

Puyallup Tribal News

Issue No. 362

Serving the Puyallup Tribe of Indians

February 25, 2020



Carvings and murals bring Puyallup culture to life at new casino

Artist spotlight: Puyallup Tribal member Shaun Peterson is one of several artists whose work is featured in the new EQC in Tacoma. Learn more about his artwork with photos and story on p. 8.

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OR CURRENT RESIDENT

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

YOUTH

Cultural immersion:

About 200 students attend Native Teachings, Keeping our Traditions Alive event. See story and photos on **page 5**.

ELECTIONS

Two Council Seats Open

Learn about important dates and deadlines on **page 2**.

CONSTRUCTION

Topping out:

Tribal leaders and members sign final structural beam for new garage and hotel. See photos and story on **page 20**.

COMMUNITY CALENDAR

What's Happening

Find out about upcoming events on **page 6**.



Puyallup Tribe of Indians



Election Board

January 28th, 2020

Dear Puyallup Tribal Member:

We are entering the election season for 2020. There will be two (2) positions open on Puyallup Tribal Council. Please note and mark the following dates on your calendar:

- Friday, January 31st, 2020 **Notice of Candidacy:** will be accepted beginning at 9 a.m. Notices must be submitted in writing with the Secretary of the Puyallup Tribal Council.
- Wed, February 19th, 2020 **Deadline for Notice of Candidacy:** must be submitted to the Secretary of the Puyallup Tribal Council by 12 p.m. (noon) by those interested in running for the open positions.
- Wed, February 19th, 2020 **Deadline for Tribal News Paper Voter's Pamphlet:** Candidacy letters & photos must be submitted to News@PuyallupTribe-nsn.gov by 5 p.m.
- Tuesday, March 3rd, 2020 **Deadline for absentee ballot request:** must be received in the Election Board's mail box by 9 a.m.
- Saturday, April 4th, 2020 **Absentee Ballots:** must be received in the Election Board's mail box by 8 a.m.
PRIMARY ELECTION: 10 a.m. – 4 p.m. at the Puyallup Tribal Administration Building. 3009 E. Portland Ave Tacoma, WA 98404.
- Friday, April 10th, 2020 **Courtesy mail-out of election count:** Absentee ballot requests will be mailed for the General Election.
Deadline for Tribal News Paper Voter's Pamphlet: Candidacy letters & photos must be submitted to News@PuyallupTribe-nsn.gov by 5 p.m.
- Friday, May 8th, 2020 **Deadline for absentee ballot request:** must be received in the Election Board's mail box by 9 a.m.
- Saturday, June 6th, 2020 **Absentee Ballots:** must be received in the Election Board's mail box by 8 a.m.
GENERAL ELECTION: 10 a.m. – 4 p.m. at the Puyallup Tribal Administration Building. 3009 E. Portland Ave Tacoma, WA 98404.
- Friday, June 12th, 2020 **Courtesy mail-out of election count.**

ElectionBoard@PuyallupTribe-nsn.gov
1625 E. 72nd St. Ste 700--PMB 149
Tacoma, WA 98404

Is your address up to date with Enrollment?

As election season nears, the Election Board would like to remind tribal members that it's important to keep contact information current with the Enrollment Department.

An updated address will ensure that election materials, such as the voters' guide and mail-in ballots, arrive at the correct place. For more information, contact the Enrollment Department at **253-573-7849** or **Enrollment@puyalluptribe-nsn.gov**.

Tribal Council Candidates: Advertise in the Puyallup Tribal News!

The Puyallup Tribal News is offering paid advertisements for Tribal Council candidates during the 2020 election season.

- Send a PDF of your ad to news@puyalluptribe-nsn.gov.

Candidates will have a chance to view a proof of their ad before it is published.

Here's how it works:

- Submit payment of \$150 for a half-page or \$300 for a full-page to the Accounting Department. The price will pay for an ad to run once.
- Accounting will send proof of payment to the news staff.

Ads must be submitted by noon on the following dates:

- March 6 for the March edition.
- April 10 for the April edition.
- May 8 for the May edition.

Ads will be displayed in alphabetical order by last name in the paper.



2020 PRESIDENTIAL ELECTION

Register to vote at new kiosk in Tribal Admin

It's a presidential election year, and registering to vote just got a little easier, thanks to a new kiosk in the main lobby of the Tribal Administration Building, 3009 Portland Ave. E., Tacoma.

Anyone is welcome to use the computer to access the Pierce County Elections website. You can register to vote, update your address and other information and

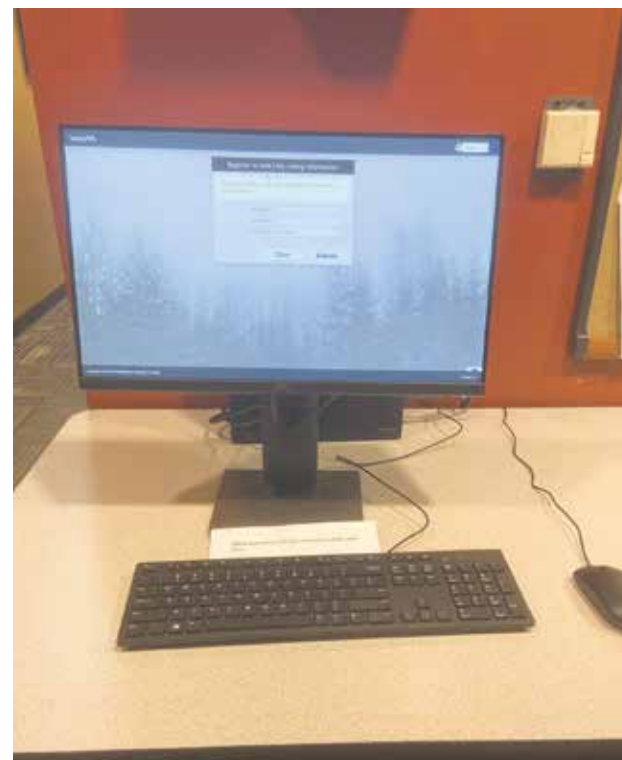
learn what's on the ballot. All you need is your Washington Driver License, Permit, or ID number.

Don't forget, you can drop off your Pierce County Elections ballot in the ballot box at the far end of the Tribal Administration parking lot (**but note that the box is only for elections managed through Pierce County, not tribal elections**).

PIERCE COUNTY ELECTIONS CALENDAR

March 2: Voter registration deadline for March 10 Presidential Primary.

March 10: Presidential Primary (ballots were mailed Feb. 21).



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 departments. Tribal Workforce Development staff will coordinate with Tribal Members in identifying potential employers and assist Tribal Members in 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

U.S. Census kicks off in remote Alaska village

MOST HOUSEHOLDS WILL GET CENSUS INVITES MARCH 12 - 20

U.S. Census workers traveled to the remote Alaska Native village of Toksook Bay to begin the once-a-decade count on Jan. 21.

“The 2020 Census is critically important. No matter where you live, you need to be counted,” U.S. Census Bureau Director Steven Dillingham said in a news release. “From the most remote parts of our country to the most urban, there is too much at stake — we are working to make sure everyone can respond and have the opportunity to shape their communities’ future.”

The U.S. Constitution mandates that a census of the population be conducted every 10 years. Census statistics are used to determine the number of seats each state holds in the U.S. House of Representatives and inform how billions of dollars in federal funds will be allocated by state, local, and federal lawmakers every year for the next decade.

Toksook Bay is a village located on Nelson Island along the Bering Sea in southwestern Alaska. Census takers must get a head start in rural, remote areas like Toksook Bay when the ground is frozen and prior to the spring thaw, when residents leave to fish, hunt and seek out warm-weather jobs.

“We have been working to prepare for this count since before 2018 and are happy to see the first count of the 2020 Census begin in our village. Through this historic occasion we have shared with the Census Bureau our traditions and our culture,” Robert Pitka, Nunakauyak tribal administrator, said in a news release.

“The 2020 Census ensures our traditions and our people are marked in history. The census is so important because it helps remote villages like ours receive important community resources now and into the future.”

REACHING TRIBAL HOMES WITH NONTRADITIONAL ADDRESSES

More than half of households on tribal lands across the country have nontraditional addresses where the Census Bureau can't mail a census form. With no at-home mail delivery and a short window to respond before seasons change, receiving an invitation this way would be nearly impossible for remote Alaska residents. This is why the Census Bureau worked with Alaska Native leaders to determine the best way to count people living on their lands. In Toksook Bay and other remote areas of Alaska, census

takers will visit people at home and will fill out their questionnaire in person. Locally, Census Bureau officials are working with the Puyallup Tribal Census Complete Count Committee to help prepare for the upcoming count on the Puyallup Reservation. The committee's goal is to increase awareness about the Census, and how it can affect funding for tribal programs.

This is the first year that people can participate in the count online, by phone, or by mail. Invitations to respond will reach most of the estimated 145 million households across the country between March 12 and March 20.

For more information about the 2020 Census, visit [2020census.gov](https://www.2020census.gov).

Once a decade, America comes together to count every resident in the United States. The decennial census was first taken in 1790, as mandated by the Constitution. It counts our population and households, providing the basis for reapportioning congressional seats, redistricting, and distributing more than \$675 billion in federal funds annually to support states, counties and communities' vital programs - impacting housing, education, transportation, employment, health care and public policy.

United States' Census 2020

2020 CENSUS *your count*
10 MINUTES. QUESTIONS. YEARS OF IMPACT.

HOW THE CENSUS BENEFITS OUR COMMUNITY

- Residents** use the census to support community initiatives involving legislation, quality-of-life and consumer advocacy.
- Businesses** use Census Bureau data to decide where to build factories, offices and stores, and these create jobs.
- Local Government** officials use the census to ensure public safety and plan new schools and hospitals.
- Real estate developers and city planners** use the census to plan new homes and improve neighborhoods.

In mid-March 2020, every U.S. resident will receive an invitation to complete a simple questionnaire. Everyone is **required** to complete these questions.

THERE ARE 3 WAYS TO RESPOND:

- 1. ONLINE**
- 2. BY PHONE**
- 3. BY MAIL**

For those who don't respond, a Census taker from your community will follow up and assist you.

Visit www.2020Census.gov for more information.

Study: LNG-fueled ships could increase greenhouse gas emissions

By Lisa Pemberton
Puyallup Tribal News staff writer

A new study by the **International Council on Clean Transportation** found that switching to liquefied natural gas (LNG) marine fuel could increase the maritime industry's greenhouse gas emissions.

The study included an analysis of upstream emissions, combustion emissions and unburned methane. LNG is mostly methane, and the Puyallup Tribe **is fighting against** Puget Sound



Energy's proposed LNG facility in the Tacoma Tideflats.

Researchers say the most popular type of LNG ship engine – a low pressure, dual fuel, medium speed four stroke

– is also the leakiest. Using LNG with that technology would create climate emissions that are 70-82 percent greater than other marine fuels.

“Using zero-emission solutions such as batteries, hydrogen fuel cells, and wind-assisted propulsion would deliver both air quality and climate benefits,” the report states.

Read the study at <https://theicct.org/publications/climate-impacts-LNG-marine-fuel-2020>.

Puyallup Tribal Youth Center hosts “Native Teachings, Keeping our Traditions Alive”

Photos and story by Kate Manzanares
Puyallup Tribal Member

On Thursday, Jan. 24, about 200 fourth- and fifth-grade students had an opportunity to listen, learn and experience culture during “Native Teachings, Keeping our Traditions Alive” at the Puyallup Tribe’s Youth Center. The annual program is a partnership between the Puyallup Tribe’s Cultural Department and surrounding school districts’ Native Education Programs.

The day started out with traditional narratives from the Puyallup Tribal Language Program, including “Chipmunk and Basket Ogress.” The youth watched attentively as the story was being told and acted out three times.

After the third time, they were asked what they learned from the story. Many said that they need to listen to their elders, not trust everybody and watch who you talk to. The kids who raised their hands to answer were given a t-shirt or special playing cards from the Twulshootseed program.



Crafts, games and songs

Throughout the Youth Center, there were different stations where kids could work on Native crafts, including sanding and decorating small canoes, completing a small cedar project and decorating a reusable tote bag.

One of the other stations was a game area, where the kids played traditional games throughout indigenous lands. The youth were having a blast and you could hear laughter and excitement as they played games such as, “Keeper of the Fire” (Plains, Woodlands, Coastal) and “Hand and Bones” (Blackfeet).

The sounds of drums could be heard throughout the building with children and adults both singing along and dancing. Though the kids were from different school districts and maybe weren’t even familiar with each other, you could really feel as sense of unity and connection to the culture.



“When we sing in our cultural way, it’s a form of prayer. Sometimes words can’t express the things that are in our hearts; so we sing them,” said Clinton McCloud, Culture Department assistant director. “Sometimes we are happy and sometimes sad, and these songs help take care of us. All of our cultural songs were originated from prayer, they all come from a good place. When you hear our people out there singing it means they are in prayer and they are praying for things good things to happen, it’s a part of who we are.”

Chief Leschi’s Alicia Pluff commits to Green River

Photos and story by Alex Harrison
Puyallup Tribal member

It was senior night at Chief Leschi, and a large crowd came ready to support the Lady Warriors for their last regular season home game.

Before the Feb. 1 game, the seniors were applauded for all of their hard work and team captain, Puyallup Tribal member Alicia Pluff, was awarded a 1,000-point ball for her record smashing season.

That was not the only thing she was receiving that night. Pluff officially announced that she has committed to play basketball at Green River College in Auburn.

Green River representatives were at the event, and eager to present Pluff with her jersey.

Pluff said her favorite thing about basketball is playing in memory of her baby brother Zebidiah Izaya Ronald Pluff who passed away in 2011. She also enjoys showcasing her talent and hard work. “Basketball helped me build character, showed me how to be a leader, and built a strong relationship with my little sister, Mylina,” she said.

Pluff added that she’s proud to be a leader on and off the court. “To people (who) look up to me, know that anything is possible if you put your mind and the work into it,” she said.

Pluff’s mother, Michelle A. Simchen, said that she is proud of her daughter’s achievements, and as a fellow Chief Leschi alumna thinks it’s a big accomplishment for the school and the tribe to be able to send her daughter off to college with a basketball scholarship.

“I always tell her to keep reaching for the stars, and never give up,” Simchen said.



Alicia Pluff (third from left) poses with family members during the Lady Warriors’ senior night on Feb. 1.



Pluff with her 1,000-point ball.



Pluff and her mom Michelle A. Simchen.

WHAT'S HAPPENING stab k^wi suhuys

Sunday, March 1

Archery Club- (must sign up), open to everyone, noon to 3 p.m., Puyallup Tribe Little Wolves Youth Center (5803 N. Levee Road Tacoma), Contact: Mercedes Haack, 253-341-2451.

Monday, March 2

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, March 3

Tae Kwon Do, 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.

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

Wednesday, March 4

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

Pulling for Wellbriety, open to community, Puyallup Tribal Health Authority (2209 E. 32nd St., Tacoma), noon-1 p.m.

Journey to Wellness – Diabetes treatment and prevention, open to community, Puyallup Tribal Health Authority (2209 E. 32nd St., Tacoma), noon-1 p.m.

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.

Thursday, March 5

Cooking Demonstration, open to community, PTHA Community Health Kitchen (2209 E. 32nd St., Tacoma), noon-1 p.m.

Tae Kwon Do, 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.

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), 5:30-8 p.m. Contact: Benita Ochoa, 253-232-9439.

Friday, March 6

Family Fun Center, Puyallup tribal youth only, Family Fun Center (7300 Fun Center Way, Tukwila), 7-10 p.m. Contact: Mercedes Haack, 253-341-2451.

Puyallup Tribal Elders – Spa Day, Elders must be 55 years or older to participate, Puyallup Tribe Elders Wellness (3010 Duct Cho St., Tacoma). Contact: Judy LeGarde, 253-680-5494.

Sunday, March 8

Archery Club - (must sign up), open to everyone, noon to 3 p.m., Puyallup Tribe Little Wolves Youth Center (5803 N. Levee Road Tacoma). Contact: Mercedes Haack, 253-341-2451.

Tuesday, March 10

Grief & Loss Support Group, open to patients over the age of 18, Kwawachee Counseling Center (2209 E. 32nd St., Tacoma), 3:30-5 p.m. Contact: 253-593-0247.

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

Wednesday, March 11

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

Pulling for Wellbriety, open to community, Puyallup Tribal Health Authority (2209 E. 32nd St., Tacoma), noon-1 p.m.

Journey to Wellness – Diabetes treatment and prevention, open to community, Puyallup Tribal Health Authority (2209 E. 32nd St., Tacoma), noon-1 p.m.

Thursday, March 12

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

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

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

Friday, March 13

Bowling, open to community, Narrows Plaza Bowl (2200 Mildred St. W, University Place), 7:30-10 p.m. Contact: Mercedes Haack, 253-341-2451.

Saturday, March 14

Huckleberry Jam Class – (must sign up), open to community, Puyallup Tribe Little Wolves Youth Center (5803 N. Levee Road, Tacoma), 9 a.m.-3 p.m. Contact: Angie Totus 253-320-8361.

Sunday, March 15

Archery Club - (must sign up), open to everyone, noon to 3 p.m., Puyallup Tribe Little Wolves Youth Center (5803 N. Levee Road, Tacoma), Contact: Mercedes Haack, 253-341-2451.

Monday, March 16

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, March 17

Grief & Loss Support Group, open to patients over the age of 18, Kwawachee Counseling Center (2209 E. 32nd St., Tacoma), 3:30-5 p.m. Contact: 253-593-0247

Tae Kwon Do, 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.

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

Wednesday, March 18

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

Pulling for Wellbriety, open to community, Puyallup Tribal Health Authority (2209 E. 32nd St., Tacoma), noon-1 p.m.

Journey to Wellness – Diabetes treatment and prevention, open to community, Puyallup Tribal Health Authority (2209 E. 32nd St., Tacoma), noon-1 p.m.

After School- (must sign up), open to community, Puyallup Tribe Little Wolves Youth Center (5803 N. Levee Road, Tacoma), noon-6 p.m. Contact: Mercedes Haack, 253-341-2451.

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.

Twulshootseed Storytelling Night, open to community, Puyallup Tribal Health Authority (2209 E. 32nd St., Tacoma), 6 -7:30 p.m. Contact: Language Department, 253-382-6086.

Thursday, March 19

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

After School- (must sign up), open to community, Puyallup Tribe Little Wolves Youth Center (5803 N. Levee Road, Tacoma), noon-6 p.m. Contact: Mercedes Haack, 253-341-2451.

Tae Kwon Do, 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.

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), 5:30-8 p.m. Contact: Benita Ochoa, 253-232-9439.

Friday, March 20

Puyallup Tribal Elders – Elder Luncheon, Elders must be 45 years or older to participate, Puyallup Tribe Elders Wellness (3010 Duct Cho St., Tacoma), Contact: Judy LeGarde, 253-680-5494.

Twulshootseed Jam and Dinner, open to community, Puyallup Tribal Health Authority (2209 E. 32nd St., Tacoma), 5:30-6:30 p.m. Potluck Dinner, 6:30p.m. Jam starts. Contact: Language Department, 253-382-6086.

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.

Sunday, March 22

Archery Club - (must sign up), open to everyone, noon to 3 p.m., Puyallup Tribe Little Wolves Youth Center (5803 N. Levee Road, Tacoma), Contact: Mercedes Haack, 253-341-2451.

Monday, March 23

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, March 24

Grief & Loss Support Group, open to patients over the age of 18, Kwawachee Counseling Center (2209 E. 32nd St. E, Tacoma), 3:30-5 p.m. Contact: 253-593-0247

Tae Kwon Do, 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.

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

WHAT'S HAPPENING
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Wednesday, March 25

Puyallup Tribal Elders – Bingo, Elders must be 55 years or older to participate, Puyallup Tribe Elders Wellness (3010 Duct Cho St., Tacoma), Contact: Judy LeGarde, 253-680-5494.

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

Pulling for Wellbriety, open to community, Puyallup Tribal Health Authority (2209 E. 32nd St., Tacoma), noon – 1 p.m.

Journey to Wellness – Diabetes treatment and prevention, open to community, Puyallup Tribal Health Authority (2209 E. 32nd St., Tacoma), noon - 1p.m.

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.

Thursday, March 26

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

Tae Kwon Do, 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.

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), 5:30-8 p.m. Contact: Benita Ochoa, 253-232-9439.

Friday, March 27

Community dinner, 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.

Saturday, March 28

Drums not Guns Coastal Jam, open to everyone, Chief Leschi Schools big gym (5625 52nd St. E, Puyallup), 4-11p.m. Contact: Clinton McCloud 253-278-8393

Sunday, March 29

Archery Club - (must sign up), open to everyone, noon to 3 p.m., Puyallup Tribe Little Wolves Youth Center (5803 N. Levee Road Tacoma), Contact: Mercedes Haack, 253-341-2451.

Monday, March 30

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, March 31

Grief & Loss Support Group, open to patients over the age of 18, Kwawachee Counseling Center (2209 E. 32nd St. E, Tacoma), 3:30 – 5:00p.m. Contact: 253-593-0247

Tae Kwon Do, 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.

Canoe Family, open to everyone, Culture Center (3509 72nd St. E, Tacoma), 5-7 p.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.

YOUR STORIES
sg^wa?ləp syəcəbləp

Native American Prayer



*I give you this, one thought to keep.
I am with you still, I do not sleep.
I am a thousand winds that blow,
I am the diamond glints in the snow,
I am the sunlight on the ripened grain.
I am the gentle autumn rain.
When you awaken in the morning hush,
I am the swift uplifting rush...
of quiet birds in circled flight.
I am the soft stars that shine at night.
Do not think of me as gone-
I am with you still, in each new dawn.*

Happy February Birthday Mom.

In Loving Memory of Dr. Verna (Louie) Bartlett

Love from Sissy and family.



PUYALLUP TRIBAL NEWS WANTS TO HEAR FROM YOU.

SUBMIT PHOTOS, STORIES, AND CALENDAR ITEMS TO:

NEWS@PUYALLUPTRIBE-NSN.GOV

Happy Birthday Kiki and Janae Kalama!!



May life lead you to great happiness and success.

Hope all your wishes come true.

Enjoy your special day!

Love you with all my heart!

~ H

New Emerald Queen Casino features artwork created by Puyallup Tribal members

By Kate Manzanares
Puyallup Tribal Member

Inside the nearly 300,000-square-foot Emerald Queen Casino, which is set to open soon, you will have a chance to see and feel the Puyallup culture in a variety of ways, including traditional and contemporary designs on etched windows, wall murals, lighting fixtures and drink coasters.

The Puyallup Tribal Council and Emerald Queen Casino management wanted patrons to experience the tribe's rich heritage and pay tribute to its ancestors, so there was a call to artists through the Puyallup Tribe's Historic Preservation Department.

Several tribal members were selected to adorn the casino with both traditional and contemporary Coast Salish artwork throughout. Most of the artists are working on numerous pieces. This is the first in a series to showcase the new casino's art installations.

SHAUN PETERSON BRINGS CULTURE TO LIFE

Puyallup Tribal member Shaun Peterson's native name is Qwalsius. He received that name, which belonged to his great-grandfather, in 2005.

He was raised in Tacoma, and has been a practicing professional artist since 1996.

Peterson works with many mediums such as glass, digital media, metal and wood.

He has several commissions for the new casino.

"I really never dreamed this would be possible in my lifetime, to be honest," he said.

Peterson has been instrumental in the revitalization of Coast Salish artwork. His artwork has a huge presence in his ancestral lands. One of his most iconic pieces is a welcome figure he designed in 2010 at Tollefson Plaza in downtown Tacoma. It's where a Puyallup Tribal village once stood.

"I am happy to see the culture have some visibility because without culture and language we don't have much to set ourselves apart as a people," he said. Peterson's commissions include two



Above is a digital rendering of the welcome figures that will be placed at the casino entrance.

large welcome figures and a Thunderbird carving. He also created a frog design on the cafe walls, and metal moon pieces in the 24-hour cafe. Peterson also designed two story poles that will be in the casino atrium titled River Story and Sky World.

Both of Peterson's welcome figures are in a sculpture format that distinguished the regional tribes of Western Washington and southern British Columbia.

A WELCOMING WITH OPEN ARMS

The welcome figures are mixture of adze and hand finished chisel and knife work. Adze is a traditional tool that isn't common with most woodwork and is a way to express the traditional art.

Both figures are standing. The female figure wears a contemporary long black dress. The male figure is dressed in a loincloth, and has a blanket wrapped diagonally across his shoulder. Both figures wear woven cedar hats, which are customary to the Coast Salish culture and offer protection from the rain. Their arms are extended, and they are holding their palms up, signifying welcome and acceptance.

STORY POLES

Living in the urban area of Tacoma/Seattle, you might have been exposed to totem poles which are not part of the Coast Salish culture. Totem poles are traditional to Alaska Native and First Nations cultures. The motivation behind story poles were to preserve stories that were told within the tribal communities. Unlike the northern tribes, the Coast Salish peoples were not organized by



Puyallup Tribal member and artist Shaun Peterson carving (above) and manipulating the Thunderbird sculpture (below).



clan on the totem poles but they were organized by family systems. Peterson, worked with fellow tribal members Judy Wright, Karen Reed, Carol Anne and Jack Moses to learn about the representation of the Coast Salish culture so not have other tribe's traditions become their own.

Story pole "River," which will be located in the casino atrium, depicts the formation of the Puyallup River that was created by two killer whales who were trapped in the mountain after the great flood. Due to all the work that Peterson had been commissioned to do throughout the casino, time was in essence so he enlisted help from carvers in his field, including Joe Gobin (Tulalip) and Adam McIssac.

"I am familiar with their work and designed the poles with their strengths in mind," Peterson said.

The "Sky World" story pole will also be located in the casino atrium. Its story came from several sources including Judy Wright, Jack Moses and Ron Simchen. The story of the sky and its creatures have deep cultural roots to the Puyallup people on their ancestral lands.

FROG WOMAN AND THE MOON

For the casino's cafe, Peterson created a mural that depicts a frog and moon design. It is based on the story of dakwibalth (the moon).

You can also see the design on the light poles next to the nearby Tribal Administration Building, and along Portland Avenue in Tacoma.

"I learned this story from Judy Wright. It tells of Moon being born half human and half star being," Peterson said. "He lived amongst the people in his youth and when it came time for him to venture the sky world, he married Frog Woman. In this rendition I decided to make Frog Woman the focus as if carrying him on the journey there, and he is transformed into the moon as we know it today."

Peterson said he's excited to join other tribal members in creating artwork for the new casino, which is set to open this spring.

"I am moved to see the work of the other artists who are tribal members helping to revitalize the art tradition and make innovations because the art itself is not static and it like anything in time changes," he said.

Photos courtesy of Puyallup Tribal member Shaun Peterson.



Above is a digital rendering of the mural based on dakwibalth (the moon) created by Puyallup Tribal member and artist Shaun Peterson for the casino's cafe.



Above is Puyallup Tribal member and artist Shaun Peterson's Thunderbird sculpture. Below is the concept and rendering of the story pole "River" (left) and the "Sky World" story pole (right).



Designed by: Qwalitus - Shaun Peterson

Designed by: Qwalitus - Shaun Peterson



For more information contact the Salish Cancer Center at 253-382-6300

Did you know Vitamin D May Help Prevent Cervical Cancer?

By Dr. Amy Loschert, ND, FABNO



THE QUESTION RESEARCHERS ARE ASKING

When a person has been told their pap smear is abnormal, it usually, but not always, indicates

tissue changes due to being infected with Human Papilloma Virus (HPV). HPV is of concern since some strains of the virus can develop into cervical cancer. Fortunately, 90 percent of these infections are what we call, self-limiting, in doctor speak. This means that the body's immune system clears the aberrant tissue before it develops any further. Unfortunately, it is possible that the infection becomes malignant and starts spreading throughout the cervical skin tissue into invasive cervical cancer.

So, one question researchers are asking is, "What risk factors or protective behaviors lead to someone's HPV infection turning into cancer or not?" Well, known risk factors include things that reduce immune system functioning such as smoking, immune-suppressive diseases like HIV, or recurring exposure through multiple sex partners.

Regarding what protects a person against this type of cancer, a recent study shows that Vitamin D supplementation may be protective against HPV developing further into cancer.

VITAMIN D3 STUDY RESULTS

A study published in the Journal of Hormones and Cancer (Vahedpoor, 2011) looked at 58 women diagnosed with low grade premalignant cervical tissue, otherwise known as CIN I. They were randomly separated into two groups. One group was given high dose Vitamin D3 and the other a placebo for six months, and their blood levels of Vitamin D were taken before and after treatment to determine their baseline and post-treatment vitamin status. After six months of Vitamin D administration, a clinically significant number of women in the Vitamin D group no longer had CIN 1 status (cleared the HPV infected

tissue) than those in the placebo group, 84.6 percent vs. 53.8 percent, respectively. Vitamin D levels rose at least 12 times higher in the Vitamin D group from baseline until the end of the study, whereas levels in the placebo were virtually unchanged.

THE MEDIATOR OF IMMUNE HEALTH

Secondary benefits of Vitamin D supplementation were also found in women who received the vitamin. Researchers discovered significantly decreased insulin levels, and an increase in insulin sensitivity, two critical markers of blood sugar balance, and diabetes. Insulin is also a crucial hormone that can drive certain cancers, especially hormone-related cancers such as breast and prostate. Levels of nitric oxide, an essential molecule in the body for blood vessel health and blood pressure control, were also much higher in the group who received Vitamin D.

Vitamin D is a significant mediator of immune health, and data suggests it to be protective against other types of cancer, including colorectal, breast, prostate, and pancreatic (Gandini, 2011 & Zhang, 2011).

Welcome 2020!



As we usher in the new year, we continue to make strides to deliver the best possible cancer care to the Puyallup Tribe

and the surrounding community. Care that is delivered close to home.

We look forward to continued growth that will only enable us more to provide even better care in the near future.

~ Dr. Stanlee Lu, Medical Director

SPECIAL SUPPLEMENT OFFER: Present this coupon and receive 10 percent off your purchase of Vitamin D3 2000 IU. Coupon must be present at the time of purchase. Offer expires March 31, 2020.



Donating blood can save lives

We can all give back to our community by donating blood to save lives. Many of our own patients need life-saving transfusions, and in the United States alone, 36,000 units of red blood cells and 7,000 units of platelets are needed each day!

The nearest blood donation center to Salish Cancer Center is:

Octapharma Plasma

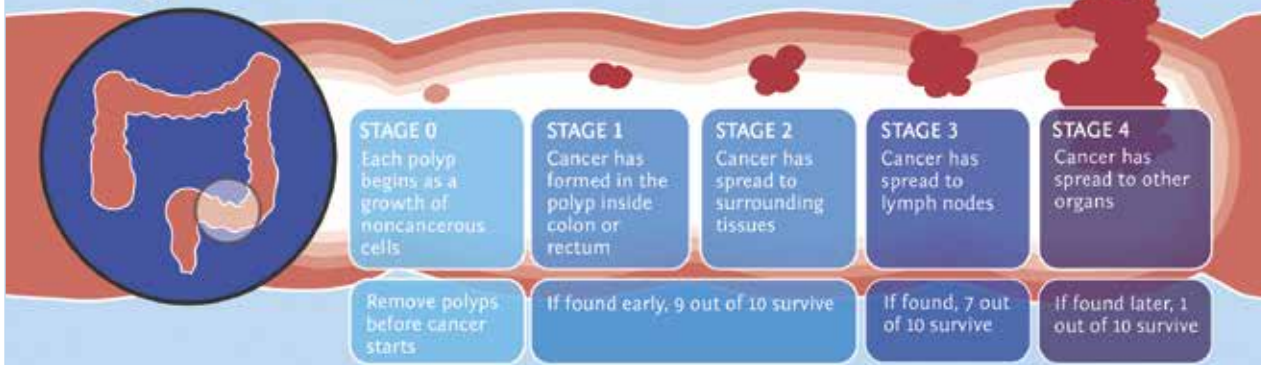
5306 Pacific Hwy. E. STE D | Fife, WA 98424 | Monday-Friday 7:00 a.m. to 7:00 p.m.

End Colon Cancer ▶▶▶▶ in Indian Country

What is colon cancer?

A disease in the large intestine (colon) and rectum. Most colon cancers start as small noncancerous clumps of cells called polyps. Without treatment, polyps may turn cancerous.

Stages of colon cancer



TIMING MATTERS WHEN COLON CANCER IS FOUND

What can I do?



QUIT SMOKING



EAT FRUITS & VEGGIES



WEIGHT CONTROL



GET SCREENED



EXERCISE



LIMIT ALCOHOL USE



Colon cancer is the second leading cause of cancer death for American Indians and Alaska Natives.



Colon cancer often has no symptoms in early stages.

Screening tests

Colon cancer screening for American Indians is recommended for those ages 45-75

▶ STOOL-BASED TESTS

- Looks for blood in the stool
- Take test at home every 1-3 years
- Mail or return to clinic
- If positive, must have colonoscopy

▶ VISUAL TESTS

- Looks directly in the colon
- Test is done at a medical center
- Colonoscopy can prevent cancer by removal of polyps during test

Talk to your health care provider about when screening is best for you.

AmericanIndianCancer.org

@AMERICANINDIANCANCER

/AMERICANINDIANCANCER

@AICAF_ORG



March Wellness Class: The Benefits of Cannabis

Salish Cancer Center, Suite 200, 3700 Pacific HWY E.
Fife, Washington 98424

March 18th, 2020

11 am – 12 pm

Talk given by Dr. Katrina Iiams Hauser, ND, PLLC from Qwibil –
A Natural Healing Consultation & Research Center



Roberta Basch

Native Outreach Coordinator | Salish Cancer Center

Email: Roberta.Basch@salishcancercenter.com

Desk: 253-382-6322 | Fax 253-382-6301

Community Family Services

Main Office: 253-573-7919



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

Main Office: 253-3826104



Linda Dillon
Coordinator





Teshay Firethunder
Cook



Mateo Dillon
Puyallup Tribal On-Site
Security Officer

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


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



Congratulations!

Community Family Services would like to congratulate Teresa Keating Cruell on becoming a licensed Substance Use Disorder Professional. We are extremely proud to have her on our team!

*Paid advertisement

2020 ENROLLMENT MEETING SCHEDULE

Deadline for documentation to be received	Meeting Date
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.

Drug screens required for commercial geoduck divers

Drug screens are required for Puyallup Tribal commercial geoduck harvesters during the month of February.

Diluted drug screen test results are grounds for disqualification of commercial dive harvesting privileges. Prescription medications will need to be verified through Tribal Court.

The screening can be done at **Cordant Health Solutions, 3716 Pacific Ave. Suite C, Tacoma.**

For more information, call **253-472-0458** or go to **cordantsolutions.com**.

Volunteers needed for sustainability work group

By Kate Manzanares
Puyallup Tribal Member

Are you a Puyallup Tribal Member or employee at one of the tribal entities?

Do you want to help make the Puyallup Tribe more sustainable for future generations?

Volunteers are sought for a new work group to advise administration and Tribal Council on opportunities to make the tribe more sustainable.

Meetings will be once a month, beginning March 4 from 11 a.m. to noon.

During the first meeting, the group will discuss its official name and begin plans for an Earth Day event on April 22.

If you're interested in joining the group, email **Katie.Manzanares@PuyallupTribe-nsn.gov**.

haʔhidup ʔə ʔalalus ʔə ʔacitʔalbiḡʷ

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

Puyallup Tribe Culture Center

350972nd street E

Tacoma, WA 98404



Connie McCloud
Cultural Director

Clinton McCloud
Assistant Director

Denise Reed
Cultural Coordinator

Angie Totus
Cultural Activities
Coordinator II

Michael Hall
Cultural Coordinator/
Carver

Marsha Gauti
SR Administrator
Assistant

March
2020

Puyallup Tribe Culture Center
haʔhidup ʔə ʔalalus ʔə ʔacitʔalbiḡʷ
A nice piece of land for traditions/ customs of the first people.
3509 East 72nd St.
Tacoma WA 98404



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Canoe Meeting 5-7 PM Weaving twine and earrings G.O.N.A Youth: Belonging	4	5 Cultural night 5-7 PM Weaving twine G.O.N.A Youth: Belonging	6	7 Generation Rising Evergreen State College 10:00 AM – 5:00 PM
8	9	10 Canoe Meeting 5-7 PM Weaving twine and Earrings G.O.N.A Youth: Mastery	11	12 Cultural night 5-7 PM Weaving twine G.O.N.A Youth: Mastery	13	14 Culture Program: Huckleberry Jam Class 9:00 AM – 3:00 PM Youth Center
15	16	17 Canoe Meeting 5-7 PM Butterfly weave G.O.N.A Youth: Interdependence	18	19 Cultural night 5-7 Butterfly weave G.O.N.A Youth: Interdependence	20	21 Puyallup Tribe Culture Coastal Jam Chief Leschi School 4:00 – 11:00 pm
22	23	24 Canoe Meeting 5-7 PM Butterfly weave G.O.N.A Youth: Generosity	25	26 Cultural night 5-7 PM Butterfly weave G.O.N.A Youth: Generosity CLS Parent Night	27	28
29	30	31 Canoe Meeting 5-7 PM Cedar frog G.O.N.A Youth: Belmont Process				

Drums not Guns Coastal Jam returns March 28

The Culture Department's next monthly "Drums not Guns Coastal Jam" will be from 4 to 11 p.m. March 28 in the big gym at Chief Leschi Schools, 5625 52nd St E., Puyallup.

A light dinner will be served. Please bring your own eating utensils, plate, bowl and cup or water bottle.

Vendors are welcome to set up, bring your own tables and chairs.

Any questions?

Contact Clinton McCloud **253-278-8393**

Traditional Medicine sessions available

Wilbert and Amy Fish will be at the Culture Center through Feb. 28.

Caren Trujillo will be at the Culture Center from March 16 to March 20.

To schedule a Traditional Medicine appointment, please contact Connie McCloud at **253-389-8729**.

Gathering Traditional Plants

Watch for times and places. For more information, contact Angeline Totus at **253-320-8361**.

Excerpts from 'Feeding 7 Generations: A Salish Cookbook'

"Gather nettles in early spring when they are three to eight inches tall. When you harvest, make sure to bring gloves or scissors to avoid being stung. Cut the stem above the bottom few leaves so the plant can continue to grow. ...Nettles can be boiled, steamed or sautéed like spinach. Cooked nettles can be frozen for later use. Dried nettles can be made into tea or used as a seasoning."

"Native foods feed your body, but they also feed your spirit," said Hank Gobin of Tulalip Tribes.

Dances and songs shared at monthly Coastal Jam



The Jan. 25 "Drums Not Guns" Coastal Jam had a good turnout.

For a night of dancing, singing and community fellowship join in the next jam session set on Feb. 22.

Learn about other events on the tribe's online calendar at puyalluptribe-nsn.gov.

Photo by Puyallup Tribal member Kate Manzanaras.

Event invitation

Generations Rising

will take place from

10 a.m. — 5 p.m.

March 6

at the

Evergreen State College

2700 Evergreen Pkwy NW, Olympia.

The annual event offers Native American cultural and performing arts workshops for youth.

This event is provided by the Puyallup Tribe Cultural Program

Huckleberry Jam Class

Saturday
March 14, 2020
9:00 am - 3:00 pm
Puyallup Tribe Youth Center
5803 N Levee Rd, Tacoma, Washington

Canning supplies and materials will be provided
LIMITED 25 students, We ask only 2 people per family can sign up,
Age 10 years & up, must be accompanied by parent and/or guardian at all times.

Please reserve your spot by texting Angie Totus (253) 320-8361 or email Angeline.totus@puyalluptribe-nsn.gov

l̥higʷalikʷ čəł ʔə tiit stʷuljəxʷčəł
Honoring Our Medicine

bəłʷalš čəł ti s(h)əlicəł ʔə ti gʷədʷadad
Putting our souls on again through cultural teachings

Doors open at 9am - 4pm

Puyallup Culture Program invites you.

- Traditional Healers
- Traditional medicine
- Reconnecting your spirit
- Mental health
- Healthy meal provided

Community members welcome!
Date: **February 29, 2020**
Location: Puyallup Tribe Youth Center
5803 N Levee Rd E, Tacoma, WA 98424

Any questions please contact:
Connie McCloud 253-389-8729
Denise Reed 253-312-5069
Angie Totus 253-320-8361



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



WOMEN'S DOMESTIC VIOLENCE SUPPORT GROUP

tiḵiḵdxʷ čəxʷ kʷi tuʔəḷ tuʔacitalbixʷ. - *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.

Medicine Creek
Treaty Area 20-21
0001

**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.



MISSING

Missing And Taken Indigeneous People

Kelly Diane Sims - Kelso WA

Missing 10-16-90



Often used maiden name "Wright"
Age 27 when missing



Brown Hair

Brown Eyes

5' 4" Tall

120 lbs

Pierced Ears

Last seen in jeans & white pullover sweater. Was
dropped off at corner of Allen & South Pacific to walk
2 blocks to Rendezvous Tavern to play pool.
Kelly never arrived at the Tavern.

If you have information that can help police
determine what happened to Kelly, please call
Kelso PD (360) 423-1270 Case# 90-16710

NamUs# MP 19384

(4-14-19)

MISSING

HELP BRING ME HOME

NCMEC-1270134

Jasmine Torres



Missing Since: Nov 15, 2019
Missing From: Olympia, WA
DOB: May 27, 2003
Age Now: 16
Sex: Female
Race: Hispanic
Hair Color: Black
Eye Color: Brown
Height: 5'3"
Weight: 100 lbs

Extra Photo



Both photos shown are of Jasmine. She may travel to Oregon.

DON'T HESITATE!

ANYONE HAVING INFORMATION SHOULD CONTACT

CALL 911 OR

1-800-843-5678 (1-800-THE-LOST)

Lacey Police Department (Washington) 1-360-704-2740

First Elders Luncheon of 2020

THE PUYALLUP TRIBAL ELDERS HELD THEIR MONTHLY LUNCHEON ON JAN. 17.

Photos by Puyallup Tribal member Jennifer Squally



Elders upcoming events

- Feb. 26:** Bingo
- March 6:** Spa Day
- March 20:** Puyallup Tribal Elders Monthly Luncheon
- March 25:** Bingo
- May 5:** Siletz Elders Honor Day Luncheon

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.

March

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Archery Club @ PTYCC	2 Sylvan & Archery 4-6pm	3 Tae Kwon Do 4-6pm	4 Sylvan & Archery 4-6pm	5 Tae Kwon Do 4-6pm	6 Family Fun Center 7-10 pm	7
8 Archery Club @ PTYCC	9 Sylvan & Archery 4-6pm	10 Tae Kwon Do 4-6pm	11 Sylvan & Archery 4-6pm	12 Tae Kwon Do 4-6pm	13 Bowling 7:30-10 pm	14
15 Archery Club @ PTYCC	16 Sylvan & Archery 4-6pm	17 Tae Kwon Do 4-6pm	18 CLS Early Release Archery 12-6pm	19 CLS Early Release Tae Kwon Do 12-6pm	20 Skating 6-9 pm	21
22 Archery Club @ PTYCC	23 Sylvan & Archery 4-6pm	24 Tae Kwon Do 4-6pm	25 Sylvan & Archery 4-6pm	26 Tae Kwon Do 4-6pm	27 Community Dinner 6-9 pm	28 Teen Night 7-10 pm
29 Archery Club @ PTYCC	30 Sylvan & Archery 4-6pm	31 Tae Kwon Do 4-6pm				

LITTLE WILD WOLVES YC

BASEBALL SIGNUP

T-Ball (K/1),
Coach Pitch (2/3),
Fast Pitch (4/5) &
Baseball (4/5)

Coaches are needed!!!

Registration forms are at PTYCC
DEADLINE IS 3/13/20

Contact Mercedes
(253) 341-2451



Upcoming Events

FAMILY FUN CENTER
Puyallup Tribal Youth ONLY
7300 Fun Center Way Tukwila WA

March 6
7-10P

March 13
7:30-10P

BOWLING @ NARROWS
Open to the Tribal Community
2200 Mildred ST University Place

SKATING @ TIFFANY'S
Open to the Tribal Community
1113 N Meridian Puyallup, WA

March 20
6-9P

March 27
6-9P

COMMUNITY DINNER
Open to the Tribal Community
5803 N Levee RD Fife, WA

Teen Night
Ages 13 to 21
Must Have Signed Agreement
5803 N Levee RD Fife, WA

March 28
7-11P

For more info text Mercedes @ (253) 341-2451

Made with PosterMyWall.com

Mother Earth
Land & Water

7 Generations

Plants & Animals

higʷəd (RESPECT) for Mother Earth
ʔuʂəbid (LOVE) for our People
†(ə)χilč (STAND UP) for our Natural Resources

Sustainable - Positive change
for Future Generations!

Danelle REED
Tribal Council 2020

*Paid advertisement

CAREER EVENT & JOB FAIR

Pierce County

FREE **FRIDAY, FEB. 28 | 3 - 7 PM**
Sprinker Recreation Center
14824 C St. S., Tacoma

- Multiple job opportunities within Pierce County in the Auditor's Office, Human Services, Medical Examiner's Office, Parks and Recreation, and Planning and Public Works
- Full-time, part-time and seasonal positions
- On-site interviews and job offers
- Partner agencies in attendance: WorkSource, The National Guard, Washington Department of Children, Youth & Families, iUrban Teen, Tacoma Community House, and Green River College
- Light snacks and refreshments available
- Free raffle giveaways for ice skating and ice bumper car passes

To see current job openings at Pierce County visit www.piercecountywa.gov/jobs

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TACOMA WA 98404
EIP@PUYALLUPTRIBE-NSN.GOV
253-573-7921

Council member testifies to state legislators in support of climate emergency bill

By Lisa Pemberton
Puyallup Tribal News staff writer

Puyallup Tribal Council member Annette Bryan spoke to lawmakers in Olympia on Feb. 6 in support of proposed legislation that would give Gov. Jay Inslee the authority to declare a climate emergency.



She told them about the Puyallup Tribe's Dec. 10 declaration of a climate emergency and urged them to strengthen the bill with measures that will fight the climate crisis.

"The earth is in dire straits," Bryan said. "Our fish – the salmon that have sustained my people since time immemorial – are dying because of ocean acidification."

"The earth is in dire straits. Our fish – the salmon that have sustained my people since time immemorial – are dying because of ocean acidification."

— Annette Bryan Puyallup Tribal Council member

A video of the public hearing held by the House Environment & Energy Committee for House Bill 2829 is available at www.tvw.org.

The day before, Bryan testified before Puget Sound Clean Air Agency in support of a clean fuel standard, and the tribe prepared written testimony in support. The tribe's climate emergency declaration called out the need for such a standard.

Tribal members sign hotel's final beam

By Lisa Pemberton
Puyallup Tribal News staff reporter

A beam-signing ceremony was held on Feb. 7 for the hotel garage under construction next to the new Emerald Queen Casino.

The beam was installed on the building's southwest corner on Feb. 10.

The hotel is scheduled to open this summer. The casino is set to open this spring.

"I want to thank every one of those hard working people who have been a part of this," Tribal Council Vice Chairman Bill Sterud said during the ceremony. "Their skill, their toughness – they've created this thing for all of us. All we can do is say thank you."

"This has been a dream of our tribe, our people, for over 20 years and we finally got here," added Tribal Council member Sylvia Miller. "I'm so proud that they never gave up on us, that we're being able to fulfill their dreams."

Miller and Sterud said the hotel and casino are signs of the tribe's economic development.

"We had nothing," Miller said. "And for us to give back to the community and all of the jobs that it's going to create – it's a wonderful thing we're doing here today."



Puyallup Tribal members signing the final beam for the new hotel.



Tribal Council Chairman David Z. Bean signs the final beam for the new garage and hotel.

Council member James Rideout talked about the pride that TERO workers can take in the project.

"This is going to be a part of their legacy for their children," he said. "This means the world to our people."

Several tribal members joined Tribal Council members in signing the beam.

Some wrote their name and date. Others left personal messages. Here is a sampling:

"For our future generations! May this bring you all lots of joy and prosperity for years to come." – Council member Tim Reynon

"Grateful for our ancestors. For future generations." – Council member Annette Bryan

"Thank you to all before us. Bless those that come after us." – Tribal member Chester Earl.



Puyallup Tribal Council member Anna Bean (front right) joins many others in signing the final beam for the new garage and hotel on Feb. 7.

"7 generations ahead always. Know your history, where you come from and create a strong foundation for future generations. Keep our tribe strong," – Tribal member Dayleann Hawks

Photos by Puyallup Tribal member Frank Griese

Job title: Director

Department: Grandview Early Learning Center

Closes: Open until filled

Responsible for building and maintaining 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

Department: Prosecutor's Office

Closes: Open until filled

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

Job title: Guardian Ad Litem

Department: Tribal Court

Closes: March 9

The primary duty of a Guardian ad Litem (GAL) is to represent the best interests of the person for whom the GAL is appointed (Client). The GAL is an officer of the court and must maintain independence, conduct him/herself professionally, avoid conflicts of interest

and maintain ethical standards, treat all parties with respect, become informed about the case, timely inform the court of relevant information, limit duties to those ordered by the court, inform individuals about his/her role in the case, maintain the parties' privacy, perform duties in a timely manner, maintain documentation, and keep accurate records.

Job title: Office Assistant/Floater

Department: Administration

Closes: March 2

Provides moderate level general office support to assigned department. Expected to apply fundamental concepts, including intermediate math, reading and the ability to follow verbal or written instructions; understand that workflow may include occasional interruptions and/or conflicting priorities. Deadlines may be daily, weekly or monthly and are generally directed by the supervisor. Must be available to work between 8 a.m. and 5 p.m., Monday through Friday.



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 Satiacum or Jennifer Eveskoige to schedule an intake appointment.

Kaylena Satiacum
Recruiting Specialist
(253) 382-6064
Kaylena.Satiacum@PuyallupTribe-nsn.gov

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

3099 E Portland Ave., Tacoma, WA 98408 Tel 253-573-7863 Fax 253-573-7863 WWW.PUYALLUP-TRIBE.COM/EMPLOYMENT

TEEN VOLUNTEERS NEEDED AT SALISH CANCER CENTER

Salish Cancer Center has created a Volunteens 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**.

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.

By Michael Sisson

Puyallup Tribal Veterans Representative

LOCAL EVENTS SCHEDULED IN MARCH

- On Tuesday, March 3, at 8 a.m., the Puyallup Tribal Veterans will post the colors for the Pacific Northwest Department of Defense Regional Council Meeting at the Emerald Queen Casino-Fife Ballroom and Conference Center, 5580 Pacific Highway E., Fife.



- 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, 105 Seventh St. SW, Puyallup. Please arrive no later than 12:45 pm.



Puyallup Tribal Veterans Memorial

TERO CONFERENCE ON APRIL 30

On Thursday, April 30, at 9 a.m., the Puyallup Tribal Veterans will post the colors for Puyallup TERO's "Our Future Working Together" workshop at the EQC-Fife Ballroom and Conference Center, 5580 Pacific Highway E., Fife. We are also invited to stay for the event.



We also will retire the colors at 4 p.m. Please watch for more information.

APPLY NOW FOR THE GATHERING OF WARRIORS 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 May 15-17 on the Menominee Indian Reservation in the Woodland Bowl, Keshena, Wis.

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 Junior Princess, Taiah Mitchell. 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.

The Puyallup Tribe has a strong connection to our tribal veteran brothers of the Menominee Nation since December 2011 when the J.M. Martinac Shipbuilding Company of Tacoma launched a Navy Tug, the YT-807 "Menominee." Menominee Nation veterans came to Tacoma for the launch. The "Menominee" was deployed to Japan to work with her sister tug, the YT-806 "Puyallup," which was launched and deployed to Japan earlier in 2011. The Menominee Tribal Veterans returned to visit and present their Eagle Staff and Colors for our annual Labor Day Pow-Wow in September 2012 and in 2016.

Should you be interested in assisting with the "Raising of the Family Flags," the "Veterans Snake Dance," and in 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 Ave.; Tacoma, WA 98404-4926.

MEMORIAL DAY CEREMONY

On Memorial Day, May 25, at 11 a.m., the Puyallup Tribal Veterans will hold a

DAFFODIL PARADE AND PREPARATION

On Saturday, April 4, the Puyallup Tribal Veterans and Tribal Color



Guard will participate in the 87th Annual Daffodil Parade. The parade travels through the cities of Tacoma, Puyallup, Sumner and Orting and consists of more than 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 Schools, 5625 52nd St. E., Puyallup, 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 Tribal Administration parking lot; 3009 Portland Ave., Tacoma. Decorating could also be in the EQC new parking garage depending on weather.

Memorial Day Ceremony at the Puyallup Tribal Veterans Memorial, which is in front of the Puyallup Tribal Health Authority.

There will be a rifle salute, the playing of "Taps," a presentation of a wreath, and a reading of the names of Puyallup Tribal Veterans that have crossed over.

Following the ceremony, lunch will be provided in the Bridge Night Club at the Emerald Queen Casino – I-5, 2024 East 29th St., Tacoma.



APPLY FOR THE GATHERING OF AMERICAN INDIAN VETERANS JULY 17-19

The Puyallup Tribal Veterans Committee is in the process of collecting names for a lottery/drawing

to attend the Sixth Annual National Gathering of American Indian Veterans, which will be held July 17-19 at Cantigny Park in Wheaton, Ill.

This three day event honors veterans and military personnel of all cultures, eras, and branches in a Native way. Watch entertaining performances from cultural groups and participate in powwow-style dancing with other veterans. If approved, this will be the sixth year the Puyallup Tribal Council has allowed Puyallup Tribal Veterans to attend this annual event that spends time to celebrate and remember the untold story of American Indian people's contribution to the military. 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.

More will be revealed regarding this event as the information becomes available.

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 Ave.; Tacoma, WA 98404-4926.

REQUIRED UNIFORMS, AND SOCIAL MEDIA

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 (please see the picture below).



Find us on Facebook under Puyallup Tribal Veterans.

**GATHERING OF WARRIORS
POW WOW**



**MAY 15-17, 2020
WOODLAND BOWL
KESHENA, WI**

SAVE THE DATE!



Puyallup Tribal Health Authority

Anger Management Group

Anger is a normal, healthy emotion but also has risks and can lead to serious problems. If you struggle with controlling your anger, PTHA can help. The weekly Anger Management Group will teach you: practical anger management skills, how to deal with anger in a healthy and constructive way, how to develop self-control over thoughts & actions and more.

Anger Management Group

Thursdays starting March 12

11:00 am – 12:30 pm

Kwawachee Counseling Group

KCC offers a certificate of anger management completion to those participants who attend 9 of the 12 sessions. For more information, please call **253-593-0247**.

Grief and Loss Support Group

The loss of a loved one is always a difficult experience, and no one should have to take the journey through grief alone. PTHA offers ongoing opportunities to attend grief support groups for patients over the age of 18. Topics include: stages of grief/loss, coping skills, self-care, maintaining healthy support group and more.

Grief & Loss Support Group

Tuesdays

3:30 pm - 5:00 pm

Kwawachee Counseling Center

You don't have to grieve alone. For more information, call **253-593-0247**.

PTHA March Calendar

Mon	Tue	Wed	Thu	Fri
2	3	4 Wellness Workshop 12:00pm-1:00pm Pulling for Wellbriety 12:00pm – 1:00pm	5 Cooking Demo 12:00pm-1:00pm	6
9	10 Grief & Loss Group 3:30 pm – 5:00 pm	11 Wellness Workshop 12:00pm-1:00pm Pulling for Wellbriety 12:00pm – 1:00pm	12 Anger Management Group 11:00am-12:30pm	13
16	17 Grief & Loss Group 3:30 pm – 5:00 pm	18 Wellness Workshop 12:00pm-1:00pm Pulling for Wellbriety 12:00pm – 1:00pm	19 Anger Management Group 11:00am-12:30pm	20
23	24 Grief & Loss Group 3:30 pm – 5:00 pm	25 Wellness Workshop 12:00pm-1:00pm Pulling for Wellbriety 12:00pm – 1:00pm	26 Anger Management Group 11:00am-12:30pm	27
30	31 Grief & Loss Group 3:30 pm – 5:00 pm			



Story and photo by Denise L. Goudelock, RDH

PTHA Celebrates Dental Health!

Puyallup Tribal Health Authority - Dental recognized "Give Kids A Smile Week" Feb. 3 - 7

On Feb. 7, PTHA Dental saw kids under 3 to 18 years of age, providing X-rays, exams, cleanings, sealants, fluoride and goodie bags. This is a first ever Indian Health Service collaboration with the American Dental Association to support this 17-year-old campaign. PTHA Dental Department joined more than 115 IHS, tribal & urban dental programs in 24 states providing screenings & preventive/restorative services to over 10,000 Native children. This is a national project coinciding with the National Children's Dental Health Month in February.



Puyallup Tribal Health Authority

Journey to Wellness

WORKSHOPS TO HELP PREVENT AND/OR TREAT DIABETES

March 4: Healthy Decisions

March 11: Foot Care

March 18: Diet Plans/Trends

March 25: Physical Activity

12:00 pm - 1:00 pm

All workshops will be held in the Community Health Kitchen
Light, healthy snacks will be provided



For more information, please call
253-593-0232, ext. 534 or ext. 332



PTHA is Hiring

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

March is National Nutrition Month

WEEK ONE:

Eat a Variety of Nutrition Foods Everyday

- ✓ Include healthful foods from all food groups.
- ✓ Hydrate healthfully.
- ✓ Learn how to read Nutrition Facts Panels.
- ✓ Practice portion control.
- ✓ Take time to enjoy your food.

WEEK TWO:

Plan Your Meals Each Week

- ✓ Use a grocery list to shop for healthful foods.
- ✓ Be menu-savvy when dining out.
- ✓ Choose healthful recipes to make during the week.
- ✓ Enjoy healthful eating at school and at work.
- ✓ Plan healthful eating while traveling.

WEEK THREE:

Learn Skills to Create Tasty Meals

- ✓ Keep healthful ingredients on hand.
- ✓ Practice proper home food safety.
- ✓ Share meals together as a family when possible.
- ✓ Try new flavors and foods.
- ✓ Attend a Cooking Demonstration at PTHA. Call PTHA for more information.

WEEK FOUR:

Consult a Registered Dietitian

- ✓ Call PTHA to schedule an appointment!

Source: eatright.org



Cooking Demonstration

Thursday, March 5

12:00 pm - 1:00 pm

PTHA Community Health Kitchen

WHAT ARE CARBS?

Food samples, recipes, product demos & more!



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: 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



txʷəlšucid Jam



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

txʷəlšucid Jam:

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.

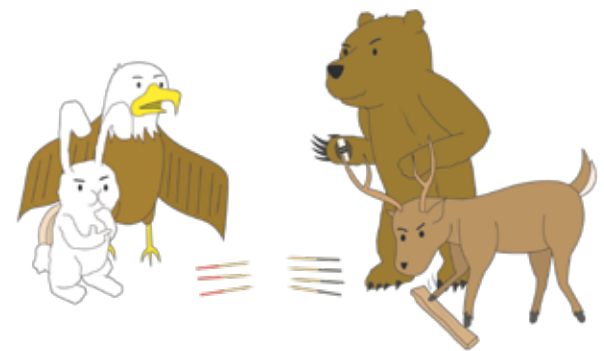
Potluck style so feel free to bring something to eat or drink.

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

ʔuləhal čət

WE WILL PLAY BONEGAMES

Please come join the Language Program for a night of bonegames. We will be sharing how our ancestors received bonegames, how to play, and bonegame songs – all in the txʷəlšucid language. There are many versions of how to play in the Native community, and we will share one version with you folks.



- What:** Bonegames/Stickgames
- Who:** Puyallup Tribal Community – families welcome and encouraged to come
- When:** Friday February 28th
Promptly starting at 6pm-7:30pm
- Where:** Spirit House
(2209 East 32nd Street – Tacoma, WA)
- Questions:** Please contact the Language Program at 253-382-6086

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^wali, 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.

Volunteer firefighters needed

By Lisa Pemberton
Puyallup Tribal News staff writer

Riverside Fire & Rescue, which is one of the fire districts that serves the Puyallup Reservation, is recruiting volunteer firefighters.

Applicants must be 18, have a high school diploma and Washington State driver's license, pass a criminal background check and be able to complete physical activity and medical examinations.

Upon acceptance, volunteers will need to complete about 400 hours of training paid for by the fire district, including Fire Academy. Volunteer firefighters attend quarterly training opportunities, commit to working four 12-hour shifts a month and assist backup staffing at major incidents.



Riverside Fire & Rescue crews pose during a house burn that was part of a training program. Below, the district's volunteers participate in the Fire Academy run. Photos courtesy of Riverside Fire & Rescue.



For more information, go to Piercerefire14.org and click on "Volunteer."

Ham radio operators sought for disaster prep

By Lisa Pemberton
Puyallup Tribal News staff writer

Pierce County Emergency Management is looking for tribal members and community members who are ham radio operators to participate in a volunteer disaster preparedness program.

The Western Washington District 5 Amateur Radio Emergency Services serves Pierce County. Its members are licensed operators who volunteer for communications duties during times of disaster, such as earthquake, flooding and severe storms.

"This would be important during a catastrophic incident for communication and sometimes in devastated areas a ham radio operator is the only means of communication," said Debbie Bailey with Pierce County Emergency Management.



The agency coordinates with the tribe's Public Safety Department on emergency preparedness.

Training for the program is available through the Radio Club of Tacoma.

HOW TO SIGN UP

For more information on the program, or to sign up for the training, go to www.piercetyares.net and click "Join Our Team."

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 members welcome Bernie Sanders to Tacoma

Members of the Puyallup Tribal Council, the Puyallup Canoe Family and others participated in a welcome for presidential hopeful Bernie Sanders on Feb. 17 at the Tacoma Dome. About 17,000 people attended the event, organizers say.

Chairman David Z. Bean praised Sanders' attention to climate change and environmental issues and highlighted the tribe's declaration last year of a climate emergency.

The event also featured U.S. Rep. Pramila Jayapal. She represents the state's 7th Congressional District and is chair of Sanders' Washington state campaign.

Photos courtesy of Puyallup Tribal member Nancy Shippentower-Games, Tribal Chairman David Z. Bean and Tribal Council member Tim Reynon.



Puyallup Tribal Newspaper Schedule

March 2020 – Issue #363

- Tuesday, Mar. 3** – Content Due to News@puyalluptribe-nsn.gov
- Tuesday, Mar. 17** – Sent to print
- Tuesday, Mar. 24** – Newspaper enter mail / Paper delivered

April 2020 – Issue #364

- Wednesday, Apr. 8** – Content Due to News@puyalluptribe-nsn.gov
- Wednesday, Apr. 22** – Sent to print
- Tuesday, Apr. 28** – Newspaper enter mail / Paper delivered

May 2020 – Issue #365

- Wednesday, May 6** – Content Due to News@puyalluptribe-nsn.gov
- Wednesday, May 20** – Sent to print
- Wednesday, May 27** – Newspaper enter mail / Paper delivered

June 2020 – Issue #366

- Wednesday, Jun. 3** – Content Due to News@puyalluptribe-nsn.gov
- Wednesday, Jun. 17** – Sent to print
- Tuesday, Jun. 23** – Newspaper enter mail / Paper delivered

July 2020 – Issue #367

- Wednesday, Jul. 8** – Content Due to News@puyalluptribe-nsn.gov
- Wednesday, Jul. 22** – Sent to print
- Tuesday, Jul. 28** – Newspaper enter mail / Paper delivered

August 2020 – Issue #368

- Wednesday, Aug. 5** – Content Due to News@puyalluptribe-nsn.gov
- Wednesday, Aug. 19** – Sent to print
- Tuesday, Aug. 25** – Newspaper enter mail / Paper delivered

September 2020 – Issue #369

- Tuesday, Sept. 8** – Content Due to News@puyalluptribe-nsn.gov
- Tuesday, Sept. 22** – Sent to print
- Monday, Sept. 28** – Newspaper enter mail / Paper delivered

October 2020 – Issue #370

- Tuesday, Oct. 6** – Content Due to News@puyalluptribe-nsn.gov
- Tuesday, Oct. 20** – Sent to print
- Monday, Oct. 26** – Newspaper enter mail / Paper delivered

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Puyallup Tribal News is printed on 100% recycled paper



Puyallup Tribal News Staff

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