



# Muckleshoot MESSENGER



## Section 2

June 2023



Dr. Ada McDaniel, Muckleshoot

## FIRST, NOT LAST

Ada McDaniel is part of the inaugural Muckleshoot Cohort and is the first person in her family to earn a doctoral degree

Written by Eric Wilson-Edge  
Photo by Nathan Blanchard

Ada McDaniel is the ninth of 10 children born to her Indigenous mother Pauline Lozier of the Muckleshoot Tribe. The 63-year-old McDaniel has five children and 21 grandchildren. Needless to say, McDaniel has a very big family. Consider the size once all of the aunts, uncles, nephews, nieces, and cousins have been counted. Now, consider something else. “There is no doctorate on either side of my lineages, so I’m the first one,” said McDaniel.

McDaniel is a member of the Muckleshoot Indian Tribe and is currently working on her Educational Leadership Doctoral (Ed.D.) degree at UW Tacoma as part of the Muckleshoot Cohort. “Earning a doctoral degree is a vision I’ve had for a long time,” she said. “It’s just something that I wanted.”

Born in Tacoma’s Hilltop neighborhood, McDaniel experienced hardship at a young age. “I had 10 siblings and they started dying when I was four years old,” she said. “That emotionally set me back.” The family struggled financially, but McDaniel says they were resourceful. “We never starved,” she said. “There was always a pot of beans on the stove or bread in the oven or plenty of fish to eat.”

McDaniel’s formative years also found her grappling with a sense of identity. Her father is Black and her mother is Indigenous. “I was initially raised in a Native community and then I started going to school so I moved back over to the Hilltop,” she said. “I wasn’t comfortable in either community so I put myself in the middle of both of them.”

McDaniel’s father grew up during the Jim Crow era. He quit school in the eighth grade to help support his family. Later, he was drafted into the military and served in World War II. “To him, education wasn’t about going to school,” said McDaniel. “He was more concerned with showing me how to do things like pay the bills, and keep a job so that I could retire one day without having to depend on anyone and to become independent.”

McDaniel’s mother and grandmother survived the brutal boarding school era in the United States. For nearly 100 years, Native youth were removed from their families and sent to distant boarding schools with the goal of forced assimilation. Despite this, McDaniel’s mother tried over the years to return to school and earn a degree. “By then she had 10 children and didn’t have a lot of time,” said Ada McDaniel. “She’d go to different evening classes but something always prevented her from reaching her goal.”

Education is important to McDaniel partially because it was denied to members of her family, but that’s not the whole story. “My fifth oldest sibling made sure we got up every day and went to school,” said McDaniel. “When she joined the military, I would write her letters, and she would edit the letter with a red pen and send them back to me to correct.”

That’s not to say McDaniel’s success is due to someone else. “I’m just dedicated,” she said. McDaniel started her college career about a decade ago. She stepped away after high school to raise a family and establish a career.

McDaniel served as the Emergency Management Director for the Muckleshoot Indian Tribe for 13 years and is now the Tribe’s Unsheltered Relatives Outreach Director. “My vision in this role is to bring these folks inside, get them comfortable again being in an environment where they can open up,” she said. “Ultimately, that starts with helping them get their needs met.”

McDaniel returned to school in 2012 and went on to earn a bachelor’s degree and two master’s degrees at Antioch University. “I’m driven to learn,” she said. “Even before I took college seriously I was always taking certificate courses. I probably have 120 certificates in my file from courses I’ve taken over the years.”

When it came time to pick a doctoral program, McDaniel knew what she wanted. “I’m an elder now, I’m comfortable at home,” she said. “I didn’t want to leave, I wanted to stay close.” UW Tacoma’s School of Education and the Muckleshoot Indian Tribe signed a memorandum of agreement in February 2020 to develop an Indigenous-based Ed.D. program.

McDaniel applied to the program and is part of the inaugural Muckleshoot cohort. “I love it,” she said. “I feel it’s a healing process for me to be able to write about my experiences. I transformed into someone else. I’m more confident now.”

McDaniel is set to finish her degree in June of this year. She plans to take this confidence and share it with others. “I’d like to go back to the Hilltop and try to be a positive role model for people of color, especially the children,” she said.

“I know that being a person of color, being a Black Indigenous woman, that we’re seen and not heard. I want to share my story with them so maybe they can pick up the work and carry it forward to upcoming generations who have a story that is similar to mine. Through storytelling, we can begin the healing process each of our ancestors envisioned.”

## New street signs honor first name of Seattle’s waterfront: Dzidzilalich

By Alexandra Yoon-Hendricks  
Seattle Times staff reporter

Long before the paved streets, railroad tracks, water taxis and glassy skyscrapers, the land where Seattle’s modern waterfront now stands had a name: Dzidzilalich.

Now, a stretch of Alaskan Way and Elliott Way, between South Dearborn and Bell streets, will bear the name on honorary brown street signs, acknowledging the tribal village that once stood here and recognizing that generations of Puget Sound Coast Salish tribes have called this area Dzidzilalich (pronounced DZEE-dzuh-LAH-leech).

On Monday, April 24, against the backdrop of Elliott Bay, local officials and tribal leaders unveiled one of the new street signs at the intersection of Elliott Way and Lenora Street. The reveal was part of a celebration for the new, soon-to-be opened Elliott Way Bridge, which will connect Belltown to the waterfront.

Standing on the bridge, three women from the Muckleshoot Indian Tribe, Eileen Richardson, Lindy Lindgren and Lavonna WhiteEagle performed a blessing song to kick off the celebration, beating hand drums as seagulls cried.

“It’s interesting, when the invite went out for this citywide, it’s referred to as ‘the renaming.’ For us, it’s not a renaming,” said Muckleshoot Tribal Council Vice Chairman Donny Stevenson. “For thousands of years and hundreds of generations, this is the name by which we’ve called this place.”

Meaning “little crossing-over place” in the Salishan language of Lushootseed, Dzidzilalich is likely a reference to a narrow sandspit between the beach and a nearby lagoon, and homes were at either end, according to Muckleshoot Tribe historian Warren King George. Today, the tidal flat is near King Street Station.

Pre-contact with settlers, Dzidzilalich was a bustling community of foragers, fishermen and hunters along the marshy shore of Elliott Bay, and a center for trade between tribes. In the days before settlers filled the marshes of the Duwamish River with soil, villagers would gather mussels and clams exposed during low tide in the vast coastal wetlands. Fishermen caught Pacific herring, which spawned in beds of eelgrass that no longer exist along Seattle’s modern waterfront.

Eventually, after the placement of this first one, brown street signs reading “Dzidzilalich” will be posted under each green street sign at intersections along the waterfront. New interpretive signage will also be placed along the waterfront, with information about local tribal history and culture. Alaskan Way and Elliott Way will remain the legal street names, and addresses will not change, city officials said.

The honorary sign has been talked about since 2021 as part of the ongoing redevelopment and overhaul of Seattle’s downtown waterfront. The redevelopment began in earnest after the Alaskan Way Viaduct was demolished in 2019.



“This new civic space, this new front porch of the city, will be a catalyst for renewal for downtown and our region, and it’ll be the heartbeat of the city, connecting everyone to downtown neighborhoods, to the stadium district, to bring a new and exciting rhythm,” Shigaki said during the event.

Finishing touchers are being complete on the Elliott Way Walk-bridge, a pedestrian walkway descending from just past Pike Place Market to the waterfront surface street. The complete waterfront overhaul is expected to be completed in 2025, and will also include a new promenade and a park at Pier 58.

### Vice Chairman Donny Stevenson’s Remarks at Dzidzilalich Street Renaming Ceremony

Welcome. Good day. My name is Donny Stevenson and I am Muckleshoot. I am the Vice-Chairman of the Muckleshoot Indian Tribe.

It is an honor and a privilege to be here today to represent my people and to come together in celebration with all people. In doing so, I would like to acknowledge the elders and the ancestors, thanking them for the cultural teachings and traditional values we have been gifted through their wisdom, for literally thousands of years and hundreds of generations.

We Indigenous people – the Muckleshoot people – have remained the ancestral keepers of the very land we are gathered on today. We thank our ancestors for this and for the resulting immense contributions to our state and local, history, culture, economy, and identity as Seattleites and Washingtonians.

Seattle’s waterfront was known to our elders and ancestors in our traditional language, Whulshootseed, as Dzidzilalich. This roughly translates to or means “the little crossing over place,” and this poetic phrasing likely referred to the marshy nature of area and, more specifically, the challenge of trying to navigate it!

This is incredibly indicative of Indigenous place names and emphasizes one of the major reasons why it is so fundamentally important to retain this collective wisdom and to pass it on from one generation to the next – to our future. The names by which we call places tell important stories – the stories of our people and their lives, the stories of our existence and living in balance with this place.

These place names can represent important historical events, moral lessons or life teaching principles, such as is the case with some of our creation stories. These names can carry and convey teachings on how to live in balance with and maintain good relations with each other and with the land.

Additionally, the reclamation of Indigenous lands and place names is fundamentally tied to the important work of growth and healing, each being representative of the reclamation and assertion of Indigenous identity, language and cultural revitalization, food sovereignty and Indigenous environmentalism.

To be Muckleshoot inherently means not only that the Salish Sea and this region is a part of us, but conversely, that each of us is a part of the Salish Sea and this region. What serves the land, serves our people. What heals this land also heals our people... and vice versa: What heals us, heals the land. What serves our people, serves the land. We are not separate nor distinct from one another, but indeed we are tied together as one, sustaining, providing for and ultimately defining one another.

Today’s good work... or in our language ha?! sayuus... is a direct reflection of all of this and culminates in each of us being here, coming together to celebrate together. The City of Seattle is an inherently Indigenous city in nature, owing much of its history and identity to the first peoples of this land, and today represents an important recognition and celebration of this fact.

I’m incredibly thankful for this. My hands are raised to all who made this possible... su ?siab for ALL of OUR people!



Donny Stevenson

## Welcome the New Faces of BHP Angelena Moses

Hello, my name is Angelena Moses. I'm a Muckleshoot tribal member. My clean and sober date is March 10th 2019. I've been working for Muckleshoot Behavioral Health for over a year now. I am currently an Outreach Advocate. My job is many things; I go out and offer many different services to our tribal members. I bring them to and from treatment, I take them to whatever appointments they may have scheduled, and I do well checks on our tribal members to see if they are in need of any of our services. I love my job and look forward to continue to provide help to those in need.



If any tribal member is requesting an outreach or transportation, our email is:

BHP.outreach@Muckleshoot-Health.com

Or, if you prefer to call, our number is:  
(253) 804-8752

## Jessica Elder

My name is Jessica Elder and I am a Muckleshoot Tribal Member. I am a Licensed Independent Clinical Social Worker joining the Behavioral Health Team as a Mental Health Therapist.

I previously worked at the Muckleshoot Health and Wellness Center as the Youth Activities Coordinator from 2009-2012. I completed my Bachelors Degree at the University of Washington, Tacoma Campus and received a Graduate Certificate in Native American Studies from Montana State University. I moved to Spokane in 2012 to complete my Masters in Social Work Degree at Eastern Washington University. During that time, I worked on the Crisis Response Team for the Spokane Fire Department. After graduating with my MSW, I returned to the area and have been working for MultiCare for the past 9 years as a Clinical Social Worker at Good Samaritan Hospital in the Emergency Department providing crisis interventions, mental health assessments, and complex case management.

In my free time, I enjoy running, cooking, dancing ballet, and playing piano. I am looking forward to returning to Muckleshoot and being able to serve my community through the Behavioral Health Program. Thank you for being so welcoming!



## Lucille Martin

My name is Lucille Martin. I am a Muckleshoot Tribal Member. I come from the King George Family. I have been working with Muckleshoot Behavioral Health Program. I started as an Outreach Advocate. I then started my Internship hour requirements in June, 2021 to become a Substance Use Disorder Professional. I am learning while on the job. Things have been great getting to work with my community and helping people with their addiction journey is humbling. I was addicted to prescription opiates from 2008-2012. 01-09-2012 is when I got the courage to walk into behavioral health and ask for help. I know how hard it is to walk through those doors. And I am here to help get our people out of that darkness.



At Behavioral Health, I do assessments and have three aftercare groups. I have two Seeking Safety Groups that help people deal with their PTSD and substance abuse issues. The Other group is a women's group where we learn how to process and cope safely, learning how to not turn to drugs or alcohol to deal with or ignore our lives. In each of my groups, I try to introduce our culture into the activities we do. As Native people, I feel we have a sense of pride or a connection to our culture when doing something related to our roots. I also am a regular participant in Narcan trainings throughout the tribe.

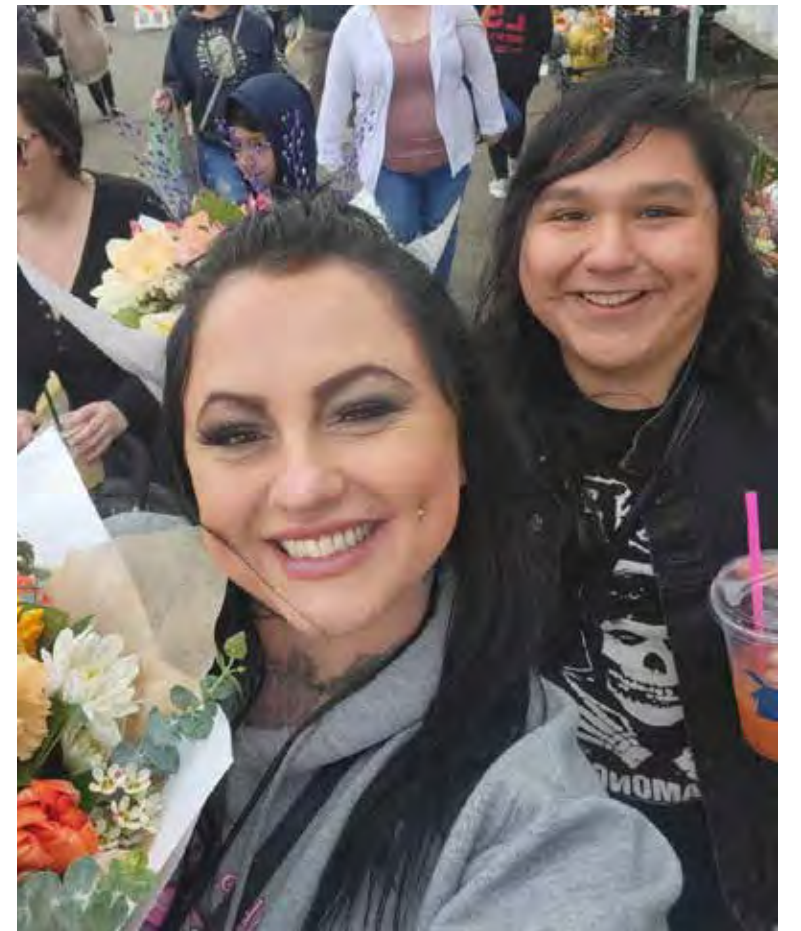
We have many people here at BHP willing to help. You need to get that courage to walk in here. I promise there is no judgment. Walk-in is available every day at 1 pm and various scheduled appointments. If that doesn't work for you, you can drop by anytime and we will make every effort to get you seen immediately. You can call 253-804-8752 for more information.

## What's Happening at the Recovery house?

We have been getting ready for Spring. We just got our plants and plan to get them in the ground over the weekend. The residents wanted herbs for cooking & stuff to make fresh salsa, as well as zucchini so we got a variety of stuff to grow and use this season. A lot of our residents have been going to culture night, doing a lot of beading and weaving. We participated in the Womens sweat at the family support center & got all that good medicine! Several residents also have been completing the Row & Bow programs. We attend the Wellbriety meeting with the Puyallup tribe every Saturday morning, they serve a hot breakfast and we leave at 9am sharp if anyone ever wants to

go. Feel free to bring your drums as we close out the meeting everyday with song & dance. We also have our Tuesday night meeting here at the house so check out that flyer. Last week we went to the Puyallup farmers market after the Saturday meeting. It was opening day so it was busy but we had a good time and got fresh flowers for the house.

And lastly a few of our residents went to The Mariners game with BHP last week so we have been keeping everyone busy & doing a ton of sober support! Bring on the sunshine!  
Sarah Cain,  
Recovery Aide-Muckleshoot Adult Recovery House



### AA Meeting

Tuesday Nights  
Chairperson: TC

7 PM  
In The Multipurpose Room  
Muckleshoot Home of Recovery  
39225 180<sup>th</sup> ave SE Auburn, WA  
98092

IN PERSON • ON ZOOM

If you can't make it in person, we have the option for zoom. Contact me in advance if you would like to log on. The zoom link is 853 6831 2979- 253-333-3529.

## Electronics and Youth

By Taylor Harris-Milnor, LMHC

Are you struggling with managing screen time for your kids and teens? You aren't alone!

Here are some tips and tricks from FYS to help manage your child's electronic use.

- Provide tokens or tickets for your youth with a set amount of time (15, 20, 30 minutes) when they turn in the token for their screen time the timer starts, when time is up their time is over
- Set a visual timer that your child can see, explain to them that when the timer is up the screens will be put away
- Identify a basket or box where screens will be kept. Explain to your child that electronics will be kept in the basket during non-use time (dinner, bedtime, homework time etc.)
- Change the Wi-Fi password and have your youth earn access through tasks or chores, "you can have access to the Wi-Fi once you have done the dishes"
- Parents can download an App to limit their children's screen time, Apps include: Bark, Aura, and Qustodio to name a few
- Be consistent with guidelines, developing routine will make for a






- more peaceful home
  - Model healthy electronic use, children develop habits best when behaviors are modeled
- Familiarize yourself with the apps and games your child is frequenting. Be curious and ask your child what it is they like about the screen time activities they are engaging in.
- Taylor is a Youth Mental Health Therapist with Family and Youth Services, now located in the Behavioral Health Building. Please call FYS if you are interested in further support for you or your youth.

Muckleshoot Behavioral Health Program &  
Family and Youth Services

## WOMEN'S CIRCLE

Empowerment for indigenous women is enhanced when we are able to come together and share our experiences. Join us weekly to discuss issues and offer a place of safety, validation, support, and solidarity!

Drop-in support group for women  
When: Every Wednesday at 3-4pm  
Where: Muckleshoot Barn (behind Butterfly House)  
38407 180<sup>th</sup> Ave SE  
Auburn, WA 98092

For more info contact:  
Equine Services at (253)281-3964  
Muckleshoot Behavioral Health Program (253) 804-8752  
Family and Youth Services (253) 333-3605

**Muckleshoot Behavioral Health Program**

## 16-Week Anger Management Class

Open to Join Anytime!  
**Every Thursday**  
**1:30pm-3:00pm**

Facilitated by: **Dr. Sarlak**  
*Meets Court Requirements*



**For more information, contact: Argelia Chavez Sanchez at the Muckleshoot Behavioral Health Program at (253) 804-8752**

# MARIJUANA AND TEENS: EARLY-AGE USE

By Sieglinde Parker, Youth SUDP, Muckleshoot Behavioral Health Program

Many teenagers try marijuana and some use it regularly. Early age use is beginning in this community as young as 8 years old. Teenage marijuana use is at its highest level in 30 years, and today's teens are more likely to use marijuana than tobacco.

The ease of use has escalated due to the increasing use of vape devices and "dab pens". Today's marijuana plants are grown differently than in the past and can contain 50-95 % tetrahydrocannabinol (THC), the substance that makes people high. These high concentrations of THC or tetrahydrocannabinol and the escalating use of marijuana is putting our youth at risk for increased risk of psychosis, mental health problems such as schizophrenia, depression and anxiety, anger, irritability, moodiness, and risk of suicide.

### Youth are consuming marijuana a number of ways:

- Smoking the dried plant (buds and flowers) in a rolled cigarette (joint) or cigar (blunt), pipe, or bong
- Smoking liquid or wax marijuana in an electronic cigarette, also known as vaping (youth often call this a "dab")
- Eating "edibles" which are baked goods and candies containing marijuana products

### Common signs of marijuana use:

- Acting very silly and out of character for no reason
- Using new words and phrases like "sparking up," "420," "dabbing," and "shatter"
- Having increased irritability
- Losing interest in and motivation to do usual activities
- Spending time with peers that use marijuana
- Having trouble remembering things that just happened
- Carrying pipes, lighters, vape pens, or rolling papers
- Stealing money or having money that cannot be accounted for



## ATTENTION MUCKLESHOOT TRIBAL MEMBERS WHO ARE 6 MONTHS AND OLDER

The COVID-19 will be offered for Muckleshoot Tribal Members six (6) months and older at the HWC Medical Clinic.

**YOU MUST MAKE AN APPOINTMENT TO GET A VACCINE**

Please call HWC Medical Clinic to make an appointment at (253) 939-6648

SWITCHBOARD HOURS:  
MONDAY - FRIDAY 8AM TO 5PM  
CLOSED FOR LUNCH | 12PM TO 1PM

## TRIBAL DISABILITY PROGRAM

Starting April 4<sup>th</sup> any enrolled Muckleshoot tribal member who is currently receiving SSDI or SSI as a disabled or blind person can apply for the Tribal Disability Benefit. Members need to provide the following information:

- Verification of tribal membership
- Current verification letter (dated within the last 30 days) from Social Security

Starting April 11<sup>th</sup> any enrolled Muckleshoot tribal member who has applied for SSDI or SSI but was denied and is within their timeframe for appeal can have their case reviewed by the Tribal Disability Program attorney. Members who have applied for benefits but have not received a determination can also have their applications reviewed. Members need to provide the following information:

- Verification of tribal membership
- Any correspondence to or from Social Security, including your application for SSDI or SSI

Starting April 18<sup>th</sup> any enrolled Muckleshoot tribal member who would like assistance applying for SSDI or SSI can receive assistance. Members need to provide the following information:

- Verification of tribal membership
- Information on medical conditions, providers seen, medications, employment history, education history, and information on military service. Additional information may be necessary to complete your application.

Contact Sara Moore, Disability Benefit Navigator at 253-939-6648 x 3438 to schedule your appointment

# Healing old wounds

*Transform trauma.  
Restore broken connections.  
Help yourself and the world heal.*

All too often, people tend to perceive trauma (and healing) only as a personal issue, or an individual effort.

Trauma is shaped by much more than our individual experience. And healing is not always a linear process.

Our beliefs and emotions shape our thoughts, actions, and interactions with others, which in turn influence the world around us. Today, **these unresolved legacy burdens from the past persist**, weighing us down emotionally, mentally, and spiritually... holding us back from living our best lives. Yet, many people tend to see trauma (and healing) as a personal issue, or an individual effort.

*Trauma can cause our parts to take on burdens. Yet, when we bring the spiritual values of curiosity, gratitude, and kindness to these burdened parts, we discover incredible opportunities for healing and awakening.* - Dr. Richard Schwartz

**When we focus only on ourselves, we cannot see how the deep-seated, often unseen, and interconnected layers of trauma that develop outside of us become deeply entangled with collective pain and suffering.**

But by stepping into the past, exploring our family history, and acknowledging the impact of societal and cultural trauma, we can better understand how to break free from the patterns that keep us stuck, so that we can **create a new narrative for ourselves and our communities.**

The problem is, as we cope with immediate symptoms such as stress, anxiety, numbness, or indifference, our suffering further disconnects and isolates us from knowing the nature of our true selves in relationship with others.

The truth is, your trauma is shaped by more than just the individual experience.

There are unseen and unintegrated layers of trauma that develop outside of us—shared past and present experiences become deeply entangled with how we respond to any crisis both individually and collectively.

*A great deal of human suffering exists because of the denial of the past and an inability to acknowledge and integrate it. But when the decision is made to finally look at it and feel the past, everything shifts.* - Thomas Hübl

To learn more about trauma and ways to heal old wounds contact The Behavioral Health Program at 253-804-8752

Reference: <https://www.connectrestorereclaim.com>

Written by Argelia Chavez LMHC.



Image Source: Summit County Public Health

### Research has shown that short term use can result in:

Difficulty attending school, problems with memory and concentration, increased aggression, use of other drugs or alcohol, worsening of underlying mental health conditions including mood changes and suicidal thinking, and Interference with prescribed medication. (NIDA)

### Long-term use of marijuana can lead to:

The same breathing problems as smoking cigarettes (coughing, wheezing, trouble with physical activity, and lung cancer), decreased motivation or interest which can lead to a decline in academic or occupational performance, lower intelligence, mental health problems, such as schizophrenia, depression, anxiety, anger, irritability, moodiness, and risk of suicide. (NIDA)

One final thought - marijuana has always been called a "Gateway" drug, and in our community, the drug Fentanyl has been found in marijuana. Teens rarely think they will end up with problems related to marijuana use, so it is important to begin talking about the risks with your child early.

Let's protect our youth. If there is suspected use or you would like to learn more, please reach out to Muckleshoot Behavioral Health Family & Youth Services, for prevention education and treatment services.

### Lets Talk About Mental Health...



### May is mental health month!

It is a time to intentionally talk about mental health in efforts to break the stigma. It is time to spread the word that talking about mental health is not only okay but healthy. This month we are raising awareness about mental health to fight against the stigma associated with mental health, to offer support, education and resources available to them. One in five people struggle with their mental health. These conditions can adversely affect emotions, thinking and behavior and can impact a person's social, work, school or family activities. Mind, body and spirit are interconnected. Health and balance does not exist without mental health. Take the pledge to break the stigma and start talking about mental health. Let's change the way our community and the world views mental health. You can make a difference.

x'ni? cax' lədayay  
You are not alone.



## Muckleshoot Needle Exchange Program

Muckleshoot Behavioral Health



### New Service Requirements

COVID-19 precautions must be adhered to (temperature taken, checklist questions, masks must be worn)  
Mobile unit available by request with 24 hour prior notice  
Call/Text (253)350-5021

Needle Exchanges at MIT Behavior Health Hours:  
Monday thru Friday- ( 9 AM-12 PM, 1:00 PM-4:30 PM)  
This is a non-judgmental service for Injection Drug Users.

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

**MUCKLESHOOT BEHAVIORAL HEALTH PROGRAM**

**NOW YOU CAN ACCESS MUCKLESHOOT BEHAVIORAL HEALTH STAFF 24/7 WITH ANY CONCERNS. WHEN YOU CALL THIS NUMBER AFTER NORMAL BUSINESS HOURS, YOU WILL BE CONNECTED TO A CLINICAL STAFF MEMBER AND ASSISTED WITH YOUR CONCERNS. JUST CALL (253) 290-2824**

NATIONAL SUICIDE PREVENTION LIFELINE: (800)273-8255 AVAILABLE 24 HOURS.  
CRISIS TEXT LINE: TEXT "HELLO" TO 741741 FOR FREE, 24/7 IN THE UNITED STATES.  
CRISIS CONNECTION HOTLINE (866) 427-4747 24 HOUR CRISIS RESPONSE.

## FENTANYL WARNING

Fentanyl is causing an increasing number of deaths in King County.

Most drugs can be cut with fentanyl.

Fentanyl has been found locally in fake oxycodone pills & in white and blue powders.



Drugs pictured here were found at overdose death scenes in King County and tested positive for fentanyl.

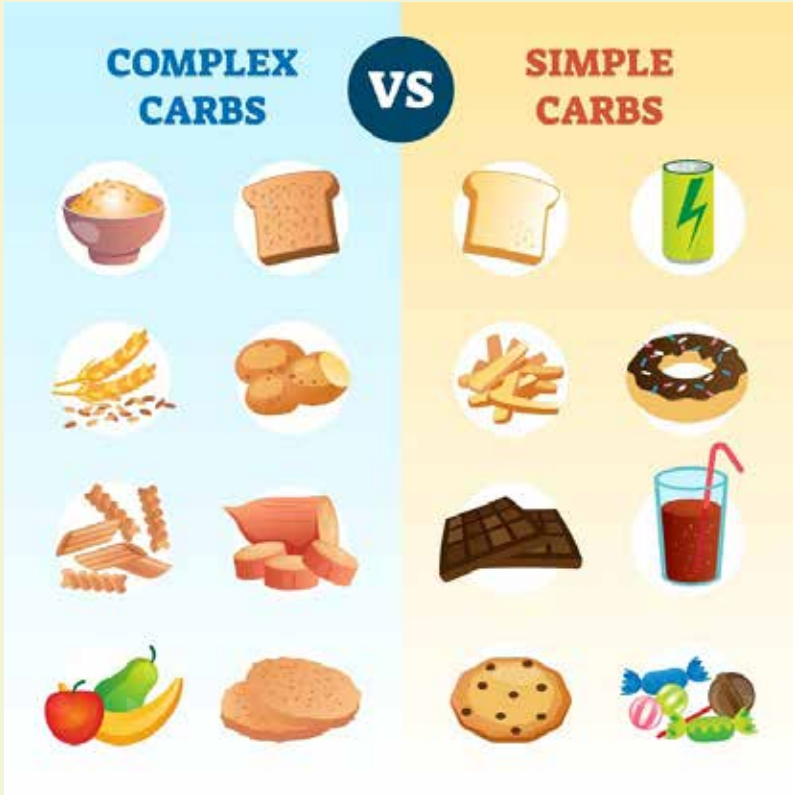
# Simple vs Complex Carbohydrates

When looking to manage diabetes and its effects, there are many considerations to be taken. Diet and nutrition plays a large part in how diabetes can be managed. Often, there are discussions surrounding carbohydrates that can be unhelpful to managing diabetes long term. Low carbohydrate diets are one such a discussion in relation to diabetes management. A diet low in carbohydrates is largely unhelpful in the long term sustainability of managing diabetes through diet.

A more helpful way of viewing carbohydrates would be examining where our carbohydrates are coming from. It would be helpful to ascertain if the carbohydrates are coming from highly processed sources containing large amounts of simple carbohydrates, or from less processed sources containing less simple carbohydrates. Simple carbohydrates can be characterized as sugars that are digested quickly and absorbed into the blood stream just as quickly, leading to large spikes in blood glucose levels. Complex carbohydrates can be characterized as sugars that are digested more slowly and do not lead to such severe spikes in blood glucose levels. Why is this? Simple carbohydrates often contain very little fiber, if any at all. Complex carbohydrates on the other hand contain more fiber than their simple carbohydrate counterparts.

Examples of foods with simple carbohydrates are refined grains like white breads and pastas and white rice as well. More processed foods such as fast food menu items and packaged desert items from the grocery store also contain mainly simple carbohydrates. Examples of foods containing complex carbohydrates are whole wheat and whole grain breads, pasta and brown and wild rice. Vegetables and fruits can also contain more complex carbohydrates than simple ones.

The main take away from this would be to



increase our consumption of foods containing complex carbohydrates that have a fiber content, while reducing our consumption of foods containing mainly simple carbohydrates. Foods with simple carbohydrates can still be consumed but the ratio of complex to simple carbohydrates should favor the complex carbohydrates. A diet higher in complex carbohydrates will lead to better blood glucose management long term.

If anyone in the community has more questions about carbohydrates and how to better manage their diabetes, please contact the Muckleshoot Health and Wellness Center's Medical Department to schedule an appointment with the Registered Dietitian. If interested, the Medical Department can be reached at (253) 294 – 8229.

Connor Smith MS, RD

# Mental Health Myths

By Laura Pacheco Arias, LMHC Adult Mental Health Therapist

Did you know May is Mental Health Awareness Month? Sometimes the stigma of going to see a therapist stops people from seeking support. Here are two myths about mental health.

**Myth: You are weak if you see a therapist.**

Fact: Seeking help is a sign of awareness, bravery and strength. People who seek support may be guided and assisted to get better, find resources, learn about themselves and ultimately surround themselves with positive people who could continue supporting them. When people start thinking they can do it all by themselves, people tend to feel worried, stressed out and alone because of the pressure to do it all alone. In my career, I have experienced people trying to overcome trauma, depression and anxiety without any professional help. A great deal of times they report not understanding what was going on with them, what was the cause of their anger, fear and frustration. Remember therapists can offer treatment recommendations that can help you.

**Myth: Therapy is only for people who are "crazy".**

Fact: According to Mental Health America: "4.2 million of the U.S. population identifies as Native American or Alaskan Native. Out of those, over 19% reported having a mental illness in the past year. That is over 827,000 people". The American Psychiatric Association, reports that "psychotherapy can help with: common mental health conditions, such as depression and anxiety disorders, managing feelings of grief such as after losing a loved one or having a medical

illness, coping with different types of trauma, dealing with the challenges of navigating everyday life. Also psychotherapy can help you building a more fulfilling, meaningful life by supporting you with: accomplishing professional and personal goals, improving your communication skills, gaining a deeper understanding of yourself, increasing your self-esteem, cultivating stronger, more connected relationships, managing stress,

developing healthy habits." (American Psychiatric Association).

If you are worried about your mental health or about a friend or family, you can always call or stop by our building.

Muckleshoot Behavioral Health Program  
17813 SE 392nd St.  
Auburn, WA 98092  
Office: (253) 804-8752  
BHP After Hours Line: (253) 290-2824

**Medicare Annual Enrollment**  
Important Dates and Deadlines

- Oct 15th** Medicare annual enrollment starts. The first day you can enroll for Medicare health coverage.
- Dec 7th** Medicare annual enrollment ends. The last day you can enroll for Medicare health coverage.
- Jan 1st** First date coverage starts. This is the first day your new Medicare coverage will begin.

**Initial Enrollment Period**  
The 7 Month Window to Enroll in Medicare

Timeline around 65th birthday: 3 Months Before, 3 Months After.

**MEDICARE HEALTH INSURANCE**  
Name/Nombre: JOHN L SMITH  
Medicare Number/Numero de Medicare: 1EG4-TE5-MK72  
Enrolled in/Enrolled en: HOSPITAL (PART A) 03-01-2016, MEDICAL (PART B) 03-01-2016

**Don't wait until it's too late.** NEED HELP SIGNING UP FOR MEDICARE PLEASE CALL 253-939-6648 AND SCHEDULE YOUR APPOINTMENT WITH MEDICAL.

# Meet your new Paddles Up Employees

All three employees came to us first through the CCEOP program and ROW. The programs work!



Carrie Patterson (MIT) Row Program



Ari Kato-Savoy (Tlingit and Haida) CCEOP



Makenzie LaClair (MIT) CCEOP

# The Recovery House give residents the tools they need for success on their walk on "The Red Road"

The Recovery House staff is here to assist residents in their walk on "The Red Road". The successes witnessed by staff on a daily basis truly inspires all to work harder as a team to help our residents succeed. The success stories such as the story following this statement is amazing to read. This young man has turned his life around.

The Recovery House is a great place to be if you plan to take your recovery serious. They put all the pieces in front of you, but it's really up to you to do the footwork. I was expected to release from prison June 26th of 2022. 6 months prior to my release I learned that my son's mom had passed away due to Covid-19. I was ready to give up on everything. Ready to call it quits and return back to my old life.

My uncle Phillip Purcell at the time, was working at the recovery house and he'd thought it be a good idea I stay there. I called and Gloria picked up the phone. She told me that they would save a bed for me and was so happy to hear I would be moving in. At first, I was skeptical, just like going into any kind of new situation, but I still had a few months of time to think about it. To think about what I could lose, as well as what I could gain from this. My son was counting on me. The worse news any child wants to hear over the phone is that his mom was no longer here and I thought about that phone call every day until it was time for me to go home. I had already been sober the entire time I was incarcerated. I guess you can say the Recovery House and BHP gave me the tools to stay that way.

My first week out I was in IOP and going to AA meetings. I had a laundry list of things that I had to do, not only for BHP, but for DCYF as well. I thought I would get overwhelmed but I had so much support from the beginning. They would give me rides to see my probation officer, help me if I needed visitation with my son, write court reports, even show up to court on behalf. The list goes on. In less than a month I am working a part time job and experiencing so many new things in recovery. Even became the chairperson of the meeting here at the House and still chairing it to this day.

A few months after that, I started working with the Unsheltered Relatives and it showed me both sides of addiction. I was also able to tell others how they could end up where I am and I'd be happy to help them. I completed the ROW program and decided that peer support is something I was interested in. I passed the Recovery Coach Academy and on my way to becoming a Certified Peer Counselor. Working alongside people like Susan Starr and Ada McDaniel, you will definitely soak up a lot of



Tyron Corbray

wisdom, and fast, I'm blessed to have been able to cross paths with them and to have been able to help our people for as long as I did.

Fast forward to almost a year later I have moved out of the Recovery House, was offered a job to work there, and I've completed IOP and aftercare. I've completed everything for DCYF and got off probation after ten years of being on it. I'm certain that if it wasn't for the motivation and support that I was getting from people like Ron, Gloria, Alex, Julia, and Lucy Martin, as well as so many other people at BHP and around the reservation, I would have ended up relapsing a long time ago. This place has truly saved my life and turned it around for the better.

I am coming up on 3 years of sobriety and I feel really great about it. So many opportunities have presented themselves. I finally got the courage to pursue my driver's license which is a big deal for because I'd never thought it would be something I would do. Going from living at the Recovery House to becoming an employee is proof that if you put the work in towards your recovery and other things that you want in life that it's possible. I've accomplished so much in so little time and I'm really proud of myself. Not to mention my son is happy to have his dad back.

Tyron Corbray, ROW graduate and Recovery House staff member.

# Sacred House - The Importance of Sleep and Teens

Sleep is crucial to our teenagers and is not always forthcoming. Here are some ideas help support good sleep routines:

- Put the electronics away or have your teen turn them into you for the night.
- Try using a weighted blanket.
- Lavender oil on the pillow or a lavender bag.
- A diffuser with drops of oil.
- A sound machine for raindrops or a comfortable sound that promotes calm thoughts.
- Books on tape or reading a book before bed.
- A warm bath or shower.
- Sleepy-time tea before bed.
- A routine that includes a regular bedtime.
- Calming music.



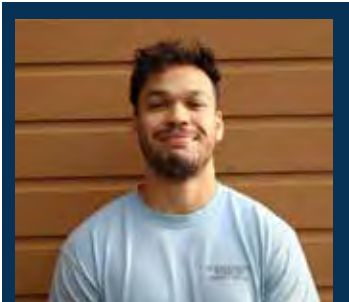
**Muckleshoot Behavioral Health Presents Fentanyl Overdose Prevention Informational Session**

**YOU NARCAN SAVE LIVES**  
FREE community-based Narcan training and access.

These trainings can be brought to your office and presented by a Tribal member. We are able to schedule trainings to meet all shifts.

Any Questions or to Sign Up Contact Julia Joyce at Behavioral Health (253)804-8752 x3207 julia.joyce@muckleshoot-health.com

## MEET THE TRAINERS



### Andrake West

**WELLNESS CENTER PERSONAL TRAINER**

**About Me**

Andrake West completed his NASM CPT in 2021, He went on to complete his NASM Nutrition, MMA conditioning and his senior fitness specialization, Andrade began his career at the YDP. He is a Muckleshoot from the Louke family.

**Experience**



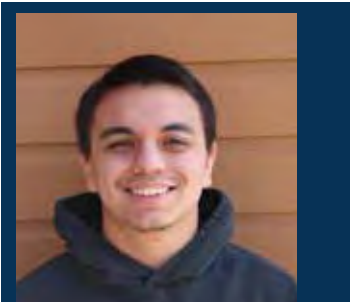
**NUTRITION CERTIFICATION**  
NASM Certified in nutrition to help clients with positive weight gain and building muscle.

**MMA**  
Certified to condition clients of all skill levels and ages with MMA training techniques.

**SENIOR FITNESS SPECIALIZATION**  
Certified in senior fitness specialization to help aging adults and elders with balance, strength, mobility, fall prevention.

**Contact Info**

253-333-3616  
Andrake.West@Muckleshoot-Health.com



### Jeffrey Sheldon

**WELLNESS CENTER PERSONAL TRAINER**

**About Me**

Jeffrey Sheldon completed his NASM CPT in 2021, he went on to complete NASM Nutrition, mental toughness and integrated training series. Jeffrey specializes in Strength and bodybuilding training, Jeff is a Muckleshoot from the Starr family.

**Experience**



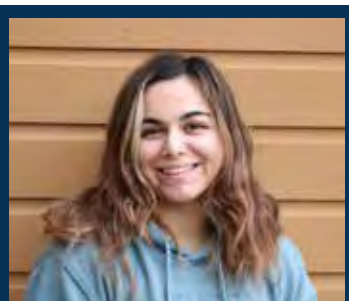
**NUTRITION CERTIFICATION**  
NASM Certified in nutrition to help clients with positive weight gain and building muscle.

**MENTAL TOUGHNESS**  
Certified in NASM's mental toughness course, that will help clients overcome mental barriers when it comes to exercise and how to overcome them.

**INTEGRATED TRAINING SERIES**  
Certified through NASM to become more skilled as trainer to help clients reach their athletic goals in sports and a better understanding to improve physical performance.

**Contact Info**

253-333-3616  
Jeffrey.Sheldon@Muckleshoot-Health.com



### Tayla Laclair

**WELLNESS CENTER PERSONAL TRAINER**

**About Me**

Tayla Laclair completed her NASM in 2021, she went on to complete her NASM Senior Fitness Specialization and is currently working on nutrition. Tayla started her career at the wellness as a lifeguard while in highschool. Tayla is a Muckleshoot from the Ross family.

**Experience**

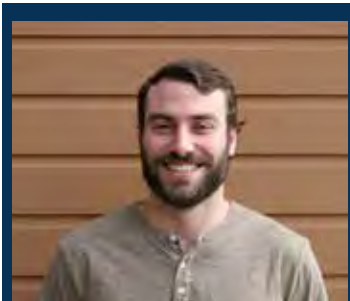


**SENIOR FITNESS SPECIALIZATION**  
Certified in senior fitness specialization to help aging adults and elders with balance, strength, mobility, fall prevention.

**LIFEGUARD**  
Lifeguarding for 2 years before becoming a trainer, able to use her experience from guarding and water polo to help clients with water therapy and reach swimming related goals.

**Contact Info**

253-333-3616  
Tayla.Laclair@Muckleshoot-Health.com



### Clayton Menzel

**WELLNESS CENTER PERSONAL TRAINER**

**About Me**

Clayton Menzel completed his NASM CPT in 2014, he went on to complete NASM's Group Personal Training, Corrective Exercise Specialist and Performance Enhancement Specialist. Clayton is the Wellness Center's Supervisor.

**Experience**



**GROUP PERSONAL TRAINING SPECIALIZATION**  
Certified in NASM's Group Personal Training Specialization to develop fitness classes and to help coach members in group settings in a fun and impactful way.

**CES**  
Certified in NASM's Corrective Exercise Specialization to help clients with muscle imbalances, postural alignment and past injuries with a variety of exercises and stretch techniques for each individuals specific need.

**PES**  
NASM certified through there Performance Enhancement Specialization to help take clients to the next level of performance in strength, speed and power with more in depth programming to peak for a specific sports and events.

**Contact Info**

253-333-3616  
Clayton.Menzel@Muckleshoot-Health.com

### Muckleshoot Health & Wellness Center Hours

**Monday-Friday**  
Gym 6:00am - 9:00pm  
Salt Water Pools 6:00am - 7:00pm

**New Hours Daycare 9:00am - 6:00pm**  
Daycare Available by appointment only. Book your appointment using Your smart phone and the Mindbody Ap or call the Wellness Center front desk 253 333-3616  
Maximum capacity 6 children

**Saturday**  
Gym 8:00am - 5pm  
Salt Water Pools 8:00am-4:30pm  
Daycare 10-2

### Muckleshoot Wellness Center Splash Pad

Wellness Center Splash Pad opening  
5/30/2023  
8:30am-8:00pm  
(253) 333-3616  
We look forward to seeing you.

### Introducing: Bucket List Fitness @ Muckleshoot Wellness Center

**Tough Mudder September 2023**

- Sign up now - first 25 MIT participants entry fees are paid.
- Save the date- September 23rd Black Diamond
- Participate in classes designed specifically for Tough Mudder training.
- Train on your own or in the class
- Compete

QUESTIONS? CONTACT US @ (253) 333-3616

### Introducing: Bucket List Fitness @ Muckleshoot Wellness Center

Class offered Monday, Thursday and Friday @ 12, Wednesdays @ 5:15

- Build Endurance
- Increase Upper Body strength
- Improve Agility
- Stronger Physical and Mental Willpower
- Have Fun

## LOTUS ENERGY DRINK

The natural way to boost your energy with plant power.

White Lotus • Blue Lotus  
Pink Lotus • Lemonade Lotus  
Power Boost

12oz \$3.00 16oz \$4.00 24oz \$6.00 32oz \$8.00

**SYRUPS**

SUGAR FREE

Peach, Pineapple, Coconut, Watermelon, Blue Raspberry, Mango, Strawberry, Raspberry

**REGULAR**

Peach, Pineapple, Passion Fruit, Pomegranate, Green Apple, Mango, Coconut, Huckleberry, Strawberry, Watermelon, Cherry, Lime Guava

Ask your server for other flavors available.

## SPECIALTY SMOOTHIES

**Green Lantern**

Avocado, strawberries, blueberries, mango, spinach, kale, almond milk and dates

**Orange Blossom**

Avocado, mango, strawberries, lime juice, almond butter, orange juice, and dates

**Smooth Ginger**

Orange juice, pineapple juice, lemon juice, mangos, strawberries and ginger

**Strawberry Banana**

Strawberries, Bananas and Splash of Oat milk.

12oz \$5.00 16oz \$7.00 24oz \$8.00 32oz \$9.00

## COFFEE

•Drip Coffee Dillano's Special Dark  
•House Blend Dillano's Special Dark

12oz \$2.00 16oz \$3.00

**Mocha**

12oz \$4.00 16oz \$5.00

**Espresso**

Shot \$2.00 Double \$4.00

**Cappuccino or Latte**

12oz \$4.00 16oz \$5.00

**White Espresso**

12oz \$4.00 16oz \$6.00

**Milk and Milk Alternatives**

Whole, 2%, Non-Fat, Oat, Almond, Soy and Coconut



Muckleshoot Wellness Center Café

# MENU

**PHONE**

253-876-6977  
Paddles.Up@muckleshoot.nsn.us  
253-263-3626



# MTS in Moab, Utah for spring break!



On Friday, May 5, students in Muckleshoot Tribal School's grades Kindergarten through 5th Grade enjoyed a visit from guest author and storyteller Ho'omalalama Tandal-Brown. The author, "Ho'o", shared a story about Canoe Journey, empathy, and leadership entitled *The Greatest Chief of All*. The students connected the story's message of giving to Muckleshoot's upcoming hosting of Canoe Journey this summer. All elementary classrooms were given five copies of the story, and the school library was supplied with additional copies for all to enjoy. The students and teachers had a wonderful time.



On April 1st-7th 2023, Muckleshoot Tribal School took 21 students on an adventure to camp, rock climb and hike in Moab Utah! A big thank you to Sam Curley, Ellie One Feather, Dave Daley, Chad Magee, Dora Davis and the BISID grant for making this possible!

This experience was arranged by ARCC Programs (Adventures Rolling Cross-Country). ARCC has been a leader in the teen and student adventure and service travel industry for over 40 years. ARCC is committed to providing unique and life-changing experiences that resonate deep within our students. Education is an essential part of the ARCC experience. Lessons throughout the program may be academic, in the form of the trip curriculum, or may be experiential, delivered through immersion in new ideas and situations. ARCC focuses on community-driven and community-led sustainable projects that run on the ground year round.

Project, a non-profit organization that cultivates healthy communities through hands-on educational programming. Lastly, all students work with the Canyonlands field institute to remove invasive species and to help set up their group accommodations. Our students actively engaged with the community service and enjoyed their time!

In between community service and all the fun, we got to go rock climbing with the students. They were able to conquer their fear of



heights and learn a new skill! The students pushed themselves on hikes, to view beautiful arches and admire the landscape of Moab, Utah. Our students persevered through a wind storm and some chilly weather, all while camping in tents along a river. They were able to gain leadership skills by establishing leaders of the day, "to-do" crews, and cooks of the day.

Here are some quotes from the students perspectives!

"The trip was very fun and I'm glad that I got the opportunity to go and gain friendships with other students from our school. I got to learn how others minds were and how we all can make big differences although it doesn't seem like much. Being able to be around my relations was a big part: sticking with the Native community and being able to learn and work together was a beautiful experience. The hikes were fun and I'm happy to say I'd love to go with the group another time." - AR

"I enjoyed talking to people and getting to know them better" - RP  
 "A positive thing about the trip was not being on my phone as much and getting more into nature and everything" - AD

"I had an amazing experience in Utah. One of the things I learned from the trip is to try something you don't think you would like. I pushed myself to do all the hikes I didn't think I would like and I ended up loving all of them." - SD  
 "A positive thing I took from this trip would be making a lot of new friends with people I never thought I would even talk to. Also this trip helped me immensely in going forward with what I would want to do in the future and I appreciate that a lot!" - LJ

"what i loved about the trip was



that all of us got along perfectly & it was a lot of fun! & my fav hike was delicate arch" - TU

"My favorite part of this trip was getting closer with all of my classmates, and having fun wherever we went." - MJ

"I got close to people I wasn't close to before and I had fun" - JC  
 "I loved it. Pretty good" - DM

"One big take away I have from the trip was, perseverance I have faced my fears more in the past week then I have my whole life. I did things I never thought I would do or face like my fear of highest, airplanes, and over all being away from home with people I'm not comfortable with and talking to, but over the week, I got to know them. I also talked more! Which is a very hard thing for me. I have no one else to thank but everyone on this trip! My special thanks would go out to you Ellie, Ryan and Chad all three would have a special place in my heart I would look back with a positive experience!! So thank you Ellie!" - PDJ

"Something that I liked about this trip was that I got to spend time with the people that I love, my best friends, my boyfriend and u Ellie u r just the most amazing person there is. You're cool you're funny and I can talk to you about anything, you're like my adult best friend that I can talk to and I liked that u pushed me to do things and this whole experience was just amazing, the parts where we laughed was the best" - JSG

"The experience that get to walk away with is that people do watch everything you do and, it can impact how people act around you. Also the friends that I spent

time with for the week I feel like we got closer together as brothers." - CMM

"I want to say thank you Ellie for making this trip happen for us. this trip showed me that I could get along with anyone if I would just try and I appreciate you and the arcc group for pushing us and showing that we could get through the cold, hiking, and camping. I really appreciate this opportunity and the traveling and especially you and chad, Dave, and Dora for making sure we are safe and sound. I had so much fun and the group activities and hikes made me happy and excited. I am really thankful for this experience. thank you Ellie" - SMA

"I really liked the trip because it taught me leadership, perseverance, helpfulness, and life skills that I will be bringing back home. I



really recommend it to anyone who is trying to step out of there comfort zone and have the willingness to learn and absorb information. I would also like to thank everyone who was able to make this trip happen because I have had a blast. Also I got the chance to know more people and make new friends." - IS

"I really liked the ending activities where people anonymously touched our heads in appreciation and I had such an amazing feeling every time my head got tapped" - ML

"I really loved how the arcc people helped me overcome my fear of heights, the new memories, and new friends I have made." - DV

"I liked how we all came together as Indigenous people and vibed. It was an amazing experience. Would love to go back in time and do it again. Thank you" - CV



## MTS at the Whidbey Island Naval Air Station

On March 10th, the Muckleshoot Tribal students recently had a once-in-a-lifetime opportunity to visit the Whidbey Island Naval Air Station, and what a trip it was! Thanks to Sam Curley, Ellie One Feather, Dave Daley, Samantha Cabbage and the NYCP grant for making this happen. The visit was arranged by the Commanding Officer Zach Butala, who made sure that the students got to experience everything that the base had to offer. As soon as the students arrived, they were greeted by F-18 fighter pilots who were eager to meet them. The pilots were not only friendly and approachable but also had a lot of knowledge to share with the students. Some of the pilots' call signs were: Hot Dog, Monster, Steve the Pirate, Filibus-ter, and Gunslinger. The group enjoyed a delicious lunch together before being taken on a tour of the base by their pilot hosts. One of the highlights of the trip was when the students were allowed into restricted areas where they could use the \$8 million F-18 flight simulators. The students were thrilled to have the opportunity to experience what it was like to fly and land a fighter jet on an aircraft carrier. They were able to put their piloting skills to the test while feeling like they were actually flying through the air. The students also had a personal tour of the runway and were able to watch F-18 fighter jets practice landing and taking off. It was an

exhilarating experience for the students to watch the jets come in for a landing at high speed, and they could feel the raw power and energy of these magnificent machines. In addition to touring the base, the students were given personal tours from pilots and mechanics of the F-18 in the hangars. They were introduced to the controls in the cockpit and learned how the jets were maintained. The students even got to put on flight gear and helmets, which made them feel like they were a part of the Navy. The visit to the Whidbey Island Naval Air Station was not only fun but also educational. The students got to explore what it would be like to be a Navy pilot and learned about the

incredible work that goes into maintaining and operating these fighter jets. The experience was a great way to inspire the students and to encourage them to pursue their dreams. The Muckleshoot Tribal students had an amazing time on their visit to the Whidbey Island Naval Air Station. They were able to experience things that most people only dream of and got a glimpse into the world of Navy pilots. The trip was an incredible opportunity for these students, and we thank Commanding Officer Zach Butala for making it happen. Who knows, maybe one day we will see one of these students flying an F-18 of their own!



They invest in local communities by working with in-country partners and individuals who know the needs of the community and help provide quality projects that directly benefit the places visited. They prioritize grassroots organizations that allow students to have hands-on experiences, while building meaningful relationships with community members.

During this wilderness and service adventure, the students participated in a variety of activities and completed 8 hours of community service and environmental learning that increased understanding of the natural world and our impact on it. These service hours included volunteering with Arches National Park to learn about public land use while lending a hand to clean up popular trail areas and clean out overused campfire rings. They also lent a hand at the Youth Garden

NYCP & BISID

## Hello Muckleshoot Parents,

Join us for a parent meeting to learn more about our afterschool programs! We need your feedback and recommendations! MTS, Auburn School and Enumclaw School parents WELCOME! Light refreshments available, littles welcome too!

May 25th, 2023 @5:30PM  
August 24th, 2023 @5:30PM

Room 4120 Building 4

# WE NEED YOU!

URGENTLY NEEDED

BISID/NYCP

MUCKLESHOOT TRIBAL SCHOOL

DO YOU HAVE SKILLS OR EXPERTISE YOU WANT TO SHARE WITH STUDENTS?

3-4:15PM M-F

BEADING  
DRUM MAKING  
CULTURAL ART  
BASKET WEAVING  
POETRY  
MUSIC  
SEWING  
ETC.

Official Muckleshoot Tribal School

HTTPS://WWW.FACEBOOK.COM/PROFILE.PHP?ID=100057335145202

For the latest up-to-date news on the Muckleshoot Tribal School, its activities and sports teams, follow them on Facebook at the address above, or simply type "Official Muckleshoot Tribal School" in the search window. MTS handles its own communications with parents and community.

### Muckleshoot Tribal School Softball Team Invited to Meet University of Washington Softball Star SilentRain Espinoza in an Exciting On-Field Experience

By Joseph Martin  
Muckleshoot Tribal Education Officer

On Friday, April 21, 2023, the Muckleshoot Tribal School Softball Team was invited by the University of Washington Softball Team to attend their important Pac-12 league game versus the University of Utah. UW Softball Head Coach, Heather Tarr and SilentRain Espinoza introduced themselves to our Muckleshoot Tribal School Softball Team and Chairman Jaison Elkins and his family by hosting an on-field welcoming ceremony where inspirational words were shared and gifts were exchanged. Our MTS Softball Team brought Eighth Generation blankets to gift to Coach Heather Tarr and SilentRain Espinoza, and in return, the UW Softball Team gifted University of Washington Softball hats, visors and t-shirts to our MTS Softball players.

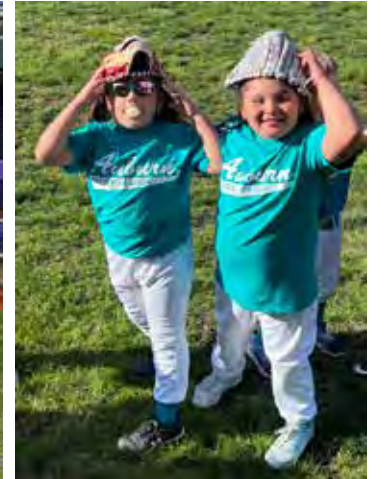
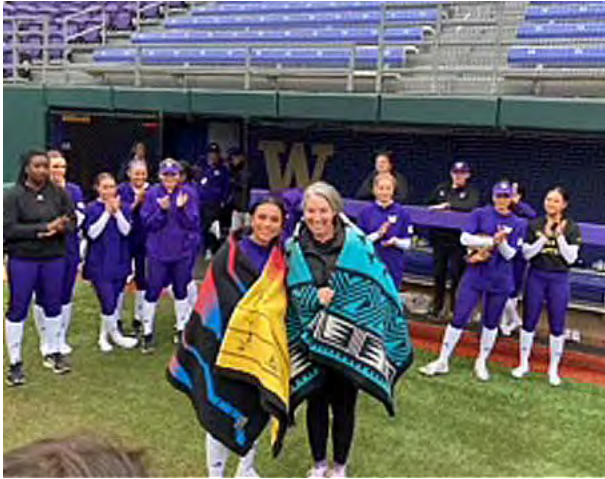


The major reason why this opportunity for our Muckleshoot Tribal School Softball Team was so impactful was that our players and coaches had the opportunity to meet SilentRain Espinoza. SilentRain is a member of the Kumeyaay Indian Nation on the Viejas Reservation in Alpine, California, near San Diego. Espinoza grew up on the Viejas Reservation. Her mother, Mackenzie, is from the Penobscot Tribe in Maine; her father, Greyback, is Kumeyaay and also grew up in Viejas, and his side of the family has a deep history in fastpitch softball.



As a fifth year senior, SilentRain is the starter at 3rd base for the Washington Huskies. As a fifth year senior (2023), Espinoza was named to the Pac-12 All Conference Third Team. As a junior (2021), SilentRain was named to the NFCA All-Pacific Region Second Team. Espinoza earned Third Team honors in 2019 as a freshman. Additionally, in 2019, SilentRain was named to the Pac-12 All-Freshman Team. SilentRain has hit over .300 in every season of her career and has an On Base Percentage over .380 in each of her seasons as a Husky.

It was a truly impactful, motivational and inspirational experience for our Muckleshoot Tribal School Softball players and coaching staff to have the opportunity to meet SilentRain Espinoza, Coach Heather Tarr and all of the other members of the University of Washington Softball



Team!

The following players from our Muckleshoot Tribal School Softball Team participated in this event at the University of Washington:

- Alexis Deason- 8th Grade
- Madison Loggins- 8th Grade
- Jayleah Sampson- 9th Grade
- Richelle Cobell- 12th Grade
- Leslie Starr- 11th Grade
- Chellyna Lester- 11th Grade

Tribal Council Chairman, Jaison Elkins, his wife Lindsay and their daughters Skuya and Waniya supported our Muckleshoot Tribal School Softball team and participated in this important event.



Additionally, Coach Dora Davis, Coach Flo Starr, Mary Hollis and Joseph Martin participated from the Muckleshoot Tribal School. The Muckleshoot Indian Tribe extended our heartfelt gratitude and sincere appreciation for the generosity and support that the University

of Washington Softball Program expressed to our Muckleshoot Tribal School Softball Team. It was such an amazing experience for Coach Tarr and SilentRain Espinoza to bring our Muckleshoot Team onto the University of Washington Softball field for us to introduce ourselves to each other and to exchange gifts!

I want everyone who is reading this article to know about the incredible impact that the generosity of the UW Softball players and coaching staff had on our team. I heard so many individuals in our group state that the experience that the University of Washington provided to all of us, "was such a special opportunity and experience that we will remember it as one of the best moments forever!"

For our Muckleshoot Tribal School Softball Team to be able to meet and talk with such an amazing group of high achieving scholar athletes who are succeeding and thriving at the Division One College level was extremely inspiring and motivational!

All of us from Muckleshoot expressed our sincere gratitude for the generosity and hospitality from the University of Washington for creating this incredible day for our scholar athletes at Muckleshoot!



## Jonnie 2023 MOSES

**SENIOR**  
*spotlight*

**FAVORITE MTS MEMORY:**  
Some of my favorite memories at MTS are going to state for football for the first time in MTS history and being the first team to have a winning record. Cheering on the boys basketball team. Attending senior prom and getting prom king. Also baseball season didn't go how I wished it would go but being on the field with my bros that I grew up with as youngins was for sure one of the best times

**FUTURE PLANS:**  
My future plans after high school are to pursue a career in the construction industry.

**SHOUTOUT TO STAFF:**  
I'd like to shout out all my teachers, especially Megan, and Mrs Mizuki from Auburn High school. They were like the main teachers that pushed me to be a good student. Also shout out to all my family that has been there for me and pushed me to be a good person and a good student. Finally, a shout out to all my friends that have been there for me and treated me like family.

## MTS SUMMER SCHOOL

JULY 7TH - AUG. 4TH

\* 15209 SE 376th ST  
Auburn, WA 98092

You can request an Application through Email  
MTSENROLLMENT@MUCKLESHOOT.COM

Last Week of School MTS will be Attending  
Canoe Journey  
July/31st - Aug./4th

# MUCKLESHOOT TRIBAL SCHOOL AWARDS ASSEMBLY

JOIN US ON  
JUNE 7TH, 2023

Elementary 12:30pm - 1:30pm  
Secondary 2:00pm - 3:00pm

Please check in at one of the Offices for a guest pass.

## SPRING ALL LEAGUE SELECTIONS

 <b>LESLIE S.</b> CO-OPP 1ST YEAR	 <b>CHELLYNA L.</b> 1ST YEAR	 <b>SIERRA N.</b> 1ST YEAR	 <b>MADISON L.</b> 1ST YEAR
 <b>KAMIAKIN O.</b> DISTRICT 10	 <b>DELIGHT V.</b> DISTRICT 10	 <b>ARON O.</b> 3RD YEAR	

### Muckleshoot Tribal School Online Enrollment

NOW OPEN FOR 23-24 SCHOOL YEAR

*Please note: Summer School applicants are not included with online enrollment for the 23-24 school year. If you would like to apply for Summer School, please request a paper application*

253-931-6709  
MTSEnrollment@muckleshoot.com

CURRENT MTS FAMILIES ENROLLING A RETURNING MTS STUDENT:

Login to SKYWARD family access portal at: <https://www.q.wa-k12.net/muckleSTS/>  
Complete and submit the Returning Student Enrollment Application

CURRENT MTS FAMILIES ENROLLING A NEW STUDENT:

Login to SKYWARD family access portal at: <https://www.q.wa-k12.net/muckleSTS/>  
Complete and submit the New Student Enrollment Application, including these required documents:

- Student's Birth Certificate
- Student's Tribal Enrollment Card or Certificate of Indian Blood
- Student's Immunization Record
- If you are a Court-appointed guardian, provide a copy of court document to Registrar

NEW MTS FAMILIES ENROLLING A NEW STUDENT:

First you must set up a NEW Family Access Portal Account to enroll your student at: <https://www.q.wa-k12.net/muckleSTS/NewStudentEnrollment/NewGuardianLoginRequest>

For Enrollment questions, Email Documents or Skyward Family Access Portal Assistance, Email  
MTSEnrollment@muckleshoot.com



**MUCKLESHOOT CASINO RESORT**

Our resort experience will be larger than life. Literally. Our hotel tower will feature the second largest outdoor LED wall in the State of Washington, spanning an epic 96 feet in height by 35 feet in width! Currently being constructed by Alpha Video & Audio, the colossal screen will be THE largest outdoor LED wall not housed in a sports stadium in the state. *Muckleshoot Casino Resort debuts this fall!*



**JUNE 16-18, 2023**  
**Muckleshoot Veterans' Powwow**

Muckleshoot Powwow Grounds, Auburn, WA  
**FRI, JUNE 16** Grand Entry @ 7pm  
**SAT, JUNE 17** Grand Entry @ 1pm & 7pm  
**SUN, JUNE 18** Grand Entry @ 1pm

**HEAD STAFF**  
**HOST DRUM** Northern Cree - Saddle Lake, AB  
**ANNOUNCERS** Vivie Bey (USMC 1st Marine Division), Outway - Fondard, MN, Bari Powaukee, Nez Perce/Lele - Fort Duchesne, UT  
**ARENA DIRECTOR** Clifton Goodhall, Lakota/Plains Cree - Hawkth, KS  
**HEAD MAN JUDGE** Thomas Bluebone (US Army Captain), Three Affiliated Tribes - Newtown, ND  
**HEAD WOMAN JUDGE** Ryenne White, Teton Lakota/Arishpaabe - Naakamagewinang First Nation, ON  
**HEAD DRUM JUDGE** Mervel Lakota, Fond Du Lac Band, Minneapolis, MN

**DANCE CONTESTS**  
**GOLDEN AGE COMBINED (60+)** \$1,000 - \$800 - \$600 - \$400  
**ADULT CATEGORIES (18-59)** \$1,000 - \$800 - \$600 - \$400  
**TEEN CATEGORIES (13-17)** \$400 - \$300 - \$200 - \$100  
**JUNIOR CATEGORIES (6-12)** \$200 - \$150 - \$100 - \$50  
**VETERANS' DANCE SPECIAL** \$1,000 - \$800 - \$600 - \$400  
**OLD STYLE MEN'S GRASS SPECIAL** \$1,000 - \$800 - \$600 - \$400  
**OLD STYLE WOMEN'S JINGLE SPECIAL** \$1,000 - \$800 - \$600 - \$400  
**DRUM CONTEST ONLY** \$15K - \$9K - \$6K - \$4K - \$2K - \$1K  
 \*Contestant split, 7 minimum singers to register.

**HOST HOTEL**  
**BEST WESTERN PLUS MOUNTAIN VIEW AUBURN INN** (253) 887-7600  
 \*Muckleshoot Powwow (credit card deposit only)

**GENERAL INFO**  
 Grant.Timmett@muckleshoot.rsn.us (253) 876-3327  
 Madrienne.White@muckleshoot.rsn.us (253) 294-8082

**VENDOR INFO**  
 Bearjames09@gmail.com (253) 350-4411  
 Charles Williams (253) 508-7430

For more information, visit [arccg.is/1a0XKI](http://arccg.is/1a0XKI).

Not liable for theft or accidents. No stunts or aerial. Camping available. No electricity available for camping. No dogs allowed outside camping area.

**2023 Fireworks Ordinance Update**

The Tribe recently amended the Fireworks Control Ordinance, which regulates the sale of fireworks on the Reservation. The changes in the Ordinance are effective immediately and will govern the sale of fireworks during the upcoming 2023 fireworks season.

This article is intended to get the word out that there are a number of changes to the Ordinance. The article highlights substantive changes but is not a complete list of the applicable regulations. Therefore if you will be engaged in fireworks business on the Reservation, you are strongly urged to carefully read this article, as well as the new 2023 version of the Fireworks Control Ordinance so that you are familiar with the law. It is important to remember that fireworks businesses must comply with all applicable laws.

- (1) The first day of retail sales has been changed from June 10 to June 9.
- (2) The first day to place stands has been changed from May 27 to May 26.



**House Pole Blessing @ Bear Creek (in the City of Redmond)**

b?q?lisu? carvers Tyson Simmons and Keith Stevenson's beautiful work noting one of our village locations dating back 13,000 years according to archeological evidence... since time immemorial, if you ask our people! It was an amazing day to celebrate our Indigenous identity and honor our ancestors and their teachings. Pictured: City of Redmond Mayor Angela Birney, carvers Keith Stevenson and Tyson Simmons, MIT Vice-Chair Donny Stevenson

**Thank you for your patience!**

**New Crosswalk at MCDC** **New Sidewalk!**

**Riverwalk Drive is open once again. This project was a joint effort by Muckleshoot and the City of Auburn. Look for more details in the Muckleshoot Messenger and the Weekly Newsletter. Thank you again to everyone in the community!**

**Improved Road Surface!** **Crosswalk at Howard Road!**



**KENT WELCOMING POLE.** Mike Evans is shown here with Eileen Richardson in front of the new welcoming pole he carved for the Kent Historical Society Museum, which he serves as board vice-president. Mike is the longtime skipper of the Blue Heron Canoe and has taught many young people the ways of the water over the years. He is also well-known as a scholar and conservator of the Lushootseed language.

**Muckleshoot Sobriety Pow Wow & Coed Softball Tournament**  
**July 14, 15, 16, 2023**  
 MUCKLESHOOT POW WOW GROUNDS • AUBURN, WA

**GRAND ENTRY** 7:00 AM - 7:30 PM  
 \*All Powwow items: Buckskins, Hat, Regalia, and more...  
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**HEAD STAFF**  
**HEAD DRUM** Northern Cree - Saddle Lake, AB  
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**HEAD WOMAN JUDGE** Ryenne White, Teton Lakota/Arishpaabe - Naakamagewinang First Nation, ON  
**HEAD DRUM JUDGE** Mervel Lakota, Fond Du Lac Band, Minneapolis, MN

**COMMITTEE MEMBERS**  
 1. Mervel Lakota  
 2. Keith Stevenson  
 3. Tyson Simmons  
 4. Angela Birney  
 5. Donny Stevenson

**SPONSORSHIP OPPORTUNITIES**  
 \*All Powwow items: Buckskins, Hat, Regalia, and more...  
 \*All Powwow items: Buckskins, Hat, Regalia, and more...  
 \*All Powwow items: Buckskins, Hat, Regalia, and more...

**Natives On A Wellness Path**  
 100% NATURAL PRODUCTS  
 100% NATURAL PRODUCTS  
 100% NATURAL PRODUCTS

**ARE YOU TURNING 65?**

**Medicare Annual Enrollment**  
 Important Dates and Deadlines

**Oct 15th** Medicare annual enrollment starts  
 The first day you can enroll for Medicare health coverage.

**Dec 7th** Medicare annual enrollment ends  
 The last day you can enroll for Medicare health coverage.

**Jan 1st** First date coverage starts  
 This is the first day your new Medicare coverage will begin.

**Inital Enrollment Period**  
 The 7 Month Window to Enroll in Medicare

**65** Birthdays

**3 Months Before Your 65th Birthday** **The Month Of Your Birthday** **3 Months After Your 65th Birthday**

**MEDICARE HEALTH INSURANCE**  
 Representative **JOHN L SMITH**  
 Medicare Number/ID of Member: **1EG4-TE5-MK72**  
 \*Enrollment starts/coverage begins on 03-01-2016  
 \*Coverage starts/coverage begins on 03-01-2016

**Don't wait until its to late.** **NEED HELP SIGNING UP FOR MEDICARE PLEASE CALL 253-939-6648 AND SCHEDULE YOUR APPOINTMENT WITH MEDICAL.**

**CAN YOU NAME THESE ANCESTORS?**

**ya'iyelabčel**  
 Our Ancestors

**Come visit us at Preservation Library, Archives & Collections!**

Questions? Please contact, Rose Davis  
 O. 253-876-3264 C.253-508-0520 [Rose.davis@muckleshoot.rsn.us](mailto:Rose.davis@muckleshoot.rsn.us)



**Paddle to Muckleshoot 2023**  
Honoring our Warriors Past and Present  
Landing: July 30th, 2023  
Protocol July 31- August 6



**Are you needing help with childcare?**

- Is your child(ren):
  - ✓ 12 years of age or younger?
  - ✓ Of American Indian/Alaska Native descent (biological parent must be enrolled)?
- Are you:
  - ✓ Employed?
  - ✓ Enrolled in an educational program?
  - ✓ Participating in job training?
- Do you reside within 30 miles radius from the Muckleshoot Tribal Administration?
- Are your family assets less than \$1,000,000?



**You may be eligible for assistance with your childcare costs.**

Give us a call to apply:  
Phone: 253-876-3224  
Email: [monalisa.mendoza@muckleshoot.nsn.us](mailto:monalisa.mendoza@muckleshoot.nsn.us)  
Or stop by the office: 15532 SE 376th St Auburn, WA 98092 Located @ the Muckleshoot Child Care Development Fund: Infant-Toddler Center on the Tribal School Campus.

**MUCKLESHOOT WARRIORS PATH**

Warriors Path aims to provide culturally-centered activities based around education and alcohol/drug prevention for 8th-12th graders.

Carving - Harvesting - Fishing - Paddling/  
Pulling - Medicine Making

**FRIDAYS 12PM-4PM @ MTS**  
Meet at the MTS cafeteria unless otherwise specified  
For more information and to sign up, contact Devin Whiteaker @ (253) 263-3661  
[devin.whiteaker@muckleshoot.com](mailto:devin.whiteaker@muckleshoot.com)

**Muckleshoot Indian Tribe Head Start Program**

Quality Early Childhood Education Program serving children ages three to five-years old.

The Head Start Program gives priority for families who meet eligibility criteria such as income eligibility, homeless, foster placement, SNAP, TANF, or a child with a disability.

The Muckleshoot Head Start will be recruiting New Children ages 3-5. Parents will need to fill out an application.

Other documents needed:  
Age verification (birth certificate, tribal ID, child insurance card or state immunization registry)  
Current income (1040 tax return, W2 forms or Pay Stubs)  
Well Child Exam  
Dental Exam  
Immunizations  
Updated court papers - if applicable

Applications are available:  
Complete the JOT form or call for an application  
Maritza Leonard 253-293-6336/253-876-3056  
Completed Applications can be dropped off at:  
The MEA building at 15599 SE 376th St, Auburn, WA, 98092  
Scanned and E-mailed to [Maritza.Leonard@Muckleshoot.nsn.us](mailto:Maritza.Leonard@Muckleshoot.nsn.us)  
Faxed to 253-876-3037  
Make sure you sign and date all documents.

**CALL US TODAY!!!**

**Muckleshoot Head Start**  
253-876-3056

Now Accepting Applications for the 2023-2024 Program Year

**EFFECTIVE MARCH 12TH, 2022**

Facial Masks will only need to be worn at the Muckleshoot Health Clinic, Dental Clinic, Pharmacy, MINDCARE Clinic, Optical Clinic and Business Office.

Masks will be optional in all other MIT Government Offices.

**We now have Stumptown Nitro Cold Brew on tap!**

Pairs well with our new Salted Caramel syrup, macadamia nut syrup, cinnamon syrup with a float of oat milk.

12 oz. - \$4  
16 oz. - \$5  
20 oz. - \$6

**NEW TRANSFER STATION HOURS EFFECTIVE 8/25/2022:**

17613 SE 400TH STREET  
(253) 876-3338 OR (253) 876-2911

Monday - Friday 7 - last car at 3:30  
Saturday - Sunday 1- last car at 4:30

Housing tenants please contact Housing to request a dumpster.

Dumpsters are left at residence for 3 days.

Do not put hazardous household materials in dumpsters; motor oils, cooking oils, paints or fluorescent light bulbs.

INTERCULTURAL CHILDREN & FAMILY SERVICES KINSHIP PROGRAM

**ATTENTION: KINSHIP CAREGIVERS!**

Are you an African American or Native American Kinship Caregiver living in King County? The Kinship Alliance of King County is here to support and provide resources for Kinship Caregivers in King County. If you are in need of services please give us a call 253.754.0471

King County Veterans, Seniors & Human Services Levy

"This program receives funding from the King County Veterans, Seniors and Human Services Levy"

**Please join us for Baby Group!**

Who: Babies 0-18 months & their parent/guardian  
When: Every Tuesday 11:15-12:00PM

What: Story time, cultural singing, a Support Services guest speaker will discuss a variety of topics, including areas of child development. They will answer specific questions as well.

Why: Monitor your child's development and stay connected to peers, and prepare your child for Birth to Three toddler class.

How: Attend in person or a zoom link will be sent to your email or phone.

Natasha Sheldon (Parent Liaison/FRC)  
MECE Support Services  
Desk Phone: (253) 294-8008  
Work Cell: (253) 329-8250  
[Natasha.Sheldon@muckleshoot.nsn.us](mailto:Natasha.Sheldon@muckleshoot.nsn.us)

**Enroll today!**

**SUMMER MOVIES**  
Muckleshoot Ballfields

June 27th (Tues) Puss in boots	9:35pm
June 29th (Thurs) Creed III	9:35pm
July 18th (Tues) Top gun: Maverick	9:25pm
July 25th (Tues) Catch the fair one	9:15pm
August 1st (Tues) Smoke Signals	9:05pm
Aug 3rd (Thurs) Black Panther: Wakanda forever	9:05pm
August 10th (Thurs) DC League of super pets	8:50pm
August 15th (Tues) Strange world	8:45pm
August 29th (Tues) The super mario bros	8:15pm
September 5th (Tues) Minions: Rise of Gru	8:00pm

Alcohol & Drug Free Event  
Bring Family & Friends  
Muckleshoot Tribal & Community Event

**FACE Growing Readers**

Sign up to get new books for your children!  
When you sign up for the program, your child will receive packets of fun, easy-to-read picture books mailed to your home or P.O. Box, on a regular basis. At the end, your child will have lots of new picture books for their own home library! This program is paid for through the BIE's Family and Child Education (FACE) program, and is completely free for your family.

Signing up is simple! Here are three ways:

1. Scan the QR code with your phone's camera.
2. Visit [www.uniteforliteracy.com/corp/bie](http://www.uniteforliteracy.com/corp/bie)
3. Sign up with paper forms, then return them to your child's teacher.

Your books will be in the mail soon!

Unite Literacy

**4 - 6 years old**

Set B

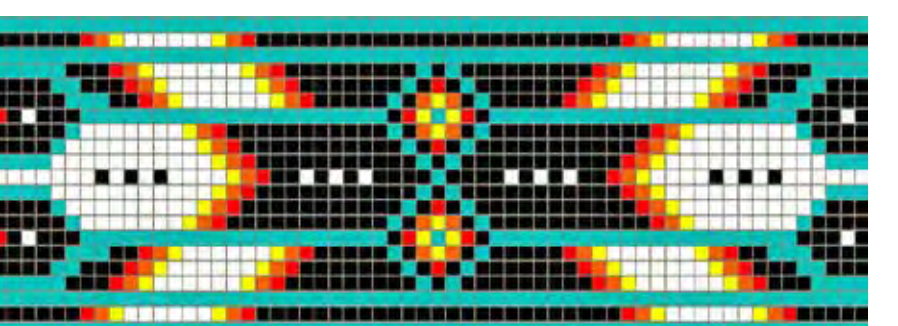
- 4-6 year old books
- Books are 5"x5" with real-world pictures and fun topics
- 4 books + 1 family tip card mailed every week for 6 months
- 100 books in all

**Birth to three & Support Services**

**What is Birth to Three?**  
The Muckleshoot B3 Program serves Native American children birth to three years of age. B3 provides a safe nurturing environment that promotes the language, physical, social/emotional, adaptive and cognitive development of young children, as well as providing them accessible local early intervention services for native infants and toddlers with disabilities. Native American children have the opportunity to explore their Native heritage.

Sign up today with QR code below!

**What is support services?**  
The Muckleshoot Early Childhood Education Support Services Program provides accessible local therapy services for Native infants, toddlers, and preschoolers (0-5) with disabilities.



# Muckleshoot Protocol at Lummi 2019

Photos by John Loftus




**MUCKLESHOOT TRIBAL MEMBERS RECEIVE A 25% DISCOUNT IN THE MUCKLESHOOT CASINO GIFT SHOP.**

Excludes all merchandise. Goods with a brand/supplied price are not eligible for pricing. If you are unsure if your item is eligible, please contact TSA at 253.218.6600.




The Tribe is excited to share its newest program, which helps assist eligible Homeowners with their property taxes!

### NEW PROPERTY TAX ASSISTANCE PROGRAM

**Terms and Conditions Apply:**

- You must have been enrolled with the Muckleshoot Tribe as a member for a minimum of five (5) years
- OR** are enrolled and have resided on the Muckleshoot Reservation your entire life
- If you have a home loan with an outside lender or you own it outright and pay property taxes, you can still apply!
- Contact us to learn more, or request an application

**CONTACT THE MUCKLESHOOT HOUSING AUTHORITY FOR MORE INFORMATION:**  
 (253) 833-7616



**There are no geographical restrictions**



**Must own and live in the property you are seeking assistance for**



**Muckleshoot Home Loan participants are automatically enrolled**



## Fence Installation Assistance Program

**Attention Tribal Member Property Owners!**

Any tribal member meeting the eligibility guidelines may apply for this assistance

Please contact housing to learn eligibility guidelines

**Items Covered:**

- Fence Installation (while funds are available)
- Privacy Slats (on existing good condition fencing)

For more information call Dorothy Doheny (253) 876-3027 or email: [dorothy.doheny@muckleshoot.nsn.us](mailto:dorothy.doheny@muckleshoot.nsn.us)





**Culture**

Daniels Jr., John	Chair
Stevenson, Donny	Vice-Chair
Ungaro, Louie	TC Liaison
Cross, Virginia	TC Liaison
Courville Jr., Leeroy	TC Liaison
Ortiz-Cross, Glorianna	
Jackson, Salena	
Moses, Brandon	
Ross, Mary	

**Education**

Cross, Virginia	Chair
Garcia-Jones, Jessica	Vice-Chair
Mitchell, Anita	TC Liaison
Moses, Loretta	
Lomakema, Wilma	
Calvert, Benjamin	
Simonson, Lori	
Burdette, Andrew	

**Elders**

Cross, Virginia	Chair
Daniels Jr., John	Vice-Chair
Ungaro, Louie	TC Liaison
Mitchell, Anita	TC Liaison
D'Ambrosio, David	
Suchan, Pearl	
LaClair, Sharon	
Ortiz, Aletha	
Montoya, Sherry	
Williams, Charlotte	

**Enrollment**

Castaneda, Amy	Chair
Baker, Steve	Vice-Chair
Baker, Elaine	
Moses, Ann	
Lozier, Kallie	
Bellack, Valerie	

**Event Planning**

Jerry Sr., Mike	TC Liaison
Lezard, Frankie	Staff
Starr, Sandra	
Starr, Ginger	
Milne, Noreen	
Simmons, Andrew	
Jerry, Eva	
Stewart, Benjamin	
Moses, Cassandra	
Starr, Amelia	
Louie, Suzette	

**Family Resource**

Garcia-Jones, Jessica	Chair
So, Melissa	
Burdette, Wendy	
Monahan, Deborah	
Simonson, Lori	
Brown, Richelle	

**Fireworks**

Jerry Sr., Mike	Chair
Williams, Kenneth (K.C.)	
Sailto III, Charlie	
LaClair, Sharon	
Brown, Richelle	

**Health Services**

Elkins, Jaison	Chair
Garcia-Jones, Jessica	Vice-Chair
Daniels Jr., John	TC Liaison
Simmons, Andrew	
Barr Sr., Merle	
Starr, Susan	
Mault, Marcia	
So, Melissa	
Sohappy, Loretta	

**Housing**

KingGeorge, Warren	Chair
Garcia-Jones, Jessica	Vice-Chair
Mitchell, Anita	TC Liaison
Williams, Charlotte	
Barr Sr., Merle	
LaClair, Sharon	
Anderson, Rosemary	
Nelson, Eli	
Courville, Olivia	

**Hunting & Wildlife**

Jerry Sr., Mike	Chair
Daniels, Melvin	Vice-Chair
Courville Jr., Leeroy	TC Liaison
Anderson Sr., Dennis	
Jansen, Brysen	
Miller, Henry	
Hoffer, Brodie	
Nelson, Eli	

**Muckleshoot Child and Family Services (MCFS)**

Cross, Virginia	TC Liaison
Mitchell, Anita	TC Liaison
Swanson, Lonna	
Cross, Marena	
WhiteEagle, Gail	
Martin, Lucille	
Adame, Celeste	

**Personnel**

Jerry Sr., Mike	Chair
Stevenson, Donny	Vice-Chair
Garcia-Jones, Jessica	TC Liaison
Courville Jr., Leeroy	TC Liaison
Elkins, Paula	
Maldonado, Rosa	
Anderson, Julia	

**Planning**

Stevenson, Donny	Chair
Moses, Fay	Vice-Chair
Courville Jr., Leeroy	TC Liaison
Calvert, Kenneth	
Barr Sr., Merle	
Sheldon, Jeff	
Simmons, Tyrone M.	
Taylor, Christine	
Calvert, Chuck	
Hoffer, Les	
Sneatlum, Silas	
Judkins, Dawn	KCFD

**Pow-wow**

Garcia-Jones, Jessica	Chair
Williams, Charles	
Miller, Henry	
James, Bear	
Escalon, Tiffany	
Jansen-Benavidez, Cody	
White, Madrienne	
Ortiz, Aletha	

**Truancy Board**

Anderson, Julia	
Adolf, Krystal	
Benson, Tony	
Richardson, Eileen	
Rodarte, Michelle	

**Preservation**

Ungaro, Louie	Chair
Stevenson, Donny	Vice-Chair
Courville Jr., Leeroy	TC Liaison
Anderson Sr., Dennis	
Swanson, Jacqueline	
Buchanan, Wayne	
Nelson, Eli	
Bellack, Valerie	
Ross, Mary	
Brown, Richelle	

**Sla-Hal**

Jerry Sr., Mike	Chair
KingGeorge, Warren	Vice-Chair
Garcia-Jones, Jessica	TC Liaison
Mathias, Shayla	
Ortiz, Aletha	
Mathias, Hailey	

James, Bear	
Edwards Jr., Mike (Mikey)	
Sam, Maggie	
Jerry, Corey	
Miller, Henry	
Brown, Richelle	

**Smokehouse**

Jerry Sr., Mike	Chair
Jerry, Lawrence T.	
Anderson Jr., Dennis	
Moses, Albert	

**Spiritual/Ceremonial**

Daniels Jr., John	Chair
KingGeorge, Warren	Vice-Chair
Cross, Virginia	TC Liaison
Courville Jr., Leeroy	TC Liaison
Berry, LeOta	
Anderson Sr., Dennis	
Moses, Douglas	
Moses, Brandon	
Williams, Charlotte	

**Veterans**

Herda, John	Chair
Lewis, Robert	
Stevenson, Donny	TC Liaison
Garcia-Jones, Jessica	TC Liaison
Bargala, Sonny D.	
Gonzales, Anthony	
McDaniel III, Jesse	
Pacheco, Robert	
Allen Jr., Robert L.	
James, Wayne W.	
Simmons Sr., Robert	
Simmons Sr., Tyrone	
Barr Sr., Merle	
Nichols, Danny	
Simmons, Joseph	
McDaniel Jr., Jesse	
Johnson, Barry	
Arms, James	
Enfield, Courtney	

**Youth Development**

Daniels Jr., John	Chair
Garcia-Jones, Jessica	Vice-Chair
Ungaro, Louie	TC Liaison
Mitchell, Anita	TC Liaison
Courville Jr., Leeroy	TC Liaison
So, Melissa	
Starr, Amelia	
Bennett, Courtney	

**Commission Members for 2023/2024**

**Fish Commission**

Courville Jr., Leeroy	Chair
Moses, Carl (Bud)	Vice-Chair
James, Jeremy	
Hamilton, Phillip	
Jerry, Donnie	
LaClair, Todd	
Vaiese, Theodore (Teddy)	
Moses Jr., Stanley	
Martin, Henry	
Anderson Jr., Dennis	
Starr, Marie	

**School Commission**

Ungaro, Louie	Chair
Swanson, Jacqueline	Vice-Chair
Ross, Mary	
Johnson, Yvonne	
Starr, Ginger	
Bennett, Nick	
Adame, Celeste	
Sneatlum, Silas	

**Gaming Commission**

Barr Sr., Merle	Chair
Stevenson, Donny	TC Liaison
Marquard, Mardee	
Swanson, Lonna	
Jerry, Ronald	
Garcia, Ursula	



Artwork by Maynard Johnny.