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Joy Harjo, 23rd Poet Laureate of the United States

Joy Harjo Becomes 1st Native American U.S. Poet Laureate

Poet, writer and musician Joy Harjo – a member of the Muscogee Creek Nation – often draws on Native American stories, languages and myths. But she says that she's not self-consciously trying to bring that material into her work. If anything, it's the other way around.

"I think the culture is bringing me into it with poetry – that it's part of me," Harjo says in an interview with NPR's Lynn Neary. "I don't think about it ... And so it doesn't necessarily become a self-conscious thing – it's just there ... When you grow up as a person in your culture, you have your culture and you're in it, but you're also in this American culture, and that's another layer."

Harjo, 68, will represent both her Indigenous culture and those of the United States of America when she succeeds Tracy K. Smith as the country's 23rd Poet Laureate this fall. Her term, announced Wednesday by Librarian of Congress Carla Hayden, will make her the first Native American poet to serve in the position.

"It's such an honoring for Native people in this country, when we've been so disappeared and disregarded," Harjo says. "And yet we're the root cultures, over 500-something tribes and I don't know how many at first contact. But it's quite an honor ... I bear that honor on behalf of the people and my ancestors."

A native and resident of Tulsa, Okla. – she is also the first Oklahoman to be named U.S. Poet Laureate – Harjo says the appointment is an opportunity to continue a role she has often assumed throughout her career: as an "ambassador" of poetry. The Library of Congress calls the position "the nation's official poet" and assigns a "modest minimum" of official duties in order to enable individual projects designed "to raise the national consciousness to a greater appreciation of the reading and writing of poetry."

"Since I started writing in 1973, I've almost always been on the road with poetry, and meeting people and communities ... every state in the union, small and large communities, for years on behalf of poetry – and the gift that poetry brings to all of us," Harjo says.

Harjo is the author of eight books of poetry, including the American Book Award-winning *In Mad Love and War* (1990). She has also written a memoir and literature for children and young adults. She has taught at the University of California, Los Angeles, and the University of Tennessee.

A new collection called *An American Sunrise* will be published in August. Its title poem interpolates and salutes a famous Gwendolyn Brooks poem, but imbues it with new meaning about the persistence of Native people: "We are still America. We / know the rumors of our demise. We spit them out. They die / soon."

Born in 1951, Harjo did not have an easy start to her life as a multidisciplinary artist. Her memoir *Crazy Brave* discusses her father's alcoholism, her abusive stepfather, teen motherhood, a failed first marriage and living in poverty – before finding the "spirit of poetry."

"I needed to find my voice, I think, in order to live," she later said.

The memoir also discusses the time that she heard jazz legend Miles Davis on her parents' car radio and experienced a transcendental moment, which she connected to her mother's singing and her deep identification with music. Much later in life, nearing age 40, she picked up a saxophone for the first time. She has now released five albums of original music and won a Native American Music Award in 2009.

Harjo talks about her poetry as a kind of music – like making a fire by slamming two rocks together. "You hit words together with

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State Track Champ Rosalie Fish Runs for Missing & Murdered Indigenous Women

Article by Erin Strout, *Women's Running Magazine*

High school senior Rosalie Fish is using running to shine a light on the violence, murders, and disappearances of women in her community. She doesn't plan to stop in college.

When she stepped to the starting line at the Class 1B state track and field championships at Eastern Washington University this month, Rosalie Fish didn't have winning on her mind. Instead, she was thinking about Misty Anne Upham, Alice Looney, Jacqueline Salyers, Renee Davis, and Davis's unborn baby.

All the people who Rosie held in her heart during her races were indigenous women from her community who went missing or experienced violent deaths. She ran with a red hand painted over her mouth as a symbol of the women silenced in death and the letters MMIW on her leg, which stand for Missing and Murdered Indigenous Women.

The Urban Indian Health Institute reports that in 2016, there were 5,712 reports of missing American Indian and Alaska Native women and girls, but the U.S. Department of Justice's database only logged 116 cases. The Center for Disease Control and Prevention reported

rosaliefishx: This was a very emotional and very powerful weekend for me. I was inspired and supported by marathon runner and activist Jordan Marie Daniels to run for Missing and Murdered Indigenous Women. I dedicated my 1600 to Alice Looney, my 800 to Jacqueline Salyers, my 3200 to Renee Davis, and my 400 to Misty Upham. Wellpinit runner Gabriel Kieffer also donated a medal to Misty. I am honored by the families that allowed me to represent these women and I am blessed to be able to run for them. MTS King's girl's team placed for the first time (4th) at state championships with only three competitors. While my other two teammates are much younger than me, I learned a lot from them. I'm so excited to see what they do for MTS and Indian Country in the future. ~ Instagram Post

that murder is the third-leading cause of death among American Indian and Alaska Native women – and rates of violence on reservations are up to 10 times higher than the national average.

Rosie, who won individual state titles in the 800, 1600, and 3200 meters, has brought greater awareness to the crisis through her activism on the track. As a member of the Cowlitz Tribe and life-long member of the Muckleshoot Tribal Community, the 18-year-old has just

Continues on Page 2 Rosalie Fish



ALEX FLETT PHOTO

FINAL PREPARATIONS UNDERWAY FOR 2019 CANOE JOURNEY



Photo by Mocha Molly Bradbury

Summer Youth Cultural Program Available Now

A few words from Will Bill:

This year's Canoe Journey 2019 is called the Paddle to Lummi. We're excited to return there. We have a lot of good family and friends in that area and it's always a beautiful place to travel to.

This year will be one of our earlier starts for Canoe Journey. We'll be departing Muckleshoot on July 15 and traveling to Squaxin Island where we'll stay the night and then be on the water on the following morning, July 16.

In all, we'll have nine days on the water, with one rest day in Suquamish and landing on the beach at Lummi on Thursday, July 25. We've been diligently practicing and training for the last several months, getting our crews ready, up and running again.

SUMMER YOUTH CULTURAL PROGRAM

Our Summer Youth Program started on June 23 and will run for three weeks. We hope that many of the youth that participate that will join us on the Canoe Journey as well.

The Summer Youth Program will emphasize many elements of culture in terms of cultural arts, traditional foods and medicines, Muckleshoot language, Muckleshoot song and dance, physical training, physical education, and of course being on the water for canoe training with those young people in our traditional territories in our U&A and exercising those spiritual and cultural practices.

We have a solid Canoe Family base group, with attendance averaging 50 people per meeting, and for our practices on the water we've had two full canoes with extra pullers every Sunday this year. It's exciting that have a core group that is really, solid, developed, established and consistent, and is always welcoming new ones in of all different age groups.

In addition, we're seeing a group in their 50's now that's coming out and joining us, which is good, because I'm 50 now(!), so we've got some teamwork. We have people re-engaging in cultural practices they remember from when they were little coming in, joining us and spending time building our canoe community, so we're very excited about this year's journey.

Clearly, we're prepping for a very hot summer. We'll be traveling in the mid to end of July, so it might be a tough one in terms of the heat. But, we're going to get everybody trained and ready for the journey, and to be engaged in protocol in Lummi from July 24th through the 28th. As hosts, they're planning to keep the floor going

Continues on Page 4



CHAIRMAN'S CORNER

Welcome to "The Chairman's Corner!"

Last month, May 13th-16th, 2019, our delegated party of the Muckleshoot Tribal Council, which consisted of members; Mike Jerry Sr, Jessica Garcia-Jones, Vice-Chairman Donny Stevenson and Chairman Jaison Elkins travelled to Washington, D.C. to meet with federal leaders and advocate for the Tribe's federal agenda. This annual trip is an important part of maintaining the Tribe's sovereign interests and being an active participant in the government-to-government relationship with the United States.



With US Senator Patty Murray

In all, the Tribe held 20 meetings in two days with high level Members of Congress including Senator Patty Murray, Senator Maria Cantwell, Rep. Dr. Kim Schrier, Rep. Denny Heck, Rep. Derek Kilmer, Rep. Don Young, and many more. Needless to say, it was an incredibly busy two days, but well worth it and a necessary task in forwarding the Tribe's interests toward ensuring our continued and future success.

Tribal Council not only pressed Congress to address issues that are important specifically to the Muckleshoot Tribe, but also to Indian Country as a whole. We have been blessed, through the hard work of our ancestors and the leadership of previous Tribal Councils, with the means and the voice to make positive changes not just at home, but across Indian Country. We take this responsibility seriously because we can help be a voice for the voiceless. What follows is a sampling of the topics we addressed.

Missing & Murdered Indigenous Women

There is a viral image circulating around the internet of Muckleshoot Tribal School's very own, Rosie Fish, who used her platform participating in the 2019 WIAA State Track and Field Event to raise awareness of MMIW. This leadership from our next generation



With Congresswoman Betty McCollum of MN, Chair of the powerful Interior Appropriations Subcommittee

filled Tribal Council with pride and hope, but also sadness that our young women need to be confronted by a world that is filled with violence. That is why Tribal Council advocated for the passage of the Savanna's Act and the Not Invisible Act.

These two bills would increase resources to address the violence against Native women epidemic, increase accountability of federal agencies to address and track this violence, and create federal positions specifically to protect Native women. It was an honor to be with Rep. Debra Haaland (*Pueblo of Laguna*) on the day that she introduced Savanna's Act in the House of Representatives – Vice Chair Stevenson was even asked to participate in a press release video by Rep. Haaland.

Cannabis

The Tribe made the decision to regulate, tax, and engage in the cannabis market after the State of Washington chose to decriminalize the substance. Since that time, Tribal Council has worked to establish a well-regulated and successful cannabis business. However, there is still conflict between federal and state/tribal law when it comes to cannabis. The Tribe has been working diligently on passage of the STATES Act, which would recognize the Tribe's inherent right to decriminalize and regulate cannabis. Tribal Council was able to successfully secure several more cosponsors for the bill during our trip. It is important that tribal nations be part of any cannabis-related legislation that Congress passes or else we will be left behind.

Advance Appropriations

In December 2018, the federal government experienced its longest partial shutdown, which last over 35 days. During the shutdown, Indian Country, and the Muckleshoot Tribe, were deprived of essential services and payments by the federal government because



Vice-Chair Donny Stevenson, Jessica Garcia-Jones, US Senator Maria Cantwell, Mike Jerry Sr. and Chairman Jaison Elkins



With Congresswoman Sharice Davids, Ho-Chunk, 2nd from right

of the lapse in funding. Tribal Council was able to work with the Tribe's departments to bolster cash reserves and ensure that our tribal citizens did not feel the worst impacts of the shutdown.

Unfortunately, many of our sister tribal nations were not so fortunate. The Muckleshoot Tribe extended a hand of relief to several of these nations, but these short-term solutions will not protect us should there be another prolonged government shutdown. To that end, the Tribe advocated for two bills that would provide advanced appropriations to the BIA, BIE, and IHS to ensure that Indian Country is better prepared and protected to weather any future shutdowns. In addition, advanced appropriations will help the Tribe better plan its budget, programs, and construction projects. We left D.C. hopeful that Congress is preparing to provide relief to Indian Country through advanced appropriations.



Native Congresswoman medal

Genetically-Engineered Salmon

The Tribe has long fought against powerful corporate interests that seek to introduce genetically-engineered salmon into the market place. These "frankenfish" pose a direct threat to our Native salmon runs and diminish the work of our fishers. Tribal Council advocated that these frankenfish should not enter commerce and be banned from distribution in the United States.

Unfortunately, the Federal Drug Administration recently decided that the frankenfish may be sold in the United States. Tribal Council advocated for legislation that would require all frankenfish to be conspicuously labeled "Genetically-Engineered" in order to protect consumers, our fishers, and the Native salmon runs. We are facing heavy opposition from the company that engineered frankenfish, but we will continue this fight.

Modular Classrooms at the Elementary School

Education is paramount to the future success of our people and Tribal Council is committed to providing our students with the tools that they need to succeed. When the BIE helped to construct the Muckleshoot Elementary School it ignored the Tribe's concerns that the facility was too small to accommodate our students. Within a few years the school was at capacity, which led to the need to purchase modular classrooms to help house our growing student body. The Tribe purchased these modulars to expedite the process, but the BIE was supposed to repay the Tribe – unfortunately, this has not



With Congresswoman Deb Haaland of NM, a Laguna Pueblo enrollee



L-R, Vice Chair Donny Stevenson, Mike Jerry Sr., Gov. Jay Inslee, Chairman Jaison Elkins and Louie Ungaro

happened. Tribal Council met with the chairperson of the House Appropriations Subcommittee on Interior, Environment, and Related Agencies to raise our concerns. Tribal Council is working with the House Appropriations Committee and Washington Delegation to remedy this situation.

Farm Bill

The Muckleshoot Tribe was very active in the Farm Bill debate over the past two Congresses. We advocated for programs to promote Native foods, allow more tribal input in the forestry projects, and protect tribal provisions throughout the bill. The Tribe was happy when the Farm Bill was enacted with the provisions that we advocated so hard to protect and promote. This law will help protect our Indigenous food sources, promote the nutrition of our people, and give us the tools to better manage our forest lands. We spent time thanking our friends on Capitol Hill for their support.

Overall, it was an incredibly successful trip, but what stood out to the Muckleshoot delegation was the time that we were able to spend with Rep. Debra Haaland (*Pueblo of Laguna*) and Rep. Sharice Da-



Seahawks Coach Pete Carroll, center, with Virginia Cross, Mike Jerry Sr., Donny Stevenson and some lucky family members. Watch for news on this topic!

vids (*Ho-Chunk Nation*). Being able to visit with these two amazing Native women and see the work that they are doing was a surreal experience. They are the embodiment of the opportunity that now exists for all of our children and future generations. Washington, D.C. is a better place with them in the Congress and Indian Country's voice is now elevated in a way that it has never been.

Thank you for taking the time to read this month's edition of "The Chairman's Corner." Tribal Council will continue to work to advance the issues discussed above as well as many more. Have a blessed and safe month and a very special congratulations to all of the Muckleshoot graduates. You carry the light of our ancestors within you.



VETERANS MEMORIAL PARK. Vice-Chair Donny Stevenson addressed those gathered at the June 22 Grand Opening of the new Veterans Memorial Park. Watch for an article and more photos of this event, as well as the Veterans Pow Wow, in the next edition.



Muckleshoot Tribal Council

- Jaison Elkins, *Chairman*
- Donny Stevenson, *Vice Chairman*
- Jeremy James, *Secretary*
- John Daniels Jr., *Treasurer*
- Virginia Cross
- Jessica Garcia-Jones
- Mike Jerry Sr.
- Anita Mitchell
- Louie Ungaro

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Marjorie Williams

Marjorie Williams, 66, of Auburn, died June 7, 2019 in Federal Way, WA. She was born April 7, 1953 to Alex and Agatha (Dominick Jerry) Starr in Auburn, WA.

Marjorie liked to net and pole fish, play bingo and slot machines. She also enjoyed huckleberry picking mushroom hunting and clam digging. She loved her family and her dogs.

Marjorie is survived by her husband, Norman Williams Sr; son Norman Williams, Jr. (Peggy Moses); daughter Elvena Williams; brother Delbert Starr; and sister Harriet Ross.

She is also survived by her grandchildren, Kevin Williams, Madelina Williams, Thomas Kahama, Diana Heredia, Charles "Chuck" Starr, David Heredia Jr., Irene Isadore, Carl Starr-Williams and many great grandchildren.

A funeral service was held Wednesday, June 12, 2019 at the Muckleshoot Shaker Church followed by burial at the Old Muckleshoot Cemetery.



and Jim Morganthaler; his nieces and nephews David Morganthaler, Christina Siegel, Sandra Morganthaler, Brittany Henderson, Andrew Schatz, Nick Morganthaler, Jessica Morganthaler and Phanessa Morganthaler; He goes to embrace his brothers, Mike and Gary Morganthaler, who went ahead to scout the heavens.

Vincent worked for a number of years at the Muckleshoot Casino, and also leaves behind his many members of his Muckleshoot birth family, including his mother, Kathy, his three sisters, Shawn Flores of Auburn, WA; Barbara Guterrez, of Tacoma, WA; Kathy K. Ward of Auburn, and brother LaVern Ward Sr. of Auburn, as well as many Aunties and Uncles. He was preceded in death by brother Eli "Pete" Ward.

A funeral service was held on Friday June 7, 2019 at Weeks' Funeral Home in Buckley, Washington, followed by interment at New White Lake Cemetery in Auburn, Washington.

Mark C. Sison

Mark Cudal Sison, Sahaptin name-Tahynook, was born on September 3, 1933 in Seattle WA to Marcos Sison and Edith John. He was the oldest of twelve children, followed in order by sisters Marlene, and Gerrie, brothers Robert (Bob), Ricardo (Dick), Frank, Ronald (Ron), sisters Marcia, Consuelo (Connie), Francine, Jacqueline (Jackie), and Terry.

Mark was a great big brother, caring for his brothers and sisters when the need arose. He would ensure they always had food.

He attended Garfield High School prior to joining the Navy in 1951. He served aboard the USS Iowa until 1955, serving in the Korean War and was on stand-by Reserves until honorable discharge in 1959.

After leaving the Navy he worked in the hospitality industry at some of the finest hotels and restaurants in Seattle, including the Space Needle during the World's Fair in 1962.

Mark returned to school and graduated with a bachelor's degree in 1976 and later earned a master's degree in Public Administration in 1981. He worked for HUD until retiring in 2002.

Mark joined the Inter-Tribal Warrior Society and served alongside fellow warriors. He attended parades, military honoring of those buried at Tahoma National Cemetery, posted and carried colors at numerous Pow Wows and honoring ceremonies for veterans throughout the State of Washington as well as in Arizona for Ira Hayes. It was an honor for him to work alongside fellow warriors including his brother Bob.

He is survived by his wife Nancy McIntosh-Sison, his brother Robert Sison, sisters Francine Lester, Jackie Wall, and Terry Carte. He is also survived by children Kathy Sison, Mark Sison, Craig Arndt, and Graylan King.

His grandchildren include Alicia Raimondo, Amber Arndt, Kacie Thompson, Tahni Arndt, Sabrina Sison, Ryan Sison, Michael Scriven and Tyler Sison, Max King and Lalia King. Great-grandchildren are Dylan, Madeline, Vivian, Evelyn, Gary and Emma. With the birth of his great-grandchildren, he earned the title G-G-Pa.

A memorial service was held on June 9, 2019 at Daybreak Star in Seattle WA, followed by dinner at the Billy Frank Gym at Nisqually Tribal Headquarters in Yelm. Burial took place the following day at Tahoma National Cemetery in Kent WA.



Ben C. White Eagle

5/11/1953 ~ 6/9/2019

Vincent Morganthaler

He worked the blade rhythmically against the whetstone. Smooth even strokes guided by his hand encouraged the edge to sharpen, the final form of the blade to appear. Vincent Stephen Morganthaler enjoyed the work of creation.

Born on January 21, 1964 to the Coastal Salish people and the Muckleshoot Tribe, he had always known the power and value of the body he had been given and the beautiful world he inhabited. The son of tribal member Kathy Daniels, Vincent was adopted and cherished by Betty and James Morganthaler.

He blossomed with their love and was taught that he had a beautiful creative mind. With his hands he fashioned a custom knife set for his mother to aid in her culinary pursuits. With his creative mind had engineered his own half pipe skateboard ramp and his hands built it. With his cries of joy filling the air, he let everyone know when he hit the vert and claimed the half pipe as a backyard victory.

With his hands he held on tight to the tow rope each time his skis touched water. It was his keen eye that captured a moment and made for a perfect photograph when he held a camera; and his hands that could not resist tapping along with every Alice in Chains song he heard.

Vincent knew the bite of tree bark when it dug into his hands, the down of a puppy's hair, the silk of water as it quickly flowed past, the grind of a skateboard's trucks on a forbidden rail, and the feel of a loving hand in his.

Vincent was a beautiful, creative, continual work in progress. On May 29, 2019, his work was done.

Those who remain to listen to the music he loved, use the knives he made to prepare family dinners, and tell the stories of what he has done are his parents Betty and James Morganthaler, siblings Susan (Ed) Schatz



From the Family of Marwin "Cubby" Starr...

The Marvin Starr Sr "Cubby" family would like to thank all the people that took time out of their lives to honor us with your presence at his memorial.

Thank Nathan Laclair and Francine Ross for taking care of the kitchen. Neil Foulkes for picking up the food. Denise Bailey and Terran Galicia for helping us set up. Thank Lola Elkins, Annette Marsette, Peachie Ungaro, Tricia Williams, Francine Ross, Tyson Simmons, Ama Tuatoo, John Bailey and the Culture program for the giveaway donations.

Rita James and Audrey Fryberg "Otter" and Rosa Fryberg for making the pies. Rhoni for the fruit and Phad Thai noodles. Socco for the Tacos, Laurie Starr and Lalo for the Shrimp Cocktail, and Toby Nguyen for the Taro desert.

All the adults and children that helped us give out the gifts. Maima and Ron Atimalala for the Samoan floor show. Neil Foulkes, Lee Foulkes, Jasper Pedro, Jonathan Pedro, Pearl Suchan, Terran Galicia, Brian Luan-grath, Ossie Pedro, Doug Calvert, Bob Calvert, Suka Siose, Keith Siose, Dena Pedro and Richie Weed for cleaning up.

Rita Andrews for coming and doing the Blessing of the headstone. Trudi Moses, Donna Starr and Gina "Gino" Casey for holding the candles and Tyson Simmons for uncovering the headstone. Thank the Pall Bearers and honorary Pall Bearers that showed up, Doug Brown, Mary Ann Lozier "Dee", Randy Ross, Tyson Simmons, Sonny Bargala and Douglas Marquard.

Thank all the relatives that traveled far to be here for us. Karena Udelhoven from Alaska. Bonnie Sutterliect, Connie Sutterliect and Jason Sutterliect and kids from Yakima. Tim "Wiggs" LeClair, Julie LeClair and Laila Starshine Laclair Longshore-Smith and kids from Skokomish. Al Reevis, sons and niece from Browning Montana. And thank you to Charlotte and Kenny Williams for letting us use the Church.

Doing the final step of blessing the headstone is a great healing. Thank Rita for doing it the Skokomish way it was not only healing for us but others that were grieving their own losses. Thank Rita again for bringing her teachings we really appreciated it.

First Salmon Dinner & Ceremony

Muckleshoot Tribal School

15209 SE 376th St, Auburn, WA 98092

June 28, 2019 at 3 p.m.



Photographed from Left to Right: Frankie Sheldon, Delbert Starr, Donald "Butch" Allen, Gilbert "Hoagie" King George

DID YOU KNOW...

...the Muckleshoot Tribe has a historic collection of books, photographs, oral histories, artifacts and other memorabilia? Many items are listed by family names, especially photographs.

It is a great resource for all tribal members who might be family genealogists, local historians, students, artists or members interested in the tribe's culture, traditional skills and history. We also provide editing and scanning services for your photograph collection. The collection is housed in the Philip Starr Building for all Tribal members to use. Please call 253-876-3273 for more information, or stop by the front reception and ask for Donna.

Come Visit us soon!



2019 canoe journey prep underway

Continued from Page 1

24 hours a day in an attempt to get everybody in in during those four days. It's an ambitious goal, and we'll see how it goes.

When Lummi came and did a formal invite to us, they really stressed that they're trying to get back to some of the roots of Canoe Journey, and really that family feeling, that essence of those people that traveled on the water, that those are going to be the people that participate.

In some ways, from what they were describing, the canoe journey feels a little commercialized these days, and so they're trying to get back to the roots, carrying those messages from village to village and bringing in and engaging in that cultural protocol and sharing those things with each other. So, yeah, the group's ready to go, with new people and the older among us re-engaging. It's exciting.

One of the really exciting pieces for myself, and for our culture program, is how our little program has really grown and developed, having our own weavers and people on staff for our regalia, and others working with traditional foods and medicines and providing all those cultural substances in-house. And then we have our two young men, Keith Stevenson and Tyson Simmons, our own carvers and canoe pullers, right on staff here so they'll be able to actively engage and support the work that we're doing all along the journey. Having all these excellent people on staff is significant.

And then seeing the partnerships with our other programs – our Activities Program under Frankie Lezard, they just do an amazing job. They help take the huge burden of the hosting here at Muckleshoot off our shoulders, as well as the Alki landing in our U&A. They do a lot of the legwork with that, and everyone gets involved, with a teamwork approach that really creates a wonderful event where we support everybody.

Muckleshoot is different than almost all the other tribes in that we don't have a water-based land base. When people come ashore, we have to transport them, get them out of the city and to the reservation and then get them back out to the city and so forth. But, with everybody's support, it really is coming along well.

Another significant piece is how our Health and Wellness Center supports us at a very, very high level. Having one of their manager/directors come with us and be in charge of the mobile wellness unit that travels with us is a great benefit. We have medical staff with us at all times, both on land and on the water, so our response to any Muckleshoot Canoe Family member that needs medical attention is almost immediate. It's a very little delay if somebody has an issue on the water or on the land or at camp or protocol, any of those places, we're able to address it very quickly.

And so, those issues that come up with heat stroke or dehydration, or somebody gets a cut in camp or pinches a finger on the canoe – when all those normal issues that come up, we don't have to outsource or go somewhere. And then, of course, we practice the prevention model. If there was an emergency, we'll



be able to address it really quickly. Having that level of support has just been fantastic.

ALKI LANDING ON JULY 18

On July 18th, Muckleshoot will be hosting the Canoe Journey and we will again be landing at Alki Beach. We will begin accepting canoes at noon. And again, Frankie's crew is working on setting up that area, so there will be seating for elders and shade and food and water for everybody. We will be traveling from Puyallup that day with the South Sound Canoe Families and other canoe families that join up along the way. We're thinking it may be around a dozen or fifteen canoes that will land on the shores this year.

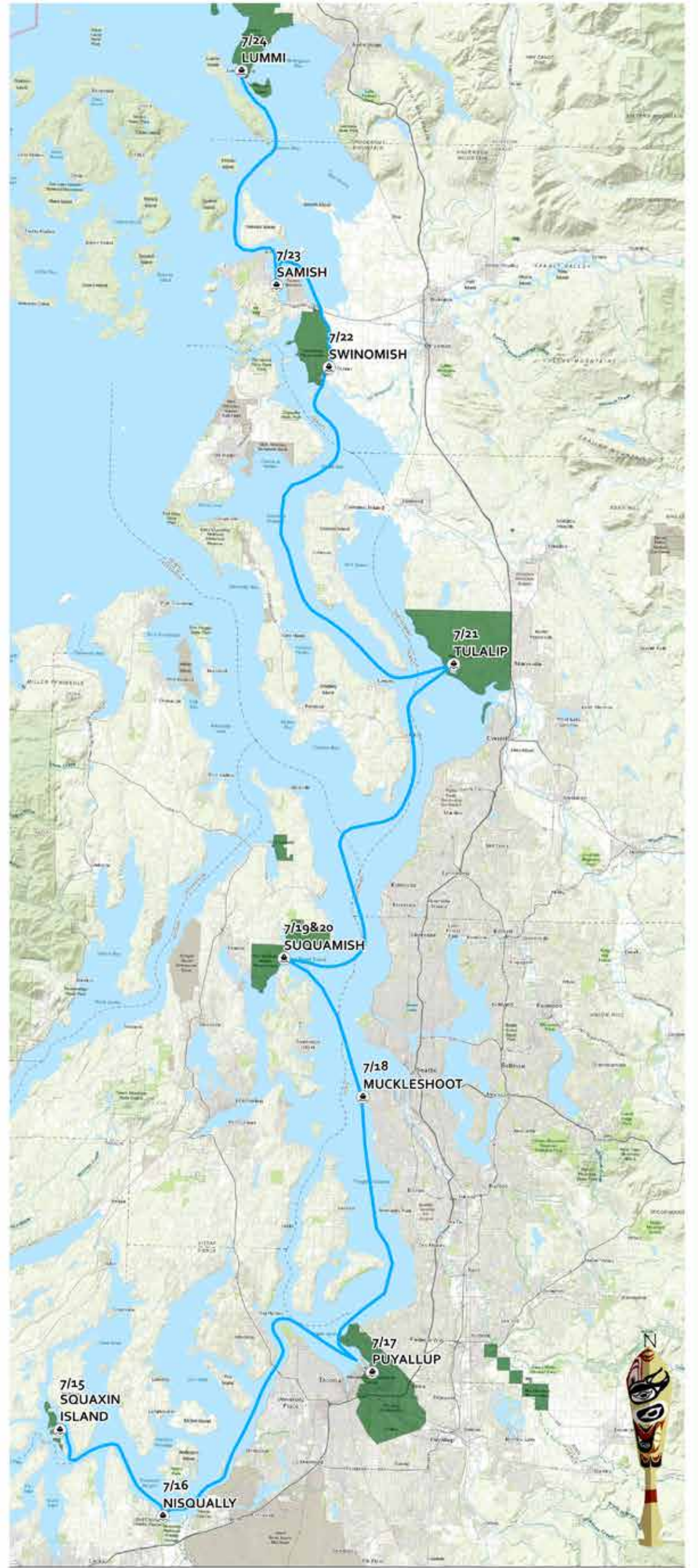
So, it will be a much smaller event than last year, when we had everybody here because we were the last stop before Puyallup, who hosted, and had over a hundred canoes land on our shores. It's may be a much smaller event, but it is a long day on the water – 28 nautical miles.

Some canoe families will likely get there in five hours; some will take eight or nine hours. But, we said, we'll begin accepting at noon, and we'll probably have a cutoff around 4 or 5pm, and so they have to get there by that time if they want Muckleshoot support in terms of getting their canoe on shore and getting back to the reservation. The Canoe Society is pretty good about supporting each other, though, and if people need additional support to get to the landing on time, we'll do that, and leaving appropriately early in the morning.

So, then we'll be bringing everybody back, camping down in the ballfield this year and feeding out of the Sla Hal Shed, with dinner that evening around 6 or 7. We typically don't do a formal evening protocol when we're stopped on this part of the journey, especially after a very, very long day. We want to make sure people are rested and fed, see if they need medical attention, get everybody hydrated and so on. But there will be an open floor, and so, as that momentum keeps going, the canoe families will get together and to sing and dance and enjoy and night.

Breakfast will be early in the morning and then we'll be taking everybody back up to Alki, transferring all the canoe families back up for morning departure. So, typically, we should be leaving Alki at 8 or 9 in the morning, depending on what time Suquamish says we can land there, and then making that next step on our journey.

PADDLE TO LUMMI 2019



MIT Wildlife Program Releases Rehabilitated Bear Cubs in Tomanamus Forest

What began as a sad story ended happily this May when a pair of orphaned black bear cubs were released back into the wilds of the Tomanamus Forest after a year in a rehabilitation center. The pair of 4-week-old bear cubs were orphaned in March of 2018 when the mother was shot and killed after attacking a Tribal member's dogs on the Tomanamus Forest. Luckily the cubs were discovered in a nearby den and handed over to Wildlife Program staff who then delivered the cubs to the PAWS Wildlife Center in Lynnwood, WA for rehabilitation.



PAWS Wildlife Veterinary staff examine the bears before release

The wildlife veterinary care team at PAWS spent hundreds of hours caring for the cubs throughout the past year going to extreme lengths to not habituate the cubs to humans. The cubs were bottle fed by PAWS staff wearing bear costumes for several weeks then were transferred to outdoor enclosures where there was no human contact of any kind. The cubs did not go hungry as they were fed a steady diet of donated produce, vegetation and puppy chow that brought their weight from 4lbs at admission to 180lbs at release 14 months later.



The collared yearling bear spotted shortly after release

When the big day came, veterinary care staff of PAWS and Muckleshoot

wildlife program staff worked together to anesthetize the bears, give them a final exam, place a GPS tracking



Muckleshoot Wildlife Technician Sam Hoffer and Paws Wildlife Naturalist Jeff Brown prepare to open the metal crate and release the bears

collar on one and get them loaded in transport crates at PAWS Wildlife Center. The bears were then driven to a remote section of the Tomanamus Forest for release. When the crates were opened at the release site they were given a final scare with barking hounds and fireworks that will hope-

fully deter them from coming into contact with humans in the future.

As of early June, the collared bear is still doing well up the White River. Wildlife Program staff will continue to monitor the his locations for at least the next two years to make sure he doesn't get into too much trouble.

Harjo named Poet Laureate

Continued from Page 1

together. "You hit words together with rhythm and sound quality and fierce playfulness," she says.

But in terms of subject matter, she also sees poetry as "an immense conversation of the soul." She says she's driven by "justice and healing and transformation: The idea that you can ... transform the images of our people from being non-human to human beings, and the ability to transform experiences that could potentially destroy a people, a family, a person to experiences that build connection and community."

Her work often merges the global and the personal, the imagery of the natural world and that of the inner one. She speaks often not only of the diversity of humanity, but also of its unifying story, its oneness.

"To her, poems are 'carriers of dreams, knowledge and wisdom,' and through them, she tells an American story of tradition and loss, reckoning and myth-making," said Librarian of Congress Hayden in a statement. "Her work powerfully connects us to the earth and the spiritual world with direct, inventive lyricism that helps us reimagine who we are."



Silviculture Crew and Growing Stewardship on Tomanamus Forest

Tomanamus Forest is busy at work for the Muckleshoot community, continuing to provide many opportunities for stewardship and growth on the landscape. The MFC Silviculture Crew is doing great work to help facilitate this convergence of education, culture, health and community.

They have led an exciting project of inoculating alder logs with various species of edible mushrooms to create a “food forest” in Tomanamus. Over 10,700 mushroom plugs have been inoculated by crew members, students from the Muckleshoot Tribal School and youth attending the MIT Career Day at Emerald Downs. Species include; Lion’s Mane, Pearl Oyster, Blue Oyster, Chicken of the Woods and Black Morels.

There is a designated mushroom trail where the inoculated alder logs are placed, about a mile from the Grass Mountain gate. Families will be able to come out to the property to harvest this healthy food together in early and late fall for years to come.



Additionally, the Silviculture Crew recently planted 1000 blue elderberry trees and 500 Nootka rose in thinned units, where more sunlight can support the growth of these important cultural understory plants. In a few years, these sites will be available for harvesting for traditional medicines.

MFC Silviculture Crew also recently hosted a day of tree planting for the Muckleshoot Tribal School’s Middle School on May 8th. With the teachings and guidance of the crew, our students helped plant approximately 800 trees! These opportunities for our youth to connect with crew members and to take an active role in the stewardship of their land is exciting to witness and something they will likely remember long into the future.

(Authors: Cinnamon Bear and Ciara Fenimore)



UPDATE: Bio-Engineered Corporate “Frankenfish” a Real Threat

Article prepared by Valerie Segrest

On December 21, 2012, the United States Food and Drug Administration quietly released their “draft” assessment of a genetically engineered salmon (GE salmon), created by AquaBounty Technologies Inc. – a transnational biotechnology corporation. This corporation has patented a variety of GE salmon that are infused with the DNA of a wild pacific Chinook salmon and a pout fish (an eel-like fish).

In order to fuse these DNA molecules together they had to infect cells from the Chinook and the pout with viruses and proteins, fuse them together and then inject that in to an Atlantic salmon. This salmon is said to grow to full size in half the time a wild salmon would. In addition to shorter production cycles, it is also supposed to “increase efficiency of production.”

The company’s original proposal included producing the genetically engineered salmon eggs in Canadian waters and then shipped them to Panama, where the GE salmon would be raised to maturity in inland tanks. Once they reach maturity, the fish are to be slaughtered in Panama, processed and then exported to the United States for human consumption. Recently, the FDA cleared the ban on production in the United States and, as of May 2019, a hatchery in Indiana plans on producing GE salmon.

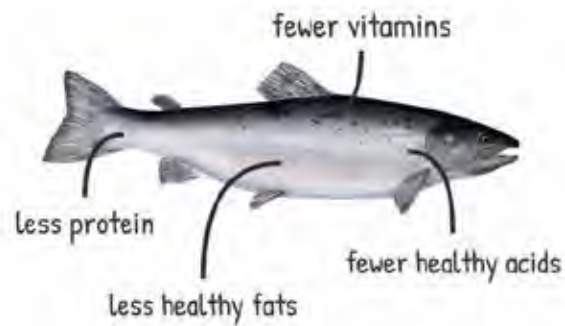
So, what are the risks?

Never been done before: It is important to note that this would be the first genetically engineered animal species to be released into our food system.

No Research: The FDA is treating this as a “veterinary drug” and not a food, so research does not need to be done on the consequences of human consumption.

Cannot Guarantee Contamination: Although they claim this fish has the “Trojan” gene- meaning it cannot reproduce, they have also reported that as little as 5% of their salmon eggs could be fertile.

No Transparency: The FDA has requested that this fish species not be labeled as a genetically modified product because it is too confusing for consumers. We would not be able to know the



difference between a wild caught salmon and GE salmon.

Detrimental to Fish Economy: The effect of this rests on the shoulders of our tribal fishermen who will suffer the consequences of a GE salmon driving down the cost of wild salmon.

Not Nutritious: While this is a response to the growing global hunger crisis, tests show that GE salmon will be lower in nutrient content because it is farm raised. The little fats they contain (33% less than wild) carries over 100 pollutants, antibiotics and pesticides.

Cancer and Health Hazards: High levels of a protein called insulin growth factor 1, is found in these fish, which is directly linked with prostate, breast and colon cancer.

Salmon will Become Property: Because this fish carries a patented gene, this means that a company officially “owns” it. If the fish were to ever escape in the wild and breed with our hatchery fish, we would end up purchasing our salmon eggs from this corporation.

Because the genetic modifications to the salmon would be classified as a “food additive,” they would be protected under a patent as intellectual property. It isn’t a stretch that these fish could eventually escape into the wild and spawn with naturally spawning fish or salmon in our hatcheries, at that point; a private corporation would have ownership of salmon in our streams and in our hatcheries.

In more than 140 cases, a single company that owns patents on genetically engineered plants has successfully sued farmers whose crops were unintentionally infected with genetically engineered seed. These were cases where neighboring farms,

obviously not trying to steal trade secrets, had genetically modified seeds cross pollinate with heritage seed stock in their fields through natural processes. We don’t want the same sort of thing to happen to our salmon. No one should own the genetic code of our salmon or our culture.

In an opposing effort to take a stance against the production of what has been properly nicknamed “frankenfish,” Muckleshoot drafted a resolution opposing GE Salmon in 2013. The resolution was swiftly passed through the Affiliated Tribes of Northwest Indians (ATNI) and the National Congress of American Indians (NCAI) and then walked right up to the offices of Senators in Washington DC.

Many countries employ what is called the “precautionary principle” which simply means that when uncertainty is likely to persist, it is our human duty to emphasize the need for research that contributes to “strength of the evidence” of plausible health effects. We simply do not know enough about GE salmon to introduce it in to our food system. Operating by any other way puts humans, the environment, many species and several economies at risk.

It especially puts tribal communities at risk. We are a fishing culture and our keystone species since time immemorial has been the salmon. We organize our lives around salmon. Our ancestral wisdom tells us that when the salmon are gone, everything else will disappear. We understand that the salmon return to the rivers to feed the waters, the land, the trees, the plants, the animals and us humans.

So what happens when GE salmon escape and interbreed with our ancestral salmon? As Native People, we operate by the laws and wisdom of nature. This combination of genes and viruses and eel-like fish would never occur naturally. Are we really going to allow an immature science to replace the work of nature?

For more information, letters to senators and copies of tribal resolutions opposing the production of GE Salmon visit www.cagj.org

2018 Native Farm Bill Legislation

By Valerie Segrest

Every four years the federal government negotiates all the funding that supports the United States Department of Agriculture. Those dollars support many programs across the country including commodity foods, conservation efforts, food trade, forestry, nutrition education, horticulture programs, rural development, research and energy production.

For the first time in history, Indian Country organized and made some specific asks with strong lobbying efforts. For the first time in history this four-year funding round, announced in late 2018, honored all of our requests. Specifically, 63 tribal focused provisions were included. The Indigenous Food and Agriculture Initiative spearheaded this collective effort, and over the years, the efforts of the Muckleshoot Food Sovereignty Project have helped shape these provisions.

For those community members who have experienced the work of the Muckleshoot Food Sovereignty Project and who have contributed in a multitude of ways through sharing perspectives, action, education, outreach, taking on an initiative – thank you! This is a win for all of us! Not just in this community, but we’ve collectively done the work to help inform and shape policy that will lift up all of Indian Country.

To our Muckleshoot elected officials who took the time these past four years and who made sure to put this on their agenda while visiting with congressmen, women and senators for the past four years – this is your win as well! Thank you for making this important and making sure to get it in front of the right decision makers! To learn more about each provision look online:

<https://seedsofnativehealth.org/native-farm-bill-coalition/>



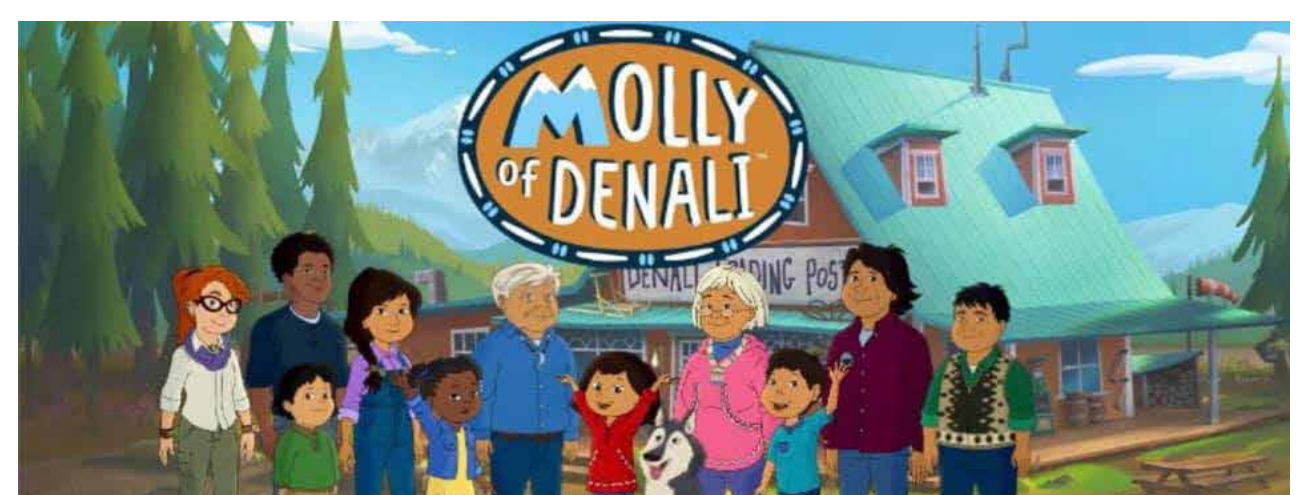
Check out the newly remodeled Pizza at Muckleshoot Casino!

The newly remodeled, Pizza at Muckleshoot Casino is now open for business, offering authentic, handmade New York Neapolitan-style pies, whole and by the slice.

Specialty pizzas include the Big Balla (Canadian bacon, pepperoni, bacon, Polish sausage, and salami), the Maui (bacon, pineapple, smoked pork, sweet Maui sauce and Jalapeno peppers), and the Lil Smokey (chicken, onion, cilantro, BBQ sauce, and a cheddar and pizza cheeseblend). Traditional pies include cheese, pepperoni and veggie.

Additionally, a new line of sandwiches and salads include Meatball, Hero, and 3-Cheese as well as Italian Chop, Chef, and Chicken Caesar Salads. Beverages feature Pepsi products. A selection of beer, ranging from Bud Light and Coors Light to Corona and Heineken is also available.

Hours are Sunday-Thursday, 11 a.m. to 11 p.m. | Friday & Saturday, 11 a.m. to 2 a.m.



MOLLY OF DENALI SEATTLE AREA PREMIERE 1:00-3:00 PM, SATURDAY, JUNE 29, 2019 AUBURN PERFORMING ARTS CENTER

“Molly of Denali” is the first nationally distributed kids series about Native Americans and features our very own Sovereign Bill as lead voice actor. It will be broadcast on PBS stations nationwide. Sovereign and her family have been attending premieres in Alaska, where the animated series is set, and are thrilled to be bringing it to their home audience at the Auburn High School Performing Arts Center. The event is scheduled for 1:00 to 3:00 PM and is free and open to the public. Activities will include the screening, swag & surprises for youth & families!

Muckleshoot Weavers Represent Tribe at Crazy Horse Mountain "Living Treasures" Event

The Culture Program was invited to participate in "The Living Treasures" event by Crazy Horse Memorial through Virginia Cross. However, we still had to apply and include pictures of completed art work which featured basketry, fiber weaving and ethnobotany.

I spoke with our Elder Weaving Group to see if this is something that we should represent. Of course, they agreed and stated that it would be an historical event, to educate the world that Muckleshoot Culture is still alive.

We planned and put together the best exhibit possible featuring traditional basketry materials, variety of wool materials, Salish Weaving Samples, an extensive basketry exhibit which represented traditional root basketry and the evolution to contemporary basketry today, and several styles of regalia.

We had specialty banners made that showcased Traditional Muckleshoot Basketry from then to now. Through this event we were to demonstrate and teach basketry, fiber weaving and educate on the ethnobotany of the two. We prepped materials to teach several projects for the 7 days that we would be there.

On May 2nd, Leah Moses, Doris Allen, Bonnie SoHappy, Donna Starr, Rachel Heaton, Danahee and I began our two-day drive to Crazy Horse Memorial. We were all very excited and honored to be able to represent our tribe.

The drive over was very picturesque as we ventured into new territory. I was in awe as the environment changed from state to state and then began to worry as we got farther and farther into Montana and there were no more cedar trees to be seen! We arrived late in Bozeman Montana, where we would spend the night.

On May 3rd at 9:00AM we left to drive the rest of the way to Crazy Horse. We drove over hills, mountains, prairies, roller coaster roads and at one point we were even on a red road. One of our favorite stops was at Crow Agency where we gorged ourselves on buffalo burgers, fried bread and sweet potato fries.

We drove through the rest of the day and arrived at the Holiday Inn at Custer, SD about 8:30PM. We were all ready for a good night's rest and would have to be ready for another early morning, as we would have to set up the exhibit in the morning.

At 8:00AM Rachel and I drove to Crazy Horse. We went around a corner and then I saw him... there he was, right there, risen above all the trees and buildings, almost touching the clouds. I had to pull over just to embrace the moment; I made it to meet Crazy Horse.

I had remained in close contact with Loni Manning and she would be waiting for us to arrive. We were greeted by Lonnie and her helpers to help us unload. Lonnie and the rest of the staff at Crazy Horse were so excited for us to be there.

I was excited, too, but have to admit that I was also very nervous. I had never gotten to participate in such an important event that would help breathe life into their cultural center. Setting up wasn't as easy as I thought it was going to be it took three hours to get it set up just right. All throughout the rest of the day we met more staff, locals and people from all over the world.

Throughout the week we demonstrated basket weaving, Salish weaving, spun wool, dyed wool with nettle, huckleberry, and dandelion, and processed cedar bark. We taught cedar rope necklaces, cedar deer, wool headbands, cedar roses, bracelets, cedar hearts, and cattail mats.

We met people from all over the world; South Africa, Italy, Australia, Iran, Germany, Ukraine, Switzerland, all over the United States and most importantly South Dakota. All in all we were able to educate 1,089 people from all over the world on a part of Muckleshoot Culture.

What we shared with the people was only a scratch on the surface compared to what we learned of the history of Crazy Horse and the Korczak Ziolkowski Family who honored the request by Chief Henry Standing Bear and the lifetime mission to honor the memory of an amazing warrior who stood for his people.

Crazy Horse was one of the many leaders who attacked and destroyed a US Army Regiment in 1876, a two-day battle that went down in history as Custer's Last Stand. He helped cease terrorist evil actions to his people and many other Native Americans through his bravery and warrior skills. He fought to protect his people's culture and the divine right to exist as human beings.

Monique Ziolkowski is the daughter of Korczak. I believe she called herself # 7, because she is the 7th child of nine and is now the Lead carver at Crazy Horse. She was very hospitable, always checking in on us to make sure we had everything we needed. She even managed to squeeze in the cedar deer class amongst all of her many duties.

She surprised us one day and brought us atop the mountain to meet Crazy Horse. We were all very excited!!! Oooh! The wind was so powerful up there - you know, the kind that blows right though you! You could look out into all directions and see the landscaping for miles and miles.

Monique and the tour guide shared the history of the tools that were used to carve out the mountain side. Some of the equipment looked very scary and I felt grateful and lucky that I was just a weaver.

When they introduced us to Crazy Horse I felt emotional and tears began to roll down my face as I was in the presence of such a GREAT NATIVE AMERICAN HERO.

My life will never be the same because of this opportunity to represent Muckleshoot Indian Tribe at the "The Living Treasures" event. It is my hope that other MIT members get the opportunity to visit this Living and Breathing Memorial, as it was healing for me in a way I cannot describe in words, as I'm not a writer; I'm just a weaver :-)

~ Sisenaxalt / Gail White Eagle



Sisenaxalt / Gail White Eagle with Crazy Horse



Living Treasures
The Native American Educational and Cultural Center | Indian Arts Cultural Exchange Program

Basket Weaving, Fiber Weaving, Ethnobotany

Saturday May 4 - Friday, May 10 at 2:30 PM

Gail White Eagle, and the Muckleshoot Family Weavers

Enjoy a featured demonstration and workshop featuring Northwest Coast basket weaving, wool weaving and ethnobotany culture.




Rosie Fish runs for MMIW

Continued from Page 1

ed with both a high school diploma from Muckleshoot Tribal School and an Associate of Arts Degree from Green River College. She'll be off to study and compete at Iowa Central Community College later this summer and will continue to advocate for the MMIW cause.

She spoke with *Women's Running* by phone recently about what it was like to compete at the state championships, her plans for college, and how she hopes to use running as a platform for MMIW in the future.

What inspired you to use the state championships as a place to draw attention to Missing and Murdered Indigenous Women?

I've always kind of considered myself somebody who cares about these issues. I in general always like to use my platform in running and in class to talk about these issues. I have always been very passionate about running and how it has made me a better person and just fulfilled my life. When I saw Jordan Marie Daniel run the [2019] Boston Marathon combine these two things that I was really passionate about and I was just completely inspired. I found her through social media and asked her permission to do something like how she did. She was super enthusiastic and supportive.

Let's talk about the meet itself. What kind of reaction did you experience from other runners and spectators? Did it fulfill your mission?

I got a variety of responses and most of them were positive. It was hard to tell sometimes what people were thinking by the way they were looking at me. I had a few... not really bad responses, but maybe more passive-aggressive. They were subtle hints that they didn't agree with me or what I was doing. Like somebody said, "You have something on your face." I just kind of said, "Yes. I do. Thank you for noticing." I had to use sarcasm. I had a few officials say weird stuff to me. I don't know if they were trying to be funny. I couldn't really tell—a lot of people assumed it was war paint, which was a little frustrating.

The people who did ask me what it meant were really supportive. They wanted to express to me that they were proud of me and that they appreciated what I was doing.

What did it feel like to compete that way?

It completely changed how I went into my races. A lot of times we run too fast to run our best race and meet our personal goals. That's something I've always done. To be running in a race and know that it's not for me—that the race was for somebody else—the way that I continued, I wasn't quite as competitive but more emotional.

It was a weird way to go into a meet, to look at the meet records and say, "I'm not gonna really go for them, because it's not right for me to run one race all-out for Alice and then not have enough energy to run a good race for Misty." That transformed my thinking and how I went into my races.

You still performed well. What did you think about your results?

I knew that in some races I was going to do better than others. I knew that in my race for Renee, the two mile, I was going to be pretty far off my PR (personal record) because of how heavy I feel when I think about Renee and what she had experienced. And eight laps around the track is a long time to think about that.

What were you thinking specifically?

She was a community member right here on the Muckleshoot Reservation and she had two kids and was pregnant with her unborn son. She was having some mental health concerns in the sense that she just wasn't feeling well, so somebody in the community called in a welfare check for her and she and her unborn son were shot by the police, in front of her two kids, during the welfare check.

A close family friend now takes care of her children. She was right in my town and to know the children she left behind and to think that her unborn son was murdered along with her, it's hard to keep the

same competitive spirit. I'm telling her story in the hopes that people realize that action needs to be taken so things like this don't happen.

That would certainly change your perspective on competition.

Just the paint itself even and what it represented—the issue—just feels really heavy when I'm trying to warm up. I can feel the weight of everything.

What does your community say about what you're doing?

I get teased a lot because the photo was popular. I've had elders in the community who are making sure that I stay spiritually healthy and okay after doing that. I have friends and family saying, "Oh, you're famous now. Don't forget about me" and that kind of thing.

I think a lot of advocates have to be really cautious about knowing that you're an ally in the cause, but you are not the sole speaker of the cause. You're the platform to speak for or speak upon women that have had their voices taken from them. I'm still learning how to respectfully and accurately talk about these issues in a way that contributes to the cause.

You'll be attending college in Iowa soon. Do you have any plans for the summer?

Not really. I just work at the fireworks stand in the summer. But we get to go on this team-bonding trip at a lake in Iowa, where we'll also train.

So looking ahead, will running take on a different meaning or will you still use it as a way to advocate?

I definitely know that running is my platform and how I can be heard. I still have a lot to learn in how I can advocate aside from just my running. I've been in contact with Jordan Marie Daniel, constantly asking her, because I'm pretty young. Advocates who have been doing this so long and have completely humbled themselves to the cause, I'm still learning how to do that. She helps a lot when I'm overwhelmed or confused with all the interviews and stuff. She helps me figure out what I need to do better.

Has this experience given you any insight about what you want to study in college?

A little bit. I've kind of always known that I naturally want to put effort into these kinds of issues. It's good to know that people respond to it when I do. People have mentioned tribal law to me—I don't really know if I'm the type to be a lawyer or anything like that, but I want to look into it. I want to do something reasonable and fulfilling to me that would also contribute to my community and to the Native Country as a whole.

What was it about Iowa Central Community College that was attractive to you?

A lot of people ask me that. Iowa? Okay. They're known as a powerhouse junior college in running. To me, that felt like exactly what I needed—some place I knew I could work and people would be better than me. They can help me get ready for that next step. That's the coach's purpose—getting you ready to move on, in a nice way. Especially coming from a tiny school, it's something I really appreciate having somebody understand that I'm not super familiar with college and college sports, but I want the opportunity to put the work in. The coach understands and respects that and wants to help me, so I'm grateful for that.

A little off-topic, but I read in a profile on DyeStat that you also fly planes?

Yes. Muckleshoot Tribal School started a program to get your pilot's license. It just kind of ended up being that I was the person to try it out. I showed up on the first day expecting to open a book and learn something about planes, but I showed up on that first day and they were like, "Okay, jump in!" On Thursday I'll fly from Auburn, Washington, to Astoria, Oregon, and back by myself. I like it, but when it comes down to it, it's really expensive and it's hard to have that as a career that gives back to my community. I'm sure I could find some way, but it doesn't exactly tie into what I'm passionate about, which is speaking and advocating about the issues that surround my community.



ROSIE ON ESPN. This photo of a monitor in ESPN's Seattle studio shows Rosie getting the MMIW message out to sports fans nationwide on Friday morning, June 21.



The Muckleshoot Language

The Muckleshoot culture is broad and vast with elements that run deep within its people. One of these elements is the language. A complex and intricate language with pronunciations and diction that can feel strange and unusual to the untrained tongue, but flows with a rhythm. The Muckleshoot Indian Tribe's Language Program Team are renowned purveyors of the language who strive to keep the language alive and one way they've expanded their means is by working together with the Muckleshoot Casino's Tribal Development Program's participants.



Program paid a visit to the casino to teach basics of the Muckleshoot Language. With an assortment of Tribal Member participants and team members in attendance, they shared songs – which for some brought vivid and nostalgic memories, but for others was an eye-opening experience. The program also ran through the alphabet, shared names of animals and places, taught simple sentences and helped everyone learn how to introduce themselves. The simple fact that this class was happening broke on such a horizon of excitement that

even Business Leader, Tyrone Simmons, stopped by to share his knowledge of the language and exchange a few sentences with the learning class.

To be able to learn our language, the Muckleshoot language, is a treasured asset. The Tribal Development Department can't express enough gratitude to the members of the Language Program -- Eileen Richardson and her team were amazing and astonishing. The Tribal Development Program is excited and anxious to work with the Language Program again to continue to learn and keep the Muckleshoot Language alive.



Gathering Cedar Bark

The age-long custom of gathering cedar bark is not only pertinent to the Muckleshoot culture, it was once regarded as the livelihood of the tribe. There was a time where the only difference between surviving and succumbing to the winter winds was cedar. In modern times, the people of the Muckleshoot Tribe aren't as reliant on the pinaceae, but the tradition continues to keep the bridge between the present and the past strong and steady.

The prime period to harvest cedar bark presents itself only once a year and it having been early summer, the chance to gather cedar had made itself known. In conjunction with the Muckleshoot Tribe Culture Department, the Muckleshoot Casino's Tribal Development Program participants were guided through the lengths of the Tomanamus Forest in search of cedar bark ready for harvesting.

For some of the program's participants, this venture was one that was all too familiar, but there were many participants who had experienced this tribal custom for the first time. "It's not always easy finding time to be involved in our culture, so I'm grateful that the (Tribal Development) program grants us the chance to do



these activities" says participant, Charlotte Jerry. Whether well-versed or newly exposed, all the participants professed gratitude for the opportunity to participate in their culture.

The Tribal Development Department strives to provide its participants with every opportunity possible; however, it does not operate on its own. The department expresses its gratitude toward the Muckleshoot Tribe's

Culture Department and thanks them for all their contributions and participation in teaching the tribe's culture to the TDP participants. The department would like to especially thank Gail WhiteEagle, who not only served as a guide, but as a great source of inspiration and education for our participants as they hiked through Tomanamus and harvested cedar.

The participants spent a full work-days' time trekking through the forest, harvesting and gathering cedar bark. During most of the summer, the cedar that the participants gathered will be cured and treated. Plans for the next upcoming TDP Culture Event at the end of this summer intend to utilize the treated cedar to keep in the theme of tradition and maintain the sanctity of the harvested bark.



Annual Muckleshoot Tribal Member Hiring Event



"Opportunities don't happen. You create them." – Chris Grosser

In the spirit of success, the Tribal Development Department hosted its Annual Muckleshoot Tribal Member Hiring Event this past May. Essentially a job fair for Tribal Members, the event was held in the casino's Chinook and Coho Banquet Halls, featuring booths from multiple departments and Tribal Entities, refreshments and giveaways and a raffle. The temptation of food and prizes alone were enough to attract anyone to the event, but the real driving force behind attendance was the incentive of starting on a promising career path.

Upon entry, the multitude of booths was the most outstanding. The casino featured departments like Information Technology, Finance, Valet and Table Games, but the casino wasn't the only Tribal Entity that featured their job openings. Stating their presence and demonstrating their departments' hard work, the Tribe's Human Resources, Hancock Forestry, Muckleshoot Tribal College, the Bingo Hall and Emerald Downs all had a

hand in making this event a thrilling and fulfilling one.

The amount of attendance from departments was not the only impressive roster at this event. Tribe Members and non-tribe members alike came through the doors, looking forward to the kinds of opportunities that could be granted. The department had seen an increase in job-seekers attending to the year prior and over thirty-five percent of them found employment with the casino that day – with another few persons finding employment within the following week. Overall, the results of the event had been deemed undeniably successful.

Whether or not employment was achieved that day, the prizes of the raffle were just as appetizing. There were three door prizes in total, each featuring gifts centered around a specific theme. "Family Movie Night", "Summer Family Fun" and "Camping with the Kids" were too tempting and exciting to pass up. Rules for the raffle were to get information from at least ten booths and fill their "Event Passports" with the information they received. Once completed, the passports were turned in for raffle tickets and names were drawn. Congratulations can be awarded to Paul Baker, Deidre Edwards and Dustin Jansen!

The Tribal Development Department took great joy and pride in putting this



event together. The department also extends an unmeasurable amount of gratitude toward all the casino departments and Tribal Entities that hosted booths at the hiring event this year.

"The (Muckleshoot Tribal Member) Hiring Event was only successful because of the participation we had from all of the departments who held booths this year. Without them, this event would have been empty and unfruitful" says Workplace Skills & Resource Specialist, Rebecca Kunselman.

The Tribal Development Department understands that the success of any business is built on the success of its team members. It is only through presenting opportunities and granting the ability to attain success that team members can be brought into the fold. With the continu-



ing success of the Muckleshoot Tribal Member Hiring Event, it can only be said that it will be an event to occur for many years to come.

HAVE YOU EVER WANTED TO BE SOMEONE'S

INSPIRATION?

We're Bringin' it Home!



Have you ever felt like your personal story could help encourage others? Do you have the desire to share your personal experiences in hopes of motivating, inspiring and uplifting someone?

WE'RE LOOKING FOR YOU!

The Muckleshoot Casino's Tribal Development Program (TDP) believes that everyone has a story, an experience to share, and a gift to offer others. We seek to tap into the innate talents and unlock the possibilities inside every tribal member. We cannot succeed alone, but together we can work for a Nation where all can thrive.

The program is looking for Muckleshoot Tribal Members who want to tell their story or share a part of their life in our upcoming fourth quarter LEAD (Leadership for Excelling, Advancing and Developing) Event being held this November. TDP will be hosting panels featuring Muckleshoot Tribal Members who want to inspire other Muckleshoot Tribal Members to live the best possible life! There will be opportunities to share your story, listen to others and participate in a Q&A!

If you're interested or would like to know more, please contact:
The Tribal Development Program
 (800) 804-4944 ext. 7100
 TribalDevProgram@muckleshootcasino.com

Muckleshoot Behavioral Health Family and Youth Services Present "Healing of the Canoe" at Camp Long

From May 7th thru 10th, Family and Youth Services sponsored a camp in collaboration with the Healing of the Canoe and Outdoor Recreation class from Tribal school. The camp was supported by Culture Dept., Canoe Family, Fisheries, and Education Dept. The main focus was connecting youth to culture and the outdoors while incorporating prevention activities in real time by providing opportunity to face challenges.

Our journey began at Duwamish Garden in Tukwila. We were met on the shores of the Duwamish River by Tyson Simmons, Keith Stevenson, and Marvin Starr Jr., who arrived in a traditional dugout shovelnose canoe. This canoe holds great significance, medicine, and history. In one of his final teachings, Marvin "Cubby" Starr Sr. taught Marvin Starr Jr. and Tyson Simmons how to carve this dugout canoe in the traditional ways.

Through the digital story *RE-LAUNCH: Revitalizing the Tradition of the Muckleshoot Canoe*, the youth had learned this story just days before these Muckleshoot Carvers paddled to shore to greet them. The youth participants were then able to ask questions and get hands on teachings from these incredible tribal members.

The teachings continued as we moved across the street to Duwamish Hill. We were met by Valerie Segrest, Director of Curriculum Development and Instruction, and Leslie LaFountaine, Sustainability Food Systems Educator. Here the students learned about the preservation of the Duwamish watershed and the work that went into ensuring these spaces were available to us today. Students



learned about camas and the important role and relationships their ancestors played in sustaining this incredible food source.

Once the summit of the hill was reached, Valerie told the "Epic of the Winds" story. This was many of the students first time hearing this ancient tale.

For the entire duration of the camp, we were located in cabins at Camp Long in West Seattle. Camp Long sits on 68 acres. It's been there for many years and is a great little forest setting in the city. The students were able to connect with each other, explore the area, and rest when needed.

The second day of the trip, we headed to the tribe's property on Vashon Island where we met Andy Dalton, Shellfish Biologist and Louie Ungaro, Tribal Councilmember. Andy taught the youth about the shellfish project on the property and gave a rundown on the ecology of the area.

Louie was able to explain the cultural

significance of the property and what it meant to regain shellfish beds. Louie and Andy then taught the kids about geoduck and how to harvest them. The youth were able to harvest clams and oysters on their own land to prepare for a planned traditional meal for the following evening.

Day three was filled with fun and games. The youth participated in low rope initiatives where they needed to work as a team to solve a problem. Our instructor picked up right away on how motivated our youth were and continued to add additional challenges throughout the day.

In what many youth stated was their highlight of the trip, we were able to prepare a traditional meal made up of mainly food that was either harvested from Vashon the day before or donated from tribal members Andrew Burdette and Keith Stevenson.



Louie Ungaro taught the youth how to cook oysters, clams, geoduck, salmon and elk over the fire. The grilled-to-perfection meal was accompanied by delicious nettle pesto pasta and fir tip infused water that was donated by Cinamon Bear Enos from Hancock Forest.

Our trip ended by meeting Willard Bill Jr. and the Canoe Family at Alki. Will gave a great lesson on the history of the area as well as the history of canoe journey. From here, the youth were able to paddle parallel to Alki showing the pride they have as Muckleshoot people.

The purpose of this trip was to continue to promote the incredible value of culture as a prevention strategy. This is a story told by many incredible tribal members and is something that has been taken to heart when addressing suicide prevention and drug/alcohol prevention within the community.

It is also promoting the use of the outdoors as being our first teacher. Research and testament is showing more and more the need to be connected to the outdoors. Being outdoors has numerous benefits and is incorporated increasingly in healing practices across the world. With Muckleshoot having so much access to these outdoor venues, there is an incredible movement to make these beautiful places more accessible.

Huge shout out to all the youth who participated!! It was incredible to see you rise to the occasion and represent Muckleshoot in Seattle!!

Submitted by Devin Whiteaker, CDP at Family and Youth Services



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

State of Washington
Services Card
MARTHA WASHINGTON
123456789WA
Date Issued: 5/10
ProviderOne

ARE YOU NEEDING A NEW PROVIDER ONE CARD?

YOU CAN GET A REPLACEMENT THREE WAYS!

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

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

MUCKLESHOOT COMMUNITY FAMILY EVENT
COME DRESSED AS AND HAVE BRUNCH WITH YOUR FAVORITE PRINCESS!!

Community Princess Brunch

WHEN: JULY 13TH, 2019
WHERE: SLA HAL SHED
TIME: 11:30AM-1:30PM

FREE FOOD AND DRINKS
CONTACT: Frankie Lezard 253.876.3342
Frankie.Lezard@muckleshoot.nsn.us

Muckleshoot Health & Wellness Center Hours

Monday-Friday

Gym 6:00am – 9pm
Sauna & Steam Room 6:00am – 8:30pm
Pool 6:00am – 8:30pm
Daycare 9:00am – 8:45pm

Saturday

Gym 8:00am – 5pm
Sauna & Steam Room 8:00am – 4:45pm
Pool 8am – 4:45pm
Daycare Closed

Medicare 101

Why do I need Medicare when I turn 65 yrs. old?
What does Medicare pay for?

Part A (Hospital Insurance)
Helps cover:

- Inpatient hospital stays
- Skilled nursing facility care

Part B (Medical Insurance)
Helps cover:

- Services from Doctors and other health care Providers
- Outpatient medical visits
- Durable medical equipment (like wheelchairs, hospital beds, and medical supplies)
- Preventative services (screenings, shots & Wellness)

Part D (Prescription Drug coverage)
Helps Cover:

- Costs of Prescription Drugs/Medications

Come in to learn more about Medicare coverages

Muckleshoot Health & Wellness Center
Managed Care Department
17500 SE 392nd Street
Auburn, WA 98092



Muckleshoot Health & Wellness Center

17500 SE 392nd Street, Auburn, WA 98092
Main Line: (253) 939-6648

DEPARTMENT:	PHONE:	HOURS:
Behavioral Health Mental Health & Chemical Dependency	(253) 804-8752	8:00am – 5:00pm
Community Health/CHR's	(253) 939-6648	8:00am – 5:00pm Closed Lunch: 12:00p-1:00p
Dental Clinic	(253) 939-2131	8:00am – 5:00pm Closed Lunch: 12:00p-1:00p
Family & Youth BH Services Youth Mental Health & Chemical Dependency	(253) 333-3605	8:00am – 6:00pm
Medical Clinic	(253) 939-6648	8:00am – 5:00pm Closed Lunch: 12:00p-1:00p
MEIHSS Elders In-Home Support Services	(253) 876-3050	8:00am – 5:00pm Closed Lunch: 12:00p-1:00p
Optical Clinic	(253) 735-2020	8:00am – 5:00pm Closed Lunch: 12:00p-1:00p
Pharmacy	(253) 333-3618	8:00am – 6:00pm Lobby Closed 5:00p-6:00p Walk-Up window open 5:00p-6:00p
PRC formally named CHS Purchase Orders	(253) 939-6648	8:00am – 5:00pm Closed Lunch: 12:00p-1:00p
Recovery House	(253) 333-3629	24 hours
Registration Department	(253) 939-6648	8:00am – 5:00pm Closed Lunch: 12:00p-1:00p
Wellness Center	(253) 333-3616	
Gym Hours		Monday – Friday 6:00am – 9:00pm Saturday 8:00am – 5:00pm
Pool Hours		Monday – Friday 6:00am – 8:30pm Saturday 8:00am – 4:30pm
WIC Office	(253) 939-6648	Thursdays ONLY 8:00am – 4:30pm Closed Lunch: 12:00p-1:00p

ALL DEPARTMENTS ARE CLOSED ON SUNDAYS



Pregnancy & Labor Support

Continuous Support When You Need It Most

What is a Pregnancy & Labor Support Specialist? They are women trained to provide continuous physical, emotional and informational support to a pregnant woman and her family during labor, birth and the days and weeks after the birth, while honoring their birth preferences. Pregnancy & Labor Support Specialists are a return to the tradition of women being surrounded and cared for by other women during childbirth. These services are a resource for both the laboring woman and the family and can help the birth family participate more fully in the process.

How Can Participating In The Program Help You?

Our Pregnancy and Labor Support Specialists:

- Help create a birth plan to help you navigate through your pregnancy and review your birth preferences.
- Provide emotional support by helping with relaxation techniques, encouraging a positive attitude, guiding you through rough moments and encouraging both you and your family during labor and delivery.
- Provide basic Childbirth Education.
- Stay with you throughout labor and birth, providing uninterrupted support to you and your family.
- Provide physical support by suggesting positions and strategies to enhance labor progress and/or minimize discomfort.
- Educate you during long or difficult labors and can offer suggestions and encouragement to help you cope during your labor progress.
- Work with the medical and nursing staff by providing continuous care and support from the minute you enter the hospital through the first hours after birth.
- Assist with breastfeeding.

To register for this program, or for more information, please contact the HWC Medical Clinic at 253-939-6648.

* You must be PRC (formerly CHS) eligible to utilize this service.

**FREE DIAPER BAG FILLED WITH
BABY SUPPLIES & PACK-N-PLAY
FOR PARTICIPATING IN THE
PROGRAM!!!**



Are You Prepared for a Dental Emergency?

GUIDELINES FOR MOST COMMON DENTAL EMERGENCIES

Toothache: Rinse your mouth gently with warm water to clean it out. Never put an aspirin tablet or any other pain reliever against the gums near the aching tooth. This won't relieve the discomfort and could burn your gum tissue, adding to the problem. Take a recommended dose of pain reliever, ibuprofen (Advil) is best, with a full glass of water. Don't rely on pain relievers long-term. You may be temporarily more comfortable, but the problem won't fix itself. Contact the dental clinic as soon as possible for help.



Knocked-out tooth: First, stay calm and try to find the tooth! This may take a bit of looking, as these emergencies often occur while on a playground, a basketball court or while biking or skateboarding. Rinse the tooth off gently with water, without any scrubbing or use of a toothbrush. Keep the tooth wet in a cup of milk. There is a chance that these teeth can be successfully splinted back in place and will function as normal. Time is of the essence, so contact the dental clinic as soon as possible.

Broken tooth: Rinse your mouth gently with warm water to clean it out. The tooth will likely be sensitive to hot and cold, so covering it with a wet piece of gauze or facial tissue will keep you more comfortable. Contact the dental clinic as soon as possible.



Facial, tongue or lip wounds: Clean the area gently with a clean damp washcloth and apply cold compresses to reduce swelling. A good cold compress is a baggie of ice wrapped in a cloth, applied repeatedly for 15 minutes on and 15 minutes off for the first few hours. Facial wounds can sometimes bleed a lot. Apply direct pressure to the wound with a clean cloth to slow and stop any bleeding, but you should go to the emergency room if the bleeding continues or concerns you. If it ever feels like your teeth don't fit or close together normally after any facial impact or injury, this could be from a broken jaw. You should go to the emergency room immediately.

Objects stuck between teeth: The most common culprits are popcorn husks! Try to gently remove the object with dental floss. Never use a pin or other sharp instrument to try to remove the object. If you can't get the object out, contact the dental clinic and we will help you.

A temporary or permanent crown comes off:

The tooth will likely be sensitive to hot and cold. Place a small dab of drugstore denture adhesive or Vaseline in the crown and set it back on the tooth. This should control any sensitivity and keep the crown in place, but be very careful to avoid chewing on the tooth or the crown could come back off. Contact the dental clinic as soon as possible to have the crown recemented properly.

Our goal in the dental clinic is always to keep you comfortable, whether you are having a dental emergency or not. Feel free to call us anytime with any dental questions you may have (253-939-2131). You should always call the dental clinic immediately for instructions on how to handle any dental emergency during weekday business hours.



Are you having a rough day? Have you been feeling down for a while? It can be difficult to reach out, but talking to someone can help.

You are not alone.

What are Native Community Helpers?

- Your Community Members
- Trained in suicide prevention

How can they help me?

- We offer a listening ear and open heart
- We help you access available resources and reach out to professional help

Remember that you have people in your community to talk to - friends, family members, Elders, Native Community Helpers, counselors. These people would be glad to help you access the help you need.



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You are not alone.

To get help for yourself or someone you know who is suicidal, call:

Behavioral Health Program at (253)804-8752
King County Crisis Line after hours at (206)461-3222



Feathered Healing Circle

The Feathered Healing Circle is now having people call who need AA or NA meetings. Please call me to arrange a time and date for meeting. These meetings will also be on journey this year going to Lummi and Alcatraz. So just let me know you need a meeting, I will travel within Auburn area. Call Cynthia Lozier, 253-218-5542



Relative & Foster Care Program

We Need YOUR Help to become a Licensed & Loving Safe Home for OUR CHILDREN

Foster a Child

MIT Children & Family Services

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

MUCKLESHOOT BEHAVIORAL HEALTH



PROBLEM GAMBLING RESOURCES

Muckleshoot Resources

Behavioral Health Gambling Outreach

Julia Joyce, MA, CDP is available Monday, Wednesday, and Friday 8am-5pm
(253)804-8752 x3200

Call and setup an informational session

Local Gamblers Anonymous Meetings

Winner's Circle—Wednesday at 5:30pm, MIT Family Outreach Center

Tuesday & Friday Noon, South King County Alano Club

Tuesday 7:00pm, Crossway Church, 209 M St NE, Auburn

Friday 7:00pm, VRFA HQ, 1101 D St NE, Auburn

Sunday 6:30pm, New Hope Baptist Church, 14024 Stewart Rd, Sumner/Pacific

State/National Resources

Washington State Gambling Helpline 1-800-547-6133

SOCIAL SECURITY ADMINISTRATION

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

NATIVE COMMUNITY HELPERS

Are you having a rough day? Have you been feeling down for a while? It can be difficult to reach out but talking to someone can help. You are not alone.



What are Native Community Helpers?

- Your Community Members
- Trained in suicide prevention

How Can They Help Me?

- Offer a listening ear and open heart
- Help you access available resources and reach out to professional help

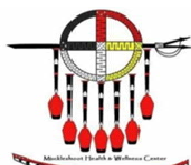
Remember that you have people in your community to talk to – friends, family members, Elders, Native Community Helpers, counselors. Those people would be glad to help you access the help you need.

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You are not alone.



To get help for yourself or someone you know who is suicidal call:
Behavioral Health Program at: (253) 804-8752
King County Crisis Line after hours at: (206) 461-3222
In an Emergency call: 9-1-1



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 376th St
Auburn WA 98092
253-931-6709 Ext 3700

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

FENTANYL WARNING

Fentanyl is causing an increasing number of **deaths** in King County.

Most drugs can be cut with **fentanyl**.

Fentanyl has been found locally in fake oxycodone pills & in white and blue powders.



Drugs pictured here were found at overdose death scenes in King County and tested positive for fentanyl.

Public Health
Seattle & King County

HOW TO AVOID OVERDOSE

DO NOT USE ALONE

START WITH A SMALL AMOUNT
Fentanyl is a potent drug about 100 times more powerful than other opioids.

WATCH AND WAIT BEFORE THE NEXT PERSON USES

HAVE NALOXONE READY
You can get Naloxone at the Needle Exchange.

AN OPIOID OVERDOSE IS A MEDICAL EMERGENCY. CALL 911 RIGHT AWAY
Washington's Good Samaritan Law helps protect you.

TREATMENT WORKS
Call the Recovery Hotline at 1-866-789-1511
Or visit www.stopoverdose.org

Muckleshoot Pickle Ball Champions!



On June 7, 2019 the "Muckleshootout Pickle Ball Championship" concluded with the following teams in the winners' bracket –

First Place: Dave McLeod and Dan Cable (*Front Row L to R*).

Second Place: Martin Alfaro and Carlton Buren (*Back Row L to R*).

Third Place: Amber Postma and David Hoffman (*Not Pictured*).

This relatively new sport was developed on Bainbridge Island in 1965 and has swept over the US.

Essentially, it is tennis with a ping-pong paddle and wiffleball. This allows for slower play and longer volleys.

Please contact the Wellness Center (253) 939-6648 for more information on the sport and any upcoming trainings. The Health Division encourages all Tribal Members, Community Members and MIT Employees to maintain a healthy level of physical activity this Summer and all year.

- The Health Division

What are Needle Exchanges and why do we have them?

Muckleshoot Behavioral Health

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

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

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

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

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

NOTICE:

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

Muckleshoot Behavioral Health Program

16-Week Anger Management Class

Open to Join Anytime!

Every Thursday

1:30pm-3:00pm

Facilitated by: Dr. Sarlak

Meets Court Requirements

For questions or more information, contact:

Muckleshoot Behavioral Health Program
(253) 804-8752

MUCKLESHOOT WELLNESS CENTER		
GYM HOURS: MONDAY-FRIDAY 6AM – 9PM / SATURDAY 8AM – 5PM		
POOL HOURS: MONDAY – FRIDAY 6AM – 8:30PM / SATURDAY 8AM – 4:30PM		
Days	12 pm	6pm
MONDAY	Fighter Fit Boxing/Conditioning Class Yoga Stretching & Conditioning Class	Ninja Warrior Obstacle Course
TUESDAY	ABC Circuit Strength & Conditioning	Step Class Cardio using steps and incorporates music and dance
	Spin Cycle Class with Spin Bikes	
WEDNESDAY	Fighter Fit Boxing/Conditioning Class Yoga Stretching & Conditioning Class	Follow the Leader Can be anything
THURSDAY	Step Class Cardio using steps and incorporates music and dance	Ninja Warrior Obstacle Course
FRIDAY	Movestrong Circuit Training on the Movestrong equipment ABC Circuit Strength & Conditioning	Movestrong Circuit Training on the Movestrong equipment
SATURDAY	Spin Cycle Class with Spin Bikes	Brazilian Jiu Jitsu

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

SCAM ALERT!

- THE NEW MEDICARE CARDS HAS BEEN MAILED SO BEWARE OF SCAM OR PHISHING CALLS.
- MEDICARE WILL NEVER CALL UNINVITED TO ASK FOR PERSONAL INFORMATION OR ANY INFORMATION REGARDING YOUR NEW OR OLD MEDICARE CARD.
- IF SOMEONE CALLS ASKING FOR ANY INFORMATION REGARDING YOUR MEDICARE CARD... **PLEASE HANG UP!**
- YOU CAN REPORT ANY SUSPICIOUS PHONE CALLS DIRECTLY TO THE SOCIAL SECURITY FRAUD HOTLINE AT PH #1-

Beware of Phone Scams

MANAGED CARE DEPARTMENT
MUCKLESHOOT HEALTH & WELLNESS CENTER
PH: 253-939-6648

New Time!!!

Mondays 12:00pm-1:30pm

The Healing Circle is open to all Muckleshoot Community Members to gain education on:

- Addiction,
- Grief & loss,
- Problem gambling,
- Trauma,

And to have an opportunity to share openly.

Location

- Muckleshoot Health & Wellness Center Family and Youth Services
17500 SE 392nd St
Auburn, WA 98092
- Please contact Julia or Aaron at 253-804-8752 with any questions
- No sign up necessary, this is a drop-in group.

Movement & Mental Health

It's something we all pretty much know by now. A healthy life includes eating your veggies and exercising regularly. Although it's not groundbreaking that exercising consistently improves the health of our bodies, it's important for us to remember that exercising is so important for the health of your brain and general emotional health too!

Stress Relief & Self-Care

Exercise is an essential part of any self-care routine. Yes, bubble baths are nice and relaxing, but ramping up your heart rate in a sweaty workout actually has more benefits for dealing with stress.

When you exercise, the concentrations of norepinephrine in your brain increase. Norepinephrine is a hormone and neurotransmitter (chemical messenger in the brain) secreted during times of stress. According to the American Psychological Association, it is thought that increasing the norepinephrine in your brain through regular exercise allows your body to practice handling stress and therefore improves its ability to do so. When we become less active, our body becomes less efficient at responding to stress.

Anxiety & Depression

When we exercise, our bodies release endorphins, which are responsible for what is referred to as exercise-induced euphoria. Having this kind of experience daily as a result of exercise can enhance our general sense of well-being. That paired with the improved ability to cope with stress can help provide relief from symptoms of depression and anxiety.

Exercising also puts you in a state where you are more focused on what you need to make your body do rather than the million thoughts that run through your mind all the time. In short, exercising forces you into a state where you are more mindful of the present moment.

Brain Performance & Health

Many studies support that cardiovascular exercise can help generate new brain cells, a process called neurogenesis, which improves the brain's functions of learning and memory (Deng, Aimone & Gage, 2010). Exercise-induced neurogenesis has also been supported as helpful in preventing or reducing the impacts of neurological disorders related to cognitive decline, such as Alzheimer's disease (Tharmaratnam, Civitarese, Tabobondung, & Tabobondung, 2017).



On top of this, physical exercise

has long been linked with improvement in your brain's ability to focus, as well as learn and remember. As such, physical exercise is often encouraged as a part of treatment for individuals diagnosed with Attention Deficit Disorder (ADD). It's also just helpful in performing better in school, work, and everyday interactions!

Socializing & Confidence

Socializing with others is an important aspect of living an emotionally healthy life and exercising is a great way to meet new people. Whether you're a regular in fitness classes (spin class, Zumba, yoga, swim aerobics, etc.), using equipment at the Wellness Center, or going for walk around your neighborhood, exercise increases your chance of seeing other people and maybe even exchanging a smile, boosting your mood. Working out with others quickly builds a sense of camaraderie and community, decreasing inhibitions we may experience in other kinds of social interactions.

Improved senses of self-confidence and self-esteem are well-supported benefits of exercise. When you exercise, regardless of the activity, your age, or your weight, you start setting goals for yourself. If you stick with it, you'll undoubtedly start to watch yourself achieve them, set bigger ones, and feel more accomplished and

capable in general.

Exercise isn't just helpful at making you physically healthier, it's a vital part of maintaining your mental health, too. So if you're starting to feel yourself slide on any fitness or health-related goals set at the beginning of the year, try not to worry or give up. Just get back in those sneakers and move your body!

References

Deng, W., Aimone, J. B., & Gage, F. H. (2010). New neurons and new memories: how does adult hippocampal neurogenesis affect learning and memory?. *Nature reviews. Neuroscience*, 11(5), 339-350.

Tharmaratnam, T., Civitarese, R. A., Tabobondung, T., & Tabobondung, T. A. (2017). Exercise becomes brain: sustained aerobic exercise enhances hippocampal neurogenesis. *The Journal of physiology*, 595(1), 7-8.

American Psychological Association. <http://www.apa.org/helpcenter/exercise-stress.aspx>

Transitions Signature
Our best everyday Light Intelligent Lenses™

Featuring exclusive Chroma7™ technology, this is our fastest and most responsive lens in all lighting and temperature conditions. Personalize your style with a choice of 7 colors.

AND INTRODUCING NEW **Style Colors**

Pick your color, choose your style

Transitions® Signature® lenses are now available in a choice of 4 vibrant, new style colors for you to personalize with any frame and express your style.

Transitions XTRActive
Our best for extra protection, even in the car

Uniquely designed to protect your eyes from the bright sun outdoors and harsh artificial light indoors.

AND INTRODUCING NEW **Style Mirrors**

Make a statement

Style your frames with our fashionable mirror colors, which adapt to any light.

Inquire within at:
Muckleshoot Optical
 Muckleshoot Health and Wellness Center
 Direct Line 253-735-2020 • Monday-Friday 8:00am – 5:00pm. Closed daily 12:00-1:00 pm for lunch

MUCKLESHOOT INDIAN TRIBE

FREE EVENT
 10 Team Tournament
 DOUBLE ELIMINATION
 5 Men & 5 Women on field at all times.
MEN BAT OPPOSITE HAND.
OPEN UNTIL FILLED

JULY 27-28, 2019
 1ST, 2ND, 3RD PLACE PRIZES & ALL STARS
 Contact Flo Starr to register your team 253-876-3214 or email: florence.starr@muckleshoot.nsn.us
 Questions, please contact Billi Jerry 253-939-6648.

Air Quality Index - A Guide to Air Quality and Your Health

What do the AQI values mean? (Air Quality Index)

The purpose of the AQI is to help you understand what local air quality means to your health. To make it easier to understand, the AQI is divided into six levels of health concern:

Air Quality Index (AQI) Values	Levels of Health Concern	Colors
0 - 50	Good	Green
51 - 100	Moderate	Yellow
101 - 150	Unhealthy for Sensitive Groups	Orange
151 - 200	Unhealthy	Red
201 - 300	Very Unhealthy	Purple
301 - 500	Hazardous	Maroon

When the AQI is in this range: ...air quality conditions are: ...as symbolized by this color:

Why is air quality important?

Local air quality affects how you live and breathe. Like the weather, it can change from day to day or even hour to hour. The U.S. Environmental Protection Agency (EPA) and your local air quality agency have been working to make information about outdoor air quality as easy to find and understand as weather forecasts. A key tool in this effort is the Air Quality Index, or AQI. EPA and local officials use the AQI to provide simple information about your local air quality, how unhealthy air may affect you, and how you can protect your health.

What is the AQI?

The AQI is an index for reporting daily air quality. It tells you how clean or unhealthy your air is, and what associated health effects might be a concern. The AQI focuses on health effects you may experience within a few hours or days after breathing unhealthy air. The AQI is calculated for four major air pollutants regulated by the Clean Air Act: ground level ozone, particle pollution, carbon monoxide, and sulfur dioxide. For each of these pollutants, EPA has established national air quality standards to protect public health. EPA is currently reviewing the national air quality standard for nitrogen dioxide. If the standard is revised, the AQI will be revised as well.

Muckleshoot Wellness Center Swimming Lessons

Days/Times	Monday/Wednesday	Tuesday/Thursday
10:30am - 12pm	Adult/Private	Adult/Private
1pm - 2:30	Parent Child/Level Pre. 1 & 2	Level Pre. 1 & 2/Parent Child
3pm - 4:30pm	Level 3 and 4	Level 1 and 2
5:30pm - 6:30pm	Level 1 and 2	Level 3 and 4
6:30pm - 7pm	Level 5 and 6	Level 1 and 2

Name of Participant(s): _____ Age(s): _____

Adult/Parent/Guardian: _____ Cell Phone: _____

Notes for Instructor: _____

Not sure what level to sign up for? Come to the pool for an evaluation, or ask our Lifeguards.

Please select the class that works best for you below. This Session will be October 22nd - November 15th

Times and levels may vary depending on registration.

___ 1 pm -1:30 pm Parent Child M/W	___ 1 pm - 1:30 am Pre. 1 and 2 T/H
___ 1:30 pm - 2 pm Parent Child M/W	___ 1:30 pm - 2 pm Pre. 1 and 2 T/H
___ 2 pm - 2:30 pm Pre 1 and Pre 2 M/W	___ 2 pm - 2:30 pm Parent Child T/H
___ 3 pm - 3:30 pm Level 3 and 4 M/W	___ 3 pm - 3:30 pm Level 1 and 2 T/H
___ 3:30 pm - 4 pm Level 3 and 4 M/W	___ 3:30 pm - 4 pm Level 1 and 2 T/H
___ 4 pm - 4:30 pm Level 3 and 4 M/W	___ 4 pm - 4:30 pm Level 1 and 2 T/H
___ 5:30 pm - 6 pm Level 1 and 2 M/W	___ 5:30 pm - 6 pm Level 3 and 4 T/H
___ 6 pm - 6:30 pm Level 1 and 2 M/W	___ 6 pm - 6:30 pm Level 1 and 2 T/H
___ 6:30 pm - 7 pm Level 5 and 6 M/W	___ 6:30 pm - 7 pm Level 1 and 2 T/H

For questions more information please contact
 Amelia Merrill @ (253) 333-3616, ext 3709 or amelia.merrill@muckleshoot-health.com

PENTECOSTAL NEWS

The Pentecostal church annual camp meeting will be July 5-7th at the Pentecostal church. Everyone is welcome. There was a baptismal service one Sunday night in May. Bishop Stevens preached a service for us in May. He was also visiting a fellow pastor in the area. The church had a Mother's day barbecue in a local park after the Mother's Day morning service. Mel Moss is fellow minister who's assisting the church for the summer. We appreciate his help and prayers.



MUCKLESHOOT PENTECOSTAL CHURCH
CAMP MEETING

SCHEDULE
ADULT, YOUTH & CHILDREN SERVICE DAILY
COMMUNITY OUTREACHES

FRIDAY 7^{PM}
CHILDREN, YOUTH & ADULT SERVICE
DINNER 5^{PM}

SATURDAY 7^{PM} & 7^{PM}
YOUTH & CHILDREN DAY
OUTREACH
BREAKFAST 10^{AM}
LUNCH 12^{PM}
DINNER 5^{PM}

SUNDAY 10^{AM} & 6^{PM}
CHILDREN, YOUTH & ADULT SERVICE
BREAKFAST 10^{AM}
LUNCH 12^{PM}
DINNER 5^{PM}

AUBURN, WASHINGTON
3173 AUBURN AVENUE
FOR MORE INFORMATION CALL 253-261-6003

HOST PASTORS
PASTOR KENNY & CHARLOTTE WILLIAMS

SPEAKERS
DR. RUSSELL STANDS OVER BULL
PASTOR YELD HANDELL
JEREMY STANDS OVER BULL



Bishop Steven



Baptism



Bible Study With Mel



Father Pat Twohy

Father Pat Twohy honored at Seattle University event

Father Patrick Twohy was honored on June 4 for his work with Native peoples as part of a fundraising event hosted by Seattle University's Indigenous Peoples Institute (IPI). Over 300 were in attendance, including numerous tribal representatives. The Muckleshoot Tribe was one of the sponsors. More than \$195,000 was raised for the IPI's Pat Twohy Endowment, which supports events, academic programs and indigenous students at Seattle University.

Father Pat, as he is known to all, has lived with and served the Native peoples of the Pacific Northwest for more than 40 years. Speaking of his life among Natives, Father Pat said that he has encountered "an intensity of love there that I've never found anywhere else."



RELIGIOUS CONTACTS
Please feel free to suggest additions

Muckleshoot Indian Shaker Church

Dennis Anderson Sr., Minister
Sandy Heddrick, Assistant Minister
Theresa Jerry, 1st Elder
Lee Stafford, 2nd Elder
Thadious Lozier, 3rd Elder
Trudi Moses, Secretary/Treasurer
Carl "Bud" Moses, Traveling Missionary

Muckleshoot Pentecostal Church
Rev. Kenny Williams, Pastor

Sweat Lodge
Doug Moses, 425-301-60811

St. Leo The Great
Catholic Mass

Tacoma Kateri Circle of St. Leo Church
710 South 13th Street
Tacoma 98405

Catholic (Native) Mass with Father Patrick J. Twohy
1:30 pm every Sunday

Circle meetings 2nd and 4th Sunday
Potluck every 3rd Sunday

www.katericircle.com
Facebook: Tacoma Kateri Circle

Muckleshoot Pentecostal Church
Kenny Williams, Pastor

SCHEDULE

Sunday	10:00 AM	Church Service
Tuesday	12:00	Noon Prayer Meeting
Wednesday	6:30 PM	Bible Study
Thursday	12:00 Noon	Support Group Meeting
Thursday	7:00 PM	Spanish (language) Church
Friday	7:00 PM	Prayer Meeting
3rd Saturday	10:00 AM	Prayer Meeting

Please come join us for
MASS & Catechism
At the Muckleshoot Catholic church

Catechism starts at 3:00pm
Mass starts at 5:00pm

As always, enjoy a nice dinner with us and Father Pat Twohy after Mass

For more info. Please contact me at
Tara.Vasquez@muckleshoot.nsn.us
Or by phone at (253)347-6937



MUCKLESHOOT SOBRIETY POW WOW

July 26, 27 & 28, 2019

MUCKLESHOOT POW WOW GROUNDS • AUBURN, WA

GRAND ENTRY:

Fri, July 26-7:00pm
 Sat, July 27-1:00pm & 7:00pm
 Sun, July 28-1:00pm
Daily Grand Entry Points Taken.

HEAD STAFF:

Host Drum:
 Showtime- S. Dakota

Master of Ceremonies:
 Randy Vendiola
 Carlos Calica

Arena Director:
 Merlin Kicking Women

Whipman:
 Reuben Twin

DANCE CONTEST CATEGORIES

Men's Golden Age Combined (65+ & over)
 - 1st Place: \$800, 2nd: \$600, 3rd: \$500, 4th: \$400

Women's Golden Age Combined (65+ & over)
 - 1st Place: \$800, 2nd: \$600, 3rd: \$500, 4th: \$400

Sr. Men's Traditional, Fancy, Grass (50-64 yrs)
 - 1st Place: \$800, 2nd: \$600, 3rd: \$500, 4th: \$400

Sr. Women's Traditional, Jingle, Fancy (50-64 yrs)
 - 1st Place: \$800, 2nd: \$600, 3rd: \$500, 4th: \$400

Jr. Men's Traditional, Fancy, Grass (18-49 yrs)
 - 1st Place: \$800, 2nd: \$600, 3rd: \$500, 4th: \$400

Jr. Women's Traditional, Jingle, Fancy (18-49 yrs)
 - 1st Place: \$800, 2nd: \$600, 3rd: \$500, 4th: \$400

Teen Boys Traditional, Fancy, Grass (13-17 yrs)
 - 1st Place: \$400, 2nd: \$350, 3rd: \$300, 4th: \$250

Teen Girls Traditional, Jingle, Fancy (13-17 yrs)
 - 1st Place: \$400, 2nd: \$350, 3rd: \$300, 4th: \$250

Jr. Boys Traditional, Fancy, Grass (6-12 yrs)
 - 1st Place: \$300, 2nd: \$250, 3rd: \$200, 4th: \$150

Jr. Girls Traditional, Jingle, Fancy (6-12 yrs)
 - 1st Place: \$300, 2nd: \$250, 3rd: \$200, 4th: \$150

Tiny Tots (5 & under) No Contest, paid by session

SPECIALS

Teen Girls & Women's Fancy Special
 (In Memory of Ariela Starr Vendiola)
 - 1st Place: \$600, 2nd: \$400, 3rd: \$200

Committee Special (TBA)
 - 1st Place: \$600, 2nd: \$400, 3rd: \$200

Men's Round Bustle
 - 1st Place: \$600, 2nd: \$400, 3rd: \$200

Hand Drum
 -1st Place: \$600, 2nd: \$400, 3rd: \$200

Attention All Contest Participants:

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

Committee of this event is not responsible for accidents, injuries, short funded travelers, stolen, lost articles or damage to personal property.

No Pets will be allowed. Absolutely No Drugs and No Alcohol Allowed.



Natives On A Wellness Path

EVERYONE WELCOME!



For Pow Wow information, contact Lisa Elkins 253-939-6648 or Mike Starr 253-329-4360



OUTDOOR MOVIES

JULY 2ND (TUES) MADAGASCAR 3	93min airtime 9:30pm
JULY 9TH (TUES) THE INCREDIBLES 2	118min airtime 9:30pm
JULY 16TH (TUES) A LEAGUE OF THEIR OWN	128min airtime 9:30pm
JULY 23RD (TUES) SNOW WHITE AND THE SEVEN DWARFS	83min airtime 9:20pm
JULY 30TH (TUES) WARRIOR	139min airtime 9:00pm
AUGUST 1ST (THURS) RALPH BREAKS THE INTERNET	112min airtime 9:00pm
AUGUST 6TH (TUES) AQUAMAN	143min airtime 9:00pm
AUGUST 8TH (THURS) SMALLFOOT	96min airtime 8:45pm
AUGUST 13TH (TUES) CREED II	117min airtime 8:45pm
AUGUST 15TH (THURS) THE LITTLE MERMAID	83min airtime 8:40pm
AUGUST 20TH (TUES) JURASSIC WORLD FALLEN KINGDOM	129min airtime 8:30pm
AUGUST 24th (SAT) HOW TO TRAIN YOUR DRAGON THE HIDDEN WORLD	110min 8:30pm
AUGUST 27TH (TUES) WONDER PARK	86min airtime 8:20pm
AUGUST 29TH (THURS) DUMBO	130min airtime 8:15pm

Muckleshoot Ball Fields, Each Movie to start at Dusk. Estimated time above
 Snacks will be available for Cash Only purchases. Open to the public, everyone welcome.
 Bring your blankets, chairs, air beds. Each Movie is Free, bring your family & friends

Frankie Lezard 253-876-3342 Frankie.lezard@muckleshoot.nsn.us

2019

Enumclaw Plateau Farmers' Market

Downtown on Kasey Kahne Dr

Thursdays 3pm to 7pm

FAMILY TREE BOOK BEING

The Muckleshoot Family Tree is being updated! The last edition was 2008. If you have family that was not included in the last book, please notify Pat Noel Fleming at pnflem@comcast.net with name, parents' names and family's they belong to. I am also at the Philip Star Building on some Thursdays with Kerri Marquez. ~ Pat Noel Fleming

EMERGENCY CONTACT NUMBERS

FOR FIRE, MEDICAL, OR POLICE EMERGENCIES CALL 911 FIRST

- TRIBAL GOVERNMENT BUILDING — AFTER HOURS EMERGENCY LINE (4PM — 7AM) (253) 561-1297
- GENERATOR — ELDER AND TRIBAL GOVERNMENT BUILDING EMERGENCY LINE Gregorio (253) 409-3885 | Brook (253)736-3891
- SECURITY EMERGENCY LINE FOR EMERGENCIES, CALL 911 FIRST THEN SECURITY (253) 261-7707
- TRIBAL HOUSING EMERGENCY LINE (253) 261-0779
- PUBLIC WORKS EMERGENCY LINE (253) 876-3030
- EMERGENCY MANAGEMENT Ada McDaniel (253) 261-0779

Muckleshoot Child and Family Services (MCFS)

Contact Information for the MCFS Program

Address:
 1220 "M" Street SE
 Auburn, WA 98002

Main Phone: 253-833-8782 **Fax:** 253-876-3095

CPS Intake Hotline for afterhours Call of Concern report of neglect/abuse:
 1-866-ENDHARM (363-4276)

FREE WILL DRAFTING

FOR MUCKLESHOOT TRIBAL MEMBERS, NON-TRIBAL SPOUSES, AND MEMBERS OF THE COMMUNITY

Please call or email to schedule an appointment:

Law Offices of Kate Jones
katejoneslaw@gmail.com
 (206) 370-1034
www.lawofficesofkatejones.com

Basic Estate Planning Includes:

- Will
- Power of Attorney
- Healthcare Directive
- Disposition of Remains

Office hours are the first Wednesday of every month at the Philip Starr Building, Office #283.

SERVICES PROVIDED BY:

Law Offices of Kate Jones
 Wills & Estate Planning Services

CONGRATULATIONS TO OUR NEW HIRES & TRANSFERS AT MUCKLESHOOT TRIBAL ADMINISTRATION!

We are pleased to welcome the following employees who have been hired or transferred into new positions here at the Muckleshoot Indian Tribe. We hope that you will assist us in welcoming them. ~ Muckleshoot Human Resources

Employee Name	Job Title	Department
Kristina Laubner Smith	Business Manager	Tribal School
Andrew Bruce	Information Systems Instructor	Higher Ed
Shane WhiteEagle	Fitness Trainer	HWC
Crystal Moreno	Mindcare Receptionist	HWC
Joseph Myrick	Mental Health Therapist	HWC
Harvey Starr	Security Officer II	Tribal School
Feather Lewis	MEIHSS Community Health Representative	MEIHSS
Charlotte Porterfield	Outreach Coordinator	Resource Center
Leesa Lozier	Records Specialist	Tribal Court
Keith Stevenson	Lead Cultural Art Educator	Culture
Vicki Lee	Cook I	Elder's Complex
Serrah Stambaugh	Home Health Aide	MEIHSS
Regina Ganaden	Home Health Aide	MEIHSS
Dakota Dye	Home Health Aide	MEIHSS
Logan Sneatlum	Custodian II	General Services
Nicholas Kuculyn	Network Engineer	IT
David Drescher	Fish Production Scientist	Fisheries
Tristan John	TGA Trainee	TGA
Dawna Manning	HR Business Partner - Health	Health
Staci Gunnell	ECE Nurse	ECE
Britnee Rabe	Instructional Assistant I	MCDC
Jillian Howard	Quatitative Fisheries Scientist	Fisheries
Charles Calvert	Building Maintenance Manager	Facilities
Angeleka Bennett-Esparza	Admin Spec II	HWC
Latasha Hamilton	Finance Support Manager	Finance
Jesse Daniels	AWTP Participant	AWTP
Keith Baker	AWTP Participant	AWTP
Angel Price	AWTP Participant	AWTP
Kyle Moses	AWTP Participant	AWTP
Lindsay Hoffe	Mental Health Therapist	Tribal School
Mirella Serrato	Instructional Assistant I	MELA
Cheri Rohlman	Mental Health Supervisor	HWC
Naketa Williams	Bus Aide	MELA
Selena Hernandez	Bus Aide	MELA
Michelle Schwarz	Legal Administrative Assistant	Legal
Noriel Cunanan	Surveillance Observer	TGA
Melanie Moses	Instructional Assistant I	MCDC
Melissa Ho	Instructional Assistant I	MCDC
Veronica Navarro Moses	AWTP Participant	AWTP
Kaleb Williams	Building Maintenance Worker	Housing
Isaiah Asphy	Building Maintenance Worker	Housing
Quanetayzia Crump-Eddington	Home Health Aide	MEIHSS
Chanteya Hicks	Instructional Assistant I	MCDC

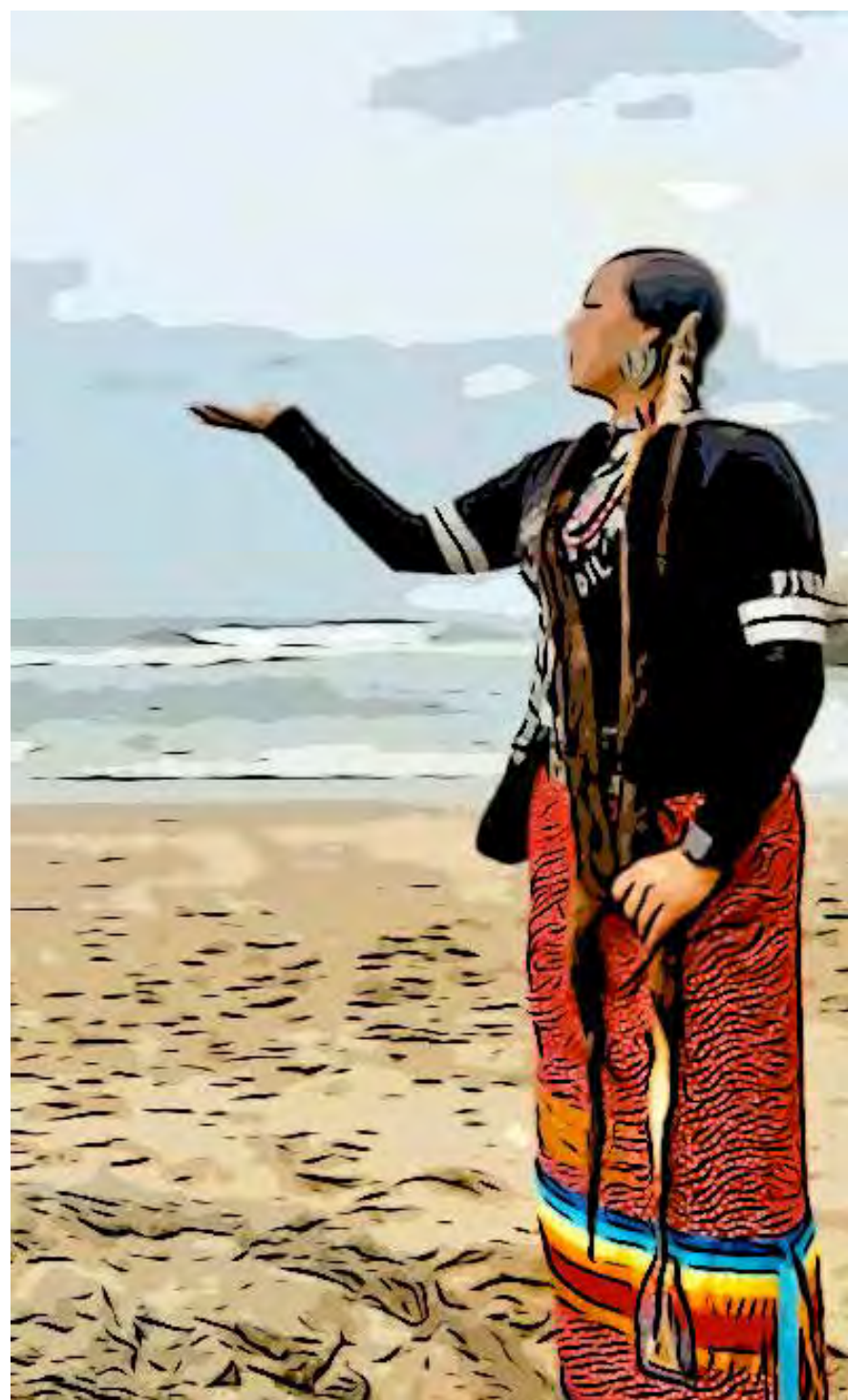


Head Woman and Man Dancers Madrienne and Colby White at the 2019 Veterans Pow Wow. Watch for a full page of photos next month.

John Loftus Photo



MEATY JOHNSON'S Get **20% OFF** with your Muckleshoot Tribal ID! 1201 Pine Street - Seattle, WA 98101



Do You Have What It Takes? Become A Volunteer Firefighter

Learn New Skills
Serve Your Community
Explore it as a Career

Apply at www.mvfire.org or call 253 735 0284

Proudly Serving The Muckleshoot Indian Tribe and City of Black Diamond

UPDATE Free Red Cedar & Douglas Fir Trees

Free Red Cedar and Douglas Fir Tree Starters for Muckleshoot Tribal Members

Building Maintenance will deliver and plant for **All Muckleshoot Tribal Members 18 years old and older**. Tree recipients are responsible for watering

Trees may be picked up during business hours Monday through Friday 7am - 4pm at Building Maintenance | 38805 172nd Avenue SE By Old Ball Fields and Sla Hal Shed

For delivery or additional information, call (253)285-4063 Available while supplies last

NATIVE AMERICAN ENTREPRENEURIAL EMPOWERMENT WORKSHOPS

Aspiring Entrepreneur or Small Business Owner?

Attend a Free Small Business Development Workshop in Oakville, Washington!

Training by RedWind in Partnership with the Chehalis Tribal Loan Fund (CTLF)

- 2-Day Native American Entrepreneurial Empowerment Workshop
- Monday, July 22nd & Tuesday, July 23rd (9am-4pm)
- At the Chehalis Tribal Community Center (Gathering Room), 491 Secena Road, Oakville, WA 98568
- Class materials & refreshments provided
- Check out the Workshop at: <https://www.nativesmallbusiness.org/>

To register contact: Lawrence SpottedBird, CTLF Executive Director, 360-709-1831, lspottedbird@chehalistribe.org

Or register on-line at: https://www.nativesmallbusiness.org/chehalis_2019

Native American Entrepreneurial Empowerment Workshops are provided to native communities across the country through support from the United States Small Business Administration (SBA) Office of Native American Affairs (ONAA). ONAA contracted with RedWind to provide workshops through contract number: SBAHQ-17-F-0050.

Muckleshoot family support center

39819 Auburn Enumclaw rd. Auburn WA. 98092

Meetings noon and 7pm daily, closed on Sunday

Lunch and dinner provided

We offer A.A, N.A. and G.A. and the medicine wheel, we also have women's meeting's and Men's meetings. Children are welcome.

Birthday meeting on the last Friday of the month

Come down and share your recovery with us.



Everyone welcome

Meetings and dates vary and are subject to change. We also have an open group on FB with dates and times

TRIBAL MEMBER TIRE DISCOUNTS

All 1 year warrantied alignments discounted from \$79.95 to \$60.00
 All 3 year warrantied alignments discounted from \$169.95 to \$120.00
 All wheels and tires discounted 10% off

We also offer \$49 down & 100 days no interest with Snap financing. Just text 17392 to 48078, no credit needed. Must be 18 years or older. Must present Muckleshoot ID card at time of write up. We also promise to meet or beat everyone's prices on wheels and tires.



Ray DeTar / Best Tire Center / Store Manager
 602 Auburn Way South
 Auburn, Washington 98002
 (253) 205-0889 / www.btctires.com

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 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.



Muckleshoot Indian Tribe
Child Care Development Fund



Do you need assistance with your child care expenses?

Are you?

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

Is your child(ren)?

- 12 years of age or younger
- Enrolled in a federally recognized tribe or a descendant (parent must be enrolled) of a federally recognized tribe

Child care is based upon your family size and monthly income that is at or below 85% of King County's median income (100% for Muckleshoot Tribal Members). You may qualify, if your family's monthly income falls below the following income range:

Family Size:	85% Median Monthly Income	100% Median Monthly Income (MIT Members Only)
1	\$0-\$4,484	\$4,485-\$5,275
2	\$0-\$5,121	\$5,122-\$6,025
3	\$0-\$5,759	\$5,760-\$6,775
4	\$0-\$6,396	\$6,397-\$7,525
5	\$0-\$6,913	\$6,914-\$8,133
6	\$0-\$7,423	\$7,424-\$8,733
7	\$0-\$7,933	\$7,934-\$9,333
8	\$0-\$8,443	\$8,444-\$9,933

To apply or if you have any questions contact the Muckleshoot CCDF Program at (253) 876-3056 or Vanessa Simmons at (253) 876-3016
 Email: Vanessa.simmons@muckleshoot.nsn.us
 Located at the Muckleshoot Early Childhood Education Center, 15599 SE 376th St, Auburn, WA 98092

Muckleshoot tribal court of justice
In and for the Muckleshoot Indian Reservation
Auburn, WA 98092

Case No.: MUC-J-05/19-047
NOTICE OF FACT FINDING HEARING IN RE THE WELFARE OF:
W. W.
DOB: 01/23/2016
An Indian Child

TO: JEREMIAH WHITEEAGLE SR, FATHER
MELISA CARSON-GOLDIE, MCFS CASE MANAGER
DORRY PETERSON, PROSECUTOR

YOU AND EACH OF YOU will please take notice that a FACT FINDING Hearing regarding the above-mentioned youth has been scheduled for **TUESDAY the 16th day of July, 2019, AT 10:30AM**, in the Muckleshoot Tribal Court of Justice located at 39015 172nd Avenue SE, Auburn, WA 98092.

The purpose of this hearing is to: 1) Hear testimony on the facts of the case; 2) to determine whether or not there is CLEAR AND CONVINCING EVIDENCE that the youths are YOUTH IN NEED OF CARE, and in need of Tribal Court supervision as wards of this court; 3) whether out-of-home placement of the youth is necessary and 4) any other action necessary for the youth's best interest; 5) whether filings were timely and appropriate.

You may pick up a copy of MCFS Case Manager's Court Report from the court clerk's office three working days prior to the hearing. Pursuant to Section 12.A.03.070; Title 12, a Petition for Fact-finding must be filed within fifteen days of the Preliminary Inquiry and sent to all parties. The Parties shall be notified of the hearing at least (10) days prior to the hearing. The Fact-Finding hearing must be conducted within 40 days after the Petition for Fact-Finding is filed or the conclusion of the Preliminary Inquiry, whichever comes last, pursuant to Section 12.A.03.080, Title 12 of the Youth Codes. The parents, guardian and custodian of the youth are each entitled to have someone represent them at the hearing at your own expense-meaning that they will be solely responsible for any fees charged by the person.

If a party fails to appear the Court may, in his or her absence, take legal custody of the child, make the child a ward of the Court, and take any other action that is authorized by law.

If you have any questions regarding the nature of this hearing or the location of the court, please call the Court Clerk at 253-876-3203.

Dated this 22nd day of May, 2019
 /s/ Katie Avila
 MIT-Clerk Of The Court

Attention Muckleshoot Tribal Members and Community Members:

The Muckleshoot Gaming Commission has reviewed the list of patrons barred from the Casino and Bingo Hall and has lifted many of these barrings.

To see if your barring has been lifted, please call

253-804-4444 Ext. 1428

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

Case No.: MUC-CJ-04/18-057
NOTICE OF CUSTODY HEARING
July 23rd, 2019 at 10:00 AM
IN RE THE CUSTODY OF:
T.J.W.
DOB: 1/27/2011
K.J.W.
DOB: 3/9/2013
JACQUELINE JAMESON Petitioner/Mother
GUY WILLIAMS Respondent/Father
To: JACQUELINE JAMESON, Petitioner/Mother
GUY WILLIAMS, Respondent/Father

YOU AND EACH OF YOU will please take NOTICE that a CUSTODY HEARING has been scheduled for **TUESDAY the 23rd DAY OF JULY, 2019 at 10:00 AM** in the Muckleshoot Tribal Court of Justice located at the legal building at 39015 172nd Avenue SE, Auburn, WA 98092.

The purpose of this hearing is to hear testimony and present evidence as to the youth regarding custody, child support and visitation.

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

Your failure to appear may result in a default judgment being entered against you without notice. A default judgment is one where the petitioner is entitled to what he/she asked for in the petition.

If you have any questions regarding the nature of this hearing or the location of the Court, please call the Court Clerk- 253-876-3203.

DATED this 4th day of June, 2019
 /S/ Katie Avila
 KATIE AVILA
 Court Clerk

Brush Clearing Service

Muckleshoot Tribal Members that are 18 years of age or older can receive brush clearing service from Building Maintenance with mechanical equipment or our eco-friendly alternative, goats.




Brush Clearing Service Forms are available at the Elders Center Front Desk and Building Maintenance. For inquiries, call (253)285-4063



EVENTS CALENDAR

June 28	First Salmon Dinner MTS
July 5	Summer Bash Sla Hal Shed/Ballfields 4pm - 8pm
July 13	Princess Brunch Sla Hal Shed/Ballfields 11:30pm - 1:30pm
July 18	Canoe Hosting Alki Beach
July 26-28	Sobriety PowWow
July 27-28	Clean & Sober Co-ed Softball Tournament
August 3	Swap Meet Sla Hal Shed/Ballfields 11pm - 2pm
August 10	Fishing Derby
August 22	Back to School Bash Event Fields 4pm - 8pm
August 16-18	Skopabsh PowWow

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

MUCKLESHOOT TRIBAL COURT
FOR THE MUCKLESHOOT INDIAN RESERVATION
AUBURN, WASHINGTON

Case No.: MUC-J-05/19-047
NOTICE OF PRELIMINARY INQUIRY IN RE THE WELFARE OF:
W. W.
(DOB): 01/23/2016
AN INDIAN YOUTH

TO: (FATHER): JEREMIAH WHITEEAGLE SR
(PROSECUTOR):DORRY PETERSON
(MCFS): MELISA CARSON GOLDIE


YOU AND EACH OF YOU are hereby notified that a REQUEST FOR PRELIMINARY INQUIRY has been filed in the Muckleshoot Court Youth Division and a PRELIMINARY INQUIRY HEARING will be held on the 25th of JUNE, 2019 at 10:30 AM in the above-titled court, located at the Muckleshoot Legal Building, 39015 172nd Avenue SE, Auburn, Washington 98092, to determine:

- 1.) The tribal status of the youth;
- 2.) Whether probable cause exists to believe that the youth is/are YOUTH IN NEED OF CARE, and tribal court supervision.
- 3.) Whether out of home placement of the youth is necessary and
- 4.) Any other action necessary for the youth best interest pending further proceedings.

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

If you have any questions regarding the nature of this hearing or the location of the Court, please contact either the Court Clerk at (253) 876-3203 or the Presenting Officer at (253) 285-4062.

Dated this 22 May 2019.
 OFFICE OF THE MIT COURT CLERK



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) topick up an application.

BAD CREDIT? CAN'T GET APPROVED?

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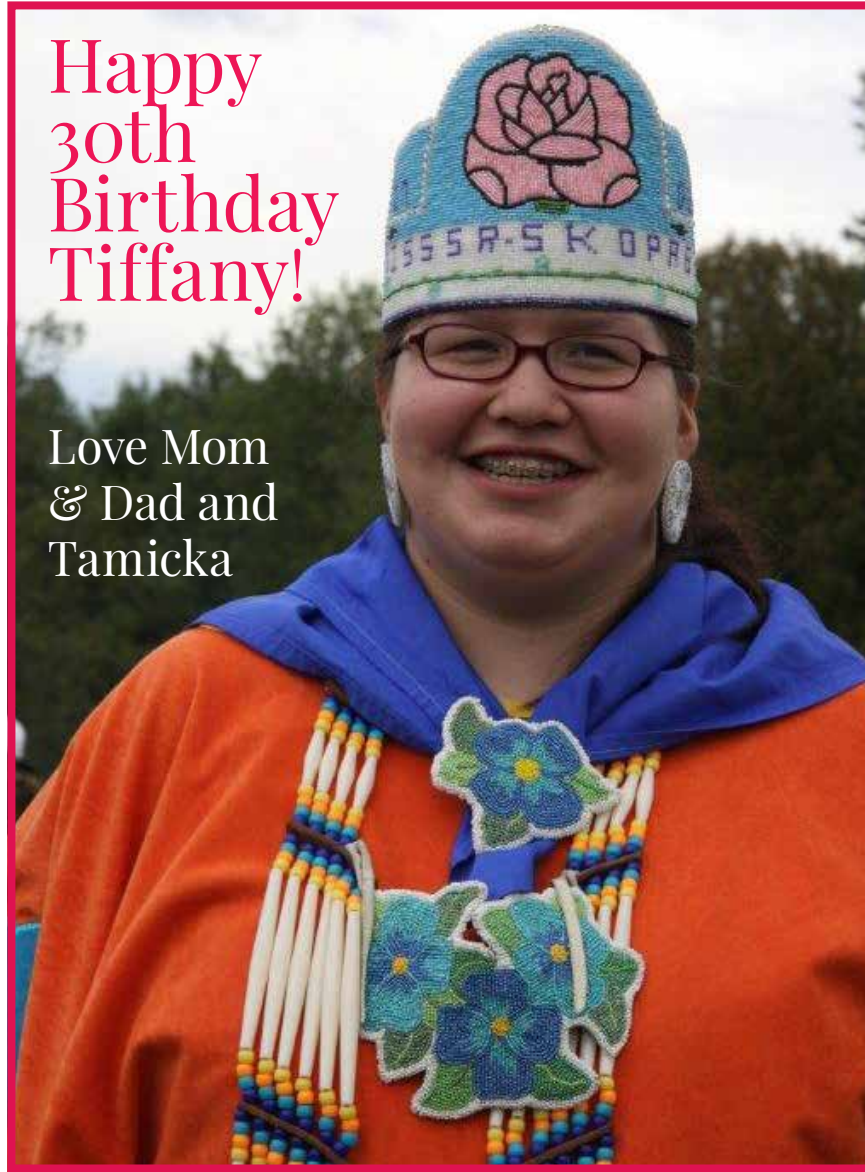
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*Happy 9th Birthday Natalia and
Happy 7th Birthday Keanu!!
We love you*



**Happy
30th
Birthday
Tiffany!**

Love Mom
& Dad and
Tamicka



ELKINS FAMILY PHOTO, from left to right: Lisa Elkins, Daria Thunder, Ramona Elkins II, Jakobe Elkins, Zuri Elkins, Ramona Elkins, John Elkins Sr. and Marcie Elkins.



**Happy birthday & fathers day in heaven
love, your dudes
Mikey John Sr.
July 15th 1976-December 19th 2012**



*Happy Birthday
Lucille Marie Martin!
Love you bunches (6/3/19)*



**Happy 3rd Birthday on 6/28 to
sweet little Vivian Snyder-Darby!
Lots of Love, Mommy, Daddy, and
Grandpa Steve**



Meanwhile, Back at the Ranch...

Former longtime Tribal Council member Franklin Lozier is enjoying his new home on the revitalized Lozier Ranch Property. "I feel like I've gone full circle now," he says. "This is where I started out, and this is where I'll finish." He's gone through a few tough years but his health is good now and he's feeling fine again. Franklin has lots of memories and sure is a good storyteller.



Papa Greg Brown minding baby Catalina while Mama Julia fills out paperwork in the Enrollment Office.



**Happy 7th Birthday,
Kadence June!
hiiA t(u) adsweli?i(l)
Kadence June**

**So Proud of you
Jonathan Sampson Jr.
LACE UP!!
Much love from
Your Family**



**HAPPY 17TH
BIRTHDAY,
ADAM!
JUNE 27, 2019
- DAD LOVES
YOU!**



Greeters Staff for Elders Luncheon