

CHAIRMAN'S CORNER

Hello, fellow Muckleshoot tribal members! The Tribal Council has had a very productive and busy first month of 2020. I wanted to provide a few important tribal, state, and federal updates.

TRIBAL UPDATES

The Muckleshoot Tribal Council is very proud to provide an update on the planning process of three new developments. The **Muckleshoot Casino's Event Center** is set to open in April 2020. The Event Center will be a technologically advanced conference and event facility. The facility is 20,000 square feet that can be reduced to smaller banquet rooms.

The Tribal Council is set to review the new **Community Center Designs**. The presentation of the potential designs will occur during the next General Council Meeting. The Tribal Council is also in the planning stages of developing a new gas station and convenience store. Throughout these planning stages, the Tribal Council seeks input from its tribal members.

STATE UPDATES

In January, **SB 6251** and **HB 2491** were introduced in the Washington State Legislature. The bills would authorize the governor to compact with federally recognized tribes to allow tribal governments to register vehicles and to issue **tribal license plates**. Each tribe would be able to create its own specialized tribal license plate. The two bills have been referred to its respective Transportation Committee for further action. Tribal Council is excited about the prospect of having Muckleshoot Tribe license plates for our tribal members.

Also, in January, the **Tribal Property Tax Equity bills, SB 6080** and **HB 2230**, were introduced in the Washington State Legislature. This legislation would amend a 2014 state statute that allowed tribes to pay "payment in lieu of taxes," thus **exempting the Tribe from paying property tax on tribally-owned properties used for economic development**. The 2014 statute only applies to property owned prior to 2014, and also has a sunset date of January 2022. SB 6080 and HB 2230 would eliminate the property ownership date restriction and eliminate the sunset date.

The Muckleshoot Tribe will continue to advocate for passage of these two important state legislative pieces.

FEDERAL UPDATES

Recently, the **Office of Management and Budget (OMB)** approved the sale of the **National Archives Seattle facility**, which houses priceless tribal documents. The OMB did not consult with any tribal governments before approving the sale. The Archive facility contains many documents and records that are important to Muckleshoot's history. These include Department of the Interior (DOI) Indian Agency Annual Reports dating back to 1863, correspondence between DOI and the Tribe regarding land issues dating from 1850 to 1901, and other general correspondence between federal agencies and the Tribe from the early to mid-1900's. The Muckleshoot Tribal Council is working with its U.S. Congressional Delegation to find any potential solutions to halt the sale.

The President is expected to send his **Fiscal Year 2021 Budget** request to Congress on February 10, 2020. Shortly thereafter, the House and Senate Appropriations Committees will begin conducting hearings on the FY 2021 budget. The Muckleshoot Tribal Council is traveling to Washington, DC to attend the National Congress of American Indian's Winter Session and will meet with Congress to discuss our Tribe's budgetary needs.

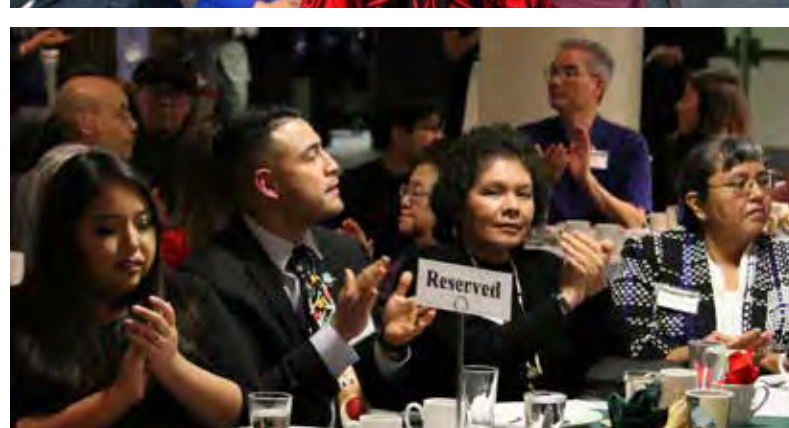
In November 2019, President Trump signed an **Executive Order "Establishing the Task Force on Missing and Murdered American Indians and Alaska Natives."** It is tasked with conducting consultations with tribal governments on the scope and nature of the epidemic. United States Attorney General Barr also announced a nationwide plan to address the epidemic. Barr's initiative will invest \$1.5 million in hiring specialized coordinators in the offices of 11 U.S. attorneys. The Muckleshoot Tribal Council is grateful that one of these specialized coordinators will be hired here in Washington State.

I am glad to share these updates with our tribal members so that you know the hard work that Tribal Council is doing to protect our rights and advance the Tribe's sovereign agenda. It is my high honor to serve as your Tribal Chairman. I look forward to seeing you all and answering any questions that you may have about the Tribe's developments.

Jaison Elkins, Chair
Muckleshoot Tribal Council



WA State Speaker of the House, Rep. Laurie Jinkins recently came to Muckleshoot to meet with the Tribal Council.



MIT's Annual Holiday Legislative Reception was held December 11 at Emerald Downs. National Indian Gaming Association Executive Director Ernie Stevens Jr. was guest speaker.



MUCKLESHOOT CHARITY FUND LUNCHEON. Representatives of some of the many nonprofit organizations that receive grants from the Muckleshoot Charity Fund were invited to receive their checks personally at a December 19 luncheon in the Cougar Room. Each agency made a brief presentation on the wonderful work they are doing for people in need in our region. The Tribe was honored to host these fine people who live to help others.

CASINO UPDATE: All Roads Lead To New!

Construction Continues.

Progress continues to move at a fast pace for the expansion of Muckleshoot Casino. And, the best perspective is from up high! The casino's parking garage provides a great bird's eye view of the newest change which will alter the way guests access the property. You can see the footprint of updated thoroughfares as well as a new roundabout taking shape. While construction continues, make sure to drive with caution and keep an eye out for crews at work!



Shope is open Sunday through Thursday from 7 a.m. to 1 a.m.; Friday and Saturday from 7 a.m. to 2 a.m.

Here's the Scoop! New, premium ice cream is now available at Sweet Shoppe inside Muckleshoot Casino. Everyone's favorite sweet tooth destination now proudly serves Cascade Glacier ice cream. Guests are invited to try such delectable flavors as Strawberry Cheesecake, Rocky Road, Cookies & Cream, Salted Caramel, and more as either a single or double scoop. Locally made in the Pacific Northwest, you won't find this brand in any grocery outlet so "cone" and get it today! *Sweet*



Gift cards

Gift Card Change. Beginning March 1, Muckleshoot Casino will introduce a new gift card program. That means if you have any gift cards currently in your possession, you'll want to use them now or redeem them for new versions after that date. If you don't, you'll miss out on all the great items you can purchase like jewelry, purses, watches, and more. *Gift Shop is open from 10 a.m. to midnight daily.*

A New Home for Poker. A move was in the cards for Muckleshoot Poker. In February 2019, Poker found a cozy, but temporary residence within Club Galaxy. Now, Poker has packed up its chips and moved on up to the Eastside (Banquet Rooms) so the renovation of Galaxy can begin. Access to its new, smoke-free home can be found via the ground-level ramp adjacent to the parking garage elevators. You'll still find plenty of



tables and your favorite dealers as well as a revamped menu of table-side dining selections, including

weekend-only Blue Plate Specials. Muckleshoot Poker is open 24 hours on the weekend from Friday

through Sunday. Its hours of operation are from 10 a.m. to 4 a.m. Monday through Thursday.

**End of Season
Salmon Dinner
February 21, 2020
3:00 PM
Muckleshoot Tribal
School**

**15209 SE 376th St.
Auburn WA 98092**

JOIN US FOR OUR NEXT
**Minor's Trust
Education
Class**
TUESDAY, MARCH 10TH
4:00—7:00PM

**17500 SE 392ND ST
AUBURN, WA 98092**

TOPIC: FINANCIAL EDUCATION

FOR MORE INFO: 253-876-3014
WAHLEAH WIGHT

Taught by
PROVIDENCE FIRST TRUST

**Muckleshoot's 2020
Keta Creek Fishing Derbies**


The Keta Creek Fishing Derbies are summer time, family-oriented events for Tribal Members and their families. These trout fishing opportunities offer breakfast, lunch, ice cream, fun and games for all ages. Bait, fishing tackle (supplies are limited), ice, and fish bags provided. Fun games and other events may be added as well.

This Year's Dates are **June 13, 2020 AND August 15, 2020**

Time: 8:30-2:30 pm

KIDS/FAMILY DERBY—Fishing for kids 12 and under. Pee-Wee's Pond.

Fishing prizes for kids and door prizes for adults and free-for-all fishing after lunch.




Daniel "Danny" Moses



Daniel "Danny" Morgan Moses, 30, of Auburn, died February 1, 2020 in Seattle. He was born December 28, 1989 in Auburn to Marjorie Moses. Danny was brother to five siblings. Growing up in Auburn, he attended Auburn High School, graduating in 2008 and then attended Green River Community College. He was employed by the Muckleshoot Tribe as an Administrative Assistant.

In his spare time, Danny loved to read or spend time watching the Seahawks. He could also be found watching underrated movies.

Danny is survived by his sons, Peyton Morgan Milne-Moses and Cooper Davis Moses; brothers, Luke Moses (Janice), Joshua Moses, Nicholas Serrato and sisters, Mirella Serrato and Selena Serrato all of Auburn. He is also survived by his grandmother, Joan P. Maurice of Auburn and significant other Elizabeth "Mom Mom" Milne.

Marvin Hannah

Marvin Hannah, former culture and arts instructor at the Muckleshoot Tribal School has passed on. He taught our children many wonderful things. He had a heart filled with love and he shared it generously with them. A Memorial Service was held on February 9, 2020 at Chief Leschi School on the Puyallup Reservation. Here are a few words from one of his dear friends:

"My heart is broken today at the unexpected passing of my dear friend, Marvin Hannah. He gave tirelessly of his time, leading sweat lodges internationally and working with Native American kids, instilling in them an understanding and appreciation of their heritage and who they are.

He described himself as a simple, spiritual man without much material wealth and was fond of saying, "I'm just Marvin." But to those of us who were blessed to know him, he was SO much more.

I'm so grateful for the sweat lodge ceremonies, the artwork he helped me with, his many wonderful, tribal teaching stories he shared and all the conversations we had about the importance of finding what connects us all instead of what divides. He truly walked his talk as a humble man in service to others. Life sure won't be the same without you. Safe passage my friend. Fly free. I Love You."




~ Georgia Cammann



**Memorial for
Walter (Wally) Jackson
March 14, 2020**

**Headstone @ 10 am
Lunch @ 12 pm
Speaker & Give Away**

**At the Akalat, in
LaPush, WA**

Frank Jerry Sr. "Hoppy"

Frank George Jerry Sr. "Hoppy," 72, passed peacefully on January 15, 2020 at home surrounded by his family. He was born November 10th, 1947 in Auburn, WA to Eva and Donald Jerry.



Hoppy was a 1968 graduate from Tonasket High School. After graduation, he worked for multiple logging companies and truly loved this career because he got to spend the day in the mountains. He later worked for the Muckleshoot Bingo Hall and Casino and then as Director of Maintenance for the tribe before retiring at the age of 65.

Hoppy was a very easy-going guy that loved to make people smile. His own smile was contagious and will not be forgotten by all who knew him.

Hoppy enjoyed hunting and fishing, long car rides enjoying the scenery, exercising, and most importantly spending time with his family at his new home where he lived for over 25 years!

Hoppy is survived by his brothers, Gilbert King George and Raymond "Pete" Jerry Sr., and his sisters, Donna Starr and Theresa Jerry. All reside on the Muckleshoot Reservation. He is also survived by three foster siblings: Tommy Robertson, Sherry Idso, and Laurie Molvik. He was the proud father of three children, Janet Emery (Jay), Michele Rodarte (Paul) and Frank Jerry Jr.(Thea). Hoppy had 11 grandchildren and 12 great-grandchildren.

Services were held on January 21, 2020 at the Muckleshoot Shaker Church, followed by burial at the White Lake Cemetery and dinner at the Dining Hall.



Thank You

I want to thank the Muckleshoot Indian Tribe for their love, caring and compassion shown my family in the sudden and unexpected death of my wife, Carolee.

Thank you Charlotte and Kenny Williams for offering the Pentecostal Church for the Memorial Service; to the Starr Family for preparing and serving the wonderful dinner; to the Shaker Church for donating the place settings; to Dennis Anderson, Sr. for giving the innovation and Alex Baker for his kind words; and, last but certainly not least, to the Muckleshoot Tribal Council for their gift and support. If there are any others I may have missed, thank you as well, and thank you to each and every one of you that attended the service. You are all dear to my heart.

Blessings to All,
Miles Moergeli

Memorial Service

for
Frank Simmons

April 15, 1947-December 9, 2012

Come join the Simmons family in April 2020 as we remember our beloved brother, uncle and fellow veteran in Grand Ronde, OR. We will be doing a headstone blessing, dinner and give away to follow. More details to follow.




Guest Speaker Dyami Thomas Inspires CCEOP Youth

Article & Photos By Tyler Spencer

The month of December was an exciting one for the College and Careers Education Program. We were able to secure social media influencer and motivational speaker, Dyami Thomas as a guest here at Muckleshoot. Dyami came to put on a workshop where he spoke to our youth about the importance of mental health, stability in the community, surrounding yourself with positive influences, and investing in yourself as a means to a bright future.

Our youth at the CCEOP were fully engaged in the workshop and took everything that Dyami had to say seriously. After the workshop, the CCEOP were able to share a meal with Dyami to get to know him on a more personal level where our youth were able to actively participate in light-hearted conversation and ask questions that were on their mind.

We loved being able to have Dyami here in Muckleshoot and we look forward to having him and others like him here to speak with our youth in the future.



Dyami Thomas



Jeff and The Mountain

Jeff Antonelis-Lapp Book

Continued from Page 1

Tahoma and Its People, a natural history of Mount Rainier National Park, due for release by Washington State University Press in early March 2020. Natural history covers many subjects, including geology and the glaciers, interrelationships within and between plant and animal communities, weather and climate influences on ecosystems, endangered species, restoration projects, and other topics.



Projectile Point from a Mount Rainier site within Muckleshoot traditional use range

One of the most important things I learned was that Native people have gone to Mount Rainier for over 9,000 years, with evidence of Indian presence at over 100 locations. I like to think of the sites as like beads on a necklace, encircling the mountain.

My personal connection to Mount Rainier began in the 1970s, but without my time at Muckleshoot, the book – if I had written it at all – would have been entirely different. Without knowledge of the language or cultural traditions, which many of you shared so generously, I would not have been able to write about them. I might not have participated in archaeological digs on the mountain as I did, nor would I have understood the draw of native people to the mountain over the millennia.

Thank you for treating me like friends and family – you have made *Tahoma* a richer book because of your friendship. I hope that you will see, as Tribal vice-chair Donny Stevenson wrote for the book's back cover, that it "includes an accurate and respectful rendering of the long-standing relationship of Indian people to Mount Rainier or, as my ancestors knew it, Taqó-bid."

Maybe someday we will sit together and tell stories about the mountain we love so much.



I Am Blessed to Be Able to Help the Homeless

Working at the Muckleshoot Warming Shelter these last two years have been such a blessing to me. I myself was once homeless so I understand how important having a safe place to go during the cold times is. Once one is homeless it is so hard to ask for help to get out of the rut that you find yourself in. That's why the warming shelter is so important because it is a resource that has been put there to help lift up the homeless.

The warming shelter is more than just a warm place to sleep and get

something to eat. The workers are people who genuinely care about the ones in need. The workers are there to help and support our homeless. The majority of workers have taken the recovery coach training and are there to help our homeless overcome the obstacles in their way, such as planting the seed of treatment, housing, mental health, or medical needs.

My heart is lifted every time I see one of our homeless take steps to a better life. Last year we witnessed four of our homeless go into behavioral health from the warming

shelter and are still clean and sober today. Now that is a miracle in itself.

The warming shelter doesn't just help the homeless, it also helps the workers maintain their sobriety. I can't stay sober unless I help another in need. The community has come together and donated many things such as blankets, clothes, food, dvd movies, and even rides to the shelter. It's a heartwarming experience to see how giving our community is.

Sincerely,
Eva James (Saticum)

Youth Development Program looks back on fun-filled year

By Katey Sias

YDP/MCDC Summer Camp: The YDP/MCDC Summer Camp was bigger and better than ever. Summer Camp spanned 10 weeks and was offered at the Youth Facility for participants going into the 2nd to 5th grade and at the Teen Center for participants going into the 6th through 12th grade. Weekly Themes ranged from "A Day in the Shoes Of..." (Career Week) to "Native Pride" (Culture Week). Summer Camp was highlighted by a visit from NBA player Isaiah Thomas, a two-week collaboration with Red Eagle Soaring and our 7th Annual Skate Jam.

Youth Facility: 2019 at the Youth Facility saw growth and improvement in many areas. Power Hour at the Youth Facility has incorporated many STEM activities ranging from engineering challenges to technical builds. The computer lab has also integrated typing games and used the YDP iPads for stimulating activities and exercises. The Youth Facility also acquired a BEAM system which is an interactive game

that promotes physical activity into video game play.

Teen Center: 2019 at the Teen Center has been transformative. The Teen Center has also incorporated STEM activities as well as a guitar class. The Teen Center and Health and Wellness Center have partnered to continue Late Night @ HWC. The studio has been worked on to be updated. The Teen Center also offered many leadership activities in 2019.

Outlook for 2020: The outlook for 2020 is great! Cultural activities will be a greater focus. The Teen Center studio will be utilized in the near future to offer creative activities from music production to writing. Construction on a covered playground at the Youth Facility is currently being built.

The YDP and MCDC will continue to collaborate on group events during school breaks when applicable. YDP staff will continue to train in social emotional learning (SEL), and effective activity planning to make for some fun days at the YDP!



Rest In Peace

Thank You...

My girls and I want to thank the millions of people who've shown support and love during this horrific time. Thank you for all the prayers. We definitely need them. We are completely devastated by the sudden loss of my adoring husband, Kobe — the amazing father of our children; and my beautiful, sweet Gianna — a loving, thoughtful, and wonderful daughter, and amazing sister to Natalia, Bianka, and Capri.

We are also devastated for the families who lost their loved ones on Sunday, and we share in their grief intimately. There aren't enough words to describe our pain right now. I take comfort in knowing that Kobe and Gigi both knew that they were so deeply loved. We were so incredibly blessed to have them in our lives. I wish they were here with us forever. They were our beautiful blessings taken from us too soon.

I'm not sure what our lives hold beyond today, and it's impossible to imagine life without them. But we wake up each day, trying to keep pushing because Kobe, and our baby girl, Gigi, are shining on us to light the way. Our love for them is endless — and that's to say, immeasurable. I just wish I could hug them, kiss them and bless them. Have them here with us, forever.

Thank you for sharing your joy, your grief and your

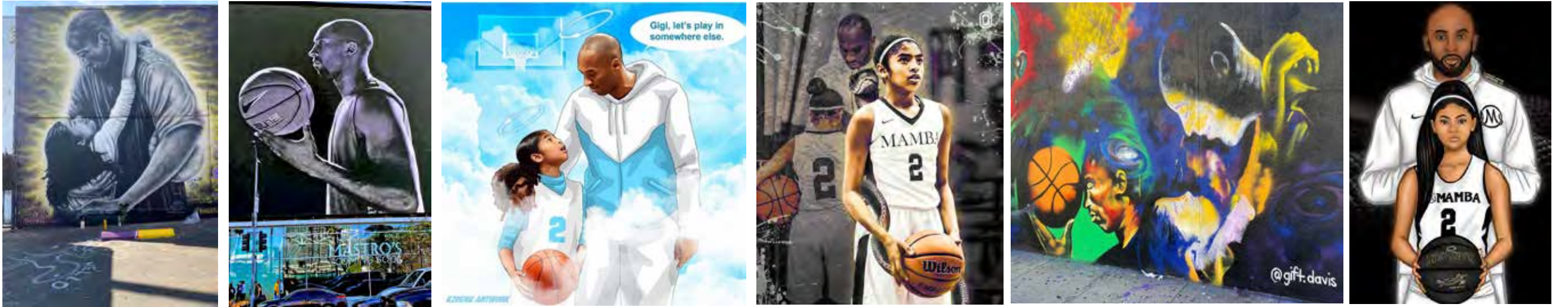
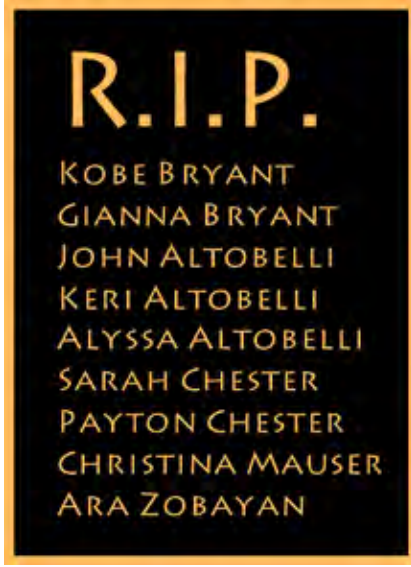
support with us. We ask that you grant us the respect and privacy we will need to navigate this new reality.

To honor our Team Mamba family, the Mamba Sports Foundation has set up the MambaOnThree Fund to help support the other families affected by this tragedy. To donate, please go to: MambaOnThree.org. To further honor Kobe and Gianna's legacy in youth sports, please visit: MambaSportsFoundation.org.

Thank you so much for lifting us up in your prayers, and for loving Kobe, Gigi, Natalia, Bianka, Capri and me.

Vanessa Bryant

#Mamba #Mambacita #GirlsDad #DaddysGirls #Family



Thank you Micah Frank McDaniel for sharing these touching photos from your trip to LA with the community.



The Arrival of 12 New Classrooms for Our K-12 Muckleshoot Tribal School Campus

By Joseph Martin, Muckleshoot Tribal Education Officer

On Monday, February 3, 2020, the first of six brand new modular classroom buildings arrived at our K-12 Muckleshoot Tribal School Campus. Each modular classroom building contains two full classrooms, meaning that with our procurement of six new modular buildings, we will have a total of 12 brand new classrooms for our students on our K-12 Muckleshoot Tribal School Campus.

The Muckleshoot Department of Education has been working with the Bureau of Indian Affairs since the beginning of 2015 to obtain new classrooms to accommodate the growing population of our K-12 Muckleshoot Tribal School. We have been working extremely hard to secure these 12 classrooms that have been promised to be provided by the Bureau of Indian Affairs to our Muckleshoot Tribal School.

We've rapidly been nearing our student space capacity of our K-12 Tribal School and communicated to the Bureau of Indian Affairs 5½ years ago that the enrollment of our Tribal School had been exceeding our projections annually since its opening in 2009.

It's extremely exciting that the first of our six modular buildings has arrived on our Muckleshoot Tribal School Campus! The need for these 12 classrooms for our students is extremely important. We're excited that we can now move forward with providing more academic space for our growing student population at our K-12 Muckleshoot Tribal School.

All six of the modular buildings will be delivered on-site at our K-12 Muckleshoot Tribal School campus by Friday, February 14, 2020. Work will then move forward to get all 12 of these new classrooms fully set up and ready for our students to use as soon as possible.

Work will then move forward to get all 12 of these new classrooms fully set up and ready for our students to use as soon as possible.



Number 1 Lady Kings, undefeated all the way, 11-0!



Lalo with his new letter jacket.



Paige, Leila and Kalani



Devon Anderson

MTS Elementary Kindness Team

Our MTS Elementary Kindness Team recently visited the Elder's Complex. The students grades K-5 prepared medicinal teas and cedar bath salts under the guidance of Leslie LaFontaine and Cinnamon Enos. Students then served hot Dandelion Root Latte to the Elder's during lunch and distributed the gifts they'd prepared. Students on the Kindness Team are:

- | | |
|-----------------------|------------------------|
| Lea YellowOwl | Allison Carbajal-Starr |
| Annabelle Lozier | Analeyah Lavoie-elkins |
| Luis Navarez | Flora Emery |
| Bradyn Wilson | Frances Nasson |
| Aliyanna Starr | Tyree Starr |
| Janice Gonzalez-Jerry | Derek Benally |
| Chelsea Elkins | Kaliya Elkins |
| Zachary Valles | Riley Markantonatos |
| Wilson Teo | Xarian Judson-Elkins |

~ Submitted by Erika Gonzalez



Official Muckleshoot Tribal School

Muckleshoot Tribal School
Go Kings!

For up-to-date information on MTS, go to its Facebook page:
Official Muckleshoot Tribal School

How to give support to grieving loved ones

Grief is one of those ubiquitous human experiences. We all feel it, no matter who we are or where we come from. Though it's universal, it is also deeply personal, and every loss is uniquely mourned. This can make it extremely challenging to be the supportive friend or family member you want to be when someone else is grieving. How, then, do we support those we love when they experience a loss, be it a person, pet, job, health, relationship, or opportunity?

EASE THE CHALLENGE OF DAILY FUNCTIONS

We often feel at a loss as to how to support others. We ask them how we can help but they're not sure either and may not want to burden you. This is a time to take action and, within reasonable boundaries, roll up your sleeves and help out.

Here are some ideas of what to do:

- Drop off meals that are:
- Freezable
- Healthy
- Individually portioned
- Within their dietary restrictions and preferences
- Do simple, unintrusive chores, such as:
- Laundry (stick to things like towels & bedding, avoid delicates/undergarments)
- Sweeping and mopping
- Washing dishes
- Dusting
- Taking out trash
- Mowing, raking, weeding, shoveling
- Grocery shopping for simple items (bananas, granola bars, toilet paper, etc.)
- Helping care for pets.
- Make or bring coffee/tea in the mornings (but not too early)

***Always let the person know*

what you're doing and confirm they feel comfortable with that. When you're there, offer a supportive ear without creating a feeling of obligation for the other person to talk.

HOLD OFF JUDGMENT

The reality is, we make judgments about our friends and family members--as much as we try not to. We too often let these judgmental thoughts about how intensely and how long people "should" mourn certain losses that we forget our loved one is suffering and in need of support.

So here's what you do:

Accept that your brain comes up with judgmental thoughts, even when it seems inappropriate or unhelpful

Keep in mind, it's what you do with these thoughts that matter!

Remember, even if a loss seems less significant to you, it could be a major upheaval for others (the opposite can also be true!)

There is not a prescribed period of time for grieving

Just because it's been a year, two, or ten since the loss, does not mean a person is "over it"

If you truly are concerned about your loved one's behaviors as they grieve, encourage them to seek professional help and support them as they do.

ACKNOWLEDGE THE DIFFERENCE

Grief is, in part, a reflection of the lost relationship. This loss will be different from any other before and most definitely different from other people's losses--even if situational similarities exist. It's essential you acknowledge this for yourself (you may even need to verbalize this to your loved one).



It's helpful to refrain from:

Bringing your past experiences of grieving up unless prompted or asked

Saying, "I know exactly what you're going through"

Instead try saying something like

"There's no way I can know exactly what you're going through but I'm here to support you any way I can."

"I know this hurts and I'm here with you."

DON'T FORGET

Remember birthdays, wedding anniversaries, anniversary of the deceased's parting, or any other significant dates. These will likely be challenging times for your loved one. Verbalize that you remember and offer support.

Ask your loved one what feels right and best for them in regards to acknowledging these significant dates, then respect that.

ASK THE HARD QUESTIONS

If you become concerned about how your loved one is coping, it's important not to shy away from some of the difficult questions. You may be the only person asking them.

Ask if they have started to have thoughts about not wanting to exist

Ask if they have had thoughts about suicide or otherwise hurting themselves

If they say yes, ask if they have thought of a plan.

Ask if they have intention to act on the plan.

Remain calm and understanding, especially if they say yes.

Keep resources on hand to help you help them.

National Suicide Prevention Lifeline: 1-800-273-8255

Texting Crisis Line: Text "Help" to 741741

www.NowMattersNow.org

Nearby hospitals

Mental health professional contact information

Above all, don't panic. Remember it is not uncommon for thoughts of suicide to arise for a person who is grieving.

JUST BE THERE

Enough said. Your friend or loved one may not want to be with you. They may not want to talk all the time. They may want to do their own chores, they may want to work, they may not want to leave the house. Respect any and all of these. Everyone

grieves in their own way.

You don't have to have the perfect words or know what to say. After all, there's nothing you can say to bring back their loss.

It's difficult and uncomfortable, but the most supportive thing you can do is just be there.

Be ready to listen and be ready to help.

Dr. Eduardo Duran will be here for a community event

March 26th from 10am to 3pm

He will speak at the Health and Wellness Centers **Cedar and Mountain** rooms.

Attendance will be limited to 150! More information and how to RSVP is to come!

One of his topics will be grief.



Please join us for...
A Night of Standup Comedy
Problem Gambling Education
Dinner Provided...

Mark Lundholm

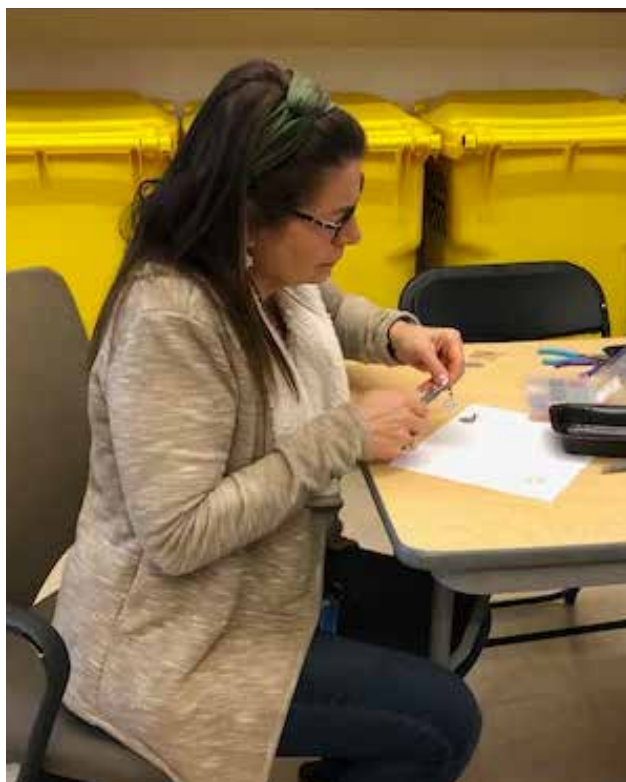


Thursday
March 12, 2020
5:30-8pm

Muckleshoot Health and Wellness
 Mountain & Cedar Conference Rooms
 17500 SE 392nd Street, Auburn, WA 98092

Community Baby Shower

Muckleshoot Early Learning Academy



Donna Vavrik



Eddy Lobehan



Veronica Gonzalez and Joaquin Garcia-Zamora



Samantha Allen and Jenese Jenkins



Samantha Allen



Veronica Gonzalez



Mackenzie Lobehan

Welcome Tara Taylor!

First of all, let me express my gratitude and excitement as a new Muckleshoot employee and feel truly honored to work on your beautiful land. This area took my breath away when I interviewed for the position earlier this year. I graduated from WSU with a Doctor of Nursing Practice (DNP) degree with a specialty in psychiatric mental health. I also hold an associate's degree in humanities and business administration. Throughout graduate school, my main area of research focused on Natives and how intergenerational trauma increases suicide and substance

abuse rates. These issues are something I am very passionate about as I personally have felt the effects of these serious issues firsthand.

I come from the Nez Perce (Nimiipuu) reservation in Lapwai, Idaho. Like Muckleshoot, the Nez Perce Tribe has approximately 3500 tribal members; Lapwai stands for 'the land of the butterflies.' I am a direct descendant of Poker Joe aka Lean Elk aka Hototo who was very influential warrior in the Nez Perce war of 1877; his war tactics are studied by the armed forces still to this day. My entire family are avid Seahawk fans and look forward to coming over for a game. I am the youngest in my family and have two older sisters and one older brother. My parents were both raised on the Nez Perce reservation. Both of my parents had Nez Perce mothers and white fathers. My father is a Vietnam veteran and my mother is a retired school teacher from the Lapwai school district.

After graduation, I entered the U.S. Army and was stationed at Fort Sill, Oklahoma for 3 years. I am a single mother of 3 children and they are all enrolled in the



The Rising Star award Muckleshoot Tribal School. Madison is a senior; Brendon is a freshman; and Fenyx is a 3rd grader. They are all enjoying themselves and feel very welcome at their new school; Madison has joined cheerleading and Brendon has joined track. We all feel very blessed to call this our home for now and want to extend a qe'ciyew'yew (thank you in Nez Perce) to all of the Muckleshoot tribal members for welcoming us as it has been a transition leaving our homeland. Go Muckleshoot Kings!



Graduation day



Tara and her kids



Tara with her parents

The MindCare Clinic Is Open!

We are excited to introduce the MindCare Clinic, a new state of the art program. The MindCare Clinic utilizes progressive technologies to increase brain health and functioning, reduce stress, treat symptoms and promote mental wellness. Services are tailored to each individual's unique brain health needs and are relaxing, safe and medication-free.

Highly trained MindCare Clinic Staff are available to meet with you to discuss what services are the best fit and how we can help you meet your brain health goals.

To learn more, call to schedule an appointment:
(253) 876-6965

We are located at The Health and Wellness Center
West Entrance Door
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
BH Crisis Connection (24/7)	(866) 427-4747	Available 24/7
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
MindCare	(253) 876-6965	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 5-6pm, outside pickup only
Purchase Referred Care (PRC) CHS Purchase Orders	(253) 333-3650	8:00am – 5:00pm Closed Lunch: 12:00p-1:00p
Registration Department	(253) 939-6648	8:00am – 5:00pm Closed Lunch: 12:00p-1:00p
Residential Services		
Recovery Home (Adult)	(253) 333-3629	Available 24/7
Sacred Home (Youth) (Formerly Youth Recovery Home)	(253) 333-8230	Available 24/7
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

MUCKLESHOOT HEALTH DIVISION

WARNING:

1. Beware of counterfeit pills that may look like prescription drugs. They likely contain fentanyl (a synthetic drug 100 times more powerful than other opioids). Oxycodone pills that are sold on the street or online likely contain fentanyl.
2. Do not consume any pill that you do not directly receive from a pharmacy or prescriber.

WHERE HAS FENTANYL SHOWN UP LOCALLY?
In King County, fentanyl is most commonly seen in blue, greenish, or pale colored counterfeit pills. There may be other colors. These pills may be marked as "M30" and sometimes as "K9," "215," and "v48." Fentanyl may also be in white powders.



- WHAT CAN YOU DO TO PREVENT FATAL OVERDOSES?**
1. If you witness an overdose, call 9-1-1 right away. Washington State's Good Samaritan law will protect you and the person who is overdosing from drug possession charges.
 2. Give Narcan, a nasal spray that counteracts the life-threatening effects of an opioid overdose. Find out where you can get Narcan at stopoverdose.org or go to the HWC pharmacy or Behavioral Health.
 3. If you think someone is overdosing, do not let them fall back asleep and stay with them until the emergency responders arrive.

IS THERE TREATMENT FOR OPIOID USE DISORDERS?
Yes, Muckleshoot Behavioral Health has several different treatment options for those who have Opioid Use Disorder. **Call us today and we can help 253-804-8752. If after hours call the Crisis Connections at 866-427-4747.**

Influenza: It's that Season again

by Colet Bennett, Diabetes Nurse – Muckleshoot Medical Clinic, Community Health Program

Influenza or the Flu is a serious disease. It is a contagious respiratory illness caused by the influenza virus that infects the nose, throat and sometimes the lungs.

Influenza is dangerous for both children and adults. It can cause mild to severe illness, and at times can lead to death.

Some Flu symptoms may include:

- Fever over 100.4 F
- Aching muscles
- Chills and sweats
- Headache
- Dry persistent cough
- Weakness
- Nasal congestion
- Sore throat

Ways to prevent Influenza:

Get vaccinated: The annual influenza vaccine is available in the Tribal community. All primary care providers and most pharmacies offer vaccination services.

Wash hands often: Cold and flu viruses may be spread by direct or indirect contact. Maybe someone sneezed into their hands and opened a door. The next person may possibly be infected if the virus is on a



doorknob. Washing hands is the best way to prevent from getting sick.

Do the elbow cough or sneeze: Since viruses cling to bare hands, people can reduce the spread of viruses by perfecting the art of the elbow cough or sneeze. One can simply cover their face with their entire elbow when coughing or sneezing. It's also an easy technique

to teach children.

Drink water: Water helps strengthen the immune system. Water helps to flush out our system while rehydrating and washes out any toxins. An adult should drink at least 8 glasses of water a day. If the color of urine is close to clear it is a good indication that enough water is consumed.

Q: Can a flu shot make someone sick?

A: Some people may experience some flu shot side effects, like a low-grade fever, body aches, headache, and an overall feeling of illness that many people mistake for the flu. These symptoms are the body's normal immune response to the inactivated virus in the vaccine. ... So, although some may feel sick, it's not the flu. And the protection the flu vaccine provides far outweighs the risks. So why wait...get the flu shot today!

Medicare 101

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

<p>Part A (Hospital Insurance) Helps cover:</p> <ul style="list-style-type: none"> • Inpatient hospital stays • Skilled nursing facility care 	<p>Part B (Medical Insurance) Helps cover:</p> <ul style="list-style-type: none"> • 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)
<p>Part D (Prescription Drug coverage) Helps Cover:</p> <ul style="list-style-type: none"> • 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 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

TAKE 3 ACTIONS TO
FIGHT FLU

Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu

GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.
 Everyone 6 months or older should get an annual flu vaccine. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

STOP THE SPREAD

Take everyday preventive actions to help stop the spread of flu viruses!
 Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water).

ASK YOUR DOCTOR ABOUT FLU ANTIVIRALS

Take antiviral drugs if your doctor prescribes them!
 Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.

Muckleshoot HWC is offering flu shots for PRC eligible patients ages 6 months and older M-F between 9 am – 11 am & 1 pm – 4 pm. No appointment necessary. If you have any questions, call us at 253-939-6648

Native Community Helpers

Muckleshoot Behavioral Health Program is Recruiting Community Members to be Trained as [Native Community Helpers](#)

As a Native Community Helper You Will Receive:

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

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

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

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

Or

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

Or

Click or Go To the Link Below:

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



HEALTHY RELATIONSHIPS WOMEN'S GROUP

Muckleshoot Behavioral Health Program

- Open to all women in the community.
- This is an 8-week group.
- Refreshments Provided.
- Location: Muckleshoot Behavioral Health Program
- Childcare is provided at the Health and Wellness Center.

- Learn what a healthy relationship looks like with yourself and others.
- Learn how to have healthy communication and resolve conflict.
- Support and be supported by other women who want to improve their relationships.
- Participate in activities and art projects.

Starts
Feb. 6
Ends
Mar. 26

1 PM
-
3 PM



FOR MORE INFORMATION, CONTACT YECENIA HARRIS AT (253) 804 8752

Relative & Foster Care Program

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

MIT Children & Family Services

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

Muckleshoot Needle Exchange Program

Muckleshoot Behavioral Health



Services Offered at Behavioral Health
Monday—Friday 8-11:30am and 1-4:30pm:
Exchange used syringes for clean syringes
Receive safe injection supplies
Receive overdose prevention education and Narcan
Receive tips on how to inject drugs safely

Mobile unit every Wednesday from 2 to 4pm
Location: East side of Powwow Grounds.

Any Questions? Contact Carol VanConett at Muckleshoot Behavioral Health: 253-804-8752

Transitions Signature

Our best everyday Light Intelligent Lenses™

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

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 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.

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

WARNING

FENTANYL IS KILLING KING COUNTY RESIDENTS

“Oxycodone” and “Percocet” pills sold on the street or online are **FAKE** and likely contain **fentanyl**.

Fentanyl can also be found in **white powders**.

M30 (most common)

V48

A215

K9

HOW TO PREVENT OVERDOSE

- Don't use pills/powders from the street or online
- Don't mix drugs
- Don't use alone
- Have Naloxone (Narcan) ready Find it near you at stopoverdose.org
- Call 911 if someone overdoses

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

BREAKING INTO MAILBOXES IS A FEDERAL CRIME!

The Elders Committee has reported that mail boxes are being broken into. **REMINDER: Stealing mail is a federal offense!**

Muckleshoot Wellness

Fall 2019

Group exercise schedule

Special points of interest:

- Aquablast Pool / Amelia am class Tony Jansen Elvis music & low impact cardio
- Yoga practice posture to align, strengthen and promote flexibility in the body/Caryn
- Move strong circuit training/Clayton
- Speed & agility quickness (S.A.Q.) /Shane
- Tabata full body circuit training at paced intervals Clayton
- If your not able to show for our yoga during the week you join us Saturdays with Jake Either 9:00am for Hatha also 10:00am for Power Yoga.
- We have a 6:00pm yoga session with Emma Wednesday nights.
- Runners meet in the Wellness lobby everyday with at noon with Alighah.

	Monday	Tuesday	Wednes- day	Thurs- day	Friday	Saturday
10:00am		Aquacize AM		Aquacize AM		9am Hatha 10am Power Yoga/Jake
12:00pm	Yoga SAQ S.W	Move Strong C.M	Yoga C.A SAQ S.W		Tabata C.M	
5:30pm	Spin	Aqua- blast T.J	Spin T.J	Aqua- blast T.J	Spin T.J	
6:00pm			Yoga with Emma			

SCAM ALERT!

- **MEDICARE WILL NEVER CALL UNINVITED TO ASK FOR PERSONAL INFORMATION OR ANY INFORMATION REGARDING YOUR NEW OR OLD MEDICARE CARD.**
- SCAM CALLERS MAY SAY THAT YOUR ACCOUNT HAS BEEN SUSPENDED & DEMAND PAYMENT IN THE FORM OF A PREPAID DEBIT CARD, CASH OR A WIRE TRANSFER.
- SOME SCAM CALLERS EVEN THREATEN TO ISSUE A WARRANT FOR YOUR ARREST.
- **DO NOT GIVE ANY PERSONAL INFORMATION, HANG UP AND DO NOT CALL BACK!**
- YOU CAN REPORT ANY SUSPICIOUS PHONE CALLS TO THE OFFICE of the INSPECTOR GENERAL AT PH #1-800-269-0271.

Beware of Phone

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

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

Muckleshoot Health & Wellness Center Hours

Monday-Friday

Gym 6:00am – 8pm
Café 6:30am– 7:00pm
Sauna & Steam Room 6:00am –7:30pm
Pool 6:00am –7:30pm
Daycare 9:00am –8:00pm

Saturday

Gym 8:00am – 5pm
Café 8:30am-4:00pm
Sauna & Steam Room 8:00am –4:45pm
Pool 8am –4:45pm
Daycare Closed



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.

State of Washington
Services Card

MARTHA WASHINGTON
123456789WA
Date issued: 5/10

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

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	PUYALLUP
321 RAMSEY WAY SUITE# 401	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	HOURS OF OPERATION: MONDAY, TUESDAY, THURSDAY, FRIDAY 9:00 AM – 4:00 PM WEDNESDAY 9:00 AM – 12:00 PM

MAIN SOCIAL SECURITY PHONE NUMBER: 1-800-772-1213

NATIVE COMMUNITY HELPERS

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

What are Native Community Helpers?

- Your Community Members
- Trained in suicide prevention

How Can They Help Me?

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

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

xʷiʔ čəxʷ lədaʔay
You are not alone.

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

Child Find Screening

What is a Child Find Screening?

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

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

What is the purpose of a Child Find Screening?

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

What happens during a Child Find Screening?

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

Who is eligible to be screened?

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

Where can I go for screening?

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

Muckleshoot Tribal School Helen Feiger Student Support Services Coordinator 15209 SE 376 th St Auburn WA 98092 253-931-6709 Ext 3700	Marty Laronal Support Services Manager Muckleshoot Early Childhood Education Center 15599 SE 376 th St Auburn, WA 98092 253-876-3056 Ext 3922
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Fall 2019 Muckleshoot Wellness Center Smoking Cessation Grants Funds Recap



On October 10 2019 the Second annual Tomanamus SK Fun Run was held in the Tomanamus Forest. This was the Community Day sponsored by Muckleshoot and Hancock Forest management. There were 1400 in attendance for the

community day.

The messaging for the run was reconnecting with our traditional roots and our culture. So the theme of Smoking Salmon and not cigarettes was a natural good fit.

All ages participated in the Fun Run/ Walk. The finishers prize was a water bottle and shirt with the Smoke Salmon not cigarettes messaging. We also spent time talking about the dangers of smoking and vaping. Then we offered fun alternatives to do instead. This is ongoing messaging and education that we do while working with our youth throughout the year.

November 2nd and 3rd The Muckleshoot Wellness Center hosted the third annual Salmon Jam Tournament. The Salmon Jam is a basketball

tournament that is funded by the smoking cessation fund to educate youth about the dangers of smoking and vaping.

This is a two day tournament for 11-13 year olds and a 14-17 year old bracket.

The entry fee is to bring a new toy that we donate to Mary Bridge hospital for Children who are receiving care there. This year we donated 150 new toys.

We had an educational table set up with visual aids to show the dangers and effects of smoking on the lungs, along with pamphlets, and coloring books for the kids. We also had employees engaging in conversations about the items on display and explaining the negative effects.

So many people whether they are staff parents or kids ask questions and get good information about making health choices.



Washoes Carry On Ancient Food Traditions

Continued from Page 1 with willows.

"It's fun for the kids to see our processes," Dressler said. "Basketry was definitely a bigger process, because we had to process our willows, gather, clean, strip them and peel the thread away from the insides. It's a long process. This day and age is hard, because there's so much poisoning of the willows, along the rivers and streams. So it makes it harder for our gatherers and basketweavers to find good willows that aren't poisoned."

"A lot of times when we go out - anywhere, to gather anything, medicine, foods - we come across a lot of private property, a lot of areas that are fenced off, that we can't get into," Enos said. "It's really hard to be an Indian person in this day. It is."

"We're fortunate enough to have pine nut allotments," she continued. "Our people before us fought really hard for our eastern mountain range there, for our pine nuts, so families do have a piece of land that we're able to gather our pine nuts from. There's a lot of encroachment, a lot of non-Natives going out to that land and getting pine nuts, and they don't care for the trees like we do. A lot of times, they'll damage the tree - cut off whole limbs to get to those pine nuts. We don't do that. We don't damage the tree in any way."

For a few moments, the sounds of acorns being cracked and ground dominated the silence, and it's a sweet sound. There's an understanding that there's both a duty to continue preparing these traditional, medicinal, sacred foods - and

a right to continue accessing the lands that produce them. As with other tribes, the Washoes stand ready to defend their right to access their own crops, nourish their own, and maintain ancient lifeways.

"Even to get to Lake Tahoe - we go up there, we pray - just to get to the water's edge to wash our face, and pray and give thanks," says Enos. "It makes it very hard to get down there - you have to pay for parking, if there's parking. There are million-dollar homes there that take up the beach side, so these are [barriers] for us to get to our medicines and our foods."

On the surface, the breathtaking waters and gigantic boulders of Meeks Bay at Lake Tahoe appear to be a spectacular tourist destination, yet, as the Washoe's ancestral summer home, the area is fiercely guarded and managed by the Washoe Tribe. It has been, and will remain, for generations, their turf, the welfare of which they will forever defend.

Symbolically, throughout our conversation, Enos never stops working the flour. "I prefer doing my flour the old-fashioned way. I do have a meat grinder; we could put our flour in it and do it that way, but it's just really not the same."

On the table with the acorns, willow and grinding stones, were contemporary, footed bowls given to Enos, and a couple of ancient grinding stones with tool.

"They're not traditional, just this one - it's a few hundred years old, at least," Enos said as she pointed out the plant in the middle of the table. Touted for its beneficial properties, this "Indian tea" is known in the



Lisa Enos, Keeper of Washoe Traditions

Washoe language as megi¹, which grows in abundance around Northern Nevada. Enos gathers the bright green stems, and sometimes uses them immediately to make tea, by boiling them in water.

"Megi¹ I has natural ephedra," she said. "We use this for a girl's ceremony. When a young girl is becoming a woman, she goes through a rigorous ceremony, and to do that, she's fasting for four days. This is the only thing she can take, megi¹ I and water. It gives you energy, makes you awake."

At another table, Melanie Smokey, a Shoshone basketweaver with strong ties to Washoe culture, had products featuring traditional plants known among Natives to have inherent medicinal properties. Sunupeeh, she said, is "Indian glue," a pine-nut-based salve considered to be "a good medicine that promotes healing, is an expectorant and has anti-inflammatory properties. Prayers and songs were given throughout the process."

"I have to travel a long ways

The Horses Are Back!

EMERALD DOWNS RACETRACK & CASINO PREPARES TO KICK OFF 2020 RACING MEET

AUBURN, Wash. - Training for the 2020 Emerald Downs racing meet began on Monday, February 3. The Quarter Chute Café opened the same day, with initial hours from early morning until 2:00 PM. Located just south of the barn area, the horses and riders go right past the cafe's big windows as they canter to the track for their morning

workouts, providing diners with a close up look at these beautiful animals.

Although the public is very much welcome, owners, trainers, jockeys and exercise riders make up most of the clientele at the

Quarter Chute. The atmosphere couldn't be more authentic, and hosts Joe and Sally Steiner are the very essence of horse racing. Their work has been a lifetime labor of love. Give it a try one of these mornings! Great for the family.

Stakes Race Calendar Announced

As the 2020 racing meet prepares to open, Emerald Downs Racetrack & Casino announced 28 stakes racing events worth an aggregate \$1,515,000 in purses for its live racing season that begins Saturday, April 18.

The 85th renewal of the \$200,000 Longacres Mile (G3) on Sunday, August 9 - earliest date ever for the Northwest's premier race - anchors the second annual Championship Sunday featuring stakes races in four divisions. In addition to The Mile, Championship Sunday includes the \$50,000 Emerald Distaff, \$50,000 Muckleshoot Derby, and \$50,000 Washington Oaks.

A second stakes quadruple-header is offered Sunday, July 12, featuring the \$50,000 Mt. Rainier Stakes for older horses, \$50,000 Boeing Stakes for older fillies and mares, \$50,000 King County Express for 2-year-old colts and geldings, and \$50,000 Angie C Stakes for 2-year-old fillies. The Mt. Rainier is the final local tune-up for the Longacres Mile.

As usual, stakes action heats up in the latter half of the 63-day meeting, with 20 stakes scheduled during July, August and September. The 2020 schedule offers 10 stakes for older horses (five apiece for males and females), 10 for 3-year-olds (five apiece for males and females) and seven for 2-year-olds. In 2019, stakes races averaged a healthy 8.5 runners with a \$10.60 average \$2 win payoff.

The Xpressbet Washington Cup series will feature six stakes races over three weekends - August 30, September 6, and September 13 - and offer \$300,000 in aggregate purses for Washington-breds. A major event of note to tribal members is the \$50,000 Muckleshoot Tribal Classic on Sunday, September 13.

The \$80,000 Gottstein Futurity at 1-1/16 miles is the biggest race of the season for 2-year-olds on Sunday, September 20, while the 10th renewal of the \$40,000 Bank of America Emerald Championship Challenge is offered for Quarter Horses on Sunday, August 23.

to find good growing areas, in order to pick," she said. "So, as a basketweaver, I really have to be aware of that, because when we split our willow into thirds, I have to put it in my mouth. So, the water has to be good, the air has to be clean, the land itself has to be clean. That's why we do so much prayer and songs for it - we have a basket song that we sing, a water song that we sing, a mountain song."

In our pine nut song - they're not just praying for the pine nut itself. They're praying for the tree. They're praying for the snow. One of our songs says, after we harvest, we're praying for the snow to come over the mountain. Then, in the springtime, it's praying for the little bud that's coming out. Throughout the year, those songs travel, just like the seasons. That's where those prayers come in, to be mindful of that, that the babies are coming alive."

As with Natives all across Indian Country, accessibility is



2018 Longacres Mile winner Barkley was the first horse on the track.

Indian Relay Racing also returns in 2020. The fifth annual Muckleshoot Gold Cup - featuring Indian Tribes from throughout the western United States and Canada - is scheduled Friday, June 19, Saturday, June 20, and Sunday, June 21.

2020 Emerald Downs Stakes Schedule

28 Stakes, all on Sundays, total of \$1,505,000

DATE	STAKES	PURSE
May 10	Seattle Stakes (3YO F) 6F	\$35,000
May 17	Auburn Stakes (3YO C&G) 6F	\$35,000
May 24	Hastings Stakes (3&UP F&M) 6F	\$35,000
May 31	Governor's Stakes (3&UP) 6F	\$35,000
June 7	Kent Stakes (3YO F) 6 1/2 F	\$50,000
June 14	Irish Day Stakes (3YO C&G) 6 1/2 F	\$50,000
June 21	WA State Legislators Stakes (3&UP F&M) 6 1/2	\$50,000
June 21	Budweiser Stakes (3&UP) 6 1/2 F	\$50,000
July 5	Coca-Cola Stakes (3YO F) 1-1/16 M	\$50,000
July 5	Seattle Slew Stakes (3YO C&G) 1-1/16 M	\$50,000
July 12	Mt. Rainier Stakes (3&UP) 1-1/16 M	\$50,000
July 12	Boeing Stakes (3&UP F&M) 1-1/16 M	\$50,000
July 12	Angie C Stakes (2YO F) 5 1/2 F	\$50,000
July 12	King County Express (2YO C&G) 5 1/2 F	\$50,000
Aug. 9	Washington Oaks (3YOF) 1-1/8 M	\$50,000
Aug. 9	Muckleshoot Derby (3YO) 1-1/8 M	\$50,000
Aug. 9	Emerald Distaff (3&UP F&M) 1-1/8 M	\$50,000
Aug. 9	Longacres Mile (G3) (3&UP) 1M	\$200,000
Aug. 16	Barbara Shinpoch Stakes (2YO F) 6F	\$50,000
Aug. 16	WTBOA Lads Stakes (2YO C&G) 6F	\$50,000
Aug. 23	Bank of America Challenge (3&UP) 440 Y	\$40,000
Aug. 30	WA Cup Sophomore Filly 1M	\$50,000
Aug. 30	WA Cup Sophomore Colt & Gelding 1M	\$50,000
Sept. 6	WA Cup Juvenile Filly 6 1/2 F	\$50,000
Sept. 6	WA Cup Juvenile Colt & Gelding 6 1/2 F	\$50,000
Sept. 13	WA Cup Filly & Mare 1-1/16 M	\$50,000
Sept. 13	Muckleshoot Tribal Classic 1-1/16M	\$50,000
Sept 20	Gottstein Futurity (2YO) 1-1/16 M	\$80,000

Enos pauses, emotion brimming in her eyes and voice.

"I get all sentimental," she said. "It makes me feel really proud. I'm very proud to be a Washoe woman, and blessed to have been able to learn these traditions, and carry them on. It's who I am. It makes me a complete, whole person."



Anishinaabe writer Wishelle Banks

a top priority and a hot-button issue, one that Smokey understands first-hand.

"You go out again, to check on [pine nuts], so that you know where to harvest," she said. "I had a big fright last year - commercial pickers were shooting off guns, because they knew my brother and I were close by. We live way out where there's no cell service, so it's quite a ways to get any kind of assistance. That's another reason I don't go out in some hills, because many people who just walk up on you, and you don't who they are. It's scary - with all the harm that we've done to our world - but people scare me more."

These deep-rooted traditions and lifeways add depth to the journeys of these Indigenous women. Like food itself, maintaining cultural traditions nurtures, nourishes, fortifies and sustains the People. A feast, indeed. Reflecting on what it means to continue what they were taught, and teach her children and grandchildren, Lisa

Muckleshoot Staff Xmas Party 2019

December 20, 2019 ~ Emerald Downs

PHOTOS BY JOHN LOFTUS



Marty Laronal Retires from MELA

PHOTOS BY JOHN LOFTUS



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

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

Employee Name	Job Title
Anita Cross	Cook II
Greg Swanson	Transit Manager
Malinda Bill	Administrative Specialist IV
William Grant	Equipment Operator I
Steven Charles	Admin Spec II
Anthony Warren	Housing Repair Spec II
Angelique Evans	HR Analyst II- Benefits
Nelson Eyle	Senior Service Provider
Kari Hutchens	Transporter
Dino Daniels	Home Health Aide
Brianna Carranza	Home Health Aide
Hannah Karanja	Home Health Aide
River Korndorfer	Home Health Aide
Pamela Penn	Administrative Specialist I
Mack Junior	MCFS Family PAL
Kristina Anderson	Grounds and Facilities I
Sidney Miller	Culture Aide
Tara Howe	Intensive Case Advocate
Robert John	Senior Service Provider
Lucielle Martin	Community Outreach Aide
Nathaniel Anton	Community Outreach Aide
Debralee Thomas	Administrative Specialist II
Daniel Moses	Admin Spec I
Sofie Sekishiro	Surveillance Observer
Edward Burggraf	Construction Project Manager
Myla Eldredge	MSP Accounting Manager
Karla Lewis	MCFS Family PAL
Claudine Williams-Cross	Home Health Aide
Jonathan Herda	IT Support Services Supervisor
Deandra Williams	Administrative Specialist IV
Erica Janosik	Medical Assistant
Theodore Vaiese	Building Maintenance Worker
Romajean Thomas	Lead Career Advisor
Katrina Jansen	Culture Aide
Lesli Holcomb	Risk and Safety Manager
Ursula Garcia	HR Administrative Supervisor
Rose Courville	Home Health Aide
Breanna Jackson	FSC Coordinator

Employee Name	Job Title
Layne Maheu	Teacher
Jenna Eyle	Medical Assistant
Michaelene Rachel O'Donnell	ECE Teacher
Leo Sanchez	Grounds and Maintenance Worker II
Rachel Heaton	Lead Cultural Arts Educator
Mary Neil	Senior Legal Counsel
Gloria Simmons	Wellness Coordinator
Ituau Atimalala	MCFS Program Manager
Curtiss Buchanan	Fisheries Enforcement Candidate
Shirley Goodwin	APS Nurse
Jae Butler	Planning Technician
Charles Starr	Equipment Operator I
Erin Dais	Culture Aide
John Jackson	Equipment Operator I
Tierra Taylor	YD Activity Trainee
Gail Farmin	MEIHSS Investigator
Autumn Yeisley	Home Health Aide
Kyle Moses	Equipment Operator I
Margarita Dunbar-Osorio	Home Health Aide
DeAnnarose Curtis-James	Administrative Specialist III
Kady Charles	Instructional Assistant I
Connie Ross-Courville	Instructional Assistant I
Jung Hur (Jay) Czarniecki	Housing Finance Director
Melissa Henderson	Payables Specialist
Tami Visser	Administrative Specialist II
Alice Purcell	Risk Management Trainee
Hellen Waruru	Home Health Aide
Pauline Njenga	Home Health Aide
Olive Kahenya	Home Health Aide
Rosanna Satiacum	Home Health Aide
Naomi Chomba	Home Health Aide
Jamila Iraqui	Mental Health Therapist-BHP
Annaliese Ferreria	MCFS Family Protection Advocate Liaison
Wesley LaClair	AWTP Participant
Stephen Gonzales	AWTP Participant
Ruben Vasquez	AWTP Participant
Heather Leonard	AWTP Participant
Dakota Moses	AWTP Participant
Chandra Moses	AWTP Participant
Alexis Ho	AWTP Participant
Ashley WhiteEagle	AWTP Participant

Employee Name	Job Title
Steven Yanish	Executive Admin Assistant
Emily Vaomu	Police Civilian Assistant
Marlon Kindness	HEO III
Wilfred Starr	Flagger
Wendi Culbertson	Admin Spec II - BHP
Hellen Waruru	Home Health Aide
Olive Kahenya	Home Health Aide
Naomi Chomba	Home Health Aide
Connie Courville	Instructional Assistant I
Destinee Warren	MCFS Family Protection Advocate Liaison
Alana Markward	Dental Patient Care Coordinator
Alice Farias	Instructional Assistant I
Teri Widmyer	Home Health Aide
Etelani O'Brien	Home Health Aide
Denis Mbutia	Home Health Aide Darina Louie

NO MORE CHEMO PARTY PLANNED FOR GARRETT BROWN!

I am writing this on behalf of my family (Roger Brown, Garrett Brown and Greyson Brown) to say a huge THANK YOU to everyone in this community that has supported us in any way, shape, or form in the last 3.5 years through this cancer journey.



Garrett Strong!

Garrett Brown is a Muckleshoot Tribal Member and is the son of myself and Roger Brown. He was diagnosed with Acute Lymphoblastic Leukemia at the age of 5, on October 11, 2016. From that day forward, Garrett has undergone more chemotherapy treatments than I can even count.

We are incredibly pleased to announce that Garrett's very last chemotherapy infusion will take place on Wednesday, 2/12/2020! He is getting his port surgically removed on 2/13/2020 and he will take his last dose of oral chemotherapy on 2/16/2020.

We are saying thank you to everyone by hosting a **NO MORE CHEMO party on Monday, 2/17/2020 at 1:00pm at the Muckleshoot Sla-Hal Shed**. We are doing a potluck style event and will be playing open stick games. Garrett loves to stick game. Feel free to stop by if you'd like and share some food and celebrate with us!

Kindest Regards,
Brianna Perez on behalf of
Brown / Perez / Eyle Family

SEATTLE/KING COUNTY CLINIC FEBRUARY 13-16, 2020

Same FREE Dental, Vision & Medical Care!
Different month!
Different location within Seattle Center!



About the Clinic

- All are welcome!
- For anyone in need who struggles to access and/or afford healthcare
- Patients do not need ID or proof of immigration status
- Patients do not need to be residents of Seattle or King County
- Admission tickets distributed at 5:00 AM in Fisher Pavilion at Seattle Center (Corner of 2nd Ave N & Thomas St)
- No advance registration: FIRST-COME, FIRST-SERVED
- Highest demand on Saturday & Sunday
- Interpreters available
- FREE parking Mercer St. Garage (650 3rd Ave N)
- Come prepared for a long day with food, comfortable clothing and any daily medications

All Services are FREE

- DENTAL:** Fillings, extractions, x-rays, deep cleanings
- VISION:** Vision screening, complete eye exams, reading glasses and prescription eyeglasses. **Bring a current eyeglass prescription (no older than one year) to skip the exam and just get eyeglasses.**
- MEDICAL:** Physical exams, x-rays, mammograms, ultrasounds, select lab tests, immunizations, foot and wound care, dermatology, physical and occupational therapy, acupuncture, chiropractic care, nutrition counseling, behavioral health, and more
- RESOURCES:** Social work, help with health insurance, and more



How Do I Get into the Clinic?

- Get a ticket in Fisher Pavilion at Seattle Center. Fisher Pavilion opens each day at 12:30 AM (see seattlecenter.org/patients for a map and details).
- A limited number of tickets will be given out each day starting at 5:00 AM. The ticket is only good for that day. One ticket per person.
- The first patients will enter the Clinic at 6:30 AM. Entrance will be in order of the number on the ticket.

How Should I Prepare for the Clinic?

This will be a long day. Come prepared to take care of yourself.

- Bring food, beverages and any medications you may need throughout the day.
- **DO NOT** fast for lab tests.
- To get dental care, you must have blood pressure and glucose within certain limits. This is for your safety.
- Wear comfortable clothing.
- Do not bring pets unless they are trained service animals.
- A parent or legal guardian must accompany a patient under age 18. Exceptions may be made for youth ages 13 and above who are not in contact with a parent or legal guardian.

Will Someone Speak My Language?

- Interpretation will be available throughout the Clinic.

What Happens Once I Enter the Clinic?

- There will be a large number of patients. You may not be able to get all of the services that you want or that are offered on the same day. You cannot get both dental and vision care on the same day.
- Patients can wait in line for an admission ticket on another day for additional services.
- You will be given a pass for the Clinic. This pass will allow you to leave and re-enter Clinic buildings for that day only.
- We will collect basic personal information including name, age and medical history.
- In each service area (dental, vision or medical) you will wait your turn in line and will be seen on a first-come, first-served basis.
- If you are in line for a service and you leave your place for a long time (more than 15 minutes), you will lose your place in line and will need to go to the end of the line when you return.

What Services Will NOT Be Provided?

- DENTAL:** Bridges, complex extractions including wisdom teeth, dentures, implants, orthodontics, root canals on molars, sedation, teeth whitening
- VISION:** Contacts, sunglasses
- MEDICAL:** Biopsies, casts, CT scans, stitches/sutures, immunizations for children under 18 years of age, admission to a treatment facility, MRIs, new prescriptions for behavioral health medications

Narcotics will not be used or prescribed. Authorization for medical marijuana will not be provided.

PARTNERS INCLUDE:

141 Eyewear | Arcora Foundation | The Ballmer Group | Bill & Melinda Gates Foundation | Burkhart Dental Supply | Ceres Roasting Company | DCG ONE | Delta Dental of WA | DentaQuest Foundation | Essilor Vision Foundation | Expedic Inc. | Group Health Foundation | Hepatitis Education Project | Kaiser Permanente | King County Nurses Association | Mary Mahoney Professional Nurses Organization | Medical Teams International | Moccasin Lake Foundation | Opticians Association of WA | Optometric Physicians of WA | Paterson Dental | Philips Healthcare | Physical Therapy Association of WA | Project Access Northwest | Public Health - Seattle & King County | Seattle Cancer Care Alliance | Seattle Center | Seattle Center Foundation | Seattle Fire Department | Seattle Housing Authority | Seattle Information Technology | Seattle Office of Immigrant & Refugee Affairs | Seattle Police Department | Shofu Dental Corporation | Space Needle | SPARK | Spectra | Swedish | UW Medicine | UW School of Dentistry | UW School of Public Health | Virginia Mason | VOSH Northwest | WA Academy of Eye Physicians & Surgeons | WA Academy of General Dentistry | WA Dental Hygienists' Association | WA Healthcare Access Alliance | WA State Chiropractic Association | WA State Dental Association | WA State Department of Health | WA State Nurses Association | WA State Society of Oral and Maxillofacial Surgeons

More Info: seattlecenter.org/patients

Email: SKCClinic@seattlecenter.org

Phone: 206.684.7200



Scholarship Updates Winter 2020

➤ The **Spring 2020** Scholarship Portal is now Open!

<https://memberportal.muckleshoot.nsn.us>

➤ The **2020 FAFSA** is now opened

<https://studentaid.ed.gov/sa/fafsa>

MIT Scholarship would like to welcome our new Lead Academic & Career Advisor, Romajeon Thomas! She is excited to be a part of the Scholarship Team. Romajeon is alumni of Muckleshoot Tribal College, and has been a scholarship participant as well.

If you are a current student or are interested in becoming a student drop in the MIT Scholarship Advising Center located at Muckleshoot Tribal College. It is time to sign up for spring quarter and the Scholarship Portal is currently opened from January 20th-February 28th

The scholarship department offers a variety of services to eligible tribal members including Academic Advising, Tutoring Services, FAFSA workshops, and new student orientations just to name a few! If you would like to inquire about becoming a Scholarship Student, or have questions about our services please contact the MIT Scholarship Student Advising Center at 253-876-3378 or scholarshipsdept@muckleshoot.nsn.us

NORTHWEST INDIAN COLLEGE

X w l e m i E l h > T a l > N e x w S q u l

Hi, my name is Kelly Darby. My tribal lineage is from the Tlingit Tribe of Southeast Alaska. Currently, I am working as an Instructional Aid for Northwest Indian College at the Muckleshoot site housed within the Muckleshoot Tribal College. I graduated with an Associate degree from NWIC before receiving a Bachelor's degree in Sustainable Urban Development from the University of Washington Tacoma. I am passionate about research, documentarian studies and I am looking forward to working with the community.



Kelly Darby

Green River Carpentry Pre-Apprentice

The Muckleshoot Tribal College just completed the fifth successful Pre-Apprenticeship Training Program cohort. The Pre-Apprenticeship curriculum is a robust exploration of the construction industry trades with a primary focus in Carpentry and wood working skills. The education was provided in partnership with Green River College. This quarter, students also had a Muckleshoot Community based building project with our retired Master Carpenter Instructor, Dave Christiansen. Ten students graduated with four credits toward an accredited Carpentry Technology Certificate.

If you are interested in pursuing a career in the construction trades, contact the Tribal College:

Michele Rodarte- Michele.Rodarte@muckleshoot.nsn.us, 253-876-3291

Kwanna Wise- Kwanna.Wise@muckleshoot.nsn.us, 253-876-3344



Dave Christiansen, Instructor and Thadious Lozier, Student Students and Staff pose for a photo at the Graduation Luncheon Ceremony



Digging and leveling out the ground to build concrete forms for the woodshed



Dave Christiansen, Instructor & Thadious Lozier, Student pose at the woodshed



Students diligently building and updating the AWTP workshop space.



New Certified Nursing Program CNA

The Muckleshoot Tribal College, in partnership with the Muckleshoot Elders In-Home Support Services, and, Renton Technical College started its first cohort of the new Certified Nursing Program on January 7th, 2020. Eight students were chosen to be a part of this program that is designed to teach students how to provide quality healthcare and become a nursing assistant. All eight students currently work for the Muckleshoot Elders In-Home Support Services. Seven of the eight students are Muckleshoot Tribal members. The program also includes a clinical

rotation where students get to practice with real patients. The program runs through February 11th and will end with students having earned a Certificate of Completion after passing the WA State exam also now available here at the college. This program will be offered again in spring. For future offerings of this program, please contact the Muckleshoot Tribal College, look for the advertisements in email, or the Muckleshoot Messenger. Denise Bill, Eve Austin, and, Reese Ponayahquaptewa are the contact representatives for this program.

High School 21+0 program can help you graduate

The Muckleshoot Tribal College now is able to help Muckleshoot Tribal Members get their high school diploma even if high school was never attended. How can this be done, you ask? Through a partnership with the Renton Technical College we have the opportunity to get the credits needed for a student to graduate. Below are the frequently asked questions:

What are the credit requirements for the program?

This program, open to Muckleshoot Tribal Members only, has no minimum credit requirement.

Are there any requirements for this program?

Yes, you are required to pass the two-week probationary period before you will be enrolled in the RTC HS21+ program.

You will also be given a short Language Arts and Math assessment.

What types of credits count toward graduation?

The credits that count have to come from classes accepted by Washington State for graduation. Unfortunately, some classes, such as Life Skills, some electives, and labs, don't count for this program.

How do I find out how many credits I have?

The first step is to get an *unofficial* copy of your high school transcript from the last high school you attended. (You should not have to

pay for it.) This will show how many credits you earned, what year you were set to graduate, and which classes you were given credit for.

How do I make up the missing credits?

This program is "competency" based which means you are given credit for those subjects you can prove you can do. Competency can be proven in many different ways; APEX classes, assigned coursework, completed tests, certificates, certifications, licenses, videos, writing, directed exercises, previous GED tests passed, online, classes, work history, self-employment, etc...

Are the Washington State tests still required to graduate?

The tests are not required once a student is 21 years of age, so no additional tests are needed to graduate in this program.

If I need a class, where will I take it?

If it is decided a class is needed, it can be taken here at MTC with our new APEX Credit Retrieval Program. In most cases we can make arrangements for you to finish everything here at the Muckleshoot Tribal College (MTC) with the two instructors. Taking classes through Renton Technical College (RTC) is also an option.

What support will I get while in this program?

Because it is a partnership with Renton Technical College, one of their instructors will

direct you on what you need to prove competency. They will also be available in person twice a month here at MTC. Also, the instructors here at MTC, Cary and Melissa, are available to assist you in your assignments from RTC and collecting what you need for submittal and presentation to the RTC instructor.

Who issues my high school diploma?

The high school diploma itself is issued through Renton Technical College in accordance with Washington State requirements. After completing your credits, a diploma will be mailed to you in 4 to 6 weeks.

What is the time frame in finishing this program?

There is no set answer to this question. This will depend on the amount and kinds of credits you need and the time and effort put into finishing the assignments given by the instructor. You need to keep in mind you are making up four years of high school credits, because of this it could take several months of dedicated time.

Are there any costs?

The program is free to Muckleshoot Tribal Members.

If you still have questions, feel free to contact Cary Hutchinson, 253-876-3375, Melissa Reeves, 253-876-3256, or Mitzi Judge, 253-876-3395.

CERTIFIED NURSING ASSISTANT (CNA) PROGRAM INFORMATION SESSION

Certified Nursing Assistants are an integral part of the healthcare system. Come join us at either of the following sessions to learn more about this rewarding career!

**Muckleshoot Tribal College
Room 203**

Food & refreshments will be provided at the information sessions.

**5:00-6:00PM Thursday, Feb. 13th
12:00-1:00PM Tuesday, Feb. 18th**

Certificate by Renton Technical College

For more information contact:

Denise Bill 253.876.3345 Denise.Bill@muckleshoot.nsn.us
Mitzi Judge 253.876.3395 Mitzi.Judge@muckleshoot.nsn.us
Michele Rodarte 253.876.3291 Michele.Rodarte@muckleshoot.nsn.us



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





Students of the Quarter



Office Hybrid
Ellen Richardson

We, the Muckleshoot Tribal College, are proud to present the student of the quarter award to Eileen Richardson. The Muckleshoot Tribal College strives to instill in its students the qualities of success, dedication, and a willingness to be life-long learners. Eileen Richardson exemplified these qualities best during her time here at the Muckleshoot Tribal College. Eileen started the quarter with uncertainty and worry that she may have started something that may be too difficult for her. There were several difficult moments for her during the quarter. However, Eileen 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, Eileen Richardson, for being a model student so that others may strive to achieve those same qualities that you have.

signments, 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, Eileen Richardson, for being a model student so that others may strive to achieve those same qualities that you have.



journey is well on its way. She is doing this all while raising her five children. We at the Muckleshoot Tribal College thank Tationah for her dedication to the GED Program and wish her success in this and all future endeavors.

Office Basic
Catherine Bullock

We, the Muckleshoot Tribal College, are proud to present the student of the quarter award to Catherine Bullock. The Muckleshoot Tribal College strives to instill in its students the qualities of success, dedication, and a willingness to be life-long learners. Catherine Bullock exemplified these qualities best during her time here at the Muckleshoot Tribal College. Catherine always had a great attitude and willingness to learn from the very beginning of the quarter. There were difficult moments for her during the quarter. However, Catherine 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, Catherine Bullock, for being a model student so that others may strive to achieve those same qualities that you have.

GED/HS21+
Tationah Nouata

The GED/HS21+ Learning Center is proud to present, "Student of the Quarter Winter 2019", Tationah Nouata. Tationah has committed herself to obtaining her GED by spending several hours studying each week. Because of her time commitment, she was ready to take her first GED test in a relatively short time and has already passed her first test!! Her educational

The NT | PLUS IT Advice Column

Does That Device Belong on My Network? (Part 3)

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

Last time we talked about advanced Wi-Fi security processes and we promised to cover shopping and banking security practices when you are on your own wireless network. Starting with the things we talked about in the last few editions of the messenger, you should be relatively secure and would estimate that for the average internet task you are. But shopping and banking give access however briefly to our personal finances which we want to protect.

The first thing to do when using online shopping and banking services on your home Wi-Fi, is to take a moment to double check the connected users on your network. If you don't recognize a device, don't proceed. Next, make sure that you are on the site you believe you are on, by verifying the address, and make sure that the encrypted lock is locked.

If that looks good you are good to go. But don't store credentials in the browser, meaning don't save your username and password, and always remember you are better off re-entering your credit card every time you need it rather than storing it on sites. While convenient, the ability to remember cards and buyer info, also means a hacker could get the same things.

Stay tuned for the next issue as

we look at ways to increase your data security and make sure you don't lose your hard work! And as always stay safe out there!

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

NORTHWEST INDIAN COLLEGE
Xwilemi Elks-Tals-Nexw-Squl

SPRING INTO THE 2020 SCHOOL YEAR!

Accomplish your Goals this year and Register for upcoming classes

UPCOMING REGISTRATION DATES TO REMEMBER

Registration Feb 18-April 3
Quarter classes begin April 6
Late Registraron April 6-10
Permission for late Registration April 13-april 17
Last Day of Quarter June 19

For more Information contact:
Site Manager
Edna Wyena (360) 255-4432
ewyena@nwic.edu

Instructional Site Technician
Kelly Darby (360) 255-4433
Kdarby@nwic.edu

WE PROUDLY BRING YOU

NORTHWEST INDIAN COLLEGE TEAM MEMBERS

Salena Phair-Gomez-Work Study
Destiny Jansen- CCEOP Youth worker
Kelly Darby-Instructional Site Technician
Edna Wyena-Site Manager

NWIC HOURS:
Monday Wednesday Friday
8:00 AM-5:00 PM
Tuesday & Thursday
8:00 AM-6:00 PM
Flexible, Subject to change

Available after work hours by appointment only
Contact information:
kdarby@nwic.edu (360) 255-4433
ewyena@nwic.edu (360) 255-4432

WRITING CENTER

TUTORING HOURS
9AM-11AM
MONDAY-WEDNESDAY

MUCKLESHOOT TRIBAL COLLEGE
ROOM 206

AMY MAHARAJ

RUNNING START

GET A HEAD START ON YOUR COLLEGE EDUCATION AT NWIC FOR FREE AT MUCKLESHOOT TRIBAL COLLEGE!

Running Start is:
• A dual-credit program allowing High school Juniors and Seniors to earn both college and high school credit
• Tuition free for all students who successfully enroll

Winter Quarter Registration: Nov 4, 2019 to Jan 7, 2020
First day of Winter Quarter: January 8, 2020

For more information contact Edna Wyena at MTC Room 208
Phone: 360-255-4432 Email: ewyena@nwic.edu

MTC: 39811 Auburn-Enumclaw Rd 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!!

We Want You! Now hiring!

Are you passionate about Native American arts and culture? NWIC is looking for faculty for basket weaving, Quilting, Regalia Making

Northwest Indian College at Muckleshoot Tribal College is Hiring for Part-time Faculty!

- Math Faculty
- Science Faculty
- Native American Studies Faculty
- Political Science Faculty
- Chemistry Faculty
- Native Environmental Science Faculty
- Physical Education Faculty

For more Information stop by Muckleshoot Tribal College Room 208 or contact Edna Wyena (360)255-4432
jewyena@nwic.edu

COLLEGE IS POSSIBLE REGISTER TODAY

NORTHWEST INDIAN COLLEGE

AT MUCKLESHOOT TRIBAL COLLEGE
39811 AUBURN-ENUMCLAW RD SE, AUBURN WA 98092

NWIC offers Flexible Learning Options
-Face to Face courses
-Independent Learning
-Online courses

Registration for Winter Quarter 2019:
November 4, 2019 to January 7, 2020

First day of Winter Quarter is January 8, 2020

DEGREE PROGRAMS OFFERED AT MUCKLESHOOT SITE

- Bachelor of Art Tribal Governance & Business Management
- Associates of Arts in General Direct Transfer
- Associate of Technical Arts in Chemical Dependency Studies

Stop by the Muckleshoot Tribal college
Contact Edna Wyena for more information
Contact info: Ewyena@nwic.edu (360) 255-4432



DEGREES AND PROGRAMS

<h3>BACHELOR DEGREES</h3> <ul style="list-style-type: none"> → 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 <h3>CERTIFICATE PROGRAMS</h3> <ul style="list-style-type: none"> → Computer Repair Technician → Construction Trades → Office Professions → Hospitality Management → Web Page Development → Casino Gaming Technician → Project Management 	<h3>ASSOCIATE DEGREES</h3> <ul style="list-style-type: none"> → 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
---	--

LOCATIONS AND SERVICES

<h3>FLEXIBLE LEARNING OPTIONS</h3> <ul style="list-style-type: none"> → On-Campus Day and Night Courses → Interactive Tele-Courses (ITV) → Independent Learning Courses → Online Courses 	<h3>SEVEN CAMPUS LOCATIONS</h3> <ul style="list-style-type: none"> → Lummi (Main Campus) → Muckleshoot → Nez Perce → Nisqually → Port Gamble S'Klallam → Swinomish → Tulalip → Nisqually
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NORTHWEST INDIAN COLLEGE
Xwlemi Elh>Tal>Nexw Squl

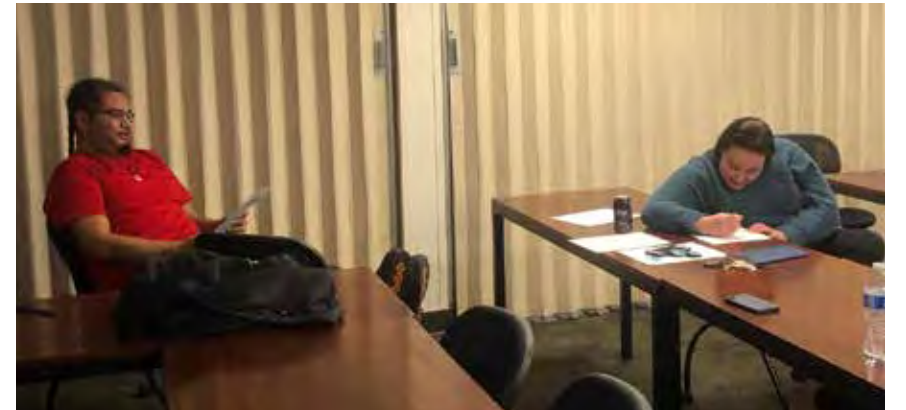
Excellence in the Workplace Certificate Program – Green River College & Muckleshoot Tribal College

Having the right technical skills is important, but to really stand out, studies show employers want employees with strong communication, teamwork, productivity, interpersonal and critical thinking skills.

The "Workplace Excellence" Certificate was created by Dr. Denise Bill and Amy Maharaj in partnership with Green River College to create a series of classes that lead to these essential skills.

The current cohort consists of Muckleshoot's Language Program's teachers and with the Director of the Language Program, Eileen Richardson. The classes are held every Friday at Muckleshoot Tribal College for a total of 12 weeks.

Students graduating from the program will receive their certificate from Green River College and Muckleshoot Tribal College. The next cohort is set to start in April and is already fully booked. Stay tuned for future classes.



HIGHER EDUCATION DEPARTMENTS



MUCKLESHOOT TRIBAL COLLEGE

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

What does a Northwest Indian College education look like?
It looks a lot like you.

APPLY TODAY
www.nwic.edu

EARN A BACHELOR'S DEGREE IN YOUR OWN COMMUNITY
NWIC - Muckleshoot, (253) 876-3183
39811 Auburn-Enumclaw Hwy

NORTHWEST INDIAN COLLEGE

NOW OFFERING A B.A. IN TRIBAL GOVERNANCE & BUSINESS MANAGEMENT AT OUR MUCKLESHOOT CAMPUS

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.

WAYS TO GET MY 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-PAGED 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

Muckleshoot Dance

WHERE: SLA HAL SHED
 WHEN: 2/16/2020 (Sunday)
 TIME: 1pm to 4pm

Snacks/drinks will be provided
 All Ages Welcomed
 Open Community Event, bring your friends and family.
 Alcohol/Drug Free
 Dance/Dress all age appropriate please

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

HELPING TO FEED PEOPLE IN NEED ON THE ENUMCLAW PLATEAU

EMPTY BOWLS

FRIDAY
FEBRUARY 28, 2020
4 - 7 PM

\$20/PERSON - PRESALE ON FACEBOOK
 \$25/PERSON - AT THE DOOR
 CHILDREN UNDER 8 FREE (NO BOWL)
 ENUMCLAW HIGH SCHOOL COMMONS
 226 SEMANSKI ST. S., ENUMCLAW, WA
 FOR MORE INFORMATION:
 WWW.FACEBOOK.COM/ENUMCLAWEMPTYBOWLS

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.

WARNING

FENTANYL IS KILLING KING COUNTY RESIDENTS

“Oxycodone” and “Percocet” pills sold on the street or online are **FAKE** and likely contain **fentanyl**.

Fentanyl can also be found in **white powders**.

HOW TO PREVENT OVERDOSE

- Don't use pills/powders from the street or online
- Don't mix drugs
- Don't use alone
- Have Naloxone (Narcan) ready Find it near you at stepoverdose.org
- Call 911 if someone overdoses

Getting treatment is now easier than ever!
Recovery Help Line
 1.866.789.1511
www.waRecoveryHelpLine.org

Public Health
 Seattle & King County

FAMILY TREE BOOK UPDATE

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

DID YOU KNOW...

...the Muckleshoot Tribe has a historic collection of books, photographs, oral histories, artifacts and other memorabilia? Many items are listed by family names, especially photographs. It is a great resource for all tribal members who might be family genealogists, local historians, students, artists or members interested in the tribe's culture, traditional skills and history. We also provide editing and scanning services for your photograph collection. The collection is housed in the Philip Starr Building for all Tribal members to use. Please call 253-876-3273 for more information, or stop by the front reception and ask for Donna.

Come Visit us soon!

Eva Jerry, ca. 1970s, on the White River, taken for the book "Fall Fishing with Muckleshoot."

TAX PREPARATION SERVICE AT THE PHILIP STARR BUILDING



Liberty Tax is on-site providing tax preparation services for Muckleshoot Tribal Members only in the Philip Starr Building

Dates & Hours of Operation:

January 23rd to April 17th
 Monday to Friday 9am-5pm

Documents to Bring:

- Tribal ID
- Prior Year Tax Return, if available
- Dependent Information
- 1099's
- W-2's
- Any other tax documents

In addition to on-site services with Liberty Tax, you may also go to most local Liberty Tax locations - this means you do not have to pay out of pocket and your bill will go directly to the Finance Department. The closest offices are:

Auburn 901B Auburn Way N Auburn, WA 98002 253.243.7085	Bonney Lake 20972 State Rte 410 E Bonney Lake, WA 98391 253.321.8037	Kent 25451 104th Ave SE #104 Kent, WA 98030 253.852.1358
--	--	--

You may also use any other tax preparer you choose and get reimbursed up to \$210 (\$230 if you have an amount in box 7 on your 1099). For reimbursement, please bring a receipt that contains your name, tax year, address and amount to Finance.

Employees and community members receive a 30% discount from Liberty Tax. Please see the Finance Receptionist for coupons.

ATTENTION VENDORS



Mobile Vending is a great way for Muckleshoot Tribal Members and Community Members to sell crafts, food and beverages, as well as provide a wide array of choices to customers.

Below you will find information on a variety of locations that have been selected for Mobile Vending. Each location has a specific customer and vendor parking area as shown.

IF YOU ARE INTERESTED IN USING ANYONE OF THESE LOCATIONS FOR MOBILE VENDING PLEASE CONTACT:

KEN LEWIS BY EMAIL:
KEN@MUCKLESHOOT.NSN.US
 OR
 PHONE#: 253-876-3136



Get Well Cards to
Father Pat Twohy
 Jesuit Community
 PO Box 222000
 Seattle, WA 98122

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

Pick a party.
vote! for one.
 Sign on the line.

Return it by **March 10.**
 Your vote is your voice.
 Make yourself heard.



For more information on this election or how to cast your ballot, visit kingcounty.gov/elections



Get social with us
 twitter.com/kcelections
 facebook.com/kcelections
 instagram.com/kcelections

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

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

Human Trafficking Awareness Month

Tip 4

Ways of Identifying Victims

There are a total of 5 informational tips like this around the business buildings on the Muckleshoot Reservation. Take a picture of all 5 tips and bring them to the Tribal Court Annex to receive a gift.

Expires February 28, 2020

- Not free to come and go as they please.
- Recruited through false promises concerning the nature and conditions of their work.
- Opaque, boarded up or bars on windows, security cameras, etc...
- Not in control of their own money, bank accounts or financial records.
- Not in control of their own identification documents.
- Not allowed to speak for themselves (a third party must be in the room or translate for them).
- Doesn't know what city they are in.
- Little sense of time or date.

For more information or assistance call: Muckleshoot Victim Services Program
 Christine Mandry, Victim Services Specialist 253-876-2910 or Tara Howe , Intensive Case Advocate 253-876-2980
 Or the National Human Trafficking Hotline 1 (888) 373-7888 or SMS: 233733 (Text "HELP" or "INFO")

ONE Sleep Company

No Sales Tax

Free Delivery For All Tribal Members With ID
 Up to 10% Off Qualifying Purchase

DOUBLE THE COMFORT, HALF THE PRICE.

No Credit Needed	\$39.00 Down
Twin Mattresses Starting	\$125
Full Mattresses Starting	\$150
Queen Beds Starting	\$199
King Beds Starting	\$299

Call Today 253-651-5376
WWW.ONESLEEPCOMPANY.COM

Muckleshoot Discount With ID
 Located in Kent, Sumner and Tacoma



Tara Howe joins Victim Services Program

The new Muckleshoot Victim Services program welcomes Tara Howe. She has a deep interest in making advocacy her career. Tara is a Muckleshoot Tribal member. Her Father was Stanley James (Muckleshoot Indian) and my Mother is Mary Gallagher (Blackfeet Indian). She was born and raised in Washington State. She reports her biggest goal is to help people the way she has been helped and help them break the cycle. She wants everyone to feel worthy of love, dignity and respect.



Tara Howe will be at Culture nights at the Tribal School engaging in activities with the youth and planning and attending other events that focus on the youth and young adults in the community.

Tara will be specializing in resources for housing and emergency shelter for domestic violence. She will also assist victims of all crimes with case management and referrals. Tara

Victim Services Program participates in Open House events

The Muckleshoot Victim Services program along with several other Muckleshoot programs were at the Open House/Resource Fair held at the Elder's Center on November 6, 2019 and the 3rd Annual Housing Fair / Home Show on November 13, 2019. Many community members stopped by the table to learn about the services offered through the new Victim Services Program.

In December the program will be at Culture Night and attending the community meeting regarding bullying. Events planned for the future are a Human Trafficking Training, a Domestic Violence Dinner and an Identity Theft awareness event.

For further information regarding services provided by the Victim Services Program please feel free to contact Christine Mandry or Tara Howe at 253-876-2910 or 253-876-2980.



ʔəshəliʔil ʔal kʷə dʰəçusadad

Healing Through My Cultural Teachings

In this three day cultural training you will:

Strengthen your sense of identity, purpose and belonging through our immersive experience focused on seasonal teachings, healing and cultural activities!

- ❑ Ages 12 & up (unless accompanied by adult)
- ❑ Limited seats available
- ❑ Third day is a reward to attendees with completion of participation ☺



Muckleshoot Behavioral Health Family & Youth Services and Muckleshoot Culture Division collaboration.

For more info & pre-registration contact:
Muckleshoot Family and Youth Services

Phone: (253)333-3605

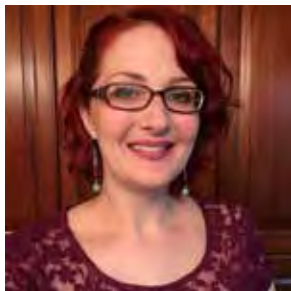
Location: Sla-Hal Shed
Time: 9:00 a.m. – 4:00 p.m.
When: February 18th, 19th and 20th

Upcoming Per Capita Deadlines and Schedule

- February 7, 2020** - Deadline to stop taking Direct Deposit Changes/Cancellations
- March 3, 2020** - Per Capita Distribution in Cougar Room at PSB, 7:30 am – 5:30 pm
- March 4, 2020** - Per Capita Distribution in Cougar Room at PSB, 8:00 am – 5:00 pm

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

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

Muckleshoot Child and Family Services (MCFS)

Contact Information for the MCFS Program

Address:

**1220 "M" Street SE
Auburn, WA 98002**

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

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



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

Stop the spread of germs that make you and others sick!

Cover your Cough



Clean your Hands

after coughing or sneezing.



clean with alcohol-based hand cleaner.



MUCKLESHOOT POLICE REPORT

Those subjects listed as "arrested" or "arrested via citation" means there is enough evidence for the police to prefer charges but have not been convicted.

Weekly Recap for January 2020

- 1/01/2020 0001 Hours C20000006 38400 BLK/164th AVE SE Animal Cruelty**
A deputy found a dog in distress in the middle of the roadway. The dog was in obvious pain due to his dog collar being too tight. The collar was so tight that the dog was bleeding all around his neck. The deputy cut the collar and had the dog taken to the nearest vet for further treatment.
- 1/07/2020 1624 Hours C200000846 41200 BLK/177th DR SE Fraud**
A female called 911 to report a scam she encountered online. She thought she was doing a promotional job for Rock Star energy drinks. However when she received her paycheck it was from a different company. When she cashed the check at her bank she learned it was fraudulent. The bank closed her account and flagged her.
- 1/11/2020 1517 Hours C20001387 38800 BLK/180th AVE SE Hit & Run**
A homeowner called 911 and reported a car had rammed his gate overnight. There was minimum damage and no witnesses of the crime.
- 1/12/2020 1406 Hours C20001471 SE 392nd ST/164th Ave SE Warrant**
During a traffic stop deputies contacted a male and female. When deputies identified the male they learned he had two warrants out for his arrest. The male was taken into custody and later transported to King County Jail.
- 1/12/2020 0028 Hours C20001747 16300 BLK/SE 391st ST Assault**
Deputies responded to a dv assault that occurred between a married couple and an ex-girlfriend. The wife was arrested for assaulting her husband and his ex-girlfriend.
- 1/15/2020 1416 Hours C20001841 38900 BLK/172nd Ave SE Animal Problem**
A loose dog bit a construction worker. The dog was secured and taken back to its owner.
- 1/15/2020 0937 Hours C20001783 14700 BLK/SE 368th PL Warrant**
Deputies contacted and arrested a man on his felony warrant. He was later transported and booked into RJC
- 1/16/2020 2046 Hours C20002040 40800 BLK/HWY 164 Warrant**
A male and Female were contacted on a traffic stop. When deputies identified the two they learned they both had warrants. They were both placed under arrest and transported to KCJ and SCORE jail. During booking deputies found heroin on the male. It was confiscated and placed into evidence.
- 1/19/2020 1554 Hours C20002354 3600 BLK/Stuck River DR Suspicious**
A man was using drugs down by the river. His drug was confiscated and he was escorted off the premises. The drugs were later placed into evidence.
- 1/20/2020 2031 Hours C20002031 16600 BLK/SE 393rd ST DV Assault**
Two brothers got into an argument that turned physical. One brother hit the other over the head with a bottle. The injured brother sustained a laceration on his head. Deputies arrested the brother at fault. He was later taken to King County Jail and booked on DV assault charges.
- 1/22/2019 0843 Hours C200002685 38900 BLK/172nd Ave SE Theft**
A woman stop by the substitution to report a theft. Apparently someone stole money from her purse while she was home. She said it was a per-cap check that belonged to a tribal member.
- 1/23/2020 1043 Hours C20002858 39000 BLK/172nd AVE SE Warrants**
Deputies contacted and arrested two individuals that had warrants out for their arrest. They were found sleeping in a suspicious vehicle. Deputies placed them both under arrest and transported them to SCORE jail. They were later booked on their warrants.
- 1/23/2020 1013 Hours C20002854 38000 BLK/HWY 164 Trespass**
Deputies contacted and trespass two individuals that were trespassing on Muckleshoot tribal housing. They appeared to be squatting inside a vacant house. They were escorted off the premises and warned not to return.
- 1/23/2020 1228 Hours C20002875 400 BLK/4th Ave N Warrant**
A Muckleshoot tribal member was picked up from RJC and rebooked at SCORE on several outstanding warrants.
- 1/27/2020 0923 Hours C20003391 17600 BLK/SE 408th ST DV Assault**
A male and female roommate got into an altercation that turned physical. The female got upset and sprayed the male with bear mace. She was later arrested and transported to RJC. She was cited for DV assault.
- 1/30/2020 0223 Hours C20003759 39900 BLK/HWY 164 Vehicle Recovery**
Deputies recovered a stolen vehicle that was abandon on the reservation. They notified the registered owner and had the vehicle towed to a secured location.
- 1/30/2020 0743 Hours C20003811 39200 BLK/HWY 164 Warrant**
Two males that were released from prison less than a month ago were contacted and arrested on multiple felony warrants. They were seen going to a known Muckleshoot drug house. Both suspects were transported to SCORE jail and booked on their warrants.

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

Case No.: MUC-J-12/18-168
NOTICE OF PERMANENT PLAN HEARING
IN RE THE WELFARE OF:
A.J.
DOB: 12/15/2018
AN INDIAN CHILD

TO: (MOTHER): LENORA JANSEN
(PROSECUTOR): DORRY PETERSON
(CHILD & FAMILY SERVICES WORKER): MELISSA MORALES

YOU AND EACH OF YOU will please take notice that a Permanent Plan Hearing will take place on Tuesday, March 10, 2020, at 11:30 AM, in the Muckleshoot Tribal Court of Justice, located on the Muckleshoot Indian Reservation, Auburn, Washington.

The purpose of this hearing is to determine a permanent status for the children.
The rights of parent(s), guardian(s) or custodian(s) may be affected in the proceeding.
Should any party fail to appear for the hearing after receiving proper notice, the Court may make permanent arrangements for the child and take any other action that is authorized by law, including entering a permanent plan other than return home of the child. At the permanent plan hearing, the Court may also consider whether termination of parental rights is in the best interest of the children.
Please refer to Muckleshoot Child and Family Protection Code Sections 12.A.04.010 - .20 for further information on the type of action the Court may make at a permanent plan hearing.

The parents, guardian and custodian of the youth, are each entitled to have someone represent them at this hearing, but at their own expense-meaning that they will be solely-responsible for any fees charged by that 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 Prosecutor at (253) 876-2891.

Dated this 17 December 2019

/s/ Katie Avila
COURT CLERK / ADMINISTRATOR



Nanaimo, BC - July 27 to August 1, 2020

Attention Muckleshoot Tribal Members and Community Members:

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

To see if your barring has been lifted, please call
253-804-4444 Ext. 1428

Brush Clearing Service

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

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

EVENTS CALENDAR

- February 13-16 **Seattle/King County Clinic**
Fisher Pavilion, Seattle Center
- February 16 **Muckleshoot Dance**
Sla-Hal Shed, 1-4PM
- February 17 **No More Chemo Party for Garret Brown**
Sla-Hal Shed, 1PM
- February 21 **End of Season Salmon Dinner**
Muckleshoot Tribal School, 3PM
- February 22 **Winter Powwow**, Tribal School Gym
- March 10 **Washington State Presidential Primary Election**
- February 21 **Minor's Trust Education Class**
17500 SE 329nd St, Auburn, 4-7PM
- March 12 **Comedy Show with Mark Lundholm**
Health & Wellness Mount & Cedar Conference Rooms, 5:30-8PM
- March 14 **Winter Powwow**, Tribal School Gym
- March 14 **Wally Jackson Memorial**
The Akalat, La Push, WA
- April 18 **Opening Day of Racing**
Emerald Downs
- June 13 **Keta Creek Fishing Derby**
8:30AM-2:30PM
- August 15 **Keta Creek Fishing Derby**

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

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
- 15% off all wheels and 10% off all tires
- Early Bird Special - get an additional \$20.00 off when you come in Monday through Friday between 8:30 AM and noon.
- 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.

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

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 Tribal Court of Justice
In and for the Muckleshoot Indian Reservation
Auburn, WA 98092

Case No.: MUC-J-11/19-143
NOTICE OF FACT FINDING HEARING
IN RE THE WELFARE OF:
N. B.
DOB: (04/12/2008)
An Indian Child/Children

TO: TERON ARMSTRONG AKA OSCAR DELGADO, ALLEGED FATHER
KARLA LEWIS, 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 24th day of March, 2020, AT 1:00 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 your own expense-meaning that they will be solely responsible for any fees charged by the person.

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

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

Dated this 17th day of DECEMBER, 2019
/S/ KATIE AVILA
MIT-Clerk Of The Court

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 descendent (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-\$5,490	\$6,458
2	\$0-\$6,276	\$7,383
3	\$0-\$7,062	\$8,308
4	\$0-\$7,841	\$9,225
5	\$0-\$8,472	\$9,967
6	\$0-\$9,102	\$10,708
7	\$0-\$9,725	\$11,442
8	\$0-\$10,356	\$12,183

To apply or if you have any questions contact the Muckleshoot CCDF Program at 253 876-3056 or Vanessa Simmons at 253 876-3016
e-mail: Vanessa.Simmons@muckleshoot.nsn.us

Located at the Muckleshoot Early Childhood Education Center, 15599 SE 376th ST, Auburn, WA 98092

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

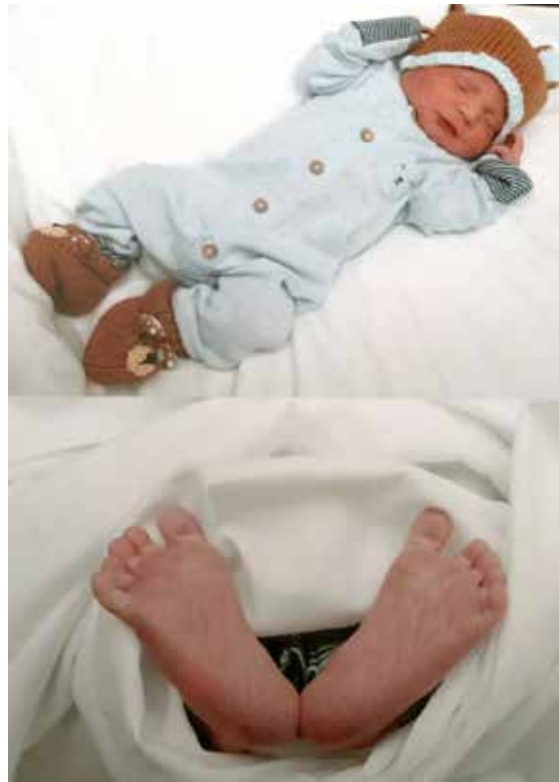
DEL TORO AUTO SALES

One Free OIL CHANGE! WITH PURCHASE!

Bring this coupon for **\$150 doc fee waived**

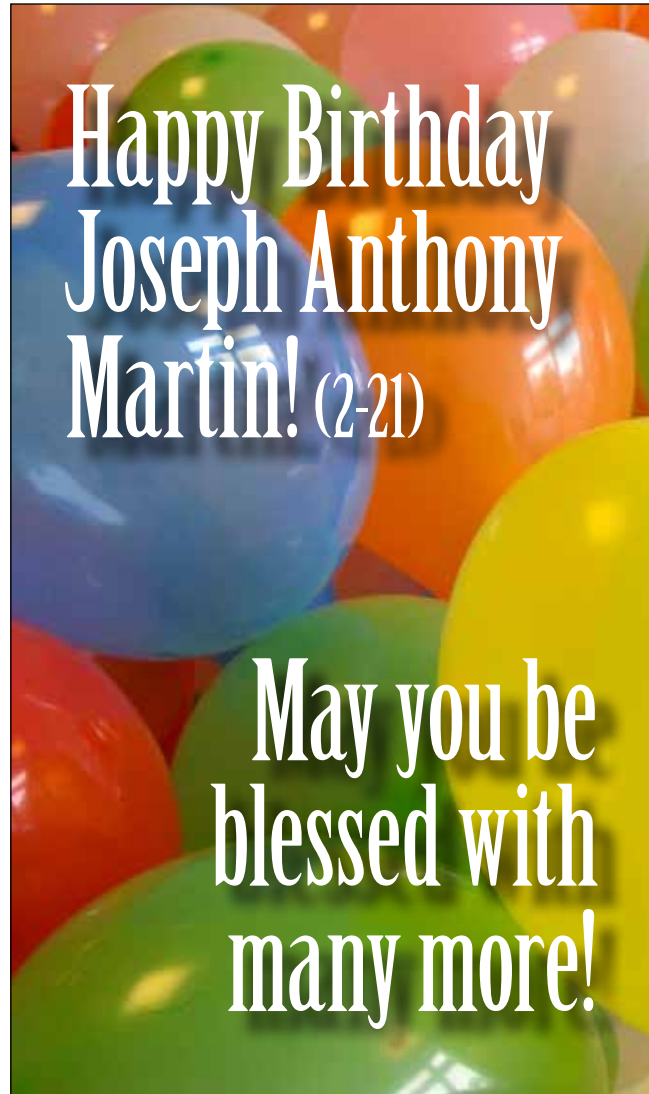
FAMILY

New Year's Baby!



Dreamer Israel-Matias Carreno

January 1, 2020 at 7:56 am • 7 pounds, 1 ounce • 19 inches
With Love, Delilah and Miguel



Happy Birthday
**Joseph Anthony
Martin!** (2-21)

May you be
blessed with
many more!



Charles Sneatlum, Sr.

On this date in Tulalip History - January 31:
In 1951, the Everett Herald reported that Charles Sneatlum was visiting his home at Tulalip. He had spent the last three months in the U.S. Army studying decoding in the Signal Corps. After spending a week at the home of his mother, Mrs. Amelia Sneatlum, his next military assignment was to be at Camp Stoneman, California. Charles was the brother of Marie Sneatlum, well-known vocalist who was studying at the New England Conservatory in Boston. He was able to spend Christmas with her, as guests of a Boston family. They could trace their ancestry to both Chief Sneatlum and to Chief Sealth (Seattle).
Source: Everett Herald, January 31, 1951.

Happy 3rd Birthday Ansley AnnMarie!

It has been a fun year watching your personality emerge! We love you and are excited to watch you learn and grow.

Love, Mom, Dad, Natalia and Keanu



HAPPY GIRL. Skuya won this bike at the 2020 census booth at our last winter pow wow.



Karol Daniels and Keista Gonzales



Ray Jerry Jr. and Corey Ward-Jerry, 1st & last place finishers in 2019 Fantasy Football League.



Mlciah Frank McDaniel with his Grandma, Aunite Darla and cousin Amelia Willis.

Muckleshoot's 2020 Keta Creek Fishing Derbies

The Keta Creek Fishing Derbies are summer time, family-oriented events for Tribal Members and their families. These trout fishing opportunities offer breakfast, lunch, ice cream, fun and games for all ages. Bait, fishing tackle (supplies are limited), ice, and fish bags provided. Fun games and other events may be added as well.

This Year's Dates are: June 13, 2020 AND August 15, 2020

Time: 8:30-2:30 pm

KIDS/FAMILY DERBY— Fishing for kids 12 and under. Pee-Wee's Pond. Fishing prizes for kids and door prizes for adults and free-for-all fishing after lunch.

GET OUT THE VOTE



Presidential Primary Election Day Tuesday, March 10, 2020

Registering To Vote: To register to vote in the state of Washington, you must be:

- A citizen of the United States
- A legal resident of Washington state for at least 30 days prior to election day
- At least 18 years old by election day
- Not disqualified from voting due to a court order
- Not under Department of Corrections supervision for a Washington felony conviction

If you were convicted of a felony in a Washington State court, your right to vote is automatically restored when you are no longer under the authority of the Department of Corrections. This right can be revoked again by the Superior Court if you fail to repay financial obligations in a timely manner.

If you have questions about whether or not you are eligible, contact the Department of Corrections at (800) 430-9674.

Registration Deadline: March 2nd for Online and Mailing registration <https://olvr.votewa.gov>
March 10th for in-person registration