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**Muckleshoot Monthly**  
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# Muckleshoot MONTHLY



Vol. XVIII No. V

Muckleshoot Indian Reservation, Wash.

June 16, 2017

**Welcome Our New Muckleshoot Tribal Education Office Team Members**

By Joseph Martin, Tribal Education Officer



L-R: Steve Yanish, Ronnie Jerry, Dr. Cathy Calvert, Angelica Rodarte, Dr. Denise Bill, Roger Brown, Joseph Martin

On Thursday, June 1, 2017, the Muckleshoot Tribal Education Office celebrated an extremely monumental day when we welcomed six Muckleshoot Tribal members to their new leadership positions within the Muckleshoot Department of Education. I want to congratulate all of my colleagues on the attainment of their new positions!

- Dr. Denise Bill, Executive Director of Adult and Higher Education
- Roger Brown, Truancy Officer, Attendance and Truancy Program
- Dr. Cathy Calvert, Assistant Tribal Education Officer
- Ronnie Jerry, Birth through Grade 12 Education Research Analyst
- Angelica Rodarte, Lead Truancy Officer, Attendance and Truancy Program
- Steven Yanish, Executive Assistant I, Muckleshoot Tribal Education Office

I truly consider myself fortunate to have such an excellent team working together to achieve excellence in our Muckleshoot Department of Education.

I wanted to hold this important event to be able to have a day to celebrate the achievements of these fantastic members of our Muckleshoot Tribal Education Office and our Muckleshoot Department.

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**Starr School Wins Muckleshoot Gold Cup Indian Relay Title**

"We trained hard to get here. My rider here, my whole team, showed up every day, give us 110% on training, taking good care of our horses. We come a long ways to a meet, we trained to win, we trained by their rules, we showed up to race. That's it – bottom line – we just come to race. We love horses. Horses are our first love."

These were the words of Martin Little Plume, captain, owner and 1st holder for the Starr School Relay team. The rider standing at his side holding the Muckleshoot Gold Cup trophy was Isaiah Cross Guns. Other team members were Buzz Bird Rattler, 2nd holder; Doug Upham, 3rd holder; Slew Costel, 1st mugger; and Lindin Calf Looking, 2nd mugger.

Their efforts were rewarded with a trophy that has, in just a few years, become one of the most prestigious in Indian Relay Racing, as well as a \$10,000 winner's check, smaller checks from the earlier heats and the travel money provided to all teams. Championship belt



Starr School Indian Relay Team, along with family and friends, celebrate their victory in the Muckleshoot Gold Cup.

PHOTO BY DIANA VOLK

buckles, jackets and a special commemorative blanket were also awarded. Their long trip from Starr School on Montana's Blackfoot Reservation turned out to be well worth it, and their return trip a very happy one.

2016 Muckleshoot Gold Cup champions Carlson Relay of Browning, Montana, finished second, while Abrahamson Relay of Omak, Washington, took third.

Total payouts for this year's Muckleshoot Gold Cup Indian Relay Race tournament were about \$75,000, generously provided by the event's chief

sponsor, the Muckleshoot Casino – biggest and best in the Northwest. This year, to up the ante, a new arrangement has been made with the Mdewakanton Sioux Tribe, sponsors of a relay tournament at Minnesota's Canterbury Downs in August, to award a \$10,000 bonus if the same team wins there. A third partner is being sought to make it a relay racing Triple Crown. Chickasaw-owned Remington Park in Oklahoma is a possibility.

It's probably safe to say that Montana is the epicenter of Indian Relay Racing. On Thurs-

day night, Emerald Downs put on a buffalo burger buffet for all the teams, as well as a first class post draw that was only a little less fancy than the one for the Longacres Mile. At one point the emcee asked everyone from Montana to let out a yell. It was huge. Then he said, "Now... everyone from everywhere else let out a yell!" It was maybe half as loud.

Track president Phil Ziegler and – especially – vice-president Jack Hodge put their hearts and souls into organizing this event, and Phil told how, from

Continued on page 3

**CANOES JOIN IN AS LAKE WASHINGTON SHIP CANAL TURNS 100**

This year area historical organizations are joining the U.S. Army Corps of Engineers in an ongoing celebration marking the 100th anniversary of the opening of the Lake Washington Ship Canal, which took place in 1917.

Tribes were invited to participate, as is often the case in the present era, and Muckleshoot led a flotilla of 14 canoes down the canal, through the locks, and out into the saltwater on May 21st.

"It was significant," canoe skipper Willard Bill, Jr. said. "We had several different tribes come to support the event, and two of our canoes were on the water to lead them through the canal, exercising our place in our traditional homeland."

The Native canoes followed an ancient route which, for their ancestors, would've required portages. Now, with the canal and locks in place, the trip is made entirely by water.

"We started at the UW Boat-house, by Husky Stadium, and traveled through Lake Washington into Lake Union and then to the Ballard Locks," Will recalls. After going through the smaller lock, they traveled around Shilshole Marina and landed at Golden Gardens.

100 years ago, Natives weren't shown so much respect.



PHOTO BY EVAN AVILA

In fact they weren't consulted at all during that period, when one river after another was drastically altered to suit the needs of a booming newly-industrialized economy.

The opening of the Montlake Cut lowered Lake Washington by 9 feet, making it drain into the Salish Sea (Puget Sound) through Lake Union and Shilshole Bay, rather than through its natural outlet, the Black River.

As it left the south end of Lake Washington, the Black River had soon been joined by

the waters of the Cedar before flowing a few miles westward to join the Duwamish. This short river, which teemed with fish and offered excellent access to numerous key water routes, had been a thriving village site since time immemorial.

Joseph Moses, a Duwamish man who lived there when the nine-foot drop caused the Black River to cease to flow, recalled the event in an interview many years later:

"That was quite a day, for the white people at least," he said. "The waters just went

down, down, until our landing and canoes stood dry and there was no Black River at all. There were pools, of course, and the struggling fish trapped in them. People came from miles around, laughing and hollering and stuffing fish into gunny sacks."

Needless to say, there was no laughing and hollering on the part of the Natives. We can only imagine how they felt. But now, 100 years later, the anniversary provided an opportunity to celebrate sovereignty and the huge influence the Muckleshoot Tribe has gained since that time.

**MUCKLESHOOT VETERAN'S POWWOW**

**JUNE 23-25, 2017**

## Congratulations 2017 Muckleshoot Graduates

I would just like to express my utmost gratitude and appreciation to the Muckleshoot graduates of 2017. Whether it's from K-12, college, or professional certifications, you have worked very hard and earned something that cannot be taken away from you. You understand the value of education and know that it is the key to unlocking endless opportunity.



Jaison Elkins

On an equally important note, I'd like to praise and thank the family members, community, staff, and faculty for uplifting our students and empowering them to achieve great success.

So to all the graduates of 2017; be bold, have fun, work hard, and let your light shine!

Sincerely,  
Jaison Elkins



PHOTO BY JOHN LOFTUS

PIERCE COUNTY EXECUTIVE BRUCE DAMMEIER came to pay his respects to the MIT Public Affairs Committee (PAC) on May 31. His predecessors have had little history of working with the tribe, but he pledges to rectify that. He's already had his staff take training to gain an understanding of Native Culture to help them gain "a better perspective and understanding of the tribal point of view." The tribe has extensive land holdings in Pierce County and there are also numerous water-related issues to deal with. Dammeier expressed a strong interest in developing a Memorandum of Agreement (MOA) similar to those the tribe has with King County and the City of Seattle to establish operating protocols that ensure better understanding and a smoother relationship.

## NATIVE GRADUATES VISIT TRIBAL COUNCIL

Look out for full graduation coverage in July edition of the Muckleshoot Monthly

PHOTOS BY JOHN LOFTUS AND EVAN AVILA



Auburn School District



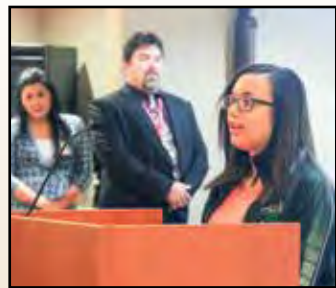
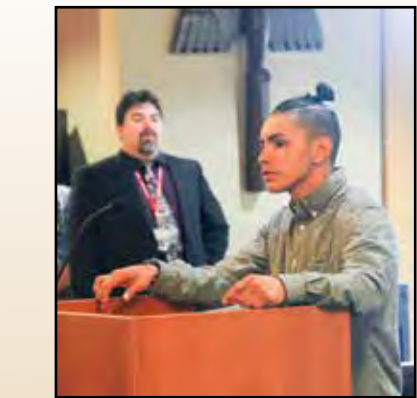
Enumclaw School District



Muckleshoot Tribal School



The Eyle Family



### 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:



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



2017-'18 Muckleshoot Tribal Council  
Virginia Cross, Chair  
Anita Mitchell, Vice-Chair  
Jeremy James, Secretary  
Jaison Elkins, Treasurer  
John Daniels Jr.  
Jessica Garcia-Jones  
Mike Jerry Sr.  
Kerri Marquez  
Louie Ungaro

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

Muckleshoot.Monthly@muckleshoot.nsn.us

## WELCOME OUR NEW TEAM MEMBERS

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ment of Education team.

All six of these extraordinary people always look out for the best interests of the Muckleshoot community in all of the work they complete. Everyone wants to truly listen to the community and address and resolve any issues or concerns. They are all exceptional listeners and strive to find common ground and build consensus.

It's extremely exciting to have a centralized location for many of the educational services provided by the Muckleshoot Department of Education. We truly appreciate the incredible support of our Muckleshoot Tribal Council and our policy committees in MIT Education for helping us to establish our Muckleshoot Tribal Education Office.

## MUCKLESHOOT GOLD CUP

continued from page 1

their many long-distance conversations while making arrangements, they learned that the Muckleshoot Gold Cup has already picked up a nickname in Indian Country: They call it "The Big Show." We'll take that, with pride!

Don Munro, a Blackfoot who is also a member of Muckleshoot's Eyle family was exuberant after the race. "We're racehorse people, we're horse people - *ponokaomitaa*. That's what we are and it showed here today."

He went on to explain that *ponokaomitaa* means elk dog. "When the Indians first seen the horse, they thought it was an elk, but then it worked like a dog, it helped them pull, so they called it elk/dog - a horse, a racehorse."

"I'd just like to say thank you, first of all, to the Muckleshoot Tribe and Chairwoman Virginia Cross, for doing a great job," Gail Skunkcap, announcer and event coordinator said. "This is another great year at Emerald Downs, a great success for the Muckleshoot Gold Cup, and hats off to all who made it happen."

"It was an honor to host you all here in our territory," Virginia replied. "We look forward to seeing you all again next year!"

## Claudia Kauffman launches bid for Seattle Port Commission

Longtime Muckleshoot Intergovernmental Affairs employee and former State Senator Claudia Kauffman has launched a bid for the seat currently held by John Creighton on the Seattle Port Commission, which oversees the Port of Seattle, including its shipping terminals and SeaTac Airport.

Claudia has a long history of service to the people of our region. While in the Senate, she served on the Trade and Economic Development Committee, where she worked to build a strong local economy and increase opportunity for all. She hopes to continue this work as a Port Commissioner.

Claudia, a Nez Perce member, is also a Mom and Grandmom who understands the basic needs of working class families. She is committed to increasing family wage jobs, supporting education and training for today's world economy, and bringing transparency back into government. See more at: <https://www.claudiaforport.com/>



## Calling all 2017-'18 Skopabsh Royalty Contestants!

This notice is intended for anyone interested in learning more about running for this year's Skopabsh Pow-Wow Royalty. Pow-wow dates are: August 25-27, 2017.

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

### Royalty responsibilities include but are not limited to:

- Representing self and our community in a respectful manner in any situation.
- Participation in as many cultural and public events as possible, I.e. Pow-Wows and Community/ local events such as Tribal dinners, City parades, etc.

### Contestants will be judged in the following areas:

- Public speaking
- Dancing
- Ticket sales

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

Tickets can be obtained from Wendy Lloyd. She may be reached by phone at (253) 804-8752 ext 3211 or by E-mail at [wendy.lloyd@muckleshoot-health.com](mailto:wendy.lloyd@muckleshoot-health.com)

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

The Deadline for All ticket stubs, remaining tickets, and money, to be turned in to Wendy, is **Sunday, August 27th at noon, Muckleshoot Powwow grounds.**

Hope to see you at the PowWow and Good Luck!

**WALKING ON...**

**R.I.P**

**Moon Whitecloud Martin JR.**

**01/19/1982-05/17/2017**

**Born in Auburn WA,**

**"Loving father, son, brother & uncle"**

**Lil Moon loved hunting, fishing,**

**loved his music & traveling all over**

**to stickgames. He always had a**

**smile to share and a hug to give.**

**Leaves behind:**

**(Parents) Moon and Jennie Martin,**

**(Brothers) Joseph and Henry**

**(Sisters) Lucille and Marilyn**

**(Children) Alexis Martin, Alex Sam,**

**and Dominic Martin.**

**and many more family & friends**

## Thank You...

Our family would like to thank everyone that sent prayers, hugs, donations. It was so very hard to lose our son/brother/father. We would like to thank the following people that pitched in where you could. It was very much appreciated:

Virginia Cross and Kerri Marquez, for coming to give their condolences and offering help with funeral arrangements; Lacey Starr and all the Cooks, the ones that barbecue the fish; Harold to cook for the Mask Dancers; the Mask Dancers and spouses.

Charlotte and Kenny for all your prayers and assistance; Sherina for making the memoir disc of all the pictures of our son; Lawrence and Pauline for all your help; Warren for being our speaker; and Father Pat Twolby for officiating;

Uncle Chester and Sarah for doing the burning right away (Greg & Wally for their assistance). Jackie Smith for stepping in taking notes for the family; Brother Alfred Williams and Niece Mary Weed for sitting up all night with our son; all of our nieces and nephews that contributed where you could;

Audrey Leach, thank you for being there for Alex and Alexis. It was hard for them losing their father. Having you there (kid's mom) was what they really needed.

Thank you to all the departments that contributed flowers, and thank you everyone that shared personal stories that they had about our son. It was nice to hear how he touched so many people's lives. Thank you all that helped sing stick games songs.

And finally, thank you to the Fish Commission, the Wildlife Department, and Tribal Council for all they do for our tribal members.

If we forgot something/someone, we apologize.

## James Matthew Smith-Kramer

James Matthew "Jimmy" Smith-Kramer, 20 years old, died on Sunday, May 28, 2017, at Tacoma General Hospital in Tacoma, Washington as a result of a vehicle incident at Donkey Creek, near Humptulips Campground. He was celebrating his birthday by camping with friends when he was struck while trying to protect the group from a large truck that entered the area and was recklessly doing "doughnuts."

"Jimmy was raised by my daughter and son in-law since he was four years old," Quinalt tribal treasurer Larry Ralston said. "He died a hero and suffered his deadly injuries as he dove and shoved his friend Harvey out of harm's way."

Jimmy graduated from Taholah High School where he was a stellar athlete, and after graduation he became a commercial fisherman. He was always a keen hunter and most of all a father, a friend, a family member and a father whose life was taken from him senselessly."

Jimmy Smith-Kramer was born on May 27, 1997, in Aberdeen, Washington to Charles Edward and Jodie Charlene (Smith) Kramer. He was an enrolled member of the Quinalt Indian Nation and had attended services at the 1910 Shaker Church.

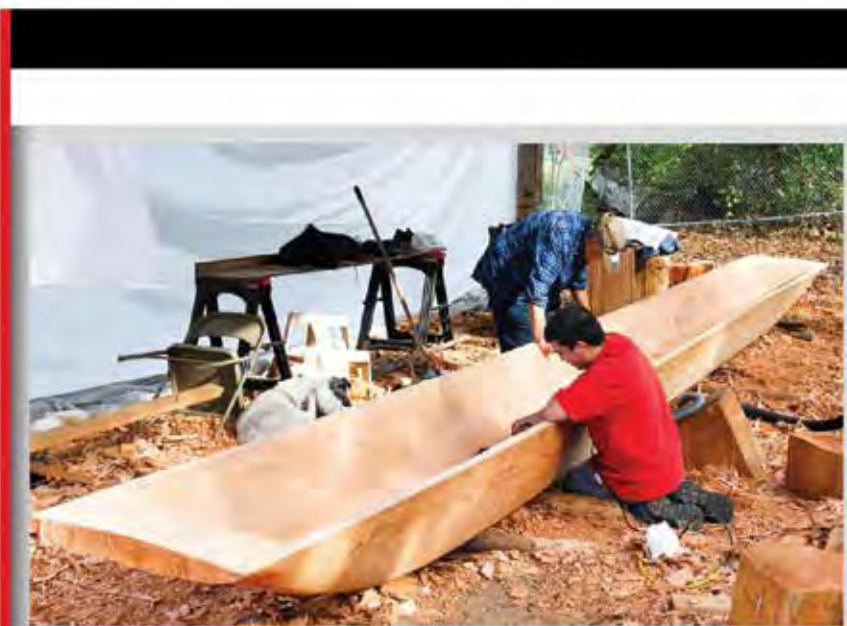
He was raised and attended school in Taholah, graduating from Taholah High School in 2015. While in school he excelled in sports, including basketball, football, track and baseball. He also coached basketball and football. He worked as a commercial crab fisherman out of Taholah.

His travels had taken him to Arizona, Mexico, Las Vegas and Disneyland, as well as Tribal Journeys; basketball playoffs and trips in the family canoe. His true passion was hunting, which allowed him to help area families with their food and other items.

Jimmy is survived by his father, Eddie Kramer of Hoquiam; his step-mother, Misti Conway of Hoquiam; he was raised by Cory Smith of Taholah as his dad and Maranda James as his mother; Leeza James is the mother of his children, Keoni James and Lilo James; Tyus Ikta Smith, Jaymen Nicholas Conway, Nathan Charles Smith-Kramer and Tom Anderson are his brothers; Luvelah Elyse Charlene Smith, Jazmyn Lavatta Conway and Samantha Smith-Kramer are his sisters; Chills Kramer, Woodrow "Skeeter" Underwood, Jim Conway and Verdi "Deanie" McCloud are his grandparents; Richard and Jeannie Underwood are his God parents. He is also survived by numerous other relatives.

He was preceded in death by his mother, Jodie Charlene Smith-Kramer; his grandmothers, Carol Hammer and Susan Smith and his great-grandmother, Hazel Smith.

A candlelight service was held on June 6, 2017, with a funeral service held the following day. Interment was at Sunset Memorial Park in Hoquiam. Leon Strom and Jerry Walthers officiated at the services. A dinner for family and friends followed at the Taholah Community Center.



## Shovel Nose Canoe Blessing

Join the Muckleshoot Indian Tribe in blessing our new shovel nose canoes and honor our carvers.

**Thursday July 6th at 1:00 p.m.**

Duwamish Gardens

11269 East Marginal Way South, Tukwila

Meal to follow ceremony.

For more information please contact Mike Edwards  
253.876.3192 or Willard Bill Jr. 253.876.2994

**First Salmon Dinner**

**&**

**Ceremony**

**3 to 5 p.m.**

**Friday June 23 2017**

**Muckleshoot Tribal School**

**15209 SE 376<sup>th</sup> St**

**Auburn WA 98092**

*Norma "Wassie" Eyle*

**Memorial**

July 14, 15, 16, 2017  
Muckleshoot, Washington

Headstone Setting/  
Giveaway/ Dinner/  
Stickgame/ Tourney  
Everyone Welcome!!!

**Friday July 14th, 2017**

10am:  
Headstone Blessing @ White Lake Cemetery

12pm:  
Lunch @ Sla-Hai Shed, Giveaway to follow,  
Open Games

**Saturday July 15th, 2017**

9am:  
Registration Opens for Tournament, Open Games

12pm:  
Tourney Starts (Money and prizes TBD)

**Sunday July 16th, 2016**

12pm:  
Traditional Game, Open Games

For more information please contact:  
Ed at 253-787-2958 Liz at 253-938-9228  
Sal at 253-817-2543 Rob at 253-906-3543  
Nelson at 253-886-2775 Clint at 253-227-8865

# CULTURE PROGRAM PLANS A BUSY SUMMER

**Canoe Journey to Campbell River BC will commence with Alki landing on July 19**

By Will Bill, Culture Coordinator



We've woken up our canoes and have been on the water for the last several months, so in terms of training for Canoe Journey 2017 we're doing really well. This year we'll be going to Campbell River, British Columbia, which is about halfway up the inside of Vancouver Island.

For us, it all starts when the canoes land on our shores at Alki on July 19. We'll host that night, and then depart the following day, July 20, for Suquamish. This year, except for that crossover to Suquamish, we'll follow the mainland all the way up to Canada.

From Suquamish we'll cross back over to Tulalip. From Nooksack, we'll cross over to Tsawwassen, and from there we'll go to Vancouver. We have a day off there, and then we'll head over to Nanaimo, on Vancouver Island.

When we reach Nanaimo, we'll be joining the rest of the Tribal Journeys canoe families that are either coming from the west coast of the island or the west coast of Washington and the other Washington tribes that'll be crossing over from Lower Elwha to West Saanich, near Victoria, and traveling up the island. So Nanaimo is where we all meet up, and from that point many canoes will be traveling together until we reach Campbell River.

By taking the east side route this year, it'll be a smaller group traveling up the mainland, in terms of the number of tribes. We won't be with the larger group, but I think it's definitely going to be a good experience having a smaller group – maybe having a little different dynamics in terms of not being with huge crowds as we're going through.

We'll be landing on Quadra Island on August 5. They will host for two days there, with the protocols beginning on the island. And then, on day

three we'll move over to Campbell River, where we'll do another landing and then go up to their traditional big house on the river for the final three days. I think we'll be camping at Campbell River the entire five days, and will use the ferry or our support boats to take us back and forth to Quadra Island during the first few days.

Mike Edwards and Virginia Cross traveled up to Campbell River and did a walk-through to see the hosting sites and where people can stay. Campbell River is a sizeable town of 40,000, so there's all the amenities and resources there that people need. It's not a remote location, by any means.

We're looking forward to our time up there and engaging in their rich culture and history. As we've seen in the past, the First Nations of Canada have often been able to retain that deep, deep history, so it's a great learning and sharing experience that we get to participate in.

An added benefit is that, unlike recent years where we're typically towards the end of the protocol list, this year we'll be toward the front, so we'll be able to do our thing and then be able to just enjoy the rest of the week. It's a beautiful country. It's been awhile since we've been up to Canada as a whole group and especially on the waters. And the further north we go, the more sea life and wildlife we get to see, so it's going to be a neat experience.

We'll be doing cold water training on June 25 at Solo Point, and four or five other tribes are going to join us. We'll be getting people used to the water, or at least introduced to it, and training on how to right the canoes if they were to flip, how to bail the water, how to do rescue saves from in the canoe and outside of the canoe, and also with our support boats.

It will be an important training day that we do, and a mandatory training day to get everybody prepared for Canoe Journey. We'll have some physical fitness training that's going to start here in the next week or two, in addition



**Tribal Journey 2017 to Quadra Island / Campbell River, BC**

to being on the water, to get people's minds and bodies ready. Again, June 25, Solo Point.

**MIT Culture Summer Youth Program.** We will also have our Muckleshoot Culture Summer Youth Program again, which is canoe-based. We have a curriculum called "Healing of the Canoe" focused on training youth, and we'll be starting on June 27. It'll be a little abbreviated this year – three weeks – because that's the amount of time that we have before journey starts this year.

So, it'll be a three-week program, plus some weekend items; but, again, credit opportunities if

they come to that program and then credit opportunities if they actually go on journey with us. I think this is a really good example of collaboration between us and the Tribal School, Auburn School District, and Enumclaw, and we have some kids in outlying areas, tribal members that we help facilitate to get into that.

We do a holistic approach in terms of language and cultural activities, going out on the water, physical fitness training, traditional foods and medicines that we'll be working into that program to get everybody ready.

# Take a Glimpse Into Our Amazing Past With Historic Photos

The Tribe has been gathering historic photos for over 14 years! The collection is preserved in the Historic Archives and Reference Library in the Philip Starr building. It is operated by the Tribe through the committed efforts of the Preservation program committee and staff.

Some recent photo and scan donations include images from the collection of Gilbert (Hoagie) KingGeorge. His contributions include images of "Squeenie" KingGeorge, Donna Mae Courville, and Elma Daniels. A collection of 77 images was donated by Leslie Nelson. An image of Laura Siddle Courville was donated by daughter Virginia Hennes. A third image collection from Virginia Cross includes snapshots from a variety of community activities. We appreciate all of our donors.

There are over 1700 images featuring places like Auburn, the Green

River, the Muckleshoot Reservation, and more. There are images that include specific people from a searchable catalog of over 2240 names. The database is also searchable by keyword; subjects like fishing, treaty wars, religion, language, Salish Art, and much more are made accessible with a simple search.

The Tribe's image collections consist of original images and scans of original images. Original images can be scanned and returned to the donor. Index notebooks of these collections can be viewed by Tribal members at the library in the Philip Starr building.

Old photos can often sit forgotten in a box. It is so important to catalog these treasured images as documentation of the history of the Muckleshoot People.

"We are all guilty of this really. It is nice to be able to share

and see someone light up when they find their relative in a photo, a photo they have never seen before," said Donna.

Donna can help members with their collections, make copies of photos, and can help clean up photos that have been marked or torn. There are still so many images out there to collect!

Anyone interested in saving their collection for the future or providing a copy to the archives, please contact Donna Hogerhuis, Collection Specialist at 253-876-3273 or stop by her office in room 174. OR you can wait and bring your photographs to the Senior Center on July 27th and 28th from 10 am to 2 pm for scanning and a CD of your collection. Watch for flyers!

These images were recent additions:



Theresa Courville



Rare image of Ollie Purcel knitting wool socks



Another legend in Indian Education, Willard Bill Sr. and Wassie Looking On



Squeenie KingGeorge, Donna Mae Courville, and Elma Davids. Berry picking, c 1930s



Nelson family annual camping on the White River, c. 1970



Virginia Cross Members line up to honor her retirement as Indian Education Coordinator in 1999

## Can you ID me?

These unknowns all came anonymously from the same donation to the Tribe (possible relation to the Garrison or Johns family.)







# Starr School 2017 WINNERS



## Muckleshoot Gold Cup

DIANA VOLK



## MUCKLESHOOT GOLD CUP INDIAN RELAY RACES



The race officials



Tribal Chairman Virginia Cross presenting the Muckleshoot Gold Cup trophy



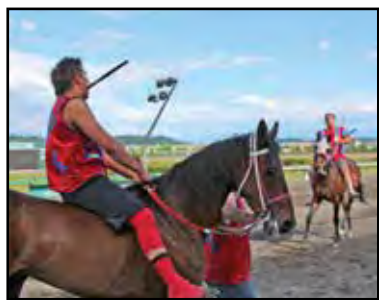
Winning rider Isaiah Cross Guns and captain-owner Martin Little Plume.



Byron & Tamicka



The late Jim Penney, who helped bring relay to Emerald, was honored in the winner's circle





## WILMA CABANAS RETIRES FROM TRIBAL COLLEGE



On June 1st, 2017, Wilma Cabanas was honored with a retirement party at the Muckleshoot Tribal College. A large crowd of friends, family, and co-workers gathered to thank Wilma for her devoted service as Tribal College Administrator over the past 14 years. Music and food were provided for guests to enjoy. Thank you for your contributions to the tribe, Wilma! Pictured from left to right: Louie Ungaro, Anita Mitchell, Wilma Cabanas, Virginia Cross, and Kerri Marquez.

Wilma with some of her sisters, pictured left to right: Elaine Sandoval, Wilma Cabanas, Renee Rojas, Lenore Jansen, and Vee Lozier.



## Northwest Indian College Accreditation Celebration



We have just completed the last seven-year cycle of accreditation and are moving forward into the next 7-year cycle. All of the sites were able to host an "Accreditation Celebration" for the Muckleshoot Tribal College staff and our NWIC 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.

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

Amy Maharaj  
 GED Instructor  
 253-876-3256  
 Amy.Maharaj@muckleshoot.nsn.us

Mitzi Judge  
 GED Test Administrator  
 253-876-3395  
 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

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

### MIT Scholarship Program:

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

#### Contacts:

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

### The Evergreen State College

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

#### Contact:

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

### Continuing Ed:

Mitzi Judge Phone: 253.876.3395  
 Email: Mitzi.judge@muckleshoot.nsn.us

## HS21+

High School Diploma Program

- Are you over the age of 21?
- Did you not finish high school but would like your diploma?
- Were you just 6 or less credits from graduating?
- Do your feel your life experiences should count for something?
- Do you want a diploma and not just a GED?

If you answered "yes" to these questions, then what are you waiting for?

**Let's get that diploma!**

Learning Center Hours:  
 Mon/Wed 8:00 - 6:00  
 Tues/Thurs 8:00 - 5:30  
 Friday 8:00 - 5:00

**MUCKLESHOOT TRIBAL COLLEGE**

**RTC** RENTON TECHNICAL COLLEGE

### GED Learning Center

Adults 21 years or older work with an RTC instructor and the instructor at the Muckleshoot Tribal College GED Learning Center to demonstrate competencies in reading, writing and math contextualized in science, history, government, occupational studies, and digital literacy. The program combines current coursework with previous learning, and work and life experiences to result in a **HIGH SCHOOL DIPLOMA.**

Contact:

Cary Hutchinson  
 GED/ABE Instructor  
 (253) 876-3375

Mitzi Judge  
 Continuing Education  
 (253) 876-3395

What does a Northwest Indian College education look like?

It looks a lot like you.

APPLY TODAY

www.nwic.edu

EARN A BACHELOR'S DEGREE IN YOUR OWN COMMUNITY

NWIC-Muckleshoot: (253) 876-3183  
 29811 Auburn-Enumclaw Hwy

## NORTHWEST INDIAN COLLEGE

NOW OFFERING A B.A. IN TRIBAL GOVERNANCE & BUSINESS MANAGEMENT AT OUR MUCKLESHOOT CAMPUS

## MIT SCHOLARSHIP PROGRAM

### Friendly reminders for Students receiving Scholarship funding

It is the STUDENT'S RESPONSIBILITY to submit the following documents *each term* in order to renew your funding:

Grades/Transcript  
 Schedule  
 Tuition Invoice

***It is NOT the Scholarship Program's responsibility*** to obtain these documents.

You must work with your school to get these things to send to us.

**Funding will not be issued until you turn these documents in.**

Where to send documents  
 ScholarshipsDept@Muckleshoot.nsn.us Emails sent to this address go to all staff members.  
 Thanks Scholarship Department

## MIT Scholarship Program

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

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

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

For more info about the Scholarship Program, visit our website.  
<http://tinyurl.com/mitScholarshipProgram>

**2016-2017 Application Periods**

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

**2017-2018 Application Periods**

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



*Muckleshoot Tribal School*  
**Summer School 2017**  
*Kindergarten (already Kindergarteners) — 12th grade*

**Starting July 10— August 4th, 2017**

Breakfast and Lunch will be provided

If you have any question please call 253-931-6709.

## Congratulations Rosie!!



Congratulations to Rosie Fish (3rd from right) for placing 3rd in the 1600 meter event at the State Track Meet in Spokane, WA on May 25, 2017!! **GO KINGS!**



**MTS High School Students of the Month: April**  
The theme for the month of April was "Compassion and Friendship." Pictured left to right: *Lauralee Redthunder, Wyatt Courville, Austin Quintana, and Rebekah Tipton.* Not pictured: *Cody Foreman, Jonathan Sampson Jr., Angel Bargala, and Tia Ahshapanek.*



*Former heavyweight champ Joe Hipp, Blackfeet, clowns around with Kelvin Frank at the relay races*

## Summer Health & Safety News

*Safety tips as reported by the American Academy of Pediatrics*

**Playgrounds:** Children who fall off of climbing equipment, slides, and swings usually injure their face, head, or arms. Preschool-age children shouldn't be more than four feet off the ground. Make sure surfaces are cushioned, equipment maintained, and no exposed bolts or open "s" hooks.

**Heat Exposure:** Children can develop heat exhaustion and become seriously dehydrated when in the hot sun for too long. Symptoms include pale skin, dizziness, headache, fatigue, nausea, and vomiting. Kids under four years old are especially at risk in high temperatures. Keep children indoors during heat waves. Make sure they have plenty of fluids even if kids say they are not thirsty. Never leave a child in a car, which can heat up quickly.

**Fireworks:** Fireworks can cause serious eye injuries that lead to partial or complete blindness. Sparklers can burn the skin and ignite clothing. Don't use or let your children use any fireworks, including sparklers. Fireworks that are often thought to be safe, such as sparklers, can reach temperatures above 1000 degrees Fahrenheit and can burn users and bystanders.

**Bicycles:** Kids often crash into obstacles or lose control of their bikes, but the most serious injuries occur when children are struck by cars. Make sure your child wears a helmet every time they ride a bike. It should be snug and level with the forehead. Do not let children ride in the street before the age of 10, and teach riders to look both ways before crossing the driveway or streets.

**Skateboards and Scooters:** Head injuries and wrist fractures are a common occurrence. Kids are most likely to get hurt when they are first learning to ride, ride too fast, or attempt tricks. Safety gear is a must! Helmets, wrist guards, non-slip shoes, elbow pads, and knee pads should be worn, and no child under 5 years should use skateboards or scooters.

**All-Terrain Vehicles:** Children are involved in about 30% of all ATV-related deaths and emergency room-treated injuries. All riders should wear helmets, eye protection, sturdy shoes (no flip-flops), and protective, reflective clothing. Appropriate helmets are those designed for motorcycle (not bicycle) use and should include safety visors/face shields for eye protection.

Don't ride double and don't ride on paved roads. Passengers are frequently injured when riding ATVs. Most ATVs are designed to carry only one person: the driver. Passengers can make ATVs unstable and difficult to control. ATV tires are not designed to grip on pavement, so operators should not ride on paved roads.

**Lawn Mowers:** Too many tragic accidents happen when a child falls off a riding lawn mower or is accidentally run over. Keep all children far away from the mowing area. Always look around the mower before putting into motion, especially when backing up.

**Food Poisoning:** Bacteria grow quickly in perishable food that is left out too long. Symptoms resemble stomach flu: nausea, cramps, vomiting, diarrhea, and in severe cases, fever and bloody stool. Make sure food is cooked thoroughly. Wash your hands often, and never leave food out for more than an hour when it's hot outside. Store food in a well-insulated cooler with plenty of ice when outside at picnics and barbecues.

Always seek the advice of your own doctor regarding questions or issues you have regarding your own health or the health of others.

**HAVE A SAFE AND FUN SUMMER!**

## Forestry Club Wraps Up Another Successful Year

*By Benjamin Price and Dave Daley*

As the school year comes to an end, we also bring to an end another year of MTS Forestry Club. Our year began with a very productive trip to Mount Rainier Institute, where students worked with staff naturalist to conduct ecological studies. Research foci included a look at the diversity of fungi species and snag density and use within an old growth forest.

Students were also treated to a hike out of Paradise on Mount Rainier where they learned about watersheds, snowpack science, and high elevation ecology.

Throughout the year, students attending club meetings explored Tomanamus, participated in river cleanup activities, and have coordinated and designed a research project that incorporates fisheries science, lake ecology, and recreational practices.

Our core group of researchers will be finishing up the final presentation in the next few weeks before school lets out in anticipation of having an opportunity to present our findings to Hancock

Forestry, Tribal Council, and possibly key representatives in Olympia.

It has been exciting to see the synergy the Forestry Club has created over these last two years. Our numbers continue to grow with more and more students interested in our outdoor activities. The robustness of the science incorporated into our program is beginning to make meaningful impacts within our circles.

Since its inception, we have seen the concepts pioneered by the club carried on in other ways, and across other programs. One of the most notable results of our influence has been a large push to make outdoor education a more common part of our school's curriculum.

As we look towards next year, we are excited about the new venues Forestry Club will be exploring. Be sure to look for us in Muckleshoot Monthly.



PHOTO BY JOHN LOFTUS

# 3rd Grade Clam Digging at Vashon Island

By Cinnamon Enos

As a part of our clam unit, which spans social studies, writing, reading, and math, students traveled to their Muckleshoot property on Vashon Island to dig clams. Students and family members who came along learned about and harvested razor, horse-shoe, and butter clams. We explored low tide and made many amazing discoveries on a

sunny, warm day! Biologist Andy Dalton gave us lessons about the historical and contemporary conservation of the clam beds, the species and "shows," and how to dig the clams and re-cover our holes.

Thank you to Ms. Verna and all of the family chaperones that came along and had fun with us!



# Kings Middle School Track Team – Final Meet

May 22nd, 2017 ~ Chief Leschi School

PHOTOS BY EVAN AVILA





## PLEASE WELCOME OUR NEW DRIVERS



**Ben Miller**  
Transit Driver, Muckleshoot Tribe-2



**Rob Johnson & Heather Menster,**  
Transit Drivers, Yakama Tribe-2



**Steven Haggerty,** Transit Driver,  
Grand Rounde-2

## Meet Our New Safety Officer, Bruce!

Hello, my name is Bruce Starr. I am the Safety Officer for the Transportation Division. I am here for the safety of our transit customers and our transit bus drivers. I am happy to help serve our community, and I am here to help with any safety issues that may arise within our transit system.

My goals are to help improve and maintain safety in this new department, which is growing and improving every day. My duties will include riding with the bus drivers and making my presence known within the Muckleshoot Transit System, handling, and filing reports about the safety of our department, responding to any situations involving bus drivers, passengers, or employees in our Transit Department. I will be working closely with our local police enforcement officers and Tribal security to help keep our community employees safe.

I very much appreciate the opportunity to help support our cause, which is to keep our people from walking on these dangerous roads.

If you feel, at any time, that your safety is in question or if an emergency occurs, do not hesitate to call Bruce @ 253-397-6516.



## Riley's "Did You Know?" Car Seat Fact:

Did you know that car seats have expiration dates? Please, for your child's safety, check the bottom of your car seat for the expiration date. If your car seat has expired, dispose of it immediately and buy a new one.

If you do not have the funds for a new car seat, please contact Riley Patterson for a replacement @ 253-285-4034. Simply present your tribal ID and Riley will set you up with a car seat consultation/installation before setting you on your way.

Why do car seats have expirations? Here are the top reasons why:

1. Materials break down over time.
2. Replacement parts are no longer available.
3. Technology advances.

If you do not feel comfortable disposing of your car seat on your own, you can bring it to the Muckleshoot Transportation Division Headquarters located at 40320 Auburn-Enumclaw Rd., Auburn, WA 98092 for proper disposal and/or donation for educational use purposes.

## Routes! Routes! Routes!

By Jennifer Ann Snyder, Transportation Coordinator

Greetings Muckleshoot Community! The Muckleshoot Transportation Division Management Team is currently conducting meetings to gather, analyze, and report on data in order for us to plan our routes and schedules for the next quarter.

### Please take the survey below:

The purpose of this survey is to gather rider feedback regarding their preferences for routes, locations, times, etc. This survey will aid our efforts in servicing the community in a safe and efficient manner.

**1. How often do you ride the Auburn Route?**

- 5-7 days per week
- 3-5 days per week
- 1-3 days per week
- I never ride the Auburn Route
- I sometimes ride the Auburn Route
- I rarely ride the Auburn Route

\*Please state why you do or don't ride this route: \_\_\_\_\_

---

**2. How often do you ride the South Reservation Route?**

- 5-7 days per week
- 3-5 days per week
- 1-3 days per week
- I do not ride the South Reservation Route
- I sometimes ride the South Reservation Route
- I rarely ride the South Reservation Route

\*Please state why you do or do not ride the South Reservation Route: \_\_\_\_\_

---

**3. How often do you ride the North Reservation Route?**

- 5-7 days per week
- 3-5 days per week
- 1-3 days per week
- I do not ride the North Reservation Route
- I sometimes ride the North Reservation Route
- I rarely ride the North Reservation Route

\*Please state why you do or do not ride the North Reservation Route: \_\_\_\_\_

---

**4. What suggested 'new destinations' appeal to you most?**

- Enumclaw - Bank of America, Safeway, Grocery Outlet
- Federal Way - Mall, Winco, Costco
- Auburn - Fred Meyer
- Other (please specify) \_\_\_\_\_

---

**5. What days work best for a shopping route?**

- 7 Days a Week
- Monday through Friday
- Friday through Sunday
- Different Shopping Route for Different Days
- Other (please specify) \_\_\_\_\_

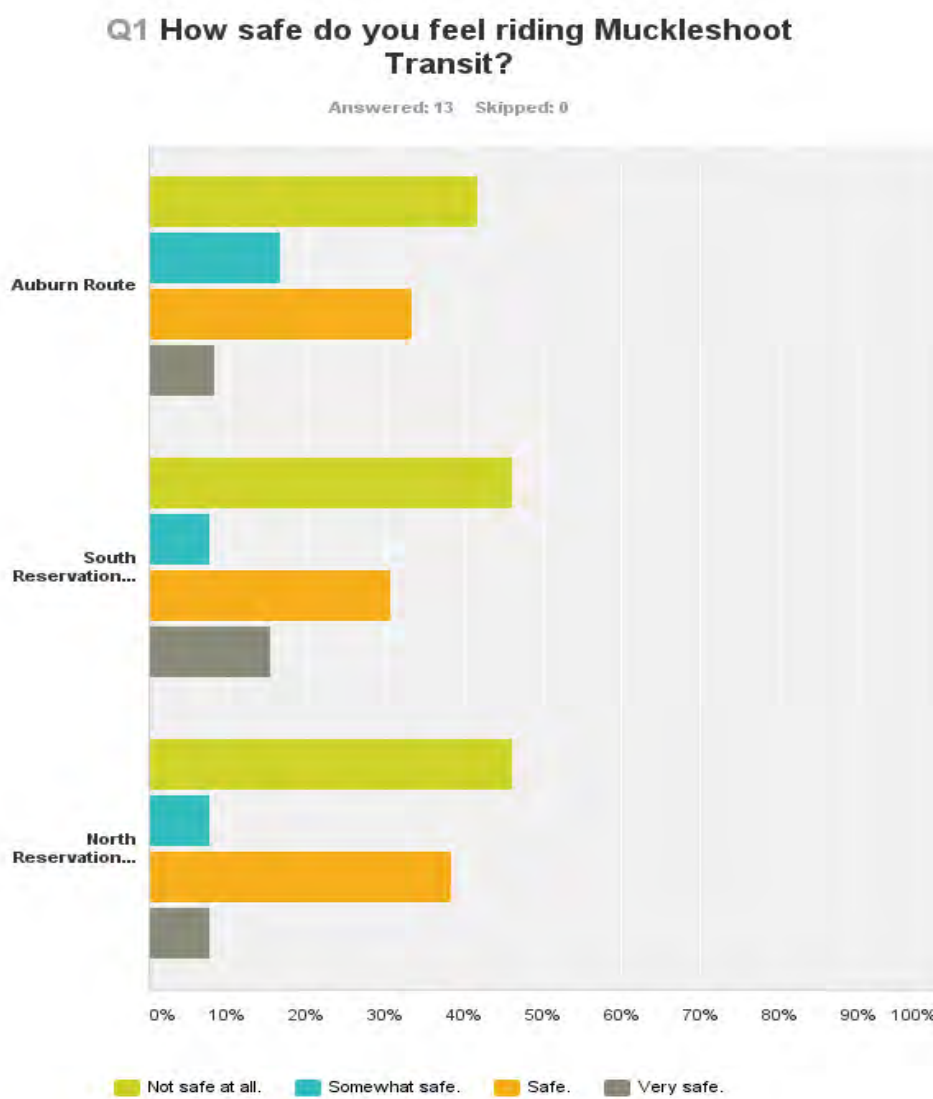
Please clip this survey out of the paper and return it to any Transit Driver or Muckleshoot Transportation Division Staff Member. You can also send the survey to our offices located at 40320 Auburn-Enumclaw Rd., Auburn, WA 98092.

## Surveys

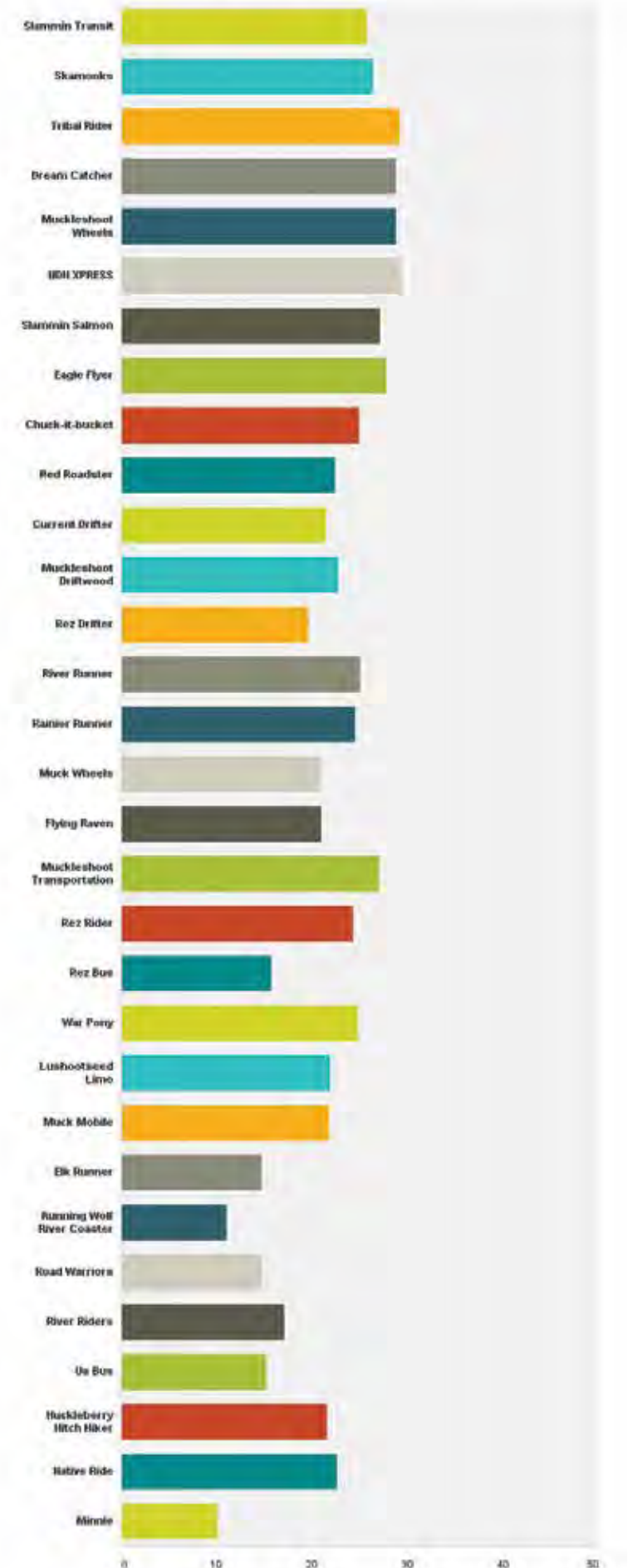
The Muckleshoot Transportation Division wishes to thank all who participated in our brief surveys. We will continue to present results regularly as well as present new surveys monthly. Here is a link to our new survey if you wish to take it online: <https://www.surveymonkey.com/r/GFKPJMP>

Otherwise, simply clip it from this paper and present it to your Transit Driver or Muckleshoot Transportation Staff Member.

## Survey Results:



**Q1 Choose your top three picks for Re-Naming Stop and Shop**  
Answered: 14 Skipped: 0



# Annual Drinking Water System Consumer Confidence Report for Calendar Year 2016



This report is intended to keep you, the users of the Muckleshoot Public Works Department's water system, informed about your drinking water. We are pleased to report that the drinking water provided by the Muckleshoot Public Works Department met all of EPA's requirements for quality and monitoring in 2016.

## The Muckleshoot Public Works' Utility Department

The Tribal water system is operated by the Public Works Department within the Muckleshoot Indian Tribe. The utility service area consists of the reservation lands and Tribal properties south of SE 368th

Place.

Our system treats, stores, and distributes groundwater taken primarily from two wells within the reservation. One well is located north of the Philip Starr Tribal Center, near the Sla-Hal shed. The second well is east of the Public Works Operations Yard across from the White River Amphitheater. These wells draw water from between 190 feet to 350 feet below the ground surface.

Both of these wells pump groundwater to a central water treatment plant, where specially designed filters remove undesirable constituents such as arsenic and manganese to levels allowable by the EPA. Small amounts of liquid sodium hypochlorite are also added to disinfect the water.

Once treated, the water is stored in the custom painted standpipe reservoir southwest of the Tribal Pow-Wow grounds. A booster pump station next to the reservoir distributes the water through an underground network of pipes to the users of the system.

This system provides up to 720,000 gallons of water per day to approximately 370 customers within the utility service area. The water system has a current estimated value of \$10 million and is managed by two Washington State licensed Professional Engineers and operated by three utility operators, two of which hold current state certifications from the Department of Health.

## What Is Planned to Improve the Quality of Your Drinking Water.

Your Muckleshoot Public Works Department continues to be hard at work ensuring that the water you receive is reliable and meets the established federal standards. This work includes adhering to our EPA approved water sampling program and keeping our facilities maintained.

One of the noteworthy accomplishments of the past year has been an expansion of new water mains on 180th Ave SE between the Canoe Shed at 392nd Street and 384th Avenue by the Muckleshoot Construction Department. This has helped to connect Tribal residents to our water system who had been on individual wells, and also allows for future home development.

This year the Public Works Staff will again be conducting cross connection control testing on the backflow prevention valves in the residential fire sprinklers. This is done to minimize any chance that your water can be contaminated by the other users of the system. Look for us as we are working around your buildings and please say hello.

## Special Health Concerns

Some people may be more vulnerable to contaminants in drinking water than the general population. Immune-compromised persons, such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly persons, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA and the Center for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbiological contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

**Arsenic:** Some people who drink water that contains arsenic in excess of the MCL over many years could experience skin damage or problems with their circulatory system and may have an increased risk of contracting cancer.

**Lead:** Lead and Copper levels were last tested in the Summer of 2014. EPA requires the Muckleshoot Utility District to test only once every three years. Though not required to test until 2017, the Muckleshoot Utility District performed extra Lead and Copper testing for informational purposes in May of 2016. As they did in 2014, test results meet EPA regulations.

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Muckleshoot Utility District is responsible for providing high-quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to two minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline (800-426-4791) or at <http://www.epa.gov/safewater/lead.com>

## Need More Information?

Please contact the **Muckleshoot Public Works Department at (253) 876-2975** if you have any questions about this report, or about your water system. We want our community members to be informed about their water system. If it is more convenient for you, please feel free to stop by the Department's offices located at the Water Treatment Plant. Our address is 39620 176th Lane SE. We are always delighted to have the chance to meet our community members and discuss any concerns you might have in person.

Additional water quality information may be obtained from:

- Environmental Protection Agency's Safe Drinking Water Hotline (1-800-426-4791) or their website: <http://www.epa.gov/safewater>.
- American Water Works Association website: <http://www.awwa.org>.

## Water Quality Findings

All drinking water may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's (EPA's) Safe Drinking Water Hotline at 1-800-426-4791.

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the number of certain contaminants in water provided by public water systems.

As required by the EPA, the Muckleshoot Utility Department routinely monitors for over 80 contaminants in your drinking water. The table below shows the results of our monitoring for the period of January 1 to December 31, 2016.

Because our Public Works Department has successfully met several EPA water quality reporting

goals in the past, EPA has allowed us to reduce the sampling requirements for arsenic, lead, copper, and total xylenes. These reduced requirements save the Tribe substantial operation and laboratory cost.

## Summary of 2016 Water Quality Sampling

### Disinfection Residuals

Substance: Sodium Hypochlorite  
MCL: 4.0 mg/l  
MCLG: 4.0 mg/l  
No. of Samples: 318  
Range: 0.04 - 0.47 mg/l  
Your Water (Average): 0.18 mg/l  
Purpose: Drinking water disinfection

### Inorganic Contaminants

Substance: Arsenic  
MCL: 10 ppb  
MCLG: .02 ppb  
Level Detected: 8 ppb  
Sample Site: Starr Well #1  
Sample Date: 5/20/16  
Regulation met: Yes  
Typical Source of Contamination: Erosion of natural deposits

In the tables above you may find many terms and abbreviations you might not be familiar with. To help you better understand these, we have provided the following definitions:

- MCL (Maximum Contaminant Level) – The "Maximum Allowed" is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available technology.
- MCLG (Maximum Contaminant Level Goal) – The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
- mg/l (milligrams per liter - mg/L) – One part per million corresponds to one minute in two years or a single penny in \$10,000.
- ppb (parts per billion) – One part per billion corresponds to one minute in 2,000 years or a single penny in \$10,000,000.

## Facts on Drinking Water

Sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

Contaminants that may be present in source water before it is treated include:

- Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations and wildlife.
- Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban stormwater runoff, industrial or domestic wastewater discharges, oil and gas production, mining or farming.
- Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban stormwater runoff, and residential uses.
- Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, and septic systems.
- Radioactive contaminants, which can be naturally-occurring or be the result of oil and gas production and mining activities.

The Muckleshoot Public Works Department routinely evaluates the water sources to identify any potential sources of contamination.

## Summary of 2016 Water Quality Sampling (continued)

### Disinfection By-Products

Substance: TTHM  
MCL: 80 ppb  
MCLG: 0 ppb  
Level Detected: 8.1/8.1 ppb  
Sample Date: 8/4/16  
Regulation met: Yes  
Typical Source of Contamination: Byproduct of drinking water disinfection

Substance: HAA5  
MCL: 60 ppb  
MCLG: 0 ppb  
Level Detected: 1.2 ppb  
Sample Date: 8/4/16  
Regulation met: Yes  
Typical Source of Contamination: Byproduct of drinking water disinfection

### Lead and Copper (2014)

Substance: Lead  
AL: 15 ppb  
MCLG: 0 ppb  
Your Water 90th Percentile: 2 ppb  
Range: 0 samples over AL  
Number of Samples: 10  
Regulation met: Yes  
Typical Source of Contamination: Corrosion of household plumbing & fixtures

Substance: Copper  
AL: 1.3 mg/l  
MCLG: 1.3 mg/l  
Your Water 90th Percentile: 0.14 mg/l  
Range: 0.02/0.18 mg/l  
Number of Samples: 10  
Regulation met: Yes  
Typical Source of Contamination: Corrosion of household plumbing & fixtures

## Additional Terms and Abbreviations

- TTHM- Total Trihalomethanes
- AL (Action Level) – The concentration of a contaminant which, if exceeded, triggers treatment or other requirements that a water system must follow.
- 90th Percentile – The reported copper and lead values represent the 90th percentile. 90% of the water taps sampled were at or below the values indicated above.

**2017  
SONNY MILLER**



**Co-Ed  
Softball Tournament**

**July 21<sup>st</sup>, 22<sup>nd</sup> & 23<sup>rd</sup>, 2017**

Enumclaw Boise Creek Ball Fields

12 Players Per Team (Including The Coach)  
1 man token & 1 woman token  
TRIBAL ID REQUIRED

- > 1<sup>st</sup> Place = Pendleton Jackets
- > 2<sup>nd</sup> Place = Hoodies
- > 3<sup>rd</sup> Place = Sweatshirts
- > 4<sup>th</sup> Place = ¼ length T-Shirts

2-MVP's, All Stars, Best 3<sup>rd</sup> Baseman,  
Double Elimination - \$425 Entry Fee  
*(\$425 required before play of the first game)*

**CONTACT INFO:**  
Colleen Anderson 253-329-6700 Mike Starr 253-329-4360 Henry Miller 253-329-7105

**PAYMENT MUST BE MADE IN FULL BY FRIDAY JULY 7, 2017**  
Money Orders Only (mailed to) or Cash (handed to)  
Colleen Anderson  
39719 Auburn Enumclaw Rd SE  
Auburn, WA 98092

Not responsible for any lost or stolen items or injuries, vehicle property.  
Players/Team assume all responsibility of covering their property, as well as health and safety concerns.



Muckleshoot Indian Tribe

## Community Garden

**Who:** ALL MUCKLESHOOT TRIBAL MEMBERS

**When:** Sign up starts on April 18<sup>th</sup>, 2017

**Where:** Planning Department (upstairs @ PSB)

First Round sign up allows each Tribal Member to sign up for one (1) Garden box.

There are **ONLY 18 boxes** (4 ft wide x 16 ft long).

Any further questions please call Lisa Sneatlum @ 253-876-3325 in MIT Planning for more info. Thank you & hope to see you soon!

Eating Healthy + Fun Exercising + Rewarding Hobby + Family Fun =

## Gardening Fun!

TGT PRESENTS

**SEPT 30**  
FREE ENTRY

**\$10,000**  
IN PRIZES!

WIN A MOTORCYCLE!

WIN A MACBOOK!

# WIN ME 5K COLOR RUN

Muckleshoot Powwow Grounds | LIMITED SPOTS AVAILABLE!  
17300 SE 392nd St | EVERYONE IS ENTERED TO WIN!  
Auburn, WA 98092

[WWW.WINME5K.COM](http://WWW.WINME5K.COM)

BROUGHT TO YOU BY  
THE MUCKLESHOOT INDIAN TRIBE



# BECOME A CHILD CARE PROVIDER!

*Do you love children? Have extra time on your hands?  
Want to make some money? Have a clean background?*

If you answered yes, we have the program for you; help our tribal families with childcare by becoming an approved childcare provider.

**How to become a family, friend, or neighbor provider:**

Visit the Muckleshoot CCDF program at the Muckleshoot Early Childhood Education Center, located on the Tribal School Campus (15599 SE 376th St Auburn, WA 98092) and request a CCDF Home Provider Application.

Fill out the application completely and attach all required documentation including a copy of your first aid/CPR card, a valid picture ID, background check questionnaire & forms, completed W-9 form, and a copy of your social security card (front and back.)

Submit completed application to the Muckleshoot CCDF office (must have original application – no faxed applications accepted.)

A CCDF representative will contact you within three business days to notify you about the status of your application review and/ or to coordinate pre-screening. Once pre-screening requirements are met, a home-health, and safety inspection will be performed at the residence where childcare will take place.

Upon a cleared inspection you will be eligible to care for approved Muckleshoot CCDF Families.

**Contact:** Monalisa Mendoza, CCDF  
(Monday – Friday 8:00am – 4:00pm)  
**Phone:** (253) 876-3056 \* 3915  
**Email:** Monalisa.mendoza@muckleshoot.nsn.us

## Q & A About Head Start Health Documents

### Why Does Head Start Keep Hounding Me About Health Documents?

There are currently 3,542 performance Head Start programs across the United States. One component of these standards is health. Head Start programs are required to collect health documents for all enrolled students within a specific time-frame. 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.

# HOUSING/SHELTER RESOURCES

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

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

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


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

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

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

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

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


1st Month	2nd Month	3rd Month		5th Month	6th Month	7th Month
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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.

# Memorial Day Dinner 2017

May 29th, 2017 ~ Muckleshoot Pentecostal Church

PHOTOS BY EVAN AVILA



# MUCKLESHOOT LEADS CANOE FAMILIES THROUGH BALLARD LOCKS

## 100th Anniversary of Lake Washington Ship Canal is Observed May 21st, 2017

PHOTOS BY EVAN AVILA AND MIKE EDWARDS



### Gardeners of the Month: June 2017

By U R Israel

Both John Valentine and Tony Mwiti are the MIT Gardeners of the Month for June 2017.

What recently brought two generations and two continents together? The answer is donated plants from the Harvest Pierce County program.

John Valentine, a coordinator with the Harvest Pierce County program, was first inspired to grow food while helping elders tend to the remnants of their Victory Gardens decades ago. Recently, he donated hardy Northwest plants to Tony Mwiti, who was originally from Kenya and is now a United States Citizen working at MIT Elders In-Home Support Services.



Tony Mwiti MIT caregiver and gardener, receives Harvest Pierce County donated plants from John Valentine recently at Mt Tahoma High School.

Tony helped plant the starts in Elder's gardens at MIT where they will aid in community food production of organic produce. This is the second year that MIT has received this donation. John developed a green thumb while gardening for an elderly couple in Detroit. He was in fourth grade and planted their flowers for 50 cents an hour. Their garden was an ongoing extension of WWII Victory Gardens; they still had the inexpensive home-made plywood tools made from Victory Garden program instructions. He learned a great deal from them.

John is a former scientist and science teacher who now teaches everywhere from colleges to community gardens about growing food, particularly year-round production. He speaks to local audiences on many maritime Northwest gardening topics. He is a farmer at Hilltop Urban Gardens Farm and project manager at Mt Tahoma High School CTE Plant Science program.

John also has a business designing and installing hoop houses, and teaching gardeners to raise food year round. Last year, John conducted a free workshop at the Elder's complex on the subject of building hoop houses.

The Harvest Pierce County plants are grown by FFA at Mt. Tahoma High School. They are a good fit in the Northwest by virtue of being short-season, disease resistant, and cold tolerant. They are an incentive for gardeners to grow more food bank produce.

Our next frontier is over-winter food production. In John's words, "The best thing about gardening is tasty food. I like growing food for my wife Linda, her favorite is shelled-pod peas. Another challenge that gets me going is seeing how much food I can grow during winter and how much garden food I can be eating in February. An indirect reward from gardening is helping other people to be more successful with the least amount of work."

### Youth Food Policy Council Considering Muckleshoot Food Strategies

By Valerie Segrest

Muckleshoot, May 30th, 2017 - The six-member Muckleshoot Youth Food Planning Council (Celina Bem, Nevaeh Johnson, Jeff Sheldon, Marissa Marsette, Virginia Marquez, and Kenny Louie) has been studying a range of food policy recommendations that will be presented to the Muckleshoot Tribal Council and the Muckleshoot community in the coming months.

Last September, the First Nations Development Institute awarded funds to establish a Youth Food Planning Council. The council conducted a Food Sovereignty Assessment that included a study of the historical dietary habits of the Muckleshoot territory and a research study that involved the collection of 62 Muckleshoot community household surveys. The council also conducted community Talking Circles that engaged several representatives from cross-sectors of the Muckleshoot Tribe.

The Youth Food Planning Council was established in February 2017, after months of preparation by the Traditional Foods and Medicines program, headed by Valerie Segrest. Through collaboration with the Center for World Indigenous Studies (Olympia, Washington), strategies were developed to conduct research and document the views of Muckleshoot community members in regards to the accessibility of healthy and culturally appropriate foods. Policy recommendations will be based on needs and ideas advocated by Muckleshoot community members.

The Youth Food Planning Council is developing recommendations for a set of new Muckleshoot policies to be considered. The policies will support community education and will focus on traditional food culture and propagation. The ultimate goal is to add more nutrient-dense foods to feeding programs.

Other recommendations may include the expansion of ceremonial fisheries so more Muckleshoot Community Members can have access to fresh salmon, establishing a community food center that includes a grocery store with food education space and establishing a Muckleshoot beef, deer, and elk meat processing operation on the reservation for greater access to meat protein. These recommendations have been determined to be strong opportunities to keep our communities food expenses within the Muckleshoot economy.

The Youth Council received 23 Muckleshoot food policy changes and suggestions that will inform their policy recommendations to the community as well as to the Muckleshoot Tribal Council. All of the suggestions and recommendations directly emphasize increasing Muckleshoot exercise of sovereignty over food access and distribution to enhance public health and cultural life.

### Muckleshoot Food Sovereignty Assessment

Center for World Indigenous Studies [mitfoodsov@cwis.org](http://mitfoodsov@cwis.org)  
PMB 214 1001 Cooper PT RD SW 140, Olympia, WA 98502

The initial finding from these surveys is that the Muckleshoot Community and the Muckleshoot Tribal Council must take strong action to ensure that community members gain access to healthy, culturally appropriate, high-quality food.

The survey of 62 Muckleshoot households found that over 80% of respondents considered traditional Muckleshoot foods healthier than food purchased in local stores. The household survey results showed that about 40% of community members preferred a traditional Muckleshoot diet, even though they are forced by circumstance to depend on commercial foods from local stores. Therefore, it is no surprise that 90% of the respondents indicated that they would consume traditional foods more frequently if they were more accessible.

The Muckleshoot diet is historically derived from foods primarily obtained along the Green, White, and Black rivers. However, traditional harvesting and fishing territories went far beyond the rivers, stretching east to the Naches and Yakima rivers, west into the Commencement and Elliot Bay areas, and throughout the Salish Sea. Food trade routes dictated much of the region's cuisine, spreading throughout the entire west coastline and across the mountains.

Over thousands of years, Muckleshoot longhouse ancestors depended on animal protein from both the sea and the land. Fresh greens and other plants were also part of the historical diet and included a variety of hundreds of different plant foods. Healthy fats including rendered oolichan grease, seal oil, and salmon oil complemented this extensive array of foods.

This diet has been recognized to be healthy, causing virtually no bodily inflammation for Muckleshoots that usually give rise to symptoms of allergies, and chronic diseases such as diabetes, heart disease, arthritis, and cancer.

The Youth Food Planning Council will now consider specific food policy proposals for consideration by the Muckleshoot Community and the Muckleshoot Tribal Council.

## MUCKLESHOOT SOBRIETY POW WOW

*Natives On A Wellness Path*

JULY 28, 29, & 30, 2017

**GRAND ENTRY**

Fri, July 28-7:00pm  
Sat, July 29-1:00pm & 7:00pm  
Sun, July 30-1:00pm

*Daily Grand Entry Points Taken.*

**LOCATION**  
Muckleshoot Pow Wow Grounds  
Auburn, Washington

**HEAD STAFF**

Host Drum: Sharpshooter  
MC: Anthony Blue Horse Randy Veniola  
Arena Director: Merlin Kicking Women  
Whipman: Reuben Twin

DANCE CATEGORIES					
Golden Age Men (Age 65+)	Sr. Adult Men (Age 50-64)	Jr. Adult Men (Age 18-49)	Jr. Adult Women (Age 18-49)	Teen Boys (Age 13-17)	Jr. Boys (Age 6-12)
Traditional, Fancy, Grass	Traditional, Fancy, Grass	Traditional, Fancy, Grass, Round Bustle	Traditional, Jingle, Fancy	Traditional, Fancy, Grass	Traditional, Fancy, Grass
Golden Age Women (Age 65+)	Sr. Adult Women (Age 50-64)			Teen Girls	Jr. Girls
Traditional, Jingle, Fancy	Traditional, Jingle, Fancy			Traditional, Jingle, Fancy	Traditional, Jingle, Fancy
1st \$700.00	1st \$700.00	1st \$700.00	1st \$700.00	1st \$400.00	1st \$300.00
2nd \$500.00	2nd \$500.00	2nd \$500.00	2nd \$500.00	2nd \$350.00	2nd \$250.00
3rd \$400.00	3rd \$400.00	3rd \$400.00	3rd \$400.00	3rd \$300.00	3rd \$200.00
4th \$300.00	4th \$300.00	4th \$300.00	4th \$300.00	4th \$250.00	4th \$150.00

\*Tiny Tots (5 & under) No contest. Must be dancing in Pow Wow Regalia.  
\*Committee Specials: Specials TBA

**Vendor Information:**

10x10 space \$150.00  
10x20 space \$225.00

No charge for Informational Booths.

**Attention All Contest Participants:**

All Dancers and Singers are required to have a Social Security Number (SSN) or Social Insurance Number (SIN). U.S. Citizen and non U.S. Citizen Contest Winners must also fill out additional paperwork.

**Committee of this event is not responsible for accidents, injuries, short furnished beverages, stolen, lost articles or damage to personal property. No PDR will be allowed. Absolutely No Drugs or Alcohol Allowed.**

Sponsored by the MIT Health Committee/Muckleshoot Indian Tribe  
General Information: Lisa Elkins 253-939-6648 or Mike Starr 253-329-4380

EVERYONE WELCOME!

## HWC Medical Clinic Spotlight: Kaleigh Krantz, R.D.

Hi, my name is Kaleigh Krantz, and I am the dietitian at the medical clinic. I've been a dietitian for about four years now and before I accepted this position, I was working in Montana. I've been at the Muckleshoot clinic for about a year and absolutely love being back in my home state of Washington.

I am the mom of a Golden Retriever named Swish, who has been my number one friend for the past eight years. In our spare time we love to go out hiking and look for antlers, so far we've found six sheds this year and put on about 25 miles. We also enjoy kayaking (yes, he sits in my kayak), fishing, playing volleyball, cooking nutritious foods, and gardening. I have recently taken up painting as well, but so far my work is nothing to brag about.

One of my favorite animals is the goat, don't ask me why though. I have four Nubians and every day when I feed them I wonder why I love the little terrors so much. I am a firm believer in spending your time doing things that make you happy and not what the world or anyone else thinks you should be doing. My personal time is the thing I value most and I love spending it wisely on family, friends, and the many other things that make my soul happy.

I hope you come see me sometime, I vow to not take the pleasure or free choice out of anyone's eating. There's a healthy way of eating for everyone, it's just a matter of discovering your specific needs and adding foods into your life that not only make you feel good, but happy as well!



Control your diabetes. For Life.

2017  
Diabetes Education Classes!

Muckleshoot Health & Wellness Center-  
Diabetes Program.

Educational classes are given by Nikki, RN and Kaleigh, Dietitian.

Please contact Emmie, Diabetes Coordinator for enrollment 1-253-939-6648.

Please join our upcoming 2017 Diabetes education classes that are geared towards preventing and controlling high blood sugars through knowledge, healthy eating, fun activities and supporting one another!

<b>August 30<sup>th</sup>-Wed.</b>	<b>Low blood sugar awareness</b>	10:00am-11:00am AND 3:00pm-4:00pm
<b>September 20<sup>th</sup>-Wed.</b>	<b>Medication Adjustments with Weight loss; oral and insulin medications.</b>	10:00am-11:00am AND 3:00pm-4:00pm
<b>October 11<sup>th</sup>-Wed.</b>	<b>Preparing for holiday eating, seven day meal plan ideas.</b>	10:00am-11:00am AND 3:00pm-4:00pm
<b>November 8<sup>th</sup>-Wed.</b>	<b>Support group, Total points for participants. Diabetes Awareness Month.</b>	10:00am-12:00pm (one class time this month)

### 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

IF YOU ARE NEEDING A REPLACEMENT:

- MEDICARE CARD
- SOCIAL SECURITY CARD
- MEDICARE BENEFIT LETTER

THERE ARE TWO SOCIAL SECURITY OFFICE LOCATIONS THAT MAY BE ABLE TO ASSIST YOU.

**KENT**  
321 RAMSEY WAY SUITE# 401  
HOURS OF OPERATION:  
MONDAY, TUESDAY, THURSDAY, FRIDAY  
9:00 AM - 4:00 PM  
WEDNESDAY  
9:00 AM - 12:00 PM

**PUYALLUP**  
811 S HILL PARK DR  
HOURS OF OPERATION:  
MONDAY, TUESDAY, THURSDAY, FRIDAY  
9:00 AM - 4:00 PM  
WEDNESDAY  
9:00 AM - 12:00 PM

MAIN SOCIAL SECURITY PHONE NUMBER: 1-800-772-1213

Look beyond the bathroom scale and find out what your physical health really is.

Scales give you vague information and cannot tell the difference between fat, muscle, water, organs, etc. We have a tool at the Wellness Center that can measure your overall body composition and give you a *truer* insight to your physical health.

## See What You're Made Of

**In under a minute see your:**

- Body Fat Mass and Percentage
- Cell Health
- Total Body Water
- Total Skeletal Muscle Mass
- Segmental Lean and Fat Analysis

Call the Wellness Center at (253) 333-3616 to make an appointment or just come on in!

## 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

State of Washington

### Services Card

MARTHA WASHINGTON  
123456789WA  
Date Issued: 5/10

ProviderOne

### ARE YOU NEEDING A NEW PROVIDER ONE CARD?

YOU CAN GET A REPLACEMENT THREE WAYS!

- CALL 1-800-562-3022 EXT 15616
- ONLINE <https://www.waproviderone.org/client>
- COME INTO THE MUCKLESHOOT MANAGED CARE DEPARTMENT!

17500 SE 392ND ST AUBURN WA 98092  
253-939-6648

## Relative & Foster Care Program

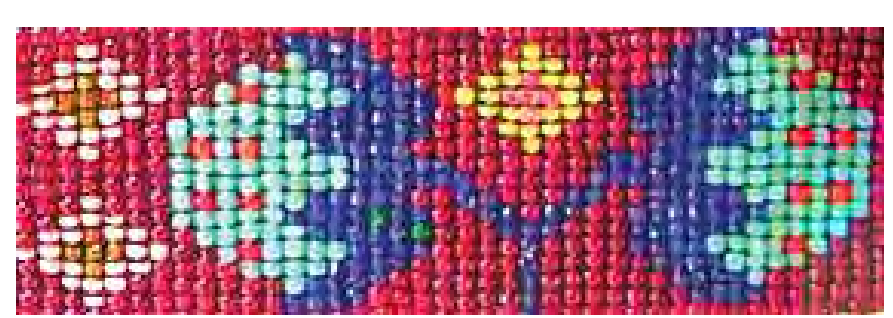
We Need YOUR Help to become a Licensed & Loving

Safe Home for OUR CHILDREN

MIT Children & Family Services

MCFS Office Location: 39017 172nd Street SE, Auburn WA 98092  
Foster Licensor: Trudi Moses 253-876-3397 Cell: 253-880-8968

MCFS Main: 253-833-8782  
Director: Cynthia Oris 253-876-3396



**Muckleshoot Behavioral Health**

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**16-Week Anger Management Class**  
 Open to Join Anytime!  
*\*New Day/Time Starting Feb. 23<sup>rd</sup>*  
**Every Thursday**  
**1:30pm-3:00pm**  
 Facilitated by: **Dr. Sarlak**  
 @ Behavioral Health  
*Meets Court Requirements*  
 Have Questions?

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For questions or more information, contact:  
 Bella Townsend @  
**Behavioral Health Program**  
 (253) 804-8752

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

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**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*

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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!

## WHAT ARE THE SIGNS OF HEROIN USE?

**Definitive signs of heroin use include:**

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

**Behavioral noticeable with heroin addiction include:**

- Lying or other deceptive behavior
- Avoiding eye contact, or distant field of vision
- Substantial increases in time spent sleeping
- Increase in slurred, garbled or incoherent speech
- Sudden worsening of performance in school or work, including expulsion or loss of jobs
- Decreasing attention to hygiene and physical appearance
- Loss of motivation and apathy toward future goals
- Withdrawal from friends and family, instead spending time with new friends with no natural tie
- Lack of interest in hobbies and favorite activities
- Repeatedly stealing or borrowing money from loved ones, or unexplained absence of valuables
- Hostile behaviors toward loved ones, including blaming them for withdrawal or broken commitments
- Regular comments indicating a decline in self esteem or worsening body image
- Wearing long pants or long sleeves to hide needle marks, even in very warm weather

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

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

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

Ask to talk to a counselor

To GIVE help or GET help:  
 Call 911 if you or someone you know is in immediate danger.  
 Call the Suicide Prevention Lifeline: 1-800-273-TALK (8255).  
 Chat online at [www.SuicidePreventionLifeline.org](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)

**WE ARE CONNECTED.**  
*we need you here.*

My life matters.  
 I am here for a reason.  
 My story has just begun.

**THRIVE**

This marketing document was developed, in part, under grant number 1U59DA0017002-2 from 10/08/05. The views, opinions and content of this publication are those of the author and contributors, and do not necessarily reflect the views, opinions, or policies of CMHS, SAMHSA, or HRSA, and should not be construed as such.

### 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

**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

08/01/15 MI URGENT CARE NOTICE

## Missing Teeth?



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

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

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

**What are dentures and partial dentures?**

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

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

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

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

**MIT Dental Clinic**  
 (253) 939-2131



## What are Needle Exchanges and why do we have them?

Muckleshoot Behavioral Health

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

**Why: NEEDLE EXCHANGES SAVE LIVES!!!**

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

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

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

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



## NOTICE:

The Feathered Healing Circle will meet on Thursdays at 5:00 PM – Cynthia Lozier

## MUCKLESHOOT CARES ABOUT OUR YOUTH



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

WHAT?

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

WHO TO CONTACT?

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

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

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

Love is Respect can help you identify healthy relationships [www.loveisrespect.org](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	9-5 pm 9-6 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	11:00-12:00 Sat 10-2 pm
Wellness Center	(253) 333-3616	Open 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



**INCIDENT COMMAND SYSTEM TRAINING & AMATEUR RADIO OPERATOR (HAM)**

**TRAINING /CERTIFICATION CLASSES COMING IN JULY 2017 AT THE PHILIP STARR COUGAR ROOM.**

**Incident Command System or ICS Training and Certification - July 6<sup>th</sup> \* 7<sup>th</sup> 8:00am – 5:00pm each day, light snacks and lunch provided by MIT.**

**HAM Radio Operator Training and Certification - July 22<sup>nd</sup> and July 29<sup>th</sup> two Saturdays, light snacks and lunch provided by MIT.**

*The Incident Command System is used in our everyday lives; we use it as parents, teachers, leaders, wedding planners, etc. We assign people roles and duties as needed. This ICS class is for emergency response so that we will know when and how to communicate to the first responders who may come into our communities to assist us in the event of a disaster of any type...we will need to know the basic structure and need to know how to communicate. It is a part of the FEMA mandate for recovery efforts for your community or business plan.*

*Amateur Radio Artists is a much needed hobby that can be used in our everyday lives. This is one radio system that will not fail after all other types of communication have. It only takes a team of four HAM Operators to make an emergency team to provide a no fail communication network to the tribal community. The License does not expire for 10 years! Want to learn more? Check out the class this July 2017!*

**Things You Should Know About Clam Digging**

1. Beware: You can get sick from clams harvested at Adelaide Beach, Alki Beach, Redondo, Lincoln Park, Salt Water State Park and all other beaches between Seattle and Tacoma. They are all potentially polluted and are closed by the Department of Health.
2. Tribal members can dig clams at the Tribe’s property on Vashon Island. There are lots of butter clams, some steamers, horse clams, and cockles at the beach. Directions are provided at the end of this list.
3. Fisheries staff will be routinely testing clams at the Vashon beach for “red tide” to ensure the clams are safe to eat. Always check on the Fish Hotline (1-800-FISH-NOW) for results to see if the Vashon tidelands are open.
4. Use a small clam shovel (not a fork or garden shovel). The Vashon tidelands are rocky and digging clams is more difficult than at sandy beaches. A clam shovel works best.
5. If you want to go to the property by personal boat, the Fisheries Division will provide you with a chart to locate the tidelands and a good place to anchor or beach your boat.
6. The driveway at the property has a locked gate, so call the Fisheries Division: 253-876-3131 to get the combination to the locked gate and updated red tide results.
7. Check the ferry schedule that is printed here with the tide charts. There is a fee for the ferry from either West Seattle (Fauntleroy) or Pt Defiance (Tacoma) to Vashon Island.
8. Fisheries staff will also be organizing clam-digging trips to Vashon Island for tribal members who would like to visit the property for a half-day outing, call Andy at the Fisheries Division, if you may be interested.
9. There are various shellfish enhancement projects going on at the Tribe’s tidelands. Do not harvest any of the shellfish in areas marked with RED stakes
10. Tribal members, 18 years and older, can get an Oyster Harvest Permit from the Fisheries office. Permits are not issued at the beach.

**Directions to get to the Tribe’s Clam Beach on Vashon Island**

**For Navigation Apps use: 13060 Vashon Highway Southwest, Vashon Island, WA.**

You can take either ferry:

- A) Fauntleroy (West Seattle) to Vashon, or
- B) Point Defiance (Tacoma) to Tahlequah

**A) Via Fauntleroy (West Seattle) Ferry**

Take I-5 north to the West Seattle Bridge and take exit # 163 westbound.

Go west on the bridge to West Seattle – after two sets of lights you will continue with a slight left (after Trader Joe’s) and onto Fauntleroy Way SW.

Follow the signs straight to the Fauntleroy/Vashon ferry. Make sure to take the Vashon ferry, not the Southworth ferry.

On Vashon Island, follow the main road (Vashon Highway) up the hill (south) about 1.9 miles from the ferry dock.

The Tribe’s property driveway is on the LEFT side of the road and is marked with a “Muckleshoot Indian Tribe” sign. Follow the directions at \*Driveway below.

**B) Via Point Defiance (Tacoma) Ferry**

Take I-5 south to exit # 133 onto I-705 North towards Tacoma; take the Schuster Parkway exit from I-705 and follow Schuster Pkwy and Ruston Way about 5 miles. Turn right on N Pearl Street and go about 0.6 miles to the Vashon Ferry lanes.

On Vashon Island, turn left at the end of the ferry dock and follow the main road (Vashon Highway) north continuing straight through all the stop signs for 12.0 miles.

The Tribe’s property driveway is on the RIGHT side of the road and is marked with a “Muckleshoot Indian Tribe” sign.

The \*Driveway is a dirt road and there is a locked gate about 100 yards down the driveway. The combination is \_ \_ \_ \_ . (Get combination at Fisheries Office before leaving).

After the gate, follow the driveway all the way down to the small parking lot next to a small shed – just past the portable toilet. The trail to the beach is marked with a sign: “Beach Trail”.

Once down on the beach, to find a good place to dig clams, walk to the right (south) for a few minutes and try digging half-way to the water.

...✂.....✂.....CLIP and SAVE.....✂.....✂.....

**CLAM DIGGING TIDES - VASHON ISLAND**

**June-July 2017**

Day	Date	Time to Dig	Low Tide level: time
Wednesday	June 21st	8:00 am – 11:00 am	-1.2 ft @ 9:22 am
Thursday	June 22nd	8:30 am – 12:00 pm	-2.4 ft @ 10:08 am
Friday	June 23rd	9:00 am – 1:00 pm	-3.3 ft @ 10:54 am
Saturday	June 24th	9:30 am – 2:00 pm	-3.7 ft @ 11:40 am
Sunday	June 25th	10:30 am – 2:30 pm	-3.6 ft @ 12:27 pm
Monday	June 26th	11:30 am – 3:00 pm	-3.1 ft @ 1:15 pm
Tuesday	June 27th	12:30 pm – 4:00 pm	-2.2 ft @ 2:03 pm
Wednesday	June 28th	1:30 pm – 4:00 pm	-0.9 ft @ 2:52 pm
Thursday	July 6th	9:00 am – 11:30 am	-0.6 ft @ 10:12 am
Friday	July 7th	9:30 am – 12:00 pm	-1.0 ft @ 10:44 am
Saturday	July 8th	10:00 am – 1:00 pm	-1.3 ft @ 11:18 am
Sunday	July 9th	10:30 am – 1:30 pm	-1.5 ft @ 11:52 am
Monday	July 10th	11:00 am – 2:00 pm	-1.5 ft @ 12:28 pm
Tuesday	July 11th	11:30 am – 2:30 pm	-1.3 ft @ 1:05 pm
Wednesday	July 12th	12:30 pm – 3:00 pm	-0.9 ft @ 1:43 pm



*Sick of*  
**STICKER BUSHES?**

**Elders, contact Public Works if you would like pesky sticker bushes removed from your yard call**

**(253)-939-3311**

**40222 Auburn-Enumclaw Road SE  
Auburn, WA 98092**

**Attention:**  
**Muckleshoot Tribal Members**

*The Water, Sewer & Garbage Assistance Program has now been extended to King and Pierce Counties.*

*Please call (253) 876-2975 for details or stop by Public Works Office (Water Treatment Plant) to pick up an application.*

## HEAT PRECAUTIONS FOR ELDERS



The heat of summer is here and it is an important time to review some vital safety tips for seniors. Elderly persons are more prone to the effects

of heat and at greater risk for dehydration. According to the CDC, elderly people are more at risk because:

- Elderly people do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

Make sure you or someone you can trust is checking in on your elderly family and friends. Here are some senior safety tips for the summer months as well as some ways to "beat the heat".

- Do not leave an elder unattended for any amount of time in a motor vehicle. If the air conditioner quits running it can get extremely hot in a very short amount of time.
- Try to plan activities that require going outside during non-peak hours when it might be a little cooler.
- Move exercise indoors. Consider exercising at a gym, walking on a treadmill, or "mall walking" instead of outdoor walks or activities. Swimming and water aerobics are good options as well.
- Drink plenty of fluids (non-alcoholic, caffeine-free as these ingredients have a diuretic effect). Talk with your doctor if you take medications that affect fluid intake, such as Lasix.
- Additionally, it may be important to consume food and drink with sodium and potassium to restore electrolyte balance when losing fluids and drinking a lot of water: broths or soups (contain sodium); fruit juice, soft fruits, vegetables (containing potassium); sports drinks that contain electrolytes. Check with your doctor before increasing these electrolytes.
- Stay indoors in cooled spaces as much as possible. Check the air conditioning system, do maintenance review. If the electric-

ity goes out, and there is no air conditioning, consider alternative arrangements when heat is at dangerous levels.

- Be aware of signs of dehydration, heat exhaustion and heat stroke.

The most common signs of dehydration in the elderly are thirst, confusion, irritability, and poor skin elasticity. Encourage them to drink fluids even when not thirsty as thirst may not be triggered until already dehydrated. Heat and dehydration may make seniors more prone to dizziness and falls and can cause/increase confusion.

Heat exhaustion is the more mild form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Warning signs vary but may include the following: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, fainting, the skin may be cool and moist, fast pulse rate, and weak breathing (fast and shallow.)

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided. Warning signs vary but may include the following: An extremely high body temperature (above 103°F); red, hot, and dry skin; rapid, strong pulse; a throbbing headache, dizziness, and nausea.

Any indication of heat stroke is a medical emergency. Seek immediate medical attention.

Bee Venom allergies – be sure to carry your Elder's Epi-pen if they have a severe allergic reaction to a bee sting. Check the expiration date on the pen and call the pharmacy with the lot number for possible recalls.

Be aware of other summer dangers. Be vigilant about sunscreen and protect against insect bites. If you or someone you know has a bite that seems abnormal or you notice any unusual symptoms, seek medical attention.

Have a safe and fun summer,  
**MEIHSS Nursing Staff**

## Eagle of the Storm

By Effie Tull



An eagle loves storms. The reason for this is that in the storm comes strong winds from high atop the storm clouds. The eagle will head straight into the storm and allow the wind to help it climb higher up.

As it ascends higher and higher, the eagle can then rise above the storm. Rising above the storm allows the eagle to soar and rest his wings as he glides. Eagles have been spotted flying as high as 10,000 feet. Eagles can see almost two miles away. There is so much more I can say about the eagle but I will stop here.

As I read about eagles from the two beautiful books I have at home about them, I was able to compare their life to that of 'Our Father Above.' There are many verses that speak of eagles in the Holy Scriptures.

Here's a thought in regards to a couple of those scriptures; when storms come in your life, and we do have them come, what do you do with that problem or situation that is blowing in your mind and raging against you? Be like the eagle and embrace the storm you are going through, take the stormy situation, face it, and see how you can change and learn from it.

Embrace and strength are tested in the storms of our life. What can you do in this situation to rise above it? When you have done all you could or should do, let the rest be given to Our Father in Jesus name.

### Isaiah 40:31

They that wait upon the Lord will renew their strength. They will mount up with wings as eagles. They will run and not be weary. They will walk and not be faint.

*When storms of life rage against me I live by Isaiah 40:31 and as well by this scripture too.*

### Psalms 91:4

He (God) will cover you with His feathers and under His wings, you will find refuge; His truth shall be your shield and buckler.

Give God a try.  
As Always,  
Effie Tull

## Senior Prom!

Here are some Senior Prom photos we found on Facebook!



## ATTENTION!



Reserved parking at the Muckleshoot Casino is for Elders 60 years and older. When utilizing reserved parking, make sure that your pass (pictured above) is clearly visible on the dashboard of your vehicle.

The location of the reserved parking lots will be inside the casino garage on the first level (floor level), at row A (row closest to door 4 entrance.)

There will be "Reserved Tribal Elder Parking" signs for easy identification.

**PLEASE HAVE PASS VISIBLE ON DASHBOARD WHEN PARKED**

### Happy Birthday

Johnson, Diane	6/1	Lane Jr., Fredrick	6/16
Spencer, Virgil	6/1	Simmons, Charlotte	6/16
Dominick, Darla	6/2	Bailey, Darlene	6/19
Barr, Irene	6/3	Elkins, Laurel	6/19
LaClair, Sharon	6/3	Adame, Antonia	6/20
Taylor, Shirley	6/3	Anderson, Colleen	6/20
Pacheco, Ralph	6/7	Jackson, Pamela	6/22
Starr, Linda	6/7	Moses, Lorraine	6/22
Baker, Alex	6/8	Hunt, Jeffery	6/24
Ramos, Linda	6/8	Nelson, Leslie	6/24
Moses, Stanley	6/9	Courville, Sallie	6/25
Charles, Mary	6/10	Courville, Wanita	6/26
Courville, Connie	6/10	Anderson, Tammi	6/28
Starr, Amil	6/10	Daniels, Kathryn	6/29
Mendoza, Cynthia	6/11	Moses Sr., Earl	6/29
Cross, Virginia	6/14		
Jerry, Donald	6/14		
Pacheco, Walter	6/14		
Morrison, Gracia	6/15		



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

The Center for Indian Law and Policy at Seattle University School of Law provides free estate planning services to all Tribal and community members. The CILP attorney, Kate Jones, will be at the Philip Starr building every Monday and Tuesday from May 30 through August 8.

If you are interested in learning more or making an appointment to have your will written, please contact Kate Jones at 253.876.2874 or MIT Trust Services at 253.876.3160. In addition, the Elders staff can assist you in contacting the estate planning attorney to set an appointment.

You need a Will if:

- You are over 18
- You have, or may acquire, trust land, non-trust land, or personal property
- You have children or step-children under 18
- You want to leave trust property or non-trust property to a specific individual
- You want to leave income from your IIM account to a specific individual
- You want to stop further fractionation of your land

If you die without a will, the American Indian Probate Reform Act (AIPRA) will determine who will receive your trust land, but with a will you have many more options!

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

**1ST PRESENTS**  
**Work N Project**  
 Car Meet  
 \$10,000 Cash Prizes

53000 PEOPLE'S CHOICE | 51000 BEST IMPORT | 51000 MOST STOCK/ORIGINAL | 51000 BEST CUSTOM | 51000 MOST STANCED  
 51000 BEST LOWRIDER | 51000 BEST MUSCLE | 5500 PHOTOGRAPHERS CHOICE | 5500 BEST TRUCK

DATE & TIME  
**SEPT. 16 @ 10AM - 2PM**

ROLL IN @ 8AM | EMERALD DOWNS  
 2300 RON CRCKETT DR, AUBURN, WA 98001

BROUGHT TO YOU BY:  
**THE MUCKLESHOOT INDIAN TRIBE**

WORKNPROJECT.COM

**Summer Fun**  
**Out Door Movies Returning to Muckleshoot Summer 2017!!!**

June 17th (Sat): Mary Poppins  
 June 22nd (Thurs): Second Hand Lions  
 June 24th (Sat): Furious 7  
 June 29th (Thurs): The Wizard of Oz  
 July 1st (Sat): Sing  
 July 8th (Sat): Captain America- Civil War  
 July 13th (Thurs): Cool Runnings  
 July 15th (Sat): Tangled  
 July 20th (Thurs): Guardians of the Galaxy  
 July 22nd (Sat): Finding Dory  
 July 27th (Thurs): Cars  
 August 3rd (Thurs): Radio  
 August 10th (Thurs): Monster Trucks  
 August 12th (Sat): Love and Basketball  
 August 17th (Thurs): Thor  
 August 24th (Thurs): Brave  
 August 26th (Sat): Rogue One- Star Wars Story  
 August 31st (Thurs) Smoke Signals  
 September 2nd (Sat): Moana

MOVIE Night

**FREE LEGAL AID CLINIC**  
 The Muckleshoot Tribe has established 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.

The Tribe has contracted with attorney Roberta Armstrong. Ms. Armstrong will provide advice services at the Clinic every Wednesday of the 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.

**Free Legal Services for Low Income Native Americans and Alaska Natives**

**Are you facing an issue in school? Do you need help with your attendance or performance in school? We can help!**

The Native American Unit at Northwest Justice Project provides free civil (non-criminal) legal services to eligible Native American / Alaska Native students and their families in Washington. Cina Littlebird at the Native American Unit is available to provide advice and representation to Native American youth and their families in civil legal matters that can impact the student's attendance of or performance in school.

Cina can work with you on (among other things):

- Education matters including:
  - o Expulsion, suspension, & truancy
  - o Discriminatory discipline
  - o Special education & learning disabilities
  - o Parents' rights
  - o Other situations impacting a student's ability to participate in school
- Foster & homeless student issues
- Health matters including denial of health care services or assistance in obtaining mental health services
- Housing problems such as evictions, discrimination, or deposit issues
- Public benefits matters including applying for, denial of, or reduction of public benefits
- Emancipation (students seeking to be legally independent of their parents)

To find out if Cina or the Native American Unit can help you, contact Cina at [cina.littlebird@nwjustice.org](mailto:cina.littlebird@nwjustice.org) or (206) 464-1519 ext. 0919.

**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.

**Healing of the Inner Savage Beast**  
 Sundays @ 5:30 PM  
**Muckleshoot Recovery House Meeting Room**

A meeting for natives and all who are interested on the teachings in the book, "The Red Road to Wellbriety". Beginning with smudging, drum circle singing, wellbriety meeting, more drumming and singing and finishing with smudging.

"The Red Road to Wellbriety is a journey of hope and healing for Native Americans seeking recovery from addictions. This is our book to read, to use, and to study as we take our own Red Road journey to sobriety and Wellbriety in a spiritual, emotional, mental, and physical way."

Muckleshoot Recovery House Meeting Room  
 39225 180th Ave SE  
 Auburn, WA 98092  
 For more information contact Christine 253-508-9251

Children Are Welcome

**MCCDF**  
 CHILD CARE DEVELOPMENT FUND

Are you eligible to receive child care assistance?  
 Is your child(ren):

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

**YES!**

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.

**SATURDAY JULY 15, 2017**  
 SPONSORED BY THE MUCKLESHOOT INDIAN TRIBE  
**UNITY**  
 3rd ANNUAL Custom Car Show & Festival  
 FREE EVENT FOR THE PUBLIC

THIS YEAR BEST SEAHAWKS CLASS!!

DATE JULY 15, 2017  
 ROLL IN 8AM - 11AM  
 SHOWTIME 11AM - 4PM

LOCATED AT  
 EMERALD DOWNS (Racetrack & Casino)  
 2300 EMERALD DOWNS DR  
 AUBURN, WA 98001  
 TAKE HIGHWAY 167 & TAKE 15TH ST NW EXIT TO AUBURN

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[NWCORTEZ@GMAIL.COM](mailto:NWCORTEZ@GMAIL.COM)

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**MUCKLESHOOT WILDLIFE COMMITTEE**  
 30015 172nd Avenue SE • Auburn, Washington 98002-0703  
 Phone: (253) 886-5514 • FAX: (253) 876-3102

**MUCKLESHOOT ANNUAL HUNTER'S MEETING**  
**JULY 11, 2017**  
**6 PM**  
 COUGAR ROOM, PHILLIP STARR BUILDING  
 MUST BE SIGNED IN BY 6 PM TO BE ELIGIBLE FOR DRAWING

**WILDLIFE DEPARTMENT/COMMITTEE UPDATES AND DRAWING FOR GREEN RIVER AND CEDAR RIVER HUNTS**

**YOUTH (AGES 10-15) WHO HAVE COMPLETED HUNTER'S SAFETY (CLASS AND INTERACTIVE PORTION WITH MIT WILDLIFE ENFORCEMENT) BY THE DATE OF DRAWING WILL BE ELIGIBLE FOR A YOUTH HUNT IN EACH WATERSHED!!**

**HUNTER'S MUST PURCHASE TAG TO BE ENTERED INTO THE DRAWING AND MUST BE ELIGIBLE TO HUNT ON DATE OF DRAWING - NO EXCEPTIONS!!**

**MUST BE PRESENT TO BE ENTERED INTO THE DRAWING.**

# MOTHER'S DAY LUNCHEON 2017

May 11, 2017 ~ Health & Wellness Center

PHOTOS BY JOHN LOFTUS



# PENTECOSTAL



Pastor Kenny and the church pray for mothers at the morning service.



Mothers and daughters attended a tea. Valerie Segrest was the main speaker and shared about traditional foods and medicines. The theme of her talk was women's health.



Children Sunday School

Mother Daughter Tea



Wednesday Bible Study



Youth Sunday School



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.**

5/4/17 Warrant An adult female and male were contacted in a suspicious car parked along a dark road. The female had warrants and was booked in the jail awaiting extradition.	12:30AM	C17022088	Stuck River Dr/Kersey Way Se	A deputy found a suspicious vehicle in the Bingo parking lot. He quickly learned that the car had unreported stolen license plates. He took the plates for evidence.				5/21/17 Warrants Cecelia Delgado (19) and Timothy Thomas (36) were both arrested out of an abandoned camper on their outstanding warrants. Both were booked into the SCORE jail.
5/4/17 Warrant Wesley LaClair (29) Was arrested and booked into jail on his outstanding warrant.	7:52PM	C17022244	Dogwood St Se/18th St	5/13/17 Eluding A deputy tried to stop a known person at a drug house who has eluded police in the past. As the deputy attempted to pull the man over, he took off at a dangerously high rate of speed. He has been identified and is being charged with eluding.	11:30AM	C17023678	41400blk/SR 164	5/21/17 Drugs An adult male was contacted after leaving a known drug house and found to be in possession of methamphetamine. He was arrested on scene.
5/5/17 Drugs An adult male was arrested for possession of narcotics as he sat in front of a known drug house. He had no good explanation as to why he was there; he was not from around here.	3:50PM	C17022382	41400 Blk/SR 164	5/13/17 Obstructing An adult male pulled away from a deputy while being contacted at a known drug house. He eluded the deputy into the woods. I K9 was brought to the scene but the male was not found. He is being cited into court for obstruction.	3:15PM	C17023714	41400blk/SR 164	5/21/17 Eluding A known wanted female and an unknown male, jumped into car parked in a driveway when they saw a deputy drive by and took off from the deputy at a high rate of speed. The vehicle was extremely reckless and was not chased. There is suspect information and the case is pending.
5/5/17 Warrant After trying to duck down in the passenger seat of a car, to avoid the deputy, the male was contacted and arrested on an outstanding warrant for DUI.	6:00PM	C17022407	17500blk/SE 400th St	05/14/17 12:00AM 17-05946 Muckleshoot Casino Theft A female casino patron set her wallet down and accidentally walked away from it. The wallet was gone when she returned for it. Casino security later located the wallet but the contents were gone.	12:00AM	17-05946	Muckleshoot Casino	5/21/17 Warrant William Barr (30) was arrested out of a car on his outstanding warrant and booked into the King County Jail.
5/6/17 Warrant An adult male was arrested on an outstanding felony DOC warrant during a traffic stop and booked into jail.	8:30PM	C17022513	2402 Auburn Way S	05/14/17 12:04PM 17-05963 Muckleshoot Casino Stolen A casino patron discovered his white 1991 Honda Accord had been stolen from the parking garage. A review of the security video revealed that the theft had been recorded. Security then realized that the thief had been with two other subjects in a vehicle that had been parked nearby and was still there with this two inside. After being detained by police the two said that they had given the other person a ride to the casino because he told them he needed to pick up his car and assumed the Honda was his. The Honda was recovered in Renton the next day.	12:04PM	17-05963	Muckleshoot Casino	5/21/17 DUI Keith Pulsifer (22) Was arrested for DUI by deputies and WSP.
5/6/17 Theft An adult female reported a package was stolen from her porch valued at \$35. There is possible suspect information and the case is ongoing.	11:30PM	c17022592	16600blk/SE 392nd St	05/15/17 8:45AM 17-06001 Muckleshoot Casino Theft A casino patron reported that items were stolen from his vehicle while parked in the parking garage.	8:45AM	17-06001	Muckleshoot Casino	5/23/17 Theft An adult female reported her Fentanyl patches have been disappearing from her home. There is suspect information and the case is being investigated.
5/7/17 Disturbance Someone called 911 after a loud disturbance was occurring at a home. Deputies arrived and were met with uncooperative parties and were not able to get a straight story.	3:00AM	c17022609	41100 Blk/180th Ave Se	05/16/17 12:15AM 17-06041 3731 Auburn Way S Vandalism Muckleshoot Housing reported that Philip Purcell (49) had damaged a door frame at the housing unit when he became angry that a resident would not let him and started kicking the door.	12:15AM	17-06041	3731 Auburn Way S	5/24/17 Warrant An adult male was contacted inside a suspicious car parked at the deli for an extended period of time. He was found to have a warrant out for his arrest and was booked into jail.
5/7/17 Trespass An adult male was let inside a home to stay there for a fee. The homeowner wanted him to leave but the man would not go. Finally deputies arrived and trespassed him.	9:00PM	C17022619	16200blk/SE 392nd St	05/17/17 1:08PM 17-06101 Muckleshoot Bingo Warrant/Fraud Bingo hall security had detained a male for trespassing and decided to bar a female he was with. When attempting to ID the female security discovered she was in possession of several credit cards and checks that were in the names of other people. Officers were unable to contact the owners of the items to determine if they were victims. She was arrested on drug paraphernalia warrant out of Auburn and the possession of the cards and checks is being investigated as possible identity theft.	1:08PM	17-06101	Muckleshoot Bingo	5/24/17 Warrant Jewel Eyle-Owens (23) was arrested on an outstand warrant while riding her bicycle and booked into jail.
5/8/17 Warrant Faith Minthorn (32) was arrested on her Enumclaw warrant and booked into the jail without incident.	1230 PM	C17022802	Academy Dr/Auburn Way S	05/17/17 8:45PM 17-06118 Muckleshoot Casino Domestic Assault A male was arrested at the casino for allegedly kicking his girlfriend during an argument. The victim was unsure exactly why the suspect kicked her but said that they had both been stressed lately due to being homeless.	8:45PM	17-06118	Muckleshoot Casino	5/24/17 Warrant An adult male was arrested on a felony burglary warrant out of a suspicious car parked at the Muckleshoot Library. He was booked into jail without incident.
5/9/17 Stolen Car An alert deputy found an occupied stolen car leaving the casino. The deputy quickly apprehended the driver and arrested him, finding shaved keys and meth.	11:00AM	C17022972	2402 Auburn Way S	5/17/17 9:30PM C17024469 38800blk Auburn Enumclaw Rd Warrant Vincent Huerta (21) was arrested and booked on his outstanding warrant during a traffic stop.	9:30PM	C17024469	38800blk Auburn Enumclaw Rd	5/26/17 Warrant A man and woman were both contacted inside a parked car at the casino. Both lied about their names but the deputy quickly realized that and learned they both had warrants. They were both arrested; the female released per Kent PD.
5/10/17 Stolen ATV A recently reported stolen ATV was quickly recovered by the very deputy that took the stolen report. It was found at a known drug house where several stolen items have been recovered.	9:00AM	C17023127	41400 Blk/SR 164	05/18/17 11:04AM 17-06143 2400 17th Dr SE Vehicle Theft A person reported that his black 2004 BMW had been stolen sometime in the past couple weeks. The victim had parked the vehicle in front of a vacant home he had purchased to make it appear that someone was staying in the house.	11:04AM	17-06143	2400 17th Dr SE	05/26/17 9:05AM 17-06530 Muckleshoot Bingo Warrant A male was detained by security at the bingo hall for attempting to use the ID of another person. He was discovered to have a felony no bail escape warrant under his true name.
5/10/17 Burglary While at a Drs appt, a homeowner returned home to find their home had been forcibly entered and several items were taken. The deputy was able to lift some pretty good fingerprints which were sent off to the lab for identification.	10:00AM	C17023232	14700blk/Se 368th pl	5/18/17 1:00PM C17024554 41400 Blk/SR 164 Warrant James Fryberg (29) was arrested on multiple warrants after trying to evade deputies on foot. He was found hiding in a storage container and booked in to the King County Jail.	1:00PM	C17024554	41400 Blk/SR 164	5/26/17 Warrant A deputy contacted a suspicious car parked behind the amphitheater. The driver gave a fake name and date of birth but the deputy quickly called their bluff and learned he had a warrant out for his arrest. He was arrested and booked.
05/10/17 7:31AM 17-05777 Muckleshoot Casino Drugs/Stolen Property While checking on a suspicious male parked at the casino an officer noticed drug paraphernalia for which he arrested the suspect. The male then consented to have his vehicle searched, where officers discovered numerous stolen ID's, checks, a rifle, and other stolen items.	7:31AM	17-05777	Muckleshoot Casino	5/18/17 5:50PM C17024616 4200 Blk/SR 164 Warrant An adult male was arrested out of a car on a felony warrant and booked into the King County Jail.	5:50PM	C17024616	4200 Blk/SR 164	5/26/17 Vandalism A neighbor reported damage to an abandoned, boarded up house. Deputies arrived and determined that someone had pried off plywood and broke a window. It did not appear anyone had gained entry.
05/10/17 2:19PM 17-05794 2635 Poplar St SE Threats A resident of 2435 reported receiving threats over the phone from a known person. The police called the person who at first denied making any threats then stated that he would never carry out the threats he made.	2:19PM	17-05794	2635 Poplar St SE	5/18/17 9:30PM C17024646 2402 Auburn Way S Drugs An adult male was arrested after a deputy noticed a suspicious car parked. As the deputy walked up to the car, he saw the man was holding a bag of meth. The man admitted to the deputy there was more in the car and gave consent to search. The deputy found two more bags of meth in the car. The man was booked into the King County Jail.	9:30PM	C17024646	2402 Auburn Way S	5/26/17 Warrants John Brown (27) and Cody Jansen (25) were both arrested on outstanding felony warrants. A deputy stopped a car carrying both subjects but when the car stopped, John jumped out and ran into the woods; he was quickly apprehended. The driver of the car, a female, fled the scene with Cody inside but deputies quickly found the car and arrested him on his felony warrant as well. Both were booked into jail.
05/10/17 2:43PM 17-05793 Green Tree Condominiums Trespass Leonard Wayne Jr (30), Pamela Penn (20), and Wesley LaClaire (29) were trespassed from the Green Tree Condominiums housing area.	2:43PM	17-05793	Green Tree Condominiums	5/19/17 3:26AM 17-06185 Muckleshoot Casino Forgery A male was arrested at the casino for attempting to cash a forged check belonging to an account that was not his. The suspect had changed the name and address on the check to his own, but casino employees noticed the obvious forgery and called the bank.	3:26AM	17-06185	Muckleshoot Casino	5/27/17 Warrant An adult male was arrested out of a suspicious car on his Seattle PD theft warrant. He was subsequently booked into the King County Jail.
05/10/17 2:51AM 17-05799 Muckleshoot Casino Trespassing/Drug A male was arrested for trespassing at the casino and found to be in possession of drug paraphernalia also.	2:51AM	17-05799	Muckleshoot Casino	5/19/17 1:00PM C17024760 2402 Auburn Way S Warrant Myron Lozier (36) Was arrested out of a car on his outstanding felony warrant. DOC arrived on scene and took custody of him, transporting him to the King County Jail where he was booked.	1:00PM	C17024760	2402 Auburn Way S	05/27/17 12:03AM 17-06543 Muckleshoot Bingo Warrant During the investigation of possible drug use at the bingo hall a male subject was discovered to have a \$10,000.00 misdemeanor DUI warrant out of Kent WA.
05/11/17 4:09AM 17-05826 2901 Auburn Way S Warrant/Drugs John Jansen (46) was arrested for a \$30,000 King County warrant and also had drug paraphernalia in his pocket located after his arrest.	4:09AM	17-05826	2901 Auburn Way S	05/20/17 3:26AM 17-06226 3714 Lemon Tree Ln SE Assault Alvin James (38) was arrested for allegedly assaulting Jamie Baker (27) during an argument. The victim stated that James was intoxicated when he arrived at the home she was babysitting at, and became upset with her when she mentioned that she believed he had been driving while intoxicated.	3:26AM	17-06226	3714 Lemon Tree Ln SE	5/27/17 Warrants Dustino Oliver (21) and Angelena Moses (25) were both arrested during a traffic stop on their outstanding warrants. They were both booked into jail.
05/11/17 11:32PM 17-05865 Muckleshoot Casino Trespassing A male was arrested for trespassing at the casino saying he thought his barring notice had expired, which was why he went there.	11:32PM	17-05865	Muckleshoot Casino	5/20/17 8:15AM C17024910 2402 Auburn Way S Eluding A deputy tried to stop a motorcycle near the casino when it took off from him at a high rate of speed. The deputy did not pursue the suspect.	8:15AM	C17024910	2402 Auburn Way S	5/29/17 Warrant Verna Moses (56) Was arrested on several outstanding warrants as she sit in a suspicious car parked behind the Shaker Church. She was booked into jail.
5/11/17 9:30AM C17023331 14700blk/SE 368th pl Stolen ATV A deputy found a stolen ATV in front of a house. The owner advised it was stolen a couple years ago. It appears it may have passed a few hands before it landed in the hands of the deputy.	9:30AM	C17023331	14700blk/SE 368th pl	5/20/17 11:30PM C17024859 18th St Se/Dogwood St Warrant Ricky Apodaca (25) was contacted by a deputy during the investigation of a suspicious car at the Green Tree Condos. The passenger got out, cussed at the deputy and ran into a unit. The deputy learned it was Ricky who had outstanding warrants for his arrest. The deputy	11:30PM	C17024859	18th St Se/Dogwood St	05/29/17 2:17PM 17-06627 Muckleshoot Casino Order Violation/Assault During the investigation of damage to a patron's vehicle it was discovered that a female had assaulted her boyfriend in the parking garage. During the assault incident the vehicle was inadvertently damaged. The female was arrested for the assault, but the male was also arrested for an order violation against the female.
05/12/17 2:01AM 17-05868 Muckleshoot Casino Trespassing/Warrant While being detained for trespassing a previously barred male subject was found to also have a \$2600.00 theft warrant out of Puyallup.	2:01AM	17-05868	Muckleshoot Casino	5/12/17 1:50AM C17023461 39200blk/SR 164 Warrant A deputy found two people visiting a known drug house. Upon contacting them, both of whom are not from around here, it was confirmed they both had warrants. They were arrested without incident.	1:50AM	C17023461	39200blk/SR 164	
5/12/17 10:00AM C17023498 39200blk/164th Ave Se Obstruction A known subject to deputies gave a false name in an attempt to not get arrested on his warrant. He fled the scene before the arrest could be made. He was cited into tribal court for obstruction.	10:00AM	C17023498	39200blk/164th Ave Se	5/12/17 11:00PM C17023448 36800blk/SR 164 Warrant Anthony Allen (45) Was arrested on his outstanding warrant during a traffic stop.	11:00PM	C17023448	36800blk/SR 164	
5/12/17 11:00PM C17023448 36800blk/SR 164 Warrant Anthony Allen (45) Was arrested on his outstanding warrant during a traffic stop.	11:00PM	C17023448	36800blk/SR 164	5/13/17 1:30AM C17023638 Dogwood St/Auburn Way S Warrant Kevin Anderson (55) Was arrested out of his car after being passed out in the parking lot of the casino.	1:30AM	C17023638	Dogwood St/Auburn Way S	
5/13/17 8:30AM C17023638 2117 Auburn Way S Stolen Plates	8:30AM	C17023638	2117 Auburn Way S					

### 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

June 22-25	<b>CHEMAWA ALL-SCHOOL REUNION</b> , Warm Springs Indian Reservation, 1233 Veterans St., Warm Springs, OR 97761; lots of fun for all Chemawa friends and family, featuring fishing, swimming, mini-golf, kayaking, museum, pow wow, rodeo, softball touney, boxing, fun runs & more. INFO: Natalie Kirk, 541-553-3331 or Becky Picard, 541-553-2256
June 23	<b>First Salmon Dinner &amp; Ceremony</b> - 3-5pm Muckleshoot Tribal School
June 23 - 25	<b>Muckleshoot Veteran's PowWow</b> - At the Muckleshoot PowWow Grounds.
July 6	<b>Shovel Nose Canoe Blessing</b> - 1pm at Duwamish Gardens. Call Mike Edwards for info at 253-876-3192 or Willard Bill Jr. at 253-876-2994
July 15	<b>Unity Custom Car Show &amp; Festival</b> - Emerald Downs - Roll in 8 - 11am. Show time 11am - 4pm
July 28 - 30	<b>Sobriety Pow Wow</b> - Muckleshoot Pow Wow Grounds, Friday 7pm, Saturday 1pm & 7pm, Sunday 1pm
August 25-27	<b>Skopabsh Pow Wow</b>
September 16	<b>Work n'Project Car Meet</b> - Emerald Downs. Roll in 8am ; 10 am - 2pm. workproject.com
September 30	<b>Win Me 5K Color Run</b> - Muckleshoot Powwow Grounds. www.winme5k.com

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/new-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)

### Free Legal Services for Native American Victims of Domestic Violence and Other Crimes

**Northwest Justice Project's** Coordinated Legal Education Assistance and Referral program (CLEAR) has new services available for Native American crime victims through the **CLEAR-CV-Native American Program**. An NJP attorney is available to provide advice, brief services and referrals in civil (non-criminal) legal matters stemming from the client's experience as a crime victim.

**Examples of legal problems include:**

- **Family Law** matters such as divorce, custody and protection orders involving domestic violence or sexual assault, especially when the case is in tribal court or the client believes it should be in tribal court; or when tribal court orders are not enforced.
- **Health** matters including denial of health care services or assistance in obtaining mental health services to deal with victimization
- **Housing** problems such as evictions or needing to break a lease due to a crime in the home
- **Economic security** issues such as medical bills, utility access and other consumer problems caused by an assault, abuse, or fraud.
- **Other** legal problems resulting from being a victim of crime

If you are a Native American crime victim seeking legal assistance, ask a tribal service provider or a staff member of an organization that serves Native Americans for a referral. Social services staff or tribal advocates refer clients to the CLEAR-CV-Native American program by sending a referral form.

**Questions?** Contact Jennifer Yogi at [jennifery@nwjustice.org](mailto:jennifery@nwjustice.org) or (206) 464-1519 ext. 0921

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.

Revised 1-18-2017

### Tomanamus Forest Permits

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

### Muckleshoot MONTHLY

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

**Pioneer Rock & Monument**  
201 Crafton Rd - PO Box 348 Goldendale, Wa 98620  
Map to store on website 509-773-4702

**Making Headstones For 30 years**  
1987 - 2017

**Specializing in Native American Design**

Bring this ad for  
**\$30 OFF ON A PHOTO PLATE**

[www.pioneerrock.com](http://www.pioneerrock.com)



*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.

## 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.



## 2017 Per Capita Deadlines and Schedule

May 31, 2017	- Enrollment Cut Off Date for September 2017 Per Capita
June 6, 2017	- Per Capita Distribution in Cougar Room at PSB
June 7, 2017	- Per Capita Distribution in Cougar Room at PSB
June 8, 2017	- Per Capita Distribution Finance Building
July 21, 2017	- Deadline for New Direct Deposits to be turned in to Tax Fund
July 28, 2017	- Deadline to stop taking Direct Deposit Changes/Cancellations
August 29, 2017	- Per Capita Distribution in Cougar Room at PSB
August 30, 2017	- Per Capita Distribution in Cougar Room at PSB
August 31, 2017	- Per Capita Distribution Finance Building
August 31, 2017	- Enrollment Cut Off Date for November 2017 Per Capita
October 6, 2017	- Deadline for New Direct Deposits to be turned in to Tax Fund
October 13, 2017	- Deadline to stop taking Direct Deposit Changes/Cancellations
November 20, 2017	- Per Capita Distribution Location TBD
November 21, 2017	- Per Capita Distribution Location TBD
November 22, 2017	- Per Capita Distribution - <b>Half Day Distribution Only in Finance</b>
November 30, 2017	- Enrollment Cut Off Date for March 2018 Per Capita

\*\*\*Please note: The monthly senior assistance payments (TESSA/TESSB) are no longer income; therefore we cannot withhold taxes from those payments. If you would like to have more taxes withheld from your quarterly Per Capita payments - please see Finance to fill out a form.

## A HUGE THANK YOU TO OUR WONDERFUL COMMUNITY!

Garrett, Roger, Greyson, and I wanted to take this opportunity to extend our gratitude to everyone in our community.

On October 11, 2016, our lives changed forever. We received the news that Garrett was suffering from Acute Lymphoblastic Leukemia. This is a cancer of the blood and bone marrow. We found out that Garrett would have to undergo 3.5 years of chemotherapy treatment and that we'd be spending our first month in the hospital. You can imagine the initial shock we were in. I know many of you felt it too when you heard the news.

I could write forever about this journey, all the ways this has affected our family, and the lessons we've learned. But that would be selfish. When I say I truly hope that no one ever has to go through this experience, I mean it. Furthermore, my point of this article is to reach as many of you in our community that I can and say thank you. Thank you from every ounce of who we are.

Thank you to the people who hosted and participated in fundraisers for our family. Thank you to the people who have and continue to donate sick leave hours to Roger and I. Thank you to those that have been completely understanding of our need to be by our son's side as much as possible. Thank you to those who provided food for our family. Thank you to those who visited us and those who check on us regularly. Thank you to those that have said a prayer for my baby boy. Thank you to those that did laundry for us. Thank you to those who helped clean or watched our house while we were away. Thank you for all the love. Thank you for holding us up when life tried to take us down.

I cannot express our appreciation and gratitude enough. I have never felt so supported or secure in my entire life and that is such a huge blessing. You all really made it so Roger and I didn't have to worry about much of anything other than the health of Garrett and our newborn son, Greyson. I wish you all could see how happy it makes Garrett when he sees photographs of people wearing their "Garrett Strong" gear. You all are our strength. You all are a part of my son's healing and I will never forget that. Thank you, again.

With all our love and gratitude,

*Brianna, Roger, Garrett, and Greyson*



**Happy birthday Mom/  
Gramma Angel  
On June 11th!  
We all love you so much!**

Love,

Your rotten kids Stan and Corey, your favorite child Glorianna, Rosa, Elena, Benjamin, and your grandbabies Kainoa, Xandra, Keoni, Zoie, & Elijah!



*Happy 5th birthday Keanu and  
happy 8th birthday Natalia!*



Lucille Martin 06/03!  
Love family, nieces & nephews



Kelly  
Kinggeorge 06/17!  
Love family, nieces & nephews



*Byron Lloyd and his little sidekick Tamicka kicked off each day at the relay races by parading in front of the grandstand. Byron made all the regalia for both girl and horse.*



This isn't where Roy Murphy is now on The Longest Walk, but we like the photo of him looking down into the South Dakota Badlands. You can follow Roy's progress on his Facebook page -- <https://www.facebook.com/roy.a.murphy.1>

On May 23rd, 2017, we got to focus all of our love and attention on a silly, handsome, and chubby little face. The day you were born changed our family forever! You are such a strong, content, and chill little boy! Watching you grow and your personality start to shine has been the biggest joy! Our hearts are so full of love for you on your special day and every day! Happy 1st birthday to my sweet baby boy - Wyndle Lezard!

Love,

*Mom, Dad & Rylan*