

Puyallup Tribal News

Issue No. 380

Serving the Puyallup Tribe of Indians

September 2021



Cover photos courtesy of Puyallup Tribe's Historic Preservation Department, Daniel Fear Collection.

Looking back at the Fishing Wars, a fight to honor treaty rights

In honor of the September holiday, historic photos appear on pages 10 and 11

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

SPIRITUAL BURNING

Ceremony at cemetery honors Ancestors.
See story on page 4.

SEAHAWKS NEWS

Raffle entries due Sept. 3.
See flier on page 4.

ELDERS NEWS

July luncheon a hit.
See photos and story on page 5.

COUNCIL WILL PAY PEOPLE TO VACCINATE

Incentive program offers \$500 to fully vaccinated Members, employees.
Learn how to apply on page 16.



Puyallup Tribal Council

Bill Sterud - Chairman, Sylvia Miller - Vice Chairwoman, Annette Bryan, James Rideout, Anna Bean, Monica Miller and Fred Dillon.

Puyallup Tribal Council Offices

Main Contact Number: 253-573-7828 | Email: CouncilOffices@PuyallupTribe-nsn.gov

A message from the Puyallup Tribal Council to our Membership and Employees

Friends and relatives,

We want to save your life.

Our Tribe's medical director, Dr. Alan Shelton, has guided us through this pandemic and helped us protect our community. We trust him. Now he tells us we are in a new wave of COVID-19. He also tells us that vaccinations are safe, they work, and they protect the whole community. Even people who get sick from the Delta variant, he says, aren't getting as sick as the people who are unvaccinated.

Tribal Council cares about the health of our community. We care so much that we're going to pay you to get vaccinated! Any Puyallup Tribal Member 12 or older and any employee of our Tribe and its Entities is eligible to receive \$500 for full vaccination against COVID-19, even if they've already gotten the shots. Not everyone can get safely vaccinated, so talk with your own doctor to make sure you can get the vaccine.

Sept. 30, 2021, is the LAST date you may submit an application. The program expires after that.

COVID-19 is serious. It was serious a year ago and it's serious now. Council is all together on this, and all in. This is an investment in our collective health. Get vaccinated and help your community.

This is by no means an attempt to try and FORCE anyone to do something they do not want to do. This is an attempt to protect each and every one of you with a shot that has proven to help.*

We send prayers and love to all you in your time of making these difficult decisions to protect your family and community.

Lots of love and prayers,
Chairman Bill Sterud, Vice Chairwoman Sylvia Miller, Annette Bryan, James Rideout, Anna Bean, Monica Miller, Fred Dillon

**Consult with your doctor to determine if you are eligible to get the vaccine*

Learn more about the Vaccination Incentive Program on page 16.

Statement from Puyallup Tribal Council on the passing of Lawrence W. LaPointe

Aug. 11, 2021

PUYALLUP RESERVATION, TACOMA, Wash. — The Puyallup Tribal Council gave the following comment on the recent passing of Lawrence W. LaPointe: "Our hearts are heavy as we announce the passing of a beloved Elder, colleague and friend, Lawrence LaPointe. Most of us knew him as Larry. Larry served his people for decades, including more than 20 years on Tribal Council. He grew up in Tacoma, graduated from Lincoln High School and served a tour of duty in Vietnam with the U.S. Marine Corps. Later he went to work for the Tribe, including several years as administrative manager. Larry was there for the Land Claims Settlement, the Emerald Queen Riverboat, the opening of our first casinos and so much more. He was always dependable. Beyond his work, many of us remember growing up with him and getting to know him. All of us remember his devotion to his family. Please join us in prayers for his family in this difficult time."

Tribal Council buys face masks for employees

With another wave of COVID-19 underway, Tribal Council recently purchased 1,000 face masks and gave them to Tribal Administration employees. The masks were dropped off Aug. 12.



Puyallup Tribe of Indians 2021 Enrollment Meeting schedule

Deadline for documentation to be received

September 3, 2021 (time change holiday deadline noon)

Meeting date

September 8, 2021

If you have any questions please feel free to email Enrollment@puyalluptribe-nsn.gov or call 253-573-7849.

Created by Enrollment office staff and meeting dates may be subject to change

YOUR STORIES sg'w'aʔləp syəcəbləp

NETS FOR SALE

New monofilament nets for sale. Various sizes and depths are available.

Contact Jim Siddle
253 777 6385



Thank You!

Every year Barb Richards and Lee Stafford, who owns Running Wolf Smoke Shop, and their staff, work towards filling a 5-gallon bucket with spare change. When the bucket is full, the proceeds are donated to Grandview Early Learning Center and used for the Children's Christmas Toy Giveaway.

This year, they were able to collect a total of \$787.39! Everyone at Grandview and the families of GELC are very appreciative of the efforts put forth by Barb, Lee, and the staff of Running Wolf smoke shop!

*Submitted by Amanda Frueh-Dillon
Administrative Assistant Grandview Early Learning Center (GELC)*

Help us fill these pages with Your Stories

BIRTH ANNOUNCEMENT? OBITUARY? FAMILY REUNION PHOTO?

THIS SECTION IS FOR PUYALLUP TRIBAL MEMBERS TO SHARE NEWS, IN THEIR OWN WORDS AND PHOTOS.

BIRTHDAY GREETINGS, CLASSIFIED "FOR SALE" ADS AND STAFF SHOUT-OUTS ARE ENCOURAGED, TOO.

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WATCH OVER YOURSELVES WELL.

EMAIL YOUR STORIES TO NEWS@PUYALLUPTRIBE-NSN.GOV.



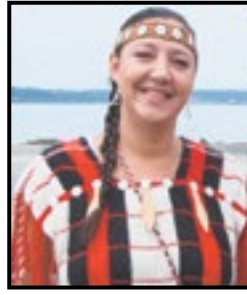
haʔhidup ʔə ʔalalus ʔə ʔaciltalbiʔ^w
'A nice piece of land for the traditions/customs of the First People'
Puyallup Tribe Culture Center
35097nd St. E
Tacoma, WA 98404



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

The Puyallup Tribal News witnessed the annual Spiritual Burning at the cemetery on July 17 and asked Culture Director Connie McCloud to share the significance of the ceremony. (Out of respect, no photos from the burning will be shown).

From Connie McCloud:

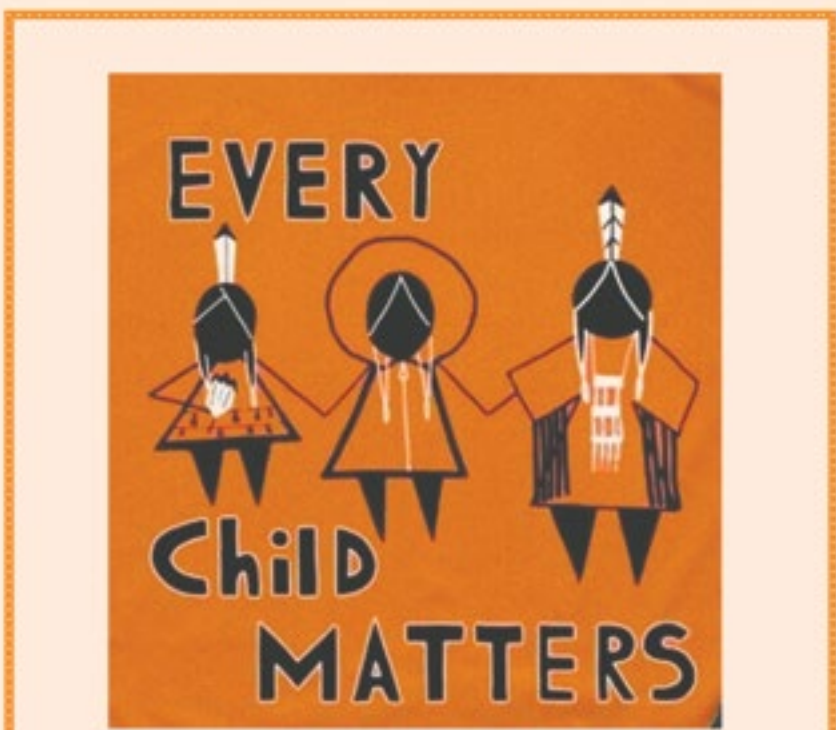
A Spiritual Burning is a way to remember our Ancestors so that they are never forgotten.

We fix a traditional foods meal, and offerings of clothing and other items of significance. It has been a difficult year for our community. We have not been able to come together as family or in ceremony. The Ancestors have a way of letting us know that it's time to feed them.

Those who came together brought out the names of those who have passed on. There were many to be remembered. There was a lot of food.

The message from the Ancestors that day was they were happy with the meal. The food was accepted quickly. We were happy to see so many there and very happy that the drummers and singers brought out the two songs. There will be a special blessing for them!

The Culture Department would like to thank all those who helped cook and who made and collected the clothing, prepared the fire, and who were all able to come together.



Save the Date

You are invited to a Virtual Screening of Dawn Land

September 30 2021

T-shirt giveaway and raffle

More information to follow.

CRCAC



SEAHAWKS RAFFLE ENTRY FORMS DUE SEPT. 3

Attention Tribal Members 21+:
The Seahawks raffle entry forms that you should have received in the mail are due Sept. 3.

- July 2, 2021: Entry Forms will be available in Tribal Council Offices and mailed to Tribal Members
- Sept. 3, 2021: Entry form deadline
- Sept. 7, 2021: Raffle ticket drawing day
- Sept. 19, 2021: first regular season home game

July Elders luncheon a hit

The Puyallup Tribal Elders had a Welcome Back Luncheon on Friday, July 23, outside the House of Respect. Music and a raffle gave the event another spark. COVID-19 precautions were in full force – everyone had to show a COVID vaccination card to participate. There was hope in July that COVID-19 would be over soon, but a new wave caused by the Delta variant led to the cancellation of the Inter-Tribal Luncheon that had been planned for September.

Photos by Frank Griese



In Your Own Words: Remembering Lawrence W. LaPointe

Written and compiled by Puyallup News Staff

Lawrence W. LaPointe, a longtime Puyallup Tribal Council leader, has gone on his journey. He was 72 years old. Lawrence LaPointe, known to most people as Larry, was born Dec. 6, 1948, and grew up on his ancestral lands in Tacoma.

LaPointe graduated from Lincoln High School and joined the U.S. Marine Corps shortly after, where he completed a tour of duty in Vietnam. After his time in the military, LaPointe went to work for the Tribe, including several years as administrative

manager. He won election to Tribal Council in the early 1990s and went on to win re-election numerous times, spending more than 20 years on Council.

Both on and off Council, LaPointe was part of the Tribe's fishing rights, land claims, and smoke shop victories from the 1970s through the 1990s.

He was also instrumental in the development and the establishment of the Emerald Queen Casino Riverboat, which opened in 1997.

LaPointe was a dedicated leader and was very active and involved in the tribe. He was also an active part of the Veterans Committee and was well respected among tribal members.

Many describe Larry as dependable, devoted, caring, and thoughtful; people knew he cared and would try and listen to help their situation.

Larry's presence was enormous and will be greatly missed by many at the tribe, along with many of the surrounding tribes that had the privilege to work with him.

The Puyallup Tribal News went to press shortly after the funeral. By press time many had contacted the paper to share their memories about Lawrence W. "Larry" LaPointe:

"Our hearts are heavy as we announce the passing of a beloved Elder, colleague and friend, Lawrence LaPointe. Most of us knew him as Larry. Larry served his people for many decades, including more than two decades on Tribal Council. He grew up in Tacoma, graduated from Lincoln High School and served a tour of duty in Vietnam with the U.S. Marine Corps. Later he went to work for the Tribe, including several years as administrative manager. Larry was there for the Land Claims Settlement, the Emerald Queen Riverboat, the opening of our first casinos, and so much more. He was always dependable. Beyond his work, many of us remember growing up with him and getting to know him. All of us remember his devotion to his family. Please join us in prayers for his family in this difficult time."

-The Puyallup Tribal Council

"I can still hear his voice of reason and strength. He added strength and leadership when the Tribe needed it. Here at the Tribe we are all family, and he respected everyone in a good way. He always loved the Puyallup reservation, taking time to work on every project he could – fishing rights, the bingo hall, the casino, land claims, health care, education and the per capita program. Outside of his outstanding service to the Tribe he was a man of strength, morals and convictions to his people. The Puyallup community could always count on Larry to help out anybody in need."

"I'll miss his knowledge, work ethic and the love of his people."

-Bill Sterud, chairman, Puyallup Tribal Council

I am honored to have worked with such a humble and proud individual such as Larry LaPointe, a dedicated and strong leader with no regrets on his decisions because they were always made to help his people, who he treated them as family. Lots of love and respect for you always, Larry LaPointe. Tell our ancestors hello and thank you for sharing you with us for so long. Rest and enjoy your family."

*Council Member and friend always,
-Sylvia Miller*

"Working with Larry LaPointe on Tribal Council was one of the great honors of my career. Larry had wisdom and a passion for his people. He did things by the book and believed in our policies. Larry LaPointe took pride in being a veteran and taught us all that it's important to fight for what we believe in. I will miss Larry and his wisdom and send my deepest condolences to all the family and friends who will miss him dearly."

-Annette M. Bryan

A good long-time warrior for the Puyallup people and all NW Tribes and we'll miss him."

*W. Ron Allen
Jamestown S'Klallam Tribal Chair/CEO*

Larry Lapointe was a good friend to the Suquamish Tribe, as he was committed to strong inter-tribal relations and also had family connections here as well. With sympathy, Leonard

-Leonard Forsman, Chairman, Suquamish Tribe

Condolences from the Yakama Nation to the Elder's family and membership of the Puyallup Tribe.

-Delano Saluskin, Chairman, Yakama Nation

Greetings Everyone to the Puyallup Tribal Nation and all Nations

My name is Sandra Cooper, aka Sandy Cooper. Born and raised on the East Side of Tacoma between "T Street and Roosevelt" I had the privilege of working with Larry Lapointe with the old days on the East Side of Tacoma on the Puyallup Reservation more than 60 years ago, working CETA programs when I was a teenager and fighting for the Land Claim Settlement and Fishing Rights and Smoke Shop owners rights in the late '70s and early '80s, he was a true warrior that took pride in his tribal membership and always gave great support and a lending ear to the members and the people, not only Puyallup tribal members but people like me from many different tribes here in Tacoma. His lifelong love Betty Capoeman was Quinault, and they lived down the street from us growing up. We always shared seafood, food, and whatever we had, we would get by back in the days later, but we made it."

continued on page 7.

continued from page 6.

Larry's mother, Georgia Parizo, sure adored her son; I had the privilege to know her for many years as she worked for the Law Office along with Lauren Butler dealing with several Law matters, including ICW cases through the United States and Canada. He would always have a lunch date with his mom Georgia and her friends, taking them to where they wanted to go for lunch. Lauren & I continue to talk about his mom George till this day as I'm sure we will, Larry.

More importantly, he was a Man with a great Heart, Spirit, Soul and showed up at Cultural events, POW Wows, sports, groundbreaking ceremonies, etc to support the community. Larry gave more than he ever took; he was a Proud man but also a very Humble man that I as a young girl, Lady, Woman came to respect, admire his wisdom, leadership, and support to the entire community always putting himself last to help out others in need.

I had nothing but great respect for this man, who was also a friend of my Mom & Dad for more than 60 years. Clifford & Edna Cooper were neighbors of Lawrence LaPointe & Betty Capoean until they passed. I sure miss the backyard barbecues, and salmon fish bakes at our homes.

When our parents passed leaving behind us kids Maxine, Karen, Henry, Me, Sheila, Judd, & Todd Larry & Betty stepped in as our surrogate parents to guide us through our grief and loss some of them passed before, however he was always very supportive of not only our family but the whole community as a whole.

My heart broke when I received the news from his granddaughter Shawneen Sanchez the night he passed. I couldn't believe it and still can't, but what I want to say is he was one of the nicest, kindest man I ever was privileged to meet and work closely with and become a part of his family as they welcomed us.

He sure adored his daughter Stacy Lapointe and was so proud of her accomplishments and all her children/ his grandchildren he couldn't wait to always see pics on his phone of how big the kids were getting. Stacy adored her dad and always had a beautiful smile every time they saw each other. So Precious.

My deepest condolences go out to Dennis LaPointe, Mary Parizo, and John Parizo. They sure had a wonderful brother, and he sure loved them and took great care of them.

Thank you for reading my letter of Memories for Larry Lapointe. He was such an awesome Native American Man.

My deepest condolences go out to Dennis LaPointe, Mary Parizo and John Parizo they sure had a wonderful brother and he sure loved them and took great care of them.

Thank you for reading my letter of Memories for Larry Lapointe he was such an awesome Native American Man.

- Sandy Cooper, ICW Liaison & my Brother Judd Cooper PTOI

“Too many memories to count! But the one that keeps popping in my head is St. Patrick's Day. Larry would make me corned beef and cabbage for EVERY St. Patrick's Day 😊. He'd call me and say, you home? Yep, whatcha doin? He'd say can you come outside, so I would go out, and there he would be with a big Rubbermaid glass container of freshly made corned beef and cabbage just for me 😊. Here ya go sweetheart, just keep the dish. Or the time I called to ask if he had a drill, I could use, and he immediately went out and got me a brand new one, fixed what I needed fixed, and said, keep the drill, I have so many memories/stories with my friend Lawrence, I will miss my favorite grump. 😊 😊”

-Angel Robertiello

Almost every visit I had with Larry involved laughter, even the last few days we visited. Whenever we would visit each other's office we would always compare our chronic illness blood work test results. His number was always better than mine. Always. And he took great joy in that. But my favorite moment was on the very first day I met Councilman LaPointe. We were in his office during my first month of work over 11 years ago and I asked, “What do I need to know to do really well here in Indian Country?” He put his feet up on his desk, lit a cigarette, blew the smoke up in the air and in my direction and said, “We can do this here.” We both laughed when I replied, “I

understand.” I will miss his smile, and I will miss his laugh.

-Russell Hanscom

As we Look Back

As we look back over time, we find ourselves wondering

Did we remember to thank you enough

For all, you have done for us?

For all the times you were by our sides

To help and support us,

To celebrate our successes

To understand our problems And accept our defeats?

Or for teaching us by your examples

The value of hard work, good judgment,

Courage and integrity?

We wonder if we ever thanked you

For the sacrifices you made.

To let us have the very best?

And for the simple things

Like laughter, smiles, and times we shared?

If we have forgotten to show our

Gratitude enough for all the things you did,

We're thanking you now.

And we are hoping you knew all along,

How much you meant to us.

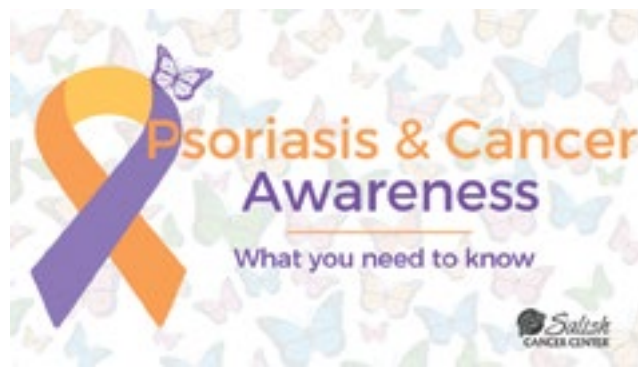
We will miss you, and we love you!

-The Coats Family

If you didn't have a chance to share your memories of Larry, please email news@puyalluptribe-nsn.gov Any new additions of memories will be shared in our next edition and online at PuyallupTribe-nsn.gov.



New Patient Services:
253-382-6317



Q: What triggers psoriasis and/or psoriasis flare-ups?

A: Stress is a common trigger as well as, dry skin, infections such as strep throat, weakened immune systems, skin injuries, cold weather, smoking, diabetes, heavy alcohol consumption, and medication use. The National Institute of Arthritis and Musculoskeletal & Skin, <https://www.niams.nih.gov/health-topics/psoriasis#tab-causes> say that Doctors still do not understand what triggers the psoriasis, however, many people who have the disease also have a family history of psoriasis.

Q: Who gets psoriasis?

A: Psoriasis.org <https://www.psoriasis.org/about-psoriasis/> say that, "Men, women, and children of all colors can get psoriasis." Symptoms can start anywhere from ages 15 to 25.

Q: How many kinds of psoriasis is there?

A: the AAD's blog <https://www.aad.org/public/diseases/psoriasis/what/look-like> indicates that there are several different types of psoriasis. The articles say that most people have the "plaque" psoriasis makes up about 80 percent of those who are diagnosed, and it is possible to have more than one type of psoriasis. Here is a list of a few different types of psoriasis: scalp, nail, guttate, inverse, pustular, generalized pustular. Visit the blog to learn more.

Q: Is there treatment for psoriasis?

A: The National Institute of Arthritis & Musculoskeletal & Skin Diseases <https://www.niams.nih.gov/health-topics/psoriasis#tab-overview> website, that psoriasis is a long-lasting disease. A treatment plan will be developed depending on the psoriasis type your diagnosed. The treatments help keep the symptoms under control, since currently there is no cure for the disease. Your treatment may include medication that is put on your skin like, creams, ointments, foams, or a pill. The other treatment may include phototherapy, where the doctor shines an ultraviolet light on your skin.

Conclusion

Hopefully, this article helps shed some light on psoriasis. Unfortunately, this information does not suggest how people with psoriasis may reduce their risk of developing cancer. But several lifestyle

modifications could help decrease the risk of getting cancer, such as quit smoking, drink less alcohol, eating healthier, and moderate exercise regularly.

To learn more about the cancers we treat, our treatment options, or our oncologists and medical team of professionals, contact us at 253-382-6300.

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What does psoriasis look like? American Academy of Dermatology. (n.d.). <https://www.aad.org/public/diseases/psoriasis/what/look-like>.



Sue Giske
E. marketing@salishcancercenter.com
Marketing Coordinator
Salish Cancer Center

August is Psoriasis Awareness Month | FAQs about Psoriasis

The month of August is Psoriasis Awareness month, which an ideal month to be aware of psoriasis since the sun can help clear up some forms of psoriasis. The National Psoriasis Foundation, <https://www.psoriasis.org/about-psoriasis/> says that, "Psoriasis affects more than 8 million people in the United States." Hopefully by sharing information about psoriasis we can mitigate the chances of getting it or treat the symptoms.

Q: What is psoriasis?

A: Psoriasis is an auto-immune disorder caused by an overactive immune system. According to Outcome Health's article, <https://www.outcomehealth.com/heartbeat/august-is-psoriasis-awareness-month>, psoriasis are skin cells regenerate at a faster than normal rate, resulting in red, scaly patches on the skin that become itchy and inflamed. Most often, psoriasis affects the scalp, elbows, and knees.

Q: Is there a link between psoriasis and cancer?

A: According Harvard Health Publishing' article, "Psoriasis and cancer: What's the link?", The JAMA Dermatology study focused on data from previous studies analyzed between April 9, 2018, and February 22, 2019. The researchers found that people with psoriasis had an increased risk of developing cancers including colon, kidney, laryngeal, liver, lymphoma, non-Hodgkin lymphoma, esophageal, oral, and pancreatic cancers. They also found that people with severe psoriasis who developed cancer also had an increased overall risk of dying.

Q: Is psoriasis contagious?

A: Even though psoriasis looks ugly, The American Academy of Dermatology Association (AAD), <https://www.aad.org/public/diseases/psoriasis/what/contagious>, assures us that we cannot get psoriasis from someone else, therefore it is not contagious.

JOB ANNOUNCEMENTS
yayusali

**Job title: Assistant Coordinator
(previously Event Assistant)**

Department: Administration

Closes: September 9, 2021

Responsible for assisting the Community Events Planner with all planning duties for Tribal Community and Administration events from start to finish. This position is expected to carry out various event planning assignments timely and accurately and assist the Community Event Planner with event details such as decor, catering, entertainment, guest lists, transportation, venue preparation, special guest requirements, all necessary equipment, promotional and marketing materials.

Job title: GIS Director

Department: GIS

Closes: When Filled

Acts as the Tribe's expert on geospatial matters by planning, designing, administering, implementing and maintaining the operation of the Tribe's GIS.

**Job title: Maintenance Laborer/
Groundskeeper**

Department: Housing

Closes: When Filled

The Maintenance Laborer/Groundskeeper is responsible for all carpentry, plumbing, painting, maintaining, and keeping the lawn and grounds of all development sites owned and managed by Tribal Housing. Work may include, but is not limited to mowing, edging, pulling weeds, applying lawn care treatments, cleaning trash and debris, pressure washing, and performing basic unit maintenance duties as assigned.

Job title: Elders CNA

**Department: House of Respect
Residences/Elders Wellness Center**

Closes: When filled

Under the supervision of the Assistant Executive Assistant Director of Elder Services and the Director of Nursing, the CNA will provide personal care, in-home meal preparation, light housekeeping, assist with ADL's, vital signs to the Tribal Elders in the Residence assisted living or in the home.

Job title: Case Aide

Department: Children's Services

Closes: When filled

The primary purpose of this position is in conjunction and in support to the case worker to provide wrap around services for families and children being reunified by the Puyallup Tribal Court System.

Job title: Child Welfare Caseworker

Department: Children's Services

Closes: When filled

To develop, implement and evaluate case plans to enrolled Puyallup Tribal children who are found to be children in need of care through the Puyallup Tribal Court. Facilitates family reunification or other permanent placement planning as deemed necessary by the Tribal Court. Initiates life-changing decisions based solely on the best interest of the children.

Job title: Finance and Business Director

**Department: Finance & Business
Development**

Closes: When filled

The Puyallup Tribe of Indians is seeking a highly qualified candidate to serve in the role of Finance and Business Development Director (Director). The Director will be skilled at managing multiple, competing priorities, have patience and maturity to build strategic relationships and possess an ever-present point of view towards the future. The ideal candidate will demonstrate an innate curiosity and ability to anticipate and adapt to new innovations, competitive threats and changing customer needs. This position assists the Finance Director (Director) and Tribal Financial Officer (TFO) by providing operational and financial oversight and analysis of the Tribe's governmental and business operations. It will contribute to the Tribe's overall success by effectively supporting the implementation of all financial policies and activities. Assists the Director and TFO on financial reporting, analysis, management and growth issues.

Job title: Child Support Attorney

Department: Child Support

Closes: When filled

Performs legal work for the Puyallup Tribe Child Support Program.

Job title: Tribal Court Associate Judge

Department: Tribal Court

Closes: When filled

Serves as hearing judge for the Puyallup Tribal Court in accordance with the tribal Judicial Administrative Code. Term is three years from the date of appointment by the Tribal Council. May be reappointed at the expiration of a term in the discretion of the Tribal Council.

Job title: Police Officer

Department: Law Enforcement

Closes: When 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.

How To Apply



Apply online at <https://usr58.dayforcehcm.com/CandidatePortal/en-US/ptoiaid>
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.

Stay up to date with
the Tribe's news and
events by subscribing
to the Puyallup Tribal
Weekly Newsletter.



Go to www.puyalluptribe-nsn.gov and click on "Sign up to receive our community email newsletter."



Resiliency and bravery: Remembering the Fishing Wars

By Puyallup News Staff

Sept. 10 is Fishing Wars Recognition Day. The holiday marks a time in living memory when Puyallup Tribal Members and people of neighboring tribes stood together to force recognition of fishing treaty rights.

The fight had begun well over a century earlier and gained momentum in the 1960s and 1970s. Finally, in 1974 the federal Boldt decision upheld Native fishing rights.

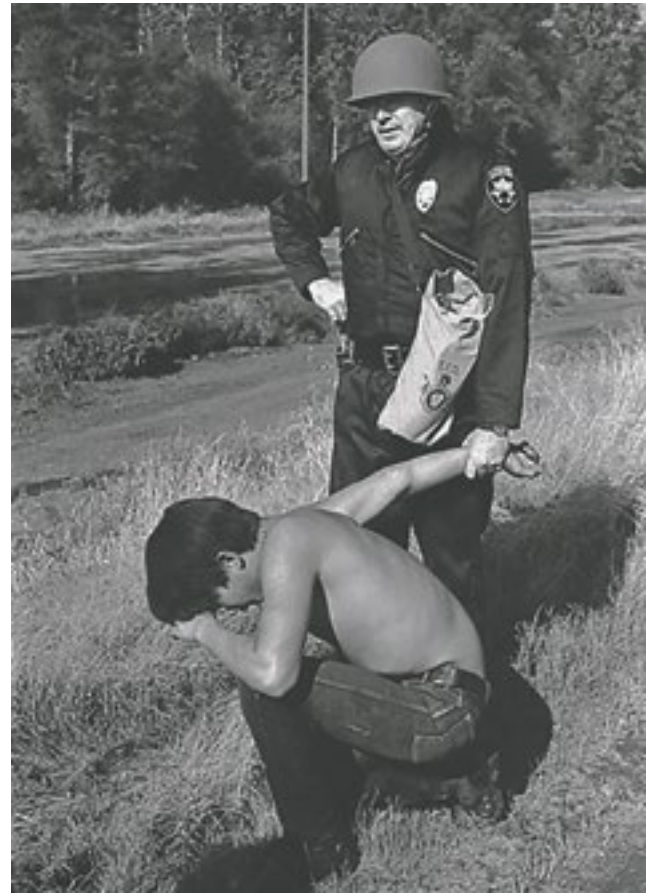
In honor of the resiliency of the Puyallup Tribe and its warriors, the Puyallup Tribal News is sharing images of the Fishing Wars that are kept by the Historic Preservation Department's archives. The images show people exercising and defending their treaty rights to fish at their usual and accustomed sites. Many of them faced brutality by police for defending those rights.

To learn more about the Fishing Wars and the Tribe's history, please visit the Puyallup Tribe of Indians Historic Preservation Department's Facebook page, <https://www.facebook.com/PTOIHistoricPreservation>.

Photos courtesy of the Puyallup Tribe's Historic Preservation Department, (Daniel Fear) or (Stephen Lehmer) Collection.



HISTORIC PRESERVATION
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yabuk^wəʔdat ʔə ti sčədadx^w

Puyallup Tribal
Administration offices

CLOSED Sept. 10

Fishing Wars
Recognition Day



Puyallup Tribe's PRIDE event was fabulous, honey!

Story By Katie Manzanares

Photos by Andrea Bob, Communications Coordinator and Frank Griese, Visual Media Director and Michael Thompson, Communications Director

Tribal community members turned out to show support and solidarity at the Tribe's annual Pride Event on Sunday. This year's event – in-person after last year's virtual celebrations – included cotton candy, tie-dye masks, a bounce house, face painting, the selection of Pride royalty and more. Many Tribal departments and Tacoma's Rainbow Center were there to offer resources for visitors.

The Tribe's volunteer Pride Working Group put on the event with the support of Tribal Council. Filthy FemCorps put on a live music performance with hits such as "Like a Prayer" and led the Pride Walk, which was lined with Pride flags and a description of what each color of the rainbow means.

In 2019, Tribal Council declared July as Pride Month for 2SLGBTQIA+ Community, becoming one of the first Tribes in the United States to do so. Teaching love and acceptance for all for a key aim. The acronym breakdown is two-spirited, lesbian, gay, bisexual, transgender, queer, intersex, asexual.

According to Connie McCloud, culture director, the term two-spirit is a relatively new word, which is meant to represent the Native peoples who possessed both male and female spirits. "They were highly talented and many times the medicine people, who were very well accepted," she said.

She opened the event with a prayer, followed by the Language Department offering music. Tribal Council members spoke to the visitors.

"All peoples have a right to be a people, to make their own choices. To live their own lives. Especially deep personal choices," Chairman Bill Sterud said. "I am proud to do what I can do to make sure this course, this canoe is headed in this direction."

"We like to show that no matter who you are or what you do, that you fit in this world," Vice Chairwoman Sylvia Miller said. "It's a good thing that each and every one of you support this event."



Councilmembers Monica Miller and Fred Dillon also spoke.

"Speak your mind. Stand your fight," Miller said. "The biggest thing in life is about love."

"It's about all of us coming together and accepting," Dillon said. "Let's enjoy this moment."

Councilmember Annette Bryan was given the honor of reading the historic

resolution aloud, word for word. "We are so supportive," she said of Council before welcoming and thanking everyone who helped bring the event about.

Resources: The Rainbow Center helps people who may be struggling or in need of someone to talk to or for more information along with additional resources about the 2SLGBTQIA+ community, please visit www.rainbowcntr.org.



Go to <http://www.youtube.com/c/PuyallupTribeofIndians> to watch Tribal Councilmembers speak at the Pride event



yayusə'tdat
(Work Day)

Puyallup Tribal
Administration offices
CLOSED Sept. 6
(Sept. 3 – Closed 4 hours early)
Labor Day



TRIBAL DIRECTORY

Accounting 253-573-7801 | Accounting@PuyallupTribe-nsn.gov

Administration 253-573-7800 | Operations@puyalluptribe-nsn.gov

Anita Oldbull *Administrative Manager* 253-573-7800 | Operations@puyalluptribe-nsn.gov
Joanne Webb *Executive Admin Assistant* 253-573-7906 | Joanne.Webb@puyalluptribe-nsn.gov
Celia Olea *Administrative Coordinator* 253-382-6084 | Celia.D.Olea@puyalluptribe-nsn.gov
Shelly Dillon *Executive Secretary* 253-573-7870 | ShellyDillon@puyalluptribe-nsn.gov
Chester Earl *Event Coordinator* 253-680-5776 | Chester.E.Earl@puyalluptribe-nsn.gov
Kylie McCarter *Mailroom Associate* 253-573-7937 | Kylie.McCarter@PuyallupTribe-nsn.gov
Cina Melendez *Lead Mailroom Associate* 253-573-5708 | Cina.A.Melendez@PuyallupTribe-nsn.gov

Communications Communications@PuyallupTribe-nsn.gov

Michael Thompson *Director* 253-382-6200 | Michael.Thompson@PuyallupTribe-nsn.gov
Andrea Bob *Coordinator* 253-382-6201 | Andrea.Bob@PuyallupTribe-nsn.gov
Jackie Johnson *Digital Media Manager* 253-382-6203 | Jackie.Johnson@PuyallupTribe-nsn.gov
Steven Gibeau *Graphic Designer* 253-382-6204 | Steven.Gibeau@PuyallupTribe-nsn.gov
Frank Griese *Visual Media* | Frank.Griese@PuyallupTribe-nsn.gov
Katie Manzanares *Content Producer* 253-382-6205 | Katie.Manzanares@PuyallupTribe-nsn.gov
General Support 253-382-6201 | Info@puyalluptribe-nsn.gov
Media Inquires 253-382-6200 | Communications@puyalluptribe-nsn.gov
Newspaper 253-382-6202 | News@puyalluptribe-nsn.gov

Compliance/Legislative

Mike Bovechop *Deputy Administrator* 253-573-7821 | Mike.Bovechop@puyalluptribe-nsn.gov
Lindsay Lapointe-Nicks *Legislative Assistant* 253-573-7816 | Lindsay.J.Lapointe-nicks@puyalluptribe-nsn.gov
Denise Harris *Customer Service/Admin Assistant* 253-573-7962 | Denise.Harris@puyalluptribe-nsn.gov

Council Offices CouncilOffices@PuyallupTribe-nsn.gov

Angel Robertiello *Lead Council Secretary* 253-573-7982 | Angel.robertiello@puyalluptribe-nsn.gov
Nadine Piatote *Council Secretary/Adult-ChildrenActivities* 253-573-7829 | Nadine.Piatote@puyalluptribe-nsn.gov
Kylee Satiacum *Council Secretary* 253-573-7827 | Kylee.Satiacum@PuyallupTribe-nsn.gov
Rosalee McCloud *Council Secretary* 253-573-7828 | Rosalee.Mccloud@puyalluptribe-nsn.gov
Lynda Squally *Council Secretary* 253-573-7833 | Lynda.Squally@puyalluptribe-nsn.gov
Hope Strickler *Council Secretary* 253-573-7949 | Hope.O.Strickler@PuyallupTribe-nsn.gov

Fleet

Robert Daniels *Director* 253-573-7945 | Robert.Daniels@PuyallupTribe-nsn.gov

Finance Finance@PuyallupTribe-nsn.gov

Matt Wadwani *Tribal Financial Officer and Business Development* 253-382-6046 | Matthew.Wadhwani@PuyallupTribe-nsn.gov
Julie Hamilton *Finance and Business Development Director* 253-573-7824 | Julie.Hamilton@PuyallupTribe-nsn.gov
Jolene Young *Sr. Financial Analyst* 253-778-2754 | Jolene.Young@PuyallupTribe-nsn.gov

Grants GrantWriters@PuyallupTribe-nsn.gov

Alysha McCloud *Director* 253-382-6041 | Alysha.McCloud@PuyallupTribe-nsn.gov
Christian Melendez *Sr. Administrative Assistant* 253-382-6040 | Christian.Melendez@PuyallupTribe-nsn.gov
Janet Dillon *Grant Writer* 253-382-6044 | Janet.Dillon@PuyallupTribe-nsn.gov
Miguel Douglas *Grant Writer* 253-573-7869 | Miguel.Douglas@PuyallupTribe-nsn.gov
Norman Dorpat *Grant Writer* 253-680-5765 | Norman.Dorpat@PuyallupTribe-nsn.gov

Historic Preservation HistoricPreservation@PuyallupTribe-nsn.gov

Carol Ann Hawks *Director/Historian* 253-573-7897 | CarolAnn.Hawks@PuyallupTribe-nsn.gov
Brandon Reynon *Assistant Director/Tribal Historic Preservation Officer* 253-573-7986 | Brandon.Reynon@PuyallupTribe-nsn.gov
Amber Taylor *Collections Management Lead* 253-573-7907 | Amber.Taylor@PuyallupTribe-nsn.gov
Amanda Dillon *Administrative Assistant* 253-573-7965 | Amanda.Dillon@PuyallupTribe-nsn.gov
Casey Barton *Archivist* 253-382-6049 | Casey.A.Barton@PuyallupTribe-nsn.gov
Charlotte Basch *Historic Education Coordinator* 253-382-6152 | Charlotte.Basch@PuyallupTribe-nsn.gov

Human Resources HumanResources@PuyallupTribe-nsn.gov

Linda Jarnagin *Executive Director* 253-573-7864 | Linda.Jarnagin@PuyallupTribe-nsn.gov
Stacie Flores *Assistant Executive Director* 253-573-7958 | Stacie.Flores@PuyallupTribe-nsn.gov
Misty Washington *Sr. HR Generalist* 253-382-6365 | Misty.Washington@PuyallupTribe-nsn.gov
Julie Moan *Sr. HR Generalist* 253-573-7925 | Julie.Moan@PuyallupTribe-nsn.gov
Shelby Pavel *HR Generalist* 253-573-7993 | Shelby.Pavel@PuyallupTribe-nsn.gov
Jennifer Eveskcige *Recruiting Specialist* 253-382-6089 | jennifer.eveskcige@puyalluptribe-nsn.gov
Megan Sorensen *Recruiting Specialist* 253-573-7843 | Megan.Sorensen@PuyallupTribe-nsn.gov
Mieko Lapointe-Mccloud *HR Assistant* 253-382-6064 | Mieko.L.LaPointe-McCloud@PuyallupTribe-nsn.gov
Hayley Sheldon *HR Assistant* 253-680-5707 | Hayley.Sheldon@PuyallupTribe-nsn.gov

Law Offices 253-573-7872 | Legal@Puyalluptribe-nsn.gov

Technology 253-573-7999 | Tech@Puyalluptribe-nsn.gov

Travel 253-680-5734 | TravelDepartment@Puyalluptribe-nsn.gov

General Services Division

Dan Kain *Executive Director* 253-680-5770 | Dan.Kain@PuyallupTribe-nsn.gov
Lizetta Kelly *Administrative Operations Coordinator* 253-573-7931 | Lizetta.Kelly@PuyallupTribe-nsn.gov

Cemetery

Donnie Finley *Director* 253-318-6191

GIS 253-573-7853 | GIS@Puyalluptribe-nsn.gov

Michael Polly *Acting Director* 253-573-7855 | Michael.Polly@PuyallupTribe-nsn.gov
Kaitlin Schrup *GIS Analyst* 253-382-6157 | Kaitlin.Schrup@PuyallupTribe-nsn.gov
John Strickler *GIS Technician* 253-382-6156 | John.A.Strickler@PuyallupTribe-nsn.gov

Maintenance 253-573-7892 | Maintenance@Puyalluptribe-nsn.gov

Planing and Land Use 253-573-7946 | Planning@Puyalluptribe-nsn.gov

Andrew Strobel *Director* 253-573-7879 | Andrew.Strobel@PuyallupTribe-nsn.gov
Robert Barandon *Land Use Planner* 253-573-7939 | Robert.B.Barandon@puyalluptribe-nsn.gov
Jennifer Keating *Land Use Planner* 253-382-6073 | Jennifer.M.Keating@puyalluptribe-nsn.gov
Charlene Matheson *Land Use Planner* 253-573-7901 | Charlene.Matheson@PuyallupTribe-nsn.gov

Public Safety/Natural Disaster Assistance

Rory Laducer *Director* 253-680-5670 | Rory.Laducer@PuyallupTribe-nsn.gov
Jason Dillon *Coordinator* 253-680-5673 | Jason.Dillon@PuyallupTribe-nsn.gov
Teresa Mathews *Community Liason* 253-382-6075 | Teresa.L.Mathews@Puyalluptribe-nsn.gov

Purchasing 253-382-6037 | Purchasing@Puyalluptribe-nsn.gov

Barbara Mordhorst *Purchasing Agent* 253-573-7881 | Barbara.Mordhorst@PuyallupTribe-nsn.gov
Robert Mauritsen *Shipping/Receiving Clerk* 253-573-7904 | Robert.Mauritsen@PuyallupTribe-nsn.gov
Samantha Credit *Purchasing Agent* 253-382-6037 | Samantha.Credit@PuyallupTribe-nsn.gov

Realty Realty@Puyalluptribe-nsn.gov

Angela Tate *Director* 253-573-7856 | Angela.Tate@Puyalluptribe-nsn.gov
Wahayla LaDucer *Administrative Assistant* 253-573-7961 | Wahayla.Laducer@PuyallupTribe-nsn.gov

TERO TERO@Puyalluptribe-nsn.gov

Lisa Melendez *Acting Director* 253-573-7952 | Lisa.Melendez@PuyallupTribe-nsn.gov
Tanya Coats *Administrative Assistant* 253-573-7942 | Tanya.Coats@PuyallupTribe-nsn.gov
Justin Satiacum *Compliance Officer* 253-573-7844 | Justin.Satiacum@PuyallupTribe-nsn.gov
Dion Hargrove *Compliance Officer* 253-573-7839 | Dion.R.Hargrove@PuyallupTribe-nsn.gov
Derek Black *Compliance Officer* 253-573-7850 | Derek.R.Black2@PuyallupTribe-nsn.gov
Penny Fryberg *Compliance Officer* 253-573-7984 | Penny.R.Fryberg@puyalluptribe-nsn.gov

TOSH TOSH@Puyalluptribe-nsn.gov

Kim Turnipseed *Director* 253-778-3696 | Kim.Turnipseed@PuyallupTribe-nsn.gov
Edmond Laugharn *Administrative Assistant* 253-328-3205 | Edmond.Laugharn@PuyallupTribe-nsn.gov

Workforce Development TribalWorkforce@Puyalluptribe-nsn.gov

Gina Lapointe *Director* 253-573-7857 | Gina.LaPointe@PuyallupTribe-nsn.gov
Daniel Duenas *Case Manager* 253-573-7924 | Daniel.Duenas@PuyallupTribe-nsn.gov
Heidi Bostrom *Case Manager* 253-382-6033 | Heidi.Bostrom@PuyallupTribe-nsn.gov
Peter Kalama *COR Supervisor* Peter.Kalama@PuyallupTribe-nsn.gov

Youth Workforce Development

Shana Roy *Program Manager* 253-573-7916 | Shana.Roy@PuyallupTribe-nsn.gov

Security 253-573-7908 | Security@Puyalluptribe-nsn.gov

Business Tax & License

Joanne Bean *Director* 253-573-7821 | Joanne.Bean@PuyallupTribe-nsn.gov
Leanora Powell *Coordinator* 253-344-3429 | Leanora.Powell3@PuyallupTribe-nsn.gov

Child Support ChildSupport@Puyalluptribe-nsn.gov

Mary Squally *Director* 253-680-5741 | Mary.Squally@PuyallupTribe-nsn.gov
Lynn Weible *Case Manager* 253-680-5751 | Lynn.Weible@PuyallupTribe-nsn.gov
Angelia Hendrix *Accountant* 253-680-5745 | Angelia.Hendrix@PuyallupTribe-nsn.gov
Hannah Strickler *Administrative Assistant* 253-680-5740 | Hannah.E.Strickler@PuyallupTribe-nsn.gov

Cigarette Tax

Kathy Lopez *Director* 253-573-7818 | Kathy.Lopez@PuyallupTribe-nsn.gov

Crisis Assistance Program (CAP) 253-573-7989 | CAP@Puyalluptribe-nsn.gov

Talea Lopez *Director* Talea.Lopez@PuyallupTribe-nsn.gov
Rebecca Curington *Lead Program Coordinator* Rebecca.Curington@PuyallupTribe-nsn.gov
Tabitha Aboites *CAP Coordinator* | Tabitha.Aboites@PuyallupTribe-nsn.gov
Rachel Henry *CAP Coordinator* Rachel.Henry@PuyallupTribe-nsn.gov
Andrea Lewis *Office Assistant* Andrea.M.Lewis@puyalluptribe-nsn.gov

Education Incentives Program 253-573-7921 | EIP@Puyalluptribe-nsn.gov

Angela Hatch *Coordinator* 253-573-7921 | Angela.Hatch@Puyalluptribe-nsn.gov
Amanda Duenas *Coordinator* 253-382-6074 | Amanda.G.Duenas@puyalluptribe-nsn.gov

Elders Lawncare

Jodan Shippentower *Director* 253-405-1524

Emergency Housing Repair 253-573-7972 | EmergencyHousing@Puyalluptribe-nsn.gov

Don Coats *Director* 253-573-7970 | Don.Coats@PuyallupTribe-nsn.gov
Faith Sleeper *Coordinator* 253-382-6356 | Faith.Sleeper@PuyallupTribe-nsn.gov
Kelly Sasticum *Coordinator* 253-382-6355 | Kelly.Sasticum@PuyallupTribe-nsn.gov
Alacyn Sleeper *Coordinator* 253-382-6097 | Alacyn.L.Sleeper@puyalluptribe-nsn.gov
Mikayla Strickler *Intake Specialist* 253-382-6357 | Mikayla.Strickler@PuyallupTribe-nsn.gov

Enrollment 253-573-7849 | Enrollment@Puyalluptribe-nsn.gov

Barbara Richards *Director* 253-573-7849 | Barbara.Richards@PuyallupTribe-nsn.gov
Stella John *Assistant Director* 253-573-7978 | Stella.John@PuyallupTribe-nsn.gov
Norma Eaglespeaker *Coordinator* 253-573-7959 | Norma.EagleSpeaker@PuyallupTribe-nsn.gov
Michael Flores *ID Tech/Assistant* 253-573-7994 | Michael.FloresJr@PuyallupTribe-nsn.gov
Halana Rivera *Program Assistant/ID Clerk* 253-573-7899 | Halana.Rivera@PuyallupTribe-nsn.gov

Extreme Emergency Assistance

Joanne Webb *Program Coordinator* 253-573-7906 | JoAnne.Webb@PuyallupTribe-nsn.gov

Funeral and Medical 253-573-7884 | FuneralMedical@Puyalluptribe-nsn.gov

Elsie Thomas *Director* 253-573-7884 | Elsie.Thomas@PuyallupTribe-nsn.gov
Daniel McCloud *Coordinator* 253-573-7888 | Daniel.McCloud@PuyallupTribe-nsn.gov
Merilee Satiacum *Administrative Assistant* 253-680-5737 | Merrilee.Satiacum@PuyallupTribe-nsn.gov

TRIBAL DIRECTORY

Housing

Joanne Gutierrez *Director* 253-680-5994 | Joanne.Gutierrez@PuyallupTribe-nsn.gov
Alissa Varbel *Sr. Administrative Assistant* 253-573-7926 | Alissa.Varbel@PuyallupTribe-nsn.gov
Kim Moorehead *Accountant* 253-573-5982 | Kim.Moorehead@PuyallupTribe-nsn.gov
Kayla Boome *Resident Services Specialist* 253-382-6090 | Kayla.Boome@PuyallupTribe-nsn.gov
Lisa Davis *Resident Services Specialist* 253-680-5987 | Lisa.Davis@PuyallupTribe-nsn.gov
Jaime Sportsman *Resident Services Specialist* 253-680-5991 | Jamie.Sportsman@PuyallupTribe-nsn.gov
Tracie Wrolson *Intake Specialist* 253-382-6112 | Tracie.Wrolson@PuyallupTribe-nsn.gov
Eugena Buena-Douglas *ROSS Coordinator* 253-573-7947 | Eugena.Buena-Douglas@PuyallupTribe-nsn.gov
Lucia Earl-Mitchell *Gym Coordinator* 253-312-5581 | Lucia.Earl-Mitchell@PuyallupTribe-nsn.gov
Anthony Smith *Maintenance Manager* 253-327-4743 | Anthony.Smith@PuyallupTribe-nsn.gov
Buddy Holman-Fryberg *Maintenance* 253-355-1993 | Buddy.Fryberg@PuyallupTribe-nsn.gov
Gary Boyd *Maintenance* 253-312-3655 | Gary.Boyd@PuyallupTribe-nsn.gov
Merlin Weaselhead *Maintenance* 253-617-8930 | Merlin.Weaselhead@PuyallupTribe-nsn.gov
Phillip Campbell *Maintenance* 253-778-5617 | Phillip.Joseph@PuyallupTribe-nsn.gov

Higher Education

253-573-7918 | HigherEducation@Puyalluptribe-nsn.gov
Joyce Tobolski *Higher Education Manager* 253-573-7918 | Joyce.Tobolski@PuyallupTribe-nsn.gov
Angela Shippentower *Higher Education Manager* 253-573-7885 | Angela.Shippentower@PuyallupTribe-nsn.gov

Per Capita

253-573-7847 | Percapita@Puyalluptribe-nsn.gov
Tribal Community Wellness Division TCWD TCWD@Puyalluptribe-nsn.gov

Tara Reynon *Division Manager* 253-680-5766 | Tara.Reynon@Puyalluptribe-nsn.gov
Nina Oldcoyote *Coordinator* 253-573-7957 | Nina.OldCoyote@PuyallupTribe-nsn.gov
Nicole Sutton *Sr. Administrative Assistant* 253-382-6179 | Nicole.M.Sutton@PuyallupTribe-nsn.gov

Adult Protective Services

AdultProtectiveServices@Puyalluptribe-nsn.gov
Harmony Roebuck *Social Worker/Director* 253-573-7966 | Harmony.Roebuck@PuyallupTribe-nsn.gov
Maria West *Social Worker/Investigator* 253-382-6071 | Maria.West@puyalluptribe-nsn.gov
Sonia Hyde *Case Aide* 253-382-6072 | Sonia.Hyde@PuyallupTribe-nsn.gov

Children Services

ChildrenSvc@Puyalluptribe-nsn.gov
Roberta Hillarie *Director* 253-389-1690 | Roberta.Hillaire@PuyallupTribe-nsn.gov
Jasmine Monjaraz *Sr. Administrative Assistant* 253-680-5527 | Jasmine.Monjaraz@PuyallupTribe-nsn.gov
Charlene Delacruz *Administrative Assistant* 253-382-6087 | Charlene.Delacruz@PuyallupTribe-nsn.gov
Mandy Morlin *CPA Manager* 253-680-5545 | Mandy.Morlin@PuyallupTribe-nsn.gov

Children of the River Advocacy Center

253-382-6060 | ChildAdvocacyCenter@Puyalluptribe-nsn.gov
Laura Bluehorse-Swift *Program Manager* 253-382-6060 | Laura.Bluehorse-Swift@PuyallupTribe-nsn.gov

Community Domestic Violence Advocacy

253-680-5499 | CDVAP@Puyalluptribe-nsn.gov
Roxanne Murdock *Acting Director* Roxanne.Murdock@PuyallupTribe-nsn.gov
Janet Miholland *Program Assistant* Janet.Milholland@PuyallupTribe-nsn.gov

Community Family Services

CommunityFamilyServices@Puyalluptribe-nsn.gov
Teresa Cruell *Assistant Director* 253-680-5738 | Teresa.Cruell@PuyallupTribe-nsn.gov
Jessica Williams *Administrative Assistant* 253-382-6094 | Jessica.Williams@PuyallupTribe-nsn.gov
Mona Miller *Re-entry Manager* 253-382-6197 | Mona.Miller@PuyallupTribe-nsn.gov
Jennifer Storey *Re-entry Navigator* 253-573-7842 | Jennifer.Storey@PuyallupTribe-nsn.gov
Linda Dillon *Flames of Recovery* 253-382-6101 | Linda.Dillon@PuyallupTribe-nsn.gov

Culture

CulturalCenter@Puyalluptribe-nsn.gov
Connie McCloud *Director* 253-680-5687 | Connie.McCloud@PuyallupTribe-nsn.gov
Clinton McCloud *Assistant Director* 253-680-5761 | Clinton.McCloud@PuyallupTribe-nsn.gov
Marsha Pluff *Sr. Administrative Assistant* 253-382-6110 | Marsha.Pluff@PuyallupTribe-nsn.gov
Angeline Totus *Cultural Activities Coordinator* 253-680-5681 | Angeline.Totus@PuyallupTribe-nsn.gov
Denise Reed *Assistant* 253-680-5684 | Denise.Reed@PuyallupTribe-nsn.gov
Mike Hall *Carver* 253-382-6108 | Mike.Hall@PuyallupTribe-nsn.gov

Elders Services

EldersCareDepartment@Puyalluptribe-nsn.gov
Vernetta Miller *Executive Director* 253-680-5482 | Vernetta.Miller@PuyallupTribe-nsn.gov
Russ Hanscom, RN, MHA *Executive Director* 253-680-5481 | Russ.Hanscom@PuyallupTribe-nsn.gov
Lois Jacobs, RN *Assistant Executive Director* 253-680-5495 | Lois.Jacobs@PuyallupTribe-nsn.gov
Shantrell McCloud-LaCroix *Administrative Assistant* 253-680-5483 | Shanetrell.McCloud-LaCroix@PuyallupTribe-nsn.gov
Cassee Anderson, RN *Director, The Residence* 253-382-6139 | Cassee.Anderson@PuyallupTribe-nsn.gov
Bill Eveskcige *Facilities Manager* 253-680-5485 | Bill.Eveskcige@PuyallupTribe-nsn.gov
Judy LeGarde *Activities Coordinator* 253-680-5494 | Judy.LeGarde@PuyallupTribe-nsn.gov

Grandview Early Learning Center

253-680-5515 | Grandview@Puyalluptribe-nsn.gov
Deonnah McCloud *Assistant Director* 253-225-7608 | Deonnah.McCloud@PuyallupTribe-nsn.gov

ICW

ICWProgram@Puyalluptribe-nsn.gov
Sandra Cooper *ICW Tribal/State Court Liason* 253-405-7544 | Sandra.Cooper@PuyallupTribe-nsn.gov
Marriah Betschart *ICW Tribal/State Court Liason* 253-680-5755 | Marriah.E.Betschart@PuyallupTribe-nsn.gov
Emily Boettcher *ICW Administrative Assistant* 253-680-5756 | Emily.Boettcher2@PuyallupTribe-nsn.gov

Language

Language@Puyalluptribe-nsn.gov
Amber Hayward *Director* 253-680-5763 | Amber.Hayward@PuyallupTribe-nsn.gov
Hope Morey *Program Services Coordinator* 253-382-6086 | Hope.C.Morey@PuyallupTribe-nsn.gov
Chris Duenas *Multi-Media/Web Developer* 253-680-5760 | Christopher.Duenas@PuyallupTribe-nsn.gov
Chris Briden *Language Teacher* 253-382-6077 | Christopher.Briden@PuyallupTribe-nsn.gov
Archie Cantrell *Language Teacher* 253-680-5768 | Archie.Cantrell@PuyallupTribe-nsn.gov
David Duenas Jr. *Language Teacher* 253-680-5762 | David.DuenasJr@PuyallupTribe-nsn.gov
Zalmai Zahir *Language Consultant* Zalmai.Zahir@PuyallupTribe-nsn.gov

Set Aside Housing

253-680-5758 | SetAsideProgram@Puyalluptribe-nsn.gov
Lorelei Evans *Director* 253-573-7950 | Lorelei.Evans@PuyallupTribe-nsn.gov
Marvin Johnson *Operations Manager* 253-680-5984 | Marvin.Johnson@PuyallupTribe-nsn.gov
Doreen Contreras *Program Coordinator* 253-680-5988 | Doreen.Contreras2@PuyallupTribe-nsn.gov
Theresa George *Resource Specialist* 253-680-5739 | Theresa.George@PuyallupTribe-nsn.gov
James Miles *Surveyor* 253-573-7932 | James.Miles@PuyallupTribe-nsn.gov
Arleena Finley *Intake Specialist* 253-680-5694 | Arleena.Finley@PuyallupTribe-nsn.gov

Tribal Children

Valerie Scott *Services Planner Childcare, Preschool and Temporary Assistance for Foster Care and Enrollment Assistance* 253-573-7903 | Valerie.Scott@PuyallupTribe-nsn.gov

Wrap Around Program

253-382-6219 | WrapAroundProgram@Puyalluptribe-nsn.gov
Shannel Janzen *Manager* 253-382-6215 | Shannel.N.Janzen@PuyallupTribe-nsn.gov
Kristy Matye *Services Navigator* 253-382-6184 | Kristy.M.Matye@PuyallupTribe-nsn.gov
Katie Colbert *Services Navigator* 253-382-6217 | Katie.Colbert2@PuyallupTribe-nsn.gov
Ashley Howard *Services Navigator* 253-382-6216 | Ashley.Howard@PuyallupTribe-nsn.gov
Eleanore Loucks *Program Coordinator* 253-382-6067 | Eleanore.M.Loucks@puyalluptribe-nsn.gov
Christine Sharp Lamas *Services Navigator* 253-382-6081 | Christine.Sharp-Lamas@PuyallupTribe-nsn.gov
Ashley Olson *Independent Living Skills Coordinator* 253-382-6218 | Ashley.Olson@PuyallupTribe-nsn.gov

Youth Center

YouthCenter@Puyalluptribe-nsn.gov
Lisa Earl *Director* 253-680-5679 | Lisa.Earl@PuyallupTribe-nsn.gov
Phillip Dillon *Youth Activities Coordinator* 253-680-5683 | Phillip.Dillon@PuyallupTribe-nsn.gov
Amenda Butler Smith *Youth Center Coordinator* 253-680-5989 | Amenda.Butler-Smith@PuyallupTribe-nsn.gov
Mercedes Haack *Youth Center Coordinator* 253-680-5757 | Mercedes.Haack@PuyallupTribe-nsn.gov
Linda Castillo *Youth Center Coordinator* 253-382-6076 | Linda.Castillo@PuyallupTribe-nsn.gov
Cliff Jordan *Maintenance* 253-573-7893 | Cliff.Jordan@PuyallupTribe-nsn.gov
Dorothy Earl *Cook* Dorothy.Earl@PuyallupTribe-nsn.gov

Fisheries

Fisheries@Puyalluptribe-nsn.gov
Russ Ladley *Director* 253-680-5568, 253-405-5339 | Russ.Ladley@PuyallupTribe-nsn.gov
Char Naylor *Assistant Director* 253-680-5520, 253-405-7815 | Char.Naylor@PuyallupTribe-nsn.gov
Joe McCloud *Fish Buy Coordinator* 253-680-5573, 253-255-1804 | Joe.McCloud@PuyallupTribe-nsn.gov
Fred Dillon *Natural Resource Policy Rep* 253-573-7974, 253-405-5154 | Fred.Dillon@PuyallupTribe-nsn.gov
Andrew Berger *Sr. Stock Assessment Biologist* 253-680-5569, 253-405-5037 | Andrew.Berger@PuyallupTribe-nsn.gov
Angela Dillon *SEPA Reviewer* 253-680-5706, 253-278-1160 | Angela.Dillon@PuyallupTribe-nsn.gov
Blake Smith *Fisheries Enhancement Chief* 253-680-5561, 253-405-4913 | Blake.Smith@PuyallupTribe-nsn.gov
Caleb Graham *Scientific Technician II *seasonal* 253-680-5560, 253-341-2814 | Caleb.Graham@PuyallupTribe-nsn.gov
Chris Phinney *Harvest Management* 253-680-5562, 253-405-6496 | Chris.Phinney@PuyallupTribe-nsn.gov
Elsie Wescott *Water Quality Technician / Program Assistant* 253-680-5522, 253-606-8689 | Elsie.Wescott@PuyallupTribe-nsn.gov
Daniel Edwards *Hatchery Specialist II* 253-382-6054, 253-433-0488 | Daniel.Edwards@PuyallupTribe-nsn.gov
Jason Pavel *Hatchery Technician II* 253-382-6078, 253-257-5872 | Jason.T.Pavel@PuyallupTribe-nsn.gov
Julian Close *Stock Assessment / Field Biologist* 253-680-5573, 253-312-4912 | Julian.Close@PuyallupTribe-nsn.gov
Mary Basballe *Fisheries Habitat Coordinator* 253-680-5524, 253-878-8463 | Mary.Basballe@PuyallupTribe-nsn.gov
Mary Brown *Water Quality Technician* 253-680-5523, 253-973-2499 | Mary.Brown@PuyallupTribe-nsn.gov
Sarah Bryant *Secretary* 253-680-5572, 253-341-2462 | Sarah.Bryant@PuyallupTribe-nsn.gov
Terry Sebastian *Biologist* 253-680-5571, 253-405-6030 | Terry.Sebastian@PuyallupTribe-nsn.gov
Wesley Siddle *Senior Hatchery Specialist II* 253-680-5574, 253-278-9170 | Wesley.Siddle@PuyallupTribe-nsn.gov
Dale Varbel *Hatchery Specialist II* 253-680-5560, 253-778-9015 | Dale.Varbel@PuyallupTribe-nsn.gov
Eric Marks *Biologist* 253-405-6864, 253-405-6864 | Eric.Marks@Puyalluptribe-nsn.gov
Donivan Campbell *Scientific Technician II *seasonal* 253-680-5560, 253-344-3615 | Donivan.Campbell@puyalluptribe-nsn.gov
Jasper Lafayette Cantrell *Scientific Technician II *seasonal* 253-680-5560, 253-344-6225 | jasper.cantrell@puyalluptribe-nsn.gov
Jeff Thomas *TFW Director* 253-680-5565, 253-405-7478 | Jeffrey.Thomas@PuyallupTribe-nsn.gov
Jon Schroeder *Scientific Technician II *seasonal* 253-680-5560, 253-344-0786 | Jon.Schroeder@PuyallupTribe-nsn.gov

Shellfish

253-573-7992 | ShellFish@Puyalluptribe-nsn.gov
Nancy Games-Shippentower *Director* 253-573-7909 | nancy.games@puyalluptribe-nsn.gov
Deanna Finley *Office Manager* 253-573-7992 | Deanna.Finley@PuyallupTribe-nsn.gov
David Winfrey *Biologist* 253-573-7933 | David.Winfrey@PuyallupTribe-nsn.gov
George Sterns *Biologist* 253-573-7817 | George.Stearns@PuyallupTribe-nsn.gov

Hunting and Wildlife

Hunting@Puyalluptribe-nsn.gov
Dan Sandstrom *Director* 253-680-5705 | Dan.Sandstrom@PuyallupTribe-nsn.gov
Alyrece McCloud *Technician* 253-680-5704 | Alyrece.McCloud@PuyallupTribe-nsn.gov
Barbara Moeller *Biologist* 253-680-5521 | Barbara.Moeller@PuyallupTribe-nsn.gov

Law Enforcement

253-680-5656
Joe Duenas *Chief of Police* Joe.Duenas@PuyallupTribe-nsn.gov
Dispatch 253-680-5656

Probation Office

253-680-5676 | Probation@puyalluptribe-nsn.gov
Prosecutor's Office 253-680-5600 | Prosecutors@puyalluptribe-nsn.gov

Tribal Courts

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

Tribal Council announces it will pay people to vaccinate

Vaccination Incentive Program open to Puyallup Tribal Members and all employees; deadline for FULL vaccination is Sept. 30

The Puyallup Tribal Council on Aug. 8 announced \$500 payments for Tribal Members and employees who are fully vaccinated against COVID-19.

The Vaccination Incentive Program is open to every Puyallup Tribal member 12 or older and to any employee of the Tribe's government or its Entities. The deadline to apply is Sept. 30. Some vaccines require two doses spaced weeks apart, so people would need to get the first dose well ahead of Sept. 30 in order to be fully vaccinated and claim the \$500 incentive.

"We want to save your life," Tribal Council said in a statement to the Membership and employees (please see the full statement on page 2). "This is an investment in our collective health. Get vaccinated and help your community."

HOW TO APPLY

Instructions and links to online applications and downloadable Membership application forms also are online at [PuyallupTribe-nsn.gov](https://www.puyalluptribe-nsn.gov).

Who may apply for an incentive payment?*

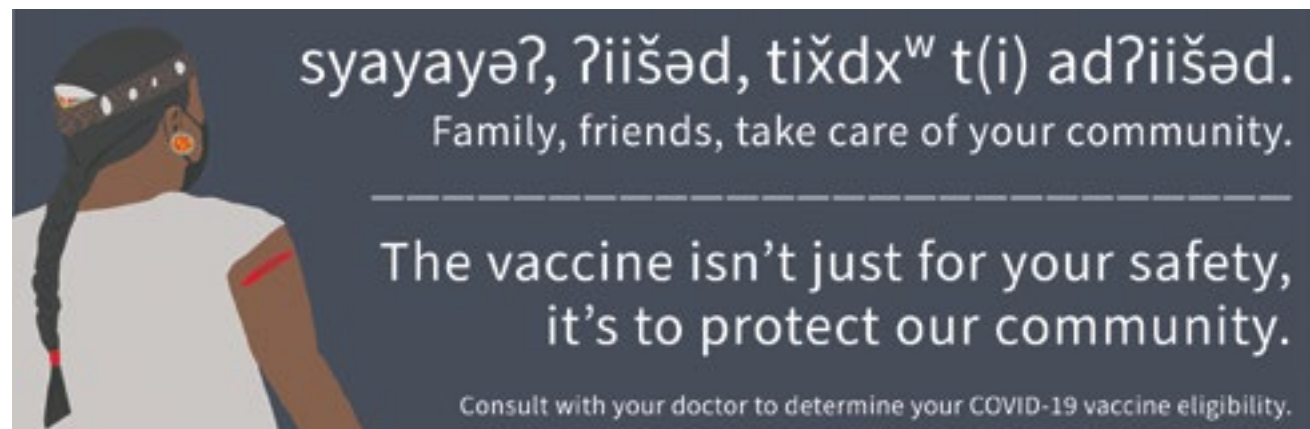
- Puyallup Tribal Member: Any Puyallup Tribal Member 12 and older
- Puyallup Tribal Employee: Any employee of the Puyallup Tribal government or the Puyallup Tribe's entities (EQC, MVV, PTHA, PTCE, Qwibil, SCC, and CLS)

Note: You must be in at least one of the categories above. Check with your HR department if you have any questions about eligibility.

How to claim your incentive payment*

Gather these materials:

1. A copy or photo of your vaccination card
2. A copy of your Tribal ID (front and back) (only if you are a Tribal member)
3. A copy of the Vaccination Incentive Program form (link at the end of this article. The form is not needed if you apply online; if you are a non-Tribal-Member employee, ask your HR department for one)



*Consult with your doctor to determine if you are eligible to get the vaccine

Are you:

A Tribal Member who also is employed by the Tribe or a Tribal Entity (MVV, EQC, CBC, etc.)? Choose how to apply:

- Online at [PuyallupTribe-nsn.gov](https://www.puyalluptribe-nsn.gov).
- Email. Email all of the materials listed above to: Vaccine@PuyallupTribe-nsn.gov
- In person with your employer's HR or Administration. You will need ALL the materials listed above.
- In person at the main Tribal Administration Building, 3009 E. Portland Ave., Tacoma WA 98404. There will be a table set up in the building's breezeway facing Portland Avenue. Hours: 8 a.m. to 5 p.m. Monday through Friday, except holidays.
- Mail your application materials (all of the materials listed above) to:

*Puyallup Tribal Administration
Attn: Vaccination Program
3009 E. Portland Ave.
Tacoma, WA 98404*

A Tribal Member who is NOT employed by the Tribe or one of its Entities? Choose how to apply:

- Online at [PuyallupTribe-nsn.gov](https://www.puyalluptribe-nsn.gov). You will need ALL the materials listed above.
- Email. Email all of the materials listed above to: Vaccine@PuyallupTribe-nsn.gov
- In person at the main Tribal Administration Building, 3009 E. Portland Ave., Tacoma WA 98404. There will be a table set up in the building's breezeway facing Portland Avenue. Hours: 8 a.m. to 5 p.m. Monday through Friday, except holidays.
- Mail your application materials (all of the materials listed above) to:

*Puyallup Tribal Administration
Attn: Vaccination Program
3009 E. Portland Ave.
Tacoma, WA 98404*

An employee who is NOT a Tribal Member? Choose how to apply (ask HR for the correct form):

- Email. Email all of the materials listed above to: Vaccine@PuyallupTribe-nsn.gov
- In person with your employer's HR or Administration. You will need ALL the materials listed above.
- Mail your application materials (all of the materials listed above) to:

*Puyallup Tribal Administration
Attn: Vaccination Program
3009 E. Portland Ave.
Tacoma, WA 98404*

DEADLINE

You must submit an application NO LATER than Sept. 30, 2021.

Do you need an application form?

- Email Vaccine@PuyallupTribe-nsn.gov
- Call 253-344-3845
- If you are a Tribal Member, you can get a form from [PuyallupTribe-nsn.gov](https://www.puyalluptribe-nsn.gov) or in person at Tribal Administration. If you are a non-Tribal-Member employee, contact your HR to get the form.

Do you have questions about the vaccine?

- Consult with your doctor to go over questions and vaccine eligibility
- Centers for Disease Control Vaccine Safety:
 - ♦ <https://www.cdc.gov/vaccinesafety/index.html>
 - ♦ <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety.html>

Where can I get a vaccine?

If you are a Puyallup Tribal Health Authority patient, call (253) 593-0232 to schedule your appointment or learn more about the drive-thru clinic in the PTHA parking lot.

Read more at COVID-19 vaccines at PTHA at: <https://www.eptha.com/covid-19-vaccines-at-ptha/>

You can also use the Vaccine Finder tool. Simply visit this link, <https://www.vaccines.gov/search/>, provide your zip code and the locator map will show the options nearby.

INDEPENDENT LIVING SKILLS CLASSES



WITH SPECIAL GUESTS



ARCHIE CANTRELL

Language Teacher

Sept. 9, at 4pm

Class Title: Hunting,
Fishing, and Diving



MONA MILLER

Reentry Manager

Sept. 30, at 4pm

Class Title: Effective
Communication Skills

**LOCATION: INCUBATOR BUILDING - 1423 E 29TH ST,
TACOMA, WA 98404 OR ZOOM**

TO RSVP VISIT: [HTTPS://BIT.LY/3WBMLRN](https://bit.ly/3WBMLRN)

HOSTED BY: PUYALLUP TRIBE WRAP AROUND PROGRAM

**Contact Ashley Olson for more info: 253-344-0368
or Ashley.Olson@PuyallupTribe-nsn.gov**

The harmful effects of Styrofoam

Submitted by the Sustainability Working Group



Polystyrene foam or the brand name Styrofoam, is a single use product with the number 6 PS

symbol. It is made from fossil fuels: natural gas and petroleum. The process of manufacturing Styrofoam releases hazardous chemicals and greenhouse gas emissions into the environment.

Styrofoam has been used extensively in food packaging and is one of the most environmentally unfriendly products in the world. Styrofoam is harmful to people, fish, wildlife, and our planet.

- Styrofoam is toxic to humans. Styrofoam contains the chemical Styrene which has been linked to cancer, vision and hearing loss, and impaired memory and concentration. When heated by hot foods or liquids, Styrofoam leaches chemicals into the food we eat. Styrofoam contains 57 chemical by-products, many of which are carcinogenic (Chandra et al., 2016).

- Styrofoam is harmful to fish. The chemicals that Styrofoam releases into the environment can affect the nucleic acid ratio in juvenile pink salmon. The RNA/DNA ratio is an indicator of condition and growth. Well-fed, metabolically active, growing individuals will have a high RNA/DNA ratio compared to starving, metabolically inactive individuals (Foley, 2016).
- Styrofoam is harmful to wildlife. Birds and other animals consume small pieces of Styrofoam that clog the digestive system and it is a choking hazard.
- Styrofoam takes up space in landfills. By volume, Styrofoam waste is 30% of our nation's land fill space (Kremer, 2003).
- Styrofoam is not biodegradable, which means it can't be broken down or consumed by living organisms like bacteria or fungi. It is unknown how long Styrofoam will persist on Earth. Some estimates predict Styrofoam will remain in the environment for 500 years or more (Chandra et al., 2016).

How can we avoid using Styrofoam?

1. Reusable mugs, bottles, containers, and plates are the best alternative to Styrofoam! Always bring your reusable bottles to events instead of taking single use plastic items like Styrofoam cups.

2. For single use items, consider compostable products.
3. Avoid getting take out from restaurants that use Styrofoam packaging.
4. Avoid purchasing all plastics with the number 6 symbol.

Our people have been here since time immemorial. Our waste should not. Let's keep our land, water, and air clean and healthy for the next seven generations.

References

Chandra, M., Kohn, C., Pawlitz, J., & Powell, G. (2016). *REAL COST OF STYROFOAM* (pp. 1-45). St Louis: Saint Louis University. doi:https://greendiningalliance.org/wp-content/uploads/2016/12/real-cost-of-styrofoam_written-report.pdf

Foley, C. J., Bradley, D. L., & Höök, T. O. (2016). A review and assessment of the potential use of RNA: DNA ratios to assess the condition of entrained fish larvae. *Ecological Indicators*, 60, 346-357.

Kremer, A. (2003, April). *The Lifecycle of Styrofoam. Race, Poverty, and the Urban Environment*; . <https://flaglerlive.com/wp-content/uploads/Styrofoam.pdf> .

David Z. Bean and Kellie Bean Share Their Story, Children Raising Children: The Good, the Bad, the Ugly

By Alexander Harrison, Puyallup Tribal Member

The Wrap Around Program is hosting a series of classes for Tribal members titled the Independent Living Classes. The classes are hosted on Zoom due to COVID-19 restrictions.

In one recent class, David Z. Bean and Kellie Bean share some of the lessons learned after 24 years together. They have what they call "a blended family" with children from different partners, and both of them had their first children as teenagers.

The priority for both parents when they blended their family, they said, was ensuring that all the children were raised equally but differently according to each child's unique talents and gifts.

There were good, bad, and ugly moments in being young parents. David emphasized that both him and Kellie knew they were imperfectly perfect. Throughout the class they both gave tips on how Tribal members who face similar situations can thrive.

One of the tips was opening up about sex and drugs early so that the kids don't learn about them from somebody else. Next was telling their children to use protection when engaging in sexual behavior.

"One of the most important things a parent can do for their child is to be relatable," Kellie said. They both come from a perspective of knowing that being a teenage parent does not ruin your life. However, as David, said, "it can be tough when kids get sick, finances are tight, and there are a lot of learning experiences that come along the way." Kellie wanted to highlight the importance of taking a step back when things are hard, and calming the mind before approaching your children and others.

Further, don't have your children hide things from you was an important lesson they wanted to share. Teaching them

how to trust can be one of the biggest challenges that young parents face.

One piece of advice that stood out from the class was to surround yourself with people who are like you. "Don't go out and party, if you have children to take care of," Kellie said. With this lesson came the lesson of also taking care of yourself as a parent. Meal prepping was also a success for the Bean family.

The class was opened up to questions where the Beans explained that it is OK for your children to be themselves, even if they are LGBTQIA2+ like one of their children is. The Beans taught their children the importance of loving and accepting others as they are.

Ultimately, as David said in the class, "we all make mistakes but that doesn't mean that we aren't able to grow from those mistakes."

The Wrap Around Program has resources available for young parents seeking help raising their children. Its website can be found at: <http://puyallup-tribe.com/services/p/wraparound.html>

PTSD Effects On Native Children Who Witness Domestic Violence

StrongHearts Native Helpline

When we say, “domestic violence is not traditional,” it is to remind Native Americans of a time before colonization. It’s a glimpse into a past when times were good. Instead, our memories only extend to the depths of colonization and the devastating impact it had on our people. Whether we know it or not, our words and actions reflect a story from the past.

Effects of Domestic Violence During Pregnancy

In 2014, Michigan State University professors studied and linked the abuse of pregnant women to symptoms of trauma in their children. Professors concluded that stress hormones released during pregnancy also increase stress hormones within the fetus. Some of the symptoms exhibited by the newborn baby included nightmares, startling easily, and sensitivity to loud noises/bright lights.

The Impact of Domestic Violence on Children

Children and adolescents' exposure to domestic violence or even the threat of violence/abuse has been linked to an increased risk of psychological, social, emotional, and behavioral problems. Violence includes physical aggression or assault as well as emotional abuse such as humiliation, intimidation, controlling actions and isolation from family and friends. Exposure does not require directly witnessing violence, because children often experience the harms associated with an awareness of violence.

According to Promising Futures, Best Practices for Serving Children, Youth and Parents Experiencing Domestic Violence, effects of exposure to domestic violence on children can include:

- Believing the abuse is their fault
- Turning against mother or father or having ambivalent feelings about both parents
- Feeling that they are alone, that there is no one who understands them
- Being afraid to talk about the abuse or express their feelings
- Developing negative core beliefs about themselves and others
- Developing unhealthy coping and survival reactions, such as mental health or behavior problems



- Believing that the world is a dangerous and unpredictable place
- Being isolated from people who might find out about the abuse or offer help

In a case study of children exposed to violence, nearly half (46%) involved a parent/caregiver that was a victim of Intimate Partner Violence (IPV). These caregivers/parents had few social supports (39%); had mental health issues (27%); alcohol (21%) and drug abuse (17%); a perpetrator of IPV (13%); had physical health issues (10%); a history of foster care/group home (8%) and cognitive impairment (6%).

Post-Traumatic Stress Disorder and Historical PTSD

“Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.” Children six years old and younger, may re-enact the traumatic event through play and/or experience frightening dreams.

Sadly, Native American juveniles experience post-traumatic stress disorder (PTSD) at a rate of 22% — the same rate as combat veterans and triple the rate of the general population. This is due to Native children being “polyvictimized” experiencing several forms of violence, including sexual abuse, physical abuse, domestic violence, child maltreatment, and community violence. The risk of posttraumatic injuries, medical and behavioral disorders are increased by up to tenfold and their ability to thrive is severely compromised.

Four types of symptoms include: intrusive memories, avoidance, negative changes in mood and thinking, and changes in physical and /or emotional reactions. Native American children may experience:

- Negative thoughts about oneself and others
- Viewing the world as dangerous
- Hopelessness about the future

- Difficulty maintaining relationships
- Difficulty experiencing positive emotion
- Overwhelming feelings of guilt or shame
- Self-destructive behavior
- Irritability, angry outbursts, or aggressive behavior

If you or the children in your life have disturbing thoughts and feelings about a traumatic event, or if you feel you're having trouble getting your life back under control, a medical or behavioral health care provider can help. Getting treatment as soon as possible can help prevent PTSD symptoms from getting worse. Children may also benefit from counseling or other types of mental health therapy.

Traditional Healing

We were once forbidden to use our traditional methods of healing, so it’s been a long road for Native peoples to reclaim our traditions, cultures, and spiritual identity. The revitalization of our cultures and spirituality is so important.

Recovering from the loss of human life, ancestral lands, cultural and spiritual identity requires healing traditions and ceremonies. Our ceremonies promote wellness by acknowledging the interrelatedness of Spirit, the Creator, and the Universe. Our community gatherings provide an opportunity for traditional healers and storytellers to use prayer, drumming, songs, and sacred objects to restore and renew a sense of hope and pride. Without these fundamental traditions, the journey to healing and recovery is made more difficult.

When Medicine is Needed, Help Is Available

If you are a parent in an abusive relationship or if you experienced domestic violence growing up, StrongHearts Native Helpline is a 24/7 culturally- appropriate domestic, dating and sexual violence helpline for Native Americans and Alaska Natives, available by calling or texting 1-844-762-8483 or clicking on the chat icon on Strongheartshelpline.org. StrongHearts advocates can help you with safety planning and parenting skills.

StrongHearts Native Helpline is a project of the National Indigenous Women’s Resource Center and the National Domestic Violence Hotline.

Additional Resources

National Suicide Prevention Lifeline
1-800-273-TALK (1-800-273-8255)

Photo courtesy StrongHearts Native Helpline

NATIVE KIDS NEED NATIVE FOSTER HOMES.

Traditionally, Native American people have cared for their children through extended families. It's common for the tribal community to care for one another's children in times of need.

Becoming a foster parent is another way to carry on this tradition by keeping tribal history and values alive for future generations.

WHO CAN BE A FOSTER PARENT?

- Anyone 21 years and over.
- A stable source of income.
- Adequate space in your home.
- Single, married, and unmarried partners.
- Valid driver's license and car insurance.
- Residents over 16 must pass background check.

Make a difference in a child's life and help preserve their culture and traditions.

QUESTIONS?
Give us a call : (253) 680-5545
Email us : FosterParentInfo@PuyallupTribe-nsn.gov
Stop by : 2806 East Portland Ave
Tacoma WA 98404

Open your heart and home. Become a foster parent today!





TRIBAL WORKFORCE DEVELOPMENT PROGRAM INFORMATION

Attention All Department Directors & Supervisors!

Are you overwhelmed with stacks of unfiled documents?
Will the upcoming months bring an increase in outdoor/indoor maintenance?
Do you need a little extra help with a research project or presentation?

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

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

**All Tribal Workforce Development clients must be a member of the Puyallup Tribe of Indians, at least 18 years of age, and must complete a thorough application and background release form that is vetted by the department and processed through Human Resources.*

Want more information about this program?

Due to COVID-19 restrictions at the administration building, tribal members and departments interested in talking in-person to one of our support staff need to make an appointment in advance. We are always available to answer your calls and emails as a safe alternative.

Gina LaPointe, Director Office: 253.573.7857 Room 120 Gina.LaPointe@PuyallupTribe-nsn.gov	Heidi Bostrom, Case Manager Office: 253.382.6033 Office Located in HR Heidi.Bostrom@PuyallupTribe-nsn.gov	Daniel Duenas, Case Manager Office: 253.573.7924 Room 119 Daniel.Duenas@PuyallupTribe-nsn.gov
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CHIEF LESCHI SCHOOLS siʔab læšxay? xalalʔtx^w

We are currently accepting new and returning student enrollment for the 2021-22 school year!

Scan the QR code below for re-enrollment forms and new enrollment forms.

If you have questions, please reach out to our Enrollment and Student Records Department Monday - Friday, 7:30 a.m. to 4:00 p.m. at 253-445-6000, ext. 3190 or email at enrollment@leschischools.org. We look forward to hearing from you!



www.leschischools.org/enrollment



RE-ENROLLMENT IS OPEN!



ENROLLMENT IS OPEN!



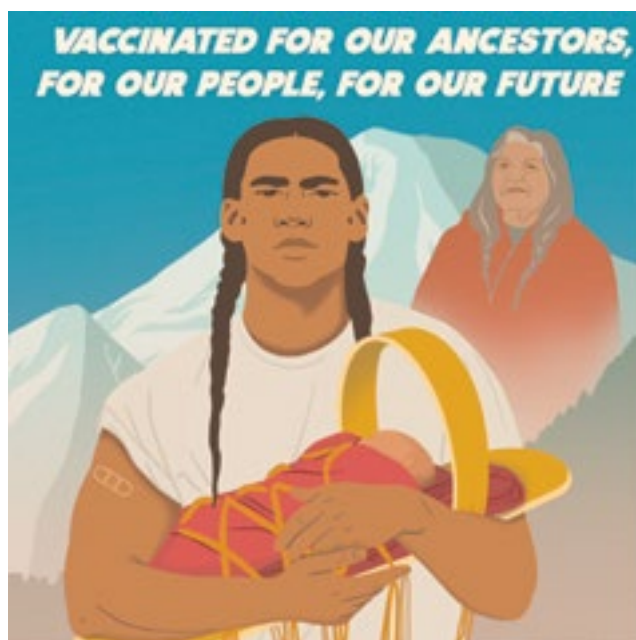
www.leschischools.org/enrollment



COVID-19 Update

In August, across the world and in our own community, we were seeing a surge in COVID-19 cases and hospitalizations. The majority of these cases were occurring among the unvaccinated, and most are from the more contagious Delta variant.

The suffering from this new wave of the pandemic is especially tragic because we know that vaccines are widely available, safe and effective protection against all known strains of the virus. To protect our community, we must get vaccinated and encourage our family, friends and neighbors to do the same.



This virus is unpredictable, but PTHA has the staff and vaccines to help stop this variant and keep our community

safe. Vaccines are free for anyone age 12 or older who wants one. The vaccines are safe, effective and backed by years of scientific research and development. PTHA's drive-thru vaccines are still being offered 8:30 a.m. – 4:00 p.m. on Monday, Tuesday, Thursday and Friday, and on Wednesdays, 10:00 a.m. - 4:00 p.m. No appointment needed.

By getting the vaccine, following the CDC's guidelines and continue wearing a mask, practicing social distancing, washing your hands regularly and staying home if you feel sick, we can, together, overcome this latest wave of the pandemic.

For the latest COVID-19 information, please visit eptha.com or PTHA's Facebook page.

Be Proactive for Your Health & Help Fight off Illness

As we all continue to wear masks, wash our hands regularly, and practice social distancing, it's also important to take steps to strengthen our immune system to help avoid illness.

- Don't Smoke or Vape. If you need help quitting, call PTHA!
- Eat a healthy diet high in nutrients. You can schedule an appointment with our Registered Dietician for advice.
- Get plenty of sleep. Adults should aim for 7 or more hours. Teens and children need more.

- Exercise regularly. Even walking 10 minutes at a time will help. PTHA's personal trainer can help you reach your goals.
- Maintain a healthy weight. Call to schedule an appointment with PTHA's Patient Care Coordinator.
- Spend some time outdoors. Vitamin D from the sun helps strengthen the immune system. 10 to 30 minutes of midday sunlight, three times each week should provide enough Vitamin D. Darker skin may need a little more sun. Make sure you prevent sunburns by wearing sunscreen.
- Don't drink alcohol or take drugs. If you need help quitting, PTHA's Addictions Treatment Center can help through Telehealth appointments.
- Stay hydrated. Drink enough water to make your urine pale yellow.

- Lower your stress level. Studies show that chronic stress can have negative effects on physical and emotional well-being, which affects your immune system and makes it easier to catch viruses and illness. You can schedule a Telehealth appointment with a Counselor by calling PTHA.
- Take vitamins. If you're not getting enough vitamins and nutrients from your diet, ask your doctor if you should be taking vitamins.
- Get vaccinated. Visit PTHA's web site for information on COVID-19 vaccines.

To help you with your wellness journey, PTHA offers Virtual Wellness events on Wednesdays from 12:00 p.m. to 1:00 p.m. Check PTHA's web site: eptha.com/Departments/CommunityHealth.

PUYALLUP TRIBE OF INDIANS



COMMUNITY FAMILY
SERVICES



Teresa Keating Cruell
NCAC, SUDP
Assistant Director

Office: 253-680-5738
Cell: 253-312-3895
Teresa.Cruell@puyalluptribe-nsn.gov



Jessica Williams
Administrative
Assistant

Office: 253-382-6094
Cell: 253-320-0973
Jessica.Williams@puyalluptribe-nsn.gov



Mona Miller
NCAC, SUDP
Re-Entry Manager

Office: 253-382-6197
Cell: 253-355-8927
Mona.Miller@puyalluptribe-nsn.gov



Jennifer Storey
Re-Entry Navigator

Office: 253-573-7842
Cell: 253-778-0347
Jennifer.Storey@puyalluptribe-nsn.gov

Phone: 253-573-7919 Fax: 253-573-7863
Email: CommunityFamilyServices@puyalluptribe-nsn.gov

**WE HAVE
MOVED!!**



Community Family Services is now located on the 4th floor of the Incubator building.

1429 E. 29th St., Tacoma, WA 98404

We also now have a weekend/after-hours phone line. Please call if you are in need of assistance and one of our staff will help you as best they can.

(253)405-3045



Puyallup Tribal Needle Exchange

Every Thursday | 11a-3p
E 32nd St & Portland Ave E



In the empty
gated lot behind
Min Grocery



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

We provide: Syringe exchange. Syringe pickup and disposal. Overdose prevention education and naloxone distribution. Safe sex supplies. Hepatitis C and HIV testing. First aid and hygiene supplies. Referrals to SUD treatment. Peer care navigation. Education about harm reduction, safer injection practices, and drug user health needs.

Other
Locations:

3716 Pacific Ave
Suite F
11a-4p | Mon-Fri

Hilltop
South 14th & G Street
1-6p | Mon & Wed

Deliveries
By Appointment | Tue-Fri
Call 253-381-5229 by 10am

www.tacomaneedleexchange.org
[@tacomaneedleexchange](https://twitter.com/tacomaneedleexchange)
(253) 334-9576

Harm Reduction Supplies Available!



If you are in need of Narcan, Wound Care Kits, and/or Harm Reduction Safety Kits, Community Family Services has them available for you! Only requirement is a quick tutorial in proper administration of Narcan.

Please stop by any time or call (253)573-7919 to arrange a time for pick up!

sju?ilad

(A Joyful Event/Time)

Puyallup Tribal
Administration offices

CLOSED 4 hours early

Sept. 15

Puyallup Family Day



Want to help tell the tribe's story?



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

Content contributors are independent contractors who work on assigned projects for publication. They are paid at agreed upon rates either per piece or per hour. The number of contracts the tribe can issue is limited, and there is no guarantee of publication or future employment. Non-fiction journalism is needed right now (not opinion columns, creative short-story writing or art photography).

Interested?

Please contact: Michael Thompson, Communications Director,
at Michael.Thompson@puyalluptribe-nsn.gov or 253-382-6200.



FIND THE PUYALLUP TRIBE ON SOCIAL MEDIA



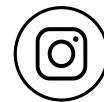
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Puyallup Tribal News Staff

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