

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.



DUCKS AT A DISTANCE
A WATERFOWL IDENTIFICATION GUIDE

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 <https://www.fws.gov/uploadedFiles/Ducks%20at%20a%20Distance-OCR.pdf>

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

JOHN LOFTUS PHOTOS



Muckleshoot Veterans Pow Wow 2019

June 21-23, 2019
Muckleshoot Pow Wow Grounds

PHOTOS BY JOHN LOFTUS



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 knives).
- 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.

Who will be our next Trainer, or Dentist, or Medical Assistant? We cannot wait to see what the future holds for these cuties!



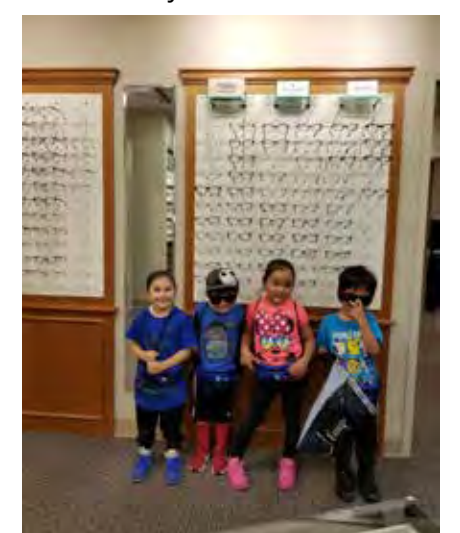
"Open Wider"



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



"My Bones are A OKAY!"



I Wear My Sunglasses at Night"

KING'S COLUMN

ELEMENTARY EDITION

Monthly Message

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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!

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Upcoming Events:

- August 27: 1st Day of School!
- August 30: No School
- September 2: No School
- September 6: Grandparent's Day
- September 8-13: Suicide Prevention Week
- September 10: Ten Year Celebration
- September 11: Picture Day

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!

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!



SCHOOL SESSION 2019 2020

CCEOP

ACCEPTING APPLICATIONS

August 1st - 30th 9 AM to 4 PM
Monday through Friday

CCEOP Building "C"
38723 172nd Ave SE
Auburn WA 98092

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

By Kim M. Kamara

This year's Indigenous 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 Turpinseed. Beautiful iron horses maneuvered the 4th 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 Saticum 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 Indigenous PlaceMakerz unit was Mathew Everybodytalksabout who engaged diverse aged and ethnic background crowds of people lining each side of the street.

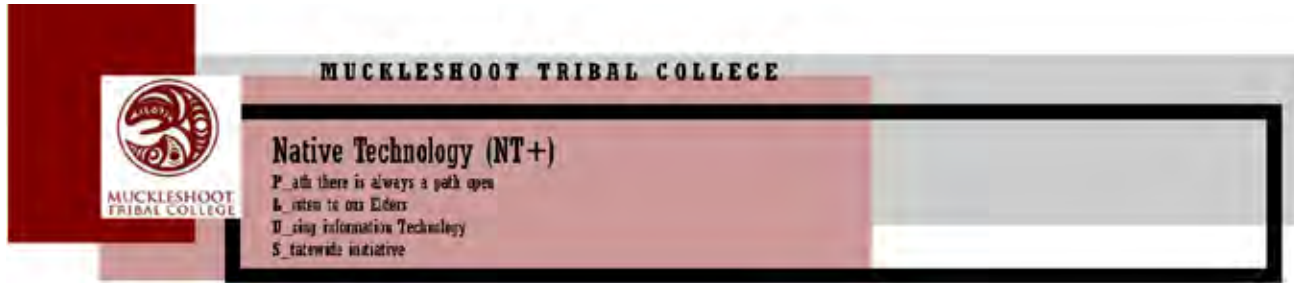
Missing and Murdered Indigenous Women group representatives led by Earth Feather brought attention to larger communities in regalia, carrying a banner and singing songs.

Emerging out of a parade unit organized for the Mercer Island Parks Department Summer Festival in 2014, the Indigenous 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 place-making. 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:

<p>Associate of Applied Sciences Information Technology-Systems & Security (AAS)</p> <ul style="list-style-type: none"> 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 <p>Second Cohort starts September 2019!!</p>	<p>Stand Alone Cert Programs</p> <ul style="list-style-type: none"> Single classes Microsoft Certified Professional Project + A+ (I, II) Muckleshoot Tribal Incentive Payment Eligible
<p>USED TO BE</p> <p>MOST</p> <p>The Grant for the MOST program has ended & we now offer the:</p> <p>GRC/MTC Office Training Program →</p>	<p>NOW</p> <p>GRC/MTC Office Training Program</p> <ul style="list-style-type: none"> Offered until Spring 2019 Quarterly Enrollment Muckleshoot Scholarship Eligible WORD, Excel, Windows, Email, Outlook & Communication Beginning & Intermediate levels May take for Professional Development w- out 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
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Cary Hutchinson
Adult Education Specialist
ABE/GED/HS21+ Instructor
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Melissa Reaves
Adult Education Specialist
ABE/GED/HS21+ Instructor
(253) 876 - 3256
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NT PLUS Department (Formerly known as M.O.S.T.)

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Career & Technical Community Liaison
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Andrew Bruce
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College and Career Education Opportunities Program (CCEOP)

Sonja Moses
College and Career Education Opportunities Program Manager
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Youth Crew Supervisor
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Lena Baker
Youth Crew Supervisor
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Northwest Indian College - Muckleshoot Campus

Jonathan Tomhave
Site Manager
(360) 255 - 4433
jtomhave@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 work.

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 completed 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



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

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

All complete applications Must be submitted to the CCEOP Building!

The CCEOP Building is located at 38723 172nd Ave SE, WA 98092

Signs are clearly marked on the building



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



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

APPLICATION PERIODS	
FALL 2018	WINTER 2019
JUNE 15TH To AUG 17TH	OCT 26TH To DEC 7TH
SPRING 2019	SUMMER 2019
DEC 21ST To MARCH 1ST	APRIL 12TH To MAY 24TH

MIT Scholarship Program
Phone: 253-876-3378
Email: ScholarshipsDept@muckleshoot.nsn.us
During our application periods visit our online application to apply
<https://memberportal.muckleshoot.nsn.us>

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

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

Hello
Are you a Muckleshoot Tribal member who is planning on attending college this Fall?
If you are a new or returning student who has never used our scholarship portal, please visit;
www.memberportal.muckleshoot.nsn.us
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 Melissa Scarcy at 253-876-3378

Believing in Education

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.

MODES OF STUDY

GED

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

CONTACTS:
Cary Hutchinson
ABE/GED Instructor
Cary.Hutchinson@muckleshoot.nsn.us
253-876-3375
Melissa Reaves
ABE/GED Instructor
Melissa.Reaves@muckleshoot.nsn.us
253-876-3256

Are you over the age of 21?
Did you not finish high school but would like your diploma?
Do you have 8 or more credits?
Do you need 12 or less credits for WA State requirements? (20 total credits needed)
Do you feel your life experiences should count for something?
Do you want a diploma and not just a GED?
If you answered "YES" to these questions, then what are you waiting for?
Let's get that diploma!!

RTC RENTON TECHNICAL COLLEGE
MUCKLESHOOT TRIBAL COLLEGE Auburn, Washington

ATTENTION NEW PROGRAM: for enrolled Muckleshoot Tribal Members.
MIT PRIVATE SCHOOL ASSISTANCE PROGRAM

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 Education (253)876-3345
Denise.Bill@muckleshoot.nsn.us

Marie Marquez, Financial Aid Director (253) 876-3382
Marie.Marquez@muckleshoot.nsn.us

Romajeon Thomas (253) 876-2830
Romajeon.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.



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

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.

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



State of Washington
Services Card

MARTHA WASHINGTON
123456789WA
Date Issued 5/10

ProviderOne

ARE YOU NEEDING A
NEW PROVIDER ONE
CARD?

YOU CAN GET A REPLACEMENT THREE WAYS!

- CALL 1-800-562-3022 EXT 15616
- ONLINE <https://www.waproviderone.org/client>
- COME IN TO THE MUCKLESHOOT MANAGED CARE DEPARTMENT!
17500 SE 392ND ST AUBURN WA 98092
253-939-6648

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

JOHN L. SMITH
REG-ATED-ARCTZ
HOSPITAL (PART A) 03-01-2018
MEDICAL (PART B) 03-01-2018

Medicare 101

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

Part A (Hospital Insurance)
Helps cover:

- Inpatient hospital stays
- Skilled nursing facility care

Part B (Medical Insurance)
Helps cover:

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

Part D (Prescription Drug coverage)
Helps Cover:

- Costs of Prescription Drugs/Medications

Come in to learn more about Medicare coverages

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



Muckleshoot Health & Wellness Center

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

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

ALL DEPARTMENTS ARE CLOSED ON SUNDAYS

Pregnancy & Labor Support

Continuous Support When You Need It Most

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



How Can Participating In The Program Help You?

Our Pregnancy and Labor Support Specialists:

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

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

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

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

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. Yvonne Yao

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 gynecology and well-women exams.

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

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. Mark Tomski

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.

Transitions Signature

Our best everyday Light Intelligent Lenses™

Featuring exclusive Chromes7™ technology, this is our fastest and most responsive lens in all lighting and temperature conditions. Personalize your style with a choice of 7 colors.

AND INTRODUCING NEW **Style Colors**

Pick your color, choose your style

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

Transitions XTRActive

Our best for extra protection, even in the car

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

AND INTRODUCING NEW **Style Mirrors**

Make a statement

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

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



MUCKLESHOOT GOES FISHING! More photos to come...

***DATE CHANGE**

MUCKLESHOOT INDIAN TRIBE
CLEAN & SOBER

FREE ENTRY FEE OPEN TO ALL

OPEN UNTIL FILLED

ONE PITCH

SOFTBALL

CO-ED TOURNAMENT

*** AUGUST 17-18, 2019**

12 Team Tournament - Double Elimination - ASA Bats
12 per team, 6 Men & 4 Women on field at all times.

Muckleshoot Ballfields
1st, 2nd, 3rd place prizes & All Stars

TEAM SIGN-UP OR INFORMATION, CONTACT:
Flo Starr (253)876-3214, email: florence.starr@muckleshoot.nsn.us.com Or
Dee Williams (253)259-1447

Made with PosterMyWall.com

Muckleshoot Wellness Center Swimming Lessons

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

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

Adult/Parent/Guardian: _____ Cell Phone: _____

Notes for Instructor: _____

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

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

Times and levels may vary depending on registration.

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

For questions more Information please contact

Amelia Merrill @ (253) 333-3616, ext 3709 or amelia.merrill@Muckleshoot-Health.com

FENTANYL WARNING

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

Most drugs can be cut with fentanyl.

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



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

Public Health
Seattle & King County

HOW TO AVOID OVERDOSE



DO NOT USE ALONE



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



WATCH AND WAIT BEFORE THE NEXT PERSON USES



HAVE NALOXONE READY

You can get Naloxone at the Needle Exchange.



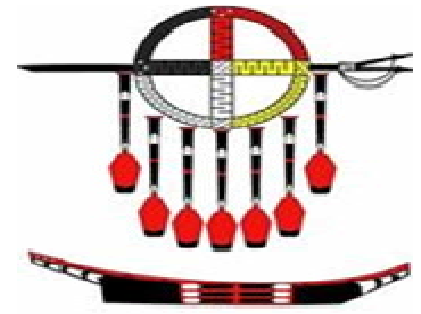
AN OPIOID OVERDOSE IS A MEDICAL EMERGENCY. CALL 911 RIGHT AWAY

Washington's Good Samaritan Law helps protect you.

TREATMENT WORKS

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

MUCKLESHOOT 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

What are Needle Exchanges and why do we have them?

Muckleshoot Behavioral Health

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

Why: NEEDLE EXCHANGES SAVE LIVES!!!

By offering Needle Exchange Services it takes injection needles off of the streets and out of the community.

It offers safe injection equipment so that IV drug users can prevent the spread of blood borne diseases such as HIV and Hepatitis C which can be eventually fatal.

It offers Overdose Prevention and Education so that drug users in this community are not dying from overdoses.

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

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

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



NOTICE:

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

Muckleshoot Behavioral Health Program

16-Week Anger Management Class

Open to Join Anytime!

Every Thursday

1:30pm-3:00pm

Facilitated by: Dr. Sarlak

Meets Court Requirements

For questions or more information, contact:

Muckleshoot Behavioral Health Program
(253) 804-8752

MUCKLESHOOT WELLNESS CENTER

GYM HOURS: MONDAY-FRIDAY 6AM - 9PM / SATURDAY 8AM - 5PM

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

Days	12 pm	6pm
MONDAY	Fighter Fit Boxing/Conditioning Class Yoga Stretching & Conditioning Class	Ninja Warrior Obstacle Course
TUESDAY	ABC Circuit Strength & Conditioning	Step Class Cardio using steps and incorporates music and dance
	Spin Cycle Class with Spin Bikes	
WEDNESDAY	Fighter Fit Boxing/Conditioning Class Yoga Stretching & Conditioning Class	Follow the Leader Can be anything
THURSDAY	Step Class Cardio using steps and incorporates music and dance	Ninja Warrior Obstacle Course
FRIDAY	Movestrong Circuit Training on the Movestrong equipment ABC Circuit Strength & Conditioning	Movestrong Circuit Training on the Movestrong equipment
SATURDAY	Spin Cycle Class with Spin Bikes	Brazilian Jiu Jitsu

Healing with Horses Group



Come Join
The Horses
Every
Wednesday,
1-3pm

Spend healing time with
Horses at the Blue Barn

Open to join any time. Just show up!

All Community Members Welcome

Blue Barn: 38122 180th Ave. SE, Auburn 98092

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



SCAM ALERT!

THE NEW MEDICARE CARDS HAS BEEN MAILED SO BEWARE OF SCAM OR PHISHING CALLS.

MEDICARE WILL NEVER CALL UNINVITED TO ASK FOR PERSONAL INFORMATION OR ANY INFORMATION REGARDING YOUR NEW OR OLD MEDICARE CARD.

IF SOMEONE CALLS ASKING FOR ANY INFORMATION REGARDING YOUR MEDICARE CARD...

PLEASE HANG UP!



YOU CAN REPORT ANY SUSPICIOUS PHONE CALLS DIRECTLY TO THE SOCIAL SECURITY FRAUD HOTLINE AT PH #1-

Beware of
Phone
Scams

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

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 group.





Are You Prepared for a Dental Emergency?

GUIDELINES FOR MOST COMMON DENTAL EMERGENCIES

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



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

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



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

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

A temporary or permanent crown comes off:

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



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

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

Feathered Healing Circle

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



Relative & Foster Care Program

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

Foster a Child

MIT Children & Family Services

MCFB Office Location: 39017 172nd Street SE, Auburn WA 98002
MCFB Main: 253-833-8782
Foster Licensor: Trudi Moses 253-876-3397 Cell: 253-880-6966
Director: Cynthia Orie 253-876-3396

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

What are Native Community Helpers?

- Your Community Members
- Trained in suicide prevention

How can they help me?

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

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



xʷiʔ čəxʷ lədəyáy
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



SOCIAL SECURITY ADMINISTRATION

IF YOU ARE NEEDING A REPLACEMENT:
- MEDICARE CARD
- SOCIAL SECURITY CARD
- MEDICARE BENEFIT LETTER
THERE ARE TWO SOCIAL SECURITY OFFICE LOCATIONS THAT MAY BE ABLE TO ASSIST YOU.

KENT 321 RAMSEY WAY SUITE# 401 HOURS OF OPERATION: MONDAY, TUESDAY, THURSDAY, FRIDAY 9:00 AM - 4:00 PM WEDNESDAY 9:00 AM - 12:00 PM	PUYALLUP 811 S HILL PARK DR HOURS OF OPERATION: MONDAY, TUESDAY, THURSDAY, FRIDAY 9:00 AM - 4:00 PM WEDNESDAY 9:00 AM - 12:00 PM
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MAIN SOCIAL SECURITY PHONE NUMBER: 1-800-772-1213

NATIVE COMMUNITY HELPERS

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

xʷiʔ čəxʷ lədəyáy
You are not alone.

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



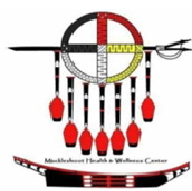
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- Offer a listening ear and open heart
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Child Find Screening

What is a Child Find Screening?

Screening is a free check of your child's development—including:

- Large muscle development
- Eye-hand coordination (fine motor skills)
- Communication
- Concepts
- Personal-social skills, self help skills
- academic skills



What is the purpose of a Child Find Screening?

The purpose of the screen is to identify any factors that may interfere with your child's learning, growth, and development. The screening is also provided to help parents identify their child's strengths and weaknesses and provide home suggestions.

What happens during a Child Find Screening?

During the screening, your young child may stack small blocks, cut with a scissors, draw, count, name colors, jump, and have fun! For older children and teens it may include academic, social and emotional, communication screening. Following the screening, a trained professional will talk with you about the results of the screening. You will have the opportunity to ask any questions about your child's development. You may be given home suggestions, referred on for further testing, or be scheduled to have skills rechecked at a later date. The screening process usually takes about 45 minutes.

Who is eligible to be screened?

Any child, from birth through 21, whose family or care givers would like more information about their child's development. All school districts within Washington State have Child Find screenings available. If your family is living in a temporary situation, you may contact the district where you are staying to attend a screening.

Where can I go for screening?

For more information and to schedule a screening, please contact:

Muckleshoot Tribal School
Helen Feiger
Student Support Services Coordinator
15209 SE 376th St
Auburn WA 98092
253-931-6709 Ext 3700

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

PENTECOSTAL

Father's Day

Happy Father's Day!



Other Guest Speakers

Community Prayer Day



Camp Meeting



RELIGIOUS CONTACTS

Please feel free to suggest additions

Muckleshoot Indian Shaker Church

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

Muckleshoot Pentecostal Church

Rev. Kenny Williams, Pastor

Sweat Lodge

Doug Moses, 425-301-60811

St. Leo The Great Catholic Mass

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

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

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

www.katericircle.com
 Facebook: Tacoma Kateri Circle

Muckleshoot Pentecostal Church

Kenny Williams, Pastor

SCHEDULE

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

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



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

As always, enjoy a nice dinner with us and Father Pat Twohy after Mass
 For more info. Please contact me at
 Tara.Vasquez@muckleshoot.nsn.us
 Or by phone at (253)347-6937

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.



Officer Rob Johnson

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

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

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

Muckleshoot Transportation Phone: (253) 457-3034

Email: Robert.Johnson@muckleshoot.nsn.us



2019

Enumclaw Plateau Farmers' Market

Downtown on Kasey Kahne Dr

Thursdays 3pm to 7pm

FAMILY TREE BOOK BEING

OUR ROOTS RUN DEEP

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

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 SUNDAY
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

Tribal Member Only B-3 to High School

School Supplies Handed Out @ MHW

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	117min airtime 8:45pm
AUGUST 15TH (THURS) THE LITTLE MERMAID	83min airtime 8:40pm
AUGUST 20TH (TUES) JURASSIC WORLD FALLEN KINGDOM	129min airtime 8:30pm
AUGUST 24th (SAT) HOW TO TRAIN YOUR DRAGON THE HIDDEN WORLD	110min 8:30pm
AUGUST 27TH (TUES) WONDER PARK	86min airtime 8:20pm
AUGUST 29TH (THURS) DUMBO	130min airtime 8:15pm

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

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

Go the distance to protect our clean water future.

Visit KingCounty.gov/CleanWaterPlan

Clean Water Plan

Making the right investments at the right time

King County

Department of Natural Resources and Parks
Wastewater Treatment Division

FREE WILL DRAFTING

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

Please call or email to schedule an appointment:

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

Basic Estate Planning Includes:

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

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

SERVICES PROVIDED BY:

Law Offices of Kate Jones
Wills & Estate Planning Services

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

HWC Cancer Awareness Walk/Run

PHOTOS BY AMELIA MERRILL



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

Do You Have What It Takes?

Become A Volunteer Firefighter

Learn New Skills
Serve Your Community
Explore it as a
Career



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

Proudly Serving The Muckleshoot Indian Tribe and City of Black Diamond





Get
20% OFF

with your Muckleshoot Tribal ID!
1201 Pine Street - Seattle, WA 98101


**Honoring Our
Graduates Special
Edition coming
soon!**

Muckleshoot Fall
Stick Games

September 6, 7 & 8, 2019
@ the Powwow Grounds



ATTENTION MUCKLESHOOT RAIDER NATION



ALL AGES
EVENT
MUCKLESHOOT
TRIBAL MEMBERS AND
COMMUNITY MEMBERS
WELCOME

JUST WIN, BABY
I may not Live in Oakland
But my Heart & Soul
Belongs to the
RAIDERS
RN4L

THERE IS ONLY
ONE NATION
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

TAILGATE BBQ
Thursday, August 29th
Noon - 2pm

WHERE
Muckleshoot Veterans
Building

NATIVE AMERICAN ENTREPRENEURIAL
EMPOWERMENT WORKSHOPS

Aspiring Entrepreneur or Small Business Owner?

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

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

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

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

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

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

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.

STRONGHEARTS
Native Helpline

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 Reservation
Auburn, WA 98092**

**IN RE THE WELFARE OF:
E.N. An Indian Child
DOB: 01/24/2019**

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

**TO: 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 98092.

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

You may pick up a copy of MCFS Case Manager's Court Report from the court clerk's office three working days prior to the hearing. Pursuant to Section 12.A.03.070; Title 12, a Petition for Fact-finding must be filed within fifteen days of the Preliminary Inquiry and sent to all parties. The Parties shall be notified of the hearing at least (10) days prior to the hearing. The Fact-Finding hearing must be conducted within 40 days after the Petition for Fact-Finding is filed or the conclusion of the Preliminary Inquiry, whichever comes last, pursuant to Section 12.A.03.080, Title 12 of the Youth Codes.

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

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

/s/

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:
E.N.
(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 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 by the person.

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

Dated this 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:
W.W.
DOB: 01/23/2016
An Indian Child**

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

YOU AND EACH OF YOU will please take notice that a FACT FINDING Hearing regarding the above-mentioned youth has been scheduled for TUESDAY the 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 office three working days prior to the hearing. Pursuant to Section 12.A.03.070; Title 12, a Petition for Fact-finding must be filed within fifteen days of the Preliminary Inquiry and sent to all parties. The Parties shall be notified of the hearing at least (10) days prior to the hearing. The Fact-Finding hearing must be conducted within 40 days after the Petition for Fact-Finding is filed or the conclusion of the Preliminary Inquiry, whichever comes last, pursuant to Section 12.A.03.080, Title 12 of the Youth Codes.

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

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

/s/

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
Auburn, WA 98092
(253) 939-3311 Ext. 3203

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

**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**

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

YOU AND EACH OF YOU are hereby notified that a REQUEST FOR PRELIMINARY INQUIRY has been filed in the Muckleshoot Court Youth Division and a PRELIMINARY INQUIRY HEARING will be held on the 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 by the person.

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

Dated this 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
vs.
SUNSHINE BARGALA DOB:07/13/1976, Respondent**

**NOTICE OF TEMPORARY PROTECTION ORDER
TO: SUNSHINE BARGALA DOB:07/13/1976**

IT IS HEREBY ORDERED THAT a temporary protection order has been entered in this matter. In particular:

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 Restrained 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/or state law.
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



Darnael Brown



Gerald Robert Elkins



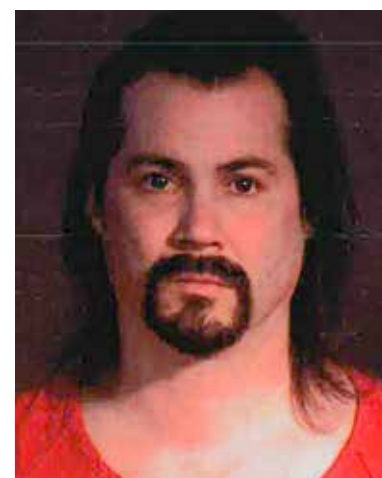
Jorenda Proctor



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

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

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

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

To find out if Cina or the Native American Unit can help you, contact Cina at cina.littlebird@nwjustice.org 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.

\$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 life.

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 (5) year payback period.

Please contact our office with any questions or for further assistance with applying for this program.

Muckleshoot Housing Authority | 38037 158th 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
- 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

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.



Join us for our next
MINOR'S TRUST EDUCATION CLASS

Tuesday
SEPTEMBER 10
4pm-7pm

Muckleshoot Health & Wellness Center
17500 SE 392nd St - Auburn, WA 98092

This class will benefit Muckleshoot Tribal Members who are preparing to receive their trust fund.

Refreshments will be provided



EVENTS CALENDAR

August 10 **Fishing Derby**

August 18 **Back to School Bash**
Event Fields
4pm - 8pm

August 14 **Understanding Your Credit Class**
Housing Authority Training Center
10am-noon

August 16-18 **Skopabsh PowWow**

September 6-8 **Muckleshoot Fall Stick Games**
Powow Grounds

September 10 **Minor's Trust Education Class**
Health & Wellness Center
4pm - 7pm

September 11 **Understanding Your Credit Class**
Housing Authority Training Center
10am-noon

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

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

No.: MUC-DIV-07/19-082
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 39015 172nd AVE SE, Auburn, WA, 98092.

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
Time: 1:30 AM


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 INFORMATION Dated this 15TH day of _JULY_, 2019.

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



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.



Muckleshoot Indian Tribe
Child Care Development Fund

Do you need assistance with your child care expenses?

Are you?

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

Is your child(ren)?

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

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

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

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

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

BAD CREDIT? CAN'T GET APPROVED?

Our Goal Is..
100% CREDIT APPROVAL

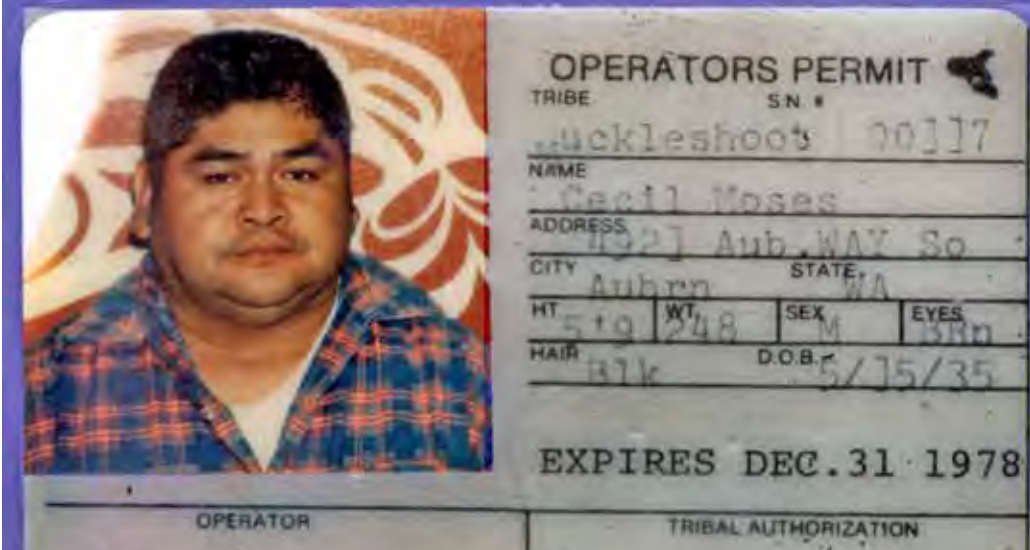
Muckleshoot Tribal Members Don't Pay Tax! Show Your Tribal Card for More Savings! We Have Over 100 Vehicles To Choose From!
www.deltoroautosales.com



One Free OIL CHANGE!
WITH PURCHASE!

Bring this coupon for
\$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 70TH BIRTHDAY TO OUR BELOVED SWEETBERRY

You are forever in our Hearts.

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



Muckleshoot First Salmon Ceremony 2019

