



Muckleshoot MESSENGER



Section 2

October 24, 2019

Diabetes Workshop Report **Salmon Homecoming Celebrated at Seattle Waterfront**

By Donna Starr

On September 18, 2019 a workshop was held at the old SlaHal Shed! It happened because Tim Milne and I were talking, and he told me about how much weight he lost after being diagnosed with Sugar Diabetes! Oh it was so neat! I asked him if I had a workshop, would he be able to talk to the people and tell them of his experience? He was so excited to talk about how he addressed the Diabetes!

Then I thought about the man in Puyallup that was diagnosed with Sugar Diabetes and he is no longer having to take any medications! So I had Dr. Amber Postma call that man and ask him if he would be willing to come and spend some time with the people, telling them his experience with Sugar Diabetes. She called him and he was more than willing to come and talk to the people because of the danger of losing a leg or your toes and stuff like that.

Then I talked with Virginia Cross and asked if she would come and talk about her experience with Sugar Diabetes! She said yes, she would be willing to come and share her experience.

I talked with Chairman Jaison Elkins and so he said it was okay for me to go ahead and schedule the workshop! So I set the date for September 18, 2019! I talked with everyone and they said yes, that was a good date. Between the Nutritionist and myself it was okay.

Before I knew it, it was September 18, 2019!! Wow! We had to schedule it in the newspaper and it got in the paper (which was distributed on the 16th) but everyone probably got the paper after the 18th! Anyway, we had a pretty good turn out, about 20 people showed up and heard the presenters!

After the meeting was over I had everyone fill out a form. The following was in the questionnaire:

Do you feel like this workshop helped you?

Do you think you learned more because it was "Indian person to Indian person?"

Do you like that it was "Indian person to Indian person?"

Would you like to have more workshops like this one?

Did the Speaker talk so you understand Diabetes better?

Do you think you could get rid of the Diabetes?

Wow! The answers were exciting! The people liked it because it was Indian person to Indian Person, They understood Diabetes better, they would like to see other workshops like this one! They didn't know if they could do away with their Diabetes or not.

The people who showed up were:

Virginia Cross – Speaker
Tim Milne – Speaker
Billy Forsman – Speaker



Donna Starr

Also in attendance were Pete Jerry, Bonnie Jerry, Hoppy Jerry, Noreen Milne, Dennis Anderson, Dawn Sneatlum, Rebecca Forsman, Jazzmyne Bledso, Colet Bennett, Daryl Dahlquist, Veronica Milne, and a couple of others.

This workshop helped me to learn what they had done to get rid of their Sugar Diabetes! It would be really helpful for each one of our patients with Sugar Diabetes. You need to come when we have another one! You would be surprised at what you hear!

At this time I would truly like to thank Billy Forsman, Tim Milne, and Virginia Cross for their speeches! Billy felt nervous because he never spoke to people like this before! But he done a great job! You helped out everyone that was there! Believe me! I owe you guys a great deal for speaking to our people! You all done a wonderful job! Thank you!

Plus, we had a really good meal served! Corn fixed some Chowder of hers! Man, it was so good! David Heredia cooked Deer Meat, Elk Meat and Fish up at the Smokehouse-outside! Oh man it was delicious! Rachel Heaton put the salad together and it was great! So if you didn't make it to this workshop you really missed out!

Many thanks to those that donated the food: Harvey Starr, Rachel Heaton, Connie Daniels, David Heredia and Brysen Jansen! Wow! You guys are so neat, generous and caring for the people! Thank you so very much! The Fish Commission donated the Fish! It was delicious! Thank you so very much! It only goes to show that we care for the people, and when we donate stuff like that it really tells them a lot!

Three things we need to do get rid of Sugar Diabetes is to eat Protein and Vegetables, Drink a lot of water, and go walking!

I look forward to our next Workshop, which will be held on November 18th! We will have T-shirts for everyone! Be sure to come to come! We hope to have someone there who can test your blood sugar, check your feet or your toenails, and have lots of water for you!

By Chetanya Robinson

The canoes came into view, tiny slivers on the horizon, gliding toward the Seattle waterfront. It could have been a scene from generations ago, before the ferries and cruise ships were there to share the silver waters, before the shoreline was covered by the piers, restaurants, a giant ferris wheel and endless tourist bustle.

The canoes were landing as part of the Salmon Homecoming celebration, a public event on September 14, recognizing the ways all people rely on nature, and the need to take care of salmon, a life force for indigenous people in the Northwest.

On September 12 and 13 the Salmon Homecoming Alliance held its annual "School Days" event which brought 4th and 5th grade students to the Seattle Waterfront park and the Seattle Aquarium to learn about Salmon preservation efforts and Salmon life cycles from State and tribal regulators, who presented the ways Salmon can be preserved and the impacts of the population on water quality and Salmon Habitat.



Chetanya Robinson photo

"They use salmon as a gauge to assess the quality of the water and environment. It's an indicator species," said Walter Pacheco, a Muckleshoot tribal member and Board President of the Salmon Homecoming Alliance.

Salmon Homecoming has been held on the Seattle waterfront since 1992 as a collaborative

effort between the Muckleshoot Tribe, Lummi Nation, Stillaguamish Tribe, Suquamish Tribe and Squaxin Island Tribe, as well as the Northwest Indian Fish Commission, City of Seattle and the Seattle Aquarium. Representatives from several tribes participate in the board organizing the event.

The Salmon Homecoming celebration is focused on stewardship of salmon. The goal is that "all the people, tribal or non-tribal, look at this as a means to be respectful to the salmon, look at the way we govern the perpetuation of Salmon and its habitat to ensure that the salmon are always going to come home," Pacheco said. In today's

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JOHN LOFTUS PHOTO

US Rep. Kim Schrier, in red wrapped in blanket, is surrounded by MELA and other MIT staff and flanked by Tribal Council members Louie Ungaro, Virginia Cross and Jessica Garcia.

Congresswoman Kim Schrier visits Muckleshoot Early Learning Academy

By Chetanya Robinson

Congresswoman Kim Schrier (D-8th District) visited the Muckleshoot Early Learning Academy on October 4th, where she toured classrooms and met with Tribal Council members and education staff to learn about the trail-blazing history of the tribe's early education programs and the challenges it has faced and overcome.

Schrier, who earned her first college degree in Astrophysics, graduating *Phi Beta Kappa* from UC/Berkeley, worked for 20 years as a pediatrician before being elected to Congress in 2018. A Democrat, she represents the sprawling 8th District, which spans the Cascade Range all the way from Wenatchee to eastern King County, including the Muckleshoot Indian Reservation.

She had specifically requested to see the Muckleshoot Early Learning Academy during her visit to the Tribe, stressing her belief in the ability of childhood education to mold the futures of our little ones. It didn't take long for her to recognize the quality of the programs, staff and facilities that Muckleshoot has assembled at MELA, explaining that, "This is just a perfect example of early childhood education programs and how successful they are," adding that "it's a

wonderful model for everybody!"

Rep. Schrier spent the first portion of her hour-long visit hearing from Tribal Council members and early education staff and parents about the history of the tribe's successful Head Start program. Councilmember Virginia Cross explained how hard the ladies of the tribe – unpaid volunteers – had worked to prove that they could provide early childhood education at the tribal level, and how Muckleshoot became one of the first two tribes in the nation – along with Navajo – to be awarded a Head Start grant well over a half-century ago.

Tribal Council member Louie Ungaro went on to explain the dynamics of our changing region and the tribe's place within it, including the rapid urbanization that has come to surround the once-rural reservation.

Then, led by staff, Congresswoman Schrier toured Muckleshoot Early Learning Academy classrooms. MELA is a comprehensive birth through age five program that provides a comprehensive network of early intervention and support services to children "to make sure that they're ready to learn," Muckleshoot's Education Officer Joseph Martin explained, adding that the program provides health screen-

ings, hearing and vision care, immunizations, noting that on-site staff includes an occupational therapist, speech and language pathologist, and a physical therapist.

One of Schrier's first stops was the Physical Therapy room, which provides critical play and learning to kids from birth to age three. Throughout her visit, the Congresswoman Schrier often got down on the floor to interact with the kids, talking with them while they colored on paper, made puzzles and just played.

When it was mentioned later that she "might've missed her calling" by becoming an astrophysicist, physician and Member of Congress, she smiled and said that being a teacher had been very high on her list when she was young and choosing a career for her future.

Toward the end of her visit, Rep. Schrier sat in a semi-circle with kids and read the children's book *Sam and the Firefly* aloud to them. It was a story about an owl and a firefly, and of course it had some good messages in it. The Congresswoman was very lively in her telling of the story, often asking the children questions and keeping them involved.

After that, Eileen Richardson and Lindy Lindgren of the Muckleshoot Language Program joined

the children up front to lead them in the singing of three songs in Whulshootseed. When told that one of the songs meant, "I am alive and strong," Rep. Schrier was quick to reply, "You sure are!" The children were delighted.

At the conclusion of the singing, the Tribe's honored guest was presented with gifts. First, the children proudly presented her with a special poster decorated with paper butterflies, each made by a different child and bearing the message "Learning gives you wings to fly." One little boy couldn't resist running up to point at a paper butterfly, shouting "This one's mine!"

The gifting was completed when Tribal Council members Louie Ungaro, Jessica Garcia and Virginia Cross wrapped Rep. Schrier in a beautiful wool blanket crafted by Eighth Generation, the Pike Market-based company founded and operated by Louie Gong, who was once a beloved instructor at the Muckleshoot Tribal College.

Joseph Martin was impressed that Congresswoman Schrier specifically chose to visit the Muckleshoot Tribe's Head Start program. "She is an extremely strong supporter of the Muckleshoot Indian tribe," Martin said after the visit, pointing to how she recently helped

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NT PLUS

Expanded program offerings to include Certificate in Excel, Associates Degree in IT & Network Security

Fall brings the beginning of a new school year here at Muckleshoot Tribal College. With that, comes an increase in program offerings and enrollment in our Native Technology Plus programs (NT PLUS). NT PLUS is the rebirth of the former MOST program. In addition to offering our traditional office assistant classes, we have expanded the program to also offer a Certificate course in Microsoft Excel, as well as, Muckleshoot Tribal College's first full Associates Degree in Information Technology and Network Security.

Cohort One of the NT Plus associates degree began last winter with seven students, four of whom are Muckleshoot tribal members. At the end of this quarter, they will have completed half of their degree, in preparation for their careers. The NT Plus staff have begun the process of locating summer internship opportunities for students. Muckleshoot Tribal College is located in a prime location for our students to access a variety

of tech giants, like Microsoft, Boeing and Amazon.

Cohort One has also been a resource for our new students. Cohort One students assisted with hosting a Q&A session during our Cohort Two Orientation at the start of Fall quarter. Cohort Two started classes in September, with twenty students, nine of whom are Muckleshoot Tribal Members. Cohort Two students are from diverse backgrounds. We have students in their teens, all the way in to their late 60s, single parents, full time and part time employees as well as students from a variety of ethnic backgrounds; including 8 different Native American tribes.

If you or someone you know is interested in NT PLUS courses, please contact Vicky Murray at Muckleshoot Tribal College. Vicky.murray@muckleshoot.nsn.us. We are currently accepting students for Office Basic, Office Intermediate, and Excel. NT PLUS Cohort One student, Geno West IV, assisting with Cohort Two's 'New Student Orientation'



NT PLUS Cohort One student, Geno West IV, assisting with Cohort Two's 'New Student Orientation'



Muckleshoot students attending the first ever Microsoft Excel Certificate class, which was offered this summer.



NT PLUS Cohort Two students on their first day of class.



NT PLUS Cohort One student Corey Cross, attending Muckleshoot Scholarship's Orientation

The NT | PLUS IT Advice Column

Does That Device Belong on My Network? (Part 1)

By Andrew Bruce and Miguel Arreguin, IT Instructor's Muckleshoot Tribal College

One of the most common things to occur for residential internet users, is unauthorized Wi-Fi usage. What we mean by that your neighbors might be using your signal without your permission. This can decrease your internet speed, and if you are on a metered connection, they are eating up your data allotment. So, we are going to talk about how to protect yourself from that unauthorized use.

First, we return to our old friend the Password. You should make sure that you are using a good Wi-Fi password, that isn't too easy to guess, and you shouldn't give it out too often either. Remember for your devices you'll only need to login once and then they can

be set up to automatically reconnect remembering your password. It is a good idea to keep track of devices that you allow to connect (we will have more details on this next time), and make sure that you change the password if you experience unusual activity.

Next you might consider not broadcasting your SSID or the name of the network, this makes it harder for people to find your network and if you aren't having guests continually on and off the network it is really not that inconvenient for you.

Finally, you might want to monitor network usage and make sure that it is consistent. If you notice a usage spike and you can't explain it, consider changing your password to prevent unauthorized use.

Most home router manufacturers

have videos or YouTube channels, so if you need help with configuration changes, that is a great place to start. Next time we will talk about viewing devices and either allowing or blocking them via settings (in addition to security, this might be good way to keep kids off devices or to limit screen time).

Stay Tuned for Part 2 in the next Edition of the Muckleshoot Messenger

Andrew Bruce is an experienced Network and Cybersecurity Professional, and Miguel Arreguin has years of Practical IT experience.

If you or someone you know is interested in taking IT classes, please contact Queena Sneatlum, at the Muckleshoot Tribal College. Queena.Sneatlum@muckleshoot.nsn.us p. 253 876 3292

HIGHER EDUCATION DEPARTMENTS



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Northwest Indian College - Muckleshoot Campus

Edna Wyena
Site Manager
(360) 255 - 4432
ewyena@nwc.edu

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



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 Early College Program

Close out report by Cord Rose

The summer 2019 ECP marked the tenth anniversary of the Early College Program. This year Michele Rodarte and Cord Rose ran the program. Over the last ten years, we have supported 120 High Schools students to reach their education goals. Of those 120 high school students, 20 of them have attended more than once. This year we collaborated with both the Muckleshoot College Career Education Opportunity Program (CCEOP) and, for the first time, a remote site with Auburn School District. CCEOP provided 15 students and Auburn School District provided 5 students. Auburn was responsible for all transportation and chaperon needs for their students.

This year we tried out some class subjects we had not done before; Environmental Science, History Cultural Sovereignty, Project Management, and Language. We worked with Dr. Michelle Montgomery from UW as the primary teacher for Environmental Science. Dr. Montgomery collaborated with Cinnamon Bear Enos to combine in-classroom Zoom classes with Dr. Montgomery and in the field with Cinnamon. Muckleshoot Tribal member, Romajejan Thomas, was the Cultural Sovereignty teacher. She worked with the students on understanding and defining what cultural sovereignty meant to them. The Muckleshoot Language department sent us teachers, Lavonna WhiteEagle and Latasha Moses, to make sure the students were learning their language on their home turf. The students also attended Project +, taught by Andrew Bruce and Miguel Arreguin, Office Assistant, taught by Joshua Hawks. This year's field trips were: Amazon Headquarters, Keta Creek Fish Hatchery, the Canoe Landing at Alki Beach, Federation Forest, Evergreen College, and Squaxin Island Museum. These trips show the students possible careers, history and science, cultural, and educational paths.

Statistics
 Initial students 19
 Students who dropped 3
 Students who completed all: 15 of 19



Green River College & Muckleshoot Tribal College

Start and End Dates:
 Fall Quarter—
 09/23/19 to 12/03/19

Classes held
 Tuesday
 thru
 Friday



MUCKLESHOOT TRIBAL COLLEGE

Green River College Green River College & Muckleshoot Tribal

39811 Auburn Enumclaw Rd. SE
 Auburn, WA 98092

Phone: 253.876.3183
 Fax: 253.876.2993
 Email: Michele.Rodarte@muckleshoot.nsn.us
 Kwanna.Wise@muckleshoot.nsn.us

Michele Rodarte 253 876 3291
 Kwanna Wise 253 876 3344
 Denise Bill 253 876 3345

The road to your future is under Construction.



Pre Apprentice Program

Muckleshoot Tribal College, AWTP, HR, & Housing Departments in partnership with GRC

A 10 week program to prepare Muckleshoot Tribal members on the Industrial Woodwork field through Industrial Education 101

- You will earn 66 Classroom/Training Total Hours and earn 4 College Credits
- Come learn some of the information about the industrial woodworking trade field and earn multiple certifications throughout the course to develop a working knowledge in area's like assembling, layout, fastening and finishing
- Training on how to use hand and power tools, building and keeping a personal wood project during the course
- Upon successful completion of the program each student will receive college credits and certifications as well as a course requirement towards an AAS Degree

Eligibility Requirements for Green River and industry:

- Muckleshoot Tribal member 18 years of age and above
- Completed a GED or High School Diploma
- Pass a Drug Screen at Human Resource Dept. We will inform you of the date, time & location.
- Physical Assessment— lift, carry, climb, bend, shovel, and more
- Pass an employability interview

THE ROAD TO SUCCESS IS ALWAYS UNDER CONSTRUCTION

Physical Requirements for the carpentry field and other trades

- Climb and work on heights
- Work in weather, including cold, wet, hot etc.
- Tolerate 8 hours of physical activity, standing, lifting, carrying, bending, climbing
- Work independently and as a team

Upon Completion students will be able to :

- Skills in the trade, related to the layout, assembling, joining, fastening and finishing
- Practical application through the use of hand and power tools
- Building a Personal Project & a Group Project
- Basic Woodworking Skills including but not limited to those listed
- Certification in Forklift Training
- Certification in Flagger Training
- Class by Green River College in Leadership




Course Schedule: Subject to Change

- Muckleshoot Tribal College, Tuesday & Wednesday from 8am to 2pm
- Green River College, Thursday 1pm to 4pm & Friday 10am to 2pm
- 1st Week—Forklift Training Day One & Flagger Training on Day Two, go over course and summary
- Those who pass requirements of the first week will proceed for the duration of the course
- 10 week instruction 2 times/GRC and 2 times at MTC
- 2 Days a Week at MTC—Tuesday/Wednesday
- 2 Days a Week at GRC— Thursday/Friday

For more info or questions—contact:

- Michele Rodarte, Phone #: 253 876 3291
- Tribal College Administrator
- Kwanna Wise, Phone #: 253 876 3344
- Career/Technical Ed. Manager
- Denise Bill, Phone#: 253 876 3345
- Director of Adult & Higher Education

Front Desk of the Tribal College:
 253 876 3183

MTC & RTC HS21+ PROGRAM

CONTACTS:
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 253-876-3375

Melissa Reaves
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 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!!








ATTENTION NEW PROGRAM: for enrolled Muckleshoot Tribal Members.

MIT PRIVATE SCHOOL ASSISTANCE PROGRAM

MIT PRIVATE SCHOOL ASSISTANCE PROGRAM 19-20

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:

- Application Fee – two application fees per academic year.
- Deposit fee (to reserve space in program)
- Private school testing fees.
- Private school fees and trips that are mandatory and that other MIT Programs will not cover the cost.
- 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
Denise.Bill@muckleshoot.nsn.us

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

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Muckleshoot Indian Tribe College and Career Education Opportunities Program 2019 Summer Session Report

For Summer Session, the CCEOP hired a total of eighty-six youth participants. Summer Session is a six-week summer program, that ran July 8th to August 16th, this year.

The CCEOP had a great staff for Summer Session and their hard work and dedication is appreciated, hands up to:

Josie Benito, Crew Supervisor
Carmen White, Transporter
Juanita Daniels, Transporter
Connie Daniels, Transporter
Tyler Spencer, Crew Supervisor
Veronica Milne, Transporter
Lena Baker, Crew Supervisor
Tiffanee Leeper, Transporter

Eighty of the youth participants were assigned to various sites within the Muckleshoot Administration.

This year we were very fortunate that Muckleshoot Tribal Member, Julie (Bill) Wonderling who is the Manager of Haggen Foods in Lakeland Hills, hired six of our youth participants.

The CCEOP would like to congratulate the fifteen youth participants who successfully completed the Muckleshoot Tribal College Early College Program this summer. Congratulations to the Early College Program for ten successful years!

We were excited to work closely with Kelly Ferguson of the Behavioral Health Program who created the Summer Equine Program, in which youth participants get the opportunity to work with and care for horses, as well as, other animals. Thank you Kelly!

The CCEOP would like to thank the programs who participated in



mentoring the youth participants for Summer Session 2019! Listed are the programs and the number of youth they mentored.

ment Center (9)
Human Resources Department (1)
Equine Program (15)
Emergency Preparedness (3)
Building Maintenance (2)
Haggen Grocery, Lakeland Hills (6)
Philip Starr Building (2)
Pentecostal Church (3)
Muckleshoot Deli (2)
Muckleshoot Tribal School (5)
Elders Complex (3)
General Services (2)
Grant Writing (2)
Event Planning (2)
Early College Program (15)
Fisheries (2)
CCEOP (1)
Wellness Center (1)

October 2019 School Session Report

School Session is in full swing; the CCEOP has recently hired fifty youth participants (ten more than last year) and we have placed them in positions throughout the Muckleshoot Tribal Administration.

The CCEOP does have a waiting list for those who did not have the opportunity to apply or who may have just turned age fourteen (14). If you would like to apply, you may do so at: **CCEOP "C" Building, 38723 172nd Ave SE Auburn, WA 98092**

The requirements to apply are to be an enrolled member of the Muckleshoot Tribe, be the age of 14 to 18, and to be currently enrolled and active in school.

If you have any questions, the CCEOP staff can be reached at: SONJA MOSES, Manager (253) 876-3372

JOSIE BENITO, Crew Supervisor

(253) 876-2839
TYLER SPENCER, Crew Supervisor (253) 876-2858
LENA BAKER, Crew Supervisor, (253) 876-3343
JUANITA DANIELS CCEOP, Transporter (253) 391-0680



APPLICATION PERIODS		 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
FALL 2018 JUNE 15TH TO AUG 17TH	WINTER 2019 OCT 26TH TO DEC 7TH	
SPRING 2019 DEC 21ST TO MARCH 1ST	SUMMER 2019 APRIL 12TH TO MAY 24TH	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 Searcy at 253-876-3378

Believing in Education

MUCKLESHOOT TRIBAL COLLEGE

Native Technology (NT+)
 Path there is always a path open
 Listen to our Elders
 Using Information Technology
 Sustainable Initiative

Career & Technical Education Programs Offered at MUCKLESHOOT TRIBAL COLLEGE:

Associate of Applied Sciences Information Technology-Systems & Security (AAS) <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>	Stand Alone Cert Programs <ul style="list-style-type: none"> Single classes Microsoft Certified Professional Project + A+ (I, II) Muckleshoot Tribal Incentive Payment Eligible
USED TO BE <p>MOST</p> <p>The Grant for the MOST program has ended & we now offer the:</p> <p>GRC/MTC Office Training Program →</p>	NOW <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

DEGREES AND PROGRAMS

BACHELOR DEGREES → BS in Native Environmental Science → BA in Native Studies Leadership → BA in Tribal Governance & Business Management → BA in Community Advocacy and Responsive Education in Human Services	ASSOCIATE DEGREES → Native Environmental Science → Business and Entrepreneurship → Public and Tribal Administration → General Direct Transfer → Life Sciences → Information Technology → Early Childhood Education → Chemical Dependency Studies → Individualized Program
CERTIFICATE PROGRAMS → Computer Repair Technician → Construction Trades → Office Professions → Hospitality Management → Web Page Development → Casino Gaming Technician → Project Management	

LOCATIONS AND SERVICES

FLEXIBLE LEARNING OPTIONS → On-Campus Day and Night Courses → Interactive Tele-Courses (ITV) → Independent Learning Courses → Online Courses	SEVEN CAMPUS LOCATIONS → Lummi (Main Campus) → Muckleshoot → Nez Perce → Nisqually → Port Gamble S'Klallam → Swinomish → Tulalip → Nisqually
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NORTHWEST INDIAN COLLEGE
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Students of the Quarter



Louisiana State University
Sahara Hansen
 Sahara Hansen is attending Louisiana State University Eunice and currently is in her 3rd semester there. Sahara is a great student who has taken on the challenge of leaving the reservation and heading out on her own to pursue a degree in Higher Education. Sahara is planning on graduating in the Medical Field to become an Anesthesiologist with the hopes of returning home and working within the community.



NT PLUS Program
Shalaura Jansen
 Shalaura Jansen is the NT | PLUS Student of the quarter for spring 2019. She is a consistently hard worker and dedicated student. Shalaura is a great participant and has been an excellent peer instructor helping ensure other students' success. With her abilities and dedication, the sky is the limit.

birth mother is Barbara Ward. My grandmother is Cathy Daniels. I grew up in LaPush by customary guardianship since I was 9-months-old with family outside of Muckleshoot. I live with my fiancé and 10-year-old daughter. My identity is Muckleshoot and extremely grateful for those that ensured my inclusion by enrollment during family hardship.

I graduated from Forks High School in 2006, Peninsula College with an Associate of Arts in 2009, and University of Phoenix with a Bachelor of Science in Psychology in 2012. I currently attend University of Washington as a graduate student to receive a Master's in Social Work.

I want to extend my deepest gratitude to the Muckleshoot tribe and representatives making decisions that significant impact our access to education. I may not live on the reservation but I hope to one day practice and dedicate my life's work to Muckleshoot. Your support in education among other resources available contributes to breaking cycles of generational trauma and advancing our people.

worked diligently to complete the necessary work assigned to her to make up the credits needed to obtain her high school diploma in less than two months. We are proud of Lena's hard work and dedication to her studies. Lena looked awesome in her cap and gown when she walked across the stage at ShoWare Center this past June to receive her diploma. We, at the Muckleshoot Tribal College thank Lena for her hard work and dedication to the HS21+ Program and wish her success in this and all future endeavors.



NT PLUS Program
Christian Hartzog
 The NT | PLUS Student of the Quarter for Summer quarter is Christian Hartzog. He has shown a great turn around this quarter and been on top of his assignments. As the quarter has progressed, he has shown himself to be a great addition to the summer quarter classes. Christian has put a great amount of effort and we are excited to see what future quarters hold.



Office Classes
Gracia Morrison
 We, the Muckleshoot Tribal College, are proud to present the student of the quarter award to Gracia Morrison. The Muckleshoot Tribal College strives to instill in its students the qualities of success, dedication, and a willingness to be life-long learners. Gracia Morrison exemplified these qualities best during her time here at the Muckleshoot Tribal College. Gracia started off nervous and unsure. There were difficult moments she came across with the unique class situation she was put in. However, Gracia overcame all of that with her dedication to coming to class, successfully completing all her assignments, gaining the confidence in herself that she can do anything she sets her mind to, and that this is just one step forward on her journey to be a life-long learner. We congratulate you, Gracia Morrison, for being a model student so that others may strive to achieve those same qualities that you have.



MIT Scholarship Department
Angel Williams
 My name is Angel Williams (Dunbar) and I am 31 years old. My mother is Michelle Black of Tulalip and my father, the late Donald Black of LaPush. My



GED/HS21+ Learning Center
Lena Baker
 Lena Baker joined the HS21+ Program in during the spring. As a mother of five beautiful children, a full time employee of the CCEOP Department, Lena excelled and

MIT Scholarship Department visits GRC Financial Aid Office



Amanda Smyser, Theresa Buchmann, Denise Bill



Amanda Smyser, Teresa Buchmann, Romajeane Thomas



Cord Rose, Melissa Searcy

NWIC WINTER QUARTER 2019-2020

Important Dates

- Registration Date: **November 4th to January 7**
- Late Registration: **January 8th to January 10th**
- Permission of late registration w/faculty signature: **January 13th 2020 to January 17th 2020**
- First day of Winter Quarter is: **January 8th, 2020**
- Last day for 100% refund for drop is: **January 23rd, 2020**

Salmon Homecoming

Continus from B1
 world, this means prioritizing conservation, "always having our minds on that to make sure that we're doing the best we can to make that happen."
 The salmon is vital to Coast Salish cultures, and "integrated into our lifeways," according to Pacheco. "Coast Salish people are salmon people," he said. "We recognize it as a staple to our traditional diet. It's something that supported us through the winters. We treated it and processed it so that it would support us for years. It was a primary food source."
 The title of the event alludes to the sacred first salmon ceremony. "The salmon coming home every year, for the tribes was sacred, it had spiritual value," Pacheco said. "To respect the salmon and to make sure to let the salmon people know -- with the salmon also being a living creature, considered a people in our culture -- to give respect to them so they keep coming

back."
 At Salmon Homecoming, powwow dancers competed in splendid regalia under a tent. Vendors sold Northwest Native art, cooked fry bread and grilled chunks of salmon with glimmering scales still on.
 Central to the festivities was the canoe ceremony. Members of several tribes paddled seven canoes across the water from the Don Armeni Boat Landing on the northern point of West Seattle to the downtown waterfront.
 The Muckleshoot Tribe, whose ancestors call the waterfront home, welcomed visiting canoe families as they entered the harbor and rafted up below the boardwalk. Representatives of each canoe introduced themselves in English and their indigenous languages, and asked for permission to land and share in food and celebration.
 The canoe ceremony carried on old traditions of inter-tribal friendship and exchange, Pacheco said, recalling a time

when tribes would travel throughout the region's waterways in canoes.
 "It was our way of life to travel through the waters of Puget Sound and inland waterways," he said. "It was an integral aspect of our ability to catch the salmon."
 There's a long history of tribes trading goods, holding social gatherings, and traveling in canoes together, he added.
 Now, there's a danger that salmon, which long connected different tribes, will diminish or vanish -- something unheard of in the past.
 "Ever since the area was settled by the non-Indian people they saw the value of the salmon, and it became a resource that was capitalized on," Pacheco said. "It was so plentiful at that time it was thought it would never diminish. They thought, 'We can't diminish this -- there's too many of them.' As time went on, they realized the salmon runs are dwindling, so we need to do something about that."

"It's a prime example of our connection to nature," Pacheco said. "What we do affects not only the salmon, it affects the orca too. We are all connected."
 An investigation from the Seattle Times about the decline in orca populations in the Puget Sound notes that 40 percent of Chinook salmon runs, the most important food source for the orcas, are at a critical survival point in the Northwest.
 The goal of Salmon Homecoming, Pacheco said, is to help people understand the connections between nature and quality of life, and that everyone has an impact on the environment.
 "Nobody wants to grow up in a world where you can't even support the Salmon and the Orca, let alone anything else," Pacheco said. "That's not a life."
 To this end, Pacheco thinks, tribes and state and local government agencies need to collaborate even more now than ever to preserve salmon. "We've got to work

together for positive efforts to regulate Salmon and the environment to happen," Pacheco said.
 The Salmon Homecoming often has an attendance of thousands, Pacheco said. People came to watch the canoes land, to see the powwow competition and Northwest-style drumming and dancing.
 In doing so, people witnessed an assertion of cultural resilience.
 "The canoe culture Coast Salish people, they lost their ways with the boarding schools and they were punished for practicing their own cultures," Pacheco said. "So we're kind of in a recovery stage, and canoe culture was very important and integral to doing that."
 "We're still here," Pacheco said. "The natural shoreline that used to be here years ago is changed. That doesn't mean we're going to stop conducting our traditions and practicing our culture here."

The Sx'alal?tx^w (School) Commission Corner



Entrance to Muckleshoot Tribal School

The mission of Muckleshoot Tribal School (MTS) is to ensure high levels of academic and cultural learning for every student. Without a doubt, this is a rigorous mission. How does a school go about accomplishing such mission?

It starts with great leadership, leadership that embodies the Muckleshoot Tribal values and places students, families and community at the center of its function. I would like to introduce you to the Muckleshoot Tribal School Commission, the Commission consists of ten members; eight community elected members, the Chief School Administrator and the Tribal Education Officer. Leading the Commission is myself, Louie Ungaro, the Commission Chair. The purpose of the Commission is to oversee the policies, operations, strategic direction and academic outcomes of MTS. Another critical function of the Commission is to ensure native culture and language are at the forth front and at the core of all MTS functions.

As the Commission Chair, I am proud to share the following accomplishments with our community. MTS enrollment continues to increase from year to year, with

537 students in the current school year and an increase of thirty-seven percent over the past five years. MTS graduation rate was at eighty percent in 2018-19 school year. Since its inception in 2009, MTS has outgrown its current infrastructure. As many of you may have seen, there is construction on the school grounds, additional portables are being built to accommodate our student growth. Beyond our physical growth, the Commission is currently revising the Substance Abuse Policy and the Harassment, Intimidation and Bullying Policy. These policies are relevant to the emotional and academic success of our students, therefore a priority for the Commission.

The Commission meets every other Wednesday from 3-5pm in the school's library. The meetings are open to the public, the next meeting will be on October 23, 2019. We welcome the participation of our community members, join us as we build the education roadmap for our students to pursue their dreams.

Thank You,
Louie Ungaro
School Commission Chair

MTS cheerleader to be part of London New Year's Day parade

We are very proud of Cecilia "Chica" Reyes and commend her bravery for trying out on her own to participate in this event!



FOR IMMEDIATE RELEASE:
Contact:
Mike Fultz
Varsity London Tour
(800) 238-0286, ext. 4329
mfultz@varsity.com

LOCAL CHEERLEADER TO PERFORM IN THE LONDON NEW YEAR'S DAY PARADE

Cecilia Reyes from Muckleshoot Tribal School in Auburn Washington is one of more than 800 high school cheerleaders from across the U.S. who will be representing Varsity Spirit in the world famous London New Year's Day Parade.

The individuals invited to perform in the London celebration are part of the All-American program, selected from Universal Cheerleaders Association (UCA) and National Cheerleaders Association (NCA) at summer camps across the country. All-Americans are chosen based on superior athletic and leadership skills. Only the top 12% of athletes who attend camp earn the chance to perform in the holiday spectacular.

"The All-American program is celebrating its 32nd year in 2019, and our talented cheerleaders really enjoy the opportunity to show their skills to a very enthusiastic international audience," says Mike Fultz, International Event Coordinator for Varsity Spirit.

For more information, visit london.varsity.com, or contact Mike Fultz at (800) 238-0286 or mfultz@varsity.com.

About Varsity Spirit

Memphis-based Varsity Spirit has been a driving force behind cheerleading's dynamic transformation into the high-energy, athletic activity it is today, and the leading global source for all things cheerleading and dance. Varsity Spirit is a leader in uniform innovation and educational camps, clinics and competitions, impacting nearly a million athletes each year. Focused on safety, entertainment and traditional school leadership, Varsity Spirit's 5,000 employees have been helping raise cheerleading's influence and profile since 1974. For more information about Varsity Spirit, please visit varsity.com.



Martin Reyes



Left to right: Jacob Sigmon, Todd Loggins, Anthony Crombie.



Elizabeth Canales



Simsimtko Whitewing

HOMECOMING 2019



MTS Cross Country Runners

MIDDLE SCHOOL BOYS BASKETBALL

- PRACTICE STARTS ON MONDAY, OCTOBER 28 AT 3:30
- MUST HAVE A SPORTS PHYSICAL ON FILE (GOOD FOR TWO YEARS)
- FOR QUESTIONS TALK TO SAM O

• Online registration here:
<https://www.familyid.com/organizations/muckleshoot-tribal-school-2>

Congresswoman Kim Schrier Visits the Muckleshoot Early Learning Academy

PHOTOS BY JOHN LOFTUS

Continued from B1

jam regarding funding for satellite classrooms at the nearby Muckleshoot Tribal School.

“It’s really impressive when somebody takes that type of approach to community involvement and getting to know their constituents the way Rep. Schrier does,” he said, adding that, after having observed the program, he hopes she will continue to work for more federal funding for the tribe’s early childhood initiatives.

Congresswoman Schrier serves on the House Education Committee and has pushed for universal early childhood education for parents who

want it. She noted that the latest House spending bill calls for tens of millions in additional funding for Head Start programs.

Rep. Schrier said her visit to the Early Learning Academy, and her other visits to the Muckleshoot Tribe, have taught her about the priorities she shares with the Tribe, which are: “Great education for every child; helping parents be great parents; taking care of our earth and salmon populations; and just being responsible for the next generation as an overall philosophy,” Schrier said.

“It’s good to work together.”





John Loftus

MMIWG & B's Information and Planning sessions at Muckleshoot
 Hosted by MIT Emergency Management
 Where: MIT Cougar Room
 When? December 7th, 2019 February 1st, 2020
 April 4th, 2020 @ 10:00am
 Why? To prepare for National Woman's Day march May 5th, 2020.
 This will be the beginning of a non-violent approach and discussion to this sensitive topic that is beginning to encroach into our native communities affecting our traditional way of living also reflections of the past.
 Reminder: This may be a sensitive topic for some a sense of strength for others. "We are not investigators, we are prayer warriors." AM 10/19.

The Little Free Library Project

PRESENTED BY
MUCKLESHOOT TRIBAL COLLEGE

Calling ALL BOOKS!!
 Located: at the Flag Pole In front of Health and Wellness Center
 17500 SE 392nd St, Auburn, WA 98092

We need your help keeping our Little Free Library full of fun and interesting books for all ages!!
 Drop off new/ used BOOKS @ MTC OR Leave them in the Little Library Box @ HWC
 Sci-fi • Non-Fiction • Biography • etc.



MUCKLESHOOT BIRTH TO THREE COMMUNITY BABY SHOWER

11/14/19 5:00-7:30PM

Must register prior to event to ensure that we have enough gifts.

If you or anyone you know in the Muckleshoot community is expecting a child, or has an infant 2 months or younger, please spread the word! Please register with your name, address, phone number and baby gender (if known). See red box for details.



Free Carseats!
 Dinner, free baby essentials, crafts, and an abundance of resources and information for expecting mothers.

Baby group information and enrollment packets will be available.

Please join us.

MUCKLESHOOT BIRTH TO THREE

15599 SE 376th St.
 Auburn, WA 98092
 253-876-3056
 For Questions contact:
 Natasha Sheldon
 253-294-8008
 Natasha.Sheldon@Muckleshoot.nsn.us

Calling Muckleshoot Artists!

The Muckleshoot Culture Program welcomes enrolled Muckleshoot Tribal Members, and descendants to partake in submitting up to 10 tribal art pieces.

We are in the process of creating an artist registry! Each accepted piece will be compensated.

Digital submissions preferred, please and thank you!

Muckleshoot Culture Program
 39015 SE 172nd Ave
 Auburn, WA 98092
 Phone: 253-876-3013

PARENT WEAVING CLASS
 Muckleshoot Tribal School
 When : November 6, 2019
 Time: 5:30PM to 8PM
 Location: Library
 LIMIT OF 20-25 adults
 Light Snacks and Drinks will be provided. Any questions please call Parent Liaisons: Tammie Anderson, Heather Williams, Leona Starr.

It's Almost That Time Again...

The 2019 Muckleshoot Elder's Holiday Bazaar

When:
 • Monday, November 25th—From 8am-5pm
 • Tuesday, November 26th—From 8am-5pm

Where:
 The Muckleshoot Elder's Complex
 17800 SE 392nd St,
 Auburn, WA 98092

Vendors:
 \$50.00 Per Table Per Day
 \$25 For MIT Tribal Members Per Table Per Day

For any other Information please contact:
 Phone: 253-876-2888
 Email: Suzette.Louie@muckleshoot.nsn.us
 Helen.Jameson@muckleshoot.nsn.us

Employee Benefits Fair

November 13th, 2019 10 am—2 pm
 HWC Cedar & Mountain Conference Rooms

With the upcoming **new benefits changes for 2020**, experts from each of our benefit providers will be present to advise you on the specifics and options of your benefits package.

If you are a benefits eligible employee, the Benefits Fair is your annual opportunity to make changes to your benefits plan.
Open Enrollment is November 4th—November 30th

At the benefits fair you have the opportunity to:

- Learn about the new 2020 benefits!
- Change dental plans
- Modify dependent coverage
- Learn more about Long Term Disability and the Employee Assistance Program (EAP)
- Ask about your 401(k) Retirement Plan
- Information about Voluntary Benefits
- Enroll in the Flexible Spending Account (FSA) (must enroll each year)
- Meet the benefit vendors

Raffle & Lunch provided.

Holiday Bazaar

11AM TO 3 PM
 AT MUCKLESHOOT TRIBAL COLLEGE
 DECEMBER 6TH, 2019

Come join us at Muckleshoot Tribal College for our annual Holiday Bazaar!
 Local vendor booths will feature homemade items, arts, crafts, food, and more!

For more information, contact
 Amy Maharaj at 253.294.8003
 or
 Michele Rodarte at 253.876.3291

3rd Annual Muckleshoot Housing Authority Home Show / Housing Fair

Wednesday, November 13, 2019
 11:00 AM to 4:00 PM

at the **Muckleshoot Pentecostal Church**
 39730 Auburn Enumclaw Rd SE
 Auburn, WA 98092

This is a Free Event.

For more details please call/email Stephanie James at (253) 876-2905 or Stephanie.James@muckleshoot.nsn.us

- Tribal Program Booths
 - Insurance Resources
 - Banking Resources
 - Real Estate Agents
 - Contractors for Home Improvements
 - Vendors of Home Improvement Products
 - Home Education & Safety
 - Business Owner Resources
- WIN PRIZES!!**



Photos by Chetanya Robinson

Tomamamus Forest Community Day

Photos by John Loftus & Cinnamon Bear Enos

It take a lot of planning, organization, caring and commitment to put on an event like Tomamamus Community Day. Tribal Council member Louie Ungaro knows, because he is always part of it, often in the lead, from start to finish. He also knows that the Tribe couldn't have gotten to where it is today without generation after generation of ancestors showing the way. Here are a few thoughts he shared about how this particular day came together:

"There's so much behind the scenes here, from our guys out on the landscape harvesting, hunting and gathering... all the ladies out gathering plants and medicines for the teas and the waters, and all of the things that go into that... getting the kids out, teaching them... as well as our crews that are up here doing all of the hard work, putting this gravel down and making sure that it's nice and compacted so others can get around, so it can support the children's activities, the trail system, and the stick games, and all of the things that come along with that.

It's just really an array of everybody coming together and doing their part. It's truly the social fabric of the community who works together – our fishermen and our hunters and gatherers, as well as our coordinators and all of those leaders... as well as our spirit leaders that come up and say prayers and do those types of things to bless the food... and our educators – all of our school teachers and the children who come up here – and just keeping track of all these little guys.

It's really a beautiful day to come together and rejoice and have a good time, to just sit back and reflect on the things that we take for granted every day, including one another, as well as our foods and the plants and the medicines that truly make us who we are.

And we wouldn't be standing here today if it wasn't for our ancestors who fought hard for us to have what we have here today... past leadership – those ones who did the hard work, all of those donations and all of the dedication that they put into fundraisers back before we had money, back before we had casinos, when we were really poor... all of those ones who fought through the Boldt Decision, fought for our hunting rights, fought for our fishing rights, fought for our gaming rights... you know, I just truly praise and thank the Lord for each and everybody.



Kendra Bean - Alfred Penn Wedding





LANE BRISCOE PHOTO



Here's Muckleshoot's own Valerie Segrest on stage recently at the 4th Annual Conference on Native American Nutrition at Mystic Lake Casino, Prior Lake, Minnesota!



Mountain View Fire & Rescue Pancake Breakfast



Soil Gallery
 "Ancestral Journeyz of Coastal Salish Voices 2019"

Robert Charloz's - Buffalo River - Fine Art Photography
 November 7th - 30th

Soil Gallery
 with
 Robert Charloz's
 Buffalo River - Fine Art Photography
 is pleased to present
 "Ancestral Journeyz of
 Coastal Salish Voices 2019"

Soil Gallery
 112 3rd Ave • Seattle, WA 98104
 Opening Reception
 November 7th • 6 - 8pm
 Exhibit
 November 7th - 30th

Soil Gallery
 206.264.8061
 206.683.9804
 soilart.org

Robert Charloz
 Buffalo River -
 Fine Art Photography
 253.217.1050

image: "Untitled" ©1989