

Puyallup Tribal News

Issue No. 361

Serving the Puyallup Tribe of Indians

January 28, 2020



Coming soon: Las Vegas on I-5

Workers adding the final touches to Tribe's Emerald Queen Casino. Read more on [p. 14](#).

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Puyallup Tribe of Indians
3009 E. Portland Ave.
Tacoma, WA 98424

SPECIAL EVENTS

Ring in 2020

Tribe hosts annual New Year's Eve party. See photos on [page 18](#).

GET INVOLVED

Creating change

Learn what happens at the monthly Community Conversations and how you can get involved on [page 6](#).

POLITICS

History in the making

Puyallup Tribal members participate in regional political events. See photos and story on [page 16](#).

COMMUNITY CALENDAR

What's Happening

Find out about upcoming events on [page 8](#).

New era begins for the Puyallup Tribe's storytelling capabilities

By Lisa Pemberton
Puyallup Tribal News staff writer

Hello, and thank you for opening up the January 2020 edition of the Puyallup Tribal News.

After years of being contracted out, the newspaper is now fully managed, produced and designed by Puyallup Tribal employees.

Our team hit the ground running, and we have big projects ahead.

BUT FIRST, AN INTRODUCTION...



My name is Lisa Pemberton. I'm an enrolled member of the White Earth band of the Minnesota Chippewa Tribe. Some of you may have known my

parents, Jerry and Norma Pemberton, who worked at various chemical dependency treatment centers, including the Puyallup Tribal Treatment Center.

Many more of you probably know my sister Jennifer Caldwell-Hoskins, who works for the Puyallup Tribe's Community Domestic Violence Advocacy Program. She's on my speed dial as I learn to find my way around the reservation.

I've worked in journalism and communications, mostly in Olympia and Seattle, during the past 25 years. I have won several journalism awards, including three national Native Media Awards.

In my job as content manager, I plan, create and edit stories, news releases, photos and other content for the tribe's website, social media and newspaper. I also serve as editor of the Puyallup Tribal News, and as back-up public information officer for the tribe.

Fun fact: I recently connected with my birth mother, Nola Woodruff of Quileute. It's been a great experience.

MEET THE COMMUNICATIONS DEPARTMENT

Even though Puyallup Tribal News readers will see my name often, the newspaper is only one facet of the Communications Department. I work with an awesome team!

Communications Director Michael Thompson began working for the tribe in April 2019, and was tasked by Tribal Council with building a Communications Department. Michael previously was public information manager for Metro Parks Tacoma after working about two decades for newspapers. Michael provides communications counsel to the Tribal Council and department heads, leads media relations and oversees the Communications Department.



Communication Coordinator Andrea Bob, the daughter of Sandra Bob (Sts'ailes First Nation and Snaw-naw-as First Nation),

Eugene Clark (Puyallup and Yakama), and Roland Ochoa (Blackfeet, adoptive father), is a Puyallup Tribal member.

She first started working at the tribe in 2010 in accounting as an intern and has served in various roles, such as Event Assistant and Canoe Journey Assistant Coordinator.

Andrea is responsible for managing the PTOI employee newsletter and bridging the information flow to the various communication platforms.

When Andrea is not providing administrative support or funneling information, she is with her son Ethan.

As a first generation college student, she has an Associates in the Arts & Sciences. She plans on furthering her education with a Bachelor of Arts in Communications.

Content Producer Kate Manzanares

is a Puyallup Tribal Member and a University of Washington alumna.

"I write stories, capture videos and take photos for the website, newspaper and social media," she said. "I used to write for the Puyallup Tribal News several years ago and am happy to be back at it."

Fun fact: When not working in the Puyallup Tribe's Communication Department, you'll find Katie working to revitalize the Coast Salish art form through wearable art clothing and accessories on SalishStyle.com which she established back in 2013.



Digital Media Manager Jackie Johnson is a Makah Tribal member and a descendent of Lummi Nation. She is the granddaughter of Ron Yuscies and Julie Sa'Leit'Sa Johnson and of

Elielen Mahone and Jim Shunn. She is the daughter of Dwayne Keyuckdadub and Michelle (Shunn) Johnson.

Jackie received her Bachelors of Arts in American Indian Studies and her Masters of Communication from the University of Washington. She has a diverse work experience ranging from being an Early Childhood Education teacher for her tribe to interning in Congressman Denny Heck's office in Washington D.C.

In the Digital Media Manager position, Jackie brings her specialties of strategic communications and media campaigning to the Communications Department. So, you will find her managing the tribe's website and social media accounts, as well as devising and implementing media plans to ensure current and accurate information for tribe's digital presence.

Graphic Designer Steven Gibeau,

a spouse of a Puyallup Tribal member, designs Puyallup Tribal News and works on a variety of other projects.



He'll soon take over poster and banner work that's been done by the GIS Department.

Steven has a Bachelor of Fine Arts degree in graphic design from the Art Institute of Seattle.

Visual Media Director Frank Griese, a Puyallup Tribal member, captures, edits and produces video of tribal events. He is also managing a huge project involving footage of the 2018 Canoe Journey.

COMMUNICATIONS DEPARTMENT OPEN HOUSE SET FOR FEB. 12

Stop by and meet our staff between 3:30 to 7 p.m. on Wednesday, Feb. 12, for the Communications Department Open House at the Incubator Building, 1423 E. 29th St., Tacoma.

20 green tips to try in 2020

By Lisa Pemberton
Puyallup Tribal News staff writer

The battle against climate change can take place at home, in the office and out in the community.

If your New Year's resolution is to help reduce your personal contribution to Mother Earth's climate crisis, consider trying some of these tips.

At home:

1. Load up those appliances: Dishwasher and clothes washers are huge energy and water users, so make sure you're doing full loads, or adjusting the water setting for each use.
2. Switch to rechargeable batteries.
3. Pay bills electronically.
4. Give gifts of experience instead of material items.
5. Use energy efficient appliances.
6. Take shorter showers.
7. Turn off the tap when you're brushing your teeth can save up to 8 gallons of water, or more than 200 gallons per month, according to the Environmental Protection Agency.
8. Use healthier household products, such as natural and environmentally friendly beauty products, cleaners and detergents.
9. Check your HVAC system filter once a month. At minimum, filters should be changed every three months. "A dirty filter will slow down air flow and make the system work harder to keep you warm or cool — wasting energy and contributing to climate change," the EPA posted on its Earth Month Tip blog.



Students at Chief Leschi Schools hold a sign at the Dec. 10 assembly where the Puyallup Tribal Council declared a climate emergency. Photo by Puyallup Tribal member Jennifer Squally

At work:

10. Use real mugs, dishes and cutlery for lunch, instead of single-use items.
11. Go paperless, whenever possible, and only print documents when necessary.
12. Check your settings: make sure to activate energy-saver settings on your laptop, tablet and other electronic devices.
13. Order green materials, such as recycled paper and envelopes and pens and pencils made out of recycled materials.
14. Use double-sided and black and white as the default for print jobs.
15. Power down computers, monitors and power strips before leaving for the day. Turn off office and conference room lights, too.

While out and about:

16. Take a reusable cup to your favorite coffee shop.
17. Bring reusable containers to the restaurant for your leftovers.
18. Skip straws, or use reusable or compostable ones.
19. Paper, plastic? Neither! Store a few reusable grocery bags in your car. (Just don't forget to bring them into the store with you.)
20. Use public transportation, walk or bike as much as possible.

Sources: The Environmental Protection Agency; Sierra Club Angeles Chapter; HGTV.com; The Balance Small Business; familyventures.com, Princeton Review; Treehugger.com; officeninjas.com



View more photos and read the climate proclamation at puyalluptribe-nsn.gov

Tribal employees deck the halls

Puyallup Tribal employees decorated doors, halls and work spaces in December for the annual holiday decorating contest. The Travel Department won the contest, and Funeral & Medical Services came in second place.

"Every one of the departments did a wonderful job and put a lot of work and thought into their decorations," said Chester Earl, Community Events Coordinator. "There was some tough competition."

1st Place - Travel Department



2nd Place - Funeral & Medical Services



Donate purses and backpacks to help women

Puyallup reservation called 'prime location' for trafficking

By Lisa Pemberton
Puyallup Tribal News staff writer

With an international border, an abundance of ports and an economy that relies on migrant workers, Washington state is a hotbed for human trafficking.

It's a serious criminal issue on the Puyallup reservation, too.

"We're a prime location," said Carolyn DeFord with the Puyallup Tribe's Community Domestic Violence Advocacy Program. "We have jurisdictional challenges, and we're on the main route, the circuit from Vancouver to Mexico."

What is human trafficking? It's a form of modern-day slavery, which occurs when someone uses force, fraud or coercion to get another person to commit sex acts or labor or services against their will.

"It's so important that we as a community are educated and aware as to what trafficking is, otherwise traffickers can conduct their activities pretty much undetected," DeFord said.

Every year, millions of men, women and children are trafficked worldwide.

According to the National Center for Missing & Exploited Children: Of more than 23,500 U.S. runaways reported in 2019, one in six were likely victims of child sex trafficking. The average age of a child sex trafficking victim is 15.

A statistic that's difficult to track

DeFord said it often goes under reported because people don't want to share their stories, or open up about their experience, often out of fear of retaliation and the intense stigma in the community.

Often, trafficked victims are painted as criminals.

"The language we use is important," DeFord said. "Prostitution insinuates something that's done willingly. These people are prostituted, not prostitutes because the person is usually being manipulated through force, fraud or coercion to sell sex acts."

Trafficked survivors themselves may identify with other crimes such as sexual assault or domestic violence, but not human trafficking.

Two years ago, the CDVAP organized its first Human Trafficking Awareness campaign, which included some fliers, social media posts and a few outreach events.

"I was really surprised at the end of the month and the next following month, how many people came up and shared their stories and how trafficking affected their family and loved ones," DeFord said.

Donate a bag or backpack

During the month of January, CDVAP is collecting purses, bags and backpacks. (Collection boxes are planned for several locations, including the Administration

Building, Grandview Early Learning Center and Kwawachee Center.)

"When we do street outreach, we will put necessities and hygiene items in these bags and go out in the community and talk to people in the community who are in need or vulnerable and give them some community resources on where they can find help, what trafficking is," DeFord said.

Parents and community members are encouraged to learn the warning signs of trafficking. For example, has someone disconnected with family or friends, or do they seem fearful or submissive? Can they freely contact friends or family?

And if you or someone you know is a victim of sex trafficking, call the **National Trafficking Resource Center** at **888-373-7888**.

Human Trafficking Awareness Month

PURSE & BACKPACK DRIVE

In response to Human Trafficking Awareness Month the Community Domestic Violence Advocacy Program is accepting donations of new and gently used purses, backpacks, and totes. Donations will be filled with blessing bags & resources for distribution to community members and survivors who otherwise may not have access to such items and unaware of resources available in the community.

DROP OFF YOUR DONATIONS THROUGH JANUARY 31ST.

Drop off Locations:

- CDVAP - 1501 Alexander Ave. E Tacoma
- Administration - 3009 E. Portland Ave. Tacoma
- Kwawachee Counseling - 2209 E. 32nd Street. Tacoma
- Wrap-Around - 1423 E. 29th St., Suite 33b Tacoma
- Grandview Early Learning - 3580 E. Grandview Ave. Tacoma
- Children's Services - 280b E. Portland Ave. Tacoma
- NE Housing Gym - 6245 21st Street NE Tacoma

For more information contact the Community Domestic Violence Advocacy Program @253-680-5499 or email us at CDVAP@PuyallupTribe-nsn.gov



Puyallup Tribe of Indians
Community Domestic Violence Advocacy Program
 (CDVAP)



WOMEN'S DOMESTIC VIOLENCE SUPPORT GROUP

ti̓xi̓dx̓w̓ čax̓w̓ kʷi̓ tuʔə̓ł̓ tuʔacittalbi̓x̓w̓. - *Protect future generations.*

Wednesdays - 5pm to 9pm

Location: 1501 Alexander Ave E • Fife, WA 98424

SINGING · DRUMMING · SHARING



A children's group and childcare is provided during the women's group.
To arrange transportation please call 253-680-5499 before 2pm

Dinner Provided

24/7 Hotline Call or Text 253.722.3518
or Call 253.680.5499 Press 0 After Hours

Puyallup Tribe of Indians Community Domestic Violence Advocacy Program (CDVAP)

1501 Alexander Avenue E. Fife, WA 98424



Our Services

One on One Advocacy and Support
 Safety Planning
 Support Groups
 Secured Shelter
 Resource Referral
 Community Education and Outreach
 Legal Advocacy
 Transportation to program Services

Who is Eligible?

CDVAP serves Puyallup Tribal members, the tribal community, and anyone in need of assistance in ending the violence in their lives. Our shelter assists Native Americans, Native Americans with children, Non-Natives with Native children, or Non-Natives with a Native perpetrator. * Must be enrolled in a federally recognized tribe.

How to Access Services

Call 253.680.5499 to speak with an advocate. You will be asked what kind of services you are seeking and depending on your answer you will be directed to the correct person. You will also be asked some routine questions and to schedule a brief intake to begin the process of accessing services.

WORKFORCE DEVELOPMENT



TRIBAL WORKFORCE DEVELOPMENT PROGRAM INFORMATION

Attention All Department Directors & Supervisors!

Are you overwhelmed with stacks of unfiled documents?

Will the upcoming months bring an increase in outdoor/indoor maintenance?

Do you need a little extra help with a research project or presentation?

Tribal Workforce Development offers a 240 Hour Program (6 weeks) that allows you to temporarily hire **Puyallup Tribal Members** at no expense to your own budget!

You will be supplying a client with the opportunity to develop a myriad of job skills, enhancing their work history, and establishing confidence with securing meaningful employment.

All TWFD clients are over the age of 18 and must complete a thorough application and a background release form that is used by and processed through Human Resources.

Want more information about this program?

Please call, email, or swing by TWFD and we will answer any further questions!

Gina LaPointe, Director
 Office: 253.573.7857
 Room 120
Gina.LaPointe@PuyallupTribe-nsn.gov

Heidi Bostrom, Case Manager
 Office: 253.382.6033
 Office Located in HR
Heidi.Bostrom@PuyallupTribe-nsn.gov

Daniel Duenas, Case Manager
 253.573.7924
 Room 119
Daniel.Duenas@PuyallupTribe-nsn.gov



TRIBAL WORKFORCE DEVELOPMENT



Mission

The intent of the Puyallup Tribe of Indians' Tribal Workforce Development Program (TWFD) is to provide our membership an avenue to pursue opportunities of securing meaningful employment. Our staff will strive to seek employment for our members both outside and within the various Puyallup Tribal programs and Workforce will coordinate with identifying potential Tribal Members in all qualifications for any departments. Tribal Development staff Tribal Members in employers and assist aspects of meeting future employment.

Purpose

With employment becoming more difficult to obtain and the requirements for entry level jobs seemingly out of reach due to past felonies/incarcerations, lack of job skills/education, or you simply had an event in your life that prevented you from working, Tribal Workforce Development's programs are readily available to Puyallup Tribal Members who wish to improve their quality of life through hard work and a dedication to self-improvement.

240 Hour Program:

This program provides 240 hours of full-time/part-time employment to Puyallup Tribal Members, paid at the recognized minimum wage. During this time, members will be developing job skills and employment history to help improve their eligibility for permanent full-time jobs within the Tribe or other Tribal entities. Once the program hours have been exhausted you are eligible to re-apply for further job placement after our October 1st fiscal year.

Clean Our Rez Program:

Clean Our Rez (COR) is a 240 hour program that offers the possibility of a one year employment admission that provides full-time employment to Tribal Members who are willing to work outdoors cleaning up the Puyallup Tribe's reservation. This job is vitally important to keeping the appearance of our reservation beautiful, safe of any potentially dangerous or hazardous litter, and offers 240 hours to one year of developing outdoor maintenance skills, applicable to a wide variety of permanent full-time jobs offered at the Tribe or other Tribal entities.

Eligibility Criteria

In order for any person to participate in the Tribal Workforce Development programs you **must be a Puyallup Tribal Member 18+ years of age**. Upon deciding to participate in the program(s) please come prepared with your Puyallup Tribal I. D., as this is required to complete the application process. It will be mandatory for you to fill out our department application along with one for Human Resources if a current one is not on file in order to partake in the available programs. A standard Human Resources background check is required prior to placement.

Contact Information: Gina LaPointe, TWFD Director: 253.573.7857, Room 120
 Heidi Bostrom- Case Manager 253.382.6033, Room 119
 Daniel Duenas Jr., Case Manager 253.573.7924, Room 117

The 411 on Community Conversations

By Kate Manzanares
Puyallup Tribal Member

Burgers and fries and good vibes started off their first meeting of 2020 on Jan. 8.

Served was a casual meal along with casual conversations about real things going on in the Puyallup Tribal community. A small group of tribal members take advantage of an opportunity to meet with their elected officials on the first Wednesday of each month. They have named the gathering Community Conversations.

About six years ago, Tim Reynon had a vision to facilitate a place where he could ask people how they really feel about issues affecting their community. Over the last few years the members of the group have been meeting at Johnny's restaurant in Fife. They are considering moving to one of the tribally owned entities.

Once elected onto the Tribal Council in 2014, Reynon continued the monthly meeting to provide the community members in attendance with an updated report card of things he had been working on over the last month, as a form of accountability.

"It's not a formal membership meeting, it is a regular opportunity for members to gather to share their thoughts their ideas and to ask questions," he said. "It's an opportunity for Council members to report back to the membership for the things we are working on ...What we have been doing, and that was the whole point of this, to share information both ways, from Council and from the membership and to involve membership in the development of solutions to our issues."

As a community-based group, it's the people who have an opportunity to make a difference. The tribal members are able to speak up about issues of concern and it's the tribal membership that takes on the work and finds solution to issues they have. They have implemented work groups to see things through.

"These are community-led, and the meetings are about what's important to community members and having access to the leadership and finding



pathways to move the issues forward," said Council member Annette Bryan.

Here are just few changes that grew out of Community Conversations: Election code amendments, constitution reform, minor trust changes and improvements for communications throughout the tribe. The discussions of the need to have a program that is today called the Wrap Around Program and also they have even helped with making a Youth Council and many more.

Community Conversations even has a City of Tacoma "Adopt-a-Spot."


Tribal member Eugena Buena-Douglas initiated a clean-up, arranged the work




party last spring and now they even have their own sign located just off Portland Ave by Emerald Queen Casino I-5 casino.

The group's next meeting will be from 6 to 8 p.m. Feb. 5 at the EQC Fife buffet room near the cashier's desk. The topic will be tribal constitution. It's open to any Puyallup Tribal member, and everyone attending must pay for their own meal. View more photos and information about the group's activities on the Facebook page "Puyallup Tribal Community Conversations."

Watch for updates on the Puyallup Tribe's community calendar at <http://news.puyalluptribe-nsn.gov/events/>.



PTHA
Puyallup Tribal Health Authority



Adult Anger Management Group

In this group, you will learn...

- Practical anger management skills
- How to deal with anger in a healthy and constructive way
- To develop self-control over thoughts and actions
- and more

KCC offers a certificate of anger management completion to those participants who attend 9 of the 12 sessions.

New members welcome through Feb. 6

Adult Anger Management Group


Thursdays

Now - April 9

11:00 am - 12:30 pm

Kwawatchee Counseling Center

If interested in attending, please call KCC at 253-593-0247



TO: PUYALLUP TRIBAL MEMBERS
FROM: PUYALLUP TRIBAL COUNCIL
DATE: January 28, 2020
SUBJECT: Puyallup Tribal ~ ICWAC COMMITTEE

Tribal Council is posting notice for One (1) Regular position on the Indian Child Welfare Act Committee (ICWAC). Committee members will be paid stipends for attendance and participation in meetings.

ICWAC Committee [Resolution # 191112 B]

Regular Members:

Connie McCloud
Joe Duenas
Vernetta Miller
Lisa Earl
Janet Dillon
Terri Williams

Vacancy

Alternates:

Theresa Harvey
Dayleann Hawks

Members on this Commission will need to be familiar with the Child & Family Protection Code, and the Committees, Commissions & Boards Regulations. You may request a copy of the Code and Regulation Manual to review. The code may also be viewed from the Tribe's website at <http://www.puyallup-tribe.com> look under Tribal Laws.

If interested please submit your name by the deadline of **February 25, 2020 by 5:00 p.m.** You may use the prepared sign-up sheets at the Council Reception desk.

***** NOTICE *****

TO: PUYALLUP TRIBAL MEMBERS
FROM: PUYALLUP TRIBAL COUNCIL
DATE: January 28, 2020
SUBJECT: *Election Committee*

The Tribal Council is posting notice for two (2) regular positions. This positions will serve a three (3) year term. Committee members are paid stipends for attendance and participation at Committee Meetings. The following members are currently serving on this committee:

Election Committee

REGULAR POSITIONS:

Ashley Howard
Shannon Diaz
Nancy Shippentower
Nadine Dillon
Sally McCloud

Vacancy

Vacancy

ALTERNATE POSITIONS:

Vacancy-Pending

Edmonda Cook
James E. Dillon
Janet Dillon
Anita Gail Dillon

Members on this Committee need to be familiar with Tribal Code (*Title 9 Elections and the Committees, Commissions, and Boards Regulation, Policy and Procedures Manual (Resolution No. 120607)*). You may request a copy of both the Code and Regulation Manual to review. The code may also be viewed from the Tribe's website at <http://www.puyallup-tribe.com/> click on Tribal Laws.

If interested please submit your name by the **deadline of February 25, 2020 at 5:00 p.m.** You may use the prepared sign-up sheets – see the Council Reception desk.

***** NOTICE *****

TO: *Puyallup Tribal Members*
FROM: Puyallup Tribal Council
DATE: January 28, 2020
SUBJECT: **Shellfish Commission**

The Tribal Council is posting notice for one (1) regular position. This position will serve a three-year term ending February 2023. The Commission members will be paid stipends for attendance and participation at Commission Meetings.

The following members are currently on the Commission:

Shellfish Commission (Code – Title 12 No. 3 Subchapter 2)

Richard Iyall
Lucia Earl-Mitchell
Chitolbia Mills
Than Ehrlich
John Parizo

Vacancy

Members on this Commission need to be familiar with *Title 12 Fish and Wildlife No. 3 Shellfish Code* and the *Committees, Commissions, and Boards Regulation, Policy and Procedures Manual (Resolution No. 120607)*. You may request a copy of both the Code and Regulation Manual to review. If interested, please submit your name by the **deadline date of February 25, 2020 at 5:00 p.m.** Please see Council Reception desk for the prepared Committee sign-up sheets.



**Notice to Fishers,
Divers, Enrolled Tribal
Members with Fishing
Cards.**

**Please come by the Enrollment
Office at Administration
Building to pick up your 20-21
sticker for your Fishing Cards.**

WHAT'S HAPPENING stab k^wi suhuys

Saturday, Feb. 1

Craft Night - (must sign up), open to everyone, Spirit House (2209 E 32nd St, Tacoma), 4 - 9p.m. Contact: Benita Ochoa, 253-232-9439.

Monday, Feb. 3

Youth Center Open, open to the community, Puyallup Tribe Little Wolves Youth Center (5803 N Levee Road, Tacoma), 4 - 6 p.m. Contact: Mercedes Haack, 253-341-2451.

Tuesday, Feb. 4

Canoe Family, open to everyone, Culture Center (3509 72nd St E, Tacoma), 5 - 7p.m. Contact: Connie McCloud, 253-389-8729.

Last day for Pierce County Elections to receive online or paper voter registrations by mail for the Feb. 11 Special Election. Register at VoteWa.Gov. You can update your registration through Feb. 11 at the Pierce County Election Center.

Wednesday, Feb. 5

Wellness Workshop, open to community, Puyallup Tribal Health Authority (2209 E 32nd St E, Tacoma, WA), noon - 1p.m.

Grief Speaks, open to community, Puyallup Tribal Health Authority (2209 E 32nd St E, Tacoma, WA), 1 - 2p.m.

Thursday, Feb. 6

Anger Management Group, open to community, Puyallup Tribal Health Authority (2209 E 32nd St E, Tacoma, WA), 11a.m. - 12:30p.m.

Culture Night, open to everyone, Culture Center (3509 72nd St E, Tacoma), 5- 7 p.m. Contact: Connie McCloud, 253-389-8729.
Craft Night, open to everyone, Spirit House (2209 E 32nd St, Tacoma), 5:30 - 8p.m. Contact: Benita Ochoa, 253-232-9439.

Friday, Feb. 7

Positive Indian Parenting, open to community, Puyallup Tribal Health Authority (2209 E 32nd St E, Tacoma, WA), 3 - 4:00p.m.

Family Game Night, open to the community, Puyallup Tribe Little Wolves Youth Center (5803 N Levee Road, Tacoma), 6-9 p.m. Contact: Mercedes Haack, 253-341-2451.

Tuesday, Feb. 11

Canoe Family, open to everyone, Culture Center (3509 72nd St E, Tacoma), 5 - 7p.m. Contact: Connie McCloud, 253-389-8729.

Special Election, in Pierce County it involves mostly school levy and bond requests. Learn more at www.co.pierce.wa.us/328/Elections.

Wednesday, Feb. 12

Wellness Workshop, open to community, Puyallup Tribal Health Authority (2209 E 32nd St E, Tacoma, WA), noon - 1p.m.

Grief Speaks, open to community, Puyallup Tribal Health Authority (2209 E 32nd St E, Tacoma, WA), 1 - 2p.m.

Thursday, Feb. 13

Anger Management Group, open to community, Puyallup Tribal Health Authority (2209 E 32nd St E, Tacoma, WA), 11a.m. - 12:30p.m.

Culture Night, open to everyone, Culture Center (3509 72nd St E, Tacoma), 5- 7 p.m. Contact: Connie McCloud, 253-389-8729.

Craft Night, open to everyone, Spirit House (2209 E 32nd St, Tacoma), 5:30 - 8p.m. Contact: Benita Ochoa, 253-232-9439.

Friday, Feb. 14

Positive Indian Parenting, open to community, Puyallup Tribal Health Authority (2209 E 32nd St E, Tacoma, WA), 3 - 4:00p.m.

Tiffany Skating, open to Puyallup Tribal Members, Tiffany's Skating Rink (1113 N Meridian, Puyallup), 6-9 p.m. Contact: Mercedes Haack, 253-341-2451.

Monday, Feb. 17

Chief's Day - Puyallup Tribal offices closed / PTHA closed

Sylvan & Archery, open to the community, Puyallup Tribe Little Wolves Youth Center (5803 N Levee Road, Tacoma), 4-6 p.m. Contact: Mercedes Haack, 253-341-2451.

Tuesday, Feb. 18

Canoe Family, open to everyone, Culture Center (3509 72nd St E, Tacoma), 5 - 7p.m. Contact: Connie McCloud, 253-389-8729.

Wednesday, Feb. 19

Wellness Workshop, open to community, Puyallup Tribal Health Authority (2209 E 32nd St E, Tacoma, WA), noon - 1p.m.

Grief Speaks, open to community, Puyallup Tribal Health Authority (2209 E 32nd St E, Tacoma, WA), 1 - 2p.m.

Twulshootseed Storytelling Night, open to community, Puyallup Tribal Health Authority (2209 E 32nd St E, Tacoma, WA), 6:00 - 7:30p.m.

Thursday, Feb. 20

PTHA Takopid CLOSED, Honoring Our Elders

Culture Night, open to everyone, Culture Center (3509 72nd St E, Tacoma), 5- 7 p.m. Contact: Connie McCloud, 253-389-8729.

Craft Night, open to everyone, Spirit House (2209 E 32nd St, Tacoma), 5:30 - 8p.m. Contact: Benita Ochoa, 253-232-9439.

Friday, Feb. 21

Twulshootseed Jam and Dinner, open to community, Puyallup Tribal Health Authority (2209 E 32nd St E, Tacoma, WA), 5:30-6:30p.m. Potluck Dinner, 6:30p.m.

Bowling, open to community, Narrows Plaza Bowl (2200 Mildred St W, University Place, WA), 7:30-10:00p.m.

Saturday, Feb. 22

Coastal Jam - "Drums not Guns", Chief Leschi Schools (5625 52nd St. E, Puyallup, WA), 4-11p.m. Contact: Connie McCloud, 253-389-8729.

Teen Night, open to the community, Puyallup Tribe Little Wolves Youth Center (5803 N Levee Road Tacoma), 7-11 p.m. Contact: Mercedes Haack, 253-341-2451.

Tuesday, Feb. 25

Canoe Family, open to everyone, Culture Center (3509 72nd St E, Tacoma), 5 - 7p.m. Contact: Connie McCloud, 253-389-8729.

Wednesday, Feb. 26

Wellness Workshop, open to community, Puyallup Tribal Health Authority (2209 E 32nd St E, Tacoma, WA), noon - 1p.m.

Grief Speaks, open to community, Puyallup Tribal Health Authority (2209 E 32nd St E, Tacoma, WA), 1 - 2p.m.

Thursday, Feb. 27

Anger Management Group, open to community, Puyallup Tribal Health Authority (2209 E 32nd St E, Tacoma, WA), 11a.m. - 12:30p.m.

Culture Night, open to everyone, Culture Center (3509 72nd St E, Tacoma), 5- 7 p.m. Contact: Connie McCloud, 253-389-8729.

Craft Night, open to everyone, Spirit House (2209 E 32nd St, Tacoma), 5:30 - 8p.m. Contact: Benita Ochoa, 253-232-9439

Friday, Feb. 28

Twulshootseed Bone Game, open to community, Puyallup Tribal Health Authority (2209 E 32nd St E, Tacoma, WA), 5:30p.m.

Ice skating, Sprinker Recreation Center (14824 C ST S Tacoma, WA), 6:45 - 7:45p.m. Contact: : Mercedes Haack, 253-341-2451.

Saturday, Feb. 29

Prayer Circle -Healing of Wellness "Culture saves lives", open to everyone, Puyallup Tribe Little Wolves Youth Center (5803 N Levee Road Tacoma), 10a.m. - 4p.m. Contact: Connie McCloud, 253-389-8729.

Compiled by Puyallup Tribal member Andrea Bob

View more items on the Puyallup Tribe's online calendar at news.puyalluptribe-nsn.gov/events/ and submit items to events@puyalluptribe-nsn.gov.

In Loving Memory



Kathlynn Robin (Kathy) Miller left this earth with her 5 angels on Friday December 27th, 2019 to be with her Creator. She was at home surrounded by family when she passed.

Kathy was a long time Chemical Dependency Counselor with the Puyallup Tribal Treatment Center, MDC, and Pierce County Health Department and absolutely loved her job as a counselor, working for over 30+ years helping 1000's of people achieve their recovery. She is survived by her 2 sisters; Susan Carlton, Peggy Peabody-Schaff and her husband of nearly 34 years Tim Miller, along with their 6 children; Charity, Justin, Christopher, Lise'anne, JennaAnne, and John followed by 14 grandchildren, 1 great grandchild and many nephews, nieces, cousins and a multitude of friends.

Celebration of Life

12:00 - Noon, Saturday February 8th, 2020

Puyallup Tribal Youth Center.

5803 N. Levee Rd. Tacoma, WA 98424.

~Pot Luck Style~

(Please bring your favorite plate to share).

Headstone Dedication

Dr. Verna Marie Louie-Bartlett

Saturday, February 15, 2020

Puyallup Tribal Cemetery

2002 East 32nd Street

Tacoma 98404

11:00AM-12:00PM

Family and friends please use the cemetery entrance gate at the bottom of the hill.

Light meal to follow at the Spirit House located at 2209 East 32nd, Tacoma 98404



May you have all the love your heart can hold,
all of the happiness a day can bring,
and all of the blessings a life can unfold,
Happy January Birthdays to Brandi and niece,
Mirabelle Douglas!

Love from William and Eugena.

(picture taken by Eugena).

PUYALLUP TRIBAL NEWS WANTS TO HEAR FROM YOU. SUBMIT PHOTOS, STORIES, AND CALENDAR ITEMS TO:

NEWS@PUYALLUPTRIBE-NSN.GOV

*Please share
and help fly as far as possible.*

Kaylee Mae Nelson-Jerry

Missing since 7/1/2019
from Auburn, Washington

If seen or have information, please contact
the Auburn Police Department
at 253-288-7403

Pending In Namus #62474

<http://lostandmissinginindiancountry.com/>



What? Acupuncture?

By Roberta Basch

Puyallup Tribal member, and SCC Native Outreach and Traditional Healing Coordinator

Did you know that Puyallup Tribal members can receive acupuncture services at Salish Cancer Center at no cost to you? Just call Salish Cancer Center. The person at the other end will set you up and make your appointment. There are now more hours, so if you had a hard time getting in before, you should not have to wait as long.



Kelly No provides an acupuncture treatment. Photo courtesy of Salish Cancer Center.

What is acupuncture?

Acupuncture is one of the oldest forms of medicine known. It originated in China over 2500 years ago and has continued to evolve and become adapted as a vital component of Asian Medicine. Treatments include acupuncture needling, ear acupuncture, electrical stimulation, cupping, Chinese Herbal therapy, moxibustion (herbal heat therapy), and Chinese bodywork therapy.

How does it work?

According to traditional theory, health is a result of a smooth even flow of energy (known as “Qi”) through the meridians. Meridians are like rivers of energy flowing inside the body. Just as a river brings nourishment, qi flowing through the meridians bring nourishment, energy and healing to the body. When energy is disrupted then symptoms such as pain, and dysfunction can occur. Acupuncture treatment improves the balance and flow of energy by stimulating specific points to “unblock the energy flow.”



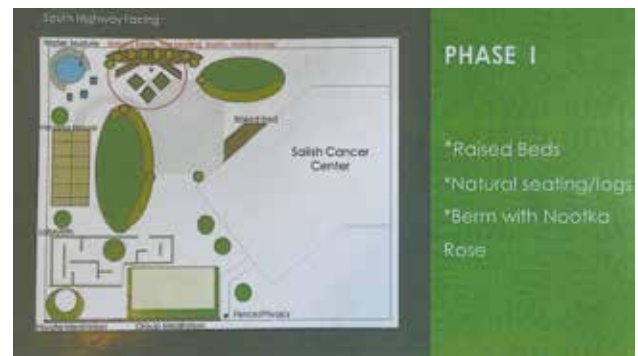
For more information contact the Salish Cancer Center at 253-382-6307

Native healing garden on the way!

The Puyallup Tribal Council approved the Native Healing Garden concept to enhance healing and health. The garden will focus on plants used for medicines and that offer and health value. If you'd like to volunteer in the garden development or creation of a curriculum, or teaching, please contact Roberta Basch at 253-382-6322 or roberta.basch@salishcancercenter.com.

Right: Concept plans of the Native Healing Garden.

Photos courtesy of Roberta Basch



Survivorship: Eating Well Together

Healthy eating, healing and prevention for the American Indian cancer survivor and family

Why is it important for a cancer survivor to eat healthy?

Nutrition affects every aspect of cancer, from prevention, to treatment and remission. Maintain a healthy diet before, during and after cancer treatment to help your body heal.

5 HEALTHY EATING TIPS FOR SURVIVORS

- 1 Drink plenty of water and other low calorie drinks to stay hydrated.
- 2 Snack every few hours to help give the body energy to heal.
- 3 Include protein (fish, beans, eggs, peanut butter, etc.) with every meal to help with strength and mood.
- 4 Eat fruits and vegetables with each meal. The vitamins, minerals and fiber are medicines.
- 5 Consume good fats (salmon, olive oil, nuts, avocado, etc.) to help your body process nutrients and supports brain health.

HEALTHY COOKING METHODS

- ▶ Boil, sauté, steam or poach your food to retain nutrients.
- ▶ Avoid exposing food to an open flame. Cooking that darkens foods (frying, toasting, grilling) increases levels of cancer causing substances.
- ▶ Avoid high nitrate foods (ham, bacon, hot dogs, etc.). These can interact with other chemicals in your diet to create cancer-causing substances.

FOOD SAFETY

- ▶ Wash your hands thoroughly when preparing meals.
- ▶ Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs unless the plate has been washed.
- ▶ Sanitize utensils, cutting boards and countertops when preparing meals.
- ▶ Store foods at the appropriate temperatures (<40°F and >140°F).

What is cancer?

Cancer is a disease in which cells in the body grow out of control. Cancer is not one disease. There are many types of cancer that affects each person and their bodies differently.

What is a cancer survivor?

A cancer survivor is any person who has been diagnosed with cancer, from the initial time of diagnosis, through treatment and remission until their journey into the spirit world.

FAMILY: HEALTHY, STRONG AND CONNECTED

- ▶ Spend time together and remember to laugh.
- ▶ Harvest and grow your own Indigenous foods to experience how our ancestors lived healthy.
- ▶ Support your survivor on their food journey by making changes to your food habits with them.
- ▶ Learn more about how food can support the family and survivor healing to be supportive of your family.

Shout out to the Chief Leschi Cheer Team!

Salish Cancer Center would like to send a big thank you to the Chief Leschi Cheer Team.

The team collected money during a game's half-time to give to a charity.

They chose to donate the money to the Salish Cancer Center. The money will go toward patients in need of cancer care assistance.



Salish Cancer Center's Chief Administrative Officer Cyrus Rafie accepts money raised by the Chief Leschi Cheer Team. Photo courtesy of Chief Leschi Schools

Public Comment Announcement

The Department of Planning and Land Services is requesting input from the Puyallup Tribal Membership regarding updates to the Tribe's annual Tribal Transportation Planning (TTP) Inventory.

The TTP allows for the Tribe to allocate federal grant funds towards public roads, transit, and public walking trails within the Puyallup Reservation boundaries and usual and accustomed areas. Upcoming Projects include Browning Street (ongoing), the St. George Cemetery road, and the completion and repair of Chief Leschi's School road.

- What are the public roads that are in need of repair or safety improvements within the reservation boundary?
- Is your street on the TTP street inventory for future road work?
- What are your transportation needs, questions, and concerns?

The Planning Department is currently reviewing roads to be added to the TTP inventory which include but are not limited to roads within Tacoma, Fife, Milton, Edgewood, Puyallup and unincorporated Pierce County.

All comments and input should be forwarded to the Planning and Land Use Department located at 3009 E. Portland Ave, Tacoma WA 98404 Robert Barandon (253)573-7939

Comment for the TTP Inventory period closes on January 31, 2020.

Additionally as a reminder to Puyallup Tribal Members that own property within the Reservation boundaries, if you are making any modification to your property such as new construction, renovations, additions, or any major changes to the land and buildings a permit is required and can be obtained from Jennifer Keating, Puyallup Tribe Land Use Planner, (253)382-6073

Chief Leschi Pow Wow
 March 27, 2020
 6:00- 10:00 pm

Located at:
 5626 52nd St E
 Puyallup, WA 98371
 In the Big Gym

<p>HOST DRUM</p> <p>Nation Boys</p> <p>Drum Pay: 1st THREE registered drum paid</p>	<p>DANCE CONTESTS</p> <p>GOLDEN AGE (55+) SR. ADULTS (25-54) ADULT CATEGORIES (18-24) TEEN CATEGORIES (13-17) JUNIOR CATEGORIES (6-12) TINY TOTS +6</p>	<p>VENDORS</p> <p>\$30 Table BYO Table & Chairs First come first serve basis</p>
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CHIEF LESCHI STUDENT PAGEANT CONTEST WARRIOR AND PRINCESS JR. WARRIOR AND JR. PRINCESS

- Must maintain a 3.2 GPA
- Currently enrolled Leschi student
- Show exceptional leadership and behavior (No office referrals)
- Will showcase how you choose to follow and show **W.A.R.R.I.O.R P.R.I.D.E:**

If you have any questions please contact Patricia Ortiz @ (253) 445-6000 ext. 3129

EARN YOUR G.E.D.

3009 E. PORTLAND AVE
 TACOMA WA 98404
 EIP@PUYALLUPTRIBE-NSN.GOV
 253-573-7921

COMMUNITY FAMILY SERVICES
yayayəʔəb

Community Family Services



Jody Brooks
NCAC, SUDP
Director



Teresa Keating Cruell
NCAC, SUDP
Assistant Director



Jessica Williams
Administrative
Assistant



Mona Miller
Re-Entry
Coordinator



Jennifer Storey
CFS/PLEAD
Outreach Coordinator

Flames of Recovery



Linda Dillon
Coordinator



Teshay Firethunder
Cook



Mateo Dillon
Puyallup Tribal On-Site
Security Officer

Community Family
Services

Main Office: 253-573-7919

Flames of Recovery

Main Office: 253-382-6104

Methamphetamine

WHAT IS METHAMPHETAMINE?

Methamphetamine is a stimulant that when used gives users a rush of pleasure. It is a man-made substance that is typically made in make-shift “labs” with no real control over who is producing and what substances are used. Methamphetamine can also contain fentanyl, which can easily cause death.

SHORT-TERM EFFECTS OF ABUSE.

Side effects are seen right away after initial use. Users immediately become more active, and lose their appetite. They also stay up for long periods of time, typically days. It also causes aggressive behavior and paranoia, and causes users to obsessively pick at skin imperfections creating nasty sores all over their bodies.

LONG-TERM EFFECTS OF ABUSE.

In the long-term, users experience tooth decay, anxiety, paranoia, violent behavior, hallucinations and delusions, homicidal and suicidal thoughts, high blood pressure, strokes, heart infections, kidney and liver damage, brain damage, and death.

CESSATION AND RECOVERY

If you or someone you know is addicted to methamphetamine there is hope. The hardest, but most crucial part of entering recovery from addiction is admitting to oneself “I am an addict.” Once surrender has been achieved, Community Family Services can help. Call **(253)573-7919** to make an appointment for an assessment. The level of treatment necessary will be determined, and provided for clients.

2020	SUN	MON	TUE	WED	THU	FRI	SAT
	26	27	28	29	30	31	1 11am - 2pm Puyallup Tribal Needle Exchange
FEBRUARY	2	3 Noon - Wellbriety Meeting	4 Noon - AA Meeting 4pm - Tlospaye AA	5 Noon - NA Meeting	6 Noon - AA Meeting 7pm - Tlospaye AA	7 8pm - AA Meeting	8 11am - 2pm Puyallup Tribal Needle Exchange
	9	10 Noon - Wellbriety Meeting	11 Noon - AA Meeting 4pm - Tlospaye AA	12 Noon - NA Meeting	13 Noon - AA Meeting 7pm - Tlospaye AA	14 8pm - AA Meeting	15 11am - 2pm Puyallup Tribal Needle Exchange
	16	17 Flames of Recovery Closed	18 Noon - AA Meeting 4pm - Tlospaye AA	19 Noon - NA Meeting	20 Noon - AA Meeting 7pm - Tlospaye AA	21 8pm - AA Meeting	22 11am - 2pm Puyallup Tribal Needle Exchange
	23	24 Noon - Wellbriety Meeting	25 Noon - AA Meeting 4pm - Tlospaye AA	26 Noon - NA Meeting	27 Noon - AA Meeting 7pm - Tlospaye AA	28 8pm - AA Meeting	29 11am - 2pm Puyallup Tribal Needle Exchange
	1	2	Community Family Services Flames of Recovery Puyallup Tribal Needle Exchange				

TACOMA NEEDLE EXCHANGE
A DAVE PURCHASE INITIATIVE

Puyallup Tribal Needle Exchange

Every Saturday | 11a-2p
East Portland Ave & East Wright Ave

In the lot next to the
Green Thumb
Community Garden,
across from World of
Weed

Meeting people “where they are” to help them address their needs in the safest and healthiest way possible, free of judgment and stigma.

We provide: Syringe exchange on a 1 for 1 model. Syringe pickup and disposal. Overdose prevention education and naloxone distribution. Safe sex supplies. Hepatitis C and HIV testing. First aid and hygiene supplies. Referrals to medication-assisted or abstinence-based SUD treatment. Care coordination. Education about harm reduction, safer injection practices, and drug user health needs.

Other Locations:	Health Department Pacific Avenue & South 37 th 11a-4p M, W, F	Central Tacoma South 14 th & G Street 10a-1p M, Tu, Th, F
	Deliveries By Appointment M-F Call 253-381-5229 between 9a-1p	

www.tacomaneedleexchange.org
@davepurchaseproject
(253) 334-9576

February

2020

Youth Center Calendar

Contact Mercedes @ (253) 680 - 5757

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Archery Club @ PTYCC	3 CLS NO SCHOOL Youth Center Open 10a - 6p	4 Tae Kwon Do 4-6pm	5 Sylvan & Archery 4-6pm	6 Tae Kwon Do 4-6pm	7 Family Game Night 6 - 9 pm	8
9 Archery Club @ PTYCC	10 Sylvan & Archery 4-6pm	11 Tae Kwon Do 4-6pm	12 Sylvan & Archery 4-6pm	13 Tae Kwon Do 4-6pm	14 Skating 6 - 9 pm	15
16 Archery Club @ PTYCC	17 NO CLASSES HOLIDAY	18 Tae Kwon Do 4-6pm	19 Sylvan & Archery 4-6pm	20 Tae Kwon Do 4-6pm	21 Bowling 7:30 - 10 p	22 Teen Night 7 - 11 pm
23 Archery Club @ PTYCC	24 Sylvan & Archery 4-6pm	25 Tae Kwon Do 4-6pm	26 Sylvan & Archery 4-6pm	27 Tae Kwon Do 4-6pm	28 Ice Skating 6:45 - 7:45 pm	29

LITTLE WILD WOLVES YOUTH CENTER
AFTER SCHOOL Program
KINDERGARTEN TO 12TH GRADE

now open for registration

WHEN: MON. TO THURS. 4-6 PM

JOIN US FOR SYLVAN, ARCHERY AND TAE KWON DO!

CLS WILL TRANSPORT KIDS TO THE CENTER, BUT WE ARE PARENT PICK UP THERE WILL BE A LIGHT SNACK AND DINNER PROVIDED TO THE CHILDREN

CONTACT MERCEDES FOR MORE INFO OR TO SIGN UP
(253) 341 - 2451

ATTENTION!

TEEN NIGHT AGREEMENT LETTER

Effective immediately all the teen night participants must have a signed "Teen Night Participation Agreement" This must be signed by the Teen Night Participant AND their parent/gaurdian. You will not be allowed to stay if you do not have this filled out. Please contact Mercedes to receive the Agreement Packet or it can be filled out the day of.

FAMILY GAME NIGHT
FEBRUARY 7TH, 2020
6:00 TO 9:00pm
COME JOIN US FOR A PIZZA DINNER AND PLAY SOME FAMILY FRIENDLY GAMES!
QUESTIONS? TEXT MERCEDES
(253) 341 - 2451

Building anticipation: New EQC expected to open soon

By Lisa Pemberton

Puyallup Tribal News staff writer

The sounds of construction – deep rumbles, clanks and beep-beep-beeps of heavy equipment – are happening outside the Puyallup Tribe’s new Emerald Queen Casino.

Inside the building, the noises are a little more muted – zings of drills, swishes of furniture moving furniture and spritzing of cleaning bottles.

Crews are knocking out punch list items for the Puyallup Tribe’s new 310,000-square-foot casino, which is set to open soon.

How soon? Tribal officials aren’t quite ready to give an opening date. Right now, it’s “early 2020.” As with any major construction project, equipment tests, final permits and many other details will play into the new casino’s opening day.

The Puyallup Tribal News recently took a hard hat tour of the site, led by Emerald Queen General Manager Frank Wright.

“There are very few casinos, even in Las Vegas, that are nicer than this one,” he said.

Located at 2920 East R St., Tacoma, Wash., the nearly \$400 million facility boasts glamour, glitz and state-of-the-art technology. It is projected to pump \$1.5 billion into the local economy during the next decade.

“The casino will be a vibrant touch to this whole city,” said Puyallup Tribal Vice Chairman Bill Sterud. “We are turning it into a tourist destination.”

The casino was designed by Cuningham Group Architecture, and general contractor Absher-Kitchell is overseeing construction. The Wenaha Group is serving as the owner’s representative.

The casino will feature:

- **Five restaurants**, including a small café, a fine dining restaurant, a buffet, a coffee shop, and a sports bar. The restaurants are named the Summit Sports Bar, the Riverbank Buffet, the Waterway Deli, puyaləpabš café and the Paddle Wheel Coffee & Bakery.
- **Puyallup tribal member traditional and contemporary artwork**, including murals, paintings and



Exterior photos by Puyallup Tribal member Jennifer Squally. Interior photos courtesy of EQC

“This is the culmination of a lot of work, of a lot of amazing people over many years. It’s the realization of their vision just to bring a first-class facility for our gamers here in the Northwest.”

— Puyallup Tribal Chairman David Z. Bean

architectural elements featuring Coast Salish design.

- **A 2,000-seat, 21,000-square-foot concert venue** and event center.
- **Environmentally friendly building elements.** For example, the concrete that was used contains a recycled material that was diverted from landfills, and the building was designed to meet or beat the state’s energy code requirements. One of the biggest ways the building

is reducing its carbon footprint is through its state-of-the-art HVAC system. The system is designed to take advantage of natural air flow and movements, so it removes smoke from the building without using as much energy as a traditional HVAC system.

- **An enormous LED screen**, visible from Interstate 5. The screen is 32 by 147 feet.
- **Parking galore.** In addition to a four-story parking garage attached to the casino, the tribe is building parking for an additional 700 vehicles in the adjacent 150-200-room hotel that’s under construction next door. (The hotel is set to open in mid-2020.) Both garages will have a total capacity of more than 1,300 vehicles.

Planning and infrastructure work for the Puyallup Tribe Emerald Queen Casino began 15 years ago, Wright said.

“We could have jumped in and built this casino a lot earlier but we wouldn’t have

been able to build something as nice,” he said. “We stayed in a tent quite a few years and made a lot of money so we could prove to the lenders, the banks, that we had the ability to run a big operation.”

With locations in Fife and Tacoma along Interstate 5, the Emerald Queen employs nearly 2,200 people. The new casino is expected to generate about 230 more jobs, and the new hotel is expected to add 35 jobs. The new casino will replace the current Tacoma I-5 casino, which is a former bingo hall with three large adjoining tents. The Fife location will remain open.

“This is the culmination of a lot of work, of a lot of amazing people over many years,” said Puyallup Tribal Chairman David Z. Bean. “It’s the realization of their vision just to bring a first-class facility for our gamers here in the Northwest.”

Officials are planning to hold a soft opening for the tribe’s members. Council member Annette Bryan said she wants it to be a big party, to celebrate a project that involved tribal community input and involvement.

“I’m anxious to get it open,” Sterud added. “And I am proud of all of the work that has been done to reach this point.”

Puyallup Tribal member Kate Manzanares contributed to this report.



BY THE NUMBERS:

\$1.5 billion: The economic impact the Puyallup Tribe’s new casino is expected to bring to the area during the next decade.

\$372 million: The new casino’s estimated construction cost.

310,000 square feet: The size of the new casino.

21,000 square feet: The size of the new 2,000-seat event center inside the casino.

2,450: Estimated number of Emerald Queen employees, once the new casino and hotel open.

15 years: The amount of time it took to make the new Emerald Queen a reality.



Puyallup Tribal members shape political history

On Jan. 13, several Puyallup Tribal members played key roles in historic political events.

Puyallup Tribal Cultural Director Connie McCloud provided the invocation in Olympia at the swearing-in ceremony of Washington State's new Speaker of the House Laurie Jinkins (D-Tacoma).

Puyallup Tribal Council Chairman David Z. Bean and Council member Annette Bryan were also in attendance.

Bryan noted that the event took place on the 100th anniversary of women's suffrage, and that it was particularly historic because Jinkins is the first woman and first open lesbian to serve in that role.

"She has the ability to be who she is, be inclusive, practice active listening, and is willing to have the hard conversation event when there's disagreement," Bryan wrote on Facebook.

On that same day, Tribal Council member Anna Bean joined Pierce County Executive Bruce Dammeier to swear in Port of Tacoma Commissioner Kristin Ang and Commissioner Deanna Keller. Also in attendance were Tribal Council members Tim Reynon and James Rideout, as well as former Tribal chair Ramona Bennett.

Ang is the first person of color to serve on the Tacoma Port Commission.



Sharing the Love

On Thursday, Jan. 9, the Tribal Prayer-Drum-Song Circle hosted by the Puyallup Tribal Council and the Puyallup Tribal Language Program expanded to include the Puyallup Tribal staff at the Integrative Medicine Building in Fife.

Amber Hayward, Language Program Director, led the prayer in the Puyallup tx^wəlšucid language. "It was a great circle," said Yvette Paladin, Salish Cancer Center Pharmacy Technician. The event is expected to continue on a quarterly basis.

Photos courtesy of Brandon Reynon, Historic Preservation Manager



Justice for Jackie is Justice for All
"The Road to I-940- Preservation of Life"
1 January 2020

Dear Supporters:

This letter is a conveyance of my most sincere regards to your involvement, participation and contributions to my family's desire to change the state laws concerning police involved shootings, or the Justice for Jackie campaign and the formation of the initiative I-940 and ultimately into RCW 43.101.450 Violence and de-escalating training.


After the tragic death of my niece Jacqueline Salyers, our family realized that a change was needed to hold Washington State Police and law enforcement agencies accountable for their deadly use of force. Jackie's mother Lisa Earl and I began a grass roots movement deemed "Justice for Jackie". At my nieces funeral service a family friend spoke and said, "What happened to our lovely Jackie is a tragedy on many levels, but we as Indian people can take from this and form a triumph that no other tribal member, person of color or any other people shall become victim to police deadly use of force". Those poetic words came to fruition through inter-tribal cooperation. Washington State Tribal Councils heard our cries of pain and loss and came to our aid.

As a result of political action we received your valuable support. It has become quite clear, through tribal collectivity we can make the change necessary to protect and enhance our people's lives in a positive way. Thus, the obvious tragedy was the loss of my niece and the triumph was the collectivity that brought change to Washington State law. This could not have been accomplished without your leadership, our devoted native communities and the sheer determination for change. Initiative -940 was a president setting foundation for setting law. I-940 is the model for other states to adopt and implement De-Escalation for their law enforcement agencies.

The support from so many points of affiliation has garnered a film documentary appropriately named Justice for Jackie and the road to I-940. As a family and with the support of the Puyallup Tribe and our local tribal community we cordially ask your presence at a fund raising project for the films completion, which will also continue the vital progress that has been made. It is my assertion that not since the Boldt decision of 1975, has there been a tribal collective effort such as this. Through prayer, protest, political strategy and tribal strength that circumvented this law. This endeavor galvanized us as Indian people, and that we should continue to collectively support one another in any and all circumstance that effect our people.

It is with deepest regards that we want to thank you, and show our sincerest gratitude for your help, contributions and steadfast support.

All My Relations,


James Rideout
Puyallup Tribal Councilman

Ringling in 2020 at the Puyallup Tribal Youth Center

Photos by Puyallup Tribal member Jennifer Squally



[View more great photos at puyalluptribe-nsn.gov](http://puyalluptribe-nsn.gov)

Elders Christmas Luncheon 2019

THE PUYALLUP TRIBAL ELDERS' ANNUAL CHRISTMAS LUNCHEON TOOK PLACE DEC. 20.

Photos by Puyallup Tribal member Jennifer Squally



Elders upcoming events

- Jan. 30:** Movie Day (Century Point Ruston Way Theater)
- Feb. 5:** Valentine card making class
- Feb. 7:** Spa Day
- Feb. 17:** Closed for Chief's Day
- Feb. 21:** Puyallup Tribal Elders Monthly Luncheon (Mardi Gras theme)
- Feb. 26:** Bingo
- March 6:** Spa Day
- March 20:** Puyallup Tribal Elders Monthly Luncheon
- March 25:** Bingo

Call **Judy LeGarde** at **253-680-5494**, or **Vernetta Miller** at **253-680-5482**, to reserve your spot today.

Events are subject to change. Elders must be 55 and older to participate, except for the Puyallup Tribal Elders Luncheon which is 45 and older.

 [View more great photos at puyalluptribe-nsn.gov](http://puyalluptribe-nsn.gov)

Elk, deer and other meat available to elders

Puyallup Tribal elders, 55 and older, are eligible to receive elk, deer, buffalo and pork from the Puyallup Tribe's Hunting and Wildlife Department.

If you are interested in the program, please contact Dan Sandstrom at 253-405-7504 or Alyrece McCloud at 253-222-5682.



2020 CENSUS

you count

2020 Census Job Opportunities Join the 2020 Census Team!

The U.S. Census Bureau is recruiting thousands of people across the country to work on the 2020 Census.

We invite anyone to apply, including:

- > Retirees.
- > College students.
- > People who do not have a job and are looking for temporary employment.
- > People already working who are looking for a second job.
- > People available to work flexible hours, which can include days, evenings, and/or weekends.

These positions provide an opportunity to earn extra income while helping the community. Pay rates vary depending on the applicant's location.

How to Apply

Interested individuals can apply for a 2020 Census job by visiting 2020census.gov/jobs and completing an online application. The process takes about 30 minutes and will include assessment questions about the applicant's education, work history, and other experiences.

Those who would like to claim veterans' preference will need supporting documentation. For more information, call 1-855-JOB-2020 (1-855-562-2020) and select option 1 for technical assistance or option 3 to speak with someone at your area census office. select option 1 for technical assistance or option 3 to speak with someone at your area census office.

What Job Opportunities are Available?

- > **Census takers** work in their local communities. Some field positions require employees to work during the day while interviewing the public, so employees must be available to work when people are usually at home, such as in the evening and on weekends.
- > **Census field supervisors** conduct fieldwork to support and conduct on-the-job training for census takers and/or to follow up in situations where census takers have confronted issues, such as not gaining entry to restricted areas.

Connect with us:
@uscensusbureau

For more information:
2020CENSUS.GOV

Shape
your future
START HERE >

United States
**Census
2020**

- > **Recruiting assistants** travel throughout geographic areas to visit with community-based organizations, attend promotional events, and conduct other recruiting activities.
- > **Office operations supervisors** assist in the management of office functions and day-to-day activities in one or more functional areas, including payroll, personnel, recruiting, field operations, and support.
- > **Clerks** perform various administrative and clerical tasks to support functional areas, including payroll, personnel, recruiting, field operations, and support.

Where are Positions Located?

Positions for the 2020 Census are located throughout the United States and Puerto Rico. Visit 2020Census.gov/jobs and explore our interactive map to find Area Office locations and pay rates by county or municipality.



Who Can Get Hired?

To be eligible for a 2020 Census job, applicants must:

- > Be at least 18 years old.
- > Have a valid Social Security number.
- > Pass a Census Bureau-performed background check and a review of criminal records, including fingerprinting.

For a complete list of qualifications, we invite you to visit 2020census.gov/jobs.

Most jobs require employees to:

-  Have access to a vehicle and a valid driver's license, unless public transportation is readily available.
-  Have access to a computer with internet and an email account (to complete training).

Connect with us:
@uscensusbureau

For more information:
2020CENSUS.GOV

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your future
START HERE >

United States
**Census
2020**

COMMENT PERIOD OPEN FOR HOUSING GRANT APPLICATION

The Puyallup Tribe of Indians is planning to develop an Indian Community Development Block Grant (ICDBG) that would fund a new housing construction project for the Puyallup Tribal Community.

The grant requires citizen participation, documented under 24 CFR 1003.604.

Funding available from the Department of Housing and Urban Development under this grant is \$750,000, which would focus on community development through new housing construction. Tribal staff will conduct outreach to obtain the views of the membership and community.

The membership and community are encouraged to provide feedback to this proposed grant project and the community development statement. **Feedback is welcome by Jan. 31** at grants@puyalluptribe-nsn.gov or in writing to Grants & Development, 3009 E Portland Ave., Tacoma, Wash. 98404.



NATURE + PHARMACY

Now Open from 9am to 5pm Mon-Fri

Provides high-quality CBD products that are tested and verified by an independent 3rd party to ensure it is the best quality.

New Products



Visit qwibil.com to learn more about how we can help you on your path to wellness.
Located at 3700 Pacific Hwy E STE 411, Tacoma, WA 98424.
Contact us at (253) 392-2400

JOB ANNOUNCEMENTS
yayusali

Job title: Human Trafficking Project
Department: CDVAP
Closes: Jan. 31

The Human Trafficking Project Coordinator will work within the Community Domestic Violence Advocacy Program (CDVAP). This position is part of a comprehensive response and service system within the Puyallup Tribal Community for those who have experienced, or at risk of, human trafficking. This position will be responsible for prevention and awareness outreach, facilitating training related to human trafficking and exploitation, and establishing a coordinated community response.

Job title: Case Aide
Department: Children's Services
Closes: Feb. 3

The primary purpose of this position is in conjunction and in support to the case worker to provide wrap around services for families and children being reunified by the Puyallup Tribal Court System. Essential duties and responsibilities include case staffing for the purpose of addressing family and child needs, providing a caseworker with monthly written status reports on progress of meeting identified needs of each assigned family and providing transportation for children and families to identified appointments related to their specific case plan.

Job title: Landscaper
Department: Housing
Closes: Feb. 3

Under the general supervision of the Maintenance & Rehab Manager, performs a variety of outdoor lawn and maintenance activities.

Job title: Police Officer
Department: Law Enforcement
Closes: Feb. 10

Responsible for the enforcement of all tribal laws and regulations which shall include both land and marine areas which are under tribal jurisdiction. The police officer should possess understanding of sovereignty, tribal regulations and the need for their enforcement.

Job title: Assistant Tribal Historic Preservation Officer
Department: Historic Preservation
Closes: Feb. 13

This position requires a detailed oriented person responsible for assisting the THPO/Assistant Director with protecting the tribe's cultural and archeological resources. Must have a basic understanding of federal and local regulations relating to procedural requirements of the permitting jurisdiction. Works with records associated with both recorded and

unrecorded sites that pertain to off reservation cultural sites and traditional culture places.

Job title: Child Care Director
Department: Grandview Early Learning Center
Closes: Until Filled

Responsible for building and maintain a solid foundation for the Early Childhood Education Program by providing leadership and vision in setting goals and objectives which emphasize children, family, language and culture. Coordinates overall daily operation of the Puyallup Tribe of Indians Grandview Early Learning Center. Provides leadership and supervision of staff; manages policies and procedures, budget and finances, curriculum and nutrition services, marketing and public relations and facility and grounds maintenance to serve infants, toddlers and preschoolers.

Job title: Assistant Prosecutor/ Presenting Officer
Department: Prosecutor's Office
Closes: Open until filled, first review on Feb. 17

Responsible for planning, organizing, and directing assigned activities of the Prosecutor's Office and serves as the Assistant Prosecutor/Presenting Officer for the tribe.

Attention: Puyallup Tribal Members

Now Scheduling Intakes with HR

Intake Appointments Include

- Interview tips
- Emergency hire positions
- Hiring process details
- How to apply
- Computers to apply for jobs at PTOI Administration
- Referrals for training programs to help with job qualifications
- Referrals to programs that can help with mock interviews, resume building, interview feedback, education, and life skills.***

***Must be an enrolled member of The Puyallup Tribe of Indians to utilize referral services.

Job Hunting? We can help!

The Human Resources Recruiting Team is now offering intake appointments for Puyallup Tribal Members. You can meet with recruiters one on one, to support your pursuit of employment. We welcome you to come and learn about our recruiting process and utilize services available to you as a Tribal Member. To participate, contact Kaylena Saliacum or Jennifer Eveskoige to schedule an intake appointment.

Kaylena Saliacum
Recruiting Specialist
(253) 382-6064
kaylena.saliacum@PuyallupTribe-nsn.gov

Jennifer Eveskoige
Recruiting Specialist
(253) 382-6069
jennifer.Eveskoige@PuyallupTribe-nsn.gov

3008 E Portland Ave., Tacoma, WA 98408 Tel: 253-573-7863 Fax: 253-573-7963 WWW.PUYALLUP-TRIBE.COM/EMPLOYMENT

How to apply

Visit: puyallup-tribe.com/employment or go directly to the candidate portal at usr55.dayforcehcm.com/CandidatePortal/en-US/ptoiad.

Please note: The newspaper is not able to list every job opening. Find the most recent job openings on the tribe's website, or posted in the Human Resources office.

For more information: call 253-573-7863 or email jobs@puyalluptribe-nsn.gov.

TEEN VOLUNTEERS NEEDED AT SALISH CANCER CENTER

Salish Cancer Center has created a Volunteeens program for young people who are interested in working in the health care field.

Volunteers will work with patients at the Cancer Center. They will:

- Greet patients and help make them comfortable.
- Assist patients logging their devices onto WiFi.
- Serve coffee and offer a warm blanket.
- Help patients find their rooms and/or escort them to where they need to be in the clinic.

For more information, please contact the Salish Cancer Center Human Resources Department at 253-382-6325.

Call for historic photos



Smoke billows from a railroad bridge damaged during the Sept. 9, 1970, breakup of a Fishing Wars encampment along the Puyallup River. Photo courtesy of the Puyallup Tribe's Historic Preservation Department

The Historic Preservation Department is looking for photos related to the Fishing Wars, in preparation of the 50th anniversary of the standoff at the Puyallup encampment. The standoff and raid took place Sept. 9, 1970, and was the culmination of many clashes during the Fishing Wars of the mid 1900s between tribal fishermen, sports fishermen, and various law enforcement agencies.

Earlier this year, the Puyallup Avenue Bridge was renamed yabuk^wwali, a Twulshootseed word meaning "place of a fight," in honor of the Fishing Wars. (It's more commonly referred to as the Fishing Wars Memorial Bridge.)

If you have photos related to the Fishing Wars that you wish to share, send an email to historicpreservation@puyalluptribe-nsn.gov or call 253-573-7965.

2020 ENROLMENT MEETING SCHEDULE

Deadline for documentation to be received	Meeting Date
Feb. 7, 2020	Feb. 12, 2020
March 6, 2020	March 11, 2020
April 3, 2020	April 8, 2020
May 1, 2020	May 6, 2020
June 5, 2020	June 10, 2020
July 6, 2020 (date change due to holiday)	July 8, 2020
Aug. 7, 2020	Aug. 12, 2020
Sept. 8, 2020	Sept. 9, 2020

Anyone with questions should feel free to email Enrollment@puyalluptribe-nsn.gov or call (253) 573-7849. Meetings and dates are subject to change.

Man arrested for stealing \$14,000 in chips from Lakewood casino



OLYMPIA, Wash. – Gambling Commission agents arrested a man for stealing more than \$14,000 in chips from a Lakewood casino and then trying to cash them in.

On Dec. 18, the suspect pried open a chip tray on a closed gaming table at Macau Casino in Lakewood. He stole \$14,050 in gaming chips from the tray and placed them in his pockets. The suspect then attempted to cash in \$2,700 worth of chips at the cashier's cage. When the cashier called surveillance to verify the winnings, the suspect became agitated, reached into the cage to grab the chips and left the building.

Gambling Commission agents reviewed surveillance video and provided the suspect's photo to other local casinos and card rooms.

The suspect was later identified by law enforcement as a 37-year-old man from Tacoma.

On Jan. 6, 2020, agents from the Puyallup Tribal Gaming Agency spotted the suspect at the Emerald Queen Casino in Fife. With assistance from the Puyallup Tribal Police Department, Gambling Commission agents arrested the suspect and booked him into the Pierce County Jail. The Pierce County Prosecutor's Office charged him with theft in the first degree.

"This case is a great example of collaboration between casino security, Puyallup Tribal police officers and gaming agents, and the Gambling Commission," said Washington State Gambling Commission Director David Trujillo.

Want to help tell the tribe's story?

Puyallup Tribal News is looking for writers, photographers, graphic artists and other creative people who can help tell the tribe's story.

Content contributors are independent contractors who work on assigned projects for publication. They are paid at agreed upon rates either per piece or per hour. The number of contracts the tribe can issue is limited, and there is no guarantee of publication or future employment.

Non-fiction journalism is needed right now (not opinion columns, creative short-story writing or art photography).

Interested?

Please contact: Lisa Pemberton, Content Manager and Puyallup Tribal News Editor, at lisa.pemberton@puyalluptribe-nsn.gov or 253-382-6202.

★ PUYALLUP TRIBAL VETERANS ★

ACTIVITIES AND UPCOMING EVENTS

By Michael Sisson

Puyallup Tribal Veterans Representative

APPLY NOW FOR WISCONSIN POWWOW MAY 15-17

The Puyallup Tribal Veterans Committee is in the process of collecting names for a lottery/drawing to attend the 31st Annual Veterans of the Menominee Nation "Gathering of Warriors" powwow, which will be held on the Menominee Indian Reservation in the Woodland Bowl, Keshena, Wis. on May 15-17.

This will be the ninth year the Puyallup Tribal Council has allowed Puyallup Tribal Veterans to attend this annual event. We are also hoping to take along the Puyallup Tribal Princess Kylie Reed.

The Tribal Veterans Committee would like to offer attendance to all other Puyallup Tribal Veterans who have not had the opportunity to attend this event in the past.

Should you be interested in assisting with the "Raising of the Family Flags," the "Veterans Snake Dance," carrying the colors for Grand Entry as well as participating in the other powwow festivities, please submit your request in writing no later than April 14 to Puyallup Tribe of Indians; ATTN: Tribal Veterans Representative; 3009 East Portland Avenue; Tacoma, WA 98404-4926.

APPLY NOW FOR ILLINOIS GATHERING JULY 17-19

The Puyallup Tribal Veterans Committee is in the process of collecting names for a lottery/drawing to attend the 6th Annual National Gathering of American Indian Veterans, which will be held at Cantigny Park in Wheaton, Illinois, on July 17-19.



The Tribal Veterans Committee would like to offer attendance to all other Puyallup Tribal Veterans who have not had the opportunity to attend this event in the past. Should you be interested in carrying the Colors for Grand Entry as well as participating in the other gathering festivities, please submit your request in writing no later than June 9, to Puyallup Tribe of Indians; ATTN: Tribal Veterans Representative; 3009 East Portland Avenue; Tacoma, WA 98404-4926.



Members of the Puyallup Tribal Veterans Committee participated in the tribe's annual Christmas Parade on Dec. 7. Photo by Puyallup Tribal member Jennifer Squally

ALTERNATE LOCATION FOR SURPRISE LAKE POWWOW ON MARCH 7

On Saturday, March 7, the Puyallup Tribal Veterans will post the colors for Surprise Lake Middle School Powwow at 1 p.m.



Due to the construction at Surprise Lake Middle School, this year's powwow will be held at Puyallup High School, located at 105 7th St SW, Puyallup, WA 98371. Please arrive no later than 12:45 pm.

STATE CANNABIS CONFERENCE MARCH 25-26

On Wednesday, March 25, the Puyallup Tribal Veterans will post the colors for Washington State Medical Cannabis Conference at the Greater Tacoma Convention Center, located at 1500 Commerce Street; Tacoma, WA 98402.



The Puyallup Tribal Veterans will retire the colors on the following day.

Please watch for more information.

DAFFODIL PARADE APRIL 4

On Saturday, April 4, the Puyallup Tribal Veterans and Tribal Color Guard will be participating in the 87th Annual Daffodil Parade. The parade travels through the four cities of Tacoma, Puyallup, Sumner and Orting and consists of over 180 entries, including floats, bands, marching and mounted units. Parade start times are as follows:



Tacoma — 10:15 a.m.

Puyallup — 12:45 p.m.

Sumner — 2:30 p.m.

Orting — 5 p.m.

Please wear a long-sleeved white shirt to this event. We will meet at Chief Leschi School (5625 52nd St E; Puyallup, WA 98371) at 8 a.m. and end at about 7 p.m. in Orting. Transportation will be provided from the school to the float and return to the school. Lunch will be provided for parade participants.

We are also invited to participate in the tribal float decorating and barbecue on Friday, April 3. The decorating is at 1 p.m. and the barbecue is at 2:30 p.m. in the Puyallup Tribe Administration Parking Lot, 3009 Portland Ave., Tacoma. Decorating could also be in the EQC new parking garage depending on weather.

UNIFORM INFORMATION

The uniform for these events will be black trousers, black shoes, long sleeve white shirt, our white Tribal Veterans ball cap and the Pendleton Grateful Nation Vest that we wear to all Tribal veteran events.



Find us on Facebook under Puyallup Tribal Veterans.



PTHA is Hiring
For a list of jobs, visit eptha.com
or call the job line: 253-593-0101

February is American Heart Month

February is American Heart Month, and unfortunately, many of us know someone who has had heart disease or stroke. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. These conditions are also leading causes of disability preventing people from working and enjoying family activities.

Heart disease and stroke affects all of our lives, but we can all play a role in ending it. Prevention starts with everyone. Protect yourself and your loved ones from heart disease and stroke by understanding the risks and taking these steps.

- Get up and get active by being physically active for at least 30 minutes on most days of the week.
- Know your “ABCS”:
 - Ask your doctor if you should take an Aspirin every day.
 - Find out if you have high Blood pressure or Cholesterol, and if you do, get effective treatment.
 - If you Smoke, get help to quit. Contact PTHA’s Tobacco Cessation department: 253-593-0232, ext. 215.
- Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.
- Take control of your heart health by following your doctor's prescription instructions.
- For additional resources, visit: www.heart.org.

Source: Centers for Disease Control and Prevention

PTHA February Calendar				
Mon	Tue	Wed	Thu	Fri
3	4	5 Wellness Workshops 12:00pm-1:00pm Pulling for Wellbriety 12:00pm – 1:00pm Grief Speaks 1:00pm – 2:00 pm	6 Anger Management Group 11:00am-12:30pm Cooking Demo 12:00pm-1:00pm	7 Positive Indian Parenting 3:00pm-4:30pm
10	11	12 Wellness Workshops 12:00pm-1:00pm Pulling for Wellbriety 12:00pm – 1:00pm Grief Speaks 1:00pm – 2:00 pm	13 Anger Management Group 11:00am-12:30pm	14 Positive Indian Parenting 3:00pm-4:30pm
17 PTHA CLOSED	18	19 Wellness Workshops 12:00pm-1:00pm Pulling for Wellbriety 12:00pm – 1:00pm Grief Speaks 1:00pm – 2:00 pm	20 PTHA Takopid CLOSED Honoring Our Elders (Pharmacy, KCC & Pediatrics Open)	21 Positive Indian Parenting 3:00pm-4:30pm
24	25	26 Wellness Workshops 12:00pm-1:00pm Pulling for Wellbriety 12:00pm – 1:00pm Grief Speaks 1:00pm – 2:00 pm	27 Anger Management Group 11:00am-12:30pm	28

Free Wellness Workshops at PTHA

Join PTHA for the weekly Wellness Workshops for interactive classes that engage, educate and motivate.



February 5, 2020

12:00 p.m. – 1:00 p.m.

Topic: *Back on Track*

PTHA teaches you how to get back on your wellness track



February 12, 2020

12:00 p.m. – 1:00 p.m.

Topic: *Cultural Foods*

Learn about the healthy benefits of cultural foods



February 19, 2020

12:00 p.m. – 1:00 p.m.

Topic: *Setting Goals*

Learn how to set specific goals that are measurable, realistic and timely



February 26, 2020

12:00 p.m. – 1:00 p.m.

Topic: *Physical Activity*

This interactive class will get you moving and teach you the most effective exercises to fit your lifestyle

All workshops will be held in PTHA's Community Health Kitchen and will include light healthy snacks. For more information, please call **253-593-0232, ext. 534**.

5 Things to Know Before Getting Pregnant

By Winnie Tsai, D.O.

Puyallup Tribal Health Authority

Whether you are planning to become pregnant or think you might already be pregnant, it is always important to meet with your doctor as soon as possible.

Here are five additional tips for what you want to do before getting pregnant:

1. Take 400 to 800 micrograms of folic acid every day. This can lower your baby's risk of birth defects in the brain and spine. You can get this supplement in the form of a prenatal vitamin or even a simple multivitamin (make sure to check the labels) from the PTHA pharmacy or your local drug store. Folic acid occurs is also found in foods such as leafy green vegetables and is added to some cereals, but taking a vitamin is the best way to make sure you are getting enough every day.

2. If you smoke or drink alcohol regularly, use street drugs, or abuse prescription drugs, it will be important to stop. Drinking too much can have significant effects on a growing baby and can result in fetal alcohol syndrome. Fetal alcohol syndrome is associated with changes in the baby's facial features, deformed limbs and learning disabilities. Smoking causes an increased risk of miscarriage, premature delivery, and other complications. If these are concerns, PTHA offers several options for smoking cessation as well as ways to help reduce alcohol use.

3. Make sure you to have your medical conditions under control before getting pregnant, including diabetes, high blood pressure, depression, asthma, thyroid disease, epilepsy, obesity, headaches and acne. Certain medications are harmful to a developing fetus and can cause birth defects or miscarriage. It is important to identify and stop these medications before getting pregnant. Even some over-the-counter medications such as ibuprofen, aspirin and herbal supplements can be harmful. Discuss use of all medications with your doctor before getting pregnant.

4. Avoid toxic substances and infections in your home, work environment, and foods that you eat. It is important to avoid exposure to mercury, lead, pesticides and even cat litter. Foods that should be avoided while pregnant include:

- Soft, unpasteurized cheeses like feta, goat, brie, blue cheese, and queso fresco.
- Unpasteurized milk and juice.
- Raw eggs or foods made with raw eggs such as mayonnaise.
- Raw or undercooked meats, pork, or fish.
- Processed meats such as hot dogs, cold smoked fish, pepperoni, and deli meats.
- Fish that could contain too much mercury such as shark, swordfish, king mackerel, marlin, tuna, tilefish and shellfish.

5. Make sure all of your vaccinations are up-to-date. Certain diseases can cause birth defects including rubella, chickenpox and hepatitis B. It is important to get all vaccinations before getting pregnant because some cannot be given once you are pregnant.


Source: "Preconception health", Office of Women's Health Publisher, June 06, 2018,

<https://www.womenshealth.gov/pregnancy/you-get-pregnant/preconception-health/#2>

Sackey, Joyce. "The preconception office visit". Uptodate, Mar 04, 2019.

<https://www.uptodate.com/contents/the-preconception-office-visit?>

"Keep Listeria Out of Your Kitchen". US Food and Drug Administration, 05/10/2013. <https://www.fda.gov/consumers/consumer-updates/keep-listeria-out-your-kitchen>



Cooking Demonstration
Thursday, Feb. 6
12:00 pm - 1:00 pm
PTHA Community Health Kitchen
BAKING/DESSERT RECIPES & SUGAR CONTROL
Food samples, recipes, product demos & more!

You're Pregnant: Now What?

Congratulations on your pregnancy!



Michelle Hudders, RN

Since you are less than 29 weeks pregnant, you are eligible for a program that offers a FREE personal nurse who will provide support, advice, and information for you to have a healthy pregnancy, a healthy baby, and be a great mom.

Nurse-Family Partnership visits:

- individualized to your needs
- meet in your home or other location of your choice (library or school)
- are informal; work with your schedule
- rediscover Native traditions for pregnancy, childbirth, infant care
- provide current information on prenatal care, childbirth, infant care
- connect you to useful community services

As the Nurse Family Partnership representative for Puyallup Tribal Health Authority, I would like to share more details about this program with you. You may contact me, Michelle Hudders RN, by email at mhudders@eptha.com or call/text my cell phone: **253-365-1261**. You can also check out the program at their national website: NurseFamilyPartnership.org



HONORING OUR ELDERS
A Health Fair for Puyallup Tribal Elders
Thursday, Feb 20, 2020
9:00 am - 4:00 pm
Puyallup Tribal Health Authority



sxʷiʔab ʔə tiit tuʔiišədčət

Traditional stories of our people

Please come join the Language Program for Traditional Stories night. We will be sharing a Traditional Story once a month in our ancestral language.

What: Traditional Story Telling Night

Who: Puyallup Tribal Community (families welcome and encouraged to come)

When: Feb. 19, March 18, April 22, May 20th

Promptly starting at 6pm-7:30pm

Where: Spirit House (2209 East 32nd Street – Tacoma, WA)

Food will not be provided at this event

Questions: Please contact the Language Program at 253-382-6086



txʷəłšucid Jam



The Language Program is sharing the new txʷəłšucid songs to our community

txʷəłšucid Jam Dates:

February 21st

March 20th

Dinner: 5:30 - 6:30pm

Jam: Starting at 6:30pm

At Spirit House: 2209 East 32nd Street, Tacoma WA 98404

Please bring your drums, rattles and clackers. This is a learning environment so no previous dancing/singing experience required.

Potluck style so feel free to bring something to eat or drink.

If you have any questions contact Hope: (253)382-6086

January 17th Jam

Photos courtesy of the Language Department



haʔtidup ʔə ʔalalus ʔə ʔacittalbix^w

'A nice piece of land for the traditions/customs of the First People'

Puyallup Tribe Culture Center



3509 East 72nd St.

Tacoma WA 98404

(253) 680-5684 (253) 680-5681



Connie McCloud
Cultural Director



Clinton McCloud
Assistant Director



Denise Reed
Cultural Coordinator



Angie Totus
Cultural Activities
Coordinator II



Michael Hall
Cultural Coordinator/
Carver

Join us Feb. 29 for Healing and Wellness Day

Mark your calendars for 10 to 4 p.m. Feb. 29 for Healing and Wellness Day at the Puyallup Tribal Youth Center.

The theme for the event is "Culture saves lives." Join us for a day of prayer, healing and learning.

Activities will be offered for all ages, including youth and elders, so bring the whole family.

Lunch will be served.

Here's what's on the agenda:

*** Opening ceremony and healing prayer service.**

Traditional healers.

*** Learn about traditional plants and medicines.**

Make your own pain rub, bath salts, teas and more.

*** Spiritual, Social, Physical and Emotional Health and Wellness**

Presentations from our native community, with topics ranging from male mentors to healthy foods and drinks.

For more information on the event, call the Culture Center at **253-680-5684**.

"Drums not Guns" Coastal Jam set for Feb. 22

The Culture Department is hosting a monthly "Drums not Guns" Coastal Jam.

The next one will be from 4 to 11 p.m. Feb. 22 at Chief Leschi School.

Each month we will highlight a visiting tribe, and learn about their history, current events and what their youth are doing for drug, alcohol, tobacco and suicide prevention.

Dinner will be served.

Participants are encouraged to help make the event more environmentally friendly by bringing their own water bottles, plates and eating utensils.

February Puyallup Tribe Culture Calendar 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
		Sewing <small>Skirts, dress, shirts</small> Youth: Clean Water Identify		Sewing <small>Skirts, dress, shirts</small> Youth: Clean Water Identify		
9	10	11	12	13	14	15
		Cedar Hearts Youth: Cedar Hearts		Cedar Hearts Youth: Cedar Hearts		
16	17	18	19	20	21	22
	HOLIDAY	Beaded Star Catchers Youth: Dream Catchers		Beaded Star Catchers Youth: Dream Catchers		Coastal Jam - CLS 4:00 - 11:00 pm
23	24	25	26	27	28	29
		Weaving Twined Baskets Youth: Native Wildlife Identify		Baskets Youth: Native Wildlife Identify		Healing & Wellness Day "Culture Saves Lives" Puyallup Tribal Youth Center 10:00 am - 4:00 pm

Traditional Medicine services offered

Please call Connie McCloud, Culture Director, at **253-389-8729**, for information or to request an appointment for Traditional Medicine.

New employee

The Culture Center would like to welcome Marsha Gauti as a new Administrative Assistant.



The Entertainment Capital of the Northwest

1.888.831.7655 | emeraldqueen.com | Emerald Queen Casino I-5 in Tacoma 2024 E 29th St., Tacoma, WA 98404 | Emerald Queen Hotel & Casino in Fife 5700 Pacific Hwy E., Fife, WA 98424

FOR IMMEDIATE RELEASE

UPCOMING EVENTS & ENTERTAINMENT AT EMERALD QUEEN CASINO I-5



BIG GAME VIEWING PARTY

Sunday February 2 | 3:30pm | EQC I-5 Showroom & I-5 Bridge Nightclub

It's the 54th Big Game in history and we have it right here on our 40' high-definition screen! Arrive early for \$250 quarterly cash drawings with two winners each quarter, sports board play, unbelievable draft specials, a Big Game Buffet... not to mention your lucky seat. The biggest party for the biggest game of the year is right here at EQC! Doors open two hours before kick-off.



CAGESPORT MMA

Saturday, February 22 | 7pm | EQC I-5 Showroom
\$35 | \$55 | \$100

What will it be? The war of attrition, with one combatant passing beyond the limit of endurance, not able to continue? A knockout, perhaps? Mark your calendar and join us cage-side in the I-5 Showroom for an event that's sure to have them all - CageSport MMA! Get your tickets at the EQC Box Offices now.



EQC I-5 Bridge Nightclub hosts your favorite local top-40 bands every Friday and Saturday night. Always a good time - never a cover charge!

GROOVE CITY

Saturday, February 1 | 9pm | EQC I-5 Bridge Nightclub
Friday, February 7 & Saturday, February 8 | 9pm | EQC I-5 Bridge Nightclub

CHAPTER 5

Friday, February 14 & Saturday, February 15 | 9pm | EQC I-5 Bridge Nightclub

NITE CREW

Friday, February 21 & Saturday, February 22 | 9pm | EQC I-5 Bridge Nightclub

NOTORIOUS 253

Friday, February 28 & Saturday, February 29 | 9pm | EQC I-5 Bridge Nightclub

About Emerald Queen Hotel & Casinos

The Puyallup Tribe of Indians' Emerald Queen Hotel & Casinos boast two beautiful properties right off of I-5, located 13 miles south of Seattle-Tacoma International Airport and two miles from Downtown Tacoma. Proudly known as 'The Entertainment Capital of the Northwest', Emerald Queen Hotel & Casinos offers 56 Vegas-style table games and over 2,000 slot machines, non-smoking play, seven divine dining venues, over 100 exceptional guest rooms and suites, a no-cover nightclub, and the I-5 Showroom - home to concerts, comedy, professional combative sports, and more!



Puyallup Tribal News Staff

To submit material for the newspaper, please email: NEWS@PuyallupTribe-nsn.gov or call: (253) 382-6202. Puyallup Tribal News is published monthly. Copyright © 2020 Puyallup Tribe of Indians. 3009 East Portland Avenue, Tacoma, WA 98404. www.PuyallupTribe-nsn.gov