

INSIDE

2017-18 Skopabsh Royalty ..... 5  
 Tribal College ..... 8  
 Elders ..... 13  
 Health & Wellness ..... 14  
 Salmon Homecoming ..... 17  
 41st Annual Skopabsh Pow Wow ..... 19  
 Religion ..... 20  
 Muckleshoot Stick Game Tourney ..... 21  
 Police Report ..... 22  
 Notices ..... 23  
 Family ..... 24



Salmon Homecoming

page 17



MUCKLESHOOT STICK GAME TOURNEY

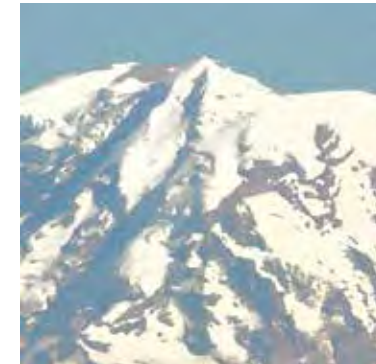
Page 21

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# Muckleshoot MONTHLY



Vol. XVIII No. VIII

Muckleshoot Indian Reservation, Wash.

September 23, 2017

## Tribe Signs Memorandum of Agreement with Forest Service

By Melissa Calvert



Muckleshoot Tribal Councilmembers and Preservation Committee members pose with Mt. Baker – Snoqualmie National Forest Office staff after accepting an honorary blanket on behalf of the Muckleshoot Indian Tribe. Pictured L to R: Preservation Chairman and Muckleshoot Tribal Councilmember Louie Ungaro, Forest Supervisor of the Mt. Baker-Snoqualmie National Forest Jamie Kingsbury, Preservation Committee member Jackie Swanson, Muckleshoot Tribal Council Vice-Chair Anita Mitchell, and District Ranger of the Snoqualmie Ranger District Martie Schramm.

On August 14, 2017, the Muckleshoot Preservation Committee and the Muckleshoot Tribal Council participated in a ceremonial signing of a Memorandum of Agreement with Mt. Baker-Snoqualmie National Forest Office staff.

Vice-Chair of the Muckleshoot Tribal Council Anita Mitchell along with Preservation Chairman and Tribal Councilmember Louie Ungaro were present with Forest Supervisor of the Mt. Baker-Snoqualmie National Forest Jamie Kingsbury and District Ranger of the Snoqualmie Ranger District Martie Schramm and Preservation Committee Member Jackie Swanson for the signing of this important and long-awaited document.

Forest Service staff presented the tribe with an honorary blanket to symbolize the signing and ongoing relationship with the tribe. The MOA had been worked on for many years by both the Wildlife and Preservation Committees and staff. With the signing, we have now assured consultation and better working relationship with Forest Service staff regardless of who holds these positions in the future.

## MTS KICKS OFF NEW SCHOOL YEAR

Transcribed from an interview with John Lombardi

Since I am new to my position, I'm still learning about our programs, our community, and a lot about the Muckleshoot culture. There won't be too many big changes going on this year. This year will be about getting out in the community, listening, and learning, so that I can understand the work that's been done, what the community needs, and gain a better understanding of the culture. I hope to celebrate all the previous successes and evaluate how we can make further improvements.

### AVID Program

There are a couple of new initiatives that we're putting into place this year. One of them is the AVID program. AVID is a program designed to help students get the skills necessary to be successful academically.

The AVID program is designed to help students get organized, teach them how to take notes, standardize the way we take notes, and help them to understand how to study and what to study while helping them prepare for the next step after high school.

One of our big goals is to get kids thinking about life after high school. We are always looking to increase the graduation rate with each school year. I believe you achieve that by getting kids to think about what they want to do after graduation. That way graduation becomes a vehicle to a goal. It is no longer just something you have to complete. I don't know about you, but when I went to high school, it was because my folks dropped me off every day. A lot of our kids come to school because a big, yellow bus picks them up and that is it. We want to make it much more than that.

What we'd really like to do is re-brand schooling and have kids see it as a means to an end. We would like students to think, "I'm going to school so I can 'fill in the blank'." The end goal does not necessarily have to be college. A student could aspire to be a diesel mechanic so that student's goal could be a tech school for a higher



level of certification. AVID is all about helping kids get organized and creating a cohesive program for K-12.

### Restorative Practices

Another program (or idea) that we will be implementing is called Restorative Practices. In a traditional school discipline system, if a student makes a mistake, then they receive some type of discipline. If the action is bad enough, the student may receive detention or suspension.

The problem is that most of those students just end up re-offending since the punishment doesn't challenge them to think about the consequences of their actions. Restorative Practices makes that

Continued on page 7

## State's Top Education Official Discusses H.S. Grad Requirements

By Nathan Olson, Office of the Superintendent of Public Instruction (OSPI)

On Friday, Sept. 15, Superintendent of Public Instruction Chris Reykdal spoke with the Muckleshoot Tribal Council about a variety of education issues.

One of the most pressing issues was the Muckleshoot tribal compact. Started in 2014, the compact gives the Tribe more responsibility in educating its youth. Reykdal signed a five-year continuation of the agreement.

"The Muckleshoot Tribe played a seminal role in the continuation process," Reykdal said. "They've shown tremendous leadership and thoughtfulness, and it's been a pleasure working with them."

Reykdal also spoke about changes to state graduation requirements. Before 2017, all students were required to pass tests in math and English language arts to graduate. But a bill passed in June gives students more flexibility. If they don't pass the tests, they can meet the testing requirement by:

- Taking and passing a district-determined class based on the student's High School and Beyond Plan, and passing a test at the end of the class;
- Achieving a minimum score on the SAT or ACT;



L-R: Jaison Elkins, Mike Jerry (Green Bay Jersey, lost a bet), Jessica Garcia-Jones, John Daniels Jr., Chris Reykdal, Anita Mitchell, Virginia Cross, Jeremy James, Louie Ungaro.

- Achieving a minimum score on an Advanced Placement or International Baccalaureate test; or
- Completing a dual credit course such as Running Start or College in the High School.

"Way too many students aren't graduating just because of their performance on tests," Reykdal said. "Tests are like taking your temperature. They tell you one thing, but only one thing. We need to see the full checkup. Students can show in many different ways that they're ready to be successful. This bill gives them that chance."

The bill also gives students going back to the Class of 2014 a chance to get their diplomas

if they met all but the testing requirement. Reykdal strongly urged students or their parents to contact their school and explore their possibilities for obtaining a diploma.

Reykdal, who was elected to the office in November 2016, said he was focused on a few key issues, such as:

**Tribal curriculum:** The passage of state law in 2015 required that tribal sovereignty be taught in all schools. As a result, Since Time Immemorial: Tribal Sovereignty in Washington State was created. The document contains information for all students, and looks at issues such as how geography played a role in economy and how

tribes responded to threats to extinguish their cultures. More schools each year are incorporating the curriculum into their lesson plans.

**State test scores:** On Sept. 7, Reykdal's office released state test scores taken spring 2017. In general, scores are down a bit for most grades, in math and in English language arts. Reykdal was particularly interested in gaps between students; for example, between tribal students and white students, and between students in low-income households and those who are not. Reykdal also said his office has started looking at how often students move between districts.

Continued on page 2

**Halloween Party**  
 EMERALD DOWNS  
 10/29/17 12PM-4PM  
 CONTEST DEADLINES 2PM COSTUME; CAKE; PUMPKIN CARVING; PUMPKIN WEIGHTS; AND CANDY GUESS.  
 Contest Pictures will be from 12-2pm Only. Family and friends photos can be taken after 2pm. Contested Winner's will have Paper's to fill out.

Cluck-cluck, Oink-oink, Moo-moo and a Cock-a-doodle-doo  
 We are excited to invite you...  
**MCDC Open House Parent/Teacher Conference**  
 Wed, October 25, 2017  
 5:30 PM-7:30 PM  
 Menu:  
 BBQ Ribs, Pulled Pork, Hot Dogs, Potato Salad & Apple Pie

PHOTO BY EVAN AVILA

## Interior Secretary Zinke Appoints John Tahsuda III to No. 2 Indian Affairs Post

WASHINGTON, DC – U.S. Secretary of the Interior Ryan Zinke has appointed John Tahsuda III, a member of the Kiowa Tribe of Oklahoma, to serve as the Interior Department’s Principal Deputy Assistant Secretary – Indian Affairs (PDAS). The PDAS serves as the first assistant and principal advisor to the Assistant Secretary – Indian Affairs in the development and interpretation of policies affecting Indian Affairs bureaus, offices and programs.



John Tahsuda III

“I want to welcome John Tahsuda to my Indian Affairs leadership team,” said Secretary Zinke. “John possesses extensive experience in federal Indian law and tribal government, and deeply understands and respects our government-to-government relationship with tribes. He’ll be a strong leader for the Indian Affairs organization.”

“I appreciate Secretary Zinke for giving me this tremendous opportunity to bring greater prosperity to tribes and their communities,” Tahsuda said. “I’m looking forward to working with tribal leaders on finding ways to make Indian Affairs programs more responsive to their needs.”

Tahsuda joined the Department from Washington, D.C.-based Navigators Global, LLC, which offers a wide range of political services to multiple industry sectors including financial services, insurance, energy, health care, defense, emergency management, American Indian tribal affairs, and high tech/telecommunications.

While at Navigators Global, Tahsuda led the company’s tribal affairs practice, providing clients with advocacy and counsel services on a range of tribal affairs policy issues at the state and federal levels, including gaming, tax incentives, tobacco sales, land-into-trust issues, health care, economic development, energy policy, federal recognition, and self-governance.

Before joining Navigators Global, Tahsuda had served on the Republican staff of the U.S. Senate Committee on Indian Affairs since 2002, first as senior counsel and later as staff director. In these positions he directed policy and legislative efforts relating to Indian tribes, and was directly responsible for federal policy and legislation affecting gaming, federal recognition, self-governance, and Indian health care.

Prior to joining the Committee’s staff, Tahsuda was engaged in private practice providing legal advice and legislative counseling to Indian tribes and tribal organizations. From 1999 to 2001, he served as general counsel and legislative director of the National Indian Gaming Association (NIGA), the Indian gaming industry’s trade association, where he monitored legislation and policy issues affecting the organization’s 180 member tribes and assisted them in their lobbying efforts.

In the years preceding his tenure at NIGA, Tahsuda served the Oneida Indian Nation of New York as acting general counsel with responsibilities that included overseeing its legal needs and business enterprises. From 1997 through 2001, he also served as an adjunct professor of law at Cornell Law School where he taught courses on federal Indian law, policy and history.

Tahsuda received a juris doctorate from Cornell Law School in 1993 and a Bachelor of Science degree from Oklahoma State University in 1990.



Founder and Executive Director of the Native American Rights Fund (NARF) John Echohawk poses with Muckleshoot Tribal Councilmembers after receiving a NARF contribution check during a recent Tribal Council meeting. Pictured L to R: John Daniels Jr., Jaison Elkins, Jessica Garcia-Jones, John Echohawk, Virginia Cross, Anita Mitchell, and Kerri Marquez.

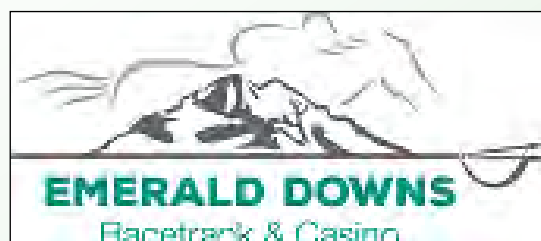
## Tribal Council Members Meet with State Senate Leaders

Washington State Senate Majority Leader Mark Schoesler (R-Ritzville) and Minority Leader Sharon Nelson (D-Vashon) were recent guests of the Tribe, meeting separately with the MIT Public Affairs Committee (PAC) on Monday, September 11. Topics discussed included the escape of farmed Atlantic salmon into the Salish Sea; reforming high school graduation requirements; the Hirst Decision and its impact on treaty-protected water rights and preventing further expansion of non-tribal gaming in Washington.



## MUCKLESHOOT TRIBAL CLASSIC

This year’s \$50,000 Muckleshoot Tribal Classic, one of the highlights of the Emerald Downs racing meet, was won by Mach One Rules in a thrilling come-from-behind victory. As is customary, Muckleshoot’s own Tommy McJoe, a former jockey, served as honorary steward and awarded the trophy. He brought a friend this year – Sherry Ross-Montoya. The racing season ended on September 24 with Mach One Rules being voted Horse of the Meeting.



**MUCKLESHOOT HEALTH & WELLNESS CENTER**

**Trunk or Treat**

**Tuesday - October 31, 2017**  
**6:00 PM - 8:00 PM**

Health & Wellness Center  
Parking Lot

Please come join us for an evening full of FUN!

Event is open to Tribal Members, Community Members and MIT Employees

We'll have snacks, games, prizes and of course Trunk or Treating!

Call Billi Jerry, Lisa Elkins or Dee Williams for more info  
253-939-6648

## Grad Requirements continued from page 1

“When students move from district to district, their education is often disrupted. That shows in test scores,” he said.

Every Student Succeeds Act: On Sept. 18, Reykdal submitted Washington’s Every Student Succeeds Act (ESSA) Consolidated Plan. The plan outlines how Washington will implement ESSA, a federal law signed in December 2015 that replaced the No Child Left Behind Act.

ESSA returns control of student success to districts and schools. It also focuses on multiple measures of school success, such as whether they are giving students access to dual credit classes or whether they are making progress in educating English learners.

“We want schools to look at the whole child,” he said. “That includes providing supports that help our students succeed both inside and outside the classroom.”

Warren C. "Jiggy" Shale

A Quinault Warrior Walks On

TAHOLAH, WA – Warren Colbert "Jiggy" Shale, Jr., 69, died at his home in Taholah on Saturday, September 2, 2017, from natural causes.

"Thus ended the worldly life of a highly respected tribal leader, a visionary warrior and a combat veteran of the Vietnam War," said Quinault Indian Nation President Fawn Sharp. "But his legacy and the impact of his many contributions to the Tribe will live on forever," she said.

Shale was a renowned artist. In addition to designing the logo and the Quinault Nation Flag Emblem, which enshrines the traditional story of how Thunderbird saved the Quinault people, he sculpted an eagle which was displayed in the Smithsonian Museum in Washington D.C. in the mid-1960's.

"Jiggy" Shale was born in Aberdeen and other than his school years and military service lived in Taholah his entire life.

"Jiggy was Quinault through and through. He was a hard worker, a devoted husband and parent, a fisherman and a stalwart supporter of tribal rights," said Larry Ralston, Quinault Nation Councilman and Tribal Treasurer. "He attended Grays Harbor College and Western Washington University as well as Central Washington University, from which he received his bachelor's degree.

"He earned his way through school working on construction sites throughout Washington. He served as a Quinault Councilman and Treasurer, Director of the Quinault Department of Natural Resources, member of the Tribe's Fishing Committee, Chief Operations Officer for the Quinault Beach Resort and Casino and Taholah School Board member," he added.

"This was a man who began fishing in the Chehalis River System in 1974 when hatred was alive and thriving. But because he was a warrior he stood his ground and continued to fish, even

in hostile waters. He also fished the Pacific Ocean and was part of the Mosquito Fleet in the 1980's. Overall, his fishing career lasted more than 40 years," said Ralston.

"Jiggy worked closely with legendary Quinault leaders such as James 'Jug Head' Jackson, Joe DeLaCruz, Pearl Capoeaman Baller, Phil Martin Sr., Guy "Butch" McMinds and many other great leaders of that time. He also worked closely with me and our other current elected Quinault leaders," said Sharp.

"When Jiggy was Tribal Treasurer he ensured that the accounting and finance department came up to modern standards for their time," Ralston said. "Everyone had to be accountable for their expenditures and when challenged, their audits and accounting practices passed inspection with flying colors."

"Jiggy Shale, Jr. was a rock," Sharp said. "We will owe much of our success as a sovereign nation to him, for generations to come." He was born on March 8, 1948 to Warren Colbert, Sr. and Marion (Law) Shale. Surviving relatives include his wife and love of his life Cheryl, two sons, Johnson and Robert Shale, both of Taholah, five grandchildren and numerous nieces and nephews three sisters, Leilani Chubby, Alicia Figg and Mary Jane Shale. Two brothers, Robert and Sandy Law preceded him in death.

A funeral service was held on Saturday, September 9, at the Taholah School Gymnasium, followed by dinner will follow at the Taholah Community Center.

- Submitted by Quinault Nation



WALKING ON...

Susan Sicade Jones Aug. 18, 1964 - Sept. 4, 2017

Susan was born in Tacoma, WA, to Henry and Rose Sicade. She is a member of the Tulalip Tribes. She lived in Tacoma until about the age of 16. She then moved to Muckleshoot Reservation where she settled and had four children. In her late twenties she met Jeffery Jones Sr. and moved to Tulalip, WA, where they had a daughter and created this big family of seven children.



She loved to bake, play bingo, go to Pow Wows and Tribal events. She loved to spend time with her family and friends, going to the fair, having family dinners, and spending time with her grandchildren. She loved to travel, but her best experiences were Hawaii and Graceland. A commercial Fisherwoman and homemaker, she also worked at the Tulalip Senior Center and the Tulalip Bingo Casino/Tulalip Resort and Casino for a number of years. Susan and Jeff raised and fostered numerous children.

She is preceded in death by her father, Henry Sicade III and brother Stanton Sicade Sr.; grandparents Ella Reid and Henry Sicade II, Marvin and Susie Napoleon Sr., and numerous aunts, uncles and cousins.

She is survived by mother Rose Sicade; parents-in-law Alpheus and Millie Jones Sr.; step-mom Charlene Sicade; spouse Jeffery Jones Sr.; children Crystal and Michael Monger, Roseann and Thomas Reeves, Edward Wayne and Ada Anderson, Michael Jones, Judy Wayne and Anthony Bob, Jeffery Jones Jr. and Emily Jones; grandchildren, Larnell, Martel, Emily, Laza-ya, Thomas, Charles, BellaRose, Harmony, Michael Jr., Leileen, Lucy, Shaelee, Robin, Laycei, Alazea; siblings, Frederic Sicade Sr., Alpheus and Dana Jones Jr., Annie and Leon Enick, Allie Jones, Charlie Saltos, Gerald Fryberg Jr, Melissa Bumgarner, Anthony Williams, Charles and Paulette Williams, Darlene and Dave Johnson; god-daughter, Brittany Nelson Jones; numerous nieces, nephews, cousins, and foster children.

Funeral Services were held on September 10 and 11 at the Tulalip Gym, followed by burial at the Mission Beach Cemetery.

Desiree "Miss Desi" Shirley

April 3, 1965 ~ September 18, 2017

Desiree Ann Monk Shirley - "Miss Desi" - passed away unexpectedly on Monday, September 18, 2017, at age 52. She was a Head Start teacher at the Muckleshoot Early Learning Academy for nearly 13 years - a beloved member of MELA's Dream Team and first schoolteacher to many, many of our children. Here loss leaves a community in pain, but with many happy memories as well. Here's a sampling of Facebook comments as the sad news spread:



- Savannah Marie Alaniz: In my short 2 weeks of doing my community service at MELA she would stop by the front desk & make sure to say hi to me and see how I was doing before she went to her classroom & before she went home. The one thing I will remember most is she would come in to work every day with a big smile on her face, so happy to start the day!
Theresa Jerry: She was a BEAUTIFUL, CARING, LOVING friend, & coworker for 6/8 years in Head Start...LUNCHES, LAUGHTER, LOVE for her students, also DEDICATED hours of work when Audit Time came around...shared talks on the phone after work hours (SAD to have lost a FRIEND)...YEARS OF MEMORIES
Pearl Leila Mikalah Barr: Still in shock over this news I've known her for more than half my life
Papali Etene La'auli Taimalelagi: Prayers and deepest condolences to the family and all that loved her. R.I.P.
Joe Adams: I'm so saddened by this and pray for her, her family, her work family and the children
Denise Thomas: Prayers for All The Lives She Has Touched She Was A Great Teacher she will be missed dearly
Jennie Rae: Heartbreaking! Prayers For Her Family, The Staff And Students As Well As Many Youth Workers Who Are Now Adults!
Lisa Holombo: Hearing this news today makes me incredibly sad. She was a huge part of my journey at muckleshoot, and I will forever be grateful to her for her guidance, advice, and laughter. I'll miss you so much Desiree Ann Monk Shirley. Love you
JaCee Caballero: OMG! I was just telling parents who's kids were going to be in her class that they would love her. I'm so sad and in shock right now. Prayers for her, her family and all that knew her.
Tiffany Clunci: Yes I was so excited for mysh to be...
Priscilla Kato: My heart is with all of you at MELA, the Muckleshoot community, and her family and friends. This post makes it real. Felt like a bad dream when I heard the news. Still in shock.
Rosie Anderson: The Lord needan angel. So sad for all that knew and loved her. This seems like a bad nightmare. Prayers for the families children and the MELA staff.
Brenda Kay: I am heart broken for all who's lives she touches. She was such an awesome teacher Prayers to the MELA family and everyone surrounding her life

- Lovey Atimlala: Aww how sad, she was such a nice and caring lady. She loved the kids very much. Her family and the MELA team are in my prayers.
Wendy Burdette: Prayers for all that crossed this beautiful giving loving teacher, friend, mom, community member, children, families, MELA Staff, Raven, and Desiree family--
Linda Eyle: Absolute shock and my heart is breaking to pieces
Amy Castaneda: Omg so sad!! Idk how I'm going to tell my babies.
Denise Hatch-Anderson: Prayers to muck community n mela staff n students
Denise Delight: Prayers, so shocking. What happened? She taught both my kids and they loved her
Ginger Starr: Oh we spent a lot time with her. Youth facility and school. Helped my girls a lot.
Roberta Tec: She will be missed! She helped me through a lot during my teenage years! She was so easy to talk to and so kind! I know she is with her husband now. She missed him so much now she is up in heaven with him. I was hoping one day she would teach my kids and meet them and they'd get the chance to know her too. RIP Desiree a beautiful kind soul. She was the kindest person ever! Always was respectful
Julia Anderson: OMG. I'm surely going to miss Desiree. A long time friend/coworker who always stopped by to visit, ask for advice or talk about each other's family. This is so shocking.
Kimberly Williams: So sad to hear...yes she was a great lady... Huge loss to the school ahs the students who loved her dearly... Prayers for her family and the extended family (mit patents students the mela staff)
Nita Rosalie Cross: My heart dropped once I heard the news!! She has knew me sense I was a young teenager she was so excited to teach my kids! Omg! I'm going to miss her! Prayers for all!
Fran McKay: I am so saddened by this news, she watched my daughters grow up and had my grandson in her class and was about to have my other grandson in her class, am so emotional, she will be missed
Denise Haynes: My dear friend now you are a peace. We have come so far since the facility. I'll never forget the times we have shared Christmas parties kids we served in our long talks just about nothing now you are at peace my friend may God look over you.

Muckleshoot Haunted House
SLA HAL SHED 8PM-11PM
38905 172ND AVE SE, AUBURN, WA 98092
EVERY SATURDAY IN OCTOBER
EACH PERSON MUST SIGN WAIVER BEFORE ENTERING.
FREE OPEN TO PUBLIC EVENT.
VOLUNTEERS ARE WELCOME
CONTACT FRANKIE LEZARD 253-876-3342
Volunteers Needed
Muckleshoot Haunted House!!
Will occur Every Saturday in October @ Muckleshoot Sla Hal Shed. Seeking out for anyone who would like to be involved, donate items and/or time.
Contact Frankie Lezard 253-876-3342
frankie.lezard@muckleshoot.nsn.us

# Muckleshoot Youth Food Planning Council

## Research Findings: Feeding Today, Feeding Our Future



“When people today benefit from eating healthy foods, so do the people of tomorrow.”  
- Marissa Marsette-Brown Muckleshoot Youth Food Planning Council Member

After completing a six-month-long community-based research project, which surveyed over 60 households and conducted three roundtable discussions with Muckleshoot community members, the Muckleshoot Youth Food Planning Council was left with one final question, “Is making money our priority when it comes to adequately feeding our people?” Take a look at some of our key findings to learn more.

### Powerful Key Findings:

- 46% of respondents reported feeling stronger when they ate deer, elk, and salmon.
- 90% reported a preference for our traditional foods.
- 85% want to learn more about our traditional foods.
- 95% say they would eat more traditional foods if they were easier to obtain.



**Accessing our traditional and local healthy foods is challenging.**  
-81% of people in the Muckleshoot community believe traditional foods are not as easy to obtain now.  
-90% of people in the Muckleshoot community would eat traditional foods if they were easier to obtain.  
-85% want to learn more about traditional foods.

After analyzing our data sets, we worked diligently to prepare a presentation for our tribal leaders. On July 21st, we presented our findings to the Muckleshoot Tribal Council. The presentation was summarized in two final recommendations.

**Recommendation #1:** Educate the people. Most people do not know where and how to access traditional foods. Setting up programs for people to come and learn is key to recovering food traditions and increasing the health of our people. Programs should focus on key food tradition activities, such as learning where and how to fish, hunt, gather, and process foods properly.

**Recommendation #2:** In order to educate people, a significant number of respondents suggested a grocery store. Along with a grocery store, here are some examples of ways that we can educate the population.

- Small cards with recipes for traditional foods.
- Flyers of where and when to gather traditional foods.
- Displays explaining the positive health benefits of certain traditional foods

### More than a Grocery Store - “Our Vision for a Community Food Center”

“Muckleshoot households generate a monetary outflow on an annual basis at a rate between \$914,148 and \$2,728,800 a year” – Dr. Rudy C. Ryser

The Muckleshoot Community Food Center would not be a supermarket, but a tribally owned and operated grocery store. The center would provide nutrition education that is culturally appropriate and would purchase foods from tribal food producers. The center would also develop health-messaging campaigns highlighting how people can diversify their diet.

The benefits of a local tribal-owned grocery store include job creation, increased access to healthy foods, nutrition education, and a strengthened Muckleshoot economy.

82% of the participants surveyed said they mostly buy all food at a neighborhood grocery store. 40% reported spending \$201-\$400 monthly on groceries, and another 31% said they spend \$401-\$600 monthly. While these aren’t huge figures, this money could cycle back to the tribe and help our people.

### Project Summary:

The Muckleshoot Youth Food Council concluded with some final thoughts in regards to this research. After all of the information had been gathered, analyzed, and critically interpreted, we were left

with one final conclusion, “Is it really about making money?”

While opening our own community food center, grocery store, or farmers market could strengthen our economy, couldn’t it also strengthen our people and better our future? If we actually began to get to know each other and appreciate one another for the food traditions each of us carries and passes on to the next generation, wouldn’t that be the best way to honor our ancestors who carried the recipes that upheld our health for countless generations?



### A note from Valerie Segrest, the project organizer:

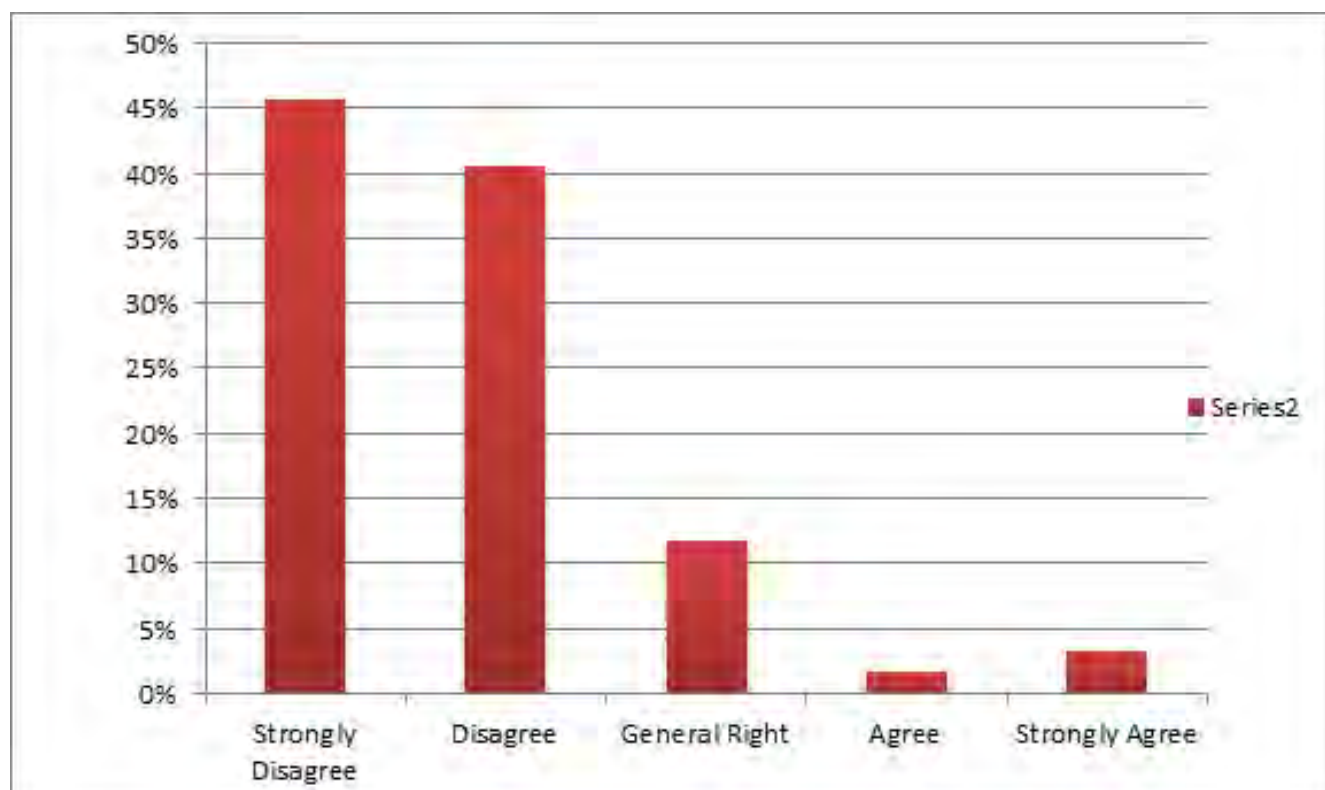
I’d like to take this opportunity to express that this pilot project was incredible medicine. Working with this group of bright, young community members, with a fire in their gut to make a change, elevate our community, and address our collective health challenges was the honor of a lifetime.

As an academic and an activist, who is dedicated to restoring traditional health systems and addressing food injustices in under-represented communities, there is nothing quite like sitting with the next generation of academics and activists. To know them is to know that the future is bright and full of hope; a message we all could use at this time. I feel safer knowing that these fine young people are out pursuing their visions in this world and that they understand the nuances and complexities of our own people’s food injustices.

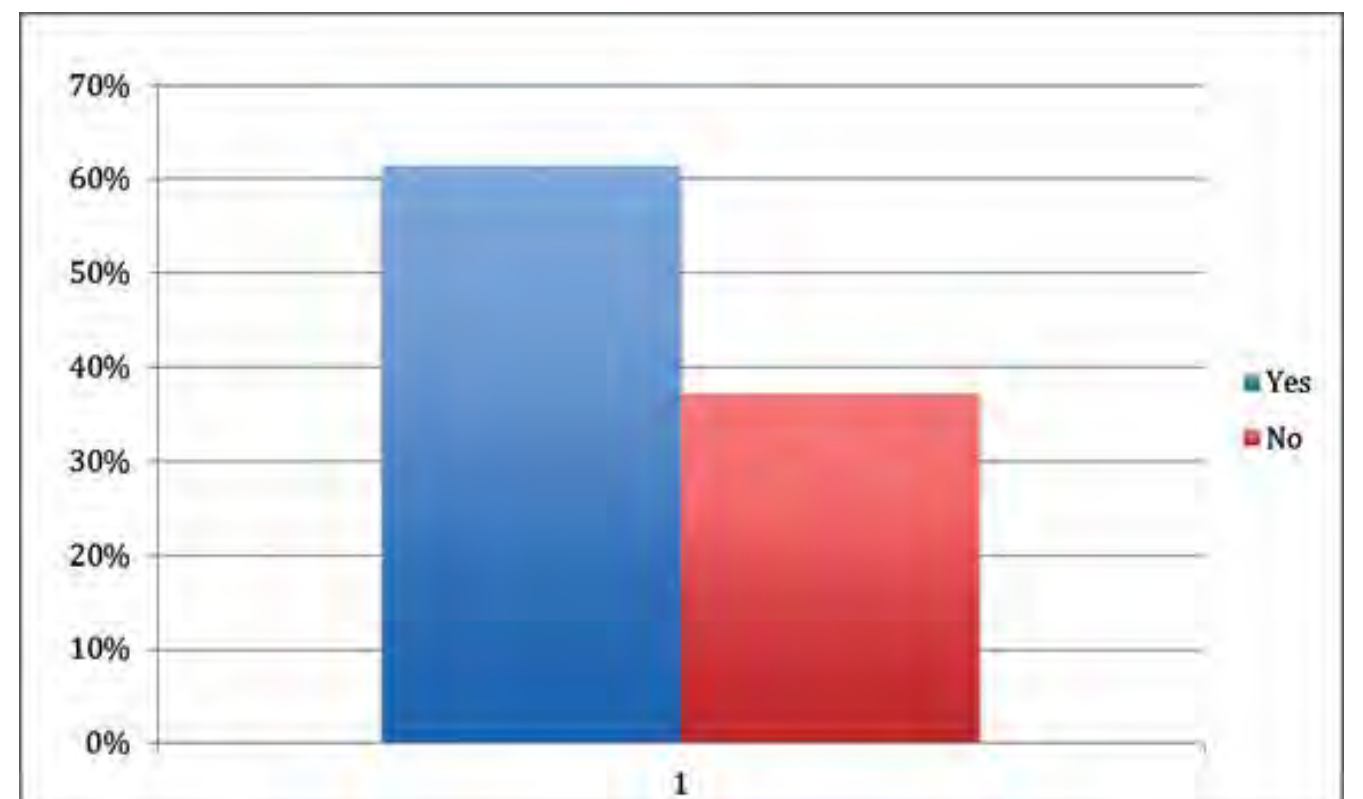
Thank you all for your commitment to this work. Thank you to the community members who took surveys and showed up to our roundtable discussions. Thank you to our Tribal Council members who took the time out of their busy schedule to visit with these young leaders and then listened intently when they shared their findings and recommendations. It was an honor to witness this work, and then to share the story.



**Key Finding:** Respondents understand that their health is impacted by the foods they eat and do not believe eating foods purchased from modern grocery stores is always healthy.



**Key Finding:** 61% of respondents indicated that they have some sort of food allergy, particularly to grains and dairy.



**Key Finding:** Our food is our medicine. Food allergies are inflammatory responses in the body that are directly related to inflammatory diseases, which are epidemics in our community and include diabetes, cancer, obesity and heart disease.

A historical analysis of our traditional dietary food groups indicates that our traditional foods can prevent and are in fact powerful anti-inflammatory foods.

### Muckleshoot Traditional Food Groups:

Water and nutrient-rich herb teas & broths, berries, (huckleberry, salal, strawberry), greens (cattail, nettle, seaweed), bulbs/roots (camas), nuts (hazelnuts), wild game (deer/elk), birds (duck), fish (salmon) and seafood (clams, mussels).

# Thank You to Our 2016-'17 Skopabsh Royalty & Congratulations to Our 2017-'18 Royalty!

PHOTOS BY JOHN LOFTUS

## OUTGOING ROYALTY, 2016 -'17

Loretta Moses – Skopabsh kayə?  
 Sancha Moses – Miss Skopabsh  
 Leslie Starr – Jr. Miss Skopabsh  
 Kiana Dominick – Li'l Miss Skopabsh  
 Jonathan "Chooch" Sampson – Skopabsh Warrior  
 Karson Bennett – Skopabsh Li'l Warrior

## INCOMING ROYALTY, 2017 -'18

Beatrice Kahama – Skopabsh kayə?  
 Laquia Elkins – Miss Skopabsh  
 Lyena Gopher – Jr. Miss Skopabsh  
 Farrah Jones – Li'l Miss Skopabsh  
 Junior Moses – Skopabsh Warrior  
 Bane Gouridine – Skopabsh Li'l Warrior



# Muckleshoot Hosts UW Tribal Gaming Program

By: Andrea Tulee, Yakama Nation Tribal Member

The Muckleshoot Tribe and Casino served as a generous host for the 3rd consecutive year to tribal casino employees from Washington State over the summer through the University of Washington's Tribal Gaming and Hospitality Management Certificate Program (TGHM).

All students were tribal members or tribal descendants and completed 10 UW credits cross-referenced in UW Foster School of Business and American Indian Studies Business Essentials Program. The undergraduate courses introduced students to Management, Marketing, and Business Finance. In addition, they each completed Team-driven Capstone Projects developing new and progressive services into the tribal gaming industry.

The 2017 Summer TGHM program consisted of condensed schedules; four consecutive days, once a month, for three months. The students experienced field classrooms at multiple tribal casinos and on the UW campus in Seattle.

The 2017 Summer Tribal Casino hosts were: 12 Tribes Resort Casino (Colville Tribes), Yakama Legends, Snoqualmie Casino (Snoqualmie Tribe), Muckleshoot Casino, and Shoalwater Bay Casino (Shoalwater Tribe). Field classrooms allowed students to participate in cross-casino experiential learning, including opportunities to observe diverse gaming structures and hear from gaming executives, tribal leaders, and witness front and back of casino properties with personal tours.

The TGHM program came into existence through a strong request by the honorable Muckleshoot Chairwoman Virginia Cross during a 2013 Tribal Leaders Summit. The request was to build management capacity of WA State gaming employees by an accredited WA University vs sending employees to other states. This program has been driven by an Advisory Board of Tribal Leaders & Gaming Executives.

Currently, Muckleshoot Casino General Manager Conrad Granito participates on the Advisory Board. The program would also like to recognize Monica Simmons- Muckleshoot Casino Training and Development Manager and Tribal member for her pivotal role in the program. Students have commended her insight and the role she's played in Muckleshoot Casino's employee development program which serves as a prime example for tribal casinos around the nation.

The Tribal Gaming and Hospitality Management Certificate Program will be offered every summer through the University of Washington. Thank you for reading and we look forward to our continued partnership with WA State Tribes including Muckleshoot Tribe and Casino.



# 2017 Annual Softball LEAD Event

By Tara Howell



On August 17th and 18th, the Tribal Development program hosted the annual softball game, an epic two-day event. We had a delicious lunch from Longhorn Barbeque on the first day and another amazing lunch catered in by our very own Banquets department on the second day.

The Entertainment crew joined us to play music and help out with the announcements. We even had volunteers from T&D, F&B, TDP participants, and their family members join us for concessions and activities.

On the first day, Tribal Development Program participants, designated trainers, managers, and TGA all teamed up to play a friendly, round-robin style bracket, each player played hard. The teams were Where My Pitches At?, Inglorious Batters, Base Invaders, and Scared Hitless.

At the end of the friendly games, the competition between the Casino All-Stars and the TGA Regulators resulted in a fierce battle for another year of possession of the All-Star trophy. The Casino All-Stars won an awesome game.

On the second day, Muckleshoot Tribal Entities joined in the festivities with two teams of their own: The Cousins and Commod Bods. They brought their biggest and best players to take on our Casino teams. We played a single elimination championship.

The first game was Scared Hitless vs. Base Invaders, with Scared Hitless taking the win. The second games were Commod Bods vs. The Cousins, with a Commod Bod victory. The third game was Scared Hitless vs. Inglorious Batters; the winners that advanced to face off in the bracket championship were Scared Hitless. The fourth game was Commod Bods vs. Where My Pitches At?. Even though Where My Pitches At? put up a fantastic fight, Commod Bods went on to face Scared Hitless.

Scared Hitless gave Commod Bods a great run. It seemed they were going to take the win and bragging rights for the year. They ran hard, pulled some muscles, and took a few dives in the outfield, but in the end, Commod Bods stepped up their game and took the win. With that being said, everyone played well and enjoyed both days' events.

At the end of the final day, Casino/TGA All-Stars faced the Muckleshoot Tribe All-Stars. Though many were tired and ready to retire for the day, the Casino/TGA team pulled another win, earning us the trophy for the year.

It was a very fun and engaging event. Thank you to all who came to spectate or participate in the games and all who volunteered to help out. The Tribal Development Department appreciates all of you and looks forward to an even bigger and better event next year. Until next time!

## ASK RILEY

**Question:**

Riley,  
How do you properly adjust the car seat harness straps?  
Community Member Mother

**Answer:**

Car seat harness straps should fit snugly. A snug harness lies flat and passes the “pinch test.” To perform the “pinch test” begin by adjusting the strap and seeing if you can pinch the strap, if you can, then it may be too loose.

Bulky clothing can interfere with proper harness fit so try and avoid bulky clothing or padding behind the child’s head, back, or under buttocks. If you wish to keep your child warm, bulky jackets can be put on backward (over child’s arms and torso) after the harness is secured; alternatively, you can place blankets over and around the child after the harness is snug.

Children should sit with their back and bottom flat against the car seat back. The harness should be placed through proper slots, usually at or above the child’s shoulders –BUT you must refer to the car seat manufacturer instructions to be sure. If you cannot find the manual then you can access it online. The harness straps should be placed over the shoulders and buckled at the crotch and the retainer clip at armpit level.

If you need further assistance please do not hesitate to contact me @ 253-285-4034 and schedule an appointment for a proper fitting.

*Riley Patterson, Transportation Manager*

## Updated Team Member List

**Drivers:**

- Rob Johnson, Turtle Mountain Chippewa, Assiniboine Sioux
- Steven Haggerty, Grand Ronde
- Franklin Ross, Muckleshoot
- Ben Miller, Muckleshoot
- Monica Briceno, Muckleshoot
- Heather Menster, Yakima
- Ruben Vasquez, Squaxin Island
- NEW Driver!** Katrina Jansen, Muckleshoot

**Fleet:**

- Charles Williams, Fleet Manager – Muckleshoot
- Mitch Heaton, Fleet Administrator -Muckleshoot
- Dewey Miller Jr., Master Fleet Mechanic - Muckleshoot
- Robert Calvert, Fleet Mechanic - Muckleshoot

**Administrative:**

- Dezerae Hayes, Transportation Division Director - Quinault
- Riley Patterson, Transportation Manager - Muckleshoot
- Jennifer Ann Snyder, Transportation Coordinator – Muckleshoot
- Brittany Nelson-Jones, Executive Admin. -Muckleshoot

**Safety:**

- Bruce Starr, Safety Officer - Muckleshoot

## MTS NEW SCHOOL YEAR continued from page 1

student stop and ask themselves “What did I do?” “Why did I do that?” “Who did that impact?” and “What do I need to do to make that situation right?”

With the old model, you do your time, come back, and it’s like nothing ever happened. Now, we try to keep students in school and encourage them to deal with the situation. What I’ve seen in the past is that students, through Restorative Practices, began to recognize the consequences of their actions and have learned from their previous mistakes.

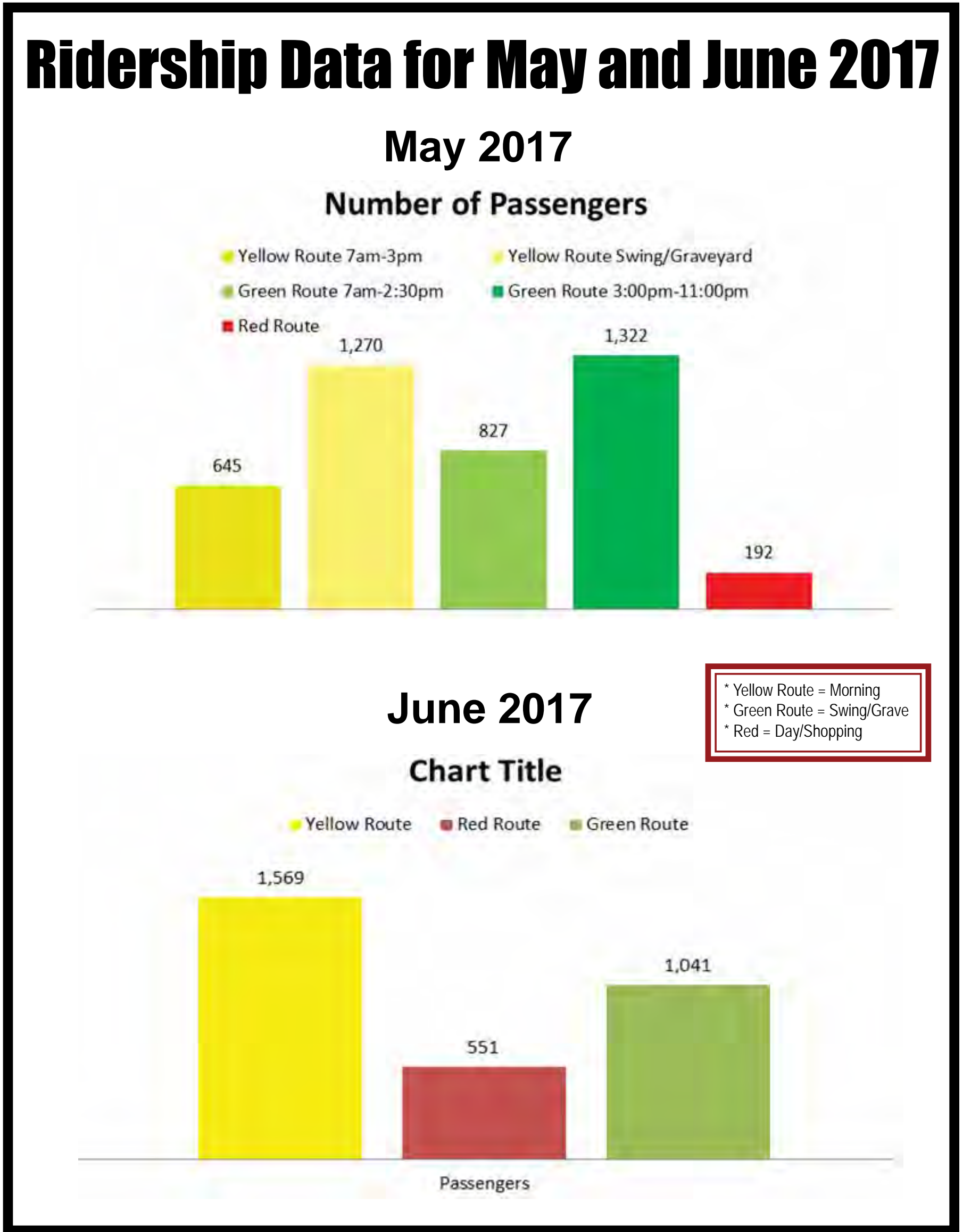
I have personally seen the benefits of Restorative Practices in action. I have watched students transform from frequent offenders to kids that started finding success in school and displayed a genuine attitude change. It was really cool to see.

Are the practices going to work for every student? No, nothing works for everyone, but if it helps us with some students, then we are moving more and more kids towards a successful future.

**Internal Structures**

Aside from putting the AVID Program in place and implementing Restorative Practices, we are also trying to move to an evaluation system that allows administrators and managers to reflect on their practices.

For principals, evaluations are conducted through the Association of Washington School Principal’s framework. A principal’s practices and impact are assessed through a rubric that covers the eight most important things we need to be doing. The rubric eliminates the whole “I like you, I like your style, we’re buddies, we’re not buddies” way of thinking and it creates this system where you sit down and say “Well, based on the evidence and observations I have, I’ve seen this happen; I’ve also seen this happen. So, where are we at?” It really identifies what your strengths are and maybe some areas you need to work on. The rubric also eliminates the idea of pitting what I think is important against what someone else thinks is important.



We’re looking at piloting that same kind of system with our teachers. The teachers’ rubric is big and it identifies all of the important points that we need to be emphasizing for our students. Students need to be happy, and we do need to have positive classroom environments, but we also need academic rigor. Our curriculum has to match up to what our students are really supposed to know and be able to do. We are working on getting out of that old system.

If you look at the research, it’ll tell you that most high schools award credits based on whether or not the teacher likes that student and how compliant that student is. In that system, academic success has very, very little to do with academic standards. We are going to get out of that whole game.

What I have found, especially in my last position, is that once students start realizing what really good teaching is like, they challenge themselves. Next thing you know, students start looking at what classes to select based on a genuine desire to learn and be challenged. It might not be a subject that the student even likes, but they know they’re going to learn and it’s going to be worth their time.

So that’s kind of the goal right now. To really look at that discipline system, get Restorative Practices into place, increase focus on real foundational skills, and start helping the staff, especially the administrators and teachers, to self-identify their strengths and weaknesses.

For me though, in all honesty, I’m just excited to get to know this community better. So far, I have found nothing but support. People have raised really good questions; opened better lines of communication, and embraced a more transparent decision-making system while putting structure into place.

It’s just a matter of deciding what our priorities are and working with the Commission, the Department of Education, and other tribal leaders to figure out the right way to do it and when to do it and how that gets done here, so that it’s done in a way that fits the needs of this community, and most importantly, it’s kids.

### Let Us Know How We Are Doing!

Muckleshoot Transportation would like to urge all of you to submit comment cards! We want to validate all of your thoughts, concerns, and ideas. We also want to address issues of safety and provide superior customer service.



## GED and HS21+ Programs

School is back in session, why not get that GED credential or high school diploma needed to start the MOST program, attend college, and get that dream job or promotion?

Currently, we offer twice daily workshops, Monday through Thursday, for GED students, as well as self-directed studying and tutoring Monday through Friday. High School 21+ will also be starting up again as Renton Technical College is back in session on September 18th.

Keep your eyes out for our specialty workshops coming soon. We are planning on offering classes such as college note-taking, college time management, CLOSE reading and annotation, resume and cover letter writing, basic finance skills, and others.

If you have a class idea you feel many could benefit from, please let us know. These classes will be open to any community member that wants to learn.

For more information please visit us at the Muckleshoot Tribal College or contact:

**Cary Hutchinson**  
ABE/GED Instructor  
253.876.3375  
Cary.Hutchinson@muckleshoot.nsn.us

**Amy Maharaj**  
ABE/GED Instructor  
253.876.3256  
Amy.Maharaj@muckleshoot.nsn.us

**Mitzi Judge**  
GED Testing/Continuing Education Manager  
253.876.3395  
Mitzi.Judge@muckleshoot.nsn.us



NWIC students at fall quarter orientation.

### 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 Examiner and Continuing Ed Manager

### 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!

**Jonathan Tomhave – NWIC Muckleshoot Site Manager**  
Email: jtomhave@nwic.edu  
Phone: 360-255-4433

**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  
Steven Yanish, Academic Advisor/Counselor  
Phone: 253.876.3210  
Email: steven.yanish@muckleshoot.nsn.us  
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 Native Pathways 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 deep connections to tribal communities, the program is offered at Quinalt, Peninsula College in Port Angeles, and Tacoma. In addition a hybrid online option is available. Visit [www.evergreen.edu/tribal](http://www.evergreen.edu/tribal) to learn more.

#### Contact:

Cindy Marchand-Cecil – Evergreen  
Phone: 360.458.4226  
Email: [marchanc@evergreen.edu](mailto:marchanc@evergreen.edu)

#### Continuing Ed:

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

## 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](mailto: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 Oct 21st—Dec 2nd	Spring 2017 Jan 20th—March 3rd

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



## MUCKLESHOOT TRIBAL SCHOOL BUS SCHEDULE

**Muckleshoot Tribal School Transportation Department (2017-2018 school year)**  
**253-931-6709/ext 3717 or Transportation cell# 253-261-1329 or 253-426-7530**

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

- First day school is August 29, 2017
- K-12 will ride the same bus
- Kindergarten will have the seats at the front of the bus
- All students arrive @ 7:25
- No late student pick up
- Every Friday is an early release



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

6:50/3:14/12:31	3702 Auburn Way So
6:53/ 3:19/ 12:37	2005 Hemlock St SE
6:53/3:19/12:37	2030 Hemlock St SE
6:54/ 3:19/ 12:38	Corner 19th & Ginkgo
6:55/ 3:19/12:38	3025-21st St SE
6:56/ 3:19/ 12:40	2005 Fir St SE
6:57/3:21/12:42	17th SE & Ginkgo
7:00/ 3:25/12:45	1715 Hemlock Drive
7:00/ 3:25/ 12:45	1710 Hemlock Drive
7:02/ 3:26/ 12:46	1941-19th Place SE
7:02/ 3:26/ 12:46	1402 Ginkgo Street
7:02/ 3:27/ 12:46	3019-14th St SE
7:03/ 3:27/12:48	Corner Elm & Scenic Drive SE
/ 3:28/ 12:48	Corner Elm & 14th St SE
/ 3:28/ 12:48	2815 Skyway Lane SE
7:04/ 3:28/ 12:48	Corner Dogwood & Skyway Lane SE
7:05/ 3:30/ 12:51	2410-17th Drive SE
7:06/ 3:30/ 12:51	2420-17th Drive SE
7:06/ 3:30/ 12:51	2426-17th Drive SE
7:06/ 3:30/ 12:51	2429-17th Drive SE
7:06/ 3:30/ 12:51	2430-17th Drive SE
7:08/ 3:31/ 12:52	2452-17th Drive SE
7:08/ 3:31/ 12:52	2458-17th Drive SE
7:09/3:31/ 12:52	Corner of 18th & Dogwood
7:12/ 3:33/ 12:55	2005 Dogwood Drive SE
7:16/ 3:40/ 1:02	Auburn Way & Poplar St
7:17/ 3:40/ 1:02	4205 Auburn Way So
7:17/ 3:40/ 1:02	4505 Auburn Way S
<b>7:25/ 3:08/ 12:25</b>	<b>Arrive/Leave School/ Friday leave school</b>

**Bus #3 Kindergarten – 12th Grade**

7:06/ 3:13/ 12:30	Corner of 386th & 162nd Ct SE
7:06/ 3:13/ 12:30	386th Way & 161st Drive SE
7:07/ 3:14/ 12:31	16111 SE 386th Wa
7:07/ 3:14/ 12:31	16106 SE 386th Way
7:07/ 3:14/ 12:31	16109 SE 386th Way
7:07/ 3:14/ 12:31	16110 SE 386th Way
7:08/ 3:15/ 12:32	Corner of 386th Way & 161st Drive SE
7:08/ 3:15/ 12:32	Corner of 385th Ct & 161st Drive SE
7:10/ 3:17/ 12:34	Corner of 160th Drive & mailbox
7:12/ 3:19/ 12:37	Corner of 158th & 383rd
7:13/ 3:20/ 12:38	Corner of 158th & 382nd
7:14/ 3:32/ 12:39	Corner of 158th & 381st
<b>7:25/3:08/ 12:25</b>	<b>Arrive/Leave School/ Friday leave school</b>

**Bus #4 Kindergarten – 12th Grade**

7:04/ 3:11/ 12:38	36926 Aub/Enclw Rd SE
7:06/ 3:12/ 12:40	5636 Auburn Way So
7:09/ 3:14/ 12:43	Corner of 37th & Academy
7:10/ 3:14/12:43	Corner of Juniper & Academy
7:11/ 3:16/ 12:42	3718 Lemon Tree Lane
7:13/ 3:17/ 12:45	Corner of Orchard St & Orchard Pl
7:15/ 3:19/ 12:49	36608-148th Ave SE
7:15/ 3:19/ 12:49	Corner 368th & 148th
<b>7:25/ 3:08/ 12:25</b>	<b>Arrive/Leave School/ Friday leave school</b>

**Bus #5 Kindergarten – 12th Grade**

7:06/ 3:15/ 12:35	Corner 392nd & 172nd Ave SE
7:08/ 3:13/ 12:33	172nd Ave SE & 387th
7:09/ 3:12/ 12:30	172nd Ave SE & 386th
7:09/ 3:12/ 12:39	38919-172nd Ave SE
/ 3:13/ 12:39	HR building on 172nd
/ 3:13/ 12:40	Finance Building on 172nd
7:10/ 3:17/ 12:37	Pow Wow Gate
3:17/ 12:43	Drop- In Teen Center on 400th
7:15/ 3:25/12:44	400th & 175th Lane SE
7:16/ 3:37/ 12:46	400th & 174th Lane SE
7:14/ 3:19/ 12:45	39936 Aub/Enclw Rd SE
7:16/ 3:23/ 12:46	17226 SE 400th
7:16/ 3:25/ 12:47	400th St & Aub/Enclw Rd
<b>7:25/ 3:08/12:25</b>	<b>Arrive/Leave School/ Friday leave school</b>

**Bus #6 Kindergarten – 12th grade**

6:14/ 4:20/	Corner Celery & Broadway Blvd, Algona
6:21/ 4:11/1:22	219-3rd Ave SW (Pacific)
6:24/ 4:08/ 1:19	208 Rhurbarb St SW (Pacific)
6:35/ 3:58/ 1:09	6180 Terrace View Lane SE
6:30/ 3:58/ 1:25	6270 Terrace View Lane Se
6:32/ 4:00/ 1:26	Terrace View Dr SE & Terrace View Lane SE
6:43/ 3:49/ 1:04	Mill Pond Dr SE & 48th Ct SE
/ 3:52/	401-50th St SE (tue & wed)
6:35/ 3:51/ 1:18	5718 Olive Ave SE (Lakeland Hills)
6:52/ 3:38/ 12:53	65th St SE & Elaine Ave SE \ (Lakeland Hills)
/ 3:29/ 12:44	Little Lake House Daycare (18223-9th St E, Lake Tapps)
6:57/ 3:33/12:48	918 Tacoma Pt Drive E (Lake Tapps)
7:06/ 3:23/ 12:38	1507-34th St SE
<b>7:25/ 3:08/ 12:25</b>	<b>Arrive/Leave School/ Friday leave school</b>

**Bus # 7 Kindergarten – 12th grade**

6:58/ 3:38/12:55	2430-17th Drive SE
6:59/ 3:40/ 12:57	2005 Dogwood St SE
7:09/ 3:15/ 12:35	39220-165th Place SE
7:13/ 3:25/ 12:39	17886 SE 413th Drive
7:18/ 3:18/ 12:45	16814 SE 392nd St
8:00/	8303-24th Ave E, Bonney Lake
8:50/ 3:15/12:32	16311 – 392nd Place
<b>7:25/3:08/ 12:25</b>	<b>Arrive/Leave School/ Friday leave school</b>

**Bus # 8 Kindergarten- 12th grade**

7:10/ 3:29/ 12:56	Corner "R" St SE & 17
7:10/ 3:29/ 12:56	1820 "R" St SE
7:13/ 3:25/ 12:52	MCDC
<b>7:26/ 3:08/ 12:25</b>	<b>Arrive/Leave School/ Friday leave school</b>

**Bus # 9 Kindergarten – 12th Grade**

6:15/ 4:08/ 1:24	Covington Library
6:18/ 4:11/ 1:27	16711 SE 2068th St (Covington)
6:20/ 4:13/ 1:29	26724-166th Pl SE (Covington)
6:30/ 4:00/ 1:16	12722 SE 312th Street (Lea Hill)
6:34/3:57/1:12	Corner of 320th & 124th Ave SE (Lea Hill)
6:39/ 3:53/ 1:08	8th ST NE & "R" Street after the light
6:43/ 3:31/ 12:47	Corner of 9th NE & Auburn Way
6:48/ 3:40/ 12:55	Corner "M" St NE & 17th St NE
6:49/ 3:41/ 12:56	Corner "I" Street NE & 18th St NE
6:51/ 3:43/ 12:58	1015-24th St NE (Cascade Middle School)

6:56/ 3:47/ 1:02	Corner "I" St NE & 33rd Street NE
7:16/ 3:29/ 12:46	219 "D" St NE
7:10	118 "R" St SE
<b>7:25/ 3:08/ 12:25</b>	<b>Arrive/Leave School/ Friday leave school</b>

**Bus #10 Kindergarten – 12th Grade**

6:05/ 4:20/ 1:45	Winco parking lot (Sumner off 410)
6:09/	18202 Bonney Lake Blvd E
6:11/ 4:4:18/ 1:35	8203-182nd Ave E (Bonney Lake)
6:17/ 4:15/ 1:30	10309-177th Ave E (Bonney Lake)
6:30/ 4:05/ 1:20	21527-102nd St Ct E
6:36/ 4:00/ 1:15	So Prairie Rd & 324th Ave Ct E @ mailboxes
6:53/	204 Schmid St, Enumclaw
7:07/ 3:40/ 12:56	46409-287th Ave SE, Enumclaw
7:11/	717 Myrtine St, Enumclaw @ dri
7:07/ 3:35/ 12:52	Corner of Sun Mountain Drive & Semanski E
<b>7:25/ 3:08/ 12:25</b>	<b>Arrive/Leave School/Friday leave school</b>

**Bus #11 Kindergarten – 12th Grade**

6:39/	24620-372nd Street, Enumclaw
6:41/ 3:52/ 1:12	Corner of 244th & 380th Street, Enumclaw

6:53/ 3:38/12:58	42232-284th Ave SE
6:56/ 3:21/ 12:40	West Wood Elem load Zone
7:00/ 3:24/ 12:43	19412 SE 416th St
7:00/ 3:24/ 12:43	19423 SE 416th St
7:04/ 3:21/ 12:40	41801-180th Ave SE
7:06/ 3:18/ 12:37	Corner 414th St SE & 180th Ave SE
7:14/ 3:18/ 12:44	180th Ave SE & 408th Street
7:07/ 3:17/ 12:38	40505-180th Ave SE
7:08/ 3:16/ 12:34	Corner of 394th & 180th SE
7:10/ 3:15/ 12:33	39110-180th Ave SE
7:11/ 3:14/ 12:32	39007-180th Ave SE
7:12/	38401-180th Ave SE (blue barn)
7:13/ 3:13/ 12:31	17623 SE 384th St
<b>7:25/ 3:08/ 12:25</b>	<b>Arrive/ Leave School/ Friday leave school</b>

**Bus # 12 Kindergarten – 12th Grade**

6:30/4:05/ 1:20	Corner 1st Ave E & Skinner Rd, Pacific
6:34/ 3:56/ 1:12	37th St SE @ Cedar Ridge Apts/ 2nd entrance
6:35/ 3:57/ 1:13	37th St SE @ Tall Cedars mobile home sign
6:37 / 3:52/ 1:15	1230-30th St SE
6:39/ 3:48/ 1:10	Corner 29th St SE & "G" St SE
6:42/ 3:44/1:03	Corner 21 St SE & "D" St SE
6:44/ 3:47/1:03	Corner 25th St SE & "K" St SE
6:46 3:49/ 1:05	Corner 26th St SE & 28th Pl SE
6:55/ 3:27/ 12:44	Corner of Elm & Aub Way So
6:57/ 3:29/ 12:46	2545 Forest Ridge Dr SE
6:59/ 3:31/ 12:47	2530-26th St SE
7:00/ 3:30/ 12:47	Corner Forest Ridge Dr & Alpine
7:00/ 3:30/ 12:49	2615-25th Street SE
7:02/ 3:30/ 12:50	2405-24th Street SE
7:02/ 3:33/ 12:50	2415-24th Street SE
7:03/ 3:34/ 12:50	2626-24th Street SE
7:04/ 3:34/ 12:50	2715-24th St SE
7:10/ 3:31/ 12:57	Corner 24th St SE & Dogwood
7:10/ 3:31/ 12:57	2720-24th Street SE
7:12/ 3:15/ 12:40	36901 Aub/ Enclw Rd SE
7:15/ 3:17/ 12:40	@ Kenny Kaboom stand
7:18/ 3:19/ 12:36	37765 Aub/Enclw Rd SE / Winery
<b>7:25/ 3:08/ 12:25</b>	<b>Arrive/ Leave School/ Friday leave school</b>

**Bus # 13 Kindergarten – 12th Grade**

7:01/ 3:13/ 12:32	SE 364th Street @ Boat
7:02/ 3:13/ 12:32	Corner of 164th Pl SE & 392nd Pl
7:03/ 3:14/ 12:32	Corner of 164th Ave SE & 391st
7:05/ 3:16/ 12:35	Corner 165th Ave SE & 392nd
7:11/ 3:20/ 12:42	Corner 174th Ave & 409th
7:12/3:25/ 12:44	Corner 174th Ave & 410th Pl SE
7:12/ 3:26/ 12:46	17551-411th Lane SE
7:13/ 3:28/ 12:47	Corner 175th Pl & 408th
7:15/ 3:23/ 12:50	Aub/ Enclw Rd & 176th Way
7:16/ 3:30/ 12:51	41431 Aub/Enclw Rd SE
7:16/ 3:30/ 12:51	Aub/ Enclw Rd & 413th Place
7:18/ 3:34/ 12:55	408th & Aub/ Enclw Rd SE @ transit stop
<b>7:25/ 3:08/ 12:25</b>	<b>Arrive/ Leave School/ Friday leave</b>

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





# Sustainability Food Systems Program

By Leslie LaFontaine

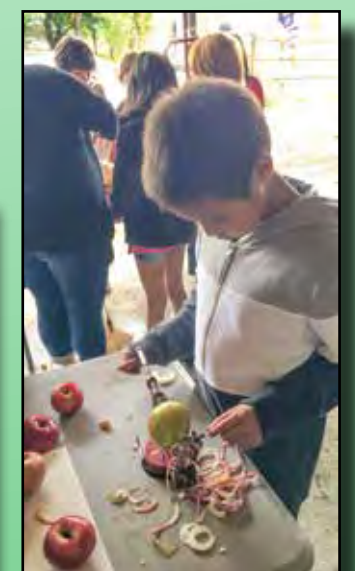
This year has started off with sunshine and a plethora of opportunities for fun garden/outdoor learning with students and community. Students had fun making apple cider/dehydrated apples and tasting the sweetness that “no sugar added” tastes like. From picking the apples to squishing the juice out, these students enjoyed the entire process.

What a great group of kids that know how to work together and respect each other’s differences. They only fought about who was going to eat the leftover apple peels. They used the extra apples that were on the ground for compost and to feed the neighboring horses.

They also learned about how the black walnut tree has larvae inside the husk and why they have a hard time getting into the hardwood of the walnut. “EWWW” and “yuck” were some of our favorite science words during discovery time. The different phases of the growing walnuts produced learning opportunities and questions that were full of inquiry and wonderment.

We have delicious, face-puckering, tart Oregon grape berries growing wild in the garden and students loved the taste. These amazing young people are starting to remember and identify traditional plants and tell what medicine they hold. Watching our traditional learning targets being reached is a teacher’s favorite part.

Making stewed tomatoes is a fun way to get middle schoolers excited about using the veggies from our garden. These students learned the canning process from beginning to end. They are anxious to hand these out during Potlatch to our community who are interested in cooking using healthy foods. Keep your eye out for these during Potlatch.



# Birth to Three Program Explores the Little Farm

By Taneal Alsup

Muckleshoot Early Learning Academy's Birth to Three programs had a great summer filled with exciting activities. Throughout our seven-week summer program, Birth to Three's major focus was on farms and farm animals. We explored the many aspects of farm life and filtered it into each lesson and activity that we taught the children.

At the end of summer, the Birth to Three class, staff, and parents got the opportunity to explore the Little Farm at Windwater. The Little Farm is on Green Valley Road in Auburn, where the kids learned firsthand what a bunny rabbit might look like and what its soft fur feels like.

The owners, Bob and Lynn, were very kind and accommodating to those who attended the field trip. They had a place ready for the class to eat and then provided snacks for the kids to feed to the animals afterward.

Just by walking onto the Little Farm the kids were able to see the many colors a peacock has and could hear the roosters calling. They could see the pigs playing with the goats and watch the chickens peck at their food until it was gone. Carrots and pieces of bread were laid out for the little learners to feed these animals as well. Some were a little hesitant before they carefully stepped up and held out their snack for the animals to grab.

Inside the barn was as much fun as it was outside. Walking in, you can hear the birds singing and horse neighing for her snacks from the children. In a room next to the bird cage were a few smaller cages with cuddly Guinea pigs and bunnies that the children held while wrapped up in a baby blanket. Buster, the donkey smiled and hee-hawed to join in on all of the fun and baby goats squeezed their little heads through the gate to say hello.

The Little Farm at Windwater was a fun and exciting time for our class and staff. We learned many new things and had a blast doing it. We can't thank Bob and Lynn enough for how gracious they were with our little ones. We will definitely be making this a yearly adventure for our Birth to Three students and families.



## 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

## HOUSING/SHELTER RESOURCES

### Catholic Community Services – Home & Arise

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

### Union Gospel Mission – Hope Place

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

### Catholic Community Services

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

### Multi-Service Center

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

### Auburn Youth Resources

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

### YWCA – South King County

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

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

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

1st Month	2nd Month	3rd Month	Your Birthday Month	5th Month	6th Month	7th Month
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When should you sign up for Medicare:

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



Your Birthday Month

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



What is Medicare Health Insurance?

Original Medicare has 2 parts:

- Medicare Part A**—covers inpatient hospital, skilled nursing facility hospice & home health care;
  - Medicare Part B**—covers outpatient medical care, including doctor visits, durable medical equipment, lab tests, and preventative services.
- + NOTE: If you don't sign up for Medicare Part B when you're first eligible you will have to pay a "Late Enrollment Penalty" for as long as you have Part B.

## 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**

### 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 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
- **Emancipation** (students seeking to be legally independent of their parents)
- **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

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.



**MCOF**  
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.

## Gardener of the Month: Anna Jerry's Fabulous Whipped Body Lotion

By U R Israel

Would you like a scrumptious, healthy, and inexpensive lotion to keep your body hydrated in the hot days and cold weather? You do not need a trip to a big department store's expensive cosmetics counter; in fact, the lotion you make at home will be healthier because it will not contain unhealthy preservatives and questionable chemicals.

Anna Jerry recently made a crème called "body butter." You can make it in your home with naturally healthy products purchased locally. Anna is an avid gardener and has a porch garden she tends with a variety of flowers. She also has a small hazelnut nursery in her yard.

### Ingredients for Anna Jerry's fabulous whipped body lotion:

**Organic Virgin Coconut oil** (large amounts available at Costco or Sam's Club. Smaller amounts available at your local grocery store)

**Oil from a favorite fragrance** ( Grocery Outlet of Enumclaw and Auburn, WA provide low-cost options but limited choices; located in the aromatherapy aisle. If you want a higher quality product with unlimited choices, go to Nature's Inventory. Address: 1504 Cole St, Enumclaw, WA 98022.)

**Avocado oil, grapeseed oil, olive oil, or sunflower oil** (local grocery store) all these oils are high in vitamins that help your skin.

**Pretty little Jars:** Available at the Dollar store. Fancy jars are available at Nature's Inventory.



Anna Jerry smiles as she holds a sample of her Fabulous Whipped Body Lotion made recently in her home.

### ANNA JERRY'S FABULOUS WHIPPED BODY LOTION

#### Medium size batch

1 Cup Organic Virgin Coconut Oil  
 ¼ C liquid oil of your choice  
 10-20 drops of essential oil of your choice

#### Small Batch

(½ cup Coconut oil)  
 (2 Tbps oil of choice)  
 (5-10 drops essential oil)

#### Large Batch

2 C Coconut oil  
 ½ C oil of choice  
 20-35 drops essential oil

Melt the two oils in a glass container - in a microwave - for about one to two minutes or until they are both in liquid form (There may be small chunks of coconut oil that you can stir with a spoon till it melts)

Put the mixture in your fridge until it is white and firm for about an hour or more. If you are in a hurry pop it in the freezer, but check on it often.

Use a hand mixer or food mixer to whip the mixture. It will be slow at first, as the mixture is solid, but it will whip into a lovely fluffy crème.

When the mixture looks like frosting, add the amount of oil you like and put the mixture in a pretty jar or small canning jar. The lotion will keep at room temperature for up to two months, or up to a year if refrigerated. Do not use crèmes or lotions on broken skin. Consult your doctor for a prescription if you have broken skin.

The variations of this recipe are only limited by your imagination. Some people have added mint oil, cocoa butter, lavender, rose, or lemon oil. Enjoy!!



## MUCKLESHOOT HOUSING AUTHORITY OFFERS FREE CREDIT COUNSELING

Credit counselors can help you analyze your finances and find ways to improve your situation.

A credit counselor can take a look at your income and spending to help you determine where your money is spent each month. By taking a closer look at your finances, counselors can identify opportunities to cut costs and save more of what you earn.

To help you create a monthly budget, they can work with you to categorize and set limits for all of your expenses. Then, most importantly, they can help you create an action plan to help stick to the budget you have built together.

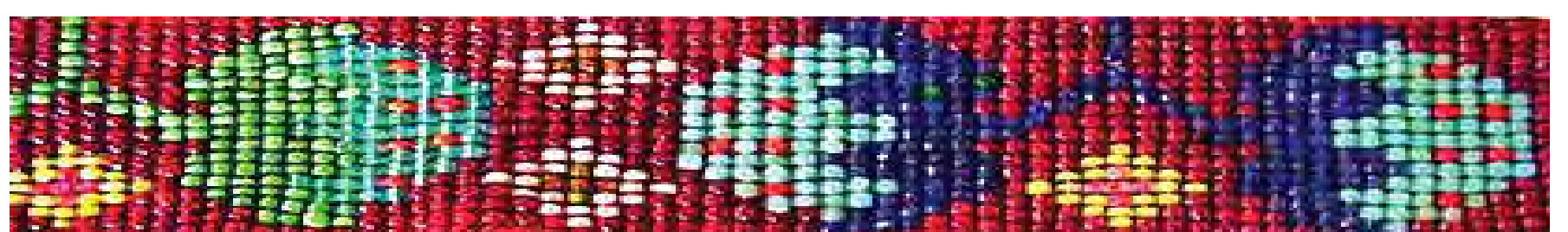
If you are struggling with debt, a credit counselor can help you calculate how much you owe, determine how much you are paying in interest, and find out where you stand with your creditors. If it seems like your monthly payments are too high, they can recommend a service.

Consolidation may allow you to combine your debt into one lower monthly payment. Also, they can help you determine where you stand with your creditors, and provide tips on how to manage your credit in the future.



To obtain free credit counseling, please contact Dia Nichols @ 253-285-4052.

**Dia A. Nichols,**  
 Credit Counselor  
 Muckleshoot Housing Authority  
 38037 158th Avenue SE  
 Auburn, WA 98092  
 Direct Line: 253-285-4052  
[Dia.Nichols@muckleshoot.nsn.us](mailto:Dia.Nichols@muckleshoot.nsn.us)



## WHY IT PAYS TO KEEP A CAREFUL EYE ON YOUR EARNINGS RECORD

By Kirk Larson Social Security Washington Public Affairs Specialist

Whether you're ready to retire, just joining the workforce, or somewhere in between, regularly reviewing your Social Security earnings record could make a big difference when it's time to collect your retirement benefits.

Just think, in some situations, if an employer did not properly report just one year of your work earnings to us, your future benefit payments from Social Security could be close to \$100 per month less than they should be. Over the course of a lifetime, that could cost you tens of thousands of dollars in retirement or other benefits to which you are entitled.

Social Security prevents many mistakes from ever appearing on your earnings record. On average, we process about 236 million W-2 wage reports from employers, representing more than \$5 trillion in earnings. More than 98 percent of these wages are successfully posted with little problem.

But it's ultimately the responsibility of your employers — past and present — to provide accurate earnings information to Social Security so you get credit for the contributions you've made through payroll taxes. We rely on you to inform us of any errors or omissions. You're the only person who can look at your lifetime earnings record and verify that it's complete and correct.

So, what's the easiest and most efficient way to validate your earnings record?

- Visit [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount) to set up or sign in to your own my Social Security account;
- Under the "My Home" tab, click on "Earnings Record" to view your online Social Security Statement and taxed Social Security earnings;
- Carefully review each year of listed earnings and use your own records, such as W-2s and tax returns, to confirm them; and
- Keep in mind that earnings from this year and last year may not be listed yet.



If you notice that you need to correct your earnings record, check out our one-page fact sheet at [www.socialsecurity.gov/pubs/EN-05-10081.pdf](http://www.socialsecurity.gov/pubs/EN-05-10081.pdf).

Sooner is definitely better when it comes to identifying and reporting problems with your earnings record. As time passes, you may no longer have past tax documents and some employers may no longer be in business or able to provide past payroll information. You need to make sure all your work history is posted. When we calculate your benefit payment we use your top 35 years of earnings when we calculate your benefit amounts and we adjust your past work history for inflation. You can learn more about how your benefit amount is calculated at [www.socialsecurity.gov/pubs/10070.pdf](http://www.socialsecurity.gov/pubs/10070.pdf).

We're with you throughout life's journey, from starting your first job to receiving your well-earned first retirement payment.

## Q & A - When should you start your Social Security Retirement Benefits?

By Kirk Larson Social Security Washington Public Affairs Specialist

Learn about your retirement benefits as we answer some basic questions that are commonly asked during our educational presentations. Social Security is part of the retirement plan of almost every American worker. If you're among the 96 percent of workers covered by Social Security, you should know how the system works.

At Social Security, we're often asked, "What's the best age to start receiving retirement benefits?" The answer is, there's no one "best age" for everyone and, ultimately, it's your choice. The most important thing is to make an informed decision.

Your decision is a personal one. Would it be better for you to start getting benefits early with a smaller monthly amount for more years, or wait for a larger monthly payment over a shorter time-frame? The answer is personal and depends on several factors, such as your current cash needs, your current health, and family longevity.

Also, consider if you plan to work in retirement and if you have other sources of retirement income. You must also study your future financial needs and obligations. This decision affects the monthly benefit you will receive for the rest of your life and may affect benefit protection for your survivors.

**Question:**  
**When Can I start my benefits?**

**Answer:**  
You can start your Social Security retirement benefits as early as age 62, but the benefit amount you receive will be less than your full retirement benefit amount. Your monthly retirement benefit will be higher if you delay starting it. You can visit [www.socialsecurity.gov/planners/retire/ageincrease.html](http://www.socialsecurity.gov/planners/retire/ageincrease.html) to find your full retirement age.

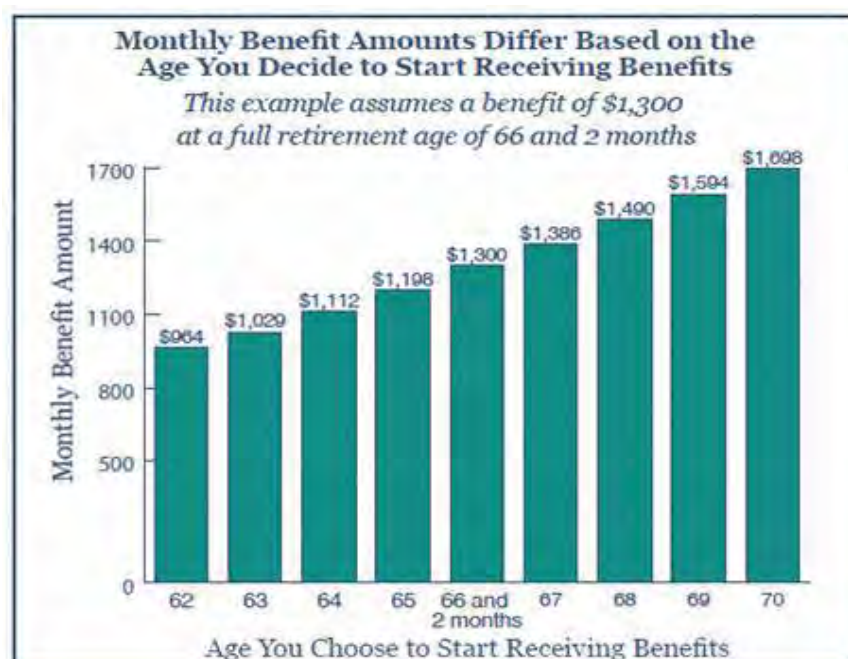
We calculate your basic Social Security benefit—the amount you would receive at your full retirement age—based on your lifetime earnings. However, the actual amount you receive each month depends on when you start receiving benefits. You can start your retirement benefit at any point from age 62 up until age 70, and your benefit will be higher the longer you delay starting it.

**Question:**  
**If I start my benefits early, how much of a reduction will I take?**

**Answer:**  
If you start your benefits early, they will be reduced based on the number of months (a little more than one-half of one percent per month) you receive benefits before you reach your full retirement age. You could take a 25 to 30 percent reduction if you start early.

The chart above shows an example of how your monthly benefit increases if you delay when you start receiving benefits.

Let's say you turn 62 in 2017, your full retirement age is 66 and 2 months, and your monthly benefit starting at that age is \$1,300. If you start getting benefits at age 62, we'll reduce your monthly benefit 25.8 percent to \$964 to account for the long time you receive benefits. This decrease is usually permanent.



**Question:**  
**What if I wait to take my benefits after my full retirement age, will they be larger?**

**Answer:**  
Yes, your benefits keep growing until age 70. If you choose to delay getting benefits after your full retirement age, you would increase your monthly benefit at the rate of two-thirds of one percent per month or eight percent per year. In our example case, your benefits would grow to \$1,698. This increase is the result of delayed retirement credits you earn for your decision to postpone receiving benefits past your full retirement age. The benefit at age 70 in this example is 76 percent more than the benefit you would receive each month if you start getting benefits at age 62 — a difference of \$734 each month.

**Question:**  
**Can I work after I start my Social Security retirement payments?**

**Answer:**  
You can get Social Security retirement benefits and work at the same time. However, if you are younger than full retirement age and make more than the yearly earnings limit, we will reduce your benefit. Starting with the month you reach full retirement age, we will not reduce your benefits no matter how much you earn.

- We use the following earnings limits to reduce your benefits: If you are under full retirement age for the entire year, we deduct \$1 from your benefit payments for every \$2 you earn above the annual limit. For 2017 that limit is **\$16,920**.
- In the year you reach full retirement age, we deduct \$1 in benefits for every \$3 you earn above a different limit, but we only count earnings before the month you reach your full retirement age. If you will reach full retirement age in 2017, the limit on your earnings for the months before full retirement age is **\$44,880**.
- Starting with the month you reach full retirement age, you can get your benefits with no limit on your earnings.

## LISTEN AND LEARN ABOUT SOCIAL SECURITY. FREE AUDIO PUBLICATIONS FOR YOUR CONVENIENCE.

By Kirk Larson Social Security Washington Public Affairs Specialist

Perhaps you've been planning to read that booklet on Social Security benefits for some time now, but you never seem to find the time to sit down with it. If only you could listen to an audio version, just as you might listen to the latest novel by your favorite author on audio book.

Now you can. Social Security offers more than a hundred publications in audio format, in both English and Spanish. You can find them at <https://www.ssa.gov/pubs/audio/audio.html> and <https://www.ssa.gov/pubs/> or you can call (800) 772-1213 for assistance.

At Social Security, we want to make sure you can get the information you need. That is why we offer our publications in print, online in both internet and PDF versions, and some in audio format. You also can get publications in braille, in enlarged print, and even cassette or CD. If you are **blind** or **visually impaired** and are having trouble reading a notice we sent you in the mail, you can ask a Social Security representative to read it and explain it to you. You can contact us as many times as you want to get an explanation.

You can even learn about Social Security in 15 different languages at our Language Gateway. There are many publications you can read and download in Arabic, Chinese, Korean, Spanish, or Vietnamese. If you want to learn about Social Security in Greek, well now you can. Just go to - <https://www.ssa.gov/site/languages/en/>

Social Security is committed to using technology to improve the customer service experience. Learning about any aspect of Social Security's programs is easier than ever, in the format that works best for you. These days, you can even get a personalized estimate of your future benefits and apply for those benefits online.

From the comfort of your home, you can access information about Social Security. Take it a step further and use the audio publications in combination with the Frequently Asked Questions (FAQs) section to get answers to over 700 questions.

If you were planning to plug in the ear buds and listen to a little music tonight, why not play the Social Security publication you've been putting off? It's never been easier to learn about Social Security. Visit our web page and you can learn about Social Security programs at [www.ssa.gov](http://www.ssa.gov). Welcome to our online library. Whatever your preferred format, we're here for you.



## 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

James, Timothy	9/1	Sloppy, Carolyn	9/19
Gaiser, Fredrick	9/3	Cross, Marlene	9/20
Rasmussen, Lorelei	9/3	Jerry Sr., Michael	9/21
Barr, John	9/4	Penn Jr., Ronald	9/21
Courville, Beverly	9/6	Sailto III, Charles	9/21
Lozier, Monti	9/6	Jerry, Theresa	9/22
Smith, Georgene	9/7	LaClair, Donald	9/23
Ross Sr., Randy	9/8	Mitchell, Angela	9/23
Starr, Delbert 'Dub'	9/9	Maurice, Elaine	9/24
Moses, Rodney	9/10	Sportsman Jr., James	9/26
Jutila, Michael	9/11	Hoffer, Frances	9/27
Starr, Fred	9/11	Schultz, Cathleen	9/28
Williams, Dorothy 'Dot'	9/11	Hudson, Denise	9/29
King George, Henrietta	9/12	Courville, Rodney	9/30
Lozier, Franklin	9/13	Lozier, Mary	9/30
Allen, Jared	9/14	Luke, Valerie	9/30
Allen Jr., Donald	9/16		
Swanson, Jacqueline	9/16		
Calvert, Vernon	9/18		



## Native Community Helpers

Muckleshoot Behavioral Health Program is Recruiting Community Members to be Trained as Native Community Helpers



As a Native Community Helper You Will Receive:

- Training in Suicide Prevention and Drug & Alcohol Addiction
- Learn the warning signs of suicide and how to respond to potentially save a life
- Ongoing support from Behavioral Health Program

**You Will Become Part of an Important Community-Wide Effort! It's Easy To Sign Up And Receive More Information To Become A Native Community Helper:**

**Just Provide Your Name And A Contact Number One Of These Ways:**

Call Muckleshoot Behavioral Health Program: **(253) 804-8752**


Or

Send a Text to: **(253) 740-4586**

Or

Click or Go To the Link Below:

<http://surveyanyplace.com/s/gtxbejby>



## Mental Health Services Available



**Ask your counselor for more information about any of these services**

(We're Recruiting Community Members Who are interested in Becoming)

### Native Community Helpers

You Will Receive:

- Training in Suicide Prevention and Drug and Alcohol Addiction
- Learn the warning signs of suicide and how to respond to help save a life
- Ongoing support from Behavioral Health Program

You'll Become Part of an Important Community-Wide Effort!

**It's Easy To Sign Up:**  
Provide your Name & Contact number one of these three ways:

- 1) Tell your counselor you're interested in signing up
- or
- 2) Text: (253) 740-4586
- or
- 3) Go to this link:  
<http://surveyanyplace.com/s/gtxbejby>



#### Counseling Services

Therapy services begin with a mental health intake during which individuals identify their goals, strengths and needs. Ongoing service options are trauma-informed and include individual, couples, family, and group counseling, crisis intervention, in-home therapy, and case management. Goals are individualized to each client, and services are confidential. Contact your assigned therapist to discuss which therapy options would be the best fit for you.



#### Outreach and Transportation Services

Outreach services include crisis response, checking in on community members, in-home therapy, and case management. Transportation is available to and from your counseling services and groups. Contact the front desk or your therapist to request outreach or transportation.



#### Medication Management

Psychiatric services, including assessment and ongoing medication management, are available to clients participating in mental health therapy. Psychiatric providers work as a team with the client and their therapist to tailor services to each client's unique treatment and medication needs. Contact your individual therapist to discuss how medication services may work for you.



#### Domestic Violence Survivor Advocacy Services

Service include:  
\*Safety Planning \*Filing for Protection Orders \*Ongoing Support Group for Women \*Therapy Services for Victims and Their Families \*Support in Navigating the Social and Legal Systems \*Emergency Housing \*Legal Referrals \*Basic Needs  
Contact Christine Mandry or your therapist for information.



#### Equine Assisted Therapy

Equine Assisted Therapy, the use of horses within the therapy setting, is an effective and fun therapy model provided in a safe environment. This approach can be used to address emotional roadblocks, address past trauma and provide emotional healing, and increase self-esteem. Contact Karyn Cross-Sarabia or your therapist for information.



#### Nexalin

If you're suffering from anxiety, depression, and/or insomnia, you may benefit from incorporating Nexalin into your current mental health treatment. It's a drug-free alternative to medication, or can be used to enhance the medications you are already using. Nexalin delivers mild currents that feel undetectable and may help reduce symptoms. Contact your therapist for more information.

### Muckleshoot Behavioral Health Program

#### Healthy Relationships Women's Group

Every Tuesday 3-4:30 pm  
at Muckleshoot Behavioral Health Program

Open to All Women in the Community

Refreshments Provided



In This Group You Will:

- Learn What a Healthy Relationship Looks Like with Yourself and Others
- Learn How to Recognize Abuse and How to Change the Cycle of Domestic Violence for Yourself and Your Family
- Support and Be Supported by Other Women Who Want to Improve Their Relationships and Participate in Activities and Art Projects

For more information, contact:  
**Christine Mandry at the Muckleshoot Behavioral Health Program (253) 804-8752**

Childcare is Provided at the Health and Wellness Center



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!

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 IN TO 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

CALL FOR INFORMATION

MCFSS Office Location: 39017 172nd Street SE, Auburn WA 98002  
Foster Licensor: Trudi Moses 253-876-3397 Cell: 253-880-8968



MCFSS Main: 253-833-8782  
Director: Cynthia Orie 253-876-3396

MFT Children & Family Services

**ATTENTION!** Do you have Medicare Part A & B ?  
**Medicare Part D—Open Enrollment**  
**October 15th—December 7th, 2017**

- Medicare Part D is Prescription Drug Coverage;
- During Open Enrollment You can Join a Medicare Prescription Drug Plan for 2018;
- Switch from one Prescription Drug Plan to another Medicare Plan for 2018;

Come by the Health & Wellness Center's Managed Care Department to see Ronette Bailey or Tonya Montgomery or call Ph # 253-939-6648

Muckleshoot Behavioral Health

**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?

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

**Diabetes Academy**

**UPDATED 2017 Diabetes Education Classes**

**Muckleshoot Health & Wellness Center Diabetes Program**

Classes are taught by **Kaleigh, Registered Dietitian**

\*Please contact Emmie, Diabetes Coordinator with questions (253) 939-6648

October 11th	Preparing for Holiday Eating	10:00 am -11:00am AND 3:00pm-4:00pm
November 8th Wednesday	Support Group, Total Points for Participants.	10:00am-11:00am (One class this month)

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.

Health and Wellness Center Presents



**Basketball League Night**

Wednesday Nights 6-9pm  
 September 13<sup>th</sup> -November 8<sup>th</sup>  
 Teams must have **51% Muckleshoot**  
**6 teams only**  
**No Entry Fee**  
 Provide your own referees

**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.

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

You must call CHS office for PO numbers within 72 hours/3 days of being seen.  
**CHS OFFICE – 253-939-6648**

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

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

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

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

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

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

09/01/15 MI URGENT CARE NOTICE

**If You Think You or a Loved One May Have an Issue With Gambling, Let Us Help You**

Muckleshoot Behavioral Health

**What Does Problem Gambling Look Like?**

- Needing to gamble with increasing amounts of money in order to achieve the desired excitement.
- Experiencing restlessness or irritability when attempting to cut down or stop gambling.
- Making repeated unsuccessful efforts to control, cut back, or stop gambling.
- Being preoccupied with gambling (e.g., having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble).
- Gambling when feeling distressed (e.g., helpless, guilty, anxious, depressed).
- After losing money gambling often returns another day to get even (“chasing” one’s losses).
- Lying to conceal the extent of involvement with gambling.
- Jeopardizing a significant relationship, job, or educational / career opportunity because of gambling.
- Relying on others to provide money to relieve desperate financial situations caused by gambling

**How do you know if you have problem gambling behavior?**

Take this simple questionnaire:

1. During the last 12 months, have you become restless, irritable, or anxious when trying to stop or cut down on gambling?
2. During the last 12 months, have you tried to keep your family or friends from knowing how much you gambled?
3. During the past 12 months, did you have such financial trouble as the result of your gambling that you had to get help with living expenses from friends, family members, or welfare organizations?

If you answered yes to any of these questions, please contact Julia Smiley at Behavioral Health (253)804-8752 today.



**Healing with Horses Group**

**Come Join The Horses Every Wednesday, 1-3pm**



Spend healing time with Horses at the Blue Barn

Open to join any time. Just show up!  
**All Community Members Welcome**  
 Blue Barn: 38122 180th Ave. SE, Auburn 98092

For more info, contact: Karyn Cross-Sarabia @ the Behavioral Health Program: (253) 804-8752



## 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



## 6 Guidelines for choosing the best sport lenses!

**-Yellow and Orange** lenses help increase contrast and depth perception.



-The brighter the yellow, the better visual in low contrast and near-dark settings.

**-A light purple** lens is good for enhancing the orange of a clay target against a background of trees.



**-Vermillion (Red)** lens helps in situations where there is a varied background, such as trees, to help the target stand out.

**-Gray** lenses helps see targets exactly as they are. While gray lenses don't enhance the target, they do help reduce glare from bright sunlight.



**-Polarized** lenses reduce glare caused by sunlight reflecting off water and other flat surfaces, while enhancing outdoor vision.



## NOTICE:

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



Try out an Endo Board at the Muckleshoot Health and Wellness Center.

To GIVE help or GET help:  
 Call 911 if you or someone you know is in immediate danger.  
 Call the Suicide Prevention Lifeline: 1-800-273-TALK (8255).  
 Chat online at www.SuicidePreventionLifeline.org.  
 Text START to 741741 to chat via text.  
 Visit www.warmative.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 Psychological Services  
 Indian Health Board  
 www.nhshd.org  
**THRIVE**

## Health & Wellness Center Program Hours

	Pharmacy	Wellness Center	*Shuttle Service
Monday 7-9 pm	8-6 pm	7 am-8 pm	9-9 pm
Tuesday 7-9 pm	8-6 pm	7 am- 8 pm	9-9 pm
Wednesday 7-9 pm	9-6 pm	7 am-8 pm	9-9 pm
Thursday 7-9 pm	8-6 pm	7 am-8 pm	9-9 pm
Friday 7-9 pm	8-6 pm	7 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

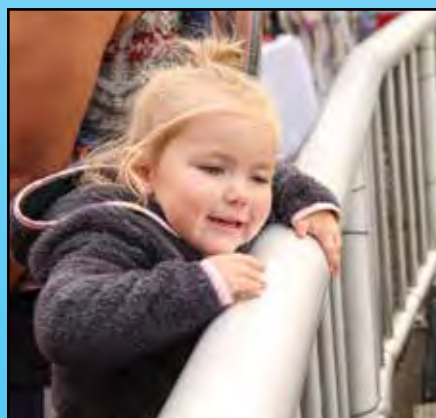
Marty Laronal  
 Support Services Manager  
 Muckleshoot Early Childhood Education Center  
 15599 SE 376<sup>th</sup> St  
 Auburn, WA 98092  
 253-876-3056 Ext 3922



# 25th Anniversary Salmon Homecoming Celebration

September 15th-16th, 2017 ~ Seattle, Waterfront Park

PHOTOS BY EVAN AVILA



# Memories of the Canoe Journey

[Canoe Journey traveler Cynthia Lozier shares her thoughts on the Paddle to Campbell River 2017.]

Hello, my name is Cynthia Hawuthshed Lozier. My mother said my name means "Stands Strong." I don't think that is right, but it is okay because I know that is what it means to her. This was my second Canoe Journey with the Puyallup Indian Tribe. This is a special journey. My granddaughter and I told each other that we were going on the Canoe Journey together this year. She is in heaven now, but I felt I still had to keep my promise so here I am. I really had a beautiful journey last year and I am anticipating that this journey will be even better and more memories being made.

Last year while paddling I saw an eagle swoop down, catch a fish and take it up into the tree to eat. Next, I saw a whale waving hello to me with its tail. The people told me the whales come in front of the paddlers. On shore, I saw a fawn with its mother for about three days. The mother always looked like she was telling her baby fawn to be careful of those two-legged creatures. I believe this year will be more of a spiritual journey. I plan to meet several more beautiful people. I just love Canada so very much!

My granddaughter was such a blessing because the doctor said my daughter wouldn't be able to have children because she had cancer in her uterus. I prayed that God would allow her to have children... and guess what - she did: my granddaughter.



I used to talk to her everyday. "Hello, baby, this is NaNa," I would say tapping on my daughter's belly when I came home from school. My daughter thought I was crazy. "Oh Mom, the baby can't hear you." I would answer, "Oh, yes she can," and baby would kick a response.

Finally she was born and the doctor introduced us. Her Mom and I said, "Hi, baby, I'm NaNa!" of course her Mom had to say, "She doesn't understand you." You know, Baby looked at both of us (I was the coach) and said, "Na Na

Na Na." That was the way she cried for at least six months! It was music to my ears! I laughed every time "tell me babies can't hear." They can hear everything while they are in your tummy. That is why you have to be careful of what you say.

Well, she got to come home after a couple of days and I got to give her first bath. She looked all over the place, big eyes sucking in everything possible. The thing that touched my heart about her throughout the years was that she learned quickly and took everything in. By the time she was two, she could go on the wheelchair anymore." I understood and let them pronounce Grandma dead.

When Grandma finally passed, she helped me let go because I couldn't grasp that Grandma had to go by herself. I kept making the paramedics work on her. Baby said, "Na Na, now Grandma can run, jump and play and doesn't need the wheelchair anymore." I understood and let them pronounce Grandma dead. She understood beyond her years. Grandma taught her how to walk by having baby hold onto her walker. Baby would sit in Grandma's lap and I would push both of them in the wheelchair down the road. We would be laughing together as we went. She was learning to read when she was three. Small words like "it," "was," "I" and "me." She loved preschool and regular school, and she sucked up the education like a sponge.

Sometimes she would take off and Grandma and I would have to go find her (she was fast as lightning). We would find her sitting down on an elder's porch having a grown-up conversation with the elder or elders. I'd apologize for her and we would go where we had to go. She was an old soul in a little body, understanding beyond our comprehension. She grew up with knowledge and learned what I tried to teach her about respecting elders. She never talked back to me rudely. Oh, but she did talk...she would light your ear on fire with talk!

I was always amazed at how she learned. She always tried to do something to help you. I never had to ask her to wash dishes or take out the trash. She would just do it automatically. She had so much energy. She loved to dance in powwows. While I was going around, she would dance circles around me - so much energy! Her last regalia she wanted flames on the material, so I found flames and made her dress. We danced together before she went to Okinawa, Japan. Beautiful memories of her dancing in flames.

She also loved animals and kids. It didn't matter, she always had to take care of them. When she was baptized in church at about five months old, she stood up in my lap and when they came to her, she reached up high like she was grabbing God and not going to let go. She loved to be in church singing songs and learning about God. She was just the best blessing you could imagine... always making you proud to have her in your life.

When she was about five years old, I was out of town and got a call that she had been run over. I made it back home and went straight to the Good Samaritan Hospital where she was. She was in a coma and the doctors said they had to wait to see if and when she came out of the coma to know the damage. I got on my knees and prayed that whole night continuously and fervently: "God, save her! She will make you proud! Please let her live!"



God answered my prayers. In the morning she opened her eyes and said, "Hello Na Na, I love you!" She got out of the bed and wanted her clothes because she wanted to go home NOW. She went down the hallway looking for her clothes. The doctors said it was a miracle. She had to wear a helmet for quite



Cynthia Lozier and husband Franklin Ross.

some time but she was up and running again.

As she grew, people would take advantage of her because they could see she was a kind heart. Even when they did something to hurt her, she would still be good to them. She was always helping someone.

When she told me she wanted to join the Marines, I was so proud that she was carrying on the family tradition. She did well and enjoyed traveling around different parts of the world. She would call me Sundays at 4:00 AM all the time. We would talk about what she was going to do the following week. It seemed like the sky was the limit for her. She would say she joined the Marines because she wanted to be all she could be - and then some. I would ask her, "Are you all you can be now?" She would say, "Oh yeah!"

Every week we would make plans about going on the Canoe Journey together. After we were done talking, we would say, "See you later, alligator. I love you from the moon and back to infinity!" We would try to out do the other with how much we loved each other.

When they told me she was gone, I knew it wasn't by her choice because she loved going places and learning about life too much. Someone hurt her so much that God had to take her in His arms and soothe her wounds and whispered to her, "No one will ever hurt you again."



Now she can go wherever she wants and no one can stop her. There are so many beautiful places to see yet. Wow! A saying on the wall where I spent the night in Canada during the Canoe Journey said it so plainly: "Wherever She Goes She Leaves A Little SPARKLE!!!" So very true.

Wow! the Canoe Journey was once again fantastic. I saw that my deer, eagle and the humpback whales were in front of us again. The first day paddling, a blue heron screeched and I saw where a mother deer had left her fawn on a rock on the beach so she could go find food. The fawn looked like a statue, it just did not move. I see why they say the blue heron is a watchdog.

I saw beautiful eagles every single day of the journey. I saw an exemplary eagle when we were praying, and Connie McCloud was receiving a special eagle feather during a ceremony. When they started praying, I opened my eyes and a huge female landed on the building near us. I estimate her wing span was about six feet as her wings were spread to land. She stayed and watched the whole ceremony. Absolutely gorgeous.

Then the humpback whales were in front of us when we were doing one of those 8-hour pulls. The gentleman said they were all in a row like they were showing us the way. My journey this time was to honor my granddaughter because she is in Heaven now. It was a beautiful journey and every stop was another beautiful scene of nature. The tribes in Canada have beautiful land, always near the water.

I was also fortunate to be able to go to a museum. Such beautiful craftsmanship on the totem poles and canoes... all the history of the people in that area. I also saw the name King George in the museum. Some more research to be done. The hosts were beautiful to us, feeding us and making sure we had everything we needed - especially showers. I don't mind camping, but I need to be clean.

The kids had fun everywhere, from cooking a late snack to swimming in yet another gorgeous lake or river and, of course, pulling or paddling in the canoe.

My husband Franklin Ross was on one of the canoes that flipped. He was courageous and was trying his hardest to get the water bailed out of the canoe. He is so funny. He said, "Guess who pulled me out of the water?" "The police! they pulled me out!" He was shocked and I said, "Yeah, they are there to help us." He was a bit ruffled, but all in all he is okay. He said he wasn't going to leave the canoe. It looked like his captain wasn't going to either.

Canada is such a beautiful place of scenic lands with blue, blue water and clean. This was a beautiful healing spiritual journey that I shall never forget. THANK YOU PUYALLUP TRIBE AND THANK YOU CONNIE MC-CLOUD FOR THE HEALING. I have many more brothers and sisters now. Beautiful people, those Canadians... aaa.

## DO YOU OWN LAND ON THE YAKAMA INDIAN RESERVATION? IS your name on the list? Is so, please contact: 1-888-678-6836.

- |                    |                      |                   |
|--------------------|----------------------|-------------------|
| Adrian Jackson     | Eugene Clark         | Michael Solis     |
| Alexandra Saluskin | Gail Gerald La Clair | Natasha Scott     |
| Allen Bush         | Gloria Spencer       | Ramona Robbins    |
| Andrew Iyall       | Gregory Dean Selam   | Raymond Patton    |
| Angel Fry          | Brockie              | Richard Conklin   |
| Beverly Charley    | Gregory Elwell       | Robert DeYoung    |
| Bill Herrera       | Jackie Cooley        | Roberta Ranes     |
| Bonnie Benson      | James Cooley         | Robin Robbins     |
| Cathy Smith        | James Hamley         | Ronald George     |
| Charlene Eaton     | Janice Mesplic       | Sabrina Monaghan  |
| Charles Becker     | Jeannie Conklin      | Shavonne Pratt    |
| Cheryl Mitchell    | Jerry Tyrell         | Shawnrae Gabriel  |
| Chester Yemowat    | Joseph Shelafoe      | Shirena LeClaire  |
| Christopher Carter | John Demontigny      | Stephanie Barr    |
| Cynthia Dye        | Judith Ford          | Susan Okeymaw     |
| Dale Tompkins      | June Hoskins         | Terrence Williams |
| Danielle Gabriel   | Kevin Bond           | Tobias Laddrout   |
| Dennis Fry         | Larry Wooster        | Toney Pease       |
| Dennis Robbins     | Laura Morrison       | Travis Tovar      |
| Dennis Tyrell      | Lavern Hoffer        | Trevor Peter      |
| Donald Tyrell      | Leroy Yocash Jr      | Vivian Foley      |
| Dorothy Kranagna   | Marcia Olney         | Walter Steinbach  |
| Dorothy Shelafoe   | Marcus Youell        | Wanda Malta       |
| Eddie Murrillo     | Margaret Thomas      | Wesley Robbins    |
| Edward Steinbach   | Marie Carlson        | William Conklin   |
| Elizabeth Sharrock | Marlene Smiscon      | William Merritt   |
| Elvera Williams    | Mary Ledger Switzler | Yvonne Allen      |
| Ernest Barttels    | Mary Takemoto        |                   |



### Catherine's

Take and Bake Meals




Catherine's Take and Bake frozen meals, takes the labor and stress out of planning and preparing dinner throughout the week!

These home cooked entrees are the perfect solution for individuals and families that find themselves short on time at the end of a busy day.

Follow us online to see weekly menu items

Instagram: [Catherines\\_take\\_and\\_bake](#)

Facebook: [Catherine's Take and Bake](#)








JOIN US FOR OUR 4th

## MINOR'S TRUST

### Education Class

# 19 DEC

## 4:00PM

ADDRESS:  
17500 SE 392nd St  
Auburn, WA 98092

TOPIC:  
Investing in Yourself

FOR MORE INFO:  
253-876-3014  
Wahleha.Sheldon@wahleha.com

TAUGHT BY  
PROVIDENCE  
FIRST TRUST





# 41ST ANNUAL SKOPABSH POW WOW

August 25, 26 & 27, 2017 ~ Muckleshoot Pow Wow Grounds

PHOTOS BY JOHN LOFTUS



## PENTECOSTAL



Chad Taylor came to share in weekend services. Ben Charles, Jr. and a few of us set up a vendor tent, gave away fruit, snacks, small gifts and prayed with people.



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

**Ray of Hope Resource Center**

2536 I Street NE  
Auburn, WA 98002  
253-833-8925

"Bringing hope to help change a life..."

OPEN  
10—3:30  
M—F

\*\*\*\*\*

Laundry  
Shower  
Phone Charging  
Help with ID  
Lunch  
Work Assistance  
Safety  
Assistance with any and all barriers keeping you from moving into the next phase of your life.  
"There will be no barrier too great that we won't attempt to help!"



FROM THE TACOMA KATERI CIRCLE: Sister Kateri Mitchell, on the left, is the current Executive Director for Tekakwitha Conferences. Blessings to her for all her good work! Follow them on Facebook at: <https://www.facebook.com/tacoma.katericircle>



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

## Tekakwitha Conference 2017



### 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 \$85,000 STICK GAME TOURNAMENT

September 8, 9 & 10, 2017

PHOTOS BY MIKAYLA RENAUD





# 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.*

**8/8/17 9:00am C17039130 14700blk/Se 369th pl Warrant**  
Jeremiah WhiteEagle (38) was arrested on several outstanding felony warrants and booked into the King County Jail.

**8/8/17 7:50 pm C17039271 16500blk/SE 392nd St Warrant**  
Kyle Peterson (30) was arrested on an outstanding felony warrant after he tried running from a deputy during a suspicious activity investigation. He was booked into jail.

**8/8/17 10:40 am C17039074 Hemlock St/Auburn Way S Stolen Car**  
A stolen car ran from a deputy and tried to hide from him after thinking the deputy would stop looking. A homeowner called to report a suspicious car in her driveway; it ended up being the stolen car. The driver was arrested for possession of a stolen car in conjunction with a felony warrant for possession of a stolen car and other warrants.

**8/9/17 10:10am C17039343 39900blk/SR 16 4 Car Prowl**  
Someone visiting the King County Library had their car broken into and several items were taken. The victim got the plate of the car leaving the scene. The case is ongoing.

**8/9/17 11:50 pm C17039464 1900blk/Ginko St Warrant**  
William Lomakema (36) was arrested after he failed to obey orders to stay in his car during a traffic stop and running into an unknown person's house. The homeowner let deputies inside where they found him hiding under a blanket. He was several warrants out for his arrest; he was booked into jail.

**8/10/17 1:10 pm C17039464 39300blk/165th Ave SE Warrants**  
Faith Minthorn (32) and Thomas Arms (21) were both arrested out of a suspicious car parked near the Shaker Church on their outstanding warrants.

**8/10/17 10:30pm C17039658 17300blk/SE 398th pl Warrants**  
A parked suspicious car revealed both occupants had multiple warrants out for their arrest. They were booked into jail without incident.

**8/10/17 1:30 am C17039676 37000blk/147th Pl Se Warrants**  
Hagen Barr (30) was arrested out of a suspicious car and booked into the SCORE jail.

**8/11/17 11:00 am C17039742 39200blk/165th Ave Se Trespass**  
An adult male and female were trespassed from an elder's home after being asked to leave several times in the past.

**08/11/17 1:27AM 17-10172 1004 M St SE Assault**  
Julian Montoya (54) was arrested for allegedly assaulting his wife Sherry Montoya (Ross) (55) during an argument.

**08/11/17 9:59AM 17-10189 Muckleshoot Casino Drugs/Paraphernalia**  
A male was arrested for Heroin and paraphernalia possession after being found passed out in a vehicle in the parking lot of the casino by a passing officer who stopped to check on him.

**08/11/17 10:44PM 17-10205 Muckleshoot Market Warrant**  
A female was arrested at the Muckleshoot Market for a \$2,600.00 theft warrant out of Auburn.

**08/11/17 10:56 PM 17-10206 Muckleshoot Casino Attempted Auto Theft**  
A casino patron reported that someone attempted to steal her Maroon 1992 Honda Accord and, although unsuccessful, the suspect did take her car battery and items from inside it.

**8/11/17 4:10 pm C17039800 Dogwood St/Auburn Way S Warrant**  
An adult male was arrested out of a car during a traffic stop on his outstanding warrant. He was booked into jail without incident.

**8/11/17 9:00 pm C17039846 38900blk/172nd Ave Se Theft**  
An elder reported she was missing \$240 from her home. There were possible witnesses to the theft but nothing solid enough to file a case.

**8/12/17 9:10am C17039897 39600blk/SR 164 Theft**  
A car was broken into and several items were taken. While on the way to the call, a deputy found some of the stolen property on the side of the road. Deputies dusted for fingerprints. There is no suspect information at this time.

**08/12/17 3:05PM 17-10229 Muckleshoot Bingo Theft**  
A patron of the bingo hall reported that as he was walking inside the building he looked back at his truck and saw a white male with shoulder length blond hair open the door and steal some items. The victim chased the suspect into the woods but lost him.

**08/12/17 11:20PM 17-10255 Muckleshoot Casino Order Violation**  
A casino security officer saw a male and female arguing in the parking garage and saw the male then following the female who appeared to be trying to get away from him. An Auburn officer responded and discovered an order between the two for which the male violator was arrested.

**8/13/17 8:00 pm C17040092 2117 Auburn Way S Warrants**  
A suspicious adult male was arrested after the deputy learned he had several warrants out for his arrest and he left his car into the Bingo hall. He was booked into the jail. The car he was in had several pieces of drug paraphernalia.

**08/13/17 12:22PM 17-10276 Muckleshoot Casino Auto Theft**  
A casino patron reported that sometime overnight her black 1992 Chevrolet pickup was stolen from the parking garage.

**08/13/17 10:40PM 17-10299 Muckleshoot Market Warrant**  
Sunshine Bargala (41) was arrested near the Muckleshoot Market for a \$15,000.00 Hit and Run warrant out of Pierce County.

**8/14/17 12:00pm C17040206 38800blk/165th Ave SE Theft**  
A caretaker for an elder, interrupted an unknown male breaking out her passenger window and stealing her purse. She confronted him and he took off running. Deputies canvased the area but were unable to find the man.

**8/14/17 1:00 pm C17040214 38600blk/160th Ave SE Theft**  
An adult female reported her car had been broken into twice in two weeks. She admitted that the car was unlocked both times. There is no suspect information at this time.

**08/14/17 11:41PM 17-10341 Muckleshoot Casino Assault**  
Casino security officers called for the Auburn Police to assist with a heated verbal argument between a male and female in the parking lot of the casino. During the argument, security saw the female slap the male. It was determined they were married and the female was arrested for domestic assault.

**8/15/17 9:00 am C17040371 Hemlock St Se/Auburn Way S Warrant**  
An adult male was arrested out of a car on a traffic stop after lying to depute about his name and where he was from. He was found to have over 5 warrants out for his arrest. He was booked into the King County Jail.

**08/15/17 1:43AM 17-10172 Muckleshoot Casino Theft**  
A female patron of the casino reported to security that she saw a male take her cell phone from her purse. Security located the male who initially denied taking the phone but then finally admitted it. He was detained by the police who arrived and arrested him.

**8/15/17 2:00 pm C17040453 Se 392nd st/172nd ave SE Trespass**  
An adult male was trespassed from numerous entities throughout the reservation.

**8/16/17 12:30pm C17040617 16400blk/SE 392nd St Stolen Car**  
An adult male and adult female were arrested out of a stolen car parked down a trail near the river. The female had a warrant out for her arrest. The male was booked on numerous charges. The car had just been reported stolen hours before.

**8/16/17 8:30 pm C17040720 39200blk/164th ave SE Burglary**  
An adult female reported her house was broken into while she was at work. Her TV was stolen. There is no suspect information at this time.

**8/17/17 2:15pm C17040842 17600 Se 400th St Burglary**  
Several high-priced tools were stolen from the MIT Adult Work Training Program. The items were locked in a storage container. There is no suspect information at this time.

**8/20/17 1:15 pm C17041261 Stuck River Dr/Kersey Way Se Warrant**  
A suspicious vehicle revealed the driver had a warrant out for his arrest. The man was handed over to Pacific PD to handle the warrant.

**8/21/17 8:40 pm C17041468 39200blk/164th ave SE Order Violation**  
An adult male was cited into court for violating a DV no contact order with his estranged girlfriend. He was gone by the time police arrived.

**8/22/17 9:10am C17041540 40800blk/SR 164 Stolen Car**  
A deputy found a stolen car driving along SR 164. When the deputy turned around the stop the car, it quickly turned down a side road and the occupants fled on foot. Several deputies arrived within seconds and quickly apprehended the two. The female driver was arrested and booked into jail.

**8/23/17 8:30 am C17041718 Fir St/Auburn Way S Stolen Car**  
A deputy found a stolen Penske rental truck parked along the side of the road near the old Key Bank. There was nobody inside.

**8/23/17 9:30 pm C17041864 2117 Auburn Way S Warrant**  
An adult male was contacted near the casino at the request of security. When confronted, he ran from the deputy. The man then displayed a knife and began yelling he was going to the deputy. The man was subdued and it appeared he was calmed down. When he Auburn PD arrived to help, the man jumped up and took off running again. This time, the man grabbed a large rock and began to throw it at officers. He was once again subdued and taken into custody. He had a felony warrant out of Olympia. He was arrested on several charges and booked.

**08/23/17 9:28 AM 17-10705 2200 Dogwood St SE Domestic Assault**  
Wesley Laclair (29) was located and arrested for a previously reported incident in which he allegedly assaulted his girlfriend Rayna Penn (28).

**08/23/17 8:58PM 17-10779 Muckleshoot Casino Auto Theft**  
A casino patron reported the theft of his green 2000 Honda Civic from the parking garage. Unfortunately, the victim's Chihuahua was also in the vehicle at the time. The vehicle was recovered in Kent WA 4 days later being driven by a person who was arrested. It is unknown what happened to the Chihuahua.

**8/24/17 9:50 am C17041929 Dogwood St/Auburn Way S Warrant**  
An adult male found loitering outside the deli was contacted by deputies and found to have a warrant out for his arrest. He was booked into the jail.

**8/25/17 3:40pm C17042176 40000blk/SR 164 Order Violation**  
An adult female was cited into court after it was reported she violated a protection order.

**08/25/17 4:23 AM 17-10858 Muckleshoot Bing Recovered Vehicle**  
Police officers were at the bingo hall for an unrelated issue when they observed suspicious vehicle from which a female had just exited the driver door. A check of the vehicle license showed it was a reported stolen vehicle and the driver was arrested. Inside the vehicle was a sleeping male passenger who was in possession of drug paraphernalia and also arrested. The female claimed that she had just met the male, who had asked her to drive the vehicle as he was too sleepy, and she did not know it was stolen.

**8/26/17 9:30 am C17042290 2402 Auburn Way S Stolen Vehicle**  
A poorly disguised stolen car was parked at the casino and its occupants were contacted. Not only was the car stolen but there were several nefarious items inside the car including a gun, drugs, lock picking tools, etc. The driver was arrested and booked into jail. The case is ongoing.

**8/26/17 5:00 am C17042337 38000blk/158th ave SE Stolen Car**  
An adult female reported her car stolen. Due to the fact that it may be a civil issue, a case for information was written.

**08/27/17 1:23AM 17-10730 Muckleshoot Bingo Vandalism**  
A bingo hall patron reported that someone broke out a window of her vehicle while she was inside. It did not appear the vehicle had been entered and nothing was obviously missing.

**08/28/17 8:10PM 17-11026 2507 17th St SE Domestic Assault**  
Victor Jackson (33) was arrested for allegedly assaulting his girlfriend Irene Anderson (26) at their home in front of one of their children. At court the following morning, prosecutors declined to pursue charges and Jackson was released. Anderson sought a protection order which was issued to Jackson.

**08/29/17 9:17AM 17-10705 Muckleshoot Casino Theft**  
A casino employee reported that someone broke out the window of her vehicle while parked in the casino garage, although nothing appeared to be missing. Security video confirmed that a subject was seen parking white Saturn behind the employee just after she left her vehicle. The subject broke out the window then sat in the vehicle. The security video was not clear enough to get a suspect description, however; it did capture the suspect vehicle's license plate. A check of the license showed it to be registered to a person that was deceased.

**08/30/17 4:32 AM 17-11093 3634 Juniper Ln SE Felony Assault**  
A juvenile Tribal Member was allegedly assaulted during an argument with her 20-year-old non-tribal boyfriend. He was reported to have struck her in the head several times with a metal nonfiring replica pistol. The suspect fled the scene but was located shortly after by police and arrested.

**08/30/17 3:25PM 17-11125 1539 21st St SE Theft**  
Dena Pedro (26) reported that her wallet containing her ID and the per-cap payout was stolen the day prior at a Seven Eleven. A check of the security video showed that Dena had dropped her wallet, and an elderly white female picked it up and put it in her pocket while standing behind her in line. The suspect has not been identified.

**8/31/17 6:30 am C17043148 17200blk/Se 400th st Aid call**  
Deputies and aid crews responded to a medical call with an adult.

**08/31/17 5:56AM 17-11152 Muckleshoot Casino Identity Theft/Forgery**  
A male was arrested for attempting to cash a fraudulent check at the casino. An alert cashier noticed the check appeared to be "fake". The male was detained by security and the police were called.

**08/31/17 4:32PM 17-11186 1858 21st Ct SE Vandalism**  
An unknown person damaged a window belonging to Tribal Elder Irene Kai (70). The window had two small holes in the glass consistent with a small hard object striking it. It was believed and BB, pellet, or similar object struck the window at an unknown time sometime in the previous 24 hours.

**08/31/17 7:50PM 17-11192 1941 19th Pl SE Vandalism**  
Nicholas Elkins (23) reported that his girlfriend Roberta Tecumseh (25) allegedly broke his cell phone and punched him in the face during an argument over relationship issues. Roberta had left the location but later called the police and claimed that Nicholas had assaulted her and showed the police a bruise on her arm. Roberta then admitted that Nicholas had not assaulted her and the bruise was old.

**9/1/17 3:00pm C17043493 39100blk/172nd ave SE Order Violation**  
An adult male was arrested and booked into jail for violating a protection order.

**09/01/17 11:21 PM 17-11264 Muckleshoot Casino Domestic Assault**  
A witness reported to security that he had seen a male patron strike a female patron at a gaming machine. Both persons, who were married to each other, were detained and the police were called. A review of the security video showed that the female had actually struck the male several times and that the male did not strike the female until it appeared that she may have bitten him on his face. At that point, the male did strike the female, which is what the witness saw. It was determined that the male's action was self-defense and the female was arrested.

**9/1/17 10:00pm K17292261 39900 blk/SR 164 Warrant**  
Angelena Moses (25) was arrested during a traffic stop on her outstanding felony warrant and booked into jail.

**9/3/17 1:45 am C17043659 SE 386th wy/158th ave SE Warrant**  
An adult male was contacted during a traffic stop and found to have a non-extraditable warrant out of Pacific PD. He was released at the scene.

**9/4/17 5:50pm C17043896 38900blk/SR 164 Disturbance**  
Deputies responded to a family disturbance where a possible assault occurred. Once they arrived, they were met with several uncooperative persons. They were not able to determine if a crime had occurred.

**9/5/17 6:00 am C17043955 38000 blk/158th ave SE Disturbance**  
An adult female was contacted by police and an aid crew after she was heavily intoxicated and disturbing the peace inside tribal housing. She was taken to the hospital for treatment.

**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**

September 30	<b>Win Me 5K Color Run</b> - Muckleshoot Powwow Grounds. <a href="http://www.winme5k.com">www.winme5k.com</a>
September 30	<b>Color Run</b> at Pow Wow fields
Every Saturday in October	<b>Community Haunted House</b> at Sla Hal Shed 8 pm – 11 pm.
October 7	<b>Fishing Derby</b> at Keta Creek Hatchery. Breakfast at 8 AM and fishing starts at 10 am.
October 25	<b>MCDC Open House Parent/Teacher Conference</b> 5:30 - 7:30 pm
October 29	<b>Community Halloween Party</b> at Emerald Downs 12 pm – 4 pm.
October 31	<b>Community Trunk or Treat</b> at the Tribal School 6 pm - 8 pm.
November 11	<b>Veterans Day Dinner</b> at Pentecostal Church 5 pm.
November 18	<b>Community Thanksgiving Dinner</b> at Pentecostal Church 4 pm.
December 16	<b>Community Christmas Party</b> at Emerald Downs 12 pm – 4 pm.
December 19	<b>Minor's Trust Education Class</b> 4pm at 17500 SE 392nd St. Auburn, WA. For more info call Wahleha Sheldon at 253-876-3014

SUBMIT YOUR ITEMS FOR THE EVENTS CALENDAR!  
[Muckleshoot.Monthly@muckleshoot.nsn.us](mailto: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.



**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.

*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.

**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)

**SUBSCRIBE TO THE MONTHLY...**

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

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



clip and return  
**SUBSCRIPTION REQUEST / ADDRESS UPDATE**

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

**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**

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.



2017'18 Muckleshoot Tribal Council

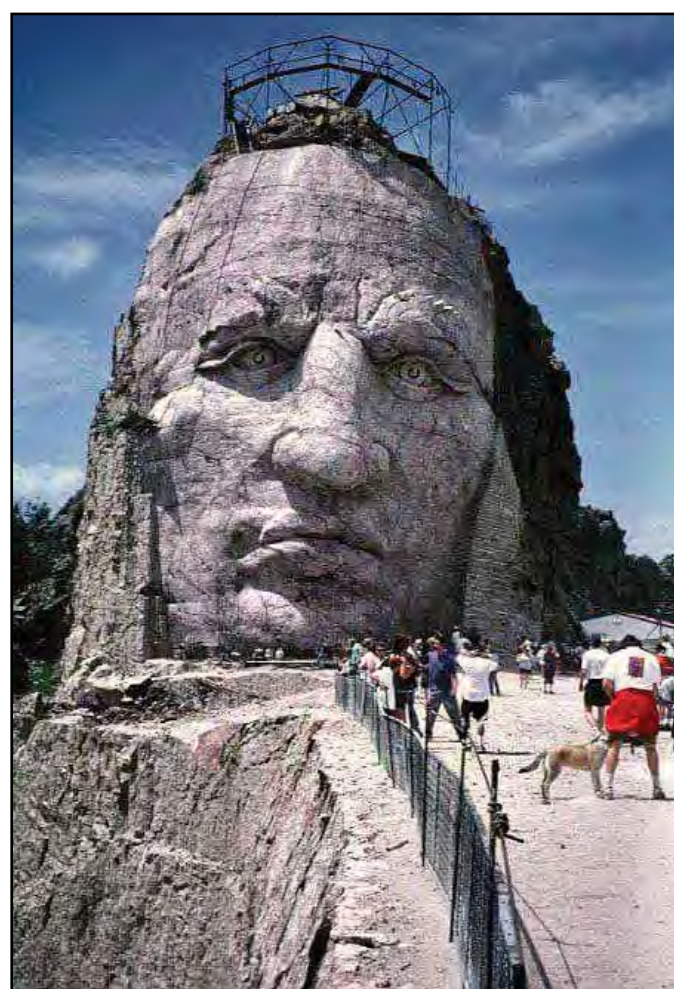
- Virginia Cross, Chair
- Anita Mitchell, Vice-Chair
- Jeremy James, Secretary
- Jaison Elkins, Treasurer
- John Daniels Jr.
- Jessica Garcia-Jones
- Mike Jerry Sr.
- Kerri Marquez
- Louie Ungaro

Muckleshoot Monthly

John Loftus, Managing Editor  
 Evan Avila, Assistant Editor  
 39015 172nd Avenue SE  
 Auburn, WA 98092  
[Muckleshoot.Monthly@muckleshoot.nsn.us](mailto:Muckleshoot.Monthly@muckleshoot.nsn.us)

# Monti's Garden

PHOTOS BY JOHN LOFTUS



Recent photo of Crazy Horse Mountain



Adrienne Fulgencio was recently featured in a Seattle PI portrait collection of Seahawks fans on their way to the Seahawks vs. Minnesota Vikings game. The collection can be viewed at <http://www.seattlepi.com/sports/football/slideshow/Seahawks-fans-show-their-team-spirit-162014.php>

PHOTO CREDIT: GENNA MARTIN, SEATTLEPI.COM