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# Muckleshoot MONTHLY



Vol. XVII No. X

Muckleshoot Indian Reservation, Wash.

December 5, 2016

## Tyler McNamer Visits MCDC

By Evan Avila



Tyler and his mother were all smiles after receiving a blanket from the Tribe.

Tyler McNamer, author of the book *Population: One*, stopped by the Muckleshoot Child Development Center recently to offer his unique perspective on life with autism. The 18-year-old author and motivational speaker shared some of the tribulations that he experienced while growing up with a severe developmental disorder and, ultimately, how his will to succeed resulted in the life successes he experiences today.

*Continued on page 21*

## SNAPSHOT FROM STANDING ROCK

By Ninakaye Taanetnorau, Maori



Ninakaye Taanetnorau, a Maori from New Zealand, with Roy Murphy

This is Roy, a beautiful resilient young warrior who we were lucky to spend a bit of time getting to know. He was on the front-line in the Sunday attack, sprayed by firehoses for 7 hours, dodging canisters of tear gas and mace, protecting others from being shot... but in the end he was shot by rubber bullets while trying to protect an elder. He suffered pain from his injuries, and also hypothermia, but his resilience is admirable and he was back out to the frontline again not long after.

When Roy was presented with this "love letter" from home (New Zealand), his first response was disbelief, and then tears came to his eyes when he realised it was true – that someone (tēnā koe Mahana) had taken time to write a letter especially with the intention of it going to a Male Prayer Warrior such as him.

Arohanui Roy, to you and all the recipients of our love letters! We stand with you in solidarity and truly love you all.

\*\*\*\*\*

Roy Murphy is one of about two dozen that have traveled from Muckleshoot to be part of the historic standoff at Standing Rock. Events are unfolding so quickly day by day that we can't keep up with them here. The Muckleshoot Supports Standing Rock / NO DAPL Facebook page is a good source of information, as are numerous other Native news outlets.

## TRIBE ASSESSES POLITICAL FUTURE

Last month, Donald Trump was elected the 45th President of the United States. This was not the outcome many of us expected – or hoped for.

Since that time the Tribal Council has heard from many Tribal members concerned about what the election will mean for our Tribe and community.

The truth is that it's too early to know exactly how a Trump White House will impact us. At this point there are more questions than there are answers.

Trump's election is historic across many fronts. He will be the first president to assume office having never served in public office before, never worked in government, and never served in the military.

Normally we would look



President-elect Donald Trump, Senator Patty Murray, Senator Maria Cantwell, Congressman Dave Reichert.

to a candidate's public record for clues as to how they will govern and prioritize issues, so President-elect Trump's lack of public sector experience or a public record beyond campaign rhetoric leaves a lot to the imagination and suggests much will be determined by the people he chooses for his cabinet and senior leadership team.

The President-elect's official Transition Team, which is vetting cabinet members and shaping Trump's initial policies and priorities, has done little to address the concerns raised by many Americans about his positions or prior statements on a host of legal, social and international issues, although we have seen in the weeks since

the election some paring back of key campaign promises as the reality of having to govern all Americans sets in for the President-elect.

The little that we do know about President-elect Trump's understanding of tribal nations and the issues important to Indian Country is concerning,

*continued on page 3*

## MIT Sla-Hal film screened at American Indian Film Festival

By Lyn Dennis

The 41st Annual American Indian Film Festival took place November 4-10, 2016 in San Francisco, California at the AMC Theater. The "Muckleshoot Indian Tribe Sla-Hal 2015 Tournament" premiered on November 9, and includes tribes from all over the Pacific Northwest and Canada. Sla hal is a guessing game – a game of chance.

"It was so exciting to attend the premiere, and be able to share with the community about what the Sla-Hal bone games means to our people" said Lyn Dennis, Producer, Director and narrator of the film.

The American Indian Film Festival's founding principle is that "film is a transformative tool... we present Indian voices that dispel popular, often damaging myths and advance appreciation of Indian peoples artistic and societal contributions."

The intent of the video is to be an educational tool for the Muckleshoot Tribe's youth and the community.

"Our main goal is pulling tribes together and having fun, doing what we've always done, and this game has been going on for centuries," Mike Jerry Sr., Tribal Councilmember and Chair of the Sla-Hal Committee said.

Approximately 185 teams with five members to a team played in this annual September tournament, with no buy-in and a purse of \$75,000. A game can last 10 to 15 minutes, or up to four hours. Other high-



Producer, Director and Narrator Lyn Dennis responds to audience questions after the screening of the film.

light games include the "Traditional Game," the "Kick Stick Special" and the "Shoot Out" games, which all require strategy and skill.

Various players are interviewed about what they like about the game and responses such as "We are all one family" . . . "The stick games continue our culture" . . . "The power of the song and drum gives strength to our people."

Sla-Hal shows that the tribes are a gambling people. In the past, tribes played it to settle land or secure food and supplies.

"This was my first pre-

miere," Dennis said. "I introduced the film and afterwards there was a question and answer segment from the audience. There were a lot of questions and interest, and it was an honor to be a part of the festival. I feel it is so important to be able to tell our stories and share about our culture to the bigger community."

"I would like to thank the Muckleshoot Indian Tribe, their Sla-Hal Bone Game Committee, and those who attended the premiere, including Denny Hurtado, Skokomish Tribe; Nesa Jimenez; Tracy and Mark Bedolla; their daughters Raven

and Robyn; Jesse Salcedo, and Hoover Ng," she added.

This 23-minute documentary was produced, directed and narrated by Lyn Dennis, Lummi Nation/Tahltan Band of B.C., along with Scott Macklin, videographer and editor, Associate Director of Communications Lead Program, University of Washington.

For additional information, you may contact Lyn Dennis via email at warriorwoman747@yahoo.com or (360) 463-6621. The American Indian Film Institute's website is www.aifisf.com.





# Sustainability Food Systems Program

October and November have been fun months to explore medicines, learn from our trees, hunt for mushrooms and make delicious pumpkin treats. We are continuing our forest field trips into December. Some of our December dates will involve foresters coming into the classrooms for much warmer/dryer lessons.

Culture night was filled with Elderberry Tea and lots of antioxidant filled happy faces. We also partnered with the MIT culture and language departments for a great day sharing our past and present with over 300 people at the Japanese Community and Cultural Center.

If you have a sustainable/traditional teaching that you feel would benefit our youth, please feel free to email me at [lafontaine@muckleshoottribalschool.org](mailto:lafontaine@muckleshoottribalschool.org) and I would be happy to set up a time for you to share your gift.

*"The American Indian is of the soil, whether it be the region of forests, plains, pueblos, or mesas. He fits into the landscape, for the hand that fashioned the continent also fashioned the man for his surroundings. He once grew as naturally as the wild sunflowers, he belongs just as the buffalo belonged..."*

– Luther Standing Bear, Oglala Sioux Chief



## Stars of the Silver Screen

**Muckleshoot Stick Gamers at the 2016 American Indian Film Festival in San Francisco**



## Muckleshoot Students featured at Holocaust Center's annual Voices for Humanity Luncheon



HOLOCAUST CENTER for HUMANITY

Educate. Inspire. Take Action.

An important component of the history curriculum in the upper grades at the Muckleshoot Tribal School is learning the tragic stories of peoples that have been victimized and persecuted, such as the extermination of Jews in Nazi death camps and the forced internment of Japanese-Americans during World War II. Students have been quick to identify with these stories and see their people as victims, too, according to their high school history teacher.

As part of this curriculum, a close linkage was established with the Seattle-based Holocaust Center for Humanity, which included visiting back and forth and making a short film together. That film was shown recently at the Holocaust Center's annual Voices for Humanity

Luncheon, a huge fundraising event that drew over 1,000 people to the ballroom of Seattle's downtown Sheraton Hotel. MTS students were special guests, with Dontae Johnson speaking on behalf of the school. Their history teacher's introduction and Dontae's remarks follow:

Good Afternoon – I teach high school history at the Muckleshoot Tribal School. I am here today with students and members of the Tribal council. We are all so grateful for the support we receive to teach our students about the Holocaust, and honoured to be a part of the program today.

I was excited when I heard about the new museum and the Anne Frank exhibit, and planned a field trip for my 10th grade students. For me, it is so important for our tribal students to learn as much as they can about the world outside the reservation.

At the museum my students could see themselves in Anne's story and in the story of the Holocaust. They found connections between the experiences of their ancestors and of the Jewish people and others during the Holocaust. It opened their eyes and their hearts. This was so inspiring for me.

We were guided through the exhibit learning about the Franks story and how it related to the Holocaust. Then the Center brought a speaker to our school. My students were changed forever by this experience. I'll let you see if for yourself in the video.

Thank you again for making this story come alive for my students. I hope you enjoy meeting my students in this video.

\*\*\*\*\*

Ayy seeyahYah. Hello friends.

I'm Dontae Johnson. I am very proud to be representing the Muckleshoot Tribal School. I know what it's like to be singled out. Growing up looking African-American when everyone else looks Native, there were times I was teased and even bullied as a child. My family – and especially my older sister – taught me to be proud of who I am, and to stand up for myself. And I did the same for my younger brother.

Early on, I was taught that how we treat other people matters, what we say and do. Not everybody understands that.

Last year, we read Anne Frank in Ms. Hildebrand's class. I wanted to know more about her and learn about the Holocaust. As you saw in the video, my class visited the Holocaust Center for Humanity, and then Mr. Adler visited our school and told us his story. It was an amazing experience for us – you saw it in our video! I will never forget it.

That was when this "big message" began to take shape for me. It goes like this: It's great to stand up for myself and the people I'm close to and all, but I need to make sure I'm a living example of "justice for all." Y'know?

Holocaust education has opened my eyes. I see now that we all need to pay attention to each other and to what's happening around us. I need to be willing to speak out even when mine is the only voice.

I am a college-bound senior. I have been involved in student leadership and participated in competitive sports. My eyes are open and I am determined to live up to Anne's vision for a more peaceful and tolerant world – and to bring as many people along with me as I can. Like Anne said:

**"How wonderful it is that nobody need wait a single moment before starting to improve the world."**

Thank you to the Holocaust Center for letting me understand more deeply why this is so important, and that together we can make a difference. Studying the Holocaust changed my life. I know that change begins with me.



**HOLOCAUST SURVIVOR STEVE ADLER POSES WITH MIT DELEGATION**  
Front Row, L-R: Ryan Thompson, Rosy Fish, Leesa Lozier, Holocaust Survivor Steve Adler, Nathan Keeline. Middle Row: Kalea Lazard, Alyssa Mercer, Vivian Asphy, Chairman Virginia Cross, Brittany Nelson. Back row: Carlee Eyle, Councilmember Kerri Marquez, Victoria Hildebrand, Jesus Bennett, Dontae Bronson-Johnson, Yvonne Johnson.



Dontae addressing the gathering



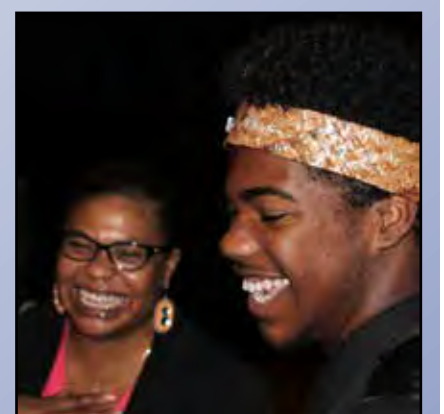
Nathan Keeline on screen



Gov. Jay Inslee shakes Dontae's hand

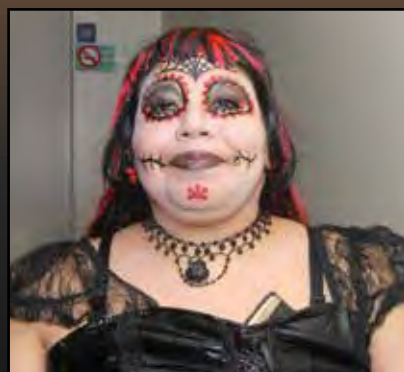


Kerri and Virginia with Holocaust Survivor Steve Adler



Proud Mom Yvonne Johnson shares a laugh with son Dontae.

# Tribal Halloween Party 2016



## Team Building Fund Raiser at the Philip Starr Building

The Tribal College, Scholarship, and Northwest Indian College staff participated in a team building - fund raising event for our students. The event was well received with community support and most items were sold out at the completion.

Thanks for supporting the event and our students!



### **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](mailto:Cary.Hutchinson@muckleshoot.nsn.us)

Mitzi Judge  
GED Test Administrator  
253-876-3395  
[Mitzi.Judge@muckleshoot.nsn.us](mailto:Mitzi.Judge@muckleshoot.nsn.us)

### **Northwest Indian College:**

#### **Two Associate's level degrees:**

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

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

#### **Bachelor's level degrees:**

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

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

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

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

**Instructional Aid/Technician:** Melissa Reaves  
Phone: (360) 255-4432  
Email: [mreaves@nwic.edu](mailto: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](mailto:marchanc@evergreen.edu)

### **Continuing Ed:**

Mitzi Judge Phone: 253.876.3395  
Email: [Mitzi.judge@muckleshoot.nsn.us](mailto: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](mailto: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.

**Marie Marquez, Financial Aid Director (253) 876-3382**  
[Marie.Marquez@muckleshoot.nsn.us](mailto:Marie.Marquez@muckleshoot.nsn.us)

**Dena Starr, Scholarship Program Manager (253) 876-3147**  
[Dena.Starr@muckleshoot.nsn.us](mailto:Dena.Starr@muckleshoot.nsn.us)

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

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

MIT HIGHER-EDUCATION AND VOCATIONAL-TECHNICAL SCHOLARSHIP PROGRAM POLICIES

Need Your **GED?**

## GED

**Learning Center Hours:**  
Mon/Wed 8:00 - 6:00  
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Friday CLOSED

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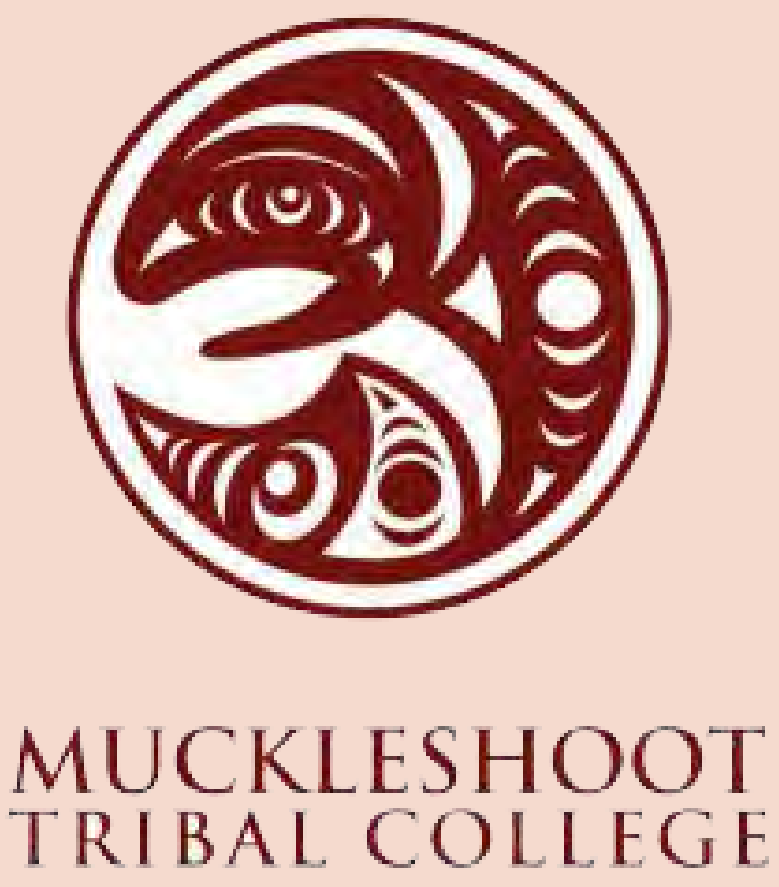
- Tutoring • E-Learning • Classes
- Instructor Support
- Career & College Guidance for GED Graduates

**Begin Your GED Journey**

**Contact**  
Cary Hutchinson  
GED Instructor  
(253) 876-3375  
  
Mitzi Judge  
GED Test Administrator  
(253) 876-3395

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

Muckleshoot Tribal College  
3901 Ashwa Emahiser Road Southeast  
Ashwa, Washington • 99002  
(253) 876-3382  
[www.muckleshoottribalcollege.org](http://www.muckleshoottribalcollege.org)



### MTS High School Students of the Month - October



The winners, from left to right are: Nathan Keeline, Albert Vaiese Moses, Raven Stevenson, Fabian Mondejar, Erika Ramirez, and Alyssa Mercer. Seated is Amos Courville. Not pictured is Cecelia Reyas.

The theme for MTS High School Student of the Month for October was Most School Spirit. Students were nominated by staff and a boy and girl from each grade level, 9-12.

## 2016 Kings Football Update



The team made the playoffs for the first time ever! Playing Naselle high school 11/5/16 at NaSelle. They Lost 56-12 but had an awesome season! And represented the school very well!

#### MTS ALL League Fall Award Winners and State finishing: Congratulations!!!

- Rosie Fish – 1st team All- League , 20th state place finish\* Girls cross country
- Donte Johnson – 2nd team All-League Running back football
- Shawn Coombs – 2nd team All-League Linebacker football
- Alexis Starr – 1st team All-League Midfielder girls varsity soccer

\*Players are voted on by the Sea-Tac League coaches\* Great job to All !!!

## MIT EMPLOYEE BENEFITS FAIR



On November 16th, 2016, the Tribe held its Employee Benefits Fair for Tribal Government employees, in the Philip Starr Cougar Room. The fair is an annual opportunity for employees to make changes to their benefits plans for the upcoming year if they are a benefits eligible employee.

Some of the services offered at this year's fair included opportunities to change dental plans, learn more about the Tribe's medical plan, Add, modify or delete dependent coverage, enroll in the Flexible Spending Account (FSA) benefit, enroll in a 401(k) plan, make changes to 401(k) plans, sign-up for Short Term Disability coverage, receive valuable information on the Long Term Disability, Life, and Employee Assistance plans, and engage with the Tribe's benefits providers and representatives.

Experts from each of the Tribes providers were present to advise participants on the specifics

of their benefits package and to answer any questions related to specific benefits.

Representatives from Costco, Verizon, and Wells Fargo were also present to assist and inform participants about exclusive opportunities, deals, and discounts provided through their companies.

Each representative came prepared with promotional materials and informational packets to hand out to anyone who was interested. There were also some opportunities to win awesome prizes!

The event was well attended with numerous Tribal employees funneling in and out from the 10 am opening to the 2 pm closing.

Food and beverages were provided throughout the event with a pizza party for the lunch special.

If you are a Tribal employee and missed out this year, be sure to keep an eye out for the next annual Employee Benefits Fair!

## MTS Needs Your Voice

Muckleshoot Tribal School is beginning the process of accreditation. Part of the process is surveying parents and stakeholders.

Survey information will be used in our school improvement plan and to guide decisions for the upcoming years.

Parents and guardians are encouraged to go to the following website in order to take part in the survey:

<http://www.advanc-ed.org/survey/public/3962105>

### MIT Scholarship Program



Phone: 253-876-3378 Email: [ScholarshipsDept@Muckleshoot.nsn.us](mailto: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**

Oct 21st—Dec 2nd

**Spring 2017**

Jan 20th—March 3rd

#### 2017-2018 Application Periods

**Summer 2017**

Apr 14th—May 26th

**Fall 2017**

July 7th—Aug 18th

**Winter 2018**

Oct 20th—Dec 1st

**Spring 2018**

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 6<sup>th</sup> 5:30pm-7:30pm
- Thursday December 5<sup>th</sup> 1pm-3pm

#### Spring 2017

- Tuesday, March 7<sup>th</sup> 1pm-3pm
- Wednesday, March 8<sup>th</sup> 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](mailto:ScholarshipsDept@Muckleshoot.nsn.us) 253-876-3378

# NAYLE Conference 2016: Student Reflections



MTS students Isabel Baca, Sky Hisa, Nathan Keeline, Cedar McCloud, Alyssa Mercer, Fabian Mondejar, Erika Ramirez, Hadrian Ramirez, and Raven Stevenson participated in Eastern Washington University's 2016 Native American Youth Leadership and Education (NAYLE) retreat which was held November 4th-6th. NAYLE helps Native American Youth remain strongly rooted in their indigenous traditions while working toward a college degree. Speakers included: Levi Horn, Vaughn EagleBear and Gyasi Ross. These are their stories...

## Cedar McCloud:

Eastern Washington University was a great experience. The first day we had to check into dorms, which was kind of scary considering no one knew who they were rooming with. Some got roomies from their own schools, and some were paired with a person of the same gender that they had no idea who they were. I luckily didn't get a roommate. The program wanted us to have a college experience on what it was like to live in the dorm with a person you don't know.

After we checked in, all of the participants were assigned a mentor and put into a clan. We all had our own name. I got to name what the seven students were called for the weekend. We were the Mad Hatters.

On the same Friday, we played some group activities with everyone and went on a scavenger hunt. The Mad Hatters won by the way, we were the fastest to get everything done. They gave us t-shirts that said EWU as a reward for being the fastest.

When we ate we went to an on campus buffet for students and were fed about every three hours. I don't think I've ever eaten so much in one weekend.

On Friday, Levi Horn was a part of all of what we were doing and had a presentation of his own. I didn't realize how short I am in person until I met him. His daughter was adorable, her name was Isabelle.

On Saturday there was another speaker. His name was Vaughn EagleBear. He had an interesting way of telling stories. He's also a comedian which I'm glad for.

On Sunday, the last day, we had Gyasi Ross come and speak to us. I think he's inspiring. He's also funny and good at telling stories considering he's an author/lawyer/writer.

Some other things that I really liked were the amount of free time in the conference room we always spent time in. It was nice to go there when I was too lazy to go to the eighth floor to my dorm room.

I think everyone had a good time there. The staff/mentors were really welcoming and I could tell they actually wanted to be there to help if any of us needed it. I would definitely come back to that camp again.

## Alyssa Mercer:

Going to Eastern Washington University with Krystal Adolph, my school counselor, was a very exciting and informative visit. We went the weekend of the 4th to the 6th, I hadn't been to a university before so it was a brand new experience for me. I got to see what college life was kind of like, such as dorms, eating, and we even saw some classrooms.

I didn't like the dorms much, as we were paired up with someone we didn't know, I believe this is how college works, but it wasn't something that I was expecting, so we ended up switching rooms with people.

The cafeterias and food had to be my favorite part, it was all you can eat, and if I do say, they had some pretty good food; I can see why freshmen tend to gain 15-20lbs. The classrooms that we saw were small, I tend to like that about a school, and they seemed like you could get personal and be able to talk to your professors or classmates more openly.

At the conference I had learned a lot, they taught us some ice breaker games, showed us about college life, and we got to hear from some pretty amazing people. The ice breaker games helped us get to know who we would be spending the weekend with. This helped people feel more comfortable.

They also went over the basis of the school and how they want to help Native American students stick to their culture in college. They also taught us how we have financial aid and we can even use some of them to help us get into college and to not stress about it so much.

We heard from three very amazing speakers; though I cannot quite remember all of their names. I know that our first speaker was a football player and he was at the conference with us. Then there was a comedian. I loved listening to him talk and tell about his life experiences. The last was a commonly known actor I believe, he was also a lawyer, he talked about life and how you shouldn't let the color of your skin or your family history draw out a path for you. He said you should make your own trail through life and start a new legacy for your family.

This trip was very fun for me, and I would go on it again if I wasn't a graduating senior. This trip to EWU has made me want to go to college again; in fact I am applying to EWU. It has made me open up my eyes and look forward to living on campus, hopefully one who is so open to diversity such as EWU.

One of my favorite things about this trip was a talking circle; it is a very private thing, a circle for people to talk unjudged and not under pressure. I'm glad Krystal took me on this trip as it has taught me a lot and made me want to learn more about different colleges.

## Fabian Mondejar:

Eastern Washington University was a great experience. It gave me more knowledge of what I'm looking for in a college/university. It doesn't matter if you go to a big university or college, all that matters is that it fits for you. Also, look at the opportunities that it gives you; academically, physically, and anything that would help you in general.

Eastern was a big help for me. They helped me see what I need to succeed in college. They showed that Eastern Washington University accepts Native Americans. They support us.

One of the stories they told us was how Eastern's mascot was a savage (aka Native American) and us Native Americans didn't like it. So the Native American students went to the president to ask to change it and they did. They understood what we wanted and they gave it to us. Eastern Washington has the biggest Native American program.

They showed us the college life and campus. We had fun activities and they were very helpful. I would like to thank everyone that went and everyone that helped set it up. They have been trying to organize this program for years. I'm proud to be a part of that; it was the very first time that they did this.

## Hadrian Ramirez:

The field trip/conference I experienced this weekend was amazing. It helped me get out of my personal bubble a little bit and also meet other Native American teenagers that are sort of like me.

It was weird and awkward staying in dorms, but it helped me realize what college will be like. It wasn't bad, I enjoyed it.

The best part about the conference was when we did a financial aid type of class. That definitely helped me realize how to save up, make a time goal, and how to make money.

Another part that was good was the talking circle. We were blessed by sage and then grabbed some tobacco and made a prayer, and then we threw the tobacco in some water. After all of that, we would sit in a circle and talk about our feelings. Some people cried because it was really hard for them to talk about certain things, other people didn't talk and just said "all my relations" then passed the feather.

We had four different 'clans' and it was funny. That's how I mostly made new friends. The clan I had to be in was called "Clan Royalty" and there were 7 of us. Everyone was nice and mellow, sort of funny too.

I'd recommend this conference to a lot of teenager Native Americans who are looking for a bright future.





# 2016 EXCEL CONFERENCE: STUDENT REFLECTIONS

MTS students Cedar McCloud, Cecelia Williams, and Michael Coombes Jr. were accepted into Washington State University's 2016 Exploring College Emerging Leaders (EXCEL) program which was held October 28th-30th. The program was designed to encourage and promote higher education for Native American students and introduce them to the opportunities and experiences at Washington State University. Please enjoy their reflections.



## Cecelia Williams

My experience at Washington State University was so fun. I thought we would learn how to fill out applications for scholarships and just sit in a boring college classroom all day, but we went to workshops in different classes and studies. Our workshops were about sports med science, biochemistry, hospitality, journalism, and we even had a selfie scavenger hunt through the campus!

I'm really thankful I was able to attend this program. Big thanks to Krystal and my mom for pushing me to go. I would have never considered going to a university or WSU straight from high school. I was thinking a lot about just attending community college because I thought it would be easier. The small class sizes are similar to what I'm used to.

After getting to know my camp counselor's (Elsie, Frazier, Anthony, & Cherise) they said they felt the same thing and by the look of it, they are doing just fine. They said it was a hard transition and hard to adapt, but now they say they feel like WSU feels like home away from home.

I'm sure having this kind of experience could help a lot of kids at my school and my community to see what a college university is like. I would recommend this to anyone seeking higher education.

## Cedar McCloud

I went to Excel at Washington State University on, October 28th - 30th. During this conference, I was able to explore different career and educational paths. Some of the career and educational workshops that I attended were culinary arts, sciences, and sports medicine.

In the science workshop, I worked with two scientists to learn about pipetting and gel work. After that, we went to another lab to separate the colors in plants, or with highlighters to see what different colors do on paper. Some traveled with the water to the top of the strip, and some just made a blob in the middle of the paper.

When we were done with that lab, at the very end before lunch we got to kind of play with liquid nitrogen. They brought in a bucket of liquid nitrogen and some flowers, and we got to dip the flowers in the liquid and when it was done bubbling, we took it out and smashed it on the table. This was one of my favorite parts of the science workshops. In the culinary workshop, we got to go to one of the kitchens with the teacher. There the first thing we learned was the different types of chocolates and how they put the different logos on the chocolate. He also taught us how to make the crosses on steak. My favorite part of the culinary workshop was when we also used liquid nitrogen to make ice cream and frozen Cheetos puffs.

## 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 1<sup>st</sup> and 3<sup>rd</sup> 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 MCFS Main: 253-833-8782  
 Foster Licensor: Trudi Moses 253-876-3397 Cell: 253-880-6968 Director: Cynthia Oris 253-876-3396



## ELDERS THANKSGIVING DINNER

November 4th, 2016, Muckleshoot Elders Complex



### Happy Birthday

Calvert, Charles	12/1	Simmons, Joseph	12/22
Lozier-Rojas, Renee	12/2	Simmons Sr., Robert	12/22
Cross, Gerald	12/2	Simmons, Darlene	12/23
Berg, Marie	12/3	Brown, Eugene	12/23
WhiteEagle, Danny	12/3	D'Ambrosio, Dennis	12/24
Daniels III, Leo	12/4	Moses, Loretta	12/26
Arms, James	12/4	Elkins Sr., Robert	12/26
Hunt, Robin	12/5	Starr, Earnestine	12/27
Allen, Sheryl	12/8	Jim, James	12/27
Huberty, Tamara	12/11	Delatorre, Marcellina	12/27
Courville Sr., Leeroy	12/11	WhiteEagle, Bud	12/27
Jerry Sr., Raymond 'Pete'	12/11	Jutila, Johnny	12/28
Morrison, Regina	12/11	Williams, Helene	12/29
Starr, Janice	12/12	Ross Sr., Dwayne	12/31
Foster, Theresa	12/13		
Allen Jr., Robert	12/14		
Moses, Thelma	12/14		
Edwards, Jacqueline	12/16		
Leuschen, DonnaMarie	12/17		
Novak, Sarah	12/19		
Pettyjohn, Yvonne	12/20		
Williams, Kenneth	12/21		



Attention Muckleshoot Elders

### 2017 Annual Intake Update

Food Voucher Eligibility  
\* Required Documents

MUCKLESHOOT ELDERS COMPLEX

17800 SE 30TH ST  
ALBURN WA 98003  
RECEPTIONIST:  
(253) 876-2888  
PASSED 10/13/2016

#### Muckleshoot Tribal Elders and State Food Voucher Recipients'

The annual intake for 2017 will be in effect as of December 2016 and must be completed prior to the New Year to receive your 2017 food vouchers. In order to continue eligibility for food vouchers the following documents **MUST** be submitted with your application.

#### Required Documents

- = 2017 Intake form completed in full (front and back) and signed.
- = Verification of Tribal Enrollment.
- = Utility bill in applicants name. No exceptions. P.O. Box is not an acceptable form of verification and will not be accepted.



• Non-Muckleshoot Elders  
IFAP State Food Voucher Guidelines  
Applicant **MUST** live on the Muckleshoot Indian Reservation to be eligible for Food Vouchers.  
Funds are limited to eligible applicants.

Contact Information:  
Suzette Louie (253) 876-2887  
Rosa Maldonado (253) 876-3049



## Elder's Holiday Bazaar

November 21st - 22nd, 2016, Muckleshoot Elders Complex

PHOTOS BY EVAN AVILA





## All My Relations Partners with Boeing Employee Credit Union

By Rachel Heaton and Angelica Roberts

All My Relations Fitness and Nutrition, is a Muckleshoot Tribal member - owned business, operated and owned by both Rachel Heaton and Angelica Roberts. Recently we had the opportunity to go out and expand what we do and share that with the employees of Boeing Employee Credit Union. This opportunity was part of a wellness and fitness pilot program BECU offered to their employees to help them on their personal journeys for health and wellness, but to also help the overall wellness of their employees.

The pilot program began back in May of this year and started with a 6:00AM conditioning boot camp at the Tukwila Corporate Office and Bank location and continued through the summer. For us, it was exciting to be a part of this new program that was going beyond the normal scope of every day working and bringing health and fitness into the workplace.

To help promote these fitness activities in the workplace BECU offered our classes to employees and paid 50% of the cost of the boot camp while employees also accrued other benefits from BECU for taking the classes with us.

We had participants that ranged from 22 years-old to 65 - year olds that wanted to get in better overall health. Folks tend to like that we offer a unique way of exercising and we are able to modify to fit any fitness level so not just seasoned fitness individuals can participate.

After completing the first 6 weeks of the pilot program, we were asked to come back this fall for an additional eight - week program and expanded us to two corporate office locations, one in Tukwila and the other in Kent.

Through the last 8 weeks, we have been fortunate to get out and change the lives of employees in the workplace. It was a unique environment to workout in as well. We offered outdoor 6 am boot camps, using their parking garage to fight the elements on rainy days, parking lots, and on some days we went inside to use the gym at the Kent location.

We also talked with the group about overall nutrition, which gave us the chance to teach about healthy meals, portion sizes, and tips to success for an overall healthy lifestyle of the mind, the body, and the spirit. There is so much more to being healthy than just exercise, and that is also part of what we love to share with others and to help others reach whatever their personal goals might be.

We gained so much from this experience. We thought it was such a great idea to promote fitness in the work - place and we wanted to share a little about this experience with all of you with this story and some photos.

As Muckleshoot Tribal members and owners of our first business, we have had so many struggles, but at the end of the day, we are so lucky to have touched these lives and all those we have been able to help along this journey.

## Muckleshoot Tribe Open House 2016

Dozens of MIT programs gathered at the Elders Center on Friday, November 18 to provide information (and giveaway items!) to hundreds of tribal members that streamed through.



## 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	Your Birthday Month	5th Month	6th Month	7th Month
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### 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:

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

# Muckleshoot Silviculture Crew Celebrates One Year Anniversary

By Heather Watson

The Muckleshoot Silviculture crew, self-named ‘the Devil’s Club,’ is nearing their one year anniversary working on Tomanamus. The crew has made vast accomplishments in that time. As the caretakers of the trees and land, they have developed a deep appreciation and love for their work and the legacy they are leaving for generations to come.

The crew collectively stated that they are not doing this work just to feed themselves or their families; they do it for their grandchildren and all future generations. Through their work trail building, slashing, thinning, and tree planting they are providing opportunities for increased Tribal recreation, gathering, utilization, and an all-around healthy forest.

The crew wants Tribal members to be able to utilize the work that they do by going out and appreciating the mountains and all that they have to offer.

One of the highlights of the past year for the crew was working with the summer youth crew to show them how to build a trail, work hard, and take pride in what they are doing. Crew members have also helped by leading field trips, participating in community day, and leading the 6th - grade planting on Arbor Day.

Matt Corey said “I love working with the youth. Impacting them in a positive way will change their life dramatically; it’s awesome!”

While spreading positivity throughout Tomanamus and the Muckleshoot community, the silviculture crew also takes a lot away from their experience.

Wilson Teo was quoted saying “my favorite day was with the 6th graders. I got to work with my daughter and share with her what I do; seeing the smile on her and her friend’s faces. It feels good to be a part of that.”

While work with the youth is always inspirational, the silviculture crew also does a lot of other very hard work during the rest of the year. This year, the Muckleshoot silviculture crew planted over 112,000 trees by hand, helped eradicate invasive species, built trails for community member use, fertil-

ized trees to increase growth, protected tree saplings from wildlife browse damage, and thinned tree stands to ensure trees had the best opportunity to maximize their resources.

They have stewarded Tomanamus for a year, and do so with pride and joy in their work. Ben Abella stated “The Tribal forest is not just another tribal business. We take care of it as a Tribal forest to ensure sustainable maintenance.”

One silviculture crew - member even started off as a member of the 2014 Summer Youth Crew and after graduation has taken advantage of the opportunities available to transition into a full-time job. Many members commented on their appreciation for the support from tribal council for trusting in them, providing them with ample training opportunities, and allowing them to work where they love. Some even feel a deeper appreciation and tie not only to the land but to the generations that set them up to be able to be a part of it.

Derek Summers said, “It reminds me of what I use to do with my Grandpa.”

The silviculture crew is working for future generations, because of past generations, and feels amazing gratitude and pride in everything they do.

This past year has had its share of ups and downs, sunny and rainy days, but it has been an amazing journey not only for the Devil’s Club participants but those who get to be around their joy, enthusiasm, and pride. Seeing the growth of the program, the participants, and those that they impact has made it all worth it in of itself.

From their softball team off the mountain to their unbreakable bond on the mountain, the Devil’s Club has left a lasting impact. Not only are they stewards to Tomanamus, but the Muckleshoot community, and all those involved in Tomanamus forestry.

However, more importantly, they wanted to convey their appreciation and gratitude to the Muckleshoot Tribal Council and Muckleshoot Federal Corporation for providing them with this opportunity and allowing and trusting in them to steward Tomanamus.



# B-3 Pumpkin Patch Adventure

PHOTO BY NATASHA SHELTON



# Annual Christmas Tree Lighting

November 18th, 2016, Philip Starr Building



## TRIBAL MEMBER LISA MALDONADO WINS IDAHO CUP WOMEN'S BODY BUILDING TITLE



*The National Physique Committee (NPC) is the largest amateur bodybuilding organization in the United States. On November 5, Lisa Maldonado, a Muckleshoot tribal member, won 1st Place honors in the Master's Over 35 Women's Division at the NPC-sanctioned Idaho Cup competition. Lisa shares some thoughts about her personal journey in the following article written especially for the Muckleshoot Monthly...*

My passion for fitness is something I've always had a drive for whether it be healthy eating to just simply doing some sort of physical activity for an hour a day. My body building fitness regimen began four years ago. I was diagnosed with depression, anxiety, OCD and hypothyroidism. I believed I was a young healthy individual, but I was suffering not so much from a physical aspect but more from a mental aspect.

A lot of my diagnosis began soon after my father passed away. I found myself isolated from socializing with my friends, family, co-workers – even my clients. That's when I knew something had to change and I wanted to go a natural route. So I got a gym membership! I was very intimidated by all the equipment (which was all new to me), and just being out of my element in a building full of people made me feel very claustrophobic.

As time went by, I learned how to use the equipment just by watching others, and before I knew it I was building not only muscle but confidence. My depression wasn't there, my anxiety had subsided, my insomnia had gone away. I felt like a million bucks. My Doctor was impressed and asked how I was doing on my medication and I said, "I never took it – I just started working out!!" He was floored!!!

My passion for a healthy lifestyle was always something my dad was very proud of. He admired

me for that, yet took his own health for granted, unfortunately. My father's passing hit me harder than expected. He was diagnosed with cirrhosis of the liver and unfortunately lost his battle on 11/11/11.

My father and I spoke deeply about my future without him. It was then he said to me "Take care of yourself and your body. Your body is the most valuable thing you will own. It's your temple. Take care of it, and it will take care of you." Those words hit me hard... those words are something I live by.

Fitness isn't about vanity. It's not about having a beautiful physique. It's not even about competing. To me, it's important for all the right reasons and it sets a positive example for my children, that taking care of your body and mind is beautiful.

I hope this article touches those who are struggling with an addiction or depression, and truly believe that there are ways to fight it naturally. I did and I won!!! Thank you dad for teaching me to live my life in such a positive way. You inspired me on soooooo many levels!

Lisa Maldonado 2016 Idaho Cup Masters Champion in the Over 35 Bikini Division

The National Physique Committee (NPC) is the largest amateur bodybuilding organization in the United States. Amateur bodybuilders compete in competitions from local to national competitions sanctioned by the NPC. One amateur organization per country is recognized by the International Federation of BodyBuilders (IFBB), which claims to be bodybuilding's international organization and the IFBB recognizes the NPC as its amateur extension for the United States. Advanced athletes can progress as professionals and join the IFBB Professional League.

## MELA Trick or Treat Party

October 31st, 2016



# FONSI NOTICE OF AVAILABILITY

**DATE:** November 1, 2016  
**FROM:** Muckleshoot Trust Services Department  
 Philip Starr Building  
 39015 172nd Ave SE  
 Auburn, WA 98092

**SUBJECT:** Notice of Availability of Finding of No Significant Impact on the Muckleshoot - Betsy James Allotments 109 T 8D, T 8E, T8F, T 8G, 8H, 8I, 8J, 8K, T 8L, 8M, 8N, and T 8O

(Pursuant to: CEQ NEPA regulations.)


**PROJECT DESCRIPTION:**

Co-owners on the Betsy James Allotments have made application to subdivide their property by lease and grant needed rights-of-ways to the Muckleshoot Indian Tribe (MIT).

The project area, consist of 12 separate tracts of land and contains a total of 10 acres, more or less. The project will consist of developing the 12 tracts of land into 15 buildable lots for housing purposes. The allotments are held in trust for individuals tribal members, and are located on the Muckleshoot Indian Reservation.

Prior to construction activities, the Muckleshoot Indian Tribe will comply with applicable development regulations as stated in the EA.


This is to advise you that a finding of No Significant Impact (FONSI) has been made for this project by the Muckleshoot Trust Services Department. A copy of the FONSI and the Environmental Assessment can be obtained from the Muckleshoot Realty office located at the above address.



**Are you eligible to receive child care assistance?**

Is your child(ren):

- ✓ 12 years of age or younger?
- ✓ Of American Indian/Alaska Native descent?



Are you:

- ✓ Employed
- ✓ Enrolled in educational courses
- ✓ In job training
- ✓ Or participating in job search activities

Child care assistance is based upon your family's size & monthly income that is at or below 85% of King County's median income. You qualify, if your family's monthly income falls between the following ranges:

- Family size of 1: \$0 - 4,484
- Family size of 2: \$0 - 5,121
- Family size of 3: \$0 - 5,759
- Family size of 4: \$0 - 6,396
- Family size of 5: \$0 - 6,913
- Family size of 6: \$0 - 7,423
- Family size of 7: \$0 - 7,933
- Family size of 8: \$0 - 8,443

*\*\*Up to 100% of King County's median income for Enrolled Muckleshoot Tribal Member & direct descendant going 1 generation back- Mother or Father must be enrolled.*

Give us a call: 253-876-3016  
 Email: [Linda.eyle@muckleshoot.nsn.us](mailto:Linda.eyle@muckleshoot.nsn.us)  
 Or stop by the office: 15599 SE 376th St Auburn, WA 98092  
 Located @ the Muckleshoot Early Childhood Education Center on the Tribal School Campus.

## Muckleshoot Campus Addressing Update

Recently, Trust Services began working with King County to update and correct addresses within the Muckleshoot reservation. The updates and corrections will ensure that emergency services can find locations when people are in need of help. In addition, mail delivery and service providers will also be able to find and serve locations more easily. Addresses within the Muckleshoot campus are being updated as part of this process.

Effective November 14th, all buildings in the administration complex will have an address of 39015 172nd Ave SE with a letter suffix – see below. Please feel free to print off the attached 11x17 map that shows the new addresses.

The new addresses will be as follows:

MIT - Philip Starr Administration Building	39015-A 172ND AVE SE
MIT - Legal Building	39015-B 172ND AVE SE
MIT - Finance Building	39015-C 172ND AVE SE
MIT - Tribal Court Annex	39015-D 172ND AVE SE
MIT - Global Benefits/Risk Mgmt	39015-E 172nd Ave SE
MIT - Veteran's Affairs	39015-F 172ND AVE SE
MIT - Catholic Church	39015-G 172ND AVE SE
MIT - Tribal Credit	39015-H 172ND AVE SE
MIT - House of Language	39015-J 172ND AVE SE
MIT - Human Resources	39015-K 172ND AVE SE

Updated signs will be ordered and installed before November 14th on the building exteriors. If your departments use 39015 SE 172nd Ave (Philip Starr) as your mailing address this does not need to change; however, for 911 calls, physical package delivery, and any other service calls please give the address and building letter listed on the map and the above table. If necessary, the address may be updated on business cards and letterhead the next time you make an order. The Trust Services Department will notify King County, 911, Valley Com, Google Maps, and USPS of the updated addresses and the effective date.

Please feel free to contact Trust Services if you have any questions or concerns.

Thank you to everyone in advance for your cooperation,

Holly Sprague  
 Trust Services Director  
 Muckleshoot Indian Tribe  
 253.876.3160

## Muckleshoot's Preservation Library, Archives & Collections "Preserving What Matters"

**Library & Archives**

The Tribe's heritage collections are located in the Philip Starr Building. There are over 856 objects, 1526 photographs, 1573 archival materials, and 1568 books. The collections include oral histories, family genealogy, newspaper articles, maps, and other resources to look at.

**Take A Tour!**

Tribal members are invited to take a tour of the collections and library! Learn what the Tribe has in the collections and services offered to tribal members.

**How to Access the Collections**

Be prepared to spend some time! The entire collection is cataloged on a computer with key word search capability. Call or stop by! There is usually same day service for tribal members. Materials must be used on site, but in most cases copies can be made.

**Special Tribal Services**

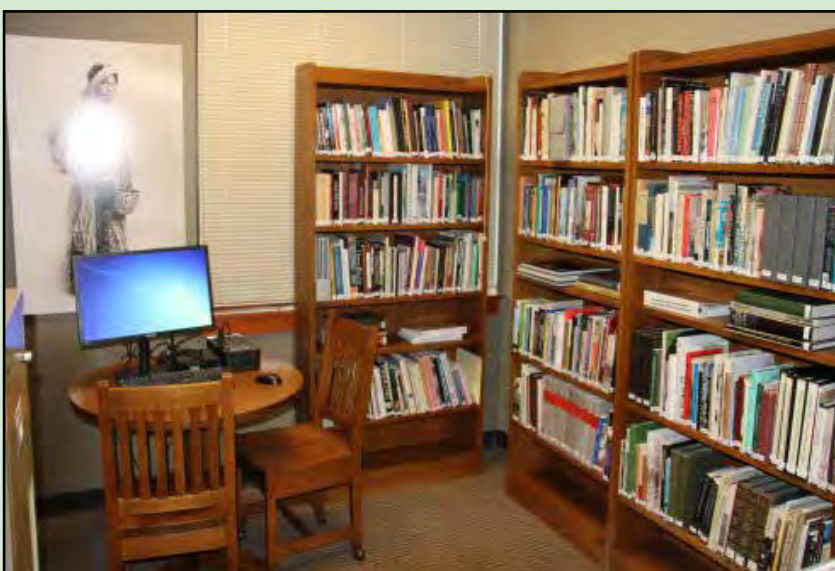
- Photographic Care & Duplication
- Research Assistance
- Family Heirloom ID Program & Storage
- Tours of Collections
- Cultural Site Protection

We can help you keep your family heirlooms safe by photographing them and/ or storing them for you! (Call us for more information)

**Staff Contact**

**Melissa Calvert**, Preservation Director @ 253-876-3266, [melissa.calvert@muckleshoot.nsn.us](mailto:melissa.calvert@muckleshoot.nsn.us)

**Donna Hogerhuis**, Collections Specialist- Tours, Storage & Collection Information @ 253-876-3273, [donna.hogerhuis@muckleshoot.nsn.us](mailto:donna.hogerhuis@muckleshoot.nsn.us)



**Laura Murphy**, Tribal Archaeologist, Cultural Site Protection @ 253-876-3272, [laura.murphy@muckleshoot.nsn.us](mailto:laura.murphy@muckleshoot.nsn.us)  
**Mitchell Courville**, Cultural Monitor @ 253-876-3271  
**Warren KingGeorge**, Oral Historian & Gathering Information @ 253-876-3269, [warren.kinggoerge@muckleshoot.nsn.us](mailto:warren.kinggoerge@muckleshoot.nsn.us)  
**Tammy Gourdine**, Administrative Assistant @ 253-876-3267

**Preservation Committee**

**Louie Ungaro**, Council & Chair, @ 253-561-4513, [Louie.Ungaro@muckleshoot.nsn.us](mailto:Louie.Ungaro@muckleshoot.nsn.us)  
**Melvin Daniels**, Vice Chair  
**Dennis Anderson**  
**Jackie Swanson**  
**Val Bellack**  
**Willie Murphy**

**Muckleshoot Preservation Program**

Philip Starr Building  
 39015 172nd Ave  
 Auburn, WA 98092



Dennis Anderson and Jackie Swanson  
 Preservation Committee members



Mazzy and Louie Ungaro digging osha root

**In the Yakama Nation Children's Court for the Confederated Tribes and Bands of the Yakama Nation** In reference to a minor child : YCC-DE-2016-0051, (DOB: 02-20-13), YCC-DE-2016-0052, (DOB: 08-31-15),

**Summons By Publication to: Dawn Howe**, mother of ABOVE NAMED CHILD(REN). And to any other person having a parental interest in the above-named child (ren); YOU ARE HEREBY NOTIFIED that a proceeding is pending in the matter of the welfare of the above-named child(ren); that a Dependency Review Hearing will be held on: May 11, 2017, at 1:30 p.m. in the Yakama Nation Children's Courtroom, 52 Teo Road, Toppenish, WA. YOU ARE FURTHER NOTIFIED YOU HAVE A RIGHT TO LEGAL REPRESENTATION at your own choice and expense.

IF YOU HAVE ANY OBJECTION to the relief prayed for in said Dependency Petition being granted, please appear at said date and time to be heard. Further information can be obtained by calling the Yakama Nation Tribal Prosecutor's office. DATED this 8th, day of November, 2016.

Lisa Hosteen  
 Clerk, Yakama Nation  
 Children's Court  
 P.O. Box 151  
 Toppenish, WA 98948  
 (509) 865-5121ext. 4581

**In the Yakama Nation Children's Court for the Confederated Tribes and Bands of the Yakama Nation** In reference to a minor child : YCC-DE-2016-0051, (DOB: 02-20-13), YCC-DE-2016-0052, (DOB: 08-31-15),

**Summons By Publication to: Freddy Ozuna III**, father of ABOVE NAMED CHILD(REN). And to any other person having a parental interest in the above-named child (ren); YOU ARE HEREBY NOTIFIED that a proceeding is pending in the matter of the welfare of the above-named child(ren); that a **Dependency Review Hearing** will be held on: **May 11, 2017, at 1:30 p.m.** in the Yakama Nation Children's Courtroom, **52 Teo Road**, Toppenish, WA. YOU ARE FURTHER NOTIFIED YOU HAVE A RIGHT TO LEGAL REPRESENTATION at your own choice and expense.

IF YOU HAVE ANY OBJECTION to the relief prayed for in said Dependency Petition being granted, please appear at said date and time to be heard. Further information can be obtained by calling the Yakama Nation Tribal Prosecutor's office. DATED this 8th, day of November, 2016.

Lisa Hosteen  
 Clerk, Yakama Nation  
 Children's Court  
 P.O. Box 151  
 Toppenish, WA 98948  
 (509) 865-5121ext. 4581

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

IN RE THE GUARDIANSHIP OF: )  
K.E. )  
DOB: 05/22/2013 ) Case No.: MUC-G-09/16-138  
Indian Youth. ) NOTICE OF GUARDIANSHIP HEARING  
)  
)  
)  
)

To: **Father SIDNEY MILLER**  
**MCFS PAL ETENE TAIMALELAGI**  
**PRESENTING OFFICER ANNIE HARLAN**

YOU AND EACH OF YOU will please take note that a PETITION FOR GUARDIANSHIP has been filed in the Muckleshoot Tribal Court and a hearing has been scheduled for **TUESDAY the 28TH OF FEBRUARY, 2017 at 10:00 AM** in the Muckleshoot Tribal Court of Justice located at 39015 172<sup>nd</sup> Avenue SE, Auburn, WA 98092.

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

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

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

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

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

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

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

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

DATED this 28th day of November, 2016.

\_\_\_\_\_  
/s/Ratie Avila  
MIT-CLERK OF THE COURT

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

# MCDC Paw Patrol Party



# The 2016 Native Cancer Care Symposium

By Valerie Segrest

*"Cancer, cancer, cancer, cancer, cancer. Just say it. Don't be afraid of it. Be prepared. Build up your body so that you will be able to stand and defend yourself from cancer, and be successful."*  
-Kimberly Miller, Skokomish Tribe, Cancer Champion

Cancer is the second leading cause of death in tribal communities throughout the Pacific Northwest, as well as the nation. Many factors contribute to the cancer epidemic in Indian Country - and in the Muckleshoot health service area, late stage diagnosis and undetected re-occurrence are among the top reasons why cancer patients do not make successful recoveries.

Prevention, early detection, education, and advocacy were central themes to the 2016 Native Cancer Care Symposium.

Approaches to treating cancer have changed quite a bit in the last decade. Integrative methods which involve mental, physical, and spiritual support for both the patient and the families are now more available to our community than ever before.

At this year's symposium, we focused on sharing the mission of several notable organizations near Muckleshoot who have taken revolutionary approaches to cancer treatment and recovery. Those included:

- **Salish Cancer Care**- owned by the Puyallup Tribe and located in Fife, WA.
- **Harmony Hill Retreat Center**- a non-profit center that offers emotional and spiritual support for cancer patients and family members, located in Shelton, WA.
- **Paddle for the Battle**- a community-based effort that honors the healing journey of Native women who have recovered or are being treated for cancer. This healing focused canoe journey happens every August.

- **Northwest Portland Health Board**- Cancer Patient Navigator Program- a support project that helps family members keep track and be a champion for patients going through cancer treatment.

In keeping with the theme, we also enjoyed presentations from Dr. Rose James (Lummi) who conducted community-based research in remote villages around Alaska to see what held women back from getting breast cancer screenings. She also described what exactly cancer is in the body.

We heard inspiring cancer champion stories from Effie Keeline-Tull and Janelle DeCoteau, whose messages encouraged keeping an open heart, a prayer, and a sense of humor throughout our healing journeys.

Traditional Foods and Medicines Program Manager - Valerie Segrest (Muckleshoot) and Native Foods Expert Elise Krohn, also presented on ways in which we can integrate traditional foods into a modern lifestyle for optimal health. Dandelion, nettles, violet, rosehips and burdock were discussed as plants that can help support cancer patients.

Lunch was provided by STARR Catering - and featured deer bone broth soup, salmon and venison sandwiches, and a Waldorf salad. All these dishes are great examples of foods you could serve someone who is going through cancer treatment and recovery.

At the end of the day- we learned that early screenings strengthen recovery. Councilmen Jaison Elkins, who opened up the day, said very eloquently, "I've reviewed the cancer profile reports for our territory, and this is an area we really need to focus on. We can certainly make that effort on our end, but we all must do our part to address this disparity in an effective way."

We also learned that there are many progressive and comprehensive resources available to our community to treat cancer



efficiently. Most importantly, we learned that an approach centered on hope and love ultimately creates more effective environments that get people through the process and that it is a different day and age, we need to tell a different story and urge our community to get screenings, to take care of yourself, to feel hope and to love one another all of the time.

# VETERANS DAY DINNER

November 11th, 2016, Muckleshoot Pentecostal Church

PHOTOS BY EVAN AVILA





## SILVER CLUB SHINES!



Congratulations to our Relative Strength (weight lifted in relation to body weight) Silver Club achievers for fall '16, Alexis Starr, JJ Jansen and Eddy Guanzon!!! One-repetition maxes of: dead lift, bench press, power-clean, and back squat are tested to determine strength output.

Relative strength and absolute strength (amount lifted independent of body weight) levels are recorded. Eddy Guanzon also finished just shy of the 1000 pound club, with his cumulative total of 990 pound combined weight of the four maxes!

### HOW TO APPLY FOR THE 2016 TAX EXEMPTION FOR AMERICAN INDIANS AND ALASKAN NATIVES


**It is important to note that if you were not enrolled in minimum essential health insurance coverage, you may be subject to a fine at tax time unless you qualify for one of the following exemptions:**

- 1) You are a member of a Federally recognized tribe;
- 2) You are a member of the Alaska Native Claims Act Corporation (ANCSA);
- 3) You are eligible to receive services from an Indian Health Care Provider at I.H.S.,

**How to Claim the Exemption on your Federal Income Tax Return:**

- 1) Complete the IRS Form 8965—"Health Coverage Exemptions"
- 2) On Part III of the form enter "Code E" for the Indian Exemption in column "c" and check the box in column "d" for "Full Year"
- 3) Include your completed Form 8965 when you file your income taxes

**For More Information contact:**  
**The Managed Care Department**  
**Muckleshoot Health & Wellness Center**  
**Ph # 253-939-6648**





### SEEKING CCDF PROVIDERS

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

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


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

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

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

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

15599 SE 376TH St Auburn, WA 98092



### 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

### 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**

## Muckleshoot Needle Exchange Program



**Muckleshoot Behavioral Health**



**Services Offered:**

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

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

Mobile unit every Friday from 2 to 4pm

Location: Outside of Cedar Village in the old smoke shop parking lot in the HWC Outreach Van

Any Questions? Contact Carol VanConett at Muckleshoot Behavioral Health: 253-804-8752

## 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](http://www.wernative.org)      [www.iwannaknow.org](http://www.iwannaknow.org)  
[www.staying-alive.org](http://www.staying-alive.org)      [www.teenadvice.org](http://www.teenadvice.org)  
[www.866teenlink.org](http://www.866teenlink.org)  
**Teen Crisis Hotline - 866-427-4747**




### 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 <sup>st</sup> 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 <sup>th</sup> 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 <sup>nd</sup> ST.

Last Scheduled Route begins at 8:00 PM

Saturday Schedule

10am to 2pm

10:00 A.M. - 2:00 P.M.	
1 <sup>st</sup> 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 <sup>th</sup> Street SE
10:30	1:30 N.W. Family Church (Across from Chinook School)
10:40	1:40 Davis Property
10:45	1:45 Skopabsh Village
10:50	1:50 Shaker Church
10:52	1:52 Cedar Village
10:55	1:55 Pentecostal Church


Last Scheduled Route begins at 1:00PM

BUS ROUTE REPEATS ITSELF EVERY HOUR ON THE HOUR

Subject to change during adverse weather and unscheduled service disruption

Revised 06/17/2016

**MUCKLESHOOT OPTICAL DEPARTMENT**



**The Muckleshoot Optical department cares about your eye health and would like to contribute to your quality of life by helping you see better.**

Dr. Steven Park and Dr. Vladimir Stovbyr specialize in comprehensive chronic and acute conditions of the eye. By using the latest and advanced technology, we can provide the most comprehensive quality eye care available. Our licensed Optician is committed to perfectly fitting eyewear which allows for the best vision and comfort while looking fabulous! We have teamed up with the most prestigious optical companies in the Northwest that provide custom tailored lenses for each individual..

Designer frames and lenses (transitions, non glare) at below market prices that no optical shops or high end boutiques can match!

Fendi	Caviar	BCBG
Valentino	Calvin Klein	Morel
Chesterfield	Lacoste	Nike
Juicy Couture	Aya	Jonathon Cate

## 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



# WE ARE CONNECTED. we need you here.

To GIVE help or GET help:  
 Call 911 if you or someone you know is in immediate danger.  
 Call the Suicide Prevention Lifeline: 1-800-273-TALK (8255).  
 Chat online at [www.SuicidePreventionLifeline.org](http://www.SuicidePreventionLifeline.org).  
 Text START to 741741 to chat via text.  
 Visit [www.wernative.org](http://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](http://www.npaihb.org)

**THRIVE**



### 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 • **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](http://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 <sup>th</sup> St Auburn WA 98092 253-931-6709 Ext 3700	Marty Laronal Support Services Manager Muckleshoot Early Childhood Education Center 15599 SE 376 <sup>th</sup> St Auburn, WA 98092 253-876-3056 Ext 3922
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## HEALING DINNER

TUESDAY Dec 20<sup>th</sup>, 2016  
4:00 pm to 6:00 pm



**Topic: "Enabling Family Members in Drug Addiction"**

ALL COMMUNITY MEMBERS WELCOME!


Location: Mountain Room (HWC Center)

**Dinner Provided!!!**



FOR MORE INFO, PLEASE CONTACT Megan Gifford  
253-804-8752

## 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**

**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.

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

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**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 272<sup>nd</sup> 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 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

## 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



DECEMBER  
**21**

## CEDAR BOX DEMONSTRATION

**Witness the Work!**  
2pm-5pm @ Canoe Bldg.

Come and watch Salish Carver *Sammy Grant (Skagit)* as he demonstrates how to make a Cedar Bentwood Box. The boxes will be used as part of the Cedar Box Teaching Toolkit Curriculum which will debut in Spring 2017. We will also be offering traditional teas and Rosehip Fire Cider!

**CONTACT:**  
VALERIE.SEGREST@MUCKLESHOOT.NSN.US  
(253)876-3243

### 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**

### 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!**

## To My Beautiful Tribe,

I am writing you because recent events in the community have broken my heart. Seeing the lives of childhood friends, teachers, elders, and community members that I once knew as a little girl growing up on the rez, pass away breaks my heart. To see and hear of addictions affecting more lives and children placed into foster care. My heart aches because I am tired of seeing our people in pain and suffering.

I am writing to you because I care so much for our people because you once knew of me. I was once living in the same community as you, attending tribal school, playing t-ball for the little league back in the day.

I am Britnee White Eagle, the granddaughter of Lynn Ann White Eagle and Alfred White Eagle Sr. I am the oldest of Alfred White Eagle Jr's children; I am 23 years old and have been living off the reservation for almost 12 years now.

I was placed into foster care at the age of nine years old. I was placed into homes off the reservations. The pain that I carried was heavier, the hurt was stronger, and I felt like nobody wanted me because no one reached out and took my siblings and me in right away.

We were placed in multiple homes, some were good and some were bad. There was a time where we did come live with a cousin of ours who we called aunty because she took us in and cared for us.

During this time, I was broken, hurt, lost, and confused. I didn't care about anyone or anything anymore. I was a bully to everyone I met. It wasn't until I entered a group home called Virginia Miller in Renton, ran by a generous woman named Trina Jacobs that everything changed.

In living in that home, my life began to shift; things started shifting in my life. During a church service, I felt the presence of the Holy Spirit tugging my heart to respond to the altar call. So there I went and responded to the call. In that beautiful moment, every bit of pain and hurt was washed away and overwhelmed by the love of God.

Since then, my life has been a beautiful, exciting adventure with my Creator. I am truly thankful that years ago my grandma Lynn sent me to the Pentecostal church, in the early stages of the church, to grow a foundation that would bear fruit.

I am telling you this because as Native Americans we have such a beautiful gift to sense things in the spiritual realm. We have the ability to be so sensitive to the Holy Spirit.

I recently was on the reservation about six months back to come visit a family member who was in a spiritual battle. While home, my spirit felt an eagerness to pray and start declaring life over our tribe and the lives of everyone who lives here.

Our people have been affected by alcoholism, drug addiction, violence, abuse, and lives being taken too soon because of drunk driving/alcohol poisoning for many years. Too many lives have been reverted back into addictions which result in families being distorted and bodies being affected by illness.

My dear people, let's take a stand for our tribe, our community, our people, and the generations that will lead next. Let all of this violence, addiction, and strongholds that have hung over our tribes for years come to an end. Start declaring life over yourselves, family, and community. We will come out of this stronger and better!

Sincerely,

*Britnee White Eagle*

## Gardener of the Month: Joan Maurice

By Uri Israel

Joan Maurice has a green thumb (that is an old fashioned way of saying she excels at gardening.) Joan's front yard is full of gladiolus, roses, lilacs, and several fruit trees. In back, on her porch, is a wonderful assortment of potted flowers and strawberries. Hummingbirds come daily to drink from the feeders she keeps for them.

Joan has always loved flowers. When she was young she picked berries. The biggest influence on Joan as a gardener and a personal inspiration for her was her mother. Joan worked hard in the recent construction around her home to successfully save the elm tree her mother planted decades ago in her front yard area.

Joan started her own garden because she wanted her own flowers and berries. Raspberries and daffodils are her favorite plants to grow. Joan's one wish is, "To have more room so I can grow more flowers and berries."

Congratulations Joan, our Gardener of the Month. Just like you looked up to your mother as a gardener, now we look up to you.



Joan Maurice was recently visited on Halloween to announce she was chosen as Gardener of the Month because of her skill and dedication in building love.

## Tyler McNamer Visits MCDC *continued from page 1*

Tyler opened by explaining how he'd always had a hard time relating to children his own age. During his elementary school years he found it difficult to speak with other students, so he would express himself in other ways.

"I couldn't really use my own words, so I used quotes from sources such as movies, video games, television, and books," Tyler explained. "I was also really good at dancing, so instead of talking, I would show off my moves and be considered an equal with the kids my age."

Despite his difficulty communicating with other students, Tyler's quotes and dance moves helped him earn the friendship of the peers that he so desperately wanted to impress. He was part of a group that he considered to be like a second family, but during the transition from elementary to middle/high school Tyler felt like he lost his group and his voice.

"For years and years, from 5th grade to 12th grade, I was always trying to get that old feeling back – the feeling of being heard. I was willing to do just about anything to get that feeling back. That's why I wrote the darn book!" he joked.

Tyler went on to explain the ups and downs of his quest to belong during the formative years of middle school and high school – the best friends, the bullies, and the obstacles that growing up with autism presented both at school and at home. While most of the anecdotes were fond memories of awkward adolescence, there were also instances where Tyler's autism alienated him from his classmates and in some cases, resulted in violence.

"Stimulus to a person with autism can be a pretty big distraction. Loud noises, bright lights, even excessive talking used to set me over the edge and I would go running out of the classroom," Tyler recalled. "I was punched, kicked, thrown to the ground, all because I was different than everybody else."

Tyler did not let his condition defeat him. With the help of his family and his therapist, Tyler began to learn techniques to help him cope with the side-effects of his disability and overcome the seemingly insurmountable odds that once held him back.

To provide a parent's perspective on raising an autistic child, Tyler's mother and father, Jody McNamer and Kristina Tindall, joined him on stage to share some of the fond memories and hardships that they experienced while raising him in a split home. After they provided their unique take on Tyler's stories, the family fielded questions that the audience presented.

"Tonight is our opportunity to really talk about autism" Tyler's father explained, "This is your shot to ask all of those questions: 'Why do you do this?' 'How did you do that?'" It's completely open grounds."

The emotional question and answer session provided an incredible insight into the lives of Tyler's family, as well as the lives of Tribal members who are currently raising or are related to autistic children in the community. The session covered everything from potty training to dealing with the emotional detachment that a parent can feel while raising an autistic child, and even how Tyler's parents are currently teaching him how to drive a car and pay his own bills.

The Q&A session could have gone on all night but eventually, due to time constraints, the evening drew to a close. Tyler and his family were gifted a beautiful green blanket from the Tribe and Tyler stuck around to autograph free copies of his book for anyone who was interested.

In closing, Tyler explained, "We are no longer worried about finding the cure for autism; we are looking for ways to accept it. Remember to never let anyone DIS your ABILITY!"



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](mailto:Tara.Vasquez@muckleshoot.nsn.us)

Or by phone at (253)347-6937

## 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](http://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.*

**10/12/16 7:00pm 37100blk/147 CT S C16052253**

**Warrant arrests**

Donald Allen (51), Angela Mitchell (50), Doug Merulief (39) were all arrested on outstanding warrants while found squatting in an abandoned house. All were booked in to jail.

**10/13/16 1:45pm 2100 blk/Auburn Way S C16052378**  
**Drug Violation**

An adult female was contacted at the Bingo Hall parking lot in an attempt to arrest her on her felony drug warrant. She was found to be in possession of methamphetamine and booked into jail.

**10/14/16 10:00am 41400blk/SR 164 C16052602**  
**Theft**

An adult female reported she let another adult female inside her home in an effort to help her out. While there, her purse containing various items vanished. The case is ongoing.

**10/16/16 6:42pm 4000blk/Auburn Way S C16052932**

**Warrant arrest**

Janika Mitchell (23) was arrested out of a suspicious vehicle on her Auburn PD warrant for trespass. She was booked into jail.

**10/17/16 8:52am 2100blk/Auburn Way S C16052996**

**Warrant arrest**

An adult male was arrested on 3 outstanding warrants after her tried to run and hide from deputies in the Bingo Hall restrooms. He was booked into jail on all 3 warrants.

**10/17/16 9:15pm 16300blk/se 391st C16053119**  
**Warrant arrest**

An adult male was arrested on his felony assault 3 warrants and booked into the King County Jail.

**10/18/16 1:30pm 38800blk/164th Ave Se C16053221**  
**Warrant arrest**

Fatih Minthorn (31) was arrested on multiple outstanding warrants and booked into jail.

**10/18/16 6:30pm 16300blk/Se 391st st C16053312**  
**Warrant arrest**

Leeroy Lozier (45) was arrested after he took off running from deputies who were trying to arrest him on his warrant. After running inside a home, he came out on his own and surrendered.

**10/23/16 5:00PM C16054200 17500blk/SE 408 ST**  
**Vandalism**

A homeowner reported his phone lines at home were cut rendering his home phone useless. There is no suspect info at this time.

**10/24/16 9:30AM C16054279 2117 Auburn Way S Bingo Hall**  
**Warrant arrest**

An adult male and female were both arrested on multiple warrants. The male was also arrested for investigation of possession of a stolen vehicle, unlawful possession of a firearm and possession of a controlled substance. Both were transported and booked into the King County Jail.

**10/26/16 1:45PM C16054752 2402 Auburn Way S Casino**  
**Warrant arrest**

Two adult females were arrested out of a car with multiple warrants and possession of a controlled substance. Both were transported and booked into jail.

**10/26/16 4:30 PM 16-13304 2700 block R ST SE**  
**DUI**

An 18-year-old female was arrested for DUI after a motor vehicle collision in which the vehicle was driven through a fence and collided with a parked vehicle. The female was booked into the SCORE Jail.

**10/27/16 2:00PM c16038015 16300blk/Se 388th St**  
**Stolen ATV recovery**

An alert patrol deputy noticed what he believed to be a stolen ATV in the yard of a homeowner. The adult male homeowner was cooperative and stated he purchased the ATV 6-8 weeks ago and had no reason to believe it was stolen. The ATV was returned to its owner and no charges will be filed.

**10/28/16 9:20AM C16055109 38900blk/172nd ave se**

**Domestic Disturbance**

An adult female was arrested after she assaulted her brother. She was booked into the King County Jail for investigation of Felony DV Assault.

**10/30/16 2:15pm c16055506 2117 Auburn Way S Bingo**  
**Stolen vehicle recovery**

An un-occupied stolen car was recovered in the parking lot.

**10/31/16 2:30 PM 16-13534 4900 block Auburn Way S**  
**Burglary**

A male reported that a chainsaw and trimmer were stolen from the shed located on his property. A male subject later attempted to sell the items to a pawn shop. The male who was attempting to sell the items has been identified however not yet located. Further investigation is still being conducted.

**11/1/16 5:35pm C16055952 38500blk/SR 164**

**Stolen license plates**

An adult female reported to police that she was missing her front plate. It was learned that Renton Police stopped a car with her plate on it. There is no suspect information at this time.

**11/1/16 2:00pm C16702788 39015 172nd Ave Se**

**Larceny**

An employee with the reported a \$1,000 tool missing from the Canoe Barn. There is no suspect information at this time.

**11/02/16 8:30 PM 16-13649 Academy DR/Lemon Tree**  
**LN Warrant**

Blas A. Lopez Hernandez (39) was arrested on a misdemeanor warrant out of Auburn for FTA-Assault 4 DV and Attempted Unlawful Imprisonment DV during an investigation of a traffic collision. He was booked into the SCORE Jail.

**11/03/16 5:30 PM 16-13673 2400 block 17TH DR SE**  
**Physical Domestic**

An adult male was arrested for assaulting a juvenile female, who he has a child in common with, during a physical domestic argument. The child was also present during the incident. The female also assaulted the male and vandalized his vehicle.

**11/3/16 10:35am C16056231 38800blk/SR 164**

**Eluding**

A patrol deputy attempted to stop a vehicle being driven by a wanted person. The driver sped off at a high rate of speed, putting the public in danger. The deputy elected to preserve the safety of the community and let the driver go. The driver will now incur additional felony charges.

**11/3/16 12:20pm C16056260 4000blk/Auburn Way S**  
**Warrant arrest**

Leticia Lozier (18) was arrested on an outstanding \$10,000 warrant and booked into the King County Jail.

**11/05/16 1:00 AM 16-13747 Muckleshoot Casino**  
**Stolen Vehicle**

A silver 1997 Honda Accord was stolen from the parking lot of the location while the owner was inside of the Casino. The vehicle has not been recovered.

**11/5/16 9:25am C16056614 39200blk/SR 164**  
**Warrant arrest**

An adult male was arrested out of a car on an outstanding felony warrant. He was also in possession of a controlled substance and was booked into SCORE jail.

**11/6/16 9:15am C16056763 5000 blk/Auburn Way**  
**Warrant arrest**

Deputies observed a group of people trying to dump garbage behind a firework stand. All three were identified and one male had an outstanding Covington warrant. He was booked into the SCORE jail.

**11/6/16 3:15pm C16056820 17500blk/SE 409th pl**  
**Warrant arrest**

Joseph Moses (23) was arrested after running into the woods from deputies. He had a \$5,000 assault warrant and was booked into the King County Jail.

**11/06/16 4:30 AM 16-13795 2600 block 18TH ST**  
**SE Theft**

A suspect broke into a vehicle in the parking lot of the location by breaking a window. A diaper bag was stolen from the car.

**11/07/16 7:30 AM 16-13845 2700 block Skyway**  
**LN SE Physical Domestic**

An adult female was assaulted by her boyfriend. The male slapped the female in her face during a verbal argument. The male left the location before police arrived.

**11/7/16 5:12pm C16056987 1400blk/17th St Se**  
**Warrant arrest**

An adult female was arrested out of her car on a traffic stop on an outstanding Auburn theft warrant. She was booked into the SCORE Jail.

**11/7/16 6:32pm C16057013 38000blk/158th Ave Se**  
**Fraud**

An adult female reported she has had several hundred dollars removed from her account fraudulently over the past couple months. There is no suspect information at this time.

**11/7/16 7:42pm C16057047 17600blk/SE 384th Ave**  
**Burglary**

An adult male arrived home and noticed he had a gas can that was out of place and a broken window. It appears that maybe the suspect(s) had attempted a burglary but were scared off. There is no suspect information at this time.

**11/8/16 9:00am C16057102 38800blk/164th Ave Se**  
**Trespass**

At the direction of Adult Protective Services and the Tribal Court, several people were served trespass notices and no contact orders from an elder's home.

**11/8/16 9:06am C16057099 2117 Auburn Way S**  
**Warrant arrest**

An adult male was arrested out of his car on an outstanding felony warrant and was in possession of a controlled substance. He was subsequently booked into the King County Jail.

**11/9/16 10:00am C16057293 17500 SE 392nd St**  
**Assault**

An adult male was arrested for assault and booked into the King County Jail.

**11/9/16 11:00am C16057298 17300blk/SE 392nd St**  
**Burglary**

The Rib and Chili Pot trailer was broken into and had several thousand dollars worth of items stolen. The King County AFIS team responded in an attempt to lift fingerprints. The case is still ongoing however there is no suspect information at this time.

**11/13/16 9:30pm C16058069 40800 Auburn Enumclaw**  
**Rd Se Burglary**

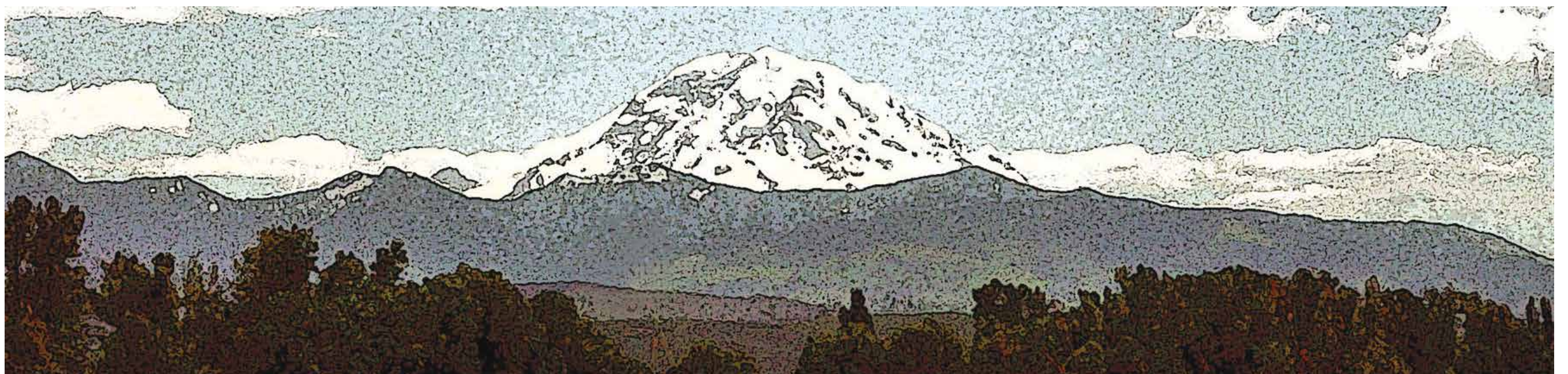
Staff at the White River Amphitheatre reported seeing 2 unknown males trying to break into a building. The suspects took off before police arrived and nothing was taken.

**11/14/16 8:30am C16058115 2115 Auburn Way S**  
**Warrant**

An adult male was found sleeping in a car and was contacted. It was determined that he had an outstanding warrant out of Olympia. He was booked into the King County Jail.

**11/15/16 1:30pm C16058377 39917 AUBURN-**  
**ENUMCLAW RD SE Theft**

An 81 year old female visiting the Library, had her car window broken out and her purse stolen. There were no witnesses and there is no suspect information at this time.



**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



**EVENTS CALENDAR**

- December 8 **Home Buyer Training - 6-8PM** at MHA Training facility. Contact Cheryl at 253-876-3154
- December 10 **Kenny Cross Memorial - 10 am** Headstone Blessing at Old White Lake Cemetery. Lunch & Giveaway to follow at Muckleshoot Shaker Church
- December 17 **Christmas Party - 2-6 pm** at Emerald Downs
- December 20 **Healing Dinner - 4-6pm** at Mountain Room (HWC Center) Please call Megan Gifford for more info at 253-804-8752
- December 21 **Cedar Box Demonstration - 2-5 pm** at Canoe Bldg. Contact Valerie Segrest at 253-876-3243

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

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](mailto: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](mailto:Muckleshoot.events@muckleshoot.nsn.us)

**SUBSCRIBE TO THE MONTHLY...**

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



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

clip and return

SUBSCRIPTION REQUEST  
 / ADDRESS UPDATE

New subscription  Address change

Name \_\_\_\_\_

Address \_\_\_\_\_

City & State \_\_\_\_\_ Zip \_\_\_\_\_

If this is an address change, list previous address:  
 Address \_\_\_\_\_

City & State \_\_\_\_\_ Zip \_\_\_\_\_

I am a Muckleshoot tribal member,  
 I have ties to the Muckleshoot Tribal Community Please explain: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**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

**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](mailto: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.

**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 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.

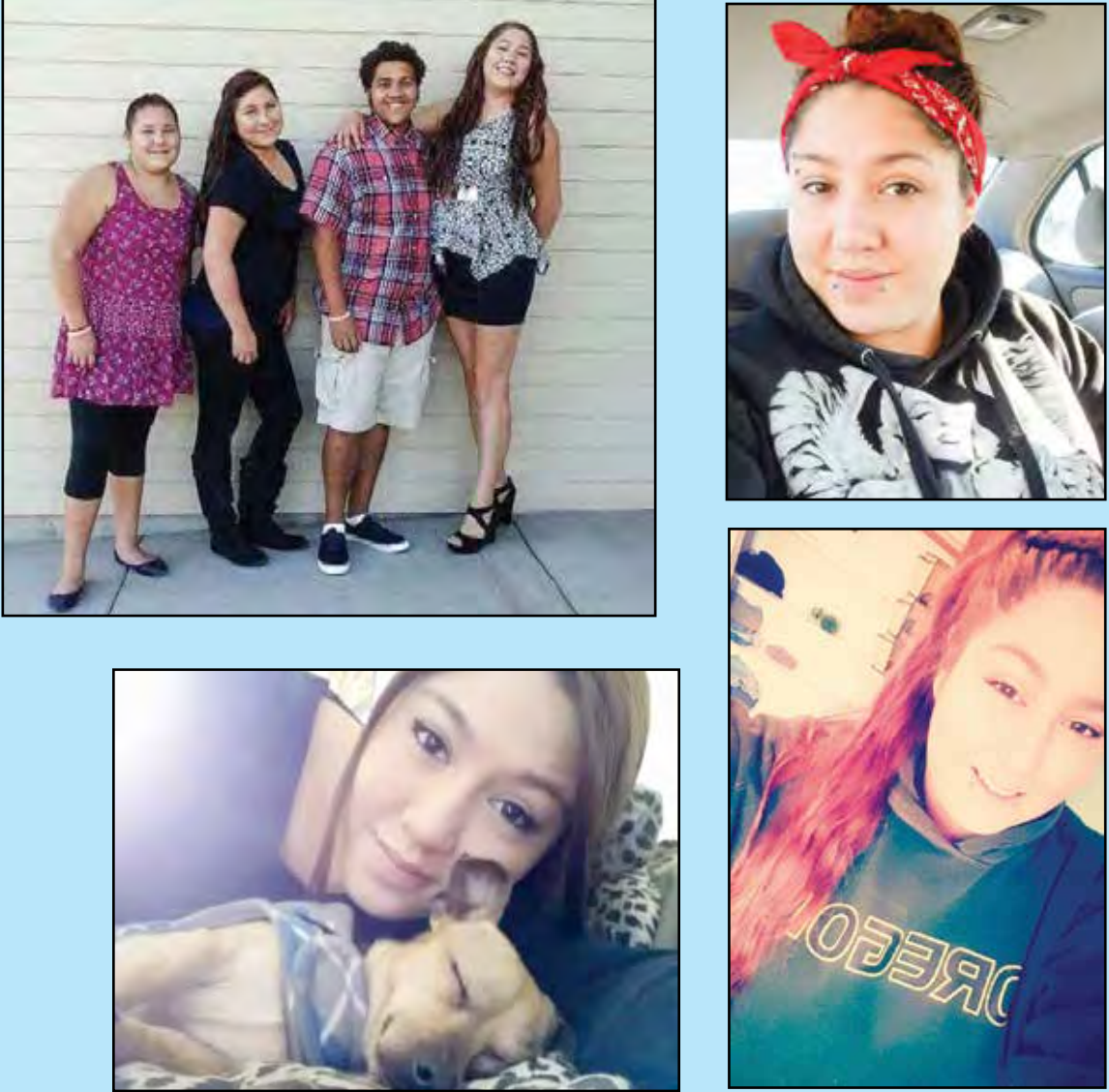
For questions regarding the Weaving class  
 Please contact:  
 Gail White Eagle 253-876-3052

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




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

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



Happy 22nd birthday Renae Elizabeth. I just want you to know that I am so proud of the young woman you have become. You are everything to me and your siblings; we know we can always count on you! I hope this year brings only happiness to you because you deserve every bit of it. Thank you for just being you because you are absolutely amazing. I love you beyond words.


Love always,  
*Mom*



Happy sweet 16<sup>th</sup> birthday Yonita Marie. I hope this year is filled with everything you deserve and more. I am truly blessed to be your mother and I just want you to know that you mean the world to me. You always bring so much joy and laughter in to our lives and I want to thank you for that. Because of you our days are always brighter. I love you to the moon and back my Bonita and I am so proud of the young lady you are becoming!

*Love always,*  
*Mom*

Happy Birthday  
**Alex Sam**  
(November 17th.)  
Love from all family!

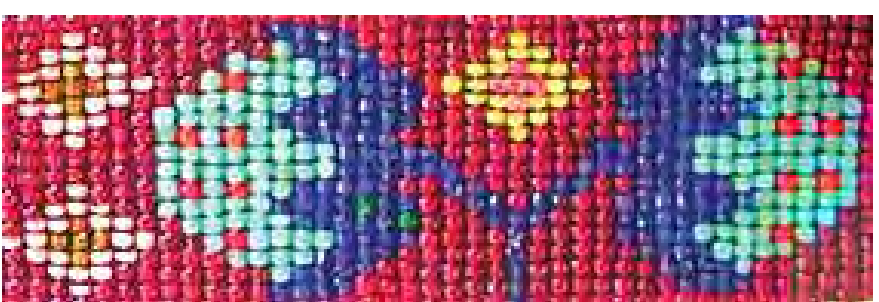


Happy Birthday  
**Alexis Martin**  
(December 4th)  
love from all family!

(12-26th) Happy 35th  
Wedding Anniversary to you  
**Moon Whitecloud Martin Sr.**  
Love you-Jen



Dave and Kaleigh showcase some pre-Halloween stretch routines.



I would like to wish a happy birthday to Mr. Tim Milne, Sr.! (12/28)  
You're goofy, grumpy sometimes, and we couldn't imagine having it any other way!  
You're always making us laugh until our tummies hurt, and put family above all else.  
Happy birthday Dad/Grandpa/Uncle/Brother & Husband!  
56 creeped up quick didn't it?!

-With love from all of your family! From the oldest to the youngest!