

Puyallup Tribal News

Issue No. 395 Serving the Puyallup Tribe of Indians December 2022



National Native American Veterans Memorial Wall dedication celebration

Photos and story on page 4.

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KAYLIANA YOUNG NEW DAFFODIL PRINCESS

Chief Leschi Senior will now serve as new princess for 2022-2023.
Page 13.

PTOI HALLOWEEN PARTY RETURNS FOR YOUTH TRICK OR TREAT

Departments decorate and compete in costume contest for kids.
Story on Page 24.

LANGUAGE PROGRAM HOSTS NAHM ASSEMBLIES FOR LOCAL SCHOOLS

Native American Heritage Month education in schools across Pierce County
Page 3.

INTERTRIBAL ELDERS LUNCHEON RETURNS

Coast Salish Tribes gather for in-person luncheon.
Pages 18 and 19.





Bill Sterud
Chairman



Sylvia Miller
Vice Chairwoman



Annette Bryan



James Rideout



Anna Bean



Monica Miller



Fred Dillon

Puyallup Tribal Council Offices

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

Puyallup, Muckleshoot Chairmen meet

Chairman Bill Sterud presents Muckleshoot Chairman Jaison Elkins with a traditional bentwood box. On Nov. 7 the chairmen met to discuss Tribal gaming and other mutual interests.



Councilwoman Bryan wins CHB award

Communities for a Healthy Bay presented the Kay Treakle Lifetime Achievement Award to Tribal Council Member Annette Bryan on Nov. 10 in recognition of her outstanding contributions to human rights, the environment, and racial justice. Kay Treakle displayed love, humor, intelligence, and courage in battling institutional powers that profit from harming the environment and people throughout her lifetime. Her passion and dedication to people and nature made her such a mighty force, but she was taken from Earth before she was done with her work. This award is made to recognize someone who has done great things, but is not yet done, and deserves recognition for what they have done and encouragement to continue their good work. Annette strives to empower others to speak up for themselves in order to be their bestselves while protecting Mother Earth so everyone has a future. Annette has dedicated her career to advocating for Native American issues and tribal sovereignty. She actively



supports the voiceless and tirelessly develops advocates, and she continues to do so into the future.

There were about 100 people in the audience cheering Annette on including her beautiful family. Fellow Puyallup Tribal member Tameem Sarwary, a senior at Chief Leschi High School, received CHB's Rising Tide award for his stewardship on this year's Tribal Canoe Journey. He built equity with non-Native paddlers on the trip and encouraged other students to participate and learn about the waters they paddle in.



– Communities for a Healthy Bay

Puyallup Tribe shares heritage at school assemblies for NAHM

By Kalli Albertus, Puyallup Tribal News Editor

The Puyallup School District Native American Education Liaison Archie Cantrell and the Puyallup Tribal Language Program visited Waller Road Elementary on Nov. 9 to share Puyallup heritage with the students and celebrate Native American Heritage Month. Native and non-Native students filled the elementary school’s gym as Tribal members shared traditional songs, dances, and Lushootseed language. All students were invited to the dance floor to participate in the Paddle Song, which reflects the careful rhythm of pulling in a canoe and working together to get to your destination. Following the heritage assembly, Native American students stayed behind to learn more about the resources and support provided from the district’s Native American Education Liaison, Puyallup Tribal member Archie Cantrell. This is the first of many heritage assemblies planned for the month of November as Cantrell and the Puyallup Tribal Language Program work to educate and improve Tribal knowledge district wide. Future Puyallup School District visits include: Aylen Junior High, Puyallup High School, and Maplewood Elementary. Tacoma School District visits will be at Lincoln High School and Fife High School throughout the month of November.



s̓xʷiʔab ʔə tiit tuʔiišədčət
Traditional stories of our people

Please come join the Language Program for Traditional Stories night. We will be sharing a Lushootseed Traditional Narrative through Lushootseed/English reading, acting, song and dance.



kaykay yəxʷ tsi kayəʔs
Blue Jay and his Grandmother

WHAT: Traditional Story Telling Night - Language songs & dances

WHO: Puyallup Tribal Community families welcome and encouraged to come

WHEN: Wednesday December 14th
Promptly starting at 6pm-7:30pm
Doors open at 5:45pm for seating, full house anticipated

WHERE: Spirit House (2209 East 32nd Street – Tacoma, WA)
Holiday giveaway

QUESTIONS: Please contact the Language Program at 253-680-5768



The dedication of the Native American Veterans Memorial wall

By Katie Manzanares, Puyallup Tribal member

Members of the Puyallup Tribe Veterans Committee and Tribal Councilmembers traveled to Washington, D.C., to take part in the dedication ceremony of the National Native American Veterans Memorial wall. The memorial recognizes American Indian, Alaska Native and Native Hawaiian men and women who served in every branch of the military.

The unveiling commenced following a procession around the capital with hundreds of Tribal Nations present for this historic moment. “Today, we are part of history,” said Tribal member Michael Sisson, who is chair of the Puyallup Tribal Veteran’s Committee.

The rain came down heavy the morning of Nov. 11 but it did not stop people from witnessing a powerful moment in our nation’s history. Hundreds of Native American warriors sat and listened to Tribal leaders, who sent video messages and gave speeches on stage with flags blowing in the background.

The dedication ceremony opened with the national anthem sung by Akwesasne women in unison to a light banging of a drum. The U.S. Capitol sat proudly in the background, making it a powerful scene for all Americans to witness that day.

Laughter and tears filled the afternoon, and the air filled with smells of burning sage to offer blessings to many.

A common theme discussed from event speakers was asking why Native American soldiers serve a Nation that turned its back on them - who were sent to boarding schools and who were punished for celebrating their culture. The response was always: protecting the land where they came from and standing proud to be part of the United States. Speakers also noted that an unbroken military code was from the Navajo Code Talkers during World War II, which is a true testament to how important our Native languages are.

The project was commissioned over 20 years ago by the United States Congress. The artist who designed the Memorial Wall was Vietnam Marine Harvey Pratt from the Cheyenne and Arapaho Nations. It was through the contribution of funding and support from both individuals,



foundations, and Native Nations that the memorial was brought to life. The design reflects important elements of Native culture: water, fire, earth and air and the circle. A drum is at the center, depicted through a fountain, which is rested on an upright ring open to the sky and the spiritual world.

According to the Pentagon, Natives are the highest-serving ethnicity in the armed forces: A true Warrior mindset. Puyallup veterans Clarence Tougaw, Michael Sisson

and Rodney Sisson posed to recreate a photo that was published in the book, “Why We Serve: Native Americans in the United States Armed Forces,” while in the Smithsonian National Museum of the American Indian.

Michael Sisson, Rodney Sisson, Clarence Tougaw, Teddy Simchen and Jay Simchen represented the Tribe’s 59 Veteran members by participating in the once-in-a lifetime experience.



Watch the dedication ceremony video at <http://www.youtube.com/c/PuyallupTribeofIndians>



haʔhidup ʔə ʔalalus ʔə ʔaciltalbix™
'A nice piece of land for the traditions/customs of the First People'



Puyallup Tribe Culture Center
350972nd St. E
Tacoma, WA 98404



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Raquel McCloud
Sr. Administrative
Assistant
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Traditional Medicine

TM healers Wilbert and Amy Fish will be at the Culture Center from Nov. 28 to Dec. 1.


Herbert Yazzie will be providing TM services from Dec. 5 to 9.



Please call Connie McCloud, Culture Director, if you have questions or would like to schedule an appointment.
253-389-8729

All TM services are provided at the Culture Center, 3509 72nd street east, Tacoma, WA.

WILD BERRY CRISP
TOPPINGS:
¾ CUP ALL-PURPOSE FLOUR
1½ CUPS ROLLED OATS
¾ CUP CHOPPED WALNUTS
¾ CUP CHOPPED HAZELNUTS
2 TABLESPOONS BUTTER
¾ CUP HONEY, MAPLE OR RICE SYRUP
1½ TEASPOON SEA SALT
FILLING:
15-18 CUPS WILD BERRIES
¾ CUP HONEY, MAPLE OR RICE SYRUP
2 TABLESPOON CORN STARCH OR ¾ CUP ALL-PURPOSE FLOUR
1 TEASPOON LEMON ZEST OR 2 TEASPOONS LEMON JUICE
OPTIONAL: 1 TEASPOON CINNAMON
1 TEASPOON VANILLA EXTRACT



PREPARATION
PREHEAT OVEN TO 375 DEGREE. MIX THE FILLING INGREDIENTS AND SPREAD EVENLY IN 9X9" BAKING PAN. ROAST FLOUR, OATS AND CHOPPED NUTS BY STIRRING THEM IN A DRY SKITTLE OVER MEDIUM HEAT UNTIL THEY ARE HEATED THROUGH AND ARE JUST BEGINNING TO BROWN. REMOVE FROM HEAT AND PLACE IN A BOWL. HEAT BUTTER AND HONEY, THEN POUR OVER THE DRY MIX. ADD SALT AND CINNAMON MIX WELL AND DROP EVENLY OVER THE BERRIES. BAKE FOR 30-40 MINUTES OR UNTIL THE BERRIES BUBBLE AND THE TOPPING IS CRISP.
PREP TIME 1 HOUR. SERVES 6-8
RECIPE BY ELISA KROHN

DECEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4 WOOD SHOP- 1000A.M-300.PM	5 WOOL HEADBAND CLASS - IN PERSON 5:30-7:00 PM	6 WOOL HEADBAND CLASS - VIRTUAL 5:30-7:00 PM	7 COASTAL SONG PRACTICE - IN PERSON 5:30-7:00 PM	8	9	10
11 WOOD SHOP- 1000A.M-300.PM	12 WOVEN CANDLE HOLDER CLASS - IN PERSON 6:30-7:00 PM	13 WOVEN CANDLE HOLDER CLASS - VIRTUAL 5:30-7:00 PM	14 NO CLASS TONIGHT ATTENDING LANGUAGE DEPT. STOOD TELLING	15	16 YOUTH CENTER ACTIVITY - ORNAMENT CLASS 6:30-8:00 PM	17
18 WOOD SHOP- 1000A.M-300.PM	19 TREE ORNAMENT CLASS - IN PERSON 6:30-7:00 PM	20 TREE ORNAMENT CLASS - VIRTUAL 5:30-7:00 PM	21 NO CLASS TONIGHT ATTENDING CHIEF LEECH WINTER SOLSTICE	22	23 OFFICE CLOSED HOLIDAY	24
25	26 OFFICE CLOSED - HOLIDAY	27	28	29	30	31

Puyallup Tribe Cultural Center

Canoe Awakening held for ʔwʔiqʔadiʔ; thunder

By Kalli Albertus, Puyallup Tribal News Editor

On Nov. 4, the Culture Department and members of the Tribal community gathered on the ancestral shores of the Canoe Landing Site for a canoe awakening of ʔwʔiqʔadiʔ which means “thunder” in the Lushootseed language. Councilwoman Anna Bean opened the ceremony with prayer before the canoe was brushed the cedar branches in the canoe awakening song. The late Fred Peters, a T’Sook First Nation member and master carver, completed repairs to the wounded canoe, bringing it back to life and ready for the water. His nephew who also worked on the canoe, came to speak from his experience.

“The way I learned how to carve was to help carve this one ... Freddie would be so proud.”

Culture Director Connie McCloud held a blanketing of witnesses present, including T’Sook First Nation Chief Gordon Planes, Louie Sudlow, Ryan Chamberland, and David Turnipseed. T’Sook First Nation Chief Gordon Planes, shared his gratitude from the awakening: “Thank you for allowing us to join in the festivity; was great medicine.”

Tribal Councilwoman Annette Bryan was also present.



Conference a success

“The Puyallup Culture Department co-hosted the Coast Salish Weaving Mini-conference at Muckleshoot.

The group from Puyallup was able to make a wool vest or a wool dress. Everyone completed their project.

The instructors were great. They included several teachers from Canada. Each teacher offered instruction

And a lot of traditional protocol. We are looking forward to the next classes.”

– Connie McCloud, Culture Director



Traditional medicines help better general health and provide immunity for flu season

By Angie Totus, Culture Department

"TRADITIONAL FOODS AND MEDICINE IS WOVEN INTO THE VERY FABRIC OF NORTHWEST COASTAL INDIAN CULTURE. WHEN MANY INDIAN PEOPLE EAT THEIR TRADITIONAL FOODS, THEY DESCRIBE EXPERIENCING A SENSE OF CONNECTION WITH THEIR CULTURE AND WITH THE PLACE THAT THEY AND THEIR ANCESTORS ARE FROM. THERE IS A SENSE OF VITALITY AND BELONGING THAT COMES WITH EATING THE FOODS THAT GAVE YOUR ANCESTORS HEALTH AND LONGEVITY FOR THOUSANDS OF YEARS. EVERY PLANT AND ANIMAL IS THOUGHT TO CARRY ITS OWN SPIRITUAL GIFTS, AND METHODS TO HONOR THESE WITH PRAYERS, SONGS AND CEREMONIES ARE PASSED DOWN THROUGH THE GENERATIONS."

– ELSIE KROHN AND VALERIE SEGREST, COAST SALISH AUTHORS AND ARTISTS.

This article is provided for informational purposes only. It is not a substitute for professional medical advice, diagnoses, treatment or prevention. Talk to your doctor before you start any new health plan or practice.



The Culture Department provides traditional medicine kits upon request for Tribal members in need. Read below to learn just how useful our Native plants are for promoting overall health and wellness, while also helping battle illness.

SAGE TEA

- Drinking a cold or hot cup of white sage tea may relieve indigestion.



- Traditionally, Native Americans drank white sage tea to relieve diarrhea as well.
- The tea can also be used to relieve colds since it decreases the mucous secretions of the lungs, sinuses and throat.
- The U.S. Department of Agriculture Plant Guide mentions that Native Americans drank warm white sage tea as a natural cure for sore throat.

Moderate Interaction - Be cautious with this combination!

WARNING: Medications for diabetes (Antidiabetic drugs) & how they interact act with Sage

Sage might decrease blood sugar. Diabetes medications are also used to lower blood sugar. Taking sage along with diabetes medications might cause your blood sugar to go too low. Monitor your blood sugar closely. The dose of your diabetes medication might need to be changed. Some medications used for diabetes include glimepiride (Amaryl), glyburide (DiaBeta, Glynase PresTab, and Micronase), insulin, pioglitazone (Actos), rosiglitazone (Avandia), chlorpropamide (Diabinese), glipizide (Glucotrol), tolbutamide (Orinase), and others.

Medications used to prevent seizures (Anticonvulsants) & how they interact with Sage

Medications used to prevent seizures affect chemicals in the brain. Sage may also affect chemicals in the brain. By affecting chemicals in the brain, sage may decrease the effectiveness of medications used to prevent seizures. Some medications used to prevent seizures include phenobarbital, primidone (Mysoline), valproic acid (Depakene), gabapentin (Neurontin), carbamazepine (Tegretol), phenytoin (Dilantin), and others.

Sedative medications (CNS depressants) & how they interact with Sage

Sage might cause sleepiness and drowsiness. Medications that cause sleepiness are called sedatives. Taking sage along with sedative medications might cause too much sleepiness. Some sedative medications include clonazepam (Klonopin), lorazepam (Ativan), phenobarbital (Donnatal), zolpidem (Ambien), and others.

STINGING NETTLE sc'əd'x̣ & PEPPERMINT TEA

Nettles are our first edible greens to emerge in early spring. They offer us



strength and energy during a generative time. You can find nettles in fields, streambeds and disturbed areas with rich wet soil from the coast into the mountains. Stinging nettle is very versatile. It can be cooked in stews and soups, brewed as an herbal tea, applied as an ointment and taken as a supplement.

- To dry nettles, bundle them and hang them upside down in a dark dry place or place them in a paper bag and rotate them every day until dry.
- Strip the leaves off the stem and store in a cool dark place.
- Use 1 tablespoon of dried leaves per cup of boiled water. Steep 15 minutes to several hours.
- Drink 1-3 cups a day. You can make a large batch of tea and keep it in the refrigerator for up to 3 days.

Nettles can help bring the body back to a state of balance. If someone is feeling debilitated or generally worn down, nettles are a good remedy.

- They are tonic to the liver, blood and kidneys. Nettles balance blood pH and assists our kidneys in filtering waste from the body and removing excess fluid retention.
- They can be useful for arthritis, gout, eczema and skin rashes. Nettles are also used to stop bleeding.
- High in minerals, vitamins, chlorophyll and amino acids.
- Decrease oxidative stress.
- Natural anti-inflammatory & lower blood sugar, blood pressure, and cholesterol.
- Nettles are used in diabetics to combat high blood sugar and cardiovascular risk factors.
- They can heal stomach lining and nettle tea helps heal the mucosa! lining of the stomach in the case of ulcers or stomach irritation.

WARNING: Possible Medical Interactions with:

Antiplatelet and anticoagulant drugs (blood-thinners): Stinging nettle may affect the blood's ability to clot, and could interfere with any blood-thinning drugs you are taking, including:

- Warfarin (Coumadin)
- Clopidogrel (Plavix)
- Aspirin

Drugs for high blood pressure - Stinging nettle may lower blood pressure, so it could make the effects of these drugs stronger:

- ACE inhibitors: Captpril (Capoten), Elaropril (Vasotec), lisinopril (Zestril), fosinopril (Monopril)

- Beta blockers: Atenolol (Tenormin), metoprolol (Lopressor, Toprol XL), propranolol (Inderal)
- Calcium channel-blockers: Nifedipine (Procardia), amlodipine (Norvasc), verapamil (Calan, Isoptin)

Diuretics (water pills) - Because stinging nettle can act as a diuretic, it can increase the effects of these drugs, raising the risk of dehydration:

- Furosemide (Lasix) Hydrochlorothiazide

Drugs for diabetes - Stinging nettle may lower blood sugar, so it could make the effects of these drugs stronger, raising the risk of hypoglycemia (low blood sugar).

Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) - In a scientific study of patients with acute arthritis, stewed stinging nettle leaves enhanced the anti-inflammatory effect of diclofenac, an NSAID. Although the effect can reduce pain, you should talk to your doctor before taking or using stinging nettle if you also take NSAIDs.

“IF YOU ARE SICK, EAT YOUR TRADITIONAL FOODS. YOU HAVE TO FEED YOUR INDIAN. NATIVE FOODS FEED YOUR BODY, BUT THEY ALSO FEED YOUR SPIRIT.”

– HANK GOBIN

Elderberry c’ik’ik’ Medicinal Syrup

Scientists have identified a chemical compound in elderberries that immediately immobilizes the flu virus. Previous studies have already shown elderberry extract can ease flu symptoms and cut the duration of the illness in half, but a new study explains exactly how the ancient remedy works. The unique phytochemicals found in elderberries block the virus from entering, or even attaching to, our healthy cells, when taken preventatively during flu season.



- Refrigerate the syrup.
- Please shake before using because the honey likes to settle on the bottom.
- A couple drops a day will help build your immune system. If you are feeling under the weather then take 1 tsp every 4 hours.
- Elderberry Syrup is only for age 1 and up, it is recommended babies 12 months and younger not to have honey.
- Even if the flu has already taken hold, the compound prevents the virus from replicating, eliminating symptoms within 48 hours.

The researchers used commercially farmed elderberries which were turned into a juice

serum and were applied to cells before, during and after they had been infected with the influenza virus. The result was a "potent direct antiviral effect against the flu virus," said Dr. Golnoosh Torabian.

"It inhibits the early stages of an infection by blocking key viral proteins responsible for both the viral attachment and entry into the host cells."

The extract was also effective at fighting the virus at later stages of infection, by stimulating infected cells to release cytokines - chemical messengers the immune system uses for communication between different cell types to aid in coordinating a more efficient response.

ELDERBERRY ZINC LOZENGES

Elderberry zinc lozenges are ideal for soothing sore throats during the flu season.



- Use 1 lozenge every 1 to 2 hours (Repeat as needed).
- Allow lozenge to completely dissolve in mouth.
- Do not use more than 6 lozenges in a day.
- Use only as directed, and store in a cool, dry place.

CEDAR ʔəpayac RESPIRATORY STEAM

All you need is a few sprigs of cedar, a bowl, scissors, a towel and hot water for steaming.



- Cut the cedar leaf into small pieces until you have ½ to 1 cup in a medium sized bowl.
- Pour boiled water over the cedar until the bowl is half full.
- Place your face over the steam at a comfortable distance and cover your head with a towel. Breathe deep! Try to steam for at least 5 minutes.
- Pour more hot water in if necessary. Steam 2-5 times a day.
- For chronic coughs or sinus congestion, steaming more often may be necessary.

Don't throw out the pot contents. Just put the lid back on when you are done and heat it up when you need it again. If it seems to be losing potency, throw in another handful of herbs.

- Cedar improves blood flow so you can take in more oxygen, clear waste, products, and get more nutrients to tissue.

- It activates immune cells, which directly fight microbes and also clean up the waste products of infection.
- Essential oils in cedar inhibit bacterial and fungal growth.

Variations: Other herbs including fir needle, pine needle, eucalyptus leaf, rosemary, peppermint, yarrow, or lavender can also be added. You can add one to two drops of essential oil if desired. Eucalyptus helps to thin mucus, peppermint is anti-inflammatory, and rosemary stimulates circulation. Many essential oils including lavender and those mentioned have antimicrobial or immune stimulating properties.

DEVIL'S CLUB CAPSULES

- Take 1 capsule a day for 2 to 3 days that helps boost the immune system and helps fight the flu.



DEVIL'S CLUB TEA

- 1 tea bag can make up to 8 to 10 cups. The Benefits of devil's club can help lower blood sugar levels and help fight the flu.

WARNING: May lower blood sugar levels please moderate if you have diabetes.

FRESH PRINCE'S PINE (By Joyce McCloud)

European name: chimaphila umbellate

Native American name: pipsissewa, meaning “broken into pieces” as when the plant is dry it is very fragile and breaks up once you touch it.



Prince's Pine has been used by Native Americans since the beginning of time and plants.

- Can be used in from remedies for the kidney and bladder
- When fresh, it is good for cuts and scrapes. Pick the plant, crush it up, and place on the area that needs it.
- Promote heart health
- To treat tuberculosis
- To treat lung ailments
- Reducing blood sugar levels
- Good source of Vitamin C

Continued on page 9

Continued from page 8

*You do not want to use it very often, (meaning every day) as it does deplete the potassium in your system if used too much.

(Prince's Pine) To drink:

- Bring to boil two quarts of water.
- Place about a handful of prince's pine into the water, turn off burner, cover the mixture and let it sit for about 20-25 minutes. (You do not want to boil prince's pine, it has tannic acid in it, which comes out when boiled).
- Once you have let sit, take and strain it into a jar or pitcher.
- Drink one cup every other day. (You may steep some green tea or peppermint and put that in your cup as well) You can put your pitcher into the fridge and drink it cold also.

Prince’s Pine has been used in root beer and in some candies, which makes it difficult to find nowadays.

SWAMP TEA

Alternate names:
Rhododendron groenlandicum (Oeder) Kron & Judd
Labrador tea, Indian tea, Hudson Bay tea, James tea, marsh tea, swamp tea.



- Swamp tea's healing benefits:
- Lowers blood pressure, cholesterol, and blood sugar, and may even heal diabetes
 - Can treat headaches
 - Asthma
 - Colds
 - Stomach problems
 - Burns

- Lice
- Dandruff
- Sore throat
- Constipation
- Cleansing of the blood and organs

Tea leaves are fragrant and were used as a beverage and medicine by many tribes such as the Quinault and Makah in western Washington, the Potawatomi in the Great Lakes region, and the Iroquois in the Northeast. This tea was as popular among Tribes as green tea, chai and black teas are to Western culture today (Gunther 1973; Smith 1933; Hedrick 1933). First Nations in Canada also picked the leaves for a warm drink and medicine (Turner 2004).

WARNING: Swamp tea may be toxic in concentrated doses. It contains toxic alkaloids known to be poisonous to livestock, especially sheep (Pojar and MacKinnon 1994).

Coast Salish cedar paddles handcrafted for new UWT building

By Kalli Albertus, Puyallup Tribal News Editor

Puyallup Tribal Culture Coordinator Michael Hall, known as “Muck” to family and friends, handcrafted traditional Coast Salish paddles for the University of Washington Tacoma’s new Milgard Hall Building, a location that is near an original Puyallup village site: puyaləp, meaning “winding river.”

On Nov. 10, the paddles and interior lobby of the building were revealed for UWT alumni and donors at a ribbon cutting ceremony. The cedar paddles, which are mounted in Milgard Hall on the University of Washington Tacoma Campus, contributes to the overall theme of building from forests of the Pacific Northwest. Wood beams line the ceiling instead of steel – bringing warmth to the newly completed structure. The careful craftsmanship seen throughout the building is reflected in the carving of the two paddles, a project that Culture Director Connie McCloud opened with a blessing and land acknowledgment, and the Puyallup Tribal Language Program and members of the Historic Preservation Department shared a traditional song and dance. Milgard Hall is set to open for students in January.



Children of the River
Child Advocacy Center



A River of Healing

Children and Adults often say “Choking” when they mean “Strangulation”. Strangulation is the obstruction of blood vessels and/or airflow in the neck resulting in asphyxia. For victims who have been strangled the odds for Homicide increase by 750%. However, oftentimes even in fatal cases there are no external signs of injury. Only half of victims have visible injuries and only 15% of those could be photographed. If your loved one says they have been strangled get them immediate medical attention.

FIVE MYTHS ABOUT STRANGULATION

Prepared by Gerald Fineman, Assistant District Attorney, Riverside County, and Dr. William Green, Medical Director, California Clinical Forensic Medical Training Center/ CDAA

<div>1</div> <div>MYTH</div> <div>STRANGULATION AND CHOKING ARE THE SAME THING</div> <div>FACT</div> <div>STRANGULATION is the <u>external</u> application of physical force that impedes either air or blood to or from the brain.</div> <div>CHOKING is an <u>internal</u> obstruction of the airway by a foreign object.</div> <div>SOLUTION</div> <div>Use a diagram.</div> <div>Compare to the flow of electrical current.</div> <div>Compare to the flow of air/water through a closed system (fish tank).</div>	<div>2</div> <div>MYTH</div> <div>STRANGULATION ALWAYS LEAVES VISIBLE INJURIES</div> <div>FACT</div> <div>Studies show that over half the victims of strangulation lack visible external injury. A victim without visible external injury can still die from strangulation.</div> <div>SOLUTION</div> <div>Demonstrate cutting off blood flow to your fingertips by squeezing your wrist with your other hand. Upon release of the grip, you will likely have no identifiable marks. If you do, they will be very short in duration.</div>	<div>3</div> <div>MYTH</div> <div>IF THE VICTIM CAN SPEAK, SCREAM, OR BREATHE, THEY ARE NOT BEING STRANGLED</div> <div>FACT</div> <div>Since strangulation involves obstruction of blood flow, a person can have complete obstruction and continue breathing until the moment they die from lack of oxygenated blood flow to the brain.</div> <div>SOLUTION</div> <div>Again, grab your wrist and squeeze. You can still breathe, yet blood flow is obstructed to the fingertips. If this was the victim’s neck, they could still have an open trachea (windpipe) but have lack of blood flow to the brain.</div>	<div>4</div> <div>MYTH</div> <div>STRANGULATION CANNOT BE HARMFUL BECAUSE MANY PEOPLE PRACTICE IT (MARTIAL ARTS, MILITARY, LAW ENFORCEMENT)</div> <div>FACT</div> <div>Martial arts are a form of combat. The military and law enforcement use strangulation as a lethal form of force.</div> <div>RISK</div> <div>There are numerous incidents of death resulting from strangulation. This can even occur during otherwise supervised events, such as sporting events, law enforcement training, etc.</div>	<div>5</div> <div>MYTH</div> <div>STRANGULATION VICTIMS SHOULD BE ABLE TO DETAIL THEIR ATTACK</div> <div>FACT</div> <div><u>Trauma</u> impacts the brains ability to store memory. In addition, the hippocampus (part of the brain where memory is stored) is the most sensitive to <u>oxygen deprivation</u>.</div> <div>When a victim is strangled, both factors can impact the ability to recall.</div> <div>SOLUTION</div> <div>Give the example of how limiting the flow of electricity to a digital recording device will prevent it from recording.</div>
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strangulationtraininginstitute.com | institute@allianceforhope.com | (888) 511-3522 | 101 West Broadway, Suite 1770, San Diego, CA 92101

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QWIBIL at Puyallup Tribe Elder Wellness

Learn more about natural medicine and options for your health. Dr Eon brings integrative, functional and natural medicine directly to you.



Dr. Selena Eon

**Monthly clinics
on Mondays**

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To heal,
dedicate and
commit yourself
to your own
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A healthy immune system is required to fight off infections: cold, flu, COVID-19 and more!

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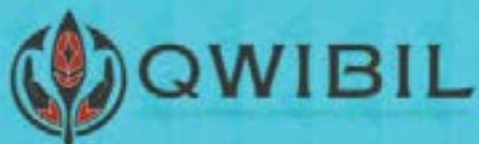
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Chief Leschi Daffodil Princess Selection names Kayliana Young as new princess

By Kalli Albertus, Puyallup Tribal News Editor

Reigning princess and 2022 CLS graduate Faith Hudson passed her crown off to selected winner Kayliana Young, who will now take her place to participate in the Daffodil Parade this upcoming spring and serve as the new Chief Leschi Daffodil Princess representative for 2022-2023. The Chief Leschi Daffodil Princess Selection was held on Nov. 1 in the auditorium at Chief Leschi Schools. Five candidates participated in the selection including Chief Leschi students: Kayliana Young, Tala Mitchell, Tawny McKinny, and Shylo Augkhopinee. Daffodil Festival President Maddison Riddle opened the floor for



candidates to give their speeches to the judges and audience, noting that the parade theme is 90 years around the Sound. Councilwoman Monica Miller and Councilman Fred Dillon were in attendance. Judges included Councilwoman Monica Miller, Puyallup Tribal member Mikayla Flores, Puyallup resident and professor Davida Sharpe-Haygood, and CLS special education teacher Candace Bray.



HISTORIC PRESERVATION
dxʷlələʔuləbadiʔ

Word search

Key located on page 25

L D I J P T T A A P R
E U S P H L A R M Q U
D Q S A H W L C R T T
H E Q H S A U H N Y X
Z T K N O L L I K O X
J V E O T O A V D Z P
D W L U M X T E P S R
O J R Y X S U S Y M E
U E D E X L B T E F Z
G E O D U C K P P E C
E S U O H G N O L B D

- Owens**, This popular beach near Point Defiance was a village site named sqʷuʔqʷuʔqʷaʔali after the creeks that now run under the parking lot. Recent archaeological studies revealed evidence of tribal occupation over 2,000 years ago!
- Geoduck**, This massive shellfish is native to the north Pacific Ocean and is named after the Lushootseed word gʷideq.
- Archive**, Historical records and photos of our Tribe are kept here in the Historic Preservation Department.
- Culture**, Which Puyallup Tribe department runs an annual canoe journey?
- Longhouse**, Our traditional homes that could house many family groups and were made from cedar.
- Smoked**, Our most common way of preserving meat, primarily salmon.

YOUR STORIES
sgʷaʔləp syəcəbləp

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.

haʔt kʷ(i) adsəslabcəbut.

WATCH OVER YOURSELVES WELL.

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

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David Winfrey *Biologist* 253-573-7933 | David.Winfrey@PuyallupTribe-nsn.gov
George Sterns *Biologist* 253-573-7817 | George.Stearns@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

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

Michael Sisson *Puyallup Tribal Veterans Representative* 253-686-8484 | TVR@puyallupTribe-nsn.gov

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

JOB TITLE: MEMBERSHIP HISTORY LIAISON (NEW)

Department: Historic Preservation
Closes: November 29, 2022

Conducts meticulous research into Tribal history; works with Tribal Departments to gather and share Tribal history; gathers family and individual histories for the archives; coordinates Puyallup-specific resources for Chief Leschi schools, Tribal businesses, organizations, and the Tribal Community at large; partners across Tribal departments, with Tribal citizens, and non-Tribal service providers (Community Partners) to develop and provide Puyallup Tribe specific educational programming for the Puyallup Tribe membership wherever they live; aligns Chief Leschi Schools educational partnerships with current state and federal mandates and tribal policies (such as RCW 28A.320.170 and RCW 28B.10.710) to ensure Puyallup Tribal histories are taught at the school; and identifies and participates in opportunities to provide advocacy, consultation, and input to promote Puyallup tribal history and culture within the Puyallup Tribal Community.

JOB TITLE: ACCOUNTING INTERN
Closes: When filled

The Tribal Administration HR Department is looking for Tribal Members interested in taking part in a paid Internship Program in the Accounting Department working with DAP Services, Inc. Duties will be dependent upon previous work experience and level of schooling received. This is a part-time, 10-29 hours per week program, and will be flexible to adjust for class schedules and study needs. Successful applicants must be:

- currently enrolled in a two-or four-year accredited college or vocational school;
- pursuing a degree in accounting, business, or related field;
- maintaining a GPA of at least 2.5;
- have at least a beginner knowledge of Microsoft Word & Excel; and have basic math, 10-key, and communication skills.

JOB TITLE: SHELTER HOUSE ATTENDANT
Department: Community Domestic Violence Advocacy Program
Closes: When filled

Provides security, care giving, emotional support, transportation, craft making, some cooking and light housekeeping for residents at the Domestic Violence Shelter. Must be willing to work any shift assigned.

JOB TITLE: REALTY SPECIALIST
Department: Fee to Trust
Closes: When filled

Oversees coordination of the Fee to trust process. Maintains file systems, works with title companies, land surveyors, and environmental consultants to help prepare

federal requirements for the timely processing of fee property to trust status. Works as part of a team to facilitate fee to trust conversions with the Bureau of Indian Affairs (BIA) and related agencies involved in the Trust Process.

JOB TITLE: TEACHER'S ASSISTANT
Department: Grandview Early Learning Center
Closes: When filled

Assists in the care and early education of children (birth to age 5) and school age children at the Grandview Child Care Center. Creates and maintains a safe, healthy, and culturally appropriate learning environment for young children.

JOB TITLE: DIRECTOR OF NURSING
Department: House of Respect Residences
Closes: When filled
Salary: DOQ, starting at \$46.56/hour + benefits

Plans, organizes, develops and directs the overall functions of the Assisted Living Facility in accordance with current Tribal, Federal, State and local standards governing long term care facilities to ensure that the highest degree of quality care is provided to the residents at all times. Must be an organized, dedicated RN with great leadership skills. Ensures compliance with applicable policies and procedures and ensures smooth operation of The Residence through staff development and employee satisfaction. Must be fully vaccinated for COVID-19.

JOB TITLE: ELDERS CNA
Department: House of Respect Residences/Elders Wellness Center
Closes: When filled
Salary: CNA - \$23.15/hour + benefits

Provides personal care, in-home meal preparation, light housekeeping, and assistance with ADL's and vital signs to the Tribal Elders in the Residence assisted living or in the home. Must be fully vaccinated for COVID-19.

JOB TITLE: ELDER SERVICES HOME COMPANION
Department: Elders Care Services
Closes: When Filled

Provides meal preparation, light housekeeping, essential shopping trips with the Elder, and transports Elder to health related appointments. Promotes the health of the Elder by assisting them to adhere to prescribed medications, and diet and exercise plans to do in their homes as outlined by a home support care plan. May be required to become a nursing assistant certified (NAC) within six months after first day of employment. Must be fully vaccinated for COVID-19.

JOB TITLE: FINANCE MANAGER
Department: Finance and Business
Closes: When Filled

Assists the Finance Director and Tribal Financial Officer (TFO) by providing operational and financial analysis of the Tribe's governmental and business operations.

JOB TITLE: ADMINISTRATIVE ASSISTANT
Department: Children's Services
Closes: When filled

Provides administrative support to a large department that acts as the primary point of contact for the community and supports the Sr. Administrative Assistant. Responsible for knowing the responsibilities of various programs operating within the department to accurately direct clients to needed services. Provides day-to-day administrative, clerical and support functions to the department by performing routine moderate to complex duties which require good judgment to complete successfully.

JOB TITLE: PAYMENT AND DATABASE SPECIALIST
Department: Children's Services
Closes: When Filled

Responsible for all tracking and compliance for the general welfare payments (GWP) made to PTCS clients. Works directly with the Case Worker and the minor's placement to ensure spending meets general welfare criteria. Filing, database management/input and court filings.

JOB TITLE: EXTENDED SUPPORT SERVICES CASEWORKER
Department: Children's Services
Closes: When Filled

Develops, implements, and evaluates permanency case plans for families within Children's Services. Completes Guardianship/Adoption reports and home studies to achieve permanency for children in PTCS care with PTCS recommendation for permanency. Maintains the case post permanency for 30 days to 6 months depending on the case needs. Completes monthly health and safety visits, assists guardianship/adoptive families and children during the transition with services such as child care and any other pertinent supportive services within the Tribe. Provides on-going and long-term assistance to children and families in permanent placements and adoption by assessing the needs of the families and providing resources and tools to preserve and sustain children in permanency. Assists with children remaining connected to their family and culture throughout and after permanency is achieved.

JOB TITLE: CPS INVESTIGATOR
Department: Children’s Services
Closes: When Filled
Conducts investigations of cases involving allegations of abuse and neglect of Indian Children within the Puyallup Tribal Jurisdiction as mandated by the Child and Family Protection Code of the Puyallup Tribe of Indians. Initiates life-changing decisions based solely on the best interest of the children.

JOB TITLE: CHILD WELFARE CASEWORKER
Department: Children’s Services
Closes: When filled
Develops, implements, and evaluates 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: JUDICIAL LAW CLERK
Department: Tribal Court
Closes: When Filled
Under the general direction of the Chief Judge, this position is responsible for researching and analyzing intricate, complex and sensitive legal issues and questions for the Tribal Court Judges.

JOB TITLE: COURT CLERK LEVEL I AND COURT CLERK LEVEL II
Department: Tribal Court
Closes: When Filled
Provides clerical support and records management for operation of the Tribal Court, and support services for the Chief Court Clerk, Court Administrator, Chief Judge, Associate Judges, and Pro Tempore Judges.

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: CORRECTIONS OFFICER
Department: Law Enforcement
Closes: When Filled
Salary: \$28.59/hour + benefits
Provides care and custody of inmates and maintains order and discipline among the inmates within the Puyallup Tribal Restorative Correctional Facility, a minimum-security facility, by enforcing the standards, rules and regulations governing the operations of the detention/correctional facility and programs, and the confinement, safety, health and protection of inmates.

JOB TITLE: POLICE OFFICER
Department: Law Enforcement
Closes: When filled
Salary: Entry - \$39.75/hour; Lateral - \$42.14/hour + benefits
Responsible for the enforcement of all tribal laws and regulations which shall include both land and marine areas which are under tribal jurisdiction. The police officer should possess understanding of sovereignty, tribal regulations and the need for their enforcement.

JOB TITLE: ON CALL SECURITY OFFICER
Department: Public Safety
Closes: Open Continuously
Responsible for protection and security of the Puyallup Tribal buildings and property. Reports all incidents in writing to the Assistant Director and any criminal activity to both the Assistant Director and the Puyallup Tribal Police Department.

EMERGENCY HIRE - PUYALLUP TRIBAL MEMBERS
Closes: Open Continuously
Apply if you would like to be considered for emergency hire openings. Emergency hires are positions that need to be filled temporarily on an expedited basis. When an emergency hire becomes available, a list of candidates who meet the education and experience requirements for the position will be sent to the hiring manager for consideration. You will be contacted if selected.

WORK FORCE DEVELOPMENT 240 HOURS - PUYALLUP TRIBAL MEMBERS
Closes: Open Continuously
This program provides 240 hours of full-time/part-time employment to Puyallup Tribal Members paid at the recognized minimum wage. During this time, members develop job skills and employment history to help improve their eligibility for permanent full-time jobs within the Tribe or other Tribal entities. A WFD Case Manager will contact you after you apply.

How To Apply

Apply online at <https://usr58.dayforcehcm.com/CandidatePortal/en-US/ptoiad> or visit the Puyallup Tribe’s website at www.puyalluptribe-nsn.gov/ and select “Employment” at the top of the page.

If you have any questions about the online application, please call 253-573-7863 or email jobs@puyalluptribe-nsn.gov.

Did you know?

The Puyallup Tribe and its entities combined are the fifth-largest employer in Pierce County.



Intertribal Elders luncheon brings neighboring Natives together

By Kalli Albertus, Puyallup Tribal News Editor

On Oct. 26, the Puyallup Tribe invited Natives from the Salish Sea and beyond to gather for the return of the in-person Intertribal Elders Luncheon for the first time in three years. As Elders visited, a video created by the Tribe’s Communications Department of all the luncheons and events during the pandemic showcased the Elder Department’s hard work, effort, and commitment to Elders throughout difficult times. The event was hosted in the new EQC Showroom where an afternoon of raffle giveaways and dancing awaited. Peggy McCloud opened the luncheon with a blessing and the Elders were served a menu of wild salmon, pork, red potatoes, green beans, salad, and assorted desserts. All Elders were also gifted \$10 of free play to use at the casino following the luncheon. Tribal Council welcomed the coalition of Tribes and MC’d the giveaway of a surplus of gifts including hand-woven cedar hats from Elders Department Director Vernetta Miller, \$100 cash checks, handmade quilts, self-care gift baskets, coolers, an electric scooter bike, and more. Tribal member Kim Sireech was the lucky winner of the electric scooter bike. Vernetta Miller and her staff also crafted moccasin flower vases for each table, where the oldest Elder was able to take the moccasin vase and flowers home. The event was made possible through the efforts and planning of the Elders Department.



ELDERS
sləluʔtəd



Watch the video featured during the Intertribal luncheon to see how Elders activities continued during COVID-19 restrictions at <http://www.youtube.com/c/PuyallupTribeofIndians>

2022 MMIWP ANNUAL SUMMIT

Please join the Washington State Missing and Murdered Indigenous Women and People (MMIW/P) Task Force for the first annual Summit, co-hosted by the Puyallup Tribe. The Summit will highlight the hard-won successes of advocates addressing this crisis, and look forward to future opportunities to build on this progress.

Location:

 Emerald Queen Casino Ballroom,
5580 Pacific Highway E, Fife WA 98424

Dates and Times:

- Tuesday, December 13 from 4:00 PM to 7:00 PM, Family Talking Circle – *Open to families & survivors only*
- Wednesday, December 14 from 9:00 AM to 5:00 PM
- Thursday, December 15 from 9:00 AM to 10:30 AM
 - The MMIWP Task Force will hold its December Quarterly Meeting from 10:30 AM to 4:30 PM.

For more information or to register:
<https://www.atg.wa.gov/washington-state-missing-and-murdered-indigenous-women-and-people-task-force/summit>

Please contact MMIWP@atg.wa.gov with questions or to request accommodations.



THE COMMUNITY DOMESTIC VIOLENCE ADVOCACY PROGRAM INVITES YOU TO JOIN US IN RECOGNIZING

January Human Trafficking Awareness Month

SAVE THE DATE

JANUARY 2ND
Human Trafficking Awareness Month Kick Off!
Community Action Calendar: One thing you can do each week to raise awareness about Human Trafficking

JANUARY 11TH
Wear Blue to Raise Awareness for Human Trafficking. Social Media Selfie Pledge

ADDITIONAL EVENTS TO COME!

Talking Circle
Film Screening
Awareness Campaign

FOR MORE INFORMATION OR TO SPEAK WITH AN ADVOCATE CONTACT THE PUYALLUP TRIBE COMMUNITY DOMESTIC VIOLENCE ADVOCACY PROGRAM AT 253-680-5499 PRESS 0 AFTER HOURS.

This project is funded by Grant # 2019-V0-GX-0136 awarded by the U.S. Department of Justice, Office of Justice Programs, Office for Victims of Crime. The opinions, findings, conclusions, and recommendations expressed are those of the contributors and do not necessarily represent the official position or policies of the U.S. Department of Justice.



HUMAN TRAFFICKING IS NOT OUR LEGACY

To report suspected human trafficking, call the U.S. Department of Homeland Security (DHS) tip line:

1-866-347-2423

If you are a victim and need help, call the National Human Trafficking Hotline:

1-888-373-7888



BLUE CAMPAIGN
One Voice. One Mission. End Human Trafficking.®

1423 E 29th St, Suite 336, Tacoma, WA 98404

AdultProtectiveServices@puyalluptribe-nsn.gov | 253-382-6380



Harmony Roebuck, Director
Harmony.Roebuck@puyalluptribe-nsn.gov
253.722.6641



Maria West, Assistant Director
Maria.West@puyalluptribe-nsn.gov
253.381.0787



Vulnerable Adult Case Management
Amanda Manley, Social Worker
Amanda.L.Manley@puyalluptribe-nsn.gov
253.225-5271



Awilda Cuevas Hughes, Social Worker
Awilda.I.CuevasHughes@PuyallupTribe-nsn.gov
253-320-5667



Adult Protective Services
Eugene Lamb, Investigator
Eugene.Lamb@puyalluptribe-nsn.gov
253.331.5881



Miriam MacBeth, Case Aide
Miriam.MacBeth@puyalluptribe-nsn.gov
253.318.9851

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Puyallup Tribal Administration offices

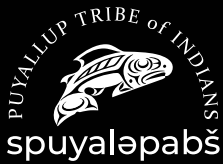
CLOSED
Dec. 23 – 26

Medicine Creek Treaty Days
Christmas Day



SIGN UP TODAY!

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



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

Scan the QR code to sign up today!

PTHA’s Family Medicine Residency Program Benefits Patients and Community



By: **Dr. Rhyner**
Associate Program Director
PTHA Family Medicine Residency
Dr. Rhyner was one of PTHA’s first residents in 2012

What is a residency program and what does it mean for you and your family?

A residency program is an educational setting where doctors come for additional training after graduating from medical school. These doctors come here specifically to learn family medicine in a culturally sensitive manner so that they can take better care of patients throughout their careers. The Puyallup Tribal Health Authority has hosted a family medicine residency program since 2012 with the

desire to train and create healers to serve in Native Communities around the country.

What are the benefits?

There are some significant benefits to being served by the residency and resident doctors. One of the greatest is having the opportunity to be a teacher and educator to these young doctors. What you will teach these young healers will serve as the foundation for their entire careers, the lessons that you give will shape the future of the many people they will take care of for the next 40 years. Through your guidance they will learn aspects of medicine that aren’t in any books and create bonds and connections that will carry them through a lifetime.

An additional benefit is every resident doctor will be discussing your care with an established PTHA doctor. This means that every visit is discussed by at least two doctors, increasing the amount of knowledge focused on your concern. It doesn’t end there. These graduated doctors come with the newest education from medical schools, exposing our clinic doctors to the most up to date information and enhancing the care throughout

the entire clinic. The resident team also includes a large group of experienced medical assistants who have been here for many years and help guide our doctors and work with the community to get you the health care you deserve.

The diversity of our resident doctors is a highlight as they bring many different cultural experiences and knowledge to every encounter. Some of these doctors are osteopathic, meaning that they have additional training with bones, muscles, ligaments and creating balance of the body through hands on techniques.

All of our resident doctors are specifically selected through a rigorous interview process for those qualities that will make a caring healer. While our resident doctors are only here for three years, they come filled with hope and desire to care for you, your families, and the community. They are excited to serve you and we know that with time they will become amazing healers for future generations.

We hope to see you and your family in the residency in the future!

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.

988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT

CONNECT

GET HELP

FIND HOPE

If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, call 988 or text NATIVE to 741741.

There is HOPE. You are not alone.

bisid čəxʷ ʔəshəli? • Choose Life

For more information, visit 988lifeline.org or scan the QR code

PTHA
WISHES YOU AND
YOUR FAMILY A
**Happy & Healthy
Holiday Season!**

Follow PTHA on
Social Media!

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Instagram

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Scan the QR codes and follow us for the latest updates on our news, events, programs & activities.

PUYALLUP TRIBE OF INDIANS



COMMUNITY FAMILY SERVICES



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1429 E. 29th St.
Suite 433
Tacoma, WA 98404

Phone: 253-573-7919 Fax: 253-573-7862
Email: CommunityFamilyServices@puyalluptribe-nsn.gov

AFTER HOURS NUMBER: 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

RE-ENTRY SERVICES



Mona Miller – NCAC, SUDP
Re-Entry Director

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



Carlos West
Re-Entry Navigator

Office: 253-382-6191 | Cell: 253-778-0732
Carlos.R.West@puyalluptribe-nsn.gov



Samantha (Jo Jo) Pettibon
Re-Entry Navigator

Office: 253-382-6193 | Cell: 253-355-9756
Samantha.Pettibon@puyalluptribe-nsn.gov



Danny Leonard
Certified Peer Counselor/Re-Entry Coach

Office: 253-382-6184
Danny.Leonard@puyalluptribe-nsn.gov

Puyallup Tribal Administration had a Spooktacular Employee Halloween Party

By Katie Manzanares, Puyallup Tribal member

On Oct. 28, children arrived at the Tribal Administration building with big smiles and excitement on their faces. About 120 kids from Chief Leschi Pre-School & Grandview Early Day Care came to the Tribe for trick or treating in head-to-toe costumes to fill their bags with candy. The return of trick or treaters brought back a sense of normalcy that everyone had been missing that last couple years. Tribal employees dressed to impress for the costume contest and many departments participated in decorating their office spaces to compete for the decorating contest. Travel and Housing Departments took the win with their office areas transformed into an interactive haunted space featuring fog machines, lights, music, and blow-up decorations.

All employees were also treated to an Azteca catered lunch as they anxiously awaited their chance to show off their costumes for the contest. Employees then had an opportunity to vote for their favorite outfits resulting in Bigfoot, Cheech, and Chong, and characters from "Up" as the chosen favorites.



Marine View Ventures Employee of the Year: Virene Keating

Puyallup Tribal Member and Marine View Ventures Associate Virene Keating has won the 2022 Employee of the Year award with the Tribal Convenience Store Association. Virene won \$500, a Pendleton blanket, a plaque, and an all-expenses paid trip to Northern Quest Casino and Resort. The Tribal Convenience Store Association Employee of the Year Award recognizes three employees annually at the Annual September membership meeting. Criteria are: The individual displays

leadership within their organization, commitment to a good job, loyalty to their customers and employer, and superior customer service. This individual also contributes to the community outside their place of employment.

Virene started her career at MVV in June of 2015 as a part-time car wash associate, and since then has worked her way up in the company to hold the title of lead sales associate. In 2022, Virene was promoted to assistant store manager. Executive Director of Marine View Ventures David Long shared that her great work attitude is consistently displayed in her smile, laughter, and overall hard work ethic. MVV shared that Virene has consistently been one of the top trainers and successful associates on the team.





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WWW.EMERALDQUEEN.COM/CAREERS

Historic Preservation

Word search

L	D	I	J	P	T	T	A	A	P	R
E	U	S	P	H	L	A	R	M	Q	U
D	Q	S	A	H	W	L	C	R	T	T
H	E	Q	H	S	A	U	H	N	Y	X
Z	T	K	N	O	L	L	I	K	O	X
J	V	E	O	T	O	A	V	D	Z	P
D	W	L	U	M	X	T	E	P	S	R
O	J	R	Y	X	S	U	S	Y	M	E
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G	E	O	D	U	C	K	P	P	E	C
E	S	U	O	H	G	N	O	L	B	D

Puzzel located on page 13

Puyallup Tribe Sustainability Eligibility



Mission :

To increase the Tribal community awareness of the Tribe’s view and knowledge of traditional tools that work toward restoring Earth balance. To work to ensure that all Tribally-sponsored community functions continue to honor our relationship and responsibility to our Mother Earth.

Eligibility Criteria :

- Must be 16+
- other Native Americans in the community
- Puyallup Tribal Member
- Puyallup Tribal Employee of all entities
- Chief Leschi staff, faculty, or students



Please email us if you are interested in joining:

kalicia.bean@puyalluptribe-nsn.gov
sustainability@puyalluptribe-nsn.gov

ARTICLE II – MEMBERSHIP

Section 1.

The membership of the Puyallup Tribe shall consist of each individual who is not enrolled as a member in any other Indian nation, tribe, band, pueblo, village, corporation or rancheria and who satisfies either of the following requirements:

- (a) Each person whose name appears on the roll of the Puyallup Tribe approved in 1929; and
- (b) Each person at least one of whose parents, at the time of the person's birth, was an enrolled member of the Puyallup Tribe;
 - (i) Provided, however, that after the effective date of Amendment Number XIII to this Constitution (amending this Article II), a person who otherwise qualifies under this subsection shall be eligible only if application for enrollment is made within one calendar year after his or her birth; and
 - (ii) Provided, further, that in the case of a person actually unaware of his/her Puyallup ancestry by reason of adoption or other circumstances, the time deadline contained in proviso number (i), above, shall be deemed satisfied if that individual makes application for membership within ninety (90) days after becoming aware of his/her Puyallup ancestry.

Membership under this Article shall not be deemed automatic but shall be effective only upon compliance with enrollment procedures then in effect including action by the Tribal Council confirming an individual's eligibility and enrollment.

For further information please see: Enrollment Code

<http://www.codepublishing.com/WA/puyalluptribe/>

Applications can be placed in our Mailbox in the Mailroom.

- 1. Application with tribal parent signature
- 2. ORIGINAL State Certified Birth Certificate (Will be kept in the applicants file)
- 3. Copy of Social Security Card is required but not when submitting application. But will need a copy as soon as you receive it.

ENROLLMENT STAFF

Barbara Richards, Director
Stella John, Assistant Director
Norma EagleSpeaker, Enrollment Program Coordinator
Michael Flores, Enrollment Office ID Clerk
Halana Palomera Olivera, Enrollment Office ID Clerk
(253) 573-7849 enrollment@puyalluptribe-nsn.gov



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 has 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 27, 2023.

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



*** NOTICE ***

TO: PUYALLUP TRIBAL MEMBERS
FROM: PUYALLUP TRIBAL COUNCIL
DATE: November 23, 2022
SUBJECT: *Gaming Advisory Commission/
Charitable Trust Board*

Tribal Council is posting notice to fill **Two (2) regular positions**. This member will serve a three (3) year term. Commission members are paid stipends for attendance and participation at Commission Meetings.

Gaming Advisory Commission (Code - Title 13)

Don Coats
Vernetta Miller
Leslie Hohn
Vacant
Vacant
Alternates:
James Miles
Gary Young

Members on this Commission will need to be familiar with Tribal Code *Title 13 Gaming and the Committees, Commissions, and Boards Regulation, Policy and Procedures Manual (Resolution No. 120607)*. You may request a copy of both the Code and Regulation Manual to review. The code may also be viewed from the Tribe's website at <http://www.puyallup-tribe.com/> look under Tribal Laws.

If interested please submit your name by the **deadline of December 22, 2022** no later than 5:00 p.m.

Applicant must apply in person at the Council offices reception desk at:
Puyallup Tribal Admin Building
3009 East Portland Avenue, Tacoma, WA 98404

*** NOTICE ***

TO: *Puyallup Tribal Members*
FROM: Puyallup Tribal Council
DATE: November 23, 2022
SUBJECT: **Shellfish Commission**

The Tribal Council is posting notice for Seven (7) regular positions. These positions will serve a three-year term. The Commissioners will be paid stipends for attendance and participation at Commission Meetings.

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

Members on this Commission need to be familiar with *Title 12 Fish and Wildlife No. 3 Shellfish Code* and the *Committees, Commissions, and Boards Regulation, Policy and Procedures Manual (Resolution No. 120607)*. You may request a copy of both the Code and Regulation Manual to review.

If interested please submit your name by the **deadline of December 22, 2022** no later than 5:00 p.m.

Applicant must apply in person at the Council offices reception desk at:
Puyallup Tribal Admin Building
3009 East Portland Avenue, Tacoma, WA 98404

*** NOTICE ***

TO: PUYALLUP TRIBAL MEMBERS
FROM: PUYALLUP TRIBAL COUNCIL
DATE: November 23, 2022
SUBJECT: **Election Board**

The Tribal Council is posting notice for one (1) REGULAR position. This position will serve a three (3) year term. Board members are paid stipends for attendance and participation at Board Meetings. The following members are currently serving on this Board:

REGULAR POSITIONS:

Nadine Dillon
Lindsay LaPointe-Nicks
Edmonda Cook
Janet Dillon
Theresa Sportsman
Angela Tate
Vacant

ALTERNATE POSITIONS:

Anita Gail Dillon
John Strickler
Armando Wilson
Terri Williams
Andrea Lewis

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

If interested please submit your name by the **deadline of December 22, 2022** no later than 5:00 p.m.

Applicant must apply in person at the Council offices reception desk at:
Puyallup Tribal Admin Building
3009 East Portland Avenue, Tacoma, WA 98404

PUYALLUP TRIBE OF INDIANS
2022-2023 Enrollment Meeting schedule

Deadline for documentation to be received.	Meeting date
October 7, 2022	October 12, 2022
November 4, 2022	November 9, 2022
December 2, 2022	December 7, 2022
January 6, 2023	January 11, 2023
February 3, 2023	February 8, 2023
March 3, 2023	March 8, 2023
April 7, 2023	April 12, 2023
May 5, 2023	May 10, 2023
June 2, 2022	June 7, 2023
July 7, 2023	July 12, 2023
August 4, 2023	August 9, 2023
September 1, 2023	September 6, 2023

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

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

Puyallup Tribal News Schedule

January 2023 – [Issue #396]
Wednesday, Dec. 7 – Content Due
Wednesday, Dec. 21 – Sent to print
Wednesday, Dec. 28 – Newspaper enter mail / Paper delivered

February 2023 – [Issue #397]
Wednesday, Jan. 4 – Content Due
Wednesday, Jan. 18 – Sent to print
Wednesday, Jan. 25 – Newspaper enter mail / Paper delivered

March 2023 – [Issue #398]
Wednesday, Feb. 1 – Content Due
Thursday, Feb. 16 – Sent to print
Wednesday, Feb. 22 – Newspaper enter mail / Paper delivered

April 2023 – [Issue #399]
Wednesday, Mar. 8 – Content Due
Wednesday, Mar. 22 – Sent to print
Wednesday, Mar. 29 – Newspaper enter mail / Paper delivered

All submissions sent to news@puyalluptribe-nsn.gov may be edited for grammar or length, and may be used in the Communications Department’s platforms, including on the website, social media and electronic newsletters.

**Legal Aid Office is open and ready to serve you!*

Attention Tribal Members: DO YOU HAVE A WILL IN PLACE?

A will can ensure both your family and assets are taken care of and protected how you see fit.

Most importantly a will assists with:

- Obtaining peace of mind
- Preventing disputes over your assets
- Determining who inherits your property
- Directing your burial



Make an appointment with our will specialist today!



Appointment only Monday through Friday virtual or in-person at the main Admin building.
Contact 253-382-6810; LegalAid@puyalluptribe-nsn.gov for questions and appointments.

**The office is independently contracted by the Puyallup Tribe and not a Tribal Administration department.*

FIND THE PUYALLUP TRIBE ON SOCIAL MEDIA



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



https://twitter.com/Puyallup_Tribe



<http://www.youtube.com/c/PuyallupTribeofIndians>



<https://www.instagram.com/puyalluptribeofindians/?hl=en>



Puyallup Tribal News Staff

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