Creek; thence to and down said creek, to the coal mine; thence northwesterly, to the summit of the Black Hills; thence northerly, to the upper forks of the Satsop River; thence northeasterly, through the portage known as Wilkes's Portage, to Point Southworth, on the western side of Admiralty Inlet; thence around the foot of Vashon's Island, easterly and southeasterly, to the place of beginning.

ARTICLE 2.
There is, however, reserved for the present use and occupation of the said tribes and bands, the following tracts of land, viz: The small island called Klah-che-min, situated opposite the mouths of Hammerslev's and Totten's Inlets, and separated from Hartstene Island by Peale's Passage, containing about two sections of land by estimation; a square tract containing two sections, or twelve hundred and eighty acres, on Puget's Sound, near the mouth of the She-nah-nam Creek, one mile west of the meridian line of the United States land survey, and a square tract containing two sections, or twelve hundred and eighty acres, lying on the south side of Commencement Bay; all which tracts shall be set apart, and, so far as necessary, surveyed and marked out for their exclusive use; nor shall any white man be permitted to reside upon the same without permission of the tribe and the superintendent or agent. And the said tribes and bands agree to remove to and settle upon the same within one year after the ratification of this treaty, or sooner if the means are furnished them. In the mean time, it shall be lawful for them to reside upon any ground not in the actual claim and occupation of citizens of the United States, and upon any ground claimed or occupied, if with the permission of the owner or claimant. If necessary for the public convenience, roads may be run through their reserves, and, on the other hand, the right of way with free access from the same to the nearest public highway is secured to them.

ARTICLE 3.
The right of taking fish, at all usual and accustomed grounds and stations, is further secured to said Indians in common with all citizens of the Territory, and of erecting temporary houses for the purpose of curing, together with the privilege of

hunting, gathering roots and berries, and pasturing their horses on open and unclaimed lands: Provided, however, That they shall not take shellfish from any beds staked or cultivated by citizens, and that they shall alter all stallions not intended for breeding-horses, and shall keep up and confine the latter.

ARTICLE 4.
In consideration of the above session, the United States agree to pay to the said tribes and bands the sum of thirty-two thousand five hundred dollars, in the following manner, that is to say: For the first year after the ratification hereof, three thousand two hundred and fifty dollars; for the next two years, three thousand dollars each year; for the next three years, two thousand dollars each year; for the next four years fifteen hundred dollars each year; for the next five years twelve hundred dollars each year; and for the next five years one thousand dollars each year; all which said sums of money shall be applied to the use and benefit of the said Indians, under the direction of the President of the United States, who may from time to time determine, at his discretion, upon what beneficial objects to expend the same. And the superintendent of Indian affairs, or other proper officer, shall each year inform the President of the wishes of said Indians in respect thereto.

ARTICLE 5.
To enable the said Indians to remove to and settle upon their aforesaid reservations, and to clear, fence, and break up a sufficient quantity of land for cultivation, the United States further agree to pay the sum of three thousand two hundred and fifty dollars, to be laid out and expended under the direction of the President, and in such manner as he shall approve.

ARTICLE 6.
The President may hereafter, when in his opinion the interests of the Territory may require, and the welfare of the said Indians be promoted, remove them from either or all of said reservations to such other suitable place or places within said Territory as he may deem fit, on remunerating them for their improvements and the expenses of their removal, or may consolidate them with other friendly tribes or bands. And he may further, at his discretion, cause the whole or any portion of the lands hereby reserved, or of such other land as may be selected in lieu thereof, to be surveyed into lots, and assign the same to such individuals or families as are willing to avail themselves of the privilege, and will locate on the same as a permanent home, on the same terms and subject to the same regulations as are provided in the sixth article of the treaty with the Omahas, so far as the same may be applicable. Any substantial improvements heretofore made by any Indian, and which he shall be compelled to abandon in consequence of this treaty, shall be valued under the direction of the President, and payment to be made accordingly thereof.

ARTICLE 7.
The annuities of the aforesaid tribes and bands shall not be taken to pay the debts of individuals.

ARTICLE 8.
The aforesaid tribes and bands acknowledge their dependence on the Government of the United States, and promise to be friendly with all citizens thereof, and pledge themselves to commit no depredations on the property of such citizens. And should

any one or more of them violate this pledge, and the fact be satisfactorily proved before the agent, the property taken shall be returned, or in default thereof, or if injured or destroyed, compensation may be made by the Government out of their annuities. Nor will they make war on any other tribe except in self-defence, but will submit all matters of difference between them and other Indians to the Government of the United States, or its agent, for decision, and abide thereby. And if any of the said Indians commit any depredations on any other Indians within the Territory, the same rule shall prevail as that prescribed in this article, in cases of depredations against citizens. And the said tribes agree not to shelter or conceal offenders against the laws of the United States, but to deliver them up to the authorities for trial.

ARTICLE 9.
The above tribes and bands are desirous to exclude from their reservations the use of ardent spirits, and to prevent their people from drinking the same; and therefore it is provided, that any Indian belonging to said tribes, who is guilty of bringing liquor into said reservations, or who drinks liquor, may have his or her proportion of the annuities withheld from him or her for such time as the President may determine.

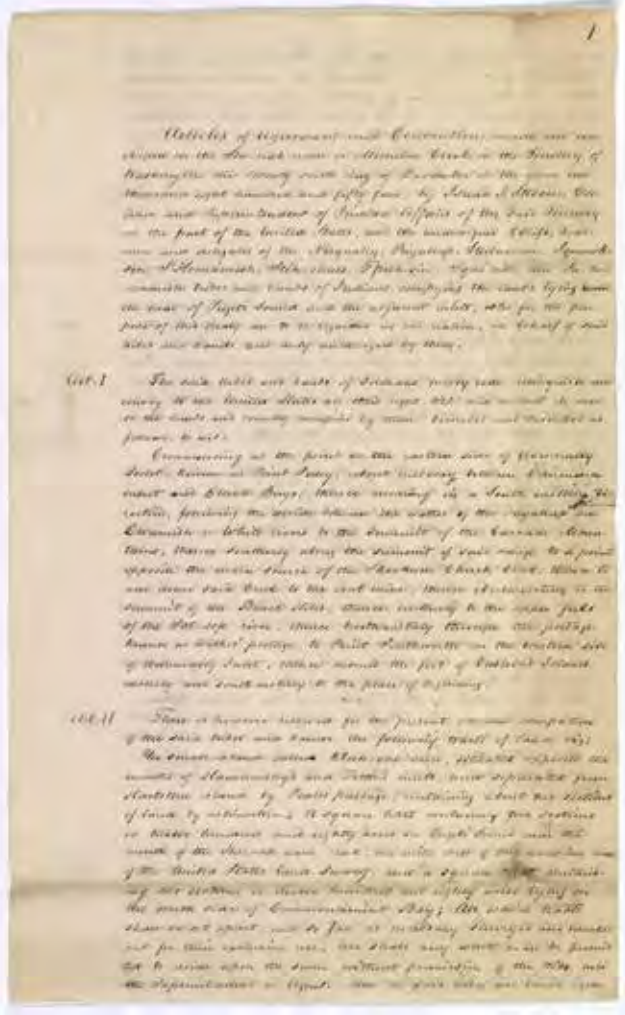
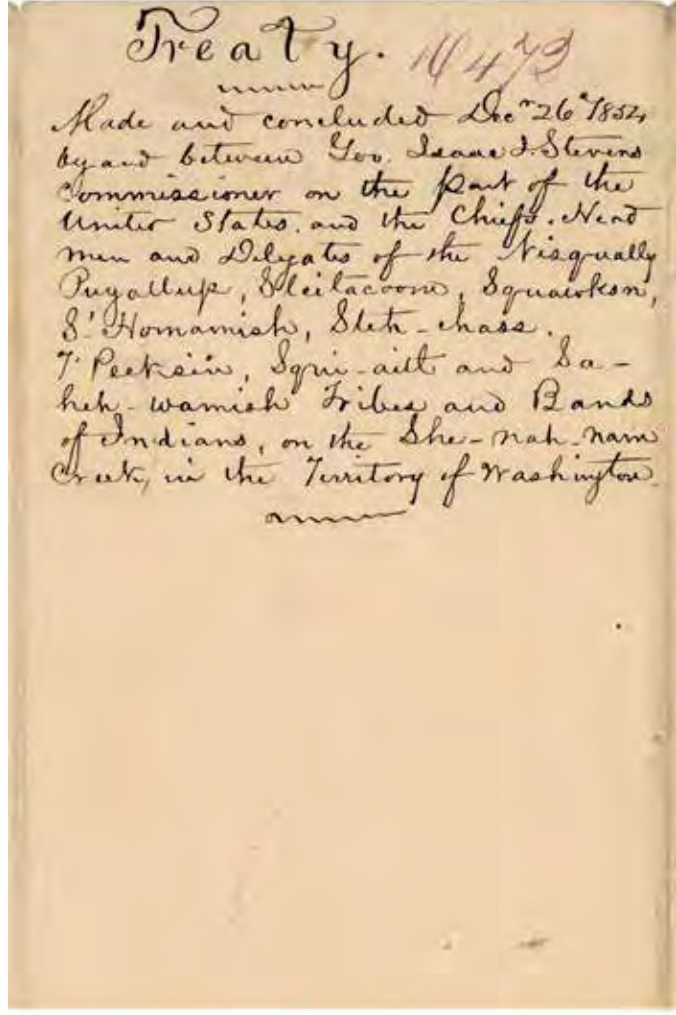
ARTICLE 10.
The United States further agree to establish at the general agency for the district of Puget's Sound, within one year from the ratification hereof, and to support, for a period of twenty years, an agricultural and industrial school, to be free to children of the said tribes and bands, in common with those of the other tribes of said district, and to provide the said school with a suitable instructor or instructors, and also to provide a smithy and carpenter's shop, and furnish them with the necessary tools, and employ a blacksmith, carpenter, and farmer, for the term of twenty years, to instruct the Indians in their respective occupations. And the United States further agree to employ a physician to reside at the said central agency, who shall furnish medicine and advice to their sick, and shall vaccinate them; the expenses of the said school, shops, employes, and medical attendance, to be defrayed by the United States, and not deducted from the annuities.

ARTICLE 11.
The said tribes and bands agree to free all slaves now held by them, and not to purchase or acquire others hereafter.

ARTICLE 12.
The said tribes and bands finally agree not to trade at Vancouver's Island, or elsewhere out of the dominions of the United States; nor shall foreign Indians be permitted to reside in their reservations without consent of the superintendent or agent.

ARTICLE 13.
This treaty shall be obligatory on the contracting parties as soon as the same shall be ratified by the President and Senate of the United States. In testimony whereof, the said Isaac I. Stevens, governor and superintendent of Indian Affairs, and the undersigned chiefs, headmen, and delegates of the aforesaid tribes and bands, have hereunto set their hands and seals at the place and on the day and year hereinbefore written.

(SIGNATURES)



Welcome to the Tribal Development Program!

Submitted by Anita Pedro

We are pleased to announce that we have four new participants in the Tribal Development Program. (One being a returning participant!)

Please join us in welcoming in Engineering: Phillip James (back), Assistant Chief and Cole Buchanan, Building Maintenance Engineer! Both of these gentlemen bring great attributes to the program and to Support Operations.

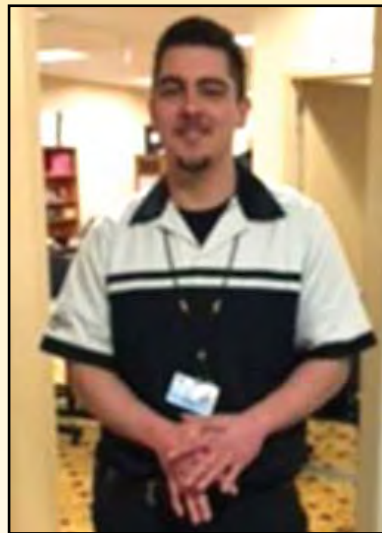
We also would like to welcome Sallie Eyle, who will be working in Training & Development learning a variety of positions while she seeks an area of interest; Katrina Sharp, who will be in Finance as a Revenue Auditor and returning TDP Participant; and Valerie Williams, who will be a Pit Manager. Please join us in congratulating these participants and wishing them well in all they pursue.



Katrina Sharp



Valerie Williams



Cole Buchanan



Phillip James



Sallie Eyle

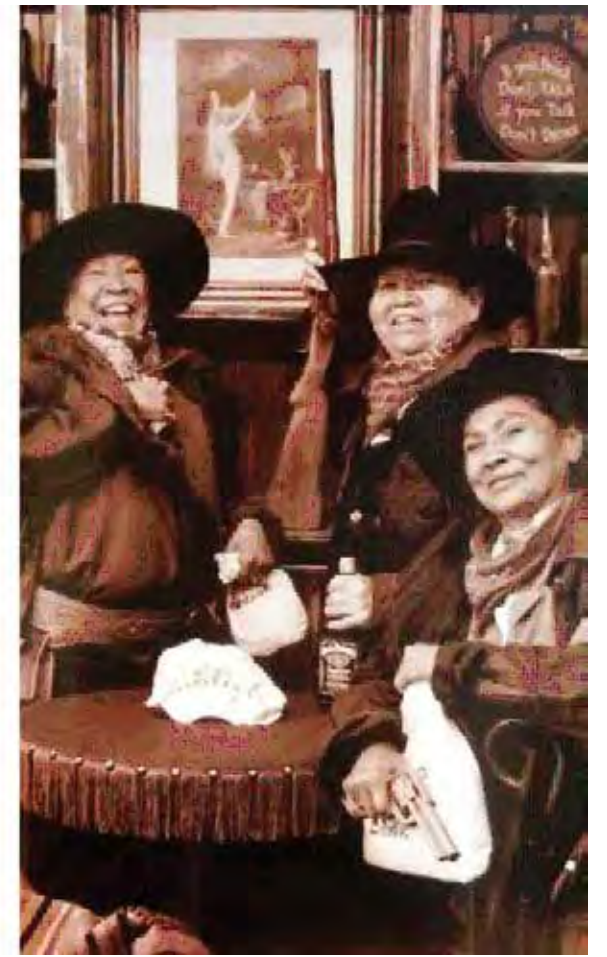
BEWARE! THESE DESPERADOS ROBBED A BANK IN RENO AND IT HAS BEEN REPORTED THAT THEY ARE HEADING THIS WAY!

It was also reported that they may have had a hand in robbing the EL DORADO CASINO while they were there, and shortly after the Circus Circus Casino was held up. They were seen pushing kids on a swing, and bowling with a couple of the children. YIKES!!! This trio was seen purchasing a balloon and giving it to a child that lost her balloon... OMG!!!

It may have been a rumor, but these are some very dangerous hombres! Keep a close eye on your children, especially if you have a

swing. Hide all your liquor, as they are very, very dangerous with alcohol in their system, as you can see here, and you never know what they will do.

If seen in your area, DO NOT TRY TO APPREHEND THESE DANGEROUS OUTLAWS! PLEASE call Muckleshoot Security and report to THE MARSHALL TONY LOZIER, OR HIS SIDE KICK, DEPUTY BRUCE STARR, because they have been specifically trained in these types of situations, and can calm them down with plenty of hugs and kisses!



FAMILY RESOURCE CENTER ASSISTANCE INFORMATION 2016

FOOD BANK

This assistance is available for Tribal Member households only. Food Bank hours are from 10:00 AM-4:00 PM, Monday through Friday, closed 12-1 for lunch. Food boxes are only given to households who come into the office to sign up for a box. At no time will we give a box to someone else for you. You may sign up for one box per Tribal household once weekly. Delivery of food boxes is only offered to elderly Muckleshoot Members (age 50 and older) or handicapped Muckleshoot Members (with State Social Security Disability letter). Delivery requests need to be called in before 12:30 PM.

CLOTHING BANK

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

EMERGENCY ASSISTANCE

Emergency assistance is available for Muckleshoot Tribal households who are experiencing an emergency within their household. It is available once per (calendar) year, per tribal household, and is income based.

This assistance requires an application explaining circumstances, and income eligibility information. If you are in need of assistance, please come in and fill out an application. You can use it on rent/mortgage, utilities, Homeowner's Insurance, car repairs, furniture, appliances, a bed, gas purchase for Dr. Appointments/hospital visits, or bathroom/kitchen items.

Applications received and complete will be processed by staff, at our earliest convenience. Each household needs to update their address/income with the staff at the Resource Center. This assistance depends on availability of funds.

LAUNDRY ASSISTANCE

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

OTHER ASSISTANCE – (tribal member households only)

Our office has diaper assistance, which is available once every two (2) weeks. We have personal hygiene packs available once a month, which are available to tribal member adults 18 years or older. We have baby hygiene packs available for tribal children on a monthly basis. We also have women's personal items available. We have toilet paper available once per month per household.

There is baby formula available once per month per household. This assistance is available for Tribal Member households, and is dependent on funding. If you are in need of any other type of assistance, please don't hesitate to ask us for help. If our office does

not assist with what you need, we will assist you with finding other options.

ENERGY ASSISTANCE

There are two types of energy assistance funds that we receive throughout the year. There is a 7 day processing time for applications, please, do not wait until you have a shut-off notice.

Once your utilities are shut off, there is a deposit added on to the account, and you must set up a new account with the utility company. Applications need to be complete when turned in. The household income is based on 60% State Median Income, which is from King County household income limits. Energy assistance is based on funding availability.

1.) The LIHEAP energy funds are for low income Native American households residing within King or Pierce County (excluding Seattle city limits).

2.) Tax Fund energy funds follow the same guidelines as LIHEAP, but must have a Muckleshoot Tribal Member living within the household.

SENIOR ENERGY ASSISTANCE

This energy assistance is for Muckleshoot Tribal Member elder households (living within a 30 mile radius from the Muckleshoot Tribal Chimney), who need assistance with their utility bills. It is available to Tribal Member households once per quarter, and is in addition to the LIHEAP/Tax Fund Energy programs. There is a 7 day processing time for applications, please do not wait until you have a shut-off notice. Once your utilities are shut off, there is a deposit added on to the account, and you must set up a new account with the utility company. Applications need to be complete when turned in. This program is subject to Centralized Income standards of 100% of King County Median Income. This assistance is based on funding availability.

S.T.O.W.W.

Small Tribes Organization of Western Washington. We also are the main contact for commodities distribution. If you are in need of this assistance, please come in and fill out an application. We will fax the application in to a STOWW representative, and they will contact you as to whether you are eligible for their program. We distribute commodities from our office on a monthly basis. The STOWW phone number is 253-589-7101 X228.

GENERAL ASSISTANCE

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

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

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

Our phone numbers to the office are:

Dawn Miller, Program Manager (253) 876-3356,
Charlotte Porterfield, Admin. Spec (253) 876-3020,
Deidre Edwards, Receptionist (Main Line), (253) 876-3336,
Renae Ward-Anderson, Social Services/Energy Assistance (253) 876-3126,
Juanita Sam, Emergency Assistance (253) 876-3084,
Antonio Cabanas-Food Bank (253) 876-3098,
Darren Redthunder-Food Bank (253) 876-3357,
DSHS –Outstation (253) 876-3003
– Income Verification (253) 876-3024 and our office fax # (253) 876-2806.

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



Muckleshoot Resource Center Clothing Donation Process

Donation Hours: Monday-Friday 8am-4pm

Please inform front desk that donations are being dropped off.

Staff will check items to verify that they are re-usable items.

We ask that our donations are washed and in good condition.

Our office will not accept used/broken beds, furniture or appliances.

MORE PHOTOS OF

Sophia Spencer Courville's 89th Birthday Party

PHOTOS BY VIRGIL SPENCER



Impossibles

By Effie Tull



Question: How can we change an impossible day into an accomplished day? Many things can appear to be impossible, which can then appear to be unsolvable, which leads to stress. This can cause you to feel defeated or to mentally check out for a period of time.

Daily life can seem to be demanding for you. As a mother who raised and is still raising children (I raised three sets) I know that life can pull you in many different directions.

We all have responsibilities and obligations in life, and in many moments of our life we may feel things can become impossible, and maybe some times or some things are. It is how we deal with these times that makes or breaks us.

What or who do you turn to? Or, do you even care to share or ask anyone as you walk in hard places and times? In these impossible moments it is time to come to the end of yourself, but this can be accomplished. There is someone bigger than the impossible and that someone is the savior; Jesus Christ.

Why walk alone or defeated? It can be so easy and simple to receive peace in the impossibles of life.

Here's a step you can take. Seek the Father 1st in your life and allow him to be in all your circumstances (the possibles and the impossible) even when you have someone with you physically. Why not walk the path of life with our positive and negatives and add the Father above factor into that daily walk? Our Father loves us just where we are at, and knows what's right and what's wrong in our lives. He sent his only begotten son to set us free. Take advantage of this gift freely given.

Add Jesus into your impossibilities. I sincerely say that I have and do in all my impossibilities of life. I look to see how I can make my impossible productive and use it for personal growth or to help others. What lesson have I learned and how can I make it a positive impossible?

I have learned that by coming to the end of myself, I can allow the Father to take control out of my hands, thoughts, actions, and desires to achieve his ultimate best for me in the impossible. Here's a verse...

Matthew 19:26

With man this is impossible.

Luke 1:37

I can do all things through (Him) who strengthens me. From my heart to you, Father in Your Sons Name, I ask that you give hope, faith and peace to each one today in all their impossibilities.

As Always,

Effie Tull

Recipe of the Month

VEGETABLE LASAGNA

Submitted by Gail Herlitzka

Yield: 8 Servings

- 14 -16 lasagna noodles
- 3 cups fresh spinach leaves
- 2 cups shredded carrots
- 3 cups chopped broccoli
- 3 medium green or yellow zucchinis
- 1 large can tomato sauce
- 1 large can crushed tomatoes
- 1 TBLs garlic powder
- 2 Tsp Italian seasoning
- 1 large container ricotta cheese
- mozzarella cheese

Directions:

Heat oven to 350 degrees. Lightly oil or spray baking dish with non-stick cooking spray.

Bring a large pot of salted water to a boil then cook lasagna noodles al dente (cook 1/2 way; they will continue to finish cooking in baking dish.)

Prep your vegetables. Shred carrots, cut broccoli into small bite size pieces, cut zucchini into 1/4" strips.

Combine tomato sauce, crushed tomatoes, garlic powder, and Italian seasoning in a bowl, mix to combine

Assemble Lasagna:

Spoon just enough tomato mixture into the baking dish to lightly cover bottom. Arrange four noodles lengthwise and side by side to cover the bottom. (If the noodles are short on one end, you may need to cut an extra noodle and place into dish to cover where the other noodles have not).

Spread half of the ricotta cheese over the first layer of noodles. Layer with 1/2 of spinach leaves, zucchini, broccoli, carrots and top with 1/3 of tomato sauce.

Arrange noodles opposite length, crisscross, of first row of noodles, crosswise. Spread remaining half of the ricotta cheese over the second layer of noodles.

Repeat vegetable layer, spinach, zucchini, broccoli, carrots, and 1/3 of the tomato sauce.

Finish with a final layer of noodles and remaining sauce. Top with layer of mozzarella cheese.

Bake Lasagna:

Cover loosely with aluminum foil and bake 20 minutes, uncover then bake 15 minutes until cheese is crusty around the edges.

Muckleshoot Elders In-Home Support Services Teams up With Medical Alert Systems

Muckleshoot Elders In-Home Support Services has teamed up with Medical Alert Systems to bring our elders peace of mind in their decision to continue living in their home.

Currently we are utilizing three options with medical alert programs to increase independence for our Elders.

1. Land line based unit uses an already established telephone landline. This unit has a 28 hour back up battery, and can be used within a 600 ft. radius of the main unit.
2. Cell based unit is much like the land based system however no land line is needed as it goes off a cellular network. There is no service agreement with AT&T needed for this service. This unit has a 30 hour back up battery with a useable range of 600 ft. from main unit.
3. Mobile (GPS) unit uses a sophisticated satellite-based system, with trusted GPS technology. An anywhere help button for use on the go.

All of our units connect with a trained live operator with 2-way voice connection. The call center will contact loved ones, Muckleshoot Elders team members, ambulance, fire department, or police as needed.

Jackie "J. L." Carey
Community Health Representative
Muckleshoot Elders In-Home Support Services

Happy Birthday

Virgil Spencer	6/1/16	Virginia Cross	6/14/16
Diane Johnson	6/1/16	Gracia Morrison	6/15/16
Darla Dominick	6/2/16	Fredrick Lane Jr.	6/16/16
Irene Barr	6/3/16	Charlotte Simmons	6/16/16
Shirley Taylor	6/3/16	Norma Eyle	6/18/16
Sharon Laclair	6/3/16	Darlene Bailey	6/19/16
Linda Starr	6/7/16	Laurel Elkins	6/19/16
Ralph Pacheco	6/7/16	Antonia Adame	6/20/16
Alex Baker	6/8/16	Lorraine Moses	6/22/16
Linda Ramos	6/8/16	Pamela Jackson	6/22/16
Stanley Moses	6/9/16	Jeffery Hunt	6/24/16
Amil Starr	6/10/16	Leslie Nelson	6/24/16
Mary Ann Charles	6/10/16	Sallie Courville	6/25/16
Constance Courville	6/10/16	Wanita Courville	6/26/16
Cynthia Mendoza	6/11/16	Earl Moses Sr.	6/29/16
Walter Pacheco	6/14/16	Kathryn Daniels	6/29/16
Donald Jerry	6/14/16		

Teamwork Triumphs

By Uri Israel

The combined efforts by many Muckleshoot department teams have insured that MIT elders get the gardens they have requested at their home sights.

Shout out to Leroy Courville and his assistant Lucas for the many hours they have donated plowing elder's garden spaces and giving advice to the MIT Elder Garden Participation Program.

Working with Leroy and the Sr program has been the MIT Adult Work and Training program, under the supervision of Gilbert Adame and Mark James. They have helped to deliver compost and fertilizer to many gardens.

Another team who has provided help is MIT Public Works, which have delivered topsoil to many of the elder's gardens.

Many thanks to all these MIT departments for the valuable help they have provided in bringing MIT elder's gardening visions to life!



Dustin Jansen on loan from AWTP to the SR Services helps hand till an elder's garden.



Participants in the MIT Adult Work and Training program help lay compost in an elder's garden.



Leroy Courville helps plow Delbert Starr's garden-one among many.

Muckleshoot Indian Tribe

We are honored to support our neighbors



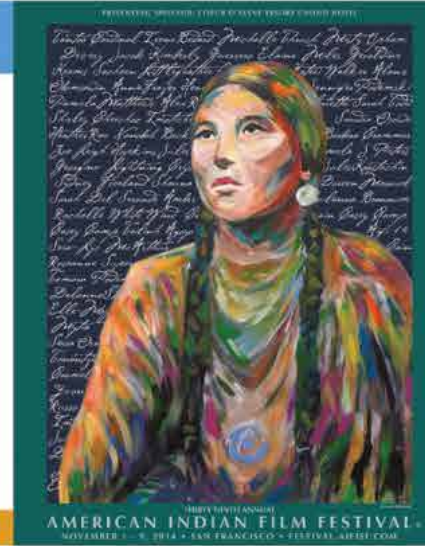
Rainier Scholars



"With our resources and your support, together, we will find a cure."
 Robert J. Beall, Ph.D.
 President & CEO
 Cystic Fibrosis Foundation

THANK YOU MUCKLESHOOT!
 The improved quality of life and increased life expectancy of CF patients like Sarah (shown), is directly related to your generosity and continuous support.

Sarah, age 8



AMERICAN INDIAN FILM FESTIVAL



International Community Health Services

Consistent with a cultural tradition, the Muckleshoot Indian Tribe believes in sharing with their neighbors and those in need. In 2015, the Muckleshoot Indian Tribe is proud to have supported communities with over \$3.6 million of

assistance to nonprofit organizations, schools, and churches; as well as local governments' fire, police, and other services. The Muckleshoot Tribe is thankful for their services and we reaffirm our commitment to helping our neighbors and building communities.

- 1910 Malott Indian Shaker Church
- 1910 White Swan Shaker Church
- A. Phillip Randolph Institute
- AIDS Housing Association of Tacoma
- Airway Heights Corrections Center-Main
- Airway Heights Corrections Center-Minimum Security Unit
- Algona Pacific Church Of God
- All My Relations Fitness and Health Services
- Allen African Methodist Episcopal Church
- American Heart Association Inc.
- American Indian Community Center Association
- American Indian Film Institute
- American Lung Assoc. Of The Mountain Pacific
- Armvets Ladies Auxiliary #1
- Angels In Sports
- Asian Counseling & Referral Service
- Asia Pacific Cultural Center
- Association Of The United States Army Inc.
- Atlantic Street Center
- Auburn Center For Social And Economic Policy
- Auburn Downtown Association
- Auburn High School
- Auburn High School FIRST Robotics Team
- Auburn Mountainview High School DECA
- Auburn Riverside High Grad Night
- Auburn Valley Humane Society
- Auburn Valley YMCA
- Bonney Lake High School Panther Parent Pride
- Boyer Children's Clinic
- Boys And Girls Clubs Of Thurston County
- Brain Injury Association of Washington
- dba Brain Injury Alliance of Washington
- The Breakfast Group
- Bright Avenues School
- Camp Korey
- Camp Ten Trees
- CASA Latina
- Catholic Community Services Of Western Washington
- The Center for Women and Democracy
- Centerstone Of Seattle
- Central Washington University Advancement
- Central Washington University Foundation
- Chief Seattle Club
- Child Care Resources
- Children's Alliance
- Children's Home Society Of Washington
- Children's Therapy Center
- Chinese Information And Service Center
- Chinook Elementary/Auburn School District
- City of Auburn
- City Year Inc.
- Clallam Bay Corrections Center
- Clothes For Kids
- College Success Foundation
- The Community Foundation Of South Puget Sound/Learning Seed Foundation
- Compass Health
- Coordinated Community Response
- Against Domestic Violence Of King County
- Cornish College Of The Arts
- Coyote Ridge Corrections Center - Main Unit
- Coyote Ridge Minimum Security Unit Corrections Center
- Crohn's & Colitis Foundation of America
- Cystic Fibrosis Foundation Washington Chapter
- Dawn - Domestic Abuse Womens Network
- Denise Louie Education Center
- Disability Advocates For Cystic Fibrosis

- Distributive Education Clubs Of America
- Downtown Emergency Service Center
- Eastern Washington University EWU Foundation
- Edmonds Community College Foundation
- Edmonds Senior Center
- El Centro de la Raza
- Elizabeth Home dba Elizabeth Gregory Home
- Emergency Food Network
- Entre Hermanos
- Enumclaw School District Native American Program
- Etta Projects
- Evergreen Council on Problem Gambling
- The Evergreen State College Foundation
- The Evergreen State College
- Reservation Based Program
- Executive Development Institute
- Families For Effective Autism
- Treatment Feat Of Washington
- Filipino American League
- Filipino Chamber of Commerce of the Pacific Northwest
- Filipino Cultural Heritage Society of Washington
- Fire District #44
- Firestarters Ministries
- First Nations at University of Washington
- The Foodbank @ St Marys
- Food Lifeline
- Freedom Missionary Church
- The Friendship Circle Of Washington
- Gateway International Ministries
- Gd Association
- Goodthinking 4 All Our Relations
- Grays Harbor Youth Work (GHYW)
- Green River Community College
- Habitat For Humanity International Inc
- Health Point
- Heartbeat Serving Wounded Warriors
- Helping Link
- Heritage University
- Highline Community College
- Highline Medical Center Foundation
- Hokubei Hochi Foundation
- The Hope Heart Institute
- Hopesparks
- Huchoosedah Native American Education Services
- Huy
- Indian Shaker Church Of Washington Inc.
- Institute for Community Leadership
- Institute For Systems Biology
- Interim Community Development Association
- International Church Of The Foursquare Gospel
- International Community Health Services Foundation
- InvestED
- It Takes A Village
- Kent Black Action Commission
- Kent Food Bank And Emergency Services
- Kin On Community Health Care
- Kindering
- King County Coalition Against Domestic Violence
- King County Library System Foundation
- King County Sexual Assault Resource Center
- King County Sheriff
- Kiwanis Club of Auburn - Division 32
- Larch Corrections Center
- Legacy Foundation Inc
- Lenny Wilkens Foundation
- Levis House
- Lifewire

- The Lighthouse For The Blind, Inc.
- Lincoln High School Alumni Association
- Little Bit Therapeutic Riding Center
- Loren Miller Bar Foundation
- Lummi Nation Service Organization
- Lupus Foundation Of America, Pacific Northwest Chapter
- Make-A-Wish Foundation Alaska & Washington
- March Of Dimes Foundation
- Marine Toys For Tots Foundation
- Marysville Music Boosters
- Medic One Foundation
- Messiah Lutheran Church
- Mission Creek Corrections Center for Women
- The Mockingbird Society
- Mom and Me Mobile Medical Clinic
- Monroe Correctional Complex - Minimum Security Unit
- Monroe Correctional Complex - Special Offender Unit
- Monroe Correctional Complex - Twin Rivers Unit
- Monroe Correctional Complex
- WA State Reformatory Unit
- Muckleshoot Health & Wellness
- Municipal League Foundation
- Museum of Glass
- MYEQ
- National Indian Child Welfare
- National Indian Women's
- "Supporting Each Other" Foundation
- National Native American
- Boarding School Healing Coalition
- Native Action Network
- Native American Church Qua-utz of North America
- Native Arts And Cultures Foundation Inc
- Native Organization of Indigenous Scholars (NOIS)
- Native Women In Need
- Neighborhood House Incorporated
- New Beginnings
- North Helpline
- Northwest African American Museum
- Northwest Harvest E M M
- Northwest Indian Bar Association Foundation
- Northwest Indian College
- Olympic Corrections Center
- Operation Warm Inc.
- Organization Of Chinese Americans Inc.
- Orting Combined PTA
- Orting Food Bank Inc.
- Orting School District
- Our Sisters' House
- Pacific Northwest Ballet Association
- Pacific Science Center Foundation
- Pediatric Interim Care Center Inc
- PICA c/o American Ethnic Studies
- /University of Washington/Seattle
- Pioneer Human Services
- Pista Sa Nayan
- Puget Sound Blood Center And Program
- Puget Sound Sage
- Puyallup Historical Hatchery Foundation
- Rainier Scholars
- Rc24 Foundation Inc
- Recovery Cafe
- Red Eagle Soaring
- Renton School District #403 Indian Education Program
- Renton Technical College
- Ryther
- Safe Crossings Foundation
- Samoan American Pacific Organization

- Samoan Nurses Organization in Washington
- SCIDPDA/Legacy House Assisted Living
- Sea-Mar Community Health Center
- Seattle Aquarium Society-Seas
- Seattle Childrens Theatre Association
- Seattle Central Community College Foundation
- Seattle Counseling Service
- The Seattle Foundation Literacy Fund
- Seattle Indian Health Board
- Seattle Indian Services Commission
- Seattle Milk Fund
- Seattle University
- Secret Harbor
- Senior Services
- Siff
- Sightconnection
- Skokomish Indian Shaker Church Of Washington Inc.
- Soldiers Angels
- Somali Community Services Of Seattle
- The Sophia Way
- Sound Mental Health
- Stafford Creek Corrections Center
- Sunrise Elementary School
- Enumclaw School District
- Sunshine Physically Handicapped Foundation
- Susan G. Komen Breast Cancer Foundation,
- Puget Sound Affiliate
- Tahoma Indian Center
- Terry Home
- Turning Pointe Domestic Violence Service
- University of Washington Foundation
- University of Washington Alumni Association
- Multicultural Alumni Partnership
- University Of Washington Foundation,
- Office of Minority Affairs & Diversity
- Urban League of Metropolitan Seattle
- Valley Cities Counseling & Consultation
- Valley Professional Firefighters Local 1352
- Valley Regional Fire Authority
- Vashon-Maury Island Land Trust
- Victory Outreach Seattle
- Vietnamese Friendship Association For Greater Seattle
- Washington Corrections Center
- Washington Corrections Center for Women
- Washington Early Learning Fund
- dba Thrive Washington
- Washington Indian Civil Rights Commission
- Washington State Gambling Commission
- Washington State Patrol
- Washington State Penitentiary - Bar Unit
- Washington State Penitentiary - Minimum Security unit
- Washington State Penitentiary - Victor/William Unit
- Washington State Penitentiary - Zone 1 Unit
- Washington State Penitentiary - Zone 2 Unit
- Washington State University Foundation
- Washington State University pa loot pu powwow
- Washington State University Student Affairs
- Scholarship
- Wellspring Family Services
- Western Washington University Foundation
- Westside Baby
- White River High School
- Wider Horizons
- Wing Luke Memorial Foundation
- YouthCare
- YPCC God's Portion Food Bank
- YVCC Tiin-Ma Club

PENTECOSTAL



A prayer for mothers during a special Mother's Day service.



A father and mother's blessing prayer for those who attended the Emotional Healing services with Jeremy Stands Overbull.



Emotional Healing services with Jeremy Stands Overbull. Jeremy recently graduated from the Supernatural School of Healing, in Redding, CA.

Save the Date

2016

The Pentecostal Church



Healing from Trauma
November 11th & 12th - 7 PM
November 13th
Joan Hunter



Emotional
Healing
Conference

May 14 - 7PM
May 15 -
11AM & 7PM



Christian
Convocation
National
Meeting

June 1-3 all day



CAMP MEETING July 8-10 - 7PM
Saturday day concert - Sunday 11AM

Please come join us for
MASS & Catechism
At the Muckleshoot Catholic church



Catechism starts at 3:00pm

Mass starts at 5:00pm

As always, enjoy a nice dinner with us
and Father Pat Twohy after Mass

For more info. Please contact me at
Tara.Vasquez@muckleshoot.nsn.us

Or by phone at (253)347-6937

CHRISTIAN CONVOCATION NATIONAL MEETING

June 2nd, 2016, Muckleshoot Pentecostal Church

PHOTOS BY EVAN AVILA



RELIGIOUS CONTACTS

Please feel free to suggest additions

Muckleshoot Indian Shaker Church

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

Muckleshoot Pentecostal Church

Rev. Kenny Williams, Pastor

Sweat Lodge

Doug Moses, 425-301-60811

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

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

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

St. Leo The Great

Catholic Mass

Tacoma Kateri Circle of St. Leo Church
710 South 13th Street - Tacoma 98405
Catholic (Native) Mass with
Father Patrick J. Twohy
1:30 pm every Sunday
Circle meetings 2nd and 4th Sunday
Potluck every 3rd Sunday
www.katericircle.com
Facebook: Tacoma Kateri Circle

Native American Political Leadership Program

Full scholarship opportunity for Native American students

The Native American Political Leadership Program (NAPLP) is a full scholarship program designed to give Native American, Alaska Native, and Native Hawaiian undergraduate and graduate students an educational opportunity at George Washington University in Washington, D.C. The program, which receives contributions from AT&T and the AT&T Foundation, awards scholarships based on academic ability, leadership potential and an interest in politics. Native American undergraduate students are eligible and encouraged to apply and can receive assistance in the application process.

What does the NAPLP scholarship cover?

- Tuition and fees for the two core classes, plus an optional third course (up to 9 credit hours total)
- Housing in a George Washington dormitory
- A small stipend for books and living expenses, paid in two installments
- Airfare to and from Washington, D.C. (one round-trip ticket)

AT&T Foundation and the NAPLP

Since 2005, AT&T and the AT&T Foundation have contributed more than \$2.1 million to George Washington University's Native American Political Leadership Program.

Application deadlines

Applications are accepted on a rolling basis. Students should apply to the program as early as possible to ensure maximum opportunities for internships in the Washington D.C. area. Some of the organizations that participate in the internship program include, but are not limited to, the National Congress of American Indians, the National Indian Education Association, the Bureau of Indian Affairs, the National Indian Health Board and the White House Initiative on American Indian & Alaska Native Educators.

AT&T Inc. is committed to advancing education, strengthening communities and improving lives. Through its community initiatives, AT&T has a long history of investing in projects that create learning opportunities; promote academic and economic achievement; or address community needs. AT&T Aspire is AT&T's signature philanthropic initiative that drives innovation in education by bringing diverse resources to bear on the issue including funding, technology, employee volunteerism, and mentoring. Through Aspire, we've passed the \$250 million mark on our plan to invest \$350 million in education from 2008-2017.

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Spring 2017 Semester:
Program Dates: January 17 – May 5, 2017

Priority Deadline: October 1, 2016

Final Deadline: November 1, 2016

Program information and application
<http://semesterinwashington.gwu.edu/naplp>
Bob Bass
rb3794@att.com
425-580-5836

VETERANS CORNER

We hope that everybody had a good time with the family, the BBQs and the traveling during Memorial Weekend. Take that time to remember the ultimate sacrifice one's gave for their country. The Muckleshoot Veterans would like to take this time and say thanks to those that gave the ultimate sacrifice. This day is to remember all those that didn't get the chance to see their loved ones again. There is a saying that Freedom isn't free. So as you share your great times with family, friends, and loved one's remember these words. Take care and God Bless all.



Codependency in Native Families and Communities

In my early recovery, I struggled with what my counselor had said to me about my diagnosis; which was early onset chemical dependency and late stage codependency.

What is codependency you might ask? In our cultural teachings we have heard time and time again that it is our responsibility to take care of our family and our children, along with the people in our community. This is a strong teaching across Indian Country and it was something that was ingrained into my values.

At first, I did not understand why my counselor was trying so hard to get me to stop helping people that I love, and so of course, I was fighting the whole idea of change.

As time went on I started to understand that I lacked respect for myself due to not setting clear boundaries as to how some people talked to me and also; not speaking out when I felt that I was not given the respect of knowing the coming and goings of my spouse.

I felt on edge when it was dinner time and he did not come home in time to eat, then dinner was left in the oven to keep warm, and then it got toasted. When he would show up at midnight blitzed and wanted something to eat, he would refuse to eat the toasted dinner in the oven, and then I would cook something in the middle of the night

because that was what I was taught by my mom. That when you have a husband that takes care of you and provides for the family you make sure that he has a hot meal done when he is hungry.

Was that a codependency act of mine? Well I learned later on that respect is a two way street and that I had a right to set boundaries. You want a hot meal? Show up to dinner on time or you are on your own to eat the toasted dinner in the oven.

I would also call his boss when he went out with his buddies and was not in any shape to get up for work the next day. I would lie to his boss and tell him that he caught the flu so he would not be in trouble at work.

Not only was I not setting healthy boundaries for him, but I was also showing my children how to live a life of lies and not teaching them healthy boundaries.

When we look at the epidemic that is afflicting our community, with so many members of our families and our community addicted to opiates, meth, and heroine; in what ways are we not setting healthy limits and boundaries for ourselves? What are we not teaching our sick family members by allowing them to continue in the unhealthy life style they are living?

Calling all 2016-2017 Skopabsh Royalty Contestants

This notice is intended for anyone interested in learning more about running for this year's Skopabsh Pow-Wow Royalty. Powwow dates are: August 19-21, 2016.

What are requirements, expectations, and characteristics of Skopabsh Royalty? Royalty members are young role-models for our community; they display commitment to academics, cultural traditions, and a healthy lifestyle. They are confident, reliable, and respectful. They should also be of Muckleshoot decency and their parent or guardian must be a tribal member or work for the Muckleshoot Indian Tribe.

Royalty responsibilities include but are not limited to:

Representing self and our community in a respectful manner in any situation.

Participation in as many cultural and public events as possible, I.e. Pow-Wows and Community/ local events such as Tribal dinners, City parades, etc.

Contestants will be judged in the following areas:

-Public speaking – Dancing - Ticket sales

Categories include: Miss Skopabsh (13-18), Jr. Miss Skopabsh (7-12), Lil' Miss Skopabsh (6 & under), Warrior (12-18), and Lil Warrior (11 & under)

Tickets can be obtained from Wendy Lloyd

She may be reached by phone at (253) 804-8752 ext 3211 or By E-mail at wendy.lloyd@Muckleshoot-Health.com

*Only a limited number of tickets will be distributed at a time, funds will need to be submitted before additional tickets are issued.

The Deadline for All ticket stubs, remaining tickets, and money, to be turned in to Wendy, is **Sunday, August 21st at noon, Muckleshoot Powwow grounds**
Hope to see you at the PowWow and Good Luck!



Plan ahead and be an informed voter!

King County Elections 2016 Voter's Calendar

February Special Election (Check the website for participating jurisdictions.)

- January 11 Deadline to register online, mail in a voter registration form, or update registration info
- January 20 Ballots and voters' pamphlets mailed - Watch your mailbox!
- January 20 Accessible voting center at King County Elections opens
- February 1 Deadline for new Washington voters to register in person
- February 9 Election Day - Ballots must be postmarked by today or returned to a ballot drop box by 8 p.m. *This is the last day the accessible voting center is open*

April Special Election (Check the website for participating jurisdictions.)

- March 28 Deadline to register online, mail in a voter registration form, or update registration info
- April 6 Ballots and voters' pamphlets mailed - Watch your mailbox!
- April 6 Accessible voting center at King County Elections opens
- April 18 Deadline for new Washington voters to register in person
- April 26 Election Day - Ballots must be postmarked by today or returned to a ballot drop box by 8 p.m. *This is the last day the accessible voting center is open*

May Presidential Primary Election

- April 25 Deadline to register online, mail in a voter registration form, or update registration info
- May 4 Ballots and voters' pamphlets mailed - Watch your mailbox!
- May 4 Accessible voting center at King County Elections opens
- May 16 Deadline for new Washington voters to register in person
- May 24 Election Day - Ballots must be postmarked by today or returned to a ballot drop box by 8 p.m. *This is the last day the accessible voting center is open*

Primary Election

- July 4 Deadline to register online, mail in a voter registration form, or update registration info
- July 13 Ballots and voters' pamphlets mailed - Watch your mailbox!
- July 13 Accessible voting center at King County Elections opens
- July 25 Deadline for new Washington voters to register in person
- August 2 Election Day - Ballots must be postmarked by today or returned to a ballot drop box by 8 p.m. *This is the last day accessible voting centers are open*

General Election

- October 10 Deadline to register online, mail in a voter registration form, or update registration info
- October 19 Ballots and voters' pamphlets mailed - Watch your mailbox!
- October 19 Accessible voting center at King County Elections opens
- October 31 Deadline for new Washington voters to register in person
- November 8 Election Day - Ballots must be postmarked by today or returned to a ballot drop box by 8 p.m. *This is the last day accessible voting centers are open*



King County Elections: 919 SW Grady Way, Renton, 98057
206-296-VOTE (8683), TTY Relay: 711
www.kingcounty.gov/elections | Email: elections@kingcounty.gov
Alternate formats available upon request



Do you have a burning question that you would like answered?

- Text in your question to 253-237-7052 and check our HWC Facebook page facebook.com/muckleshoot.hwc on Thursdays to see if your question was answered.
- If you are having a medical emergency call 911.
- If you are having a crisis between 8 am - 6 pm call HWC Family & Youth Services at 253-333-3605.
- If you are having a crisis after hours call the 24-hour crisis line at 1-866-427-4747.



Please Welcome Our New HWC Dental Services Supervisor: Kristy Kenyon

Hello, I am Kristy, the Dental Services Supervisor. I was born and raised in Washington, I am a member of the Cowlitz Tribe, and I am a very proud PNW girl. I have always felt blessed to be raised in our beautiful state.

I have worked in the dental field for 24 years (I started when I was 10 *wink, wink*). I started my career as a dental assistant after graduating from Clover Park Technical College. I worked as an assistant for four years until I was promoted to office manager and have worked as a manager since that time in various private dental practices.

I am excited to be part of the HWC team and look forward to using my clinical and administrative knowledge to help MIT provide quality dental care and excellent customer service to our patients. I look forward to meeting everyone and helping you with your dental needs. Please call me if you have any questions about Dental (253) 939-2131 X 3972/

On a personal note, I love travelling, attending Mariner and Seahawk games with my family and friends, and hiking with my very rambunctious pup, Ollie.

Hi, I would like to chime in on Kristy's Bio article...Since Kristy started working at our Dental Program she's already made some very good changes that will be helpful to our dental patients.

* A Dental Assistant will call and check on you to see how you're doing after a surgical procedure, or if your child has been to see Dr. Budda.

* We will be calling you two days before and the day of your dental appointment to remind you.

* Kristy and Dr. Osborne are working on completing any MIT members that may have started with dental implants.

* Kristy is working on our Orthodontic Program, checking to see who may be a potential candidate for this.

* Kristy is working on getting our Dental Program into the "electronic age." She's converting all of our paper charts to electronic charts. This will be more efficient and helpful to the Dental Assistants and Dentists that see you here.

* Kristy is contacting patients to schedule appointments for patients that need to have their teeth cleaned and need exams.

* Kristy has also started booking the provider schedules so that we can see as many people as possible in a day.

* We will be implementing our No Show Policy at Dental. People wonder why it takes so long to get an appointment, it is because there are people that make appointments and never come to them.

People that miss many appointments will be booked for their appointment differently; it's not fair to hold up the patients that do want to get their dental treatment completed.



Thank you, Lisa James, Health Director

Muckleshoot Needle Exchange Program

Muckleshoot Behavioral Health

Services Offered:

- Exchange used syringes for clean syringes
- Receive safe injection supplies
- Receive overdose prevention education and Narcan
- Receive tips on how to inject drugs safely

This is a non-judgmental service for Injection Drug Users. The purpose of the Needle Exchange is to get used drug injection equipment off of the streets and to keep our community safe!

Mobile unit every Friday from 2 to 4pm
Starting February 26th, 2016
Location: Outside of Cedar Village in the old smoke shop parking lot in the HWC Outreach Van
Any Questions? Contact Carol VanConett at Muckleshoot Behavioral Health: 253-804-8752

Men's Health Week June 13th-17th

Save the Dates:

- June 14th Father/Son BBQ 5:30-7:30
- June 16th Healing Dinner 5:30-7:30

PLEASE JOIN US FOR OUR SOCIAL SECURITY BENEFITS DAY

Information on Social Security Disability
THURSDAY, JULY 7TH
10 A.M. UNTIL 2 P.M.

ELDER'S BUILDING
ASK QUESTIONS
GET HELP WITH CLAIMS
APPLY & START CLAIMS

Wa. Health Plan Finder Open Enrollment

Open Enrollment is available now!

- Survivors of domestic violence (DV) can now apply for and enroll in health insurance coverage through the Federal Marketplace at any time during the year! They do not need to wait for Open Enrollment to begin. This Special Enrollment Period (SEP) is available to anyone who has experienced DV.
- There are many health insurance options—
- Screening and counseling for domestic violence are now covered benefits as a result of the Affordable Care Act!
- Health coverage can help you get medical treatment that you may need.

There are regulations that clarify how married victims of domestic violence and their dependents can qualify for financial help when they apply for health insurance or apply for a hardship exemption if needed!

FEEL FREE TO CONTACT THE MANAGED CARE DEPARTMENT AT THE MUCKLESHOOT HEALTH AND WELLNESS CENTER WITH ANY QUESTIONS! 253-939-6648

Health Fair & Walk

"STAY STRONG, LIVE LONG"

Thursday, June 23, 2016
MIT Health & Wellness
Center Gymnasium
1:00 p.m.

Education Booths:

- Diet & Nutrition
- Health Screenings
- Dental
- Smoking Cessation
- Problem Gambling
- & more

Free Event T-Shirts
Refreshments

For more information, please contact 253.939.6648.

Sponsored by:

RAFFLE DRAWING!

- 2- "DRAKE" concert tickets, floor level (Must be 13-18 yrs. old to be eligible)
- 2- Great Wolf Lodge gift cards for a family of 5 for 1 nights lodging (Must be 18 yrs. and older to be eligible)

Must be present to WIN!

Al-Anon Meeting

Adult Recovery House Multi-Purpose Room
39225 180th Ave SE Auburn WA 98092
Every Thursday from 12:00 to 1:00

Are you affected by someone who is drinking or drugging?
Are they always borrowing money; never paying it back?
Making excuses, lying or manipulating you?
Do you want to break the cycle?
Join us for an opportunity to hear and share Experience, Strength and Hope.

"I am not afraid of storms... for I am learning how to sail my ship."
-LOUISA MAY ALCOCK

If you have any questions please call
CeCe Freeman at Muckleshoot Behavioral Health 253.804.8752

Want Your Medical Bills Paid Quicker?

If you are getting statements from a doctor, hospital, x-ray, ambulance, lab and you received a PO number from CHS.

If you have insurance and got a PO number from CHS, please bring in the EOB, paper from your insurance stating how they processed/paid your bill.

Please bring the statement(s) and anything from your insurance to the CHS office, so we can pay your medical bills faster.

Many times, your doctor does not send the CHS office your bills, then you keep getting statements... bring anything in that you get for your bills if you got a PO number.

The CHS office can't pay a bill if we don't have it.

Thank you
CHS Team
(253) 939-6648

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

Get to Know Our Wellness People...

Venita DeLeon, Medical Social Worker

Hi, my name is Venita DeLeon and I am the Medical Social Worker at the Muckleshoot Health and Wellness Center. I have been doing social work for 28 years in different capacities (mental health, chemical dependency, personal care provider, children's services, homeless, and therapist). I love working with, and helping people.



On a personal note; I am married to a wonderful man, have four beautiful daughters, three granddaughters, two grandsons, and a few others that call me Mom along with my Pitbull, Chance, my teacup Chihuahua, ChiChi; five step children (who I don't consider step: love them as my own) 19 grandchildren and nine great grandchildren. It gets packed around my house during the summer and holidays. I have a full heart spending time with my family and friends.

During my time here I have met and worked with some amazing people, including both staff and patients. I would love to meet more community members, be a part of the community in a larger way and be of assistance where possible.

In my position as the Medical Social Worker I help patients and community members apply for social security/ disability benefits and retirement. I work with local hospitals so that when one of our members is in the hospital, I'm able to assist with discharge plans when they go home. It is also important that the patients' needs are being met when released from the hospital. It is my pleasure to help, I love connecting with people and assisting in ways that are helpful.

I look forward to meeting and working with this community for some time to come; thank you for having me.

Venita

The Tribal Orthodontic Program - Braces for teeth.

The Tribe does have a Tribal Orthodontic Program (TOP). It is only available to enrolled MIT members. In order to be a potential candidate for the TOP, you will be screened and have to meet the following criteria:

1. Enrolled MIT member
2. Demonstrated that you have good oral hygiene - take good care of your teeth and gums.
3. Demonstrated that you go to all your regular dental check-up appointments.
4. Have a strong desire to have braces - there are many that turn it down because they don't want to go through all that's needed for 2-3 years.
5. Are old enough to be capable of taking care of your teeth daily - can brush your teeth without being told and show that you will take care of your teeth in braces.
6. Be evaluated by an Orthodontist (dentist that specializes in braces) to see if you need braces-sometimes a tooth may need to be removed, because your teeth are too crowded.
7. Be able to pay for half of the total orthodontic treatment when the braces are put on.

Frequently Asked Questions about Braces

Why aren't there more kids getting braces if they need them?

Answer: Some kids, parents and adult patients don't want braces, you have to be committed to take the time to clean your teeth and braces after each meal and clean them really good every day for 2-3-4 years... Then you will need to wear a retainer for the rest of your life to make sure the teeth don't get crooked again. If a client says that they don't want them, we do go any farther with them.. This is a set up for failure, and the client's teeth could get ruined if they put braces on and don't take care of them. We will not risk a client looking bad and damaging their teeth because they didn't want braces in the first place. It's a lot of work having braces, they don't just put them on and that's it... no, the client has extra work for the next 2-3-4 years taking care of their teeth while these are on.

Why do we have to pay half of the total amount?

Answer: The Dental Program has paid for treatment in full up front for clients in the past. We had nearly a 90% failure rate. The client's missed many, many orthodontist appointments and some kids took the braces off with needle nose pliers, many clients didn't go the dentist to get regular check up, get fillings, get teeth cleaned and as a result the client's teeth looked worse than when the braces were put on. If a client has to pay for some of the cost, they will make sure the orthodontist appointments don't get missed and get regular dental check-ups. Besides, you will get 100% of the money you paid back if you complete your treatment on time, 75% back if you complete in 60 days of original end date, 50% if completed within 90 days of original end date..Etc. So if you complete on time, you get your money back.

Keep in mind, that if your treatment plan is 3 years, and you think that your teeth look straight after 2 years and you want them off, you will still be required to pay the full amount, whether your finish the treatment or not.

How can I see about getting braces if I think I need them?

Answer: Must be registered at the HWC and be a MIT member. Make an appointment at the Dental office, (253) 939-2131. Make sure you have a good track record of getting regular dental checks ups and taking care of fillings, cleanings etc. Ask the Dentist if you are a candidate for braces. If you are, you will be referred out to an Orthodontist and then go from there.

Nikki's Diabetes Corner

By Nikki Grimwood RN, Diabetes Nurse at HWC

Reasons to Keep a Food Diary with Diabetes...

Keeping a food diary helps you understand what you eat and why you eat the way you do. If you are diabetic, start by keeping notes of meals and glucose levels so you know what foods spike your glucose. You will then become more aware of your decision to keep eating a food or eliminate it. Learning how your body works is critical.



Also, it's important to include feelings of hunger and satisfaction levels, emotional triggers that lead you to over-eat, and how your blood glucose responds to different foods.

If you have diabetes your journal should be out before you take a bite, check your blood sugar and write it down.

- **Set a goal:** What are your hopes of change? Control blood sugars; lose weight or making sure a balance of nutrients is met (protein, fat, carbohydrates).

- **Choose a system:** How will you record your foods? Options include notebook paper, online tracker, or mobile app which is very useful and savvy. A common app used is myfitnesspal.

- **Get started:** Don't wait until next Monday, first of month or after holidays. Start now! The first few days may go slow but you'll get better at measuring portions. Don't forget to include beverages, because the calories and sugars in drinks can add up surprisingly.

- **Stick with it:** Some days are easier than others, but keep going. If in a rush, take a quick picture of your plate so you can refer back and add it to diary.

- **Look for patterns and trends:** Along with showing you how you're doing against your goals, your diary can also help you identify a trouble spot: Are you skipping breakfast often? Snacking a lot in the evenings? Hitting the drive thru a bit too much?

- **Reward yourself:** Set small, reachable goals and then treat yourself when you meet them. (Stick with non-food rewards) Good luck!

Questions or concerns about portion sizes, how to read food labels, or knowing limits of food choices, please contact our dietitian, Kaleigh, or Nikki, RN, with Diabetes Program at 253-939-6648.

SICK AND DON'T WANT TO WAIT LONG HOURS IN A HOSPITAL E.R.?

There are local Urgent Care Medical Centers that can help you.

Sore Throat, Ear Ache, Ankle Injury, Upper Respiratory Infections:
These are just a few of the conditions they can help you with.
They can also do lab work and x-rays, if needed.

If you decide to go after 5:00pm or on the weekend,
CHS does consider this as an emergency room visit.

You must call CHS office for PO numbers within 72 hours/3 days of being seen.

CHS OFFICE – 253-939-6648

If you are too sick to call, a family member or friend can call for you.

SOME URGENT CARE CENTERS YOU CAN CALL TO CHECK THE WAIT TIME

MULTICARE URGENT CARE – AUBURN
202 Cross Street SE | Phone: 253-876-8111
Hours: Monday – Friday, 8:00am – 7:30pm
Saturday & Sunday, 8:00am – 3:30pm

MULTICARE URGENT CARE – KENT
222 State Ave N | Phone: 253-372-7788
Hours: Monday – Friday, 9:00am – 8:30pm
Saturday & Sunday, 9:00am – 4:30pm

MULTICARE URGENT CARE – COVINGTON
17700 SE 272nd St @ Wax Road | Phone: 253-372-7020
Hours: Monday – Friday, 8:00am – 7:30pm
Saturday & Sunday, 8:00am – 5:30pm

VALLEY MEDICAL CENTER – COVINGTON
27500 168th Place SE | Phone: 253-395-2006
Hours: Monday – Friday, 8:00am – 8:00pm
Saturday & Sunday, 8:00am – 4:00pm

09/01/15 MI URGENT CARE NOTICE

Domestic Violence Services & Resources
Muckleshoot Behavioral Health Program
17513 S.E. 392nd St. Auburn, WA 98092
(253) 804-8752

OTHER RESOURCES

National Domestic Violence Hotline
1-800-799-7233 (24 Hr)

Washington Domestic Violence Hotline
1-800-562-6025

DAWN Crisis/Advocacy:
425-656-7867 (24 Hr)

King County Sexual Assault Center
1-888-998-6423 (24 Hr)

Crisis Clinic
1-866-427-4747 (24 Hr)

Seattle Indian Health Board
206-324-9360

SERVICES WE PROVIDE

Safety Planning
Individual & Family Therapy
Weekly Support Group
Emergency Housing
Assistance Obtaining Protection Orders
Court Advocacy & Transportation
Legal Referrals
Individualized Resources
Emergency Supplies
Help Navigating Legal & Social Systems

These services are available to all victims of domestic violence or sexual assault, men and women, any age

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!

New Registration Changes For the HWC Effective 04/01/16

Questions? Call (253) 939-6648 Registration Clerk
We've made a few changes to how often MIT members have to update at the HWC.

- The Registration application has been made shorter.
- There is now a one page Update form.
- We've made these changes, because many MIT members don't move and everything stays the same from year to year.
- We do need to know when you get any kind of health insurance coverage and we need to know if it ends.
- We also need a current phone number to reach you.

A. All new applicants must complete and submit all required information to determine their eligibility for services at the HWC.

All current people registered at the HWC:

1. Enrolled MIT members who are CHS eligible will be required to update every three (3) years, or when their address, name, insurance coverage or Tribal affiliation changes.
2. Enrolled MIT members who are CHS eligible and over the age of 50 will be required to update every ten (10) years, or when their address, name, insurance coverage or Tribal affiliation changes.
3. Other non MIT natives that are CHS eligible will be required to update annually on or around their birthday, or when their address, name, insurance coverage or Tribal affiliation changes.
4. Other non MIT natives, who are CHS eligible based on an economic (full time employment with Tribal entity) will be required to update annually or, or when their address, name, insurance coverage or Tribal affiliation changes.
5. Other non MIT natives that CHS eligible based on a social tie (spouse, significant other or extended family member etc.) will be required to update annual or, or when their address, name, insurance coverage or Tribal affiliation changes.

So, if you've updated at the HWC:
In 2016, you won't need to update until 2019*
In 2015, you won't need to update until 2018*
In 2014, you won't need to update until 2017*
* Not unless your address, name, insurance coverage changes.

American Indian & Alaska Native Trust Income and MAGI: How it is used to figure if you Qualify for WA Apple Health (aka: Medicaid) and other Low Cost Health Insurance

Q: What is MAGI: (Modified Adjusted Gross Income)?
A: MAGI is your adjusted gross income as determined for Federal Income Tax purposes with certain income subtracted out.

Q: What is the purpose of MAGI?
A: MAGI is used to determine eligibility for Medicaid and other Health Insurance Plans offered through the Health Plan Finder/Marketplace.

Q: Are there special rules for calculating MAGI for American Indians and Alaska Natives (AI/ANs)?
A: Yes. MAGI is based on taxable, adjusted gross income that is reported to the Internal Revenue Service (IRS). Because some income received by AI/AN is non-taxable it is excluded in figuring the MAGI.

Q: What types of AI/AN income are usually exempt from MAGI?

- Distributions from Alaska Native Claims Settlement Act (ANCSA);
- Distributions from trust/reservation property;
- Income from related to hunting, fishing, and natural resources;
- Student financial aid from the BIA and/or Tribes;;
- Government income based on need such as SSI (Supplemental Security Income);

Q: Is my Senior Income or Tribal (gaming) Per Capita excluded from MAGI?

- No, Senior Income payments are not taxable and must not be included in your MAGI.
- Yes, Per Capita payments (gaming income) are included in your MAGI.

For more information stop by the Managed Care Department At the Muckleshoot Health & Wellness Center 17500 SE 392nd Street Auburn, WA 98092

MIT HWC Stop & Shop New Service !!!

New Stop & Shop service :

To & from Enumclaw Safeway & Auburn Walmart
Every Tues & Thurs round trips to each of these stores
Starts at noon until 9:00 p.m.
The last pick up run is at approx. 5:10 pm.
Pick up is at the usual bus stops.

NOTICE:
The Feathered Healing Circle will begin meeting on Thursdays at 5:00 PM – Cynthia Lozier



WHY ARE REGULAR DENTAL VISITS IMPORTANT?

Regular dental visits are important because they help keep your teeth and gums healthy. You should have a regular dental visit at least every 6 months. And in between those examinations, it's important that you work to keep your teeth and gums clean and healthy. If you need additional help, your dentist may even suggest more frequent visits.

**You could win a
\$50 Gift Card over age 13
\$25 Gift Card under age 12**

**if you are not late and go to all your
scheduled dental appointment(s) for that month.
There will be two drawings on the last Thursday of the
month for all patients that were on time and went
to all their appointment(s).**

For May, June, July, Sept, Oct, Nov and Dec 2016

Remember to call 24 hours in advance if you cannot keep your appointment, so someone else can use your spot.

Dental Clinic (253) 939-2131



Let us help bridge the gap to health insurance coverage when a change in employment or other circumstances ends your current health insurance coverage.

Many people may qualify for free or low cost health insurance in 2016 due the following reasons:

- losing employment;
- Losing employer sponsored health insurance (ie: HMA);
- Getting married;
- Adding a child to the family through birth, adoption, or foster child placement;
- Losing health insurance due to divorce or separation;
- Moving between counties or states;
- Turing 26 and losing a parents coverage;

Visit the Managed Care Department at the Muckleshoot Health & Wellness Center
17500 SE 392nd Street
Or call Ph # 253-939-6648



MUCKLESHOOT CARES ABOUT OUR YOUTH



partners should... **VALUE** each other's individuality • have **EQUAL** say in the relationship • **RESPECT** each other's boundaries • feel **SAFE** being open and honest • be able to **SHARE** feelings without negative consequences

WHAT?

- **No one deserves to be abused and abuse is never the victims' fault.**
- **1 in 3 young people will be in an abusive or unhealthy relationship**
- **Violent behavior often begins between 6th and 12th grade. 72% of 13 and 14-year-olds are "dating."**
- **50% of young people who experience rape or physical or sexual abuse will attempt to commit suicide.**
- **Dating violence can affect anyone, regardless of age, gender, ethnicity, sexual orientation, or income.**

WHO TO CONTACT?

Christine Mandry & Mathilda Dunn from the Behavioral Health Program (253) 333-3605

A healthy relationship has open and honest communication and an even playing field in which partners share control over decisions.

If you would like to speak with someone about dating violence, please contact: Mathilda or Christine @ (253) 333-3605 or the National Domestic Violence Hotline @ 1-866-331-9474

Love is Respect can help you identify healthy relationships www.loveisrespect.org

Muckleshoot Behavioral Health Family and Youth Services

**17500 SE 392nd Street, Auburn 98092
Phone: (253) 333-3605**

Health & Wellness Center Program Hours

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

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

Program Name	Phone No.	Closed-Lunch
Main Number to HWC	(253) 939-6648	12:00-1:00
Behavioral Health (Mental Health & Chemical Dep)	(253) 804-8752	Open
Family & Youth BH Services	(253) 333-3605	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) 735-2020	12:00-1:00
Pharmacy	(253) 333-3618	Open
Recovery House	(253) 333-3629	Open
Shuttle/Bus Service	(253) 939-6648	N/A Sat 10-2 pm
Wellness Center	(253) 333-3616	N/A Sat 10-2 pm
WIC Thurs Only 8-4:30	(253) 939-6648	12:00-1:00

Health & Wellness Center Program Closures July, Aug & Sept 2016

Day	Date	Times Closed	Reason for Closure
Mon.	July 4th	All Day	4th of July Independence Day
Thurs.	Aug 4th	8-9 am	Monthly All Staff Meeting
Thurs.	Sept 1st	8-9 am	Monthly All Staff Meeting
Fri.	Sept 2nd	All Day	MIT Employee Appreciation Day
Mon.	Sept 5th	All Day	Labor Day

Child Find Screening

What is a Child Find Screening?

Screening is a **free** check of your child's development—including:

- Large muscle development
- Eye-hand coordination (fine motor skills)
- Communication
- Concepts
- Personal-social skills, self help skills
- academic skills



What is the purpose of a Child Find Screening?

The purpose of the screen is to identify any factors that may interfere with your child's learning, growth, and development. The screening is also provided to help parents identify their child's strengths and weaknesses and provide home suggestions.

What happens during a Child Find Screening?

During the screening, your young child may stack small blocks, cut with a scissors, draw, count, name colors, jump, and have fun! For older children and teens it may include academic, social and emotional, communication screening. Following the screening, a trained professional will talk with you about the results of the screening. You will have the opportunity to ask any questions about your child's development. You may be given home suggestions, referred on for further testing, or be scheduled to have skills rechecked at a later date. The screening process usually takes about 45 minutes.

Who is eligible to be screened?

Any child, from birth through 21, whose family or care givers would like more information about their child's development. All school districts within Washington State have Child Find screenings available. If your family is living in a temporary situation, you may contact the district where you are staying to attend a screening.

Where can I go for screening?

For more information and to schedule a screening, please contact:

Muckleshoot Tribal School
Helen Feiger
Student Support Services Coordinator
15209 SE 376th St
Auburn WA 98092
253-931-6709 Ext 3700

Marty Laronal
Support Services Manager
Muckleshoot Early Childhood Education Center
15599 SE 376th St
Auburn, WA 98092
253-876-3056 Ext 3922

Muckleshoot Health

Diabetes Classes 2016

Education Classes starting February 2016.

Scheduled Topics	
February	10th Heart disease
March	9th Kidney disease
April	13th Nerves
May	4th Medications
August	10th Foot, eye, dental
September	14th Physical activity
October	12th Immunizations

It's a new year and that come with many new life choices, let this year be all about you!

We are kicking off the Diabetes Education Classes to start in February 2016.

Come learn more about Diabetes care and ways to prevent it while earning points towards living healthy.

Start out by learning the difference between medications and how to handle low to high blood sugars. Also, to assist getting you back on track and refresh

Diabetes whether you've had education or not. Provide essential tools for healthier eating, carbohydrate counting and label reading. Lastly, knowing the steps you can take to reduce your risk of developing eye, feet, heart, kidney, and nerve complications.

Come to class to learn more about how to best care for yourself with diabetes from head to toe.

Lets get out and begin our j...

Earn your points throughout the year!!

Where: Health and Wellness Center-Mountain Room.

Time: 10am-11am
3pm-4pm

Contact Nikki, RN or Emilie Price, CHR.
1-253-939-6648

Ways to earn Incentive points:
-Attend monthly education classes
-Complete all yearly lab work and appointments with your doctor.

-Get in for individual teaching with Diabetes Nurse and Nutritionist.
-Being more active
-Take medications daily
-Healthy eating

Is your Narcan Kit Expired?

Please Check the Expiration Date on your Narcan Kits!!!!

If expired please come get a new one at:
MIT Behavioral Health 253-804-8752
MIT Pharmacy 253-333-3618

If you have questions or you are concerned please feel free to call
Megan Gifford at 253-804-8752

Expiration Date is Located on the Vial

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

URGENT CARE CLINIC

EMERGENCY DEPARTMENT

Reasons to go to HWC Urgent Care Clinic:

- Cold symptoms—head ache, cough, congestion
- Flu symptoms
- Vomiting / fever
- Ear pain
- Minor injuries (not work related)
- Animal/Insect bites
- Sunburn
- Minor sprains/strains
- Any other symptom that has been going on for approximately 2 weeks and is not being managed by your primary care provider (PCP).

Daily walk-ins available from 9 am - 11:30 am & 1 pm - 4 pm.

Note: In urgent care, you may not see your PCP. If your medical concern is complex, you may be asked to schedule an appointment.

Reasons to go to the Emergency Room

- Chest pain
- Difficulty breathing
- Loss of consciousness
- Serious trauma including head injuries
- Severe burns
- Severe lacerations
- Severe abdominal pain
- Worsening that is severe and continues for several hours
- Poisoning
- Compensatory wounds where bleeding is not controllable
- Pregnancy related emergencies

Call EMS for a PI if you are going to the ER




If you are unsure or have any questions, contact the HWC Medical Clinic at 253-939-6648

Urgent Care Clinic Update

Urgent Care Clinic is available daily from 9 am - 11:30 am & 1 pm - 4 pm.

- Patients are seen in order of medical need.
- You may not be able to see your own clinic provider in that different providers are assigned each day.
- We will only be able to address the urgent medical concern that brings you into the clinic.
- To make sure you see your own provider it is best to make an appointment.
- If your medical concern requires more time than urgent care allows, you may be asked to schedule a longer appointment.



If have any questions, contact the HWC Medical Clinic at 253-939-6648

What are Needle Exchanges and why do we have them?

Muckleshoot Behavioral Health

What: Needle Exchanges are a non-judgmental space where injection drug users can receive clean needles and safe injection supplies. Other services are also offered such as overdose prevention education and referrals to medical care and treatment services if requested.

Why: NEEDLE EXCHANGES SAVE LIVES!!!
By offering Needle Exchange Services it takes injection needles off of the streets and out of the community. It offers safe injection equipment so that IV drug users can prevent the spread of blood borne diseases such as HIV and Hepatitis C which can be eventually fatal. It offers Overdose Prevention and Education so that drug users in this community are not dying from overdoses.

When: Muckleshoot Behavioral Health is now offering Needle Exchange Services starting January 22nd, 2016

Where: Exchange services are offered through a mobile site that operates every Friday from 2-4pm outside of Cedar Village in the Old Smoke Shop parking lot in the HWC Outreach Van.

Contact: Carol VanConett at Behavioral Health with any questions regarding Needle Exchange services at 253-804-8752

Spring Sale!!!!

Sunglasses 30% off with the purchase of these select frames marked down to \$100 or less.





Hours Monday-Friday 8-5 Wednesday 9-5 closed daily 12-1pm

253-735-2020

Some restriction may apply

Insurance does not apply

CASH SALES ONLY!

Sale ends June 17, 2016

Teen Resources

Muckleshoot Health & Wellness Center
253-939-6648
Mon/Tue/Thu/Fri 8 - 5 pm
Wednesdays 9 - 5 pm
Closed for lunch 12 - 1pm
Daily Medical Walk Ins 9 - 11:30 am & 1 - 4 pm

Auburn Public Health Center
901 Auburn Way North
Auburn, WA 98002
253-477-0600

*Teen Clinic - Walk Ins
Tuesdays 12:30 - 4 pm*

Planned Parenthood
1105 South 348th Street #B103
Federal Way, WA 98003
800-769-0045
Mon 9 - 5 pm | Tue & Fri 8 - 4 pm | Wed 11 - 7 pm
Thu 8:30 - 4:30 pm
*Open at 10 am on the third Friday of each month.
Walk-in and scheduled appointments available
Low cost services*

Helpful and informative websites:

For weekly health tips, contests and life advice text **NATIVE** to
www.wernative.org www.iwannaknow.org
www.staying-alive.org www.teenadvice.org
www.866teenlink.org
Teen Crisis Hotline - 866-427-4747

MUCKLESHOOT CARES ABOUT OUR YOUTH



- What can I do to prevent getting pregnant?
- I am pregnant ... what do I do?
- I'm thinking about sex ...
- STI's ... what is that?

If you have any of these questions and would like to talk to someone about it, call the HWC Family and Youth Services Program at 253-333-3605. We will help!

We are open Monday - Friday from 9 am to 6 pm.





facebook.com/muckleshoot.hwc

When Can I sign Up for Medicare Part A & Part B?

Will You Be 65 years old within the next 3 months?

1st Month	2nd Month	3rd Month		5th Month	6th Month	7th Month
<p>When should you sign up for Medicare:</p> <ul style="list-style-type: none"> You can sign up for Medicare 3 months before or 3 months after your 65th birthday; Or if your employer sponsored health insurance ends due to retirement; If you are currently covered by an employer sponsored health insurance you may not have to sign up for Medicare until that coverage ends; You should check with your employer to see if they require you to sign up for Medicare when you turn 65 years old; 			 <p>Your Birthday Month</p>	<p>What is Medicare Health Insurance?</p> <p>Original Medicare has 2 parts:</p> <ol style="list-style-type: none"> Medicare Part A—covers inpatient hospital, skilled nursing facility hospice & home health care; Medicare Part B—covers outpatient medical care, including doctor visits, durable medical equipment, lab tests, and preventative services. <p>NOTE: If you don't sign up for Medicare Part B when you're first eligible you will have to pay a "Late Enrollment Penalty" for as long as you have Part B.</p>		

Visit the Health & Wellness Center's Managed Care Department at 17500 SE 392nd Street Auburn, WA PH # 253-939-6648



HOUSING/SHELTER RESOURCES

Catholic Community Services – Home & Arise
Men's Shelters
Phone contact: (253) 854-0077 Ext: 2
Locations: St. Anthony's Church, 314 S 4th St., Renton, WA, 98057 OR Kent Family Center, 1229 W Smith St, Kent, WA, 98032
Coordinates two case-managed shelter programs for men, ages 18 and older. Shelters hosted by congregations in Kent and Renton; average stays of 6-12 months. No fees. Please call ahead.
Renton In-take (walk-in only): Tu & Th, 1-3pm.
Kent In-take (walk-in only): M & W, 1-3pm & 5-7pm; Tues & Th, 3-5pm.

Union Gospel Mission – Hope Place
Shelter for Single Women, Women with children
Phone contact: (206) 628-2008
Location: 3802 S Othello St, Seattle 98118
Provides shelter for women, with or without children. Includes mandatory spiritual activities. No fees. CALL for screening. M-F 8:30-9am.

Catholic Community Services
Single Men & Women's Shelter
Phone contact: (253) 572-0131
Location: 1142 Court E Tacoma Ave S, Tacoma, WA, 98402
Provides a safe place where men and women experiencing homelessness can get a good night's sleep, respect, and begin a process of generating income and becoming housed. Open 5pm-7am.

Multi-Service Center
Family Shelter (Moms, Dads, & Kids)
Phone contact: (253) 854-3437 Ext: 104
Location: 515 W Harrison St, Kent, WA, 98032
Emergency shelter for homeless families with children, ages 17 and younger; priority for families of 4+. All families may apply. LEAVE A MSG. AT LEAST TWICE PER WEEK, until call is returned.

Auburn Youth Resources
Youth Shelter
Phone contact: (253) 833-5666
Location: 816 F Street Southeast, Auburn, WA 98002
Provides shelter for homeless youth, ages 10 through 17, in south King County. Written parental consent required for 72-plus hour stay. Sliding scale fees, may be free. Call for screening: 24 hours daily.

YWCA – South King County
Family Shelter (Moms, Dads, & Kids)
Phone contact: (425) 255-1201
Location: Families housed in independent apartment units in Kent, Renton and Auburn areas.
Call for availability. Leave a message DAILY, until call is returned. 24-hour voicemail

The Basics of Stuttering

Why stuttering won't stop your child from succeeding

Do you ever find your child has something to say, but struggles to do so? For children who stutter, this "cat got your tongue" scenario can be a regular feature of everyday life, but that shouldn't make it an obstacle. From children, teens and adults who stutter have successfully coped with their condition thanks to ongoing therapies which can begin in early intervention and continue throughout childhood if needed.

THE FACTS

While childhood development and family dynamics do play a role, genetics and neurophysiology are far better indicators of someone who frequently stutters or stammers. About 75% of preschoolers who begin to stutter will eventually stop. But for those who don't, minimizing the effects of the problem is well within reach thanks to speech therapy interventions.

THE THERAPY

Although there is no known cure for is to reduce stuttering to the point where it no longer negatively impacts a child's life. Just as all children are unique, though, so too are their struggles with a stutter. According to the American Speech-Language-Hearing Association, creating benchmarks for progress can be difficult because they "cannot be solely based on frequency of stuttering. A child who stutters on 50% of their syllables may be less impacted by their speech than a child who only stutters on 10% of syllables. The amount of (negative) impact is largely dependent on the severity of disfluencies."

Four indicators of how significant a child's stutter is negatively impactful are the:

- Severity of disfluencies (such as blocks versus whole word repetitions)
- Length of disfluencies
- Degree of secondary behaviors (eye blinks, tension in lips, loss of eye contact) *Child's overall temperament

There are a number of techniques which a speech therapist might use in a session to help your child. Among these are:

- Modeling of smooth speech
- Reinforcement of and commendation for fluent (non-stuttered) speech
- The employment of activities requiring a child to speak in shorter sentences or utterances. An example would be a card game such as "Go Fish," with simple sentences like "do you have a ... ?"
- Gradual rebuilding of utterance length as your child exhibits fluent speech
- Give direct, corrective feedback for stuttered speech. "That was a little bumpy," or "let's try that again" are common and more palatable than repeatedly yelling "stop."

TAKING TREATMENT HOME

Parental involvement between sessions with a therapist is critical. You as a parent can help foster a better environment for your child that can help them make inroads into curbing their issue. Here are a few ideas:

- Keep track of daily struggles and successes using a basic 1-10 scale. One could represent a day with constant issues, while 10 would be a day of virtually flawless speech. Making daily notes of progress or problems to report back to your therapist can help keep them updated.
- Practice the modeling, reinforcement, and corrective techniques your therapist uses in sessions. Remember to be empathetic. Acknowledgements on "1" days, like "some words are hard to say, aren't they?" are a way of starting an utterance over without seeming harsh.

The less a child sees talking, especially in public, as a negative experience, the more likely he will be to successfully manage his stuttering and share his ideas with confidence, whenever and wherever he/she wants.

– Courtesy of Advance Healthcare Network

Muckleshoot Money Skills for Life

The Muckleshoot Housing Authority is offering "Muckleshoot Money Skills for Life" class July 28th and 29th at the new Muckleshoot Housing Authority Training Facility. Please call Cheryl O'Brien (253-876-3154) or Michelle Leverenz (253-876-3386) or email Cheryl.Obrien@Muckleshoot.nsn.us or Michelle.Leverenz@Muckleshoot.nsn.us to sign up for the class.

"Muckleshoot Money Skills for Life" Course consists of two half-day sessions, from 12:00 pm to 5pm on July 28th and 29th.

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 2 half day sessions please contact Cheryl or Michelle. If you are unable to attend we plan to offer additional classes in the future.



Muckleshoot YDP Youth at Chuck E. Cheese, May 14, 2016

Enumclaw



Preferred pricing for Tribal Members

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- Aggressive Financing Rates and Programs
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Virginia Cross Family Birthday Celebration

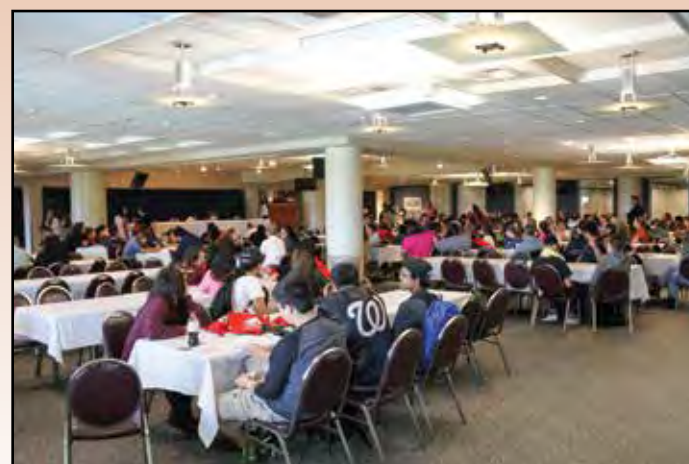
June 5th, 2016, Game Farm Wilderness Park

PHOTOS BY EVAN AVILA



NATIVE AMERICAN CAREER DAY

May 4-5th, Emerald Downs



RULES OF THE ROAD DRIVING SCHOOL
 Driving School (253) 880-6758 | Licensing Office (253) 329-6577
 2993 Griffin Ave. Enumclaw, WA 98022
 www.rulesoftheroaddrivingschool.com

DO YOU NEED HELP GETTING YOUR DRIVER'S LICENSE BACK?

The **NORTHWEST JUSTICE PROJECT** provides free (non-criminal) legal services for people who cannot afford a lawyer in Washington.

If you need your driver's license so that you can work and your license was suspended for one of the following reasons, we may be able to help:

- Unpaid Traffic Fines
- Suspension due to a car accident when you were uninsured
- You have one or more convictions for driving with a suspended license and you still have unpaid fines even though the suspension period is over

In order for us to assist you, the court must have already ruled on your traffic citations. The court can rule even if you did not come to court.

NOTE: We are unable to assist where a license is suspended for failure to pay child support or certain criminal traffic convictions, such as DUIs.

To find out whether you qualify for assistance, call the toll free hotline weekdays from 9:10AM to 12:25PM at:

(888) 201-1014

Logos for THE ALLIANCE, LSC, and NJP.

ANNUAL HUNTERS MEETING SCHEDULED FOR JULY 12

The Annual Hunters Meeting is scheduled for **JULY 12, 2016 @ PSB COUGAR ROOM**. **MUST BE PRESENT TO ENTER THE SPECIAL HUNT DRAWING, AND MUST SIGN IN BEFORE 6PM. NO ONE IS ALLOWED TO ENTER THE DRAWINGS AFTER 6PM.**

Goat and Sheep drawings will be on **JULY 19, 2016 AT 6PM AT THE PSB COUGAR ROOM.**

POKER DEALER TRAINING
MUCKLESHOOT TRIBAL MEMBERS ONLY

The Muckleshoot Poker Room
 Poker Dealer Training
7-11-2016 thru 10-10-2016.

Please contact Muckleshoot Poker room for details and sign-ups.

Tribal Members wanting to get ahead of the game...contact
Clifford Brown 253-293-8707

I will do my best to get you cards and give you some valuable details!

Free Estate Planning and Will Drafting Service for Muckleshoot Tribal and Community Members

The Institute for Indian Estate Planning and Probate at Seattle University School of Law, will be assisting the Muckleshoot Indian Tribe starting May 30, 2016 to draft a new will OR change an existing will that will comply with Tribal, State, and Federal law. Nick Fillhart, an intern with the Institute working under the direction of Attorney Guadalupe Ceballos, will be able to meet with Muckleshoot tribal members up until June 29, 2016.

- You need a will if:
- You are over 18
 - You have, or may acquire, trust land, non-trust land, or personal property
 - You have children or step-children under 18
 - You want to leave property to someone who is not in your immediate, blood family
 - You want to leave income from an interest to a non-Indian spouse.
 - You want to stop further fractionation of your land

If you die without a will, the American Indian Probate Reform Act (AIPRA) will determine who will receive your trust land, but with a will you have many more options! If you are interested in learning more or having your will written, please contact Nick Fillhart.

All services are free to Muckleshoot Tribal members and Muckleshoot Community members, regardless of tribal enrollment or ownership of trust land.

Nick Fillhart
 fillhart@seattleu.edu or indian.wills@muckleshoot.nsn.us
 (253) 876 - 3170

Community Service Hours

Tribal and community members needing to complete community service hours obligations for the courts can come see me at the Philip Starr Building. If you have community service hour obligations and need to start working on them, I can set you up for a place to work them off so you can complete them. Please contact me at 253-876-3153 or email me at walter.pacheco@muckleshoot.nsn.us.

Cultural Events
 The Cultural Program Instruction Schedule:

Culture Song, Dance & Dinner
 When: Every 2nd Tuesday of the month: Canoe Family song & dance - 5:30 to 7:30 PM

Get Your Weave On! Weaving with Gail WhiteEagle
 When: Tuesdays (except 2nd Tuesday's) - 12:00 PM to 8:00 PM
 Wednesdays & Thursdays - 9:00 AM to 5:00 PM
 Both are at the Canoe Family Clubhouse

Sewing Projects with Pauline Lezard & Sandy Hedrick
 When: Workshop times are every Tuesday thru Thursday. They include beading and sewing instruction. Sewing Projects are located at the Lemmon Tree Lane office located next to the Virginia Cross Education Center.

Classes are open to all community members and tribal employees.

Tomanamus Forest Permits

Get them at the Wildlife Department at the Philip Starr Building. Bring in a copy of your vehicle insurance and a license plate number
 Tribal Members Only.
 The permits are FREE.
 Office Hours are 8am to 5pm
 Monday thru Friday.

Muckleshoot MONTHLY

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

Community Classes

The Cultural Program
 2016 Class Schedule

Culture Song, Dance & Dinner
 When: Every 2nd Tuesday of the month: Canoe Family song & dance. 5:30 to 7:30 PM
 Food & drinks will be provided.

Get Your Weave On!
 When: Tuesdays (except 2nd Tuesday's) 12:00 PM to 8:00 PM
 Wednesdays & Thursdays 9:00 AM to 5:00 PM

Where: Canoe Family Clubhouse @ 38907 172nd Ave SE. (In-between the Community Resources and Muckleshoot Police buildings)

Classes are open to all community members and tribal employees.

For questions regarding the Weaving class Please contact: Gail White Eagle 253-876-3052

For questions regarding Culture Night Please contact: James Smiskin 253-876-3013

EVENTS CALENDAR

June 13	Enumclaw School District 6pm at White River Amphitheater
June 14	Tribal School Graduations 5th Grade, 8th Grade and Kindergarten at 10AM
June 16	Head Start Early Learning Academy 10 am at Muckleshoot Tribal School Gym
June 16	Higher Education Dinner 6pm at Muckleshoot Casino Banquet Rooms
June 17	Birth to 3 End of the Year Celebration 12-3pm at Northwest Trek
June 17	High School Graduation Dinner 6pm at Muckleshoot Casino Banquet Rooms
June 17	All Schools-All Grads Community Celebrations 12:30-5:30 Muckleshoot Tribal School Grounds
June 18	Auburn School District 11am at Auburn Memorial Stadium
June 18	West Auburn HS and Virginia Cross Native Education Center 1:30pm at Auburn Performing Arts Center
June 18	Auburn Riverside High School 4pm at Auburn Memorial Stadium
June 19	Muckleshoot Veterans PowWow at PowWow Grounds
June 17-19	Auburn High School 4pm at Auburn Memorial Stadium
June 23	Health Fair & Walk MIT Health & Wellness Center Gym 1PM. Call 253-939-6643 for info
June 24	First Salmon Dinner & Ceremony 3-5pm at Muckleshoot Tribal School
July 8-10	Campmeeting - Pentecostal Church
July 12	Annual Hunters Meeting - 6 pm at PSB Cougar Room
July 16	Fresh Paint 4 You Carnival - Pentecostal Church
October 30	Halloween Party - 12-4 pm at Emerald Downs
November 11	Veteran's Day Dinner - 5-7 pm at Pentecostal Church
November 19	Thanksgiving Dinner - 4-6 pm at Emerald Downs
December 17	Christmas Party - 2-6 pm at Emerald Downs

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

SUBSCRIBE TO THE MONTHLY...

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

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

clip and return

SUBSCRIPTION REQUEST / ADDRESS UPDATE

[] New subscription [] Address change

Name _____
 Address _____
 City & State _____ Zip _____
 If this is an address change, list previous address:
 Address _____
 City & State _____ Zip _____
 [] I am a Muckleshoot tribal member,
 [] I have ties to the Muckleshoot Tribal Community Please explain: _____

Muckleshoot Monthly
 John Loftus, Managing Editor
 Evan Avila, Assistant Editor
 39015 172nd Avenue SE
 Auburn, WA 98092

Muckleshoot.Monthly@muckleshoot.nsn.us
 2016-17 Muckleshoot Tribal Council
 Virginia Cross, Chair
 John Daniels Jr., Vice-Chair
 Jeremy James, Secretary
 Jason Elkins, Treasurer
 Mike Jerry Sr.
 Kerri Marquez
 Anita Mitchell
 Marie Starr
 Louie Ungaro



Colt Potts and mom, Chris Johnson, at Huckleberry creek



Colt Potts



The big Chief



Louis and Colt



Dahlia Mae

Turning 4

My oldest baby, Dahlia Mae is turning 4 on June 30th!
Mommy & Daddy want to wish our big girl a very happy birthday!
We love you lots Dahlia!

You're an awesome big sister and we are so proud of you
Of course Grandma and Grandpa and all your Aunties, Uncles and Cousins too!
Love You Dahlia,



Mommy & Daddy



Happy 4th Birthday Keanu and Happy 7th Birthday Natalia!
You both have grown so much, I'm so proud of you both!

Love, Mom & Family



Happy June Birthdays to my family, me & the kids love you guys!!!

- 6/6 Stacey Gourdine my hubby and kids DAD
- 6/8 Sean & James
- 6/12 Cousin Sid
- 6/13 Sister Katie B.
- 6/14 Uncle Deejer
- 6/25 Bro JB
- 6/30 My Older Twin Sisters Amber & Colette

Love Tammy, Macy, Bane, & Stasia



A photo of Baby, Zuri Elkins, my Granddaughter from Nicholas Elkins and Roberta Tecumseh -- Marcie Elkins



Kash Demar Markishtum was born on May 3rd, 2016, at 8:10am, weighing 7lbs 15oz, at 20 inches long
Proud parents Rosa Maldonado & Russell Markishtum.

Katherine Arquette Turpen ART SHOW

SACRED CIRCLE ART GALLERY is proud to present to you Muckleshoot Tribal member Katherine Arquette-Turpin's "Native Kaleidoscope Collection" Friday, May 13, 2016 | Opening reception 6-8pm Daybreak Star Sacred Circle Gallery, 5011 Bernie Whitebear Way, Seattle, WA 98199

UNITED INDIANS OF ALL TRIBES FOUNDATION
American Friends Service Committee
Contact: Janae Wiseman 206-285-4425 jwiseman@unitedindians.org

Happy Birthday Lucille Martin 6/3!
Lots of love from your family!

