



Muckleshoot MONTHLY



Vol. VIII No. XI

Muckleshoot Indian Reservation, WA

November 9, 2007



VETERANS DAY DINNER – NOVEMBER 11

The Muckleshoot Veterans Association would like to invite everyone to the 2007 Veterans Day Dinner to be held at the Tribal Gymnasium on Sunday, November 11, 2007, beginning at 1:00 PM. There will be plenty of home cooked food as well as raffle prizes.

Veterans Day is a holiday honoring all military veterans. Veterans Day is largely intended to thank living veterans for their service, to acknowledge that their contributions to national security are appreciated, and to underscore the fact that all those who served – not only those who died – have sacrificed and done their duty.

Please help us support and pay respect to the ones who sacrificed their lives for the freedom we enjoy today.

Lee Roy Courville Sr., CHAIRMAN
MUCKLESHOOT VETERANS COMMITTEE

Candidates nominated for 2008 tribal election

MUCKLESHOOT – Tribal members assembled for this year's Public Caucus on October 11 in the Cougar Room of the Philip Starr Building to nominate candidates for the elective offices of the Muckleshoot Tribe.

Five offices will be up for election this year, including three (3) positions on the Tribal Council and two (2) positions on the Tribal School Board.

Tribal elections are held annually, with one-third of the nine-member Tribal Council coming up for election each year. The three with the highest vote counts go on to serve three-year terms on the Tribal Council.

This year there will be 24 candidates for the Tribal Council and seven for the School Board. Additional individuals were nominated at the Public Caucus, but a number of them declined to seek election and withdrew their names.

All three incumbent members of the Tribal Council were nominated for re-election. The three incumbents are Dennis Anderson Sr., Virginia Cross and Marie Starr.

Tribal elections take place on the third Monday in January, which this year falls on January 21.

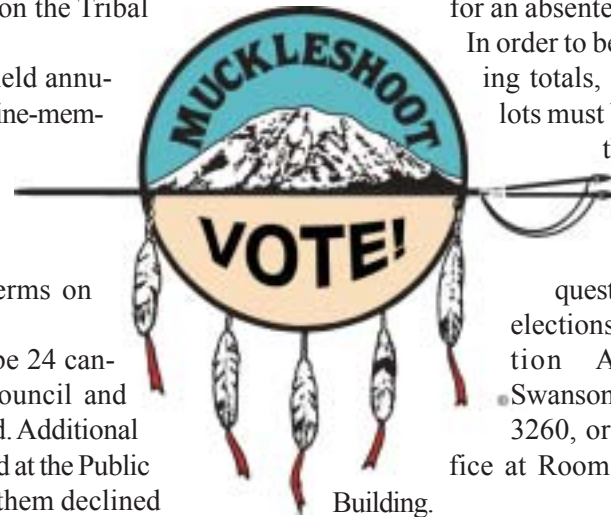
Enrolled tribal members who will be 18 years of age or older as of the day of the election are allowed to participate in the voting, which will take place from 8:00 AM to 8:00 PM in the Cougar Room of the Philip Starr Building.

It is also possible to vote via absentee ballot.

The last day to submit a completed request for an absentee ballot is November 15.

In order to be counted toward the voting totals, completed absentee ballots must be received not later than the Friday before the election, which will be January 18.

Any further questions about the 2008 tribal elections can be referred to Election Administrator Jackie Swanson. Her number is 253-876-3260, or you can stop by her office at Room 234 of the Philip Starr Building.



Building.

DATES TO REMEMBER

November 15: Deadline for receipt of absentee ballot requests

January 18: Deadline for receipt of completed absentee ballots

January 21: Election Day

Muckleshoot Tribal School celebrates Red Ribbon Week

By Dan Carpita

Red Ribbon Week is a national event that was started 20 years ago as a result of a DEA agent who was killed in Mexico. He was actually beaten and buried alive, and died as a result of that.

His family wanted to do something that would give meaning to his death. They petitioned Congress and finally the President designated the last week of October as Red Ribbon Week, and many schools across the nation have celebrated it since then.

It came here to Muckleshoot in the fall of 2000. It was started by Dee Williams and John Zacher, who was the director of the drug and alcohol program at that time. When I came to work here in 2001, they said, "Would you take this and go with it?"

And so, I've been involved with it ever since. The funding comes through Behavioral Health. Tewana Martin of BHP was my partner in the this year's Red Ribbon Week, and she did a wonderful job.

Red Ribbon Week is kicked off with an all-school assembly on Mondays, when we introduce the kids to it, give them their ribbons to wear for the week and tell them the background of it.

We have a mascot called "PAWS," and PAWS stands for "Pause and Think Before You Drink." PAWS is a Dalmatian dog suit, and the young children really like that. That's the height of their Red Ribbon Week. In fact, all year long they ask me where my dog is!

Anyway, PAWS goes around and visits the classrooms during the week, along with a representative from Behavioral Health who talks about drugs and alcohol.

We wrap up on Friday with another all-school assembly, and we blow up about 150 balloons. One side of the balloon indicates Red Ribbon Week, and that it's from Muckleshoot. On the other side, it's imprinted with honoring all our young relations who have died as a result of drugs and alcohol. We take it out to the ball field, make a circle, say some prayers, sing some songs, and let the balloons go.

That's a quick overview of the week. It's one time a year that we can really stop and focus on this subject and bring everybody's awareness level up. This year we



PHOTO BY JOHN LOFTUS

BALLOON RELEASE: The traditional climax of Red Ribbon Week is an all-school balloon release on the ballfield.

brought in a car that had been involved in a fatal drunk driving accident and left it in front of the school. It was a constant reminder to the young people.

On Monday, during the assembly, we had a roll call of those young people that we buried in the last couple of years, and asked their relatives and friends to come down on the gym floor, and the visual impact of seeing that many people down there was very powerful.

We always think, "Well, when I'm drinking I don't hurt anybody but me. I'm the only one that pays the price." But when you see the pain of the relatives and the friends, and how many people are involved by our choices, it's really a visual picture of what happens.

This year we had an essay and poster contest about, "What Do Alcohol and Other Drugs Do to My Reservation?"

Even the little ones, the kindergarten and first graders, have a huge awareness of those issues here. They drew pictures of pot pipes and crack pipes, and beer cans, naming the beers by label, and those kinds of things.

So we think that they don't know what's going on, that they're too young to understand, but they're really aware of what's going on around them. When we model that behavior, we're asking them to have it. Whatever we model, that's what they're going to do.

My prayer for all the young people here is that one day that doesn't have to be the major topic, that we can celebrate some other things instead of alcohol and drug issues.

Photos on page 16

NOMINEES

At the time of this publication, the list of candidates nominated for Tribal Council and School Board positions are as follows. Some nominees have declined to run for office, so their names no longer appear on the list. Minor changes, such as spelling or nicknames, may still occur before the list is finalized.

Tribal Council

Virginia Cross
Dawn "Dee Dee" Miller
Brandon Eyle
Rosie Anderson
Donny Stevenson
Marena Cross
Donna Starr
Warren Oliver
Marie Starr
Anita Pedro "Na Na" Courville
John Daniels, Jr
Les Nelson
Phillip Hamilton
Mark James
Marvin Moses, Sr
Carl Moses Sr
Jennie Martin
Leonard "Lenny" Sneatlum
Tammy Byars
Dennis Anderson, Sr
Denise Bill
Warren KingGeorge
Mardee Marquard
Morgan E. Moses

School Board

Linda Starr
Sonja Moses Vaiese
Sandy Heddricks
Janet Emery
Michele "Jerry: Rodarte
Tyrone M. Simmons
Lorraine Cross

DECEMBER 2007 PER CAPITA DISTRIBUTION

Philip Starr Building, Cougar Room

December 4th – 7:30 AM – 5:30 PM

December 5th – 8:00 AM – 5:00 PM

December 6th – 8:00 AM – 5:00 PM



Tribal Gaming – A look back

As we celebrate the groundbreaking for the Tribe's state-of-the-art K-12 school, begin work on the new library, witness the new housing being developed around the reservation and continue our work to diversify the tribal economy it is an appropriate time to step back and remember what is making this economic revival possible.

Tribal gaming is the economic engine that is helping lift the tribe from decades of poverty, discrimination and neglect. It is providing the resources necessary to improve the tribe's quality of life, preserve our culture and lay the groundwork for a bright and prosperous future.

We all know games of chance have been a part of our culture for hundreds of years. One ancient game, "stick game," is still played at various tribal gatherings. But it wasn't until the late 1970's that some tribes in Florida and California started operating high-stakes bingo games.

States' efforts to close those operations eventually resulted in the United States Supreme Court decision that opened the door to modern-day tribal gaming.

That court decision and resultant expansion of tribal gaming in-turn resulted in Congress passing the Indian Gaming Regulatory Act (IGRA) in October 1988, IGRA established a legal framework for tribal gaming and established the requirement that states negotiate gaming compacts with tribes in "good faith." The act also created the National Indian Gaming Commission to exercise regulatory oversight of tribal gaming.

Federal law also required that all gaming income be spent on the general welfare of tribal members, reservation infrastructure, tribal government operations or programs, economic development, business diversification and charitable donations.

Here in Washington there was a disagreement between tribes and the state whether machine games were legal. To resolve this impasse, Tribes, the Governor and Attorney General, agreed to a limited waiver of immunity for the purposes of a "friendly lawsuit."

In 1997 the court ruled that the state, while not required to negotiate on slot machines, was required to negotiate on other gambling devices. This resulted in a gaming compact amendment and the gambling machines that are in the Tribe's casino now.

Earlier this year Muckleshoot and other tribes entered into negotiations with the state for new compacts that increased the number of electronic gaming devices for use in tribal casinos. In addition to increasing the number of machines, the new compacts allow tribal casinos to operate around the clock and offer higher stakes games.

We have come a long way since the congress passed IGRA in 1988. The hard work of many tribal leaders has gotten us to this point where we are enjoying the economic benefits of our gaming operations.

But as we reflect on the history of tribal gaming it is important to remember that what came about as a result of a political process can also be taken away by that same process. That is why we work hard at protecting what we fought so hard to win and why we invest gaming revenues in other business enterprises to diversify our economic base.

California tribes hit hard by wildfire

SAN DIEGO, CALIF – Two tribes who were the hardest hit by southern California fires are relying on a number of sources to rebuild their communities.

The Rincon Band of Luiseno Indians will be able to use gaming revenues to help tribal members who lost homes. "That's guaranteed, so don't worry about it," Chairman Bo Mazzetti told The San Diego Union-Tribune. The Rincon Band lost 65 structures, including a historic church.

The La Jolla Band of Luiseno Indians isn't as lucky. With most of the reservation burned, the tribe is depending on the federal government, charities and others.

"We're really relying on those outside the reservation," Chairman Tracy Nelson said.

The Poomacha Fire started October 23 at La Jolla. It burned 50,000 acres in the area – 92 percent of the 8,500 acres at La Jolla and 84 percent of the 4,300 acres at Rincon.

The La Jolla reservation lost 59 homes and is accepting donations of batteries, hoses, clothing, shoes, canned goods and gift cards to discount stores.

"We're having a problem right now with shoes," said Calvin Rodriguez, who is organizing efforts at the tribe's gym off state Route 76 near Palomar Mountain.

Also, much of the donated clothes the tribe has received are too small, he said. "Most of our people are pretty big," he said. People interested in helping the tribe may call Rodriguez at (760) 271-8671.

The La Jolla band is also working with the San Diego Foundation, which has set up a relief fund for Indian tribes. More information is available at www.sdfoundation.org/fire2007.

Also, the San Diego Humane Society announced yesterday that it would deliver more than 22 tons of hay for the reservation's horses and cattle, which were feeding on pastures that burned.

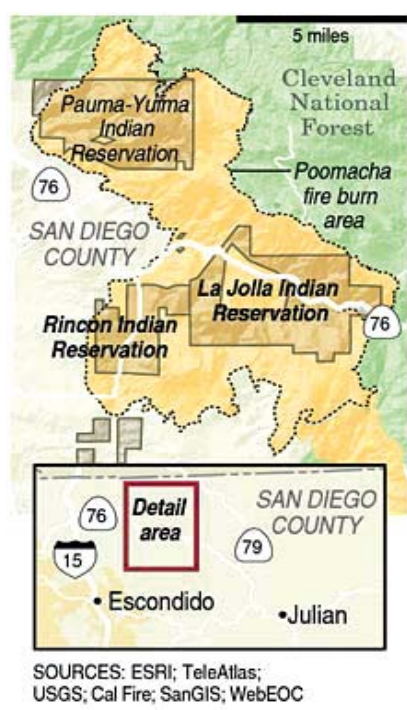


PHOTO BY JOHN LOFTUS

THE WAY OF THE WARRIOR

PBS documentary depicts bravery of Native veterans

"The Way of the Warrior" examines the visceral nature of war and the bravery of American Indian veterans who served in World War I, World War II, the Korean War and the Vietnam War – and came to grips with difficult post-war personal and societal conditions. The documentary airs on KTCS Channel 9 at 10:30 p.m. on November 12.

Through firsthand interviews and accounts from comrades and loved ones, the stories are told against the backdrop of positive and negative themes familiar to Native people - the warrior ethic, prejudice, forced assimilation, poverty, cultural pride and redemptive acts and healing.



Cpl. Mitchell Red Cloud, Ho-Chunk, received the Medal of Honor for heroic actions during the Korean War.

The program honors the endurance and sacrifice of individuals such as Mitchell Red Cloud, Ho-Chunk, a Medal of Honor recipient; Ira Hayes, Pima, one of the flag-raisers on Iwo Jima; Phil Coon, Creek, a Bataan Death March survivor; and John Yahola, Creek, a member of the Red Stick Warrior Society. Their stories are examined through the prism of what it means to be ogichidaa, one who protects and follows the way of the warrior.

The gripping and horrifying nature of war is brought home through dramatic historical footage, period photographs and sound effects. These are juxtaposed with photos of veterans in more genial settings, away from combat with family and friends stateside, creating a portrait of not just the warrior, but the paradox of a warrior's motivations.

Producer Patty Loew said she always had an interest in learning about why her grandfather, an Ojibwe, volunteered to fight in WWI when he was not a U.S. citizen.

That was a central question for many of the veterans she interviewed or researched for this project. Some said they fought because of clan obligations. Others were driven by patriotism toward the United States. Still others said it was a way to prove themselves as warriors and keep tribal traditions alive.

The documentary explores what it was like to be an Indian soldier, noting that American Indians often were singled out for the most dangerous assignments due to the ascribed stereotypes of possessing an innate sense of direction or superior hearing and eyesight. As a result, Natives often suffered higher injury and casualty rates. One example was the Red Arrow Division in WWI. The unit, which held a high proportion of Native soldiers, lost nearly 60 percent of its force.

"Way of the Warrior" also looks at the experiences of women who served on the home front during WWII. When the war ended, returning white soldiers displaced those women – and Native men as well.

The war's end brought many changes, said Arizona State University professor Donald Fixico, Seminole/Creek. Change occurred in technologies, national leadership and the geography of the world. "But the [change that] didn't occur was a change in attitudes. Indians were still outside of the American mainstream."

PHOTO COURTESY OF PBS

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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I am a Muckleshoot tribal member,

enrollment no. ____

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Community.

Please explain: _____

PLANNING COMMISSION BIDS FAREWELL TO COMMISSIONER NICHOLS



Left to right: Shirley Taylor, Marcie Elkins, Charlotte Williams, Ken Calvert, David "Dago" Nichols, Rhonda Harnden-Cabanas, Annabelle Brandt, LeeRoy Courville Sr., Planning Commission Chair

Shortly before he passed on, the Muckleshoot Planning Commission honored David "Dago" Nichols upon his retirement from the commission. As he was wrapped in a blanket and given a framed feather, Planning Commission Chair LeeRoy Courville Sr. expressed the gratitude of the entire commission, saying, "Thank you 'Dago,' for your many years of dedication and valuable contributions to the Planning Commission." The blanket was a treasured possession during his remaining days among us. He said that he always felt just right when he covered up with it – never too hot nor too cold.



David Chance Nichols Jr.

David Chance "Dago" Nichols Jr. passed away peacefully at his Keta Creek home in the early daylight hours of October 24, 2007. He was 65.

He was born in a fern patch in Sumner on October 6, 1942, and was taken from there to a hospital in Tacoma, which was listed as his official place of birth. His parents were Laura Starr and David Chance Nichols Sr. He was twice married and is the father of five daughters, Deloris, Ruby, Gayle, Chantilly and Jody.

David – or "Dago" as his friends knew him – lived much of his life in the Muckleshoot Reservation area, but also spent many years traveling extensively throughout the West, doing whatever kind of work he could find. He worked in the timber industry, in the gas and oil fields, on road construction, and in many other endeavors, including winter custodial work in Colorado ski lodges. In his later years, he worked in construction locally, and also at the Keta Creek Hatchery.

He served on the Muckleshoot Planning Commission until shortly before his passing, and fought hard for the homeless and the elders. He was honored with a blanket upon his retirement from the commission, and he lay upon or covered up with that blanket from that day onward.

In addition to his five daughters, he is survived by his life partner, Bettye Stott, and his special granddaughter, Katelyn, who was the light of his life. "He loved her with all his heart," Bettye says.

He loved the mountains and the rivers – especially the rivers – and enjoyed fishing, hunting and huckleberry picking, but in his later years most of his hunting was done with a camera only, Bettye says.

David and Bettye were inseparable during the 15 years they were together. "From the time we first saw each other until the time he went home, we were never out of earshot of one another," she says. After he became sick, the family's Shi-tzu, Little Bit, never left his side, either. Although he said he'd forgotten the Whulshooseed tongue, Bettye heard him speaking it fluently to his parents on the other side in his final days, and she says it was beautiful and melodic to hear.

He is also survived by his sisters, Amy "Tina" (Sonny) Purdy and Gayle Allen; brothers Danny Nichols and Larry Nichols, and ten grandchildren.

At his request, there were no services, but people are welcome to drop by his home at any time to pay their respects and sign the book.



David 'Dago' Nichols

Remembering Nan

FAMILY PHOTOGRAPHS



Nan and Rusty



The WhiteEagle Family would like to thank the Muckleshoot Tribe and all the others who helped in our time of loss of our sister, Annette "Nan" Lane.

Annette "Nan" WhiteEagle Lane

Annette Agnes WhiteEagle Lane – known to all as Nan – passed away peacefully in her SeaTac home on October 12, 2007. She had lost her beloved husband, Rusty, in April, and now the two are together again, as they were in life.

Nan was 68 years old. She was born January 21, 1939, in Pendleton, Oregon to Agnes Winyer and Chief Frank WhiteEagle. Her birth mother later passed away and so Helen B. Johnson became her stepmother.

As with the rest of the family, much of her girlhood was spent traveling to pow-wows throughout the West, and helping to make the craft items the family made for the tourist trade. Her sister Ellie Mae remembers that Nan was particularly good at painting the little totem poles, which used to be scattered all through the house, with all the kids working on them, getting them ready to sell. Later, in her adult years, Nan would go to Goodwill stores and similar places and buy dolls that she would then decorate in beautiful Indian costumes.

A few years after graduating from Chemawa Indian School, Nan was wed to Russell E. "Rusty" Lane. They celebrated 48 anniversaries together. The two worked together driving 18-wheelers, traveling all over the country and enjoying each other's company. They also enjoyed their Harley Davidson motorcycles.

Nan was part Puyallup and part Ojibwe, but was not enrolled. Nonetheless, she enjoyed everything Native and was very proud of her heritage. She and Rusty were a regular sight at pow-wows, and were always ready to lend a helping hand, whether it was bringing coffee and doughnuts to the fishermen at the First Avenue landing, making the beautiful crosses that adorn numerous graves in the White Lake Cemetery, or whatever other thoughtful act of kindness came to mind. A beautiful lady inside and out, she will always be remembered for her kind and loving heart.

Nan is survived by her daughter, Cheryl Kopp, son Charles "Chuck" (Sharon) Lane, granddaughter Britney, and her little dog Riley.

She is also survived by brothers Ben WhiteEagle of Port Angeles, and Albert "Bud" WhiteEagle, Martin WhiteEagle and Al WhiteEagle, all of Auburn; sisters Vicki Newman of Flint, Michigan, and Ellie Mae WhiteEagle of Auburn.

She was preceded in death by her parents and brothers Frank Jr., Joseph, Ralph, Phillip "Hobie", and Ted. A celebration of her life was held at the Muckleshoot Shaker Church on October 17, 2007, with another taking place in Burien on October 24.



Lorena Ann James

Lorena Ann James passed away on October 27, 2007 at Lakewood, WA, a little more than a week before her 50th birthday.

Lorena was born to Joyce Moses and Robert James on November 5, 1957 in Auburn, WA, and lived in Seattle and Auburn all her life. A Muckleshoot tribal member, she loved her many relatives and they loved her. She also enjoyed conversation, walking and listening to music.

Lorena is survived by her sons, Jeremy James, Jason James and Jessie James and daughters, Jessica Henderson; brothers, Raymond James, Timothy James; sisters, Lana James, Deanna James, Roberta James, Delores James; and five grandchildren.

She was preceded in death by her parents; her grandmother, Mildred King George, and her grandfather, Stanley Moses Sr.

Visitation was held at Price-Helton Funeral Home on October 30, with services the next morning at the Muckleshoot Shaker Church, followed by burial at the New White Lake Cemetery.



Lorena Ann James

Floyd Moses

Floyd Moses, age 64, passed away on November 2, 2007. Floyd was born on December 12, 1942 to Albert and Anna Moses in Snoqualmie, WA, and lived his whole life in the Auburn area.

Floyd was a member of the Sauk-Suiattle Indian Tribe and enjoyed logging, working at the sawmill, hunting, fishing and long walks. He was a maintenance worker for the Muckleshoot Tribe, retiring in 1994 after 13 years of service.

He is survived by his spouse, Theresa Jerry; sons, Larry Moses and Albert Moses of Auburn, WA; daughters, Lisa Marie Moses and Eleanor Moses of Auburn, WA; brothers Delbert Moses and Neil Moses of Tulalip, WA, and Earl Moses of Snoqualmie, WA; sister, Irene Daniels of Duncan, BC; and 13 grandchildren.

He was preceded in death by his parents; sisters Barbara Moses and Lucinda Moses; brothers, Clarence Moses, Mathew Moses, George Moses, Bob Moses, Alvin Moses, Morgan Moses and Lonnie Moses. Services were held on November 6, 2007 at the Muckleshoot Shaker Church with burial at Fall City, WA. Arrangements were by Price-Helton Funeral Home of Auburn.

Maria Tallchief

AMERICA'S FIRST PRIMA BALLERINA

The remarkable story of an Osage girl from Oklahoma who became the toast of the planet

Maria Tallchief

New documentary by Seattle filmmakers Sandy and Yasu Osawa

Upcoming showings:

KCET Channel 9 – Thursday, December 13, 9:00 pm

For More information contact:

Upstream Productions, 3926 NE 105th Street Seattle, WA, 98125

PH: 206-526-7122 E-MAIL: uproduct@aol.com

WEB: www.upstreamvideos.com

Sandy and Yasu Osawa, the filmmaking team from Seattle, have just released their new film featuring America's first prima ballerina, Maria Tallchief. The program will be broadcast on KCTS in Seattle on December 13 at 9:00 PM and at various other times in different cities on PBS stations.

Director Sandy Osawa who is a Makah tribal member, indicates that her motivation to produce a film on Ms. Tallchief was her concern that "There are no positive or contemporary stories about Native American women on PBS, the myriad of other television stations, or on the big screen. For us, as American Indian women, Pocahontas, is as good as it gets! And the Pocahontas story, as fictionalized in the movies, is very bad, indeed!"

Maria Tallchief, began ballet lessons at age 4 in Fairfax, Oklahoma, an Osage Indian community, and went on to stardom in roles created for her by her husband and choreographer, George Balanchine. She tells her own story, accompanied by archival photos, rare dance clips, and interviews with dance colleagues, and historians.

In the late 1940's television, the New York City Ballet, and even ballet as an American art form, were all emerging. Tallchief became a new prototype of the ballerina that was distinctively American. The ballet world that was dominated by the Russians, the French, and the English changed dramatically in 1948, when Maria Tallchief took center stage to the most thunderous ovation ever heard in the history of New York City Theater and dance. The ballet was Orpheus, and led to the founding of the NY City Ballet. Author Francis Mason, who is featured in the film said, "he (Balanchine) and she together changed the whole picture of ballet in America."

This documentary, produced by Sandy and Yasu Osawa, is their fifth program to be broadcast on PBS. The team concentrates on contemporary American Indian themes, issues and people and their production company, Upstream Productions, is based in Seattle, WA.

"To be regarded as a people with a future, we must also be seen not only as a people with a past, but also as a people with a present." declares Osawa, who obtained local funding from the Muckleshoot Tribe, 4 Culture, and the Independent Television Service based in San Francisco. The project took over 7 years, but was stalled for 3 years due to difficulties in obtaining rights for the dance clips.



Baby Maria Tallchief

America's first Prima Ballerina, Maria Tallchief, dances to a Chopin concerto.



Maria, in center, as a young ballet student, filled with hopes, dreams and talent.



Maria, center, with sister Marjorie, on floor. Marjorie was as famous in Europe as Maria was in the U.S. She moved to France while still quite young and became the first American ever to earn the title of Prima Ballerina with the Paris Opera Ballet.



Maria at 12



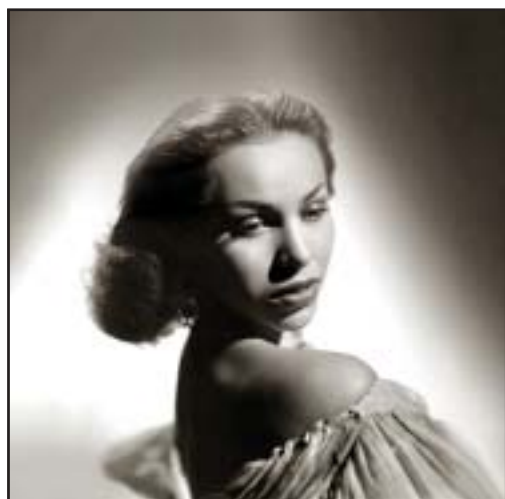
Maria at a piano recital. She was equally talented at both piano and ballet, and had to choose between careers as a ballerina or concert pianist.



Age 29: Maria on the cover of Newsweek



At age 4, a little butterfly



Maria in *Baiser de la fee* - "The Fairy's Kiss"



Maria with her first husband, the great Russian-American choreographer George Balanchine. The partnership of his genius and her unparalleled talent catapulted the two of them to worldwide fame.



Age 7: Who could have ever guessed that those little legs would one day dance before kings and queens?



Mucklethoot Tribal College

From the Tribal College Administrator

The Tribal College is lively these days, as is always the case this time of the year. Students are coming and going day and night from 8 a.m. to 9:30 or 10 p.m. Monday through Thursday. All of the classrooms are full every evening and with the addition of new programs more of them are filling up during the day.

NWIC has a Fall quarter enrollment of 50 students, the largest class ever. Five years ago there were a total of 50 students in all of the Programs. At that time we had Evergreen, Antioch, NWIC, MOST and GED. Since then we have added the Grays Harbor Bridge Program, and Bates Technical College and a new and improved GED program.

The GED and MOST programs are the fastest growing programs in the college for enrollment. Tribal members of all ages have enrolled in this program. Practice tests are given daily; the official test is held 3 Mondays per month. There were 4 GED graduates that year; this year we will top 70, if the graduating pattern continues.

On November 1, 2007 we will begin the seventh year of the MOST program. The Mucklethoot Occupational Skills program provides certificate courses in administrative services and Information Technology classes. This popular program provides a pool of workers for the casino and other tribal industries and the surrounding community.

MOST has been a contributing factor for many positive changes in the community. Some of the changes include an increased number of Tribal employees, several promotions and, for some, just the personal satisfaction of accomplishment. Many people are using the MOST program as a stepping stone to College. Students recognize that the MOST Program has had a positive impact in their quality of life. One student's comment was: "This is the best thing I have ever done for myself and my family."

Due to the success of the programs we offer, and the subsequent growth in student population, the college has already outgrown its facility. We dream of an expansion maybe adding a second story for administrative services, leaving the entire downstairs area for classrooms and the library. The College library is small and in need of additional materials. Additionally, the facility is equipped with the technological resources to add an electronic system for tracking these library materials.

With fourteen dedicated employees we strive to provide an ideal learning environment for community members and we plan to continue to do so in the future. We are always available to assist you on your educational journey, drop in for a visit when you can.

Wilma Cabanas

Tribal College Administrator

Northwest Indian College- Mucklethoot set for Winter Quarter 2008

The Mucklethoot site of Northwest Indian College is set to accept students interested in the Bachelor of Arts 4-year degree in Native Environmental Science (NES) in Winter Quarter 2008.

The first day of NWIC Winter Quarter classes is **January 2, 2008**.

NES students can start their program of study at Mucklethoot and will finish at Lummi campus. Winter 2008 entrants will be able to start their chemistry, biology and math sequence of courses at that time, starting with CHEM 111 Inorganic Chemistry and MATH 102, College Algebra.

Students interested in earning the Associate of Arts degree are always welcome at NWIC-Mucklethoot. It is possible to earn the A.A. degree in 7.5 quarters at NWIC-Mucklethoot.

Winter Quarter will feature:

- The Biology and Natural History of Place, taught by Dr. Martin Fox of Mucklethoot Fisheries; Inorganic – Chemistry and Cell Biology taught by Prof. Ian Paden;
- History of Federal Indian Policy taught by Prof. Alan Stay of the Mucklethoot Legal Department;
- Interpersonal Communication and Introduction to Psychology taught by Dr. Sarlak;
- Whulshootseed Language taught by Donna Starr, Birdie Starr and Lawrence Tecumseh;
- Basic Math taught by Prof. Connie Maipi;
- College Algebra, Precalculus II and Statistics II taught by Prof. Raj Lal;
- Basic English taught by Prof. Todd Johnson;
- Computer Science taught by Paul Nelson;
- Physical Education classes at the Wellness Center; and
- NWIC Seminar taught by Esther John.

For more information please contact Esther John, Northwest Indian College Site Manager, at 253-876-3274, ejohn@nwic.edu. For scholarship information please contact Marie Marquez, Mucklethoot Scholarship Department at 253-876-3382, marie.marquez@mucklethoot.nsn.us.

Congratulations

I would like to say Congratulations to Jenelle 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!!

Hard Work and Perseverance Pays Off

By Todd Nelson, GED Instructor

The GED program has seen much success lately. In the last month, we have helped several students graduate, helped many others pass challenging tests, and helped even more begin the process of finding educational success.

These successes are not only very gratifying for the program, but they are also wonderful examples for the community, examples that everyone can be proud of. One of these examples deserves special recognition because it highlights what the GED program is all about – providing the necessary tools and encouragement to help students overcome difficult obstacles and achieve educational goals.

This month's student who stands out for overcoming many obstacles and finishing her GED is **Emma Garcia**. Like many students, Emma was left with one subject to finish – math – but through determination and hard work, she passed. By being very determined, Emma was able to overcome her initial struggles with math and to build the necessary skills to pass the test.

But determination alone did not bring her success; it also involved much hard work. On a regular basis for several weeks before her successful test, Emma studied diligently and focused on steadily building her math skills. She also took more than one pre-test and always sought out help when she needed it. Emma did all of this while taking care of her young, energetic son.

This is a great example of GED success, and the GED program is proud to have been part of it. We look forward to helping others in the community also find their success.

Advising Day for Winter Quarter 2008 scheduled for Wednesday, November 28

Northwest Indian College, Bates College, Grays Harbor, Mucklethoot Scholarship Program, University of Washington – all of these will be represented at Advising Day, 10am-2pm on November 28, 2007 at the Mucklethoot Tribal College.

This is the time to sign up for classes, to enroll in a college program, to find out about educational opportunities and to get your educational scholarship situation in order.

Refreshments will be served throughout the event and lunch will be provided.

We look forward to seeing you then!

Job Corps Encourages Employees to Earn GED

OTHER DEPARTMENTS ALSO WELCOME...

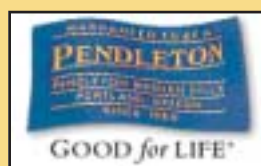
By Todd Nelson, GED Instructor

Recently, the MIT Job Corps Department developed a new plan for its employees to earn their GED certificates. With the new plan, created by James Ioane and Jennifer Gaking, Job Corps employees are provided release time from work and encouraged to regularly attend the Tribal College's GED Program to meet their GED goals and earn their certificates.

Two groups of four to six employee/students have been attending twice a week for two hours, and, so far, the results are good. Two employee/students passed difficult examinations and are much closer to completing the entire process. Others have been studying hard and taking pre-tests, both of which are necessary to prepare well for the actual tests. Many of these Job Corps employee/students will soon earn their GED certificates and create new job and educational opportunities for themselves.

The Mucklethoot Tribal College GED Program has helped to coordinate Job Corps' plan and to make room in the tutoring schedule. Any other Tribal Department is welcome to present a similar plan to the GED Program, and we will happily accommodate you to help your employees meet their GED goals.

If this kind of plan is of interest or if you have any questions about the GED Program, please contact Todd Johnson at 876-3256 or todd.johnson@mucklethoot.nsn.us



Please Join Us For Our
PENDLETON CLEARANCE EVENT
at the Mucklethoot Smoke Shop!

25% OFF ALL Pendleton

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



**Position Available: Part-Time, Community-Based Faculty
The Evergreen State College
Reservation Based Community Determined Program**

The Evergreen State College Reservation Based Community Determined Program seeks a community-based visiting faculty member to teach at Mucklethoot winter 2008 (.125 FTE) and spring 2008 (.35 FTE) and continuing on a visiting contract for 2008-2009 (.35 FTE).

Essential Duties:

- Prepare and teach class 2 nights per week at Mucklethoot under an established syllabus.
- Maintain records of site student attendance and assignments.
- Provide prompt and constructive written feedback to students on assignments.
- Write an evaluation for, and confer with, each student at the end of each quarter.
- To the degree possible, maintain a presence in the Mucklethoot community through volunteer work, attending events, or other activities that are community based.
- Conduct recruiting activities for the Mucklethoot site as agreed to.
- Attend a two-day faculty planning retreat each quarter.
- Attend the summer faculty planning institute (usually 4 days at Evergreen).
- Work under the supervision of the program co-directors.

About the Reservation Based Community Determined Program:

The program is for students with 90 or more credits who live or work on a reservation or have social or cultural ties to tribal communities. Students work toward a Bachelor of Arts degree in Liberal Arts. Classes meet 2 nights a week at the program sites: Lower Elwha, Mucklethoot, Nisqually, Port Gamble, and Quinalt. All five reservation sites utilize a well-defined, consistent, common curriculum. Classes also meet four Saturdays per quarter at the Longhouse on the Evergreen campus. Faculty hired for this position is not expected to attend the Saturday classes.

The Reservation Based Community Determined program classes at Mucklethoot meet 2 nights a week at the Mucklethoot Tribal College for three hours per session. Students earn up to 9 credits per quarter for work done at the site classes. Of the nine credits, five are comprised of a core course, the readings and assignments for which are predetermined by program faculty. Site faculty, students and other faculty in the program design the remaining four credits.

To apply:

Send a cover letter and resume/curriculum vitae by 11/15/07 stating why you would like to teach in the program, skills and interests you bring, your educational background and a description of your community ties. Include the names and contact information for three references. Submit application materials electronically to Michelle Aguilar-Wells at aguilarm@evergreen.edu. A master's degree is preferred, others considered DOE. Salary DOE. Position is open until filled. For further information, contact Michelle Aguilar-Wells at the email address above or (360) 276-4598.

The Evergreen State College
2700 Evergreen Parkway NW
Olympia, Washington 98505
(360) 867-6286 - www.evergreen.edu/tribal

CELEBRATING LIFE

SHARING STORIES OF GRATITUDE BANQUET


COMING TOGETHER HONORING OUR
COMMUNITY & FAMILIES

Tuesday
November 13, 2007
6:00 p.m. to 9:00 p.m.

Salmon,
Chicken,
Roast Beef
catered by
MIT CASINO

White River
Ampitheatre
@the River Lodge

Sponsored by Mucklethoot Behavioral Health
Chemical Dependency Program
Please contact BHP for more information 253-804-8752



Muckleshoot Youth Facility

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

NOTICE

For all parents/guardians of youth who attend the Youth Facility, please fill out a new enrollment form today (one per youth) if you haven't already done so. We are in the process of updating our records and installing a new program known as "Kid Trax." This program will assist us in keeping accurate records of the number of kids who participate in activities, how many meals are served, and what time youth enter and leave the building.

Before we are able to use Kid Trax we need to have each parent/guardian complete a special enrollment packet. If you haven't received one at your home and you haven't already completed this application, then please stop by the Youth Facility to pick up your enrollment packet.

It is very important that all youth who attend the facility have an updated record and contact information on file for their safety. That is why we ask that if you have not recently completed the new enrollment form then please do so today!

If your child/youth does not have his/her new enrollment form completed by November 16th 2007 then we will NOT be able to take your child on any off site activity and/or field trips until this form is completed because it contains necessary emergency contact information. We appreciate your understanding and cooperation in this matter.




It is important to us that all youth who utilize our services are safe and part of achieving this requires having updated information on file. If you have any questions feel free to contact us at (253)876-3293 or (253)876-3383, and come in today to fill out your enrollment packets!

Sincerely,

Youth Services Staff



Youth Facility Activities Calendar

Tuesday	Wednesday	Thursday	Friday	Saturday
			9 Language Wall Painting 4-6pm Pizza Night 6-7pm Movie 7-10pm	10 Field Trip: White River Museum 1-2pm Veterans Day Events, Auburn Park *Picnic* If time at Facility: Fall Mobiles
13 Craft: Fall Mobiles 4-6pm Tutoring 4-6pm Girl Scouts 5-8 pm	14 Birthday Day! Craft: Thankful feathers 4-6pm Tutoring 4-6pm	15 Tutoring 4-6pm Decorate Facility 4-6pm Storytelling/Creative Writing 7-8 pm	16 Skating 7-11pm	17 Facility Closed Field Trip to Tillicum Village (all day 8am-5pm) *Bring coats, hats, gloves. Permission Slips required.*
20 Craft: Thanksgiving book 4-6pm Tutoring 4-6pm Girl Scouts 5-8pm	21 Craft: Thanksgiving book 4-6pm Tutoring 4-6pm Beading/Art 7-8pm	22 CLOSED Thanksgiving Day	23 Family Night! Scrapbooking 4-10pm	24 Craft Day: Sewing and bead work; leather work; thankful feathers; etc.
27 Christmas gift planning for elders 4-6pm Tutoring 4-6pm Girl Scouts 5-8pm	28 Cookbook activity 4-6pm Tutoring 4-6pm	29 Beadwork activity 4-6pm Tutoring 4-6pm Storytelling/Creative Writing 7-8pm	30 Skating 7-11pm	Please remember all activities are subject to change! Please call for details!!! Thanks, Youth Facility Staff



Muckleshoot Youth Services

38977 172nd Ave SE, Bldg. 1; Auburn, WA 98092
(253)876-3293

YOUTH SERVICES HOURS OF OPERATION

Sunday: CLOSED
Monday: 8:00am-5:00pm
Tuesday: 8:00am-5:00pm
Wednesday: 8:00am-5:00pm
Thursday: 8:00am-5:00pm
Friday: 8:00am-5:00pm
Saturday: CLOSED

School Supplies Distribution

Tuesday & Thursday: 1-4pm



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
Wednesday: 2:00pm-10:00pm
Thursday: 2:00pm-10:00pm
Friday: 2:30pm-11pm
Saturday: Noon-8pm

Youth Facility Activities Calendar

Tuesday	Wednesday	Thursday	Friday	Saturday
			9 Pizza	10 Picnic Lunch
13 Fish & Chips & Soup	14 Spaghetti and corn	15 Taco Thursday	16 Soup & Sandwich	17 Blake Island Dinner
20 Hamburger & Onion Rings	21 Hawaiian Chicken & Rice	22 CLOSED Thanksgiving Day	23 Beef Stew & Rolls	24 Seafood Night (clams, shrimp, pasta)
27 Pork Chops and Potatoes	28 Mini Corn Dogs and Tater Tots	29 Goolosh	30 Beef Stir Fry with Rice	


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.



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.



Happy 1st Birthday
Riley Dean Muwro
Love, Mom & Dad

**HAPPY 60th BIRTHDAY
"HOPPY" JERRY!
NOV.10, 2007**

PHOTO BY ROSEANNA NELSON

Birth to Three News

What should my infant/toddler be doing?

Have you ever watched your baby or toddler and asked "What should my baby be doing at this age?" "Is s/he doing what other babies her/his age are doing?" You are not alone. Many parents watch their child grow and wonder the same questions. Here is a checklist to help you see if your child is doing what others their age are doing.

BIRTH TO 3 MONTHS:

- Lift head and chest when on stomach?
- Move arms and legs easily?
- Follow movements by turning head from side to side?
- Easily takes a bottle or breast?
- Becomes startled or cries at sudden loud noise?
- Watches your face?
- Makes gurgling or cooing sounds?
- Smiles in response to smile or talk?
- Quiets easily when comforted?

3 TO 6 MONTHS:

- Plays with feet when on back?
- When on stomach lifts head and chest with weight on hands?
- Holds head steady without support?
- Rolls from stomach to back or back to stomach?
- Plays with own hands by touching together?
- Reaches for toys?
- Picks up a toy that is in reach?
- Turns head towards sounds?
- Makes different sounds?
- Laughs out loud?
- Begins to show you likes and dislikes?

6 TO 12 MONTHS:

- Pulls self to stand with assistance?
- Sit without help/support?
- Transfers objects from one hand to the other?
- Feeds self finger food?
- Can wave bye-bye?
- Lets you know needs with motions and sounds?
- Imitates simple sounds (ba-ba/ ga-ga)?
- Takes turns while playing with adults (actions, sounds, facial expressions)?
- Understands simple questions ("do you want more?")?
- Knows parents from stranger?

12 TO 18 MONTHS:

- Walks alone?
- Can pick up small objects (cheerio size)?
- Can put objects in and dump out of a container?
- Puts one object on top of another?
- Feed self with spoon?
- Hold and drink from a cup with some spilling?
- Point to pictures when named?
- Say 5-10 words in addition to mama/dada?
- Will ask for things using words?

18 TO 24 MONTHS:

- Walks up and down stairs with assistance?
- Scribbles on paper?
- Dances to music?
- Can make a 2 word sentence (more juice/ mama gone)?
- Begin to ask questions (bye-bye?/ milk?)?
- Take off own socks/shoes?
- Look at a picture storybook with an adult?
- Makes simple choices (blocks or puzzles)?
- Copy's another child's play?

2 TO 3 YEARS:

- Runs without bumping or running into things?
- Can pick-up a toy by squatting in middle of floor?

- Can stack more than two objects?
- Uses spoon and cup by self?
- Follows 2 step directions (get the book and put on table)?
- Can name 5-6 body parts?
- Will take part in simple conversation?
- Can answer simple "what" and "what do" questions ("What do you want to eat?")?
- Point to or name objects when told what their use is ("what do you drink with?")?
- Can help with simple tasks (pick up own toys)?
- Will use 2-3 word sentences regularly?

If your child is not doing some of the tasks identified in their age range you may want to contact the B3 program to conduct a developmentally screening.

Toddler Class Storybook Curriculum

We have been reading and incorporating activities in the classroom to go with our book "Brown Bear, Brown Bear, What Do You See?" by *Bill Martin Jr and Eric Carle*. This book is one of the favorites of the children. This book assists in teaching the children animal names and colors. Many of the animals identified in this book are from this area or have been identified in the Whulshootseed Language, so we were able to incorporate a lot of Whulshootseed words. Below is a list of just a few words we have been learning. Look for this book to come home the last week of October. For November we will be reading "There's a Nightmare in My Closet" by Mercer Mayer.

Whulshootseed Words/ Phrases incorporated in book;

- Dog- **sq'əbay'**
- Bear- **sčətx'əd**
- Bird- **sxi'al'qəb**
- Duck- **sq'walaš**
- Frog- **swaq'waq**
- Horse- **stiqiw**
- Cat- **pišpiš**
- Children- **wiwswu**
- Teacher- **dx'gwəłčid**
- Sheep (mountain goat)- **sxiłəy'**
- What do you see? (what is this?)- **štəb əwə ti'it'**

Upcoming School Closures:

NOVEMBER

Monday, November 12th –Veterans Day
Wednesday, November 21st to Friday, November 23rd–Thanksgiving Break

DECEMBER

Friday, December 14th-MIT– Employee Holiday Gathering
Monday, December 24th to Friday, January 4th – Winter Break

Don't forget to let your young one help out in the kitchen for Thanksgiving. Let them play with the excess pie crust dough to strengthen those hand muscles and stimulate their creativity. Also here is a little pumpkin pudding recipe that you can use to have them create their own treat.



PUMPKIN PUDDING

1 Teaspoon Vanilla Instant Pudding
1/2 Teaspoon Canned Pumpkin
1/4 Cup Milk
Put ingredients in a small bowl or regular size cup and have your child mix together with a spoon. When finished you can put the pudding on wax paper or aluminum foil and let them finger paint. Great sensory activity.

INFANT MASSAGE CLASSES

WHEN:
Thursday, November 1st (stomach/ back)
Thursday, November 8th (face/ chest/ gentle movements)

This was a four class series. Two series are left in November. October sessions covered the full body, and legs & arms. It is not too late to participate. If you would like to make up the classes missed, come to our remaining sessions and notify the instructors.

TIME: 10:30 to 11:30am (lunch provided immediately after)

WHERE: Muckleshoot Youth Services Building

WHO: Pre-crawling Infants (have not yet learned to crawl) and their parent/caregiver or expectant parents

WHY: to promote a healthy bonding between parent/caregiver and infant. It helps you understand your baby's nonverbal language with mutual love and respect. Stimulates psychological and motor development.

For more information or if you would like a reminder call about this event please contact the B3 program by calling the Muckleshoot Child Development Center and asking for the B3 Program (253-288-2044).

SPONSORED BY: Muckleshoot B3 & Youth Services

What is Birth to three?

The Muckleshoot Birth to Three (B3) Program provides a safe nurturing environment that promotes the language, physical, social/emotional, adaptive and cognitive development of young children. The program serves native children ages birth to 36 months of age. The service area is the Muckleshoot Reservation or any Native American child living in Southeast King County. Native American children have the opportunity to explore their native heritage through drumming, exposure to the Whulshootseed language, and an opportunity to participate in cultural activities.

The B3 program is funded by the Bureau of Indian Affairs and the Muckleshoot Indian Tribe. The program is primarily funded to provide services to children with developmental delays or disabilities. However with the funding from the Muckleshoot Indian Tribe we are able to have typically developing infants/ toddlers in the program to support their peers.

If you would like more information on the B3 program or are interested in having your child participate in the program, please call (253)288-2044.

**What you teach from
Birth to Three
is what will matter most to me.**

I want to wish my sister Martha

Happy Birthday!

I love you, sis, and always will.

Hope you have a good one, and many more to come...

Love Always,

Your Sis, Denise

DAREECE COMENOUT SHARES HER EUROPEAN ADVENTURE

I want to thank everybody who contributed to helping me earn my way to Europe. I had so much fun and made so many good memories. I learned so many new things while I was away.

I also want to say thanks especially to the ones who showed up at my carwashes and helped out, or helped me with my lunch feeds, people who showed up and helped at the pow wows, people who gave me things to raffle off, and asked for nothing in return. It meant a lot to my mom and me that people wanted to help out and be there for us when we needed this help.

When I went to Greece, Italy, and France I took a lot of photos and choosing 25 photos out of 700 was pretty hard, so if you want to see more you can just ask me. I have made my photo album, so just ask me about it whenever you see me.

Dareece Comenout



After I walked to the top of Mount Vesuvius



The Colosseum in Rome



The Parthenon



After I got done climbing down the 100foot ancient castle in Italy



Me and Part of my group learning how to Greek Dance



The Mona Lisa (real small!)



Gondala Ride in Italy



Mask hand made in Venice, Italy



Apadarius. (if someone drops a coin you can hear it from the top. I did)



Where I had my home stay in France



Right to Left Malentina, Donalynn, Dareece (me)



Dareece and the group went to a concentration camp where if they hated them enough they would be forced into a poison shower then burnt to ashes. This is what they say the camp used to look like. Most of the buildings were still up when we were there.



Right to left Dareece Susan, at the Two Pyramids



The town of Pisa, Italy



Beautiful photos of Paris



Dareece holding up the Leaning Tower of Pisa



Dareece and Susan at the Colosseum, taking a break from all the walking



Dareece at the Trevi Fountain



Dareece at the Versailles famous Gardens. (hugest garden ever)



Dareece still at the Versailles Famous gardens. (water fountains are so pretty)



On my way to the Apadarius



Dareece in front of the Eiffel Tower (bigger than the Space Needle)



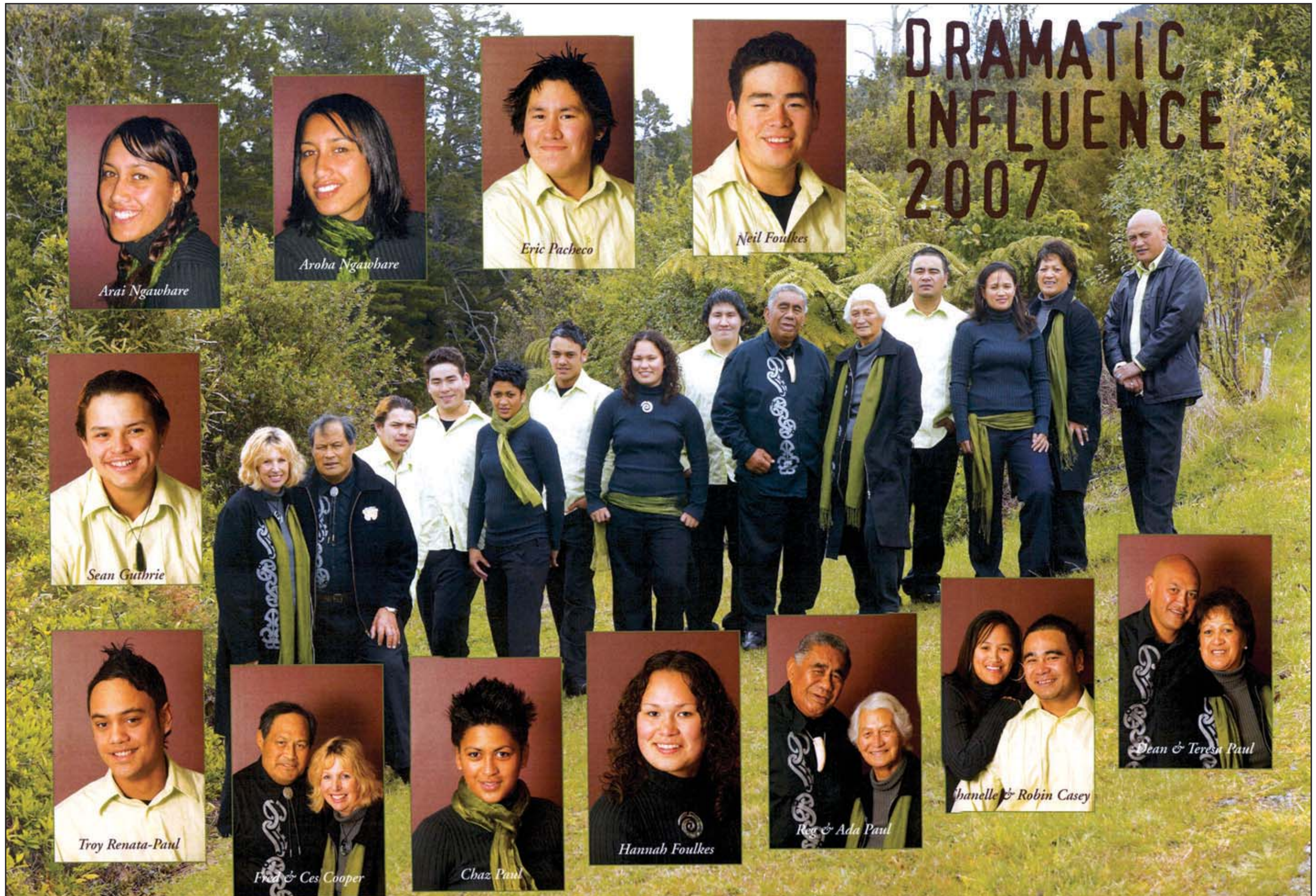
Professional Traditional Greek Dancers



Dareece in the Colosseum



Dareece in the Versailles Famous Garden



The Maori youth cultural and performing group "Dramatic Influence" is currently touring reservations throughout the West. Since departing from Auckland, New Zealand on September 23, they have traveled from Neah Bay to Rosebud, SD, and dozens of points in between. Of special note this year is that three Muckleshoot youth are traveling and performing with the group – Eric Pacheco and Hannah and Neil Foulkes. The group is scheduled to perform at Muckleshoot on December 1.

November Fishing Report

By Mike Mahovich, MIT Fisheries Biologist

This is the report for October 29, 2007. Since the last report, we've fished another four weeks or so.

COHO. The coho catches remain very low, and the catches were real slow in all areas. We had a small fishery in the Ship Canal, which netted about 300 coho. Because of the run size, we ended up closing that down very early, and we never did open up the north end of Lake Sammamish this year for conservation, to protect the coho as much as possible.

At this point, it looks like that was probably a good management decision, because the Issaquah Hatchery is struggling to make their goal of 3,000 fish.

On the Green River side for coho, it remained real slow. As of the beginning of October, we'd caught about 25,000 fish. Through the month of October, we caught another 3,000, so we're at about 28,000 and there's only a few getting caught incidentally each day at this point.

CHUM. The chum have started off fairly well. At this point in time, the numbers are above average. It's early in the season, and next three weeks will tell the story. The chum come in fairly strong in the first three weeks in November, and then they dissipate down in late November and into early December.

At this point in time (the end of October) we've caught about almost 6,000 chum, which, looking at historical data, it's above average. It's not the best, but it is above the average of what we've seen over the last seven, eight years.

The one good thing with chum this year is that the price is very high. As of this week, it's around 85 cents a pound, and that's right up there with the historical highs. I believe the highest in the last 20 years has been maybe 90 cents a pound.

Potentially, before we're done with this season, we might see a new high. We might even see it go up to a buck a pound or so. So that's the good news, and hopefully the run will stay above average or higher, and at least we'll finish off with a fairly good chum fishery for the fishermen this year to help make up for the poor numbers that came back in coho.

Otherwise, Steelhead still remain slow, and we're not expecting a huge run this year. That fishery will start up in early December.

CHUM SALMON



Thank You, Muckleshoot!

Earlier this year the Muckleshoot Charity Fund made it possible for Native students from the Renton School District to attend the Northwest Native Youth Conference in Spokane. Here are excerpts from some of the letters of thanks that the students wrote to the tribe:

"I was honored to be chosen from Lindbergh High School to attend the Northwest Indian Youth Conference in Spokane... The conference has inspired me to learn the Cherokee language and more about my tribe... Without the Muckleshoot Charity Fund, the Renton School District's Indian youth group would not have been able to attend the conference. I thank you for your financial support – it was a wonderful gift." – Trevor Bagley

* * * * *

"The keynote speaker that really said something that touched me would have to be J. R. Redwater; he talked a lot about forgiving. I have had a number of things happen in my life just like everyone else, and I realized that it's important to forgive people and let things go. The number one thing I would say that I learned is everyone has problems in their life, but it's our responsibility to overcome them and move on in our life to be whom and what we want to be. Again I would like to thank you – it's been an unforgettable experience." – Stevie-Ray Walker

* * * * *

"I appreciate everything you did for us. I hope to come to the conference next year to learn more native ways. ...one thing that will be in my head for a long time is, I learned that we were only 1% of population, and that we are the next leaders to carry on the stories and teach the next generation. Thanks for letting me experience such a great conference." – Devona Moreno

* * * * *

"I want to thank you for giving me the opportunity to explore my heritage... The trip to the Northwest Indian Youth Conference not only taught me about who I am, but about leadership and how to get along with others in a positive way... We went to Gonzaga University... which made me start being excited about thinking of what colleges I might be interested in attending" – Christopher Wright

I want to wish my son Alex Moses a **Happy 16th Birthday!**
I love you, son, and always will.
Hope you have a good one, and many more to come...
Love Always, Your Mom (Denise)



PHOTO BY LEO J. LACLAIR

OFFICIAL VISIT. Owen Doka, a Tribal Council member from the Fort McDowell Reservation in Arizona, was recently guided around the Muckleshoot Reservation by Leo J. LaClair. Councilman Doka is pictured here with Tribal Chairwoman Charlotte Williams.

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.

- 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 Sneathum

CLIP & SAVE

RAPID PROGRESS

As soon as the concrete floor was dry the walls began going up on the Muckleshoot Pentecostal Church expansion project.
PHOTOS BY JOHN LOFTUS



POURING OF NEW CHURCH'S CONCRETE FLOOR IS CAUSE FOR CELEBRATION

STORY & PHOTOS BY MARGARET BURNETT

On Sunday, October 14, the Pentecostal Church celebrated the completion of the floor for the new church. After weeks of seeing excavation, plumbing, and rebar going in, there was something to actually stand on!

The whole church celebrated by praying, singing, and reading the Bible for the first time in the new church. The weather was perfect, and everyone thanked God for the sunshine and for the new church he has provided.

Standing in the middle of the huge expanse of concrete, it was possible to see just how big this church is going to be. The church is scheduled to be completed next summer, and excitement will continue to build as there is new progress every week.



MPC HOSTS VISITOR FROM KAZAKHSTAN

STORY & PHOTOS BY MARGARET BURNETT

On Sunday, October 7, the Muckleshoot Pentecostal Church welcomed Asyl Toktombaev from Almaty, Kazakhstan. Asyl met members of Crimson Bridge, a missions outreach group from the Northwest Family Church, when they traveled to Kazakhstan; he told them "It's always been my dream to meet a Native American."

The Pentecostal Church has close ties to Crimson Bridge, so when Asyl came to Auburn on a trip to build relationships and raise support, it was natural for him to pay a visit. Asyl was born in Kyrgyzstan, but now lives in Kazakhstan with his wife, Tanya, and two children. They serve with YWAM King's Kids, the same group that Crimson Bridge is associated with, work with orphanages and mental institutions, and teach on AIDS and abortion in churches and schools.

Asyl feels a strong connection to North American Indians and believes they have a common heritage. During his visit he encouraged the Pentecostal Church to send a group to Kazakhstan, where's he's sure they would fit right in. He presented Pastor Kenny with a traditional hat, and it does look like he could pass for a Kazakh.



Muckleshoot Pentecostal Church

Kenny Williams, Pastor

SCHEDULE

Sun.	10:00 AM	Prayer
	10:45 AM	Church
	6:00 PM	Church
Tues.	12:00 PM	Prayer meeting
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

WE WOULD LIKE TO WISH A VERY SPECIAL

Happy "25th" Birthday

TO

Janice Hannigan

(NOVEMBER 13TH)

&

Moses Sneatlum

(OCTOBER 28TH)

WE HOPE YOU GUYS ENJOY YOUR BIRTHDAY THIS YEAR. WE LOVE YOU TWO VERY MUCH AND APPRECIATE YOU & EVERYTHING THAT YOU DO FOR YOUR FAMILY!!!

With Love Always from Angel, J.R., Sarah, Jarret & Chayton

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. Its 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, well 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.

What is Influenza (Also Called Flu)?

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu **vaccination** each year.

Every year in the United States, on average:

- 5% to 20% of the population gets the flu;
- more than 200,000 people are hospitalized from flu complications, and;
- about 36,000 people die from flu.

Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

Symptoms of Flu

Symptoms of flu include:

- fever (usually high)
- headache
- extreme tiredness
- dry cough
- sore throat
- runny or stuffy nose
- muscle aches
- Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults

Complications of Flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

How Flu Spreads

Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

Preventing Seasonal Flu: Get Vaccinated

The single best way to prevent seasonal flu is to get a flu vaccination each year.

Cover Your Cough

Stop the Spread of Germs that Make You and Others Sick!

Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) are spread by:

- Coughing or sneezing
- Unclean hands

To help stop the spread of germs,

- Cover your mouth and nose with a tissue when you cough or sneeze.
 - If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
 - Put your used tissue in the waste basket.
 - Clean your hands after coughing or sneezing
 - Wash with soap and water.
 - or
 - Clean with alcohol-based hand cleaner.
- Note: You may be asked to put on a surgical mask to protect others.


Good Health Habits for Prevention

FACT SHEET

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu.

- Avoid close contact.
- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Stay home when you are sick.
- If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Clean your hands.
- Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth.
- Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Practice other good health habits.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

(Info taken from the CDC website @ www.cdc.gov/flu/protect. Questions? Contact the Community Health Program at 253-939-6648)



October 2007

10/06/07- Proud Parents Arla Matz & Gustavo Castaneda
 Girl- Lilia Rose Castaneda 6lbs. 9oz. 17.5 in.
 Proud Grandmother's- Abbe Lozier, Georgina Castaneda
 Great Great Grandma Elma Lozier

10/11/07-Proud Parents Vanessa Simmons & Phillip Barr
 Boy- Loren Edgar Simmons-Barr 5lbs 5oz. 19in.
 Proud Grandparents; Laurel Ann Elkins, Robert Simmons Sr., Mary & Ralph Lozier Sr., Nathan Barr Sr
 Great Grandma Clarice Tanawasha, Pearl Suchan

Congratulations to our new parents!!!

New Pharmacy Refill Request Line at Health & Wellness Center:

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

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

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

Pre-diabetes

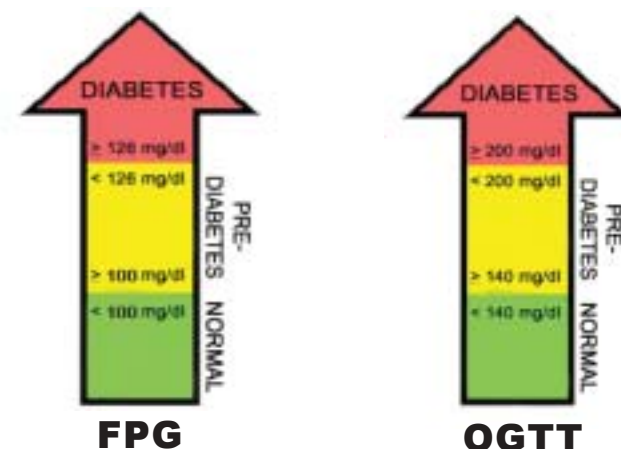
Before people develop type 2 diabetes, they almost always have "pre-diabetes" — blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. About 41 million people in the United States, ages 40 to 74, have pre-diabetes. Recent research has shown that some long-term damage to the body, especially the heart and circulatory system, may already be occurring during pre-diabetes.

But research has also shown that if you take action to control your blood glucose when you have pre-diabetes, you can delay or prevent type 2 diabetes from ever developing. The American Diabetes Association has just published a Position Statement on "The Prevention or Delay of Type 2 Diabetes" to help guide health care professionals in treating their patients with pre-diabetes.

There is a lot you can do yourself to know your risks for pre-diabetes and to take action to prevent diabetes if you have, or are at risk for, pre-diabetes. The American Diabetes Association has a wealth of resources for people with diabetes. People with pre-diabetes can expect to benefit from much of the same advice for good nutrition and physical activity.

How do you tell if you have pre-diabetes?

There are two different tests your doctor can use to determine whether you have pre-diabetes: the fasting plasma glucose test (FPG) or the oral glucose tolerance test (OGTT). The blood glucose levels measured after these tests determine whether you have a normal metabolism, or whether you have pre-diabetes or diabetes. If your blood glucose level is abnormal following the FPG, you have impaired fasting glucose (IFG); if your blood glucose level is abnormal following the OGTT, you have impaired glucose tolerance (IGT). If you would like to take the test, call the Muckleshoot Health Clinic for an appointment at 253-939-6648.



Thank you from the family of Bernice White

The family of Bernice White would like to thank all of those who came to celebrate her 91st birthday dinner with her at the Muckleshoot Shaker Church on 9/25/07.

We would also like to thank Tribal Council member Marie Starr for blessing the table and the wonderful words she gave to the people. We thank all of the Tribal Council members who attended also: Charlotte Williams, Kerri Marquez, Marcie Elkins, Virginia Cross and Virgil Spencer. This meant a lot to our Mom.

And a very special children who gathered Birthday in the Whulshootseed language to her.


We would also like to thank Gina and her family for the delicious dinner and, last of all, thanks to Mr. John Loftus, who ignored his illness and came to the dinner; and, plus, he took some awesome pictures (seen in the September issue).

With love to you all and thank you for sharing this very special day with us.

"The Family of Five Generations of Bernice White"



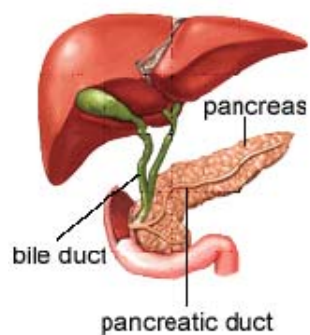
HONORING OUR COMMUNITY & FAMILIES
 GRATITUDE BANQUET



CELEBRATE LIFESHARING 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

Pancreatic Cancer



The pancreas is a gland, about six inches long, located in the abdomen. It is surrounded by the stomach, small intestine, liver and spleen. It is shaped like a flat pear. The wide end of the pancreas is called the head, the middle section is the body, and the thin end is the tail. The uncinata process is the part of the gland that bends backwards and underneath the head of the pancreas.

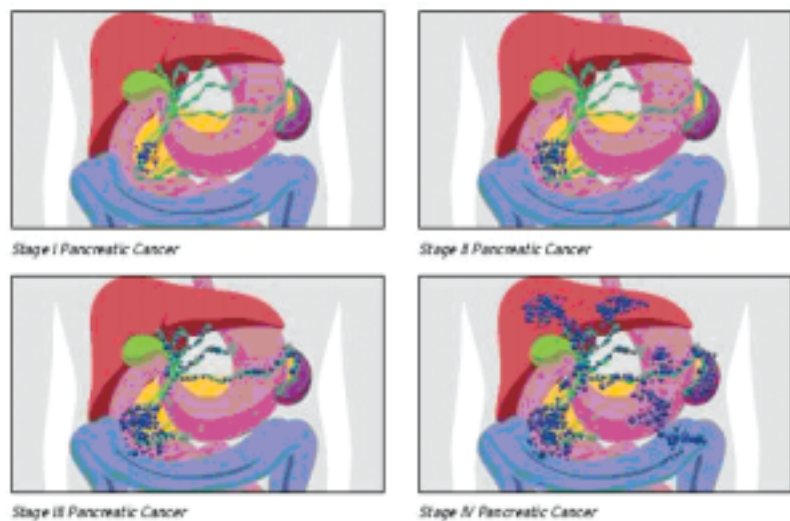
The pancreas has two main functions. One function is called the exocrine function. This involves the production of enzymes that help in digestion.

The second function of the pancreas is the endocrine function, which involves the production of the two hormones insulin and glucagon. Islet cells within the pancreas produce and secrete insulin and glucagon into the bloodstream. These hormones work together to maintain the proper level of sugar in the blood.

When cells in the pancreas grow out of control, a tumor develops. In most cases of pancreatic cancer, the cells that line the pancreatic duct are involved. This type of pancreatic cancer is an exocrine tumor known as adenocarcinoma. A less common type of pancreatic tumor begins in the islet cells of the pancreas and is known as an endocrine tumor.

Metastatic Pancreatic Cancer

When pancreatic cancer spreads (metastasizes) outside the pancreas, it is often found in nearby lymph nodes. Lymph nodes are part of the extensive lymph system of vessels and ducts throughout the entire body that help filter and remove foreign materials. If there are cancer cells in the lymph nodes, it is possible that the cancer has also spread to other distant organs or tissues, such as the liver or lungs. Sometimes, pancreatic cancer cells spread to the tissue that lines the abdomen, the peritoneum. Because these cancer cells in these other locations originated in the pancreas, they are still considered pancreatic cancer cells and will be treated as such.



Diagnosis

Diagnosing pancreatic cancer may be difficult. Symptoms are not always obvious and usually develop gradually. If an individual is experiencing symptoms that suggest pancreatic cancer is present, a variety of tests may be performed to make an accurate diagnosis.

Usually, the doctor will ask the individual about medical and family history and will perform a physical exam. The doctor will examine the patient's body, including skin and eyes, and feel the abdomen to check for changes in the area near the pancreas, liver and gallbladder. Blood, urine and stool tests may be ordered.

There is currently no simple blood test for pancreatic cancer. People with pancreatic cancer often have elevated levels of bilirubin and liver enzymes in the blood.

Treatment Options


There are several methods of treatment for people with pancreatic cancer, depending on the type and stage of the cancer. The patient may be treated with surgery, radiation therapy, chemotherapy, biological therapies and/or complementary and alternative therapies. Some patients may receive one or more of these treatments. It is important for people diagnosed with pancreatic cancer to seek care from hospitals and/or doctors that provide the best quality care. The best care can be obtained through hospitals or doctors that are experienced in caring for patients with pancreatic cancer.

(Article taken from the website www.pancreas.org Questions? Call the Muckleshoot Community Health Program at 253-939-6648.



The Wellness Center staff would like to extend a sincere thank you to everyone who attended the pool party in September!





FirstCandle
HELPING BABIES SURVIVE & THRIVE

Facts on SIDS

Sudden Infant Death Syndrome is the sudden, unexpected death of an apparently healthy infant under one year of age that remains unexplained after the performance of a complete postmortem investigation, including an autopsy, an examination of the scene of death and a review of the medical history.

As a result of the national Back To Sleep Campaign, launched in 1994 as a joint effort between First Candle/SIDS Alliance, the American Academy of Pediatrics and National Institute of Child Health and Human Development, SIDS rates have declined by more than 50 percent. Despite this success, SIDS remains the leading cause of death for infants one month to one year of age, continuing to claim the lives of more than 2,100 babies each year.

- While SIDS occurs in all socio-economic, racial and ethnic groups, African American and Native American babies are 2-3 times more likely to die of SIDS than Caucasian babies.
- Most SIDS deaths occur when a baby is between 2 and 4 months old; 90 percent of all SIDS deaths occur before 6 months of age.
- Most babies that die of SIDS appear to be healthy prior to death.
- 60 percent of SIDS victims are male; 40 percent are female.

At this time there is no known way to prevent SIDS in all cases, but there are steps parents and caregivers can take to reduce the risk of sudden infant death:

- Always place babies on their **BACK** at nap and nighttime. Side and tummy sleep positions are not safe choices.
- Do not fall asleep with a baby in an adult bed or on a sofa. Bring them in bed to breastfeed and bond, but when it's time to fall asleep, place them alongside your bed in a separate, safe sleep area.
- You should not smoke while you are pregnant and babies should not be exposed to second-hand smoke after they are born.
- For sleep, use a safety-approved crib with a firm, tight-fitting mattress, covered by only a sheet. Place your baby's safe sleep area alongside your bed for at least the first six months to reduce the risk of SIDS.
- Do not place babies to sleep on soft surfaces (adult beds, waterbeds, sofas, chairs, quilts, sheepskins).
- Do not use blankets in a baby's crib. Layer clothing or use a wearable blanket or other type sleeper to keep baby warm AND safe during sleep.
- Remove all soft bedding and other soft items from the crib (including soft or pillow-like bumpers) before placing the baby to sleep.
- Take care not to overheat babies with too much clothing. Keep room temperature at what would be comfortable for a lightly clothed adult.
- Use a pacifier at nap and nighttime for the first year.
- Educate everyone you know who cares for babies about these important safety tips.

For more information, please contact First Candle at 800.221.7437 or visit us on the web at www.firstcandle.org

Revised January 2007

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/Thurs 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 November and December 2007

Day	Date	Times Closed	Reason Closed
Monday	11/12/07	8-8 pm	Veteran's Day Holiday
Wednesday	11/21/07	1-8 pm	Tribal Holiday
Thursday	11/22/07	8-8 pm	Thanksgiving
Friday	11/23/07	8-8 pm	Tribal Holiday
Thursday	12/06/07	8-10 am	December All Staff Meeting
Friday	12/14/07	TBD	Tribal Operations Staff Event
Monday	12/24/07	1-8 pm	Tribal Holiday
Tuesday	12/25/07	8-8 pm	Christmas
Monday	12/31/07	1-8 pm	Tribal Holiday
Tuesday	01/01/08	8-8 pm	New Year's Day

DON'T DRINK
AND DRIVE!!!

Enhancing Awareness for Fall Prevention

By Ronette Bailey

Falls are a common concern and potential major health hazard for many older adults and some younger adults with debilitating conditions. Some people believe that falls are a normal part of aging and that they cannot be prevented or avoided. The reality is that there are many things that reduce your risk of having a fall.

There are some common risk factors that are known to increase your risk of having a fall but there are steps that you can take to prevent yourself from a fall. First, one must understand what the common risk factors are then assess which ones pose a risk for you, and finally what actions to take to counteract these risks.

According to the Washington State Department of Health – Aging and Disability Services there are two MAJOR causes of falls in the home:

1. Age related Factors:

- Effects of certain medications
- Slow reflexes
- Poor or low vision
- Problems with balance

2. Dangerous Situations in the Home:

- Slippery floors
- Poor lighting
- Electrical cords, rugs, clutter, or other objects that block a walkway

It is important to be cautious and aware of these risk factors. But it is equally important to know what to do in case of a fall.

1. First, try to stay calm. **Check yourself for serious injuries**, like bleeding, dislocations, or fractures.
2. If you are injured and cannot get up, try to call for help if you think someone is nearby.

3. If no one is nearby, **try to get up or crawl to a telephone**. There are several ways to get up from a fall, which method works best will depend on the extent of your injuries or your health status.

- Roll or crawl onto your stomach, then on all fours, try to use a piece of furniture to come to a stand.
- Shuffle on your bottom to a nearby piece of furniture and use it to pull yourself to a standing position.
- Use stairs to gradually move up or down one step at a time until you reach a level where you can stand.

If you can get up, take a few moments to get your balance then attempt to move slowly to a telephone to get help. If you cannot get up, **try to stay warm**. Pull anything nearby like rugs, coats, or blankets to cover yourself or to put under you.

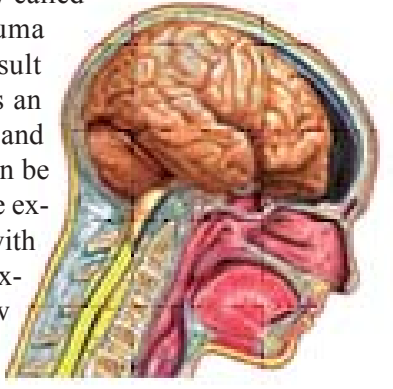
Please try doing or have someone do a home safety check and place your telephone in a place that is low and easily accessible. Or try arranging for someone to call and check on you daily, or to come over especially if you do not answer your telephone. You may want to consider purchasing a medical alert device, many types and services are available for a monthly fee.

Prevention is an important factor as well as staying active. Having a strong body can mean fewer falls. When you are more active you are likely to have more energy, increased muscle tone, and increased alertness. Always consult your doctor before beginning any type of exercise program.

Information provided by the Washington State Department of Health DOH Pub. 341-013.

What is Traumatic Brain Injury?

Traumatic brain injury (TBI), is simply called head injury, occurs when a sudden trauma causes damage to the brain. TBI can result when the head suddenly and violently hits an object, or when an object pierces the skull and enters brain tissue. Symptoms of a TBI can be mild, moderate, or severe, depending on the extent of the damage to the brain. A person with a mild TBI may remain conscious or may experience a loss of consciousness for a few seconds or minutes. Other symptoms of mild TBI include headache, confusion,



lightheadedness, dizziness, blurred vision or tired eyes, ringing in the ears, bad taste in the mouth, fatigue or lethargy, a change in sleep patterns, behavioral or mood changes, and trouble with memory, concentration, attention, or thinking. A person with a moderate or severe TBI may show these same symptoms, but may also have a headache that gets worse or does not go away, repeated vomiting or nausea, convulsions or seizures, an inability to awaken from sleep, dilation of one or both pupils of the eyes, slurred speech, weakness or numbness in the extremities, loss of coordination, and increased confusion, restlessness, or agitation.

Is there any treatment?

Anyone with signs of moderate or severe TBI should receive medical attention as soon as possible. Because little can be done to reverse the initial brain damage caused by trauma, medical personnel try to stabilize an individual with TBI and focus on preventing further injury. Primary concerns include insuring proper oxygen supply to the brain and the rest of the body, maintaining adequate blood flow, and controlling blood pressure. Imaging tests help in determining the diagnosis and prognosis of a TBI patient. Patients with mild to moderate injuries may receive skull and neck X-rays to check for bone fractures or spinal instability. For moderate to severe cases, the imaging test is a computed tomography (CT) scan. Moderately to severely injured patients receive rehabilitation that involves individually tailored treatment programs in the areas of physical therapy, occupational therapy, speech/language therapy, psychiatry (physical medicine), psychology/psychiatry, and social support.

What is the prognosis?

Approximately half of severely head-injured patients will need surgery to remove or repair hematomas (ruptured blood vessels) or contusions (bruised brain tissue). Disabilities resulting from a TBI depend upon the severity of the injury, the location of the injury, and the age and general health of the individual. Some common disabilities include problems with cognition (thinking, memory, and reasoning), sensory processing (sight, hearing, touch, taste, and smell), communication (expression and understanding), and behavior or mental health (depression, anxiety, personality changes, aggression, acting out, and social inappropriateness). More serious head injuries may result in stupor, an unresponsive state, but one in which an individual can be aroused briefly by a strong stimulus, such as sharp pain; *coma*, a state in which an individual is totally unconscious, unresponsive, unaware, and unarousable; *vegetative state*, in which an individual is unconscious and unaware of his or her surroundings, but continues to have a sleep-wake cycle and periods of alertness; and a *persistent vegetative state* (PVS), in which an individual stays in a vegetative state for more than a month.

(This article is taken from the Traumatic Injury website atwww.ninds.nih.gov/disorders/tbi/tbi.htm Questions? Contact the Community Health Program at 253-939-6648)

New Quality Assurance Specialist

My name is Boni Robinson and I am the new Quality Assurance Specialist for the MIT Health and Wellness Center. I have been a Registered Nurse for almost twenty five years. I worked as the Charge Nurse for the King County Juvenile Detention Center for the last fourteen years where I was chair of the Quality Improvement Planning Committee. Prior to that I worked as the Health Services Supervisor for the Enumclaw School District and in the inpatient obstetrical unit at Virginia Mason Medical Center. I look forward to my new responsibilities as Quality Assurance Specialist and am happy to be a part of the Health and Wellness team.



Boni Robinson

On a more personal note, I am the mother of four grown children and grandmother to one delightful grandson. In my spare time, I tend to my little farm where I have horses, goats and sheep. I am an avid spinner and use the fiber from my animals to make yarn to knit into warm, cozy garments.

I am looking forward to becoming a part of the Muckleshoot community.

New Diabetes Nurse Added to Community Health Team

My name is Lisa Kletke and I am the new Diabetes Nurse for the MIT Health and Wellness Center. I have been a Registered Nurse for 22 years, always working in acute care nursing. I am coming to MIT from St. Francis Hospital in Federal Way, where I have worked in the outpatient/ambulatory surgery clinic for the past 5 years. The outpatient unit is also a bariatric surgery specialty unit which deals with diabetic patients regularly for care and education to improve the quality of their lives. Prior to that, I worked at Mary Bridge Children's Hospital in a number of capacities including Charge nurse and team leader. I also worked at Enumclaw Community Hospital part-time while as Hospital shift coordinator/supervisor and med-surg nurse. I am excited to be at MIT, and look forward to meeting the team.



Lisa Kletke

I am married with three daughters ages 19, 17, and 6. I enjoy spending time with my family, gardening, and going to our family cabin at Priest Lake, Idaho. My husband and I love to go boating and waterskiing with our girls in the summer months. I also love reading and winter snow sports.

Top Ten Foot Health Tips

Diseases, disorders and disabilities of the foot or ankle affect the quality of life and mobility of millions of Americans. However, the general public and even many physicians are unaware of the important relationship between foot health and overall health and well-being. With this in mind, the American Podiatric Medical Association (APMA) would like to share a few tips to help keep feet healthy.

1. Don't ignore foot pain—it's not normal. If the pain persists, see a podiatric physician.
2. Inspect your feet regularly. Pay attention to changes in color and temperature of your feet. Look for thick or discolored nails (a sign of developing fungus), and check for cracks or cuts in the skin. Peeling or scaling on the soles of feet could indicate athlete's foot. Any growth on the foot is not considered normal.
3. Wash your feet regularly, especially between the toes, and be sure to dry them completely.
4. Trim toenails straight across, but not too short. Be careful not to cut nails in corners or on the sides; it can lead to ingrown toenails. Persons with diabetes, poor circulation, or heart problems should not treat their own feet because they are more prone to infection.
5. Make sure that your shoes fit properly. Purchase new shoes later in the day when feet tend to be at their largest and replace worn out shoes as soon as possible.
6. Select and wear the right shoe for the activity that you are engaged in (i.e., running shoes for running).
7. Alternate shoes—don't wear the same pair of shoes every day.
8. Avoid walking barefooted—your feet will be more prone to injury and infection. At the beach or when wearing sandals, always use sunblock on your feet just as on the rest of your body.
9. Be cautious when using home remedies for foot ailments; self-treatment can often turn a minor problem into a major one.
10. If you are a person with diabetes, it is vital that you see a podiatric physician at least once a year for a check-up. (Questions? Contact the Muckleshoot Community Health Program at 253-939-6648)

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**

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.



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.

What is GERD?

Gastroesophageal reflux disease (GERD) is a more serious form of gastroesophageal reflux (GER), which is common. GER occurs when the lower esophageal sphincter opens spontaneously, or does not close properly and stomach contents rise up into the esophagus. GER is also called acid reflux or acid regurgitation, because digestive juices—called acids—rise up with the food. The esophagus is the tube that carries food from the mouth to the stomach.

When acid reflux occurs, food or fluid can be tasted in the back of the mouth. When refluxed stomach acid touches the lining of the esophagus it may cause a burning sensation in the chest or throat called heartburn or acid indigestion. Persistent reflux that occurs more than twice a week is considered GERD, and it can eventually lead to more serious health problems. People of all ages can have GERD.

What are the symptoms of GERD?

The main symptom of GERD in adults is frequent heartburn, also called acid indigestion—burning-type pain in the lower part of the mid-chest, behind the breast bone, and in the mid-abdomen. Most children under 12 years with GERD, and some adults, have GERD without heartburn. Instead, they may experience a dry cough, asthma symptoms, or trouble swallowing.

What causes GERD?

Other factors that may contribute to GERD include

- obesity
- pregnancy
- smoking

Common foods that can worsen reflux symptoms include

- citrus fruits
- chocolate
- drinks with caffeine or alcohol
- fatty and fried foods
- garlic and onions
- mint flavorings
- spicy foods
- tomato-based foods, like spaghetti sauce, salsa, chili, and pizza

How is GERD treated?

See your health care provider if you have had symptoms of GERD and have been using antacids or other over-the-counter reflux medications for more than 2 weeks. Your health care provider may refer you to a gastroenterologist, a doctor who treats diseases of the stomach and intestines. Depending on the severity of your GERD, treatment may involve one or more of the following lifestyle changes, medications, or surgery.

Lifestyle Changes

- If you smoke, stop.
- Avoid foods and beverages that worsen symptoms.
- Lose weight if needed.
- Eat small, frequent meals.
- Wear loose-fitting clothes.
- Avoid lying down for 3 hours after a meal.
- Raise the head of your bed 6 to 8 inches by securing wood blocks under the bedposts. Just using extra pillows will not help.

What if GERD symptoms persist?

If your symptoms do not improve with lifestyle changes or medications, you may need additional tests.

- Barium swallow radiograph
- Upper endoscopy
- pH monitoring examination

What are the long-term complications of GERD?

Chronic GERD that is untreated can cause serious complications. Inflammation of the esophagus from refluxed stomach acid can damage the lining and cause bleeding or ulcers—also called esophagitis. Scars from tissue damage can lead to strictures—narrowing of the esophagus—that make swallowing difficult. Some people develop Barrett's esophagus, in which cells in the esophageal lining take on an abnormal shape and color. Over time, the cells can lead to esophageal cancer, which is often fatal. Persons with GERD and its complications should be monitored closely by a physician.

Understanding Breast Health

What are my breasts made of?

A breast is made up of three main parts: glands, ducts, and connective tissue. The glands produce milk. The ducts are passages that carry milk to the nipple. The connective tissue (which consists of fibrous and fatty tissue) connects and holds everything together.

What is a normal breast?

No breast is typical. What is normal for you may not be normal for another woman. Most women say their breasts feel lumpy or uneven. The way your breasts look and feel can be affected by getting your period, having children, losing or gaining weight, and taking certain medications. Breasts also tend to change as you age.

What causes breast lumps?

Many different conditions can cause lumps in the breast, including cancer. But most breast lumps are caused by other medical conditions. The two most common causes of breast lumps are fibrocystic breast condition and cysts. Fibrocystic condition causes noncancerous changes in the breast that can make them lumpy, tender, and sore. Cysts are small fluid-filled sacs that can develop in the breast.

Tumors and breast cancer

Sometimes breast cells become abnormal. These abnormal cells grow, divide, and create new cells that the body does not need and that do not function normally. The extra cells form a mass called a tumor. Some tumors are "benign" or not cancer. These tumors usually stay in one spot in the breast and do not cause big health problems. Other tumors are "malignant" and are cancer. Breast cancer often starts out too small to be felt. As it grows, it can spread throughout the breast or to other parts of the body. This causes serious health problems and can cause death.

How can I tell if I have breast cancer?

Most of the time, early breast cancer does not have any symptoms. As it grows, however, breast cancer can cause changes in how the breast looks or feels.

Symptoms include:

- A new lump in the breast
- A lump that has changed
- A change in the size or shape of the breast
- Pain in the breast or nipple that does not go away
- Skin anywhere on the breast that is flaky, red, or swollen
- A nipple that is very tender or that suddenly turns inward
- Fluid coming from the nipple when not nursing a baby

See your health professional if you notice any of these symptoms. Most often, breast symptoms are caused by conditions other than cancer, but only your doctor can tell.

If you have a question about any breast lump, if you notice a new lump, or if a lump has changed, talk with your health professional.

Is breast cancer the most common cause of death for women?

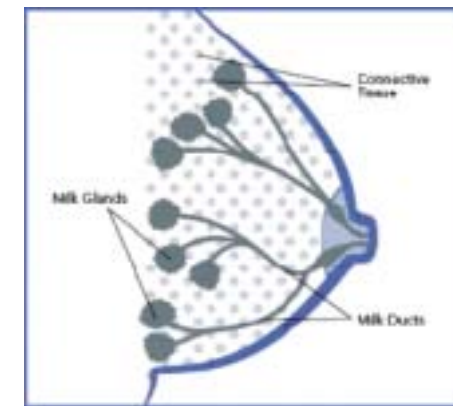
No. Although many women get breast cancer, it is not a common cause of death. Heart disease is the number one cause of death among women age 40 and above, followed by stroke, lung cancer, and lung diseases. Breast cancer is the fifth leading cause of death. Each year, about 210,000 women are diagnosed with breast cancer. Many fewer women, around 40,000 each year, die from breast cancer.

What increases my chance of getting breast cancer?

- **Age:** The older you are, the more likely you are to develop breast cancer. The chances of dying from breast cancer also increase as a woman gets older, but dying from breast cancer is much less common than getting breast cancer.
- **Family History:** Having close relatives with breast cancer or ovarian cancer increases your chance of getting breast cancer.
- **Race:** All women can get breast cancer, but white women get it more often than Hispanic, African American, Asian, or Native American women. Al-

though medical experts do not know why, African American women are more likely to die from breast cancer than women of other racial and ethnic groups.

- **Having Children:** Not having children, or having your first child later in life (in your 30s or 40s), increases your chance of getting breast cancer.
- **Certain Medications:** Taking hormone replacement therapy (HRT) drugs after menopause may increase your chance of getting breast cancer. Talk to your doctor about the risks and benefits for you.
- **Personal History:** Having had cancer in one breast increases the chance of getting cancer in the other breast.



Breast Cancer in Men

As a man who has been diagnosed with breast cancer, you have special concerns that don't affect most women. Because the majority of men aren't aware that it is possible for them to get breast cancer, receiving a diagnosis can be difficult.

Once diagnosed, men with breast cancer may feel conflicting emotions. On the one hand, you've been told you have cancer—a life threatening disease. Yet many men do not feel that they can discuss with others that they have breast cancer, due to embarrassment or other reasons. As a result, many men with breast cancer feel very alone.

To further complicate matters, there is not a great deal of information about male breast cancer available, so decision making and self-education can be difficult. More than 1,500 men are diagnosed with breast cancer each year.

Common myths about breast cancer

You cannot get breast cancer by bumping, bruising, pinching, or touching the breast. You also cannot catch breast cancer from another person.

Staying healthy and preventing cancer

Scientists are studying how best to prevent breast cancer. Staying healthy may help. To protect your overall health and to prevent many kinds of cancer:

- Eat five or more servings of fruits and vegetables every day.
- Get regular physical activity.
- Aim for a healthy weight.
- Do not have more than one alcoholic drink a day.
- Do not smoke; if you do smoke, quit.

Why should I have a mammogram?

Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before it can be felt. When their breast cancer is found early, many women go on to live long and healthy lives.

When should I get a mammogram?

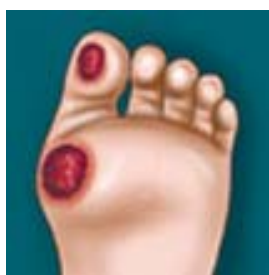
Most women should have their first mammogram at age 40, and then have another mammogram every one or two years. If you have any symptoms or changes in your breast, or if breast cancer runs in your family, talk to your health professional. He or she may recommend that you have mammograms earlier or more often than usual.

Where can I get a mammogram and who can I talk to if I have questions?

- If you have a regular doctor, talk to him or her.
- Call the Community Health Program for a referral

(Article taken from www.cancer.org. Questions? Contact the Muckleshoot Community Health Program at 253-939-6648)

The Diabetic Foot



If You Have Diabetes Already . . . Do:

Wash feet daily.

Using mild soap and lukewarm water, wash your feet in the mornings or before bed each evening. Dry carefully with a soft towel, especially between the toes, and dust your feet with talcum powder to wick away moisture. If the skin is dry, use a good moisturizing cream daily but avoid getting it between the toes.

Inspect feet and toes daily.

Check your feet every day for cuts, bruises, sores or changes to the toenails, such as thickening or discoloration. If age or other factors hamper self-inspection, ask someone to help you, or use a mirror.

Lose weight.

People with diabetes are commonly overweight, which nearly doubles the risk of complications.

Wear thick, soft socks.

Socks made of an acrylic blend are well suited but avoid mended socks or those with seams, which could rub to cause blisters or other skin injuries.

Stop smoking.

Tobacco can contribute to circulatory problems, which can be especially troublesome in patients with diabetes.

Cut toenails straight across.

Never cut into the corners, or taper, which could trigger an ingrown toenail. Use an emery board to gently file away sharp corners or snags. If your nails are hard to trim, ask your podiatric physician for assistance.

Exercise.

As a means to keep weight down and improve circulation, walking is one of the best all-around exercises for the diabetic patient. Walking is also an excellent conditioner for your feet. Be sure to wear appropriate athletic shoes when exercising. Ask your podiatric physician what's best for you.

See your podiatric physician.

Regular checkups by your podiatric physician—at least annually—are the best way to ensure that your feet remain healthy.

Be properly measured and fitted every time you buy new shoes.

Shoes are of supreme importance to diabetes sufferers because poorly fitted shoes are involved in as many as half of the problems that lead to amputations. Because foot size and shape may change over time, everyone should have their feet measured by an experienced shoe fitter whenever they buy a new pair of shoes.

New shoes should be comfortable at the time they're purchased and should not require a "break-in" period, though it's a good idea to wear them for short periods of time at first. Shoes should have leather or canvas uppers, fit both the length and width of the foot, leave room for toes to wiggle freely, and be cushioned and sturdy.

Don't go barefoot.

Not even in your own home. Barefoot walking outside is particularly dangerous because of the possibility of cuts, falls, and infection. When at home, wear slippers. Never go barefoot.

Don't wear high heels, sandals, and shoes with pointed toes.

These types of footwear can put undue pressure on parts of the foot and contribute to bone and joint disorders, as well as diabetic ulcers. In addition, open-toed shoes and sandals with straps between the first two toes should also be avoided.

Don't drink in excess.

Alcohol can contribute to neuropathy (nerve damage) which is one of the consequences of diabetes. Drinking can speed up the damage associated with the disease, deaden more nerves, and increase the possibility of over-looking a seemingly minor cut or injury.

Don't wear anything that is too tight around the legs.

Pantyhose, panty girdles, thigh-highs or knee-highs can constrict circulation to your legs and feet, as can men's dress socks if the elastic is too tight.

Never try to remove calluses, corns, or warts by yourself.

Commercial, over-the-counter preparations that remove warts or corns should be avoided because they can burn the skin and cause irreplaceable damage to the foot of a diabetic sufferer. Never try to cut calluses with a razor blade or any other instrument because the risk of cutting yourself is too high, and such wounds can often lead to more serious ulcers and lacerations. See your podiatric physician for assistance in these cases.

New Pharmacy Hours Starting in January '08...

Not Closed During Lunch Hour . . .
Open continuously from 8-4:30 M-F

Starting in January of 2008, the Muckleshoot Health and Wellness Center Pharmacy will be changing its hours of operation. In addition to being open from 8 to 4:30 Monday through Friday, we will also be staying open during lunch. Between the hours of 12 and 1, the "Prescription Drop-Off" window will be opened and the pharmacy may be accessed to either drop off or pick up prescriptions. We hope that the additional hour of operation will make our pharmacy more accessible to the community. For questions or comments, please call us at 253-939-6648.

HIV: LET'S GET TALKING

World AIDS Day: 1 December 2007

What is HIV?

HIV is a virus that attacks the body's immune system—the body's defence against diseases. A person infected with HIV may not have symptoms to start with, but eventually without effective treatment the immune system will become very weak and they will no longer be able to fight off illnesses.

Are HIV and AIDS the same?

No. When someone is described as HIV positive, they have the HIV virus in their body. A person is considered to have developed AIDS when the immune system is so weak it can no longer fight off a range of diseases with which it would normally cope.

I don't know anyone with HIV... do I?

There are approximately 70,000 people living with HIV in the UK and about a third of these don't know they are infected. The epidemic is still growing in the UK with around 7,000 new diagnoses every year. Even if someone you know is living with HIV, they may not feel able to tell you.

Is there a cure for HIV?

No, but treatment can keep the virus under control and the immune system healthy. People on HIV treatment can live a healthy, active life, although they may experience side effects from the treatment. If HIV is diagnosed late, treatment may be less effective in preventing AIDS.

What's it like living with HIV?

If people with HIV are diagnosed early and respond to treatment they can be healthy, work and have relationships like anyone else and have a long life expectancy.

Coming to terms with an HIV diagnosis and getting used to treatment can be very difficult however, and people living with HIV will often need support from healthcare providers, friends and family, employers and support organizations.

Why do people find it hard to tell others they are HIV positive?

People living with HIV may find it hard to tell others about their condition as they worry that people will reject them, or they will experience prejudice from friends, family and colleagues. People living with HIV can also experience discrimination in their workplace, in healthcare settings (e.g., GPs and dentists), from members of their local community and through the media.

HIV prejudice is often the result of ignorance about how HIV is passed on and unfounded fear of becoming infected. Encouraging those around us to talk about HIV and find out the facts can help overcome this.

HIV is preventable.

HIV can be prevented by using a condom when having sex and never sharing needles.

Should I get tested for HIV?

An alarming one in three people living with HIV don't know that they're infected. It is important to get tested if you think you could be infected—the earlier someone is diagnosed the more successful their treatment is likely to be and the less likely they are to pass the virus on to others.

- You can get an HIV test at the MIT health clinic; the test is free and confidential.

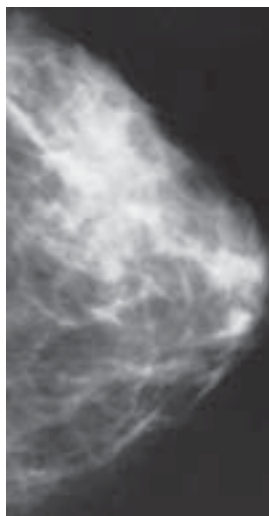
(Article taken from the World Aid website @www.worldaidsday.org. Questions? Call the MIT Health Clinic at 253-939-6648.)

Teuila Malamalama Atimalala



Baby girl Teuila Malamalama Atimalala was born September 4, 2007, to proud parents Eileen Richardson and Filo Atimalalala. She weighed in at 8lb. 4 oz. and was 20-3/4 inches long.

Understanding Mammograms



What is a mammogram?

A mammogram is an x-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer.

Why should I get a mammogram?

Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before it can be felt. When their breast cancer is found early, many women go on to live long and healthy lives.

When should I get a mammogram?

Most women should have their first mammogram at age 40 and then have another mammogram every one or two years. Talk to your health professional if you have any symptoms or changes in your breast, or if breast cancer runs in your family. He or she may recommend that you have mammograms before age 40 or more often than usual.

How is a mammogram done?

You will stand in front of a special x-ray machine. A technologist will place your breast on a clear plastic plate. Another plate will firmly press your breast from above. The plates will flatten the breast, holding it still while the x-ray is being taken. You will feel some pressure. The other breast will be x-rayed in the same way. The steps are then repeated to make a side view of each breast. You will then wait while the technologist checks the four x-rays to make sure the pictures do not need to be re-done. Keep in mind that the technologist cannot tell you the results of your mammogram.

Before you get a mammogram, you may want to ask the following questions:

- What will happen? How long will I be there?
- Do you have my previous mammograms?
- When will my doctor get the results?
- When and how will I learn about the results?
- When will I need to have my next mammogram?

What does a mammogram look like?

An example of a normal mammogram is shown here. Each woman's mammogram may look a little different because all breasts are a little differ-

ent. A doctor with special training, called a radiologist, will read the mammogram. He or she will look at the x-ray for early signs of breast cancer or other problems.

When will I get the results of my mammogram?

You will usually get the results within a few weeks, although it depends on the facility. A radiologist reads your mammogram and then reports the results to you or your doctor. If there is a concern, you will hear from the mammography facility earlier. Contact your health professional or the mammography facility if you do not receive a report of your results within 30 days.

Tips for getting a mammogram

- Try not to have your mammogram the week before you get your period or during your period. Your breasts may be tender or swollen then.
- On the day of your mammogram, don't wear deodorant, perfume, or powder. These products can show up as white spots on the x-ray.
- Some women prefer to wear a top with a skirt or pants, instead of a dress. You will need to undress from your waist up for the mammogram.

What happens if my mammogram is normal?

Continue to get regular mammograms. Mammograms work best when they can be compared with previous ones. This allows your doctor to compare them to look for changes in your breasts.

What happens if my mammogram is abnormal?

If it is abnormal, do not panic. An abnormal mammogram does not always mean that there is cancer. But you will need to have additional mammograms, tests, or exams before the doctor can tell for sure. You may also be referred to a breast specialist or a surgeon. It does not necessarily mean you have cancer or need surgery. These doctors are experts in diagnosing breast problems.

Where can I get a mammogram and who can I talk to if I have questions?

- If you have a regular doctor, talk to him or her.

(Article taken from the CDC website. Questions? Call the Muckleshoot Community Health Program at 253-939-6648)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
11	12 Veterans Day Closed all day	13 Kids Movie Night Ages 7-13 5:30pm-7:30pm	14 Hip Hop Hoops Night 5:00pm-Close	15 Dance Dance Revolution Night 5:30pm-7:30pm	16	17
18	19 Scoreboard Basketball Night 5:00pm-Close	20 Thanksgiving Festival 5:00pm-7:30pm	21 Closed from 12:00pm-8:00pm	22 Thanksgiving Closed all day	23	24
25	26 Scoreboard Basketball Night 5:00pm-Close	27 Kids Movie Night Ages 7-13 5:30pm-7:30pm	28 Hip Hop Hoops Night 5:00pm-Close	29 Dance Dance Revolution Night 5:30pm-7:30pm	30	

TWO LETTERS OF APPRECIATION

To: Jennie Martin
Re: Letter of Appreciation

Dear Jennie:

Recently you told me that you had received a different job and would be leaving the CCDF program at the Day Care Center of the Muckleshoot Indian Tribe. I was kind of thrown off because I was just getting to know you and all that the program had to offer to the children that I care provide for. I must say for sure that you will be missed.

I have worked in many places, but I cannot say that I had such a wonderful supervisor as you have been to me. Usually I have to go home perplexed because the supervisors did things that made no sense whatsoever. You have made a wonderful example of what a supervisor should do for those who work under you. When I had a question, your door was always open or I could leave you a message and I knew that when you had the answer you would get back with me. You have operated in an exemplary fashion and I cannot thank you enough. You have been by far the best supervisor I have encountered.

Words cannot express the appreciation that I have for you. Thank you Thank you Thank you is all that I can say. May God Bless You and those around you. The pleasure has been all mine.

Sincerely,

Cynthia Lozier

November 1, 2007
TO: Jennie Martin

Dear Mrs. Martin:

Our group wanted to personally thank you for all that you have done for us while working for the CCDF program at the Muckleshoot Tribal Day Care Center. We especially wanted to thank you for allowing our group to go to field trips in Seattle this summer. We had so much fun learning about the different animals, cultures and butterflies. We enjoyed seeing the seals up close while on the ferry. That was real cool! We loved playing with the sea urchins and such which were at the Aquarium in Seattle. Recently we had fun at the pumpkin patch.

We just wanted you to know that we love you for all that you done for us while in the CCDF program. You are the BEST!!!!

The Babies On Board Crew

CONGRATULATIONS TO OUR 2007-'08 SKOPABSH ROYALTY!



2007-'08 SKOPABSH ROYALTY: In front at bottom left is Little Warrior Troy WhiteEagle. Behind him, left to right: Skopabsh Warrior Jose Gutierrez; 2006-'07 Tiny Tot Princess Kayley Bennett; her successor, new Tiny Tot Princess Rosalie Fish; Kiyah Sharon Calvert; Junior Princess Phyllis Williams; and Senior Princess Tiffany Escalon.

Outgoing Jr. Princess LaShawna Starr

Hello – My name is Florence Starr I am LaShawna's mom, and we would like to thank all those that have helped her throughout her year of representing the tribe as the Jr. Princess for the Skopabsh Pow-Wow. During the past year she traveled to Denver, to Montana, and to many local pow-wows. And for her final trip as Jr. Princess, she made it to Hawaii.

LaShawna enjoyed representing the tribe at all the pow-wows that she went to. While representing the pow-wow, she would introduce herself in our language, and I am very proud of her for being able to do that. A BIG THANKS TO AUNTIE DONNA, for that. She also enjoyed meeting other royalty from all other locations.

At the close of her year, we were invited to a dinner, which gave my daughter the opportunity to thank the committee for being able to travel to all her pow-wow.



2006-07 Jr. Princess LaShawna Starr

PHOTO BY M. ANNE SWEET

Red Ribbon Week

PHOTOS BY JOHN LOFTUS



PHOTO BY JOHN LOFTUS

This vehicle was on display in front of the Tribal School all through Red Ribbon Week. Carol Simpson was killed in it when she was rammed by a drunk driver on a Puyallup street. She was a wife, a mother, a daughter, a grandmother, and the assistant librarian at Eatonville High School.

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 use 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?

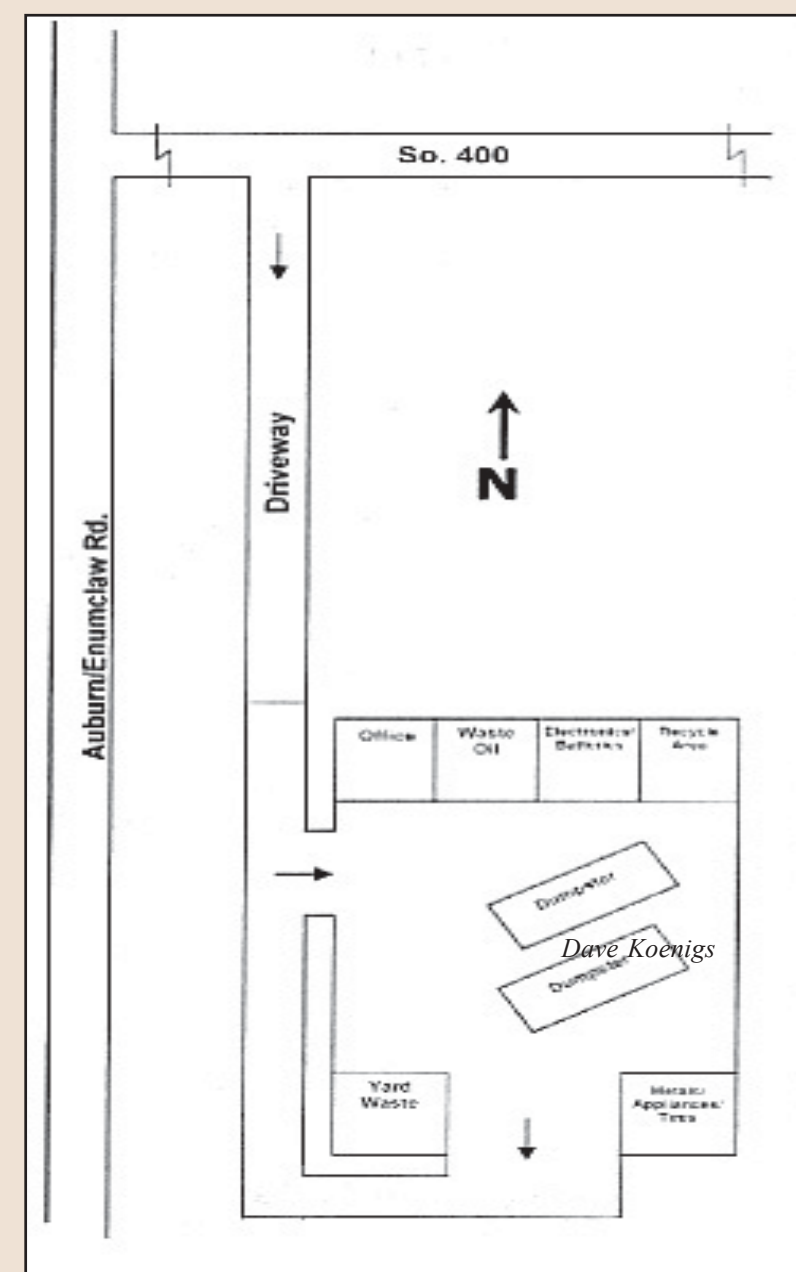
- Yard Waste
- General Household garbage
- Tires, small engine, batteries
- TV, computer and other electronic items
- Major appliances
- Waste oils and paints

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.



All tribal members requesting dumpster delivery and pickup should call 253-876-2911.

Please leave a message with your name, address and size of dumpster if no one is answering the phone.



25% Discount
for all Muckleshoot Casino and Tribe Employees
at the Red Cedar Family Restaurant, Corner
Shoppe, and Twin Rivers Bar.

Muckleshoot Indian Bingo

Over 500 Gaming Machines!
CASINO STYLE MACHINES OPEN
7 DAYS A WEEK 23 HOURS A DAY.

CUSTOMER APPRECIATION
TUESDAYS & THURSDAYS
V.I.P. Members Get 50% off
Initial admission Buy-in

EARLY DINE-IN SPECIAL
3pm - 5pm Monday - Thursday
Eat between 3pm and 5pm -
receive \$10 off admission pack!

Visit our Website: www.muckleshootbingo.com for more promotions!

Matinee First Session **11:00 am** | Second Session **1:00 pm**
Evening Session **6:40 pm** | Latenight Session **11:00 pm**

Your Destination For Fun! 2117 Auburn Way S. Auburn, WA 98002 253.735.2404

Thanksgiving...

Taking a little time out of my day to give thanks to a most wonderful person in my life. I love and appreciate this woman very much, that even these words cannot express.

I think of times throughout my life that I cherish most, and a time that comes to mind is when we were young my mom would clean our ears. Mom would try to get one of my sisters to go over to her, to clean their ears, and they'd all start pointing at each other.

I'd go over & lay on my head on Mom's lap, and she'd clean my ears, which would hurt when she'd hit a tender spot, but I'd smell her hands, which smelled of bleach from washing our clothes in the old fashioned washers with the water ringer at the top. She'd help the clothes spin by putting her hands in there and start moving the clothes around.

The smell of fudge being cooked on top of the wood stove, and a time I really love thinking of is when we were younger, mom would bring us to Shaker Church. We'd all be told to keep still when we got there, and we'd always hope the spot by the wood stove would be open, because they always had a couch back there.

The church used to be full every church service then. We'd be there till the late hours, the younger girls sleeping under the benches, and we'd be following Mom everywhere in the church. She'd be standing with the other women, praying and we'd be at her skirt tail, hanging on.

After church we'd go eat, and it'd be time to leave (we thought), and my Mom would say "I've got a lot of lil dishwashers", and we'd be walking into the kitchen with pouty looks on our faces, putting on those half-aprons that they'd give out at churches all the time. (They were so pretty)

We didn't get any kinda pay for this, and everyone was gone by the time we'd be done, but my consolation would be walking up on my Mom and her friends and hearing her bragging on us. I still get compliments from people in Yakima on how Mom was such an excellent cook in the church.

I loved the times we'd go to berry camp as children. We picked strawberries, raspberries, blueberries, blackberries, but mostly strawberries. We'd like it when these ladies would come to berry camp with hygiene kits. (Toothpaste, toothbrush, soap and washcloths) We'd get our own.

I can't help but tell the story of when we would go pick grapes...My elder brothers would have to go and get something from the car, and by noon, we'd be quite a ways from where the car was parked, so they'd have one of us girls go help. They'd throw grapes at us, so we'd run from them, always forgetting the wires that run through the grapes, and wham! The wire would go right across my eyes, clotheslining me.

There's no denying the hard times we all went through, but I'd rather not dwell on that. I always believed in going forward, and not looking back. When we dwell on things that hurt us like physical pain inflicted on us by ones that love us or death of a close loved one so dear to us, it's not good to dwell on it.

We all have a spiritual pathway set before us, and we've got to learn to choose what path we want to take. I choose the one that will keep me going forward to better things. I learn by the teachings of the elders from the church I attended in Toppenish, and use people that cross my path in life as examples.

I learned that by listening to everything in life and watching the lives of others and the outcomes of their choices - that I have a choice in my life. I choose to go forward...

As a child, my Mom brought us to Shaker Church, longhouse, Pentecostal Church. We weren't told which one to go to, but that was left up to us. My sisters and brother all know that there is a Creator. We all have something in us that keeps us from day to day. This is called a foundation.

If it weren't for our Mom taking the time out to bring us to church, we'd probably be gone now from not having the ability to make right choices. We make wrong decisions at times, but that's how we learn. My Mom knows some beautiful church songs, and would always sing to us. Not only church songs, but some real good old songs.

I look at my Mom now, and love her so very much. I think of all the pain and sorrow she went through in the past, and I thank God she was given to us.

I remember calling from Yakima to talk to Mom on her birthday, and my niece Shelly answered. I asked her if she cleaned house for Grandma, and she let me know that she cleaned up a little the night before.

I started telling her that years ago today Mom was put on this earth to take care of her and her brothers and sisters, and that she'd better be taking good care of Grandma, when Mom got on the phone and said, "what you talking about? My Grandma passed away years ago?" I started laughing at Mom's humor, and said, "Mom? Happy Birthday!"

In all my teenage life, I went to Pentecostal Church. I traveled all over different states, singing in choir, songleading at revivals, youth rallies, camp meetings - meeting so many other people. My Mom would let me have services at our house. She'd fix salads, lukameen, piixxaii, for the elders, coffee and tea and fix a juice that was a mixture of kool-aid and orange juice and 7-up for a little zing, doughnuts and soup and sandwiches.

We would pray before meals, and Mom would attend church services with us. Mom would also attend our Christmas plays at church. I say our plays, because I'd always make my little sisters sing with me, so they know a lot of church songs, too.

I know this may be a little lengthy, but I only highlighted some of the good times throughout our lives.

So if you see my Mom at bingo or the casino, give her a hug, because she deserves and earned that time to be there. This is a time in my Mom's life when she should be relaxing, and enjoying life. I hope Lady Luck shines on Mom soon... Happy Late Birthday Mom..and thank you for making my life so pleasurable.

Please note: In life, we are all examples to someone...What kind of example are you? What kind of impression do you want to leave? Right now someone is watching you. I remember a time when my eldest sister (may she rest in peace) was walking home, when this elder from the church I attended gave her a ride. He fed her on the way home and brought her to our house. My sister knew who he was, and didn't mention it to me until a year or so later. She said, "Marcy, I used to avoid those church people, but Charlie gave me a ride home one day (the late Charlie Oatman), and he brought me to eat, and didn't preach to me, or treat me funny or anything, then brought me home." This is a strong example, not having to say a word to someone, just living the life...

Marcellina A. De La Torre

Employee Benefits Fair

Wednesday, November 14, 2007

10am-4pm

Philip Starr Conference Room (Cougar Room)

The Benefits Fair is your annual opportunity to make changes to your plans for the 2008 plan year if you are a benefits eligible, regular, full time employee. If you work <30 hours per week and do not qualify for full benefits, you will still be able to enroll in your 401(k) Retirement Plan if you have previously met the participation requirements.

At the Benefits Fair, you will be able to:

- Change dental plans
- Enroll in your 401(k) Plan
- Add, modify or delete dependent coverage
- Enroll in supplemental life insurance
- Sign-up for Short Term Disability coverage
- Enroll in the Tribe's Flexible Spending Account (FSA) benefit
- Get valuable information on the Long Term Disability, Life, and Employee Assistance Plans
- Meet the Tribe's benefits vendors & representatives
- Have fun!

You may also have questions related to a specific benefit. Experts from each of our vendors will be present to advise you on the specifics of your benefits package.

If you cannot attend the Benefits Fair, but wish to make changes, please contact Peter Hixon in Human Resources at 253-876-3180.

Open Enrollment will continue until November 30, 2007.



TAKE PRIDE
★ IN OUR ★
VETS

Join the Celebration!
Veterans Day Dinner

When: Sunday Nov. 11, 2007
Where: Tribal Gymnasium
Time: 1:00 pm

Everyone Invited
Plenty of Home-Cooked Food!

Please join the Muckleshoot Veterans Association as we give thanks on Veterans Day that we live in a free nation and honor those who gave their lives for that blessing.

Hosted by:
Muckleshoot Veterans Association

TRICK OR TREAT!


PHOTOS BY JOHN LOFTUS




WATCH FOR MORE HALLOWEEN PHOTOS IN THE NEXT EDITION OF THE MUCKLESHOOT MONTHLY!

WELCOME


to the
American Indian Film Festival



Muckleshoot Indian Tribe
Auburn, Washington



THE MUCKLESHOOT INDIAN TRIBE PRESENTS
A James M. Fortier Film
GATHERING TOGETHER
Thursday, November 8 at 7:30 p.m.
PALACE OF FINE ARTS



Charlene Williams
Chairwoman

This is the Muckleshoot Tribe's poster that was used at the American Indian Film Festival in San Francisco. Canoe photo and poster design by John Loftus ~ DVD cover design by Ellen Fortier



Island Boy Meets Tribal Girl . . .

*To find out how the story ends
please join us
Sonja Joann Moses
and
Makuati Tuilata
Together with our Families
On Saturday, the first of December
Two thousand and seven
Five o'clock in the evening
at the Muckleshoot Shaker Church*

*Luau dinner to follow
Aloha attire*

FIRE SAFETY

REMEMBER: Your ability to get out during a fire depends on advance warning from smoke alarms and advance planning that is PRACTICED with family members.

ESCAPE ROUTES

- Walk through your home and inspect all possible exits and escape routes
- Consider drawing a floor plan of your home, marking two ways out of each room, including windows and doors.
- Choose an outside meeting place (i.e. neighbor's house, a light post, mailbox, or stop sign)
- Once you're out, stay out! Under no circumstances should you ever go back into a burning building.
- Practice "sealing yourself in for safety" as part of your home fire escape plan. Close all doors between you and the fire. Use duct tape or towels to seal the door cracks and cover air vents to keep smoke from coming in. If possible, open your windows at the top and bottom so fresh air can get in.

Call the fire department to report your exact location. Wave a flashlight or light-colored cloth at the window to let the fire department know where you are located.

SMOKE/CARBON MONOXIDE ALARMS and SAFETY

- Test your smoke alarms once a month, following the manufacturer instructions.
- Replace the batteries in your smoke alarm once a year, or as soon as the alarm "chirps" warning that the battery is low.
- Test CO alarms at least once a month and replace CO alarms according to the manufacturer's instructions. CO alarms are not substitutes for [smoke alarms](#). Know the difference between the sound of smoke alarms and CO alarms. Have fuel-burning heating equipment (fireplaces, furnaces, water heaters, wood and coal stoves, space or portable heaters) and chimneys inspected by a professional every year before cold weather sets in.

FIRE EXTINGUISHERS

- Use a portable fire extinguisher when the fire is confined to a small area, such as a wastebasket, and is not growing; everyone has exited the building; the fire department has been called or is being called; and the room is not filled with smoke.
- To operate a fire extinguisher, remember the word PASS:
 - Pull the pin. Hold the extinguisher with the nozzle pointing away from you, and release the locking mechanism.
 - Aim low. Point the extinguisher at the base of the fire.
 - Squeeze the lever slowly and evenly.
 - Sweep the nozzle from side-to-side.

EMERGENCY SHELTER GUIDELINES

According to Tax Fund Resolution 07-079

Motel rooms may be authorized if incident has exceeded 72-hour minimum. In order to receive hotel assistance you must go to the command center in the Philip Starr Building, or call the main Tribal Administration line at (253) 939-3311 and ask for the person in charge of shelter.

Hotel Room Criteria:

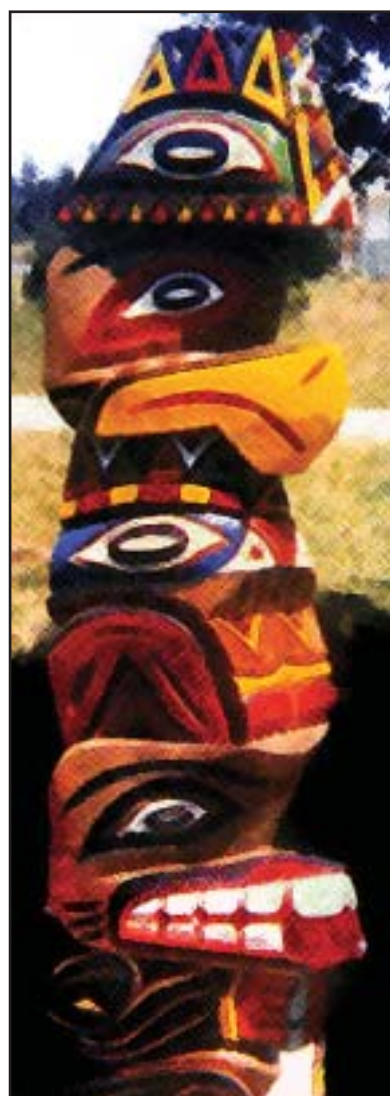
1. Elders who have no heat or running water
2. Elders who have medical conditions
3. Families with infants under 6 months and/or children with medical needs
4. Handicap individuals who may need electricity for wheelchairs, oxygen, or other medical emergency needs.

Families need to use other resources first " families, friends, etc. In order to assist all tribal and community members there will be no reimbursements for motel or shelter.

Attention all local artists!

Logo Contest! 10th Annual Sobriety Pow-wow

Open to all tribal/community members. Submissions must be on 8.5 x 11 paper black and white drawings. Original art work only. Send all entries to: Lisa Elkins, 17500 SE 392nd ST . Auburn , WA 98092. Include your name/address and social security number on another sheet of paper. The deadline for submission is January 25, 2008. Winner will receive \$500 and be notified via mail.



WhiteEagle totem pole, 1972

WHITEEAGLE FAMILY PHOTO COLLECTION

CASINO JOB FAIR

Where: Muckleshoot Tribal College
When: Every 3rd Tuesday 10am - 2pm
Food & Beverages will be provided
Applications will be completed on site

The Muckleshoot Indian Casino has many employment opportunities available and practices Native Preference Hiring. The MIC is a drug free work environment.

Muckleshoot Indian Casino Employment Opportunities

www.muckleshootcasino.com/employment

Muckleshoot Indian Casino
Human Resources Department
2402 Auburn Way South
Auburn, WA 98002
Phone: 253-929-5128
Fax: 253-804-8496
recruiting@muckleshootcasino.com







Bena and Cindy



Mary and Gail



Elwood



Mark



Sheryl and Charlie



Tiny



Rosemary and Dutchie



Sophie



Sheila and Marie



Margo and Sophie



Randy

PHOTOS BY NOREEN MILNE

November Elders Newsletter

Arts and crafts are what we will be doing for the month of November because of the cold weather and less travel.

Care givers only workshops in Ocean shores Nov. 16th – 18th 2007 Elders' fundraiser for this month will be announced – watch for flyers! *Donations needed! Sign up sheet at senior center bulletin board.*

The Wellness center is still doing water aerobics Tuesday- Thursday from 10:00 to 11:00 weekly. We are also walking again at the mall call us and we will pick you up on the way!

Sewing expo at Puyallup fair grounds from 15th to 17th always a nice way to spend the afternoon Victorian Christmas is the 29th of November, make sure and sign up at the Sr. Center.

Our calendars will be mailed out the first of each month so please if you would like one mailed to you, let me know and I will put you on my mailing list. We do deliver calendars with lunch at the first of the month for those who get home deliveries.

We went to Blake Island, which is always a good trip. We enjoyed each others' company and the sunshine for the day

We just returned from Idaho in October and our elders made some wonderful baskets and other items. We did have a few fist timers on our trip I hope Sophie, Margo Alfred, Loretta and Jan will come along with us on our trips again.

I am working on Canoe Journey trip already for our Elders who plan to attend please stop in so we can get your passports ready by the end of this month. I have the forms in my office. I want to make sure all are ready with passports before 2008 is here.

Our overnight trips can sometimes get hectic, so when we start going again I plan on having an itinerary on our daily events also a check list so medication and important information is not forgotten. We only want our elders safe and healthy to and from our trips. Please inform the staff if you have any other ideas that may help us while we are out of town traveling.



Birthdays in November

William Garfield	11/03	Anita Burns	11/16
Irene Kai	11/04	Joe Chavez	11/19
Vernon Charles	11/05	Florence Nelson	11/19
Sandra Ross	11/06	Virginia Nelson	11/19
Vera Jansen	11/06	Tyrone Simmons	11/22
Georgiana Smith	11/07	Effie Lazzar	11/26
Frank Jerry Sr	11/10	Millie White	11/26
Brennan Aasted	11/11	Joe Williams	11/28
Judy Wayne	11/12	Benedict Williams	11/28
Antonio Perez	11/14		

I LOVE YOU

*My mind races day in and day out with confusion
 Were you my TRUE LOVE or just pure illusion?
 My heart cries in pain and sadness
 No matter the betrayal and the madness
 I cry for you at bedtime, praying you're safe and sound
 Wishing you get some help for YOU to be found
 I hear songs on the radio then the tears begin to fall
 At the end of the day it's your name that I call
 What has happened to us? I believed we were meant to be
 I still wonder if that's true or am I just too blind to see
 I can still feel your presence, as if you are still sitting here
 Sitting next to me holding me tight and near
 I will always hold you tightly and safely in my heart
 Never letting go even though we are now apart
 You told me you'd never hurt me, lie to me, and betray me
 Now look, all at once you've done all three
 You said you loved me with all your heart and soul
 Why'd you run, where did you go?
 Do you know that you're missed? I do still love you after all this...*

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



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

Crime Prevention

Just some of the many services we provide:

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

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

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

Cindy Butler
 Muckleshoot Housing Authority
 253-833-7616

JOBS! JOBS! JOBS!

Attention ALL Enrolled Tribal Members!

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

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

Cultural Resources Program Manager

\$63,468 - \$83,316 annually DOQ

The Washington State Department of Transportation (WSDOT) is seeking a highly skilled professional to serve as Cultural Resources Program Manager. The position manages the statewide program for cultural resources, a discipline critical to the agency for project delivery. Washington is a state with a great variety of landscapes, geology and archaeological resources, as well as an intriguing cultural history, that will challenge and satisfy the successful candidate. The position directs a technical staff of archaeologists and historians, in headquarters as well as place-based in the regions. The incumbent will work closely with region and modal environmental managers to develop and implement policies and procedures for effective compliance with federal and state archaeological and historic preservation laws and regulations; and will serve as agency lead responsible for communicating with other managers and staff within the Environmental Services Office, other key WSDOT offices (primarily the Tribal Liaison Office), and with the state Department of Archaeology and Historic Preservation, Federal Highway Administration, and Advisory Council on Historic Preservation.

For more information and application instructions, visit the following link: <http://www.wsdot.wa.gov/Employment/Jobs/2007/10/07-HQ-190.htm>

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.

EVENTS CALENDAR

- November 9** **New School Groundbreaking** - Please visit the project website at: <http://muckleshoot-12school.com/>
- November 9** **Free Flu Shots** - for Tribal Government Employees, 2:00-3:30pm, MIT Human Resources Bldg
- November 10** **Mini Pow Wow** - Sponsored by the Muckleshoot Skopabsh Committee
- November 11** **Veteran's Day Dinner** - At the Tribal Gymnasium at 1:00pm. Everyone invited
- November 13** **Gratitude Banquet** - Sponsored by Muckleshoot Behavioral Health Chemical Dependency Program at the White River Amphitheatre River Lodge from 6:00-9:00 pm. Call 253-804-8752 for more information.
- November 14** **Harvard University Meet & Greet** -Muckleshoot Tribal College from 11-2pm. Everyone welcome. Lunch provided.
- November 14** **Employee Benefits Fair** - Philip Starr Conference Room (Cougar Room) from 10-4pm. Contact Peter Hixon for more info at 253-876-3180
- November 15** **Great American Smokeout.** Been thinking of quitting? Now is the time! Call the Muckleshoot Health & Wellness Center at 253-939-6648 for information about how to participate. You can do it!
- 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

NOTE: Anyone anticipating to travel on the Tribal Journey to Cowichan next year must be Drug and Alcohol Free and they must not have any DUI's, felonies or criminal convictions that would hinder their ability to cross the US-Canada border. Passports are a requirement in 2008, and background checks and personal information reviews by immigration are a part of the process to secure a passport.

ONGOING:

Canoe Family Meetings — Ongoing meetings are held every Tuesday from 5:30 - 8PM.

— Song and Dance sessions will be scheduled after the holidays.

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.

Leona Starr Memorial

Muckleshoot Shaker Church Saturday, October 6, 2007

PHOTOS BY JOHN LOFTUS



George & Leona Starr



Gerri and Demetria



Jack and Susan Starr Family



Back row - Isaac 'Jack', Mike, Martin 'Bear'; front row - Carl 'Bobe', George 'Rabbit', Georgianna 'Dutchie', Regina 'Titter', Alfred



Leona's sister, Regina Webber and daughter Julie



Resa, Florence, LaShawna and Leslie



Leona Starr and Ken Gopher



Charles holding Carl 'Little Bobo'



Rita and Gordo Horn



Lucille Peters, Dutchie Elkins and Christina Barr



Back row - Lacey, Debbie, Malikah, Gary, Joey, Robin; front row - Spunky, Venecia and Kellie



Spunky and Sandra



Marcie and Suzette



Leslie's 1st Birthday



Olivia and Mahalah

