Muckleshoot Veterans Pow Wow 2019 PAGE 9





## Muckleshoot MESSENGER



Muckleshoot Indian Reservation, Wash.

August 8, 2019



Sovereign Bill gives Molly at High 5

## MOLLY OF DENALI: Sovereign Bill's Breakout and Breakthrough Role

By Leona Long

Vol. XX, No. 5

Sovereign Bill has been at the mic since she could stand on her own two feet.

Sovereign, known as "Sov" or "Sovie" to familiy and friends, grew up accompanying her parents, Willard Bill Jr. (Muckleshoot) and Robin Pratt (Tlingit), participating in events and performing traditional Muckleshoot and Tlingit dances and songs at tribal and community events throughout the Puget Sound area. She is a member of both the Muckleshoot Canoe Family and the Kuh-Tee-Yah Alaskan dance troupe, as well as being part of the Auburn School District's Native American song and dance group.

"My Muckleshoot and Tlingit cultural identity keeps me grounded," Sov says. "It's a big part of my life and has shaped me into who I am as a person. I have a deep love and appreciation for my cultures, and just always want to learn more."

Last summer she went on a casting call with other young Native American and Alaska Native actors from Red Eagle Soaring Native Youth Theatre. She received a call-back almost immediately, and now, at 14, Sov is standing at another mic voicing the title character, Molly Mabray, in PBS KIDS' MOLLY OF DENALI.

More than just Sovereign's big break, MOLLY OF DENALI is a groundbreaking role. It's the first nationally distributed children's series in the U.S. featuring a Native American lead character.

Since the inception of MOLLY OF DENALI, PBS KIDS and its

Continued on Page 3

# \*\*MIT COOLING CENTER INFORMATION \*\*Hours of Operation-12pm – 9pm Monday – Friday \*\*Hours may change during the weekends and will be posted depending on the use of the facility \*\*When local tempratures are 80 degrees or above \*\*Location – MIT Health & Wellness Center \*\*Light snacks are provided to those who use the Cooling Center \*\*MIT Shuttle has a route to the HWC For more information contact: Ada McDaniel or Susan Starr at the MIT Office of Emergency Management As Always, Stay Hydrated, Stay Cool, Stay Informed!

## CANOE JOURNEY TO LUMMI 2019 IS NOW HISTORY

A Report from Will Bill Jr.

The 2019 Paddle to Lummi is completely in the books now and Muckleshoot saw its largest participation ever in Tribal Canoe Journeys, with over a hundred members participating this year. It was exciting that, for the first time in a very long time, we had a third canoe on the water with a full crew, skipper and relief pullers.

What that meant on a daily basis was that we'd mobilized at least 30 pullers on the water full-time, and two support boats. So we averaged 40 to 50 people on the water every day, going from each village to the next, and over a hundred tribal members overall with families and ground crew and our cooks and drivers and support team, medical coming along.

We look forward to capitalizing on that momentum, the huge involvement – especially with the youth from our summer program that went right into Canoe Journey. About 85% of those that participated in the summer culture and language program went right into Canoe Journey and participated, so they had a full summer immersion – an intensive immersion into Muckleshoot culture and all that is learned on the Canoe Journey.

Our protocol at Lummi, although shortened due to host requirements that each tribe



only do only an "hour-ish" performance and protocol, went over very well. We've gotten a lot of compliments. People that have been around a long time have said that this was our best protocol yet in terms of our song and our dance performance and, of course, our giveaway is always profound.

Although we appreciate and will always utilize the donated

items that we get from our various Muckleshoot programs and the casino and bingo hall and other business enterprises – and people love those – we've seen a considerable increase in our handmade giveaway items. I just really have to raise my hands to our Cultural Program staff that have worked diligently for months and months and months to produce those handmade

items, and to the other community members that always produce and donate to our Canoe Family.

This year's gifting included tons of canned spring fruit, with the canning work being done at our offices, down by Brown's Corner, up at the Elk House, by the Elders in various locations and, of course, here at the Culture Building.

Continued on Page 3

## Casino promotes Jesse McDaniel Jr. to Assistant GM position

MUCKLESHOOT – Jesse B. McDaniel, Jr., an enrolled member of the Muckleshoot Indian Tribe, has been named Assistant General Manager of Muckleshoot Casino. In assuming this position, McDaniel becomes the first Muckleshoot tribal member to attain the title.

Over the past five years, McDaniel served as a Tribal Business Leader at Muckleshoot Casino in which he immersed himself in the business operations of Marketing, Finance, Support Operations, and Information Technology.

McDaniel views his new role as one of stewardship for the generations to come.

"I would like all Tribal members, as well as our 1,700-member work force, to know I am here to help them reach their goals and grow as we move into the future," states McDaniel. "You can do whatever you put your mind to; you've got to work hard, but it's here for you. The

never-ending."

This achievement is not the first for McDaniel. In 2003, he was elected to the Muckleshoot

future of Muckleshoot Casino is

Tribal Council for a three-year term

McDaniel's path to Assistant General Manager included leadership roles as Assistant Executive Director and Executive Director, respectively, with the Muckleshoot Tribal Gaming Agency. Most recently, he served as interim General Manager of Muckleshoot Bingo.

"Over the past 20 years, Jesse McDaniel has played a key role in the success of the Tribe's gaming operations," Muckleshoot Tribal Chair Jaison Elkins says. "His accomplishments and strong commitment to retaining our position as the region's premier entertainment destination is a source of great pride for the Muckleshoot Tribe."

McDaniel lends his business acumen to Muckleshoot Casino's executive team at a time of monumental change. A sweeping expansion project will add a 20,000-square-foot event center and 400-room luxury hotel tower to the casino along with expanded gaming and dining options, among other amenities. The full transformation will be unveiled in 2021.



New Casino Assistant General Manager Jesse B. McDaniel Jr.



## Get a glimpse of the new Muckleshoot Casino to come!

A newly remodeled section of casino floor is now available for play near Coyaba Grill and 8.
Featuring a vibrant, eye-catching color palette as well as buttery soft new gaming chairs, the renovated space welcomed eager guests as soon as it opened to the public on Friday, July 26. Games range from classic favorites like American Original to new themes that include Sir Mix-A-Lot's I Like Big Bucks

**Muckleshoot Messenger P2** August 8, 2019



## **Muckleshoot Summer**



Tribal Chairman Jaison Elkins and Seattle Mayor Jenny Durkan

Hello fellow Muckleshoot people. Welcome to the July edition of the Chairman's Corner.

It is hard to believe that we are more than halfway through the year. These past months have been a busy and very productive time at Muckleshoot and as we close in on the last months of summer, I wanted to take a moment to share a few highlights of the year and some of the important things we have been working on.

First, a big thanks to the Muckleshoot Canoe Family for all their hard work on the Summer Youth Cultural Program and preparing for and participating in the 2019 Paddle to Lummi. They represented Muckleshoot well and we are all very proud of them and what they accomplished. We also thank the Lummi Nation for their generous hospitality.

A big thanks also to the many Tribal organizers, workers and volunteers who make summer at Muckleshoot special. Activities like our pow wows, softball tournaments, summer school and other activities couldn't happen without their hard work and support.

Summer has been a busy time for the tribal council also. In June we had a very productive meeting with Seattle Mayor Jenny Durkan and other city officials to discuss our relationship and working together on issues facing our governments. We signed a formal Memorandum of Understanding with the city to strengthen our government-to-government relationship and improve communication and cooperation on matters of mutual interest.

We also agreed to work together to keep oil tankers out of Puget Sound and make sure that as the

city undertakes a major redevelopment of the Seattle waterfront the rich history of our people, and Indian cultural issues generally, are appropriately highlighted and showcased. We also discussed needed improvements to the Cedar River Sockeye Hatchery and how good and responsible fishery management in the urban environment can support tribal commercial harvest as well as fisheries for sport anglers.

In July we met with Pierce County Executive Bruce Dammeier to discuss the tribe's relationship with that important government. Muckleshoot has a major presence in Pierce County and it's important that we have an open and constructive relationship. We agreed to enter into a formal Memorandum of Understanding with Pierce County, just as we have with other governments in the region.

We also met with Eight Congressional District Congresswoman Kim Schrier in July. Her district includes the Muckleshoot Reservation and having a good working relationship with her is important.

A lot of exciting things going on at Muckleshoot these days. From the Indian Relay Races at Emerald Downs to the casino upgrade and expansion and new hotel resort tower, we continue working hard for our community.

Finally, after a rainy June the hot weather is once again upon us. I encourage you all to check in on our elders and youth to make sure they are comfortable and in good health. Watching out for one another is the essence of a strong community - and Muckleshoot is a strong community.

Thanks for reading and have a blessed and safe summer.



Jaison Elkins, Donny Stevenson, Seattle Mayor Jenny Durkan and Louie Ungaro.



Council members had a productive meeting with our new Congresswoman, Kim Schrier. She's already helping to clear up a BIA issue involving modular classrooms at the Tribal School.



## **SENATE LEADERS MEET** WITH TRIBAL COUNCIL

Washington State Senate Majority Leader Andy Billig (D-Spokane) and Law & Justice Committee Chair Jamie Pedersen (D-Seattle) met with Tribal Council members recently to discuss a wide range of tribal issues pending in the State Legislature. L-R: Anita Mitchell, Vice-Chair Donny Stevenson, Louie Ungaro, Sen. Andy Billig and Sen. Jamie Pederson.



## **DONNY SCOUTS THE CANDIDATES**

Tribal Council Vice-Chair Donny Stevenson represented the Tribe at the recent Democratic Presidential Candidate Debates in Detroit. Along with numerous other tribal leaders from throughout the country, he was able to meet with key candidates to discuss issues of importance to tribal nations.

These are some of Donny's impressions of the candidates he was able to meet with, not endorsements.



## **DR. CORNEL WEST!!!**

His books "Race Matters" and "Democracy Matters" helped shape my life and blew my hair back in a tangible way as a young man. He's not running for President, but I was very honored to meet and speak with him!!!



## **MAYOR PETE BUTTIGIEG**

Exciting young and new Presidential candidate, Mayor Pete Buttigieg... he has worked directly with Tribes, specifically, Pokagon Band of Potawatomi Indians and assisted in pushing their Casino thru to completion. They have nothing but positive things to say about him!



Presidential Candidate Elizabeth Warren. A longtime friend and supporter to Indian Country, she recently picked up an important and relevant endorsement by Native American Congresswoman Deb Haaland (D-New Mexico).



SENATOR BERNIE SANDERS

Along with numerous other tribal leaders, including our close relatives of the Puyallup Tribe, Chairman, David Bean and Councilmembers Annette Bryan and James Rideout, I took part in a meeting with Presidential candidate Bernie Sanders. We discussed a number of issues vitally important to Indian Country and shared how our people and our Tribes are impacted by those issues. Senator Sanders has a longstanding comprehensive position on the Native American relationship with the Federal Government.



Tribal Council members Virginia Cross and Jessica Garcia-Jones are seen here with US Senator Maria Cantwell (D-WA) Congressman Ben Ray Lujan (D-NM), who is running for Senate to replace the retiring Senator Tom Udall.

## **Cultivating productive relationships** in Washington, DC.

It's important for the elected leaders of the Muckleshoot Indian Tribe to engage and network with organizations like the Democratic Senatorial Campaign Committee (DSCC), because it provides the Tribal Council wiht rare opportunities to conduct intimate dialogue with Congressional members. These members of Congress have power and influence over federal resources, programs and legislation

that affect the heart of the tribe, i.e. treaty rights, education, housing and infrastructure, which are critical to our way of life. These interactions also provide opportunities for the Tribal Council to cultivate relationships with key members of Congress and practice and engage in Government-to-Government relations, a special element of our sovereign status and a federal obligation.



## **MUCKLESHOOT MESSENGER**

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## 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

**Muckleshoot Messenger** August 8, 2019 **P3** 

## AUGUST 2500 - 25TH, 2019 **MUCKLESHOOT POWWOW GROUNDS • AUBURN, WA**

**ELDERS COMBINED (65+)** \$1000 - \$800 - \$600 - \$400

**GOLDEN AGE COMBINED (50-64)** \$1000 - \$800 - \$600 - \$400

**ADULT CATEGORIES (18-49)** \$1000 - \$800 - \$600 - \$400

Men's Contemporary Traditional, Men's Original Traditional, Men's Chicken, Men's Grass, Men's Fancy

Women's Buckskin, Women's Cloth, Women's Contemporary Jingle, Women's Old Style Jingle, Women's Fancy

**HEAD STAFF** 

MC's - Ruben Littlehead & Lawrence Baker Arena Director - Justus Cree Sr. Head Man Judge - Gary Villa Head Woman Judge - Randi Gardypie Head Drum Judge - Anthony Bluehorse Head Man Dancer - Jonathan Sampson Jr. Head Woman Dancer - Jolene Lozier

**TEEN CATEGORIES (13-17)** \$400 - \$300 - \$200 - \$100

**JUNIOR CATEGORIES (6-12)** \$150 - \$100 - \$75 - \$50

**COMMITTEE SPECIALS** \$500 - \$400 - \$300 - \$200 Men's Grass Special Women's Fancy Special

**DRUM CONTEST ONLY** \$12000 - \$8000 - \$6000 - \$4000 - \$2000 - \$1000 (7) minimum singers to register for contest

Fri, August 23rd - Grand Entry 7pm Sat, August 24th - Grand Entry 1pm & 7pm Sun, August 25th - Grand Entry 1pm



Vendor Information

Charles Williams | 253-285-4035 | charles.williams@muckleshoot.nsn.us Bear James | 253-350-4411 | bear.james@muckleshoot.nsn.us

Website: tinyurl.com/mitpowwow

**Best Western Plus Mountain View Auburn Inn** 253-887-7600 | \*Powwow Rate | credit card deposit only **Quality Inn & Suites** 253-288-1916 | \*Powwow Rate

Not liable for theft or accidents. No drugs or alcohol. Camping available. No electricity available for camping. No dogs allowed outside camping area



## Janice "Janie" Starr

Janice "Janie" Starr of Auburn died July 16, 2019 at the age of 75. Janie was born December 12, 1943 to Louis Starr and Mable Barr in Auburn, WA.

Janie loved going to the Shaker Church, watching the Seattle Seahawks, and her soap operas.

She is preceded in death by her father Louis "Doc" Starr, Sr.; mother Mable Starr; sisters Lillian Smith, Blanche Starr, Florence Wynne and B. Brenda Sheldon; brothers Harvey Starr, Louis "Snapper" Starr, Marvin "Cubby" Starr, Lawrence Starr, Harry

"Head" Starr, Raymond "Jimmy" Starr and Henry "Beetle" Starr, and also her life partner Martin Johnny.

Janie is survived by her sister, Lorraine "Dee Dee" Starr of Auburn, WA.

A funeral service was held Friday, July 19, 2019 at the Muckleshoot Shaker Church followed by burial at New

White Lake Cemetery and lunch at the Shaker Dining Hall. Services were entrusted to Weeks' Funeral Home, Buckley, WA.



## Ambrose Amos Andy Jr.

The heart of the narrow river was filled with fish. Flashes of ruby and black speckled spines darted over rocks and rapids alike. The Yakama, the Waptailmim, had long cast their nets and lines into the river's cool waters. They fished, they celebrated, and they cared for the river and its bounty.

Ambrose Amos Andy Jr. was one of the "People of the Narrow River" in both body and spirit. Since his birth on March 3, 1962 he had cared for the fish. He spent long hours on the river, waiting patiently for his catch, and listening to the music of the water as it tumbled and fell over itself in an unending symphony.

When the call to care for the salmon came, as it had to many before him, he started work at the local fish hatchery. When he was

playing games, berry picking, cooking, or making his family laugh, he heard the music of the river. Even when the music of the pow-wow filled his head and his heart, the songs of the water played within him.

Perhaps like Old Man Rattlesnake, Ambrose has given himself up to the salmon and the river. Perhaps his parents Amos and Shirley; his siblings Moses, Sam, Barbara, William, Jo, and Rebecca; and his nephew Vincent have found these same waters and are there to welcome him home.

The river knows this: there is no hurry. We shall get there someday.

Those waiting for this new someday, to see him again and share his laughter, are his children Kristina Andy, Ambrosia Andy, Celilo Andy, Rachael Andy, Rosa-



lyn Corral, Shannon Mack-Andy, Collin Ambrose Andy, Liam Andy, Truke Andy, Elicia Benado, Yaunna Sneatlum, and Michelle Steik; his siblings Stanley Andy, Charles Andy, David Andy, Ceceilia Andy, Sharon Andy and Mike Andy; many nieces and nephews; and his many beloved grandchildren.

## Molly from Denali

Continued from Page 1

producer, WGBH/Boston, have been committed to ensuring that all Indigenous roles are voiced by Indigenous actors. Sov says that this positive representation and sharing of Native American and Alaska Native cultures is one of the most meaningful aspects of her role.

"I feel lucky to be playing Molly," she says. "I feel like I'm contributing to positive representations of how Alaska Natives and Native Americans are portrayed in film and TV. It's important for Indigenous people to play these roles because of our deep understanding of and connection with these characters."

Prior to MOLLY OF DENALI, Sov's formal acting experience was playing the title role in an eighthgrade production of the musical, Annie. As she dives into the role of Molly, she finds inspiration in the script.

"I just love the script and how Molly is a positive role model for children everywhere," says Sovereign, who was recently given a Tlingit name, Yeil Shi Gis'ook, which means "Raven Singing With the Northern Lights."

"In the scripts, I definitely see a lot of the teachings that I've learned from my Elders, or my mom and my dad. Like when Mol-

## Catch Sovereign Bill as **Molly Mabray in MOLLY** OF DENALI on TV:

- 5:30 & 8:30AM on Channel 9, PBS Seattle
- 1:30 PM on Channel 12, **PBS Tacoma**

ly says 'thank you' to the animals or to the plants when she harvests them. I was taught the same values. It's really amazing to see the familiarity and the connection between myself and Molly Mabray."

An episode that was especially meaningful to Bill was one in which Molly discovered that her Grandpa Nat had gone to boarding school, where he was punished for singing his Alaska Native songs. Molly gets involved with Native singing and dancing, and tries to get her Grandpa Nat to join her. In the episode, she helps him regain his old drum and then his voice as he finally reclaims the traditional songs he once knew.

"That episode helped give me a deeper understanding of this tragic past that we Alaska Native and Native Americans have," said Bill. "Just reading that makes me want to keep going and keep doing this work."

## Renowned Native Artist Marvin Oliver Passes On

Marvin Oliver, 73, a renowned sculptor and printmaker who, as an artist and professor emeritus at the University of Washington, influenced the development and recognition of American Indian contemporary fine art, passed away on July 17, 2019 in Seattle.

Oliver's creativity was steeped in his Quinault and Isleta-Pueblo heritage but couldn't be contained to one style - Northwest Coast, Salish - or one medium. "He was able to bridge all the arts to create his own style," Brigette Ellis, his wife of 32 years, said.

From glass, Oliver created colorful Northwest Coaststyle baskets and spirit boards, kachinas and fins, faces and disks. He carved and painted wood totem poles, cylinders and door panels. He cast towering bronze fins. His serigraphs of whales and birds were bright and joyful. Anyone that has ever visited Seattle Children's Hospital has been delighted by his gigantic orca mom and calf



**Muckleshoot Pendleton** Blanket

suspended from the ceiling. Marvin was still working just weeks before his death.

He had a particular connection to the Muckleshoot Tribe – one that not everyone is probably aware of: He was the designer of the official Muckleshoot Pendleton blanket. Being wrapped in one of these blankets is the highest honor the tribe can bestow.



Marvin Oliver working in his studio.



Orca mom and calf at Seattle Childrens Hospital

## Join us in Suquamish for Chief Seattle Days!

Chief Seattle Days is August 16-18. Please join us in Suquamish, and share this announcement with your friends, family, and commu-

Chief Seattle Days is a 3-day public festival established in 1911 to honor Chief Seattle, a famous leader of the Suquamish People for whom the City of Seattle is named.

The first event was started on the current Celebration Grounds in Downtown Suquamish by local Tribal members, community residents and civic leaders from the City of Seattle.

At the time, the new town of Suquamish was linked to Seattle by foot passenger ferries which allowed city residents to travel



across Puget Sound and enjoy the celebration. Many of the same activities

from the 1911 celebration are still featured today including the traditional salmon bake, canoe

races, baseball tournaments, drumming and dancing, and a memorial service for Chief Seattle at his gravesite in Suqua-

Throughout the years, other events have been added to the celebration. These include a Coastal Jam, Powwow, Fun Run, craft and food vendors and the Chief Seattle Days Youth Royalty Pageant.

Learn about participating in this year's events at ChiefSeattleDays.org and follow us on Facebook <a href="https://www.facebook">https://www.facebook</a>. com/events/385592035380091/

See you there!



## 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!

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.

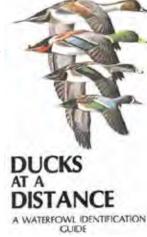
Please call 253-876-3273 for more information, or stop by the front reception and ask for Donna.

COME VISIT US SOON!

P4 August 8, 2019 Muckleshoot Messenger

## New Muckleshoot Waterfowl & Migratory Bird Hunting Regulations

Starting with the 2019 hunting season the Wildlife Program has changed how we administer waterfowl and migratory bird hunting. The change has occurred to be in line with federal regulations that govern hunting for species covered by the Migratory Bird Treaty Act. The MBTA enacted in 1918 currently covers over 1,000 bird species that may move across international boundaries.



The Act is intended to prevent overexploitation of birds by banning or limiting hunting. Birds such as the sandhill crane, snowy egret, and wood duck have recovered as a result of the Act. Bald eagles are an example of a species covered under the MBTA.

The Act states "that it is unlawful to pursue, hunt, take, capture, kill, possess, sell, purchase, barter, import, export, or transport any migratory bird, or any part, nest, or egg or any such bird, unless authorized under a permit issued by the Secretary of the Interior. Some regulatory exceptions apply. Take is defined in regulations as: 'pursue, hunt, shoot, wound, kill, trap, capture, or collect, or attempt to pursue, hunt, shoot, wound, kill, trap, capture, or collect.'

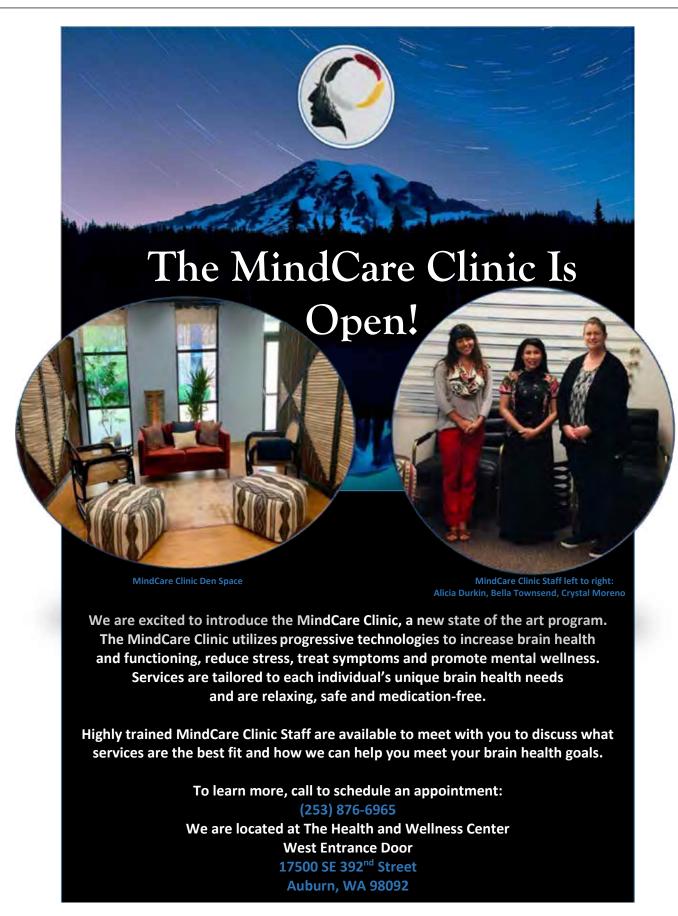
Muckleshoot has informed the U.S. Fish and Wildlife Service that it intends to have hunting seasons for specific bird species that are allowed to be hunted under the Act. Our responsibility is to maintain harvest records of birds killed to understand if Muckleshoot hunting may have any adverse impact on the resource, which is highly unlikely.

Another responsibility is to ensure hunters are educated so that they are taking the allowed species within bag limits, and not something illegal. Killing a migratory bird that is not explicitly authorized could result in the action being a federal crime. We also need to demonstrate that we have enforcement capability, which we have. Federal guidelines have a specific range of dates when hunting can occur. There are also species-specific bag limits to minimize resource impacts.

We will be setting regulations soon. Hunting of migratory birds such as ducks and geese will require a free Migratory Bird Hunting Permit and a harvest report card that will need to be turned in by the end of March. Interested hunters should educate themselves on waterfowl species and review the publication Ducks at a Distance available for download at <a href="https://www.fws.gov/uploadedFiles/Ducks%20at%20a%20Distance-OCR.pdf">https://www.fws.gov/uploadedFiles/Ducks%20at%20a%20Distance-OCR.pdf</a>

## Date Sept 1 2019 - Mar 10 2020

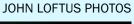
The proposed seasons and bag limits are:			
Duck, daily limit	7		
Possession limit	3 x daily all species		
Mallard	2 hen		
American Wigeon	Included in duck limit		
Northern Pintail	2		
Green-winged Teal	Included in duck limit		
Blue-winged Teal	Included in duck limit		
Gadwall	Included in duck limit		
Northern Shoveler	Included in duck limit		
Wood Duck	Included in duck limit		
Bufflehead	Included in duck limit		
Ruddy	Included in duck limit		
Scaup	3		
Ring-necked	Included in duck limit		
Canvasback	2		
Redhead	2		
Scoter	2		
Long-tailed	2		
Goldeneye	2		
Harlequin	1 per season		
Merganser	Included in duck limit		
Coot	25		
Geese	4		
Aleutian	Included in 4		
Cackling	Included in 4		
Dusky Canada	Closed		
"Light" geese			
(Snow, ross)	6		
White-fronted goose	10		
Brant	2		
Mourning Dove	15		
Band-tailed pigeon	2		
Snipe	8		
Crow Sept 1- Dec 31	, No limit		





## Molly From Denali Seattle Area Premiere!

Saturday, June 29, 2019 ~ Auburn Performing Arts Center



























Muckleshoot Messenger August 8, 2019 P5

## Celebrating Sobriety Sobriety Powwow is a healing for those recovering from addiction

By Chetanya Robinson

Alicia Oliver came to the 2019 Muckleshoot Sobriety Powwow to mark a milestone. Four days ago, she had been sober for a year, after struggling with drug addiction on the Muckleshoot reservation for eight years.

For the first time, she participated in a ceremony at the powwow at the end of June, honoring those in recovery. People who were sober anywhere from a few days to 59 years were offered a coin, and gathered

offered a coin, and gathered in a circle on the powwow grounds.

"To receive my one-year coin in front

of the tribe, it's just healing," Oliver said.

For most of the day, the air was filled with the pounding of drums and singing at the Muckleshoot powwow grounds.

Dancers of all ages faced off in compe-

with the pounding of drums and singing at the Muckleshoot powwow grounds. Dancers of all ages faced off in competition, metallic buttons and sequins on their regalia gleaming in the summer sun.

Where the Sobriety Powwow differs from others is its theme and lack of royalty -- "to keep the good feeling there," said Lisa Elkins, who works at the Muckleshoot Health and Wellness Center, and has helped organize the Sobriety Powwow for the past 20 years.

After the dances, the Sobriety Powwow coin ceremony unfolded under a clear blue evening sky. Four addiction recovery counselors stood in the center of the powwow grounds as the emcee asked people with the least amount of time sober to come forward first. Spectators cheered when the first man came forward, sober for three days. He took his coin and stood on the grass, beginning the circle.

For the next 20 minutes, people came forward, received a coin, and moved along the circle, hugging or shaking hands with those before them. The emcee counted 90 days of sobriety, then six months, then nine months. Oliver stepped forward with a handful of others who had been sober for a year.

When it came to 34 years, the emcee announced he himself had been sober for this long.

Baldo Cordocedo, 89, of the North Vancouver Squamish tribe, had travelled to the powwow from British Columbia. He took his coin honoring 50 years of sobriety.

People hugged and shook hands with each other, smiling and laughing. By the time 59 years was reached, the group encircled the powwow grounds. The group danced to Celebration by Kool & The Gang, representing having fun without drugs or alcohol.

"It's just an amazing feeling to see that," Elkins said. "I think it gives them a sense of accomplishment to be out there in that circle with everyone being honored together."

Oliver's accomplishment was hardwon, coming after eight years of being in and out of addiction. "At first it wasn't that bad, but my brother was murdered on Christmas Eve of 2012, and after that is when my addiction got worse," she said. "I gave my kids away," she said, and was in a relationship marred by domestic violence.

One year ago, Oliver came close to dying. "I overdosed and I was dead for like 15 minutes," she said. "I woke up, and then they hit me with Narcan, so it wasn't the Narcan that saved me, it was I think something spiritual."

It was the beginning of her recovery. When she tried to get sober before, Oliver would relapse when life became challenging. But with help from tribal treatment programs, she learned tools to help her get through the cycle of grief, which helped her to resist the urge to relapse.

Before she was sober, she didn't like to tell people about her addiction struggles, but in treatment, Oliver discovered that opening up and talking with others helped. "My first thought isn't to go get high anymore, because I've learned,



Alicia Olver

whatever you're going through to talk about it. And that's what I've done this time -- reach out and talk to people."

The tribe's Behavioral Health Program uses a variety of approaches to tackle the opiate problem on the reservation, which is "absolutely huge" in scale, said Julia Joyce, a behavioral health counselor for the tribe.

For the health and safety of active drug users, the tribe offers a needle exchange, providing clean syringes to users so they can avoid illness or death from a syringe. Narcan, in nasal spray form, is widely distributed, so people can treat someone they're with if they accidentally overdose.

For those overcoming addiction, the Behavioral Health program offers detox, inpatient treatment and medication-assisted treatment. The tribe is in the process of opening a clinic in downtown Auburn, also available to the wider community, which will offer Methadone, Suboxone and Vivitrol.

Recovery from addiction often requires addressing deeper issues, Joyce said. She pointed to Oliver's recovery, which was helped by working through the grief and loss she was experiencing. "And even above the grief and loss, there's the intergenerational trauma, the continued trauma that people experience."

Oliver advises people who are working through their addiction to focus on themselves and their mental health above anything else. This was what worked for her. "All the times that I've gotten clean were for my kids, for my family, for the courts, for everything other than myself," she said. "And this time that I got clean, I did it for myself because I didn't want to die being high."

Behavioral Health offers programs to help people experiencing post traumatic stress disorder, and a domestic violence specialist, to address a problem many women as well as some men experience in the course of their addiction.

Counselors also run an art group for those in recovery, a group for women, a Native parenting group, and more.

"The tribe really, really puts a lot of effort into addressing any possible issue that could come up, and having a program to address it," Joyce said.

Because addiction can isolate people from their culture, Behavioral Health has integrated cultural programs into treatment: Drum-making classes, sessions about the medicine wheel and how it applies to addiction and recovery.

The Sobriety Powwow, eagerly anticipated by Muckleshoot tribal members, people from tribes across the region, and even non-natives each year, is a way for people to connect to culture, Joyce said.

"Getting up there and standing in front of their community and saying 'I'm clean and sober,' and taking that coin is very, very powerful and meaningful," Joyce said. "It speaks a lot about that connection with community that gets lost when you're in addiction."

For the last three months, Oliver has been working at the Muckleshoot Family Support Center and recently completed the tribe's recovery coach academy. Now, she helps others recovering from addiction.

Being a role model is meaningful for her. "People go there to see me and they trust me with their problems and what they're going through, and I can be there for them," she said. "Now people look up to me, and I never thought I mattered like that to anybody."



Baldo Cordocedo, 89 years old and celebrating 50 years of sobriety.













































PHOTOS BY CHETANYA ROBINSON

**Muckleshoot Messenger P6** August 8, 2019

## Youth Athletic Team Sponsorship Update

There were quite a few Tribal Youth Basketball Tournaments held the 1st Quarter of 2019 (January – March)

The Youth Athletic Team Sponsorship (YATS) assisted 11 teams with Entry Fee or other support when eligible such as food and/or lodging.

The program was recently revised which has provided more support allowing for increased family participation and we want to applaud all Parents/Guardians/ Family Members for supporting our Youth Athletes.

**Number of Teams / Bracket Played / Youth Team Athletes** 1 -8 Under Team: Flora Emery, Syrus Elkins, Chad Walden Jr, Alex Edwards, Josiah Moses, Brooklyn Thompson

1 -3/4 Grade Team: Nate Elkins, Truth McDaniel, Kai Williams, Payton Brown, Evan Thompson, Brooklyn Thompson, Flora Emery, Jaden McDaniel, Chris Chagolla

3 -10 Under Teams: 1) Payton Brown, Evan Thompson, Truth McDaniel, Sariah Walden, Nate Elkins, Marlee Rodarte, Lyena Starr, Carmen Herrera, Flora Emery; 2) Payton Brown, Nate Elkins, Syrus Elkins, Truth McDaniel, Kai Williams, Evan Thompson, Josiah Moses, Chris Chagolla; 3) Payton Brown, Flora Emery, Truth McDaniel, Syrus Elkins, Evan Thompson, Brooklyn Thompson, Nathaniel Elkins

1 -5/6 Grade Team - Payton Brown, Truth McDaniel, Jordan McDaniel, Michael Anderson, Derek Daniels, Cedar Korndorfer, TJ Chagolla, Chris Chagolla

3 -12 Under Teams -1) Micah McDaniel, Jordan McDaniel, Da'Janae Walker, Sage Elkins, Cedar Korndorfer, James Fryberg,

Payton Brown, Sariah Walden; 2) Payton Brown, Sage Elkins, Jordan McDaniel, Micah McDaniel, Derek Daniels, Cedar Korndorfer, TJ Chagolla, Michael Anderson; 3) Micah McDaniel, Jordan McDaniel, Sage Elkins, Michael Anderson, Cedar Korndorfer, TJ Chagolla, Payton Brown.

1 -7/9 Grade Team – Sage Elkins, Martin Reyes, Micah McDaniel, Jordan McDaniel, Michael Anderson, TJ Chagolla

1 -16 Under Team – Joseph Emery Jr, Andre Flores-James, Jordan Mathias, Izahya Williams, Richard Penn Jr, Tristan Thompson, Quarnari Townsend

\*\*Special Shout Out to Julia Anderson for continuing to grow her Lil Rippers teams and gain more family involvement!

Photos of some of the teams sponsored by Youth Athletic Team Sponsorship (YATS)

We hope to get more team photos for the 2Q YATS Update and maybe some special player shout

Best of luck to all Youth teams that play in tournaments 2Q (April-June) 2019!!

## 2<sup>nd</sup> QUARTER

The Youth Athletic Team Sponsorship (YATS) assisted 11 teams between April 1st-June 30, 2019 with Entry Fee or other support when eligible such as food, mileage and/or lodging.

**Number of Teams / Bracket** Played / Tournament/ Youth **Team Athletes** 

3 -10 Under Teams: 1) Who Let Dawgs Out, Skok: Payton Brown, Evan Thompson, Truth McDaniel, Flora Emery, Kai Williams, Brooklyn Thompson; 2) Lummi Youth, Lummi: Payton Brown, Nate Elkins, Syrus Elkins, Truth McDaniel, Evan Thompson, Flora

Emery, Kolby Charles; 3) Battle by Bay, Tulalip: Payton Brown, Flora Emery, Truth McDaniel, Kai Williams, Josiah McLean, Chris Chagolla

3 -12 Under Teams - 1) Lummi Youth, Lummi: Micah McDaniel, Jordan McDaniel, Sage Elkins, Cedar Korndorfer, Austin Baker, Derek Daniels, Michael Anderson; 2) Nisqually Youth, Nisqually: Payton Brown, Jordan McDaniel, Micah McDaniel, Cedar Korndorfer, TJ Chagolla, Michael Anderson, DaJanae Walker; 3) Who Let Dawgs Out, Skok: Jordan McDaniel, Sage Elkins, Cedar Korndorfer, Payton Brown, Derek Sneatlum, DaJanae Walker, Leeschelle Roje-

2 - 14 Under Teams -1) Battle by Bay, Tulalip: Martin Reyes, Devon Anderson, Jaden James, Tyrell Nichols, Dace Pleasant, Tristan Thompson, Aaron Ortiz; 2) Lummi Youth, Lummi: Devon Anderson, Jaden James, Tyrell Nichols, Martin Reyes, Tristan Thompson, Dace Pleasant

2 -16 Under Team - 1)Lummi Youth, Lummi: Joseph Emery Jr, Jordan Mathias, Joshua Moses, Devon Anderson, Kalea Lezard, Martin Reyes, Tyrell Nichols; 2) Who Let Dawgs Out, Skok: Joseph Emery Jr, Joshua Moses, Andre Flores-James, Quanari Townsel, Jordan Mathias, Kalani Thompson, Kalea Lezard, Richard Penn Jr

1 - 3-on-3 High School Team - 1) Hoopfest, Spokane: Devon Anderson, Jaden James, Tyrell Nichols, Martin Reyes



10 U Team | Skokomish- Who Let the Dawgs Out Tournament 2019



10U Team | Coastal Youth Tournament Taholah 2019



12U Team | Coastal Youth Tournament Taholah



10 U Team | Nisqually Youth Tournament











## **Ceremonial Signing of Last Beam in Casino Expansion Project**

During the week of July 15, Phase I of Muckleshoot Casino's expansion reached new heights as the final structural beam was set into place.

Jaison Elkins, Muckleshoot Tribal Council Chair (far left); Jessica Garcia-Jones, Muckleshoot Tribal Council member (left); and Donny Stevenson, Muckleshoot Tribal Council Vice-Chair (far right) were joined by two Tribal construction workers for the historic event.

Adorned with the signatures of Muckleshoot Tribal Council members as well as Muckleshoot Tribal members, the final structural beam features a U.S. flag, the Muckleshoot Tribal flag, and an evergreen tree meant to symbolize luck and prosperity. Currently, it can be seen as you drive by or visit the casino. With a ceremonial handshake for a job well done, Muckleshoot Casino's expansion project continues to move forward at a fast pace. When completed in spring 2020, Phase I will introduce added gaming, expanded dining, and a 20,000-square-foot event center to the casino.









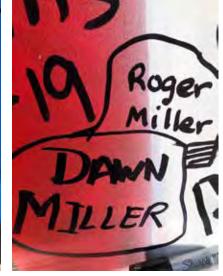
















Muckleshoot Messenger August 8, 2019 P7

## Muckleshoot Protocol at Lummi

Continued from Page 1

Tons of handmade bags, vests, cedar hats and necklaces were also produced and gifted. And then there were the beautiful blankets that we partnered with Louie Gong on – Eighth Generation Coast Salish blankets with our Muckleshoot Canoe Family logo. And finally, we were very proud to present our hosts with a beautiful handmade red button blanket commemorating Muckleshoot's Paddle to Lummi for them to display on the wall of one of their tribal buildings.

An exciting new piece this year was having Keith Stevenson and Tyson Simmons both do an original print for this event. The prints were produced in-house with our new equipment at our carving center/canoe barn. This was our first time producing this type of item in quantity. It's a first step into what we see as many more such projects, and we'll get to support different departments in programs and ceremonies doing that type of work in the future.

The overall growth of our Culture and Language Programs has reached a new level; whereas, in years past, we contracted out a lot of these items, we're doing almost all of it in-house now. And all the people producing those things are Muckleshoot Tribal members, so we're really fulfilling the desire of the Tribal Council to empower our community, enabling people to engage with their culture and pursue their interests, whatever they might be.

But, as we know, Canoe Journey and the Canoe Society is only one aspect of Muckleshoot culture. We hope that this momentum spawns off into other areas and so that we can support the many other cultural practices and activities that exist in our community. We put considerable efforts into those activities as well.

**PADDLE TO LUMMI.** This year, the overall duration of Canoe Journey involved just a couple weeks of paddling and protocol, which was a little shorter than we're used to. We still did nine solid days on the water, and several of them were very, very challenging in terms of the wind and weather.

Our Paddle from Suquamish to Tulalip was exceptionally so. It was a beautiful, smooth-going day until we hit about the middle of the bay outside of Everett, where we ran into gale-force winds. We spent about three hours pulling against those stiff winds just to get to nearby Hat Island, and from there it took us about another hourand-a-half to get to Tulalip Bay and land on their shores.

My understanding – and I don't know for sure if this is 100% correct – is that we were one of only two canoe families that actually pulled the entire day, and that was keeping three canoes on the water. I do know that three or four flipped behind us coming off of Hat Island. We saw the majority of the rest of the canoes being towed past us, and I think is really a testament to our Canoe Family's growth over the last 17. 18 years.

Historically, in the past, we were never clearly in the front, and although it's not a race, we faced our challenges and showed the strength and endurance our Canoe Family has developed. It was a testament to the training that we put in. We, and the ocean-going canoe families displayed the desire to get there of our own power, and do so in a very capable manner.

We were not unsafe, but at the same time were well prepared to have our support boats get our people and canoes safely to shore. I feel that this challenging day demonstrated our resilience and ability face difficult conditions successfully. So, I'm just super proud of all of our family and how hard they've worked to become that type of group.

Another highlight for 2019 was the substantial number of people in recent recovery, and also recent incarceration, that participated in Canoe Family this year. The journey really gave them a supportive drug-and-alcohol-free event that they could participate in – an opportunity to be active in their culture and be with other tribal members that were welcoming to them, with no judgment.

This, again, is a testament that this way of life is healing and empowering and supportive to all people. We're fortunate to have an active community of people engaged in like-minded activities offering a spiritual connection for them.

I just met with a young woman this morning. Even though she was on ground crew the entire time, she just absolutely loved the Canoe Journey – just being there and engaging in it. She'd never experienced this piece of our culture before, and after living it 24/7 for two weeks straight, she really feels empowered through doing that work.

We just hope that people continue to come and engage in culture classes – whether they're here at the Culture Building or down at the Lemon Tree Lane facility, or at the Elder Center or, as we branch out to more and more entities of the tribe, at the Family Resource Center and other places.

We want everyone to come and participate and continue that good work. As always, we don't do this work alone... our events team here at Muckleshoot; the Tribal Council; our Health and Wellness Center; our security facilities... all the entities here at Muckleshoot really rally around Canoe Journey. They provide amazing support when we're hosting here and then, as we travel, that continued support.

We even had our Sheriffs out for a few days, coming to our different campsites and spending time with us, not in an act of policing, but just as people; not like, "We got to police this area," but in an act of community engagement. I just have to raise my hands to our Chief of Police here at Muckleshoot, Steve Keeney, and the officers that attended.

The deputies spent time with the community and engaged, were very personable, and super-excited to get to participate and come along. None of them had ever had this type of experience. As we all know, there are dynamics within our community where there's strained relationships, and so it was a great opportunity just to engage as people and as professionals and it really helped to build positive relationships.

Also, again, the continued support from our Tribal Council is critical to our Tribe engaging in this cultural practice at a high level. We wouldn't be able to do a lot of what we do, and at the level that we do it, without their support and commitment to seeing that our tribal members really don't have to worry about needing for anything – for food, clothing and camping gear, support boats – everything that creates a safe and encouraging environment for our people of all ages to engage in their culture.

Finally, I really want to recognize all of our host tribes that took care of us along the way, feeding us and sheltering us and making sure we had showers and taking care of us the way they did. And, of course, our host tribe — Lummi — they pulled this hosting off on just a one-year planning cycle, which is amazing. This was supposed to be a mini-journey, in part because a paddle to Alcatraz had been planned in the Bay Area; but that fell through and so, for Lummi, there was nothing mini about it. It was huge.

Over 112 canoes landed in Lummi Bay at the Stommish Grounds, and we engaged in five full days of 24-hour-a-day protocol. I think they served, like, over 8,000 meals during that time period, and just all of the other incredible amount of work and complex logistics that it takes to support having thousands of people come into your small community. They just did an amazing job.

A lot of people rallied. I remember one night at two in the morning, the Treasurer for the Lummi Tribal Council left her station, came, got in a van and picked up some of of our people that were at a hotel and personally gave us a ride to camp. That was typical of the amazing way they hosted. No job was below or above anybody else's pay grade. She wanted to make sure that everybody got home safely.

It was a good journey, excellent in every way, with lots of good teachings and memories for all who took part.

























































## Take steps now to plan for wildfires and poor air quality for the 2019 smokey season

Outdoor smoke contains very small particles and gases, including carbon monoxide. These particles can get into your eyes and lungs where they can cause health problems. Main sources of outdoor smoke in Washington:

- Wildfires
- · Wood stoves, pellet stoves, and fireplaces
- Agricultural burning
- Prescribed fires (used to manage forests)

## 1. What health problems can smoke cause?

- Eye, nose, and throat irritation (burning eyes and runny nose)
- Wheezing, coughing, shortness of breath, and headache
- Aggravation of existing lung, heart and circulatory conditions, including asthma and angina

## **2. Who is especially sensitive to smoke?** Inhaling smoke is not good for anyone, even

healthy people. People most likely to have health problems from breathing smoke include:

- People with lung diseases such as asthma or chronic obstructive pulmonary disease (COPD), including bronchitis and emphysema.
- People with respiratory infections, such as pneumonia, acute bronchitis, bronchiolitis, colds, or flu
- People with existing heart or circulatory problems, such as dysrhythmias, congestive heart failure, coronary artery disease, and angina.
- People with a prior history of heart attack or stroke.
- Infants and children under 18 because their lungs and airways are still developing and they breathe more air per pound of body weight than adults.
- Older adults (over age 65) because they are more likely to have unrecognized heart or lung diseases
- Pregnant women because both the mother and fetus are at increased risk of health effects.
- People who smoke because they are more likely to already have lower lung function and lung diseases.
- People with diabetes because they are more likely to have an undiagnosed cardiovascular disease.

## 3. How can I tell if smoke is affecting the air quality in my community?

- Check wildfire and smoke locations on the Washington Smoke Information blog.
- The Washington Air Quality Advisory graphic provides recommendations for the different color-coded air quality categories.

## 4. How can I tell if smoke is affecting my family?

 Smoke can cause coughing, scratchy throat, irritated sinuses, shortness of breath, chest pain, headaches, stinging eyes, and runny

### nose

- If you have heart or lung disease, smoke might make your symptoms worse.
- People who have heart disease might experience chest pain, a rapid or irregular heartbeat, shortness of breath, and fatigue.
- If you have a pre-existing respiratory condition such as asthma, COPD (including chronic bronchitis and emphysema), or allergies, smoke may worsen symptoms (inability to breathe normally, cough with or without mucus, chest discomfort, wheezing, and shortness of breath).
- When smoke levels are high, even healthy people can have symptoms or health problems.

Contact your health care provider if you have heart or lung problems when around smoke. Dial 911 for emergency assistance if symptoms are serious.

## 5. What can I do to protect myself and my family from outdoor smoke?

- Check local air quality reports and listen to news or health warnings for your community.
- Avoid physical exertion outdoors if smoke is in the air.
- If you have asthma or other lung diseases, make sure you follow your doctor's directions about taking your medicines and follow your asthma management plan. Call your health care provider if your symptoms worsen.
- Stay indoors and keep indoor air as clean as possible. Take the following steps when indoors:
- Keep windows and doors closed. Track the air quality and open your windows for fresh air when the air quality improves. Pay attention to the heat indoors and follow guidance in the section below if it's too hot.
- Run an air conditioner, set it to re-circulate and close the fresh-air intake. Make
- sure to change the filter regularly.
- Use an air cleaner with a high-efficiency particulate air (HEPA) filter to reduce indoor air pollution. A HEPA filter will reduce the number of irritating fine particles in indoor air. A HEPA filter with charcoal will help remove some of the gases from the smoke. Do not use an air cleaner that produces ozone.
- Don't add to indoor pollution. Don't use food boilers, candles, incense, fireplaces, or gas stoves. Don't vacuum unless your vacuum has a HEPA filter, because vacuuming stirs up particles already inside your home. Don't smoke, because smoking puts even more pollution into the air.
- Consider leaving the area if the air quality is poor and it's not possible to keep indoor air clean, especially if you or those you are caring for are having health problems or are in a sensitive group. See section above titled, who is especially sensitive to smoke.

color:

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

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

AS O BY T. I. (AOT) T. I. ANY DE C

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
When the AQI is in this	air quality conditions	as symbolized by this

.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

## Why is air quality important?

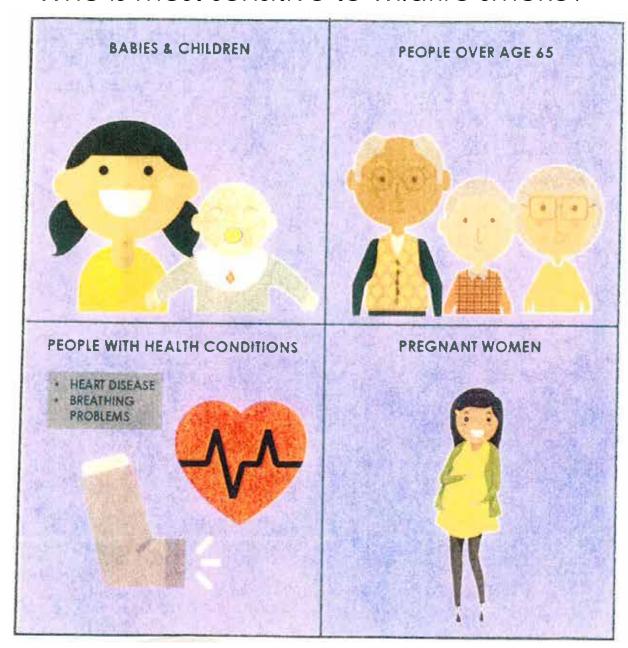
Local air quality affects how you live and breathe. Like the weather, it can change from day to day or even hour to hour. The U.S. Environmental Protection Agency (EPA) and your local air quality agency have been working to make information about outdoor air quality as easy to find and understand as 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?

range:

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.

## Who is most sensitive to wildfire smoke?



Muckleshoot Tribes Office of Emergency Management has Smoky masks available for Tribal Members who are 18 years of age and older. Contact Ada McDaniel or Susan Starr or stop by the office Monday-Friday, 8:00 am - 5:00 pm, 38717 172nd Ave. SE

## 6. What if I don't have air conditioning and it's hot indoors?

Even when the air quality is poor, it's always important to pay attention to the heat and stay hydrated—overheating is dangerous. If it's too hot indoors to keep your windows and doors closed, first consider leaving the area or going to an indoor place with air conditioning, like a friend or relative's home. If it's hot indoors during poor air quality, these steps can reduce the heat:

## 7. Should I use a face mask when there is outdoor smoke?

If you cannot leave the smoky area or find other ways to reduce your exposure, certain types of face masks can provide some protection. Respirator masks labeled N95 or N100 filter out fine particles but not hazardous gases (such as carbon monoxide). These masks can be found at many hardware and home repair stores and pharmacies. Face masks will not work for everyone.

- Masks do not work on people with beards because they do not seal well enough to
- provide protection.
- Masks are not currently approved for infants or small children.
- Anyone with lung disease, heart disease, or who is chronically ill should consult a health care provider before using a mask. Wearing a mask makes it more difficult to breathe, which may worsen existing medical conditions.

## 8. Can I use an air filter in my home to improve indoor air quality?

Some room air cleaners can reduce indoor air pollution if they have the proper filter. The most effective air cleaners have a HEPA filter. HEPA filters can reduce the smoke particulates in indoor air. HEPA filters with charcoal can also remove or reduce the amount of some other harmful gases from indoor air. These air cleaners should be used in the room where you spend most of your time, which is often a bedroom.

## 9. Should I exercise when it's smoky?

Exercise is very important for health. When you exercise your air intake is increased, which means inhaling more pollution when the air quality is bad.

If you are sensitive to smoke, you should limit your activities when air quality is in the Unhealthy for Sensitive Groups category. People with asthma and lung and heart conditions may be very sensitive to poor air quality and may start to have symptoms when air quality is in the Moderate category and they should consider reducing indoor and outdoor activities.

## 10. What should I do if I have to drive when it's smoky?

Avoid driving, when possible. If you must drive,

keep the windows closed. Use the air conditioner. Most vehicles can re-circulate the inside air which will help keep particle levels lower, however carbon dioxide levels can build up and cause sleepiness. You may have to open the vents periodically. Maintain your car intake filters.

## 11. What can schools do to protect students during smoky conditions?

- The Air Pollution and School Activities Guide (PDF), provides recommendations for recess, P.E., and athletic events and practices during smoky conditions. This guide is based on air quality categories used in the Washington Air Quality Advisory Map.
- Follow the guidance for schools on keeping indoor air free of smoke.

## MIT 24 HR. EMERGENCY PHONE LIST

## ALWAYS DIAL 911 FIRST FOR ANY TYPE EMERGENCY!

**Crisis Connection Line Elder Abuse Hotline**Mon-Fri 6pm-9pm, Sat 12pm-6pm

Emergency Prepardness 253-261-4724 or 253-258-1066

 Funeral Assistance
 253-261-3765

 MHA After Hours
 253-261-0779

 Public Works
 253-876-3030

 Tribal Security
 253-261-7707

## MIT NON-EMERGENCY PHONE LIST MONDAY-FRIDAY

Main Line	253-939-3311	
HWC	253-939-6648	
Director of Community Affairs		

253-876-3212

253-804-8752
253-876-2888
253-876-2853
253-876-3383
253-876-3056
253-288-2044
253-931-6709
253-876-2919
253-876-3335
253-876-3062
253-285-3524
253-876-3246
253-876-2850

Muckleshoot Messenger August 8, 2019 P9

## Muckleshoot Veterans Pow Wow 2019

June 21-23, 2019 Muckleshoot Pow Wow Grounds

PHOTOS BY JOHN LOFTUS







































































P10 August 8, 2019 Muckleshoot Messenger

## Madrienne Salgado ~ Colby White Wedding























## VETERANS MEMORIAL PARK GRAND OPENING

June 22, 2019





































## MELA Takes a Field Trip



## **Fire Station**

Here are a few shots from the MIT Early Learning Academy on July 19. Everyone had a grand time including the Firefighters. July 19 10 AM visit. The Kids learned:

- How to escape from a home if a smoke detector goes off
- The Difference between a toy (Legos) and a tool (lighters and knifes).
- What to do if their clothing catches fire (Stop, cover your face, drop and roll)
- Toured the Fire Engine and got a plastic fire helmet.











MELA kids visit Public Works



## **MELA Class Field Trip to HWC**

MELA children were able to visit MIT Health and Wellness Center to learn about "Community Helpers and Careers". They spent time in Medical, Dental, Optical and the Wellness Gym where they participated in interactive activities.

In the Medical Department they were able to listen to their own heart beats, learn how many times their heart beats per minute, how many bones are in the body, and they also got to look into the ear of Medical Assistant, Kenny J, all stating the same thing "there is nothing in there!"

Erica in Optical checked the eyes of each child and showed them how eye glass lens are cut, polished and inserted into frames.

In the Dental Department Dental Assistant, Lana showed the children how to "clean" patient, Kandi's teeth with air, water, and suction. MIT Trainers, Clayton and

Shane instructed the children on circuit training exercises implementing the Move Strong equipment.

"Open Wider"



Who will be our next Trainer, or

Dentist, or Medical Assistant?

We cannot wait to see what the

"Big Muscles! Getting strong and healthy with MIT Trainers"



"My Bones are A OKAY!"



I Wear My Sunglasses at

## KING'S COLUMN

## ELEMENTARY EDITION

**Monthly Message** 

ha?ł dadatu ?iišəd

Welcome Back Muckleshoot Tribal School Families!

We have missed the children, and are so excited to see their faces in just a few short weeks. As the new school year approaches, and we are making final touches to start our year off right, we are eagerly anticipating the energy and excitement your children bring with them!

Over the next nine months, students will learn and grow as people, citizens, and leaders. I can't wait to watch their growth!

huy'









## King's Corner:

We are proud of our new kindergartners and the learning for all of our k-5 students from summer school.

Student took apart and rebuilt robots and designed, built, and floated boats! Students visited the Museum of Flight, found books they were interested in, attended the landing for Canoe Journey and so much more!

Way to go Kings!

## **Upcoming Events:**

August 27: 1st Day of School!

August 30: No School

Week

September 2: No School

September 8-13: Suicide Prevention

September 6: Grandparent's Day

September 10: Ten Year Celebration

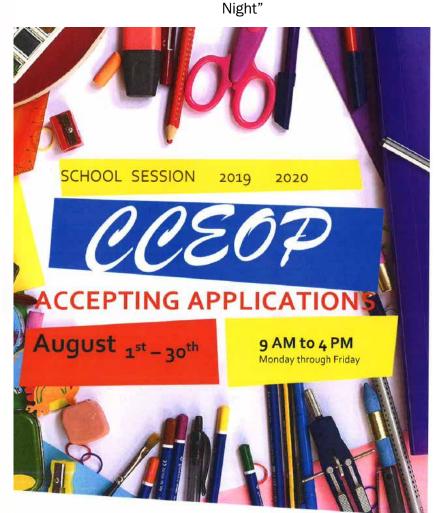
September 11: Picture Day

## **Attendance Matters!**

Poor Attendance can influence whether children read on grade level by the end of 3rd grade!

Missing 18 days of school a year negatively impacts a student's performance. That is only 2 days a month!

When students improve their attendance rates, they improve their academic prospects and chances for graduating on time!



CCEOP Building "C" 38723 172<sup>nd</sup> Ave SE Auburn WA 98092

P12 August 8, 2019 Muckleshoot Messenger

## Tribal member leads award-winning Native American unit in Seafair Torchlight Parade

By Kim M. Kamara

This year's Indigenouz PlaceMakerz Seafair Torchlight specialty parade unit #8 was led by Muckleshoot tribal member Katherine Arquette. Dressed in traditional regalia, Katherine carried a ceremonial canoe paddle carved by Peter Boome, Upper Skagit, to represent canoe journey.

As 2019 Specialty Unit award winners in Washington State's largest parade, this community-led group has won this same award in 2015 and 2017. Three awards out of four parade unit years is noteworthy for Native communities!

Holding a vision to strengthen First Peoples' Presence, Place and Leadership by catalyzing space for interweaving understanding, cultural identity, and healing engagement is acknowledged by this Seafair awarding. Hands Held Up to Seafair's judging committee!

61 individuals representing over 80 tribes took part. Huge thanks shout out to Bill Pierre Ford of Lake City, Seattle for providing four Mustangs in medicine wheel colors and two red trucks. The first carried The Agency powwow drum, led by Leona Starr's husband, Blackfeet member Ken Gopher. The second had Northern Arapaho traditional people with tribal flags. Each Mustang followed honoring protocols: "Honoring Our Veterans & Elders," "Honoring Our Future," "Honoring Our Native Women," and "Honoring Our Sacred Water."

Huge acknowledgment and Hands Up for the Medicine Creek motorcycle riders led by Justin Turnipseed. Beautiful iron horses maneuvered the 4<sup>th</sup> Avenue roadway playing powwow songs while turning all people's attention as they rumbled forward. Everyone felt their presence with Reverence, Honor, and Enthusiasm!

The ending banner carried by Robert Gaschk from Puyallup acknowledged "Honoring Our Coast Salish Peoples." Convertibles carried Man of the Year Robert Satiacum Jr., Puyallup; Veteran Janet Conger, Lakota; Fred Lauth, Haida; and Daybreak Star 2019 Powwow Princess Aujanique Star, Ari-

kara-MHA Nation; alongside former 2015 Princess Autumn Rose Everybodytalksabout, Blackfeet-Navajo; Woman of the Year Marian Lauth, Haida; and MMIW Elders.

Everyone proudly represented with handwaving and singing down the 4.5-mile route. Interactive powwow youth dancers followed the drum truck in various category regalia. Leading the entire Indigenouz PlaceMakerz unit was Mathew Everybodytalksabout who engaged diverse aged and ethnic background crowds of people lining each side of the street.

Missing and Murdered Indigenous Women group representatives led by Earth Feather brought attention to larger communities in regalia, carrying a banner and singing songs.

Emerging out of a parade unit organized for the Mercer Island Parks Department Summer Festival in 2014, the Indigenouz PlaceMakerz leaders were invited by Seafair staff in 2014 to become part of the Alaska Airlines Seafair Torchlight Parade. Since then, they have brought Native community people into downtown Seattle in 2015, 2017, 2018 and now in 2019. Gathering by the John T. Williams totem pole by the Space Needle at Seattle Center for relationship connecting, food, ceremony circles, and preparing unit sections, is emerging as an urban tradition.

Important to this urban community group is developing ways to engage youth, families, elders, artists, cultural people, tribes, non-profit and educational organizational individuals to take part in Seattle-centered activities to catalyze cultural placemaking. It means establishing protocol-led cultural programming implemented by Native community people. Now, strengthened success is being proactively and positively evidenced with this Torchlight Parade Specialty unit.

As expressed by many Elders, youth and adults this year -- "We had fun! Let's do it again next year!" Plans are now in the works.























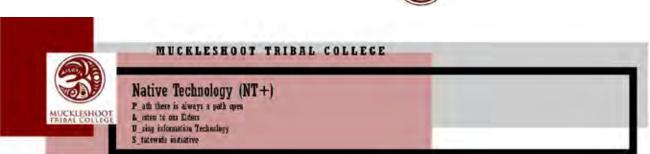












**Career & Technical Education Programs Offered at MUCKLESHOOT TRIBAL COLLEGE:** 

## **Associate of Applied Sciences Information Technology-Systems & Security (AAS)**

- Requires HS Diploma/GED & photo ID
- Muckleshoot Scholarship Eligible
- 3 7pm Monday Tuesday Wednesday Spring Classes
- IT 160 Windows Server Administration I IT 135 CompTIA Security + Certification Preparation

### **Second Cohort starts September 2019!!**

## Project +

**Stand Alone Cert Programs** 

Single classes

A+ (I, II) Muckleshoot Tribal Incentive Payment

Microsoft Certified Professional

## **USED TO BE**

### **MOST**

The Grant for the MOST program has ended & we now offer the:

**GRC/MTC Office Training Program** 

## NOW

**GRC/MTC Office Training Program** 

- Offered until Spring 2019
- **Quarterly Enrollment** Muckleshoot Scholarship Eligible
- WORD, Excel, Windows, Email, Outlook&
- Communication
- Beginning & Intermediate levels
- May take for Professional Development wout Scholarship incentive

## HIGHER EDUCATION Departments



## MUCKLESHOOT TRIBAL COLLEGE

Denise Bill, Ed.D **Executive Director of Higher Education** 

## **Adult Basic Education Department**

ABE/GED/HS21+/Continuing Education

## Mitzi Cross-Judge

Continuing Education Manager (253) 876 - 3395 Mitzi.Judge@muckleshoot.nsn.us

## **Cary Hutchinson**

Adult Education Specialist ABE/GED/HS21+ Instructor (253) 876 -3375

Carv.Hutchinson@muckleshoot.nsn.us

## **Melissa Reaves**

Adult Education Specialist ABE/GED/HS21+ Instructor (253) 876 - 3256 Melissa.Reaves@muckleshoot.nsn.us



## **NT PLUS Department**

(Formerly known as M.O.S.T.)

## **Kwanna Wise**

Career & Technical Education Manager (253) 876 - 3344 Kwanna.Wise@muckleshoot.nsn.us

## **Oueena Sneatlum**

Career & Technical Community Liaison (253) 876 - 3292 Queena.sneatlum@muckleshoot.nsn.us

## Miguel Arreguin

Information Technology Instructor (253)876 - 2829 Miguel.Arreguin@muckleshoot.nsn.us

## **Andrew Bruce**

Information Technology Instructor (253)876 - 2829Andrew.Bruce@muckleshoot.nsn.us

### **Muckleshoot Scholarship Department**

### Marie Marquez

Scholarship Director (253) 876 - 3382 Marie.marquez@muckelshoot.nsn.us

## **Dena Starr**

Scholarship Program Manager (253) 876 - 3147 Dena.starr@muckleshoot.nsn.us

### Jocelyn Patterson Lead Academic/Career Advisor

(253) 876 – 2921 Jocelyn.patterson@muckleshoot.nsn.us

## Steven Yanish

Academic/Career Advisor Office: (253) 876 - 3210 Cell: (253) 329 - 6603 Steven.Yanish@muckleshoot.nsn.us

## Cord Rose, MPA

Higher Ed Analyst & Researcher (253) 876 - 2912 Cord.rose@muckleshoot.nsn.us

## Melissa Scearcy

Administrative Specialist II (253) 876 - 3378 Melissa.Scearcy@muckleshoot.nsn.us

## **College and Career Education Opportunities Program (CCEOP)**

## Sonja Moses

College and Career Education Opportunities Program Manager (253) 876 - 3372 Sonja.moses@muckleshoot.nsn.us

## **Tyler Spencer**

Youth Crew Supervisor (253) 876 - 2858 Tyler.spencer@muckleshoot.nsn.us

## Josie Benito

Youth Crew Supervisor (253) 876 - 2839 Josie.Benito@muckleshoot.nsn.us

## Lena Baker

Youth Crew Supervisor (253) 259 - 0652Lena.baker@Muckleshoot.nsn.us



## Northwest Indian College -**Muckleshoot Campus**

**Jonathan Tomhave** Site Manager (360) 255 - 4433

itomhave@nwic.edu

## CCEOP Now Hiring 14-18 year-olds for 2019-20 school year

Hey everyone! It's that time of year again, school will be starting soon, so that means the CCEOP School session is coming up. The CCEOP is looking to hire dedicated and determined Muckleshoot Tribal

Members who are between the ages of 14-18, currently enrolled in school, and have a willingness to

If you would like to work for the CCEOP you can come pick up an application from The "C" building, located between the general services and building maintenance buildings. All applications must be com-

**Now Hiring** 

**Youth Work** 

Opportunity

pleted fully to be accepted by the CCEOP. Incomplete applications will be turned away.

Applications will be accepted on a first come first serve basis.

If you are a Muckleshoot Tribal Member between the age of 14-18, are currently enrolled in school, and want the opportunity to learn new job and educational skills that will help build your future, please come pick up an application between August 1 st and August 31 st. We look forward to seeing you!

The College and Career Education **Opportunities Program** will be accepting applications for the **School Work Session** August 1st to August 31st, 2019 on a first come first serve basis

> All complete applications Must be submitted to the CCEOP Building!

Sonja Moses, Manager

253-876-3382

Josie Benito, Crew Supervisor

253-876-2839

Tyler Spencer, Crew Supervisor

253-876-2858

Lena Baker, Crew Supervisor

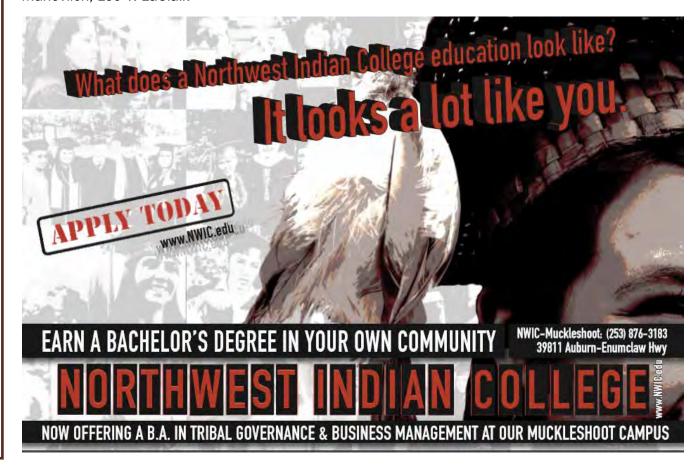
253-876-3343

The CCEOP Building is located at 38723 172<sup>nd</sup> Ave SE, WA 98092





CORPS OF ENGINEERS HEAD VISITS FISHERIES. L-R: Eric Warner, Col. Mark Geraldi, Mike Mahovlich, Leo V. LaClair.







Are you a Muckleshoot Tribal member who is

planning on attending college this Fall?

www.memberportal.muckleshoot.nsn.us

Melissa Scearcy at 253-876-3378

If you are a new or returning student who

has never used our scholarship portal, please

Then create an account and in about 24 to 48

hours you can begin the application process.

The portal will be available between June 15

and August 17. For more information contact

Lower Elwha Tribal Chairwoman Frances Charles, this year's Grand Marshal of the Port Angeles 4th of July Parade.

Hello

visit;

### APPLICATION PERIODS FALL WINTER 2018 2019 JUNE 15TH Ост 26тн To To DEC 7TH Aug 17TH SPRING SUMMER 2019 2019 DEC 21ST APRIL 12TH To To

Мау 24тн

MARCH 1ST

## MIT Scholarship Program Phone: 253-876-3378 Email:

Phone:
253-876-3378

Email:
SobolarshipsDopt®
Mucklesboot.ns.us

During our application
periods visit our online
application to apply

application to apply

- Applications must be submitted 30 days prior to the start of your term.
- If your term does not have a typical start date or schedule, call and email us to arrange a time to apply.
   Applications, paperwork, funding, etc. takes 10 business days to process.
- For more info about the Scholarship Program, visit our website:

http://tinyurl.com/ mitScholarshipProgram

## IN CLASS HELP

Classes are offered
Monday - Thursday.
They will be on an alternating
morning and afternoon schedule
to accommodate different
schedules.

The four test subjects are rotated as well for student convenience.

A calendar is posted monthly with class schedules.

## **GED ACADEMY**

An internet based program that allows a student to study anywhere they have an internet connection and a computer. The program is set up to teach only the topics needed to pass the GED test and continually adjusts to address individual needs. If needed, a companion book can also be used.



## INDIVIDUAL TUTORING

Both instructors are available for individual tutoring Monday - Friday on both a walk-in and scheduled basis. The best times for instructor availabilities are:

- o Mondays 9am to 3pm
- o Tuesdays 12pm to 3pm
- o Wednesdays 12pm to 3pm
- o Thursdays 12pm to 5pm o Fridays 12pm to 5pm (Times subject to change.)

### SELF-PACED STUDY Students are welcome to study

at their own pace.

### **HYBRID/COMBINATION**

Students are welcome to and encouraged to use multiple modes of study to match their learning style, comfort level, and desired testing time frame.

CONTACT INFO:

ABE/GED Instructor: Cary Hutchinson
Cary.Hutchinson@muckleshoot.nsn.us
253-876-3375
ABE/GED Instructor: Melissa Reaves
Melissa.Reaves@muckleshoot.nsn.us

253-876-3256

Muckleshoot Tribal College 39811 Auburn Enumclaw Road SE Auburn, WA 98092

## MTC & RTC HS21+ PROGRAM





MIT

SCHOOL

ASSISTANCE

PROGRAM

19-20

**Believing in Education** 

Tribal Members.

MIT PRIVATE SCHOOL ASSISTANCE PROGRAM

ATTENTION NEW PROGRAM: for enrolled Muckleshoot



The Muckleshoot Private School Assistance Program (MIT-PSAP) is now accepting applications for the 2019-20 academic school year. The MIT-PSAP will pay for the following items:

- 1. Application Fee two application fees per academic year.
- 2. Deposit fee (to reserve space in program)
- 3. Private school testing fees.
- 4. Private school fees and trips that are mandatory and that other MIT Programs will not cover the cost.
- 5. Tuition for academic year and summer school tuition.

NOTE: The MIT—PSAP is not an income based program. The MIT—PSAP funds can be applied to any Private Preschool, Private Pre-Kindergarten, Private Early Childhood Education Programs, and Private School, it does not matter where it is located. Please do contact our offices to make sure that the Private School does meet the eligibility criteria.

For more information please contact the MIT Scholarship Office, located at the MIT College

Office hours: 8:00 am to 5:00 pm Fax No. (253) 876-3082 Denise Bill, Exe. Director Of Higher Educatin (253)876-3345

<u>Denise.Bill@Muckleshoot.nsn.us</u>

Marie Marquez, Financial Aid Director (253) 876-3382

Marie.Marquez@Muckleshoot.nsn.us

Romajean Thomas (253) 876-2830 Romajean.Thomas@Muckleshoot.nsn.us

## Dee Williams Farewell Party Health & Wellness Center June 26, 2018





















## **Foot Care Tips for Diabetics**

It's the little steps that help make the journey complete...

Summer is a time when families and individuals find themselves spending more time outdoors. It is when sandals or slippers may be the preferred choice due to the warm weather. But there are risks with wearing open toed footwear that everyone should know about. Due to nerve damage diabetics may not have the sensation to feel if gravel or small stones get inside their footwear. Once the injury happens, if diabetes is not well controlled there could be complications with the healing, and infection might result. Diabetes is the #1 reason for lower extremity amputations in the United States.

### **5** Helpful Tips to care for your feet while enjoying the beautiful weather.

- 1. Always wear comfortable shoes that fit well. Make sure the inside of shoes are smooth and nothing rubs against feet placing a risk for blisters. Never go barefoot on harsh surfaces.
- 2. Inspect feet daily. It's important to check feet daily before putting shoes on and after taking them off. Check heels, and in between toes for any changes in skin color, temperature or open areas or blisters. For any questions or concerns follow up with our Health care provider.
- 3. Wash feet daily with soap and





warm water. Dry them completely after bathing, paying attention to the area between the toes. Moisturize dry skin. Apply a thin coat of moisturizing lotion on the top and bottom of feet. Do not apply in between the toes as the moisture in between can lead to a fungal infection.

4. Cut toenails after bathing, when they are soft. Trim them straight across, then smooth them with a nail file. Avoid cutting into the corners of toes. Sometimes a Podiatrist (foot doctor) may need to do it if toe nails are too thick.

5. Notify our Health care provider of any changes in our feet such as corns, callouses or blisters. Everyone benefits with taking care of their feet. The best strategy for Diabetics is preventing complications with a balanced diet, regular exercise, blood sugar monitoring and good control and taking your medications routinely as prescribed by your Health care provider.

Take Care of the Feet and Take the First Steps to a Great Summer! Colet Bennett, RN, Diabetes Nurse





## **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 sta 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!!!

## 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** 





## 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 Depend	(253) 333-3605 dency	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

The Counseling Corner

## Walking the Labyrinth

By Katelyn Nies, Licensed Mental Health Counselor

Muckleshoot Behavioral Health **Program** 

If you find yourself seeking new ways to relax, reduce stress, find healing, or perhaps have a meditative experience, walking a labyrinth may be just what you need.

Labyrinths have existed since antiquity around the world in many cultures. This includes some Native American cultures, particularly in the Southwest. Many find that walking labyrinths is a helpful and effective way to quiet the mind.

### What is a Labyrinth?

A labyrinth is not a maze but a single circuitous path, often circular in shape, with no dead ends or tricks that leads from the start to the center and out again. Unlike a maze, it is not meant to confuse and there are no choices in a labyrinth. Rather, it is a way to help you detach from your everyday thoughts or worries, connecting your mind with the environment and your body. It is said, "A maze is meant for one to get lost; a labyrinth is meant for one to be found" (source unknown).

### **A Mindfulness Exercise**

Walking a labyrinth is essentially a mind-



fulness practice. If you're not familiar with mindfulness, it is defined by Jon Kabat Zinn as, "paying attention in a particular way; on purpose, in the present moment, and nonjudgmentally". It is a way of being, focusing on the here and now, noticing without trying to force or control anything. Labyrinths have long been used as a tool to practice mindfulness and promote mental wellness.

### How to Walk a Labyrinth

There is no prescribed way to approach walking a labyrinth. This experience can be meditative, healing, a tool for prayer or spiritual guidance, or simply an enjoyable walk. It is an

opportunity, which is accessible for everyone, to slow down and find a moment of quiet or stillness within. Below are examples of some ways to walk a labyrinth.

For Emotional Healing

Consider something you would like to release as you enter the labyrinth, perhaps anger or hurting. As you come to the center, ask for something you'd like to have or gain, such as a feeling of peace. Focus on this as you take the path to exit the labyrinth.

For Grief/Loss

An Honoring Walk can be used when grieving a loss. To do this, you can write a note or bring an offering into the labyrinth and leave it in the center to honor the loss.

On Thursday, August 1st, 2019, the Behavioral Health Program will be hosting a Healing Dinner at the Elder's Complex. Brief presentations will be given by mental health therapists Sue Dennison and Mathilda Dunn on the topics of labyrinths and mindfulness. There will also be Italian food, gifts, and drawings. A canvas labyrinth will be set up indoors for elders to walk and outdoors at the Behavioral Health building there will be a temporary labyrinth for children and families. All community members are welcome!

## Welcome Dr. Yao

Yvonne Yao, M.D., is a board certified obstetrician and gynecologist who is now providing a full range of specialty care for women at the Health & Wellness Center. Dr. Yao is currently at HWC one half to one day weekly. She is employed by Multicare and will also be available to see our patients at Multicare Women's Center in Auburn during the days she is not at HWC. She graduated from Harvard and the University of Pittsburgh School of Medicine.

Dr. Yao provides full spectrum of birth control options including IUD's and implants as well as prenatal care, menopause symptom management, medical management of menstrual problems, comprehensive gynecolo-



Dr. Yvonne Yao

gy and well-women exams.

Please call (253) 939-6648 and ask for the Medical Clinic to make an appointment with Dr.

## Welcome Dr. Tomski

Mark Tomski, M.D., is a board certified Physical Medicine & Rehabilitation Specialist who now is providing services to our patients at HWC every Monday.

Dr. Tomski is very highly skilled in the hands on treatment of pain and musculoskeletal restrictions, particularly utilizing Osteopathic Medicine. He also brings other integrative approaches to help the body self-regulate and self-heal.

Dr. Tomski is pleased to see patients with neck and back issues, pain in the limbs, as well as any chronic pain concerns. Please call (253) 939-6648 and ask for the Medical Clinic to make an appointment.



Dr. Mark Tomski



MUCKLESHOOT GOES FISHING! More photos to come...



## **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 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 t	he pool for an evaluation, or ask our Lifeguards.
Please select the class that works best for you below	w. This Session will be October 22nd - November 15th
Times and levels may var	y 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

For questions more Information please contact Amelia Merrill @ (253) 333-3616, ext 3709 or amelia.merrill@Muckleshoot-Health.com

\_\_ 6:30 pm - 7 pm Level 1 and 2 T/H

\_ 6:30 pm - 7 pm Level 5 and 6 M/W

## **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.



## 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.

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



## **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

## **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

## **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

## SCAM L

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!

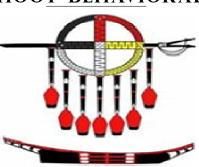




**YOU CAN** 

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

## MUCKLESHOOT BEHAVIORAL HEALTH



## PROBLEM GAMBLING RESOURCES

Muckleshoot Resources

Behavioral Health Gambling Outreach

Julia Joyce, MA, MS, CDP, WSGCC-I is available Monday through Friday 8am-5pm (253)804-8752 x3207

Call and setup an informational session

**Local Gamblers Anonymous Meetings** 

Winner's Circle—Wednesday at 12:00pm, 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

### **MUCKLESHOOT WELLNESS CENTER** GYM HOURS: MONDAY-FRIDAY 6AM - 9PM / SATURDAY 8AM - 5PM

POOL HOURS: MONDAY - FRIDAY 6AM - 8:30PM / SATURDAY 8AM - 4:30PM

12 pm Days 6pm **MONDAY** Fighter Fit **Ninja Warrior** Boxing/Conditioning Class Obstacle Course Yoga Stretching & Conditioning

Spin

**TUESDAY** 

**FRIDAY** 

**SATURDAY** 

**ABC Circuit** Strength & Conditioning

**Step Class** Cardio using steps and incorporates music and

**Ninja Warrior** 

Obstacle Course

**Movestrong** 

dance

Cycle Class with Spin Bikes

**WEDNESDAY** Fighter Fit **Follow the Leader** Boxing/Conditioning Class Can be anything

Yoga

Stretching & Conditioning

**THURSDAY Step Class** Cardio using steps and

incorporates music and dance

Movestrong Circuit Training on the

Circuit Training on the Movestrong equipment Movestrong equipment **ABC Circuit** 

Strength & Conditioning

Spin

**Brazilian Jiu Jitsu** Cycle Class with Spin Bikes



## Muckleshoot Behavioral Health **Healing Circle** 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

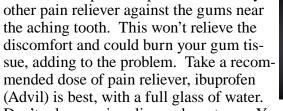




## Are You Prepared for a Dental Emergency?

### **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 tis-





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.

## 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

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 acces 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.



xwi? čəxw lədayay You are not alone.

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



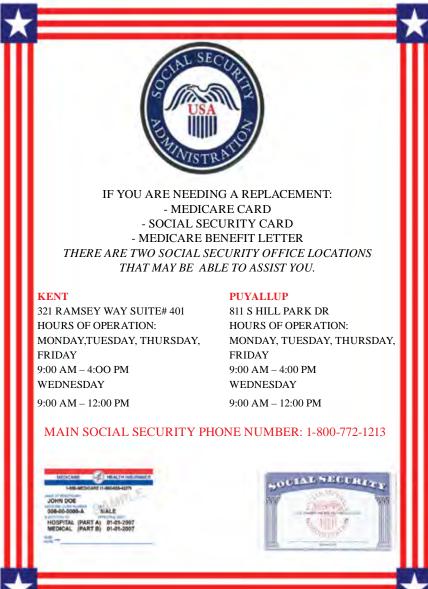
Behavioral Health Program at (253)804-8752 King County Crisis Line after hours at (206)461-3222



**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







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
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## **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.



xwi? čəxw lədayay

You are not alone.

To get help for yourself or someone you know who is 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 376<sup>th</sup> St Auburn WA 98092 253-931-6709 Ext 3700

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

## RELIGION

## PENTECOSTAL



**Father's Day** 



**Other Guest Speakers** 



















## **RELIGIOUS**

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 Alass

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**

10:00 AM Church Service Sunday 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

7:00 PM Friday 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

P20 August 8, 2019 Muckleshoot Messenger

## Human trafficking is on the rise

In this time of rising awareness of Missing and Murdered Indigenous Women (MMIW), we should be aware that Human Trafficking is one of the fastest growing crimes in the world. An estimated 40.3 million people are enslaved by human trafficking. From domestic servitude, to sexual exploitation, to forced marriage, women and girls make up 71% of victims. 1 in 4 victims is a child.

Muckleshoot Transit Safety is committed to ending human trafficking in our community, and will be stepping up patrols this summer around transit stops throughout muckleshoot reservation.

If you or someone you know is being forced to engage in any activity and cannot leave – whether it is commercial sex (including prostitution) housework, farm work, or any other activity – call 911 or the National Human Trafficking Resource Center Hotline at 1-888-373-7888 to access help and services.

Victims of human trafficking are protected under U.S. Law. For your safety and protection, All calls are CONFIDENTIAL Call



Officer Rob Johnson

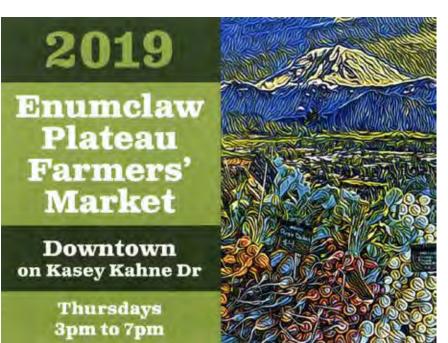
1-888-373-7888 or Text "BeFree" to 233733

Stay Alert and Be Safe, Rob Johnson, Lead Transit Safety

Officer Muckleshoot Transportation Pnone: (253) 457-3034 Email: Robert.Johnson@muckleshoot.nsn.us

## 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





Contact Information for the MCFS Program

Address:

1220 "M" Street SE Auburn, WA 98002

Main Phone:

Fax:

**253-833-8782 253-876-3095** 

CPS Intake Hotline for afterhours Call of Concern report of neglect/abuse:

1-866-ENDHARM (363-4276)



## **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) 261-4724
- TRANSPORTATION
  Phillip James | Transit Manager (253)876-3326

## Understanding Your Credit Class

## DATES:

August 14th, 28th September 11th, 25th October 9th, 23rd November 6th,20th December 11th

Class times are: 10a.m.- noon

Muckleshoot Housing Authority
Training Center

38130 - 158th Ave SE

August 18th, 2019 <u>SUNDAY</u> 4pm - 8pm

Event Fields (Pow Wow) Across from Health & Wellness



Free Food & Entertainment for all Ages

Open to the Muckleshoot Community

Alcohol & Drug Free Event

<u>Tribal Member Only B-3 to High School</u>

<u>School Supplies Handed Out @ MHWC</u>

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

## ANNUAL HUNTERS MEETING



August 27, 2019 @6PM

(MUST SIGN IN BY 6PM TO BE ELIGIBLE FOR DRAWINGS)

FISH COMMISSION MEETING ROOM

## **OUTDOOR MOVIES**

AUGUST 13TH (TUES) CREED II

AUGUST 15TH (THURS) THE LITTLE MERMAID

AUGUST 20TH (TUES) JURASSIC WORLD FALLEN KINGDOM

83min airtime 8:40pm 129min airtime 8:30pm ORLD 110min 8:30pm

AUGUST 24th (SAT) HOW TO TRAIN YOUR DRAGON THE HIDDEN WORLD
AUGUST 27TH (TUES) WONDER PARK
AUGUST 29TH (THURS) DUMBO
13

86min airtime 8:20pm 130min airtime 8:15pm

**Muckleshoot Ball Fields**, Each Movie to start at Dusk. Estimated time above

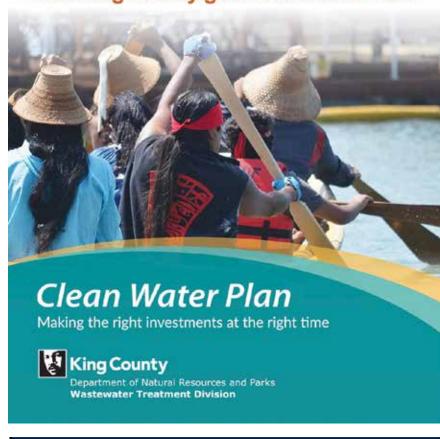
Snacks will be available for Cash Only purchases. Open to the public, everyone welcome.

Bring your blankets, chairs, air beds. Each Movie is Free, bring your family & friends

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

## Go the distance to protect our clean water future.

Visit KingCounty.gov/CleanWaterPlan



## FREE WILL DRAFTING

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



Basic Estate Planning Includes:

- Will
- Power of Attorney
- <u>Healthcare Directive</u>
- <u>Disposition of</u> <u>Remains</u>

Please call or email to schedule an appointment:

**Law Offices of Kate Jones** 

katejoneslaw@gmail.com (206) 370-1034 www.lawofficesofkatejones.com

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

Muckleshoot Messenger August 8, 2019 P21

## HWC Cancer Awareness Walk/Run

PHOTOS BY AMELIA MERRILL











































# 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 Proudty Serving The Munklyhoot Indian Tribe and City of Black Diamond







TAILGATE BBQ Thursday, August 29<sup>th</sup> Noon - 2pm

WHERE Muckleshoot Veterans Building ALL AGES EVENT Muckleshoot Tribal Members and Community Members Welcome

JUST WIN, BABY I may not Live in 0akland But my Heart & Soul Belongs to the RAIDERS RN4I

THERE IS ONLY ONE NATION Eat

Eat Sleep Breathe Raiders

ONCE A RAIDER, ALWAYS A RAIDER If you have to ask why, you wouldn't understand THE NATION!

QUESTIONS? Contact Anthony Gonzales 253.876.3296 NATIVE AMERICAN ENTREPRENEURIAL
EMPOWERMENT WORKSHOPE

## **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 22<sup>nd</sup> & Tuesday, July 23<sup>rd</sup> (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: <a href="https://www.nativesmallbusiness.org/">https://www.nativesmallbusiness.org/</a>

**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.

## MINDFULNESS

Thoughts go quiet emotions run still feeling of safety in the moment by will

> Peace to offer silent and strong faith be tested nothing is wrong

In the moment
highest honor to god
love myself
smile and nod

Finding the light no easy task slow the thoughts is all I ask

> Heart is open mind is free belly is full legs of a tree

Giving to all your love so true wisdom and hope you offer a new

Sights and sounds brilliant and bright new and freeing so still, so right

In the moment
I am in flight
no matter my struggle
I see the light

Somehow all knowing yet know nothing at all moments are strange still come when they call

No fear or hate needed to live honest love for all to give

5/12/19 by Kristi Asplund

Honoring Our Graduates Special Edition coming soon!



## **Domestic violence** is **not** a Native American tradition.

Does your partner ever...

- Call you names or criticize you?
- Isolate you from family or friends?
- Threaten to hurt you or your children?
- Push, slap, kick or strangle you?
- Refuse to give you money for food, gas or medicine?



Get free help by dialing
1-844-7NATIVE (762-8483)
available daily from 7 a.m. to 10 p.m. CST.

Callers reaching out after hours may connect with the National Domestic Violence Hotline (1-800-799-SAFE) by selecting option 1. All calls are anonymous and confidential.

Trust. Speak. Heal. Together. | strongheartshelpline.org



This project is supported by Grant Number 90EV0426 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services.

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

IN RETHE WELFARE OF: E.N. An Indian Child DOB: 01/24/2019

Case No.: MUC-J-07/19-074 NOTICE OF FACT

NAM NGUYEN, FATHER

LAUREL KELLY, MCFS INVESTIGATOR 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 10th day of September, 2019, AT 10:00 AM in the Muckleshoot Tribal Court of Justice located at 39015 172nd Avenue SE, Auburn, WA

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

placement of the youth is necessary and 4) any other action necessary for the youth is necessary and 4) any other action necessary for the youth is necessary 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

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 17th day of July, 2019

## MUCKLESHOOT TRIBAL COURT FOR THE MUCKLESHOOT INDIAN RESERVATION AUBURN, WASHINGTON

IN RE THE WELFARE OF: (DOB): 01/24/2019

AN INDIAN YOUTH Case No.: MUC-J-07/19-074 NOTICE OF PRELIMINARY INQUIRY

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 10TH of SEPTEMBER, 2019 at 10:00 AM in the above-titled court, located at the Muckleshoot Legal Building, 39015 172nd Avenue SE, Auburn, Washington 98092, to determine;

The tribal status of the youth;
Whether probable cause exists to believe that the youth is YOUTH IN NEED OF CARE, and tribal court

Whether out of home placement of the youth is necessary and
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

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 17 July 2019.

OFFICE OF THE MIT COURT CLERK 39015 172ND AVENUE SE, AUBURN, WA 98092 (PHONE): 253.939.3311 (FAX): 253.876.2846

### 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: DOB: 01/23/2016 An Indian Child

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 13th day of August, 2019, AT 2:00 PM 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 four may pick up a copy of MCFS case Manager's Court Report from the court clear'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

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

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 26th day of June, 2019

Muckleshoot Tribal Court of Justice In and For The Muckleshoot Indian Reservation 39015 172nd Avenue SE (253) 939-3311 Ext. 3203

## MUCKLESHOOT TRIBAL COURT FOR THE MUCKLESHOOT INDIAN RESERVATION

IN RE THE WELFARE OF: W. W. (DOB): 01/23/2016 AN INDIAN YOUTH

Case No.: MUC-J-05/19-047 NOTICE OF PRELIMINARY INQUIRY

(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 13th of August, 2019 at 2:00 PM in the above-titled court, located at the Muckleshoot Legal Building, 39015 172nd Avenue SE, Auburn, Washington 98092, to determine;

The tribal status of the youth; Whether probable cause exists to believe that the youth is/are YOUTH IN NEED OF CARE, and tribal court supervision.

Whether out of home placement of the youth is necessary and
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 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 26 June 2019. OFFICE OF THE MIT COURT CLERK

39015 172ND AVENUE SE, AUBURN, WA 98092 (PHONE): 253.939.3311 (FAX): 253.876.2846

## IN THE MUCKLESHOOT COURT OF JUSTICE FOR THE MUCKLESHOOT INDIAN RESERVATION AUBURN, WASHINGTON

Case No. MUC-PO-05/19-059 In Re the Protection of: G.S. DOB: 07/19/1940 an elder/vulnerable adult

SUNSHINE BARGALA DOB:07/13/1976, Respondent

NOTICE OF TEMPORARY PROTECTION ORDER

 $\textbf{IT IS} \ \textbf{HEREBY ORDERED THAT} \ a \ temporary \ protection \ order \ has \ been \ entered \ in \ this \ matter. \ In$ 

The respondent is Restrained from committing or threatening to commit physical harm, bodily injury, assault, including sexual assault against the vulnerable adult and from molesting, harassing, or stalking the elder/vulnerable adult.

Respondent is Restrained from committing or threatening to commit acts of abandonment, abuse, neglect, or financial exploitation against the elder/vulnerable adult. The respondent is Excluded from the elder/vulnerable adult's residence

The respondent is Excitated from coming near and from having any contact with the elder/vulnerable adult, in person or through others, by phone, mail, or any means, directly or indirectly, except through an attorney, or mailing or delivery by a third party of court documents. Respondent is Prohibited from knowingly coming within, or knowingly remaining within -- feet (distance) of the elder/vulnerable adult and his or her residence.

A violation of this order may subject respondent to arrest and criminal prosecution under tribal and/

A hearing to review and possibly extend the protection order is set for August 29,2019 at 10:00 a.m.

All parties shall appear for the hearing. The temporary protection order will expire on 9/5/19 unless the Court extends it. Parties are responsible for updating the court as to any change of service address.

SO ORDERED this 27 day of June, 2019. /s/ GARY BASS, JUDGE OF THE MUCKLESHOOT COURT OF JUSTICE

POLICE REPORT: No police report was received this month.

## BECOME A CHILD CARE PROVIDER!

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

If you answered yes, we have the program for you; help our tribal families with childcare by becoming an approved childcare provider. How to become a family, friend, or neighbor provider:

Visit the Muckleshoot CCDF program at the Muckleshoot Early Childhood Education

Center, located on the Tribal School Campus (15599 SE 376th St Auburn, WA 98092) and request a CCDF Home Provider Application.

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

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

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

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

Contact: Monalisa Mendoza, CCDF (Monday – Friday 8:00am – 4:00pm)

**Phone:** (253) 876-3056 \* 3915 Email: Monalisa.mendoza@muckleshoot.nsn.us

## **EXCLUDED FROM** MUCKLESHOOT RESERVATION

The individuals pictured here have been legally excluded from the Muckleshoot Indian Reservation. If you see any of them on the reservation please call 911 and report the sighting to the Muckleshoot Police Department.



Byron John



**Benedict Williams** 



**Darnoel Brown** 



Gerald Robert Elkins



Jorenda Proctor



Leslie Guy Wilson



Rajon Ray Hoff



Robert Wayne Weed



Rodney Darrell Hopper

Free Legal Services for Low Income Native Americans and Alaska Natives

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

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

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

- **Education matters** including:
  - Expulsion, suspension, & truancy Discriminatory discipline o Special education & learning
  - disabilities o Parents' rights
  - Other situations impacting a
  - student's ability to participate in

**Emancipation** (students seeking to be

legally independent of their parents)

- · Health matters including denial of
- health care services or assistance in obtaining mental health services

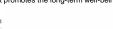
Foster & homeless student issues

- Housing problems such as evictions, discrimination, or deposit issues
- Public benefits matters including applying for, denial of, or reduction of public benefits

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

### What is Northwest Justice Project?

The Northwest Justice Project (NJP) is a statewide non-profit organization with 13 offices in Washington State that provides free civil legal services to low-income people. NJP's mission is to secure justice through high quality legal advocacy that promotes the long-term well-being of low-income individuals, families, and communities.





=LSC

## \$45,000 Housing Assistance Program - Increased to \$90,000 per Tribal Member

The Tribe's commitment to providing housing opportunities to its members is once again exemplified with recent policy changes to the \$45,000 Grant Program. Tribal Council recently approved that the \$45,000 Grant Program be increased to \$90,000 per Tribal member. These funds can be used for home ownership activities including down payment, mortgage reduction, home improvements, self-help and safe housing repairs. In addition, the Tribal Housing Ordinance has been updated to allow Muckleshoot enrolled couples to each utilize their \$90,000 grant towards eligible program services for a total Grant of \$180,000. \$20,000 of each member's assistance shall be reserved exclusively for safe housing repairs.

## ELIGIBILITY:

Muckleshoot Tribal Enrollment: Applicant must be a Muckleshoot Tribal member at least eighteen (18) years of age and enrolled in the Muckleshoot Indian Tribe for a minimum of five (5) years or be enrolled in the Muckleshoot Indian Tribe and have resided within the Muckleshoot Reservation their entire

Proof of Ownership: Applicants must provide proof of ownership for the assisted property and utilize the home as their primary residence

Proof of Insurance: Applicants must provide proof that the assisted property is covered by an insurance policy or sign a Homeowners Insurance Acknowledgment.

Release of Information: Applicants must sign a Release of Information to allow the Muckleshoot Housing Authority to obtain and verify information relative to

eligibility for assistance. Residency/Payback Agreement: Applicants, including any additional parties with ownership of the assisted property, must sign a Residency Payback Agreement agreeing to payback terms and refinance restrictions during a five

Please contact our office with any questions or for

Muckleshoot Housing Authority | 38037 158<sup>th</sup> Ave SE | Auburn, WA 98092 | (253) 833-7616

## Enumclaw Chrysler, Dodge, Jeep & Ram



- Preferred pricing for Tribal Members
- Good Credit/Bad Credit
- 98% Approval rating

(5) year payback period.

- Referral Fees from \$100-\$500!
- Special Pricing on New and Used Vehicles
- Aggressive Financing Rates and Programs
- New and Used Vehicles

## For all Tribal Members Enumclaw **Chrysler Jeep Dodge Ram Is YOUR Store!**

Visit Us Today for YOUR Tribal Specials! Contact Josh Curley at 360.802.0200 www.enumclawCJD.com

We have Special fleet pricing for tribal vehicles.









## 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

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## (0)



## Do you need assistance with your child care expenses?

## Are you?

- EmployedEnrolled in
- Enrolled in educational coursesIn iob 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;

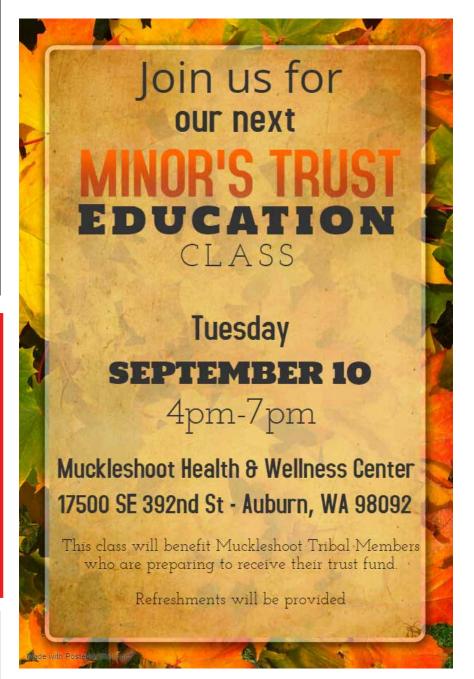
Family Size:	85% Median Monthly Income	(MIT Members Only)
1	\$0-\$4,484	\$4,485- \$5,275
2	\$0- \$5,121	\$5,122- \$6,025
3	\$0- \$5,759	\$5,760- \$6,775
4	\$0- \$6,396	\$6,397-\$7,525
5	\$0- \$6,913	\$6,914- \$8,133
6	\$0- \$7,423	\$7,424- \$8,733
7	\$0- \$7,933	\$7,934- \$9,333
8	\$0- \$8,443	\$8,444-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

(253) 876-3056 or Vanessa Simmons at (253) 876-3 Email: <u>Vanessa.simmons@muckleshoot.nsn.us</u>

Located at the Muckleshoot Early Childhood Education Center, 15599 SE 376<sup>th</sup> St, Auburn, WA





## 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

## **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



August 18

August 14

August 16-18

September 6-8

September 10

September 11

## \_\_\_\_\_

4pm - 8pm

**EVENTS** 

Fishing Derby
Back to School Bash
Event Fields

**CALENDAR** 

Understanding Your Credit Class
Housing Authority Training Center

### Skopabsh PowWow

Muckleshoot Fall Stick Games
Powow Grounds

Minor's Trust Education Class Health & Wellness Center

4pm - 7pm

Understanding Your Credit Class
Housing Authority Training Center

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

IN THE MUCKLESHOOT TRIBAL COURT FOR THE MUCKLESHOOT INDIAN RESERVATION

No.: MUC-DIV-07/19-082 SUMMONS Decree of Dissolution

SUMMONS Decree of Dissolution ARLENE MARTINEZ Petitioner

vs.
ROBERTO MARTINEZ-RAMIREZ Respondent

To the Respondent of this matter ROBERTO MARTINEZ-RAMIREZ, TAKE NOTICE:

The Petitioner, ARLENE MARTINEZ, listed above has started a legal action through the Muckleshoot Tribal Court to:

dissolve your marriage.

There may be additional requests made in the petition, such as a request for a parenting plan or child support, if applicable. You must read the petition carefully to determine the scope of this action.

YOU MUST SERVE A WRITTEN RESPONSE ON THE PERSON SIGNING THIS SUMMONS AND FILE THE ORIGINAL WITH THE CLERK OF THE COURT 21 DAYS FROM THE DATE YOU WERE SERVED WITH THE PETITION.

A FAILURE TO APPEAR OR FILE A RESPONSE MAY RESULT IN A DEFAULT JUDGMENT AGAINST YOU. This means that the Court could grant all the requests of the petitioner without any input or response from you.

You can obtain a form to respond to this petition through the Clerk of the Court located at 39015 172nd AVE SE, Auburn, WA, 98092.

You must file your response with the Clerk of the Court at the Muckleshoot Tribal Court located at

If you need assistance in your response, inquire with the Clerk of the Court if you are able to set up an appointment with the legal aid clinic. The clinic may be able to assist you, but there is no right or guarantee of legal aid. You are ultimately responsible for your own response.

There is a hearing set in this matter for the following date and time:

Date: TUESDAY, OCTOBER 15TH, 2019

The Plaintiff agrees to be served with all legal documents at the following address:

CONTACT COURT CLERK'S OFFICE AT (253) 876-3203 FOR THIS INFORMATIONDated this 15TH day of  $\_$ JULY, 2019.



## 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?**

## Our Goal Is.. Ou

Muckleshoot Tribal Members
Don't Pay Tax! Show Your
Tribal Card for More
Savings! We Have Over 100
Vehicles To Choose From!
www.deltoroautosales.com



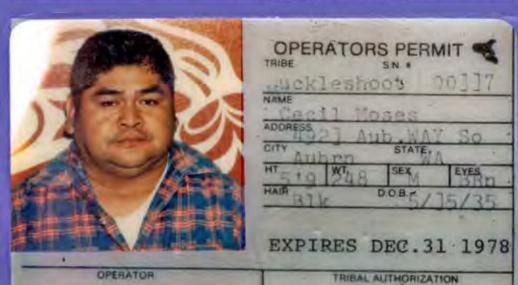
One Free
OIL CHANGE!

WITH PURCHASE!

\$150
doc fee waived

## FAMILY







Autumn & Rosie Fish



Happy Birthday!!

Andrew 13 years old Luis 5 years old Love mom



Happy Birthday Lindy!

Love Mom & Dad and all your siblings



Leah Moses made this fancy dance outfit for a granddaughter.



The Sykes sisters in Washington D.C Independence Day Parade 2019

**HER SMILE SAYS IT ALL!** In this picture is my eldest daughter I'Monie Sykes. This is the first year she and her sister Enaja joined the Washington Diamonds drill team and drum line. They perform in parades all around the world. One of these pictures is from the Seattle Seafair Torchlight Parade and the other is from the Washington DC 4th of July Parade. I'm so proud of my girls! ~ Melody Sykes













Your Life was a **Blessing** 

Your Memory a **Treasure** 

You are Loved **Beyond Words** 

**And Missed Beyond Measure** 

You Have Room for Another One Here!

HAPPY HEAVENLY 70™ BIRTHDAY TO OUR **BELOVED SWEETBERRY** 

You are forever in our Hearts.

Philip, Anita, Regina, LeOta, Tyrone, Shante, Joe & Dorothy







Muckleshoot First Salmon Ceremony 2019