

Mixing it up: Auntie Dot shares her famous fry bread recipe. See story and photos on page 9.

# Puyallup Tribal News

Issue No. 371

Serving the Puyallup Tribe of Indians

December 2020



## Meet the artist: Speakthunder talks about his commissioned artwork at the EQC

See story and photos on page 10.

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3009 E. Portland Ave.  
Tacoma, WA 98404

### Spooktacular sights

Tribal programs find ways to celebrate Halloween safely.

**See stories and photos throughout.**

### Preserving culture

New online language and history resources offered.

**See story and photos on page 19.**

### Thrilling find

Wolverines spotted in the backcountry.

**See story and photos on page 8.**

### Rocking the vote

Tribal Council kicks off a multi-day ballot party for the 2020 General Election.

**See story and photos on page 4.**

# Message from the editor: Your newspaper is getting some upgrades

haʔ sləx̩il Puyallup Tribal News readers,



I have some exciting news. We recently switched printers, which means the Puyallup Tribal News' print quality should improve greatly starting with this edition.

Thank you for your patience with that matter.

Because of the changes, our newspaper was printed a little later than usual. We took the opportunity to change our publication dates to a magazine style (month and year only, not a specific date).

Our goal is to have newspapers reach each Tribal home around the first of each month.

## Some other updates:

- We've been asked by Tribal Council to run the Tribal Directory every month, as a service for Membership. It's a great tool to find out who you can call or email for various services. However, the directory cuts into our available space in the newspaper, and means that we must prioritize content that is produced by Tribal staff or is about Tribal Members or Tribal programs, at least for the newspaper. We are committed to making the best use of each page.
- We have a variety of digital platforms to share newspaper and other content on including the Tribe's website, social media, the Puyallup Tribal Weekly Newsletter and the Employee Newsletter. Don't forget to sign up for updates on the Tribe's website: [www.puyalluptribe-nsn.gov](http://www.puyalluptribe-nsn.gov).

- We are exploring an advertising policy. We hope to have one in place in the upcoming months.
- We plan to survey the Membership on your communications needs and preferences. We want to make sure the Tribe's newsletters, newspaper and other communication tools are addressing those needs.
- We need your support. As always, please continue to send news tips, photos, stories, calendar items and updates to [news@puyalluptribe-nsn.gov](mailto:news@puyalluptribe-nsn.gov). We'd love to publish photos in the newsletter or newspaper of your holiday traditions, family events and COVID-19 safe gatherings. This pandemic has taught us that we need to stay connected now more than ever. We appreciate your help.

Happy holidays,  
Lisa Pemberton  
Content Manager and Puyallup  
Tribal News Editor

## CORRECTION

Venetia Rose Case (Big Lake) lived in Tacoma and boarded horses at Jim Nunnally's in Orting. A story in the October 2020 edition of Puyallup Tribal News incorrectly stated her residence. It's been updated online.

Puyallup Tribal News is committed to accuracy.

Email corrections or questions to [news@puyalluptribe@nsn.gov](mailto:news@puyalluptribe@nsn.gov).

## Sign up for school clothes assistance

The Puyallup Tribal Council recently extended the deadline for the Tribe's 2020-21 School Clothes Assistance Program.

Sign up for the program at <https://bit.ly/3IU6YFx>.

For more information, contact Education Incentives at 253-573-7921 or [EIP@puyalluptribe-nsn.gov](mailto:EIP@puyalluptribe-nsn.gov).



# 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 and digital skills are needed right now (not opinion columns, creative short-story writing or art photography).

## Interested?

Please contact: Lisa Pemberton, Puyallup Tribal News Editor, at [Lisa.Pemberton@PuyallupTribe-nsn.gov](mailto:Lisa.Pemberton@PuyallupTribe-nsn.gov) or 253-382-6202.



## Third CBC store opens

Puyallup Tribal Council Members participated in a soft opening of the third location for Commencement Bay Cannabis. The Oct. 31 event was for Tribal Members and their guests. The new store, known as CBC Green, is at 3509 72nd St. East, Tacoma. It is open from 8 a.m. to 11:30 p.m. daily.

*Photos by Puyallup Tribal Member Jennifer Squally*



## Council Members participate in proclamation ceremony



Puyallup Tribal Council Members Annette Bryan, third row second from left, and Anna Bean, bottom row, join Tacoma City Council for its proclamation of Native American Heritage Month on Nov. 10.

*Photo by Puyallup Tribal News Staff*



## Council Corner: Thanks to technology, Council continues critical work

Above: The Tribal Council films its Nov. 7 Membership meeting, which was held virtually to help prevent the spread of COVID-19.

Right: Members of the Puyallup Tribal Council join other tribal leaders and Gov. Jay Inslee on a call to discuss the COVID-19 situation.



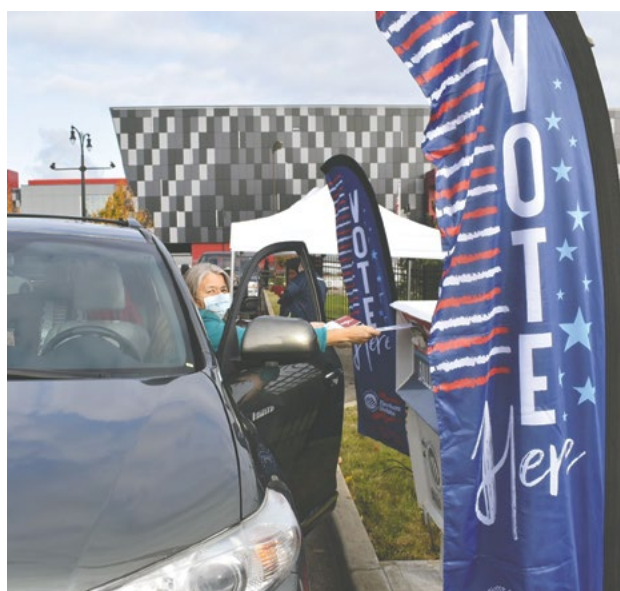
*Photos by Puyallup Tribal News Staff*

# Council leads local effort to rock the vote in Indian Country

Puyallup Tribal Council kicked off a ballot party in the Admin Building parking lot on Oct. 22. Participants could drop off their ballot or register to vote, and pick up a free T-shirt. Hundreds of people participated in the multi-day event.

Nationally, Native American voters are credited for helping swing electoral votes for President-elect Joe Biden. History was also made when six Native candidates were elected to U.S. Congress, and dozens of other tribal candidates were elected to state and local offices. Chairman Bill Sterud also recorded an Election Night welcome for statewide elected officials and supporters who stayed up to watch results.

*Photos by Lisa Pemberton, Puyallup Tribal News Editor.*



## ASK COUNCIL

During the Nov. 7 virtual Membership meeting about per capita, GWE applications and the use of CARES funding, Tribal Council asked for any further questions to be sent to AskCouncil@puyalluptribe-nsn.gov. Below are questions and answers from the emails sent (note questions are edited and sometimes paraphrased for spelling, grammar and space, and to protect privacy).

The Per Capita Department will have a dedicated email just for GWE applications: generalwelfare@puyalluptribe-nsn.gov.

**Q:** If we become the adopted parents by the beginning of next year, will we have to continue to submit the adoption court order every year?

**A:** Once a child is adopted and they have the court paperwork and birth certificate with the changes reflecting

the court order, turned in to the Per Capita department, all they have to do each year is turn in the birth certificate with the application. Any additional changes would need to be reported to the Department.

**Q:** I have a Tribal Minor with a non-Puyallup Tribal member. The child's mother and I are still together. None of us have custody over one another or would want to do anything of that matter. I would like the checks in Mom's name as she pays all the bills directly and does all important matters for our family. She has our child's Tribal ID, birth certificate, etc. Is that an option? Am I able to fill anything out or add her?

**A:** If the Minor has only one Tribal Member parent, the Tribal Member parent must submit application, unless a Puyallup Tribal Court order specifies otherwise. In this specific instance,

the check will be in the Tribal Member parent's name.

**Q:** Why was pre-K not included in (the COVID educational stipend) assistance? Chief Leschi Schools requires them to be online all day, just like all other grades.

**A:** Children of preschool age are not required to attend preschool. The older students are, and Council wanted to make sure their needs are met.

**Q:** Will the election outcome be majority rules or what option you pick, you get?

**A:** It will be by majority vote, and the option chosen will apply to everyone. The Elections Board is supervising the election.

**Q:** When will the new hotel be open? Will Tribal Members get a discount, and if so, how much?

**A:** Those decisions will be announced later.

# haʔhidup ʔə ʔalalus ʔə ʔaciltalbiʔ<sup>w</sup>

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

## Puyallup Tribe Culture Center

**35097<sup>nd</sup> St. 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

### *Puyallup Cultural Program*

## Register now for December virtual weaving classes.

**Deadline for Registration: if you would like to join the zoom class please register by December 1, 2020. We will keep the register open to apply until December 4, 2020 for you to receive a package of materials but after December 1st it will have to be an independent project for you and your family.**



- The Culture Department is hosting weaving classes for December.
- Sign up now through our online registration. (follow the link provided)
- We will send you the materials by mail out. You will have 2 different activities to pick from.
- The classes will be on Tuesday and Thursday. TIME: 5:30 to 7:00PM
- If you have any Questions you can contact the Culture Department
- Community members are welcomed (if you live on the Puyallup reservation)
- Must be a Puyallup Tribal member if you are registering outside of the Puyallup tribe reservation.

Contacts: Marsha Gauti: 253-278-4074

Angie Totus: 253-320-8361

Denise Reed: 253-312-5069

#### December 8&10

- Headbands wool or cedar
- Christmas ornaments
- Children activities

#### December 15&17

- Cedar candle holders
- Christmas ornaments
- Children activities



# Christmas Card Design Contest

Open to Puyallup Tribal Members of all ages.  
Design must be an original design of the applicant.

Limit one entry per person.

Submit your design by email to

CouncilOffices@PuyallupTribe-nsn.gov

or by mail to Tribal Council Offices

Puyallup Tribe of Indians, 3009 E. Portland Ave., Tacoma, WA, 98404

All entries must be received by **5 p.m. Dec. 11, 2020** to qualify for the contest.

**Questions?** Call 253-573-7982.

The winning design will become property of the Puyallup Tribe of Indians.

The winner will receive a  
**\$500 prize.**



I'M DR SELENA EON, ND  
I am excited to join the Qwibil team  
and serve the Puyallup Tribal  
Community!

I am a naturopathic doctor with 13 years of experience with CBD and medical cannabis. I'm a member of the Society of Cannabis Clinicians. I hold a degree in exercise science and nutrition. I love getting to know you: your triumphs and your challenges. When I know you as a person, I can help create a lifestyle plan that helps you reach your health goals. I have helped patients reverse diabetes, gain hormonal balance, lose excess fat, and change their lives for the better. I want to do the same for you!



I am an avid mountaineer, this is me on the top of Mount Whitney, the tallest mountain in the continental USA! When I'm not at work or climbing, I love identifying native plants, foraging, researching health topics, playing the piano, sewing, cooking and spending time with friends.



## QWIBIL

A Natural Healing Consultation & Research Center



**HOT OFF THE PRESS!!**

CBD Helps Reduce Lung Damage from COVID By Increasing Levels Of Protective Peptide -SCIENMAG Published October 19, 2020



DR. SELENA EON, ND

"One way CBD appears to reduce the 'cytokine storm' that damages the lungs and kills many patients with COVID-19 is by enabling an increase in the levels of a natural peptide called apelin, which is known to reduce inflammation and whose levels are dramatically reduced in the face of this storm." We have a selection of unique high dose CBD products you will not find elsewhere.

### New Treatments

In addition to CBD and COVID, Dr. Selena is a weight loss expert. At Qwibil body, mind, and spirit combine in our well rounded fat loss program. Dr Selena's fat loss program is personalized to best suit your unique needs and budget. Expect a personalized touch with a combination of diet, lifestyle and appropriate medications and neurofeedback to help those healthy behaviors stay for good!

We offer IV Hydration Therapy with Vitamin B12 Infusions, neurofeedback, trigger point injections, natural medicine advice, and consultations with regional cannabis experts, please ask Melissa if you're interested in any of these new services.



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Puyallup Tribal Administration offices

**CLOSED**  
**Dec. 24 & 25**

(Dec. 23 - Closed 4 hours early)

Medicine Creek Treaty Days  
Christmas Day



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Puyallup Tribal Administration offices

**CLOSED**  
**Dec. 31 & Jan. 1**

New Year's Day



# Wraparound offers Independent Living Skills program



Hi. My name is Ashley Olson and I am the Independent Living Skills (ILS) Coordinator with the Wraparound department. Let me tell you a little bit about ILS:

- ILS will work with individuals to identify goals and provide hands on support with those goals.
- ILS services include a wide range of services from budgeting, household management, education assistance, career development, and promoting healthy relationships.
- ILS will also be doing individual and group classes with different topics.
- Who can receive ILS services?  
You must be:
  - ♦ A victim of a crime with a police report or cause number.
  - ♦ Enrolled member of the Puyallup Tribe of Indians, parent or guardian of an enrolled child of the Puyallup Tribe of Indians or individual married to an enrolled member of the Puyallup Tribe of Indians.
  - ♦ An enrolled native of a federally recognized tribe.
  - ♦ You must live in Pierce, Thurston or King County.

If you are not sure if you or someone you know would be considered a victim of a crime please reach out to me. Our mission is to empower individuals to become healthy and stable by teaching life skills that can be passed on to the next generation. If you are interested in Independent Living Skills or you would like to refer someone else to ILS please reach out to me to start the intake process. I look forward to bringing these services to the community.

You can reach me by phone at 253-382-6218 or email Ashley.Olson@Puyalluptribe-nsn.gov.

# Apply now for activities assistance



By Kate Manzanares, Puyallup Tribal Member

The Tribe offers funding under the Adult Activities program and each member has a yearly limit to fee-based activities made on their behalf. Visit <https://bit.ly/3eKuRwC> to download the fillable PDF application. Email your completed form with the activities flyer and invoice to Nadine. Piatote@PuyallupTribe-nsn.gov.

Here are some common activities fees that are eligible for reimbursement:

- Gym membership
- Native American arts and kits
- Team sports tournament entry
- Martial arts
- Golf tournament entry

Visit <https://bit.ly/2UjwE20> to view the Tribe's policy on activity qualifications.

# Note from TERO compliance officer

Greetings All,

I am happy to report that I have returned to work in the TERO department as a compliance officer. All of my contact information is the same and I look forward to working with you.

Thank you and stay safe,  
Penny R. Fryberg, Compliance Officer

**Puyallup Tribe of Indians TERO**  
Incubator Building, 1423 East 29th St., Suite 233, Tacoma

Phone: 253-573-7846 (direct line) or 253-433-0520 (cell)

Email: Penny.R.Fryberg@puyalluptribe-nsn.gov

# Tribal workers sort 91,000 chinook eggs



Tribal Fisheries staff sorted 910,000 chinook eggs at Clarks Creek Hatchery in late October.

Eyed eggs are a very early stage of development when the salmon eye is visible. Unfertilized eggs are picked out by Fisheries staff so their decay does not contaminate the viable, fertilized eggs.

*Photos courtesy of Caleb Graham, Fisheries Technician II*

# Tribal Wildlife staff report return of wolverines to the south central Cascades

By Barbara Moeller, Wildlife Biologist

Tribal Wildlife staff recently returned with great news from three days in the backcountry covering 27 miles to access remote forest carnivore camera stations in the Goat Rocks Wilderness Area. Two of the unique camera stations detected wolverines, the target species.

The data that we are collecting are contributing to gaining a better understanding of wolverine population, distribution and range in the central – south Cascades.

Wolverines are the most rare carnivore species in the lower 48. They are the largest terrestrial member of the weasel family, resembling a small bear with a bushy tail. Wolverines are stocky, with short round ears with large feet that allow them to travel extremely well through snow.

In North America, population estimates range from 6.2 wolverines per 600 square miles in high-quality habitat to 0.3 per 600 square miles in low-quality



habitat. There are estimated to be only 300-1,000 individual wolverines in the lower 48 US states.

Wolverines were extirpated (essentially destroyed) from the lower 48 by the mid-20th century. Monitoring efforts have detected wolverines from Canada expanding their range into Washington and reoccupying former range areas. The Tribe's Wildlife program has been conducting forest carnivore monitoring as a part of a BIA Endangered Species grant fund since 2014. The program has now detected four wolverines, many Cascade Red Fox detections (species of concern), fisher (endangered species) and many other carnivore and wildlife species.

Climate change poses the largest threat to the wolverine persisting into the mid-21st century onward. The wolverine and one its primary prey species, the hoary marmot, have been classified as



species vulnerable to climate change. Wolverines require deep snowpack for their dens to raise their young. Wolverines could become extinct in the not too far off future if measures are not taken to curb climate change and protect the fragile sub-alpine and alpine environments they rely on.

In addition to climate change impacts on Tribal resources, recreation into the forests and backcountry areas are on the rise. In line with exponential population growth in the Puget Sound area, unprecedented numbers of residents have been recreating in the forests from low elevation to alpine areas in the mountains. Negative impacts to Tribal resources are being observed and documented. An inter-Tribal workgroup was recently formed to work with land managers to responsibly manage forests and forest uses, which are Tribal resources.

# 5 tips for spreading joy and sustainability this holiday season

Submitted by the Sustainability Working Group

Happy holidays! As we enter the holiday season it's important to think about ways to make the world a better place, including the environment. Did you know that Americans throw away 25 percent more trash during the Thanksgiving-Christmas holiday season? And if every family saved just 2 feet of ribbon, we'd have enough ribbon to tie a bow around the earth!

Consider these tips for celebrating with sustainability in mind:

**1.** LED lights use nearly 90 percent less energy than incandescent bulbs. They may cost more to purchase, but they



quickly pay themselves off. Saving energy helps to save both your wallet and the environment. Also try putting lights on a timer to further the savings.

**2.** Use magazines, newspaper, and paper bags for unique gift wrap. Maybe even re-use boxes, bags, envelopes, and glass jars. Even more creative, try dual-purpose wrapping! Gifting a scarf or socks? Use one gift to wrap another!

**3.** Be mindful of how much food waste you produce, and the fact that it will most likely end up in a landfill. Only cook what will be eaten and find creative recipes for the leftovers. Even better, look into starting your own home composting project.

**4.** Consider durable and reusable gifts that are less likely to end up in the landfill. Baked goods, event tickets, or an IOU to help around the house are just a few environmentally friendly, simple, and meaningful gifts. Another eco-friendly gift option is buying second hand.

**5.** If you send holiday cards, opt for recycled paper and avoid cards with glossy, or shiny foil coatings, as these cannot be recycled. When you receive a card, try cutting out the front image and reusing it as a postcard!

The holiday season is a time to appreciate what we have. By implementing these simple tips we can make sure that future generations have just as much, if not more, to be grateful for.

## Passionate about Sustainability?

Join our working group! Email [sustainability@puyalluptribe-nsn.gov](mailto:sustainability@puyalluptribe-nsn.gov) for more information.



# Dorothy Earl shares family's fry bread recipe for future generations

Photos and story by Lisa Pemberton,  
Puyallup Tribal News Editor

Puyallup Tribal Member Dorothy Earl has been making fry bread for more than 40 years.

She estimates she's probably made about 200,000 pieces of fry bread – for youth dinners, funerals, the 2018 Canoe Journey and other special events over the years. Earl, who is the cook at the Little Wild Wolves Youth Center and known to many as “Auntie Dot,” uses a baking powder fry bread recipe that was passed down to her by her great-auntie on her mom's side of the family.

“It originated in Yakima, where I grew up,” Earl said.

Earl recently demonstrated how to make her fry bread in a video for the Youth Center's Facebook page. She said she wanted to share her family's recipe and time-proven tips so that future generations can enjoy the delicious and fun tradition of Indian fry bread.

Fry bread recipes are often kept top-secret. Sometimes the recipes aren't even written down.

“A lot of people just throw it together and never measure,” Earl said. “I couldn't handle that.”

Through trial and error, Earl has perfected her recipe, which can easily be doubled, tripled – or in the case of the recent Youth Center dinner, multiplied by eight.

For every cup of flour, it takes a teaspoon of baking powder, a quarter teaspoon of salt and a half tablespoon of sugar.

“It's consistent,” Earl said. “You know how it's going to turn out every time.”

Earl said her auntie used to say, “Just remember what the ingredients stand for.”

“She'd say the sugar was to brown it,” Earl said. “The salt was to balance out the flavor, the nonfat milk makes it fluffy.”

She said a lot of people think fry bread is too difficult to make so they don't



even try it. Her advice for success: Don't give up. If it's too sticky, add some flour. If it's too dry, add a little oil. Also, keep it traditional and create it with your hands, not a dough mixer.

“It's not supposed to be handled a lot,” Earl said. “Experience is your best teacher, so don't give up.”

On a recent evening, in the Youth Center kitchen, Earl quickly patted dough and placed it into hot oil. There was a peaceful cadence to her work. Her eyes hinted of a warm smile under the blue disposable face mask she wore as a COVID-19 precaution.

What does she think about when she's making fry bread?

“Seeing the smiles upon people's faces when they're eating it,” Earl said. “Trying

to put love into it. I guess that's my goal – to see people enjoy my cooking.”

On this particular night, the fluffy golden fry bread was being served up with hamburger soup during the Youth Center's drive-thru dinner.

“I am happy that Dorothy shared the family recipe,” said Youth Director Lisa Earl, who is also Earl's niece. “Now it will continue to put smiles on more little faces.”

## Auntie Dot's Famous Fry Bread

(makes 8 servings)

### Ingredients

4 cups all-purpose flour

1 teaspoon salt

4 teaspoons baking powder

2 tablespoons granulated sugar

$\frac{3}{4}$  cup powdered nonfat milk

2 quarts hot water

1 quart canola or vegetable oil (or a mixture of both types)

### Directions

Mix powdered milk and hot water, and set aside.

Combine remaining dry ingredients. Add milk mixture.

Mix by hand until sticky. Add 2-3 tablespoons of oil to the edges and top of the dough, and let rise for 15 to 20 minutes. Heat oil to 380 degrees (or medium high on the stovetop).

Shape dough into balls about 3 inches in diameter. If the dough is too sticky, add some flour to it. Flatten into patties about a half inch thick, and make a small hole in the center. Drop into a quart of hot Canola or vegetable oil. Fry until golden brown, flipping halfway through. Transfer onto a paper towel lined plate to drain. For loaded Indian tacos: Serve with chili, taco meat, lettuce, cheese, tomatoes, onion, salsa and sour cream.

Optional toppings: Margarine, butter, jam or honey.

# Speakthunder's artwork featured in new EQC deli

By Puyallup Tribal News Staff

Speakthunder has been practicing art since second grade.

Just over 26 years have passed since he put pen to paper to create his first coastal piece, when he was a student at Chief Leschi Schools.

"CLS was located where the current EQC tent is back then," he said.

While in the portables, he recalls seeing a wolf in a coloring book. He was so young he didn't know how to trace yet. He set the wolf next to a blank piece of paper and just drew it. The teachers were so impressed that they placed Speakthunder into a gifted and talented program for the arts. That's where he would learn his skills and set the foundation needed to pursue a career in the arts.

Speakthunder is a member of the Warm Springs Tribe, located in Oregon. "It often surprises people when they find out what tribe I'm enrolled (in)," he said. His father is a plains and Columbia River Native and his mother is Puyallup along with his siblings and his children.

He grew up in the Tacoma area, and many know him around the community. He was raised as Bruce Berry, but now goes by his Native name Speakthunder.

Speakthunder offers paint classes for some of the Puyallup Tribe's programs, including Housing and the Culture Department. He creates art kits that include a drawing on canvas, along with paint supplies and a paintbrush.

"I am big on preserving culture through art in our community," he said.

Speakthunder's favorite medium is a pen and ink.

"Freehand is the best," he said. "Painting drums is the most relaxing, and healing process."

One of his biggest pieces is featured in the Waterway Deli at the new Emerald Queen Casino. The \$400 million casino which opened in June is filled with artwork commissioned by Puyallup Tribal



artists, including murals, story poles, light fixtures with Coast Salish basketry designs and a larger than life collage of historic photographs. Tribal art is also being incorporated in the EQC's new hotel, which is next door.

Speakthunder's salmon design is located on steel dividers that separate the restaurant from the casino, and the placement was done intentionally.

On the west side of the restaurant, there's a moon that represents nighttime, and

the west represents the sunset. In the middle, there are salmon swimming upstream to the east towards the mountains, which is also sunrise.

"I drew the sun on the east side of the building so that the salmon are swimming from the moon to the sun or from west to east, it's the ocean to the mountain," he said.

*Photos by Saiyare Refaei*

## View more art online

Before the pandemic, Speakthunder frequently set up a table in the lobby of the Tribal Administration building offering self-portraits and painting on drums.

He isn't able to do that currently due to COVID-19 restrictions, however you can currently view his work at [facebook.com/speakthunderart](https://www.facebook.com/speakthunderart) or email him at

**[speakthunderart@gmail.com](mailto:speakthunderart@gmail.com)** or visit his website: **[SpeakthunderArt.com](http://SpeakthunderArt.com)**

# Witches, Yoda and super heroes, oh my!

The Elders Department hosted a Halloween-themed drive thru luncheon on Oct. 23 at the former I-5 Emerald Queen Casino parking lot. The event featured music, a “trick your trunk” contest and a raffle.

*Photos by Puyallup Tribal Member Jennifer Squally*



## Tribe offers elk, buffalo and other meat for 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.

To sign up, contact Dan Sandstrom at 253-405-7504 or Alyrece McCloud at 253-222-5682.

## WALKING ON

Ronice Goforth

Jan. 2, 1964 – Oct. 19, 2020



Ronice Goforth, a Puyallup Tribal Member and devout follower of Christ, passed away at age 56 in her Tacoma home on Oct. 19, 2020, after a nine year battle with ovarian cancer.

She is survived by her husband David, four daughters Tammy, Tabitha, Roxanne, Rebecca, and nephew Bret, three stepchildren William, Jessica, and Rachel, along with three siblings Leigh, John, and Talea, 14 grandchildren, and a plethora of aunts, uncles, nephews, nieces, great-nephews, great-nieces and cousins plus five cats. She is preceded by her parents Gary and Carol Strickler, grandmother Cecile Hemer, and nephew Gildardo Cruz Vera Strickler.

Ronice was born January 2, 1964, to Gary Strickler and Carol Hogan at Fort Lewis, Pierce County, Washington. She graduated with a Master's degree (MPA) in Tribal Ordinances and was preparing for her PhD when she was diagnosed in 2011 with ovarian cancer. With the support of her grandparents, she was blessed with the wonderful family above having been a single mother for many years until she married her high school sweetheart David after being reunited in 2007.

She worked for the Puyallup Tribe of Indians for 30 years filling many roles the last being Director of the Puyallup Tribal Employment Rights Office (TERO).

She loved Christmas, Disney, cats, vacationing and being a grandmother. She also displayed unconditional love toward everyone she met and brightened the lives of many cancer patients as a symbol of how to live well by enjoying every moment life has to offer. She will be deeply missed by family and friends from around the world.

She loved to travel by any means to any location. Ronice and David drove to 26 states in 26 days following completion of her first round of chemotherapy. Canada, Mexico, Europe, via planes, trains, automobiles and cruise ships were continually accomplished and planned for the future. It was in 2020 when three cruises, two family reunions and a 40 year high school reunion were cancelled, all theaters, restaurants and nearly all forms of entertainment were closed due to COVID-19 that her health began to rapidly fail.

David did not understand the term "warrior" she was given by Cancer Treatment Centers of America (CTCA) until he witnessed her refusal to go quietly into the night. She fought for every moment life had to offer refusing to leave those she loved behind. The courage, determination and endurance she demonstrated confirmed she was nothing less than a warrior.

Services were held, with burial at Cushman Cemetery.

# Tribe hosts Halloween event

Puyallup Tribal employees participated in a socially-distanced “trunk or treat” event on Oct. 29 for Tribal youth. The event included a costume contest, and a booth decorating contest for Tribal departments.

*Photos by Puyallup Tribal Member Jennifer Squally*



# Trunk or Treat: Tribe hosts modified Halloween event at Youth Center

Photos and story by Alexander Harrison, Puyallup Tribal Member

On Oct. 24, the Puyallup Tribe held a drive-thru trick or treating event for the Tribal youth to enjoy.

With social distancing and mask guidelines in place, community members got to enjoy a sunny afternoon handing out candy to kids while dressed up as their favorite Halloween characters.

Youth Center Director Lisa Earl said that they had been planning since September and had to start early to make sure it was safe for everyone in light of the ongoing COVID-19 pandemic.

There were 19 stations ready to hand out candy during the event. They included staff from the Youth Center, the Puyallup Tribal Health Authority, the



Tacoma Sabers, the LaRosas, and Laura Bluehorse-Swift with the Children of the River Advocacy Center.

“Bringing the community together and seeing all the children happy with all the crazy events and negativity this year has thrown at us brings a lot of joy,” Bluehorse-Swift said.

Overall, the event ran smoothly.

“There are way more people than I expected,” said Youth Coordinator Mercedes Haack, adding that she was happy it worked out safely and there was some sense of normalcy for the community to enjoy.



# YOUTH SPOTLIGHT

## Dominic, Damian and Gino Bertucci

**How old are you?**

Dominic 7, Damian 5, and Gino 3.

**Favorite activities during COVID-19?**

Playing outside, building forts, riding bikes/ scooters, going to beach (Chambers & Titlow) and playing Xbox.

**What do you miss from life before the pandemic?**

School friends.

**What is your tribal affiliation?**

Puyallup.



## Tribal youth: Share how you're coping with the pandemic

The Puyallup Tribal Communications Department wants to hear how Tribal youth are dealing with the COVID-19 pandemic. How is remote learning going? What hobbies or family activities have they enjoyed?

Email [news@puyalluptribe.nsn.gov](mailto:news@puyalluptribe.nsn.gov) to be featured in a story or fill out a questionnaire at <https://bit.ly/35JbCRC>.

Submissions may be featured on the Tribe's social media, website, newsletters and newspaper.

# Grandview Early Learning Center celebrates Halloween with outdoor activities

By Puyallup Tribal News Staff

About 70 kids attended Grandview Early Learning Center's Halloween Parade on Oct. 28. The event was held outdoors to follow COVID-19 safety protocols.

"This was the most fun we have all had since March and it really uplifted our spirits," said GELC Director David Turnipseed. "All of the kids were super happy to see their teachers and the decorations."

And kids who couldn't attend weren't left out: GELC staff delivered gifts to their families.

With many costumes making appearances, Turnipseed said his favorite costume was the hunting monster, ʔayahus.

"They popped out of the back window and surprised me!" he said.

GELC staff members also competed in a booth decorating contest. The winning theme, "Jurassic Park," was created by the Infants classroom, and was designed by staff members Jodi Craney, Sammy Keesy and Paulina Hernandez. They won an Eighth Generation gift card.

Photos by Puyallup Tribal Member Frank Griese



# Culture Department offers Zoom drum making class

By Puyallup Tribal News Staff

COVID-19 has changed the way we do everything, including practicing cultural activities.

Our hands go up to each and every employee in the Culture Department who made an effort to embrace the community during the pandemic safely.

The Culture Department has offered many activities you can do from the

safety of your homes, such as drum making, moccasins, weaving, and more.

The drum making classes instructed by Clinton McCloud and Michael (Muck) Hall provided participants with a step by step guide to drum making. The class met via Zoom during the month of October, but if you couldn't make the live video course, they provided an instructional video at <https://youtu.be/xTPF6nmE0bQ>.

The Culture Department worked with the staff in the mailroom to ship out the supplies to the people who signed up for the class. Follow the Puyallup Tribe's Culture Facebook page to sign up



for future events: [www.facebook.com/PuyallupCanoeFamily](http://www.facebook.com/PuyallupCanoeFamily). The next series is traditional cedar weaving, and you can make a candle holder, headbands and Christmas ornaments.

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**Dispatch** 253-680-5656

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## Prosecutor's Office

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## Tribal Courts

253-680-5585 | tribalCourtFilings@puyallupTribe-nsn.gov



# Chief Leschi honors its Native staff members

Submitted by Brittany Piger, Chief Leschi Schools Communications Coordinator

In past years, we have honored slukʷalb ʔə ti ʔacacitalbixʷ – Native American Heritage Month – as a time to celebrate our tribe and our ancestors that have had an impact on our world today. This year, we wanted to honor our Native staff. At Chief Leschi Schools, we have 51 staff members that are affiliated with a tribe. From Puyallup to Tlingit to Navajo, we celebrate all of our Native staff. Every year, month, and day is a Native American Heritage celebration.

We asked our Native educators to tell us why they went into education. Kathryn Yates, elementary co-principal and a member of the California Central Valley Miwok Band of Indians, shared that she

was the first person in her family to be enrolled in preschool in a public school. “My grandparents felt my education was important to help support their understanding of the non-Native world,” Yates said. “I was blessed with many special educators in my life that inspired me to work in the education field.”

Belinda Frederick, one of our high school special education teachers and a member of the North Dakota Turtle Mountain, Chippewa Tribe, grew up on the Umatilla Reservation in Oregon. She is the granddaughter of Donald Orville Frederick Sr., Turtle Mountain Chippewa and Metis and the granddaughter of Emily Faye Johnson (white), Yakama, Aleut, and Modoc. “I teach to give back to the kids, allow them to feel at home, feel safe, cared for, and learn how to be successful along any path their journey takes them,” Frederick said.

Jennifer Vasilez, one of our secondary co-principals and Puyallup Tribal Member, discovered her passion for education when she volunteered in her cousin’s kindergarten classroom. She is passionate about decolonizing education and Indigenous history. Her commitment

to Indigenous youth is deeply rooted, believing in the quote from Willard Bill Sr., Muckleshoot, “There are no throw away Warriors.” “I believe that every student matters, and they matter every day,” said Vasilez, who returned to us after being a teacher, Dean of Students and principal at Chief Leschi Schools.

Demmarie McKay, our elementary office manager, shared that she is pursuing higher education because of her Indigenous background. “I am currently in the process of a dual masters, currently enrolled in two programs to be a substance abuse counselor and mental health counselor; my end goal is to work with Indian Health Services and provide services to Native American communities,” said McKay, who is affiliated with Spirit Lake Sioux (formally, Devils Lake Sioux) and Turtle Mountain Band of Chippewa.

ʔəsbutbutlačibitubułəd čəl - We raise our hands to you folks.

\*\* We worked with our Native staff to collect photos to honor them. Some staff members opted out and we respect their decision. \*\*



**Viola Loucks**



**Ken Bill**



**Maddie Sampson**



**Irene Hoffman**



**Binah McCloud**



**Jennifer Vasilez**



**Bart Brewer**



**Belinda Frederick**



**Brittany Kennedy**



**Burlene Padilla**



**Carl Lorton**



**Davina Barril**



**Demmarie McKay**



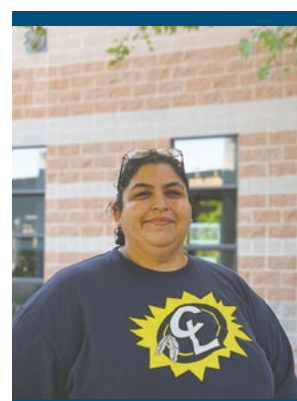
**Frances Keevama**



**Frank Castillo**



**Gregorio Merida**



**Jessica Michel**



**Kathryn Yates**



**Keisha Padilla**



**Leah Nichols**



**Lizzie Johnson**



**Marnie McManus**



**Michelle Myers**



**Otellie Trujillo**



**Shannon Begaye**



**Sherry McCullough**



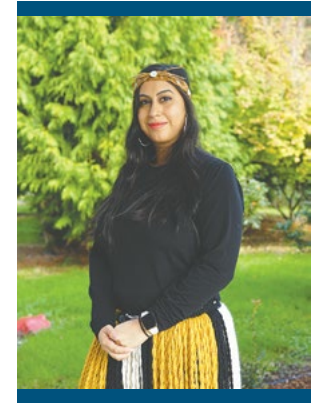
**Sophia Loucks**



**Taleena Ruiz Black**



**Tera Baker**



**Yvette Duenas**

**LANGUAGE PROGRAM**  
syayusadi? ʔə tə tx<sup>w</sup>əlšucid

**AND**

**HISTORIC PRESERVATION**  
dx<sup>w</sup>lələʔuləbadi?

# Tribe offers new history and language resources

haʔ sləxii!

Historic Preservation and Language recently released a series of online educational resources.

We envision these resources being used within the Tribe for staff trainings or shared with your respective partners.

## Lushootseed Land Acknowledgement

<https://youtu.be/KGnac8x-SIM>

## We are Puyallup: A brief overview of Puyallup tribal history

<https://youtu.be/7MB3Omc1Qxw>

## Boarding School and Cushman Project

(videos and guiding documents)

<http://www.puyalluptriballanguage.org/history/cushman.php>

## Updated Puyallup Tribe webpage on Puyallup history

<http://www.puyallup-tribe.com/ourtribe/>

## Puyallup Tribe webpage on Land Acknowledgments

<http://www.puyallup-tribe.com/ourtribe/Land%20Acknowledgement.php>

Also a reminder that both departments have our own Facebook pages that regularly post photos, videos, and historic information.

<https://www.facebook.com/>

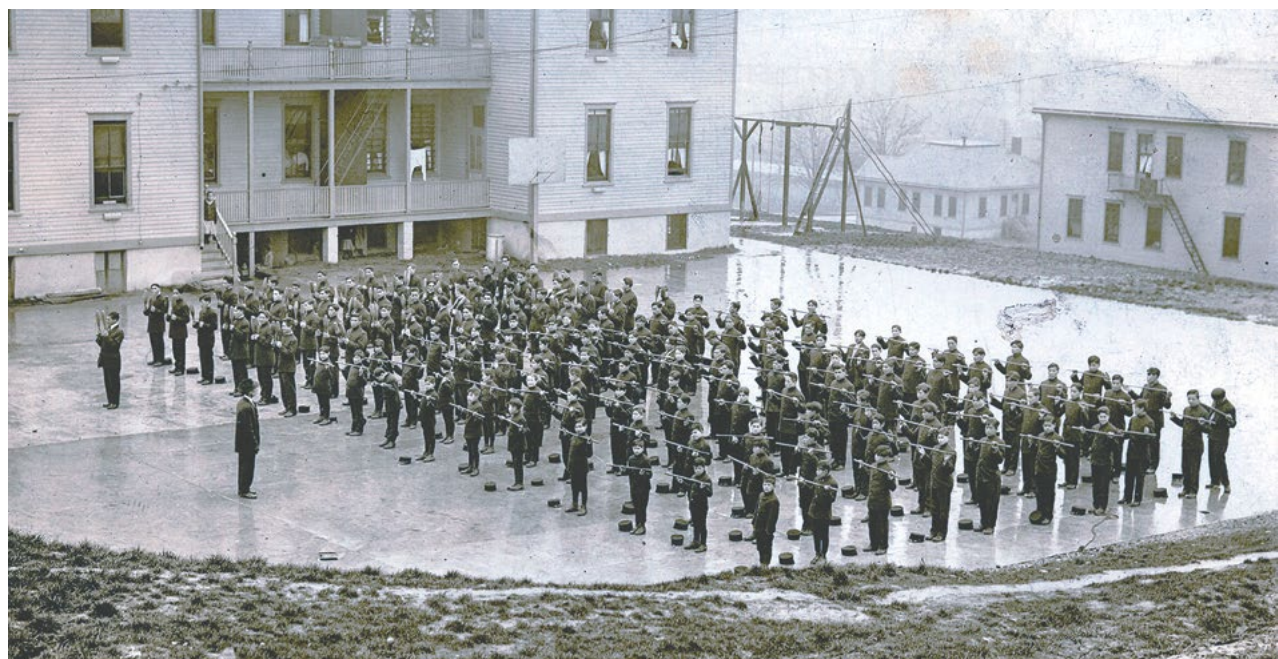


Photo provided by Historic Preservation Department, Lone Knox collection. Cushman Boarding School students.



Photo provided by State Capital Museum, 1880's, unknown photographer. Small fishing weir located on Yelm Jim's allotment.

PTOIHistoricPreservation

<https://www.facebook.com/twulshootseedlanguage>

We would love to hear feedback about how the resources are being used

throughout the Tribe and what other resources would be most useful for tribal staff and members.

Please email your comments to [HistoricPreservation@PuyallupTribe-nsn.gov](mailto:HistoricPreservation@PuyallupTribe-nsn.gov) or call 253-573-7965.

# How to celebrate safely this season and reduce alcohol-related problems



Every holiday season, people have to deal with the increased pressures and stress of the holidays. This year we're dealing with COVID-19 on top of all of the other stressors. As you might suspect, the holiday season then becomes one of the most dangerous times of the year for alcohol-related accidents and death.

## AVOIDING ALCOHOL RELATED PROBLEMS

1. **Don't drink alcohol.** Just because it's the holidays doesn't mean you have to drink alcohol.
2. **Drink non-alcoholic beverages.** There are many fun, festive non-alcoholic drinks.
3. **Plan ahead and designate a driver.** If you are planning on going somewhere where you will be drinking, designate a driver or setup alternative transportation such as Uber or Lyft.
4. **Set a limit.** If you are going to drink, be responsible. Set a limit.

## TIPS FOR STAYING SOBER IN THE HOLIDAYS

Holidays can be stressful for anyone, particularly for those in recovery. Besides the temptations that seem to be everywhere, there are also the feelings of depression and being left out to contend with. Don't let the holidays get you down or cause you to slip.

### Before you celebrate—plan ahead

- **Skip the parties.** Not only to reduce the risk of COVID-19, but events can center around alcohol.
- **Drink something fun.** The good news for non-drinkers is that there have never been as many fun, festive alcohol-free cocktails to choose from.
- **Be assertive.** Tis' the season to assert yourself when someone might pressure you to drink. Know your "no" and practice it! Rehearse your escape in your mind. Leaving is always better than drinking.
- **Bring a sober friend.** Not drinking is more fun if you can recruit a friend or family member to join you.

- **Don't go hungry.** A common saying at AA meetings is, "Never let yourself get too hungry, angry, lonely, or tired." Neuroscientists have found that some of the same brain compounds that regulate overeating also regulate addictive drug behavior.
- **Attend a peer support meeting.** Call Puyallup Tribal Treatment Center at 253-593-0232 for more information. Or call Alcoholics Anonymous at 253-474-8897.

Enjoy a relaxing and safe holiday season by planning ahead to not drink or avoid alcohol related problems. If you think you may have a problem with drugs and/or alcohol, call Puyallup Tribal Treatment Center at 253-593-0232.

**Sources:** National Institute on Alcohol Abuse and Alcoholism, National Institutes of Health, Health.com, PsychCentral



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

### Dec. 2: Let's Keep Our Bodies Moving!

Staying active during COVID-19 can be challenging and we're here to help! Strengthening tips and supportive stretches will be demonstrated.

*\*The first 10 participants who register and attend the Zoom group will receive a giveaway item to support you and your home gym\**

### Dec. 9: Self-Awareness: When It Comes To Your Health & Diabetes

How does diabetes affect your mood, and how can we become more self-aware when it comes to our overall health?

### Dec. 16: 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](mailto:Cfragoso@eptha.com)

To sign-up, visit [www.eptha.com](http://www.eptha.com)

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

## Stay Home. Stay Healthy.



*Our individual actions make a difference!*

haʔt kw(i) adsəsləbcəbut Watch over yourself well

This year, our game days, family gatherings and holidays will be a little different. And that's hard. But let's all pull together and do our part to help slow the spread of COVID-19.

- Gathering in groups – even with people we know – may spread COVID-19.
- The more people we interact with at a gathering and the longer that interaction lasts, the higher the risk of becoming infected.
- Shrinking your social circle and skipping indoor gatherings are both important right now.
- The safest action, especially if you're in a high-risk category, is to avoid gatherings and find different ways to celebrate.
- Fewer, shorter and safer interactions are crucial.
- Reducing close contact with others is paramount. You can spread COVID-19 even if you don't have symptoms.
- Limit the number of people outside your household that you gather with every week.
- If you feel symptoms of COVID-19, get tested. PTHA patients can call to schedule an appointment at 253-593-0232.
- If you go out, stay six feet apart, wear a face covering and wash your hands. *Staying home is still safest!*

*Like a canoe in rough waters,  
we pull together and dig deep.*



## FIGHT FLU

**Protect you and your family**

Adult and children flu vaccines are now available at PTHA. Please call to schedule your appointment at 253-593-0232.

## PTHA will be Closed:

- ▶ **Wed, Dec. 23** at 12 p.m.
- ▶ **Dec. 24 - 25**
- ▶ **Dec. 31 - Jan. 1**

### Health care during closures

With the upcoming closures and possible unexpected weather closures, PTHA wants to remind patients to plan ahead. It's important to take care of your health care needs early and not wait to refill prescriptions, see the doctor, etc. If you're not sure if PTHA is open, please call 253-593-0232 and listen for a closure announcement.

In the case of a closure, **Puyallup Tribal Members** can access health care services the following ways:

- Calling the PTHA on-call service at 253-593-0232, after the announcement, press 9 and the on-call service can assist you with: triage, referrals to urgent care and hospitals and assistance with medications.
- Puyallup Tribal Members can also access urgent or emergent care at any health care facility. For urgent care after hours or during closures, please call the on-call nurse first. In case of emergent care situations, please notify PTHA within 72 hours of receiving services. Message notification should occur by calling 253-593-0232 and selecting option 4 or via email: [referralservices@eptha.com](mailto:referralservices@eptha.com).
- For pharmacy services during a PTHA closure, Puyallup Tribal Members can get medications at:

Lincoln Pharmacy

821 South 38<sup>th</sup> Street, Tacoma

253-473-1155

Tim's Pharmacy & Gift Shop

106 1<sup>st</sup> St. S, Yelm

360-458-8467

Safeway Pharmacy

900 Meridian E., Ste. 19, Milton

253-952-0390

If you have questions about the availability of other pharmacies, please call your Member Services department during regular business hours or email [memberservices@eptha.com](mailto:memberservices@eptha.com).



# CAREGIVING

## During Holidays, Ceremonies & Special Occasions

**HOLIDAYS, CEREMONIES AND SPECIAL OCCASIONS** provide unique opportunities for you and your loved ones to gather and reconnect with relatives and friends. These events often require more time, planning and energy, which may add stress to your duties as a caregiver.

As you prepare for these special times, it is important to incorporate strategies that minimize your chances of experiencing anger, stress and frustration. Less stress will allow you to focus more of your time on what's really important during the holidays: your loved ones! Use the tips below to help you find balance between this season's festivities and your caregiving priorities.

**1 SEEK BALANCE.**  
It is difficult to provide your best care when you are not at your best mentally, physically, spiritually or emotionally. Aim to maximize and balance all aspects of your health each day.

**2 GUARD YOUR PEACE.**  
Resolve conflicts before or after special occasions so that you are able to spend more time being present and enjoying the celebratory event or gathering with your loved one.

**3 RECOGNIZE YOUR DESIRES & LIMITATIONS.**  
Set clear boundaries and limitations ahead of time. Communicate them with others so they can understand and support you.

**4 KEEP YOUR LOVED ONE INVOLVED.**  
Be sure to involve your loved one in family and cultural rituals and traditions. If it is too much for you and your loved one to attend an event, consider hosting a phone or video call during the event to keep your loved one as connected and comfortable as possible.

**5 MODIFY, SIMPLIFY & PASS THE TORCH.**  
Consider simplifying your traditions or allowing other relatives to take your place and carry on a tradition with the wisdom you have provided. For example, instead of hosting an elaborate dinner consider inviting guests to share a potluck meal.

**6 ADAPT YOUR ENVIRONMENT.**  
Prepare a quiet space for you or your loved one to settle for when one of you is tired or overwhelmed. Consider preparing quiet distractions to use, such as beading, photo albums and family videos, to better facilitate you and/or your loved one's retreat.

**7 MAKE MORE TIME FOR YOUR LOVED ONE IN NEED.**  
Set aside some time for you to reconnect with your loved one and enjoy their company outside of a caregiving context.

**8 SHARE.**  
With the permission of your loved one, consider sharing the truths of your situation with others. A brief and respectful mention in a note, greeting card or prayer may offer others an opportunity to better understand your situation and respond, and may help minimize feelings of isolation.

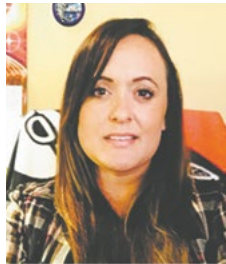
**9 REACH OUT & ALLOW OTHERS TO HELP YOU!**  
Give yourself permission to seek assistance with caring for your loved one and for yourself. Consider scheduling a consistent time for other individuals to step in and help. Remember that assistance comes in many forms, such as in childcare, household chores and errands.

**10 REFLECT, APPRECIATE & CELEBRATE.**  
Take time to reflect and celebrate the strengths you and your loved one have developed throughout the journey. Consider thanking relatives and friends for their assistance and visits. Your positive affirmation may reduce any discomfort, and encourage them to continue.

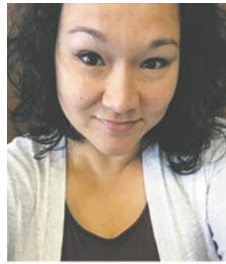




**Jody Brooks**  
NCAC, SUDP  
Director



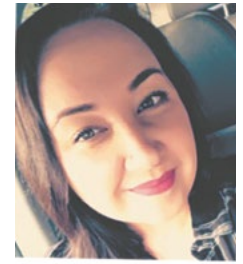
**Teresa Keating Cruell**  
NCAC, SUDP  
Assistant Director



**Jessica Williams**  
Administrative  
Assistant



**Mona Miller**  
Re-Entry  
Coordinator



**Jennifer Storey**  
CFS/PLEAD  
Outreach Coordinator

## Community Family Services

Main Office: 253-573-7919



**Linda Dillon**  
Coordinator



**Teshay Firethunder**  
Cook



**Mateo Dillon**  
Puyallup Tribal On-Site  
Security Officer

## Flames of Recovery

Main Office: 253-382-6104

# CFS helped him rebuild his life and family after prison

Submitted by Community Family Services

It was August 2018, and there I was again on the bus shackled and chained up on my way back to the iron houses.

While I was incarcerated, I took advantage of a lot of the programs the prison offered – from college to work. A little more than a year ago I started working with Mona, the re-entry coordinator in Community Family Services, and getting a plan ready for my release.


We did weekly check-ins over the phone or by mail up until COVID-19 hit.


The prison I was at got hit pretty hard; I even caught the virus. While I was in quarantine, I kept my focus on where I wanted to be and not where I was. Doing that got a lot of us in there through the 23-and-a-half-hour lockdowns.

Fast forward to my release, I was given the opportunity to stay at a clean and sober house (where I stayed for about a month). Working with Mona, my family, and really putting the work in resulted in getting my kids back home with me and things are going good for us right now. I only say this because going through the past few years has been a journey and knowing I had a support system full of people whose only goal was to help me achieve mine. My family and I owe many thanks to Mona, Jody and everybody at Community Family Services for all their support.


— James Blair, Puyallup Tribal Member







### Public Comment Announcement



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

The TTP allows for the Tribe to allocate federal grant funds towards public roads, transit, and public walking trails within the Puyallup Reservation boundaries and usual and accustomed areas. Current and past projects have included Browning Street (ongoing), the St. George Cemetery road, the completion and repair of Chief Leschi's School road, and 30th Street expansion and roundabout.

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

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

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

**Comment for the TTP Inventory period closes on January 29, 2021.**

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

## Puyallup Tribe of Indians 2020 – 2021 Enrollment Meeting schedule

### Deadline for documentation to be received.

October 2, 2020  
 November 6, 2020  
 December 4, 2020  
 January 4, 2021  
 February 5, 2021  
 March 5, 2021  
 April 2, 2021  
 May 7, 2021  
 June 4, 2021  
 July 7, 2021  
 August 6, 2021  
 September 3, 2021 (time change holiday deadline noon)

### Meeting Date

October 7, 2020  
 November 10, 2020  
 December 9, 2020  
 January 6, 2021  
 February 10, 2021  
 March 10, 2021  
 April 7, 2021  
 May 12, 2021  
 June 9, 2021  
 July 7, 2021  
 August 11, 2021  
 September 8, 2021



If you have any questions please feel free to email  
[Enrollment@puyalluptribe-nsn.gov](mailto:Enrollment@puyalluptribe-nsn.gov) or call 253-573-7849

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## Puyallup Tribal News Staff

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