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**40th Annual
Skopabsh Pow Wow**
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Standing Rock*
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MIT OBSERVES NAT'L OVERDOSE DAY

By Evan Avila

In honor of National Overdose Awareness Day, the Muckleshoot Health and Wellness Center provided an opportunity for overdose survivors, and those impacted by overdose, an opportunity to share their stories with the community. The purpose of the event was to provide information about overdose prevention and to provide community support for those affected.

The evening's emcee was Muckleshoot Behavioral Health Care professional, Reuben Twin.

Reuben opened up the floor by providing the historical background of National Overdose Awareness Day and explaining the importance of breaking down the stigma that surrounds chemical dependency.

"Recovery is possible as long as we go through this process," Reuben explained, "We can all better our lives, this is a disorder that we have, this is not who we are. We are Tribal members, we are healthy people, we are moms, dads, uncles, aunts, grandmas and grandpas, we are relations, that is what we are, we just have a disorder. The stigma that's attached to overdose has to be taken down a lot."

The guest speaker for the evening was Jo-Al Moses. Jo-Al bravely shared his overdose survival story to the room, while emphasizing the importance of Narcan kits in reservation based communities. Jo-Al's story also touched on the dangerous Fentanyl epidemic that has seized headlines across the nation.

"They had to give me one and a half Narcan Kits to get me back," Jo-Al said "You guys should really think about grabbing one of those [Narcan kits] because you never know who might end up needing it. Your neighbors might need one; you might see someone on the side of the road that might need one, those things really do save lives, it is really important to have those around."

At the conclusion of Jo-Al's testimony, community members took turns sharing their own personal stories of addiction, overdose, and rehabilitation. Each powerful presentation was met with applause and abundant communal support.

If you are interested in picking up a Narcan kit of your own, please visit MIT Behavioral Health or the MIT Pharmacy for further instruction. If you or someone you know is involved in injection drug use, the HWC Outreach van is located outside of Cedar Village, in the old smoke shop parking lot, on Fridays from 2-4 pm to provide clean needles and other informative materials.



Jo-Al Moses shares his story of survival.

PHOTO BY EVAN AVILA

Muckleshoot Stands Up With Standing Rock

By Rachel Heaton

On Saturday, August 27, 2016, on behalf of the Muckleshoot Tribe, a group of 13 of us departed for the Standing Rock Sioux Reservation, which is located in the southern part of North Dakota.

The group of us that were on this trip all had one common interest. We just wanted to help our Native people and support the fight for water and for Mother Earth.

If you are not aware of what's going on in Standing Rock, currently the Dakota Access Pipeline (DAPL) is trying to cross the Missouri River which would transport 570,000 barrels of oil across the river every day. It's not a matter of **if**, but a matter of **when** it does, it will cause devastating consequences to human lives, fish, animals, their habitats, poisoning drinking water and disrupting the balance of our ecosystems.

On top of this, DAPL, as this is written, has desecrated sacred lands and graves

by bulldozing over the land without waiting for a court decision on whether work can be continued or not – even after they were notified of being on identified sacred lands. They have hired private security to sic dogs on our people, pepper-sprayed them, and continue to try and push forward with the pipeline.

When you get out here, you quickly learn this is not just a fight for Standing Rock, not just for Native people, this is a fight for a basic human right for all people and for our generations to come. Water is for everyone!!

The drive to Standing Rock took us about 30 hours, and we traveled approximately 1,100 miles to get there. The drive over was exciting. We had heard things going on over at the Camp of Sacred Stones in North Dakota, but still didn't know what to expect, and at this time there was not a lot of media focusing on the issue.

At every stop we took on the way over we



The Muckleshoot 13, just before their departure for Standing Rock.

Continued on page 2

MTS Kicks Off New School Year

MUCKLESHOOT – The beginning of the school year has been outstanding. Our Muckleshoot children are coming to school. We're at a total of 450 kids right now.

We're just packed out all over the place. We have things in the hallway, in every little space that's imaginable. The Finance Department has been moved to the portables down by where the old school was to make room.

This has been the best start ever. The kids are coming to school with the desire to learn. Our middle school is just doing fantastic and the high school is right behind them. They're all doing very well and coming to school.

We used to have problems with cell phones; we do not this year. In the past, kids would just come because they had to come to school. But now it's gotten to where kids are coming to school because they want to.

The Elementary School is also doing quite well. We've got some new teachers over there; but the big thing is, at the Kindergarten level, most of our teachers are here again. It's a very stable environment. People have been here for years and kids like stability. Stability is something that our kids need. Yes, we make some changes. We add some stuff, but we've become so stable that kids are now responding.

One of the future projects that we need here at Muckleshoot Tribal School is another building. Now, I realize that takes two to three years from the time you dig the first little hole out there and everybody's taking pictures – the groundbreaking. We'd like to possibly make it a high school, because we want a building that can give more opportunities for the kids.

PROJECT LEARNING. We have started a new program with our Middle School. Basically, it's hands-on Project Learning. The kids are not just sitting and hearing a teacher lecture, like you would at a college. The kids have projects. They do activities with their teacher. They look up information on the internet and they put all of this together to produce a project.

They have to put this whole thing together in a period of time. This is just project number one. So, we're getting the kids used to the project learning, where they have to put it all together, like a science fair project, and they have to set it all up and then they have to give this information to their class.

So, they're learning public speaking and gotten over the fear of getting up in front of their peers. They're learning how to write the information correctly, how to orally communicate it with other people, and they're simultaneously learning about their community.

The students are very excited with this Project Learning. In fact, we're piloting it this year with our 6th, 7th, and 8th grades, and now we're talking about moving it up next year into the 9th



PHOTO BY EVAN AVILA

grade at the High School. The High School teachers are all excited about this and they're starting their own project-based learning exercises.

That's going to increase our enrollment, which is huge right now. Like I said, we're at about 450 kids. It will make them come to school, because they're going to get up and get on that bus and be here. So, they're learning more. Then that means that more kids are going to be graduating. That means that our dropout rate reduces – hopefully down to zero. That's our goal.

The Project Learning model is just going fantastic and we're very happy – especially since we've got high school kids and high school teachers going, "Oh, yes, this is what I want to do!" A 16-year-old doesn't want to hear about things just constantly being spoken to them, and telling them these facts and history, and then here's how you do this triangle in math.

No, we want them to learn these facts about history in relation to their culture, their language, the Muckleshoot way of doing things, and we also want them to know other things so they can explore things that are related but are interesting to that 16-17 year-old young man or young lady.

There are some new things here at the school other than the Project Learning. We have expanded our 1st grade and our Kindergarten classes due to the number of kids coming up from our Muckleshoot Head Start program. We've expanded those programs and hired a couple of new teachers to fill those positions.

AUTISTIC CLASS. We now offer an autistic class. We currently have four Muckleshoot students enrolled in this autistic class and

Continued on page 2

Location: Emerald Downs

DATE: 10/30/2016 Time: 12PM - 4PM

HALLOWEEN PARTY

CARVE CONTEST ENTRY DEADLINE: 2PM
COSTUME CONTEST DEADLINE: 2PM
PUMPKIN GUESS WEIGHT DEADLINE: 2PM
CANDY CORN GUESS HOW MANY DEADLINE: 2PM

Standing up for Tribal Sovereignty

Last month the Tribal Council sent a letter of support to the Standing Rock Sioux Tribe expressing Muckleshoot solidarity with them in their fight against the proposed Dakota Access Pipeline (DAPL) project. The Tribal Council took this action not only because of the threat the pipeline project posed to Standing Rock Tribe's source of drinking and irrigation water and sacred sites, but also because of the very real threat to the sovereignty of all tribes posed by that project's flawed approval process.

The DAPL project approval process ignored important environmental rules, but of greatest concern to Tribal governments everywhere was the fact that there was little consideration of the Standing Rock Sioux Tribe's Treaty Rights and the federal government's failure to engage in meaningful consultation with the Tribe.

For too long these types of infrastructure mega-projects have attempted to run roughshod over Tribal rights. This time, after years of broken promises and historical injustices, opposition to the multi-billion dollar DAPL has brought tribal nations across the country together to say enough is enough.

In this peaceful protest in North Dakota we are witnessing the beginning of a new era of mutual awareness and solidarity among Tribal Nations. It means that other tribes will come to our aid in times of need as so many are rallying around the Standing Rock Sioux Tribe today. Muckleshoot and other northwest Tribes have coal and crude oil trains passing through our area and crossing our rivers daily, bringing with them the constant danger of an environmental catastrophe.

The fight isn't yet over, but tribal voices are finally being loudly heard. Shortly after a court ruling that the DAPL project could proceed the United States Department of Justice, Department of the Army and Department of Interior intervened to ask that the project be halted and a serious discussion undertaken with Tribes about reform with respect to considering tribes' views on these types of infrastructure projects.

Formal government-to-government consultations this fall will examine what the federal government can do to "ensure meaningful tribal input into infrastructure-related reviews and decisions and the protection of tribal lands, resources, and treaty rights."

As we said in our letter, Muckleshoot stands shoulder to shoulder with the Standing Rock Sioux Tribe in their fight for sovereignty and way of life. By supporting other tribes, we are part of a national movement that will ensure intertribal support should the day come when Muckleshoot needs it.



A VISIT FROM THE GOVERNOR. Governor Jay Inslee recently dropped by to consult with the Tribal Council on issues affecting the Muckleshoot Tribe. L-R: Kerri Marquez, Virginia Cross, Gov. Jay Inslee, Anita Mitchell, and Louie Ungaro.

Voter Registration for Upcoming General Election

You only have until **October 10, 2016** to register to vote

Philip Starr Building, Tribal Council Conference Room

Table provided for MIT employee/Tribal member voter registration

Brandon Eyle
Voter Registration Coordinator
Muckleshoot Indian Tribe
253-876-3320



ECHOHAWK IS HONORED. John Echohawk, Founder and Executive Director of the Native American Rights Fund (NARF) was wrapped with a blanket during a recent visit to the Muckleshoot Tribal Council. L-R: Kerri Marquez, Anita Mitchell, Vice-Chair John Daniels Jr., Marie Starr, Jaison Elkins, John Echohawk, Mike Jerry Sr., Tribal Chair Virginia Cross.

STANDING ROCK *continued from page 1*



Muckleshoot's was one of hundreds of tribal flags proudly displayed

would discuss what we thought it was going to be like and how we would help. On behalf of the Tribe, we were taking supplies the camp needed. The Tribe purchased almost every single thing they had on their list of needs and also took over water donated by the Muckleshoot Casino.

On Sunday evening we arrived to the Red Warrior Camp. We found out quickly there was more than one camp, but they all resided in the same area. When you pull in, you arrive at base camp and instantly feel the energy of everything going on around you. Base camp is where food is served, donations are dropped off, prayers are happening and announcements for the camp at-large take place here.

Teepees are set up throughout the camp, and there are signs everywhere about protecting our water and mother earth, NO DAPL, people on horses watching the camp, announcements going on at all times about updates for the protectors (as we are not referred to as protestors), Natives from all over visiting one another, the sound of drums in the background at smaller camp set-ups.

To explain what we felt is impossible, but every single one of us knew that we were exactly where we were supposed to be and that was with the people of Standing Rock!

After dropping off the donations, we then went and set up camp. Misty of Puyallup Tribe and her husband Troy of Standing Rock Sioux were kind enough to escort us to camp and let us set up with them, along some great folks we met back in Bismarck from the Suquamish Tribe. This would be our living space for the next three days.

Over the course of the coming days, the 13 of us participated in the life of the camp in various ways. Some of us helped with security; a number of us participated in ceremonies going on throughout

the camp; we were a part of prayer circles; and all of us marched in support with the other protectors to the attorney office that supports the pipeline, and to the barricade that tries to discourage us from getting to the camp by having to drive 45 minutes out of the way.

This opportunity was a history lesson in itself – to see so much culture come together. Over 90 tribes are said to be present or have joined the cause, this is the first time something like this has happened for our people in almost 150 years. The dances, the songs, and the words that were shared were beautiful and the flooding amount of support was amazing to be witness to.

The drive home was definitely harder. For 33 hours we all pondered how could we keep helping and how can we get back to Standing Rock? The stops at Wounded Knee and Crazy Horse Monument helped us to further see what our people have endured in the past and was a good time for reflection. It was hard to leave Standing Rock and, for most of us, all we wanted to do was to stay and keep helping.

On this trip we experienced and were witness to love, compassion, supporting one another, non-stop prayer, laughter, sadness, and so many other emotions were felt in our time there. We also created our own stories as a group and shared an eye-opening experience together.

I would like to thank my Tribe for sending the group of us over and allowing us to represent you. You gave us an opportunity that none of us will ever forget, nor want to. My hope is that others understand this fight is not just about us Natives; it is about all people and our home, Mother Earth.

Mni Wiconi—Water is life!!!!



Except for a few that stayed at Standing Rock, each member of the Muckleshoot crew that delivered supplies gave moving testimony of their journey to the Tribal Council upon their return.

MTS NEW SCHOOL YEAR *continued from page 1*

they are doing very, very well. This is the first time we've ever offered this in the history of Muckleshoot.

CHEMISTRY & PHYSICS. This year we started teaching chemistry at the high school. The reason why we waited until now is because the students were not ready mathematically. We've had to really work on getting our math skills up to where they are and now we've got kids that are prepared to be successful in chemistry. Next school year we're going to offer Physics, which is a brand new subject, because we've got kids that are doing so well.

FORESTRY. Our forestry program has been doing wonderfully. We have 20 something kids going on field trips on a regular basis. They go hiking in places like Mt. Rainier, and Mt. St. Helens. They learn things like how a volcanic eruption effects the environment.

Then they start figuring out mathematically, with this section that's gone, how many square feet is the section that blew out; what could it have done; how much effect did it have on the animals, the water, the pollution, all these types of things. They're going out, camping, and learning how to use GPS.

We are teaching students in our Forestry Club that they can have a GPS and that they can use it to figure out how to hike to a place that they want to go to and also get back, so they are not lost in the woods. These kids are also learning how to use topographical maps and figure out the elevation.

What we're trying to do here is get kids knowledgeable and interested in forestry related professions. We dream of a day when the whole forest will be taken care of by Muckleshoot people. We want the kids today to be so familiar with that forest that they feel a sense of ownership. They're not going to put up with somebody going and dumping their trash there; they're not going to put up with somebody setting fire to it. This is a personal thing. This is their forest and that's what I want these kids to understand.

There are many things that we're opening up to the students and they're going, "This is cool! This is great! Oh, look at this! I can do these things!"

TESTING. In other news, students have been passing their state issued tests. To give you an example, right now half of this year's seniors have passed all three of the required state tests to graduate. The other half, have passed two of the three.

I remember years ago, it would be the day of graduation and we would be calling the State Capitol Department of Education, going, "Have you got the results of Johnny Johnson's test scores?" so we'd know whether or not "Johnny" was going to graduate that night.

Right now, half the class has already met the requirements. All they've got to do is just finish out their English, Math and Social

Continued on page 7

Robert Nicholas Santos (1934-2016)



PHOTO BY JOHN LOFTUS

Bob Santos with the late Roberto Maestas in 2003

Bob Santos, a firm friend of the Muckleshoot Tribe, passed away on August 27, 2016 at the age of 82. Everyone knew him as "Uncle Bob." The following summary by Gary Iwamoto of his history as an activist in Seattle's International District community appeared in the September 7, 2016 edition of the International Examiner.

Robert Nicholas "Bob" Santos was born on February 25, 1934. Bob grew up in the 1930s, in what is now called the International District. Among the prostitutes, manongs (older Filipinos), and transients squatted in the often neglected and abandoned buildings, Bob developed a love and appreciation for this neighborhood. Throughout his career, Bob was a catalyst for change—as a civil rights activist, a community developer, and an advocate for affordable housing.

Bob first became involved in the civil rights movement in the '60s through his participation with the Catholic Interracial Council. Carrying the banner of the Catholic Interracial Council, Bob marched in his first civil rights march and soon took up the struggle for open housing. Soon thereafter, he served on the City of Seattle's Human Rights Commission.

For the next 50 years, Bob would be a passionate advocate for social justice. He marched, picketed, boycotted, and chanted for fair employment in the construction industry; justice for Silme Domingo and Gene Viernes, cannery workers who were both murdered; against martial law in the Philippines; and against apartheid in South Africa. He was arrested six times for criminal trespass on the front lines of demonstrations. The charges were dropped each time.

The early 1970s was a period of time when civil unrest reached its peak, not only nationally but locally as well. The anti-war movement, the women's movement, the civil rights movement, the labor movement all took root in Seattle. In 1970, the St. Peter Claver Center was the local center of progressive activity and, finding that community service was his calling, Bob took up the management of the center.

A lot of groups met there—the Coalition Against Discrimination; the Asian Coalition for Equality; the United Farm Workers, Radical Women, and Tyree Scott and the United Construction Workers Association. The Black Panthers used it daily for their free breakfast program. For many of these groups, St. Peter Claver Center was the only place in the area where they could hold meetings. It was there where the paths of Larry Gossett, Bernie Whitebear, Roberto Maestas and Bob first crossed.

In 1972, Bob became Director of the International District Improvement Association (Inter*Im), an agency devoted to promoting the revitalization of Seattle's International District, the traditional center for Seattle's Asian American communities. When Bob became the director, the District had been in a steep decline. The construction of Interstate 5 in the 1960s physically divided the International District area and eliminated businesses, homes, and churches. Families has left the area.

Closer to the commercial core, buildings were abandoned, some torn down for parking lots. The 1970s brought stricter building and fire codes that resulted in the closure and demolition of many buildings. Over half of the 45 hotels and apartments in the area were closed. Businesses failed and buildings deteriorated. The construction of the nearby Kingdome, beginning in 1972, generated traffic and parking problems for the district.

As director of Inter*Im, Bob was instrumental in sponsoring, developing, and providing seed money for needed social services programs such as mental health counseling (the Asian Counseling and Referral Service); child day care (the Denise Louie Education Center), community health services (the International Community Health Services), and tenant advocacy services (the International District Housing Alliance). In addition, under Bob's leadership, Inter*Im sponsored a meal voucher program, a legal referral service/clinic, and a nutrition program.

One of Bob's proudest accomplishments as the director of Inter*Im was the development of the Danny Woo International District Community Garden. The hillside between Washington and Main Street was overgrown with weeds and sticker bushes. Bob

rallied a massive community effort to make the garden a reality. He negotiated lease agreements with the City of Seattle and the Woo Family. He coaxed and cajoled the use of bulldozer and heavy machinery to remove the underbrush, persuaded the local horse race track to dump tons of horse manure to fertilize the land, and organized community work parties, bringing in not only the young Asian activists but work crews from El Centro de la Raza and the United Indians for All Tribes. Bob instituted the annual community pig roast in the garden, which continues today.

In 1985, Bob became a community-based aide to U.S. Congressman Mike Lowry and served the Congressmen until Lowry made an unsuccessful bid for senator. It was during this time, while working on the senatorial campaign for Lowry, that Bob first met Sharon Tomiko Miyake, who was coordinating the campaign's phone bank. They would later marry in 1992.

In 1989, Bob returned to the International District as the executive director of the Seattle Chinatown International District Preservation and Development Authority (SCIDpda). Bob was instrumental in bringing badly needed housing back to revitalizing the District. He spearheaded federal housing grants, low interest loans, and partnership development agreements to support the rehabilitation of older apartments and hotels such as the Bush Hotel, the New Central Apartments, and the Jackson Apartments. Bob also laid the groundwork for the International District Village Square by having the foresight more than thirty years ago to acquire the site, an abandoned bus maintenance and storage facility, from Metro.

In 1994, Bob was asked to serve as the U.S. Department of Housing and Urban Development's Regional Director (Region X), a position he held for seven years in the Clinton Administration. During that tenure he established many new HUD-sponsored housing programs in urban, rural, and tribal areas. As an advocate for the homeless, he was the first director to open up the Federal Building as an emergency shelter. He was selected by then-Seattle Mayor Paul Schell to be the key negotiator between officials and the World Trade Organization demonstrators in the 1990s which drew national and international attention.

After the Bush Administration took office in 2001, Bob was again tapped to serve as the executive director of the Inter*Im, a position he held until he retired in 2006. But he never really retired. He still gave tours, speeches, and advice for Inter*Im until the day he died. Interim CDA established the Bob Santos Sustainability Award in his honor to recognize those who made significant contributions to improving the quality of life in the community. Recipients of the Bob Santos Sustainability Award include Martha Choe, Tim Otani, and Sue Taoka.

His relationships with other minority community leaders Bernie Whitebear, executive director of the United Indians for All Tribes; Roberto Maestas, executive director of El Centro de la Raza; and King County Councilman Larry Gossett, former executive director of the Central Area Motivation Program, were not only political alliances but strong friendships. Collectively, they became known as the "Gang of Four." The "Gang of Four" brought their communities together and developed a united stand on such diverse issues as fishing rights, immigrants' rights, welfare reform, and funding for social services. Serving a little on ham on rice, the "Gang of Four" performed skits and musical numbers and were the most popular amateur act at Northwest Asian American Theatre's Annual Community Showoff.

In 1992, the "Gang of Four" were invited by invited by the Japanese Ministry of Foreign Affairs to provide Japanese government and business leaders with insights about grassroots democracy, the relationships of American minority communities working with each other, and U.S.-Japan relations. They met with government and private officials, the press, and youth groups in a variety of formal and informal gatherings in a six-day period in Tokyo, Kyoto, and Kobe. The Gang of Four made written and oral presentations about their respective communities, their grassroots organizing, their ability to work together as a coalition, and their struggles as minorities to be accepted in a dominant white country.

In 2002, Bob wrote an autobiography of his life in the trenches, *Hum Bows, Not Hot Dogs* (Seattle: International Examiner Press 2002.) In 2015, he co-authored (with Gary Iwamoto) *Gang of Four: Four Leaders. Four Communities. One Friendship.* (Chin Music Press 2015), which detailed the friendships between Santos, Whitebear, Maestas, and Gossett over a span of forty years.

Bob was a tireless advocate for the preservation of the International District as a viable place to live and work, speaking out to protect the International District against the negative impacts from the sports stadiums, downtown development, and traffic congestion. Bob's major accomplishment can be viewed through the revitalization of the International District as a viable neighborhood where people live and work. Prior to Bob's involvement, the International District was a decaying neighborhood. That it stands today is a testament to the legacy of the man we loved as "Uncle Bob."

Bob is survived by his wife, State Rep. Sharon Tomiko Santos, his six children Danny, Simone, Robin, Tom, John, and Nancy, his 19 grandchildren, and his 16 great-grandchildren. The family requests that remembrances be made to International District Emergency Center, P. O. Box 14103 Seattle, WA 98114 or Inter*Im CDA, 310 Maynard Ave. S. Seattle, WA 98104.



Sarah Elizabeth Sandlin

Sarah Elizabeth Sandlin of Auburn, died on August 16, 2016 at the age of 40. She was born March 24, 1976 in Renton. She loved her job working at the Muckleshoot Head Start School as a bus driver and teacher's assistant. She felt extremely fortunate to have had many friends from the Muckleshoot community and loved them as her family.



She also considered the kind people at NorthWest Medical Specialties as part of her extended family – Rose, Belle, Carlos, Jennifer, Pam, Cindy, Lucy, and all the infusion nurses, aides, and doctors who worked their hardest to give Sarah the eight years she needed to raise her sons to be the fine young men they are today.

Sarah is survived by her life partner, Jeff F. Sheldon; sons Jeffrey R. Sheldon and James H. Sheldon; stepchildren Wah'leah, Natasha, and Elizabeth (Becky); mother, Penny Rodwell (Michael); father, James H. Sandlin (Carol); sisters Breanna Sandlin-Nelson (Bryan) and Katie Sandlin.

She is also survived by her grandmother, Patricia Sandlin; aunties, Sherry, Terry, Jenny, and Jeannie; uncles, Terry, Garry, Jon, Gary L., and Kelly; nieces and nephews: Chantel, Lillian, Cameron, Cheyenne, Austin, Rosa May and R'linn; cousins: Ashley, Michael, Sean, Nicole, Rhiannon, and Reina; and step-brother, Jason Gaines (Sheila).

Funeral services were held, Sunday, August 21, 2016 at the Muckleshoot Shaker Church with burial at New White Lake Cemetery. Service directed by Weeks' Funeral Home. Please sign her online guestbook at www.weeksfuneralhomes.com

Isabelle May Gleason

Isabelle May Gleason, 77, of Auburn, died August 17, 2016. She was born May 19, 1939 in Seattle, WA. Isabelle worked at Muckleshoot BINGO Hall. She loved playing BINGO, her four legged babies, shopping, wrestling and Elvis. She is survived by her son, Daniel Gleason Jr.; daughters Julie Wilson and Lynn Gleason; brother Tommy McJoe, and five grandchildren. A funeral service was held on Tuesday, August 23, 2016 at the Muckleshoot Shaker Church, with burial at Old White Lake Cemetery. Service was directed by Weeks' Funeral Home in Buckley, WA.

Child & Family Services Update

By Cynthia Orie, MCFS Program Director

Muckleshoot Child and Family Services is pleased to announce that two new Protection Advocate Liaisons (PAL) to the program. If you recall from the last article MCFS announced that two new hires were TBD. With that in mind, we would like to introduce to the community Nilda Mae Factor and Anna Towksjhea as the newest hires for MCFS.

◆ **Nilda Mae Factor** comes to MCFS from the DSHS Office of Indian Child Welfare and is Filipino descent. Nilda Mae is happy to have the opportunity to serve the Muckleshoot Community and states she is excited to be at MCFS and is excited to have resources that the program offers and has access to that will allow her to offer the best service her clients. Nilda Mae has been in orientation training with Romajeane Thomas and has been job shadowing and has already been introducing herself to her clients.

◆ **Anna Towksjhea** is a Quinault Tribal Member and is also of Alaska Native descent. Anna comes to MCFS with 13 yrs. experience working in Indian Country in Washington State. Anna has a Liberal Arts Degree from Haskell Indian Nations University, four Social Work degrees from Salish Kootenai College which consist of AA in Chemical Dependency, AA/BA in Native American Human services and a BA in Rehabilitation Services. Anna is excited to serve the Muckleshoot community and has also been training with Romajeane Thomas and introducing herself to her clients.

In the article published August 15, 2016, Rosie Anderson was not listed as one of our PALs. I apologized to Rosie and gave her a big hug and promised that I would let the community know that she is still with us. Rosie serves the program not only as one of our veteran staff but also as our cultural and family historian; she also is looked to by staff as a Muckleshoot Tribal Elder and is respected in that manner. Rosie has a heart full of love and commitment for the community and the families she serves and we have been blessed to have her lead us in many prayers in meetings and at MCFS events.

REMINDER: If you are a relative, community or licensed caregiver, please contact your assigned MCFS PAL if you have travel plans out of state. Details regarding out of state travel will be provided to by your assigned PAL or MCFS management.

UPCOMING FOR FALL:

◆ **Fathers Matters Classes** – will begin October 12 and run for 8-10 weeks and will be facilitated by Etene Taimaleagi. If you are

Continued on page 4

Paddling in Beauty from T'Souke to Nisqually

By Cynthia Lozier



Cynthia Lozier

We were all packed and ready to go to T'Souke Canada on the afternoon of July 16, 2016 at the Puyallup Youth Center parking lot. First we had circle and prayed for our journey, then everyone was assigned to a van or truck.

This was so exciting. I have been all over the world – Paris, France, Germany Africa, all over Europe, Korea, all of the states, and did not ever go to Canada – Wow! I never even thought of going there. I went everywhere that was far away, though.

Off we went, all in a row – looked like a convoy from the military. We had to gas up first, then off we went. It was such a beautiful drive, pretty trees and all. Beautiful sky promising another beautiful day.

We arrived in Canada, ran to the ferry, and most of us met on the ferry. When we arrived at T'Souke Canada First Nation we were welcomed with opened arms by Chief Gordon and his crew.

We arrived at night so I didn't set up my tent until the next day. They let us sleep in the building. I found our cots and we went to sleep. I awoke at 4:00am, had to wait for the sky to get light in order to set up our tent.

For two days it seemed like a storm was brewing, thunder and such, but all it did was rumble in the sky. We decided "Thunder Child" was letting us know it was coming to have the children paddle.



The sun was coming up, I noticed a Momma deer and two fawns standing at the edge of the forest. It looked like we were the animals in a zoo and the Momma deer was explaining to her babies to be careful of those funny-looking two-legged things over there. Each day I saw the same Momma deer with her two babies at the edge of the forest.

We worked on regalia and helped people set up tents and cooked and cleaned. I felt so grateful to these people who accepted us with opened arms. They were so loving and caring to us. You couldn't help but love these people and they became our brothers and sisters. I love them with brotherly love. I really enjoyed their company.

It was decided that we would all travel back to Nisqually together paddling. This tribe contained true people. All of them were beautiful to us and enjoyed kidding around. I enjoyed watching the guys working on canoes to make ready for the journey. I wanted to make another rattle because I had forgotten mine, but didn't ask because I knew we had a timeframe we needed to meet. Another time maybe. I just love the smell of cedar being carved.

Finally we were ready to go. We packed up again and the canoes traveled. Those of us who didn't get to paddle had to set up tents for those paddling and pack up everything. We met the canoes

at the next stop, camped and moved on to the next area. Every stop we made we met more canoes and more people until there were so many people I couldn't count anymore.

Canada was such a beautiful country, so clean; the people take care of their beauty and treat it well. There was no trash lying on the side of the roads like in the states – clean just like Germany. I loved it. One of the people said "If Trump wins I am moving to Canada!" and we all agreed. Every place we went I saw an eagle.

The People fed us so well I only lost 7 lbs. during the trip. It was so hard to refuse such good food! In Elwha, we were walking down the path to the beach and I noticed in the tallest tree were two eagles watching all the tribes as they went to their canoes to push off. So breathtaking were the scenes of nature. I became a relief paddler to help the others while they rested. I really enjoyed paddling so very much. I met a child who put what I was feeling into words. His name was Cedar. He said, "I am so happy when I paddle...I barely notice I am getting tired when I am paddling. I feel complete when I am paddling. I am so happy!"



He was sad when asked to rest, but would be bubbling with joy when asked to paddle again. He amazed me with his words. He was like a 25 year-old kid, with well-formed words, and he knew that he loved the water! I enjoyed his company.

Oh, I saw an eagle swoop down into the water and come out with a salmon in his beak, gracefully ascending into a tree to begin his meal. The following day, while paddling, I saw a whale go under the water. I kept staring at that area while paddling waiting to see the whale come up for air. I only saw his tail, like he was waving at me.



The days went together in a blur and we were so busy that the trip was over in what seemed like a very short 13 days... so beautiful... I hated it to be over. We worked really hard and stayed so busy that the days flew by. I ended up looking like a raccoon because of the suntan and my glasses. I enjoyed every minute of our journey.

I am trying to show my grandson that there are all kinds of good things you can do with your time other than smoke, drink or do drugs – good things to help the community. Prayers for the community. Thank you Puyallup Tribe for the wonderful experience!!! My grandson learned a lot and grew up part-way on the journey also.



CASINO TDP EMPLOYEE OF THE MONTH

Andrew Williams, Pit Manager

Andrew is very humble, intelligent, and carries himself in a respectful manner. Andrew started in 2003 in Heavy Duty and continued there until 2009. He attended dealer training and learned blackjack and craps.



He discovered he liked the classes and enjoyed working with people. Andrew was promoted to a Dual-rate Supervisor for only a year before he moved up. Andrew quickly learned that Tribal Members are very fortunate to have a program like the Tribal Development Program – the TDP.

Life steered him in a new direction, away from the Casino temporarily, but Andrew returned to the Casino and remained eager to get passed his 90-day probation so that he could quickly rejoin the TDP program.

"I saw people doing good and saw a lot of good changes," he says, adding that, "The program advanced."

Andrew jumped quickly back in the TDP program and worked his way back up. He is now working in TDP as a Pit Manager and doing well. He was specific when requesting Yuen Li as his mentor.

"I'd observed Yuen Li before joining the program," he says, noting that "There's a lot of weight in who you choose as a Mentor."

One of the things he enjoys most about the TDP program are the LEAD events, the presenters and getting to visit. Andrew's department leaders describe Andrew with one word that comes to mind... HUNGRY! He has really come along very quickly and showed lots of motivation to get where he is at today. He has the motivation to excel!

Andrew is an inspiration to others to work hard. We truly appreciated watching him grow here in Table Games. When we asked him, "What do you wish other people knew about working in TDP at the Casino?" Andrew replied, "I wish people would just get their foot back in the door and work for it. Show up... try."

As Pit Manager, Andrew's philosophy is "Plan your work – work your plan." It's a plan that's definitely working for him!

CHILD & FAMILY SERVICES continued from page 3

interested in this training please contact Etene at 253-876-3392 (office) for sign up information.

♦ **Halloween** – MCFS will be distributing a reverse trick or treat goodie bag to clients the last week of October. Goodie bags will also include tips for Halloween safety. Also, well will have candy for our trick or treaters on Monday October 31, Halloween afternoon at the front desk.

♦ **Christmas in September** – MCFS will be gearing up for our Annual Angel Tree and Christmas party for 2016. Planning for these events is on the agenda and in the works. Please stay tuned for more announcements regarding these events.

STICK GAMES!

By Donna Starr

On September 9, 10 & the Muckleshoot Indian Tribe had a Sla-Hal tournament! It was such a neat experience! If you didn't go to it you missed out on a lot of Cultural Activities!

The first night there was open stick games, which means that there is open stick games that are not part of the tournament play going on all over the place! It was so neat to hear all of the songs that the people sang! It was so neat! You could tell when they were winning their games because they got all loud and full of energy!

They had open stick games all night long, and then on Saturday they went into a tournament, which was a long wait, because they could only have five members per team. They had 168 teams! Then they had steamed clams! Thanks to Mike Jerry! Mmmm! That was so good!

Buzz Guittierez came and had some steamed clams! He said he remembered coming to Muckleshoot a long, long time ago! He had steamed clams way back in them days, and he said it was so good to have them again! He also remembered coming to stick games at Pete's old place! It was so good to hear from him!

Buzz was the guy that Sallie played against! East against the West! The West won the Game! Oh, that was so exciting! We went over and shook hands with Buzz, though, when it was all over! Yea Sallie! Our Muckleshoot Tribal Member! Congratulations!

Oh yeah... we all placed our bets with the Committee Members before the Big Game started! Then when she won we had to wait for our names to be called! I bet \$40, so I left with \$80!



Sallie Courville

PHOTO BY FRANK JERRY JR.

GO BUCKS!!

5th-6th Grade Recreation Baseball 2016

By Bettina Brown

I've been given the opportunity to help coach the 5th and 6th grade boys baseball team this summer for MIT Recreation in the Auburn Parks & Rec League. It was a challenging but rewarding experience for me, especially as a newer coach.

Challenging because I've never actually coached boys baseball. I definitely learned a completely different aspect of the game. I learned of the different techniques of batting, pitching, and running the bases. It sounds so simple, but when you get out there to actually coach, these things you realize how much you still have yet to learn.

It was exciting to me to learn new things about a sport I thought I already knew so much about. The real reward is the boys themselves – just to be able to watch them in their element, to see their natural talent unfold game after game, was the biggest reward I could ever hope for as a coach.

And I really just considered myself the "helper" and to the boys – "the bus driver." Our department was short staffed, so I was asked to help out. I was a little unsure at first, simply because I never coached a baseball team (ha! ha!); however, we were lucky enough to have MIT's COO, Joe Olujic, volunteer to coach which made me feel relieved, since his son plays baseball and he has more experience than myself coaching baseball. Thank you Joe! We appreciate your time and willingness to join us, and letting Bennet join us as well.

Fide Ortiz helped out a lot. He is so awesome with the youth, and the boys really look up to him. Thank you, Dan, for coming out and helping too. It was a great season! Thank you coaches Joe, Fide, and Dan. Thank you Kallie, Mona, Mike, Des, Berlinda, Grant, Leah, Dan, and Joe's wife for your support through the season. You guys are awesome!



At one of our games, the other coach let us know our team was one of the better teams he'd played, and that our team was always respectful and had the best sportsmanship. This was the ultimate reward. Keep up the good work boys!!!

TEAM MEMBERS: Martin Reyes, Jimmy Sheldon, Blaze Lozier, Michael Jerry, Bennett Olujic, Hazen Thomas, Kuleace Eyle, Aron Ortiz, Chad Millan-Moses, Jesse Gradillas, Noah Guevara & George Starr.

Summer Camp 2016 Re-Cap

By Fawn James

Many Muckleshoot staff members were challenged with developing, implementing, and operating the summer camps in a very short amount of time. Their effort and time are appreciated as many youth enjoyed the camps, spending time with friends, making new friends, and learning new or improving skills.

This summer, our youth were offered a variety of activities through summer camp from attending session 1: June 20-30, rotating through activities similar to Culture Nights, to attending Session 2: July 5-29, summer school with MTS, then finishing summer with session 3: August 1-26, of weekly themed activities like sports, arts, and leadership to encourage youth to explore other activities.

Summer camp-session 3 was offered August 1-26, 2016, with the Youth Facility designated as the base location. For this camp, Muckleshoot partnered with Seattle University, artEAST, Ted Brown Music Outreach, and Rainier Valley Slammers to offer youth activities and skill building.

Arts- Ted Brown Music Outreach-Tacoma, came to Muckleshoot during week 1 to offer Uke & Jam for grades K-2 and 3-5 graders participated in Band Instrument Exploration. The Uke & Jam group's day was a mix of a "jam" session or line dance like "Whip-Nae Nae," then learned songs, and practiced learning Ukele.

At the end of the week they were able to play a song and keep their ukele. The Band Instrument group spent their day learning about band instruments with a chance to play it. They also played group games to win instruments like a recorder or harmonica. We thank Ted Brown Music Outreach staff for coming to Muckleshoot Summer Camp Session 3- the kids really had a great time learning new instruments!

artEAST-Issaquah, offered various art classes during week 2 & 3 for grades K-8; many great art pieces were made by our students including, ceramics, colored pencil, painting, and wire sculptures. The youth would take a bus to/from Issaquah each day to meet their instructor and have lunch in the park. We are thankful that artEAST was able to make last minute accommodations to work with our youth this summer!

Seattle University, offered Dance & Cheer classes during week 4 for grades K-8, the group, mostly girls, had a great time learning cheers, dances, and mastered the "Ice Cream & Cake" song-dance!

Sports- Seattle University Staff/Students during week 1 offered Softball Skills/Drill for grades K-8 at the Muckleshoot Ball fields. Youth were split up by grade groups, and then worked on various throwing, hitting, catching, and sliding drills.

During week 2, Seattle University worked with students on Swimming at the HWC Pool. The kids were split into groups by ability levels and rotated between the pool and the gym. They learned various swim strokes and did some timed swimming competitions amongst their groups.

Week 3, Rainier Valley Slammers offered soccer drills and skills for grades K-8. They brought their inflatable soccer field to help youth work on skills which the kids enjoyed.

For the last week of sports, Seattle University offered Track & Field for grades K-8 so the kids could work on various sprinting drills and learning about the different events offered through Track & Field.

Leadership- Each week the Leadership track was led by various Muckleshoot Tribal School Staff; Gene Enos, Sarah Clark, Sam MaGee, Courtney Rodarte, Verna Harris, and Autumn Judge McCloud. The youth learned about leadership, communication, team work, team building, and helping others.

During week 1 & 2, the youth learned some C.E.R.T. skills like setting up a tent and how to prepare an emergency sack (granola, bandaids, etc). The youth did a nature walk at the Elder complex to learn how to identify plants and berries. Sam helped them make homemade playdough. Courtney had them do a board that listed the characteristics of a leader-great job!

The last two weeks of camp, Autumn developed activities and field trips that focused on learning to help others, like huckleberry picking to make jam to donate to Floyd Baker Memorial give away, they assisted with table setting for the memorial as well.

The youth also visited the Billy Frank Conservation Park to learn about the environment. They made cedar chap-stick, bug spray, and sunscreen to send to the DAPL camp, and arthritis balm to give to Elders; and they made care packages-lunches and delivered them to Chief Seattle Club for the homeless.

Traditional Friday with Elders: We were very fortunate to have spent Friday, August 19th, with Elders learning to make traditional foods/drinks with the guidance of Val Segrest, Louie Ungaro and their all their helpers: All Elders Staff, Andrew B., Cedar U., Virginia M., Joey C., Leonard M., and Bernace E.

The youth assisted with the preparation of traditional meals/drinks: they helped prep tea/juice by sorting Elderberry and Lavender, learned about the fire cooked fish and meats, and helped prepare the huckleberries. Then they served the berries, fish and deer meat to the Elders before enjoying the meal themselves. Thank you again Wendy for having us over to learn and enjoy a traditional meal with Our Elders!

Overall, Summer Camp 2016-Session 3, offered new activities and skill building opportunities for our youth. It could not have been successful without the Tribal School Staff, Recreation Staff, MCDC Staff, Elders Staff and various MIT Staff (Finance/PW/FAC/GS) that assisted throughout August.

There are some true leaders within our Community working for us and with our youth; they all have huge hearts-compassion-patience-and truly do care for our youth.

Thank you MTS Staff, MCDC Staff, Recreation staff, Elders Staff, Val-Louie-Andrew, and various MIT Staff! This would not have been successful without you!!!

Thank you to our Cooks- John, Pate, Monica, and Tabitha for preparing delicious meals during camp and thanks to Mazatlan and Pac Island Grill too!

Thank you artEAST, Ted Brown Music Outreach, Seattle University, and Rainier Valley Slammers for providing services for our youth on such very short notice!!

Thank you to all the parents/guardians that gave session 3 a try-we hope that your child had fun!





Early College Program 2016 Summer Re-Cap

By Denise Bill, Muckleshoot Tribal Member, MOST Early College Program Manager

This summer, 11 high school Native students from Muckleshoot Tribal School, Auburn School District, and Enumclaw School District attended our program. Each of the 11 students passed all four classes in the program.

The MOST Program collaborated with Northwest Indian College (NWIC) for the seventh summer in a row! The classes offered were: math (Andrew Mikel), MOST Office Basic (Andrew Mikel), Muckleshoot Language (Eric Pacheco), and Native Remedies (Rosie Ulrich and Claudia Griffin). All students will have a transcript from NWIC sent to their respective schools. Students will receive close to two credits.

The Early College Program was expanded to 24 full eight hour days. About six students returned for an additional two weeks (half days) to finish remaining assignments and fulfill all course requirements.

A highlight of the Early College Program is the opportunity to learn about and visit notable colleges and businesses in Washington. This year, students visited Highline Community College, Renton Technical College, Microsoft (visited twice), and Seattle University.

The Early College Program spent three days in Tomananus Forest with Muckleshoot Tribal School and one afternoon helping to pick fruit in the Salish Garden with Elise Bill-Gerrish. The ECP also went to the landing at Alki to support the Canoe Journey and all the canoe families.

To conclude, we would like to say thank you to the Muckleshoot Tribal Council and the Muckleshoot Tribal College Administrator, Wilma Cabanas, for their support of this program. In the seventh year of this program, we have served over 80 students and played a small part in supporting our Native youth in graduating from High School on time.

We will leave you with a few quotes from students and staff:

- "I learned a lot and am wiser because of this program. I have never done anything like this before. Now I have my own drum." - Joseph Runninghawk

- "I have been to this program before. I loved being here again at the Muckleshoot Tribal College Early College Program. It was a great experience. I am lucky to have experienced something that

not a lot of people my age have experienced with Greg. I even got a chance to learn the language. I liked Andrew's Math Class and I hope others get to take his classes." - Kaylee Nelson-Jerry

- "I enjoyed the program greatly. The students were wonderful and they brought more than themselves to class. I enjoy art and view it not only as core curriculum but as something that is good for your soul." - Greg Watson

- "I was glad to be part of such a great program. I had an incredible experience with the youth. As their office and math teacher, I enjoyed our time together. Each student is so bright. They are our future and I am glad I had the opportunity to positively influence it." - Andrew Mikel

- "I look forward to driving the shuttle every morning and afternoon, picking up the students for the program. I see it as having four weeks to make a positive impact on the lives of each student who walks on the bus! I love that the friendships that I have with our students lasts well beyond the end of our program! Each one of the students are important to me and their success, even more so! Some of my closest bonds are created with students in this program; we share some jokes, we share music, we share traffic jams, but most of all we share a little bit of each other and by the end of the four weeks I feel as though I have gained 12 new family members/friends!" - Janet Emery

The Middle School Leadership Summer Camp was invited to participate in the Muckleshoot Tribal College, Early College, Microsoft Field trip to the Urban Teen Day on 8-17-16.

The students had a great time and were able to visit the Microsoft campus, listen to speakers, view products, and see first-hand all of the different jobs offered at Microsoft.

The students were active with hands on activities at the visitor center and viewing the possibilities of technology. The students noted the field trip as the highlight of their leadership camp week. Thanks to the Early College program for inviting the Middle School Leadership Camp.

-Cathy Calvert

MOST Program:

Janet Emery, Program Assistant, 253-876-3355
 Renee Lozier-Rojas-MOST Program Liaison, 253-876-3292
 Andrew Mikel-MOST Program Computer Literacy Instructor, 253-876-3305
 Cord Rose, MOST Program IT Instructor, 253-876-3344
 Denise Bill, MOST Program Manager, 253-876-3345

GED Learning Center:

The GED Learning Center (GLC) works to prepare second-chance adult learners in the Muckleshoot Community to obtain their GED credential. We seek to serve students by offering free or low cost educational support, engaging students with cultural and real world curriculum, and building GED graduates to become work and college-ready.

Contacts:

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 Mitzi.Judge@muckleshoot.nsn.us

Alix Cavé
 GED Instructor
 Alix.Cave@muckleshoot.nsn.us

Northwest Indian College:

Two Associate's level degrees:

The Associate of Arts and sciences (AAS), often referred to as the "Direct Transfer Degree"

The Associate of Technical Arts in Chemical Dependency Studies (ATA-CH)

Bachelor's level degrees:

The Bachelor of Arts in Tribal Governance and Business Management (TGBM)

The Bachelor of Arts in Human Services (Community Advocates & Responsive Education)

(C.A.R.E.) ONLINE ONLY!

Site Manager: Destiny Petroske
 Phone: (360) 255-4433
 Email: dpetroske@nwic.edu

Instructional Aid/Technician: Melissa Reaves
 Phone: (360) 255-4432
 Email: mreaves@nwic.edu

MIT Scholarship Program:

The Muckleshoot Indian Tribe believes that each tribal member should have the opportunity and support from the Tribe to achieve his or her educational goals. The Tribe views the Higher Education and Vocational-Technical Scholarship Program as an investment in both the tribal member and the future of the tribal community.

Contacts:

Marie Marquez, Financial Aid Director at 253-876-3382.
 Dena Starr, Scholarship program Manager at 253-876-3147
 Victoria Lucyk, Acting Academic/Career Counselor at 253-876-2845
 Melissa Sceaux, Admin. Specialist II at 253-876-3378

The Evergreen State College

The Evergreen State College, Grays Harbor and Peninsula Colleges collaborate to provide a Bachelor of Arts degree on various Indian reservations in western Washington. Students can earn an AA through the on-line Reservation-Based, Community Determined Program. Once they earn their AA, or once they have 90 transferable credits, students can transfer into the Reservation-Based B.A. program. Designed for place-bound students with connections to tribal communities, the program has been "reservation based" from the beginning with classes held on Indian reservations in western Washington.



Contact:

Cindy Marchand-Cecil – Evergreen
 Phone: 360.458.4226
 Email: marchanc@evergreen.edu

Continuing Ed:

Mitzi Judge Phone: 253.876.3395
 Email: Mitzi.judge@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>

Summer2016 deadline is May 27, 2016 at 5pm!! Fall2016 Dates: July 8- Aug. 19
 Winter2017 Dates: Oct.21- Dec.2. 2016 Spring2017 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
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MIT HIGHER-EDUCATION AND VOCATIONAL TECHNICAL SCHOLARSHIP PROGRAM POLICIES

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Beginning Tuesday Sept 27th and held every Tuesday and Thursday 5:30 to 7:00 through mid-November.

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MUCKLESHOOT TRIBAL COLLEGE


39811 Auburn-Lanetta Road Southeast
Auburn, Washington • 99692
(253) 876-3378
www.muckleshoottribalcollege.org

Contact

Cary Hutchinson
GED Instructor
(253) 876-3375

Alix Cavé
GED Instructor
(253) 876-3256

Currently a GED student?
See calendar for available workshops and classes.



© Muckleshoot GED Learning Center

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

Summer 2016 CLOSED	Winter 2017 Oct. 21st—Dec. 2nd
Fall 2016 CLOSED	Spring 2017 Jan. 20th—March 3rd

Scholarship Orientation

Scholarship Orientation will be required of each student once per academic year before receiving funding. Required orientation will start with the 2016-2017 academic year (Summer 2016).

Winter 2017

- Tuesday, December 6th 5:30pm-7:30pm
- Thursday December 5th 1pm-3pm

Spring 2017

- Tuesday, March 7th 1pm-3pm
- Wednesday, March 8th 5:30pm-7:30pm

Online Orientation will be offered for out of state students and those unable to attend an in-person orientation session. Please contact us if you need to do online orientation.

ScholarshipsDept@Muckleshoot.nsn.us 253-876-3378

The GED Learning Center Is Here to Help You Achieve Your Dreams

Not happy with your job? Is your boss on your case? Do you want to move up in your current job? Do you want to go to college or start a career? Is the only thing holding you back an uncompleted high school diploma?

If you answered "yes" to this last question, then the GED Learning Center is the place for you. The GED Learning Center is located at the Muckleshoot Tribal College and is open Monday through Friday, with two instructors who are ready and willing to help you down your next path in life.

The GED Learning Center offers free instruction to help you achieve your GED credential. We offer a quiet study environment, early evening hours, and classes. Classes are offered on a rotating basis through four main subjects; language arts, social studies, science, and math. Signups for science classes are open now and will begin Tuesday, September 27. Science classes will be held every Tuesday and Thursday from 5:30pm to 7:00pm, through mid-November.

We also offer GED Academy, an online computer class, which can be accessed anywhere and at any time for those who wish to study in private. We offer a way for anyone to be successful in their pursuit of a GED credential; classes, tutors, books, and online classes.

Your future is now. What are you waiting for? We have ways to work around any schedule and offer multiple options to help you study. We can and will make you successful in the pursuit of your dreams. Come on in and meet Cary and Alix to get started.

MTS NEW SCHOOL YEAR continued from page 2

Studies type of stuff for this year and they take one test. It's fantastic that these type things are going on at this school.

SENIOR MONEY MANAGEMENT. We're running programs during the year for our Seniors who get their money when they graduate. The program teaches them how to spend their money wisely, how to invest it, how to save it, how to correctly use that money so they are still reaping the benefits 10 years from now.

SUCCESS BUILDS ON SUCCESS. This past June, we had the largest graduating class in the history of Muckleshoot. We have more kids graduating and less kids dropping out. We want our kids to be successful. When they graduate, we want them to be proud of the fact that they got a diploma from Muckleshoot Tribal School.

Students are demonstrating that they've got

the skills to go to college, or to go to a vocational program, where they can follow their dreams. And, they're able now to take on better jobs. We want our kids to be successful, to have stable, well-paying jobs, so that they can feel a sense of purpose.

I would say probably 55 - 60% of the kids that graduated this last June were going to college, and that is just fantastic. Those that weren't already had jobs lined up. Some of them are working for the tribe and some of them have already got some other jobs. We've got terrific kids that are realizing there's a great opportunity, and that school can be fun. Students are realizing that you can be a cool person and still be smart and successful.

So, that's what is new this year, and it is all under the guidance of our Commission and the Tribal Council. This is really becoming a first-class school. It's so much better now at the end of six years here than it was six years ago. It's completely turned around!




5th & 6th Grade Girls Teams

Coaching the 5th & 6th grade girls was a great experience. I had a great group of young ladies, seeing so many of them improve in all areas of playing - from the first practice to the last game of the season. Although having only three teams in the Auburn Parks & Rec League, playing two nights a week, these young athletes made the best of it, and went undefeated for the season. I really hope that these girls stay with playing sports.

Muckleshoot Rascals...the name says it all! This was fun group of youth athletes to coach. So many different talented kids, all playing a sport they love. When some didn't want to be there, they still made the best of being there to play. With a few of them being their first year, to some being their last year playing with 3rd & 4th grade (moving to a more competitive division next year).

MUCKLESHOOT TRIBAL SCHOOL BUS SCHEDULE

Muckleshoot Tribal School Transportation Department (2016-2017 school year)
253-931-6709/ext 3717 or Transportation cell# 253-261-1329 or 253-426-7530

We are working to better serve our parents/guardian/students. In that effort we would like to provide you with information about your student's bus pick-up and drop-off times.
 Allow for adjustments the first week of school, also note changes

- First day school is August 30, 2016
- K-12 will ride the same bus
- Kindergarten will have the seats at the front of the bus
- All students arrive @ 7:25
- No late student pick up
- Every Friday is an early release



Bus # 1 Kindergarten – 12th grade
Am / pm/ Friday pm

6:58/3:14/12:36 3702 Auburn Way So
 6:59/ 3:18/ 12:37 Auburn Way S & Forest Park Village @ sign
 7:01/ 3:19/ 12:40 2005 Hemlock St SE
 7:02/ 3:19/ 12:42 1830 Ginkgo St SE
 7:03/ 3:19/ 12:43 2005 Fir St SE
 7:03/ 3:19/ 12:43 2020 Fir St SE
 7:03/ 3:19/ 12:43 2010 Fir St SE
 7:03/ 3:19/ 12:43 1940 Fir St SE
 7:05/3:21/ 12:44 1710 Ginkgo St SE
 7:06/ 3:22/ 12:45 3040-17th St SE
 7:07/ 3:23/ 12:46 3038-16th St SE
 7:08/ 3:24/ 12:47 2030 Hemlock St SE
 7:09/ 3:25/ 12:48 1625 Hemlock Drive SE
 7:09/ 3:25/ 12:48 1715 Hemlock Drive SE
 7:09/ 3:25/ 12:48 1710 Hemlock Drive SE
 7:10/ 3:26/ 12:49 1941-19th Place SE
 7:11/ 3:28/ 12:51 2815 Skyway Lane
 7:12/ 3:30/ 12:53 2426-17th Drive SE
 7:12/ 3:30/12:53 2420-17th Drive SE
 7:12/3:30/ 12:53 2430-17th Drive SE
 7:13/ 3:31/ 12:54 2452-17th Drive SE
 7:13/ 3:31/ 12:54 2458-17th Drive SE
 7:14/ 3:32/ 12:55 Corner of 18th & Dogwood
 7:15/ 3:33/ 12:58 2005 Dogwood Drive Se
 7:25/ 3:03/ 12:25 *Arrive/Leave School/ Friday leave school*

Bus #3 Kindergarten – 12th Grade

7:04/ 3:11/ 12:38 38325 Aub/Enclw Rd SE
 7:06/ 3:13/ 12:40 Corner of 386th & 162nd Ct SE
 7:06/ 3:13/ 12:40 15988 SE 386th Way
 7:06/ 3:13/ 12:40 386th Way & 161st Drive SE
 7:07/ 3:14/ 12:40 16111 SE 386th Way
 7:07/ 3:14/ 12:40 16112 SE 386th Way
 7:07/ 3:14/ 12:40 16106 SE 386th Way
 7:07/ 3:14/ 12:40 16109 SE 386th Way
 7:07/ 3:14/ 12:40 16104 SE 386th Way
 7:07/ 3:14/ 12:40 16110 SE 386th Way
 7:08/ 3:15/ 12:41 Corner of 386th Way & 161st Drive SE
 7:08/ 3:15/ 12:41 Corner of 385th Ct & 161st Drive SE
 7:10/ 3:17/ 12:43 Corner of 160th Drive & mailbox
 7:12/ 3:19/ 12:45 Corner of 158th & 383rd
 7:13/ 3:20/ 12:46 Corner of 158th & 382nd
 7:14/ 3:32/ 12:47 Corner of 158th & 381st
 7:25/3:03/ 12:25 *Arrive/Leave School/ Friday leave school*

Bus #4 Kindergarten – 12th Grade

7:07/ 3:11/ 12:38 36926 Aub/Enclw Rd SE
 7:08/ 3:12/ 12:40 5636 Auburn Way So
 7:10/ 3:14/ 12:43 Corner of 37th & Academy
 7:10/ 3:14/12:43 Corner of Juniper & Academy
 7:13/ 3:17/ 12:45 Corner of Orchard St & Orchard Pl
 7:15/ 3:19/ 12:49 36608-148th Ave SE
 7:15/ 3:19/ 12:49 Corner 368th & 148th
 7:25/ 3:03/ 12:25 *Arrive/Leave School/ Friday leave school*

Bus #5 Kindergarten – 12th Grade

7:09/ 3:12/ 12:39 172nd Ave SE & 386th
 7:09/ 3:12/ 12:39 172nd Ave SE & 387th
 7:09/ 3:12/ 12:39 38919-172nd Ave SE
 7:10/ 3:13/ 12:39 HR building on 172nd
 7:11/ 3:13/ 12:40 Finance Building on 172nd
 3:15/ 12:42 Health & Wellness
 3:17/ 12:43 Drop- In Teen Center on 400th
 7:13/ 3:18/12:44 400th & 175th Lane SE
 7:14/ 3:19/ 12:45 39936 Aub/Enclw Rd SE
 7:14/ 3:19/ 12:45 17226 SE 400th
 7:25/ 3:03/12:25 *Arrive/Leave School/ Friday leave school*

Bus #6 Kindergarten – 12th grade

6:13/ 4:07/ 1:34 Corner of 3rd Ave SW & Portland Ave Ct
 6:15/ 4:07/1:34 219-3rd Ave SW (Pacific)
 6:20/ 4:05/ 1:32 208 Rhurbarb St SW (Pacific)
 6:30/ 3:58/ 1:25 6180 Terrace View Lane SE
 6:30/ 3:58/ 1:25 6270 Terrace View Lane Se
 6:32/ 4:00/ 1:26 Terrace View Dr SE & Alexander Pl SE
 6:35/ 3:51/ 1:18 5718 Olive Ave SE
 6:43/ 3:25/ 12:52 Corner of Edwards Rd E & 196th Ave E
 6:48/ 3:27/ 12:54 20505-12th Street E (Lake Tapps)
 6:55/ 3:28/ 12:55 Corner of 12th St E & 201st Ave E
 (Lake Tapps)
 7:00/ 3:31/ 12:58 18223-9th Street E
 (Little House Daycare)
 7:07/ 3:34/1:01 1918 Tacoma Pt Drive E (Lake Tapps)
 7:12/ 3:28/ 1:05 65th Street SE & Elaine Ave SE
 (Lakeland Hills)
 7:25/ 3:03/ 12:25 *Arrive/Leave School/ Friday leave school*

Bus # 7 Kindergarten – 12th grade

6:20/ 4:15/ 1:40 12306-234th Ave Ct E (Bonney Lake)
 6:58/ 3:38/1:05 2430-17th Drive SE
 7:13/ 3:23/ 12:50 17886 SE 413th Drive
 7:18/ 3:18/ 12:45 16814 SE 392nd St
 8:50/ 3:15/12:32 16311 – 392nd Place
 7:25/3:03/ 12:25 *Arrive/Leave School/ Friday leave school*

Bus # 8 Kindergarten- 12th grade

6:35/ 3:29/ 12:56 1820 "R" St SE
 6:38/ 3:31/ 12:58 Corner "K" St SE & 25th St SE
 6:40/ 3:32/ 12:59 Corner of 26th St SE & 28th Place SE
 6:43/ 3:35/ 1:03 1507-34th St SE
 6:48/ 3:40/ 1:08 Corner of "M" Street SE & 37th Street SE
 6:50/ 3:41/ 1:09 Corner of "D" Street SE & 37th Street SE
 @ transit stop
 7:02/ 3:42/ 1:10 2406 "A" Street SE
 (Tender Years daycare)
 3:45/ 1:15 741-3rd Ave NE (Pacific)
 7:06/ 3:50/1:19 Corner of 29th Street SE & "G" Street SE
 7:10/ 3:25/ 12:52 MCDC
 7:25/ 3:03/ 12:25 *Arrive/Leave School/ Friday leave school*

Bus # 9 Kindergarten – 12th Grade

6:33/ 4:05/ 1:32 Covington Library6
 6:34/ 4:08/ 1:35 16711 SE 2068th St (Covington)
 6:35/ 4:10/ 1:37 26724-166th Pl SE (Covington)
 6:45/ 3:53/ 1:20 12722 SE 312th Street (Lea Hill)
 6:53/ 3:28/ 12:55 101 – 10th Street NE
 (Kid's Country daycare)
 6:58/ 3:34/ 1:01 Corner "I" Street NE & 18th Street NE
 7:00/ 3:36/ 1:03 Corner "I" Street NE & 32nd Street NE
 3:25/ 12:52 100 "N" Street SE (ACAP daycare)
 3:26/ 12:53 1608-8th Street NE
 7:25/ 3:03/ 12:25 *Arrive/Leave School/ Friday leave school*

Bus #10 Kindergarten – 12th Grade

6:22/ 4:15/ 1:32 Winco parking lot (Sumner off 410)
 6:29/ 4:05/ 1:22 8203-182nd Ave E (Bonney Lake)
 6:34/ 3:58/ 1:15 10309-177th Ave E (Bonney Lake)
 6:45/ 3:48/ 1:05 21527-102nd St Ct E
 6:44/ 3:48/ 1:04 Corner of 214th Ave E & 102nd Street E
 6:50/ 3:42/ 12:59 12306-234th Ave Ct E (Buckley)
 7:07/ 3:35/ 12:52 Corner of Sun Mountain Drive &
 Semanski
 7:14. 3/19/ 12:36 19412 SE 416th Street
 7:17/ 3:22/12:39 41531 Aub/Enclw Rd SE
 7:18/ 3:23/12:40 41801-180th Ave SE
 7:25/ 3:03/ 12:25 *Arrive/Leave School/ Friday leave school*

Bus #11 Kindergarten – 12th Grade

6:52/ 3:34/ 1:00 39718-278th Way SE, Enumclaw
 7:00/ 3:44/ 1:10 24620-372nd Street, Enumclaw
 7:02/ 3:46/ 1:12 Corner of 244th & 380th Street,
 Enumclaw
 7:13/ 3:19/ 12:45 Corner of 180th & 414th Street SE
 7:14/ 3:18/ 12:44 180th Ave SE & 408th Street
 7:15/ 3:17/ 12:43 40505-180th Ave SE
 7:16/ 3:16/ 12:42 18018-400th St SE
 (Across from fire station)
 7:17/ 3:16/ 12:42 Corner of 394th & 180th SE
 7:18/ 3:15/ 12:41 39110-180th Ave SE
 7:19/ 3:14/ 12:40 39007-180th Ave SE
 7:21/ 3:12/ 12:39 38006-176th Ave SE
 7:25/ 3:03/ 12:25 *Arrive/ Leave School/ Friday leave school*

Bus # 12 Kindergarten – 12th Grade

7:00/ 3:21/ 12:48 3702 Auburn Way So
 7:03/ 3:25/ 12:52 Corner of Elm & Aub Way So
 7:05/ 3:27/ 12:53 2545 Forest Ridge Dr SE
 7:06/ 3:27/ 12:53 Corner of Forest Ridge Dr & Alpine
 7:07/ 3:27/ 12:53 2615-25th Street SE
 7:07/ 3:28/ 12:54 2530-26th Street SE
 7:08/ 3:28/ 12:54 2405-24th Street SE
 7:08/ 3:30/ 12:56 2415-24th Street SE
 7:09/ 3:31/ 12:57 2626-24th Street SE
 7:10/ 3:31/ 12:57 2730-24th Street SE
 7:10/ 3:31/ 12:57 2720-24th Street SE
 7:13/ 3:22/ 1:00 3605 /Auburn Way So
 @ church parking lot
 7:17/ 3:13/ 12:40 36901 Aub/ Enclw Rd SE
 7:18/ 3:15/ 12:42 @ Kenny Kaboom stand
 7:18/ 3:15/ 12:42 @ Kenny Kaboom stand
 7:20/ 3:17/ 12:44 37765 Aub/Enclw Rd SE / Winery
 7:25/ 3:03/ 12:25 *Arrive/ Leave School/ Friday leave school*

Bus # 13 Kindergarten – 12th Grade

7:05/ 3:13/ 12:40 SE 364th Street @ Boat
 7:06/ 3:15/ 12:42 Corner of 164th Pl SE & 392nd Pl
 7:07/ 3:14/ 12:41 Corner of 164th Ave SE & 391st
 7:08/ 3:16/ 12:43 Corner 165th Ave SE & 392nd
 7:12/ 3:16/ 12:43 40827-174th Ave SE
 7:13/ 3:21/ 12:48 17551-411th Lane SE
 7:15/ 3:23/ 12:50 Aub/ Enclw Rd & 176th Way
 7:16/ 3:24/ 12:51 Aub/ Enclw Rd & 413th Place
 7:18/ 3:26/ 12:53 408th & Aub/ Enclw Rd SE @ transit stop
 7:25/ 3:03/ 12:25 *Arrive/ Leave School/ Friday leave school*

**Any questions please call Transportation @ 253-931-6709
 ext 3717...or Transportation cell# 253-261-1329 or
 Cell# 253-426-7530.... THANK YOU**



Back to School Bash

Muckleshoot Tribal School ~ Friday, August 19, 2016

PHOTOS BY JOHN LOFTUS



FREE LEGAL AID CLINIC

The Muckleshoot Tribal Court is introducing a pilot project to establish a Legal Aid Clinic for the benefit of eligible Tribal and Community Members in need of legal advice. These services may include, but are not limited to, advice-only services with respect to document review, criminal and civil litigation advice, probate matters, family law matters, explanation of the scope of Tribal Court jurisdiction, assistance with access to Tribal Court, and other routine matters. Advice may be provided to members seeking to use both State and Tribal Court, but, preference shall be given to Tribal Court cases.

To implement this pilot project the Tribe has contracted with Jared Miller an attorney with Baldwin, Crocker & Rudd, P.C. Mr. Miller will provide advice services at the Clinic on the 1st and 3rd Wednesdays of each month. Each clinic participant will receive up to one (1) hour of free legal services with Mr. Miller or another licensed attorney. The attorney will decline services where there is a conflict of interest or an ethical issue. For more information, or to schedule an appointment on one of our Clinic days, please contact the Muckleshoot Tribal Court at (253) 876-3203.

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.

Relative & Foster Care Program
 We Need YOUR Help
 to become a
Licensed & Loving
 Safe Home for
OUR CHILDREN
MIT Children & Family Services

CALL FOR INFORMATION
 Foster Licensee: Trudi Moses 253-876-3397 Cell: 253-880-6988 Director: Cynthia Orie 253-876-3398

MCFSS Office Location: 39017 172nd Street SE, Auburn WA 98092 MCFSS Main: 253-833-8782



Green River College Early Childhood summer program cohort celebrating their completion of their Initial Early Childhood Education Certificate.

Elders Trip to Northwest Trek



'Rain, Rain'

By Effie Tull



Rain, rain, rain down on me.
Rain, rain, rain down on me and
wash me clean. Rain, rain, rain
down on me. Rain, rain, rain on
me and cover me. Rain, rain, rain
down on me. Rain, rain, rain down
and set me free.

I have a question for you; when clouds over your head open and pour rain down, what is your thought at the time? Do you get depressed or upset because you'd rather have a sunny day? Stop, take thought, and turn your mind to appreciation for us.

Rain replenishes the earth and brings life and growth. Without rain we would die and so would our earth. We need water. Rain brings life. Next time it rains and you want to feel negative, think on this; without water, a raging fire would be hard to put out.

Our forest and rivers need the rain to water them and bring life. The water brings us our beautiful forest and rain is needed for the fish and aqua life that feeds us.

Here's another thought; what do you let rain down into your spirit when you have a dry period of troubles, sorrow and suffering? If you have a dry spirit that hasn't been nourished with prayer and praise it can cause your spirit to crack and break.

It's times such as this that what you have watered your soul with things from our Father above that is Holy and true. Things that bring life, hope, water a broken spirit and can fill your heart with strength and peace. This helps us in the desert times we travel through in life.

Rain, rain, rain down on me that I might be set free from the cares of this world. Let our Father and his Holy Spirit replenish your brokenness and his Son Jesus wash away your sin, sadness, and sorrows. Ask Jesus to come life in your heart, water your spirit with love, kindness and mercy. Forgive yourself as well as others. Let our Father's love rain down on you and wash away your oceans of sorrow in your river of life.

Why not let our Father, by his Holy Spirit, guide your canoe through the storms of life and bring a gentle rain of peace in your spirit? Let our Fathers 'Reign' rain, rain, rain down on you and set you free. Come quickly Lord Jesus.

As always,
Effie Tull

A Message from Trust Services

Hello my fellow peers! My name is Caryn Avila. I am an enrolled Muckleshoot Tribal Member. If you are looking for me in the Family Tree book, I come from the Nason family. I am a realty specialist and my job description is varied.

I work with landowners on leases and assist landowners in gathering consent. I help people with land sales and gift exchanges. I am a notary. I help people finalize their land buy-back documents. I accomplish all of this by meeting people in their homes or out in the community, many times we meet at the Elders Center.

Sometimes people come to my office, but in an effort to make it easy for the Elders I will go to them. Here is some of my contact information if you have any questions or concerns:

Direct Line: 253.876.3134
Cell: 253.293.4121
caryn.avila@muckleshoot.nsn.us



Caryn Avila, Realty Specialist

Margaret Carson Hired as Adult Protective Services Manager

Hello, my name is Margaret Carson. I have recently accepted the position of Adult Protective Services Program Manager for the Muckleshoot Indian Tribe and I am very excited to be working within your community.

Before coming to Muckleshoot, I spent five years working as liaison for Adult Protective Services and over 20 years as investigator on behalf of the State of Washington. Prior to working for the State of Washington I worked in Community Mental Health, where I provided services for older people. I have worked with elders for just around 30 years.

I have a Master's Degree in Gerontology. I am also a certified, licensed mental health counselor, and geriatric mental health specialist.

As Adult Protective Services Manager, I am going to be providing the same kind of services that I was before, but instead of it being through the State of Washington, it will be through the Muckleshoot Tribe's very own program.

If any elder has been abused or neglected (that includes financial exploitation) I can assist them with filing a protection order or a police report. I offer services that range from court orders to connecting with services in the community, including referrals to the In-Home Program, or assisting with a court order through tribal or state court (if need be.)

I can be reached Monday through Friday between 8:00 am and 5:00 pm at the Muckleshoot Elders Complex. My phone number is (253)876-2899. Elders can also come and find me in the dining room during lunch or walking around the complex. I try to always be here for lunchtime if I can.

I'm very excited to be able to provide my services for the Muckleshoot Indian Tribe!

Sincerely,

Margaret Carson
Muckleshoot Indian Tribe
Adult Protective Services Manager
(253)876-2899
Margaret.Carson@muckleshoot.nsn.us



Margaret Carson

Muckleshoot Tribal Classic

This year's Muckleshoot Tribal Classic was a thrilling comeback for 7-year old star Stryker Phd, who found the winner's circle for the first time this meeting after several dominating seasons at Emerald Downs. Following a disappointing 5th place finish in the Longacres Mile, he brought tears of joy to his owners' eyes as he returned to his best form, coming from far back in the pack to power home by a commanding 5-3/4 lengths, notching a record 3rd Muckleshoot Tribal Classic victory. As usual, former jockey Tommy McJoe was the honorary steward for the race.

PHOTOS BY JOHN LOFTUS



Happy Birthday

James, Tim	9/1	Swanson, Jacqueline	9/16
Gaiser, Fredrick	9/3	Calvert, Vernon	9/18
Rasmussen, Lorelei	9/3	Sloppy, Carolyn	9/19
Barr, John	9/4	Cross, Marlene	9/20
Lozier, Monti	9/6	Sailto III, Charles	9/21
Courville, Beverly	9/6	Jerry SR., Michael	9/21
Smith, Georgina	9/7	Jerry, Theresa	9/22
Ross SR, Randy	9/8	Mitchell, Angela	9/23
Starr, Delbert	9/9	Laclair, Donald	9/23
Moses, Rodney	9/10	Maurice, Elaine	9/24
Williams Dorothy	9/11	Sportsman Jr., James	9/26
Jutila, Michael	9/11	Hoffer, Frances	9/27
Starr, Alfred T	9/11	Schultz, Cathleen	9/28
Kinggeorge, Henrietta	9/12	Hudson, Denise	9/29
Lozier, Franklin	9/13	Courville, Rodney	9/30
Allen, Jared	9/14	Lozier, Mary	9/30
Allen Jr., Donald	9/16	Luke, Valeri	9/30

Preparing makes sense

In the past, flooding, wildfires, volcanic eruptions, earthquakes, and severe winter weather have threatened the Northwest Coastal and Plateau areas. Now consider the possibility of home fires and even terrorist attacks. Are you prepared to make it on your own for a few days in the event of an emergency?

Northwest Coastal and Plateau people recognize the importance of self-reliance as individuals and part of a community. Simple preparations today can keep you safe during a disaster or emergency. **Have a plan. Be ready.**

Recommended Supplies to Include in a Basic Kit:

- Water, one gallon per person per day, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food like dried fruit, meat or fish, protein bars, and canned goods
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- Local maps
- First Aid kit
- Whistle to signal for help
- Dust mask or cotton t-shirt, to help filter the air
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Plastic sheeting and duct tape to shelter in place
- Moist towelettes, garbage bags, and plastic ties for personal sanitation
- Copies of wills, family records, health insurance cards, medical records, tribal ID cards, deeds, credit or debit card and bank account information, in a waterproof container

During an emergency you also may need:

- Infant formula and diapers
- Cell phone and charger
- Cash or traveler's checks
- Change of clothes
- Prescriptions and a week-long supply of medications
- Eyeglasses, hearing aid batteries, wheelchair batteries, oxygen
- Operating instructions for lifesaving equipment
- Pet food, extra water, supplies, and medical records
- Books, playing cards, toys, comfort items



PREPARE

FOR EMERGENCIES IN TRIBAL NATIONS

Preparing makes sense for American Indians and Alaska Natives. Get ready now.

ready.gov



Step 1: Make a plan for what you will do in an emergency.

Develop a Family Communications Plan

Consider the following with your family and decide on an emergency plan together. Write down information that isn't easy to remember, and keep it in a safe place. Make a game or song to help younger children memorize important information.

- ✓ Pick one friend or relative to call to help your family get in contact if you are separated. An out-of-town contact is best because long-distance phone service is less likely than local service to be affected by an emergency.
- ✓ Know where you will meet. Pick a meeting place for when family members are at home, and find out the evacuation locations for work, school, day care, and other places family members often go.
- ✓ Make a list of important information. Write down important information for all family members—name, Social Security number, date of birth, and important medical information. Collect up-to-date names and telephone and policy numbers for doctors, pharmacies, and medical care, along with critical homeowner's and/or rental insurance information.

Stay Where You Are or Get Away?

Plan for both possibilities. Use common sense, news broadcasts, and any other available information to determine if there is an immediate threat. Watch television and listen to the radio for official instructions from local emergency managers.

Plan to Shelter-in-Place

If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may need to seal the room and stay put. Immediately turn off air conditioning, forced-air heating systems, exhaust fans, and clothes dryers. Seal all windows, doors, and vents to create a temporary barrier between you and contaminated air. Stay informed through the best method available: watch TV, listen to the radio, or check the Internet for official instructions.

Plan to Evacuate if Instructed

If it is necessary to leave your home, plan in advance where to go. Keep your gas tank half full and check out alternate routes. Consider your options if car travel is impossible. Monitor news reports and evacuate immediately when told to do so by authorities. Take your portable emergency kit. Lock the door behind you.

Considerations for Elders and Individuals with Disabilities

Be sure you have a week-long supply of medicines, plus any medical supplies or equipment you use regularly; if you need electricity to operate medical equipment, ask providers what to do during power outages. Enlist family and friends as a support network, share your emergency plans, and make sure they have a key to your home.

Work with Others

Talk with your extended family and other tribal members about how you can help each other in an emergency. Ask your tribal council or governing body about the emergency plan for your community.



Step 2: Get a kit of emergency supplies.

Think about fresh water, food, and clean air. You may need to rely on your own supplies for at least three days, maybe longer. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. Basic services such as electricity, gas, water, sewer, and telephones could be cut off for days or longer. Review lists in this brochure for items to pack.

Remember to include unique family needs like pet supplies, diapers and infant formula, and medications. Store these items in easy-to-carry bags or bins. Consider two kits—one for home and a second lightweight, portable kit to keep in your car.



Step 3: Be informed about what might happen.

Some of the things you can do to prepare for the unexpected are the same regardless of the type of emergency. However, it's important to stay informed about what types of emergencies are most likely to affect your community.

Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities. Above all, stay calm, be patient, and think before you act. With these simple preparations, you can be ready for the unexpected.

For more details about disaster planning, visit ready.gov or call 1-800-BE-READY

DON'T WAIT. COMMUNICATE. MAKE YOUR EMERGENCY PLAN TODAY.

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH



2016 Per Capita Deadlines and Schedule

- October 7, 2016 - Deadline for New Direct Deposits to be turned in to Tax Fund
- October 14, 2016 - Deadline to stop taking Direct Deposit Changes/Cancellations
- November 21, 2016 - Per Capita Distribution at Elders Complex 7:30 – 5:30
- November 22, 2016 - Per Capita Distribution at Elders Complex 8:00 – 5:00
- November 23, 2016 - Per Capita Distribution – Half Day Distribution Only in Finance
- November 30, 2016 - Enrollment Cut Off Date for March 2017 Per Capita

www.ready.gov/September #NatlPrep

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!

Plan ahead and be an informed voter!

King County Elections 2016 Voter's Calendar

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

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

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
When should you sign up for Medicare:			What is Medicare Health Insurance?		
You can sign up for Medicare 3 months before or 3 months after your 65th birthday;			Original Medicare has 2 parts:		
Or if your employer sponsored health insurance ends due to retirement;			1. Medicare Part A—covers inpatient hospital, skilled nursing facility hospice & home health care;		
If you are currently covered by an employer sponsored health insurance you may not have to sign up for Medicare until that coverage ends;			2. Medicare Part B—covers outpatient medical care, including doctor visits, durable medical equipment, lab tests, and preventative services.		
You should check with your employer to see if they require you to sign up for Medicare when you turn 65 years old;			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.		

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

Standing Up For Standing Rock



Muckleshoot Support Letter



The Muckleshoot 13, just before their departure for Standing Rock.



Canoes on Cannonball River (1)



Attack Dog



Jaison Elkins

“Getting all my stuff together. Heading out for North Dakota tomorrow. Thank you Virginia and TC for the help. I can’t wait. I’m not a traveling person but I feel I need to be there. I camped out with AIM bk in the 70’s and I was at The Boldt Decision hearing. This one will put the icing on the cake. I will miss my kids and grandkids and My Friends but it might be good for me to get away right now. I’m excited!!! Thanks to my kids for taking care of everything and everyone while I am away.
Love ya!” ~ Norma “Babe” Eyle



Miss Indian World!



Preparing warm homes for winter



PHOTO BY SHAUN BEVAL



"No Words To Describe This Indian Heaven on Earth... Pictures Say A Thousand Words But Still Do No Justice."
 ~ MIKAYLA KARLEE SCHAAF



"Update to my FB friends. I'm tagging from Standing Rock ND 8/25/2016 9:24am ---
 We're camped outside, in weather that goes from 90 degrees and dry, to 45 degrees and rainy, windy, and on some nights completely wet with dew. No cell signals, no showers on site. Yet the people continue to come. The women are continuing to show their strength. The men gather and pray, in the sweat house, and around the campfires.
 Children play together, making memories for themselves in the future. "Remember when we were kids, at Standing Rock? That's when I met you."
 Young couples hold hands around the fire, their puppy love with new context. Their lives are for the people, and they realize they are the future. They sing love songs to each other at 3 am, gathered in circles.
 Elders fight back their tears when we war whoop over hand drums, and braids and blankets and songs and rattle shakes.
 This is Standing Rock. The last great Indian War... an international stage for earth guardians to gather and pray. We fight for our first medicine, our water. And every day that prayer is an awakening to the spirits who protect us. We are forever changed."
 ~ Author unknown



"This really happened to me. I wondered what they were doing on the top of the hill, and one of the elderly campers told me to go to the top of the hill and I will have a vision. I said, 'that's okay,' but he insisted. I get to the top of the hill and their 'visions' was that they got cell phone reception and could check Facebook!!! I didn't even take my phone with me. I thought he meant a real vision!!!!!" ~ Leota Berry



MUCKLESHOOT FALL STICK GAME TOURNEY

SEPTEMBER 9, 10 & 11, 2016 ~ MUCKLESHOOT POW WOW GROUNDS

PHOTOS BY FRANK JERRY, JR.



John Barr's Caregiver Is a Super Farmer Growing a Super Food

By Uri Israel



John Barr and his caregiver, Raphael, in front of their garden.

John Barr was told by his doctor, earlier in 2016, to eat kale. Lucky for John, his caregiver, Raphael, came from a country that grows lots of kale. That country is Kenya and Raphael knows how to grow good kale along with many other vegetables. Now John's garden is full of kale and Raphael knows how to prepare it in tasty dishes too.

Kale can be grown all year round in any Muckleshoot garden. Plants can be purchased from stores in spring and sometimes fall. Uri Israel, at the Elders Center, has seeds if you want to grow it from scratch.

Here is a recipe for a kale dish from All Recipes (<http://allrecipes.com/recipe/176957/baked-kale-chips/>)

- Ingredients:
- 1 bunch kale
 - 1 tablespoon olive oil
 - 1 teaspoon seasoned salt

Directions:
Prep time is ten minutes, cooking time ten minutes for total: 20 minutes.

Preheat oven to 350 degrees.

Line a regular non insulated cookie sheet with parchment paper (Wal-Mart sells it and it is great for cookies etc. keeps them from sticking to pan.)

With a knife or kitchen scissors carefully remove the tough stalks and discard the stalks. : Then cut the kale leaves into bite size pieces. Wash and dry kale thoroughly. Use a salad spinner if you have one or pat dry. Drizzle the olive oil over the kale and sprinkle on the seasoning salt.

Bake 10 to 15 minutes until the edges of the kale are brown but not burned.

Here is a resource for 10 other kale recipes like using it in soups, (<http://www.realsimple.com/food-recipes/recipe-collections-favorites/healthy-meals/>)

They are yummy like potato chips but they are much better for you!!



A prized tomato from John and Raphael's garden.

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

IN RE THE GUARDIANSHIP OF:)
T.J.B)
DOB: 01/16/2004) Case No.: MUC-G-06/16-102
Indian Youths.) NOTICE OF GUARDIANSHIP HEARING
)
)
)
)
)

To: Mother SHANTE JOHNSON
Father SHAWN BETHELY
MCFS PAL ITUAU ATIMALALA
PRESENTING OFFICER ANNIE HARLAN

YOU AND EACH OF YOU will please take note that a PETITION FOR GUARDIANSHIP has been filed in the Muckleshoot Tribal Court and a hearing has been scheduled for **TUESDAY the 22ND OF NOVEMBER, 2016 at 11:30 AM** in the Muckleshoot Tribal Court of Justice located at 39015 172nd Avenue SE, Auburn, WA 98092.

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

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

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

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

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

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

If you have any questions regarding the nature of this hearing or the location of the Court, please call Muckleshoot Tribal Court of Justice, Court Clerk at 253-939-3311.

FAILURE TO RESPOND OR TO APPEAR may result in a default judgment being entered against you without notice. A default judgment is one where the petitioner is entitled to what he/she asked for in the petition. If you or your spokesperson files a Notice of Appearance with the court, you are entitled to notice before a default judgment may be entered.

DATED this 31ST day of AUGUST, 2016.

/s/KATIE AVILA
MIT-CLERK OF THE COURT

NOTICE OF GUARDIANSHIP HEARING Muckleshoot Tribal Court of Justice
Page - 2 39015 172nd Avenue SE
Auburn, WA 98092
253-876-3203

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

IN RE THE GUARDIANSHIP OF:)
K.M.E.JR)
DOB: 11/25/2009) Case No.: MUC-G-07/16-105,106
Indian Youths.) NOTICE OF GUARDIANSHIP HEARING
)
)
)
)
)

To: Mother CAROL DANIELS
Father KORY ELKINS
MCFS PAL ITUAU ATIMALALA
PRESENTING OFFICER ANNIE HARLAN

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MIT-CLERK OF THE COURT

NOTICE OF GUARDIANSHIP HEARING Muckleshoot Tribal Court of Justice
Page - 2 39015 172nd Avenue SE
Auburn, WA 98092
253-876-3203

Muckleshoot MONTHLY

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

MUCKLESHOOT GOSPEL SONG Fest
September 2016

SEPTEMBER 30th - OCTOBER 2nd 2016

COME JOIN US FOR MUSIC, FAMILY, FRIENDS AND PRAYER

THIS YEAR BEING HELD AT THE

MUCKLESHOOT ELDER'S COMPLEX
17800 SE 392nd STREET, AUBURN, WA 98092

FOR MORE INFORMATION CONTACT:
RHONDA HARNDEN-CABANAS @
253-833-1758

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

IN RE THE GUARDIANSHIP OF:)
K.A.)
DOB: 02/25/2013) Case No.: MUC-G-06/16-092
Indian Youth.) NOTICE OF GUARDIANSHIP HEARING
)
)
)
)
)

To: Mother SHAKYLA MAYFIELD
Father DENNIS ANDERSON III
MCFS PAL JACKIE HERNANDEZ
PRESENTING OFFICER ANNIE HARLAN

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MIT-CLERK OF THE COURT

NOTICE OF GUARDIANSHIP HEARING Muckleshoot Tribal Court of Justice
Page - 2 39015 172nd Avenue SE
Auburn, WA 98092
253-876-3203





40th Annual SKOPABSH POW WOW



Loretta Moses
2016 ~ '17 Skopabsh kaya?



SANCHA MOSES
Miss Skopabsh 2016 ~ '17



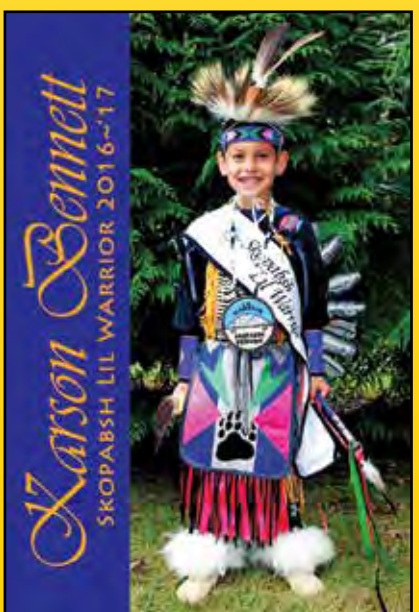
Leslie Starr
Jr. MISS SKOPABSH 2016 ~ '17



Kiara Deminick
Lil Miss Skopabsh 2016 ~ '17



Jonathan Sampson, Jr.
Skopabsh Warrior 2016 ~ '17



Karson Bennett
SKOPABSH LIL WARRIOR 2016 ~ '17

Journey to Wellness

Take steps towards a healthier you!

This 8 week series will guide you through various topics to create a healthier lifestyle. Each session will be 45 minutes long and will touch on everything from food choices to stress management. Snacks will be offered and the topics build on one another, come to all 8 presentations and you'll be entered to win a great prize!

Weekly Topics Start @ 11:00 and Include:

1. An Overview of Healthy Eating: Sept. 22th
2. The Path of Disease and Diabetes: Sept. 29th
3. The Maintenance Stage: Staying Healthy Through Stressful Times: Oct. 6th
4. Physical Activity for a Whole Healthy: Oct. 13th
5. Adversaries to Allies: How to Help Your Family Help You Get Healthy: Oct. 20th
6. Meal Times: Tips for Eating Out, On the Go, and Apps to Help: Oct. 27th
7. How to Deal with Plateaus and Acknowledge Your Success: Nov. 3rd
8. Recognition/awards/feedback/survey: Nov. 10th

Call Kaleigh Krantz @ HWC for questions or to RSVP
(253) 939-6648

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

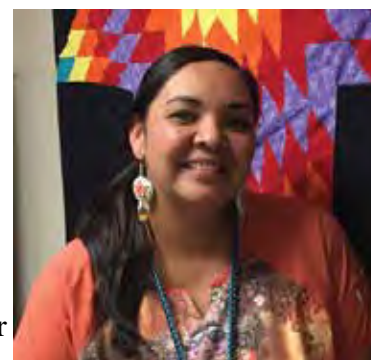
These services are available to all victims of domestic violence or sexual assault, men and women, any age

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!

Nikki's Diabetes Corner

By Nikki Grimwood RN, Diabetes Nurse at HWC

Let's get protected by getting a Flu Shot!



Flu viruses are constantly changing and mutating, this causes changes within the flu season and encourages us to get vaccinated against the flu each year. These changes happen often enough that your immune system can't recognize the flu virus from year to year. That is why you need to get a new flu vaccine each year.

The flu vaccine is 70-90 percent effective and takes two weeks for your immunity to build up after the shot. It's a triple vaccine against three types of influenza strains that public health officials predict are most likely to strike in a given flu season. The flu shot is effective for about six months.

Most importantly, for our diabetic clients whose immune system is weaker, diabetes can make the immune system less able to fight infections! In addition, illness can make it harder to control your blood sugar. The illness might raise your sugar but sometimes people don't feel like eating when they are sick, and this can cause blood sugar levels to fall.

Vaccination is the best protection against the flu! Our clinic is offering influenza vaccines for ages 6 months and older. People with diabetes decrease their chances of being hospitalized if they get a flu shot.

How to help avoid getting sick:

- Get your flu shot.
- Wash your hands often.
- Avoid touching your eyes, ears, nose, and mouth.
- Consider wearing a mask if a family member is sick.
- Regularly clean doorknobs and surfaces; use your own bath towel in place of the common hand towel at home.

If you get the Flu with Diabetes:

Should you get the flu when you have diabetes, before you get the vaccine, there are also other treatments for the flu, but they aren't as effective. Tamiflu, for example, has to be taken in the first 48 hours of infection and continued for a week. In order to be prepared, you should also have "a sick day" made with your health care team.

Prepare yourself for the flu season and get your vaccine so you can avoid the flu and its complications when you have diabetes. Questions please contact Muckleshoot Diabetes Program at 253-939-6648.

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

Medicare Part D

Open Enrollment begins

Oct. 15th—Dec. 7th, 2016

'Part D is prescription drug insurance'

- Do you currently have Medicare Part A &/or Part B?
- Are you missing Part D—Prescription Drug coverage?
- Or, are you 65 years old and need all three coverages?

Come in to see us at the Managed Care Department
Muckleshoot Health & Wellness Center
17500 SE 392nd Street
PH # 253-939-6648

MIT HEALTH & WELLNESS CENTER SHUTTLE BUS SERVICE

Effective 06/27/16
Pick-up times are approximate
Monday-Friday Schedule
8 am to 9pm

Bus Route Repeats Itself Every Hour on the Hour

No service between 11:00 a.m.-Noon Monday-Friday

8:00 A.M. - 9:00 P.M.	
1 st Run	Last Pick up/Drop Off
8:00 am	9:00pm Health & Wellness
8:05	5:05 Resource Center
8:07	5:07 Finance
8:09	5:09 Phillip Starr
8:12	8:12 Virginia Cross Education
8:17	8:17 Dogwood Street (Behind Tribal Store)
8:21	8:21 Green Tree Apartments (Behind Casino)
8:25	8:25 17 th Street SE
8:30	8:30 N.W. Family Church (Across from Chinook School)
8:37	8:37 Davis Property
8:40	8:40 Skopabsh Village
8:43	8:43 Shaker Church
8:45	8:45 Cedar Village
8:49	8:49 Pentecostal Church
8:53	4:53 Senior Center on 392 nd ST.

Last Scheduled Route begins at 8:00 PM

Saturday Schedule

10am to 2pm

10:00 A.M. - 2:00 P.M.	
1 st Run	Last pick up/Drop Off
10:00am	1:00pm Health & Wellness
10:10	1:10 Virginia Cross Education
10:15	1:15 Dogwood St SE (Behind Tribal Store)
10:20	1:20 Green Tree Apartments (Behind Casino)
10:25	1:25 17 th Street SE
10:30	1:30 N.W. Family Church (Across from Chinook School)
10:40	1:40 Davis Property
10:45	1:45 Skopabsh Village
10:50	1:50 Shaker Church
10:52	1:52 Cedar Village
10:55	1:55 Pentecostal Church

Last Scheduled Route begins at 1:00PM

BUS ROUTE REPEATS ITSELF EVERY HOUR ON THE HOUR

Subject to change during adverse weather and unscheduled service disruption

Revised 06/17/2016

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

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

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!

15509 SE 376TH St Auburn, WA 98092



A Powerful (Sugary) Punch, Right in the Gut!

Summer is a time for warmer weather, tasty treats, and unfortunately, more sweetened drinks like Rock star, juice and soda. These sugar-filled drinks might pack a punch for the taste buds, but the bad news is they also pack a damaging punch for your body. High levels of sugar can lead to obesity, insulin resistance, diabetes, and heart disease.

Did you know?

To burn off one can of soda you would have to lift weights for 1.3 hours?
 To burn off one 8.4 oz. can of Red Bull you would have to take a 1 hour walk?
 To burn off one Monster you would have to do 2 hours of housework?
 To burn off one Rockstar you would have to dance for 57 minutes?

To avoid unwanted weight gain, increased fatigue, and constant food cravings try to avoid sweetened beverages as much as possible. Instead you can enjoy guilt-free, delicious, and nourishing water! Here are some tips to flavoring water at home and ensuring proper hydration throughout the summer months:

Natural Flavors to Add to Your water...

- Jalapeno & watermelon
- Apples & cinnamon
- Lemon & mint
- Orange slices & vanilla bean
- Blackberries & sage
- Strawberries & basil
- Cucumber & lemongrass
- Peaches & cayenne pepper
- Lime slices & basil

For more information, contact HWC at (253) 939-6648 to schedule an appointment with Kaleigh Krantz, MHWC dietitian.

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

Finding a Healthy Way to Argue

By Katelyn Nies

In any relationship or friendship, it is part of human nature for conflicts to arise. However, arguing is a part of any healthy relationship. Avoiding arguments builds up frustrated feelings which can turn your relationship into a ticking time bomb. Too often, arguments get out of control and we say things we don't mean to people we love dearly.

While everyone is aware this can happen and tends to be forgiving of things said during a heated fight, sometimes the damage can't be undone or forgotten and those little fights start to wear away at an otherwise wonderful relationship. Finding a healthy and fair way to argue helps arguments become more productive. Below are some tips to get you started.

What are you fighting for?

Before you get into an argument with your partner, be aware and mindful of what it is you're fighting about. It's important to stick to that issue and stay in the present. Fights that start off about one issue can easily veer off into others that are dug up from the past, which adds no new insight or information. It's okay to argue, it's part of a relationship, but try to keep to the relevant issue at hand.

Avoid absolutes and extremes:

In the heat of the moment, for dramatic effect and to drive our point home, we often lean on absolutes. "You never wash your dishes" or "You're always gone when I need your help". This puts the other person on the defensive because they remember that time last week when they did the dishes or skipped an important meeting to care of the kids.

Changing your language to be more accurate often results in a less defensive response. "I wish you would wash your dishes more often" or "It'd be a great help if you could be more present". Putting your point in this sort of format helps your partner actually listen to what you're saying instead of feeling that they need to defend themselves.

Refrain from name calling:

Sure it feels satisfying in the moment, but later on it can leave you feeling terrible because that's not how you actually feel. It's not productive; it adds nothing to your point and just leaves both of you feeling awful.


Have a goal in mind:

Take a moment and think about your last argument with your partner. Whether or not you started it, can you think about what your goal was throughout the fight? If your goal going into an argument is to prove you're "right", it's going to be a very bumpy, ugly road, especially if your partner has the same goal.

If there is a possibility that the problem at hand has a solution and can be fixed, then let finding a solution be your goal. If it is not the kind of issue that can be fixed or solved, let your goal be to gain more understanding and to feel more understood. If you have one of these two as a goal, it is much easier to know when that's been achieved. If proving you're right is your goal, you and your partner could go at this for a lot longer without feeling like you've achieved anything.

Call for reinforcements early:

If you're finding that you and your partner are having trouble figuring out a healthy way to argue, reach out for help. A therapist can be extremely valuable when you and your partner are learning new communication skills and can help you both feel more supported and understood so you can go on to have a rich, long-lasting relationship full of healthy, productive arguing.



August 10th - Foot, Eye Dental
September 14th - Physical Activity
October 12th - Immunizations

Earn your points throughout the year!!

Ways to earn Incentive points:	-Get in for individual teaching with Diabetes Nurse and Nutritionist.
-Attend monthly education classes	-Being more active
-Complete all yearly lab work and appointments with your doctor.	-Take medications daily
	-Healthy eating

Where: Health and Wellness Center, Mountain Room
Time: 10 - 11am & 3 - 4 pm

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

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.ivannaknow.org
www.staying-alive.org www.teenadvice.org
www.866teenlink.org
Teen Crisis Hotline - 866-427-4747

What are Needle Exchanges and why do we have them?

Muckleshoot Behavioral Health

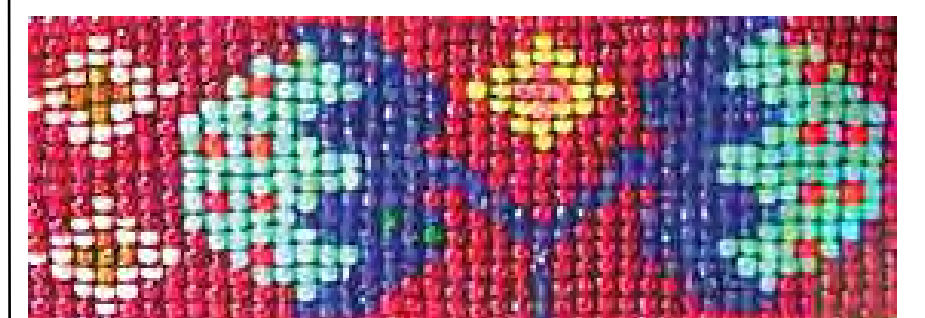
What: Needle Exchanges are a non-judgmental space where injection drug users can receive clean needles and safe injection supplies. Other services are also offered such as overdose prevention education and referrals to medical care and treatment services if requested.

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



MUCKLESHOOT SYA YA 4-H CLUB HAS ANOTHER GREAT YEAR!

- 4-H members participated in the following activities this past year: Sewing camp, community service, King County and Puyallup State Fair entries including; deer hide rattles, baby boards, photography and sewing projects, Ride and Shine camp (horsemanship including riding).
- 4H meetings meet monthly, the 3rd Thursday, 5-7, at the Blue Barn. All youth and their families are welcome to participate.

Come Join 4H!! September 29th
5pm to 7 at Family and Youth Services HWC!



Family and Youth Services Summer Camp

August 21st-24th, 2016

The Family and Youth Services program made their third annual trip to Black Diamond Camp for three days full of games, crafts, and adventures. It was a chance for the kids to build friendships, try new experiences, and enjoy camp time classics like campfires and s'mores!

While camp is mostly about having fun, we also provide an opportunity for the campers to

learn skills that can help them live healthy and drug free lives. This year our theme was 'Self-Care', and we talked about healthy ways to cope with stress. We made self-care kits that included aromatherapy, lotions infused with essential oils, and beeswax candles. Staff and campers alike had a great time, and we hope to return to camp next year!



What Do Prince and Michael Jackson Have In Common?

Answer at the bottom of this article

Fentanyl-Laced Heroin and Cocaine

The concern:

- An outbreak of overdoses and deaths involving fentanyl combined with heroin or cocaine has been reported in a number of urban areas in the United States.

What is Fentanyl?

- Fentanyl is a prescription narcotic analgesic and is roughly 50-80 times stronger than morphine. This medication is used to manage pain during surgery and chronic pain for persons who already are physically tolerant to opiates.
- Fentanyl can be produced in underground laboratories in powder form and mixed with or substituted for heroin.

Preventing Overdoses:

- People using heroin or cocaine, or in treatment/recovery from such use need to know that:
 - The potency of street-sold heroin or cocaine is significantly amplified by fentanyl.
 - One may not know that the heroin or cocaine has been cut with fentanyl.
 - Because the potency of the drug purchased on the street is not known, and because the addition of fentanyl may not be disclosed, ANY use – even

a reduced dose – can result in overdose or death.

- The effects of an overdose occur rapidly, particularly with this powerful combination of drugs.

Treating Overdoses:

- Fentanyl-related overdoses can result in sudden death after a person stops breathing, heart attack, or severe allergic reaction.
- These drugs, in combination, can be deadly if action is not taken quickly. Suspected overdoses should be treated rapidly with naloxone (Narcan), which should rapidly reverse symptoms related to an opioid overdose.

You can get a Narcan kit at the Muckleshoot Pharmacy or at the Behavioral Health Program (BHP)

If you have questions about this article, Fentanyl, Narcan or treatment for Drugs/Alcohol please contact Behavioral Health at 253 804-8752.

Answer: ...Both of them died after an opioid prescription overdose.

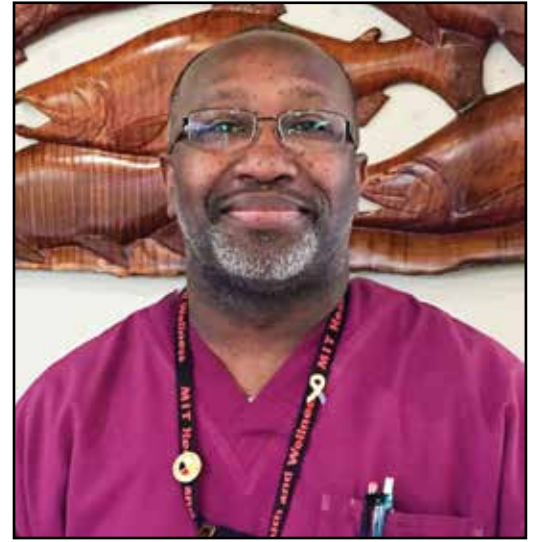
Get To Know Our Wellness People.....

Kenny Jones, Medical Assistant

Hi my name is Kenny Jones. I have been working with the Muckleshoot community for a little over 10 years.

I am from Alabama (Roll Tide) and have been living in Washington for 13 years....and no; this does not make me a Washingtonian :-).

I have three daughters and enjoy spending time with them. I officially joined the grandpa group recently. I have a beautiful granddaughter who was born 7/31/2016. Even though I'm officially a grandpa, there are some of the kids here that were already calling me Grandpa Kenny or Uncle Kenny. I also enjoy traveling and gardening.



WE ARE CONNECTED.
we need you here.

To GIVE help or GET help:
Call 911 if you or someone you know is in immediate danger.
Call the Suicide Prevention Lifeline: 1-800-273-TALK (8255).
Chat online at www.SuicidePreventionLifeline.org.
Text START to 741741 to chat via text.
Visit www.wernative.org.
Talk to trusted elders, healers, friends, family, clergy or health professionals.

Talk to a Counselor @
Behavioral Health 253-804-8752
Family & Youth Services 253-333-3605
After Hours
Crisis Line 1-866-427-4747
Crisis Line 206-461-3222
Suicide Line 1-800-784-2433
Teen Link 1-866-833-6546 (Evenings 6-10pm)

Northwest Portland Area
Indian Health Board
www.npaihb.org

THRIVE

This marketing campaign was developed, in part, under grant number 103500401 from the state of Washington. The views, opinions and content of this publication are those of the authors and contributors, and do not necessarily reflect the views, opinions, or policies of CIAPR, OIA/HSN, or IHS, and should not be construed as such.

Thursday, September 22nd
4:30-6:30pm

HEALING DINNER
@ the Health and Wellness Center Conference Rooms

Topic: **Live It Forward**
Community Suicide Prevention

Dinner will be served. All community members and families welcome!

We Are Connected. We Need You Here
Zero Suicide Initiative

For more information, please contact:
Katelyn Nies at the Behavioral Health Program
(253) 804-8752

MUCKLESHOOT FAMILY AND YOUTH SERVICES PRESENTS:
TWO-SPIRIT HEALING DINNER

Please join us for a Two-Spirit talk and Q & A with special guest Harlan Pruden (First Nation Cree), founder of the TwoSpiritJournal.com. Learn about the history of the Two-Spirit people, and engage in a conversation about how the community can work together to restore their honor and respect.

October 13th 2016
5:30pm - 7:30pm
Dinner will be served
Muckleshoot Health & Wellness Center
Mountain Room
For more information, please contact
Mathilda Dunn (253) 333-3605

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

*News you can use!
 Q: Ever wonder why we ask about your income?*

Diabetes Classes!!

Muckleshoot Diabetes Program 253-939-6648

Our classes are coming to end for the year, please come in to complete your yearly nurse/doctor visit and lab work to gain points toward incentives. Our final class is:
Thursday, October 13th, 2016: Immunizations, a cooking demonstration and turn in points for incentives.
November event for Diabetes Awareness Month: TBA

Class located in River Room at Health & Wellness Center 10am-12pm.

Healthy Shopping on a Budget

By Kaleigh Krantz

Eating healthy doesn't have to be outrageously expensive. Many families do not realize that eating out and spending money on energy drinks, alcohol, and other high calorie snacks adds up quickly. Here are 5 tips for shopping for nutritious foods on a budget:

1. Always shop the perimeter of the store. Next time you walk into a grocery store, take a look around, the more nutrient dense foods will be around the perimeter while most of the high carb, sugar loaded, and nutrient-poor foods will be in the middle aisles. Avoid the middle of stores so your dollar buys you more nutrition!
2. Always make a list. Shopping goes much more smoothly when you have a list created and your meals planned out. This prevents you from throwing last minute items into your cart or purchasing things that are not necessary.
3. Use coupons and take advantage of store specials. Check out the newspapers and store ads that come in your mailbox before planning your meals for the week and going to the store.
4. Purchase items that you can use in multiple recipes and for different meals such as rice and eggs. It's also a good idea to shop only once a week instead of shopping every day for ingredients.
5. Visit roadside stands and farmer's markets for produce whenever possible. Summer is a great time to buy local and fresh and will often be cheaper than the store bought produce!

For more information, contact HWC at (253) 939-6648 to schedule an appointment with Kaleigh Krantz, MHWC dietician

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

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



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.

Did You Know?

In order to burn off the calories contained in one regular sized Coca-Cola you would have to walk 4.5 miles?



In order to burn off the calories contained in a regular sized Big Mac Extra Value Meal you would have to run four miles per day for one week!



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 meet on Thursdays at 5:00 PM – Cynthia Lozier

QUITTING SMOKING CAN BE HARD, WE CAN MAKE IT EASIER

THERE ARE MANY OPTIONS FOR SMOKING CESSATION.

WE CAN EVEN HELP YOU QUIT SMOKELESS TOBACCO PRODUCTS, LIKE CHEW AND SNUFF.

-THE BENEFITS ARE ENDLESS:
 -SAVE MONEY
 -SAVE YOUR LUNGS
 -IMPROVE YOUR HEART HEALTH
 -DECREASE YOUR CANCER RISK
 -IMPROVE YOUR ORAL HEALTH
 -DECREASE 2ND HAND EXPOSURE TO YOUR FAMILY
 -DID WE MENTION SAVE MONEY

COME AND TALK WITH A MUCKLESHOOT HWC-PHARMACY MEMBER, OR YOUR MEDICAL PROVIDER.

YOUR MIND, BODY, AND WALLET WILL THANK YOU

Call Us at the Pharmacy TODAY: 253-333-3618 or contact your medical provider for a visit.

PENTECOSTAL



Neal Manuel is the youth leader for the church. He and the youth took this picture with Stacey's new truck.



A very special thank you to Edgar Martinez and the Mariners for installing new LED lights in the Pentecostal church gym.

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

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

Life Skills International and Family Life Skills of the First Nations invites you to our
Post Traumatic Stress Disorder Seminar

PTSD ITS CAUSES AND ITS CURES

Presented by: **Dr. Paul Hegstrom Ph.D.** Founder of Life Skills International, Inc.
Muckleshoot Pentecostal Church *39731 Auburn Enumclaw Rd SE * Auburn, WA 98092

October 26, 2016 1:00 PM-5:00PM
October 27, 2016 9:00AM-5:00PM October 28, 2016 9:00 AM-4:00 PM
*** Donations accepted for lunch to be provided ***

ASK YOURSELF THESE QUESTIONS:

- Were you a part of a blended family? Were you an adopted or foster child?
- Are you trying to get your spouse to change to meet your needs?
- Do you find yourself angry or short-tempered with those around you and you don't know why?
- Do you feel rejected by others? By your children? Your partner?
- Do you feel afraid or unable to express your emotions?
- Have you been deployed in the military and things are just not quite right?
- Do you or someone you know suffer from PTSD?

IF YOU ANSWERED YES TO ONE OR MORE OF THESE QUESTIONS, THIS SEMINAR IS FOR YOU!

TOPICS TO BE COVERED:

- The seeds of PTSD
- Rejection as a child
- Restarting the brain
- Arrested development
- Witnessed a traumatic event
- Steps to normal development
- Abuse in the home
- What is trauma and its effects
- The stages of life, the wounds, the healing
- Were you involved in a war
- Reactive behaviors
- Understand shame and guilt
- Traumatic death of a loved one
- Healing the losses

This is a proven seminar that will change your career, your personal life, your marriage relationship, and parenting patterns.

Send Registration Form as an attachment to: Charlotte.Williams@muckleshoot.nsn.us

REGISTRATION

Name _____ Name of tribe if applicable _____
Address _____ City _____ State _____ Zip _____
Email address _____
Phone # _____

For more information contact Charlotte Williams at the above email or contact

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

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



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

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

Free Legal Services for Low Income Native Americans and Alaska Natives

Do you have a non-criminal legal problem?

The Native American Unit at Northwest Justice Project provides free civil (non-criminal) legal services to eligible Native Americans and Alaska Natives who cannot afford a lawyer in Washington.

Legal issues include (among other things):

- Protecting Indian monies (per capita, settlement, and other tribal income) from garnishment and/or impacting other income and benefits;
- Education – suspensions, special education, truancy;
- Child custody matters involving the Indian Child Welfare Act;
- Trust land rights- leasing, rights of way, homeownership;
- Estate Planning (wills) for Indian trust property owners;
- Indian Health Care and other tribal benefits;
- Driver's license suspensions based on unpaid fines;
- Tribal housing.

To find out if the Native American Unit can help you, please call.

- In King County: Call 2-1-1**
- For all other counties:** Call the CLEAR hotline at **1-888-201-1014**. CLEAR phone lines are open from 9:15 a.m. – 12:15 p.m., Monday thru Friday.

What is Northwest Justice Project?

The Northwest Justice Project (NJP) is a statewide non-profit organization with 13 offices in Washington State that provides free civil legal services to low-income people. NJP's mission is to secure justice through high quality legal advocacy that promotes the long-term well-being of low-income individuals, families, and communities.

Rev. 5/2016

EVERGREEN LONGHOUSE OFFERING GRANTS TO NATIVE ARTISTS
Application Deadline is October 19, 2016

The Longhouse Education and Cultural Center recognizes the importance of supporting the arts at the source – by supporting artists themselves. Each year, the Longhouse issues a call for grant proposals for Native artists living in Washington and Oregon. Since 2006, Native artists working in a variety of media have been awarded funding to create new work, gain skills, acquire tools and materials, pass along cultural knowledge, and much more.



The Native Creative Development Program™ was designed to address the professional development needs of individual Native artists, such as purchasing supplies and materials, harvesting resources, portfolio development, apprenticeships, workshop fees, training and education, teaching a workshop, etc.

Applications for **all forms of visual, performance-based arts, media and literary arts** will be accepted. **Native** is defined as: American Indian, Alaska Native or Native Hawaiian. Documentation of ancestry is required. In addition, you must be a Washington or Oregon resident to be considered for this award

The grants are designed to provide Native artists such as weavers, regalia makers, carvers, beaders, tool makers, as well as artists working in any format to apply for the grants. The deadline is October, 19, 2016. Awards are between \$2,500 and \$5,000. Artists have used the funds to purchase tools, equipment, establish web pages, purchase market displays, create marketing material and marketing websites for their work.

Interested folks can download the application at:
<http://www.evergreen.edu/longhouse/grantprograms.htm>

Community Service Hours

Tribal and community members needing to complete community service hours obligations for the courts can come see me at the Phillip 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.

Enumelaw

Preferred pricing for Tribal Members

Good Credit/Bad Credit

98% Approval rating

Referral Fees from \$100-\$500!

Special Pricing on New and Used Vehicles

Aggressive Financing Rates and Programs

New and Used Vehicles

Special Fleet pricing

Muckleshoot Tribal Members

Enumelaw Chrysler Jeep Dodge Ram

Is YOUR Store!

Visit Us Today for YOUR Tribal Specials!

Contact Josh Curley/Grant Fraser at 360.801.0200

From the Office of Tribal Credit...

Did you know that our office has copies of the Consumer Reports magazine? You are more than welcome to stop by our office and take a look at them. We can also photocopy pages for you too. Consumer Reports has The Best of the Best and Worst of the Worst for vehicles as well as any other item that you might be looking to buy.

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.

NOTICE OF PETITION FOR NAME CHANGE

Case No. MUC-NC-08/16-130
 PETITIONER: Stephanie DeAnne Lauaki on behalf of herself, DOB: 03/03/1981
 Any person who may have an objection to this name change may file a notice of objection with the Muckleshoot Tribal Court 39015 172nd Ave SE, Auburn, Washington on or before the hearing scheduled for Tuesday, October 18th, 2016 at 10:00 AM.

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

September 29 **Come Join 4H - 5-7pm a Family and Youth Servies HWC**

September 30 - October 2 **Muckleshoot Gospel Song Fest - at the Muckleshoot Elder's Complex. Call Rhonda Harnden-Cabanas 253-833-1758**

October 13 **Two - Spirit Healing Dinner - 5:30 - 7:30 pm at Muckleshoot Health & Wellness Center Mountain Room. Call Mathilda Dunn at 253-333-3605**

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@muckleshoot.nsn.us

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

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



Hello, my name is **LaMya Hamilton** I am the **2016 Supreme Queen**, for **"Queens For a Cure."** Queens For a Cure is a local Non-profit Pageant founded by two amazing young women that wanted to help raise money for Breast cancer research and wanted to encourage their friends to do the same. Queens For a Cure raises money by holding this event and donating all proceeds to Breast Cancer research.

I wanted to compete in a pageant because I am so competitive but also love pageants. After much research by my mom we decided to try Queens for a Cure. A non profit with donations going to **Susan G Komen Foundation**. The thought of not only being able to compete but to compete in something that goes towards such a good cause sounded amazing to me and my mom. I have met so many wonderful people, and now have several sister queens. I have also been to some pretty amazing events this past year, my favorite was "The Race for a Cure" held in Seattle by the **Susan G Koman Foundation**. This year I will be passing down my Supreme Queen title and all though I will miss being Royalty for such an amazing pageant, I will always enjoy fund-raising and encourage others to do the same. For more information on the pageant please check out the website at **WWW.QUEENSFORACURE.COM**



Back Cover model Winner

I will be holding a fundraiser and excepting donations during the month of October. Lets come together and help make a change.
All proceeds go to "Queens for a Cure"



DEBT PAID!



Henrietta Kinggeorge
9-12

Birthday wishes and love from your family!



Happy 1st Birthday!

Mariyah Rayne

Happy 1st Birthday Little Miss Mariyah Rayne! (09/27)

You're such a Goofy, Happy, Awesome little Girl! We all Love you Lots! We all can't believe your about to be One already!

Love from your Big Family, Grandpa Noreen, Grandpa Tim, Your Auntie's, Uncle's, and of course your Cousin's!



Happy 10th birthday Tristan James, from Mommy and your Dad, La 'Myah, Kyson, Grandma Elaine, and Grandma Virginia. Hope you have a great birthday from your family that Loves you 9-21-06 and Mommy and sissy and Brother Kyson and Braden loves you so much XOXO



Love Mom, Jacob & Antonia



"I would like to thank the Recreation Department for helping me achieve my goal of running the Disney Half Marathon"
Caryn Avila



Welcome

"Greyson Robert Brown"

Born: 7/8/16 Weight: 8 lbs. 9 oz.

Height: 20 ¼ inches

CONGRATULATIONS

PROUD PARENTS:

ROGER BROWN & BRIANNA PEREZ

Proud grandparents: Rod Brown & Liz Eyle

Proud big brother: Garrett Brown



Mya Rose Tom

7/27/17

8 Lbs. 15oz 19in.

Parents: Helen Jameson and Myran Tom
Grandparents: Lonna Swanson and Vincent Jameson Jr; Lawrence Tom Sr and Julie Tom

