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celebrate their 45th

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Muckleshoot MONTHLY



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Marsette receives Medal of Valor



Gov. Christine Gregoire looks on as Ed Marsette addresses a joint session of the Washington State Legislature.

OLYMPIA – With his proud mother and other family members from Rocky Boy, Montana present, Ed Marsette of Muckleshoot took his place behind the Speaker's podium alongside the Governor, the Chief Justice of the Supreme Court, the Secretary of State, an astronaut, a Nobel Prize winner, a former Governor and U.S. Senator, the most famous glass artist in the world, and three other citizens whose heroism had saved lives, to receive one of Washington's highest honors, the Medal of Valor.

The event took place on January 24 in a specially-called joint session of the Washington State Senate and House of Representatives, and was carried off with as much pomp and circumstance as the Governor's State of the State Address – maybe more.

Two kinds of medals were awarded: The Medal of Merit, which recognizes Washingtonians who "have distinguished themselves by exceptionally meritorious conduct in performing outstanding services to the people of the state," and the Medal of Valor, which

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TRIBE CHOOSES ITS LEADERS

Spencer, Moses and Williams are elected to Tribal Council

MUCKLESHOOT – There will be one new member on the Tribal Council this spring. It will be Virgil Spencer, who led the balloting in this year's election with 181 votes. Incumbents Stanley Moses and Charlotte Williams were both sent back for another term, garnering 169 and 163 votes, respectively.

Tribal Chairman John Daniels Jr., a 12-year veteran of the Tribal Council, fell a few votes shy of the mark in his bid for a fifth consecutive term, finishing fourth with a total of 156.

Only two other candidates finished above the 100-vote threshold: Linda Starr, with 120, and Mark James, with 118.

In the school board races, Elaine "Toots" Baker and Anita Pedro topped the voting with 172 and 155 votes, respectively. The next five candidates – Warren Oliver, Eileen Richardson, Brandon Eyle, Lorraine Cross and Casey Williams – were bunched up with vote counts ranging between 106 and 112. Tammy Byars edged Betsy Bargala in the race for Judicial Officer by a count of 277 to 224.



Virgil Spencer

A smooth process

This year's election ran quite smoothly under the guidance of the Election Committee and Jackie Swanson, a Muckleshoot tribal member who stepped in and did a very able and professional job as the volunteer Election Administrator. Final vote counts, including absentees, were posted by the morning after the election, and they did not change.

"I've been really pleased at how well the Muckleshoot elections have been run in past years," Jackie said, adding that, "In my current job as Grant Development Officer, one of the things I do is read newspapers every day, and there's probably one or two articles a



Stanley Moses

month regarding tribal election disputes elsewhere, so I'm really proud and pleased that Muckleshoot runs such a clean operation."

"Third time's the charm"

The Tribal Council's newest member, Virgil Spencer, brings with him a great deal of experience, both on-the-job and through service on tribal policy committees.

Prior to his election, he served as Facilities Director for the Muckleshoot Casino, where he supervised 200+ employees. He has gained considerable policy-level experience as Chair of both the Loan Review and Loan Underwriting Committees, and is also a long-time



Charlotte Williams

member of the Housing Committee.

Virgil credits hard work for his rise through the ranks, which has now landed him a seat on the Tribal Council.

"I've always believed in hard work and personal integrity," he says. "That's pretty much the way I was raised."

The son of Sophie Courville and the late Jimmy Barr, Virgil cites his father, who was actively involved in tribal affairs for many years, as a source of inspiration.

"I saw him serving on the Tribal Council," he recalls, "and I thought 'I could do that someday.'" And so it has come to pass: That someday is now.

Tribe plans 'world-class' K-12 school

MUCKLESHOOT – The students stood in a traditional prayer circle at one end of the Muckleshoot Tribal School gymnasium and sang a welcoming song.

They sang in the ancient Whulshootseed language that they are learning.

"Come in, my friend. Come in, my relatives," they intoned, as other students accompanied on hand-held drums. Their voices filled the gym.

The prayer circle is a daily starting ritual at the 23-year-old tribal school, which offers both learning and immersion in American Indian culture.

It is a place, as one staff member said, where students can be Muckleshoot without fear of rejection.

Soon the school will grow, big-time.

The tribe has announced that, in partnership with the federal Bureau of Indian Affairs, it will build a "world-class" school on 37 acres of reservation land along State Route 164 east of Auburn. It will have room to serve 500 students from kindergarten through high school.

Joseph Martin, Assistant Tribal Operations Manager for Education, said the tribe's commitment is "substantial," which helped push the school to the top of the bureau's list of projects.

The current school opened in 1984 in the tribe's community center. Martin said it was never meant to be a school. Now with 146 K-12 students, there isn't room to provide special programs, especially for high school students.

Portables surround the main building, fragmenting the campus. The school has to close when community funerals are held in the gym.

Tribal members and leaders, parents and students have known a new school was needed almost since it opened, Martin said.

Casino revenues have fueled the Muckleshoot Tribe's economic growth and paid for new services for tribal members. Martin said 21 percent of casino revenues are earmarked for education programs, from the 40-year-old Head Start Program to the three-year-old Muckleshoot Tribal College.

Martin said the Tribal Council's goal is to make the new facility the best American Indian school in the country. Construction could start next year, with doors opening for the 2009-10 school year.

The plan calls for the campus to have separate elementary, middle and high schools. There will be two gymnasiums, a performing arts stage, vocational and technical training shops, a cafeteria, sports fields, a media production room, a photography lab and computer labs.

The school will field sports teams as a member of the Washington Interscholastic Activities Association.

Martin said the vocational-technical area will include wood-working, automotive, electronics and home economics.

"A lot of vision went into this school," he said.

Tribal leaders and students toured schools to get ideas. A group of eighth-graders visited Northwest tribal schools and made a presentation of what they saw and liked.

Bernard Baptiste, a retired educator and former principal of Huddloff Junior High School in Lakewood, has been principal of the Muckleshoot Tribal School for three years. It has been his job to help prepare for the transition.

Attracting native students to the new school will be a challenge, he said, but one he believes they can meet once the school is completed and parents get a chance to see what is offered.

There is a large pool of students from which to draw. Martin said that as of 2004-05, there were 600 American Indian (200 of them Muckleshoot tribal members of school age) and Native Alaskan students attending Auburn schools and 85 (15 Muckleshoots tribal members) attending Enumclaw schools.

The tribal school's enrollment is 80 percent Muckleshoot and represents nine tribes.

"I can guarantee you will see smiles on their faces," Martin said.

One parent already smiling is Alison Sanchez. She and her husband live in Sumner, and she brings her 6-year-old son Reydyn to the tribal school each day. She said their American Indian heritage is important to the family and that they wanted their son to have that advantage.

"It's awesome," she said of the new school Reydyn will attend. "It's really cool that they are doing that for the kids."

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ELECTION RESULTS

TRIBAL COUNCIL

Three Positions

✓ Virgil Spencer	181
✓ Stanley Moses	169
✓ Charlotte Williams	163
John Daniels Jr	156
Linda Starr	120
Mark James	116
Carl "Bud" Moses	84
Rosette Cross	79
Marena Cross	75
Dawn Miller	67
Mardee Marquard	62
Huda Swelam	50
Morgan "Beeb" Moses	50
Phillip Hamilton	46
Leeroy Lozier	34
Monica Simmons	21

SCHOOL BOARD

Two Positions

✓ Elaine Baker	172
✓ Anita Pedro	155
Warren Oliver	112
Eileen Richardson	112
Brandon Eyle	111
Lorraine Cross	106
Casey Williams	106
Nick Bennett	73

JUDICIAL OFFICER

One Position

✓ Tammy Byars	277
Elizabeth Bargala	224



A Momentous Decade – A Bright Future

John Daniels, Jr.

This column has been used by the Tribal Council over the past year as another tool to keep all members of the Muckleshoot Tribe better informed about the challenges we face and the important issues the council was dealing with. I am sure that in the coming months my Tribal Council colleagues will continue using this column to help keep you informed, but this month I want to take this opportunity to offer a few personal thoughts and reflections on my years as a member of the Tribal Council.

In a little over a month from now I will, after more than a decade of service, leave the Tribal Council and seek other ways of serving the Tribe. Today, as I prepare to make this transition, I offer a message of thanks for the privilege of serving as one of your elected representatives and a few thoughts about the Tribe's past and future.

The Muckleshoot Tribe has come a long way over the past decade. The success of the Tribe's gaming operations has given us the resources to invest in our people and in the Tribe's future. The great progress we have made in the areas of health care, education, senior programs, housing, family support, child development, cultural and youth programs will continue to pay dividends for our people for generations to come.

With an eye towards future generations we have also made investments in other enterprises to help diversify the Tribal economy. The purchase of the Emerald Downs property, opening of the White River Amphitheatre, creating the Muckleshoot Seafood Products and our aggressive program of re-acquiring tribal land helps secure a bright future for the Tribe.

The Muckleshoot Tribe has also taken its rightful position as strong and effective government in this state and region. We have built relationships with other governments, elected officials and community organizations that will help the Tribe as it continues to grow and develop. The Cedar River Settlement the Tribe recently reached with the City of Seattle is an example of our success in this area.

There will always be those who will seek to take from the Tribe that which we have worked so hard to develop. We saw that first-hand a few years ago with Initiative 892, a measure that would have crippled our economic engine. So long as we remain strong and vigilant – and continue to build and nurture those relationships – we will protect our future.

It has been an honor and privilege for me to serve as a member of the Tribal Council and as Tribal Council Chairman. I am proud of the good work we have accomplished and the great progress we have made together.

I know that the Tribe will continue on this path towards a bright and prosperous future and I look forward to contributing in some way to that effort.

Shrimp Harvesting Opportunities

Starting in April 2007, Tribal members will again have opportunities to harvest shrimp from Elliott Bay. These large spot prawns are caught in baited pots which are set at depths of 200-300 ft off Duwamish Head.

Each year about fifteen Muckleshoot fishers participate in the ceremonial and subsistence (C&S) and commercial fisheries.

The Tribe has a harvest quota of 2,250 lbs of shrimp and this quota will be divided between a commercial fishery and a C&S fishery. All Tribal members interested in registering for either fishery should contact the Muckleshoot Fisheries Division at 253-876-3131.

If you are interested in participating in the Tribal commercial fishery you must have a registered fishing vessel, shrimp pot-hauling equipment, and a minimum of ten legal shrimp pots.

Please note that commercial shrimpers must register with the Tribe's Fisheries Division before March 15th.

You can either call the Fisheries Division or visit the Fisheries office (downstairs at the Philip Starr building) and sign-up on the clipboard at the Shellfish section of the Fisher Services bulletin board. Information on either shrimp fishery, including the type and costs of the gear required, is available from the Fisheries Division.



A scene from last year's Indian Relay Race at Emerald Downs



Elaine 'Toots' Baker, in center, with Job Corps members

Elaine "Toots" Baker shares wisdom with Job Corps participants

On the morning of January 29, which was the Monday after the weekend that Barry Anderson Jr. passed away, Toots Baker was asked to come and speak to all the Job Corps participants. On that day there were 28 Job Corps participants there, and we all squeezed into the room.

She talked to the young people about making the right decisions, and some of the dumb stuff that they do today. Muckleshoots never used to do some of the dumb things that they do, she told them. She talked about the gangs and how stupid the gangs are.

"You're Muckleshoot People, not Bloods and Crips," she said, and they all need to wake up and realize what's going on around them, because tomorrow they might not be there.

While she was saying that, she started naming the kids that were in there, and telling them how they were related. And some of them didn't even know that they were related.

"You're all family on this reservation," she said, and told them that all the gang stuff needs to stop and, instead, they need to really step up to be the leaders on the reservation.

And while she was speaking, when she spoke about how the young Barry passed away, she said that you don't know when you're going to be taken home. You don't know. Today, you might be here, when she was here speaking with you, and then tomorrow some of the young men might pass away. We have to make the best of our time on earth, she told them.

And while she was talking, a lot of the young men – I counted between four, five, maybe six of them – their eyes started watering and they started crying. Some of the young men started crying because it was a wake-up call.

And then when we all went outside, we took a big family photo and we called it the Family Photo, and all those young men went up and hugged her. Some of them were teary-eyed when they were hugging her. Big hugs. I don't mean, like, hugs, "Thanks for coming." I mean, hugs like those words really sunk in with those boys.

That was a good day. You could feel it that it was a good day. So because of that talk, I've seen a lot of those young men starting to change. Change for the good.

One of the boys – I'm not going to say his name – went hunting with his Dad the following weekend. He grabbed his bandanna and threw it out on the mountain road and said, "I'm sick of that crap. Sick of this bandanna crap." And he threw it out the window.

And I think that started because of the talk that Toots gave. A lot of the boys on the crew are starting to open their eyes to life because they're at the age where they need to step up and start being men. And that talk that Toots gave them – it was like a push-start to live.

~ As told by James Ioane, whose eyes were wet when he finished.

Council OK's 2nd Annual Indian Relay Race, hikes purse to \$25K

MUCKLESHOOT – In a strong show of support for the concept of bringing traditional Native American horse racing to our area, the Tribal Council voted on February 2, 2007 not only to hold a second annual Indian relay race, but also to increase the purse from \$10,000 to \$25,000, matching the purse of the world championships held annually in Blackfoot, Idaho.

Even though last year's contest, which was called the Paint and Feathers Pony Express Relay Race, was put together in less than three weeks, it turned out to be a big success. The *Daily Racing Form* estimated that a crowd of 3,000 was on hand to witness it, and the story was carried by the national horse racing press.

Last year's winners were the world champion Tomco Racing Team, made up of Spokane and Colville people. In addition to the purse money, they received the very first edition of the Muckleshoot Gold Cup, which it is hoped will become one of the most prized trophies in the sport.

This new event has made both Muckleshoot and Emerald Downs quite popular with the tribes east of the Cascades, where horses are as much a part of their culture as canoes are to coastal peoples.

Word of the event, which is sponsored cooperatively by the Muckleshoot Tribe, Emerald Downs and key local horsemen, has

spread like wildfire. All winter long Native horsemen throughout the West have been talking about it and are eager to come and compete this year. With the purse boosted to \$25,000, it's sure to become one of the crown jewels of Indian relay racing.

Last year's event was a hit with fans at Emerald Downs, who crowded to the rail to witness the action and excitement. It's possible that this is the first time that the thrills of Indian relay racing have been featured at a first-class venue like Emerald Downs.

The race was popular with the tribal community as well, drawing more Native spectators than any other horse racing event ever held, in spite of the fact that there was a popular concert at the amphitheatre on the same night.

This year's date has not yet been set, but it will probably be later in the summer or early fall, when it can serve as a grand finale to the Indian relay racing season. Stay tuned.



The World Champion Tomco Racing Team won the Muckleshoot Gold Cup at last year's 1st annual event.



Seattle Public Utilities employees present the Tribal Council with a cedar box in commemoration of the recently signed Cedar River Agreement. The box was a creation by Cliff Nichols, Native American Artist and retired Seattle Public Utilities employee. Among those in attendance were five members of SPU's Native American Affinity Group.

WALKING ON...

Barry Dean Anderson Jr.

Barry Dean Anderson Jr., 18, of Auburn, died on January 26, 2007 in a motor vehicle accident.

Barry was born on June 13, 1988 in Auburn. He graduated from the Muckleshoot Tribal School on June 25, 2005. He enjoyed wrestling, basketball, football, and loved his music and juggling out.

He is survived by his parents Barry and Barb (McKay) Anderson Sr. Of Auburn; brothers Myrle Anderson and Bryson Jansen of Auburn; sisters Shanon Hamilton and Irene Anderson of Auburn; grandparents Myrle Phillips of Canada and Elaine Baker of Auburn.

Barry was preceded in death by his paternal grandparents Richard and Cecelia Anderson of Auburn; maternal grandma Irene McKay of B.C. Canada; brothers Benje Sam and Mark Anderson of Auburn.

Funeral Services were held at the Muckleshoot Tribal Gym. The burial was at White Lake Cemetery in Auburn. Price Helton Funeral Home was in charge of arrangements.



Barry Dean Anderson Jr.

**THANK YOU FROM MY FAMILY
(ANDERSONS, MCKAYS)**

We would like to thank brother Leroy Anderson for his endless support and sister Pam Jackson for both being there from the first moment of our devastating tragedy to the end of saying good bye to our son Barry D. Anderson Jr.

We are also express our gratitude to Val and Lil Daniels for their trip to Canada to bring Barry's Auntie Molly and Grampa Myrle Phillips for our time in need.

We would like to thank those that made donations at the Muckleshoot Gas Station and Smokeshop.

Also, thanks goes to Gina Morrison and her family for cooking for us. Also to the grave diggers because they helped us even through their own family loss.

For those we haven't mentioned, please accept our thanks. Thanks to all of you...

William R. Anderson Jr.

AUBURN - William R. Anderson, Jr. (37) of Auburn, died Sunday, December 10, 2006 as a result of a car accident. He was born in Yakima on August 26, 1969 to William R. and Jane (Howtopat) Anderson, Sr. He was raised and educated in Wapato, graduating in 1987.

He was the store manager of AM/PM and Eagle Stop & Save in Toppenish and Wapato. He moved to Auburn in 2000 and worked for the Muckleshoot Bingo as a soft count clerk. He enjoyed playing pool, poker, bingo, reading and spending time with his family. He was an enrolled member of the Muckleshoot Tribe and a descendant to the Yakama Nation.

He is survived by his wife, Clarissa of Wapato; his father, William Anderson, Sr. of Auburn; his step-father, Douglas Johnson of Wapato; one brother, Bill Anderson of Auburn; four sisters, Tammie Anderson, Lennessa Brown, Margot Johnson, and Natasha Wahsise, all of Auburn. He was preceded in death by his mother, grandparents and one daughter.

A dressing service was held at Colonial Funeral Home on Tuesday, December 12, 2006. Funeral services were at the Independent Shaker Church in White Swan on Wednesday, December 13, 2006. Interment followed at the Union Gap Cemetery. Colonial Funeral Home was in charge of arrangements.



Bill Anderson Jr.

OUR DEEPEST GRATITUDE

The family of William R. Anderson Jr. would like to express their deepest gratitude to the Muckleshoot Indian Tribe during our time of loss.

We would like to thank family and friends who traveled from the Muckleshoot Tribe near and far to be with us during our time of need.

To the people who donated money, food, prayers, and kind words to the family, we would like to say "Thank You."

We also would like to express a "special" thank you to Dennis Anderson Sr., Pam Jackson, Denise "M & M" Hatch-Aguilar, and Colleen Anderson.

Our brother, son, uncle, nephew and grandson will be deeply missed. His smile and his kind ways will never be forgotten. Until we meet again - love you always. Hoyt.

- Bill Anderson Sr. (Father)
- Bill Anderson & Family (Brother)
- Tammie Anderson & family (Sister)
- Lennessa Brown & Family (Sister)
- Margot Johnson (Sister)
- Natasha Wahsise & Family (Sister)

"PEPOO"**Henry S. Jackson III**

Roman E. Sooksoit of Yakima died Sunday December 31, 2006 at Yakima Regional Hospital. He was 18. Roman was born in Eugene, OR on August 27, 1988 to Henry Jackson, Jr. and Karma F. Saluskin. At the age of 6 months he came to be Roman E. Sooksoit. Roman came to live and be raised by his dad, "Muggie" William Sooksoit and Aunt Wilma S. Hall. He inherited more family when he came to his new family. He grew up in the Lower Ahtanum area and went to school at Union Gap, Davis, and Pace Alternative currently in Wapato. He was an enrolled member of the Yakama Nation and was baptized at the 1910 Shaker Church. He enjoyed hunting and fishing and spending time in the mountains. He played basketball and softball and played with various teams at many tournaments. Roman is survived by his mother, Wilma Hall of Yakima; nine brothers, Andrew Sooksoit, Jimmy and Jake Atkins, Jaeray, Kelman, Teman, and KupKup Jackson, Joseph Jr. and Harvey Starr; five sisters, Alexis Sooksoit, Dora and Josephine Starr, and Mary and Aleisia Jackson all of the Yakima area. He was preceded in death by his fathers, grandparents, Madeline Hoptowit, Henry Jackson, Sr., Nellie and Ollie Aleck, Antone and Frieda Skahan. Dressing services took place on Tuesday January 2, 2007. Funeral services were held at the 1910 Shaker Church the next morning, followed by burial at the church cemetery.



Roman E. Sooksoit

Chief Kliia

"He was a gentle soul and he taught us so much," one of the mourners said, summing up the life of a man whose gentle ways and kindness left a deep mark on all who knew him.

Chief Kliia, Hereditary Chief of the Hoh, died December 27 of injuries sustained in a vehicle collision. He was 52.

Also known as Herbert Clyde Fisher Jr, Kliia served on the Hoh Tribal Council for many years and participated in numerous events and ceremonies.

One such event was the potlatch held in August 2002 during that year's Canoe Journey, which was Muckleshoot's first. All who participated have warm memories of the way they were treated at Hoh, and the strong spiritual nature of both people and place. Chief Kliia also took part in the Muckleshoot Hosting celebration this past summer.

His funeral, held at LaPush, drew many mourners from the U.S. and Canada. Norma Rodriguez, a dear friend of the departed chief, was in attendance.

Chief Kliia's father handed the Hereditary Chief title down to him when he was 16, and several years ago he, in turn, passed it on to his son, Deki.

Barbara Jean Calabrese

Barbara Jean Calabrese, former director of the Muckleshoot Head Start Program, passed away peacefully on February 10, 2007 at Auburn Regional Medical Center surrounded by her loving family, and was laid to rest in the Tahoma National Cemetery with a beautiful view of Mount Rainier.

She was born on August 10, 1941 to Eugene and Pearl Palmer in Brookville, Kansas. She graduated from McPherson high school there and also attended Brown Mackie business school in Salina.

Barbara met her husband Michael while he was stationed at Schilling Air Force Base. As newlyweds Barbara and Michael resided in Landsburg, KS. Michael was discharged from the Air Force in 1961 and together they embarked on their life's adventure, following the setting sun to the Emerald City on the shores of Puget Sound and Washington State. This was the beginning of a lifelong love affair with the natural beauty of the region, which Barbara enjoyed whenever possible. She especially liked the seashore exploring beaches and weathering the elements to find treasures washed ashore.

Barbara flourished in her new environment as a wife, mother of two wonderful daughters, and as a nationally recognized educator. She completed her education, graduating from the University of Puget Sound at Tacoma with a degree in early childhood education. Barbara was a preschool teacher, Head Start teacher and director, a published author and consultant in the field of early childhood

Rose M. Jerry

Rose M. Jerry, 61, of Auburn, Washington died on January 28, 2007 at Auburn Regional Medical Center in Auburn, Washington.

Rose was born in Auburn, Washington on February 21, 1945 and lived in the area all her life. She married Lawrence Jerry on March 7, 1970 at the Muckleshoot Shaker Church. Rose was a house wife and cooked for the Head Start program at the Muckleshoot Tribal School. She enjoyed bingo, crocheting, beadwork, putting baby boards together, pickling huckleberries, fishing, clam digging and picking Indian Medicine.

She is survived by her husband, Lawrence Jerry of Auburn; daughters Violet Jerry & Naidene Jerry, both of Auburn; stepchildren Lynette Jerry of Auburn, Regina Jerry of Yakima and Rodger and Danny Jerry of Auburn; she leaves behind 18 Grandchildren & 9 Great-grandchildren. Rose was preceded in death by her parents, two sons and two brothers

Funeral Services were held on Wednesday, January 31, 2007 at the Muckleshoot Shaker Church, followed by burial at the White Lake Cemetery.

Melvin Ross III

Funeral services for Baby Melvin Ross III were held at Price-Helton Funeral Home on February 1, 2007. He was born on January 27, 2007 to Melanie Ross and Hector Serrin and passed away that same day. He was the grandson of Melvin Ross Jr. and Cindy Jackson. Following the services, he was laid to rest at Mountain View Cemetery on Auburn's west hillside.

**George C. Bovechop**

Tribal leaders from across the Northwest gathered at Neah Bay on December 29 to attend funeral services for George Cecil Bovechop. Truly a grand gentleman of the outer coast, Mr. Bovechop passed away on Christmas Eve. He was 85.

He "was like the Thomas Jefferson of the Makahs," Congressman Norm Dicks said in a statement, where he also recalled Bovechop's close working relationships with the late U.S. Senators Henry "Scoop" Jackson and Warren Magnuson.

He was instrumental in presenting the Makah position to federal Judge George Boldt, whose 1974 landmark decision reaffirmed the rights of Western Washington tribes to half the salmon and steelhead catch from area waterways.

A former tribal chairman, his people turned to him once again in the late '90's to serve as head of the Makah Whaling Commission.

A lifelong Neah Bay resident, Bovechop was born April 16, 1921, to Augustus and Annabelle (Butler) Bovechop. He worked as a log-truck driver for Crown Zellerbach and as a certified public accountant. He was a founding member and executive director of the Inter-Tribal Timber Commission.

Mr. Bovechop is survived by two sons, three daughters, three sisters, 11 grandchildren and three great-grandchildren.

education. She was highly respected by her peers, locally and nationally, and advanced early learning programs throughout the Pacific Northwest, the Southwest and Alaska

She was forced to retire early because of chronic health problems, but her husband Michael established a home business so they could be together while she tried to regain her health. For the past 14 years they spent virtually every day together helping raise their five grandchildren: Amy, Andy, Alexa, Harrison and Marissa. Having children in the house often helped dull the pain she endured every day.

Although she dearly loved her adopted home, she never forgot her Swedish roots back in Kansas, and made sure her family knew about their Swedish heritage and that they all visited her hometown at least once. The arrival of the Lindsborg News-Record was always a highlight of her week as she combed the pages looking for news of the community, relatives, childhood friends and neighbors.

She is survived by her devoted husband of 46 years, Michael, daughters Ann (David) Cook of Auburn, Lisa (John) Bragg of Lakewood, and grandchildren Amy and Andy Cook; Alexa, Harrison and Marisa Bragg. She is also survived by her father and stepmother Jean Andrew B. Palmer of Lindsborg, KA; brother Bill of Canton; stepbrothers Roy, Steve and Dale Brickey; and nephews Tim and Trent Palmer.

The memory of Barbara Calabrese will be cherished by the many people she touched during her years with the Muckleshoot Tribe.

Tribe's Emergency Preparedness put to

The Muckleshoot Tribe has been preparing for emergencies since the original formation of the committee in 1988. Generators have been installed, food has been stockpiled, and volunteers have gone through hundreds of hours of training. The preparations were put to the test in the massive windstorm that swept the area on December 15, and subsequent snow and ice storms. Some local residents were without power for as long as five days as high winds toppled massive numbers of trees over power lines. The individuals who share their thoughts here were part of the team of volunteers that responded and worked day after day to make sure that everyone in the community was safe and as comfortable as possible. There were others as well, and all deserve to be honored for their commitment to the Muckleshoot Tribal Community.



John Byars

John Byars

It actually started on Thursday night. We were having a canoe dinner over at the Canoe House, and the lights flickered and went out. I stood up and told Walter that I was going to go check and see what was going on, and when I got down in front of the Youth Facility, I saw flames leaping up from the road and found Sonja Vaiese blocking off traffic with her van. And that started the whole process.

Wind had blown into a line and shorted out the transformer, and it fell and caught the woods on fire. Sonja stayed there, blocking traffic, and soon her sister Faye,

who works for security and has the right gear, showed up, too, and then the fire department arrived.

So we got that handled and then we opened up the Youth Facility, only to find out that no one had checked the generators and when they died after an hour, we went home.

The next morning the full committee was here. We opened up an emergency operation center – EOC – and we put everything on the dry erase boards down there in Fisheries. We listed people that needed taking care of and started checking on them. Sharon Curley had her staff go check on people, and Kerri Marquez went around and checked on some of the elders that she knew about.

Walter Pacheco and myself started cooking, along with Dianne Schweiger from the canoe family; Donnie Stevenson; Tyrone came and helped that weekend; Sharon, Shanon, Jon Loye came; Charles Schultz helped; James Ioane and the Job Corps helped; and the community just came together and made sure everybody got fed and taken care of. And the system worked. We would go from there and take care of people.

The program is set up so that different people take control of different areas, and so there's no redundancy and people don't get lost in the cracks. Walter and I took care of the Youth Facility. Mike Edwards took care of the food and the hotels. John Loye kind of organized the whole thing to make sure that we were doing what we were supposed to.

And the people that came in, like James and his Job Corps, who went and moved limbs and helped people get things stabilized that had been damaged by the winds. Everybody did what their field of expertise allowed them to do. Most of the people had their power back by Monday. For a few isolated people, I think it might've been Tuesday or Wednesday before they got their power back.

This was the biggest training we've had, if you want to call it training. What was learned from this was that we need better communication. And we need more people to come forward and volunteer so that we don't have 10 or 12 of us working all weekend. We need more volunteers, more training, and better communication.

The committee started in '96, after the big snowstorm we had here. Back then we kind of pulled things together – just volunteers – Dewey Miller, Sonny Miller, myself, Tammy. During that snowstorm, John Daniels Jr. came out on his quad and authorized us to buy more food and stuff, and we had people staying at the Senior Center that time for a week.

The original committee was John Daniels Jr., Virgil Spencer, Lenny Sneatlum, myself, Sonny, Dewey, Gil Salinas, and maybe one more I can't recall right now. That was the committee back then. I talked to Virgil recently. He's interested in getting back on the committee and getting things going, and myself and Lenny and Dewey are still involved. So some of us have been doing it for ten years.

DISASTER KIT FOR HOMES

Foods handy to have on hand:

- One gallon per person per day for 5 days
- Canned foods, dry foods, flour, sugar, stress foods
- Soups, both canned and bouillon
- Juices, powdered drink mixes, milk (canned or powdered)
- Smoked or dry meats and fish, canned fish and meats
- Vitamins
- Peanut butter, mixed nuts, trail mix

Medications and medical supplies:

- extra prescriptions if needed
- aspirin or non-aspirin pain relievers
- hydrogen peroxide
- rubbing alcohol
- anti-diarrhea medications
- approved first aid kit
- glasses or contacts, contact solution, eye drops
- band aids and assortment of bandages
- feminine hygiene supplies
- diapers, wipes, formula for babies
- tweezers
- denture needs
- extra insulin and testing supplies
- heart or high blood pressure medications if needed

Assorted Supplies:

- cash or travelers checks
- non-electric can opener
- hand tools such as screw drivers, pliers, vice grips, small shovel, axe or hatchet
- small sewing kit
- flashlights and batteries

- blankets or sleeping bags
- rain suits or rain jacket
- hats, scarves, gloves
- games, puzzles, and other activities
- matches, lighters, candles
- extra clothes, and sturdy boots
- copies of important documents
- paper and pens or pencils to take notes, compile needed lists
- Toiletries such as deodorant, toilet paper, shaving kit, soap, after shave, toothpaste and brushes, dental floss, etc.
- Chlorine Bleach or other disinfectant cleaners
- Plastic bags and trash bags
- Sturdy container to put items in

Extra items nice to have:

- light sticks
- compass
- poncho
- hand/body warmers
- whistle, signal mirror
- leather gloves, goggles, dust mask
- pry bar, hammer, vice grips
- multi-function knife
- granola or other cereal bars
- tarps, rope, duct tape, plastic sheeting
- small fishing kit
- sunglasses
- moleskin
- hand lotion, aloe vera lotion, baby lotion if needed

Kerri Marquez

Well, I'm just now getting involved in a lot of the emergency preparedness and learning from everybody else, all the other people that have been participating. I think that we're getting more trained and skilled to help out the whole community during event like this and a disaster of any sort.

I thought it worked out well. I thought we had a great operation at the Youth Facility – how we were serving people without power for their hot meals throughout the power outage. We had a group of other people doing other things – cleaning out the elders' freezers, dumping their food, making sure all of our people didn't keep any frozen food that was previously frozen and had thawed out, so it wouldn't hinder their health in any way. And we tried our hardest to get emergent children, young infants, and anybody that was medically ill into hotels.

I'm hoping to have a better operation now. We're learning as we're going. I was very thankful to be included in that, and seeing all the hard workers. We had a lot of participants – 61 people participated in the actual windstorm and snowstorm. Of those 61 people, I was very thankful for each one of them, for everything they did for the tribal community, and the tribe as a whole, and all the elders that were taken care of, and all the people.

I'm very sorry if we missed a few people that may have needed a hotel for medical needs or emergency needs for a child. We're looking to improve this program and develop better procedures and policies and develop and strengthen the Emergency Preparedness Program.



Kerri Marquez

AFTER THE EMERGENCY

- Replace items used during the emergency, we saw this year storms can come just a week apart, and supplies will be needed each time
- Make sure elders and relatives are stocking up and replacing needed items as well
- Contact the Tribe and/or your insurance company with list of damages
- Clean up debris when safe to do so, and look for further damage to home and property
- Look for ways to improve your disaster kit while its still fresh on your mind what you lacked or needed
- Attend the next disaster preparedness meeting to see how you can get involved, and how you can improve your families plight during the next emergency
- Take a CERT class
- Take a first-aid/CPR class

the test by snow, ice & power outage



MISSION CONTROL - The Fisheries Meeting Room

Shanon Hamilton and Sharon-Hamilton Curley



Shanon Hamilton and Sharon-Hamilton Curley

My main role was to take care of food and shelter. And then my other role was to make sure all the elders were taken care of, that they had food in their home, that they had heat, that they have appropriate medicine and enough medicine to last them as long as we had power outages. If the elders didn't have heat, we put them in a sheltered place where they had heat, especially for their health.

"... everybody who came in, we sent them places to go check on people and make sure their families were okay, because I know a lot of our housing doesn't have woodstoves, so we were really worried about the people who didn't have heat, and that they were keeping warm."

— SHANON HAMILTON

Our other priority was families that have babies that are under six months, so we tried to put them in a sheltered place where there was heat and a place for them to keep their babies safe so that they wouldn't get sick.

A lot of the work was coordinating the two kitchens – the Youth Facility and the Senior Center – and there's generators put there so that the buildings are up and running when we have power outages. And so it's my job to make sure that both kitchens are equipped with food to handle feeding the people for breakfast, lunch, and dinner if we need to, and then to leave them open for warmth and for shelters for those families who aren't in the two criteria of being an elder or being a family with a baby.

So our goals were to make sure that people were warm and had a place to go to, see that they had food. Also, we made sure to go out and check with families, the ones that didn't have lights and stuff, to see that they had enough things in their own home, such as flashlights, food, and to let them know that the kitchens were open.

So my role was just mainly to coordinate. We also made sure that the phones were on 24 hours a day, and that we could respond to anybody in the community that would need help.

— SHARON HAMILTON-CURLEY

DURING THE EMERGENCY

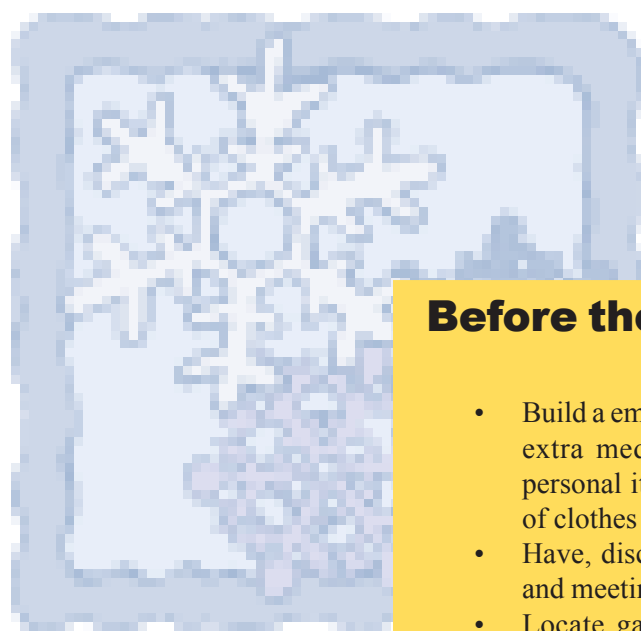
- After making sure the area you are in is safe, locate and gather with family.
- Check on relatives and elders
- Turn off gas, water, electricity **IF NEEDED, remember gas company must turn gas back on**
- Generators can be used if it is safe to do so, but must be located outside.
- Check to see if your talents can be used by the Tribe during the emergency to help others. The Tribe has plans in place to activate shelters as needed. Call the main line for help and/or instructions.
- Keep track of damages to your home, and expenses caused by the emergency. Keep track of supplies used as well. The expenses and damages will need to be kept for possible reimbursement, and the supplies will need to be replaced in your kits after the emergency has passed.
- Make sure you get adequate rest during the emergency so you can make rational decisions
- Only travel if necessary
- If you don't have generator, don't eat spoiled foods from refrigerator or freezer if power is out over several days
- If your residence is damaged, notify the proper people for help, don't stay in damaged house if unsafe.
- NEVER approach downed power lines
- Don't drive through water unless you are sure of the water depth, how fast it is running, and how firm the ground is underneath.

Rita Bear Gray



Rita Bear Gray

We delivered hot meals to some of the seniors that were homebound. We also went and made sure they had wood and candles available to them if they were out of electricity, and took some salt for their steps, too. We had just a handful of people and a lot of them were over-worked, so next time we could use more volunteers and more people from other programs helping.



Before the Emergency

- Build a emergency kit to include food, water, extra medicines, eyeglasses, and needed personal items, be sure to include a change of clothes for each family member
- Have, discuss, and practice an escape plan and meeting place for you and your family
- Locate gas and water shut-off valves. **IF YOU SHUT OFF GAS, GAS COMPANY MUST BE THE ONES WHO TURN IT BACK ON!** If you shut off water, electric water heaters will need to be shut off as well.
- Make sure you have gas for vehicles, generators, and fuel for lanterns or stoves. NEVER use any of these devices indoors!
- Locate and test flashlights, have extra batteries on hand. If using candles, make sure they are safely used. Battery powered radios are a good idea to listen for reports.
- Have the phone numbers handy for relatives, and neighbors, in case you need to call them during the emergency. Emergency numbers need to be handy as well, such as Doctors, Fire, EMS, Police, etc.
- Plan for your pets.
- Install fire extinguishers in your home, know how to use them. Replace batteries in smoke detectors.
- Take a first-aid/ CPR class
- Have a disaster kit for your car as well as first-aid kit. Carry chains in the winter
- Teach kids how to use and when to use 911 system
- Put an "ICE" number in your cell phone. This stands for "in case of emergency" I have my wife as the home number, daughter as cell number and son under the business icon under this number
- Store important documents in a safe. Write down account numbers, inventory of household goods, credit card numbers and family records and store them here as well. Passports, social security cards and immunization records will be best kept here too.
- Have your chimney checked yearly by the fire dept for cracks, tar build-up and other hazards
- If you or a family member has medical problems, let the Clinic know of your needs if possible so they can plan on helping during the emergency
- Take a CERT class



Police Chief Jon Loye

Police Chief Jon Loye

Well, as a first large event here with the tribe, it was a huge learning curve. It was refreshing to see the community come together and really handle their neighbors' concerns in a much more community-oriented environment than what I'm accustomed to outside the tribal community. So it was enlightening and refreshing. We get better at what we do by organizing, but it was definitely a grassroots neighbors taking care of neighbors. It was kind of fun in a disaster kind of way!

Muckleshoot Education: A Lifelong Journey

By Joseph J. Martin
Assistant Tribal Operations Manager, Education

Presented to the attendees of the 2006 MIT Legislative Reception - Wednesday, November 29, 2006

There has been a great deal of discussion and editorial comment of late about the issue of education in Washington State. The recent recommendations of Governor Gregoire's "Washington Learns" commission laid out an ambitious blueprint for meeting the challenges of the current state of Washington's educational system. In a few months, the legislature will take up the problem of funding these recommendations.

The Muckleshoot Tribal Council stepped-up to this challenge some time ago by establishing and funding a comprehensive education system that takes the view of education as a lifelong journey—starting with the Tribe's early childhood components: the Muckleshoot Child Development Center, Birth to Three Program, and Head Start; continuing on to the school-age programs: Youth Services and K-12 Tribal School; and finishing with higher education and vocational opportunities offered at the Muckleshoot Tribal College. The Muckleshoot Financial Aid and Scholarship Program provide fully-funded tuition programs that make higher educational opportunities available to every Muckleshoot Tribal member. Ultimately, the mission of the MIT Education Division is to provide a seamless system of education from birth through higher education in which the culture, history, and language of the Muckleshoot people is integrated into every aspect and level of the educational system.

I must emphasize that the Muckleshoot educational system does not end here. The Muckleshoot Tribal Council has been extremely innovative and nimble in responding to the educational needs of the Muckleshoot Community. I would like to provide some excellent examples that illustrate the flexibility and responsiveness of the Muckleshoot Tribal Council and Tribal Policy Committees to set and act upon the high priorities related to education in the Muckleshoot Community.

The first example is the creation of the MIT Job Corps Program. Originally funded from July through December 31, 2006 as a pilot project, the Job Corps program was designed to assist Tribal members age 16 years and older. The Job Corps assists individuals who have experienced employment difficulties or other risk factors that impact their ability to experience a successful employment future. Participants in the program are provided with working world experience and are pointed toward accomplishing their GED and getting their driver license—all of which are keys to future employability. In September 2006, the Tribal Council took the action to fund the Job Corps Program on a recurring basis at increased levels that will ensure the long-term future of the program and allow Job Corps to double the number of participants from 20 to 40.

In addition to the Job Corps Program, the Tribal Council identified the need to establish a safe place for older teens and young adults to congregate in the late hours of the night and early morning. In September of 2006, the Tribal Council funded the Muckleshoot Drop-In Center to begin operations in 2007. While the center will be a fun, alcohol and drug-free place for young people to "hang-out"—as there will be various types of entertainment and sports activities available at the center—it will also be a safe and nurturing environment where young people can develop new and important life skills without pressure. The center will be staffed with individuals trained in working with teens, and with issues such as substance abuse, violence, teen pregnancy, and academic advising and support.

Another example of committing significant funding to education at Muckleshoot is the Tribal Council and Tribal School Board's commitment to cost-share with the Bureau of Indian Affairs to fund the construction of a new 107,000 square foot Tribal School. The Muckleshoot Indian Tribe committed significant funding to building this new school that will increase enrollment capacity from 147 to 500 students—meaning that in the near future—the Muckleshoot Indian Tribe will have a new K-12 school facility that is large enough to hold the vast majority of its school-age Tribal members.

Additionally, I would like to highlight the fact that enrollment at the Muckleshoot Tribal College has increased dramatically—in a short period of time—from 60 students in 2002 to nearly 450 in 2006. The Muckleshoot Indian Tribe supported more than 500 members in 2005/2006 with full, higher education scholarships.

The Muckleshoot Tribe provides world-class financial support to its Tribal members for pursuing and achieving their educational dreams in a seamless educational network from birth through college. The Muckleshoot Tribe makes this world-class opportunity available to *all* Muckleshoot Tribal members in a way that is unparalleled in the public sector. *AND*—may I humbly remind you that all of this is made possible by the facility we are sitting in tonight—the Muckleshoot Indian Casino.

The results of the 2006 Washington State Poll on Local Issues asserts the fact that Washington State voters believe that significant, meaningful increases to funding for education in Washington State must be a number one priority of this upcoming legislative session. Casino revenues have empowered the Muckleshoot Tribal Council



Joseph J. Martin

PHOTO BY JOHN LOFTUS

MUCKLESHOOT INDIAN CASINO

Career Advancement Training Program (CAT-P)

CAT-P Recognition Luncheon Speech

Thursday December 21st, 2006

It is indeed an honor for me to stand here before you today as many of you are aware of the challenges and tribulations we have faced through the CAT-P implementation process and where it is today.

Before I begin, I would like to express my warm gratitude to the CAT Candidates for bringing us together making today a REALITY. To you, management who have shown perseverance and achieved excellence, and to our Tribal Leaders who have made this all possible. I thank you all for the contributions you have made.

I also want to take this opportunity to encourage your future participation in the CAT-P we have only just begun...

Our mission is to Identify, Recruit, Train and Educate Tribal Members to Successfully Assume Management and Leadership Positions at the Muckleshoot Indian Casino and as you can see today with the presence of our 17 CAT Candidates this is truly becoming a reality.

Leadership is about how leaders mobilize others to want to get extraordinary things done on behalf of the Muckleshoot Indian Tribe.

It's about the practices leaders use to transform values into actions, visions into realities, obstacles into innovations, separatedness into solidarity, and risks into rewards.

It's about leadership that creates the climate in which people turn challenging situations into remarkable success.

Leadership isn't about imposing the leaders' sole dream; it's about developing a shared sense of destiny.

It's about enrolling others so they can see how their own interests and aspirations are aligned with the vision and thereby become mobilized to commit their individual energies to its realization.

The real result of the work of such leaders is that our CAT-P is steadily growing and improving with each day giving us hope and inspiration to look ahead into our future. There is a significant difference that can be seen, felt and measured from where we started in 2003 and where we are today in 2006.

It is our CAT Candidates that are leading that way, serving others and building the foundation of sustainable results for our new and upcoming leaders and for those that are not far behind. It is through their dedication and commitment we as the Muckleshoot Indian Tribe are practicing one form of our self-determination.

We depend upon being proactive, optimistic and inspired by possibilities.

As a Leader one must be secure in the belief there maybe another and a better way to get things accomplished.

A Leader who is searching for opportunities to innovate, grow, and improve and with every activity is a teaching and learning opportunity, with the result of a cycle that keeps collecting, generating and spreading knowledge to all players at every level.

The essence of leading is teaching. It is opening people's eyes and minds. It is teaching them new ways to see the world and pointing them to new goals. It is giving the motivation and discipline to achieve those goals. And it's teaching them to share their own knowledge and teach others.

Having a teachable point of view is both a sign that person has clear ideas and values, and a tool that enables them to communicate those ideas and values to others. They need to be woven together into a story that people can understand, relate to and remember.

"Therefore a true leader is someone who designs the cathedral and then shares the vision that inspires others to build it". In truth the accomplishments of leaders are never personal; rather individuals lead when they serve.

It was Dr. Martin Luther King who said not everyone can be famous but everyone can be great because everyone can serve.

Effective leadership demands that the greater the authority of the leader, the greater the responsibility to serve others. And that is true because one person can only do so much.

The quality of a leader is almost always determined by the quality of the people he or she can attract. Leadership is not about what you can do – it's about what you can inspire others to do.

As a leader you put together the best people, support, serve and give them every opportunity to do their best work. The best way to reach that goal is equally simple – put together the programs and policies that create a culture of excellence.

Leadership is also forging a future direction. As leaders, we must establish strategic directions. We must harness change. We must consistently question, and we must seek new answers for

changing environments.

The great Helen Keller was once asked: What would be worse, than to be blind? – and she replied "To be born with sight and to have no vision." I firmly believe that you must have a vision.

What I suggest is simply laying out the vision and getting everyone moving in the right direction. The direction is more important than the velocity. Where you are going is more important than how fast you are going to get there.

The vision for the CAT-P is to provide opportunities for Muckleshoot Tribal Members to access supportive and culturally responsive mentorship, education and training. The CAT program will help contribute to the growing pool of educated, informed and well-trained Muckleshoot Tribal Members. This pool of potential leaders can then move into upper management and leadership positions within the Casino or other sectors within the community, influencing positive, permanent change along the way.

In turn, with each new skill acquired and leader inspired, we will further equip tribal members to exercise our innate sovereignty and self governance.

Leadership inspires others to do great things and you inspire it by your own willingness to work hard. I believe that leaders can't ask anyone to do anything that they are not willing to do themselves. Leadership leads by integrity. People can see it. They get it. I really think that they can peer into the heart, and if there isn't integrity, they are not going to follow... and as you know there can be no leadership without follow ship.

People who are effective in the leader role have the vision to see both the forest and the trees, the social capacity to work well with others, the strength of character to flourish without heroic status and the balance to pursue personal and community goals, while participating in a team effort for the accomplishment of the greater purpose.

Characteristics alone, of course, do not necessarily make an effective leader. In this regard, leadership is about what you do with who you are, more than just who you are.

Indeed it's about understanding your strengths and weaknesses, and about taking on leadership roles and responsibilities in which you can connect in an effective way, with those who follow you.

Through your dedication and determination, you have made it here today and I'm sure you are already looking to the future, and considering what lies ahead.

My advice to you is to never stop anticipating, welcoming and initiating new challenges.

So dare to think great things. Dare to take chances. Embrace failure and learn from it rather than fear it. These have time and time again been the hallmarks of effective leaders. Dare to be great.

An elder once said, "Do not teach everyone the same thing, because they will no longer need one another."

A commitment to lifelong learning will give you the ability to accept, develop and engage fully in those opportunities.

I am honored to stand in front of you today – and to have had this opportunity. I wish you success. Pursue your dreams. Become the person you were created to be. And accomplish all that you were put on earth to do. Leadership will help you to do that. Learn to lead-not just for yourself, but for the people who follow behind. And as you reach the highest levels, don't forget to take others with you to be the leaders of tomorrow.

Presented by,
Huda Swelam Muckleshoot Indian Casino Human Resources Training and Development Manager and CAT-P Coordinator/Administrator



Huda Swelam

PHOTO BY JOHN LOFTUS

to accomplish what the public sector of the state of Washington has not—develop an Educational Master Plan that puts the dreams of implementing a seamless system of education from birth through college into action by providing consistent streams of recurring funding to ensure the success of programs. Providing the funding and support to nurture programs and allow them to grow and flourish over time is the key to success in the approach that the Tribal Council has taken.

In stark contrast to this nurturing environment at Muckleshoot—is the crisis that the Washington State education system faces in carving out adequate funding to develop immediate solutions to problems in all areas and levels of education from birth through college. May I remind all of my fellow citizens that our Washington State Constitution says "It is the paramount duty of Washington State to make ample provision for the education of all children residing within its borders."

I am proud to report that the Muckleshoot Indian Tribe has made education its number one priority and its "paramount responsibility." The Muckleshoot Indian Tribe has embraced its responsibility for successfully educating Tribal members and is truly a place where the talk about putting more money into education is being walked.



PHOTO BY JOHN LOFTUS

Message from the Community Services Director

By Walter Pacheco

Holiday Celebrations for 2006 the beginning of new year 2007 has begun and the month of January is almost at an end. This year has already begun to move fast and with the holidays behind us (Halloween, Thanksgiving and Christmas) we will also begin to look at the past holiday events and give thought to how our planning will set the tone for the holidays in 2007.

When we speak about holidays it's a time when everyone looks forward to the time off with their families and the gathering of the people in the community. When the community comes together to enjoy life and what it has to offer it's a wonderful sight.

Although we may have had a few problems getting the pictures out from the photographer at the **Christmas Party** I have managed to get the pictures from the photo company on a CD where I can scroll through and get the pictures for the families that didn't get their pictures. I unfortunately did not get the picture frames along with the CD. They tend to not last long anyway.

The **Thanksgiving Dinner** which was held in the Gym on November 22nd was well attended and everyone seemed to be happy. It was a treat to have the young girls stand up in front of everyone and sing some Whulshootseed songs. It was also good to see a few more people get up to the microphone and give their thanks for the things that are going well in their lives. It is hoped that more will come forward every year. We definitely will have to work on getting the Buffalo ordered earlier to get what we wanted. I received a lot of compliments on having the Buffalo for Thanksgiving along with more traditional foods. And those fried Deer steaks didn't last long on the table either.

The **Halloween Party** went well. The not-so-fancy dinner was good and satisfied the crowd that attended and the costume contest brought out some real creativity. Although we didn't have a cake contest this year. I think it would be nice to get that back into the scheme of things so we can see more of our community's creativity. I couldn't get over not seeing a Kitty Litter Cake this year. I never thought I would ever see a Kitty Litter cake, but that was quite a sight and tasted good as well. Some of the most inconceivable things will make for the best when it comes to the hideous things we experience during Halloween. I really enjoyed seeing the kids in costume and enjoying the spirit of Halloween.

Saving the best for last is giving credit to those that make the holidays happen. We have some very committed individuals who will go out of their way to take the time to plan and participate in the implementation of the holiday events. The Holiday Planning Committee consists of Franklin Lozier, Lori Simonson, Gail Larsen, Monica Simmons and Jennie Martin. There was a number of people involved from the Canoe Family who helped with the Halloween Party. These people were Nona Lozier, Jolene Lozier, John Byars,

Dianne Schweiger, Shianna Moses, Floyd Baker and Seaira Pacheco.

The Christmas Dinner/Party had a great turnout and was graciously accommodated by the New Bingo Hall and staff from the Bingo Enterprise. Melvin Daniels and Kevin the Facilities Manager helped us get set up with the sound, video and access for decorating. Supervision was there from those key people to have some of the Bingo staff assist us in keeping the hall clean and the systems working for the enjoyment of the community.

Having a slide show of community members and their families was a great attribute to the party and the family members getting to see themselves on the big screen near the podium was a great perk to the party. People who have helped get the Christmas party together included, Lori Simonson, Gail Larsen, Franklin, Nona, Jessica and Jolene Lozier, Seaira Pacheco, Shianna Moses, Derek Jerry, Pablo "Eddie" Cruz, Jonathen, Bubba Lezard and Leland Williams.

All in all there was about two individuals who kept the momentum going all the time and worked night and day to make all of the three holidays happen. Two individuals put their heart into their work and worked many hours and into the evening to not only plan and implement but to make sure the job was finished before they considered their involvement was complete. Lori Simonson and Gail Larsen need to be recognized for all their hard work and dedication to what they considered a duty to the community.

After Christmas, when everyone was leaving work and going home to their families these two stayed in the office to audit the records to determine who didn't get their gift cards and developed mailing lists/labels to send the cards out and make the children happy and not be forgotten in the process. For one reason or another some families failed to pick up the gift cards for their children and Lori and Gail made sure these tribal members children did get something for the Christmas Holiday. It was a pleasure and an honor to have these two people help this holiday season and for those that did contribute they had done a good job as well. I know that there was others involved and I apologize if I have forgotten to mention everyone. I can say that others had helped behind the scenes to prepare food, set up and clean up afterwards to make the events successful.

Any and all community and tribal members feel free to contact me and give me feedback on the holiday celebrations. I want to make sure to have community input in the process to plan for future events. We welcome any comments you have whether they are complaints, thank you's or suggestions for future planning. You can email me at walter.pacheco@muckleshoot.nsn.us or call me at 253-876-3153.

MARSETTE *continued from front page*

recognizes Washingtonians who, "at risk of personal injury or death, have saved, or attempted to save, the life of another."

Marssette had already been honored for his bravery by the Muckleshoot Tribe, the King County Council, the University of Washington (where he is a student), and was even flown to Washington, DC, to receive an award from the Department of the Interior. But it would be hard to imagine a more prestigious occasion than the ceremonies that took place on Wednesday, January 24, at the State Capitol.

Perhaps the best part was that Ed's mother and uncles were able to attend, having driven over two mountain ranges to get here from his home reservation in Montana.

Once the ceremonial grand entries of the members of the Senate (including our own Claudia Kauffman), the Supreme Court and the Constitutional Officers of the State, the award presentations began.

Medal of Honor recipients included Dr. Linda Buck, a cancer researcher at the Fred Hutchinson Institute who had previously won the Nobel Prize; former Governor and U.S. Senator Dan Evans; world-famous glass artist Dale Chihuly; and astronaut Bonnie Dunbar, who has flown on five space shuttle missions and currently serves as president and CEO of the Museum of Flight.

Medal of Valor recipients, in addition to Marssette, were Timothy Bourasaw and Rick Bowers of Arlington, who had saved two men from a burning SUV on SR 530, and Alana Schutt, who saved the lives of three drowning fishermen by coming to their aid in a paddleboat on Martha Lake, where she lives.

One at a time, the recipients were called to the podium, where Governor Christine Gregoire pinned their medals on their chests, and each addressed the distinguished audience of Senators, Representatives, Supreme Court Justices while friends and family leaned over from the galleries, proud of their loved ones and wanting to catch every word spoken. Cameras flashed as medal after medal was awarded.

"I am deeply honored to present these medals to such deserving Washingtonians," said Governor Gregoire. "They are true examples of the Washington Way - going above and beyond to serve and help your neighbors and fellow citizens."

Finally, it was Ed's turn, and the following words were read: "On March 15, the first day of his spring break from the University of Washington, Edward D. Marssette was awakened by the sound of a car crash at 1:00 a.m. outside his home on the Muckleshoot Reservation near Auburn.

Wearing only his night clothes, Marssette rushed down an embankment to the automobile, which had flipped over, smashed into a utility pole and burst into flames. He pulled four of the six people in the vehicle to safety. Marssette ignored his own burn injuries in the effort to save the 18-year-old driver and three 15-year-old passengers.

When medical personnel arrived on the scene, Marssette asked them to treat the crash victims before his own burn wounds. Although Marssette could not save two of the victims in the car, the lives of the four that Marssette pulled to safety are credited to his quick thinking and bravery."

As his proud family and friends looked on, Marssette stepped forward to accept his medal. After Governor Gregoire pinned the medal on his ribbon shirt and presented him with a plaque, he stood at the podium and shared some words with the distinguished audience in the House Chamber. His words, which were quite moving and came directly from the heart, were very well received.

When the ceremonies concluded, the dignitaries marched out the chamber in the reverse of the order in which they had arrived: First went the medal winners, each escorted by a Senator or Representative; then the Supreme Court Justices; then the Governor and the other Constitutional Officer; then the members of the Senate; and finally the House members.

While the Senators and Representatives went back into regular session to take care of the people's business, the medal honorees joined Governor Gregoire and Secretary of State Sam Reed for a photo session in the ornate reception room that adjoins the Capitol rotunda.

Local elected officials taking part included Senator Pam Roach, her son Rep. Dan Roach, and King County Councilman Peter von Reichbauer. Ed and his family members got their picture taken many times with the Governor and all the other dignitaries before the entire group adjourned to the Governor's Mansion, which is adjacent to the Capitol, where a delicious lunch was served.

Muckleshoot finally gets its stoplight!



PHOTO BY JOHN LOFTUS

ROBERTA TECUMSEH

PHOTOS FROM THE TRIBAL SCHOOL POTLATCH

"Roberta's brother Alman was the unofficial school photographer and was planning on being my right-hand man this school year. When I learned of his tragic death, I went to their grandmother's house and asked Roberta if she would take over from him, which she has been doing all year in memory of her brother."

~ Beth Lott, teacher



Rachel Ady and mom



Roberta



Heather Williams and daughter Jordan



Darrion Anderson



Lena Williams and John Jackson Jr.



Hunter Vaiese

Pending Crisis at Muckleshoot Tribal School

The attendance rate for the Secondary School students at Tribal School is seriously low. At this rate, funding for next school year will be drastically cut and this will have a negative affect on the ability of the school to serve the needs of our students. Please do all that you can to encourage any of your children or relatives enrolled at Tribal School to attend school on a regular basis. Working together is the only way that we will be able to have a world-class school and meet the needs of our students.

Scholarship Program is now accepting Clothing Voucher application and the last day to turn them in will be March 30, 2007 or post mark on March 31, 2007.

2007 3rd Annual Derek A. Sneatum MEMORIAL

MENS' *ALL-INDIAN BASKETBALL TOURNAMENT

* ID required- no exceptions!

6 FT & UNDER PLUS 1

**March 30 – April 1, 2006
Muckleshoot Gymnasium**

**12 teams - 10 players per teams
(includes coach)**

Double elimination - \$250 entry fee

- ½ down to insure place in tourney by March 15, 2007

**1st pl. Pendleton jackets;
2nd place; 3rd place; 4th place;
MVP, Sharpshooter, Mr. Hustle,
Sportsmanship**

Contact Info: Lenny Sneatum 253-261-4312
Logan Sneatum 253-740-6870
Liz Sneatum: 360-876-4011
Write to: 5189 SW PARADISE LANE
PORT ORCHARD, WA 98367

*Not responsible for any loss, injuries, on premises.
Players and fans assume all responsibility
of securing their property, as well as health
and safety concerns*

News from Northwest Indian College – Muckleshoot

There are new storyboards on the walls of Muckleshoot Tribal College. They feature the life stories of tribal members and other students who were enrolled in NASD 105A in recent quarters. They are attractive, informative and interesting. Included are the storyboards of Virg Spencer (newly-elected Tribal Council member), Ed Marsette (winner of the governor's Medal of Valor for 2007), Tanya Rojero and Marlene Cross (recent NWIC graduates). Come by and walk the halls for some good reading!

Advising Day is coming up in mid-March. This will be the day to sign up for Spring Quarter classes at NWIC and the other Muckleshoot Tribal College associated colleges and universities. There will be refreshments and information about enrolling in college for a degree. It's also a time to visit with friends old and new.

The Northwest Indian College course schedule for Spring Quarter will include Whulshootseed Language taught by Birdie Starr and Lawrence Tecumseh, Northwest Plants taught by Warren KingGeorge, Introduction to Poetry taught by Muriel Nelson, Native American Humanities taught by Pat Davis, Introduction to Native American Studies taught by Louie Gong, Introduction to Sociology taught by Dr. Morteza Sarlak and a variety of English

courses from grammar and punctuation to English Composition I taught by Todd Johnson. Math classes will include Basic Mathematics, Pre-Algebra, Elementary Algebra and Intermediate Algebra taught by Connie Maipi and Survey of Mathematics taught by Rajesh Lal, who comes to us from the Michigan State University Mathematics Education department. Introduction to Computers (taught by Dennis Kinerk), Physical Education courses offered at the Muckleshoot Health and Wellness Center and English Composition II by Dr. Sarlak round out the NWIC-Muckleshoot Spring Quarter course schedule. Esther John will teach NASD 105C.

Due to the increasing number of Life Sciences majors at NWIC-MTC, we anticipate offering Inorganic Chemistry. We're working out sharing laboratory space with Auburn High School or working from lab kits supplied by instructors at NWIC-Lummi Campus. This is an exciting innovation for our campus, indeed. We look forward to spawning nutritionists, naturopathic and allopathic doctors and nurses in coming years.

For more information call Esther John, Northwest Indian College Site Manager, Muckleshoot Tribal College at 253-876-3274.

Muckleshoot Child Development CCDF/Tax Fund Program

CCDF Program is dedicated to enhancing the quality, affordability, and supply childcare for all families who meet the program eligibility criteria. The CCDF assists low income families in accessing quality childcare for children while parents are working or participating in education or training. Our CCDF is will be able to serve all CCDF Participants in our service area, also to refer the out of service to the appropriate service areas. Our Goal is to promote healthy child development . Assist family to have self sufficiency. Provide quality services. Provide safe and healthy learning environments for the children.

(The income GMI may change due to updates, if interested come and apply.)

ANNOUNCEMENT!!

Tribal members if you do not have a smoke alarm in your house could you please contact the Planning Department at (253) 876-3321 and we will provide you with one immediately.

Family Tree Workshop



**Next class February 28, 2007
4-5PM at Philip Starr Building**

The Family Tree Workshop classes have changed. They will be offered twice a month every other Wednesday from 4-5pm. Our classes will still be taking place in the Cougar room located in the Philip Starr building. The next class will be on February 28th. Lot's of fun things are taking place come check us out!



FEELING BETTER. Norma Rodriguez is feeling better lately and has once again become a regular at the Senior Center.



Muckleshoot Tribe School Age Incentive Program For Muckleshoot Tribal Members 18 years of age and under

Contact: Juanita Sam Phone: 253-876-3379 E-Mail: Juanita.Sam@muckleshoot.nsn.us

Application Pick Up: 39015 – 172nd Ave SE
Scholarship Bldg. #2
Auburn, Washington 98092

Note USE New Application with front and back side:

Front side filled out by parent or guardian

- Student Information, Name, Address, Phone Number
- Signature of Parent or Guardian
- Choice of One (1) Store only

Back side filled out by School Official and Enrollment Officer

- School Information signed by a School Official (*will not except report cards or attendance report*)
- Tribal Certification signed by Muckleshoot Enrollment Officer

Reminders:

- Incomplete Applications will be mailed back to address noted on application
- Parent or Guardian must show picture I.D. upon pick-up.....
(NOT released to any other person)
- Certificates will be certified mailed two weeks from last issue date to address noted on application

Note:

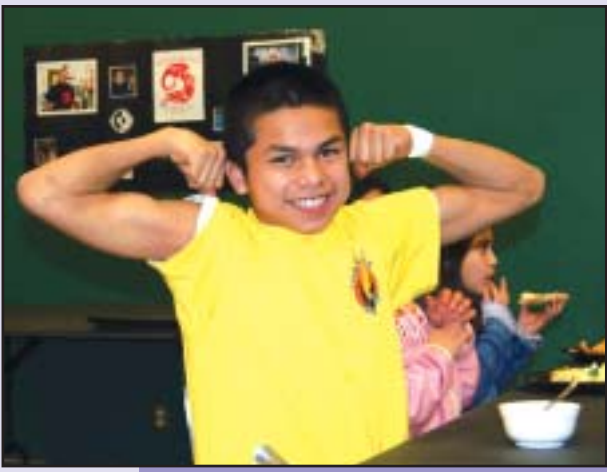
All applications submitted from July 1st – September 30th, are eligible for the full benefit as long as they meet the enrollment criteria for that school year

For the January 1st – March 31st, disbursement only is based on your attendance
(10) Unexcused is automatic ½ (upon committee approval)
(10+) of excused absences will be reviewed by committee

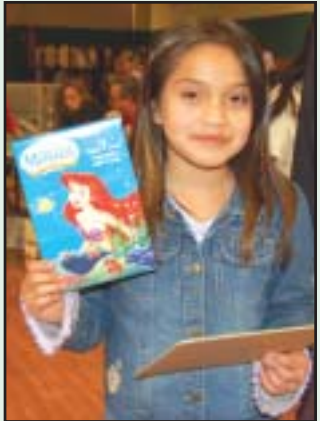
***No Exceptions to the Deadline Dates

Family Fun Night at the Muckleshoot Tribal School

Photos by Roberta Tecumseh



Photos by other Tribal School students



Ed Marsette receives Medal of Valor in ceremony at State Capitol

PHOTOS BY JOHN LOFTUS



On Capitol Steps with Sec. of State Sam Reed



Gov. Gregoire pins on the Medal of Valor



Ed's proud Mom admires his medal



Family members with Gov. Gregoire



Ed's family watches from the balcony



Gov. Gregoire, former Gov. Dan Evans and Sec. of State Sam Reed



Ed Marsette is at far right



Ed addresses the joint session of the House and Senate



Edward Marsette



The Senators enter the chamber



Christine and Mike Gregoire



UW representatives Candice Fries, Julian Argel and LeToy Eike.



Sen. Pam Roach escorts Ed into the chamber



Rep. Dan Roach on left, his Mom Sen. Pam Roach on right

New Cancer Preventing HPV Vaccine

Genital human papillomavirus is a common virus that is passed on through genital contact, most often during vaginal and anal sex. About 40 types of HPV can infect the genital areas of men and women. While most HPV types cause no symptoms and go away on their own, some types can cause cervical cancer in women. These types also have been linked to other less common genital cancers—including cancers of the anus, vagina, and vulva (area around the opening of the vagina). Other types of HPV can cause warts in the genital areas of men and women, called genital warts.

How is HPV related to cervical cancer?

Some types of HPV can infect a woman's cervix (lower part of the womb) and cause the cells to change. Most of the time, HPV goes away on its own. When HPV is gone, the cervix cells go back to normal. But sometimes, HPV does not go away. Instead, it lingers (persists) and continues to change the cells on a woman's cervix. These cell changes (or "precancers") can lead to cancer over time, if they are not treated.

How common is HPV?

At least 50% of sexually active people will get HPV at some time in their lives. Every year in the United States (U.S.), about 6.2 million people get HPV. HPV is most common in young women and men who are in their late teens and early 20s. Anyone who has ever had genital contact with another person can get HPV. Both men and women can get it—and pass it on to their sex partners—without even realizing it.

The HPV vaccine.

The first vaccine developed to prevent cervical cancer and other diseases in females caused by certain types of genital human papillomavirus (HPV). The vaccine, Gardasil®, protects against four HPV types, which together cause 70% of cervical cancers and 90% of genital warts.

Why is the HPV vaccine recommended for such young girls?

The HPV vaccine is recommended for 11-12 year-old girls, and can be given to girls as young as 9. The vaccine is also recommended for 13-26 year-old girls/women who have not yet received or completed the vaccine series. Ideally, females should get the vaccine before they are sexually active. This is because the vaccine is most effective in girls/women who have not yet acquired any of the four HPV types covered by the vaccine.

Will sexually active female benefit from this vaccine?

Females who are sexually active may also benefit from the vaccine. But they may get less benefit from the vaccine since they may have already acquired one or more HPV type(s) covered by the vaccine. Few young women are infected with all four of these HPV types. Currently, there is no test available to tell if a girl/woman has had any or all of these four HPV types. The vaccine is not recommended for pregnant women.

What is the efficacy of the HPV vaccine.

Studies have found the vaccine to be almost 100% effective in preventing diseases caused by the four HPV types covered by the vaccine—including precancers of the cervix, vulva and vagina, and genital warts. The vaccine has mainly been studied in young women who had not been exposed to any of the four HPV types in the vaccine. The vaccine was less effective in young women who had already been exposed to one of the HPV types covered by the vac-

cine. This vaccine does not treat existing HPV infections, genital warts, precancers or cancers.

How long does vaccine protection last? Will a booster shot be needed?

The length of vaccine protection (immunity) is usually not known when a vaccine is first introduced. So far, studies have followed women for five years and found that women are still protected. More research is being done to find out how long protection will last, and if a booster vaccine is needed years later.

What does the vaccine not protect against?

Because the vaccine does not protect against all types of HPV, it will not prevent all cases of cervical cancer or genital warts. About 30% of cervical cancers will not be prevented by the vaccine, so it will be important for women to continue getting screened for cervical cancer (regular Pap tests). Also, the vaccine does not prevent about 10% of genital warts—nor will it prevent other sexually transmitted infections (STIs). So it will still be important for sexually active adults to reduce exposure to HPV and other STIs.

What is the safety of the vaccine?

The FDA has licensed the HPV vaccine as safe and effective. This vaccine has been tested in over 11,000 females (ages 9-26 years) around the world. These studies have shown no serious side effects. The most common side effect is soreness at the injection site. CDC (Center for Disease Control), working with the FDA (Food and Drug Administration) will continue to monitor the safety of the vaccine after it is in general use.

How is the HPV vaccine given?

The HPV vaccine is given through a series of three shots over a 6-month period. The second and third doses should be given 2 and 6 months (respectively) after the first dose.

Will girls/women who have been vaccinated still need cervical cancer screening?

Yes. There are three reasons why women will still need regular cervical cancer screening. First, the vaccine will NOT protect against all types of HPV that cause cervical cancer, so vaccinated women will still be at risk for some cancers. Second, some women may not get all required doses of the vaccine (or they may not get them at the right times), so they may not get the vaccine's full benefits. Third, women may not get the full benefit of the vaccine if they receive it after they've already acquired one of the four HPV types.

Are there other ways to prevent HPV?

The only sure way to prevent HPV is to abstain from all sexual activity. Sexually active adults can reduce their risk by being in a mutually faithful relationship with someone who has had no other or few sex partners, or by limiting their number of sex partners. But even persons with only one lifetime sex partner can get HPV, if their partner has had previous partners.

It is not known how much protection condoms provide against HPV, since areas that are not covered by a condom can be exposed to the virus. However, condoms may reduce the risk of genital warts and cervical cancer. They can also reduce the risk of HIV (human immunodeficiency virus) and some other STIs (sexual transmitted infections), when used all the time and the right way.

Call the Muckleshoot Community Health Program at (252) 939-6648 for more information..



Birth Record

By Lisa Elkins

November 2006

Proud Parents Richelle Brown & Dan Munro
Boy- Riley Dean Munro
Proud Grandparents Elizabeth Eyle & Rodney Brown
Great Great Grandma Norma "Wassie" Eyle,
Great Great Grandpa Floyd Brown Sr. & Juanita Mesplie

11/07/06

Proud Parents-Richelle Brown & Don Munro
Boy- Riley Dean Munro 6lb 5oz. 18 in.
Grandparents Elizabeth Eyle & Rodney Brown; Gwen & Les Munro
Great grandparents; Wassie Eyle, Floyd & Wanita Brown, Agnus Whitegrass

December 2006

12/20/06

Proud Parents Maggie Edwards & Kenneth Gopher III
Boy Westin Alan Sam 6lb 12oz 20in.
Proud Grandparents Mike Edwards Sr. & Darlene Sam

12/22/06

Proud parents Jessica Ross & Matthew Courville
Girl Lauryn Maria Courville 6 lbs. 11oz. 19.5 in.
Proud Grandparents; Laurie Molina, Connie & Delwin Courville Sr.



February 2007

2/6/07

Talyn Joseph
12 lbs. 1 oz. 21 1/2 in. long
Proud parents Larry Moses & MarieRose "Breezy" Wier
Proud Kiya Theresa Jerry
Proud Poppas Floyd Moses & Jeff Wier

2/2007

Proud Momma Jamie Lynn Baker
Boy- Austin Jo Baker 6lbs 12 oz 18.5 in.
Proud Grandparents; Billi Jo Jerry, Steve Baker
Great Grandma Elaine Baker

Congratulations to our new parents!!!

How to do the Heimlich Maneuver:

The Heimlich Maneuver for CHOKING

A choking victim can't speak or breathe and needs your help immediately. Follow these steps to help a choking victim:

1. From behind, wrap your arms around the victim's waist.
2. Make a fist and place the thumb side of your fist against the victim's upper abdomen, below the ribcage and above the navel.
3. Grasp your fist with your other hand and press into their upper abdomen with a quick upward thrust. Do not squeeze the ribcage; confine the force of the thrust to your hands.
4. Repeat until object is expelled.

UNCONSCIOUS VICTIM, OR WHEN RESCUER CAN'T REACH AROUND VICTIM:

Place the victim on back. Facing the victim, kneel astride the victim's hips. With one of your hands on top of the other, place the heel of your bottom hand on the upper abdomen below the rib cage and above the navel. Use your body weight to press into the victim's upper abdomen with a quick upward thrust. Repeat until object is expelled. If the Victim has not recovered, proceed with CPR.

The Victim should see a physician immediately after rescue. Don't slap the victim's back. (This could make matters worse.)



The Heimlich Maneuver for CHOKING INFANTS

A choking victim can't speak or breathe and needs your help immediately.

Follow these steps to help a choking infant:

Lay the child down, face up, on a firm surface and kneel or stand at the victim's feet, or hold infant on your lap facing away from you. Place the middle and index fingers of both your hands below his rib cage and above his navel. Press into the victim's upper abdomen with a quick upward thrust; do not squeeze the rib cage. Be very gentle. Repeat until object is expelled.

If the Victim has not recovered, proceed with CPR. The Victim should see a physician immediately after rescue.

Don't slap the victim's back. (This could make matters worse.)

The Heimlich Maneuver for CHOKING

When you choke, you can't speak or breathe and you need help immediately. Follow these steps to save yourself from choking:

1. Make a fist and place the thumb side of your fist against your upper abdomen, below the ribcage and above the navel.
2. Grasp your fist with your other hand and press into your upper abdomen with a quick upward thrust.
3. Repeat until object is expelled.

Alternatively, you can lean over a fixed horizontal object (table edge, chair, railing) and press your upper abdomen against the edge to produce a quick upward thrust. Repeat until object is expelled.

See a physician immediately after rescue.

Call the Muckleshoot Community Health Program at (253)-939-6648 for more information.

Prescription Drug Overdose Becomes Big Killer

News Summary

Washington residents are dying from unintended drug poisoning in numbers beginning to approach deaths in car crashes, and overdose deaths blamed on legal drugs now exceed fatal overdoses caused by illicit drugs, the [Spokane Spokesman-Review](#) reported Feb. 4.

Prescription-drug overdoses have increased 800 percent in Washington between 1995, when 45 overdose deaths were reported, to 2004, when 411 state residents died from overdoses on drugs like hydrocodone and methadone. "Prescription drug overdose deaths have been climbing through the roof," said Jennifer Sabel, an epidemiologist at the Washington Department of Health. "Even doctors don't really realize the magnitude of the deaths."

In nearby Idaho, drug poisonings rose from 32 in 2000 to 62 in 2004. Some victims died because they misused patches containing powerful painkillers like Fentanyl, while others suffered from a toxic mix of prescription painkillers and alcohol or over-the-counter medications like Benadryl. "Users may be lulled into thinking prescription medications are safe as opposed to 'street drugs,'" said Spokane County Medical Examiner Sally Aiken.

Overall opiate-related deaths in Washington rose from 260 in 1995 to 555 in 2004; auto crashes kill about 650 residents in the state each year. Mentions of prescription opiates on death certificates has risen even as involvement of illicit drugs like heroin have fallen by a third during the same period.

The trend is echoed by research conducted by the federal Centers for Disease Control and Prevention (CDC), which found that mentions of narcotic painkillers on death certificates rose 91 percent between 1999 and 2002. "This is a national problem," said Dr. Gary Franklin, medical director for Washington's Department of Labor and Industries.

Hello to all Muckleshoot Community Members!

Della Morrison

Hello Muckleshoot! My name is Della Morrison. I am a Muckleshoot Tribal member and new employee at the Muckleshoot Wellness Center. My Dad is Dale Miller and my Mom is Jeannette Morrison. I am the new Concessions Clerk at the Wellness Center. I have experience helping my sister Regina at the Shaker church so I am excited to start here at the Wellness Center Café. I was away for many years but needed to return and be near my family after the recent loss of my son. The Muckleshoot Tribe has been such a great help to me in time so I am happy for the opportunity to give back to you all. I enjoy spending time with my family and being a part of the Coyote Clan. I want to encourage you all to come and use this great facility built especially for our Tribe. The friendly staff and exercising more has really helped me with my new clean and sober life ~ I know it can help my com-munity too. I look forward to seeing you soon.



Della Morrison

Amy Dais

My name is Amy Dais. I am a new front desk Greeter at the Wellness Center. I am so excited to be working the morning shift to meet and help all of you who have come to utilize and enjoy our new and FANTASTIC wellness center! I am so impressed with all the fun and many different options we have here to get healthy and stay healthy. I am a Muckleshoot Tribal Member my family is from the Starr / Siddle descendants and I have 4 daughters ranging from preschool to 13. You will see my husband taking them to the *free* swim lessons here. I am currently participating in the weight management class every Wed and hope to see and meet all of you soon! Blessings and prosperity to you in this New Year.



Amy Dais

Bonnie Jerry

Hello, my name is Bonnie Jerry. I am the new Transporter for the Community Health Program. Transporting tribal and community members to and from medical appointments will be my main responsibility. I am enrolled Muckleshoot and have lived here my entire life. I have six children and three beautiful grandchildren. I also have two grandchildren due in 2007, how lucky is that? My parents are Yvonne and Russell James, both who have passed on. Before coming to work with the Health Division, I worked for the Casino for ten lovely years. Being a transporter is interesting and I am excited to be on board and part of the team. Stay Healthy, Be Happy.



Bonnie Jerry

Nancy Mellor

Hi, I am Nancy Mellor, the new Mental Health Supervisor at Behavioral Health. I am excited to be back at Muckleshoot and I look forward to seeing everyone again. If you need to contact me, please give me a call at 253-804-8752.



Nancy Mellor

Nancy Paine Sherman

I'm Nancy Paine Sherman; happy and excited to be the new acupuncturist at the Muckleshoot Wellness Center. I grew up nearby, in Tacoma, and have lived in Seattle most of my adult life.

Acupuncture has been my profession for the past five years. I graduated from the UW in China Studies in 1977, then spent 20 years in the travel business and traveled quite a bit myself. About 8 years ago, I decided to change direction and study acupuncture. I wanted to do work that would allow me to make a more meaningful contribution to the community and humanity in general. I was attracted to health care and had a life-long interest in Asian culture and history. When I experienced acupuncture treatments myself for back pain, I realized this was the path for me.

I graduated from the Northwest Institute of Acupuncture & Oriental Medicine in Seattle in 2001. I was drawn to public health and have focused on community health care settings because helping those who need care the most and are under-served is what I love best about my work.

I believe in a holistic approach to health care, and acupuncture is about balancing our physical,

mental, emotional and spiritual selves. I have long sought the opportunity to help bring acupuncture to Native Americans because of the sense of balance and harmony with nature in Native culture that can synchronize well with Chinese medicine and create great health benefits to tribal members. I feel very fortunate to be part of the beautiful Health Care and Wellness Center at Muckleshoot and hope to see many of you at the clinic

Acupuncture is available on Tuesdays and Wednesdays from 8am to 5pm at the Muckleshoot Wellness Center's Physical Therapy Department. If you would like to make an appointment for acupuncture, you can make an appointment by calling 253-333-3620 (you will need a referral from your Health Care Provider).



Nancy Paine Sherman

New/Improved Services Soon at the Pharmacy!!

Getting all your prescription needs met at your Pharmacy to be happening soon!!

By Lisa James, Health Division Director

Patients visiting the Muckleshoot Health and Wellness Center Pharmacy have always been told that prescriptions for their pain medications (also called "controlled substances" or "controls") needed to be filled at a local downtown pharmacy. Although it has been an inconvenient arrangement, community members have been very understanding, and we appreciate that patience. Well, all of this will change within the next few months. When our new HWC was built, it was with the intention that it would be a "one stop shop" for your health care needs. We are only a few months away from adding another service to the "shop."

The reasons we've not been able to offer this at our Pharmacy in the past is because of the security issues. If we can't guarantee a standard level of safety for our members, we won't do it, it's that simple. As you may, or may not be aware, pharmacies that carry controlled substances are at a higher risk for theft, so they are required by federal law to have safes, vaults, and security measures that meet pretty strict standards. Also, we factored this into the building design when constructed; the walls for the pharmacy and the safe/vault room are specially made and the duct/venting are virtually impassable. So it would be very, very difficult to even get access to this area. In the next few months, we will be completing the policies and security measures required by the Drug Enforcement Agency, as well as some additional steps to ensure the safety of our patients and our staff, so that our Tribal pharmacy can begin to fill these prescriptions for you. Here are some of the things that we need to have in place

before this can happen: installation of silent alarms, motion detectors, security vaults, arrangements with the nearby Sheriff's office, security cameras in and around the pharmacy, raised counter tops and physical barriers. In addition, we will only be stocking very small quantities of these medications; anybody hoping to break in and take advantage of the clinic supply will find that they've put a tremendous amount of time, effort, energy, and almost certainly prison/jail time for less than a handful of tablets. Our inventory for the more desirable schedule II drugs will be kept to the very minimum. The amount that could potentially be stolen, is truly not worth the time that someone will spend jail/prison, the offense will be more serious, as we are considered a federal agency.

We are still some time away from being able to fill all schedule II medications, but in the months to come, once the MHWC has the highest level of security in place, we'll be able to provide you with a more comprehensive, convenient and positive experience here as possible. We anticipate the first step towards this goal by early March, when we hope to save some patients a trip by stocking forms of cough syrup which have previously been unavailable.

We will be making this change gradual, remember, the good things always take longer.. so we ask your patience for a little while longer while we get this started and completed for you. All of the staff at the HWC continue to develop and implement enhanced services just for you and your family.

Please Join us the 2nd Thursday
of Each Month for a

Healing Circle

LUNCH PROVIDED!!
FREE TEE SHIRTS WHILE SUPPLIES LAST!!

Thursday March 8, 2007
10:30am - 2:00pm

In the Mountain Room of the Health & Wellness Center
Childcare Provided On-site!

**Come be a witness to
healing stories about
Sexual Assault and Domestic Violence.**

***Although this is a difficult topic, many in the
Muckleshoot Community believe it is very important
to begin speaking about it.***

Tribal & Outside Resources Provided
**Counselors on-site for support this day & beyond **

FOR MORE INFORMATION CONTACT:
Bobbi at 253.804.4444 or Bobbi.Keeline-Young@muckleshootcasino.com
Or Stephanie at 253.876.3357 or Stephanie.Flesher@muckleshoot.nsn.us

-Hosted by the Muckleshoot Sexual Assault Task Force (SATF)

Now Hiring!!

Come work for one of the largest South King County employers. Muckleshoot Indian Bingo is the *Northwest's destination for fun*. We are now hiring energetic, outgoing individuals to fill a variety of exciting positions. We offer great benefits which include: competitive wages, excellent working conditions and paid holidays/vacations/sick leave, medical/dental/vision insurance, and a 401(A) or 401 (K) investment plan. The Muckleshoot Indian Bingo is an Equal Opportunity Employer, but exercises Native American hiring preference.

You are more than an employee at Muckleshoot Bingo, you are family. To apply contact our Human Resources Department Monday through Friday between 9:00 am – 5:00 pm or download an application at www.muckleshootbingo.com.

Muckleshoot Indian Bingo
2602 Auburn Way South • Auburn, WA 98002
253.735.2404

Current openings include:

• Admissions Clerk	• Food Servers	• Prep Cooks
• Bartenders	• Gaming Director	• Receiving Clerks
• Beverage Servers	• Heavy Duty Cleaner	• Senior IT Technician
• Building Maintenance Engineers	• Inventory Clerks	• Soft Count Lead
• Bussers	• IT Techs	• Systems Administrator
• Caller Floor Clerk	• Lead Line Cook	• VGD Attendant
• Concessions Cashier	• Line Cooks	
• Facilities Clerk	• Maintenance Supervisor	
• Food and Beverage Supervisor	• Maintenance Worker	

Health & Wellness Center Program Hours:

Program Name	Phone No.	Hours Open	Closed-Lunch
Behavioral Health	(253) 804-8752	8:00-5:00	N/A
CHS Office	(253) 939-6648	8:00-5:00	12:00-1:00
Community Health	(253) 939-6648	8:00-5:00	12:00-1:00
Dental Clinic	(253) 939-2131	8:00-4:45	12:00-1:00
Medical Clinic	(253) 939-6648	8:00-5:00	12:00-1:00
Pharmacy	(253) 939-6648	8:00-4:30	12:00-1:00
WIC Wed Only	(253) 939-6648	1:00-5:00	N/A



January 6, 2007
Happy Birthday Darren James Redthunder "Babe"-18 & Daria Arlene Thunder-5.

Love you always Mom

Dental Program News:

New Dental CHR (Comm Health Rep).

The Dental Clinic is happy to announce the hiring of our new Dental CHR. You may already know him and possibly received transportations to your doctor's appointment from him. Our new Dental CHR is Daniel Givens who used to work as the Transporter with the Community Health Program. He joined the dental team late November 2006, and has been a great addition to the dental clinic. His duties include patient transportations, setting specialist appointments, and developing community dental prevention programs. If you have any questions, please feel free to call us at 253-939-2131.

Revised Broken Dental Appointment Policy:

There will be some changes made in the dental clinic's "broken appointment" policy. The old policy stated that when a patient has 3 broken appointments within one calendar year, he/she will be placed on the bottom of the wait list and will not be able to make regular scheduled appointments (emergency visits allowed) for one year, or until those on wait list are seen first, which ever comes first. As of now, the dental clinic is finished with the wait list for our CHS eligible patients. Thus the new policy will state patients with 3 broken appointments in one calendar will not be allowed to make regular scheduled appointments for 6 months from the date of their last broken appointment, but are allowed emergency walk in visits as needed. If you have any concerns or need more explanation of the policy, please feel to call Dr. Kim our chief dentist at 253-939-2131.

What's New in the Pharmacy for 2007:

Pharmacy Hours:

Monday through Friday
8- 4:30pm Closed for lunch 12-1
Phone: 253. 939.6648

Happy New Year from the Pharmacy Team – we've had a busy winter and would like to take a moment to thank you all for your business, your support, your questions, and your smiles. In 2006 we filled more prescriptions, reviewed more medications, and answered more questions than ever before and 2007 promises to be another record year. Here are a few tips to make your experience at the Pharmacy as pleasant and easy as possible, including 2 new ways to reach us with your refill requests, questions, or comments.

- Do you have questions about your medications? Do you have concerns about possible drug interactions? Do you take over-the-counter or herbal medications and want to know how they might effect your prescription medications? We love answering your questions – and it's important for you to understand the medications you're taking. Give us a call with your questions, come in and talk to us, or send us an email at pharmacist@muckleshoot-health.com.
- Did you know you can request your medication refills 24 hours a day, 7 days a week? Next time you need a refill, **call our refill request line at 253-333-3624**. It's quick, easy, and we'll get the refill process started for you.
- The Pharmacy tends to be busiest in the afternoon, generally after 2:30. If you have prescriptions to drop off or questions for us but you're in a hurry, you're likely to spend less time in the pharmacy if you come by in the morning between 8 and 11am or right after lunch at 1:00.
- It can take 1-2 days to process a refill request for you if the doctor has not authorized refills. This includes the time it takes to notify the doctor, for the doctor to review your chart and authorize the refill, and for the doctor's office to get back to us. If you haven't seen your doctor in a while, your doctor's office may wish to contact you about scheduling an appointment. To avoid running out of your medication, it's always a good idea to request your refill 3 days before you take your last pill.

Thanks again to the Tribal community for making 2006 a special year for us, and always remember, we're here to answer any of your medication questions. See you soon!

Joshua, Robyn, Stephanie and Marcy – The Pharmacy Team

Prostate Problems Can Be Avoided

If you're over 40, you've got a ticking time bomb in your backside. It's called benign prostatic hyperplasia...or BPH for short. This is the number one problem in older men.

The prostate is a gland found only in men. It is about the size of a man's big toe and is located below the neck of the bladder surrounding the bladder outlet or urethra (urine tube). Its job is to secrete a milky fluid, which becomes part of the semen and nourishes the sperm.

As you get older, your prostate grows and begins to squeeze the urethra and obstruct normal flow. Most men's prostates begin enlarging after 40. If you make it to eighty, you have an 80% chance of having BPH.

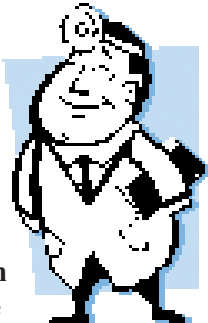
A man with a prostate problem may have any one, or a number of these symptoms:

- Difficulty starting the flow of urine;
- Slow urine stream once started;
- The need to pass urine more often than usual during the day (frequency) or overnight;
- Dribbling either after passing urine, or between visits to the toilet;
- Urinating again shortly after having already been;
- Feeling of urgency to urinate;
- Burning discomfort or even pain while passing urine;
- The urine may be blood stained; and
- Feeling that emptying is not complete.

It's never too early to start preventing BPH...You can save yourself a lot of problems later. And if you already have the symptoms – you can keep them from getting worse.

Here are some simple and easy precautions you can take right now:

1. Get enough Omega-3 fatty acids: These are the essential fatty acids in fish, eggs, nuts and flax seed oil. You can get them by eating one of these foods every day, or by taking a supplement. Studies have shown Omega-3 seems to stop the conversion of chemical that trigger prostate growth. The recommended dose is between 3 and 6 grams a day.
2. Eat healthy: Basically, cut down on the crap ... sugars, hydrogenated oils...the things that tend to cause inflammation. Get plenty of protein and veggies. And, to be safe, add a good, natural food base, multivitamin.
3. Get a regular exam: BPH and the worst case, prostate cancers aren't something to fool around with. Especially if you're over 40, you should see your doctor for a prostate check-up once a year. Include hormone blood tests, physical exam, and a comprehensive PSA test in your routine.



Call the Muckleshoot Community Health Program at (253) 939-6648 for more information.

New Pharmacy Refill Request Line at Health & Wellness Center:

Do you have medication refills to call in, but they just slip your mind? Now you can call in your prescription refill requests at your convenience, **24 hours a day**. The Pharmacy has recently begun accepting prescription refill requests through a direct line which allows you to request your medication at any time. Here's how it works:

1. Dial (253) 333-3624.
2. The recording will prompt you to leave the prescription number, name of medication, your name, and a contact phone number at the tone.
3. Please be specific in your medication request – avoid asking for "all my meds" or "whatever is in the computer". Requesting specific medications prevents us from filling meds you don't take anymore or don't need, and allows us to get you exactly the medications which are right for you. If you're not specific about the medications you need, we may not be able to refill your prescription.
4. When you've finished requesting your medications, hang up. We will check the recording first thing in the morning and then throughout the day.
5. Please give us 1-2 business days to fill your medications. This guarantees that even if we have to call the doctor for refill authorizations, or if we have to special order an item, we will still have enough time to do that and have your medication filled and waiting for you.

We hope the refill request line will make it easier for you to request prescription refills. One of the most effective ways to stay healthy is to avoid running out of your prescription medication. And of course, if you prefer to speak to a live person, we encourage you to call us during business hours and we will be happy to answer your questions and comments.

We encourage everyone to visit our Mini Health Fair on

February 24th, 2007
10 am to 2 pm

Learn and share the tools and information you need to protect you and your loved ones against heart disease.

FREE

- Blood** pressure checks
- Blood** sugar screening
- Cholesterol testing**
- Stress** Reduction Techniques
- Healthy Heart** Recipes
- Presentation on Healthy Heart and Heart** disease
- Fitness assessments**
- Healthy lunch/snacks**
- Give-a-ways**

Teen Choice Medical Clinic

Hours: Teen Choice Medical Center is open Monday through Friday Location: 204 Auburn Ave.

Information: Call 253-735-8336, or visit www.teenchoicemedicalcenter.com.

*Serving youths 13 to 19 years old

King county: For information about birth control for teens at public health clinics, visit www.metrokc.gov/health/locations/teens.htm

Community Health Centers of King County

Diagnoses and treats illness and injury and gives physical exams with a focus on preventative care. Offers homeless youth health care clinic, alternative health care, and obstetrics care at some clinic locations. Family planning services are available at all locations.

Provides dental services at four locations for low-income children who are established patients and their parents, persons with disabilities, and women in the WIC program. One morning per week is set aside for walk-in emergency dental care.

*Accepts most major insurance plans, Medicare, and Medicaid (medical coupons).

**People without health insurance may qualify for sliding scale fees.

Auburn Community Health Center

126 Auburn Avenue, Suite 300
Auburn, WA. 98002

Dental Clinic phone #253-804-8713

Medical Clinic: 8am-8pm M, 8am-5pm Tu-F
ph #253-735-0166

Public Health – Seattle & King County

Clinics throughout King County provide health care services to low-income residents. Services include pediatric and adult primary care, routine exams, immunizations, STD treatment, family planning, parenting services, gynecological services, maternity support services, chronic illness management, and preventative care.

-Dental services are available for children, pregnant women, and older adults at some clinic locations.

*Accepts Medicare, Medicaid (medical coupons), Basic Health Plan, and private insurance.

**Medical & Dental services may accept sliding scale fees (call for more details).

Auburn

phone #800-325-6165 ext.56800
20 Auburn Avenue, Auburn, WA

*Priority clients are low-income residents of So. King County, including children, adults, & seniors.

Auburn – Medical Arts Building

phone #800-325-6165 ext.68400
126 Auburn Avenue, Suite 400, Auburn, WA



PHOTO BY JOHN LOFTUS



FLAMETHROWINTEXAN

26 Starts, 15 wins, 4 places, 2 shows - Career Earnings: \$800,000
 Winner of British Columbia Derby, Seattle Slew Breeders' Cup, Mt. Rainier Breeders' Cup (twice), Sir Winston Churchill Handicap, Longacres Mile and Bay Meadows Breeders' Cup. Owned by Paul Heist and trained by Jim Penney. Washington's finest racehorse.

Muckleshoot Assistant Tribal Operations Manager for Education Joseph Martin and son Marcus meet the famous racehorse Flamethrowintexan at Homestretch Farm in Edgewood.



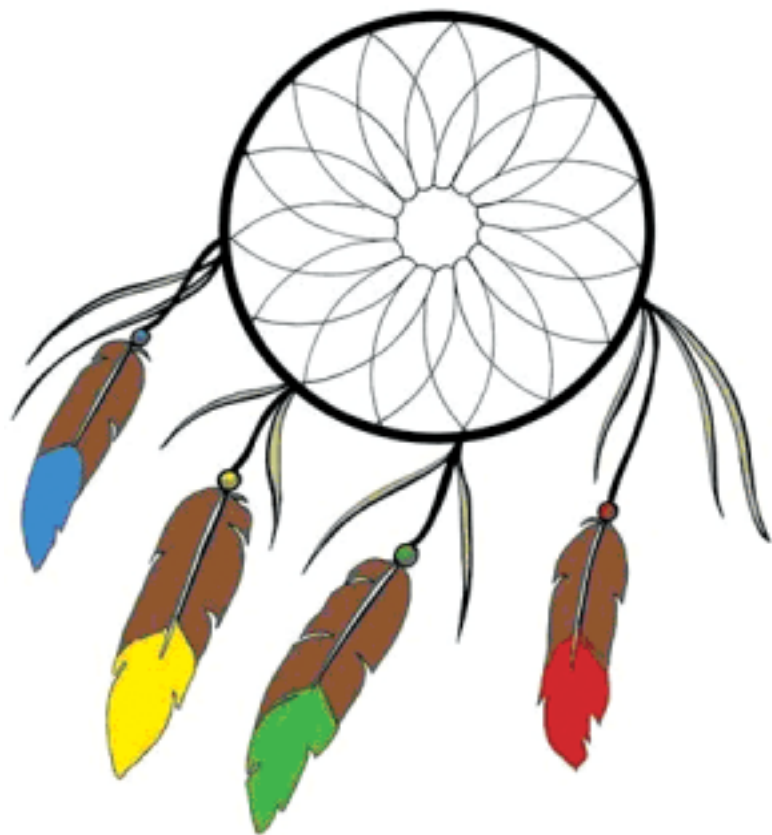
Happy 1st Birthday Carl Patrick Starr-Williams January 6, 2007

SMOKE ALARM TESTING

Does your smoke alarm work properly?
 Would you like to have it tested to be sure?
 Do they need new batteries?
 Tribal Housing will test your smoke alarms and replace batteries for free.
 Just call to set up an appointment:
 (253) 833-7616

GRIEF & LOSS GROUP

Grief is painful and at times the pain seems unbearable. Now is the time to seek support.



With Dr. Sarlak in the Mountain Room of the Health and Wellness Center

Every Wednesday from 6:00 to 8:00 pm

If you have questions or need to register for the group, please call Behavioral Health at (253) 804-8752.

Muckleshoot Pentecostal Church

Kenny Williams, Pastor

SCHEDULE

Sun.	10:00 AM	Prayer
	10:45 AM	Church
	6:00 PM	Church
Mon.	7:00 PM	Strong Heart Support Group Philip Starr Building
Tues.	5-8:00 PM	Cultural Night
	5-7:00 PM	Girl Scouts
Wed.	7:00 PM	Bible Study
Thurs.	Noon	Brave Heart Support Group Lunch Meeting
Fri.	7:00 PM	Prayer Service
1st Saturday:		Men's Prayer Breakfast
2nd Saturday:		Missions Fundraiser
3rd Saturday:		Women's Prayer Breakfast

A Thank You Note

Thanks to all those that donated prizes or items for our raffle for Iola's Memorial. We had a lot of really great prizes - hand-made items, such as a beautiful Chief doll with Cedar by Norma Rodriguez, a Cedar basket by Kathy Crombie, a Cedar necklace by Diane Dea, and a Cedar hat made by Lorraine Cross. Thanks gals! Two large black velvet pictures were donated by Tara Sheldon, a beautiful Indian-colored coat was donated by Ruth Charles, and many, many other items - these were just a few.

I'd like to say thank you. Our Lady has so many that loved her and this is all of your way of honoring such a Beautiful Lady that gave us so much and asked for so lil.

Also, I'd like to thank all those that donated for January and February Indian Taco Fund Raisers, and to Joey for doing our fry bread for January and Phillip and Toots for February, and to the Elders and Elders staff for donating food and their time; and to Phillip Hamilton and Berlinda Adair for their great chili. Thanks to all who donated money and came to buy our Indian tacos.

It has been fun doing fund raisers, but as Toots says, it is time for us two to step aside and let our future Elders get in and start doing the them. We are retiring to enjoy others. The Elder staff, Amy and Joey, has always been such a big help to us.

So, Again, Our Many Thanks,

Norma Dominick & Elaine "Toots" Baker

PHOTOS BY STEPHANIE BUTLER



Chiefy



Tipsy

MORE New Houses

PHOTOS BY JOHN LOFTUS



*Happy 1st Anniversary to
Brian and Rita Martin
(Auntie Sis ☺)
February 18th, 2007
Much Love,
Lisa & Family*



George, Alexis & Jesse Starr Jr.

FORWARD VETERANS GROUP

a non-profit organization

CONTACT:
Paul Ridley
360-527-8616



CONTACT:
Gunney Stratton
360-671-7382
FORWARDHQ@AOL.COM
WWW.FORWARDHQ.ORG
FAX 360-392-8283

NOTICE TO ALL VETERANS & FAMILY MEMBERS MUCKLESHOOT

March 7th 12:00 to 4:30, 8th 9:00 to 4:30, 9th 9:00 to 12:00
THE FORWARD ARROW WILL BE IN MUCKLESHOOT TO ASSIST
FILING & PROCESSING VA & SOCIAL SECURITY BENEFITS FOR
VETERANS AND DOMESTIC VIOLENCE SURVIVORS

The purpose of this visit is to
provide VA benefits to every
veteran in the vicinity



the forward arrow team
Dr. Tom Williams PSYD Chief PTSD Therapist
Karen Ridley S-1 / PTSD SW
Paul Ridley S-3 Operations Office
Kathy Baker

----free assistance----



PHOTO BY JOHN LOFTUS

Keeri Marquez and John Daniels Jr. wrap Seattle Public Utilities Director Chuck Clarke in a Muckleshoot Pendleton blanket. Clarke played a key role in the negotiation of the Cedar River Watershed Settlement that resolved long-standing issues between the Muckleshoot Tribe and the City of Seattle.

A GUIDE TO GRIEF

Grief is a normal response to loss. It can be the loss of a home, job, marriage or a loved one. Often the most painful loss is the death of a person you love, whether from a long illness or from an accident or an act of violence.

This guide will help you understand the grief you and others may feel after a death, whether sudden or anticipated. We hope this guide will help you realize that these feelings are not unusual and things can get better. You are not alone.

THE GRIEVING PROCESS

Grief is painful and at times the pain seems unbearable. It is a combination of many emotions that come and go, sometimes without warning. Grieving is the period during which we actively experience these emotions. How long and how difficult the grieving period is depends on the relationship with the person who dies, the circumstances of the death, and the situation of the survivors.

The length of time people grieve can be weeks, months, and even years. One thing is certain: grief does not follow a timetable, but it does ease over time.

Because grief is so painful, some people try to "get over" a loss by denying the pain. Studies show that when people don't deal with the emotions of grief, the pain does not go away. It remains with them, and can turn up in unrecognizable and sometimes destructive ways. Understanding the emotions of grief and its feeling and symptoms are important steps in healing and in helping others who may be grieving.

THE FEELINGS AND SYMPTOMS OF GRIEF

Experts describe the process of grieving and the emotions of grief in various ways. The most commonly described reactions are: Shock, Denial, Anger, Guilt, Depression, Acceptance, and Growth. Some people experience the grieving process in this order. Most often, a person feels several of these emotions at the same time, perhaps in different degrees.

- Shock
- Denial
- Anger
- Guilt
- Sadness
- Acceptance
- Growth

THE EXPERIENCE OF GRIEF

Grieving people have two choices: they can avoid the pain and all the other emotions associated with their loss and continue on, hoping to forget. This is a risky choice, since experience shows that grief, when ignored, continues to cause pain.

The other choice is to recognize grieving and seek healing and growth. Getting over a loss is slow, hard work. In order for growth to be possible, it is essential to allow oneself to feel all the emotions that arise, as painful as they may be, and to treat oneself with patience and kindness.

- Feel the Pain
- Talk About Your Sorrow
- Forgive Yourself
- Eat Well and Exercise
- Indulge Yourself
- Prepare for Holidays and Anniversaries
- Get Help

If you find that you are in great distress or in long-term depression, individual or group therapy from a counselor who specializes in grief may be advisable. You can ask your doctor for a referral.

* Take Active Steps to Create a New Life for Yourself.

HELPING THOSE IN GRIEF

You may know someone who has experienced a loss. Many of us feel awkward when someone dies, and don't know what to do or say. The suggestions below are designed to help you help friends, family and coworkers who are grieving.

- Reach Out to the Grieving Person
- Listen
- Ask How You Can Help
- Remember Holidays and Anniversaries
- Suggest Activities That You Can Do Together
- Help the Grieving Person Find New Activities and Friends
- Pay Attention to Danger Signs

Signs that the grieving person is in distress might include weight loss, substance abuse, depression, prolonged sleep disorders, physical problems, talk about suicide, and lack of personal hygiene.

Observing these signs may mean the grieving person needs professional help. If you feel this is the case, a suggestion from you (if you feel close enough to the person), or from a trusted friend or family member may be appropriate. You might also want to point out community resources that may be helpful.

Death can be a painful and permanent loss experience, and one of the hardest from which to recover. Death takes away, but facing it and grieving can result in peace, new strengths and purpose.

These are excerpts from a brochure that was originally developed by the Hospice Council of Metropolitan Washington. Copyright 1996, National Hospice Organization, Arlington Virginia.

If you or someone you know needs support, please call the Behavioral Health Program at (253) 804-8752.

There is also a weekly Grief and Loss Group held every Wednesday from 6:00 to 8:00 pm at the Health and Wellness Center's Mountain Conference Room

MUCKLESHOOT INDIAN TRIBE FIRE SAFETY PROGRAM

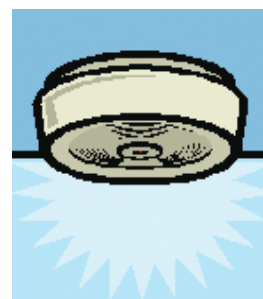


The Tribal Council has requested installation of smoke detectors and carbon monoxide monitors into every Tribal Members' home.



STAGE 1 - THE TEMPORARY SOLUTION

is to provide IMMEDIATE portable fire alarm detectors to each home. These are battery operated and they are installed by mounting screws. Staff are available for installation. Installation should NOT take more than 30 to 45 minutes.



STAGE 2 - THE PERMANENT SOLUTION

is to provide PERMANENT internally hard wired fire alarm detectors to each home. These are powered by low voltage electricity and they have battery back up systems if the power goes out. These are installed by an electrician and will take from 2 to 4 hours of installation to complete.

TIMES MUST BE SCHEDULED through the Planning Department with Kelvin Frank at (253) 876-3321 or Roger Blaylock at (253) 876-3124 .

REMEMBER: SMOKE ALARMS AND CARBON MONOXIDE MONITORS ONLY GIVE YOU WARNING TO GET OUT OF THE HOUSE. YOU STILL NEED TO CALL 911 FOR EMERGENCIES.

TO MY OLD SELF

What's up? I'm writing this letter to you about us. As we have been together all these years, we had good and bad days. I say it was like being lost in a world we have never seen or didn't accept it. We followed the crowd, trying to fit in acting like fools from Mars or something like that. We were walking around in a sleep mode. We were just tasting part of a happy life.

Then things got worse. We are heading for prison. We are still trying to stay tough, but something inside of me was waking up the good side of us. I was speaking about our life and said "Hey look man, our way wasn't working for us. We need a change. Let's ask that man up stairs to help us." As you know we were fighting, but the good side won. So I said to my old self, "Stop, it's OK. This is what I want because we will live a better life. So we made a decision to get on our knees and cry out to Him."

As time went by we were enjoying life as our creator was changing us, teaching us about Him. When we were reading His word and going to His house with other brothers and sisters in Christ. We were seeing blessing around us and we were blessed. I said we should have found Him early in

life. I want to tell all about Him and shout. "I love you Jesus." So I want to say, "Self, we are a new creation, we are changed." I accept what Jesus has for me and you. Can I get a Hallelujah?

I want to give Him thanks for sending His son, and taking on my sin on that cross On Calvary, and opening your hands to take the nails and shedding your blood for all my sin so self, let's humble our selves and let our father enhance us and drive our life the way He wants us to be.

So move over and let Jesus lead the way, He's the only way we are free! Who the Son sets free is free indeed. "So self, let Jesus live big in us, for He has made me glad, I want to live for Jesus. Well self, we have to let the old ways go and move on. Our father has promised a better life. I accepted what He has and want more of Him. His grace, loving kindness, joy and mercy. Father help us to be a witness and blessing to all of your children. I ask in your beloved Son's name, Jesus, and all of God's people say Amen.

From: Anonymous; A.F.E.

Facilities and Public Works Divisions Solid Waste Collection Station

Muckleshoot Tribal Members and Authorized Persons Only!

Hours

Monday-Saturday 7:00am - 400pm
Sundays & Holidays Closed

Refuse to be placed in containers provided
Help keep the area neat and clean

No Illegal Dumping
No Hazardous Waste

Per Federal Law, Violators will be Prosecuted

This area actively patrolled by MIT Security
and actions may be recorded by security cameras

Muckleshoot Indian Tribe



German, Ursula & Kaundaleah Ramirez

Grant Timentwa hired as new GIS Manager



PHOTO BY JOHN LOFTUS

Grant Timentwa
Enrolled member of the Colville Confederated Tribes

Current Position:
 GIS Program Manager,
 Planning Division
 Hired on Dec. 20, 2006

Education:
 University of Washington -
 School of Business
 Administration
 Bachelor of Arts - Business
 Administration
 Areas of Concentration -

Management of Information Systems and Human Resource Management
 Graduated - June 1997

Work Experience:

I was the GIS Database Administrator for the Colville Confederated Tribes, Resource Inventory & Analysis Program from January 1998 to April 2001. I was then promoted to the GIS Program Manager in April 2001. I supervised a staff of eight employees. I moved back to the coast because I wanted a new challenge and I wanted to be closer to more educational opportunities.

GIS Function:

What is GIS? GIS stands for Geographic Information System. In other words, it's a combination of software, hardware, and human resources that links geographic information (where things are) with descriptive information (what things are). How do I play a role in the Muckleshoot Tribe? I organize and manage the GIS data for the Tribe. An example of some of the Tribe's GIS data includes: land ownership, topography, roads, utilities, hydrology, and aerial imagery. I make sure the data is in the proper format, how accurate is the data, how current or old is the data, who created the data, or do we need to collect data that we didn't have before. I also utilize this information and GIS data to help people answer questions about: the past (how did the White River flow 50 years ago); the present (what is the percentage of tribal ownership on the reservation); and the future (how many Native American students are within 20 miles of the planned Tribal School).

Outside Interests:

I sing, drum and travel to powwows all over the country. I also play basketball, lift weights, read whatever books seem interesting, watch movies, and many other interests too numerous to list.



Sandra Courville teaching students to weave wool headbands and belts at Auburn High School.

PHOTO BY AUTUMN JUDGE

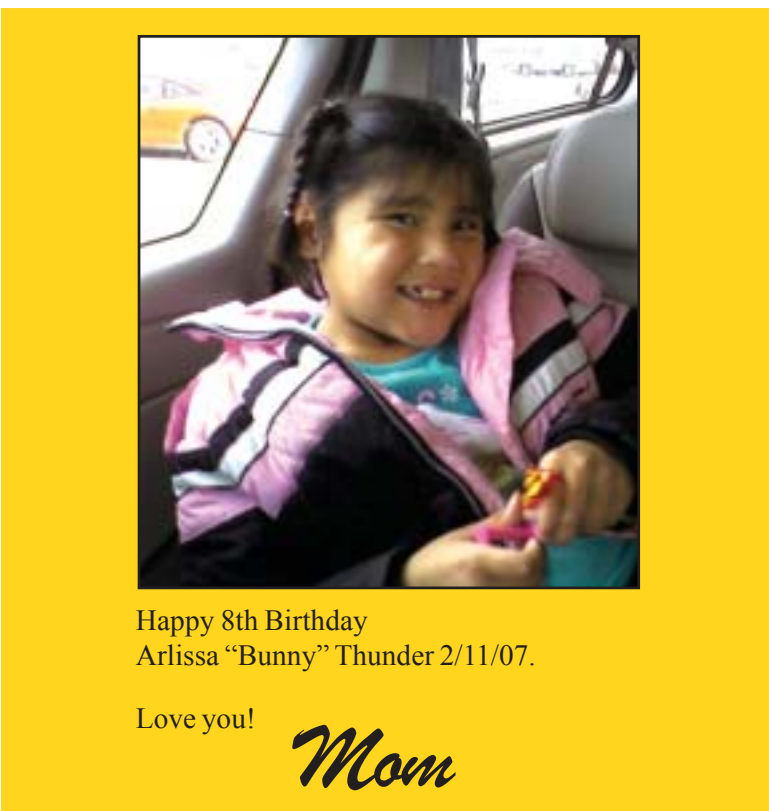
COLD WEATHER DAMAGE PREVENTION

The month of February may or may not be the coldest month of winter, but if it is, here are some tips from the Housing Staff to help you to protect your home from the Cold Weather damage:

1. As always check your SMOKE DETECTOR BATTERIES throughout your home, HUD and TAX FUND rentals are to call 253-833-7616 to ask for assistance to replace batteries or the Smoke Detectors.
2. Make sure that all of your GARDEN HOSES are disconnected from any outdoor hose bibs (Fawcett) and if you do not have Fawcett covers, you can use a towel to wrap and insulate your pipes.
3. Any type of a WATER LEAK can cause major damage if not repaired within a certain period of time, please report any type of WATER LEAKS to the MHA immediately.
4. During the freezing temperatures it may be a good idea to leave a Fawcett at a slow drip during the night to prevent the pipes from freezing and breaking.
5. If you have a FIREPLACE or WOODINSERT please DO NOT burn paper products or dispose of your recyclables in this manner.
6. If you have a STOVE or FIREPLACE or THERMOSTAT that you think is not working properly - please give MHA a call and request a service call.
7. Check all of your WINDOWS for leaks, moisture, old caulking that is peeling off and if there are signs of these problems call MHA immediately.
8. If you have a WALL HEATER or a BASEBOARD or any type of WOODSTOVE or INSERT please keep your wood stacked at least 5 feet away from the stoves and do not block the wall heaters with anything or push your furniture up against your BASEBOARD heaters or on the top of the HEATER DUCTS.
9. Make sure that your FURNACE FILTER is in place and has been cleaned or replaced at least once a year.
10. MHA does have a emergency after hours and weekend call number, if tenants have an emergency they should call 253-261-0779 and staff will follow MHA emergency procedures from that point. The after hours emergency number will be given to you to call and a maintenance staff will answer the telephone and determine if your call is an emergency or not then procedure will follow. MHA after - hours emergencies are 1. Furnaces (no heat), some Electrical and some Plumbing or Septic Tanks going out.

The MHA appreciates the Muckleshoot Tenants and Community taking the time to read these TIPS on the MAINTENANCE of your home during the winter months. MHA will continue to advertise and remind the tenants of seasonal changes that can affect your lifestyle while maintaining the value of your home.

Thank you,
 You're Muckleshoot Housing Staff



Happy 8th Birthday
 Arlissa "Bunny" Thunder 2/11/07.

Love you!
Mom

Inner Strength

Each day goes by you break my heart with every one thinking of how I am kept strung along when this was over long before you left
 But I sit here alone my eyes fill up with tears rolling down my face still breaking my heart nothing to take your place
 all I have is this empty space my heart seems numb how can I be so dumb holding on tightly to something that is long gone only the memories I have left
 I put my hands up release the pain into the hands of the lord he says may you accept these changes in your life and not carry them as burdens find peace in this I would never put you through something you could not handle. ~ Anonymous



John this is Beverly Moses and family. Left-R back- Brittany Nelson, Beverly Moses, Dareece Comenout; Front left-R; Ginger Starr, Tony Jansen, Vivian Jansen.

"911 WHAT ARE YOU REPORTING"

When you dial 911 on the reservation who answers the call and which Police Department shows up?

King County Communications Center will answer when you dial 911 from a house phone and you are south of the Hamilton firework stand (SE 368th). They will dispatch a Muckleshoot Police/King County deputy.

Valley Communications Center will answer when you dial 911 from a house phone and you are north of the Hamilton firework stand (SE 368th). They will dispatch an Auburn Police Officer.

Calling from a cell Phone?

Cell phones will automatically pick the tower with the strongest signal.

That signal then sends your call to the closest dispatch center. It's important to tell them your location and type of emergency so that your call is routed to the appropriate agency.

Non-Emergency

If you call the Muckleshoot Police Department and a recording answers.

If you have an **EMERGENCY** hang up dial **911**
 If you need to speak with a Muckleshoot Police deputy use our **non-emergency line 206-296-3311** The dispatcher can have the deputy call or contact you.

Muckleshoot Reservation Police Phone numbers

EMERGENCY
911

NON EMERGENCY

Muckleshoot Police/King County
 Auburn Police

206-296-3311 253-852-2121



PHOTO COURTESY OF DAVID W. GILMORE JR./U.S. AIR FORCE

Comforting embrace

Air Force Chief Master Sgt. John Gebhardt, of the 332nd Expeditionary Medical Group at Balad, Iraq, cradles a young girl as they both sleep in the hospital. The girl's entire family was executed by insurgents; the killers shot her in the head as well. The girl received treatment at the U.S. military hospital in Balad, but cries and moans often. According to nurses at the facility, Gebhardt is the only one who can calm down the girl, so he has spent the last several nights holding her while they both sleep in a chair.

Submitted by Renee Lozier



Auburn School District Indian Education 874 Meeting Schedule Phillip Starr Building

Please join us in celebrating the success of all Native American high school students in Auburn School District.

Community members, administrators, staff, parents and teachers come together in 874 Meetings to ensure the success of all Native American students. We evaluate and solve problems, praise student's successes, and offer support to the Native American program.

We arranged to use the Cougar Room in the Phillip Starr Building for our 874 meeting dates. Most dates fall on the first Tuesday of the month. All meetings take place from 10:00 am – 12:00 noon. For directions to the Muckleshoot Indian Tribe's Phillip Starr building please call this office.

March 6, 2007	May 1, 2007
April 3, 2007	June 5, 2007

Chinook Elementary

Please join us in celebrating the success of the Native American elementary students in Auburn School District.

Community members, administrators, staff, parents and teachers come together in 874 Meetings to ensure the success of all Native American students. We evaluate and solve problems, praise student's successes, and offer support to the Native American program.

We arranged to use Robin Pratt's room in Chinook Elementary School. Most meeting dates fall on the second Thursday of the month with just one exception (highlighted). All meetings take place from 8:00 am – 9:00 am.

March 8, 2007	May 10, 2007
April 19, 2007	June 14, 2007

Sincerely,
Denise Bill

874 Committee (Impact Aid)

Denise Bill
Assistant Director of
Native American Education
Auburn School District #408
(253) 931-4999
Fax: (253) 931-4922
dbill.auburn.wednet.edu



Left to right - Leetah Jerry, Wyatt Courville and Donnie Jerry Jr.

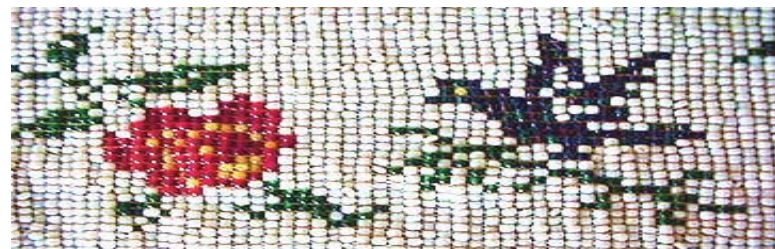
MINI-POW WOW SCHEDULED FOR MARCH

Jeanette Morrison of the Skopabsh Committee had announced that a Mini-Pow Wow will be held at the Muckleshoot Gym on March 10. Grand Entry will be at 7:00 p.m. Also, she wishes to remind the community that it's never too early to start thinking about running for the Skopabsh Royalty positions. They are:



- Little Warrior
- Tiny Tot Princess
- Junior Princess
- Muckleshoot Warrior
- Senior Princess
- Ki'Yah

Jeanette can be reached at 253-333-5029.



Dance Class!

The Community is welcome! All powwow Dance styles taught by Jolene Lozier & Irene Jimmy.

We meet every Wednesday from 4:00-5:00pm at the tribal gym starting
Come Join the Fun!

LEARN TO POWWOW DANCE!

Hello, greetings! This is Irene Jimmy and Jolene Lozier. We would like to invite you to join our dance club. We will be teaching various powwow dance styles, both the men's and woman's styles. This is open to all of the community of any age; anyone who would like to learn may come. We meet every Wednesday from 4:00 pm to 5:00 at the tribal gym. We are looking forward to teaching and introducing more Muckleshoots to the joy of dancing. Come join the fun!

MUCKLESHOOT INDIAN CASINO

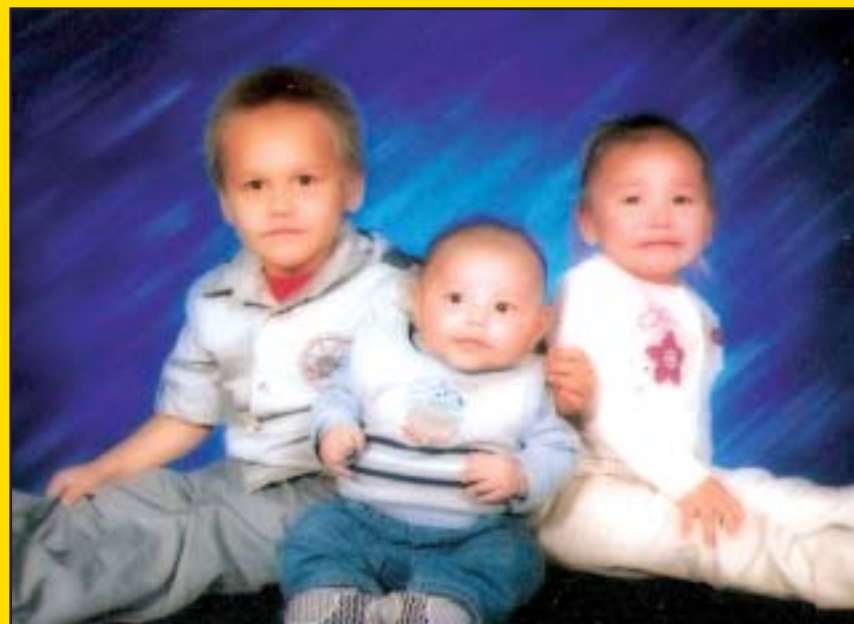
HUMAN RESOURCES
TRAINING & DEVELOPMENT

EMPLOYMENT
OPPORTUNITY



ATTENTION: Muckleshoot Tribal Members

Training and Development currently has two openings within their area. As they steadily grow and eventually will have a Training Center servicing over 2100 employees they are in High-Demand for hiring much needed staff. If you are interested or know of anyone who might want to apply or find out more information please contact; Huda Swelam, **Direct#:** 253-929-5128 **Cellular#:** 206-423-3065 or stop by the office located next door to QFC & TGA in Casino Human Resources.



February 24

Happy Birthday "4" - Jeremiah C. W Eagle Jr.

I love you, and am very proud of you. Keep smiling. Keep hugging and loving. Thank you for being you.

Love,
Your Grandmother: Hewietta Kinggeorge



Washington State
Crime Prevention Association
 1631 West Rose Street, Suite 615 * Walla Walla, Washington 99362
 Phone: 509-525-3342 Fax: 509-522-9937 E-Mail: info@wspaonline.org

Crime Prevention

Just some of the many services we provide:

- Operation I.D. worksheets & stickers
- Engravers available for check-out
- Neighborhood Watch programs
- Residential Surveys
- "Do It Yourself Handbooks"
- Actively recruiting Block Captains

Call us or stop in to take advantage of these services!

Deputy Ron Riehs
 King County Sheriff's Office
 253-876-3246

Cindy Butler
 Muckleshoot Housing Authority
 253-833-7616

JOBS! JOBS! JOBS!

Attention ALL Enrolled Tribal Members!

If you are energetic, willing to learn, and able to work flexible shift schedules, including weekends and holidays, then we want to talk to you! If you would like to work at the **MUCKLESHOOT INDIAN CASINO** please stop by our Human Resource office, Monday to Friday, 9am to 6pm to complete an application. Job openings are posted on our Job Opportunities Board outside our Human Resource office. Or for a list of open jobs call the Jobline at 800-804-4944 ext. 4990 or look us up on the Internet at <http://www.muckleshootcasino.com>.

We exercise Tribal Preference hiring for all tribal members. Pre-employment drug test required.

Come work for **Your** Tribe and make a difference!!!

The Muckleshoot Tribal Administration is looking to hire Tribal members to fill its new openings. Please visit us in the Tribal Administration Human Resources Department to see if we have any new openings that you might be interested in



Also see our opening on-line at www.muckleshoot.nsn.us

MUCKLESHOOT TRIBAL ENROLLMENT

Any interested/eligible Muckleshoot parties seeking tribal enrollment please be advised that the following documentation is always needed for Muckleshoot tribal enrollment:

1. Enrollment application, filled out completely, front & back.
2. Original certified birth certificate (NO EXCEPTIONS.)
(Signatures of both parents, if both are on certified birth certificate and under age 18.)
3. Original Social Security card.
4. Relinquishment must be completed, if enrolled in another tribe.
5. Name must match on all documents.

No copies are accepted. Until all documents are on file, no review process will begin.

Have you ever considered a career in gaming regulation?

THE MUCKLESHOOT GAMING COMMISSION regularly posts openings at the Casino, Tribal Headquarters, and the Commission office. Because resumes and/or applications are accepted for open positions only, check often or call 253.735.2050 for current openings.



NOTICE

Agenda items for Tribal Council meetings must be received by 3:00 PM on Thursdays.

CASUAL LABOR APPLICANTS WANTED!!!

Pick up an application in Human Resources

- Casual Labor is based on FIRST COME FIRST SERVED BASIS;
- Make sure that it is completely filled out to the best of your ability; **incomplete applications will not be processed.**
- Applications must be continuously updated in order for Human Resources to contact you for a Casual Labor position **and** for you to remain on the Casual Labor list. If we don't have a number to reach you at you will be removed from the list.
- We are in need of people with Food Handler's Permits (w/experience as a cook), Driver's Licenses, CDL's; and are willing to work odd hours and on weekends if necessary.

**For more information, please contact Lisa Marie Moses at (253) 876-3201 or lisa.moses@muckleshoot.nsn.us

WORKSHOP FUNDS NOTICE

All Tribal members interested in attending a workshop or conference through Workshop Funds must submit application 30 days prior to the day of the conference or workshop. No Exceptions! Only Complete applications will be submitted for approval to the Education Committee. All applications can be turned in to the Scholarship Building.

NATIVE OWNED CONTRACTOR

looking for framers and carpenters

Good pay for right person.
 Please contact: Matt Bennett
 Water's Edge Custom Finish, Inc.

(360) 490-5963
 Leave message with contact information

CONSTRUCTION JOBS

Mortenson has been selected as General Contractor for the Tulalip Tribes to build the new Tulalip Tribes Hotel and Conference Center in Tulalip, WA. This exciting project which opens mid-2008 consists of a casino expansion, hotel tower, conference center, pool, spa, restaurant and retail spaces.

Please contact Nadine Williams or Pat Alden at 360-654-2262 to inquire about construction employment related opportunities or to learn about our bidding schedule for upcoming subcontracted work.

EVENTS CALENDAR

February 23	Health Heart Fair , Muckleshoot Wellness Center, 10:00 AM to 2:00 PM, info: 253-939-6648
February 24	1st Annual Muckleshoot Wellness Center 3 on 3 Hoopfest , 10:00 AM to 4:00 PM; info: 253-333-3616
February 28	Culture Night at Chinook , 5:30 to 7:30 PM
March 3	Swap Meet , Muckleshoot Gym, 9:00 AM to 6:00 PM, \$25 per table, info: Ask any of the Sneatlums
March 8	Healing Circle Mountain Room of the Health & Wellness Center 10:30 am - 2pm. Call Bobbie at 253-804-4444 or Stephanie at 253-876-3357 for more information.
March 10	Mini Pow Wow Muckleshoot Gymnasium. Contact Jeanette at 253-333-5029
March 30 - April 1	2007 3rd Annual Derek A. Sneatum Memorial Mens' All-Indian Basketball Tournament , Muckleshoot Gymnasium. Contact Lenny Sneatum at 253-261-4312 or Logan Sneatum at 253-740-6870 for more information.
April 7	Iola W. Lobehan Bill Memorial (rescheduled from February 17)

ONGOING:
 Canoe Family Meetings Tuesdays at 5:30 p.m. - 8:30 p.m. at the Clubhouse.
 Song and Dance Sessions Mondays at 5:30 p.m. - 8:30 p.m. at the Clubhouse

YOUTH EMPOWERMENT TASK FORCE MEETINGS

The MIT Youth Task Force meets the 1st and 3rd Monday of each month at 8:30 - 10:30 AM. The community is invited to attend these meetings.

The Cougar Room of the Philip Starr Building.

You can make a difference.

NATIVE BIDDERS WANTED!

The Muckleshoot Housing Authority is currently soliciting a list of Native American owned Businesses interested in bidding on construction projects and supplying materials. Native American businesses must be owned and registered. To be listed please call 253-833-7616 or mail information to:

Muckleshoot Housing Authority
 38037-158th Ave SE
 Auburn, WA 98092

Muckleshoot MONTHLY

SUBSCRIBE TO THE MONTHLY... If you're not on our mailing list you may be missing out!

The Muckleshoot Monthly is delivered free of charge to members of the Muckleshoot Tribal Community. You can help us to serve you better by providing us with an up-to-date address. Please fill out the form below and mail it to:

MUCKLESHOOT MONTHLY
 39015 - 172nd Ave. SE,
 Auburn, WA 98092
 (253) 261-1537 • news@nwnative.net

clip and return

SUBSCRIPTION REQUEST / ADDRESS UPDATE

[] New subscription [] Address change

Name _____

Address _____

City & State _____ Zip _____

If this is an address change, list previous address:

Address _____

City & State _____ Zip _____

[] I am a Muckleshoot tribal member, enrollment no. ____

[] I am a member of the Muckleshoot Tribal Community. Please explain: _____

Marvin & Marie Starr Celebrate their 45th Anniversary

PHOTOS BY JOHN LOFTUS

