

Puyallup Tribal News

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Serving the Puyallup Tribe of Indians

September 28, 2020



‘Calamity of horrors’

Puyallup River contaminated with bits of rubber and plastic from dam’s construction project. See story and photos on page 2.

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ELDERS

FOOD AND FUN

Elders enjoy a drive-thru banquet and concert.

Photos on page 9.

COVID-19

LIVING IN QUARANTINE

A Puyallup Tribal family shares their experience with the virus.

See story on pages 12-13.

COMMUNITY

MEMBER SPOTLIGHT

Learn more about Brandi Douglas and her recent award.

See story and photo on page 14.

CULTURE

SHARING CULTURE AND TRADITIONS

Families attend the annual Gathering of Native Americans.

See story and photos on pages 5-6.

Council fights for removal of century-old Electron Dam after catastrophic spill pollutes Puyallup River

By Lisa Pemberton, Puyallup Tribal News Editor

Outraged, but not surprised.

That was the reaction of the Puyallup Tribal Council to news that Electron Hydro LLC polluted the Puyallup River with tiny bits of potentially toxic rubber and plastic during a recent construction project.

“The action was consistent with the company’s past actions, which have regularly undermined our efforts to protect the river,” Tribal Chairman Bill Sterud said in a statement. “Every year, we release millions of fish only to see this facility kill them.”

During the summer, Electron Hydro used rolls of artificial turf in a liner as a retrofit to the 116-year-old dam. The company has since admitted that pieces of the turf broke off, issued an apology and vowed to clean it up.

But the damage is done, according to Tribal Resource Protection Manager Russ Ladley. The material has already contaminated the Puyallup Watershed. Much of it is believed to have been swept into Commencement Bay.



Council Vice Chairwoman Sylvia Miller, left, surveys the Puyallup River near Electron Dam with Seattle Times reporter Lynda Mapes. At right, artificial turf used in a construction project at the dam is visible in a different location along the river. Photos by Puyallup Tribal News Staff

“Essentially everywhere we look, we now find AstroTurf material: either the green plastic grass, or the fine bits of rubber in the sand,” Ladley told KNKX radio. “So it’s really a calamity of horrors, when you look at the big picture.”

The Tribe’s Legal Department and Fisheries staff worked closely with the Tribal Council to get Electron’s construction project halted, and the contamination cleaned up.

In addition to legal actions taken by the Tribe, the company came under fire from numerous other regulatory agencies including Pierce County, the U.S. Army Corps of Engineers, the Washington Department of Fish and Wildlife and the state Department of Ecology.

“I feel anger, so much anger,” Tribal Council Vice Chairwoman Sylvia Miller told The Seattle Times. “It hurts to see how much damage they are doing to our lands and waters, everyone’s lands and waters.”

Sterud said he’s been fighting the dam since the 1970s because it kills fish. The river is home to the only spring Chinook salmon run in the region, which are a critical food source for orca whales.

On Sept. 14, Pierce County Executive Bruce Dammeier announced he was working with the Tribe to halt the construction project, with the ultimate goal of removing the 12-foot-tall wooden dam from the river.

“There is no excuse or apology that can right this wrong, but Executive Dammeier’s actions will go a long way toward protecting the Puyallup River, which is the lifeblood of our people and the residents of Pierce County,” Sterud said in his statement. “We should all work together to bring back fishing. ...We will not celebrate, however, until the fish-killing nightmare called Electron Dam is a distant memory.”

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Puyallup Tribal Administration offices

CLOSED

Oct. 12

Indigenous Peoples Day

PUYALLUP
TRIBE of INDIANS

Photo courtesy of Puyallup Tribal Member Frank Cross

Tribal Council blankets outgoing city of Tacoma official

By Puyallup Tribal News Staff

On Sept. 17, Tribal Council said goodbye to Alisa O'Hanlon, the city of Tacoma's longtime government relations coordinator.

O'Hanlon, who has been one of the Tribe's main contacts with the city since she began working there in 2005, is leaving for The Intertwine Alliance, a Portland-based coalition of organizations working to preserve land, water and habitat. Her tenure in Tacoma spanned good times and difficult times. One of her accomplishments was working with Tribal staff to bring closer coordination between city and Tribal business.

Vice Chairwoman Sylvia Miller thanked O'Hanlon for all of the work she's done, especially those involving the Tribe's charitable activities. "Every charitable thing we've done, you've always been there," Miller said.

Council Member Annette Bryan thanked O'Hanlon for advocating for the Tribe, and Council Member James Rideout



From left: Tribal Council Member Monica Miller, Tribal Council Chairman Bill Sterud, outgoing city of Tacoma government relations coordinator Alisa O'Hanlon, Tribal Council Member James Rideout, Council Vice Chairwoman Sylvia Miller and Council Member Annette Bryan during a send-off for O'Hanlon on Sept. 17 in Tribal Council Chambers. Photo by Puyallup Tribal News Staff

recalled the positive changes in Tribal-city relations during her tenure.

Chairman Bill Sterud also noted her longevity. "You got to see Tacoma grow in a good way. I like people who've been around, you can trust and look in the eye."

O'Hanlon recalled a moment more than a decade ago when Sterud lightheartedly said in a meeting that she didn't need an introduction because everyone already

knew who she was. She said that's when she felt she'd finally "earned her stripes." After saying their goodbyes in Tribal Council Chambers, Council Members wrapped O'Hanlon in a blanket. Since emotions (and smiles) are difficult to capture with masks, O'Hanlon and a few Tribal Council Members chose to briefly lower their face coverings for a quick photo.

"Now I've earned my stripes," O'Hanlon said afterward.

Bryan certified as Climate Reality Leader; virtual presentation on Oct. 10

By Lisa Pemberton, Puyallup Tribal News Editor

Tribal Council Member Annette Bryan recently was certified as a Climate Reality Leader.

She earned the certification through Climate Reality Project's Leadership Corps Global Training.

"Climate change is here, and it's impacting us every day," Bryan said. "One thing specifically for our people is the rise in the water temperature, which impacts the plants and stream and animals. It impacts our hunting and fishing and shellfish and our berries, and the things that we use to sustain our people over generations."

The training was originally scheduled to be in-person in Las Vegas in March,



but was postponed due to the COVID-19 pandemic. It was held as a 40-hour virtual training event from Aug. 28 to Sept. 3.

Bryan said she's looking forward to putting the information she learned into action. One of her first goals is to begin a project with the Tribe's Sustainability Working Group.

WATCH HER CLIMATE REALITY PRESENTATION ON OCT. 10

Bryan will also give her Climate Reality presentation live on Zoom on Saturday, Oct. 10, at 2 p.m. as part of The Climate Reality Project's 24 Hours of Reality: Countdown To The Future.

For 24 straight hours, former Vice President Al Gore and Climate Reality Leader activists across the globe will lead online presentations and discussions exploring how climate change, COVID-19 and structural racism are shaping the world. (Sign up to receive event details at www.tacomawachapter.org.)

"I've been a lifelong advocate for our Mother Earth, and this training will help me articulate the importance of climate change," Bryan said. "I will continue advocating for the health of our Mother Earth because she sustains us."

haʔlidup ʔə ʔalalus ʔə ʔacitalbix™

'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
253-389-8729



Clinton McCloud
Assistant Director
253-278-8393



Denise Reed
Cultural Coordinator
253-312-5069



Angie Totus
Cultural Activities
Coordinator II
253-320-8361



Michael Hall
Cultural Coordinator/
Carver
253-993-0011



Marsha Gauti
SR Administrator
Assistant
253-278-4074

Traditional Medicines and spiritual healing services are available

Traditional medicines: The Culture Department is sending Traditional Medicine care packages to families, as the COVID-19 pandemic continues to be in our community.

Many of the medicines and teas are very helpful, and can help prevent or treat respiratory illness. They can be picked up or sent in the mail.

Plant gathering: We continue to gather, process and distribute our local traditional teas. Let us know if you would like to join us on a gathering trip.

Spiritual healing: We have been working with local Traditional Medicine healers to assist our community. If you have any needs or questions or would like more information.

To request any of the services above, please call Connie McCloud at 253-389-8729.

Modified huckleberry camp was a success

Food is medicine. The huckleberry is a traditional food for us. The Culture Department cans the berries, makes jam and teaches the community how to preserve them. The huckleberries are used in ceremonies, feasts for funerals or community gatherings. We are providing huckleberries as a spiritual food to assist our clients who ask to see a Traditional Medicine healer and when we visit those in the hospital. We also, reached out to the Elders to give them huckleberries. Plus, huckleberry pie and pancakes are delicious.

For many in our community, families pass down stories of going to pick huckleberries. They've heard stories of their parents or grandparents picking berries. Recently, several families went huckleberry picking for the first time.

Last month, families had their cars and trucks packed and kids were ready to go when we were heading to our annual camp.

However, due to COVID-19 restrictions the Culture Department had to make a few last minute changes to our plans. The changes also allowed us to assist more families and youth to go to the mountains and pick berries. We had a nice camp site



at the Cispus Learning Center in Randle. There was access to showers, running water, portable toilets and garbage disposal. Each family was responsible for providing and cooking their own meals.

Several families have been back to the mountains to pick again. Everyone brought home berries that they picked themselves, there was a lot of SHARING, HEALING AND PRIDE!



Upcoming cultural activities

The Culture Department will be hosting virtual culture classes on making drums and moccasins. Each class is limited to the first 25 people to sign up.

We will provide materials, supplies and instructions. Supplies will be mailed to you. Times will be from 5:30 to 7 pm. Please sign up with Angeline Totus at 253-320-8361 and Marsha Pluff at 253-278-4074.

Drum making:

Class 1: Oct. 6 and 8.

Class 2: Oct. 13 and 15.

Class 3: Oct. 20 and 22.

Moccasin making:

When you sign up for moccasin making class, please tell us child sizes: small/medium or large; youth sizes: small/medium or large; adult: female and male sizes: small/medium or large.

Class 1: Oct. 27 and 29.

Class 2: Nov. 3 and 5.

Class 3: Nov. 10 and 13.

Class 4: Nov. 17 and 19.

Share your family stories

The leaves are falling. It's a signal that it is time to share stories. The leaves fall into the streams and rivers, sharing the events that they witnessed with the villages along our waterways. The last six months have given us all lots to think about. "What made you laugh? What is something new, you learned? What stories did my grandmother or grandfather share?"

Both sides of my family – my grandmother, Nancy Secena, Chehalis, and my grandfather, George McCloud Sr., Puyallup – had a garden. But, their gardens were not in the backyard. We would go with my grandmother and walk almost to the Chehalis River. We would pick blackberries and hazelnuts along the way. We would walk with my grandfather, down a huge hill and almost to the Nisqually River. I imagine now, that was good fertile soil. Like the fish, when we were children, the fruit and vegetables were huge. The trails were covered with huge draping leaves and trees. It always smelled wonderful and cool.

NATIVE AMERICAN STORYTELLING:
CULTURE IS PREVENTION.

As we prepare for the fall, share your family stories.

-Connie McCloud, Cultural Director

Photos courtesy of Cultural Activities Coordinator Angeline Totus

Tribal families enjoy nature-filled camp, thanks to fresh air and other virus precautions

Story and photos by Lisa Pemberton,
Puyallup Tribal News Editor

Like so many activities in 2020, the Puyallup Tribe's Gathering of Native Americans (GONA) camp had a different look and feel, thanks to a variety of COVID-19 precautions.

Happily, those changes brought unexpected blessings that made the event better than expected, said Cultural Director Connie McCloud.



This was the first time parents, grandparents, aunties and uncles were invited to attend GONA, too. They played, created crafts and took in cultural lessons alongside Tribal youth.

"This is the first time I got to do something with my family (since the pandemic began), and it was good," said Chris Lovejoy, as he played bean bag toss games with his kids James, 5, and Kat, 7.



GONA typically takes place during spring break at the Youth Center. Since the event was delayed until warmer weather arrived, organizers were able to hold it outside at the GREAT camp in Kapowsin.

Surrounded by trees, a picturesque lake and other elements of nature, participants had an opportunity to hike

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on nearby trails, and rotate through different activity stations such as tie-dye shirt making, rock painting and cedar weaving throughout the day. They also drummed, sang songs and heard a variety of presenters.

GONA is a national culturally relevant curriculum used to help communities heal from the lasting impacts of colonization. It promotes lessons about belonging, mastery, interdependence and generosity. It's a prevention tool designed to help lower suicide rates and substance abuse in Tribal communities.

The Puyallup Tribe has offered GONA camps since 1994, McCloud said. When the camp was originally canceled in the spring, the Culture Department sent families 12 weeks of packets from April through June with the GONA, Healing of the Canoe curriculum, the Canoe Journey Handbook, and activities that could be done at home. Activity backpacks also were given to families during a food distribution event in July.

McCloud said they were thrilled when Tribal Council later funded an in-person gathering, as well. Several precautions were enacted to help protect campers and their families from COVID-19. Organizers limited the number of participants, required face masks at all times except lunch or snack time, encouraged social distancing between non-family members, and set up a checkpoint to take temperatures of everyone who came into the camp.

The precautions were so well integrated into the experience, they became second nature. The fun began on Day One and continued through the end of camp.

On the final day of camp, participants were asked to share the "Belmont Process." That's where they answer: What did you see? What did you hear? How did it make you feel? Sharing those experiences is a GONA tradition, McCloud said.

"I saw laughter and enjoyment," said Adan Flores, 13, who attended the camp with his brother Santiago, 12. "I heard nature and families together."

"I'm happy to be here," said Taylor Mitchell, 7, who attended with brother Taj, 4, and their mom Lucia Earl-Mitchell. "I love learning."

"This gave me a good opportunity to learn more skills to do more things and it made me feel really good," said Andrew Asplund, 8, who attended with his Auntie Stacy Hailey.

Building on the day's theme of Generosity, the Culture Department also held a traditional giveaway, wrapped families, presenters and other helpers with a blanket, and gave them a box with huckleberry jam, canned huckleberries, sage, tobacco ties and an abalone shell. The gifts were a way to honor everyone who participated, similar to the closing of a traditional potlatch ceremony.

"This has been fun," McCloud told the participants. "We've had a good time and learned a lot."



Remembering the Fishing Wars

Fifty years have passed since the Puyallup Fish Camp was raided. Today we honor those who fought for our treaty rights.

Images procured by the Puyallup Tribal Historic Preservation Department



JOB ANNOUNCEMENTS yayusali

Job title: GIS Director
Department: Geographic Information Systems (GIS)
Closes: Oct. 9

Plans, designs, administers, implements, and maintains the operation of the Tribe's GIS. Responsible for the proper storage, management, analysis and display of the Tribe's spatial data. Consults with the tribal administrator and other department directors to analyze their GIS needs. Supervises GIS staff.

Job title: Police Officer
Department: Law Enforcement
Closes: Open until filled.

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. This is a grant funded position.

How To Apply:

Apply online at <https://usr58.dayforcehcm.com/CandidatePortal/en-US/ptoiad> or visit the Puyallup Tribe's website at www.puyalluptribe-nsn.gov/ and select "Employment" at the top of the page. If you have any questions about the online application, please call **253-382-6089** or email jobs@puyalluptribe-nsn.gov.



Salish Cancer Center announces new hours due to COVID-19

Employees at the Salish Cancer Center continue to provide caring and compassionate care during the COVID-19 pandemic. As response to the virus, new measures have been put in place to help keep our patients and staff safe.

Clinic hours and times:

Please call 253-382-6300 to make appointments for these services.

- Cancer care/hematology – Monday thru Thursday 8 a.m. to 5 p.m., Friday 8 a.m. to noon.
- Acupuncture for cancer care and/or hematology patients and Puyallup Tribal Members – Tuesday 8 a.m. to 5 p.m., Wednesday 8 a.m. to 5 p.m., Friday 8 a.m. to noon.
- Naturopathic medicine for cancer care and hematology – Monday 8:30 a.m. to 2 p.m., Tuesday 8 a.m. to 11 a.m.
- Native Healing – currently not available.
- Supplements are available for pick up only. Please call ahead for availability and arrangements during office hours.
- Native Outreach – Monday thru Thursday 8 a.m. to 5 p.m., Fridays 8 a.m. to noon.

COVID 19 transmission prevention measures in place:

The front door is locked, pre-screening and temperature is taken outside of clinic. Mask is required while at clinic. Only one visitor may come in with patient if assistance is needed. Please seek care at your primary care doctor's office first if you have any COVID-19 symptoms or positive exposure within 14 days.



Roberta Basch, Outreach Coordinator
Email: Roberta.Basch@salishcancercenter.com

ELDERS sləluχ'təd

sχ'alabac Clothes

Key located on page 16

a	j	d	c	s	t	a	k	a	d	b
ə	k ^w	h	g ^w	χ'	i	χ'	p	ə	q	s
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yələbcəd • pants	kəpu • hat
stakad • socks	st'k ^w abšəd • shoes
χ'iχ'pəq • underwear	yəyəl'abcəd • shorts

Tribe offers elk, buffalo and other meat for Elders



Did you know that 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.

Photo courtesy of Hunting Director Dan Sandstrom

Elders drive thru concert and banquet, Aug. 28

Photos by Puyallup Tribal Member
Jennifer Squally



PTHA answers common COVID-19 questions

By Amelia Dickson, Puyallup Tribal Descendent

The Puyallup Tribal News recently interviewed staff at Puyallup Tribal Health Authority about COVID-19 testing. Here are the questions and answers.

Q: I think I have been exposed to COVID-19. What should I do?

A: Testing is recommended for all close contacts of a person diagnosed with COVID-19. A close contact is defined as any individual who was within 6 feet of an infected person for at least 15 minutes starting two days before the infected individual developed symptoms OR tested positive.

- If you are a close contact, we recommend that you get tested 7-10 days after suspected or known exposure or if you develop symptoms.
- It can take two to 14 days to develop symptoms and/or test positive. Close contacts must quarantine for 14 days from last day of exposure regardless

of a negative test result during the 14 days of quarantine

- Quarantine means that you should stay home and away from others. Monitor for development of symptoms (e.g. cough, fever, shortness of breath). Do not go to work or school and avoid public places.

Q: I think I should be tested for COVID-19. What should I do/expect?

A: PTHA offers drive-thru testing to our patients by appointment only. Call PTHA at 253-593-0232 and you will be triaged by a nurse.

If testing is necessary, you will be scheduled for a telehealth visit with a nurse (if asymptomatic) or provider (if symptomatic). After your telehealth visit, your nurse or provider will let you know what time to arrive for testing.

- Upon arrival for testing you will pull under the white tent in the front of the building. There will be an employee outside waiting to test you. You will be given a face mask and a nasal swab and instructed on how to self-swab. Face masks are required during the swabbing process in case a coughing spell occurs.

- Self-swabbing involves inserting the swab at least 1 cm (0.5 inches) inside the nostril and firmly sampling the nasal membrane by rotating the swab and leaving in place for 10 to 15 seconds. Repeat the same steps on the other nostril with the same swab. Hand the swab back to the employee.
- You will be given a brochure with information on COVID-19. You will be notified of test results within a day (positive or negative). If you test positive, you will be contacted and given further instruction.

Q: I think that I have previously had COVID-19. Is there a way to find out?

A: Antibody tests help determine whether an individual being tested was previously infected – even if that individual never showed symptoms. The antibody response in infected patients remains largely unknown and the clinical value of antibody testing has not been fully demonstrated.

PTHA has explored antibody testing but is not currently offering the test. Further research is needed to fully understand how this test can be utilized.

Family, ceremony, medicine and humor: How the Puyallup Tribe survives pandemics

By Rosemary Ponnekanti, Puyallup Tribal News Correspondent

COVID-19 has struck at the heart of Indian Country. The novel coronavirus has affected Native Americans and Alaska Natives at a rate 3.5 times higher than non-Hispanic white people, according to a recent report from the Centers for Disease Control and Prevention.

Locally, in Pierce County, American Indians/Alaska Natives make up 1.6 percent of confirmed cases, despite only making up 1.1 percent of the population. It's a disease that is devastatingly disproportionate.

Yet, of those Pierce County cases, only .9 percent of deaths are Native. That's still way too high. But it's far lower proportionally than, say, for whites, who account for 72.4 percent of the deaths but make up only 65.6 percent of the population.

In other words, the Puyallup Tribe is showing its resilience to this pandemic – just as it has to pandemics throughout modern history. Colonial diseases like smallpox and measles, 20th-century epidemics like the so-called Spanish flu, tuberculosis (TB), alcoholism and cholera, more recent pandemics like AIDS, the “Hong Kong” flu and SARS have been deadly to this and many tribes. Yet the Puyallup people has survived them all, drawing on enduring strengths like family, ceremony, traditional medicine and plain old humor.

“For Native peoples, if we continue to practice our ceremonies, ways and traditional medicines, we have a connection to the spirit world,” said Puyallup Tribal Cultural Director Connie McCloud. “That’s what sets us apart.”

PLANTS, TEAS AND OTHER TRADITIONAL MEDICINE

“Population-wise, small pox and measles in the early 1800s wiped out 90 percent of the Puyallup and surrounding Native communities,” said Brandon Reynon, Assistant Director of the Tribe’s Historic Preservation Department. “There was a



Former Puyallup Tribal Chairwoman Ramona Bennett says love and humor play a big role in the resilience that has helped Puyallup families survive over the years. This is a photo of Bennett's mom and grandma, Gertrude McKinney Brown Church (1907-1991) and Catherine Jackson McKinney Alexis, who was born in the mid-1800s. Photo courtesy of Ramona Bennett

massive die-off. Capt. George Vancouver described ‘abandoned villages,’ and those belonging to the Sxwəbabš (pronounced sk-WHUH-babsh) tribe, near present-day Gig Harbor, were wiped out by the 1830s. By 1854, only 400 Puyallup people were left.”

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At the time, Native people had no immunity or treatment for European diseases. But they did have traditional ways that helped them survive, Reynon said. “I imagine our ancestors recognized right away that those pandemics, like many that followed, were especially hurtful to the very old and the very young,” he said. “I imagine they would have known to quarantine the sick, and to keep Elders safely apart.”

And Native folks also had something white folks did not: traditional medicine.

“Even though they were banned and punished for using it, they kept on,” McCloud said. “They didn’t tell anyone – they just did it.”

McCloud’s own great-grandmother Ellas Kitsap was a healer. The daughter of Chief Kitsap, she was married off as a teenager to protect her, but she kept up her practice of traditional medicine.

“I remember Elders telling me they would drive people to see her, behind closed doors,” McCloud said.

Now, McCloud is keeping up the practice.

Under her direction, the Culture Department (declared an essential service) prepares hundreds of care packages containing traditional teas, huckleberries, elderberries and other traditional foods important for health. And they work.

“My aunt, who is in her 70s, remembers Elders telling her that the reason they lived so long was that they drank prince’s pine tea every day,” McCloud said. “So I sent her some. It was the first time she’d tried it, and now she says it must be working, because she hasn’t gotten sick. Despite the devastation, despite losing so many healers, our people were able to keep this knowledge and today we continue to learn more about it.”

FAMILY AND HUMOR SERVE AS GOOD MEDICINE, TOO

Family support is crucial to resilience – though during some pandemics it was not always easy.

Former Tribal Chairwoman Ramona Bennett has experienced that first-hand.

Bennett’s mother, born in 1907, was still a child when the so-called Spanish flu hit Tacoma in 1918. A pandemic that would leave between 50 million and 100 million dead around the world, it was particularly vicious at the Cushman Indian School, a boarding school where Native children from around the region were often forced to go. At least 10 students died of the flu, removed from their homes and families.

Bennett’s mother attended the school, and told stories of horror.

“When a child died, they would roll them up in a sheet and take them home,” Bennett said. “But often, when they reached that cabin, everyone there was already dead. Nobody had any idea this disease was so fast and widespread.”

Bennett also points out that forcing Indian children into boarding school not only disrupted their own family life but gave them a violent, angry blueprint for how to bring up their own children. Traditional tribal family life, as lived out pre-settlers in communal longhouses with teaching Elders, learning children and caring, hard-working adults, was replaced by European-enforced isolation and loss of culture.

Other 20th-century pandemics brought their own disruption. From the 1930s to the 1950s, TB ravaged communities around the world. In the Northwest, Native children with TB from as far away as Alaska were transported to the Cushman Indian Hospital (the former boarding school building) which operated through 1959 on land where the Puyallup Tribe’s new Emerald Queen Casino now stands.

“If you came here, it was because your family or Elders had likely passed away,” McCloud said. “They were shipped far away from their traditional foods, their loving families, nobody spoke their language. And they were subjected to experimental treatment, like automatic tonsil removal.”

Ironically, points out Bennett, it was the children with TB who did stay home who were the ones to continue their language and customs – a pandemic silver lining.

Now, a century after the Cushman School closed and with tribal schools flourishing, family life is again one thing that helps Puyallups survive pandemics. During the current COVID-19 pandemic, families check on each other, drop off food to those in quarantine, care for others’ children.

Bennett names the pandemic of alcoholism, of which she herself is a survivor – and sugar addiction. But she also names the one thing that Native people have always had to get them through tough times: humor.

“That’s the only way Indians have survived pandemics and genocide,” Bennett said wryly. “My mother would always make jokes about why the nuns were so strict about boarding school children keeping their hands above the covers in bed at night. She got beaten for it, but she made everyone laugh. When the Creator made Indians, I think he must have sprinkled on extra humor, because he knew we’d be going through such a lot.”

CEREMONY AND SPIRITUAL STRENGTH

Obviously, today, people have the benefit of knowing biologically how diseases spread. When the COVID-19 outbreak began in the United States, the Puyallup Tribal Council acted quickly to quarantine Elders, cancel events, close schools and declare COVID-19 a public health emergency. It also temporarily closed both of its casinos and trimmed non-essential government services for a couple of months.

Throughout the pandemic, Puyallup families have been staying home, wearing masks, socially distancing and avoiding crowds.

McCloud said it’s part of a deeper resilience factor: Spiritual connection.

“In early days, keeping separate was part of our spiritual strength,” she explains. “We pray, we meditate, we look for answers, we go to the mountain or the water and ask for direction. These were and are all practices to help us seek balance in daily life, and it helped keep us strong during pandemics.”

Those practices continue, with seasonal ceremonies and food traditions like the recent huckleberry picking – made safely possible thanks to gift cards and camping locations organized by McCloud’s department.

“You have hundreds of Native people continuing to practice our Tribal sovereignty and resilience,” she said. “Those practices set us apart in that we have that spiritual connection to the world around us and to other human beings. That’s our greatest gift.”

Shock, separation, thankfulness: One Puyallup family's COVID-19 story

As told to Correspondent Rosemary Ponnekanti
by Josh and Aimee Anderson

How did you first find out you tested positive?

Josh: It was Aug. 20. I was at work – I do public safety for the Tribe. My boss told me there was a positive case in the building, and we talked about the level of risk. They were doing their job to keep us safe, but we did all share a bathroom. I always had the opportunity to get tested, any day. So I went to the clinic and got tested, and within an hour the nurse called me to say I was positive.

I hadn't been experiencing any symptoms. In fact, I'd been working out at the track that morning. So I was kind of blown away. I asked if Aimee could be put into the call; I'm a combat veteran and suffer from PTSD, so she remembers stressful things like this better than I do in the moment.

I called my boss, and left work immediately. They shut down the building, did a deep clean, everyone got tested.

I was in shock. I headed home, called my parents in Montana to tell them. My dad said I had to be strong when I told my kids, that they would act however I was acting. I arrived home to find Aimee outside talking, with our daughter Navaeh, who's 14. She was really scared and crying, she thought I was going to die. My son Joshua is 11, he suffers from anxiety anyway and has had a really hard time all through the pandemic. Our younger daughter Shamani, who's 9, was also scared. All they hear about COVID-19 is that people are dying, so that's what they think will happen to you. We reassured her that I had no symptoms right then, and that I would take care of myself.

I isolated myself, and we scheduled everyone for a test the next day.

It sounds like a shock.

Aimee: It was. We had tried really hard since this started to social-distance and not go out in gatherings. Josh only went out to work, I mostly worked from home.



Puyallup Tribal Member Aimee Anderson (red sweatshirt) and her husband Josh (pictured with their children Navaeh, 14, Shamani, 8, and Joshua, 11) hope by sharing how COVID-19 affected their family, other people will want to take extra precautions to prevent it from spreading in the Tribal community and beyond. "The worse part for me was the fatigue," Josh said. "It just hits you. Some days I didn't even want to get up and walk in the yard for fresh air." Photo courtesy of the Anderson family

I only saw my mom. Our son Joshua only went outside a few times, just for fresh air and exercise – he was so worried about it.

What did you do next?

Aimee: We all got tested the next day and the girls and I were negative, but our son was positive. That scared me a little, as I'd spent all the last evening with him, watching movies. The doctor at the clinic told me I'd had a higher level of exposure. So we sent the girls to stay with my mom, I isolated myself in the master bedroom, and Josh and Joshua stayed in the rest of the house.

We spent more than a week like that. It was so hard on our daughters – to be away from us, out of routine, only Facetiming each other.

And we kept getting different information from the Tribal health clinic and the county health department – it was really frustrating.

What did it feel like to have COVID-19?

Josh: Our son had some stomach issues, some headaches, but it was not too bad for him. The worst part for me was the fatigue. It just hits you. Some days I didn't even want to get up and walk in the yard for fresh air. It just makes you so tired, and always running out of breath.

And the waiting... you start worrying about symptoms. I had an oxygen monitor and just kept checking it in case it fell below 90. Every day you just hope and pray it won't get worse. It's the mental battle. People are dying from this, and getting long-term issues they're not even sure about yet.

How are things now?

Aimee: After 10 days the doctor said they weren't contagious, so the girls

came home. The three of us tested again and the results were negative. I'm glad they were able to come home with school starting – it's been frustrating not being able to get them fully prepared like we'd planned.

Josh: On Day 15 I was cleared to go back to work, although my boss was great and gave me the rest of the week off to be with my family. I just went back to working out, but I can tell I'm not where I was. I can't do as much, I get out of breath quickly even just carrying things around the house. The county calls every day asking about symptoms for the contact tracing.

How will this change your life, going forward?

Josh: There's so much misinformation out there from the federal government, it's so politicized. I'm going to stay away from the TV, just not listen to as much of it and keep doing the right things that science and the doctors are telling us.

Aimee: The girls will definitely take this more seriously. All summer they've been frustrated at not going places, hanging out with friends. Now they realize. We'll continue to do what we were doing: keeping out circles small and only going out in public when absolutely necessary.

What advice would you give others, based on this experience?

Aimee: I would hope that more people would realize that they are not invincible. Even before the coronavirus my husband was using hand sanitizer all the time – he was almost a germophobe. If someone like that can catch this virus, anyone can. That's what I would tell people. We got extremely lucky that his and our son's symptoms were minimal. I'm so thankful they weren't isolated in hospital.

continued on page 13

continued from page 12

Josh: The Native American community has been hit especially hard with this, although luckily our community here has not seen as much infection as others. But there is so much misinformation. I would tell everyone they need to wear masks, to social-distance, to follow the mandates.

Aimee: And you have to be honest. It's not something to be shameful of – it's a virus that you happened to get, and it might not be deadly to you but it might be to someone else. We told everyone we'd been in contact with. You have to let people know.

Anything else?

Josh: I'd really like to thank the clinic and the doctors there: They were so personal, they cared about us. Also my bosses Mike Young for being so understanding, and Dennis Young for calling to see how we were doing and if we needed anything. My counselor, who helped me get through this. And our friends and family, who dropped off food and checked up on us. Thank you.

Nearly 50 people attend COVID-19 testing clinic

The Puyallup Tribe's free COVID-19 testing clinic in the Administration Building parking lot on Sept. 10 had a great turnout.

A total of 46 Admin staff and Tribal community members turned out for the clinic.

Learn about other free testing clinics on Pierce County's COVID-19 mobile testing page at www.piercecountywa.gov/6758/Covid-19-Mobile-Testing.

Photo courtesy of Tribal Council Member Annette Bryan



★ PUYALLUP TRIBAL VETERANS ★ tubšədəd

ACTIVITIES AND UPCOMING EVENTS

By Michael Sisson

Puyallup Tribal Veterans Representative

On Saturday, Nov. 7, the Puyallup Tribal Veterans will be participating in the 55th Annual Veterans Day Parade in Auburn.



There will be a van available for veterans to ride in who cannot carry a flag with the Color Guard.

This parade is the largest Veterans Day parade west of the Mississippi River as it boasts nearly 200 units and over 6,000 parade participants, including over 25 high school marching bands, military vehicles, veterans' units, honor guards and more.



More information will be available regarding times to arrive and available transportation to the parade location closer to this event date.

Due to COVID-19, the National Museum of the American Indian will host a virtual event on Nov. 11 to mark the completion of the National Native American Veterans Memorial and acknowledge the service

and sacrifice of Native veterans and their families. More information about this event is forthcoming, and we hope you will join us online for the occasion.

When it is safe, the museum will reschedule both the dedication ceremony and the procession so we may honor Native veterans and their families.

Find us on Facebook under Puyallup Tribal Veterans



Q&A Tribal Member Brandi Douglas featured in '40 under 40' list

Puyallup Tribal Member Brandi Douglas was awarded with South Sound Business magazine's prestigious honor of "40 under 40."

The list highlights top hard-working individuals in their respective industries, along with community leaders throughout the South Sound region. To be selected, one must be nominated by coworkers, friends, family members or patrons of their businesses.

Douglas is quick to point out she is not alone when it comes to Puyallup Tribal Members making the annual list. Past winners have included her brother Miguel Douglas, (2019) along with William Manzanares IV (2018).

The Puyallup Tribal News recently caught up with Douglas, 34, to learn more about the award and her work in the community.

Can you tell us about some of the things that make you stand out in the community and specifically in your industry?

If we're talking about the greater Tacoma community, I guess you could say it's that I proudly indicate that I am a queer womxn of color-owned business and really emphasize my identity as a local indigenous person. Per capita, we are the LEAST represented on our very homelands.

I run The Multifaceted Matriarch, a digital decolonizing consulting business that caters to womxn and femmes of color business-owners. It seems VERY particular right? It's definitely what I intended. I chiseled my niche down to cater to a demographic of folx who are often least supported and understood. I want womxn and femmes of color to thrive in every way possible.

Who do you attribute your entrepreneurial endeavors to? Or what life circumstances motivated you to work for yourself?

Growing up, my Grandma Verna Bartlett took up numerous entrepreneurial pursuits. I suppose I didn't recognize what entrepreneurship was when I was a kid — I was just happy to see her doing things she liked. I remember assisting with her firework and food stands as I got older.

As I moved through different jobs in my late teenage years and early 20s, I realized I wanted to function as my own boss and that's when I pursued my personal training certification and wellness coach certification. I was gainfully employed as I pursued these two certifications and

finally took the leap in 2013, leaving that job and dedicating all my efforts and resources to that pursuit. I had a good two-year run before returning to the workforce in 2015. Two years after that, in 2017, my brother and I started American Indian Republic, a Native digital media company as well as Bella & Belle, a Native Creative Consulting Group (both are still functioning). In late 2019, I started The Multifaceted Matriarch.

What advice would you give to the youth who are thinking about entering the pathway of entrepreneurship?

Know that fear about taking this leap is 100 percent normal. We're conditioned to think we need to pursue a particular path. Go to school. Get a job working for someone else. I'm not knocking that. I have an education. I've worked for numerous people. Both have brought me to this point today and have offered me an array of useful and fruitful experiences. Learn about your passions and see how they intertwine with your skills. Find other Native entrepreneurs — I say that because we have a unique experience as Native business people. Ask them questions about their learned experiences, education, struggles and successes. Support Native businesses (this is for youth and adults). Know that a different way is possible and that traditionally we have always been self-sustaining peoples.

What would be something that people would be surprised to learn about you?

I don't have a "business degree." I think formal education in that area is great, but lived experience in that arena is crucial and through the numerous connections I've made in Indian Country, I've come to realize formal education is not the strongest indicator of success at all. I'm also a serial entrepreneur, which

may not be that surprising, after having mentioned I own The Multifaceted Matriarch, but also co-manage American Indian Republic and Bella & Belle.

What challenges have you faced?

Leaving secure jobs that had benefits and guaranteed and consistent paychecks for what many would consider the gamble of entrepreneurship. I wouldn't change the experience for anything. I am currently gainfully employed, but also manage The Multifaceted Matriarch as well as co-manage American Indian Republic and Bella & Belle.

Anything else you want to add?

For any womxn in the Tribal community who are interested in business or are already in business, I FULLY support Native Women Lead. I attended their inaugural Native Women Business Summit in 2018 and attended and moderated a session in 2019 and have made so many amazing connections with Native womxn across the Nation and beyond.

For all others interested in business, follow Native Business Magazine. I was able to attend their Native Business Summit in Oklahoma in 2019 and sit as a podcast guest.

Last but not least: SUPPORT YOUR FELLOW TRIBAL MEMBER ENTREPRENEURS. PLEASE!!

Feel free to reach out to me any time at Brandi@multifacetedmatriarch.com

Editor's note: Womxn is an alternative, inclusive spelling of the word women to include transgender, non-binary and women of color. Folx is a gender neutral form of the word folks.

Saving salmon, wildlife, and our future with restoration efforts

Submitted by the Sustainability Working Group

Trees, plants, rocks and boulders in and on each side of our Puyallup River and tributaries have provided safe habitat for salmon and many other animals we have relied on since time immemorial.

Continued development and rising temperatures are causing lands, streams and creeks to become warmer, dryer, and some plants and bushes to die out. Other plants that can survive in higher temperatures take over causing changes to the landscape and wildlife.



We can expect to see more wildlife near the Puyallup River and tributaries as animals move toward places they can survive. It is more important now than ever to continue to protect and enhance water quality and natural lands adjacent to all our waterways, or riparian areas.

We can help save wildlife and our natural environment by placing more protection and restoration efforts into these areas. Our Natural Resources Department continues to work toward ecological restoration and protection. What we can

do today will affect us, our natural habitat and wildlife now and well into the future.

Passionate about sustainability? Join our working group

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. The group was created after the Tribal Council approved a climate emergency resolution in December.

If you would like to be a part of the working group please email: Sustainability@puyalluptribe-nsn.gov.

Tribal caravan delivers emergency supplies to Colville Reservation

By Lisa Pemberton, Puyallup Tribal News Editor

Puyallup Tribal staff left before sunrise on Sept. 17 to deliver food, water, blankets and other emergency supplies to the Colville Reservation.

The donations went to families whose homes were destroyed by wildfires.

Tribal staff said Colville's response to the delivery was "overwhelming" and filled



with gratitude. From Sept. 14 to 16, the Tribe collected enough supplies to fill two 24-foot trucks, two pickup trucks and a van.

Photos courtesy of Community Event Coordinator Chester Earl



Children of the River, Child Advocacy Center

Virtual Event

Wednesday, Sept. 30, from 2 to 4 p.m.

Honoring Orange Shirt Day with a viewing of "Blood Memory"

Wearing an orange shirt and promoting the slogan Every Child Matters is an affirmation of our commitment to raise awareness of the residential school experience and to ensure that every child matters as we focus our hope for a better future in which children are empowered to help each other

www.angeshirtday.org

Blood Memory, A story of Removal and Return:

Battles over blood quantum and "best interests" resurface the untold history of America's Indian Adoption Era a time when nearly one-third of children were removed from tribal communities nationwide. As political scrutiny over Indian Child Welfare intensifies, an adoption survivor helps others find their way through song and ceremony.

The first 30 registered will receive their own orange shirt.

There will also be raffle items for those present at the end of the showing.

Register at: <https://attendee.gotowebinar.com/register/7839367681388278797>

CBC - Fife
5402 Pacific Hwy E
Fife, WA 98424
(253) 517-7265



Call Ahead or Order Online!

Weekly Deals

Monday Madness
Take 15% off Flower
While Supplies Last
Cannot be combined with any other offer

Vape Tuesday
Take 15% off Selected Cartridges!
While Supplies Last
Cannot be combined with any other offer

Wax Wednesday
Take 15% off Concentrates
While Supplies Last
Cannot be combined with any other offer

Twisted Thursday
Take 15% off Pre-rolls and Liquid Edibles
While Supplies Last
Cannot be combined with any other offer

Fire Friday
Take 20% off Select Vendor!
While Supplies Last
Cannot be combined with any other offer

Stock Up Saturday
Take 15% off Flower 7g's and Up!
While Supplies Last
Cannot be combined with any other offer

Sunday Funday
Take 10% off the Whole Store
While Supplies Last
Cannot be combined with any other offer



Contacting Tribal departments and employees

Many Tribal government employees are working remotely at this time to help prevent the spread of COVID-19.

This is under the advice of Puyallup Tribal Medical Director Dr. Alan Shelton.

For a directory of departments and employees,

go to www.PuyallupTribe-nsn.gov.

APPLICATION NOW OPEN

Rental Assistance



&



Mortgage Assistance

Apply online at:
<https://bit.ly/3jx730q>



HELP!

How do I get a payment plan?

I can't pay my rent!

My landlord is harassing me.

Will I be homeless when the eviction moratorium ends?

I'm scared.

What can I do?

WE WANT TO HELP YOU.

FREE

EVICITION DEFENSE
KNOW YOUR RIGHTS
MEDIATION
FAIR HOUSING
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RECEIVE A FREE LARGE BUCKET OF RANGE BALLS

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TACOMA, WA 98422

NSHOREGOLF.COM | 253.927.3251

Puzzle located on page 8

a	j	d	c	s	t	a	k	a	d	b
a	k ^w	h	g ^w	λ'	i	λ'	p	a	q	s
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Tribe's early learning program offers solutions during childcare shortage

By Amelia Dickson, Puyallup Tribal Descendent

Since the COVID-19 pandemic hit, families across the United States have been left without reliable childcare. Puyallup Tribal families haven't been spared, with the Grandview Early Learning Center closing in late-March to keep children, employees, families and the community safe from the virus.

An estimated 550,000 children statewide are currently without childcare, and about 18 percent of childcare centers across Washington have closed, according to the nonprofit Childcare Aware.

The problem is disproportionately affecting mothers, who are increasingly leaving the workforce to take care of children.

But Grandview Director David Turnipseed has a plan to solve the childcare problem: If kids can't come to Grandview, childcare will come to them.

Grandview recently began running an advertisement encouraging people to apply for "contracted in-home childcare" positions. The providers would be hired by the Tribe to care for children in the safety of their family's homes, Turnipseed explained.

"The point is to support people getting childcare," Turnipseed said. "That's our ultimate goal."

With this option, qualifying Puyallup families could hire retired or out-of-work family members, neighbors or friends to come into their homes and look after their children.

ABOUT THE PROGRAM

Grandview is funded by a federal Child Care and Development Fund grant, and serves about 100 children from birth to age 12.

This grant also funds the Tribe's childcare assistance program, which allows qualifying families to use in-home childcare or another licensed center.

With Grandview closed, the center's families are eligible for the childcare assistance program – but many aren't taking advantage of it so far, Turnipseed said.



There are several childcare openings available at other licensed centers, and Grandview staff keep a running list of those openings. However, many parents are still hesitant to send their kids to a childcare center – particularly one that isn't Grandview.

"If families are going to use a childcare center, they want it to be Grandview," Turnipseed said. "But we want to keep our families and staff same, and opening up is not the best way to do that."

So, the best option for now is in-home childcare.

Turnipseed said he's surprised at how few families have tried to use the childcare assistance program. He thinks that's likely because families can't find an in-home childcare provider, or because the rates previously offered by the program weren't enough to cover an in-home provider.

Grandview's ad is aimed at solving the first problem. The barriers to use the program are relatively low. For example, in-home providers must pass a background check and take a CPR class.

Turnipseed said he hopes the ad will encourage families to use someone they already know – such as a family member, neighbor or friend – as an in-home provider.

These providers can also help if parents are working from home, prepping meals, helping with online learning or generally taking care of the kids.

There's also relief coming for the financial side of the problem. As of Oct. 1, the rates for both licensed and non-licensed providers will increase substantially. The Child Care and Development Fund grant will cover those increases (see box on page 18).

Information about applying for an in-home childcare provider position can be found on Grandview's section at www.PuyallupTribe-nsn.gov.

ABOUT GRANDVIEW EARLY LEARNING CENTER

Turnipseed explained that the Grandview Early Learning Center takes a unique and special approach to childcare.

The center features a large outdoor playground – and teachers spend as much time outside with children as possible, following the philosophy of former director Peggy McCloud: "Anything that can be done inside can be done outside."

The center also focuses on language revitalization, with staff in all classrooms using the Twulshootseed language. The emphasis on language and culture makes Grandview a "uniquely Puyallup early learning center," Turnipseed said. Grandview also prioritizes social-emotional learning, and the "trauma-informed" conscious discipline system.

The center's staff are doing their best to continue that work and learning online. But it's a struggle – particularly with the younger kids. Turnipseed said teachers are prepping weekly activities and sending them home.

For example, one teacher sent home a copy of "The Very Hungry Caterpillar" and a gardening kit. The teacher, students and their families read the book and gardened together over Zoom.

Primarily, staff is focusing on maintaining relationships and supporting parents rather than the academics. The center is still providing families with all of the meals their children would have received from the center, Turnipseed said.

Grandview is also taking advantage of the closure to complete a long-planned renovation. Currently, the center consists of two buildings with separate entrances. But soon, Grandview will have one centralized front entrance, limiting access and improving safety.

The renovation will also add two new classrooms, with space for 30 additional students, Turnipseed said.

The estimated completion date is March of 2021.

In the meantime, Turnipseed is looking for ways to expand childcare access for Puyallup families, and hopes to have an announcement for that expansion in coming months.

SUBSIDIZED PROGRAM CHILD CARE RATES
Effective 10-1-2020

Licensed Provider Rates				
Daily Rates	Infant 1month-11months	Waddler/Toddler 12months-29months	Preschool/Pre-K 30months-5years	School Age 6years-12years
Full Time Over 5 hours/day	\$65.00	\$60.00	\$55.00	\$50.00
Part Time Less than 5 hours/day	\$33.00	\$30.00	\$28.00	\$25.00
Maximum Monthly Daily Rate x 23 days	\$1,495.00	\$1,380.00	\$1,265.00	\$1,150.00

Non-Licensed/Relative Provider Rates				
Daily Rates	Infant 1month-11months	Waddler/Toddler 12months-29months	Preschool/Pre-K 30months-5years	School Age 6years-12years
Full Time Over 5 hours per day	\$55.00	\$50.00	\$45.00	\$40.00
Part Time Less than 5 hours per day	\$28.00	\$25.00	\$23.00	\$20.00
Maximum Monthly Daily Rate x 23 days	\$1,265.00	\$1,150.00	\$1,035.00	\$920.00



PUYALLUP TRIBE OF INDIANS
SERVICES NEEDED



Accepting applications for Contracted In-Home Childcare Providers to work with Grandview Early Learning Center (GELC)

Scope of Work

Provides childcare directly in the family home. Creates and maintains a healthy, safe, clean, and developmentally appropriate environment for children. Grandview Early Learning Center provides payment directly to provider. Gross payment to provider is made monthly with tax statement (1099) issued at the end of the year.

1. Communicates effectively with family to establish a childcare agreement.
2. Respects family's philosophy, values, culture, and preferences.
3. Supervises children in their home.
4. Makes decisions on behalf of children and protects their well-being.
5. Prepares all meals for the children in care following the menu prepared by the parent.
6. Administers medicine with family's consent, if applicable.
7. Changes diapers and assists with potty-training, if applicable.
8. Performs household chores.
9. Provides behavioral support and discipline, when necessary, and in accordance with the family's principles.
10. Interacts professionally with the family and GELC administration.

Qualifications

Must have experience caring for children ages birth to 12 years old. Must work well with children. Must be 18 years of age and have own transportation.

Licenses or Certificates

Must have and maintain a valid driver's license with no restrictions and proof of auto insurance. If no proof of insurance, must sign a statement that provider will never transport children.

Must pass a background check/DSHS clearance prior to and periodically throughout contract.

Must have and maintain a food handler's permit.

Must provide proof of CPR and first aid training.

Must complete and pass a drug and alcohol screening upon hire and throughout contract.

Must be in good health and current with immunizations.

SALARY: MONTHLY RATE BASED ON NUMBER OF CHILDREN AND CHILD'S AGE
Subject to terms of approved contract.
Apply by emailing resume to grandview@puyalluptribe-nsn.gov
Grandview Early Learning Center | 253-680-5515 | <http://puyallup-tribe.com/gelc/>



John Strickler was recently awarded a GIS certificate from the University of Washington at Tacoma. For his final project John used GIS to analyze and evaluate the riparian habitat of several reservation streams for potential chum salmon restoration sites.

Congratulations, John! We are so proud of you and your accomplishment!

- Signed Angela Dillon and the Puyallup Tribe's GIS Department.

The GIS Department would also like to send a thank-you to Angela Dillon and the rest of the Fisheries staff for their work with John on this project.

WILL THE SALMON PEOPLE LEAVE US

When growing up as a young child on the river banks of the Puyallup River we lived as a huge family. We would make camp for 6 months starting in June. I can remember at the earliest age running from camp to camp visiting family and helping toss fish, rack net or jump in the boat and watch.

Back then 40 years or so ago fishing was what we thought was great. During the runs, boats would come in loaded every tide (twice a day) with salmon 200-300 fish 2000-3000 pounds and we just thought that it was amazing. Then our Elders would tell us stories about how the salmon has declined so much since they were young. They would go on to tell us how you could walk across the River on the backs of salmon during the runs and that they only took what was needed to take care of the village.

I think about how that coincides with our young ones today. They now go out 1-3 days a week, not really any camps the fishermen BS a bit and a nice haul is 30-60 fish and the young fisherman are excited to hit it big...

Now, here I am talking about how 30-60 fish is nothing compared to when we was young. It's scary thought because as people of the water what do we do if we lose our salmon relatives...

*Submitted by Puyallup Tribal
Member Chester Earl*

WALKING ON Mark Alan Clark

Jan. 16, 1961 - Aug. 20, 2020



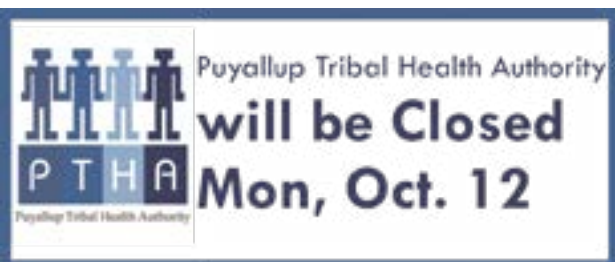
In memory of Mark Alan Clark.

We will miss you and will never forget you. Rest in Heaven.

Born Jan. 16, 1961, in Seattle, Puyallup Tribal Member Mark Alan Clark entered into rest on Aug. 20, 2020, in Grants Pass, Ore. He was 59.

Mark's family members include: father Frank James Clark; mother Charlotte Irma Loveless; stepfather Robert Lee Robertson; sisters Patricia and Cano Valerie Jean Bilodeau, Robin Thompson, Gloria Jean Robertson, nieces Angel Gonzalez Jones, Shannon Marie Bilodeau, Felicia Ray Robertson, Ashley Robertson and Britney Thompson; nephews Bruce Thompson and Marky Thompson; great nieces Charlotte Leanne Gonzalez Jones, Selena Noel Aguilar and Jocelyn Marie Bilodeau; and great nephews Roberto Morales, Devin Morales Reyes Gonzalez, David Alexander Gonzalez and Christian Robertson.

Services were held on Aug 26 at Hull & Hull in Grants Pass.



Telehealth: Providing care at a distance

Puyallup Tribal Health Authority continues to provide telehealth services, allowing patients to have virtual visits with a care provider.

Patients can schedule telehealth appointments for:

- Medical
- Mental health counseling
- Addictions treatment
- Tobacco/vaping cessation
- Diabetes care
- WIC and breastfeeding support
- Weight management and nutrition
- Referrals
- COVID-19 testing consultation

The virtual appointments are convenient, secure and easy – just connect from your computer, tablet or smartphone. Patients can choose between video visits or by phone. To schedule a telehealth appointment, please call 253-593-0232.



Puyallup Tribal Health Authority
Virtual Wellness Wednesdays
 Wednesdays, 12:00 p.m. - 1:00 p.m.

Oct. 7: Let's Keep Our Bodies Moving!

Staying active during Covid can be challenging and we're here to help! Supportive stretches will be demonstrated by our personal trainer and our Patient Care Navigator will help encourage and teach us about being more "Mindful"

Oct. 14: Diabetes Introduction

Overview of Diabetes, prevention, treatment and top things to know.
 The first 15 participants who register and attend the Zoom group will receive a \$20 voucher to the Proctor Farmers' Market!

Oct. 21: Nutrition

Tips on how to make eating out, take-out or on-the-run food a nourishing and fulfilling experience.

Oct. 28: Ask the Doc: COVID-19 EMPOWER Hour

Your questions will be answered about the new normal with COVID-19. Please email your questions to Cfragoso@eptha.com

To sign-up, visit www.eptha.com

- Click on Departments--> Community Health
 - Click **Wellness Wednesdays Oct 2020 Schedule** & choose your event
- If you need help registering, please call 253-593-0232, ext. 7497



Mammogram Screening Event for Eligible PTHA Patients

Tuesday, October 27

8:00 a.m. - 1:00 p.m.

Carol Milgard Breast Center, Tacoma

Open to PTHA patients:

- Women age 45+ whose last mammogram was more than 1 year ago
- Women of any age whose mother or sister have a history of breast cancer

* No cost to PTHA patients *



Mammograms do not prevent breast cancer, but they can save lives by finding cancer as early as possible. When caught early, localized cancers can be removed without resorting to breast removal.

Space is limited.

To sign-up, please call (253) 593-0232, ext. 7-328



Getting vaccinated for flu

Ensuring that people continue or start getting routine vaccinations during the COVID-19 pandemic is essential for protecting people and communities from vaccine-preventable diseases and outbreaks, including flu.

For the upcoming flu season, vaccination will be very important to reduce flu because it can help reduce the overall impact of respiratory illnesses on the community and lessen unnecessary medical visits and hospitalizations.

A flu vaccine may also provide several individual health benefits, including keeping you from getting sick with flu, reducing the severity of your illness if you do get flu and reducing your risk of a flu-associated hospitalization.

Everyone 6 months of age and older should get their flu vaccine

CDC recommends everyone 6 months of age and older get vaccinated for the flu. Vaccination of people at high risk for flu complications is especially important to decrease their risk of severe flu illness. Many people at higher risk from flu also seem to be at higher risk from COVID-19. If you are at high risk, it is especially important for you to get a flu vaccine this year.

Getting the flu shot at PTHA and safety during COVID-19

Call PTHA to schedule an appointment for your flu vaccine at 253-593-0232. We are taking extra safety precautions when vaccinating patients this flu season. Our staff is equipped with the proper PPE and we ask all patients to complete a health screen at all entrances and properly wear the face masks provided.

If you or your child is sick with flu-like symptoms please stay home and call the triage nurse or on-call nurse for further instructions.

Remember prevention of the flu is best. Get vaccinated, wear a mask, keep your distance, wash your hands, cover your coughs and disinfect surfaces in your home and workplace.

Source: Centers for Disease Control and Prevention



ZOOM
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VIRTUAL APPOINTMENTS
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Call today to schedule a one-on-one session personalized to fit your needs.
253-593-0232

Puyallup Tribal Health Authority

PTHA Referrals

For either referrals or dental referrals, please email your request to ReferralServices@eptha.com or:

For referrals, please call 253-593-0232, ext. 7440 or option 4

For dental referrals, please call 253-593-0232, ext. 7476

- Listen to the prompt completely. Provide name, date of birth and the reason for the call, so we may be prepared with information ready to share with you.
- Since we are working remotely, please leave a message in order for us to know that you called.
- Please provide current contact information and we will return your call within 24 business hours.
- Please make sure your phone can accept incoming phone calls and has a voicemail set up to accept messages.

All specialties or equipment require a visit with your primary care provider. Please contact your primary care office for these requests. If your primary care doctor is not within PTHA, please have them submit your specialty referrals requests by fax to 253-593-3305.

**Specialties that do not require a provider visit for annual referrals (Puyallup Tribal Member and enrolled spouse only) include: massage (17 visits); chiropractor (17 visits); eye exam (one annual visit)*

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: 253-382-6104



Linda Dillon
Coordinator



Teshay Firethunder
Cook



Mateo Dillon
Puyallup Tribal On-Site
Security Officer

Need help? Contact Community Family Services for an appointment

We are now open and serving clients
by **appointment only!**

Due to the COVID-19 pandemic and building
regulations any walk in client will be
screened and scheduled an appointment.

Appointments must be made through
the Community Family Services main line
at 253-573-7919.

If you are in need of services and/or
support please do not hesitate to call our



staff and we will get you served as quickly
as possible. We are looking forward to
continuing to serve our community
during these uncertain times.

Services we are providing:

- Screenings

- Intakes
- Treatment needs assessments
- Referrals for inpatient/outpatient
treatment
- Crisis management
- Individual therapy sessions

In addition to the above we are also
providing re-entry services to those
transitioning from incarceration and/or
inpatient treatment.

Weekly support groups:

Wellbriety at 3 p.m. on Mondays via Zoom.
(Contact Jennifer Storey to get added to
the invite list.)

Washington State Patrol
Service With Honor

Suhleyahna A Johnson-Jones
Missing Since July 21, 2020

Sex: Female
Race: American Indian
Age at Missing: 16
Missing From: Everett, WA
Height: 5'3"
Weight: 120 lbs
Eyes: Brown
Hair: Brown
Contact Agency: Everett Police Department
Phone: (425) 257-8400

Information and Details:
Suhleyahna is missing from Everett, WA. If you have information or have seen this missing juvenile, please contact the law enforcement agency listed below:

Submitting Agency and Phone:
Everett Police Department - (425) 257-8400

WSP Missing Persons Unit:
1-800-543-5678

MISSING
Missing And Taken Indigenous People

David Dean Keesy
Tacoma WA
Missing 2-2-04

Age 33
When Missing

Brown Hair
Hazel Eyes
6' 2" Tall
225 lbs

If you have information to help find David
Please call Tacoma PD
(253) 798-4721 Case# 1917800906

NamUs# MP 58397 (7-21-19)

October is National Domestic Violence Awareness Month

THE PUYALLUP TRIBE'S CDVAP HAS RESOURCES TO HELP SUPPORT SURVIVORS

By Carolyn DeFord, Puyallup Tribal Trafficking Project Coordinator

Domestic Violence is a constant threat in our communities, not only to women and children, but to our LGBTQ2IA and men.

Times are tough and COVID-19 has exacerbated the stresses of isolation and economic insecurity which can trigger frustration and abuse in the healthiest of homes. As restrictions lift, the Puyallup Tribe Community Domestic Violence Advocacy Program (CDVAP) has seen an uptick in calls and client requests for advocacy, resources, shelter, protection orders and housing assistance. We know that it's difficult and frightening to reach out for help and that sometimes we may be concerned for others in abusive relationships and not know how to help.

Domestic violence is a pattern of behavior used by one individual to establish and maintain power and control over another family member or intimate partner. Children and teens are also affected by domestic violence either by witnessing it or experiencing their own abuse. They are often injured trying to protect a parent and may blame themselves for the violence. Community members, friends, and family members are often the first responders within our circle. CDVAP has put together a few misconceptions about domestic violence and a few tips to support survivors.

Myth: Domestic violence only happens to women.

Fact: One in three women and one in four men will experience domestic violence in their lifetime. In addition, 30 to 50 percent of transgender people will experience domestic violence in their lifetime.

Myth: Domestic violence is physical abuse.

Fact: There are many forms of domestic violence. Physical abuse is one form. Emotional abuse, financial abuse, sexual abuse, isolation, intimidation and threats, and cultural abuse are all forms of power and control and are all domestic violence.



The poster features a purple background with a pattern of small white stars. At the top, the text 'October DOMESTIC VIOLENCE AWARENESS MONTH' is written in a white, stylized font. Below this, the text 'Wear Purple Thursday 10/22/20' is displayed in a large, white, serif font. In the center, there is a graphic of three stylized birds, possibly swallows, in red, white, and black. Below the graphic, the text 'Show your support for domestic violence victims & survivors!' is written in a white, bold, sans-serif font. Underneath, the text 'SHARE ON SOCIAL MEDIA #ViolenceIsNotTradition #DVAM #CDVAP' is written in a white, bold, sans-serif font. At the bottom, the text 'The Puyallup Tribe of Indians Community Domestic Violence Advocacy Program Phone: 253.680.5499 Press (0) after hours CDVAP@PUYALLUPTRIBE-NSN.GOV HELP IS AVAILABLE 24/7 All services are free & confidential' is written in a white, sans-serif font. A purple ribbon is visible in the bottom right corner.

Myth: They did not leave, so it is not that bad.

Fact: Abusers exercise power and control over their victims. They may take actions to make leaving seem impossible including gaslighting, using children as coercion, threatening violence including death, financial control, sabotage, even threatening legal retaliation. These are just a few tactics abusers might use which make it extremely difficult to leave an abusive relationship. A victim may try to leave an average of 7 times.

What can you do to support survivors of domestic violence? Abuse is never the victim's fault. We have to change the perspective from blaming the victim and assuming they provoked or deserved the abuse. Reality is the abuser made the choice to use violence. We must change our mindset and language to end victim blaming and hold abusers

accountable for their actions. This can be done by calling out violence. Tell an abusive person that their behavior is abuse, encourage therapy or counselling. Communities that take a stand against violence and create safe spaces for survivors can be immensely powerful in changing the culture that protects abusers and blames victims.

The mission of the Community Domestic Violence Advocacy Program is to address the violence and abuse impacting our community by providing support and advocacy to victims and survivors, and to embrace our traditional values promoting honor and respect toward all people. CDVAP upholds strict confidentiality policies, has a 24 hour hotline, and provides advocacy services, including safety planning, resource referral, court accompaniment, legal advocacy, and more. If you would like more information or to speak with an advocate call 253-680-5499 (press 0 after hours).



For live or telemedicine appointments call Melissa (253) 392-2400

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