

INSIDE

Tribal Council 2
 Annual Tomanamus Forest Day 5
 Tribal College 6
 Elders 10
 Housing 15
 Health 17
 Religion 21
 Police Report 22
 Notices 23
 Family 24



Annual Tomanamus Forest Community Day
 Page 5



Salmon Homecoming
 Page 14

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

NON-PROFIT ORGANIZATION
 U.S. POSTAGE
PAID
 AUBURN, WA
 PERMIT NO. 86



Muckleshoot MONTHLY



Vol. XVII No. IX

Muckleshoot Indian Reservation, Wash.

October 28, 2016

Message from the Tribal Council

On Friday, October 21, Tribal member Renee Davis was fatally shot by King County Sheriff's deputies who were responding to a call to check on her welfare. Exactly what happened when the deputies entered the Davis home after getting no response to knocking on her door is not known at this point.

All we do know is that her children have lost a loving mother and the community has lost a valued tribal member. Our thoughts and prayers are with her children and extended family. We are committed to doing everything we can to help her children and family through this terrible ordeal.

We are also fully committed to making sure an independent, thorough and transparent investigation of this incident is undertaken. We have been in touch with the appropriate authorities about that and will keep the community informed as we learn more.

Tomanamus Community Day 2016

By Heather Watson

This year marked the 3rd annual Tomanamus Forest Community Day. It was hosted at Medicine Eagle Flats, an area that has been developed and maintained by the Muckleshoot 2015 and 2016 Summer Youth Crew, as well as the Muckleshoot Road Maintenance and Silviculture Crews.

The day consisted of various recreational activities to get students and their families having fun in the woods, such as a fishing pond, archery range, BB gun range, shed hunt, rock hounding, and more. Some activities took on a more education based perspective including the creation of wildlife track imprints, the dissection of owl pellets to discover what they eat, and wildlife fur identification.

Multiple universities and colleges attended Community Day in order to showcase their natural resource programs and the opportunities available to Muckleshoot students and community members interested in furthering their education. Other forest industry organizations and non-profits attended as well to increase the scope of the forest industry represented.

Sustainable Forestry Initiative attended the event to discuss what SFI is, the SFI certification that Tomanamus holds, and what sustainable forest management looks like. We also had the largest turnout of Muckleshoot Tribal Departments participating including Muckleshoot Emergency Preparedness, Preservation, Culture, Wildlife, Fisheries, and the Muckleshoot Tribal College.

2016 Community Day highlighted some fantastic community cooks, who participated in and won the traditional food cook-off.

The cook-off was held on August 26th, the judges consisted of Muckleshoot community members who are a part of the various Muckleshoot work crews on Tomanamus. There were 6 selected winners; two served side dishes, two served main course dishes, and two served desserts. Louie Ungaro and his team prepared amazing traditional foods, including oysters, crab legs, clams in a



PHOTO BY EVAN AVILA

pit oven, and elk over an open fire.

The event was a huge success thanks to the Muckleshoot Tribal School, Muckleshoot Tribal Departments, Tomanamus partners, the Muckleshoot community, and the Muckleshoot Tribal Council. The 4th annual Community Day event will occur sometime next September of 2017, where we hope to highlight new and unique activities, opportunities, and partnerships.

Photos on P5

Vote! Vote! Vote!



The 2016 General Election is right around the corner and it is up to you to make sure that your voice is heard!

Election Day is Tuesday November 8th.

A **King County ballot drop-box** has been made available to the public on the reservation, it's located along the right hand side of the **Philip Starr Building drive way**. As you drive towards the building from SE 392nd Street, you'll see it before you turn for the parking lot. It's big, white and blue.

Provisional ballots are available for those with lost or damaged ballots. For King County voters, call the King County Elections office to request a new ballot be mailed to you.

Or you can visit this website: kingcounty.everonecounts.com, here you can print off your ballot, fill it out, sign it, and mail it to the elections office before November 8th.

King County Election Office Contact Information:

Address: 919 Southwest Grady Way, Renton, WA 98057-2906
 Phone: (206) 296-8683

The Muckleshoot Tribal Council encourages everyone to exercise your Constitutional rights and ensure the Muckleshoot community is represented in this monumental election.

SUNNY DAYS AT EMERALD DOWNS IN 2016

For the second straight year sunny skies, larger fields and a higher daily average handle were the stories of the 70-day Emerald Downs' meeting that concluded September 11.

Average field size in 2016 was 7.43, up from 6.86 in 2015 and 6.27 in 2014. Average total daily handle was \$975,434 up 16.8% over last year's average of \$835,037. When compared against the figures from the 2014 season handle is up 33.3%.

Wagering is not only generated from fans attending the track but also at the 13 off track betting locations throughout the state, including one of the newest locations at the Muckleshoot Casino. Wagering is also generated at hundreds of racetracks and other locations throughout the country and on the internet from multiple on line wagering sites.

On track attendance was steady this season with the highlight being a crowd of 13,328 on July 3rd, largest in the past five years. Other highlights of the meet included the track's 20th Anniversary celebration on June 20th and the Muckleshoot Gold Cup Indian Relay weekend June 10-12. The event attracted 18 of the best relay teams in the country. A one-hour special recap-



PHOTO BY JOHN LOFTUS

This photo taken by John Loftus at the Muckleshoot Gold Cup Indian Relay Races won the 20th Anniversary Angie Crockett Award at this year's Emerald Downs Equine Art Show.

ping relay weekend, including behind the scenes footage, will be airing on Comcast Sportsnet NW before the end of the year.

The Muckleshoot Tribe, who now own and operate Emerald Downs, have continued the commitment to live horse racing and purses which has helped grow the horse population at the track and the wagering handle. Large crowds also showed up for popular promotions including Food Truck Festival, Washington Cup Day, and

Wiener Dog Races. This year there was a new category added for "Wiener Wannabes" and next year there are plans to have a day featuring Corgi races!

Emerald Downs experienced great weather for the season. There was sunshine for 51 of the 70 race days, clouds for 14 days, and it rained during portions of just five days. The average temperature for the 70 days was 72 degrees. The track was labeled fast for all but one day the entire season!

On the track, jockey Rocco Bowen and trainer Blaine Wright captured their first titles and O B Harbor, who won four of five starts including three stakes, was voted Horse of the Meeting. Point Piper won the \$200,000 Longacres Mile and Stryker Phd won the Muckleshoot Tribal Classic.

For a complete list of season awards and more information on Emerald Downs visit www.emerald-downs.com

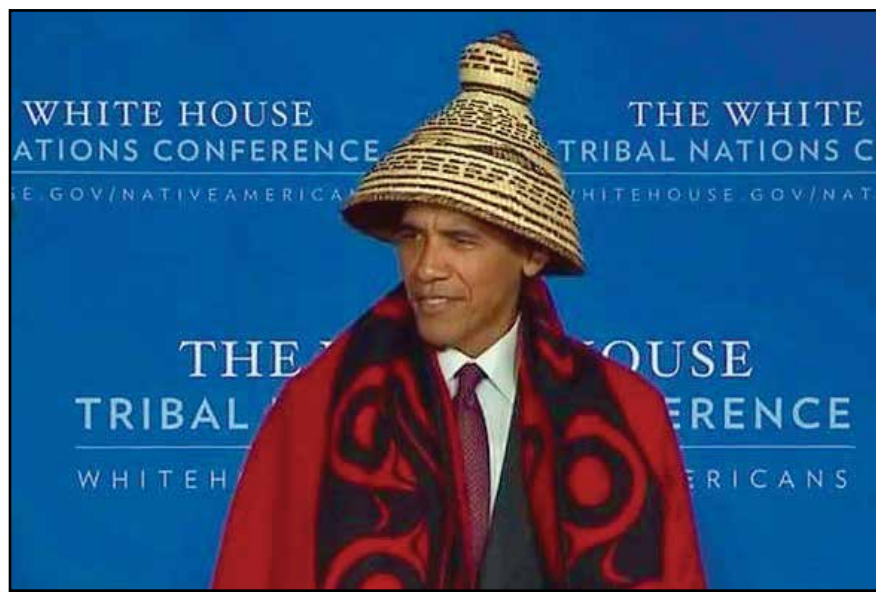
Continued on page 4

VETERANS DAY DINNER

LOCATION: Muckleshoot Pentecostal Church
 TIME: 5pm-7pm
 DATE: 11/11/16

FOR OUR MEN AND WOMEN IN UNIFORM
 PAST, PRESENT, AND FUTURE...
 WE THANK YOU

Remarks by President Obama at 8th Annual White House Tribal Nations Conference



NORTHWEST STYLE. President Obama was wrapped in a blanket and gifted a hat suitable for a chief.

Shortly after Barack Obama was elected to the Presidency in 2008, he established the annual White House Tribal Nations Conference where, under his oversight, leaders of all Tribal Nations could meet directly with all top officials of the federal agencies that affect them. Each year he has addressed the gathering personally. This year is the 8th annual White House Tribal Nations Conference, and President Obama's last. Let's hope that future Presidents continue this remarkable and unprecedented tradition. Here are the words he shared:

THE PRESIDENT: Hello, everybody. Thank you. Thank you. (Applause.) Welcome to the Eighth White House Tribal Nations Conference. And what an amazing honor, and what a kind gesture for the honor song and the blanket and the hat. I have to say that I'm very glad that you also have a blanket for Michelle so she doesn't steal mine. (Laughter.) She would, too. I'm just sayin'. (Laughter.) But that was very moving, and is a reminder of the great friendships that we've developed over the last eight years.

I have a couple of people here who I want to acknowledge for their longstanding commitment to Indian Country. Sally Jewell, our Secretary of the Interior. (Applause.) Brian Cladoosby, President of the National Congress of American Indians. (Applause.) We're honored to have here Thomas Begay, one of the last surviving Navajo Code Talkers. (Applause.) And we have some just amazing young people here that I had a chance to meet earlier, including those who are participating in Generation Indigenous, so please give our young people a big round of applause. We're so proud of them. (Applause.)

So today, the most important thing I want to say is thank you. After almost eight years as your President, I have been so privileged to learn from you and spend time with many of you while visiting more tribal communities than any other President. (Applause.) Standing Rock Sioux Tribe here? (Applause.) Choctaw Nation? (Applause.) Alaska Natives? (Applause.)

My trips to your nations and communities are days that I will never forget. Michelle and I still talk about hosting those remarkable young people from Standing Rock Sioux Nation in the White House and taking them out for pizza. (Laughter.) My staff still talks about all the wonderful people in Kotzebue, Alaska, who tried to — they tried to teach them Iñupiaq, and tried to stuff them full of meat at Cariboufest. (Laughter.)

And my brothers at Crow Nation, brothers and sisters here, I may be an adopted son of the Crow Nation, but I try not to play favorites. (Laughter.) Because I pledged to all of you when I first ran for President that I'd be a partner with all of you in the spirit of a true nation-to-nation relationship, to give all our children the future they deserve.

So we began by elevating Native American Affairs within the White House and across the federal government. The American people are served by so many dedicated, talented Native Americans like Larry Roberts — (applause) — our Principal Deputy Assistant Secretary for Indian Affairs. Morgan Rodman, our Executive Director of the White House Council on Native American Affairs. Karen Diver — (applause) — and Tracy Goodluck, our Native American Affairs team at the White House. That's just a few.

And, by creating the White House Council of Native American Affairs, we created a permanent institution with a long-term, Cabinet-level focus on Indian Country, one that involves you through the decision-making process.

I've been proud of what we've been able to do together. We haven't solved every issue. We haven't righted every wrong. But together, we've made significant progress in almost every area.

Together, we've permanently protected sacred lands for future generations. We've restored more than 428,000 acres of tribal homelands to their original owners. By signing the historic Cobell settlement into law, we established the Land Buy-Back Program, a \$1.9-billion fund to consolidate individual Indian lands and restore them to tribal trusts. (Applause.)

Together, we've strengthened your sovereignty, reauthorized the Violence Against Women Act so that tribes can prosecute those who commit domestic violence against women in Indian Country, whether they're Native American or not. (Applause.) We've worked to ensure your right to equal justice under the law, and given more power to tribal courts and police. I know that many of you have come together across tribes and across the country to support the

2016 Summer Reception

PHOTOS BY EVAN AVILA



2016 Per Capita Deadlines and Schedule

- 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

REMARKS BY PRESIDENT OBAMA *continued*

community at Standing Rock. And together, you're making your voices heard. (Applause.)

And in a spirit of cooperation and mutual respect, we've made a lot of progress for Indian Country over the past eight years. And this moment highlights why it's so important that we redouble our efforts to make sure that every federal agency truly consults and listens and works with you, sovereign to sovereign.

Together, we've worked to create jobs and expand opportunity by investing in clean-energy projects and infrastructure and high-speed internet that connects your communities to the broader economy. We've worked to secure quality, affordable health care for more people in Indian country through the Affordable Care Act, including the permanent reauthorization of the Indian Health Care Improvement Act. (Applause.)

We've invested in job training and tribal colleges and universities, and together we've worked to return control of Indian education to tribal nations, so that as we prepare our young people for the demands of a global economy, we're also teaching them their own language and their own culture (Applause), because we believe that all our Native youth deserve a future as bright as any American child, without having to leave the land of their fathers and mothers. That's what's driven our work.

And through Generation Indigenous, we've worked to connect more of our young people to each other, in one big network of opportunity across the country. So that's just some of the progress we've made together. And we've got to keep fighting to the finish line. Even after my time in this office comes to an end, I'm going to be standing alongside you because I believe that, yes, our progress depends in part on who sits in the Oval Office, and whether they're setting the right priorities, but lasting progress depends on all of us,

not just who the President is. It depends on making the decisions that are good and right and just, and our willingness to organize and mobilize and keep pushing for opportunity.

And I'm optimistic that you will continue on the path forward that we've set. I'm optimistic that our progress will continue. The young people who I've met on this journey, more than anything else, who make me feel optimistic. The students who sang us the Lakota National Anthem and told us about all the obstacles they've overcome, and shared with us their dreams for the future. The students at the middle school in Dillingham, Alaska, who taught me a traditional Yup'ik dance. (Laughter.) Well, I can only do it when they're around, because I'm basically just watching them. They were very patient with me. (Laughter.)

As a young woman named Lindsay Early, of the Comanche Nation in Oklahoma, who earlier this year wrote me a letter to tell me she was actually at a campaign speech I gave in Texas way back in 2008, where I pledged that I'd do my best to represent Native Americans. And Lindsay said in her letter that when she heard my pledge to her people, in the middle of my speech, she screamed as loud as she could from the balcony. And, look, if you're President and somebody screams, that can mean many things, usually. (Laughter.) Sometimes it's good, sometimes it's not so good. But, according to Lindsay, it was good. And I answered back, "I hear you girls, and when I'm elected I won't forget you."

Well, eight years later, Lindsay's gone on to accomplish some pretty remarkable things. She was raised by a single mom, like me, and didn't have a lot of money or obvious advantages in life, but she earned a scholarship and graduated from college. Moved back home to help her mom care for her 92-year-old grandmother.

Will Foulkes Artist Biography

Will Foulkes, enrolled Tsimshian, is a self-taught artist. His medium is pen and paper. Will gets his form line mostly from studying the early photos of Totem Poles taken by explorers in the 1800's. Will tries to fit the form of the carving's form image onto the flat surface of the paper. In 1992 Will wanted to draw in the old style of "just doing it," by using pen only – no pencil or eraser.

Until recently, Will only produced originals. Now 17 years later Will has over a thousand completed Tsimshian works of art. In 2007, Will began to allow high-quality prints to be made. For signed and numbered prints, he likes to restrict the print to not more than 50. Other artists often make 200. By offering prints, all community members have an opportunity to purchase a piece of art if they like it enough.

You can often find Will year round in Tacoma, Washington sitting somewhere on the Eastside drawing or walking around selling his prints. Simply enjoying the day, looking for a place to draw or visiting old friends on the Puyallup Reservation and the surrounding Reservations.

SOURCE: Northcoastnativeart.com



Noted Northwest Native artist Will Foulkes.



REMARKS BY PRESIDENT OBAMA *continued from page 2*

She took a job developing a new assisted-living facility, owned and operated by the Comanche Nation. And after that opened, she joined Teach for America. And now she teaches kindergartens in her community by day, and Native America history to students at a tribal college at night. (Applause.)

So this is a young woman who knows the meaning of giving back. (Applause.) And her whole life, people told her how smart she was and that someday she'd go off into the world and make big changes. But in school, she came to a realization, and here's what she said: "It was not 'going off' that would make Indian Country better, but returning with education and with the insight education brings... my students have a sense of pride in them about who they are as indigenous individuals... more than anything, they realize they are in control of their own destinies – and that's such a powerful thing to experience."

So you listen to somebody like Lindsay, who understands she's in charge of her own destiny and is now able to transmit that to the next generation, and how can you not be optimistic

about this country's future? How can you not be optimistic about the future of all of the nations represented here?

And Lindsay, I want you to know that I heard you. I didn't forget you. And I want everybody in this auditorium and all the folks back home in your respective communities to know that this whole time, I've heard you. I have seen you. And I hope I've done right by you. (Applause.) And I hope I've set a direction that others will follow. (Applause.)

I hope I set a direction that others then follow, and I hope I've given more of our young people, like Lindsay and her students, that sense of hope and that sense of what an incredible gift they are to this country, and that they're in control of their own destinies, and that they're going to help shape the future of the United States of America.

Thank you all for your partnership. Thank you for this journey. (Applause.)

I'll see you on the other side. May God bless you. God bless the United States of America. (Applause.)

Wilbert Victor "Willy" Foulkes

Wilbert Victor Foulkes, Tsimshian, was born on November 27, 1964 in Seattle, Washington.

His mother, Patricia Gail Milton, was a full-blood Tsimshian from Metlakatla, Alaska. Patricia's mother was Victoria Alexcee of Port Simpson, British Columbia, and her father was Victor Milton of Metlakatla, Alaska.

Both of Willy's grandparents were of chief's lineages. Victoria Alexcee's mother, Emily Smith was of the House Git Lu Sau, meaning "People of the Inside." Victoria Alexcee's father, William Alexcee, was of the House Git Wil Geots, meaning "People of the Kelp." Victor's parents were Arthur and Esther Milton of Metlakatla, Alaska.

His father, Richard Banks Foulkes was a direct-line descendant of one of Seattle's founding families, William Nathaniel Bell and Olive Virginia Bell. The Belltown neighborhood immediately north of Downtown Seattle and several streets, including Bell and Virginia Streets and Olive Way, were named for the family and its members.

Willy used the medium of ink-on-paper for over 20 years for his artwork. He used no pencils, erasers or rulers when creating his art. Willy studied the Tsimshian style of artwork on his own and was proud of the fact that he drew "free-hand" and created his designs as he was drawing them.

Willy made his art out of the sheer joy in drawing designs and using his creativity. Some of his designs were influenced by the tribal stories of the North West Coastal Tribes. He was also creative in using his talent in accepting requests for special occasions, such as birthdays, memorials, keepsakes and sports teams.

Willy left the meaning of his designs up to

the person who owned the design he created. As a result, that person could describe Willy's art with the expression of what the picture represents from their own perspective. Willy was pleased to know the owners of his art were happy with what he created.

Willy is survived by his children, Lamar Cooday, Leilani Elkins, Daryle Elkins, Venecia Elkins, Nathaniel Elkins, Lena Elkins, Victorya Foulkes, D'Zsa Foulkes, Erick Elkins, Erika Elkins and Bell Sharlow-Foulkes; siblings Richard Foulkes, Brian Foulkes, Sabrina Zupan and LeVena Barlow; parents Richard Foulkes and Patricia Milton; grandparents Victoria Alexcee and Victor Milton, Olive Banks & Jack Foulkes.

He is also survived by his grandchildren, Leila Elkins, Angel Elkins, Sage Elkins, Erma Cooday, Nathaniel Elkins, Analeyah Lavoie-Elkins, Jayda Elkins, Syrus Elkins, Samyra Elkins-Molina, Pablo Barrera Jr., Maizy Elkins-Lozier, Zachary Maynard Jr. and Aniya Lavoie-Elkins; nieces and nephews, Jase Foulkes, Ryan Frank, Tara Foulkes, Richard Foulkes Jr, Breanna Foulkes, Lawrence Foulkes, Hannah Foulkes, Lee Foulkes, Neil Foulkes, Kathryn Zupan, Kaylin Zupan, Olive Barlow and Elijah Barlow.



Gail Marie (Maule) Larsen

Gail was called home to our Creator on September 7, 2016 at the age of 56. She was born September 9, 1959 in Traverse City, Michigan.

Gail's career with the Tribe started in 2004 at Keta Creek Hatchery. Rumor had it that she was the answer to our needs and that soon proved true. Gail was always the first to arrive in the morning and the last to leave at night. She set the example for every aspect of hatchery work, both in the office or in the spawning pit, wrestling large chum salmon.

Gail's opinion was always solicited as her demeanor was levelheaded and even as she administered her "woman's intuition", and just good smarts. This dedication did not go unnoticed as Gail was chosen as the Fisheries Department Employee of the Month. Comments from colleagues were: "Gail always goes beyond what we expect from anyone in job performance, attendance, and community service, and reflects highly

in Fisheries"; "Gail is very flexible and does a wonderful job with the derbies"; "Gail's work ethic, dedication, and hard work are good examples for others to follow."

Gail is survived by her college sweetheart and husband, Arnold Larsen of Buckley, her mother Joan Maule of Traverse City, three sisters, two brothers, and many extended family members and friends. A memorial service is planned for the spring of 2017 at Bethlehem Lutheran Church in Traverse City. The Tribe's Fisheries Division is also planning a spring 2017 gathering at Keta Creek where a tree will be planted in Gail's memory.



Suzie Guardado-Bass

Suzie was only 61 when she passed away on Wednesday, September 14, 2016 in St. Joseph Hospital in Tacoma, WA. She was born on May 14, 1955 and grew up on the Muckleshoot Reservation. She eventually moved to Tacoma and graduated from Henry Foss High School, where she loved to eat French fries.

She went to Knapp Business College and Green River Community College in 1982 and graduated from both schools. She worked for the BIA during the 1980's until her Mom started failing in health. Her hobbies were beading, drawing, journal entries, poetry and singing. Her faith was Christian and she loved to hear Joyce Meyers preach.

It's hard to say goodbye. We wish that we had more time and perhaps that during that time we would spend more of it together. We wish that so much of her life had not been lost to her illness, that things could have been different for her and us. While we know she's at peace, and that her struggles are at an end. But even though she is

gone, there is pain and sadness right now because she left a legacy of her love and perseverance. Her favorite saying was "Oh Lord Won't You Buy Me a Mercedes Benz!" from the song by Janice Joplin, her favorite singer.

Suzie is survived by her daughter Jammie Chere' Guardado; son Curtiss Lloyd Bushey; granddaughter Chadessa Marie Chere' Chalfant; grandson Jaylin Terrell Adams, and several nieces and nephews and great-nieces and great-nephews. She was preceded by father Charles Lloyd Stinson; mother, Pearl "Granny" Stinson; husband Stephen Wayne Bass; sister Joyce Lee Helton; and nephew Steven Lloyd Ratliff.



R.I.P. Renee Davis

3/02/93 – 10/21/16

A complete obituary will appear in the next edition.



What I Learned at Standing Rock

By Gilbert Adame

Each and every one of us on Mother Earth experiences something different every day. It may be something we see or something we learn in our life. Every experience is different to us all, whether good or bad, but we will always remember it. As we look back on the many things we have experienced, there are a few – maybe even one – memory you have that you love and its thought is deeply engrained in you – a voice of positive reason, a thought that says a million words which you cannot let go, will not let go. *Mini Wicioni (Water is Life)*

I recently took some of the Adult Work Training Program's participants to the Standing Rock Reservation in North Dakota to support the No Dakota Access Pipeline (No DAPL). It was me, two crew members and two guides that took the 19-hour road journey through four states. I will not go into grave detail about some of my experiences on the way there and while at camp, but I will tell you about the most important things I learned while at the Oceti Sakowin (Seven Council Fires) Prayer camp.

Arriving at the camp was a beautiful sight. There were teepees standing tall, tents and some camper trailers stretching from east to west. Looking up, we seen what seemed to be hundreds of flags blowing in the North Dakota wind. As I looked on to them flags, I couldn't help but think how much history each flag carries within them. History that was there long before we were, and I felt proud – proud to support our people, proud that I was there in solidarity with the Sioux Tribe.

During our first minutes there, as we were unpacking our items, a man came up to us and asked if we needed any help. Moments later, a truck pulled into our camp. My first thought was "I wonder what this is about?" The truck reversed and three men jumped out and began to unload big logs of wood. Still curious, I asked no questions and let them go about their business. One man started a chainsaw while the other two men pointed at the logs as he began to cut each one down into smaller pieces.

When the men were all done, they spoke with our guide for a moment, said thank you and were on their way. I finally realized the wood was for us – it was a gift from the camp for a fire, a fire to keep us warm at night. It amazed me. This is what a welcome should feel like. This was what it means to care about someone you don't know. It means, "I am glad you are here and we appreciate it."

Each night was a blessing. You could hear drums coming from the other side of camp and relatives singing. What amazed me was how each person that sang seemed to dig deep and think of a memory they had within them for years. They sang for that memory, for the people that couldn't sing. They sang from their heart, they sang for us. It was beautiful to hear each night, our own serenades.

On one particular night a man came to our camp to talk and blessed us with his singing and drum. I remember lying on the ground and looking up at the night sky. The stars were perfectly lit that night. I could see each star gleaming. It was like looking into an abyss of greatness.

The man began singing and drumming, and the sound made me think... *it was like this in the past, our ancestors did this very thing, they were full of love and happiness.* This is why everyone was out there, because they cared about the earth and clean water and, most of all, each other's future.

Every day that passed, I learned something new – not the layout



Camp Oceti Sakowin at sunset, October 1, 2016

of the camp, nor how to cook special foods, tie knots or anything of that nature. I learned what it is to be content with laughter, a few good friends, and enough food to keep me alive.

My experience at Standing Rock opened my eyes to a whole new way of life, a new way to think and act. It showed me compassion for people I do not know. It showed me to listen to people's stories, that they may help you in this journey of life. Every experience was great. We prayed for the land, for No DAPL, for the water, and for each other. We laughed together and became closer to one another. We all knew why we were there. We were there to show support and help when needed.

There is something about truly lending a hand and never expecting anything back. That's how it was there. There was no violence, no fighting or screaming. It was peaceful, a place one could go to learn about the truth of what's going on with oil pipelines across America. At this place you will encounter people from many nations that are willing to help you and answer questions. There were no strangers there.

On our last day I was sad to go. Although I missed my family back home, I knew I would miss the camp and the people there – people I may never see again, people who are there for the long haul, ready to protect the water. This is what people who care about real life situations look like. This is how it is to feel appreciated and cared for when you stand together and fight for what's right. This is one of those times where you hold on to everything you experienced so that, hopefully, one day you can share it with someone and spark a positive change in them.

I hope my story inspires people to support Standing Rock. I hope the people there know I care and I am there with them in spirit. And to the people that shared this experience with me, I am forever grateful. I am proud to call you my friends, and I hope you will share your experiences with people as well. I will keep every person I met close to me and in my memory engrained deep within me.

TDP Events Summary

The Tribal Development Program held two successful events over the past quarter titled, "Inner guide/Smart Goals" at the Muckleshoot Tribal School, on July 28th & 29th.

We started the morning with a four-hour training on how to set smart goals. Goal setting builds the foundation for participants to achieve growth and focus in their personal lives and careers.

At the Inner Guide training, TDP participants were able to learn "the Nine Guides for Living" which consist of: awareness, inner guide, accountability, acceptance, gratitude, intention, forgiveness, letting go, and manifestation.

The Training and Development team had previously interviewed and recorded some of our elders and leaders to present the nine guides. The Inner Guide teaches participants and trainers to take individual responsibility for their own personal and spiritual development. The overall goal is to transform and inspire each person on their journey.

Sallie Eyle and other experienced stick gamers taught the trainers and managers how to play Stick-Games. Participants were told to bring items from home to bet, we also had some paper cash. To end the event, everyone enjoyed our guest speaker, Logan Seelye author of "10 and 90: The Tackle That Changed Everything". Logan is local and has appeared on TEDx. More information is available at www.10and90.com

We would like to thank Renee Lozier, Mike Jerry Sr., Conrad Granito, Jesse McDaniel Sr., Logan Seelye, and the T&D team for all of their outstanding work in setting up, preparing, creating the curriculum, budgeting, recording, interviewing, and forming such a strong foundation (plus more!)

We would also like to thank all of the participants, trainers, managers and supporters for making our events fun and memorable. Thank you to everyone else that was involved or helped in any way...it's the people that made the event so great!

Annual Softball LEAD Event

The Softball LEAD event is an annual celebration where we invite the other entities to participate in partnership & comradery.

Thank you to the Government & Gaming department for playing softball right along with the Casino TDP participants & their trainers/managers. It was very competitive and everyone was in good spirits, enjoying the company of one another (which is always the main goal!)

The award ceremony wrapped up the event. "The Commod Bods" took 1st place in the tournament & "the Demolition Crew" took 2nd place. Other award winners: (we apologize if we missed anyone)

Best Talker	Ira Starr
Silver Glove	Fred Adame
Golden Glove	Corey Cross
Silver Slugger	Ambrosia Andy
Sportsmanship	Philip James
Golden Slugger	Maxie Jansen
MVP	Kalea Mae Lezard
Road Runner	Seyhak Sou
The Cyclone	Lawrence Jerry

We look forward to next year!

*(All submissions from the TDP team @ Muckleshoot Casino)

Tribeca Ribbon Cutting Ceremony

Celebrating Three Years in Business and Best Salon in Auburn Award

PHOTOS BY EVAN AVILA



EMERALD DOWNS continued from page 1

emerald downs.com. Plans are already underway for next season, which will begin on Saturday, April 8. 70 live race days will be scheduled, concluding on Sunday September 17.

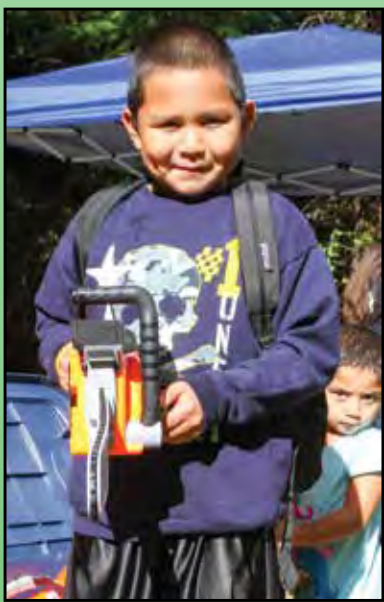
During the off season, Emerald Downs is open for simulcast wagering every day and the track stays busy hosting many group events and holiday parties in their banquet facilities. Plus the 5th floor is being renovated this off season and a 15 table card room will open next year along with a new café, simulcast area, and a remodeled sports bar.



Annual Tomanamus Forest Community Day

September 9th, 2016 - Tomanamus Forest

PHOTOS BY EVAN AVILA





SCHOLARSHIP APPLICATION INSTRUCTIONS

MIT Scholarship Eligibility Requirements:

- You must be an enrolled member of the Muckleshoot Indian Tribe
- You must have a high school diploma or GED
 - FIRST TIME APPLICANTS: Bring your diploma to the Scholarship Program or email a copy to ScholarshipsDept@muckleshoot.nsn.us
- You must be accepted in to a REGIONALLY ACCREDITED College
 - College cannot be "For-profit"
 - College cannot be on the List of Schools Not Funded by the MIT Scholarship Program
 - You can call or email the Scholarship Program to request a copy of the list
- You must submit an Online Application
- Applications must be submitted 30 days prior to the start of your quarter/semester
- You must apply during one of the Application Periods*
 - 2016-2017 Academic Year**
 - Winter 2017:** October 21st – December 2nd
 - Spring 2017:** January 20th – March 3rd
 - 2017-2018 Academic Year**
 - (New application must be submitted by all students for the 1st quarter attended of each academic year)
 - Summer 2017:** April 14th – May 26th
 - Fall 2017:** July 7th – August 18th
 - Winter 2018:** October 20th – December 1st
 - Spring 2018:** January 19th – March 2nd

*If your school has an unusual start date or you are looking into a program with modular that start outside of the application window, call us to schedule a time to apply.

If you have any questions or to set up an appointment for assistance, call us at 253-876-3378 or email ScholarshipsDept@muckleshoot.nsn.us !

- You can and should start gathering documents before the application period starts!

Online Application Document Instructions

You should have all of the documents listed below ready to go BEFORE your start the Online Application.

- **All of the documents should be submitted through the Online Application.** We recommend that you save all of your documents in one place, such as a folder on your computer or on a USB drive for easy access.
 - Some forms can be downloaded from the Scholarship Program Website or Online Application for you to complete.
 - You will need to provide some of the documents on your own.
 - You will need to obtain other documents

It is a good idea to start gathering these documents now if you plan to go to winter quarter so that you are ready to apply once the Online Application opens.

If you have not already completed a FAFSA, you should do so as soon as possible!

Write a Personal Goals Letter & save for upload

1. Personal Goals Letter
 - a. Download the Personal Goals Letter and write a letter stating your educational and personal goals. Save this document to your computer or USB because you will need to upload it as part of the Online Application.

Forms that you'll need to print & fill out, and scan & save for upload

1. Financial Needs Analysis
 - a. Fill out the top ½ of the **Financial Needs Analysis** and bring it to your school's Financial Aid Office to complete. Hopefully they will be able to fill it out and return it to you that day, but there may be a delay. In the case that there is a delay, make sure to submit a digital copy of the Financial Needs Analysis that has the top portion filled out.

Meet Your NWIC Muckleshoot Team!



Site Manager, Destiny Petroske (Right);

Instructional Technician, Melissa Reaves (Left);

Work Study Student – Tyler Spencer (Middle)

A Message From NWIC

Winter quarter is fast approaching and registration **OPENS on November 7th!!**

For those interested in signing up for winter quarter, we recommend getting started on the admissions paperwork as soon as possible.

Winter quarter BEGINS on **January 9th, 2017.**

Programs offered at our site:

- The Associate of Arts and sciences (AAS)
- The Associate of Technical Arts in Chemical Dependency Studies (ATA-CH)
- 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/VIDEO CONFERENCE ONLY!**

SCHOLARSHIP APPLICATION INSTRUCTIONS *continued*

Documents to work with your school to get and then scan & save for upload

1. Admissions/Acceptance Letter (this will replace grades from the previous quarter)
2. Class Schedule
3. Degree Plan/Course of Study- sometimes called Degree Audit or Degree Map
4. FERPA Release Form from your school
 - a. Please obtain and complete a FERPA release form from your school and authorize your school to release information to the Scholarship Program—submit a copy with your application and turn the original into your school. This will allow your school to communicate with us and share documents or information with us to process your scholarship payments and determine your academic status.

Documents that should be able to obtain on your own to scan & save for upload

1. FAFSA Confirmation-submit a copy of the email you received saying the FAFSA was complete.
2. Copy of State ID
3. Copy of Tribal ID or Enrollment Verification/CDIB
4. Head shot (recent photo showing your face)

Please keep in mind that applications, paperwork, funding, etc. takes

10 business days to process!

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:

Cary Hutchinson
 GED Instructor
 253-876-3375
Cary.Hutchinson@muckleshoot.nsn.us

Mitzi Judge
 GED Test Administrator
 253-876-3395
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) 255-4432
 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 Scearcy, 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
Dena.Starr@Muckleshoot.nsn.us

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

MIT HIGHER-EDUCATION AND VOCATIONAL TECHNICAL SCHOLARSHIP PROGRAM POLICIES

Need Your GED?

Now enrolling full and part time students

We offer free, guided assistance

- Tutoring • E-Learning • Classes
- Instructor Support
- Career & College Guidance for GED Graduates

Begin Your GED Journey

SCIENCE CLASSES
 Beginning Tuesday Sept 27th and held every Tuesday and Thursday 5:30 to 7:00 through mid-November.
 Sign up now to reserve your spot!

Learning Center Hours:
 Mon/Wed 8:00 - 6:00
 Tues/Thurs 8:00 - 7:00
 Friday 8:00 - 5:00


MUCKLESHOOT TRIBAL COLLEGE
 Auburn, Washington

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



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

During application periods visit our [online application](http://Scholarship.muckleshoot.nsn.us) to apply.

- Applications must be submitted 30 days prior to the start of your term.
- If your term does not have a typical start date or schedule, call and email us to arrange a time to apply.
- Applications, paperwork, funding, etc. takes 10 business days to process

For more info about the Scholarship Program, visit our [website](http://tinyurl.com/mitScholarshipProgram).

2016-2017 Application Periods

Winter 2017	Spring 2017
Oct 21st—Dec 2nd	Jan 20th—March 3rd

2017-2018 Application Periods

Summer 2017	Fall 2017	Winter 2018	Spring 2018
Apr 14th—May 26th	July 7th—Aug 18th	Oct 20th—Dec 1st	Jan 19th—March 2nd

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

Muckleshoot Housing Authority

“MONEY SKILLS for Life” CLASS

October 27-28

12 PM TO 5 PM.

“Money Skills for Life” Course consists of 2 half-day sessions

Homebuyers TRAINING

November 18, 2016
AND
December 8, 2016

6 PM to 8 PM.

CLASSES held at the new MHA Training Facility.

Some key points:

- Budget monthly spending;
- Improving your credit score;
- The wise approach to “big ticket items” of your financial life – cars and housing;

CONTACT: Cheryl (253) 876-3154
cheryl.obrien@muckleshoot.nsn.us OR
 Michelle (253) 876-876-3386
michelle.leverenz@muckleshoot.nsn.us
TO SIGN UP FOR THE CLASS.

- Why plan your future EARLY;
- Investments and 401K;
- Why the wisest way to invest turns out to be one of the easiest; and
- What the REAL benefit of making sound financial decisions is. (Hint: it’s not about the money!).

IF YOU ARE UNABLE TO ATTEND
 we plan to offer additional classes in the future.

Matika Wilbur Presents Project 562

Changing the Way We See Native America: Dismantling Native American Stereotypes

Auburn Library, Sunday, December 4, @ 2pm

For far too long, Native America has been misrepresented as a “vanishing race,” silenced in mass media, with our indigenous intelligence erased from collective memory. Vital change begins with identifying and promoting positive indigenous role models from the contemporary, living era.

These are the stories that live with Project 562, which to date has collected portraits and oral narratives from more than 300 of the over 562 federally-recognized Tribal Nations in the U.S.

Matika Wilbur, a Native American woman of Swinomish and Tulalip Tribes, is one of the Pacific Northwest’s leading photographers.

www.project562.com www.instagram.com/matikawilbur



In purple (Top left to right): Raven Stevenson, Rosy Fish, Cedar McCloud, Alyssa Mercer, Cecelia Williams, Erika Ramirez, Azela Weed. (Bottom left to right): Hiya Ramirez, Leilani Pavel, Nathan Keeline, Carla Thompson.

High School Cheerleading Update

By Jennifer Patterson

The Muckleshoot high school cheerleading team has had a tremendous start to kick off this school year. There are twelve student athletes who have showed determination to excel in their cheers, dances, and game day performances.

The team recently performed at a University of Washington football game during half time, cheering alongside their band and among thousands of fans. They have been at every home and away football game cheering on the Kings football. Their improvement in incorporating advanced stunts in their performances is spectacular. We wish to see more people come cheer on the Kings sports!

Athletes:

1. Alyssa Mercer- 12th Captain
 2. Cecelia Williams- 11th Captain
 3. Leilani Pavel- 12th
 4. Erika Ramirez- 11th
 5. Hiya Ramirez- 11th
 6. Nathan Keeline- 11th
 7. Cedar McCloud- 11th
 8. Azela Weed- 10th
 9. Raven Stevenson- 10th
 10. Rosy Fish- 10th
 11. Lauralee Redthunder- 10th
 12. Carla Thompson- 10th
- Muckleshoot Cheer Coaches
- Kristina Dustan and Jennifer Paterson



High School Girls Soccer Re-Cap

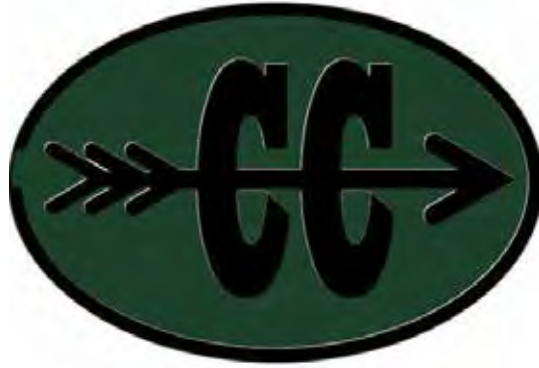
High school girls' soccer has had an exciting season. The second year program is making huge strides in improvement of game knowledge and commitment to the sport.

The girls ended their last game in a tie after regulation, but lost in a penalty kick shootout. Although it was a heartbreaker, the girls were excited to be able to compete at this level and are looking forward to the rest of their season.

Middle School Girls Volleyball



Cross Country Update



Rosie Fish is currently ranked #1 in our conference for girls' runners.

Boys' runners include JJ Jansen and Ryan Thompson Jr. who has placed in two meets as well!
Great job to all the runners!

Middle School Co-Ed Soccer Update

This year's middle school soccer team is one of the largest teams in school history. Twenty-two males and females are competing well and some outstanding players continue to emerge. The players and coaches are all positive about the season.



2016 Kings Football Roster



In 2016, the Muckleshoot Kings football team celebrated its largest turn-out in five years!

Name	Number	Grade
Elijah Asphy	11	12 th
Ruben Brown	84	10 th
Dontae Bronson-Johnson	30	12 th
Skylar Carey	70	10 th
Shawn Coombs	77	11 th
Wyatt Courville	32	12 th
Amos Courville	10	9 th
Joaquin Garcia	54	12 th
Erick Elkins	3	10 th
Eric Jametski	1	12 th
Dominic Jansen	13	10 th
Troy Loggins	16	12 th
Blaze Long	55	10 th
Monte Medina	65	9 th
Eduardo Moses	40	9 th
Robert Moses	66	12 th
Jesse Star jr.	23	8 th
Allen Sutton	15	9 th
Azela Weed	88	9 th
Keane Williams	82	8 th
Jordan Mcmillian	44	12 th
Rolondo	34	8 th
Richie Penn	64	9 th
Anthony Swanson	35	12 th



MTS Supports Standing Rock: Michael Aaron drops off clothing donations gathered by MTS students and staff.

THIS IS A MELA SPONSORED EVENT

OUR COMMUNITY IS TALENTED

ANNUAL SHOWCASE

Free Vendor Event! Market your talents, craft or business!

WHEN: November 4th and 5th

TIME: 9:00am-5:00pm

WHERE: M.E.C.E.
15599 SE 376th St.
Auburn, WA 98092

Print Name: _____	Phone: _____
Description of items that will be sold: _____	
Address: _____	
Email: _____	
Cost: FREE	
No alcohol/tobacco related products. All booths must be pre-approved. Booths must be set up 1 hour prior to scheduled open time. One FREE table per vendor. Electricity available.	
Signature: _____	Date: _____

Please contact Leonie Rodarte at 253-266-5884 or leonie.rodarte@muckleshoot.nsn.us for additional details or to sign up!

Our community has so many talented artists, craftsmen and small business entrepreneurs that we love to show them off! This is one of our most popular events because our families and community members are so resourceful and creative.

Please sign up for a FREE vendor booth and showcase your stuff. Or if you know someone that would like to share their craft, please share this information with them

Contact Leonie Rodarte at 253-876-2997 or leonie.rodarte@muckleshoot.nsn.us with questions or to sign up

Welcome Sustainability Food Systems Educator, Leslie LaFontaine

Leslie is an enrolled member of the Turtle Mountain Chippewa Tribe and has been an elementary classroom teacher at MTS for nine years. We are pleased to have her working in this new and exciting capacity.

Leslie has been working on creating this position and developing the school garden since her master's thesis in 2010. As the SFS teacher, Leslie will be teaching our students all aspects of sustainability.

This will include gardening and creating healthy, fun recipes for lunches in our cafeteria. Classes on canning our garden produce have been taught and the students are eager to pass these treats out at Potlatch and Culture Nights.

Our kitchen is utilizing fresh vegetables from the garden and incorporating them into the menu. Students thrive in a hands-on learning environment and when the culmination of hard work results in tasty treats, the students love it!

Another of the students' favorite activities is learning to gather

and prepare traditional medicines. MTS is working hard this year to begin teaching our students to identify, process, and use traditional medicines from Tribal lands and forests.

We have already begun harvesting medicines and processing those medicines in the classrooms. We are working closely with Tomanamus/Hancock workers to plan rewarding and educational field trips to the forest.

Reducing food waste in our cafeteria is another learning opportunity for our students. Food waste is being brought to our compost bins so students learn valuable lessons on decomposition and the value of "good bacteria". The result is beautiful, nutrient rich soil that is used to replant more delicious plants.

We are excited to have Ms. Leslie supporting students, teachers, and food service staff in utilizing school gardens for nutrition and education through traditional teachings. Ms. Leslie will be an invaluable resource for teachers as they plan and implement cross-curricular lessons in the outdoor classroom and Tomanamus forest.



Foster Care Pre-Service TRAINING
 November 7-9, 2016
 8:00-5:00 PM
 Muckleshoot Health & Wellness Conference Room

Training is required for All Foster Care Applicants to become licensed. Please make arrangements for your attendance. CPR/First Aid/HIV/TB Test/Flu shots available on Monday 11/7 from 8-5pm

RSVP by October 21st: 253-833-8782
 Muckleshoot Children & Family Services
 Foster Care Licensor, Trudi Moses
 Trudi.Moses@muckleshoot.nsn.us

CAREGIVER'S Training

WHO CAN ATTEND? ANYONE! Foster Care Parents, Relative Placements, Aunts, Uncles, Grandparents, Siblings, Cousins anyone that is interested in learning more about the Caregivers Role and MCFS Role.

WHEN? November 17, 2016
TIME? 11:00-3:00 PM
WHERE? Muckleshoot Health & Wellness Ctr Conference Rm

Save the DATE!
 Watch for more Information at later date!

Sponsored By:
 Muckleshoot Children & Family Services (MCFS) Department
 253-833-8782

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

MCFS Office Location: 39017 172nd Street SE, Auburn WA 98002
 Foster Licensor: Trudi Moses 253-876-3397 Cell: 253-880-6968
 MCFS Main: 253-833-8782
 Director: Cynthia Oris 253-876-3396



MEIHSS New Hires



Cassandra Moses



Jamar Berry



Julie Darden



Lena Baker



Neil Foulkes, Community Health Representative



Rose Ann Ganaden



Val Daniels



Shawn Flores



Valerie Hoff

Cina McBride Hired as LPN for Muckleshoot Elders



Cina McBride-Licensed Practinial Nurse

Hello Everyone!

My name is Cina McBride and I am the new LPN for the Muckleshoot Elders! I am so honored to be part of the Elders Home Support Services.

A little bit about me: I have been in Washington State for nearly 27 years. I am from the Navajo reservation of Arizona. My favorite hobbies are traveling: by land, air, or sea. I love camping in Ocean Shores. I am a voracious reader, and love medieval history, European history,

and true to life stories.

My husband and I are addicted to the movies, although I am more of a drama, and true to life/inspirational movie enthusiast. I am working on my next manuscript and am a published writer. I am getting ready to take classes in the fall for filming and script writing and hope to tell a story about an interesting character someday.

I have been a nurse for nearly 14 years, and have traveled all over the place (no, I am not kidding). I am a graduate of Greenriver Community College, and lastly, I am a mother to two adult sons, and two spoiled cats.

Thank you for all your support!

Cina McBride

Happy Birthday

Norma Dominick	11/1	Susan Starr	11/21
Lloyd Barr	11/1	Tyrone Simmons	11/22
Agnes Moses	11/3	John Stevenson	11/23
Stacey Marquard	11/4	Ricardo Villasista Sr	11/24
Irene Kai	11/4	Shirley Goodwin	11/25
Steve Baker	11/5	Mildred White	11/26
Phillip Hamilton	11/5	Ethel Keeline-Tull	11/26
Vera Jansen	11/6	Lynette Jerry	11/27
Sandra Ross	11/6	Sherry Montoya	11/27
Myrna Nelson	11/6	Galen Wilson	11/29
Katherine Arquette	11/7	Leo Laclair	11/29
Frank Jerry Sr	11/10		
Brinnon Aasted	11/11		
Anita Matta-Burnes	11/16		
Roger Jerry Sr	11/16		
Barbara Bachel	11/17		
Cynthia Bautista	11/17		
Debora Youckton	11/19		
Edward Carranza Jr	11/19		
Virginia Nelson	11/19		
Richard Leonard Sr	11/21		



Elders Holiday Bazaar

- ITEMS SUCH AS**
- Jewelry
 - Beaded items
 - Homemade items
 - Household items (gently used or new)

Elders are asking for raffle items and door prizes for the Elders Holiday Bazaar on **November 21st-23rd 2016**



Contact Noreen Milne @ 253-876-3023

Lovely October

By Effie Tull



Happy October Everyone!

October is such a lovely month; the colors, the wind, and the rain. It's a time for apple pie and pumpkins. Apple cider is so tasty, especially hot, with a cinnamon stick to stir the delicious drink. Such a yummy aroma for my senses, oh how I love October!

Have you taken the time to observe the beautiful sunrises and sunsets? I am so very thankful to our Father above for the pictures he paints for our eyes to see, for the wind that refreshes my soul, and the rain that washes and cleanses the earth. Blessings abound through his faithfulness.

Take a little walk with me as I paint the picture that I see through my eyes, hear with my ears, and feel with my body. I am walking down the path of our Powwow grounds, I am observing the changes in the trees and grass as I go. There's a slight breeze blowing that brings a smell of fall, a misty rain begins to fall and it makes the leaves flutter and dance on the trees, I breathe in the moment.

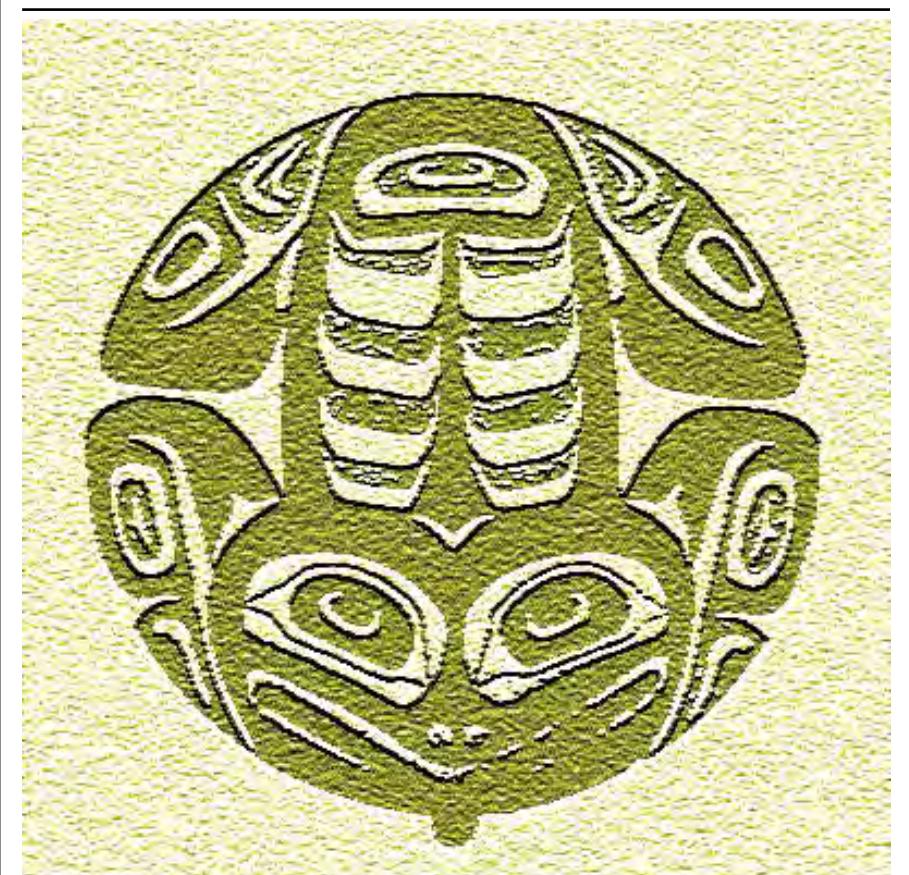
I walk this path and cross over the road to the Health Center's nature walk at the edges of the building, so much more to see! I look and see birds flying from tree to tree. They spread their wings as they sit and shake the mist off, I hear their singing in the air, wonderful! As I walk, the path becomes more enclosed with bushes and trees. I feel the peaceful seclusion, I breathe in another moment of contentment.

Then, I proceed to walk by the ponds, where the frogs sing their croaking song and jump into the water with a loud splash, they are thankful! I stop and thank my Father above for the beauty, the joy of life, and I breathe a breath of thankfulness. I am refreshed and I feel alive with God's paintings, sounds, and feelings in my life this day.

I hope as you read this, you took that walk with me in your mind and spirit. I hope it refreshes your mind and put a smile in your heart that shines on your face.

As always,

Effie Tull



The 2016 Elder's Holiday Bazaar

When:

- Monday, November 21st, 2016—From 8am-5pm
- Tuesday, November 22nd, 2016—From 8am-5pm
- Wednesday, November 23rd, 2016 From 8am-12pm

Where:

The Muckleshoot Elder's Complex
17800 SE 392nd St, Auburn, WA 98092

Vendors:

\$25 per Table/Day for Muckleshoot Tribal Members
\$50 per Table/Day for Non-Tribal Members

For any other information please contact:

Noreen Milne, Events Coordinator
Phone: (253)876-3023 Fax: (253)876-3061
Email: Noreen.Milne@muckleshoot.nsn.us

What Is Elder Abuse and How Can Adult Protective Services Help?

History

Muckleshoot Tribal Council passed the Muckleshoot Elder and Vulnerable Adult Protection Code on May 13, 2011. The ordinance established requirements and procedures for reporting and investigating abuse, neglect, and exploitation of elders and vulnerable adults.

A vulnerable adult is anyone:

18 years of age or older without the functional, physical, or mental ability to care for themselves. An elder is defined as: A tribal or community member over 50 years of age.

What is APS?

Muckleshoot Adult Protective Services is a program that provides protective services and assures the safety of elders, vulnerable adults, and their families.

What does APS do?

APS investigates reports of abuse (physical, sexual, emotional), exploitation, and neglect (which includes self-neglect) of elders or vulnerable adults. APS also works with families and the community to develop protective plans. APS works with the Muckleshoot Tribal Court to advocate for protective orders, restitution, and guardianships. Voluntary services (such as a referral to a payee or any agency) can be provided if the elder or vulnerable adult agrees to the service.

What are the different types of Elder Abuse?

Abuse

Abuse is defined as the willful (purposeful) action or any inaction that causes harm. This includes physical, mental, and sexual abuse. This includes but is not limited to: hitting, slapping, pushing, prodding, pinching, yelling, use of obscenities, threats, any unwanted sexual contact, isolating an elder from family, friends, or community, disrespectful treatment of an elder that includes ridiculing or intimidating, confinement, stalking, verbal abuse, emotional abuse, or punishment, and use of restraints.

Signs of Abuse

Signs of abuse include unexplained injuries, elder or vulnerable adult appears to be afraid of a person or in certain situations, elder or vulnerable adult is kept isolated from others, elder reports abuse.

Exploitation

Exploitation is defined as the use of an elder or vulnerable adult's money, property, credit, services, or other resources for another person's profit or advantage. This also includes use of an elder's home or resources to engage in illegal activities, or use of their home to benefit themselves rather than the elder or vulnerable adult. This includes stealing; asking to borrow money with no intention of paying it back, and staying at an elder's home while not contributing.

Signs of Exploitation

Signs of exploitation include disappearance of possessions or property, sudden transfer of money, use of bank cards by others,

forged signature on checks, persons come around only when the elder or vulnerable adult is known to receive funds, elder or vulnerable adult cannot pay bills or buy items or goods they regularly purchase.

Neglect

Definition includes self-neglect. Means any action or inaction (harm by not taking action) by the caregiver or vulnerable adult which leaves the elder without the ability to obtain food, clothing, shelter, a safe place to live, or health care. This includes maintaining minimum physical and mental health. This means that a person responsible for caring for an elder fails to provide care, or for self-neglect that the elder or vulnerable adult is not able to take care of themselves.

Signs of Neglect

Signs of neglect include sudden decline in physical appearance or hygiene, untreated injuries or health problems, unsafe or unsanitary living conditions.

Self-Neglect does not include decisions made as a personal choice by an elder or vulnerable adult as long as they have capacity to make their own decisions. This is true even if the person chooses to live in circumstances that may threaten their own health and safety. For example, a person has the right to refuse medical treatment unless the person is unable to make their own decisions.

How to Make a Report

You can call Margaret Carson or come into the Elder's Complex to make a report. I am also available during lunch hours and you are welcome to come for lunch.

Direct phone: 253 876-2899

Elder's Complex: 253 876-2888

Cell Phone: 253 508-3175

Call Tribal Police for after hour emergencies: 206 296-3311

What to include in a Report

Name of person and tribal status if known, location of elder or vulnerable adult, nature of abuse or neglect; date, time and location of the events, name of person suspected of abuse or neglect, name of persons who can give other information, and any other helpful information.

Confidentiality

The name of the reporter will remain confidential unless the person making the report agrees to disclosure. In certain circumstances a court can order disclosure for a good reason.

What happens after a report is filed?

APS will meet with the elder or vulnerable adult in private, and interview family, the caregiver, other relevant persons, and consult with the APS Protection Team to develop a plan. APS will offer voluntary services to ensure safety of the elder or vulnerable adult. APS can assist with a tribal Protection Orders or Restitution. APS makes reports to police when there is a suspected crime.

Treat Your Diabetes Well, for a Healthier Life

November is National Diabetes Month. Take charge of your diabetes for a healthier life.

Know your diabetes. Type 1 diabetes is when your body doesn't produce enough insulin, so you must take insulin every day. Type 2 diabetes is when your body doesn't use insulin well and is unable to keep your blood sugars at a normal level.

If you have any of the following risk factors, ask your doctor if you should be tested for diabetes. One out of four people don't know they have diabetes. The sooner you find out the sooner you can start making healthy changes.

Risk factors include:

- Overweight
- 45 years old or older
- Parents, and or siblings with type 2 diabetes
- Lack of physical activity
- History of gestational diabetes

Race and ethnicity can also increase your risk. Native Americans are a particularly high risk for type 2 diabetes.

Don't wait until you've been diagnosed. Managing your health should be a lifelong focus.

- Healthy eating - eat more fruits and vegetables and less salts and sugars.
- Physical activity - 10 to 20 minutes a day is better than one hour once a week.
- Medications - it is important to take your medications as prescribed by your doctor.
- Testing your blood sugar regularly - is a good way to track and understand how food, activity and medications affect you and your blood sugars.

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



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:

- You can sign up for Medicare 3 months before or 3 months after your 65th birthday;
- Or if your employer sponsored health insurance ends due to retirement;
- If you are currently covered by an employer sponsored health insurance you may not have to sign up for Medicare until that coverage ends;
- You should check with your employer to see if they require you to sign up for Medicare when you turn 65 years old;

Your Birthday Month

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



What is Medicare Health Insurance?

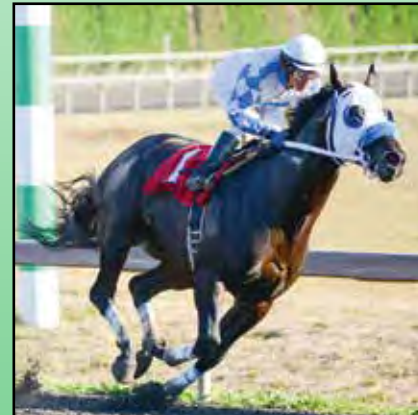
Original Medicare has 2 parts:

1. Medicare Part A—covers inpatient hospital, skilled nursing facility hospice & home health care;
2. Medicare Part B—covers outpatient medical care, including doctor visits, durable medical equipment, lab tests, and preventative services.

• 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.

EMERALD DOWNS 2016

PHOTOS BY NEIL CORNELIUS



GET READY FOR HEAVY RAINS AND FLOODING



Watch weather forecasts for the potential of heavy rains or rainfall build-up over multiple days. These guidelines can help you get prepared before the waters rise.

Personal Preparedness

- Use the Take Winter By Storm Checklist to prepare an emergency kit, including a radio, flashlight, extra batteries, a first-aid kit, emergency contact information, water, and non-perishable food. You can find a detailed list at TakeWinterByStorm.org.
- Keep rain gear, water repellent clothing and extra warm clothing handy at home, work and in your vehicle to use in an emergency.

Drainage/Landslides

- Rake leaves and debris away from storm drains to keep them clear to avoid flooding streets and damage to personal property.
- Report flooding drains and streets as soon as possible.
- Double-check your homeowner's policy to see if you are covered for storm water damage in your home - if not, add this coverage to your insurance.
- Watch the patterns of storm water drainage on slopes near your home, and note the places where runoff water converges.
- Grade property so water drains away from the foundation and downspouts direct water and from property into the storm drainage system.
- Watch the hills around your home for any signs of land movement, such as small landslides, debris flows or progressively tilting trees. Contact your local geotechnical or structural engineer to determine the severity of the problem.

Flooding

- Keep valuables on high shelves when storing materials in basements or in areas that are prone to floods.
- Stay out of flooding basements. You could be electrocuted or drown.
- Never drive into standing water or around road-closure signs.
- If your vehicle stalls in water, abandon it and get to higher ground. It takes only a foot or two of rapidly-moving water to sweep away a car.
- If you live near rivers that historically flood, be prepared for river flooding. Have an emergency kit ready to grab and go in case of evacuation.
- Be safe. If a flood warning is issued, get to higher ground immediately! Follow evacuation and other official directions during flood emergencies, but don't wait for them if you think you are in danger.
- Walking or playing around flood waters is dangerous; you can be knocked from your feet in water only six inches deep!
- Homeowners, renters and businesses should purchase flood insurance.
- If your natural gas furnace shuts down because of flooding, shut off the electric supply to the furnace until the water recedes and ducts are dry.
- If you smell a natural gas odor or suspect a leak, leave your home or building immediately and call your natural gas utility or 911.
- Notify your natural gas utility if flooding causes water levels to cover your gas meter. A representative from the utility will need to check the meter and regulator before any gas appliance can be used.
- If you have to evacuate your home or building as the result of a flood, shut off your gas and electricity, only if you can do so safely. This may prevent damage to your gas and electric appliances.
- Call your natural gas utility to schedule a service-check for your natural gas appliances after they have dried out and the area around the affected appliances has been cleaned.

When heavy rains strike, first ensure your own safety. Then check in with family, friends, and neighbors to make sure they are OK.



Prepare for the upcoming Storm Season by Staying Informed, Staying Prepared!

Have flashlights, extra batteries, medications, pet kits, etc.

For more info: 253-876-3247

BE READY MAKE A PLAN

VETERANS CORNER

Hello to all my Veterans, family, and friends. My name is Tony Gonzales and I have been here with the Veterans program for about four months now.

I am reaching out to all our Veterans to let them know that we have a Veterans meeting the first Wednesday of every month.

I would like to ask Muckleshoot Veterans to come forward and update your contact information with the program, so as the holidays approach we have your correct contact information for the delivery of your Thanksgiving/Christmas baskets. Also to come to our meetings with any suggestions or anything you would like to see in the near future for the program.

If any of our Muckleshoot Veterans are not feeling well to participate I ask that family members come with their suggestions or concerns for your veterans.

Our Number here at the program is (253) 876-3296 or (253) 876-3297; our operating hours are 9-5 Monday through Friday. Thanks and take care. Hope to see you at our building or at our meetings.

Have a blessed day.

Tony Gonzales
Veteran, US Marine Corps



Gardener of the Month, Chuck Gordon, Challenges the Next Generation

By Uri Israel



"I challenge them...the world is challenging them, to become lawyers, doctors, and governors to help our Indian people. This has always been the way of Indian people; to help each other and the earth." - Chuck Gordon, M.A. Environment & Community

Although he loves to experiment and grow different types of vegetables (starting with asparagus several years ago) one of Chuck Gordon's main concerns, a concept that he explored in graduate school, was the importance of sustainable living and good environmental practices.

After learning that the USA is the number two polluter in the world following China, Chuck became inspired.

Chuck believes that as Indian people and sovereign nations, it is critical that young people step up and become advocates for the environment.

Examples of Chuck's vision can be found in the recent protests championed by the Lummi people, who stopped the construction of a coal terminal that would have affected their fishing rights, secured by treaties through the U.S. Government. Another great example is the protest in North Dakota to stop pipeline construction over sacred lands that could create polluted drinking water.

"I challenge them...the world is challenging them, to become layers, doctors, and governors to help our Indian people. This has always been the way of Indian people; to help each other and the earth" Chuck explained, in reference to Native youth.

Chuck Gordon, an enrolled member of the Muckleshoot tribe, is gifted in growing gigantic tasty vegetables. He was originally going to be a fisherman but his brother talked to him about agriculture.

Eventually, Chuck received a Master's Degree in Environment and Community from Antioch University. He was part of the original cohort from Antioch that helped to establish the MIT Community Garden.

Chuck hopes that eventually the Muckleshoot people and other Tribes can harness the power of wind and solar energy to provide clean alternatives, while helping the planet fight global warming.

Chuck uses the internet and other people as resources for finding information and solving problems in his garden, a large plot in the MIT Community Garden. His favorite place to order seeds is called Osborne Seeds (<http://osborneseed.com/>). His favorite crop to grow is green beans.

He hopes to construct a hydroponic greenhouse that utilizes fish in tanks as a future project.

Muckleshoot Casino's Featured TDP Supervisor

Exciting, challenging and rewarding, is how Adrian Markantonatos describes his experience in the Tribal Development Program "TDP". Adrian started in House-keeping before transferring to Engineering. He also sub-contracted with the Tribe on the weekends doing 'lights and video' at Beach-balls. In addition, Adrian trained in craps, roulette, and blackjack.

Armed with his new knowledge in table games, he excelled quickly and his outgoing personality served him well. He was promoted to dual-rate Supervisor within two years. Adrian shared that he enjoyed table games because "I got to be me".

Jeff Joslin, who was the IT Director at the time, took notice of Adrian and told him he would be a good IT Systems Administrator (one of the first at Muckleshoot). In 1999/2000, he helped install 500 machines in 16 hour shifts. It was a good challenge for him.

Adrian later returned to table games, but found a long term mentor in Jeff. "Jeff was charismatic and helped you believe in yourself" Adrian shared. He was promoted to full time Floor Supervisor, then later to Pit Manager, where he worked for seven years.

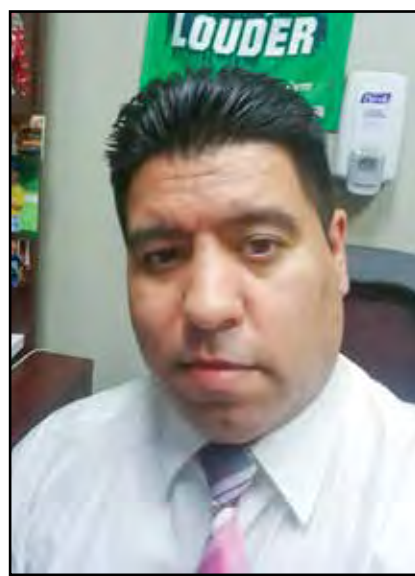
Adrian temporarily left the casino and moved to San Diego where he worked at two different casinos. He learned a lot during that time and he was able to take some ideas from there. He paid attention to how people were treated and vice versa. He shared the experience as humbling.

Adrian returned home with a new appreciation and was able to return to the casino. Adrian became an Assistant Shift Manager and things really took off. He learned some great life lessons during that time.

When Adrian's Management team was asked to describe him, two things came to mind: passion and pride. They also shared that Adrian has a great deal of knowledge, not only of table games, but the casino as a whole.

He has been actively involved with developing the service standards of the department, as well as part of the team that brought consistency with the department manual. If you ask Adrian a question, he usually knows the answer without much thought or hesitation. Adrian has matured with the property...his growth and the casinos growth has been parallel.

He entered TDP and earned his title of Shift Manager. He consistently reaches out to help other tribal members and gives them the opportunity to learn. Adrian appreciates TDP improving the learning plans and finalizing the competencies which will be tools for all to advance. Johnny tells us "either you're doing it or you're not" Keeping us striving to do our best.



Adrian Markantonatos

Bonnie Graft addresses Seattle DAR



Tribal member Bonnie Graft was a recent guest speaker at Seattle's Rainier Chapter of the Daughters of the American Revolution. The DAR is made up of proud descendants of soldiers that fought in the Revolutionary War to win America's freedom from Britain. They support all veterans' issues and also raise money to fund student activities at the Chemawa Indian School, where Bonnie is a former student.

Bonnie filled a table with cultural and personal objects, including artwork, her Kayah crown and family photos, and also ran a PowerPoint while speaking. She proved herself an amazing storyteller, holding her audience spellbound with a powerful personal narrative that took them from the edge of tears to laughing out loud again and again.

She started with her idyllic childhood along the beautiful shores at Skokomish, then told how divorce and remarriage ultimately led to her mother and stepfather's decision, at age 14, to send her to boarding school.

Although she thought the world had ended, and chased the family car down the long Chemawa driveway shouting, "Please don't leave me here! I'll be good!" Bonnie soon found a Native community where she fit in and was a valued member. She made many lifelong friends, as well as excelling in cross country, track and field, basketball and cheerleading.

Like many of her generation and younger, Bonnie has fond memories of her boarding school days. She entered Chemawa at a time when US Indian policy was rapidly switching from Assimilation and Termination to Tribal Sovereignty and Self-Determination. The revolution of empowerment that swept through tribal governance and Indian education in the US in the '60's and '70's also transformed BIA boarding schools, changing their mission from extinguishing Native culture to celebrating it.

Bonnie Graft has endured and survived painful hardships in life, but says she believes that "...all the solidity, all the good things that I have, came from my really good relationships at Chemawa."

Harlan Pruden Presents at Two Spirit Healing Dinner

By Mathilda Dunn

On Thursday, October 13th, the Muckleshoot Family and Youth Services Program hosted a Two Spirit Healing Dinner, and we were honored to host, guest speaker, Harlan Pruden (First Nation Cree, and founder of the twospiritjournal.com).

Mr. Pruden presented a talk called "Two-Spirit People: Then and Now", and began the talk by offering a definition of the term Two-Spirit. Two-Spirit is a culturally distinct term specific to First Nations that describes a person who embodies both the masculine and feminine spirit.

Many people associate the term Two-Spirit with LGBTQ (Lesbian, Gay, Bisexual, Questioning); however, the terms are not interchangeable, as Two-Spirit does not define a sexual identity. The term Two-Spirit cannot be understood unless it is contextualized within a Native American frame, as it is a term that connects the experiences of Native LGBTQ people with the traditions from their cultures.

Evidence indicates that prior to colonization, most Native people believed in the existence of more than just the male or female gender. In most tribes, those who embodied both the male and female spirit were considered neither man nor woman; they occupied a distinct, alternative gender status that was not only accepted, but respected and celebrated.

In many tribes, Two-Spirit individuals were revered and endowed with a spiritual significance not given to men and women. They were often thought to have healing gifts and powers, and frequently served a shamanic role within their community.

Two-Spirit people were also charged with being conduits for the interactions of men and women within tribe that usually had set rules to prevent men and women from intermixing during daily life. Being in possession of both male and female spirits, Two-Spirit people were able to navigate social relationships in ways that others in their tribe could not.

As a result, Two-Spirit people frequently played the role of social worker, counselor, matchmaker, and caregiver. Moving between the male and female camps often helped keep the peace and ensured the health of their community.

Colonization resulted in a loss of many of the rituals that honored and celebrated Two-Spirit people. A group that was once revered and celebrated for their distinct gifts and roles in their communities,



Harlan Pruden

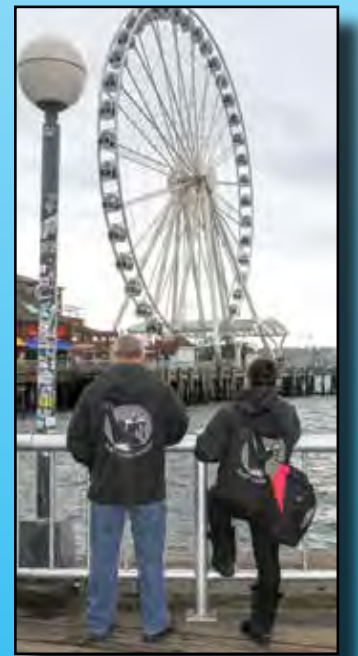
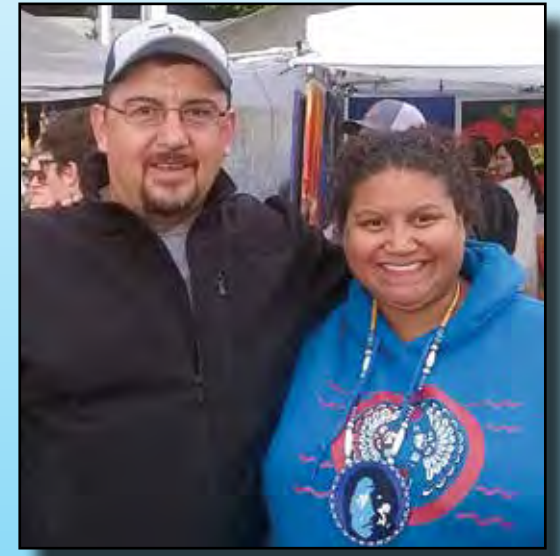
Two-Spirit people were forced to assimilate not only to the ways and rituals of the church and government, but to fixed binary gender roles.

Over the last two decades, Two-Spirit societies have been working towards social change by providing outreach, education, and activism in effort to revive Indigenous cultural traditions. Through his thoughtful and engaging presentation, Mr. Pruden brought hope that the Muckleshoot community can work together to help restore the honor and respect of Two-Spirit people.

Salmon Homecoming

September 17th, Pier 57, Seattle WA

PHOTOS BY EVAN AVILA



Introducing, the Muckleshoot Tribal Member Portal

By Nick Bennett

Mobility is the future; mobile technology already plays a critical role in everything we do today. This is why we wanted to create a mobile app that helps drive awareness and engages our Tribal membership.

As a Tribal member you frequently hear that membership does not know what is going on or who to contact for a particular service. This is the platform where we can begin to address the communication issues that have been talked about for years. It has always been a goal of mine to align Tribal leadership and Tribal membership utilizing technology. Working with Intertribal Software Inc. has made this goal a reality.

What you are seeing today is our first iteration (version) of the mobile app. Please download and give us some feedback on what you would like to see in the next iteration.

Connecting Leadership to Membership

Create a connected community for support and good will. Increase abilities to connect with push technology. Maximize connectivity between mobile users and main tribal website. Increase transparency of government activities.



Videos

Sync with Muckleshoot YouTube channel. Videos can be posted to channel and immediately shared. Concept could lead to posting of key government meetings.



News

Sync with Muckleshoot Monthly News link on website. View Muckleshoot Monthly News from your phone or tablet.



Contact Us

Access main contact information for Tribal headquarters. Map to Phillip Starr Building (PSB). Phone number for main extension. Email for general inquiry. Link to main MIT website.



Departments

View all Tribal departments. Call department from the application.



Jobs

Sync with ICIMS Job Board for instant access to available jobs. Apply online from your phone or tablet. Improved communication to Membership for employment opportunities.



Surveys

Deliver surveys to Membership. Report results and analytics using Fluid Surveys. Track results and outcomes based on user information such as age and other information captured at the time of survey.



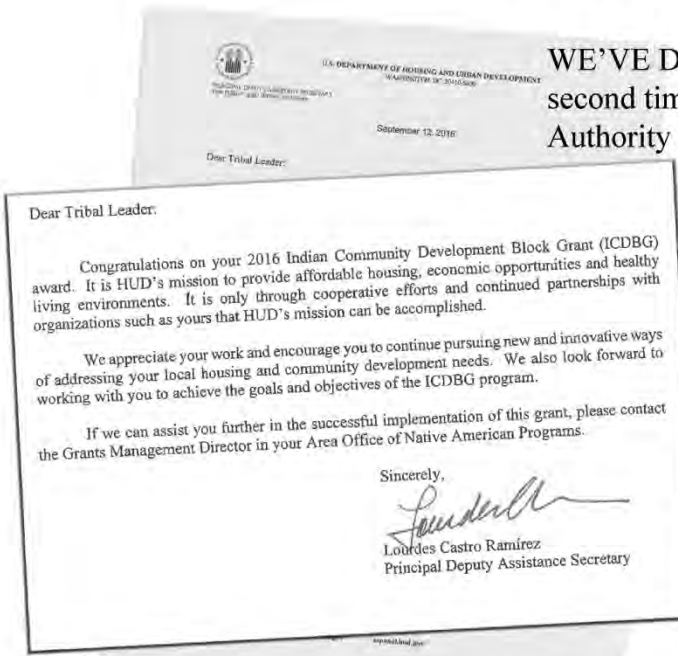
Events

Sync with Muckleshoot Community Calendar on main Tribal website. Allow people to save events directly into their personal calendar. Additional event details when you click on each event.

Download Through:



Second ICD Block Grant Award



WE'VE DONE IT AGAIN!! For the second time, Muckleshoot Housing Authority (MHA) has been awarded the U.S. Department of Housing and Urban Development (HUD) FY 2016 Indian Community Development Block Grant (ICDBG). Five Washington tribes applied. Three of the five, including MHA, received the maximum award of \$500,000. The grants are in support of HUD's mission to provide quality, affordable housing and to strengthen economic opportunities.

The first grant was awarded to MHA early this year for FY 2015 in the sum of \$500,000. Both grants are to be used to rehabilitate low-rent homes in Skopabsh Village. Rehabilitation of the first ten homes including two handicapped accessible homes has already begun at a cost of \$50,000 per house. The hard labor and supervision is provided by MHA personnel in partnership with Adult Work Training Program for educational on-the-job training opportunities. In addition to new HVAC and heat pumps, roofs have been replaced and homes are being upgraded.

Get Rid of Spiders from Your Home Safely



Spiders can be a nuisance in and around your home. While spiders may not do as much damage to your property as some pests do, they can certainly be annoying.

There are chemicals and pesticides that can kill spiders, but these are often dangerous for your family and pets; and not environmentally-friendly. The best way to keep spiders from making their home in YOUR home, is to keep a clean house and use safe, natural spider repellents.

Keep Them Out

A good way to prevent spiders from getting into your home, is to make sure you don't have an environment around your house that attracts spiders. Spiders often make their homes outside in plants, piles of leaves or wood, or dark undisturbed places like old tires or buckets. Having these things right next to your house makes it more likely that a

spider will wander in. Create some distance between these things and your house, to make it less likely that a spider finds a way inside.

Identifying and sealing possible entry points is also important to keeping spiders out. This could involve sealing small holes or cracks with caulk, and making sure doors and windows close tightly without any gaps. It would make sense to clean up and use spider repellents before you seal up any cracks, to make sure any unwanted guests make their exit first!

Keep it Clean

Making sure that your house is clean is generally a good way to decrease the number of pests in your home. In the case of spiders, not only will a clean home provide fewer places for the spiders to hide, but it will also make it less likely that small insects will be around for the spiders to eat. Without a reliable food source, and with fewer hiding spots, it will be harder for spiders to stay.

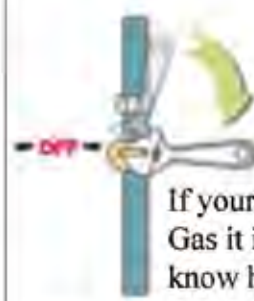
Some web-building spiders tend

to make their home high up in the corners of the ceiling. Take a look around, often these webs can be sucked up in a vacuum cleaner or at least knocked down with an extending duster.

Invest in a Spider Repellent

Spider infestations are often less obvious than other pest problems. Many spider species prefer to hide out in dark undisturbed places, so a little searching might be required to locate them. The best way to get rid of spiders is to make your home as unappealing to them as possible.

Spider repellents (like Stay Away® Spiders) deter spiders from staying in your home by emitting a scent that spiders dislike, but is safe and pleasant to humans. This can be an important step in ridding your home of spiders for good. An effective strategy would involve removing inviting habitats from around your home, cleaning thoroughly, placing natural repellents, and then making sure the house is well sealed.



Turning Off the Gas to Your House

If your home has Natural Gas it is important that you know how to turn off the gas to your home. This is only done in emergency situation and under normal circumstances there is no reason to shut off your natural gas service.

In the event that you need to turn off your gas service, follow these simple steps:

1. Locate your main gas service shutoff valve. This is usually the first fitting on the supply pipe coming out of the ground next to the meter.
2. With a wrench, turn the lever in either direction until it is crosswise to the pipe. (This is how utility companies lock out meters for non-payment. The lever has an eyelet, and when the gas is turned off, it is turned with the wrench to meet the eyelet on the fixed pipe and a pin or lock can be installed. This is also the same method you use to turn the gas off to the home).
3. Once the gas is turned off, leave it off. Do not attempt to turn it back on. Call your gas provider to schedule a reconnect.

To Temporarily Shut Off Natural Gas to Any Appliance. For non-emergency situations you may want to turn off the gas to individual appliances. The valve is typically located on the fuel line entering the appliance. You can usually turn this valve on and off by hand.



- Know where your main gas service shutoff valve is located
- Keep an adjustable pipe or crescent-type wrench available to turn off the gas in case of an emergency
- Know how to shut off the gas at the gas service shutoff valve
- Leave it off until service can be restored safely by qualified professional

Preventing Electrical Overloaded Circuit Breakers

Excerpts from *The Family Handyman Magazine* :December / January 2000

Understanding Electrical Overloads

You might have plugged in a small electric heater and turned it on to warm your feet. Or switched on a hair dryer. Or dropped a snack into the toaster. The TV in the family room quits. The clock in the kitchen stops. And later an electrician tells you that the refrigerator stopped running too.

The problem? An overloaded circuit. The power needed by a portable air conditioner added to the load from the refrigerator, the heater and any other devices connected to the same circuit, and all of them running at once exceeded the capacity of the electrical wiring. An overload in a properly installed electrical system wouldn't burn your house down. An "overcurrent protective device" at the main panel will automatically shut off the power before damage occurs. In most cases, the device will be a circuit breaker that trips open. Finding a solution can be a hassle.

Learn how to sort out the circuits in your electrical system and avoid overloads.

The National Electrical Code (NEC) imposes a kind of circuit logic that simplifies the system. The circuits in

the main panel are roughly divided into two types—dedicated and general purpose.

"Dedicated circuits include those serving a single large-draw appliance like the furnace, range, built-in microwave and garbage disposer."

Other dedicated circuits are for special uses like small kitchen appliances, laundry equipment and the bathroom. Because of the potentially large electrical power draw on these circuits, the NEC restricts the use of them (although small appliance circuits can serve receptacles in an adjacent dining room.

General-purpose circuits, serve multiple outlets such as lighting and most of the rest of the receptacles (outlets) in your home. Normally you can tap into one of these circuits when you need extra power or want to add another outlet. But not always.

If you're adding a receptacle for a high-power use device such as an air conditioner or electric heater, you might have to run an entirely new circuit.

WATTAGE Rating for Common Household Appliances		
Appliance	Average Amps	Average Load in Watts
Blender	2 - 4	240 - 480
Can Opener	1.2	150
Ceiling Fan	.08 - 0.8	10 - 100
Ceiling Fan w/Light Kit (2 - 40 watt bulbs)	1.5	180
Ceiling Light Fixture (2 - 60 watt bulbs)	1.0	120
Clock Radio	0.83	100
Clothes Dryer (240v)	16.5 - 34	4,000 - 8,200
Clothes Iron	10	1,200
Clothes Washer	12.5	1,500
Coffeemaker	9.0	480 - 960
Dehumidifier	5.4 - 6.8	660 - 800
Desktop Computer	4 - 7	480 - 850
Dishwasher	8.5 - 12.5	1,000 - 1,500
Electric Range (240v)	5.5 - 10.8	1,320 - 2,600
Food Freezer	2 - 4	240 - 500
Garbage Disposal	3.5 - 7.5	420 - 900
Hair Dryer	5 - 10	600 - 1,200
Heater (portable ceramic)	7 - 12	840 - 1,440
Microwave Oven	4 - 10	480 - 1,200
Refrigerator	2 - 4	240 - 600
Stereo	2.5 - 4	300 - 480
Television	2.5	300
Three way Lamp (30 - 70 - 100 watt)	0.25 - 0.83	30 - 100
Toaster Oven	10 - 14	1,200 - 1,700
Vacuum Cleaner	6 - 11	720 - 1,320
Washing Machine	12.5	1,500
Water Heater (240v)	15.8 - 21	3,800 - 5,500
Window Air Conditioner	6 - 13	720 - 1,560

Solutions to Overloads

The immediate solution to an overload is simple: Shift some plug-in devices from the overloaded circuit to another general-purpose circuit. Then flip the circuit breaker and turn stuff back on.

It isn't so easy to know that you've found a good, long-term solution. First you have to locate outlets on another general-purpose circuit. Then you have to find a convenient way to reach it. Resist the temptation to solve the problem with an extension cord. Extension cords are for short-term use. They're not to be used as permanent wiring or fastened into place.

Workshops

Hands on Maintenance Workshop



Hands-on Maintenance workshop, was taught by Walt Petric, a member of Professional Experienced Trainers (PET), and presented by the National American Indian Housing Council (NAIHC).

It lasted three days and was geared toward maintenance workers with emphasis on the important and often intimidating subjects of electricity and plumbing.

The electrical training included, but was not limited to, the understanding and distribution of electricity, safety protocol, basic electrical troubleshooting, and replacement of circuit breakers. The basic concepts of plumbing covered a broad range of issues, among them troubleshooting

toilet problems, maintenance of water heaters, and new plumbing products. On his travels around Indian Country, our trainer, takes with him mock-ups for students to experience first-hand what they are learning. This way of training proved very beneficial.

Attendees included MHA staff members, maintenance personnel, and Adult Work Program trainees. While skill levels differed, everyone agreed there was value for everyone. Those who attended were glad to have had this opportunity to enhance their skills and confidence. We would like to thank those who blessed us with this training session, in particular, PET, HUD and NAIHC.

MUCKLESHOOT HOUSING HOSTS

Pathways to Home-ownership Training



Housing recently hosted the week long Pathways to Homeownership Training Program in our new training facility. These NAIHC training programs usually require travel but our Executive Director has tapped into free training opportunities to bring the courses to our new venue and inviting other NW Tribes. Pathways to Homeownership is a "train" the "trainer" course designed to educate on delivering homebuyer education with curriculum specifically tailored to Native American Communities. Participants learned effective methods to present curriculum including roles,

understanding the mortgage process, family budgeting, improving credit profiles, avoiding predatory lending and how to maintain a home and finances after purchase.

Ceilo Gibson was our instructor and she brought a wealth of experience working with Indian tribes and TDHES. Ms. Gibson has been instrumental in developing and implementing housing counseling and homebuyer education programs for Native communities. Ms. Gibson is the primary author of the Pathways Home curriculum.

Reclaiming, Protecting and Practicing Sustainability

By Cindy Marchand-Cecil, Faculty, The Evergreen State College Reservation-Based, Community Determined Program

During spring quarter, 2016, the students enrolled in the Reservation-Based, Community Determined Program at The Evergreen State College took the class, *Reclaiming, Protecting and Practicing Sustainability*. This interdisciplinary course used a variety of methods, materials, and approaches to explore contemporary sustainability issues in the U.S. and abroad.

Students examined the intersection of social, environmental, and economic practices on the sustainability of the planet's biological systems, atmosphere, and resources. In particular, the class focused on energy, climate change, maintaining biodiversity and health, population growth, as well as social and environmental justice issues. There was a substantial emphasis on cultural and indigenous aspects of sustainability. Students also explored restorative solutions and development to sustainability issues at the local, national, and international levels.

Students approached the work through the lens of the following learning outcomes, which included a) to define and discuss key concepts including sustainability, climate change, global warming, futurity principle, intergenerational equity, just sustainability, cradle to cradle design, and the tragedy of the commons, b) to understand the concepts of interconnectedness and interdependence and how parts of a system relate to and depend on each other, c) to understand various sustainability metrics to assess key aspects of personal and organizational human impacts on the environment, d) to develop an appreciation for intergenerational thinking and an understanding of how personal actions and the decisions and actions of others impact the seventh generation, e) to be able to identify the culturally sanctioned rules that indigenous peoples live by in their traditional and non-traditional territories, and f) to grasp of the "common ground" of sustainability across the various sub-disciplines such as political science, trade and economics, cultural studies, environmental science, law, and agriculture.

During this quarter, the Muckleshoot students focused on the traditional, sustainable practices of the Muckleshoot people, in particular as it related to traditional lifeways along their usual and accustomed areas.

The quarter began with an overview of the Muckleshoot Tribe, and how people like Eliza Sam drew from the natural resources of the land in order to feed their families and provide what they

needed in order to live healthy, happy lives.

The students learned about how the Muckleshoot Tribe wanted to regain lost lands and how the Tribe purchased land owned by Hancock Forest that had previously been the lands of the Muckleshoot people from time immemorial.

The students learned from a variety of speakers, and also from news articles, such as one from the Seattle Times, that shared how Muckleshoot Tribal Leader Virginia Cross explained that "Buying back land lost through treaties and forced sales has been a priority, according to the tribe. The White River Forest is an important part of the tribe's homeland," Cross said in her statement. "Bringing this property into tribal ownership is the realization of a long-held goal of our people."

The Muckleshoot Indian Tribe has acquired 96,307 acres of forest in King, Pierce and Lewis counties for just over \$313 million, its largest land purchase ever.

The transaction has both economic and cultural importance for the tribe, which bought the land from a partnership run by Boston-based investment manager Hancock Natural Resource Group.

"This acquisition is another important step toward the Tribe's goals of increasing our land base, reacquiring portions of our homeland and diversifying our economy," said Muckleshoot Tribal Council Chairwoman Virginia Cross in a statement.

Cross said the Muckleshoot people will manage the land "for the primary purpose of long-term sustainable timber harvest, while preserving natural values including fish and wildlife habitat, plant resources and areas of cultural importance."

The majority of the land is in King and Pierce counties, where the tribe paid \$282 million for 86,501 acres of the White River Forest on both sides of Highway 410 between Enumclaw and Greenwater. In northern Lewis County, the Muckleshoot Tribe purchased 9,806 acres of forest land for nearly \$32 million.

The students also heard from several forestry staff at Tomanamus Forest, in particular, about the Tribe's decision to certify its Tomanamus Forest through the Sustainable Forestry Initiative. This is part of Muckleshoot's overall commitment to sustainability and responsible forestry practices.

The forestry staff helped to explain how the Muckleshoot Tribe is contributing to the health of its forests and the quality of life

of its citizens and neighbors. The Muckleshoot Tribe has many partnerships with a variety of organizations throughout the state, and they are also deeply committed to protecting fish and wildlife habitat.

Hancock Forestry staff shared that the Muckleshoot Tribe manages the property for the primary purpose of long term sustainable timber harvest, while preserving natural values including fish and wildlife habitat, plant resources, and areas of cultural importance. Ownership of the property will diversify the Tribe's economic base and insure Muckleshoot tribal members permanent access for hunting, gathering, and other traditional uses. This working forest will provide jobs and revenue for important tribal government programs now and for future generations."

"The White River Forest is an important part of the tribe's homeland," said Muckleshoot Tribal Council Chair Virginia Cross. "Bringing this property into tribal ownership is the realization of a long-held goal of our people."

Forestland certified to SFI Standards with Tribal and Aboriginal partners covers millions of acres in several different jurisdictions. Twenty-one Tribal and Aboriginal communities and businesses in Canada and the U.S. work to maintain SFI certification on these lands.

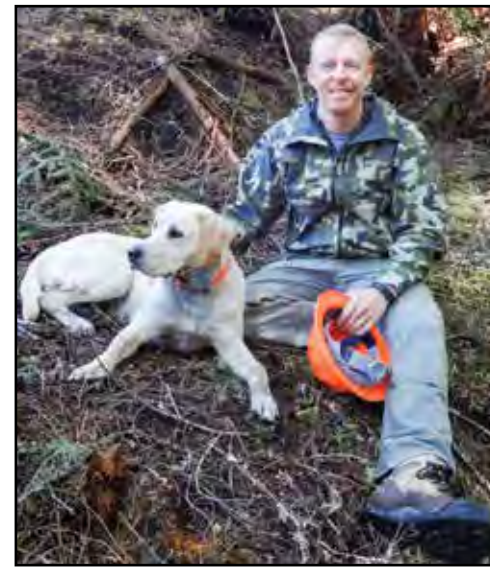
The students all wanted to go see Tomanamus Forest, so a variety of field trips were held in order to see the forest, to gather cedar, to see where the youth forestry crew met during the summer, and to learn more about the ancestral lifeways of the Muckleshoot people. Our students included Janice Lonergan, who is Tsimshian, and she agreed to show everyone how to gather cedar. The class also invited Muckleshoot elder Rosa Lozier, who accompanied us, together with her grandson.

Each one of the students shared some aspect of sustainability as it relates to the Tomanamus Forest. One student focused on trees, while another focused on Native plants and their use as it relates to sustainability. One student focused on the Native plants at the Warms Springs Tribe, and the tribe's efforts to educate and advocate for native plant preservation.

The students incorporated all of the readings into their work, and several reported how much they learned from the quarter's readings and field trips.



Eliza Sam, Muckleshoot Tribal Member



Eric Richardson, Hancock Forestry Staff



Renee Rosa Lozier, our guide, with her cedar strip



Lenora Starr, gathering cedar at Tomanamus



Jackie Starr, working with one of her cedar strips, with student Lenora Starr looking on.



Susan Starr, cleaning the cedar strip that she pulled, at Tomanamus Forest.



Laura Givens



Cedar Strips



Jackie Starr



Susan Starr gathering cedar at Tomanamus



Janice Jainga Lonergan, showing the rest of the students how to clean the cedar.

Teen Resources


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

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

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

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

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



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!

GET TO KNOW OUR HWC PEOPLE... Betty Erskine, Massage Therapist

Hi-Yah Everyone,
Betty here, ready to share a little bit about myself...

I live near the foothills of Mt. Rainier. I enjoy playing pickleball, riding my 06' Harley (Fast), singing with my #1 daughter, Logann Marie; playing my new Curved Soprano Saxophone, and traveling.

On February 18, 1990, I was declared the first female black belt in the Japanese system of 'Atemi Ryu Ju-Jitsu,' I still hold the highest female rank as a 5th Dan. This same year I earned a license in therapeutic massage.

I have been a dedicated team-member of the Muckleshoot Health and Wellness Center for the past 18 years.

I believe in the 'Big Three' - Faith, Family, and Friends. I am eager about helping others create healthy habits to feel better.

I am your healing hands ready to "knock out" muscular pain with integrity and a smile.



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



Muckleshoot Health Diabetes Classes 2016

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

Earn your points throughout the year!!

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

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

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

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 VanConnett 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.usn.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



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



Nikki's Diabetes Corner

Nikki Grimwood, Diabetes Nurse at HWC

Making healthy food choices can help control and even prevent diabetes. Controlling diabetes is very important to avoid damage to eyes, kidneys, nerves, blood vessels; and decreasing the risk for high cholesterol, high blood pressure, and heart disease.



Making changes with nutrition can be a challenge but finding healthy alternatives can help you transition into changing the way you eat. Craving certain foods? Have a sweet tooth? As always, it's important to keep in mind portion sizes along with cutting calories, lowering sodium, getting more fiber, and picking smart sweets.

Here are a few alternative to your favorite food...

Instead of cake, cookies, or ice cream try:

Blueberries, blackberries, huckleberries, any berries, sugar-free hot cocoa, fruit with half and half (peaches & cream), frozen grapes, dried fruit without added sugar, dark chocolate covered almonds or cashews.

Instead of potato chips or tortilla chips, try:

Low-sodium pretzels, air-popped popcorn, salsa with corn tortilla chips, cut raw veggies with guacamole, pickles, cheese sticks, beef jerky, low sodium mixed nuts (not just peanuts!)

Instead of soda or fruit punch, try:

Water with fresh lemon juice, seltzer with cut up strawberries (or any other type of fruit), crystal light, or sugar free beverages.

Instead of hamburgers or hotdogs, try:

Grilled or broiled chicken, one slice of thin crust veggie pizza (less carbs with thin crust!), taco-salad with avocado slices.

Instead of high carbohydrate choices, try:

Meatloaf made with ground turkey; beef stew with round cut beef, fewer potatoes and more non-starchy vegetables (carrots, broccoli, cauliflower, green beans, zucchini, etc...), Mashed cauliflower.

Questions please contact our Diabetes Program or our dietitian
Kaleigh Krantz. 253-939-6648

WHAT ARE THE SIGNS OF HEROIN USE?

Definitive signs of heroin use include:

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

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

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 document was developed, in part, under grant number 1U79SE001704-02 from 2008-2014. 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 CMHR, SAMHSA, or HUD, and should not be construed as such.

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!

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.



WHY ARE REGULAR DENTAL VISITS IMPORTANT?

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

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

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

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

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

Dental Clinic (253) 939-2131



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

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

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

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



MUCKLESHOOT CARES ABOUT OUR YOUTH



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

WHAT?

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

WHO TO CONTACT?

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

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

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

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

Muckleshoot Behavioral Health Family and Youth Services

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

Health & Wellness Center Program Hours

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

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

Program Name	Phone No.	Closed-Lunch
Main Number to HWC	(253) 939-6648	12:00-1:00
Behavioral Health (Mental Health & Chemical Dep)	(253) 804-8752	Open
Family & Youth BH Services	(253) 333-3605	Open
CHS/Registration Office	(253) 939-6648	12:00-1:00
Community Health/CHRs	(253) 939-6648	12:00-1:00
Dental Clinic	(253) 939-2131	12:00-1:00
Medical Clinic	(253) 939-6648	12:00-1:00
Optical Clinic	(253) 735-2020	12:00-1:00
Pharmacy	(253) 333-3618	Open
Recovery House	(253) 333-3629	Open
Shuttle/Bus Service	(253) 939-6648	N/A Sat 10-2 pm
Wellness Center	(253) 333-3616	N/A Sat 10-2 pm
WIC Thurs Only 8-4:30	(253) 939-6648	12:00-1:00

Child Find Screening

What is a Child Find Screening?

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

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



What is the purpose of a Child Find Screening?

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

What happens during a Child Find Screening?

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

Who is eligible to be screened?

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

Where can I go for screening?

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

Muckleshoot Tribal School Helen Feiger Student Support Services Coordinator 15209 SE 376 th St Auburn WA 98092 253-931-6709 Ext 3700	Marty Laronal Support Services Manager Muckleshoot Early Childhood Education Center 15599 SE 376 th St Auburn, WA 98092 253-876-3056 Ext 3922
--	---

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?*

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

MIT HWC Stop & Shop
New Stop & Shop 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

Missing Teeth?



The MIT Dental Clinic has been fortunate enough to contract with Dr. Scott Andrews since October, 2015. Dr. Andrews is a dentist who has specialized in removable prosthetics (dentures and partial dentures) since 1980.

Dr. Andrews is a graduate of the University of Washington School of Dentistry, where he currently teaches removable prosthetics to dental students. He has contracted with 55 different dental facilities, including 3 Native Tribes. In his career he has made over 34,000 dentures and partial dentures. That is a lot of smiles he has created!

Missing teeth can greatly affect your ability to speak, eat and smile, that is why our dental team is happy to have Dr. Andrews come to the MIT Dental Clinic and provide our patients with the highest quality dentures and partial dentures.

What are dentures and partial dentures?

A denture is a removable appliance that replaces your missing natural teeth to restore your smile and help your facial/ jaw muscles to work properly, which will benefit your appearance and your health. Dentures make it easier to eat and speak than it would be without teeth.

Dentures are made out of an acrylic base that supports fabricated teeth. The base is shaded to match the natural color of your gum tissue. Dentures are made to match the structure and form of your individual mouth, and will help maintain the look and structural integrity of your face. Dr. Andrews works closely with his lab technician to shape the dentures to exact proportions based on precise impressions of your mouth.

A partial denture is recommended when you still have natural, healthy, teeth remaining in your mouth, but need replacement of one or more missing teeth. A partial denture only covers part of your mouth and stays in place with clasps that secure to your adjacent natural teeth. Your MIT dentists try to keep as many teeth as possible in your mouth. The more natural teeth you have, the more stable your bite is.

Your MIT dentists and Dr. Andrews are eager to serve you, please call MIT dental clinic to schedule an appointment for an exam and consultation.

MIT Dental Clinic
(253) 939-2131

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



Weavers Conference Trip

By Donna Starr

On September 30th and October 1st, Theresa and I went to a Weavers Conference! Man! That was so neat! I'm writing this for all of you out there so you can understand that this is something that you need to do. It is so neat to think of what our elders used to do so easy. They had a lot of time because they didn't have to go to work and stuff like that. You need to try to attend one of those conferences!

Anyway, Theresa and I made headbands! Theresa made a black one with red cedar. I made a red one, red with cedar bark. They looked so neat! We also made salt and pepper shakers, and a rose. Oh man, a rose! I made a rose! I couldn't believe that I made a rose! So, here are the pictures when we finished.



Plaza Roberto Maestas Grand Opening

On Saturday, October 1st, El Centro de la Raza celebrated the grand opening of Plaza Roberto Maestas. The Plaza will offer 112 units of affordable housing for low income, working families, situated north of the Beacon Hill Link Light Rail.

The Plaza was created in response to a need for affordable housing in the Seattle area for those who cannot afford to commute long distances to their jobs. The residences were also built under Evergreen Sustainable Development Standards which will lower utility bills and promote a healthy living environment for tenants.

El Centro de la Raza primarily serves low-income individuals from Latino, Native American, African American and Asian/Pacific Islander Communities. Their goal is to "build unity across all racial and economic sectors; to organize, empower and defend its most vulnerable and marginalized populations; and to bring justice, dignity, equality and freedom to all peoples of the world" ~ from El Centro's website.

The tribe has forged strategic relationships with numerous People of Color organizations that can be called upon when support is needed on issues affecting the tribe. El Centro de la Raza is a key ally of the Muckleshoot Tribe in the Seattle area.

PENTECOSTAL



The church had a carnival in July and will have a Christmas carnival in December.



The two ladies, Chasity and Elisha, standing with Lou Engle, coordinated the CALL to native elders, leaders and youth.



Pastor Kenny and Charlotte attended the ANNA (All Nations North America) CALL prayer meeting in Tahlequah, OK, on October 7-9, 2013.



THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

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

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

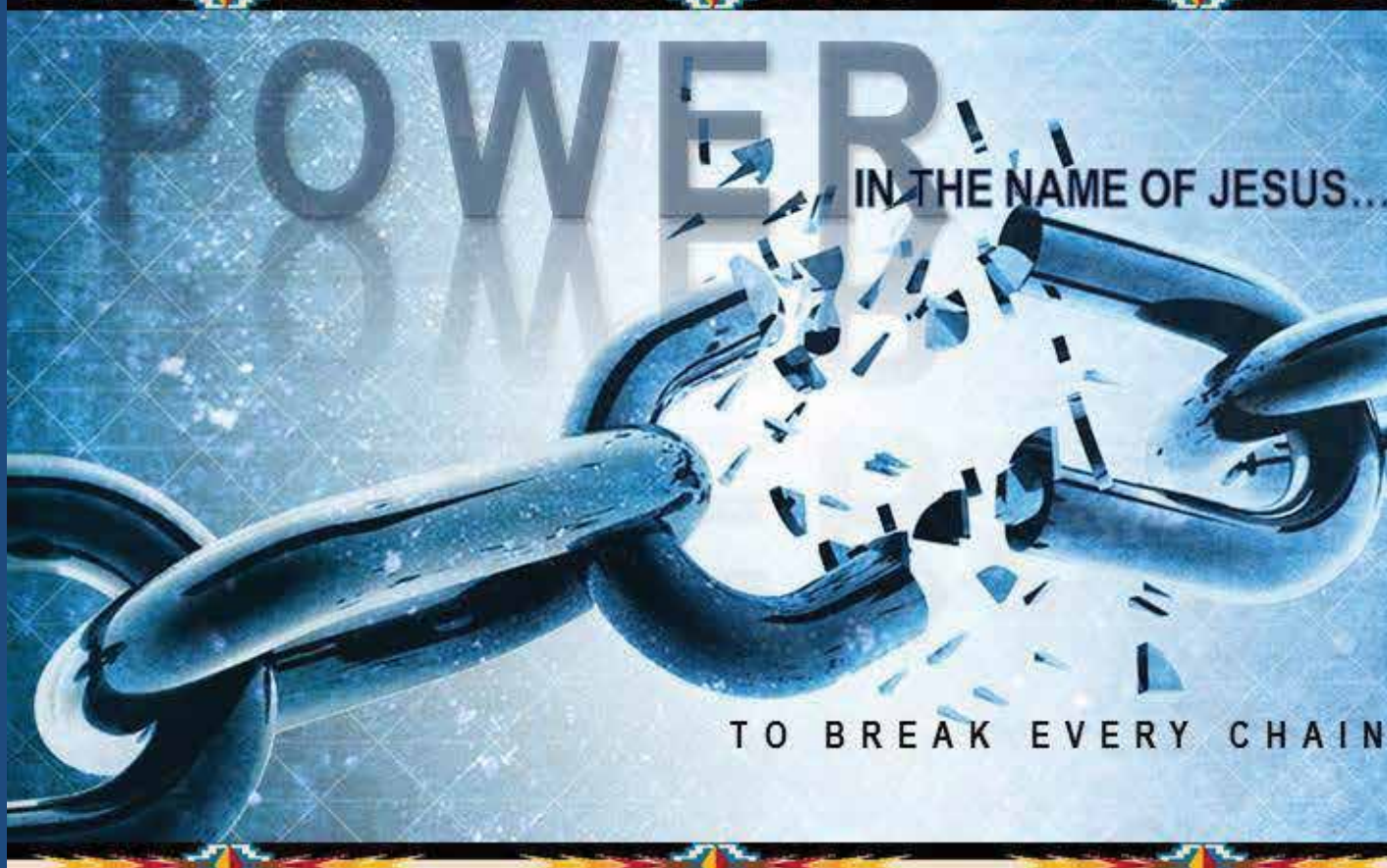
Tara.Vasquez@muckleshoot.nsn.us

Or by phone at (253)347-6937

FIRST NATIONS HEALING CONFERENCE NOVEMBER 11, 12 & 13 2016

Pentecostal Church
Muckleshoot Reservation
 39731 Auburn Enumclaw Rd S.E.
 Auburn, WA 98092
 253-876-3145

Hosted by:
Pastor Kenny & Charlotte Williams
pentecostal@muckleshoot.nsn.us
 Please Pre-Register by Email or Phone
 For food planning purposes.



Joan Hunter is an anointed healing evangelist who ministers the Gospel with manifestations of supernatural signs and wonders around the world. Being sensitive to the Holy Spirit, Joan speaks prophetically. She has appeared on TV, Sid Roth's, "It's Supernatural" and has authored 17 books. These recorded teachings will encourage you & teach you how to pray for the sick & they recover.

All will be available for sale at the conference.

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



MUCKLESHOOT POLICE



Police Report

Those subjects listed as "arrested" or "arrested via citation" means there is enough evidence for the police to prefer charges but have not been convicted.

09/07/16 11:16 PM C16045947 Muckleshoot General Services Burglary

An exterior door was pried open and interior doors forced open. \$1,300 in cash and a DVD of "The Princess and the Frog" had been stolen.

09/08/16 8:51 PM C16045980 Skopabsh Village Theft

An elder female had \$200 in cash stolen from her house overnight. The elder did not wish to give a statement or assist in prosecution against the adult male she suspects of taking the money.

09/08/16 2:05 PM C16046061 4200 block Auburn Way S Warrant Arrest

James Fryberg (29) was arrested on a Marysville misdemeanor warrant for "DUI" which held a \$25,000 bail. Fryberg was booked into the Regional Justice Center Jail.

09/15/16 8:00 AM C16047262 Muckleshoot Reservation Sexual Offender Registration

King County Sheriff's Office detectives went to an address on the reservation to confirm that an adult male Level 1 sex offender still lived at an address. Detectives discovered that the male did not live at the location and has not registered a new address. A criminal case is being opened on the male for violating his registration requirements.

09/15/16 1:08 PM C16047330 39600 block 175 LN SE Civil Problem

An elder female reported that her adult son that lives with her threw away her cedar and tules she collected. The matter was a civil problem since the son lives at the address also. A case report was written to document the incident.

09/15/16 4:31 PM C16047383 SE 388 ST/158 AV SE Warrant Arrest

Damien Elkins (29) was arrested on a King County misdemeanor warrant for "Domestic Violence Malicious Mischief (Vandalism) in the Third Degree" which held a \$5,000 bail. A small amount of meth and heroin were found during the investigation. Elkins was booked into the King County Jail on the warrant.

09/16/16 8:22 AM C16047467 Skopabsh Village Violation of a Court Order

Sunshine Bargala (40) was arrested for violation a "No Contact Order" against her elder mother. Bargala was booked into the Regional Justice Center Jail.

09/16/16 3:58 PM C16047554 38600 block Auburn-Enumclaw RD SE Mental Complaint

An adult male was found lying along the side of the road, he told a deputy that he was thinking about killing himself. The male was sent to the hospital for a mental health evaluation.

09/16/16 11:23 PM C16047622 39600 block 175 LN SE Court Oder Service

A deputy served an adult male with a "Protection Oder" his elder mother had obtained against him the day prior at the Muckleshoot Tribal Court. The deputy gave the male a ride to a different address and dropped him off.

09/17/16 8:30 AM C16047658 Green Tree Condos Warrant Arrest

Michael Robinson (27) was arrested on an Auburn misdemeanor warrant for "Failure to Appear - Criminal Trespass in the Second Degree" which held a \$500 bail. Robinson was booked into the SCORE Jail.

09/17/16 7:16 PM C16047786 Green Tree Condos Warrant Arrest

David Mitchell (37) was arrested on a Kent misdemeanor warrant for "Failure to Appear - Driving While License Suspended in the Third Degree" which held a \$2,600 bail. Mitchell was booked into the Kent Jail.

09/18/16 1:28 AM C16047815 39900 block Auburn-Enumclaw RD SE Warrants Arrest

Sandi Kinggeorge (33) was arrested on two Auburn misdemeanor warrants both for "Failure to Appear for Theft in the Third Degree," each warrant held a \$2,600 bail. Kinggeorge was booked into the SCORE Jail.

09/18/16 7:30 PM C16047924 16500 block SE 392 ST Warrant Arrest

Jewel Eyle-Owens (22) was arrested on an Auburn misdemeanor warrant for "Failure to Appear - Criminal Trespass in the First Degree" which held a \$500 bail. Eyle-Owens was booked into the SCORE Jail.

09/19/16 7:08 PM C16048127 37000 block Auburn-Enumclaw RD SE Warrant Arrest

Derek Jerry (31) was arrested on a King County felony warrant for "Assault in the Second Degree" which held a \$50,000 bail. Jerry was booked into the King County Jail.

09/21/16 8:33 AM C16048372 4900 block Auburn Way S

Warrant Arrest

Leticia Lozier (18) was arrested on two King County Juvenile Court no bail felony warrants. The first warrant was for "Escape" and the second warrant was for "Motor Vehicle Theft." Lozier was booked into the King County Jail.

09/22/16 10:54 AM C16048615 39600 block 175 LN SE Court Order Violations

Lindsey Howtopat (60) was arrested on two counts of "No Contact Order" violations when he went to a house were an adult female and a juvenile have a No Contact Order against him. Howtopat was booked into the Regional Justice Center Jail.

09/23/16 3:29 PM C16048862 38900 block Auburn-Enumclaw RD SE Credit Card Fraud

An adult female had a debit card stolen from the house she uses as a mailing address. Several small purchases have been made with the stolen debit card. A deputy is investigating the theft and uses of the card.

09/23/16 3:45 PM C16048859 Cedar Village Theft

An adult male stole a package containing children's shoes from his sister's door step. The shoes were recovered and returned to the owner. The owner of the shoes did not wish to assist in prosecution.

09/23/16 8:46 PM C16048923 41400 block Auburn-Enumclaw RD SE Overdose

An elder male overdosed on suspected heroin. Medics were able to get a pulse but could not get the male to breathe on his own. The male was transported to the hospital.

09/24/16 8:28 AM C16048970 Green Tree Condos Trespass

Charles Rowe (61) and James Taitano (36) were found sleeping in a vehicle in the parking lot, neither knew anyone who lived in the complex. Taitano admitted to having just smoked meth. Both subjects were trespassed from the complex.

09/24/16 12:54 PM C16049007 Bingo Hall Drug Arrest

Wraymond Hazard (30) was arrested for trespassing in the Bingo Hall. In Hazard's position were Hydrocodone pills, several stolen debit cards and driver licenses a switchblade knife and keys altered to steal cars with. Hazard also had a felony Department of Corrections warrant for "Escape." Hazard was booked into the King County Jail. A stolen white Honda Accord was located in the parking lot that Hazard was seen driving on surveillance video. A detective is following up on the case and several other charges are pending.

09/24/16 8:05 PM C16049057 Lozier Ranch Warrant Arrest

Myron Lozier (35) was arrested on a Department of Corrects no bail felony warrant for "Escape from Community Custody." Lozier was booked into the SCORE Jail.

09/25/16 2:25 AM C16049099 17600 block SE 413 PL Suicide Attempt

It is believed that a juvenile attempted suicide by taking a large amount of prescription pills. Medics were concerned with the juvenile's vital signs and their overall medical condition. The juvenile was transported to the hospital for medical treatment and a mental health evaluation.

09/25/16 11:05 PM C16049240 17600 block SE 408 ST Warrant Arrest

Douglas Marquard (41) was arrested on a King County misdemeanor warrant for "DUI" which held a \$5,000 bail. Marquard was booked into the King County Jail.

09/27/16 10:32 AM C16049480 Bingo Hall Drug Violation

An adult male was contacted sleeping in a truck in the parking lot. The truck was believed to be an unreported stolen vehicle. The driver was released at the scene. During an inventory of the truck prior to it being impounded, meth, a meth pipe and keys used to steal vehicles were found inside.

09/27/16 1:41 PM C16049513 F ST SE/Cedar DR SE Drug Violations

An adult male was stopped driving a vehicle and placed into custody on a misdemeanor warrant. Meth and heroin were found in the vehicle during a search along with drug pipes and a drug scale. The male was released at the scene. The case is being forwarded to a detective for follow-up and charging.

09/27/16 6:20 PM C16049616 38900 block 164 AV SE Warrant Arrest

Aurea Gonzales (37) was arrested on a Pierce County no bail felony warrant for "Escape in the Second Degree." Gonzales tried to run from the deputy on foot but did not get very far before being taken into custody. Gonzales was booked into the King County Jail.

09/29/16 16-12067 1800 block 21ST CT SE APS referral

An APD referral regarding a theft of money was investigated and

closed.

09/30/16 2:00 PM 16-12125 4200 block Auburn Way S Recovered Stolen Veh

A previously reported stolen Nissan out of King County was recovered unoccupied in the parking lot of the location. The vehicle has been reported stolen since December, 2014.

9/30/16 10:15Am C1605004 2800 block/Auburn Way S Warrant Arrest

Rev Barr (24) was contacted and arrested on an outstanding warrant. Barr was in possession of drug paraphernalia and illegal narcotics at the time and booked in to the Score Jail.

10/01/16 3:54PM C16050269 16000 Blk/ SE 385 CT Vehicle Prowl

An adult female reported her car was broken into where various items were taken. There is no suspect information at this time.

10/1/16 5:35PM C16050287 38621 160 Dr. SE Larceny

A juvenile reported her cell phone stolen off the bench at a park. The suspect was Native American with a scruffy beard and may have been wearing a black hoodie or sweater. No further info is available.

10/02/16 1:00 AM 16-12198 Muckleshoot Casino Trespass

Dustin A. Wyena (37) was contacted by Muckleshoot security as he is a previously barred patron. When officers arrived, they located a misdemeanor warrant out of Auburn for FTA- Criminal Trespass 1st Degree. Dustin was transported and booked into the SCORE Jail.

10/2/16 11:02AM C16050369 24th/R St Se Warrant Arrest

An adult male was contacted during the recovery of a stolen motorcycle. The male had two warrants out of Pierce County and was in the possession of illegal narcotics. He was booked into the King County Jail awaiting extradition to Pierce County.

10/03/16 1:30 AM 16-12231 2400 block 24th St SE Verbal Domestic

An adult male and female couple who recently separated were in a verbal argument. When officers arrived, they determined that nothing physical had occurred and therefore there was no crime.

10/3/16 5:30pm C16050596 41300 Blk/179th Ln Se Burglary

An adult female reported that while attending a funeral, her home was burglarized of nearly \$3,000 in beads and other jewelry. There is no suspect information at this time.

10/3/16 1123PM C16050630 4000 Blk/Auburn Way S Warrant Arrest

Diana Tecumseh (26) was arrested out of a suspicious vehicle on a warrant out of Auburn for FTA Theft 3rd which holds a bail of \$1000 and booked into the SCORE jail.

10/05/16 1:00 AM 16-12333 1700 block 17TH ST SE Physical Control

An adult male was arrested for physical control of a vehicle while under the influence after he was located by police sitting in the driver's seat of a running vehicle. The male was booked into the SCORE Jail.

10/9/16 10:00AM C16051597 Dogwood St/Auburn Way S Warrant Arrest

An adult male was arrested on his no bail drug warrant out of Pierce County during a traffic stop of a suspicious vehicle. He was transported and booked into the King County Jail awaiting extradition to Pierce County.

10/9/16 6:20PM C16051662 Se392nd St/164th Ave Se Warrant Arrest

Lawrence Jerry (31) Was arrested and booked on his \$5,500 warrant and was cited for possession of drug paraphernalia into the Muckleshoot Tribal Court.

10/9/16 7:10PM C16051844 38900blk/164th Ave Se Warrant Arrest

Patricia Rincon (32) Was arrested and booked after trying to flee on foot from deputies during an attempt to arrest her on multiple warrants. Rincon was also cited for possession of drug paraphernalia into the Muckleshoot Tribal Court.

10/10/16 1130PM C16051881 3200 Blk/Auburn Way S Warrant Arrest

Mike Valles (41) Was arrested during a traffic stop for his \$2,500 DUI warrant. He was booked into the King County Jail.

10/11/16 8:45AM C16051912 SE 416th/180th Ave SE Stolen Boat Recovery

A boat and trailer that was stolen in Pierce County the night before, was found abandoned alongside the road. It was recovered and impounded.

MEMBERS NEEDED
for Indian Child Welfare Advisory Committee

The Indian Child Welfare Act was enacted in 1978 in response to the crisis affecting Indian children, tribes and families. Very large numbers of Indian children were being separated from their families and often placed into non-Native foster and adoptive homes. Fortunately, there are opportunities to prevent this from happening to our communities. One of them is to become a member of the Local Indian Child Welfare Advisory Committee (LICWAC) for the Department of Social and Health Services. LICWAC meets once a month for approximately 4-5 hours with state social workers and, although they are an advisory committee, their input and recommendations are vital to each case that is staffed.

If you are interested in filing out an application and becoming a member of the LICWAC, and would like to serve on the Tacoma LICWAC please contact:
Diane Waddington, Region 3 LICWAC Coordinator
(360) 475-3532 or 1-800-423-6246 ext. 3532 or 360-979-8869

If you are interested in serving on the Seattle LICWAC please contact:
Roxanne Finney, Region 2 South ICW Program Consultant
(206) 923-4896



Please join in welcoming the new avenue of viewing and adding events for the Muckleshoot Community & Membership, by Tribal Members for Tribal Members and Community. The Community Events Calendar is there for everyone's convenience. Never double book an event again, now you can view other events happening and plan ahead. Let everyone know what you are planning. Simply follow the steps below to get started.

- 1.) Submit your Event information and Attach Flyer to email address: Muckleshoot.Events@Muckleshoot.nsn.us
- 2.) Your Event Information will be observed, approved and posted.
- 3.) Requirements-The Muckleshoot Events Calendar is only for events organized, hosted, sponsored or co-sponsored by Muckleshoot tribal departments and/or programs.
- 4.) Please allow up to 2 business days for approval and posting of event. If request is denied, 2 additional business days will be added to the approval process. All approvals/denials will receive notice of explanation or confirmation that your event is posted via email.
- 5.) To view current events: Follow the link provided on Share point Tab->Community Services->Scroll Right->under Links-> Click on the **Events Calendar Link** Provided.
- 6.) Or in your explorer follow this link: <http://www.muckleshoot.nsn.us/community/news-calendar.aspx>

The common goal is to provide easy access to all events available to Membership and Community in one place. The Events Calendar will draw people to your event and give details they otherwise might not have. Find out more by looking at the Calendar and familiarize yourself with it. Lessen multiple email distributions and submit your event to be viewed by all!!!

Thank you,
Muckleshoot Events Calendar
Muckleshoot_events@muckleshoot.nsn.us



EVENTS CALENDAR

October 27-28	Money Skills for Life - 12 - 5PM at MHA Training facility. Contact Cheryl at 253-876-3154
November 5	Daniel Penn Memorial. Head Stone Blessing 10AM, New White Lake Cemetery, Muckleshoot Reservation. Lunch at 12 noon with giveaway to follow.
November 7-9	Foster Care - 8-5 pm Muckleshoot Health & Wellness Conference Rooms
November 11	Veteran's Day Dinner - 5-7 pm at Pentecostal Church
November 11-13	First Nations Healing Conference - at Pentecostal Church
November 12	Katherine Barr Memorial. Headstone Blessing 8:00AM (sunlight) at Chehalis Tribal Cemetery; Dinner 11:00AM at Mess Hall, Giveaway 1:00PM at Oakville Indian Shaker Church
November 17	Caregiver's Training - 11 - 3 pm Muckleshoot Health & Wellness Center Conference Room
November 18	Home Buyer Training - 6-8PM at MHA Training facility. Contact Cheryl at 253-876-3154
November 19	Thanksgiving Dinner - 4-6 pm at Emerald Downs
December 8	Home Buyer Training - 6-8PM at MHA Training facility. Contact Cheryl at 253-876-3154
December 17	Christmas Party - 2-6 pm at Emerald Downs

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

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



Muckleshoot MONTHLY

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

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.

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.

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

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



Happy first birthday to my little Miss Emily Ulrich! (11/11)

This year has just flown by, watching you grow from the first smiles and giggles, to eating food, crawling and talking! You've got such a big-little personality already! We love you very much, from your big sister Dahlia, to your Grandma Noreen, Grandpa Tim, aunts, uncles, cousins & your dad and all of your big family! With lots of love from mommy & your family

A Letter from Austin Ross

Hey, how is it going family and friends? I am doing good. Thought I would say hi and let you know that I am doing fine. Just can't wait to get out. This will be the last time that I do time behind bars.

Happy late birthday to my kids Kiana and Arine Ross and Raina Couchman, even though Raina's is coming up. Love you and miss you all.

Happy early birthday Auntie Nellie (December 31st) Here is the address and J-Pay number if you would like to send a letter or message to me.

Austin Ross D.O.C #391985
Washington State Penitentiary
Unit 8, Cell C-14
1313 N. 13th Ave
Walla Walla, WA 99362

Have a safe holiday's family and friends, I love you all!

"Accept no one's definition of your life, define yourself!"

Love,
Austin Ross



Karen Lee and Ken Lewis at a recent fund raising event for South King Multi-Care.



Basket Weaving at Great Wolf Lodge

