



Sharon Calvert
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Bernice White celebrates
her 91st birthday
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Muckleshoot MONTHLY



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PHOTO BY ERIN PALMER

Exclusive Eagle, at right, battles last year's winner, Norm's Nephew as they charge down the homestretch. Norm finished second this year.

Exclusive Eagle wins Muckleshoot Tribal Classic

EMERALD DOWNS – The Muckleshoot Tribal Classic has provided many a thrill in the past, and this year's running was no exception.

Exclusive Eagle – a 10-to-1 longshot – looked like he was down for the count, but bounced back to notch his biggest win of the meet.

After battling for the lead through the backstretch, he began losing ground on the far turn to the hard-charging Norm's Nephew, winner of last year's Classic. It appeared he was out of the race, but then he found another gear and dueled for the lead down the homestretch.

"When I asked him, he came back running," jockey Gallyn Mitchell said.

Finally, in the last sixteenth of a mile, Exclusive Eagle drew away to cross the finish line about a length ahead of Norm's Nephew.

"When he lost the lead around the turn he did something I didn't think he could do," trainer Craig Roberts said. "He came back and won it. Every year he has his Rocky Balboa day."

Tribal Chairwoman Charlotte Williams was in the winner's circle to make the trophy presentation for Muckleshoot's signature race, but the big winner of the day was Mardee Marquard. She bet ten bucks on Exclusive Eagle and came home \$100 richer.

"I just liked his name," she said.

"GATHERING TOGETHER" TO BE FEATURED AT 2007 AMERICAN INDIAN FILM FESTIVAL

MIT DOCUMENTARY TO BE
SHOWN IN SAN FRANCISCO
THURSDAY, NOVEMBER 8

On October 5, the following e-mailed notice was received: "Congratulations! We are pleased to inform you that your film has been selected for the 32nd annual American Indian Film Festival. *Gathering Together* will screen at 7:00 p.m. on November 8, 2007 at the Palace of Fine Arts."

This is the third Muckleshoot presentation to be honored by the most prestigious film festival in Native America. The first was *Muckleshoot: A People and Their Language*. In 2005, MIT's first feature-length film, *Pulling Together*, had the honor of kicking off the festival, and Canoe Family members traveled to San Francisco to host a feast of salmon and share Coastal song and dance.

The film's description in the official festival program says, in part: "*Gathering Together* goes behind the scenes to chronicle the story of the Muckleshoot Tribe's hosting of the 2006 Tribal Canoe Journey. As



American Indian Film Institute founder and president Michael Smith

a sequel to his 2004 film *Pulling Together*, Metis-Ojibway filmmaker James Fortier presents the tribe's continuing story of cultural renewal through its expanding Canoe Family...

Shot in High Definition, Fortier utilized up to four cameras to capture the unique beauty of Coast Salish canoe culture and an intimate portrait of the Muckleshoot Tribe grappling with the struggle between

modernity and tradition as they anticipate their formal presentations before this historic gathering of thousands."

BREAST CANCER AWARENESS MONTH:

Babe and Wassie share their stories

When I saw the fireworks stand, I knew it was time for me to do another story about Babe Eyle. The white-painted stand was decorated with designs of pink ribbons and bore the legend "Babe Eyle Survivor Fireworks."

When I got in touch with Babe, she agreed it was time for an update, and also wanted to include her Mom, Wassie, and the person who had been a "special angel" to both of them – their chemotherapy nurse, Denise Harris. We met at the fireworks stand at the appointed time, and after going inside to dampen the highway

noise, the three women began to share their stories:

Babe remembered when she first learned that she had breast cancer, and ran through the dates that are forever burned in her memory. "It was in 2002, the day before Thanksgiving. Then I had my surgery, a lumpectomy on December 16,

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PHOTO BY JOHN LOFTUS

Norma 'Wassie' Eyle and her daughter, Norma 'Babe' Eyle

Madrienne Salgado and Anita Mitchell, Legal Interns

The Legal Department was proud and excited to have tribal members Madrienne Salgado and Anita Mitchell as interns this summer. While both were also enrolled in summer academic classes, the interns spent some time with each of the attorneys to experience the variety in our work for the Muckleshoot Tribe.

Thanks also to policy folks and staff in other departments who helped us to give our interns a good experience this summer. Anita and Madrienne have given us some great feedback so that we can make next summer's internships even better. Thanks Madrienne and Anita! We miss you already. Best of luck from all of us in the Legal Department for your coming school year!

Madrienne and Anita were interviewed by the Muckleshoot Monthly, and here are summaries of those interviews. – Laura Weeks, MIT Staff Attorney

Madrienne Salgado

I have lived on the Muckleshoot Reservation since I was 12 years old, with my mother Lorraine Melina, and my sister Jessica Ross, who have both been big sources of support and inspiration. My mom works at the casino. She's been there since about day one!

I went to Auburn Riverside High School, and graduated in 2001. I was a fancy dancer when I was in high



Tribal Attorney Rob Otsea with summer interns Madrienne Salgado and Anita Mitchell

school, and we had the White River Drum Group come down and participate in some of the assemblies. I got to dance in front of everybody at school, which was nerve-wracking, but fun at the same time. I was president of the First Nations Club in my senior year, and participated in the Ebakko Club, which is a diversity club there. I was also Skopabsh princess in 1996-97.

After high school, I started out working at the casino for a year, then started going to Green River Community College and Northwest Indian College, where I finished

coursework in Early Childhood Education. I worked at the Muckleshoot Child Development Center for four years, in the infant wing. Then I finished my A.A. Degree at Green River and graduated with honors.

I was invited to go to an Indian law conference at the UW a few years ago, where I saw a panel of natives who had graduated from law school. That really inspired me to travel in this direction. Now I'm living in Seattle, going to UW in my senior year. My major is in American Indian Studies. The first thing I

Continued on page 4



Investing in the Tribe's future

It seems as though wherever you go on the reservation these days you encounter construction activity. The Muckleshoot Reservation has become one of the most active construction zones in the region as the Tribe continues to invest in projects to meet the growing needs of our people and lay the foundation for a prosperous future. This month's Tribal Council Column focuses on a few of those projects.

King County Library

A new 6,000 square foot Muckleshoot Branch of the King County Library system is slated for completion in 2008. This new state-of-the-art facility, located in the vicinity of the Tribal College, will serve the growing needs of the Tribe's education system as well as the surrounding communities. This new library, being developed in partnership with the King County Library System, replaces the inadequate 1,000 square foot library that was built in the 1970's. It will have the capacity to absorb anticipated growth and serve as a cultural bridge between the tribe and our neighboring communities.

Pentecostal Church

A new 22,000 square foot Pentecostal church addition is currently under construction and will be completed and ready to serve the tribal community by Easter 2008. This new facility will also include a full-size gymnasium, seating for up to 400 people and a large commercial kitchen and fellowship hall. The current church facility will be remodeled to meet current codes and will be completed in June.

Casino Parking Lot Improvements

Perhaps the most visible project currently underway is the extensive work being done in the casino parking lot at the site of the old bingo hall. With the demolition of the old bingo hall completed, work has been undertaken to install a new infiltration system that is designed to better handle water runoff from the entire casino complex and support all future on-site expansions. This new infiltration system is more environmentally sound than the old system and will improve the ability of the casino site to accommodate future growth. When the infiltration system is completed this December the construction area will be developed for expanded casino parking.

Tribal School

Long a tribal priority and many years in the planning, work will soon begin on the Tribe's new K-12 School. This new facility, slated for completion in the Fall of 2009, will incorporate the culture of the Muckleshoot people and be designed to meet the growing educational needs of our students. While initial enrollment will be approximately 150 students, at 100,000 square feet this state-of-the-art facility will be large enough to accommodate future growth by having space for up to 467 students. There will be a Site Blessing on November 8th. A groundbreaking ceremony for this new addition to the Muckleshoot education system will be held Friday, November 9 at 10:00 AM. This is truly an exciting time for the Muckleshoot Tribe. When you see construction activity as you travel around the Reservation know that your dollars are being invested in projects that will help lay the groundwork for a bright and prosperous future.

HONORING OUR PAST TRIBAL COUNCIL LEADERS

- submissions so far

Please help us to complete this list! Contact Betsy Bargala at 253-876-3147, or Betsy.Bargala@muckleshoot.nsn.us

Date Submitted	Submitted By:	Tribal Council Member	Term in Office	Position	Picture Submitted?
8/2007	Mark James	Yvonne James	80's		No
8/2007	Mark James	"Hoagie" King George		Chair	No
8/2007	Mark James	Walter Pacheco		Vice-Chair	No
9/26/07	Donna Starr	Donna Starr	1976-1987	Secretary	No
9/26/07	Donna Starr	Jeanne Moses			No

2008 ELECTION TIMELINE

The following is a timeline for the upcoming election:

10/11/07	Public Caucus. Nominations for Tribal Council and Muckleshoot School Board.
10/22/07	Last day nominee can withdraw name as a candidate
11/05/07	Final submission date for referendums and initiatives
11/15/07	Last day to submit completed requests for 2008 Absentee Ballot
12/06/07	Absentee Ballots to be sent to all eligible voters requesting to vote by mail
01/08/08	Last day to receive completed Absentee Ballots
01/21/08	Election Day
01/22/08	Deadline for filing Type I objections.
01/25/08	Mail notice of certified election to all voting members
04/01/08	Elected officials sworn in. Deadline for filing Type II objections.

For more information, or if eligible voters have any questions about the voting process, feel free to contact Jackie Swanson, the Election Administrator at (253) 876-03260 or see her in Room 234 of the Philip Starr Building.



Including the guest of honor, a total of ten Muckleshoot Tribal Council members – six current and four former – were present for the 91st Birthday Celebration of Muckleshoot's eldest elder, former Tribal Chairwoman Bernice White. Standing, left to right: Kerri Marquez, Virginia Cross, Marcie Elkins, Charlotte Williams, Raymond "Pete" Jerry. In front, left to right: Virgil Spencer, Georgianna "Peachy" Ungaro, Bernice White, and Gilbert "Hoagie" King George. This group includes two mother-daughter pairs.

PHOTO BY JOHN LOFTUS

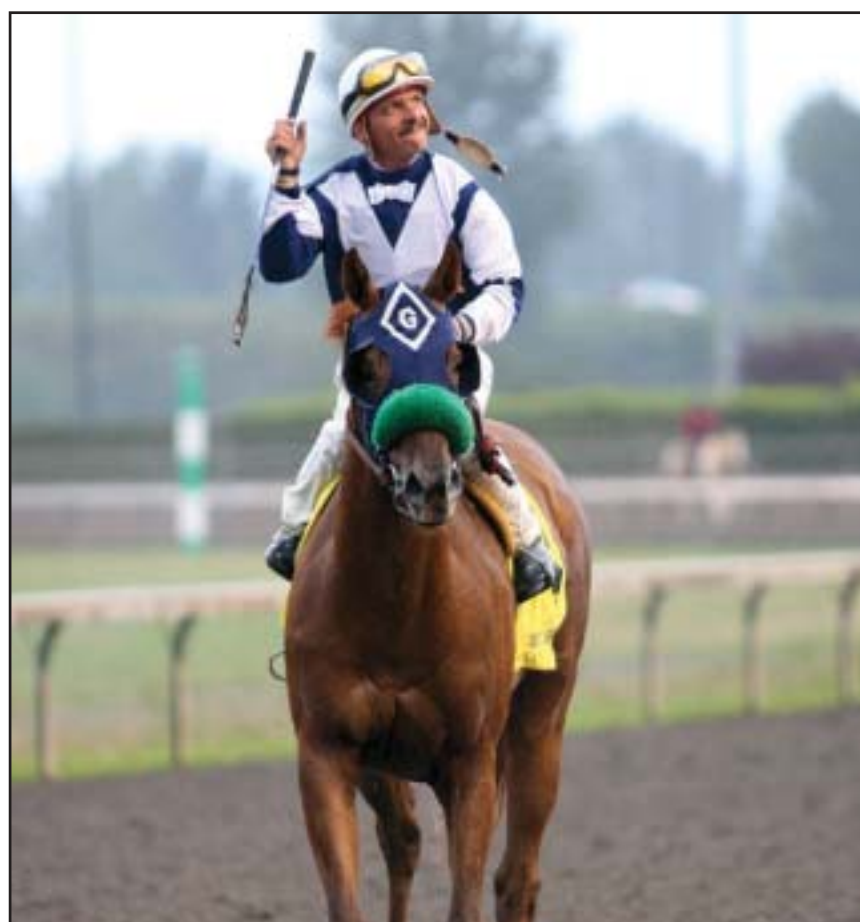
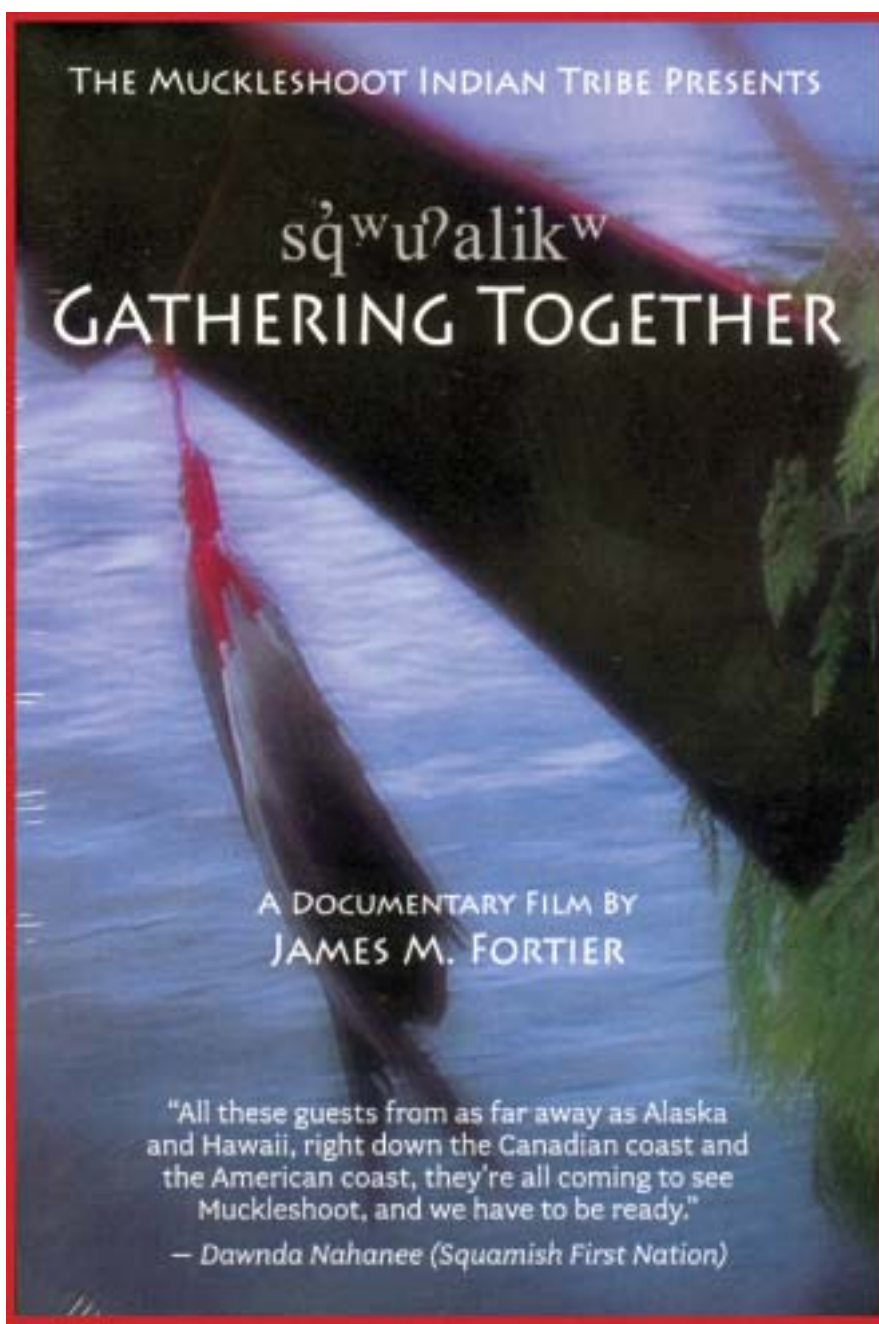


PHOTO BY ERIN PALMER

Jockey Gallyn Mitchell guides the victorious Exclusive Eagle to the winner's circle following the 2007 running of the Muckleshoot Tribal Classic at Emerald Downs.

MISSION STATEMENT

OF MUCKLESHOOT TRIBAL GOVERNMENT EMPLOYEES

OUR VISION

USING ALL OF OUR TALENTS, CREATIVITY AND LEADERSHIP TO EXCEED CUSTOMER EXPECTATIONS.

OUR MISSION

WE WILL CREATE VALUE FOR TRIBAL MEMBERS, THE TRIBE, AND EMPLOYEES BY BEING THE SUPERIOR PROVIDER OF SEAMLESS EXCELLENT SERVICE.

WE WILL ATTRACT OUTSTANDING PEOPLE AND NURTURE THEIR DEVELOPMENT AND VALUE EACH PERSON'S CONTRIBUTION AND THEIR IMPORTANCE AS A MEMBER OF OUR TEAM.

WE WILL GIVE HELP TO OUR COLLEAGUES BY FOSTERING THEIR POTENTIAL AND SPIRIT IN THE WORKPLACE

WE WILL BE A ROLE MODEL OF TEAM SPIRIT AND PROFESSIONALISM.

OUR VALUES

INTEGRITY ❖ TEAMWORK ❖ COMMUNICATION
COMPASSION ❖ CREATIVITY



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Please explain: _____



PHOTO BY JOHN LOFTUS

FRIENDS REMEMBER CAM. Cameron Hawley Johnston left many friends behind when he lost his life in Puget Sound last September 24. On the anniversary of this sad occurrence a steady stream of young people placed items at a makeshift memorial marking the spot where the vehicle he was riding in became airborne after missing the sharp curve at the end of Alki Avenue in Seattle. Although he was young, Cam left many happy memories in the hearts of those who knew and loved him.

Pentecostal Church has come a long way

MUCKLESHOOT – When Kenny Williams returned to the Muckleshoot Reservation as a pastor 13 years ago, his first church was held in his yard and his first pew was a downed tree.

Neighbor kids told him they wanted a church and he obliged, preaching to them while they sat astride a big log. It was fine in the summer but in winter they moved into a one-bedroom house for services and then into a larger garage.

As word of his ministry spread around the reservation, and as more people attended, the church began to use the tribal courtroom on Sundays.

Williams' days of itinerant preaching will soon be gone. He expects to conduct his first service in a new \$3.4 million Pentecostal church by June.

The Muckleshoot Tribe is funding construction of the 22,000-square-foot church, which will include a full-size gymnasium and seating for up to 400 people.

"The tribe put up the money because they said we are making such a difference on the reservation," Williams said. "We have a lot of kids who come to this church."

The Muckleshoots' considerable casino dollars are mostly known for subsidizing government, health care, social services, education and natural resources management on the reservation and in the Tribe's treaty U & A Area. But they also are spent on spiritual needs.

Church-state separation is not a political concept in Indian country, explained Charlotte Williams, chairwoman of the Muckleshoot Tribal Council, which authorized the expenditure. She is Pastor Williams' wife but didn't vote on the church project.

This is the second major church construction project that the tribe has undertaken. Several years ago a new 1910 Indian Shaker Church and Dining Hall was built that is probably the finest anywhere. It was built under the supervision of Muckleshoot tribal member Ken Calvert. Known for his attention to detail and use of the finest materials, Calvert has said that the new Shaker Church will stand for 100 years.

The historic St. Claire's Mission Chapel is already more than 100 years old – about 135, in fact – and is the oldest Catholic Church in King County. It has also received money from the tribe for maintenance and restoration. Historic preservation has been a key concern when working on this church, which is said to have been built by the ancestors of the Courville family. The church was built so long ago – about 1872 – that it had to be made out of hand-split cedar, since there was not yet a sawmill nearby. Some of those ancient boards can still be seen.

They are the only three church structures on the Muckleshoot Reservation (five if you count the old Shaker Church and the old Pentecostal Church) but the traditional smokehouse religion is still active on the reservation as well. Currently operating out of the Sla-Hal Shed, it, too, would be eligible for construction funding, tribal leaders say.

SPIRITUAL NEEDS

Spirituality is deeply intertwined in tribal life among the Muckleshoots and other Northwest Indian tribes, Charlotte Williams said. The Spiritual Committee, comprised of tribal members, advises the Tribal Council on the spiritual needs of the tribe.



PHOTO BY LUI KIT WONG/
THE NEWS TRIBUNE

Pastor Kenny Williams leads his congregation in song.

When the Muckleshoots began making money with bingo and the casino, the council started putting aside \$10,000 a year for each of the churches. It has only grown from there.

Stanley Speaks, director of the Northwest Regional Office of the federal Bureau of Indian Affairs office in Portland, said many tribes support church activities within their reservations, which he called a good investment.

Pastor Williams said 100 people regularly attend services at the Pentecostal Church. He said he's thankful to the Tribal Council for its assistance with the new facility.

"Everyone is happy," he said, with his shock of white hair and ever-present smile. "We were happy when the tribe built the new Shaker Church, too."

NEW CHURCH TO HAVE A GYM

The Pentecostal church at 39731 Auburn-Enumclaw Highway is now inside a converted cabinet shop. The tribe helped remodel that building, too, Williams said.

A fire in an oven at the church and resulting water damage required more work, Williams said. That was when a Tribal Council member who isn't a member of the church suggested building a larger facility.

When it came time to plan it, the addition of a gymnasium was a natural.

"If we get a gym we can keep the kids under control instead of letting them run downtown and then you don't know who they might get entangled with," Pastor Williams explained.

There also will be a full commercial kitchen and fellowship hall. The current church will be kept as a children's chapel and be attached to the new building.

Williams said he left the reservation about 20 years ago and was living in Kettle Falls, Stevens County, when "God spoke to me about being a pastor."

For seven years he said he attended the Central Indian Bible College in Mobridge, S.D., before returning to Muckleshoot in 1994.

"When I came back here I didn't know I was going to be a pastor," he said. "God just said we were to come back here."

(Much of this story was originally printed in the Tacoma News-Tribune and has been expanded here. We express our gratitude to the TNT for sharing the story.)



John F. Charles Sr.

Nov. 7, 1933 – Sept. 24, 2007

John F. Charles Sr. died in his Port Angeles home on September 24 of age-related causes. He was 73.

He was born in Pysht to Phillip Lane and Rosalie E. (Thomas) Charles, the son of a logger and a woman from across the water, and grew up along the Strait of Juan de Fuca at Lower Elwha.

He completed two years of study at Seattle Bible College, and was employed as a millworker, security guard and as a member of the housekeeping staff at Virginia Mason Medical Center in Seattle.

His first marriage to Paulette Smith ended in divorce. He then married Alice Mary Miramontez at Calvary Temple in Seattle on October 18, 1986.

Mr. Charles, who was a member of the Elwha Assembly of God Church and a long-term affiliate with the American Indian Fellowship, ministered with songs and guitar to both Natives and non-Natives across the country.

He is probably best known as a member of the Charles Brothers Trio, a gospel singing group that included his brothers Ben and Fred. The group had its genesis in the early 1950's when Pastor Bill Ulin taught the young brothers music basics and provided them guitars to help develop their talents.

The music ministry of the Charles Brothers Trio began in 1958, taking them throughout the US and Canada, and briefly into Mexico. Their close harmony made them favorites as Native Gospel singers and they produced two record albums on their own label, Big Chief Records.

After his brother Fred lost his life in a tragic logging accident, it was uncertain whether the two surviving brothers would go on with the music ministry that had been such a joy to both themselves and to the many who had the opportunity to hear them.

As the story goes, after awhile John was invited to sing at Little Boston, and Ben wondered if they would ever sing together again. But after thinking about it, John told Ben that he couldn't imagine singing without him, and so the two kept on singing together. The two brothers continued to sing together from time to time throughout the years, until late 2006 when John could no longer sing.

John and his family settled in Buckley and spent many years being closely involved with the Muckleshoot Pentecostal Church, where he served as song leader. He was particularly famed for two songs that



The Charles Brothers Trio, about 1960, from left to right: Ben, John and Fred

were specialties of his, one of which was called The Christian Cowboy's Song, and the other a unique rendition of Amazing Grace, which he sang to the tune of House of the Rising Sun.

He was especially close to the late Levi Hamilton, and was a dear and nearly lifelong friend to Kenny and Charlotte Williams. He will be remembered for his kind ways and his sense of humor, and will be deeply missed by the many whose lives he touched.

He returned to his boyhood home at Lower Elwha about two years ago, his health failing. A delegation from Muckleshoot traveled there only a month or two ago to pay their respects and enjoy what all knew would be their last visit. It is said that when he passed, John Charles was listening to a recording of gospel songs that was made at the Muckleshoot Pentecostal Church.

In addition to his wife, survivors include son John Charles Jr.; daughters Jolene Kardonsky, Julia "Tulie" Mjelde and Angelica Charles; brothers Ben Charles and Phillip Charles; sisters Loretta Charles, Genie Black, Cindy Charles and Rita Charles; and numerous grandchildren and great-grandchildren.

He was preceded in death by brothers Floyd Charles and Fred Charles, and by sisters Rosie Sampson, Mary Charles, Christine Charles and Phyllis Charles.

His brother Ben conducted the funeral services, which were held on Friday, September 28, at the Lower Elwha Klallam Tribal Center and were followed by burial at The Place Cemetery.

A newly remastered digital CD of the music of the Charles Brothers Trio can be purchased at:

<http://charlesbrotherstrio.wordpress.com/>

Calvin George

Oct. 24, 1926 – Sept. 25, 2007

Calvin George of LaPush passed away on September 25, 2007, due to age-related causes. He was 80.

He was born in LaPush to Harold Spencer and Amy (Jackson) George.

During World War II, he served in the Pacific Theater with the Navy. He also served in the Korean War.

Mr. George, who served on the Quileute Tribal

Council, was also a commercial fisherman and manager of a trailer court.

His survivors include brothers Kenneth Payne of LaPush and Donald George of Tacoma, as well as sisters Diane, Gloria and Sally, all of the Tacoma area.

Services were held Friday, September 28, at the Assembly of God Church in LaPush and were followed by burial at the Quileute Cemetery and dinner at the community center.

OBITUARY FORM

MUCKLESHOOT MONTHLY

BASIC INFORMATION

- Full Name
- Age
- Date & place of passing
- Date & place of birth
- Parents names, including mother's maiden name
- Place of residence and how long
- Other main places of residence

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PERSONAL HISTORY (include as much or as little as you wish)

- Marriage information
- Usual Occupation, career info
- Memberships
- Military service
- Hobbies and enjoyments
- Special achievements or things he/she will be remembered for

SURVIVED BY:

- Spouse/significant other
- Parent – names and place of residence
- Children – name, spouse's name & maiden name if applicable, place of residence
- Brothers name, spouse's name & maiden name if applicable, place of residence
- Sisters – name, spouse's name & maiden name if applicable, place of residence
- Number of grandchildren & great-grandchildren
- Additional survivors to be specially remembered
- Preceded in passing by – parents, siblings, children, etc.

SERVICES

- Visitation/wake – date, time & place
- Funeral services – date, time & place
- Burial location
- Funeral home

CONTACT PERSON

Name:
Home phone:
Cell phone:
I want to include a photo and will provide one: YES / NO

BABE AND WASSIE SHARE THEIR STORIES *continued from front page*

2002, and started chemotherapy on January 2, 2003. I completed my last treatment on June 24th of 2004. Then I've done six months of Herceptin and 46 days of radiation."

Asked how she's feeling, she replied, "I have my days. I still have to go in every six weeks and get checked out, because I had aggressive cancer." And, looking back on the past five years, she added that "It takes a lot out of you. You lose all your energy. It affects your eyesight, your hearing, your tasting, your memory, your mind, your feelings – a lot of everything. It just kills all your cells. All your hair falls out. You have no hair, you have no sense of anything."

One ray of light within this bleak universe of illness was the chemo nurses, who welcomed her – and later her mother – with smiles and cared for them with love as they battled their insidious disease.

"The nurses were like our family," Babe recalls. "They made us feel more comfortable and just became good friends, like. They kept our spirits up."

At first, Babe was very fearful about undergoing treatment, and so her Mom, Wassie, began going with her to every appointment at the Federal Way clinic.

"She came and stayed with me through the whole thing, every day," Babe remembers. "She'd sit with me through my appointment, and then she'd take me out and try to make me eat something. You lose your appetite – you have no appetite at all. Then we'd either go shopping, or we'd go to the casino. She'd always bring me somewhere, instead of just letting me go home and feel bad. So she'd just keep me going, keep me going and going."

"Then one day I finished my whole breakfast, so she brought me shopping and bought me an outfit. She goes, 'Whoa, you finished everything?' – we have to go celebrate."

Finally, after what seemed an eternity, it was time for Babe's last treatment. But she didn't know it was going to be her last treatment.

"I thought I had one more after that," she remembers. "I called and I asked if I could go in earlier that day because we were going to do something, and they said, 'No, sorry. You have to come in on your scheduled time.'"

This surprised her, because they were usually quite flexible. After she got their she found out why today was different.

"So we went in," Babe continued, "and nobody was in there. I said, 'What's going on? There's nobody in there.' So I did my treatment by myself, and afterwards they came in and told me that the doctor said that this was going to be my last one. Then we all cried, and they came in with a cake and we blew bubbles and had a party."

"Just because you're our special patient, we've got to have your own little private party," they told her.

"We still just talk to each other all the time," Babe says. "We're all close. I call them my angels because they were there through our whole process. And it was like they were just there for us. I told them all, too. I even bought them little angel ornaments for Christmas, and they all had their names on them, and I said, 'Because you guys are all like angels to us.'"

Their names were Denise, Lisa, Pedro, Jodie, Jen, Julie, Barry and Betty. For a brief period – four days to be exact – the Eyle family enjoyed the relief of knowing that Babe's long ordeal of treatment had been completed. And then the most unbelievable thing happened. Wassie went in for a routine mammogram and found out that she, too, had breast cancer – and in the exact same place that Babe did.

"They found a lump," Wassie remembers. "Then they did a biopsy and I was diagnosed with cancer – same as Babe. Same place and everything. Left side. But I went through my surgery in Swedish Hospital."

Wassie doesn't like to talk about it, but Babe explained that, "She wasn't comfortable there." Shortly after her surgery, she came to the hospital feeling very sick, and a nurse there said, "Well, you must have felt good enough."

You were out riding around. We were trying to call you and you weren't home." This was hurtful, because Babe had been doing just what her mother had done for her. She was getting her out of the house so she wouldn't lay around in bed feeling miserable.

When the doctor didn't seem any more sensitive than the nurse, Babe got in touch with her friend Denise at the Federal Way clinic she'd gone to, and soon Wassie was a patient there, too.



Wassie and Babe with their special angel, chemo nurse Denise Harris

PHOTO BY JOHN LOFTUS

"They were all there for my mom after she got diagnosed," Babe remembers. "I called them up and said, 'What do I do?' They're being really rude of my mom and I don't want to take her back there,' and they said, 'Bring her over here.'"

And so now it was Babe's turn to take care of her mother.

"I think I was harder to take care of," Wassie says.

"I don't think so," Babe disagreed.

"I didn't have the energy," Wassie remembers "Babe could get up and move around after a treatment, but I'd just get drained. I'd just go home and stay in bed. And cooking? I'd start cooking, then I'd get nauseous. It would make me really sick. You really lose your taste buds and you can't taste a lot of food, but you know you have to eat so you force it down. Now, I eat foods that I never used to like. I used to hate a lot of food, because I was picky. There was a lot of food I didn't like, and now I eat almost anything."

"That's because she can't taste it yet," Babe adds. "And smell – we still can't smell, either."

Wassie finished her course of treatment in 2005, but still goes in every six months now to see her oncologist.

When asked what it was that got her through it, Wassie answers, "I guess it was Babe, because she was so strong to come through – I mean, she was suffering and everything, but she'd act like she wasn't. She's still helping me get through when I don't feel well. She's a clown. She's always making me laugh and everything, and she don't feel good herself. But yet, she's always trying to make me laugh. I'm really thankful for her."

When asked the same question, Babe responded without hesitation:

"It was my mom. If it wasn't for her, I wouldn't have even went and kept going. I remember when I went in to do my biopsy. I didn't want to do my biopsy. They were telling me what they were going to do, and then I laid there and the nurse – I said, 'I don't want to do this' I started taking the gown off and I started going out of the room, and the nurse stood there across the door and told me, 'You can't go.' And I said, 'Yes, I can.' I said, 'You need to move – I'm going.' And she goes, 'This could be serious.' And I said, 'I don't care.'"

And then pretty soon she said, 'Your Mom's coming in.' Then my Mom came in and she said, 'Come on, you're going to be all right. You can do this. It's all right.' She said, 'It's not even going to hurt, they said.' So she grabbed my hand, and then it didn't. It didn't even hurt at all. So if it wasn't for her encouraging me to go through doing everything, I wouldn't have done it."

Babe's family and friends were a huge help to her, too.

"My Mom and my brother care of me during the day," she remembers, "and then my friends took care of me in the evening. They'd call me up every day to check on me, or come by and check on me, or take me out to eat, or take me out with them wherever they were going. One of them even got heated seats in her car just for me, because I was always cold. That was Ursula. And she'd sing to me on the phone all the time, too – just make up songs on the phone."

All of her cousins pitched in to help care for her, she recalls. "Ursula and Tina, Tanya, Deana, Rosette – they used to come check on me all the time."

"The nurses were just so nice," Wassie added. "We would go up there and they'd just try to make us comfortable and they wouldn't scold us or anything. They'd just kind of baby us and pamper us around."

"When I used to go with Babe, she had to get shots all the time for to build up her blood cells or something, and she'd go, 'I don't want to take any more shots. I'm getting tired of this.' And the nurses would go and pamper her. They'd say, 'Oh, I'm sorry, Babe. I'm sorry.' You know, they could feel her pain just as much as Babe, so it was kind of rough on them. I couldn't do what they do – take care of people like us who are sick and everything. They've got a lot of love and thought and everything for us."

In the dim filtered light of the fireworks stand, Denise Harris, who had been chemotherapy nurse to both mother and daughter, stood quietly and listened. And then she began to share her story as well.

"I met Babe on my first day on the job – January 2nd – so she was just starting her treatment. I didn't really know her, and the nurses had me go down and get her. They said to me, 'Quickly go get her,' because they

wanted to hook her up so that she wouldn't leave, because when she was hooked up she couldn't remove her IV."

"When you're sitting in the chemo room for a couple of hours or whatever at a time, you get to talking to them," Denise continued. "You get to know things about each and every person in there, and I just knew what a hard time she was going through and so I'd just sit and talk with her. We'd talk about her kids and just stuff, and I'd share my life with her. We just built a friendship."

"Then she started coming in more often, getting her shots, getting her blood draws done, and seeing the doctor, and I built a good relationship with Norma, also, with all of Babe's visits. We just, I don't know, we like to take care of people that when you take your time and visit with them and get to know them as you would your family member, you want to spend that time with them, you want to be right next to them, you want to help them when they're sick or hungry, bring around the snack basket, or 'I'm cold,' get them a blanket, 'I'm thirsty, could I have some juice,' or whatever. I mean, you do it for your family, and so that's how I treated especially these girls after I got to know them so well that I just always wanted to be there for them."

"It was hard, giving Babe's shots and that kind of thing," Denise remembers. "Because I got to know her so well. I used to always try and draw her blood, but she was one of those people I could never get. So she'd say, 'I need my blood drawn today,' and I'd look at her and I'd say, 'Sorry, I'm not drawing you. I'll go get somebody else,' because I knew I wouldn't be able to get her."

"She wouldn't hurt me," Babe interjected. "I'd tell her, 'I'm all right. It doesn't hurt that bad.' But she still wouldn't do it."

"I'd try to do what I can," Denise said, explaining that because the shots Babe was getting would burn if injected too fast. "And so I would take my time and try and inject her really slow."

"And she'd talk to me," Babe added with a warm smile.

Denise could hardly believe it when Wassie got cancer, too.

"I was like, 'Whoa.' I don't think we've ever had a mother/daughter or even siblings that had cancer at the same time. So for me, it was scary and I just think that 'why did it happen like that? Why would two amazing people have cancer at the same time that are related, mother, daughter?' I don't know."

Although Denise no longer works at the same clinic, she is still like family to the Eyles. She and Babe hang out together, going to bingo or the casino, or just out to eat.

"I just have to say that I feel like I am blessed and honored to know both of you ladies," Denise said, her eyes filling with tears as the interview drew to its conclusion. "I'm so happy I was able to help both of you through treatment and help you get to where you're at today. I'm happy for both of you that you're both in remission, you both have hair, you both look good, you're up walking around."

The eyes of all three were wet now, and it was Wassie who spoke for both herself and her daughter:

"I'm just thankful for everything that we have in this life, I guess. We have to go through what we have to go through, because everybody doesn't know a perfect life. Everybody has ups and downs, and I'm glad that the Lord can give me the strength to deal with all this stuff, because it's not easy."

October is National Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month (NBCAM). Since the program began in 1985, mammography rates have more than doubled for women age 50 and older and breast cancer deaths have declined.

This is exciting progress, but there are still women who do not take advantage of early detection at all and others who do not get screening mammograms and clinical breast exams at regular intervals.



- Women age 65 and older are less likely to get mammograms than younger women, even though breast cancer risk increases with age
- Hispanic women have fewer mammograms than Caucasian women and African American women
- Women below poverty level are less likely than women at higher incomes to have had a mammogram within the past two years.
- Mammography use has increased for all groups except American Indians and Alaska Natives.

If all women age 40 and older took advantage of early detection methods – mammography plus clinical breast exam – breast cancer death rates would drop much further, up to 30 percent. The key to mammography screening is that it be done routinely – once is not enough.

For more information about National Breast Cancer Awareness Month, please visit www.nbcam.org.



PHOTO BY JOHN LOFTUS

LEGAL INTERNS *continued from front page*

did when I got to UW was go to the ECC, the Ethnic Cultural Center, and there I found other Natives. That connection really helped me as far as integrating into the school. This year, I'm secretary of the First Nations Club, a student organization.

I'm going to take my Law SAT exam this fall, and I'm taking a prep course right now to get ready for it. I would like to apply to Arizona State, New Mexico University, also to UW, and perhaps Gonzaga or Seattle U – maybe even Berkeley – for law school. But as soon as I finish law school, I'd like to come and work for the Tribe as a lawyer, a tribal attorney.

For anybody who is interested in going to the university, or has even ever thought about pursuing higher education, please do! It's not as hard as you think. I have always been afraid – like growing up in high school I thought, "Oh, I'm not smart enough. Oh, I can't do it, I just can't." But it's not as hard as you think, and I just really want people to know that you *can* do it. It's possible. It's not out of reach.

Anita Mitchell

My mom is Sarah Moses, and my grandmother is Thelma Moses. My dad is Frank Mitchell. But I think most people would think that Mardee Rodrigues is my mom, because that's who I grew up with and have spent most of my time with. I am the oldest, but I have two brothers – Ramzee and Juan – and a sister, Janika.

I graduated from Auburn Riverside High School. It's kind of funny, be-

cause at first I thought, "I don't want to go to UW. It's too close to home for college." I was like, "I'm leaving!"

Then I started researching colleges, and UW is a good, prestigious school all-around. When I went up to visit the campus, it's really beautiful and it just makes you feel comfortable, so I liked it. After I graduated from high school, I went to UW Summer Transition Program put on the Office of Minority Affairs. This helps you transition better to college, and helps UW bring in more minorities.

Now I'm in my sophomore year. My intended major is Business, or LSJ – Law, Societies, and Justice. I've been taking my pre-requisite classes – math, geography, economics, and Native American studies. Overall, math was easier in college than it was in high school, and I think it is partly because at college they have the Office of Minority Affairs and provide a tutoring center to help you. I guess they have something like that at every college, to help you transition and feel more at home and comfortable.

I think my number one important influence is my auntie, Mardee, because she taught me that I can do anything that I want to do, and that I should do. Also that a really important thing in life is having an education, because no one can take that from you. She encouraged me to get outside of the reservation to meet new people and do different things, and to get new experiences, because experience helps you see things from a different point of view, and helps you come at a problem the right way.

Another inspiration is my brothers and sister, just because I know that

what I'm doing will help them, because they'll see me doing good. It kind of helps me to have them there looking up to me, because it makes me keep going. It helps.

My mom's an influence too, because I know she'll always be there, and if I have a problem, or call home stressed out about a project, she'll help me. She's like, "You can do this, you've got this." And it's like, "Okay, thanks Mom."

I've learned a lot about how the Tribe works this summer in the Legal Department as an intern. I've been reading tribal codes and our history, have seen how the policy committees work, and how things are supposed to function, and where the Tribe is going. I think it's really good for young people, more of the incoming generation, to learn how things work, because we are the leaders of tomorrow. It's good to get us involved now, because everyone is not going to live forever.

I'd like to thank everyone that enabled both me and Madrienne to be interns at our Legal Department. I think I speak for us both when I say it was an eye opener on the behind-the-scenes actions of every step that the tribe takes. I encourage all our youth to go out there and find internships that they truly enjoy. That way you can figure out if the path you are choosing is really right for you.

And finally, I'd like to thank all the lawyers, along with Dyhan and Shannon, for allowing us to tag along all summer, and for teaching us all sorts of new things. Thank you.

TRIBE ESTABLISHES MEMORIAL SIGN PROGRAM

First sign is in memory of Jocelyn L. Elkins

A Few Words from Jocelyn's Mother

On September 24th a gorgeous, perfect early fall day, people gathered down on 400th Street, beyond Krain Corner and next to a beautiful field with a lovely view of Mt. Rainier, to dedicate a sign in memory of Jocelyn Elkins, who lost her life in a drunk driving-related auto accident on that very spot. Here are a few words from her mother, Marcie Elkins.

I would like to thank everyone that attended our blessing of Jocelyn's memorial signs. It's been about three years since she passed on. Today would've been her 21st birthday.

I wanted to do the blessing as soon as the signs were put up, but the people from King County didn't let me know when they put them up. And what's funny about it was that, as it turned out, the signs had been put up on my birthday, July 18th, and I didn't know it. That was strange.

This is the first memorial sign for a tribal member, and I know we have several other signs that we want to do for others, because we lost a lot of young ones in 2006.

I just had to do this ceremony because I don't want my daughter to be forgotten. I want people to learn from what happens when you get in a car with a drunk driver, that you might not see tomorrow.

But I'm blessed that all my friends and relatives were there. I was just really thankful for Donna Starr to be there with the drum that Jocelyn made, because every time I see her using that drum it just brings back memories of my daughter.

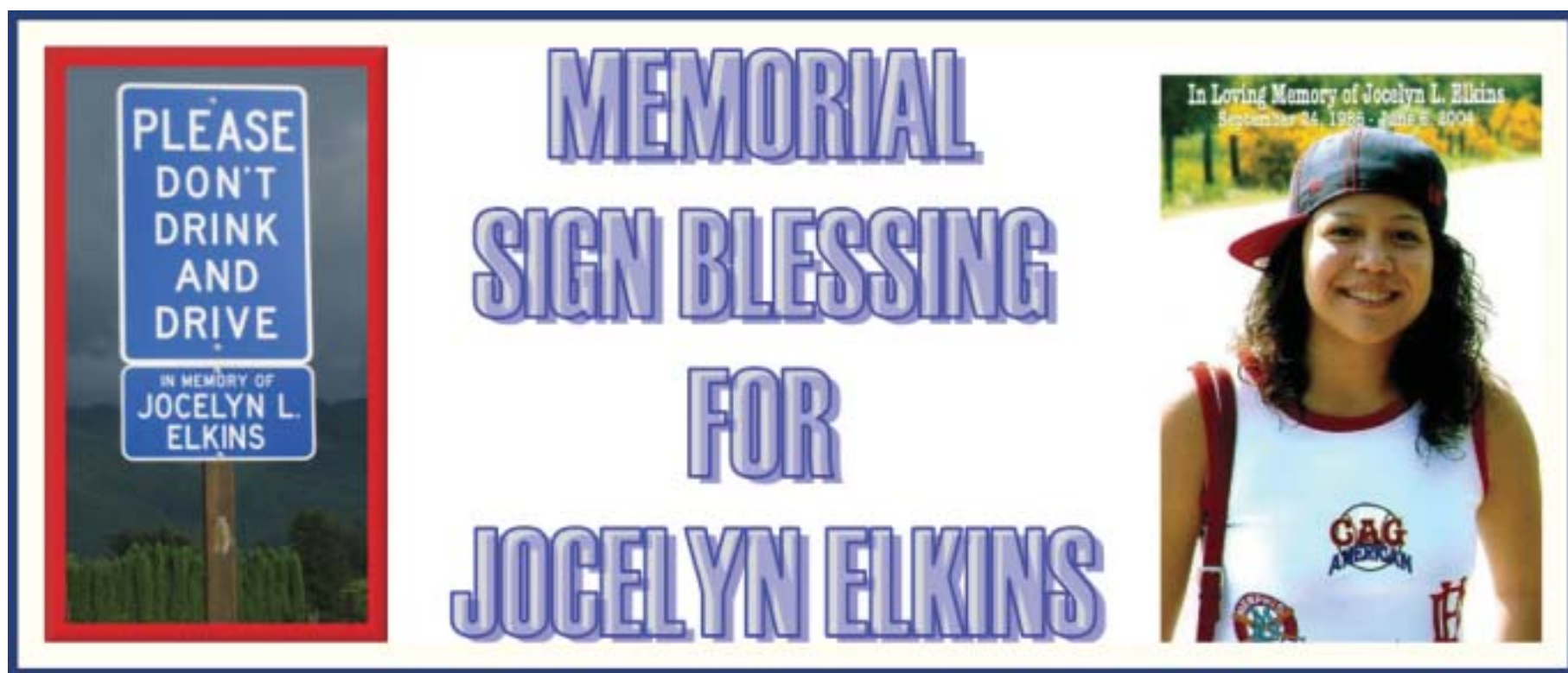
All the people that showed up just made me so happy. Sandy Heddricks got to work with my daughter, Autumn Judge was there for Jocelyn. I really like how Dan Carpita was there, too, because he works with all our young people. He's really a good guy to be around our kids. I don't know what else to say, but I'm thankful I have my buddy, John, here, too (doing this interview).

The tribe has set aside limited funding to help other tribal members to get memorial signs put up. Steve Taylor and Kelvin Frank from the Planning Department and Police Chief Jon Loye are the ones that helped me with my sign. Jon helped me get the accident report, which is necessary to prove drunk driving was involved. I also want to thank three of our tribal lobbyists, Jamie Durkan, Rick Jensen and Gordon Walgren for contributing the \$200 to sponsor Jocelyn's sign.

I want to tell the other parents that have lost a child that I'm here to help them if they need help doing their application. I'm here. I'll help them get their paperwork going to get their memorial signs up. I've already started the process for Lily Daniels's son and Mary Lou's son, and I talked to other people and they want signs, too.

One thing I'd like to see is a memorial wall for these people that have passed on. Maybe it could say, "Don't Drink and Drive and Be Safe," or something like that, and then have pictures hanging up of whoever has passed on due to alcohol or drug-related tragedies.

But I just want the other families that have gone through this to know that I am here to help them if they need me.



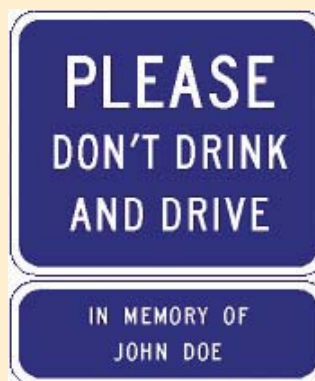
HOW THE MEMORIAL SIGN PROGRAM WORKS

The Muckleshoot Indian Tribe's Memorial Sign program was borne from requests received from people who had lost family members to automobile crashes caused by drunk driving. The Muckleshoot Planning Division embraces the program as a way to help reduce fatalities caused by drunk driving.

The standard memorial sign will feature the words "Please don't drink and drive" below which is a plaque displaying the message "In Memory of, together with the victim's name", or "Sponsored by, together with the victim's name". The signs and plaques may be placed at two locations near the scene of the accident one positioned for each direction of traffic travel.

According to the King County Memorial sign program, signs may be installed if the driver was convicted of vehicular homicide under the purview of RCW 46.61.520, was fatally injured, or caused a fatality and shown to be Driving While Intoxicated (DWI) based on blood toxicology reports. Signs are paid for by the sponsor (MIT Planning Division). The cost pays for two signs, two plaques, and two posts, installation and maintenance.

People interested in sponsoring a memorial sign should contact the MIT Planning Division Memorial Sign Coordinator. Include a brief background of the incident and other appropriate information. Requests for memorial signs should include written consent from the immediate family of the victim. For more information and assistance please contact Kelvin Frank, MIT Planning Division.



Tribal Fishers haul 'em in on Lake Sammamish

PHOTOS BY JOHN LOFTUS

LAKE SAMMAMISH: A MORE LAID-BACK KIND OF FISHERY

By Mike Mahovlich, MIT Fisheries Biologist

ISSAQUAH – The Lake Sammamish Fishery is a very unusual fishery. The tribe doesn't fish there every year on both coho and Chinook. We have to have the surplus, obviously. That's the big factor. We want to make sure the hatchery maintains its numbers.

So when we do get up there, it's more on a rare occasion than it is on a normal occasion – not like the Green River or Elliott Bay, or even the Ship Canal. There's a number of factors that have to occur before we actually go into that fishery. Obviously, MSP has to be involved, because we have to have a home for the fish that are being caught, and there's just a lot of factors that have to be involved before we get into Lake Sammamish.

With all that being said, though, once we do get in there, it is a very neat fishery. It's a cool fishery, a very calm fishery. I think most fisherman would agree that when you're on the river, you're fighting the tide, and the tug traffic, and everybody else. It's hectic and noisy. You get out there on Lake Sammamish, it's very scenic, and maybe you're only dealing with a few water-skiers – if that – out there.

The lake is a place where the tribe can fish at on their own pace, without being impeded by anybody else out there. It's just a whole different atmosphere, and I think most fishers enjoy it – especially in the urban setting that surrounds that lake, and just watching how peaceful things are and how calm everybody is, with nobody being harassed by all the other different things that happen down on the hectic Green River or the Elliott Bay side.

And this year we had a very productive fishery on Lake Sammamish. We had two 48-hour openings. The first week, we caught the 5,600. The second 48-hour the following week, we caught the 1,500 or 1,700 fish. So that turned out to be very productive and it was really nice to see, because in years past we've been up there and we've only caught 500 – 800. One year we caught 1,800. But it's been very unproductive as far as our fisheries in the past, so it was very nice to see the guys get the fish, get good numbers of the fish and it put a lot of smiles on people's faces.

MSP did a very good job, as far as getting the fish off the boats and getting them into totes and keeping everything very clean and in order up there. Because we conduct everything in the Lake Sammamish State Park at the boat ramp, there's got to be a lot of coordination with a lot of local agencies to make sure everything happens right.

Hopefully, one day we'll be able to do that in the North End of Lake Washington when the fish are in more primo condition, I guess, and when the fishers can get a lot better price when they are brighter and just have come in from the saltwater. But – again – it was nice to catch well over 7,000 Chinook up on Sammamish. Even at 75 cents a pound, some of our fishers did real well due to the large numbers of fish.



Fisheries Commissioner Carl 'Bud' Moses



Lake Sammamish



Fishing Report

By Mike Mahovlich, MIT Fisheries Biologist

This is the fishing report as if October 5th, 2007. Since our last report, we've been fishing hard on Coho. It's Coho season – Silver Salmon, as most people call it. We target Coho in Elliott Bay, Green River, and the Ship Canal in Lake Washington.

Elliott Bay Coho

I'll start off with the Elliott Bay Fishery. Elliott Bay has been very slow this year, and that was pretty much expected due to the low abundance and, right now, it looks like poor marine survival, which we were anticipating even before the season. That was told to the fishers in the Fishers' Meeting: "Don't expect to have a very strong coho run this year on the Green River side." Unfortunately, that came out the way it was predicted. In Elliott Bay, we've only harvested maybe 300 Coho at this time.

Green River Coho

In the Green River, we've harvested about 25,000 Coho, which is coming in real close to what we predicted. In April we were looking at 30,000, maybe 35,000 if marine survival was okay.

Lake Washington Coho

It's turned out that marine survival has, in fact, hindered the survival of coho, because when we get over to the Lake Washington Basin, that run has totally collapsed. Normally, we get a run size of 30,000 to 45,000 back, and this year it's projected to be a run size of 12,000. So that fishery has been closed, and it will not open for the rest of the season. The North Lake Washington Fishery will not open at all, resulting from the low Coho run.

Lake Sammamish Chinook

The only bright spot that we've had so far this fall was our Chinook fishery in Lake Sammamish. As most people know, we had a very, very strong Chinook run over on the Lake Washington Basin, and I think I mentioned to you last time that, unfortunately, we could not target the fish in the Ship Canal or the North End of Lake Washington because of a number of factors,

which we're working on now. Hopefully, in the future we'll be able to target those Chinook when they do show signs of surplus, and we can get on those fish when they're in a brighter and more marketable condition.

But needless to say, we did get into Lake Sammamish. We delayed the fishery about 10 to 12 days from our normal start time, and that proved to be very effective. During the first 48 hours we went in, we caught about 5,600 Chinook out of there. There was very good participation. I would say there was 20 to 25 skiffs and even a few gillnetters that went up there and participated in that fishery, which is great to see. It ran very smoothly that first week.

The second week we went in, there was less participation because there was additional areas on the Green River opening up for coho and we ended up catching about 1,700 Chinook. Overall, we ended up taking well over 7,000 Chinook out of the Lake Sammamish Basin itself, which is the most that I've seen on record, or that I've ever been involved in. So delaying that fishery 10 – 12 days from our normal start time proved effective in getting on those Chinook.

There was a lot of happy faces up there and it was a very good fishery. It was just nice to see the fisherman have a chance to fish in that very urban setting. If you ever get a chance, go up there and watch the nets in and around the lake, and around all the houses and everything else. It's kind of a neat picture to see the buoy balls when that fishery is getting conducted.

Chum Run

But otherwise, at this point in time, we're looking forward hopefully to a very strong chum run. We have seen chum incidentally being caught during the coho fishery in late September and early October, which is a good sign for run strength for the chums, so we hope that that continues on its way in the next few weeks, and time will tell. By the end of October, we should be into the chum heavily, and hopefully we'll get into some good harvest numbers of roughly 35,000 to 45,000. That would be a great finish to our season if that occurs.

MUCKLESHOOT SEAFOOD PRODUCTS: A HUGE STEP FORWARD

Muckleshoot Seafood Products was formed in 2002 with the idea of providing an operation that would improve the economics of fishing for Muckleshoot fishers.

According to its manager, Eric Soderman, MSP has attempted to create an environment of **Honest Competition**, with the goal of putting an end to the age-old price manipulations that Muckleshoot fishers have suffered at the hands of unscrupulous fish buyers.

Over the past five years, the tribal fishing fleet has had the security of knowing that every pound of their catch would be purchased. But there's just one stipulation: Each fish must be bled, iced and handled with care.

And this has been the secret of MSP's success. Marketing Muckleshoot-caught salmon as a premium wild product has been successful. Early on, MSP landed one of the biggest customers on the West Coast – Safeway Foods – and they have since been buying our fish. At the same time, the tribe has benefitted from a growing public awareness that the farmed salmon that a few years ago seemed certain to be the monopoly product of the future are not really a comparable fish. So those who insist on quality have lined up to purchase the premium product that the Muckleshoot fishers and MSP are bringing to market.

MSP Manager Eric Soderman offers the following update on the company's purchasing so far this year, and also has a few words to share about his favorite subject – quality:

"The market's been favorable for Chinook. We had a surprise third fish-

ery. On the second fishery, prices rose to \$3 a pound, which is a record for Chinook since I've been here, considering that in the first years, the price was around \$1.



but at \$1.70, the price is higher than it was last year by 25 cents a pound. Even though we've had less fish, the demand has been strong and we've been moving just about every pound that we can. Small fish cause a little bit of problem, but we'll just work our way through it.

Then in Lake Sammamish, we did 75 cents again up there, and it was very robust. I think we took in the neighborhood of 80,000 pounds out there

The demand for Chinook was strong and the demand for our brand was strong because of the quality. Really, that's the only thing that can affect the price is if our quality ever went down, nobody would want to buy our fish and that would drive prices down. So quality and price are really tied together.

Then the coho fishery has been really poor, and we started late and the fish have been small,

in the first two days. Then the following week, we took out just under 20,000 pounds. So we've probably purchased 250,000 pounds of kings,

which is well over 100,000 pounds more than I've ever purchased since I've been here. So those are very successful fisheries.

And finally, if there's thing I can't repeat often enough, it's that we have to maintain our laser-like focus on QUALITY. Quality, quality, quality. Nothing will hurt the program more than if we have fish that aren't taken care of properly.

We all share the responsibility for protecting the company, and the company belongs to the tribal fisherman. So it's in their best interest to do the bleeding and the icing, and pick their nets off. If I have one message to resonate out there, it's that we've definitely been doing something right, and we have to stick to it, because the only thing that'll drive prices down is poor quality. The demand for our fish in our box is very strong. So we need to keep it that way."



AN INTERVIEW WITH FISH COMMISSIONER DONNIE JERRY

"I think it saved our tribal fishing industry"

Muckleshoot Monthly: Donnie, how long have you been fishing?

Donnie Jerry: Oh, I don't know – 25 years?

Muckleshoot Monthly: Have you had your own boat that long?

Donnie Jerry: No. I've only had my own boat for about 20 years – 21 years.

Muckleshoot Monthly: Who did you first start fishing with?

Donnie Jerry: Duane Ross Sr. That's who I first started fishing with, when I was about 14 or 15.

Muckleshoot Monthly: And so, from your perspective, having fished for quite some years now, could you comment on some of the changes that we've seen since the tribe has established MSP?

Donnie Jerry: I've been in fishing for long enough to have seen the good times of fishing – I mean in prices and abundance of fish. Then having watched the runs fall off down to nothing because of El Nino and other things, and along with that came the drop in fish prices from fish farms.

The El Nino actually helped the fish farms because, with the wild runs being so low, the commercial fleets in Washington, Oregon – Alaska even – weren't able to meet the demand of the public. That's where the fish farms got their head start, at the same time. They were able to raise the size of the fish the stores wanted at a low price, and that pretty much doomed the wild fish sales, the fresh fish sales for wild salmon.

So, combined with El Nino and the farms, it just happened to be at the same time where it drove the price of wild salmon down to pennies.

Muckleshoot Monthly: So the purchasing market and the big retailers of fresh fish turned to what they thought was a more reliable, long-term source. Instead of buying from those who harvest the wild runs, they decided to just buy them from the fish farms.

Donnie Jerry: Exactly.

Muckleshoot Monthly: And that worked for them – as long as it lasted. But in recent years the public has been taken a second look at farmed salmon, hasn't it?

Donnie Jerry: Yeah, and they're less desirable to the public. They're finding out what they're all about. They're not really orange or red meat; they're really white meat that's dyed by the food that they feed them, and it's just not as good for you as wild salmon. We knew that all along, but getting that out across the worldwide scene and having them find out for themselves – that's a much harder thing to do, to get them to realize that.

Muckleshoot Monthly: Fish farming is an industry that's become very well-established and politically connected in a lot of places, such as Canada.

Donnie Jerry: Yeah. Well, the United States has been part of the problem, too, with fish farms. These hatcheries all around these states – Washington, Oregon, Alaska – how do you think they generated money to operate? They sold eggs to Chile, and those other countries that raise these salmon. That's how they first got started. They didn't have Coho salmon in Chile, or Chinook salmon in Chile. Not until our hatcheries sold them the eggs to raise them.

Muckleshoot Monthly: And now they've got product to export back to us, huh?

Donnie Jerry: Exactly. It's something we never thought would happen.

Muckleshoot Monthly: Well, it seemed a little bit too far away to impact our market at the time, I suppose.

Donnie Jerry: Exactly. Now they ship metric tons of that fish over here and flood the markets. But fortunately, the public is seeing that farmed fish

isn't as good for you as wild salmon, and there's only one place to get wild salmon, and only one time of year to get wild salmon, and that's in the late summer and fall when they run. You've got to take advantage of the bounty while it's there.

Muckleshoot Monthly: So, faced with really weak pricing that had only been getting worse, the tribe went through the Fish Commission, and with the support of Tribal Council, took some rather bold moves and started exercising some control over a market that they had no control of in the past by establishing the Muckleshoot Seafood Products Company.

Donnie Jerry: Well, we were very fortunate that the Tribal Council backed that plan to form Muckleshoot Seafood Products. I think it saved our tribal fishing industry, because for awhile there it was down to just a handful of people fishing. They weren't making any money to speak of.

It used to be, in the '70s and '80s, fishermen could go out there and make enough money to last six, seven months without having to go back to work. But by the late '80s and through the '90s, guys couldn't make ends meet fishing. They only did it to make a little bit of extra money. They didn't make a living at it anymore.

Now, you really still can't make a living at it. You can make some pretty good extra money, and actually at least pay for your gear and your upgrades to your gear; whereas, back then, you were scratching and using used nets and buying used motors.

Since MSP has been formed, I think four or five years now – the fleet has grown. It's at least doubled in size, especially in the river. Even the gillnetter fleet is getting back up again. It was down to just a handful of gillnetters.

We conduct the Chinook test fishery in late July through early August, and for that test fishery we need five boats for five sites, and at least three backups. We normally have a drawing for that and the gillnetters would put their name in and draw it out of a hat. For four or five years there, we couldn't have a drawing for that. We had to take whoever had their boat ready to go, because there weren't enough of them. They didn't even have a drawing. There were six guys, maybe, that could have their boats ready, and a third one that got to go fishing.

The gillnetter fleet still hasn't rebounded as fast as the river fishermen have. Of course, the boats are smaller, the nets are smaller – it costs less to get going in the river. But yeah, MSP has helped greatly in getting our fleet back up. They're fishing again.

I don't know if the gillnetter fleet will ever reach where it used to be in the '80s and '70s – just for the simple fact that their overhead is so much and gas prices are \$3.00 – 3.50 a gallon now when we're going fishing. I don't know if we'll ever see the historical numbers of gillnetters and their fleet again.

Muckleshoot Monthly: It takes a lot of fish to pay for all that, I guess.

Donnie Jerry: Exactly, exactly. In the time since then, we also got a bad court decision that cut our area probably by 50 percent at least – Area 10, which was primarily a gillnetter fishery – and therefore you've got guys that aren't too enthused about dumping a lot of money into their boat to get it going to fish. Still, to this day (September 7), we've fished two days at Kings. That's our whole season – 24 hours, two 12-hour openings. So although it's gotten better, and the prices have gone up, it's still not enough for a lot of gillnetters to get their boats geared up to go.

Muckleshoot Monthly: What kind of boat do you have?

Donnie Jerry: I have a river skiff. I've always been a river skiff fisherman. I've never fished in a gillnetter. I grew up fishing in the river with Duane Ross and then started fishing for Stanley Moses and ended up buying his river skiff, and I still own it to this day.

Stanley Moses: "MSP has been getting better every year"

In past years, before we established Muckleshoot Seafood Products, I think that the major concern for the fishermen was price, and I think MSP has been very good at pricing. The price is very good for coho and for Chinook or sockeye. They had to learn to do a different type of fishery, because they had to learn to ice their fish down right away and bleed them, but the difference in the price was worth the extra effort you put into the product, so that was good.

Before MSP became a company, there was a time when we couldn't even sell some of our product. There was a time – like chum season for example – when there was a lot of chum caught, but they were just after the roe, so it had become a roe fishery and we had a hard time disposing of the carcasses. We had to give it to food banks, and it got to a point when we could hardly even do that anymore. They were just catching too many, so that became a problem for the fishers.

There were one or two years when where there wasn't even a market for the coho. We tried to sell them to other different buyers, but there was nobody buying coho one year, so the fishermen just quit fishing. It wasn't even a matter of low price. There was just no market. So there was one year that, halfway through the season, it gotten so bad and the fishermen had just quit fishing.

Then the tribe decided, "Well, maybe we could start trying to market our own fish." And so we started. When we first started out, their thought was to make a smoke plant – to get the fish, smoke them and package them, and have an upgraded product we could sell for more money. But that never did work out.

Instead, we went to the fresh fish market, and that move was so successful that MSP has been getting better every year since then. Actually, right now, they could sell more product than they can catch. So that's one of their problems right now, and it's because MSP has gotten so successful due to the quality of our product.

Our Muckleshoot salmon have gained such a good reputation for quality in the industry because it's bled and iced. It's easy to market, and right now the demand is higher than the catch is. There just isn't that much product right now.

But one thing that they stayed really competitive with was pricing. And that really helped out the fishermen, because prior to MSP coming in and starting to buy fish, there was a point in time where there just weren't that many fishermen anymore. There was just no money in it, and they weren't going to get into the business of fishing if there was no money in it, and the fleet had downsized quite a bit.

But after MSP came in things began to change for the better, and right now this is the largest our fleet has ever been. It's growing. All the young people get into fishing, buying their own boats. So it's been really good. MSP has been good for the tribe, good for the fishermen. It's just a good company, and it's doing well.

(Stanley Moses is Chair of the Muckleshoot Fisheries Commission.)



Arthur C. Ballard: A Good Neighbor to the Muckleshoot People



Working in the heritage profession, one sometimes becomes fond of long deceased strangers. I really can't help it. And of all the characters that embody my knowledge of historic Auburn, I honor no one as much as Arthur Ballard.

What is not to love about a man with a broad and seeking intellect; who was by nature culturally inclusive; willing to be ridiculed by his neighbors for walking up the hill to befriend and learn from Indian people; capable of mastering the Whulshootseed language and pioneering a way of writing it; a man who (contrary to most anthropologists of his era and later) credited his Indian teachers by name and genealogy, reimbursed them for their time, and welcomed them into his home?

Arthur Ballard sets the bar of moral living pretty darn high. For that reason, he is honored with a sculpture (along with Muckleshoot elder Big John) in the lobby of the White River Valley Historical Museum, and by local scholar Greg Watson, who has written the following article...

~ Patricia Cosgrove, Director, White River Valley Museum

* * * * *

On an April evening in 1935, a middle aged man from Auburn stood to address a gathering of friends and community members at a fundraising event. The festivities included dinner, dancing and cultural presentations, all in support of furnishings for a newly built community center. This was not out of the ordinary during the Depression, when most communities were expert at providing inexpensive entertainment for friends and neighbors and supporting local causes.

The oration was, however, a little unusual. The phrases pleased the speaker's many friends and confused some guests from out of town, but for Arthur Condict Ballard, pioneer, former school teacher, former clerk for the City of Auburn, and lifelong friend of his Native American neighbors, this was the only way to greet a gathering in the Muckleshoot community. His speech began:

ooo li gwla'pu di'hicid sba'x'w'lcuabc, siya'b a'tsilta'lbix'w'w.
 (Oh, my friends and relatives, the Muckleshoot people, noble Native American people)
 a'tsa, sucaba'badx'w'w ila'lquabc,
 (I am a poor man of the people of Ilalco)
 gwu'la tsə'ytskuteid asə'yil akuax'w'w k'w'lap ləba'ləyds ti' a'lal
 (I am gratified that you are not forgetting this house)
 tushu'wicitəbtil ati'l siya'b pa'stad.
 (that was made for us by those honorable white people)
 gwula tula'hax'w'w tcila'p tluta'l'x'w'udax'w'w ti' a'lal tx'wal' ti'l
 tuskalitud a ti'l tuskalitud.
 (So from now on you will use this house for singing the spirit powers of your departed ancestors)

The occasion was the dedication of the Muckleshoot Community Center built as a public works project on the reservation. The event was hosted by the Nesika Club, a public service organization in the Muckleshoot Community known for presentations of traditional Native American songs and dances at public gatherings.

An Ambassador Between Peoples

Ballard was an obvious choice to address a mixed audience of Auburn residents and Muckleshoot tribal members. For the Auburnians concerned with Pioneer heritage and civic pride, Ballard had impeccable credentials. His parents, Mary and Dr. Levi Ballard, founded the town of Slaughter in 1875, beginning with a homestead claim on the banks of the White River on which they built a small store and post office beside the wagon road (now Auburn Avenue) connecting the Duwamish River towns and Commencement Bay. Their son Arthur, born in October 1876, loved his hometown (renamed Auburn in 1893) and except for a t t e n d i n g Whitworth College in Sumner and the University of Washington (graduated 1899) and a few years teaching in eastern Wash-



Arthur Ballard reads to children in the Young People's Room of the Auburn Public Library. Left to right: Nancy Lobehan, Archie Lobehan, Audrey Goudy, Mr. Ballard, Marcia Maebori and Kitty Mitchell.

ington, he lived less than a quarter mile from his birthplace for all his more than 85 years.

Back home to stay in the early 1900s, young Ballard worked for the post office, as clerk for the city, and as secretary-treasurer for his family's mining business, the Azurite Gold Company. In 1906, he married Jane Casselman, a school teacher who had moved to Washington five years before from her native Ontario. Their first children, Mary and Donald, were born in 1907 and 1908 respectively. The couple was actively engaged in civic affairs. In 1912, they donated the site for Auburn's Carnegie Library, later building their own home just a few feet away. Mrs. Ballard served on the Auburn school board for many years, and Arthur was involved in civic projects and was known locally as an accomplished amateur musician, playing his mother's rosewood piano which had been brought "around the horn" in 1865.

Arthur Ballard was as familiar to members of the Muckleshoot community as to his fellow Auburn residents. At the time of his birth, the Native American population of south King County was greater than that of European Americans, and Ballard was always comfortable with and observant of the indigenous people of his homeland. The sound of the Whulshootseed

(Puget Sound Salish) language and the Chinook Trade Jargon were natural to his ears and mind. His parents had a working and personal relationship with the local Indian community. Former war leader "Old Nelson" cleared the first land on the Ballard homestead. When Ballard's brother died in childhood, local tribal members gathered outside the home and keened in sympathy. When Arthur himself was ill at age two, Betsy Whatcom, sympathetic figure from the treaty war period, sat with him and nursed him to health.

This comfortable relationship continued throughout Ballard's life. An article in the *Auburn News* dated May 3, 1940 (covering the fifth anniversary of the Community Hall's opening) observes "Mr. Ballard has long been interested in the welfare of the Indians and is considered by the members of the Muckleshoot Tribe as their good friend. As problems arise among them they often consult Mr. Ballard and many of them go to him for assistance and sympathy." Even after his death, the *Auburn Globe-Republican* reminded the community "[Ballard] is remembered as a very gentle man who became a fast friend of the Indians whom he studied in his long lifetime" (*Auburn*



The just-opened Muckleshoot Indian Tribal Community Center in 1935. Ballard spoke at the dedication of the new building.

Globe-Republican "Diamond Jubilee" issue, 1964).

One of the most important parts of Arthur Ballard's relationship with his Native American friends was his lifelong commitment to recording and preserving cultural information for future generations of scholars and tribal members. He had a lifelong fascination with languages (Ballard's degree from the University of Washington was in Latin, and he also spoke or read Spanish, Greek and German) and by age 15 was making word lists for the Yakama Nation languages.

Gathering Stories

By 1911, he was interviewing elders from the southern Puget Sound region, recording place names, stories and other cultural information. Using his own knowledge of the Puget Sound Salish (Whulshootseed) language and the help of interpreters from the community, he interviewed elders such as Big John (Green River), Charles Sotiakum and John Xot (Puyallup), old enough to clearly remember life before the treaties, many of whom had passed on before the arrival of university-approved anthropologists.

Despite scant notice and insufficient respect given Ballard's work in some academic circles, other colleagues recognized the extent and quality of his observations. From the beginning of her teaching career, long-time University of Washington professor and museum director Dr. Erna Gunther used legend materials collected by Ballard in her classes.

Thomas Talbot Waterman, the first full-time anthropologist employed by the University of Washington (1918-1920) found Ballard a good friend and a colleague whose research influenced and added to his own publications. In the dedication to his overview of Puget Sound Salish culture, published by the Museum of the American Indian, Waterman wrote: "A good deal of the field work was done in company with Mr. Arthur C. Ballard, of Auburn, who had previously, on his own initiative, recorded a very considerable body of information concerning Indian life around Puget Sound. Mr. Ballard may be regarded as the leading authority on the Indians of the state of Washington. His acquaintance with them and with their mode of life has extended over a long period and is extremely intimate. Certain information obtained by Mr. Ballard is embodied in the present paper, which to that extent, is a joint enterprise."

Ballard and Waterman planned to jointly publish a book of legends or myths shared by elders from the southern Puget Sound. When Waterman left UW before the volume could be finished, the university printed selections from Ballard's material in 1927 and 1929. Reviewing these publications, the prestigious journal *American Anthropologist* wrote the following assessment of Arthur Ballard's work: "Mr. Ballard's collections are noteworthy for the number of variants of many of the myths secured... In his introduction, he gives short biographical sketches of his informants and records the relationships between them... The second paper contains a variety of information about the people who told the myths. It is interesting that Mr. Ballard, who is not an anthropologist, but has developed on his own his interest in local Indians should procure a wealth of pertinent material that trained Ethnographers often fail to secure."

The simple truth was that Ballard was a trained ethnographer, despite the fact that his alma mater offered no degree in anthropology until more than 20 years after his graduation and that Franz Boas, often called "the father of modern anthropology" had not yet finished his own major field work when Ballard began writing down material shared by Big John and Ann Jack and Snoqualmie Charlie. The fact that Ballard was able to record and organize a small library worth of shared cultural material (at his death, his house in Auburn was said to be filled with notebooks, books, artifacts and projects-in-progress) on his own initiative using a few written accounts and guidelines by other anthropologists should be reason for modern scholars to regard his work more highly, not less.

It is to be hoped that with the passage of time, more academics will give Arthur Ballard the formal recognition he deserves. His own priorities, however, were not based on getting tenure or national recognition – he was interested in raising the respect given to Native American people and culture in hopes of a better life for his neighbors. Two examples may help show this

– one from early in his career, one from decades later.

In 1912, the *Argus* – an Auburn newspaper – published articles by Arthur Ballard based on some of his early research. Included in one of these is a quote from Big John, a Muckleshoot man from the village of Ilalco (located near the present Lea Hill bridge, where the Green and White Rivers used to come together). It is a rare first person statement by a Native American in popular print, and shows how far Ballard was willing to go to present the concerns of the people who shared their cultural treasures with him: "The Creator placed the Indian here. He gave him the rivers, the soil, and the forests. He stocked the rivers with salmon. He bade the soil yield roots and berries; he filled the forests with fowl and beasts. All for the sustenance of the Indian, not the Boston. This inheritance the Boston has filched from him." This quote is credited to "Su-kwal-oskt, (an approximate spelling of Big John's traditional name) last of the Ilalkowamish". [Boston – or "postid" – is the common name given to American settlers by local Indians.]

Indian Claims Commission Testimony

Almost four decades later, Arthur Ballard was still fulfilling the trust placed in him by his old friends. The Indian Claims Commission was formed following federal legislation in 1946 enabling the Muckleshoot Tribe, as descendants of the Skopamish, Stkamish and other regional groups, to sue the federal government for monetary compensation owed for lands taken. In November 1951, Arthur Ballard was called as an expert witness regarding the identity, continuity, and traditional territory of the Muckleshoot people.

Over a period of three days, the 75-year-old scholar gave testimony which ran to 466 pages of court records, not including maps, previous documents and photographs supporting his evidence. The first day's proceedings were concerned primarily with establishing his credentials as an expert, given that he was neither a Ph.D. nor a university professor. His depth of knowledge and well organized evidence convinced the attorneys present that he did, as he put it, "know what I'm talking about."

For three days he located villages, traced genealogies, explained traditional technology and beliefs, and in general spoke for friends and colleagues long since passed away, whose wisdom he had kept safe into his own old age. Arthur Ballard helped build a persuasive body of evidence that the culture that signed the treaties nearly a century before had not died, but was alive and remembered things given up and promises made.

A Modest Man and the Best of Neighbors

Many such examples could be made, stories about a modest man from a small town who became one of the twentieth century's most accomplished and least known scholars of America's indigenous cultures. If Ballard had been more interested in self promotion, his house on Third Street (next door to the library building for which he donated the site) would be a National Register landmark, like Ezra Meeker's house in Puyallup. Maybe more of his vast research files would be in print, and students of our area's cultures, whatever their ancestry, could visit an Arthur Ballard Center for Puget Sound Studies. Maybe.

But perhaps the most important legacy of Arthur Ballard, scholar, community leader and philanthropist, is his example as a good friend and neighbor. He made sure Auburn had a good library and museum, not because his father made the map, but because he wanted kids in his home town to have



Muckleshoot Nesika Club members in plains Indian dance regalia popular in the 1930's. Courtesy National Anthropologic Archives.

places to study and dream. He studied Native American cultures his whole life, not out of a sense of cultural superiority or as an "Indian wanna-be" but because he thought he could help the wider world appreciate and respect the heritage of what he called "the Elder Race".

In his 1935 speech at the Muckleshoot Community Hall, Ballard expressed equal excitement that the building will be used to further the traditional culture of the Native American community and that it will be a place for Muckleshoot children to learn the knowledge of the "Bostons". He would have seen no irony or conflict in this, no reason why the Native and European American communities he called home should not thrive with each other's help. His long life was a quiet example of interest, inclusiveness, and willingness to help. Arthur Condict Ballard, every day for more than 85 years, embodied the simple and profound truths that in a community every one is responsible and every one has something important to contribute.

ILALCO, WASHINGTON
 JULY 2007

Kenneth Greg Watson (MA in Museology UW 1989) has been an educator and cultural researcher for more than 20 years, serving museums, tribes and schools all over the Puget Sound region. He currently works for the Auburn School District and lives in Auburn on the banks of the former White River, less than half a mile from Arthur Ballard's home.

Many thanks to the White River Valley Museum for allowing us to reprint this story and the wonderful old photos that go with it, and also to the story's author, Greg Watson. The museum is located right behind the new public library in Les Gove Park at 918 H Street SE. It's open 12 to 4, Wednesday through Sunday, and admission is \$1 for kids and seniors, \$2 for adults. Wednesdays are always free. Group visits can be arranged. Muckleshoot tribal members on the museum's Board of Directors include Warren King George, Vice-President, and Ken Calvert. A life-sized statue of Arthur C. Ballard taking notes as Muckleshoot Elder Big John tells him a story greets visitors at they enter the museum.

Northwest Indian College Expands Programming for Northwest Tribes

LUMMI NATION – Northwest Indian College President Cheryl Crazy Bull received a letter from the Northwest Commission on Colleges and Universities (NWCCU) granting the College candidacy status as a four-year degree granting institution with the college's request to begin offering bachelor of science degrees in Native Environmental Science.

"Native people have incredible scientific and environmental knowledge to share as we explore how to live on the earth in a good way. This degree honors that knowledge while exposing our students to the tools and resources of western science." President Crazy Bull stated. "With the advent of this degree program, NWIC is moving into a new arena of professional opportunity for our students and their tribes. We are bringing together the worlds that our students live in – our traditional indigenous world and our contemporary world of resource management and preservation."

NWCCU is the regional accrediting agency responsible for monitoring the accreditation status of colleges and universities in a multi-state region including the state of Washington. As a regional tribal college with multiple sites throughout the Pacific Northwest, NWIC is uniquely positioned to serve the "hands-on, day-to-day educational needs of tribes while supporting their efforts to strengthen their identity as tribal nations."

The NWCCU letter documents the college's request (February 20, 2007) as a "major substantive change" and recognizes that the College will continue offering its associate degree level education.

Northwest Indian College faculty and staff have been preparing a com-

prehensive self-study and will host an evaluation committee in the fall of 2008. The self-study is an evaluation tool that allows the faculty and staff to improve the education it currently serves its students.

In addition to the self-study, the NWCCU requests that the Northwest Indian College prepare a comprehensive self-study and host an evaluation committee a full-year after the first graduates of the Native Environment program have received their bachelor of science diplomas.

Following that visit, Northwest Indian College will receive notice of accreditation of the entire institution as a whole.

The expansion of programming is just one more step closer towards the completion of the Northwest Indian College's overall strategic plan. Currently, Northwest Indian College is exploring different ways it can achieve financial independence, which is also outlined in the College's strategic plan.

MUCKLESHOOT STUDENTS INTERESTED IN TAKING PART IN THIS FOUR-YEAR DEGREE PROGRAM STARTING WINTER QUARTER 2008 MAY CONTACT ESTHER JOHN, NORTHWEST INDIAN COLLEGE SITE MANAGER, MUCKLESHOOT TRIBAL COLLEGE AT 253-876-3274 OR EJOHN@NWIC.EDU. INTERESTED STUDENTS CAN ALSO COME TO ADVISING DAY FOR WINTER QUARTER 2008 ON NOVEMBER 28, 2007, 10AM-2PM AT THE MUCKLESHOOT TRIBAL COLLEGE.

Whulshootseed Language Program having a busy fall season

The new school year is up and running we are back in the swing of things, having classes on a regular basis. Our class schedules are Monday – Thursday 10:30-11:30 a.m. with the Virginia Cross Native Education Center High School Students and 12:00-1:00 p.m. with Northwest Indian College Students.

The students from the High School classes have been very busy they went on a field trip to the Mountains to experience Huckleberry picking. They really enjoyed the fresh mountain air and enjoyed picking berries.

The High School students also got to go the White River Hatchery and see all the Pinks that had come up river. Then they toured the White River

Hatchery and watched how the fish are spawned at the Hatchery where they are kept from eggs up to being released. It was amazing to see all the pinks in the White River if you haven't been up to check this out you missed out. There were so many fish in the River.

If you have any questions or concerns about the Whulshootseed Language Program feel free to contact any of us:

Donna Starr (253)876-3315
Lawrence Tecumseh (253)876-3306
Birdie Starr-Pierce (253)876-3309

SUBMITTED PHOTOS



Northwest Indian College Fall Cultural Arts Dinner & Auction scheduled for October 18

LUMMI NATION, WA – Organizers for Northwest Indian College's Fall Cultural Arts Dinner and Auction of Coast Salish Art, set for Thursday October 18 at Silver Reef Casino, say this year's event should match last year's sold-out attendance.

The Fall Cultural Arts Dinner and Auction of Coast Salish Art raises money for the Cultural Arts Endowment in the name of Fran and Bill James, both Lummi tribal members. Fran and Bill both have practiced cultural art for the majority of their lives. They have also dedicated many years teaching younger Native Americans the art of weaving.

"Ever since the first Fall Cultural Arts Night two years ago, we've sold out every year," said Northwest Indian College President Cheryl Crazy Bull. "We've been truly blessed the past few years with great attendance and an outstanding offering of Coast Salish art."

Through education, Northwest Indian College promotes indigenous self-determination and knowledge. The annual Fall Cultural Arts Dinner and Auction strengthens the cultural theme the College already enjoys. The auction only features Coast Salish art, although there may be a few other types of Native American art for auction.

City of Blaine Executive Director Gary Tomsic and Nooksack TANF Director Jim Thomas will be the auctioneers. They have donated their time the past two years of the event.

Plains-Cree musician, songwriter and performer Shakti Hayes will perform live on stage. Hayes' debut album, Touchwood Hills is currently nominated for Best Folk Album for the 2007 Native American Music Awards and the 2007 Indian Summer Music Awards.

The Cultural Arts Endowment is funded through the Fall Cultural Arts Dinner and Auction and individual donations throughout the year. The past few years, table sponsors and art buyers assisted the College in raising over \$34,000. The overall goal is to raise over \$150,000 so that the Endowment can begin to distribute funds for new Cultural Art teachers, supplies and scholarships.

The event begins at 5 p.m. with a silent art auction. A traditional salmon dinner will be served. A wide range of sponsor tables from \$1,250 to \$10,000 are available. Single tickets are \$125 each or \$250 for a patron ticket. Table sponsor hosts are also invited to an invitation-only reception for tribal and community leaders.

For more information or to RSVP, please contact Reatha Tom at 360-392-4238/rtom@nwic.edu

About Northwest Indian College: Northwest Indian College is the only regional tribal college in the United States and the only accredited tribal college in Washington, Oregon and Idaho. The College is now undergoing program and capital expansion to transform its two-year degree granting programs into four-year offerings. Earlier this year, the Northwest Indian College received candidacy to begin servicing a four-year degree program in Native Environment Science. The first-ever junior class began classes on September 17.

From a capital standpoint, a few weeks ago, Northwest Indian College opened up two brand new buildings: a 67-bed housing complex and a three classroom, five office building. Housing and new classrooms were the number one and two "interests" of the students, when they were given a survey five years ago.

In January, Northwest Indian College expects to open the doors to their brand new childcare center, designed to assist students in providing childcare while they attend classes.

The College is also engaged in strengthening its distance learning capacity at its extended sites.

Muckleshoot Youth Facility

38624 172nd Ave SE; Auburn, WA 98092
(253)876-3383

Youth Facility Hours of Operation

Sunday: CLOSED
Monday: CLOSED
Tuesday: 2:00pm-10:00pm (Staff 1:30-10pm)
Wednesday: 2:00pm-10:00pm (Staff 1:30-10pm)
Thursday: 2:00pm-10:00pm (Staff 1:30-10pm)
Friday: 2:30pm-11pm (Staff 2:30-11pm)
Saturday: Noon-8pm (Staff 11:30am-8pm)

Youth Services/JOM Hours of Operation

Monday-Friday: 8am-5pm
School Supplies Distribution: Tuesday & Thursday, 1-4pm
Youth Work Training Program Hours of Operation – Monday – Friday 1:30 p.m. to 10:00 p.m. Saturdays 9:30 – 6:00 p.m.

Staff Contact Information

Youth Services Program Manager, Rhonda Harnden Cabanas: (253) 876-3372
Youth Services Administrative Assistant, Christina Chagolla: (253) 876-3370
Youth Facility Supervisor, Teri Brugh: (253) 876-3346
Activities Coordinator, Sarah Cain: (253) 261-2342
Activities Coordinator, Gaston Shelton: (253) 261-4076
Activities Coordinator, Martha Sherman: (253) 261-5300
Youth Crew Supervisor, Josie Benito-Clancy: (253) 261-2211
Youth Crew Supervisor, Shelly Reynolds: (253) 261-2401
Youth Facility Front Desk: (253) 876-3383
Youth Facility Kitchen: (253) 876-3389

Need Your GED?

Get Started Today

at MUCKLESHOOT TRIBAL COLLEGE

MONDAY 10 to 6
TUESDAY 10 to 6
WEDNESDAY 10 to 6
THURSDAY 10 to 6
FRIDAY 1 to 6

* The GED room is open for independent study during the lunch hour.

Got Questions about Instruction?

Todd Johnson
 GED Instructor
 todd.johnson@muckleshoot.nsn.us
 253.876.3256

Mitzi Judge
 GED Examiner
 mitzi.judge@muckleshoot.nsn.us
 253.876.3395

Got Questions about the Exam?

October 18
 November 1
 November 8

FUNFACT: 68% of GED test takers plan to enter college, university or trade, technical or business school during the next year.

PERFECT!

Marvin Moses scored an 800 on another subject area exam (Math). This means that he performed better than 99% of graduating high school seniors!

But I've been out of school for 20 years!

You don't have to remember everything you learned in high school. The GED tries to test how well you think about different issues based on your life experiences. So even if you have been out of school for a long time, you can pass this test if you study for it.

How do I get started?

Just call or drop by the college during business hours. We'll talk about your previous educational experience and decide how to proceed based upon your unique situation. Most students begin by taking a 30-45 minute pretest, but this is not a requirement.

What kinds of questions are on the test?

Try this sample question from the math test.

Last month, the balance in Tisha's checkbook was \$1219.17. Since then she has deposited her latest paycheck of @2425.66 and written checks for \$850.00 (rent), \$235.89 (car payment), and \$418.37 (credit card payment).

What is the current balance in Tisha's checking account?

1. \$921.40
2. \$2140.57
3. \$3215.27
4. \$3929.92
5. \$5149.09

Try this sample question from the writing test.

Sentences: In May, I graduated from Prince William Community College. Graduating with an associate of arts degree in horticulture.

Which is the best way to write the italicized portion of these sentences? If the original is the best way, choose option (1).

1. College Graduating with
2. College, I graduated with
3. College. A graduation with
4. College. Having graduated with
5. College with

Answer: 2, 5



WELCOMING HUDA. Joseph Martin, Assistant Tribal Operations Manager (ATOM) for Education, welcomes Huda Simmons aboard as new Division Director for the Muckleshoot Child Development Center.

PHOTO BY JOHN LOFTUS

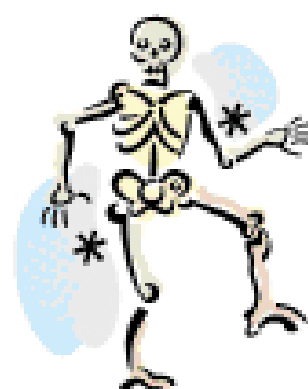


NEED HELP WITH PREPARING A RESUME? CURIOUS AS TO WHAT IS THE RIGHT JOB FOR YOUR PERSONALITY?

The Muckleshoot Tribal College in collaboration with the WWEE Program offer a series of classes;

Behavior in the workplace, Resume 101, What does it take to keep your job?, Applications, Cover letters and thank you letters, What's the right job for your personality?, Self management skills, 60 second sell, Self esteem and Self worth, Customer Service and Telephone Etiquette.

All classes take place at the Muckleshoot Tribal College, are open for community members, Tribal Employees, Bingo Hall Employees as well as Casino Employees to attend and are



No need to pre-enroll, just show up for the class and you will be served. Upcoming classes for the month of October 2007 are as follows:

Tuesday October 16th	Applications/Workplace Behavior/Keeping your Job	1:30 - 3:30 pm
Wednesday October 17th	Interviewing & 60 Second Sell	10 am - noon
Tuesday October 23rd	Resume/Cover Letters/Thank You Letters/References	5:00 - 7:00 pm

Mark your calendars for the month. We look forward to seeing more of you in class.



MUCKLESHOOT TRIBAL COLLEGE

WWEE

WORKSHOPS SCHEDULE

October 2007

TUESDAY & WEDNESDAY

October	Topic	Time
Tuesday, October 2	Self Management Skills/Self-Esteem/Time Management	1:30-3:30
Wednesday, October 3	Customer Service/Telephone Etiquette	10am-12pm
Tuesday, October 9	What's the Right Job for Your Personality?	5pm-7pm
Tuesday, October 16	Applications/Workplace Behavior/Keeping Your Job	1:30-3:30
Wednesday, October 17	Interviewing/60-Second Sell	10am-12pm
Tuesday, October 23	Resume/Cover Letters/Thank You Letters/References (includes some lab time)	5pm-7pm

Attention:

We are looking for volunteers to serve on the Muckleshoot Tribal School Culture Committee for our Potlatch celebration. Working together with the good people of the Muckleshoot Community will allow us to best serve our students and the whole community with this event.

NOTICE

The Muckleshoot Tribal School is now accepting applications for enrollment for the 2007-2008 school year. Please assist us in our planning and preparations for creating a world-class tribal school by applying as soon as possible, thank you.

For the month of October, **MOST** tutoring and testing will be available at the College from **5:00 – 7:00 pm** on **Tuesdays and Thursdays.**

**STUDENTS STAFF FACULTY AND
THE MUCKLESHOOT COMMUNITY**

Please Join
MUCKLESHOOT TRIBAL COLLEGE
and
Representatives from
HARVARD UNIVERSITY
November 14, 2007
11 a.m. - 2 p.m.
at Muckleshoot Tribal College

This informal "meet and greet" with representatives of several academic departments is a great opportunity to ask questions about admissions, financial aid and building professional relationships with Harvard University. Everyone is welcome. Lunch will be provided.

Design of MIT's K-12 School Project Continues

MUCKLESHOOT – The design of the new Muckleshoot K-12 School continues to develop with input from the school work group, school board and tribal elders and artists. Since the beginning of design on this project, the school work group and school board have aided the Design-Build team of BNBuilders Inc. (contractor) and Mahlum Architects in understanding how the different spaces within the new school will be used which has enabled the team to finalize room sizes, locations and relationships between spaces. In the coming months, the school work group and school board will continue to lead the efforts by directing the Design-Build team on furniture and equipment layouts within these spaces.

Recently, the Design-Build team held meetings with tribal elders and tribal artists to get feedback from these groups on the most appropriate ways to incorporate culturally significant materials and elements into the site and buildings. Many great ideas were generated from these meetings and the Design-Build team is working hard to integrate these ideas into the look and feel of the project. The Design-Build team has seen very positive participation from the Community in the design of the new K-12 school the Design-Build team will be scheduling additional community meetings in the following weeks.

In addition to the input of the community, the Design-Build team is also encouraging participation from the tribe

Mark your calendar!

Nov. 8 – Site Blessing for new school
Nov. 9 – Groundbreaking

by offering internship opportunities for tribal members. The Design-Build team has already selected two interns to participate in a part-time design and preconstruction internship this fall. One intern will assist Mahlum Architects in the design and production of construction documents for the school project and the second intern will assist BNBuilders with preconstruction estimating, budgeting and constructability reviews. Both interns are high school students and the Design-Build team is working with the interns to establish a working schedule that will not interfere with their education.

As the project moves forward, the tribe has started preparing the site for construction by selecting dates for both the site blessing and ground breaking ceremonies. The site blessing will occur on Thursday November 8th and the ground breaking will occur the following day, Friday November 9th.

The design build team will also be hosting community meetings to solicit input from Tribal members on October 18th at 4pm, October 25th at 5:30pm and October 26th at noon. All meetings will be held in the Cougar room at the Philip Starr building. Snacks will be provided and everyone is encouraged to come by and ask questions or provide comments about the design.

For more information about the project, upcoming meetings, and to post your comments please visit the project website at: <http://muckleshootk-12school.com/>

M.O.S.T. October '07 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 BASIC-BASIC COMPUTER CLASS 10A-11:30A BUS COMM I 5-7:00P	2 EXCEL I 1 OF 3 10A - 12N TUTORING 5P-7P (SIGNUP PREFERRED)	3 EXCEL I 2 OF 3 10A - 12N TESTING/TUTORING 2-4P	4 EXCEL I 3 OF 3 10A - 12N TUTORING 5P-7P (SIGNUP PREFERRED)	5 STAFF MEETING 9:00 - 12N	6 <i>*Please notes: Classroom door closes 10 minutes after class begins. So, if you would like to secure a seat for a class, please be on time or arrive early.</i>
8 TESTING/TUTORING 10-12N BUS MATH II 2:00 - 4P	9 WORD 1 1 OF 3 10A - 12N TUTORING 5P-7P (SIGNUP PREFERRED)	10 WORD 1 2 OF 3 10A - 12N	11 WORD 1 3 OF 3 10A - 12N TUTORING 5P-7P (SIGNUP PREFERRED)	12 STAFF MEETING 9:00 - 12N BASIC-BASIC COMPUTER CLASS 1:30P - 3P	13 TRIBAL COLLEGE 39811 AUB-ENUM RD. AUBURN, WA 98092 253-876-3183
15 TESTING/TUTORING 10-12N WORD 2 1 OF 3 5:00 - 7:00 P	16 WINDOWS 1 9A-12N WORD 2 2 OF 3 5:00 - 7:00 P	17 TESTING/TUTORING 10-12N WORD 2 3 OF 3 5:00 - 7:00 P	18 BUS MATH 1 10A-12N TUTORING 5P-7P (SIGNUP PREFERRED)	19 STAFF MEETING 9:00-11:00A BUS COMM II 2:00 - 4P	20
22 BASIC-BASIC COMPUTER CLASS 10A-11:30A TUTORING 2P-4P (SIGNUP PREFERRED)	23 TUTORING 10A-12N (SIGNUP PREFERRED) INTERNET BASIC 2P - 4:00P	24 COLLEGE CLOSED (NIEA CONFERENCE)	25 COLLEGE CLOSED (NIEA CONFERENCE)	26 COLLEGE CLOSED (NIEA CONFERENCE)	27 Questions? Call Janet Emery 253-876-3355 or Renee Lozier-Rojas 253-876-3292
29 COLLEGE CLOSED (NIEA CONFERENCE)	30 TUTORING 10A-12N BUS MATH 1 5-7:00P	31 Happy Halloween		Blue = Beginner's Purple = Intermediate Green = Janet Teaches	2007

EMPLOYEE OF THE MONTH

Rachel Heaton

Congratulations to Rachel Heaton for receiving the MIT Employee of the Month Award for October 2007. As the Executive Assistant to the Assistant Tribal Operations Manager for Education, Rachel does an excellent job supporting and serving the needs of nearly 300 MIT Department of Education employees, all Muckleshoot Tribal Students enrolled in educational programs, their families and the community.



Rachel Heaton

Rachel's position is extremely challenging and demanding. Rachel has done an excellent job setting up tracking systems and process flows for maintaining the efficient flow of documents throughout the MIT Department of Education and through the MIT Administrative System. With the numerous challenges that Rachel faces in the course of a day, she always maintains her composure and professionalism.

Rachel is commended for her 10 years of loyal service and dedication to the Muckleshoot Indian Tribe and all those that she serves. Thank you for the excellence demonstrated in all that you do for the MIT Department of Education and the Muckleshoot Indian Tribe.

I would like to say Congratulations to Jennelle Marsette for earning her GED. I am very PROUD of you for sticking with it!! I hope to see you back up here at the Tribal College To start up another program!

**Love Always,
Bettina
&
Eddie and the Kids!!**

Tabitha Baker moves to Recreation Dept. See her for various application forms

Hello my name is Tabitha Baker, for those who don't know me. I recently moved to a new job. I am now working in the Recreation Department, and I will be taking the Children's activity applications and the Adult athletic sponsorship applications.

I'm located right behind the Canoe Club house. If you have any questions please feel free to come see me or call. Thank you.

ARNOLD THOMAS VISITS JOB CORPS

Shoshone Paiute motivational speaker Arnold Thomas, who has visited Muckleshoot many times, was a recent guest of the Job Corps Program. A brief excerpt from his personal tale entitled "I WANT TO LIVE" will help to introduce Arnold to those who have not yet met him:

"In High School, I was recognized as one of Nevada's elite football and basketball players. My goal was to play collegiate sports and, as schools in the Western United States began recruiting me, I was well on my way to achieving that goal. I dreamed of becoming a professional athlete, and that too seemed within reach.

This would not come to be. In the spring of my sophomore year, my father committed suicide. His death had a great impact on myself and my family. I lost all harmony and balance. My life was thrown into a tail spin. I was out of control. I tried to drown my grief and sorrow in alcohol and drugs.

One warm summer night soon after I turned 18, I stuck a hunting rifle under my chin and pulled the trigger. The gunshot wound severely damaged my face and left me completely blind. I was unable to speak for several years. With the steadfast support of my hometown community, my family and my friends – along with my own renewed will to live – I survived this challenging period of my life and slowly began to put the shattered pieces back together."

The moving personal story of Arnold Thomas and the strength he has shown in overcoming seemingly insurmountable obstacles, coupled with his kind and gentle ways, has provided inspiration to young and old alike. Arnold has traveled throughout Native America for the past 15 years, speaking to groups and sharing his wisdom. We hope he will continue to visit us here at Muckleshoot.

PHOTOS BY ANNIE MOSES



Meet our new Youth Facility Supervisor

Dear Muckleshoot Youth and Families,

My name is Teresa Brugh and I am the new Youth Facilities Supervisor with the Muckleshoot Youth Services Program. I am writing this letter to introduce myself to all the parents, youth, and community members who attend and/or utilize the facility. I am very excited about the opportunity to get to know you, and I am looking forward to a happy and productive year here at the Muckleshoot Youth Facility.

Let me start by telling you a little bit about myself and my experiences. I am originally from the Midwest, where I was born and raised in Cleveland, Ohio. As a youth I spent my summers on Lake Erie sailing with a Jr. competitive team and during the long, cold winters I enjoyed skiing.

I also traveled a bit with my family, and after only a few visits to the Caribbean I became very interested in marine biology and tropical ecology. This interest grew and when I graduated from high school I moved to New York to attend Southampton College of Long Island University where I majored in both marine biology and psychology. Throughout my college experience I participated in different courses that involved traveling to places within the South Pacific and Caribbean to learn about the natural environments but also to work with the local people of those areas.

Upon graduating from college I wanted to continue traveling and learning about other cultures and experiencing new things. That's when I decided to join the US Peace Corps. I was accepted into the program and soon after sent to a country in the Pacific Islands region as a natural resources and community development volunteer.

I spent a total of 3 1/2 years in the Republic of Palau, located 7 degrees North of the equator and 4,609 miles Southwest of Honolulu, Hawaii. In Palau I lived on an outer island called Peleliu, only 10 miles long and three miles across with a population of about 400 people. There I lived with a local family and worked on developing environmental education programs, marine conservation programs, and organizing community outreach activities.

I also interacted and worked with the local youth in a variety of capacities and gained a lot of experience working with native people of another culture, particularly challenging as I had to learn their local language!

During those years in Palau I grew very fond of the Pacific Islands, from the weather and marine life to the peoples, histories, and cultures of the region. Thus I decided to continue my education in the field of Pacific Islands Studies, a unique graduate program offered at the University of Hawaii at Manoa. My graduate work and studies allowed me to focus on the country of Palau and specifically give something back to the community in Peleliu, who had shared so much with me over the years.

Only a few months ago I returned to the US mainland and have settled in here in Washington after spending almost 6 years in the Pacific Islands. So far I really enjoy living in the Pacific Northwest, but I do need to adjust to the colder weather and rainy winters! I am particularly excited about the opportunity that the Muckleshoot Tribe has given me by making me part of the Youth Services Program and look forward to becoming part of the Muckleshoot community.



New Youth Facility Supervisor Teri Brugh

I would like to mention that myself and the staff here at the Youth Facility are working hard to service the youth by providing meals and organizing activities, crafts, games, and off campus trips. We have recently started a tutoring program in our study room, where all kids are welcome to do their homework and get help in any of their school subjects.

We have also started a Girl Scouts program every Tuesday evening from 5-8pm for all ages. I hope to soon offer more cultural programs and activities as well as start up Youth Council again at the Facility. I would also like to mention that I encourage family participation in any and/or all scheduled activities so parents please come by at any time to participate.

I feel that the Youth Facility has a lot of potential for growth and with the help of everyone can be a wonderful facility for the entire community to enjoy. Remembering that the children of today are our future, and "the future depends on what we do in the present" (Mahatma Gandhi).

I want to thank you for your time and feel free to come by the Facility and meet me in person or share with me any questions, comments, or concerns you may have. I look forward to meeting you and working with you to ensure that all Muckleshoot youth continue to have positive opportunities in which to grow and learn.

Sincerely,

Teri Brugh

Youth Facility Supervisor

GANG INTERVENTION COMMUNITY MEETING



PHOTO BY JOHN LOFTUS

Katreace Moore facilitated a Gang Intervention Community Meeting at the Cougar Room in the Philip Starr Building on September 26. Needs identified by those in attendance included the following: More service providers focused on the youth and young adults of the Muckleshoot Community; Effective Mentoring Program for youth and young adults; Sports to allow the youth to learn to be competitive and relieve their stress/aggression in a positive manner; Enforceable consequences on adults who are mentoring the Muckleshoot Youth in a negative aspect; Enforcement of Zero Tolerance Policy; and Bridging the Gap between programs to assist the youth in productive lives.



Youth Facility Muckleshoot Monthly, Picture Community Clean Up (9-07)

Youth Facility CALENDAR

OCTOBER

- | | | |
|---|---|--|
| 16 Tutoring 4-6pm
Girl Scouts 5-8pm
Craft: Halloween Mobile 4-6pm | 20 Field Trip: Pumpkin Patch (1-6pm)
Games & Movie 6-8pm | 26 Tutoring 4-6pm
Ghost Lollipops 4-6pm
Storytelling/Creative Writing 7-8pm |
| 17 BirthDay Day!!!
Tutoring 4-6pm
Cultural Activity 4-6pm
Pictionary Game 7-8pm | 23 Tutoring 4-6pm
Girl Scouts 5-8pm
Craft: Pumpkin carving & crashing witch project 4-6pm & 7-8pm | 27 Field Trip: Movie Matinee (Enumclaw) 12-4pm
Fire Circle & Dance/Song 5-8pm |
| 18 Tutoring 4-6pm
Craft: Hanging Ghosts 4-6pm
Storytelling/Creative Writing 7-8pm | 24 Tutoring 4-6pm
Cultural Activity 4-6pm
Pictionary Game (spooky theme) 7-8pm | 30 Tutoring 4-6pm
Girl Scouts 5-8pm
Decorate Facility & Bake cupcakes 4-6pm & 7-8pm |
| 19 Outdoor Activity or Craft 4-6pm
Skating 7-11pm | 25 Tutoring 4-6pm
Ghost Lollipops 4-6pm
Storytelling/Creative Writing 7-8pm | 31 HALLOWEEN!!
Costume Party 4-9pm
Family Event – Games, Prizes, Face Painting, etc.
Please Dress Up!!! |

Please remember all activities are subject to change! Please call for details!!!
The Youth Facility is closed Sundays and Mondays.



Youth Facility Muckleshoot Monthly, Picture Seattle Aquarium Trip (9-07)

Job Corps builds wood sheds for the Elders

SUBMITTED PHOTOS



COMMUNITY HALLOWEEN PARTY!

Saturday Oct. 27th at 4-7PM
Muckleshoot Tribal Gym

Pictures for costume prizes to be taken Sat. the 27th from 1-4pm at the Youth Facility. Judging to take place before the party.

Prizes for funniest, scariest, and most original costumes awarded by age group.

Please join us for some ghoulish games, freaky fun, and frightening food!

Contact person: Walter Pacheco @ 876-3153

How to Prevent a Violent Attack? Find Your Warrior Spirit!

“If I am attacked, how do I protect myself?” Interviews with inmates from San Quentin prison who had raped and murdered people, provided a shocking but simple clue to the answer.

“It takes me about 10 seconds to pick someone. I know how they’re going to react when I get in their face! I find someone not looking around, looking nervous and in their heads a lot. I want them in fear. I want my job to be easy.”

Interviews with many injured victims, bedside at hospitals, provided additional clues when asking them this question:

“Before you were physically assaulted, did you have any feeling that you were in danger?” Their hands gently resting on their stomach and heart area as they spoke, “Yes! I felt something was off, something wasn’t right.” The next obvious question, “If you felt this, why didn’t you change something to avoid or escape? Always the same reply, “ I guess I did not think he was going to attack. “

Ignoring their instinctual warning system called fear, they talked themselves out of a natural response and became vulnerable to the inevitable attack. And why? They did not know how to take a stand, to activate their natural power - their Warrior Spirit.

The bottom line? We must learn to use fear, rather than be used by fear. Eighty percent of people in this country who were sexually assaulted and survived, did something different than those who did not survive. They had to first confront their minds before they confronted their attacker.

First step to prevention? Listen to the natural warning system in your body. The discomfort you might be feeling is your body’s way of talking to you. Listen deeply and learn to respond with power. When feeling fear, use your heightened awareness to sense when something is not right.

You may have to change habitual patterns or beliefs. This will take courage. But remember that courage is not the absence of fear, it is feeling the fear while taking action. Often a leap of faith out of our comfort zone is the result. This also is the key ingredient to growth.

Your Warrior Spirit is within you. It is not just your key to surviving a violent attack, but is essential for standing in your power while facing the fear of change. In order to grow, you must change. And change can stimulate fear of the deepest level. Change is inevitable, but feeling helpless is not.

Fear can be a friend and not the enemy. To be able to know what kind of action to take, is the next step.

THE PATH TO YOUR WARRIOR SPIRIT MAY TAKE A LEAP OF FAITH

I have shared with you the key element for taking action in the face of fear; Trusting your inner voice and feelings. Although the subject we were discussing was Self-defense and assault prevention, when one masters the ability to choose the right course of action in the midst of fear, one masters their life. This affects all areas of life and old limited beliefs tend to fall away and become replaced by new powerful ones.

I have interviewed hundreds of people who have experienced assault and life threatening attacks. Every one of them experienced three things.

- 1- Surprise
- 2- Disbelief or Confusion
- 3- Certainty or “This is really happening!”

These experiences can happen instantly. So why do some people survive while others fail and become victims. Panic is the result of not knowing what

to do. When one panics, one tends to freeze and become vulnerable to the predator’s attack.

The mind needs to have a strategy. Its job is to direct the body to take action. The body’s reaction to fear is instantaneous and automatic. When one becomes aware that there is danger, the brain automatically kicks in a huge amount of adrenalin and 144 physiological responses in your body engage in less than a second. This occurs for one reason and one reason only – to take action. This is the fight or flight response. This is natural and gives human beings the ability to perform extraordinary feats.

Every survivor of a physical attack that I interviewed all had something in common. They all took some form of action even when paralyzed by fear. Remember that action and a strategy could also be remaining submissive and complying when it is the right thing to do. In fact, this is an actual strategy that I teach that can give the predator the message that he does not need to escalate. Once the predator knows he does not need to escalate, they become open and vulnerable to a counter attack.

How does one take action and what kind of action do you take? This cannot be taught by reading an article in print. In future articles I will share some safety tips for prevention. I could never teach you to swim by reading about it. If you want to learn to swim, you have to get wet. If you want to master fear, you have to first feel it deeply and then take action in the middle of it. Your mind then witnesses yourself actually doing something while simultaneously feeling the grip of fear. Your mind records and remembers – forever! Your past then transforms and everything you thought was wrong with you turns into wisdom. Even when old habits come forward, they have no power over your new experience of power.

After training thousands of police officers mentally, emotionally and physically, I noticed that many of them changed their behavior not only at work, but in their personal relationships. The same results have occurred for the thousands of people who have taken Warrior Spirit’s powerful “Leap of Faith” program. This program gives each person the opportunity to feel deeply the feeling of fear while taking action in a very safe environment. They have an opportunity to become aware and conscious of their own limitations. Once this is done, they have choice in their lives where previously they believed they were stuck. They are free.

Knowing what to do in the face of fear and then doing it can erase years of pain. It opens up new possibilities. Our heroes all felt fear. They all took action in the face of fear and produced results that will live forever in our history books. You are your own hero. Whether it is facing a physical threat or moving through daily confrontations, you have all the answers sleeping quietly within your Warrior Spirit. When given the opportunity to face your fears created by your own beliefs, and take healthy action – this power is awakened and your beliefs change! When your beliefs change, your life changes. That is called evolution and is the key ingredient to rapid spiritual growth.

Dr. Jeff Alexander is the founder and instructor of the “Leap of Faith” program. Due to an overwhelming response from tribal members, Dr. Jeff Alexander has agreed to offer this powerful program again in November. The Muckleshoot Wellness Center will be sponsoring Warrior Spirit’s Leap of Faith. The next Leap of Faith will be November 3rd from 5:30pm to 11:00pm and November 4th from 9:00am to 8:00pm. To register or find out more information about this program, please see the flyer also included in this issue of the Muckleshoot Monthly!

PREVENTION THE KEY TO AVOIDING WEST NILE VIRUS

By Brent Grider
Health Education Specialist

The West Nile Virus first made headlines in America after it was discovered in 1999 in New York. Since that time, the virus has been gradually making its way west. This year 27 states have reported 444 cases, resulting in 15 deaths, and those numbers are expected to grow as the year progresses. Naturally, as the virus spreads, many questions and concerns follow. The following is a brief history of West Nile Virus and some preventative tips that may help to ease some of the worries surrounding the issue.

The West Nile Virus was first identified in 1937, when it was discovered in Africa, West Asia and the Middle East. The virus is spread to humans by the bite of an infected mosquito. Mosquitoes become infected from feeding on birds carrying the virus. The virus does not appear to be spread from person to person. The first known case in Washington appeared in 2002, when it was discovered in several birds and horses. No human cases have been reported to this point in 2007 in Washington, but there have been four cases found in horses.

The risk of infection is very low, with those over 50 being the most likely to get sick. Most people who become infected will not get sick. Only one in five will show mild symptoms such as; headache, fever, body aches and nausea. About 1 in 150 people will develop more severe symptoms including; high fever, neck stiffness, tremors, muscle weakness, confusion and coma. Symptoms will commonly last three to six days. Treatment includes extra fluids and quality medical care. No medicine currently exists to cure the


disease and no vaccination (shot) is available to prevent the disease, so avoiding mosquito bites is the key.

The best way to prevent a bite is to reduce the places where mosquitoes can live and breed. Get rid of anything containing standing water such as old tires or containers. Change the water in bird baths, pet bowls or wading pools twice a week and clean your gutters twice a year. Protecting the skin is another important part of prevention. Wear long sleeve shirts, pants and a hat when visiting potentially infested areas such as wetlands or the woods. Use mosquito spray (the kinds with DEET work best), Picaridin, or oil of lemon eucalyptus, when necessary and be sure to follow the instructions carefully, particularly when using on children. Avoid the outdoors at dawn and dusk when mosquitoes are most active and buy good screens for doors and windows. Finally, report any unusual increase in the number of dead birds in the area to the local health department at (206) 296-4600.

While West Nile Virus can be serious, it is rare and can be prevented most of the time by following the steps outlined above. Be smart and aware. Prevention is the key. Please contact the Muckleshoot Health Program at (253) 939-6648 for more information.

**Statistics provided by the Washington State Department of Health and the Centers for Disease Control.*






Birth Record

By Lisa Elkins

August 2007

08/14/07- Proud Parents Monica “Meeka” Simmons & Francisco Garcia
Boy-Isreyel Saije Garcia 8lbs 2oz. 21 1/2 in.
Proud Grandma Renee Lozier-Rojas; Great Great Grandma Elma Lozier



Isreyel Saije Garcia

September 2007

09/04/07- Proud Parents Maureen & Carlos Moran
Girl- Leilani Moran 7lb 3oz.
Proud Grandma Millie Thompson

9/10/07- Proud Parents Naidene Jerry & Ralph Elkins Jr.
Boy- Clifford Elkins-Jerry 8lbs. 10oz. 20 3/4 in.
Proud Grandparents- Lawrence Jerry, Clarice Tanewasha

9/15/07- Proud Parents Kytzia Castaneda & Russell Brown Sr.
Girl- Yvette Ebony Brown 6lbs. 11oz.
Proud Grand Parents- Connie Daniels, Douglas Brown
Great Great Grandma Bernice White

October 2007

10/3/07- Proud Parents Rebecca “Becky” Elkins-Underwood & Leonard Wayne IV
Boy- Kayden Sebastian Lee Wayne 6lbs 11oz 18 1/2 in.
Proud Grandparents- Robert Elkins Sr., Hazel Underwood & Leonard Wayne III, Doreen Thomas
Great Grandparents; Judy & Leonard Wayne Jr, Mary Lou Anderson, Katherine Underwood, Robert Underwood Jr.
Great Great Grandma Rosemary Fryberg

Congratulations to our new parents!!!

Breast Cancer Awareness

October is National
Breast Cancer
Awareness Month

This is a reminder to schedule
a check up with your doctor.
Call the Health & Wellness
Center at (253) 939-6648
for more information.





2007 Diabetes Conference

**Friday, October 19th
9 - 3pm**

Muckleshoot Health & Wellness Center

Come join us for a day of day of fun, education, activities, healthy food & sharing. Call (253) 939-6648 for more information.

See you there!!!



LEAP OF FAITH

ARE YOU READY TO CHANGE YOUR LIFE?

The Leap of Faith is a profound weekend experience, where participants have the opportunity to move through fear, embrace their self-imposed limitations and dramatically shift their perception of confrontation. Each student leaves the Leap of Faith with permanent body memory of successfully taking action in the face of fear. After this weekend is over, students go back into their own lives and find they have a revitalized ability to make profound changes. This program is taught by the founder of Warrior Spirit, Dr. Jeff Alexander, an enlightened, penetrating, and wisehearted master teacher.

The Leap of Faith will show you how to:

- Shift your perception of fear and confrontation into power and excitement.
- Expand your ability to take action in life.
- Learn to respond, instead of react.
- Live life to the fullest!
- Be present in the "now" moment, and allow your Spirit to come forward.
- No longer react from the past conditioning of your mind, but instead, respond intuitively from your Spirit.
- Allow the timeless to transform your perception.
- Create a permanent shift in consciousness.
- Find the key to a spiritual dimension.



The Leap of Faith gives you the opportunity to experience an intensely alive state that is free of time, problems, thinking, and the burden of personality. This magical state of mind is accessible in every day life. The Leap of Faith will show you how to access it.

"They say that the gates of hell are locked from the inside. Thanks for giving me a key!"

Kenny Loggins

Singer/Songwriter

At the Leap, you will listen to a series of lectures and information, and then experience a progression of confrontations with highly trained confrontation specialists. This use of escalating challenges provides each student with a full body/mind experience of crossing the line of fear into successful action...over and over again. You will have the opportunity to integrate your experience at the Leap, and bring it to a level of awareness for use in your daily life. This program produces a permanent life-altering mental, emotional and physiological shift! Many have called this their "awakening moment."

Criteria for teens ages 15-17:

One residing parent or legal guardian is required to attend the Leap of Faith with their teen, or be a graduate of the Leap of Faith. The participating parent must live with the teenager at least 50% of the time.

Program Costs: **FREE to Muckleshoot Tribal Members!!

A non-refundable registration fee of \$25 is required to confirm your space. On the weekend, you will be asked to make a donation. The entire cost of each Leap of Faith is donated by past graduates of the program. 100% of all donations are used to keep this program going and are tax-deductible. Your donation will ensure that this life-transforming experience is made available for others. No participant is ever denied the chance to experience the Leap of Faith because of financial difficulties.

November 3 & 4, 2007

Muckleshoot Health & Wellness Center
17500 SE 392nd St. Auburn, WA 98002

Saturday 5:30 PM—11:00 PM
Sunday 9:00 AM—8:00 PM

To REGISTER: WWW.WARRIORSPIRIT.ORG | LEAP@WARRIORSPIRIT.ORG | (425) 818-4051



Congratulations to the



1st Muckleshoot HWC Triathlon Finishers!!



Left to Right: Louie Gong, Darryl Ricker, Joseph Simmons, Don Brassard, Laura Ricker

Men's Division

- 1st: Louie Gong
- 2nd: Don Brassard
- 3rd: Darryl Ricker
- 4th: Joseph Simmons



1/4 Mile Swim

Woman's Division

- 1st: Laura Ricker



12 Mile Bike



5K Run

Health & Wellness Center Program Hours:

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

Wellness Center Hours: Front Desk Phone (253) 333-3616

M-Thurs 8:00-8:00 pm
Fridays 8:00-7:00 pm
Sat 12:00-4:00 pm
Sun Closed

Health & Wellness Center Program Closure dates for Rocktober and November 2007

Day	Date	Times Closed	Reason Closed
Thursday	10/04/07	8-9:30	October Monthly All Staff Meeting
November	11/01/07	8-9:30	November Monthly All Staff Meeting
	11/12/07	8-8 pm	Veteran's Day Holiday

DON'T DRINK AND DRIVE!!!

COMMUNITY HEALTH PROGRAM (CHP)

The Community Health Program at the Muckleshoot Health Division have two (2) Community Health Representatives (CHR), Judy LeGarde and Kelly Blake, and a Transporter, Melissa Jackson, to support the Medical Clinic and provide some services to the Muckleshoot Tribal and Community members. Their primary responsibilities are to:

Transport a patient to and from a hospital, clinic, or local health care provider when there is **no other transportation** available to them.

Transports

- **The CHRs and Transporter work schedule is M-F from 8am to 5pm.**
- Muckleshoot Tribal and Community members who are eligible to use the clinic must call (253) 939-6648 and schedule an appointment for transports to medically-related and dental appointments. Appointments are scheduled on a first-come, first-serve basis.
- We **MAY** be able to assist patients who are DSHS eligible to find alternate transportation.
- Please call and schedule appointment at least 24 hours in advance whenever possible. Last minute scheduled requests may not occur, and will depend on availability of the CHR or Transporter. Please provide your pick up address, otherwise we will pick up from your last known address.
- We are only able to transport to local appointments (in the Auburn, Federal Way, Enumclaw, and Renton areas) scheduled at 8:30 am thru 4:00 pm. If your medical, behavioral health or dental appointment is earlier than 8:30 am or later than 4:00 pm, we will ask that you reschedule or find your own transportation.
- Medical and Dental appointments scheduled in Seattle and Tacoma, must be no earlier than 9:30 am and no later than 3:00pm, as we must allow for time to deal with high traffic volume in getting to the appointment and back home on time.
- If you have a scheduled appointment that will last past 5:00 pm, you may be asked to have a find an alternative transport home.
- Transports to Behavioral Health Chemical Dependency must be arranged by your CD Counselor. We cannot schedule a transport without their permission.
- Messages left on CHR's voice mail do not guarantee you will be scheduled for transport. You must receive confirmation from the CHR's or Transporter that your appointment is scheduled. Because they transport many patients, they may not get back to your call until the end of the day. If you have not heard from them within 2 hours, please call and leave a message with Medical Receptionist.
- All ages of patient can be transported, **BUT** children who have appointments at locations other than the MIT clinic **MUST** be accompanied by a parent or guardian, AND children must be at least 13 years old to be transported to the MIT clinic alone.
- We ask that you notify us as soon as possible if you have found other transportation, cancelled or rescheduled your appointment, so that we may allow other patients to use our services in your scheduled time slot. All patients and/or family members **MUST** wear a seat belt. This is a Washington State Law. Child seats are available for use. Parents/Guardians of children who have difficulty staying seated in a seatbelt will be asked to sit with their children in the back seat to assure that the child remains secure in a seatbelt. **This is for their safety.**
- Parents/Guardians must advise children to behave appropriately while being transported.
- Our cars are very valuable to us and are needed in providing this valuable service to our Tribal and Community Members. Please be helpful in assisting us to keep the insides clean.
- We are not responsible for **ANY** property left in the vehicles as we transport people back to back and usually do not check vehicles between transports. Please make sure you have all of your personal items with

you when you get out of the car. We do inspect our cars at the end of the shift and will make an attempt to return left/lost property found.

Home Visits:

CHRs perform the following services:

- Make regular contact with a patient who has a known health problem to see if she/he is feeling and doing well.
- Assist disabled elderly or bedridden patients with limited personal care.
- Take temperatures and blood pressures of person with a known illness.
- Deliver medications, medical supplies, and equipment to a patient's home.
- Check blood sugars and collect limited laboratory specimens for the Health clinic.
- Arrange appointments, file complaints for patients, help patients to fill out forms, and plan and schedule follow-up services.
- Clarify medical instructions from outside providers.
- May accompany elders that need assistance to and during their appointments.
- Check condition of blood sugar machines, hearing aides, and other health equipment to insure that they are working properly.

We also have a Medical Social Worker, Ronette Bailey (253.939.6648) who provides a range of services to patients of the Tribal Clinic. These services are intended to assist patients in dealing with stress, provide additional resources, and to coordinate medical care and treatment.

Counseling:

- Patients may receive individual counseling support to address chronic illness, depression, grief and loss, or to plan for safety during an episode of family violence.
- Crisis counseling support may be offered during incidents of sudden illness, abuse, and to potentially suicidal individuals.

Resources:

- Assistance with accessing resources MAY be provided for patients who are homeless, parenting, or who are otherwise ineligible for other Tribal services including medical and prescription coverage.
- Assist patients in completing application processes needed to determine eligibility for medically related services.
- Assist patients when applying for medically related disability benefits through Social Security Administration and/or Washington State DSHS Medicaid programs.

Other Services:

- Work with Medical Providers both at the Tribal Clinic and in the Community to ensure that patients are receiving available benefits and treatments that will enhance their care and recovery process.
- Discharge planning from local hospital or nursing homes, and coordination of in-home care services may also be provided.
- Tobacco cessation planning and supportive counseling.

Services NOT provided by the Medical Social Worker include but are not limited to:

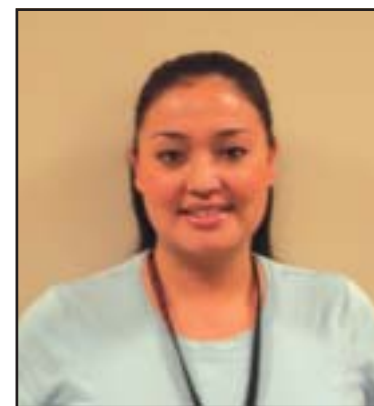
- Assisting with general paperwork like food stamp applications, housing applications, or transporting for appointments related to the above.
- Ongoing counseling services.
- Ongoing case management for non-medically related patient issues.

I hope this information will be helpful to you, if you have any questions, please call me.

Cheryl Davis, Community Health Program Manager
(253) 939-6648, ext 3801.

New CHS (Contract Health Service) Claims Specialist:

Hello! My name is Selena Howard; I am the new CHS specialist here at the Health and Wellness Center, started on 09/10/07. I come to Muckleshoot with extensive experience working in the medical field.



Selena Howard

I have lived in Washington State since I was a child and love it here. I live in Puyallup with my husband and two children. My children are boys and they are active in sports year round, so it keeps us pretty busy through the year.

I am excited to have the opportunity to be apart of the team. Thank you and I look forward to meeting you all.

OCTOBER

IS NATIONAL AIDS AWARENESS MONTH

This is a good opportunity to educate ourselves on Sexually Transmitted Diseases (STDs) and the ways to protect ourselves.

Contact the Health & Wellness Center at (253) 939-6648 for more information.

Michael Ray Anderson

Submitted by Proud Grandma Colleen Anderson

Born to Eric Anderson and Leandra Rojas on September 11, 2007 at 4:59 p.m., Michael weighed in at 8lb. 13oz. and was 19 inches long.

Proud Grandparents are:
Colleen Anderson, Billy Bob from Muckleshoot, WA
Brian Moses from Tulalip, WA
Linda Aguilar, Fernando Montez from Auburn, WA



Great-Grandparents are:
William 'Sonny' Miller and Vera Jansen from Muckleshoot, WA
Pam and Wally Jackson from La Push, WA
John and Karen Sailto from Tahola, WA
Luis and Na Na Aguilar from Riverside, CA.

Great-Great-Grandparents:
Florence "Dossie" and Pa Pa Jim Wynn from Wellpinit, WA

Do You Need A Will?

The Realty Department has staff who can help you draft your will, plan your estate, and answer questions about probate.

- **Wills**
- **Probate**
- **Estate Planning**

Monday-Friday, 8am-5pm
Philip Starr Building
39015 172nd Ave SE
Auburn, WA 98092

Contact: Sarah Lawson
Realty-Trust Services
sarah.lawson@muckleshoot.nsn.us - 253-876-3160

Public Health

Seattle & King County

WIC

"Starting October 3, 2007 Seattle King County Public Health, WIC" is adding another day per week at Muckleshoot"

Wednesday AND Thursday 1:00 – 5:00 pm

- A nutrition education program which includes checks you can use to buy healthy foods at your local grocery store.
- Serves low income pregnant, breast feeding women, their infants and children up to age 5 years
- Enrolled clients also get help with finding health insurance, doctors, and mental health counseling, vision, & dental care, services for children with special health needs.

CONTRACT HEALTH SERVICE (CHS) NOTIFICATION REQUIREMENTS

CHS OFFICE

(253) 939-6648

1. Notify CHS office before any non-emergent services are rendered to determine patient eligibility, medical priority and to set aside funds for payment. Pre-authorization is mandatory and failure to comply is reason for denial of payment for claim(s).
2. In true medical emergencies, notify the CHS office within seventy two (72) hours of start of services. Failure to comply is reason for denial of payment of claim(s).
3. Prior notification does not guarantee CHS can pay for services, unless all other CHS requirements are met. There are some services CHS can not cover.

ALTERNATE RESOURCE REQUIREMENTS:

Muckleshoot CHS is a residual resource and not an entitlement program. In addition to CHS, other resources for health care are available from various state, and federal programs, as well as individual and group health insurance policies. By federal law, CHS must ensure that all resources, where and when applicable, are utilized before CHS can assume financial responsibility for your care.

This means that CHS will not be authorized if you are eligible or would be eligible upon making an application for an alternate resource such as: Medicare (over age 65 or disabled at any age), Medicaid (medical coupons), crippled children or have private insurance etc. Failure to comply with a CHS office referral to an alternate resource will terminate your CHS coverage. You are required to use these benefits as your first source of payment of your medical-related costs.

The CHS office is required, as per IHS Federal Rules and Regulations, which requires all CHS denials to patients be sent by certified mail to the address on file.

Balancing Your Life and Diabetes

THE MUCKLESHOOT DIABETES PROGRAM IS PRESENTING DIABETES EDUCATION CLASSES

Our primary focus will be making healthy changes and staying healthy with diabetes.

Oct. 30, 07 Taking care of your feet CLASS HELD AT 2:00 PM.

For more information please feel free to contact the Muckleshoot Diabetes Program at 253-939-6648. Look for additional information in the MIT Monthly Newspaper each month.

These Mice Really Do Roar

By Brent Grider

The Hantavirus Pulmonary Syndrome (HPS) is a serious and potentially fatal condition that primarily affects the lungs. Symptoms include: fever, deep muscles aches, and severe shortness of breath. Approximately one in three infected people will die. HPS is spread by inhaling the dried urine, saliva, or droppings of certain species of mice and rats (rodents). Infection can also happen when these materials come in direct contact with broken skin, the nose, or the mouth. A bite from an infected rat or mouse could lead to infection, but those cases are rare. HPS is not spread from person to person or by other animals. HPS first appeared in the U.S. in 1993. There have only been 35 documented cases in Washington State; however, five cases have been diagnosed in eastern Washington in the last two months.



The virus remains active for 2-3 days at room temperature, but its lifespan is affected by a variety of factors including: humidity, the rodent's diet, and sun exposure. Direct sunlight will decrease the virus's lifespan and freezing it will extend it. The best way to eliminate the virus is to soak the contaminated area with bleach. Use rubber gloves if possible and disinfect them before taking them off, then wash hands with soap and water. Do not vacuum or sweep the area because this may stir up the infected materials. Contaminated clothing may be washed in a washing machine because the detergent should make the virus harmless. Carpets and upholstered furniture can be cleaned with a disinfectant or with a professional steam cleaner. Spray dead rodents with disinfectant and then double bag them along with the cleaning materials. Burn, bury or throw out the rodent in the proper disposal system (call the local Health Department regarding proper disposal methods). Rodent control in and around the home and work space is the best way to prevent HPS infection. All potential rodent entry points should be sealed up in homes, offices, and garages. Also, use snap traps to capture rodents and clean up any potential rodent food sources.

If you think you may have been exposed to HPS, contact your doctor immediately. For more information contact your doctor or the Muckleshoot Tribal Health Program at (253) 939-6648.

**Information provided by the Centers for Disease Control and the International Society for Infectious Diseases.*

Nicotine Cravings: 20 Ways to Cope

Nicotine cravings can be powerful, but this doesn't mean they can't be beat. Cravings can be strong when they occur, but they will usually pass within five minutes or less whether or not you smoke. Each time a nicotine craving is resisted, the chances of quitting improves. Here is a list of 20 ideas for dealing with cravings.

- 1. Move**—Try an activity like deep knee bends, jumping jacks, running in place, or stair climbing. Even a few moments of activity may distract from the cravings long enough for them to pass.
- 2. Replace**—Try some stop smoking products or nicotine replacement therapy (NRT) options. These options include the patch, gum, and lozenges and are available over-the-counter. The nicotine inhaler and nasal spray are available by prescription.
- 3. Face yourself in the Mirror**—Make a list of all the reasons you want to stop smoking. Include the benefits of quitting such as longer life, better health, and more money.
- 4. Breathe Deeply**—Close your eyes, take several deep breathes and exhale slowly. You may want to try inhaling through a straw to mimic the act of smoking.
- 5. Call for Help**—Contact a friend of loved one who does not smoke for support.
- 6. Make Believe**—Imagine your lungs are healing and getting healthier with each passing moment.
- 7. Do the Math**—Figure out how much money will be saved by quitting smoking for a week, a month, and a year. Next, make a list of all the things you could buy with the money saved.
- 8. Read a Quitter's Blog or On-line Story**—Respond to their story and support their experience. Add your own comments and thoughts of support or share your experience.
- 9. Drink Up**—Drink a glass of water slowly, then suck on the ice cubes. The water will help to flush the nicotine out of the body and the ice cubes may help to distract you from the cravings.
- 10. Sort your Recipes**—Write down the ingredients of a few healthy recipes you've been meaning to try, then go out and shop for the ingredients.
- 11. Laugh**—Share a funny joke or story with a friend.
- 12. Plan Ahead**—Make a list of all the ways you can reward yourself for not smoking.
- 13. Freshen your Breath**—Brush and floss your teeth, then rinse with mouthwash or use a breath mint. By the time you are done, the craving may have passed or you may not want to stick up your breath by smoking.
- 14. Clean your Closet**—Get rid of any clothes stained by cigarette smoke or damaged by burns.
- 15. Try a Mind Bender**—Do a crossword puzzle, word game, or number puzzle.
- 16. Get Soapy**—Wash your car, scrub the floor, or give the dog a bath.
- 17. Get Musical**—Sing, hum, whistle, play an instrument, or put on some music. Ask someone to dance.
- 18. Have a Ball**—Bounce a basketball, hit a tennis ball, play catch, or hit some golf balls.
- 19. Keep your Mouth Busy**—Chew gum or a flavored toothpick.
- 20. Be Positive**—Remind yourself that you have the power to quit smoking!

Hello Everyone!

I just wanted to inform everyone of my last name change. As of this morning legally my last name went from **Ross** to **Garcia**. I have taken my dad's last name. I'm very happy and a bit emotional about my decision. Same woman new last name. Time to celebrate!!! Thank you.

Jessica Garcia

Resource Center Housing Specialist
(253) 876-3084

Changes Happening Soon at the Medical Clinic with Electronic Health Records

In the months to come, the Health and Wellness Center will gradually change from a paper-based medical charting system to an Electronic-based charting system. Here are some questions and also answers to these questions you might have:

What Is "Electronic Health Records"?

Electronic Health Records, or EHR, is a system of storing patient health information. It's similar to the large paper charts that you see when you visit your physician, except a computer screen will replace the paper.

Why Make the Change?

EHR gives your doctor more complete information about your health. It provides an easy way to track your medications, your labwork, past visits and other information critical to your health. EHR will help make your visits quicker, and more accurate, and will also speed up getting medicines from the Pharmacy.

Is EHR Safe?

Your Health Information is protected by two passwords and a firewall system. Although EHR makes it easier for your doctor to view your medical information, only your authorized health care providers have access to your personal health information.

When is This Going to Happen?

We actually initiated the process to change from paper to electronic records over 1 1/2 years ago. And our goal is to make a smooth transition... in other words, we only want you to see improved, quicker patient encounters! We will be installing the computers in the exam rooms in the next few months, so that you can get use to seeing them and we are hoping to have this up and running by early 2008. Part of EHR is already in place - much of your health information has already been electronically stored. Through 2007 we will be using more and more of EHR and some of your providers will begin using EHR during your patient visits this December. Others will start during 2008, until everybody in the clinic is trained with the system. At first, you may notice that your visits to the clinic are a bit slow while we get used to the new system. Gradually, we'll get the hang of it and will be able to serve you and your family much more quickly and completely.

We appreciate your patience and confidence as we strive to improve the health of our community by continuously improving services. To create a system that works for the community, we are looking for patients to serve as "Demo Patients" while we set up exam rooms for the new computer system. If you would like to be a "Demo Patient" for a "Mock Visit", please let us know by calling the MHWC at 939-9948 and leaving a message for Joshua or Cheryl.

HONORING OUR COMMUNITY & FAMILIES
GRATITUDE BANQUET

CELEBRATE LIFE
SHARING STORIES OF
GRATITUDE

November 13, 2007
6:00pm - 9:00pm

WHITE RIVER AMPITHEATRE
RIVER LODGE

Sponsored by
Muckleshoot Behavioral Health
Chemical Dependency Program

FOR MORE INFORMATION
CALL 253.804.8752

EAT YOUR FRUITS
AND VEGETABLES!!!

SEPTEMBER IS
"FRUITS AND VEGETABLES"
MONTH!!!!

THIS IS A GREAT OPPORTUNITY TO REMIND
OURSELVES OF HOW
IMPORTANT IT IS TO GET PLENTY
(5-9 SERVINGS) OF FRUITS AND
VEGETABLES EVERYDAY. FRUITS AND
VEGETABLES HELP PROTECT AGAINST
HEART DISEASE, CANCER, DIABETES,
AND MANY OTHER
DISEASES. THEY ALSO TASTE GREAT!!!!



Sobriety Pow-Wow 2007 Ultimate Warrior Mike Starr Sr.

IT IS A BEAUTIFUL BLESSING TO BE ALIVE

It is a beautiful blessing to be alive today. I pray that you carry those same feelings within your heart. Life is a real treasure. Please, take care of it. Life, is so delicate and fragile.

I realize that sometimes work may consume you and your every day life may become stressful, but do take a moment to step outside and take a breath of fresh air.

Do take a moment for yourself and rejuvenate your spirit. If you don't take care of yourself, there is no one else who can fully take care of you.

So when things are stressful, my child, please step outside of that situation for a moment and do something that makes you feel better: whether it's turning up the music and singing along with your favorite song, spending time with your children and/or grandchildren at the park, walking along the river bank, or spending time with your closest friends - do take a moment to do the things you love in life.

I can't express enough how important your family is - your mother and father; your siblings. They are your foundation in life; without the love and support of your family, your walk in life may be fragmented.

Sometimes, and not only in our community, alcoholism is our foundation. Sometimes, our family circles have already broken, and it's heart-breaking to witness and see, but through the hardships, we've managed to survive. What can we do to make a positive change in our lives and with our family circles?

You are a strong person and I love you. You are a good person and I love you. You may not have always had an easy life, but my prayers have always been with you. I've rejoiced in your happiness and I've cried through your hardships. It uplifts my spirit to see your beautiful smile and I pray that you smile a million more times today.

What makes you truly happy? What are you grateful for today? What is one of your greatest memories with your mother or father, or parental figure? Call them up and share that moment with them, or just treasure that moment within your heart. Honor that moment and cherish that moment. I will write more later, my child. I love you.

- ANONYMOUS

MIT SOLID WASTE COLLECTION PROGRAM

Hours of Operation:

The Public Works operate a Solid Waste Collection Station located at 40320 Auburn / Enumclaw Rd., (Entrance from So. 400th Street)

Monday- Friday: 8:00 AM - 3:30 PM
 Saturday-Sunday: 1:00 PM - 5:00 PM
 Holidays Closed

Policy:

- The facilities are free and restricted to all MIT Tribal members only. (No exceptions.)
- No commercial vendor or contractor shall use this facility for commercial waste.
- All waste shall be put in the specific designated locations or bins. Repeat violators may be barred from further use of the facility.
- All members shall keep the ground clean at all times. Report any spills to the office immediately.

Housing Tenants:

All Housing tenants must request dumpster service through MIT Housing Department. Please call 253-833-7616.

How to Request a Dumpster:

Members who are either home owners / renters can request dumpsters to be delivered to their site for a special cleaning project. Members are required to come in to the Public Works office during the business hours to fill out a Work Request form after obtaining approval from the Housing Department. Dumpster size ranges from 3, 5 and 8 cubic yards. Larger size is available upon special request.

No mixed waste shall be allowed in each dumpster. Yard waste, garbage, appliances and electronic items shall not be put in the same dumpster. Members with mixed waste are requested to bring their items to the Public Works Collection Station.

Property / Site Clean up:

Code Enforcement may require the land owner to clean up their property. Dumpster can be requested to be delivered to facilitate the project. Please call the PW office to request a dumpster for the project. For salvage vehicles removal, please call Planning Dept. Lenny Sneatlum at 253-876-3324.

Demolition Projects:

Should a home or any structure / trailer needs to be demolished, please first obtain a demolition permit from the Planning Department and then bring the permit to the Public Works Department to arrange the work to be performed.

What can you bring to the Collection Station?

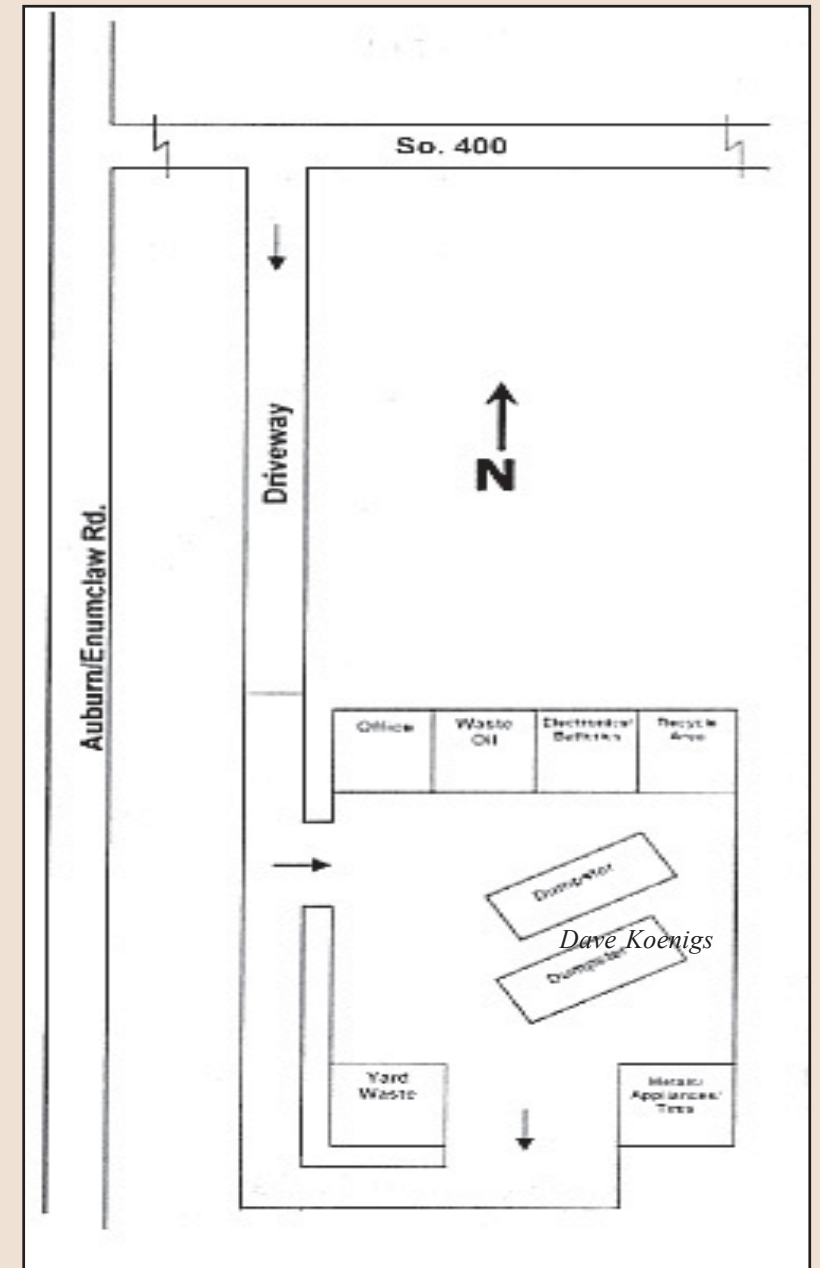
- Yard Waste
- General Household garbage
- Tires, small engine, batteries
- TV, computer and other electronic items
- Major appliances
- Waste oils and paints

All items above shall be put in separate designated area and dumpsters. DO NOT mix the above listed waste.

Any questions regarding the use of the facilities or services, please call the Public Works Office at 253-876-3281 between 7 AM to 4 PM. (M-F).

Notes:

- A new recycle area is designated to collect recyclable waste such as newspaper, card boxes, bottles and cans.
- The Collection Station is monitored by surveillance cameras. Any violators may be cited for penalties as allowed by the MIT Codes.



Seattle Public Schools Offer Free Training For Small Businesses

The small business development program, a comprehensive business development program sponsored by The Seattle Public Schools and Sound Transit, is offering free business training for local small businesses.

The training will provide in-depth, hands-on instruction to small business owners and their employees in areas such as marketing, human resources, licensing, bonding, financial statements, bookkeeping, and growth strategies.

The program targets businesses that have average under \$1 million in revenue during their last three tax years, and is designed to help small business owner and their employees develop the confidence, knowledge and skills necessary to successfully compete for government contracts, and to remove barriers that prevent small businesses from growing by tying business education to opportunities.

While the program gives priority to companies in the construction industry, it is open and beneficial to any small business. Classes are currently under way. For more information or to enroll in the program contact Cheryl Graves at (206) 252-0561 or e-mail cgraves@seattleschools.org.

INDIGENOUS PEOPLES DAY 2007

Denver—A tribute to the past and a salute to the future will be at the heart of Indigenous Peoples Day 2007 on October 6 in Denver, Colorado.

“We welcome any Native person who wishes to participate in a day of commemoration and action,” a planner said. “We will not only honor those who went before and celebrate our own tribal histories—we will affirm the resurgence of Native communities for the future.”

The commemoration is in connection with the 100th anniversary of the Columbus Day celebration in Colorado, the first state to hold the holiday.

“We must never forget the strength and sacrifices of our ancestors. It is their spirit of resistance and their courage to maintain our nations that make us who we are today,” he said. “But it is our responsibility to pass these lessons on to our children, relatives, and other indigenous peoples.”

Indigenous Peoples Day in Denver is one of many similar events that will be held throughout the Western Hemisphere in early October to honor Native peoples and their accomplishments.



**Please Join Us For Our
PENDLETON CLEARANCE EVENT!**

**25% OFF ALL Pendleton
Apparel and Bags with this coupon!**
Offer Valid October 1st through December 24th, 2007!
(Coupon not valid for Pendleton Blankets.)

On-Line Native American Justice Survey

Please circulate this widely to Native Americans (American Indians and Alaska Natives) and Native American Service Providers working and/or living on Indian reservations or the Urban Indian communities in Washington State.

Purpose of Survey: The Northwest Justice Project (NJP) is currently evaluating the legal needs of Washington State’s Native American communities. NJP is a non-profit statewide civil legal services organization with limited resources that provides free civil legal services to low-income people who cannot afford a lawyer.

As a result, we are unable to represent everyone who contacts us and must make difficult decisions about the cases we will take. This survey was designed to help NJP set annual case priorities for legal services provided to the Native American community by NJP’s Native American Unit and the NJP field offices.

The legal needs assessment survey (links below) for the Northwest Justice Project should only take up to 10 minutes to complete.

King County Residents

http://www.surveymonkey.com/s.aspx?sm=WNeWsefuYa8jBWRJaryueQ_3d_3d

All other Washington Residents

http://www.surveymonkey.com/s.aspx?sm=d4iVIHccQUiQQhpnMOYw_3d_3d

If you need a hard-copy or have any questions about this survey, please contact Jean Seeley, Legal Assistant, NJP Native American Unit at (206) 464-1519, ext. 631 or jeans@nwjustice.org

The extended deadline for the survey is **FRIDAY, OCTOBER 19, 2007**. We value your comments to make this survey better in the future, and would like to graciously thank you in advance for your precious time. *DOYCK-shin* (thank you in Tsimpshian).

Small Business Development Program

Free Business Training!!!

The Seattle Public Schools and Sound Transit are offering a free comprehensive training program for small businesses. Small business owners and their employees can get in-depth, hands-on training in the areas of:

• Human Resources	• Prevailing Wages
• Project Management	• Certified Payroll
• Marketing	• Bonding
• Financial Statements	• Protecting Your Assets
• Financial Forecasting	• Certifications
• Growth Strategies	• Workplace Safety
• Purchasing Technology	• Licensing
• Contracting	• And much more....


Classes Begin In September 2007

For information or to enroll call (206) 252-0561 or e-mail: cgraves@seattleschools.org.

~ ENROLLMENT IS OPEN TO ALL SMALL BUSINESSES ~

Sponsored by



**Happy Birthday,
Tristan!**

*Love,
Mom, Dad &
Grandmas*

PARENTS NEEDED!

The Muckleshoot Child Development Center (MCDC) is looking for parent input and volunteers. The MCDC is having quarterly parent meetings. Meetings will alternate between lunch and dinner meetings. We are hoping this will get more participants by accommodating the parents with two different time slots to attend meetings. The quarterly parent meetings will be as followed;

November 6, 2007 5:00– 6:00 p.m. Dinner will be served

For the dinner meetings we hope to keep the meeting time contained so that the parents can leave in a timely manner unless they choose to continue with the discussion beyond the time scheduled. Lunch meetings will try to stay within the hour time limit to respect the parents that are using lunch hour to attend our meeting. We know that parents have other obligations related to their families, children, and work.

MCDC had their first parent meeting on February 27th 2007 at 11:30 a.m., lunch was served. At this meeting we were hoping to find volunteers for the MCDC Easter Event to take place this spring. Attendance was low and we were not able to get volunteers. If you are interested in assisting the staff with this wonderful event for the MCDC families, please contact Teri Starr at MCDC (253) 288-2044. If you want to participate but have difficulties in attending the meeting, please let me know, we will try to keep you informed of what has happened in the meeting and give you the opportunity to be involved. We look forward to your participation.

1985 MUCKLESHOOT BEARS SOFTBALL TEAM



PHOTO BY LEONA STARR

Back row: Dwayne Ross Sr., Sonny Miller, Bear Starr, Bill Anderson, Rabbit Starr, Mike Starr, Alex Baker; **Front row:** Carl "Bobe" Starr, Kelly Lozier, Steve Baker, Alfred Starr, Carl "Bud" Moses, Jack Starr (behind) and Roger Bean.



PHOTO BY LEONA STARR

Back row: Roger Bean, Kelly Lozier, Rabbit Starr, Bill Anderson, Sonny Miller, Bear Starr, Mike Starr, Marvin "Butch" Ross; **Front row:** Carl "Bobe" Starr, Carl "Bud" Moses, Jack Starr, Dwayne "Wiener" Ross, Alfred Starr, Steve Baker and Jeff Sheldon.

Northwest Native Wood Carvers Gathering scheduled for weekend of October 27-28

On October 27 & 28, 2007, the Longhouse will host the Third Northwest Native Wood Carvers Gathering at the Evergreen Longhouse. The Gathering is an event where Native carvers convene to exchange information and techniques in addition to discussing issues related to Native carving.



This year there will be a special focus on international indigenous cultural exchanges from the perspectives of indigenous carvers from New Zealand, Hawai'i and Canada. Master carvers Kala Willis (Native Hawaiian), Takirirangi Smith (Maori) and Dempsey Bob (Tahltan/Tlingit) will be speaking about indigenous cultural exchange.

The workshops this year will focus on tool making, restoration techniques for historical figures and regional Native design styles. Carvers also have the opportunity to present their work (in slides or PowerPoint format). Some of this year's featured carvers include Joe David (Nuu-Chah-Nulth), Greg Colfax (Makah), Andrea Wilbur-Sigo (Squaxin Island), Dempsey Bob (Tahltan/Tlingit), Takirirangi Smith (Maori) and others.

Sunday October 28 is free and open to the public. Carvers will demonstrate different techniques and styles. Come see carvers working on projects and talk to them about their work. Demonstrations are 12:30 PM to 4:00 PM in the Longhouse on The Evergreen State College campus. Limited number of works may be for sale.

Saturday, October 27, is closed to the public, but open to individuals registered for the Gathering.

Individuals are invited to register to participate in the Gathering. The registration form is available in the Current Newsletter on the Longhouse's website www.evergreen.edu/longhouse.

If you are a carver interested in presenting or selling your work, please be sure to make note on your registration form. Remember, space and time are limited. Please register before October 15, 2007. For more information please contact the Longhouse staff at (360) 867-6718 or e-mail longhouse@evergreen.edu.

I AM SO PROUD OF YOU

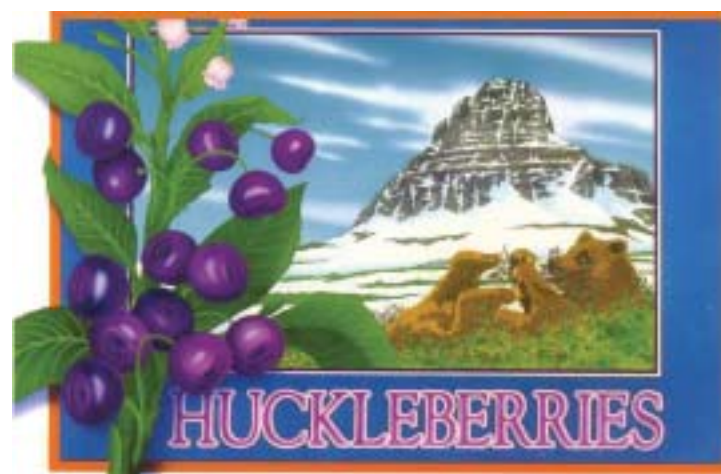
I would like to say how proud I am of my son Wilson J. Teo and my Daughter Lena L. Daniels Leafson, and also to my son-in-law, Mark Leafson, on their sobriety, and a big congratulations to all three of you. I am so very very happy, and I am there for you three to keep up the good work. As they say, just take it one day at a time, and I love all of my Kids and Grandkids.

Love Always,

Your Mommie
Ann L. Daniels

Picking Huckleberries

PHOTOS BY SHARON HAMILTON-CURLEY



Joy Sarabia



Marcia Jansen tired out from the day of picking



Samantha McGee



This is a picture of the mountains where we pick



Brenda Ward, taking a break and climbing the tree to get pine cones

A POSTCARD FROM LONG AGO & FAR AWAY

SUBMITTED BY JAN NELSON

Lester Nelson sent this postcard to his parents from Brussels, Belgium, while serving his country in World War II.



ATTENTION: NATIVE AMERICAN ADULTS!

NATIVE AMERICAN CHILDREN NEED YOUR HELP!

WILL YOU HELP CREATE SAFE AND HEALTHY HOMES FOR NATIVE AMERICAN CHILDREN?

WILL YOU OPEN YOUR HOME AND WELCOME A NATIVE AMERICAN FOSTER CHILD INTO YOUR FAMILY?

AS INDIAN PEOPLE WE MUST PROTECT THE FUTURES OF OUR MANY CHILDREN AT RISK AND WITHOUT HOMES. WE MUST WORK TO MAINTAIN THEIR CONNECTION TO THEIR CULTURES. WE MUST ENSURE THEIR CHILDHOOD MEMORIES ARE GOOD ONES.

AS A COMMUNITY WE MUST COME FORWARD TOGETHER AND PROTECT OUR YOUTH.

The Division of Licensed Resources for the State of Washington has now created opportunities for Native American families to become licensed foster homes in a more culturally appropriate and culturally supportive way. The Foster Care Licensor is an enrolled member of the Lummi Indian Nation with extensive experience working within Indian Country for children and families.

Whether the care you provide is short or long-term, your fostering of a child will make positive contributions to the lives of our children faced with uncertain futures. If this is a priority to you, please join those working together to create the nurturing our young people require to pursue their potential in life. Feel free to make contact with questions, or to obtain more information regarding becoming a foster parent for Native children.

CONTACT:

Keith Egawa
(Lummi Tribal Member)
(206) 923-4882
Egke300@dshs.wa.gov
Division of Licensed Resources – Region IV
4045 Delridge Way SW, Suite 201
Seattle, WA 98106

Native American Television "is about empowerment"

[Reprinted from Indian Country Today]

TULALIP, Wash. – Washington, D.C.-based Native American Television trains multimedia journalists, but doesn't have a regular news program. NorthWest Indian News has an award-winning news program, but has no nationwide channel on which to broadcast.

The two have joined forces with the goal of establishing a nationwide Native news program online and on cable.

Native American Television, or NATV, has partnered with NorthWest Indian News, a Tulalip Tribes-funded news program shown on commercial and public access stations from Alaska to New Mexico, with the goal of producing similar programming throughout the United States.

In what is seen as a major boost for the effort, the Affiliated Tribes of Northwest Indians – which represents 55 tribal nations in six states has endorsed the partnership and its goal.

"Getting out there and presenting Indian news and an Indian point-of-view is of the utmost importance," ATNI chairman Ernie Stensgar, Coeur d'Alene, said in a press release. He is also an NATV board member.

"Although the concept has been out there, now is the time to present the truth about Indians and what we're doing in the United States ... This is our chance to stand up and get our word out, to present the Indian voice to America and provide a better understanding of what we're about."

NATV board chairman James May, United Keetoowah Band of Cherokee, added, "That's what NATV is aiming for – an opportunity to get our view out there. I see a real lack of being on equal footing with any other minority group."

NATV was founded in 1990 to train American Indian/Alaska Native broadcast journalists. Its Washington, D.C., studio is named "The Chuck Kaster Studio" to honor the memory of NATV's founder, who died in September 2002. Kaster, a freelance videographer whose credits included The History Channel, trained students out of a basement studio in his home and dreamed of having a permanent facility to train Native students in news-gathering and television production.

Today, NATV operates an online news site and produces videos of Native events, among them the Tlingit-language production of "Macbeth" at the National Museum of the American Indian in March.

NATV teams with Columbia School of Broadcasting in nearby Fairfax, Va., for student training; Columbia's president, William Butler, is NATV's studio operations director. Tara Ryan, Chickasaw/Choctaw, is NATV's public affairs officer and liaison to the entertainment community; she owns a Native entertainment promotion and management company and is a casting consultant.

NATV board members include John Echohawk, Pawnee, executive director of the Native American Rights Fund; Joe Garcia, Ohkay Owingeh Pueblo, president of the National Congress of American Indians; and Natalie Charley, Quinault, a marketing and public relations consultant who also serves on the Potlatch Fund board of directors.

NorthWest Indian News, or NWIN, was founded in 2003 and covers news and events in the Pacific Northwest. It is hosted by actor/singer Chenoa Egawa, Lummi/Lower Elwha Klallam. Reporters include Ronnie Washines, editor of the Yakama Nation Review, and Niki Cleary, a reporter for See-Yaht-Sub, the Tulalip newspaper.

NWIN makes DVD copies of its programs; the DVDs are sent to TV stations for broadcast. There are no paid commercials.

In 2006, NWIN won an award from the Native American Journalists Association for its feature about the construction of a traditional Cathlapotle plankhouse. In October, NWIN won a silver Telly, an Oscar of sorts for excellence in local and regional TV programming.

While its programs are broadcast by about 60 TV stations, NWIN has expressed an interest in expanding nationwide, possibly via webcasting.

"We send our DVDs out; we produce about 1,000 of them," said NWIN News Director Jim Browder, based in Bellingham. "[NATV Executive Director] Randy Flood saw it and said, 'This is what we want to be doing.'"



Natalie Charley, Quinault and a Native American Television board member, does a test in front of the camera in the NATV studio in Washington, D.C. NATV has partnered with NorthWest Indian News to produce nationwide Native news programming online and on cable TV.

Flood said he and Browder first discussed the possibility of partnering about two years ago.

"NWIN is a classic example of how to do it well. With the exception of them, there's not a lot out there," Flood said. "It's a prototype of what we'd like to see duplicated across the country."

Flood said the national program will likely start online and then move to cable. "In order to move to cable, you have to have some pretty good content," he said. "You don't have to reinvent the wheel when you have a model like NWIN."

Flood said mainstream news reports about Indian country issues "don't come close to what Native people are facing," while Native-originated programs seldom reach an audience outside of the reservation. "The Seminoles do an outstanding job of covering tribal events, but the rest of the world doesn't see the rich culture, language and history that exists with the Seminoles," Flood said.

Replicating NWIN rests on creating a nationwide network of trained news reporters and media technicians to provide news and information from Indian country communities. To do this, Flood will rely partly on NATV-trained trainers who will in turn develop multimedia specialists in their communities.

"There are about 500 tribal nations. If you have 500 reporters out there, that makes for a good report," he said.

NWIN will serve as a model and will assist in training and in assessing needs in each region.

Flood also wants to start a weekly "Report from Washington," featuring Native organizations such as NCAI, the National Indian Education Association and NARF.

The journalism and technology training that reporters will receive will open paths in a field that has long been sorely lacking in diversity – of the 56,000 reporters, editors and photographers working for U.S. newspapers, only about 300 journalists are Native, according to the Poynter Institute of Media Studies. American Indians made up just 0.5 percent of radio news employees and 0.3 percent of television news employees in 2005, according to NAJA.

Flood envisions NATV as a cultural preservation tool. "It's about empowerment, about providing tools the nations can use to preserve their heritage and language," Flood said.

Richard Walker is an Indian Country Today correspondent reporting from San Juan Island, Wash. Contact him at rmwalker@rockisland.com.

Office of Special Trustee – Northwest Region

WHEREABOUTS UNKNOWN LISTING

The following is a list of suspended trust accounts held by the Department of the Interior Office of Special Trustee (OST). OST cannot pay trust monies on these accounts because certain vital information is missing.

If you or someone you know is on this list, please contact the Muckleshoot Realty/Trust Services Department at (253) 876-3160 or (253) 876-3220.

You may also call the OST Trust beneficiary Call Center at (888) 678-6836.

ADAME, DARIO D.
ANDERSON, WILLIAM R.
ATKINS, KIMBERLY M.
BAKER, CHARLOTTE
BAKER, DARLENE A.
DANIELS JR., TERRY E.
DAVIS, LEOLA (BILL)
DUNBAR, SHAWN L.
EDWARDS, JAQUELINE A (HOPTOWIT)
ELKINS SR., ROBERT W.
GAISER, FREDERICK M.
GOMEZ, CHERIE R.
HARRIS JR., DENNIS JACK
HOPTOWIT, GENEVIEVE (SIDDLER)
JANSEN, JOEY
JANSEN, MONICA
JANSEN-JAMES, JACOB T.
JENSEN, NANCY (JERRY)
JOHN, LAROSE N.
JOHN JR., ROBERT J.
JOHN JR., WALTER
KAHAMA, PAULINE M.
KEELINE, CLIFFORD
KEELINE, ETHEL
LEWIS, CASSANDRA
LOBEHAN, KEVIN W.
LOBEHAN, QUINTON C.
LOPEZ, MIRALEE M. (MOSES)
LUGO, ANDREA D.
LUGO, RACHEL M.

MALTSBERGER, MYKLE A.
MARSETTE, ANNETTE M (MOSES)
MOSES, ALETHA R.
MOSES, BONNIE J.
MOSES, DOUGLAS
MOSES, JOHNNIE
MOSES, LEAH M.
MOSES, MELVIN
NELSON, LARAE E.
NELSON, LUCAS
PACHECO, RALPH
PRICE, ARLENE D.
ROSS, MELANIE E (JACKSON)
SHUER, MARY
SPENCER, JON M.
SPENCER, ROBERT S.
STARR, JOSEPH
STARR, KEVIN J.
STARR, LOUIS
STARR, NICOLE
STARR, RITA
STEWART, DARRELL
STEWART, GREG
STEWART, PATTY
UDELHOVEN, KAREN
WARD, BARBARA L.
WARD, KATHRYN K.
WILBUR, LEVI
WILLIAMS, RAYMOND
YUOCKTON, BRENDA A.

Baby girl

The baby girl in these pictures is my new baby niece, Yvette Ebony Brown. She was born September 15, 2007, and the other little guy is my nephew, Russell Brown Jr. – "Auntie's Pride and JOY!" Their parents are Russell Brown Sr. and Kytzia Castenada.

~ Bettina Brown



Jr shootin' me with bubbles



NEXT FOSTER PARENT PRIDE/PRE-SERVICE TRAINING

The Muckleshoot Tribe and the Division of Licensed Resources have recently arranged for a second series of the PRIDE/Pre-Service sessions, mandatory for foster care licensing, to take place on the Muckleshoot Reservation.

PRIDE/Pre-Service Training will take place at the Philip Starr Building, Cougar Room. Each session is on a Saturday so as not to conflict with your work hours.

- October 13, 9:00am - 5:00pm
- October 20, 9:00am - 5:00pm
- October 27, 9:00am - 5:00pm

All sessions must be attended. Although it may seem like a lengthy time commitment, foster par-

ents describe the experience as extremely helpful in regard to preparation, and appreciate meeting other members of their community embarking on the same path. *Also, the sessions often end earlier than scheduled.

If you know you would like to provide foster care, we encourage you to plan for these sessions, due to the fact that we cannot guarantee the availability of future on-reservation PRIDE/ Pre-service trainings.

If you have any questions please contact:

Keith Egawa
Licensor
(206) 923 - 4882
Egke300@dshs.wa.gov

Lonna Swanson
Muckleshoot ICW
(253) 876-3390

MUCKLESHOOT INDIAN CASINO

Employment Opportunities

www.muckleshootcasino.com/employment

APPLY TODAY!



APPLY TODAY!



The Muckleshoot Indian Casino practices Native Preference Hiring.

The Muckleshoot Indian Casino is a drug free work environment.

Muckleshoot Indian Casino Human Resources Department

2402 Auburn Way South, Auburn, WA 98002

Phone: 253-929-5128 Fax: 253-804-8496

recruiting@muckleshootcasino.com



PHOTOS FROM THE Senior Center

PHOTOS BY NOREEN MILNE



Cindy and Douglas enjoying lunch.



Sheila, Leroy, Tiny waiting for lunch at Squaxin Island



Elaine and Shiela elders' luncheon



Gail and Gail



Cindy and Bena waiting for lunch



Bena relaxing trying out a massage chair at the Puyallup fair.



Cindy and Bena at Squaxin Island luncheon



Elwood and Sharon walking around at the fair



Cindy and Bena sitting on Elvis lap at the fair.



Lorraine Cross at Tulalip Heritage Weekend



Joan and Betty having fun at the fair looking around.



Washington Seat Belt Laws

Did you know that the fine for not wearing a seat belt just increased to \$112?

Seatbelts dramatically reduce fatalities and serious injuries when worn properly. The Revised Code of Washington (RCW 46.61.687) allows law enforcement officers to stop a vehicle as a primary offense for anyone traveling in a vehicle that is not properly restrained by a safety belt.

A child who is **8 years of age** or older or **4' 9"** or taller shall be properly restrained with the motor vehicle's safety belt properly adjusted and fastened around the child's body or an appropriately fitting child restraint system. Remember, **"Children under 4'9" Booster every time".**

The driver of a vehicle transporting a child who is under **13 years old** shall transport the child in the back seat positions in the vehicle where it is practical to do so.

The driver of the vehicle is responsible for all occupants under the age of 16 in ensuring they are properly buckled up. A citation can be issued to the driver for anyone under 16 violating the seatbelt law. A passenger 16 years or older can be issued a citation when found in violation.

- Keep lap belts low and snug across the thighs.
- Do not place the shoulder portion of the seat belt behind your back or under the arm. This prevents the seat belt from working properly.
- Always use a seat belt, even if you have an air bag.
- Always replace a child's car seat if it has been involved in a collision.
- Child safety seats are found to reduce fatal injuries by 71% for infants (less than 1 year of age) and 54% for toddlers in passenger cars.
- Using lap and shoulder belts reduces the risk of fatal injury to occupants in the front seat of passenger cars by 45% and moderate to critical injuries by 50%.

If you have any questions, feel free to contact me or any Muckleshoot Deputy.

Deputy Ron Richs
Muckleshoot Tribal Police

Things to keep in mind:

- One person per belt.



Invites you to talk with your Police Department
We would like to hear your thoughts & concerns

Date: Wednesday, October 24th
Time: 5:00 PM
Where: Cougar Room (Philip Starr Bldg.)
Food: Pizza and Pop

Please join us! We look forward to meeting and talking with you.

Memorial services for

Clinton Raymond LaClair



November 03, 2007
Headstone Blessing - 10:00 am
at White Lake Cemetery
Following will be a
Dinner and Giveaway at
The Muckleshoot Shaker Church.

A Lil "Happy Birthday" to My Husband James

___ years ago today, God created a man named James F. DeLaTorre. He was raised in Chicago, but enrolled in the Quechan Tribe of Fort Yuma, Arizona.

He came to Washington to meet up with members of his family, and during his visit he went up into the "Closed Area" of the Yakama Reservation to pick huckleberries with his eldest brother, who was married on the Columbia River.

Along came a woman from the Yakama Reservation, coming upon this man from oh-so-far away, and finding out he needed a ride out of the "closed area" of the Yakama Reservation. This woman gave him a ride to Wapato, and became acquainted with him, and they've been together since.

She teases him, saying "He was the only huckleberry in her truck!" James and I have been together for ten years this month of September, and married for four years this coming February 29, 2008.

I'd like to wish my husband a most happy birthday, with many more to come. We are known as "Wiiwinnu Tse Tumna & Aaluukwaat" - in our own minds, of course.

We now reside on this Great Reservation of Muckleshoot, where opportunity is plentiful, and the people are so very kind. We would both like to extend our gratitude to our family, not wanting to say any certain names, because not one is less important than the other in our books. We really appreciate getting to know our family on my Mom's side, and all the welcoming arms that make our stay here so enjoyable.

Happy Birthday James F. DeLaTorre (Wiiwinnu Tse Tumna), and may you have many, many more to come!

Your wife,

Marcellina Ann (Aaluukwaat)

An Update from Cynthia Lozier...

Hi, my name is Cynthia D. Hawuthshed Lozier. I just wanted to introduce myself to you all once again. I also wanted to thank you for allowing me to work with your children.

I also still do Pow wow dancing traditional style. I was taught that when you dance or drum you are not allowed to drink drug, etc. because these things interfere with your prayers. Each step that you take when dancing is a prayer or the people.

All my life I wanted to become an attorney. I received a degree for Legal Secretary and Paralegal. I began the task of Pre law, but before I had completed my course studies the Lord stepped in and told me that I was supposed to be working with children.

I completed an Associates in child development and found that I really enjoyed this much more than Law. I found that I like law because I like to do research. But my real passion is when I find a child who has been called dumb and find that the child isn't dumb at all, really the child is too smart for what is going on and the pace might be too slow. Possibly the child might have a different way of learning also.

I turned my child degree into Special Education. I specialize in working with children who are ADD or ADHD, handicapped, or possibly just has a few of the traits. I also have experience working with children in state custody with the CASA program in the court system. I have been working with children for at least thirty years now and find that I can always learn something new. Children continue teaching me.

I am currently working on my Associates & Bachelor's Degree for Theology to become a minister as well as continue my Missionary duties. When the Katrina hit, my husband and I working together helped about 1500 Katrina Survivors find jobs, places to stay, etc. Pretty much anything needed to get started again. We both found that Missionary assignment very rewarding & sorrowful at the same time.

I have pretty much traveled around the world, always coming back to Muckleshoot. I am working on starting a program here in Washington to refurbish computers donated and then giving them back into the community to children or elders or Hun programs or schools, etc. who cannot afford to buy them. I have what is called a Road Warrior which conducts a diagnostic check on the CPU unit telling me where the problem is. Our computers are in Russia, Cuba, Haiti, the USA, Africa, and other parts of the world. There are a lot of children whom I have trained to change a floppy drive or CD rom or just tear a computer down to the wires to learn how it works.

Currently I help Aggie Moses as a Sponsor for The Brothers & Sisters Healing Circle on Tuesdays. In my spare time I still help people find furniture and such who are trying to start out again. You can contact me at (253) 218-5209. I want to thank you for your Time. Hoyt.

7-YEAR-OLD BAGS FIRST DEER

I am happy and proud to announce that my 7-year-old son Clifford C-Price, a second grade student at Chinook Elementary, got his first deer about three weeks ago! He is a very good shot. He went out hunting with his brother-in-law Richard Leonard and Sister Maritza Munoz (who was also in the paper for shooting her first deer a couple years ago) and twin brother Rolando C-Price. I just thought his family and friends would like to know. Like I've said before, it doesn't matter what your age is - Muckleshoots can do anything once you set your mind to it!

Frances Price

Apprentices Wanted:

High Voltage Electrical Apprentice Program

For further information, please stop by the MIT Human Resources Office

About The Brothers & Sisters Muckleshoot Healing Circle

By Aggie Moses

My name is Aggie Moses. I started The Brothers & Sisters Muckleshoot Healing Circle because I couldn't get anything from the AA or NA meetings. There were a few things I could relate to. I went before Judge Burns to get permission to chair this healing circle. This program started on April 17, 2006. I have permission to sign slips for people in recovery. The program is thru the Smart Program and is considered a legal meeting for all the courts in this area.

This meeting is different from others because it is for not just drugs and alcohol. We have people in our circle who are battling other things. All the conversations in the circle are confidential. Everything stays in the meeting. After the meeting we allow those who want to be cleansed with a feather to do so and we also have a prayer circle during closing. The meeting is held from 12:00 noon to 1:00 p.m. every Tuesday, unless there is a funeral on the reservation. If there is a funeral, then there is no meeting. The meetings are held in the Mountain Room at the Muckleshoot Wellness Center. We would really love to see you there.

I was taught by a Muckleshoot Elder how to cleanse myself in one of the traditional ways. I take cedar from a tree, thanking the tree for the cedar bough, and then go to Green River, dip the cedar bough in the river, and then I pray to the creator and the spirits on the river to help me to stay clean of alcohol and drugs, and also to help me to stay focused. Next I wash the same as with a washcloth from head to the bottom of my feet as I pray to the Creator, and then throw the cedar bough in the river. This is one way of cleansing the body. This has helped me for one year and 5 months to stay clean of alcohol and drugs.

All of you please let me know if you would like to see any changes or bring any new ideas to the circle. Feel free to express yourself. My Prayers are with each of you everyday. Thank you all for your time.

Brothers & Sisters Healing Circle, with Aggie Moses, Tuesdays, 12:00 - 1:00 pm in the Mountain Room of the Muckleshoot Health & Wellness Center

Hoyt

Work: 253-931-6709
Cell: 253-508-9133
Home: 253-737-4045

TRICK OR TREAT
At
Muckleshoot Housing Authority
On
OCTOBER 31, 2007
BETWEEN 12:00PM - 5:00PM
CHILDREN WILL RECEIVE A TREAT
BAG



&

SPIDER CIDER WE ALSO BE SERVED

We would like to wish you a Safe and Happy Halloween!
Your friendly Muckleshoot Housing Staff

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.	12:00 PM	Prayer meeting
	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
3rd Saturday:	10:00 AM	Prayer Meeting

HOW I BECAME A HOME OWNER

My name is Tammy James and I am 27 years old. With the help of the Muckleshoot Tribe, I was able to purchase my own home and closed on August 20th, 2007. I moved in August 24th, 2007.

I have always planned on buying my own home since I was in high school, and I just want to share with the other "younger" generation that buying a home is a great benefit, especially when you are young. I am unmarried, and I am a single mother. I have worked in my current position for almost 4 years now.

The tribe offers you up to about \$25,000.00 to use towards your down payment, so I didn't have to save up very much money. So save enough money for your inspection and earnest money, about \$2,500.00. I had to pay off all my "bad credit" and I was good to go. You may qualify for more money if you don't have a lot of loans or credit cards though, so make sure you don't have very much debt. All I had were court fines, an MIT tribal loan, and my car loan.

I got approved for my loan through the Tribe and contacted my sister Colette Brown (Young), who is a realtor, and we started looking for me a house. I visited a lot of houses and it is time consuming, but all very worthwhile. Be patient, don't buy the first one you see!!! I am probably one of the younger tribal members to actually get a home loan. What was really cool is that my house appraised for \$8,000 more than what I was paying for it, so that was like instant equity.

Now, the reasons I decided to buy a house is because:

- 1) I am a landless Muckleshoot. My family doesn't own enough land for me to inherit so I can build my home somewhere;
- 2) I want to be able to leave something for my daughter to inherit;
- 3) I wanted to move my daughter to a community where she can get to know the "real world";



My new home

- 4) I wanted a place to call "my own" and no one could tell me who I can invite or have staying with me;
- 5) I wanted the sense of responsibility and pride of being a homeowner to set a good example for my daughter; 6) I wanted to take advantage of the 3% interest rate, because who knows when the Tribe will offer it again, and this is an interest rate you cannot get anywhere else.

So I encourage anyone who feels responsible enough to handle paying out mortgage for the next 30 years to just buy a home and quit renting out the apartments. Just contact the Muckleshoot Loan Program at the Philip Starr Building for more information.

Thanks,

Tammy James & Macy Eyle



ANSWER: TATIONAH NOUATA

Who am I??

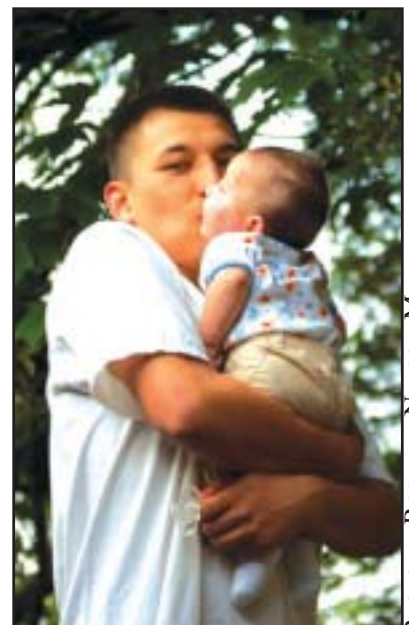


PHOTO BY ROSANNA NELSON-MARTELL



CLIP & SAVE FALL & WINTER MINI POWWOW SCHEDULE

The following Saturday Night Mini-Powwows to be held this Fall and Winter. Please clip this schedule and post it on your reminder board or refrigerator.

- October 13th, 2007
- November 10th, 2007
- December 8th, 2007
- January 12th, 2008
- February 9th, 2008
- March 8th, 2008

These powwows are sponsored by the Muckleshoot Skopabsh Committee.

We will also be having other fundraisers, so please watch for flyers or posters and please come and help support the Skopabsh Committee. Thank you!

Sincerely,

- The Skopabsh Committee -

*Mike Starr Sr. Jackie Swanson
Jeanette Morrison Lynn White Eagle
Jeannie Moses Janet Emery
Sheryl Sueatlum*

CLIP & SAVE

Sharon Cabvent

MUCKLESHOOT SKOPABSH KIYAH FOR 2007 ~ 2008

PHOTOS BY BOB CHARLO



Former Kiyah Jeanette Morrison



Former Kiyah Marie Johnson



Former Kiyah Doris Allen





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

EVENTS CALENDAR

- October 13** Mini Pow Wow - Sponsored by the Muckleshoot Skopabsh Committee
- October 13** Canoe Family After Journey Dinner at Squaxin Island
- October 16** Canoe Song & Dance, 2:30 – 4:00, Canoe Family Meeting, 5:30 – 8 PM
- October 18** Northwest Indian College Fall Cultural Arts Dinner & Auction - At the Silver Reef Casino. For more information or to RSVP, contact Reatha Tom at 360-392-4238/rtom@nwic.edu
- October 19** Diabetes Conference - At the Muckleshoot Health & Wellness Center. Call 253-939-6648 for more details.
- October 20** Canoe Family After Journey Dinner at Nisqually
- October 20** Team-Works Saturday Academy - At the Muckleshoot Youth Services Facilities. Contact Rayna Penn at (253) 876-3278 for more information.
- October 23** Canoe Song & Dance, 2:30 – 4:00, Canoe Family Meeting, 5:30 – 8 PM
- October 24** Meet your Police Department - 5PM at the Cougar Room (Philip Starr Bldg)
- October 27** Canoe Family After Journey Dinner at Chehalis
- October 27** Community Halloween Party at the Muckleshoot Tribal Gym from 1-4. Contact Walter Pacheco 253-876-3153
- October 28** Canoe Family After Journey Dinner at Muckleshoot
- October 30** Canoe Song & Dance, 2:30 – 4:00, Canoe Family Meeting, 5:30 – 8 PM
- November 8** Site Blessing - For new school. Please visit the project website at: <http://muckleshootk12school.com/>
- November 9** New School Groundbreaking - Please visit the project website at: <http://muckleshootk12school.com/>
- November 10** Mini Pow Wow - Sponsored by the Muckleshoot Skopabsh Committee
- November 13** Gratitute Banquet - Sponsored by Muckleshoot Behavioral Health Chemical Dependency Program at the White River Ampitheatre River Lodge from 6:00-9:00 pm. Call 253-804-8752 for more information.
- November 17** Suquamish Veterans Pow Wow -Suquamish Tribal Center, Meal at 1 pm, Grand Entry at 2 pm; info: (360) 394-5200
- December 8** Mini Pow Wow - Sponsored by the Muckleshoot Skopabsh Committee
- January 12** Mini Pow Wow - Sponsored by the Muckleshoot Skopabsh Committee
- February 9** Mini Pow Wow - Sponsored by the Muckleshoot Skopabsh Committee
- March 8** Mini Pow Wow - Sponsored by the Muckleshoot Skopabsh Committee

ONGOING:

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

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.

Career Opening: Emergency Preparedness Coordinator

SALARY: \$50,656 Annually

The Muckleshoot Tribal Administration is searching for an Emergency Preparedness Coordinator to plan, organize, and direct the operations of Emergency Preparedness for the Muckleshoot Indian Tribe. The position requires Graduation from an accredited two-year college or university with a degree in business administration, psychology, communications or related field. **Significant, verifiable, experience working with Native American governments may substitute for all, or part, of the educational requirements.** The person hired for this position **must be an enrolled Muckleshoot Tribal member** with valid Enrollment card. Additionally, incumbent must live within the boundaries of the Muckleshoot Reservation, and have knowledge of the Tribal government. All training required for position will be given as the incumbent is hired. Please visit our website at www.muckleshoot.nsn.us for more

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.

CASUAL LABOR APPLICANTS WANTED

- Casual Labor is a program designed for on-call/temporary employment.
- Make sure the application is completely filled out to the best of your ability; *incomplete applications will not be processed.*
- Applicant information must be continuously updated in order for Human Resources to contact you for a Casual Labor position **and** for you to remain on the ACTIVE Casual Labor list. **If we don't have a number to reach you at, you may be removed from the ACTIVE list and placed at the bottom of the WAITING LIST.*
- We are in need of people with Driver's Licenses, Food Handler's Permits (w/ experience as a cook/assistant cook), CDL, Barista experience, Certified Teachers.
- Must be willing to work odd hours and on weekends when necessary.

**For more information, please contact:
 Laverne Mathias at (253) 876-3201
 Or
Laverne.Mathias@muckleshoot.nsn.us

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.



TULALIP NEEDS WELDERS & IRONWORKERS!

We need certified Welders and Journeyman Ironworkers as soon as possible!
 Please call Loretta at 360-651-3717 ~
<http://www.tulaliptero.com>



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.

ATTENTION

THE MUCKLESHOOT HUNTING COMMITTEE IS NOW OFFERING A

\$1,000.00 REWARD

FOR INFORMATION LEADING TO THE CONVICTION OF MUCKLESHOOT TRIBAL MEMBERS HUNTING IN VIOLATION OF TRIBAL REGULATIONS.

INFORMATION PROVIDED MUST BE VERIFIABLE, AND YOU **MUST PROVIDE BOTH A WRITTEN STATEMENT AND TESTIFY IN COURT.** PAYMENT WILL NOT BE PROVIDED UNTIL A CONVICTION FROM THE MUCKLESHOOT TRIBAL COURT OF JUSTICE.

PLEASE CONTACT ANY WILDLIFE PROGRAM STAFF IF YOU HAVE ANY INFORMATION OF ANY POACHING ACTIVITY.

Bernice White Celebrates Her 91st Birthday

MUCKLESHOOT'S ELDEST ELDER

PHOTOS BY JOHN LOFTUS

