Stewards of the lands and waters: Volunteers pitch in during Earth Day clean-up events

See photos on page 20.

MAKING HISTORY
Tribal Member participates in wet plate project
See photos and story on page 17.

DANCE PARTY
Elders enjoy outdoor concert and luncheon
See photos on page 14.

SPRING TRADITION
CLS celebrates Daffodil royalty
See photos and story on page 12.

GRAD SPOTLIGHT
Families celebrate soon-to-be grads
See photos and stories on page 9.
Tribe shares story on fighting local hunger during the pandemic

By Lisa Pemberton, Puyallup Tribal News Editor


During the event, Bryan and Puyallup Tribal Housing Director Joanne Gutierrez and Stacy Crnich, CEO of the Bonney Lake Food Bank, shared their experiences of completely revamping their strategies and meeting the needs of their communities during the pandemic.

“Our partnership was instrumental in how quickly we were able to get food distributed into our community,” Bryan said.

Last year, more than 157,000 visits were made to food pantries and meal sites each month in Pierce County, 40 percent more than in 2019.

“We have seen a significant increase in families who are food insecure during this pandemic, and our food banks have really stepped up to help across the country,” said Rep. Schrier. “I’m proud that the American Rescue Plan expands eligibility for SNAP and increases the amount families receive for SNAP and WIC benefits until the end of September. Between the American Rescue Plan and the efforts of places like the Emergency Food Network and their partner food pantries, we can start to address food insecurity and make sure that families can put food on the table and ensure children can access nutritious food.”

Historically, the Puyallups were known to exhibit generous and welcoming behavior to all people (friends and strangers) who enter their lands. Today, this continues to ring true with their efforts to stop hunger locally.

Even while reeling from the COVID-19 pandemic, the Puyallup Tribe of Indians was able to provide charitable contributions of $568,000 in the first two quarters of 2020. The third and fourth quarter information will be made available at a later date. Charitable contributions are part of the Tribe’s gaming compact with the state.

Four organizations that received large donations ($50,000 or more) are helping in the battle against hunger: the Emergency Food Network, Northwest Harvest, Nourish Pierce County and the Puyallup Food Bank.

The Tribe also donated money for grocery giveaways by Tacoma Public Schools Indian Education Program, and operated numerous food distribution events that were open to the entire community during 2020.

Schrier’s visit helped promote the American Rescue Plan Act, which includes $12 billion in key investments to food assistance programs. Learn more about it at https://www.cbpp.org/research/topics/food-assistance.
Tribal Members rally with allies in fight against LNG plant

Photos and story by Lisa Pemberton, Puyallup Tribal News Editor

On Tuesday, May 4, Puyallup Tribal Members, community members, Puyallup Tribe Water Warriors and others participated in an event called “Walk with the Puyallup against LNG.”

The march began at Point Ruston and ended with a rally at Cummings Park, and included speeches, prayers and drumming. Puyallup Tribal Councilmember Anna Bean said she was thankful to see so many familiar faces in the crowd.

“We are blessed as a people to have you stand with us through all of the years, through all of the marches, through all of the takeovers,” she said.

Council hosts virtual Tribal Membership Meeting

On May 15, the Puyallup Tribal Council held a virtual Membership Meeting.

Stay up to date on Tribal Council news and events at Puyallup.Tribe-nsn.gov.

Photo by Puyallup Tribal Member Frank Griese
Culture Department hosts maple bark gathering

On April 17 and 24, the Culture Department hosted maple bark gathering at Swan Creek Park off of Pioneer Way East. The event was open to the Tribal community.

Squaxin Island Tribal Member and weaver Josh Mason taught the traditional way to harvest bark from a tree and process it for weaving. Afterward, he taught a Zoom class on how to create a bracelet with the maple bark strips.

Photos by Puyallup Tribal Member Shannel Janzen and Puyallup Tribal News Editor Lisa Pemberton

Learn more about events at the Tribe’s website, www.PuyallupTribe-nsn.gov.
Blanket ceremony welcomes ?ay'gʷəsilali residents

On Thursday, April 22, Connie McCloud (słupayqʷuʔ - Cedar Moon Woman) led a blanket ceremony to welcome each individual resident at the ?ay'gʷəsilali, the Place of Transformation, the Tribe’s tiny homes village. She opened the ceremony in prayer, followed by the Blessing of the Floor song by David Duenas Sr., performed by members of the Culture and Language departments.

After the song and dance, members of Culture Department wrapped each resident with a blanket, as staff of the Language Program shared in txʷašucidle house names that cover each house and represents honorable virtues in the Puyallup culture.

"Say the names of each of these homes every day you wake up and reflect upon what the virtues and what the names says," said Tribal Language staff member Chris Duenas.

After being blanketed, the residents spoke about what the village meant to them. With grateful hearts each resident also spoke about the significance of the tiny home village and what it meant for them.

"I want to thank everyone for providing a roof over our heads. It’s tiring to be out on the streets, being in these homes the last couple of days, gave me and my fiancé motivation to get treatments," said one tiny home resident.

The ceremony wrapped up with a birthday celebration for one of the residents. With cake, ice cream and laughter, you could really feel the sense of that ?ay'gʷəsilali is becoming a community.

"I’m super grateful to be part of this, I’ve been there," said Maria Carrillo Hatten an organizer for the Tiny Home Village. "I have so much compassion for you guys. Don’t give up, I am here for you and am so proud of you."

Need help?
To inquire about the referral process of Tribal Members experiencing homelessness, please contact the Puyallup Tribe Wrap Around Program by calling 253-382-6219 or 253-310-1855 or by emailing WrapAroundProgram@puyalluptribe-nsn.gov.
Meet John Mathis Jr. – Salish Cancer Center’s Courage Award recipient

Submitted by Salish Cancer Center

In December 2018, John Mathis Jr. was diagnosed with an aggressive B cell lymphoma and began treatment at Salish Cancer Center and completed his first treatment in June of 2019 which put him in remission.

During his follow up imaging, a mass was detected in one of his lungs and he was diagnosed to have “non-small cell lung cancer” (NSCLC). He underwent chemotherapy and radiation followed by immunotherapy which he completed on March 31, 2021 achieving a complete response of his lung cancer.

Mr. Mathis continued to work during his treatment while dealing with other vascular and cardiac issues.

“He has kept a very positive mindset and strong spiritual faith throughout it all,” says Shawna Smith, Salish Cancer Center’s Nurse Practitioner.

GONA returns for spring break

The Culture Department and the Youth Center hosted the annual Gathering of Native Americans (GONA) camp at Chief Leschi Schools on April 6 and 8.

Photos by Puyallup Tribal Member Jennifer Squally

Editor’s note: The GONA photos are being republished due to a production error in the last newspaper.

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Photos by Puyallup Tribal Member Jennifer Squally

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“He has kept a very positive mindset and strong spiritual faith throughout it all,” says Shawna Smith, Salish Cancer Center’s Nurse Practitioner.

We congratulate Mr. Mathis’s strength and perseverance throughout his cancer treatments.

Learn more about the variety of treatments we offer: www.salishcancercenter.com/treatments/
**Paid advertisement for Anna Bean**

**RE-ELECT**
PUYALLUP TRIBAL COUNCIL

HONORING OUR POWERFUL PAST
TOGETHER
BUILDING OUR NATION’S FUTURE

GENERAL ELECTIONS

SATURDAY, JUNE 5, 2021
10AM - 4PM

CHIEF LESCHI SCHOOLS
5625 52ND ST. E.
PUYALLUP, WA 98371

I HUMBLY ASK TO BE 1 OF YOUR 3 VOTES.

#VOTEANNAEBEAN2021

I WANT TO HEAR FROM YOU. LET’S CONNECT!

253-389-4318 CALL/TEXT
MIZBEAN79@YAHOO.COM

ANNA BEAN (LADY FRIOLE)
LADYFRIOLE
Happy Father’s Day

This will be my very first Father’s Day without my Dad, David Buena Jr. He passed away unexpectedly in November 2020 which left many of us in deep sorrow but we will carry on and cherish all of those fond memories of him. He was a Korean War Veteran and is buried in a military cemetery in Colorado and thankfully I had the distinct honor of taking a recent trip there to visit his resting place. Rest in eternal peace my beloved Dad.

Sincerely, Eugena Buena-Douglas

Nets for sale

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

For more information, contact Jim Siddle at 253-777-6385.

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 kʷ̕(i) adsəsəlabcəbut. Watch over yourselves well.

Email your stories to news@puyalluptribe-nsn.gov.

Youth Spotlight

Tribal youth: Share how you’re coping with the pandemic

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

Email news@puyalluptribe-nsn.gov to be featured in a story or fill out a questionnaire at https://bit.ly/35JbCRC.

Submissions may be featured on the Tribe’s social media, website, newsletters and newspaper.
Many graduation celebrations will be different this year due to the COVID-19 pandemic. If you have a grad in your life (preschool, high school, trade school, college, etc.), submit the following for the Puyallup Tribe’s 2021 Grad Spotlight:

- A photo of the graduate
- A sentence about their next steps (15 words or less)

Send your entry to news@puyalluptribe-nsn.gov with the subject line “Grad Spotlight.” The Communications Department plans to share the photos and messages on the Tribe’s website, www.PuyallupTribe-nsn.gov, on social media and in the Puyallup Tribal News. You can also submit the information by filling out a form at https://bit.ly/3e1dsj4.

The deadline for entries is June 10.
Have you ever wished you had finished high school? Whether you have been out of high school for years, or have recently decided to finish getting your high school diploma, Chief Leschi Schools is partnering with Grays Harbor College to offer multiple paths to make this a reality.

GED DIPLOMA
If you did not finish high school, a GED diploma may be your best pathway to completing high school. Most colleges and employers accept a GED credential as being equivalent to a high school diploma. Each year more than 14,000 Washington residents earn their GED credentials.

The GED program is a series of four tests in Reasoning through Language Arts, Social Studies, Science, and Mathematics and practice tests are available in English and Spanish. CLS can assist you in registering for the practice and official GED tests through Grays Harbor College. GHC offers the Transitions, pre-college classes needed to help you prepare for the tests.

To learn more contact Chief Leschi Schools Counseling Department at 253-445-6000 ext. 3002.

HIGH SCHOOL + HELPS YOU EARN A HIGH SCHOOL DIPLOMA
If you have high school credits, work experience, military experience, certifications or other life experience, but no high school diploma or equivalency, the High School+ program could be for you!

Some benefits of the HS+ program are:
- You earn your high school diploma not a high school equivalency.
- Working on your diploma can open doors to possible funding support and a quicker path to vocational training and/or degree programs.
- The cost is $25 per quarter (waivers available).

If you are interested, call Chief Leschi Schools Counseling Department at 253-445-6000 ext. 3002 for more information.

HIGH SCHOOL COMPLETION
This program is for individuals who would like to complete high school by taking college level classes to meet any Washington State high school graduation requirements that are not completed. Participants must be over 19 years of age to participate in the program.

To learn more contact Chief Leschi Schools Counseling Department at 253-445-6000 ext. 3002.

CLS celebrates Daffodil royalty

On April 30, Chief Leschi Schools had the pleasure of hosting the Daffodil Festival, surrounding Daffodil Princesses, and the crowned Daffodil Queen Katie Rose from Puyallup High School at Circle.

The 2019-20 CLS Daffodil Princess Catalina Dillon gave her final speech and handed over the title to the 2020-21 Princess Szoi Stevens.

We raise our hands to Princess Cat for her dedication to her role and for representing Chief Leschi with dignity. We know Princess Szoi will do the same!
ARCHIE CANTRELL
TRIBAL COUNCIL

2021

- Improving our Tribe for our Youth
- Respect for our Elders
- Diversifying our Economic Development

NEW IDEAS • TRADITIONAL VALUES
LEADERSHIP BY EXAMPLE

** Paid advertisement for Archie Cantrell
Elders enjoy Beatles-themed concert and luncheon

On Friday, April 23, Puyallup Tribal Elders staff held a safe outdoor concert luncheon with songs from WingsNThings, a Seattle band playing tribute to the music of Paul McCartney.

Two eagles soared overhead.

“That’s a blessing,” said Tribal Chairman Bill Sterud.

Many Elders enjoyed the concert from their cars and a few masked up and danced safely while social distancing.

Learn more about upcoming Elders luncheons and other events at www.PuyallupTribe-nsn.gov.

Tribe offers game and other meat for Elders

Puyallup Tribal Elders, 55 and older, are eligible to receive elk, deer, buffalo and pork from the Puyallup Tribe’s Hunting and Wildlife Department.

If you are interested in the program, please contact Dan Sandstrom at 253-405-7504 or Alyrece McCloud at 253-348-3318.
Elizabeth Steinke hired as Adult Services Investigator

Submitted by Adult Services staff

Please join us in welcoming our new PTOI Adult Services Investigator Elizabeth Steinke.

Elizabeth was born in Chula Vista, Calif., in the mid-1970s. She received her undergraduate degree at The Evergreen State College in Indigenous Studies with an emphasis in Social Work and is currently completing her Masters of Social Work at the University of Washington Tacoma.

Elizabeth has been a member of the Puyallup Canoe Family for many years. She enjoys spending time with her family and dogs and collecting vintage audio equipment (1930s – 1980s).

If you or a loved one has any concerns abuse, abandonment, neglect, or financial exploitation of a vulnerable adult, please call Elizabeth at 253-382-6070.

Subsidized Child Care Program continues during GELC renovation

By Puyallup Tribal News Staff

Grandview Early Learning Center closed in March 2020 due to the COVID-19 pandemic, and has remained closed for a long-planned renovation.

Although GELC’s building is closed due to construction, it’s important to note that its Subsidized Child Care Program is still available for Tribal families. In addition, GELC staff are continuing to serve families with meals, activity packets and other support.

The Subsidized Child Care Program is funded through the Child Care Development Fund (CCDF) and offers choices for your family’s child care needs. This program gives parents a choice of their childcare providers. GELC will help pay for one of the following: a licensed provider (cares for child in a licensed facility/home), a non-licensed provider (must care for child in child’s home), or a relative provider (can care for the child in relative’s home or child’s home).

The construction project will create one centralized front entrance, limiting access and improving safety. It will also add two new classrooms, with space for 30 additional students and is expected to be complete by the end of 2021.


Please provide one application for each family in need of services. You may list multiple children on one application.
Let’s talk about cannabis for medical wellness

Submitted by Qwibil

Recreational marijuana gets all the headlines, but many cannabis consumers buy and use the plant for medical wellness reasons. These include acute medical conditions such as cancer, chronic pain, and epilepsy, and then again for wellness reasons including anxiety, muscle strains, addiction, and sleep problems. Some consumers with less acute medical wellness needs may embrace the recreational market to address issues such as insomnia, stress, and muscle pain.

At Qwibil we bring a differentiated experience for our consumers and patients. We are partners with WSU School of Medicine for Cannabis Research, which we collect data, and we get continuous feedback through social media, information calls, patient surveys, dispensary workers who serve the consumers and patients. This helps us to keep our finger on the pulse of our consumers and patients for continuous feedback on what is working, what improvements are needed, what type of ratios are working for what symptoms. As we have two cannabis expert Naturopathic Doctors on staff to see patients through both live and telemedicine appointments. They are overseen by Dr. Alan Shelton, MD - Medical Director. The Naturopaths bring their own areas of expertise, like weight loss and IV Hydration Therapy, and neurofeedback therapy. These are all very helpful to a healthy life balance.

Researchers are learning about what minor cannabinoids, which could pay a role in future cannabis-based product development like CBG, CBN, and others as well. We will continue to bring in high qualify organic pure pharmaceutical CBD products for our patients and customers. We will have high THC Medical Products for our patients with serious illnesses.

For more information or to schedule an appointment contact Melissa Owens at 253-392-2400. Or just walk in for high quality pharmaceutical grade CBD Products at our Nature Plus Pharmacy, also located at Qwibil.

KBTC program highlights concerns about Tacoma Totem Pole

By Lisa Pemberton, Puyallup Tribal News Editor

Tribal Councilwoman Annette Bryan and Cultural Director Connie McCloud were recently interviewed by KBTC about the Tacoma Totem Pole.

“For me I never understood it because a lot of the symbolism doesn’t reflect who we are, and what I know to be from here,” McCloud said. “I would like to have a ceremony and offer prayers to thank the cedar tree for being this pole, being in this place, and thank it for the gift it has given, because the cedar tree still has a spirit. And then I think that it should be destroyed because its work is done.”

Watch their interview at https://www.pbs.org/video/tacoma-totem-pole-a7odlh/.
Tribal Member captured on “wet plate” by North Dakota artist

By Puyallup Tribal News Staff

Chief Leschi High School senior and Puyallup Tribal Member Kenya Scabbyrobe had a unique opportunity to travel to Bismarck, N.D., with her family to take part in a photography session using natural light wet plate photography. This process dates back over 200 years.

Once arriving in Bismarck, the Scabbyrobe family met with ambrotypist Shane Balkowitsch. He is among a small number of individuals who use wet plate collodion, which was the predominant form of creating photography throughout Europe and North America dating back to the 1800s. The process involves exposing an image onto glass or metal when the chemicals are still wet.

“My goal is to capture 1,000 Native Americans in the historic wet plate collodion process of pure silver on glass,” Balkowitsch said. “I am 482 image in, and it has taken me seven years to get to this point. It is going to be a 20-year journey.”

He added that Scabbyrobe was the first Puyallup who participated in the project.

“It was a historic and special moment,” he said, adding that he also captured images of Scabbyrobe’s parents.

Scabbyrobe describes her session with Balkowitsch as a really fun time. “It was something very cool to experience,” she said.

She shared that she had to sit perfectly still without even blinking at times.

A couple of historical societies have already acquired the plates. Black glass ambrotype of Kenya Marie Scabbyrobe “Bird Woman” Puyallup/Blackfeet, on 8x10” taken on 4-2-2021 (#3863) wet plate along with a bio about her, will be held locally at the Washington State Historical Society, Washington State History Research Center, 1911 Pacific Ave., Tacoma.

Her photo will also be at the North Dakota National Historical Society Museum.

“For me, it is all about capturing history and paying respect to the people that came before us,” said Balkowitsch.

Scabbyrobe’s mother, Kathy Scabbyrobe, explained that her daughter is always staying busy with basketball, powwows, sewing, and traveling to attend their Washat ways.

“We are very proud of her,” she said.

Photos courtesy of the Scabbyrobe family and Shane Balkowitsch
Group provides support for foster parents and caregivers

Submitted by Children of the River Child Advocacy Center

Children of the River Child Advocacy Center is now offering a Foster Parent/Caregiver Resiliency Group from 1 to 2:30 p.m. every Monday.

Our goal is to help you build upon your strengths and overcome the daily challenges of caring for others. Why? Because caregiving can be full of challenges and difficulties.

Being a resilient caregiver will help you adapt to the tough times and not only survive these challenges but become a stronger and more confident person in doing so.

Attending a support group can link you to community resources and connect you with others who are in a similar situation.

Meetings are virtual and participants are required to sign a confidentiality agreement. To sign up email S.keya.drechsel@puyalluptribe-nsn.gov.

Slow fashion helps reduce landfill waste and carbon footprint

Submitted by the Sustainability Working Group

Did you know that sustainability doesn’t only include the food we eat and the garbage we throw out? Sustainability also encompasses the clothing we buy and wear. There is a movement called slow fashion which encourages fashion designers to pledge or launch clothing lines that are sustainable, reducing landfill waste and carbon footprint. Fast fashion is inexpensive clothing produced by mass market retailers. As a reaction to fast fashion, slow fashion is more holistic, intentional and thoughtful.

We have all been guilty of mindless retail consumption. Have you gone into a store intending to buy one thing but ended up walking out with an entire cartful of items? Seventy-five percent of fast fashion items end up in landfills, or the equivalent of one garbage truck per second (2018, Pulse of the Fashion Industry, www.globalfashionagenda.com/publications-and-policy/pulse-of-the-industry/). Once these items leave our ownership they usually end up in a landfill, having a huge impact on the environment. Even more, most articles of clothing are made in factories that pollute our water and air. By purchasing clothes from these fast fashion companies, we are contributing to the global climate crisis.

The Slow Fashion concept, coined by design activist Kate Fletcher, is a way “to identify sustainable fashion solutions, based on the repositioning of strategies of design, production, consumption, use, and reuse, which are emerging alongside the global fashion system, and are posing a potential challenge to it.” (https://en.wikipedia.org/w/index.php?title=Slow_fashion&oldid=1020814453). Slow fashion is an alternative to fast fashion in the sense that it promotes a more ethical and sustainable way of living and consuming.

Although the slow fashion movement has been gaining increased awareness in the past few years, Native Americans have honored these cultural practices since the beginning of time. It is ingrained in our Puyallup culture to create things with a respect for nature and the world we live in. We are taught to only take what we need and to use the entirety of what we take. We have modeled this concept in the way we fish and hunt. As Indigenous people we have the power to change the way people think about clothing, creating more of a balance between humans and the natural world. It is our responsibility to protect our Mother Earth, and we can do so by adopting the following practices:

- Buy less clothing
- Keep clothing longer
- Shop at second-hand/thrift stores
- Do clothing exchanges with friends and family
- Buy clothing from stores that use sustainable practices
- Buy locally designed and produced garments
- Upcycle clothing
- Buy clothing that is upcycled, recycled, or made from natural materials

**What is upcycling?**

Upcycling is transforming clothes, accessories, and textile waste into something new. This is a great way to reuse clothing that would otherwise end up in a landfill. With upcycling, we can take something that doesn’t fit or is stained/torn and refashion a wearable product from it.
Tribe partners for ‘Sisters Rising’ screening and fundraiser

Story and photos by Lisa Pemberton
Puyallup Tribal News Editor

On April 20, the Puyallup Tribe’s Children of the River Child Advocacy partnered with Rebuilding Hope! Sexual Assault Center for Pierce County Program for an online screening of “Sisters Rising.”

The virtual event and fundraiser included a Puyallup Tribe land acknowledgement, a panel discussion featuring Carolyn DeFord and Laura Bluehorse-Swift. April is National Sexual Assault Awareness Month. Native American women are 2.5 times more likely to experience sexual assault than all other American women.

“Sisters Rising” is an hour-long documentary that follows six Native women who are fighting to restore tribal sovereignty and self-determination as the crucial step toward end ongoing colonial violence against indigenous women in the United States.
Tribal Members participate in socially distanced Earth Day events

On April 22, the Puyallup Tribe of Indians’ Sustainability Working Group hosted socially distanced Earth Day Cleanup projects.

The events were held at the Canoe landing site, the Eastside Family Support Center, the Tribe’s Ceremonial Grounds and Swan Creek.

There was also a blanketing ceremony for the Tribe’s Clean Our Rez crews at the Ceremonial Grounds.

Photos by Puyallup Tribal Member Jennifer Squally, and members of the Sustainability Working Group
Celebrating heroes for our children

On April 17, Children’s Services held a Child Abuse Prevention Month drive-through event at Chief Leschi Schools. It featured a raffle, prizes, snacks, giveaways and information about how to prevent child abuse. April is National Child Abuse Prevention Month.

Photos courtesy of the Tribal Community Wellness Division

ʔay’gʷəsilali residents enjoy late night barbecue

The Puyallup Tribe’s tiny home village held a late night barbecue on April 21. It was one of the first events at the new community, which provides shelter and support for homeless Tribal Members.

“It’s such a blessing to see how everyone came together,” said village organizer Maria Hatten (Carrillo). “Everyone contributed to this feast. I’m so honored to be a part of this village. The night was amazing. I witnessed lots of smiles and lots of laughter.”

Learn more about ʔay’gʷəsilali, The Place of Transformation, at https://lihi.org/puyallup-tribe-village/.

Photos courtesy of Maria Hatten (Carrillo)
Red dresses honor missing and murdered women and girls

Photos and story by Lisa Pemberton
Puyallup Tribal News Editor

On May 5, staff with the Puyallup Tribe’s Community Domestic Violence Advocacy Program and the Wrap Around Program hung up red dresses and signs around the Administration Building, as part of the program’s Missing and Murdered Native American Women and Girls Red Dress Project.

The annual display was one of several activities the program scheduled in May to bring awareness to missing and murdered Native Americans, and provide support their relatives and loved ones.

Learn more about the events at www.puyalluptribe-nsn.gov.

Puyallup Tribe of Indians 2021 Enrollment Meeting schedule

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<thead>
<tr>
<th>Deadline for documentation to be received</th>
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<tr>
<td>June 4, 2021</td>
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<td>July 7, 2021</td>
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<td>August 6, 2021</td>
<td>August 11, 2021</td>
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<tr>
<td>September 3, 2021 (time change holiday deadline noon)</td>
<td>September 8, 2021</td>
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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.
I would like to raise my hands in gratitude to each and every one that has supported me up until this point in my life and to those who will continue to walk by my side! I thank each and every one who voted, in confidence, for me in the Primary Election from the bottom of my heart! I will be forever grateful! I give thanks to Creator for leading me on this path of leadership and public service to ALL our Tribal Members, near and far, you matter!

Let’s TRIPLE the Vote in the General Election on June 5th from 10-4pm @ Chief Leschi Schools and I raise my hands to ALL our Seniors who are graduating, their family and friends who have supported them along the way! You worked hard, you earned it and YOU Graduated! ?əskʷədiitubəpəd čəd

** Paid advertisement for Patricia Ortiz Conway**
COVID-19

Why I got the COVID-19 vaccine...

Because I believe in science.
Because I believe in doctors.
Because I care for my health.
Because I care for my family’s health.
Because I am Alaskan Native.
Because I am a mother.

Rosy Gutierrez

Share your reasons for the vaccine

Sharing your story may help others decide to get the COVID-19 vaccine, which is important to help protect the Tribal community. We’d love to hear from other Tribal Members, Tribal employees and community members. Please send a quote about why you got the COVID-19 vaccine and a photo to news@puyalluptribe-nsn.gov. Submissions may be published on Puyallup Tribal platforms including newsletters, social media and Puyallup Tribal News.
COVID-19 Vaccine Update

PTHA is now offering all three COVID-19 vaccines, Moderna, Pfizer and Johnson & Johnson, in the upper parking lot at PTHA. The tents will provide COVID-19 testing and vaccines. See the map above. For more information on our vaccines, please visit our Facebook page or web site.

PTHA Summer Festival

We are excited to announce the first PTHA Summer Festival “Let’s Keep Tobacco Sacred!” This event will be jam packed with activities for both youth and adults, with helpful tobacco prevention education.

**Summer Festival “Let’s Keep Tobacco Sacred”**

**Saturday, June 19**

**9:00 a.m. – 1:00 p.m.**

**Chief Leschi School**

Come take part in our Fun Walk/Run, scavenger hunt with prizes, and “take the pledge not to smoke” obstacle course! All are welcome. Not ready to quit smoking? That’s okay, come join in the fun and grab some yummy food - there is something for everyone!

Social distancing measures and masks are required.

For more information, visit our Facebook page or web site at eptha.com.

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 a day 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, but 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/Community Health.
Watch out for ‘disconnect’ scams

The Crisis Assistance Program (CAP) would like to remind everyone that power companies will not disconnect services due to non-payment.

NO power company will call and demand payment.

If anyone is the recipient of a phone call like this, please hang up immediately and call your power company directly.

CAP recently received additional funding from the COVID CARES Relief Fund to provide up to $2,000 for utility bills only, under CAP guidelines. CAP staff are available Monday thru Friday from 8 a.m. to 5 p.m. to make arrangements to drop off a utility request.

Requests can be dropped off in person or email to CAP@puyalluptribe-nsn.gov.

Anyone can call CAP Staff at 253-573-7989 if they have any other questions or concerns.

PUBLIC NOTICE

Look for Firecracker Alley updates at www.puyalluptribe-nsn.gov/

Puyallup Tribe’s Independent Living Skills Classes

<table>
<thead>
<tr>
<th>Topics</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Budgeting</td>
<td>June 10</td>
</tr>
<tr>
<td>Cooking &amp; Nutrition</td>
<td>June 24</td>
</tr>
<tr>
<td>Self Care &amp; Managing Stress</td>
<td>July 8</td>
</tr>
<tr>
<td>Organization</td>
<td>July 29</td>
</tr>
<tr>
<td>Sex Education</td>
<td>August 12</td>
</tr>
<tr>
<td>Filling Out Forms</td>
<td>August 26</td>
</tr>
</tbody>
</table>

Classes will be virtual every 2nd and last Thursday of the month at 4PM

To RSVP or for more information contact Ashley Olson
Call or Text: 253-344-0368
Email: Ashleyo@PuyallupTribe-nsn.gov
COMMUNITY FAMILY SERVICES

COMMUNITY FAMILY SERVICES

Puyallup Tribe of Indians

COMMUNITY FAMILY SERVICES

Phone: 253-571-7919 Main Office
253-571-7930 Jody
253-646-5768 Teresa
253-382-6197 Mona
253-571-7842 Jennifer
Fax: 253-571-7842/253-571-7919

E-mail: Jody.Brooks@puyalluptribenow.gov
Teresa.Cruse@puyalluptribenow.gov
Jessica.Williams@puyalluptribenow.gov
Mona.Miller@puyalluptribenow.gov
Jennifer.Storey@puyalluptribenow.gov

COMMUNITY FAMILY SERVICES

Flames of Recovery

Puyallup Tribe of Indians

Flames of Recovery

Phone: 253-382-6101 Main Office
213-244-6005 Linda Cell
Fax: 253-373-7064
E-mail: Linda.Dillon@puyalluptribenow.gov

1457 East 31st St.
Tacoma, WA 98404

COMMUNITY FAMILY SERVICES

Community Family Services-Staff

Jody Brooks
NCAC, SIUDP
Director

Teresa Koeting Cruell
NCAC, SIUDP
Assistant Director

Jessica Williams

Administrative Assistant

Mona Miller

Pre-Entry Coordinator

Jennifer Storey
CFS/PLEAD
Outreach Coordinator

Flames of Recovery-Staff

Linda Dillon, Coordinator

Teshay Firethunder, Cook

Mateo Dillon, Puyallup Tribal On-Site Security Officer

Community Family Services

Wellbriety Meeting

Community Family Services now hosts a VIRTUAL Wellbriety Meeting every Thursday evening. It is not necessary to have Wellbriety literature on hand, as we will provide all readings in the meeting on a slide show. The meeting is open to the entire Puyallup Tribal Community! Please join us and help heal our community! If you have any questions call/text Jennifer Storey [253]778-0347.

Where: Thursdays at 7:00 pm
Room will open at 6:45. Meeting will start promptly at 7:00
Where: Zoom!
Meeting ID: 854 9032 1993
Passcode: 572128

COMMUNITY FAMILY SERVICES

Community Family Services is still providing the following services during this pandemic:

*Screenings
*Intakes
*Treatment Needs Assessments
*Referrals for Inpatient/Outpatient Treatment
*Crisis Interventions
*Individual Therapy Sessions

In addition to the above we are also providing Reentry Services to those transitioning from incarceration and/or Inpatient Treatment.

Weekly Support Groups:
Mondays: Re-entry Wellbriety-7pm
Thursdays: Community Wellbriety-7pm

COMMUNITY FAMILY SERVICES

3009 East Portland Avenue
Tacoma, WA 98404

Phone: 253-571-7919
Fax: 253-571-7862
Puyallup Tribal News Schedule

July 2021 – [Issue #378]
Tuesday, Jun. 8 – Content Due
Wednesday, Jun. 16 – Sent to print
Tuesday, Jun. 22 – Newspaper enter mail / Paper delivered

September 2021 – [Issue #380]
Monday, Aug. 9 – Content Due
Wednesday, Aug. 18 – Sent to print
Tuesday, Aug. 24 – Newspaper enter mail / Paper delivered

August 2021 – [Issue #379]
Wednesday, Jul. 7 – Content Due
Wednesday, Jul. 21 – Sent to print
Tuesday, Jul. 27 – 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.

Puyallup Tribal Weekly Newsletter is an electronic newsletter that is emailed on Mondays. Submit items for consideration by 5 p.m. Friday.

Employee Newsletter is an electronic newsletter with information pertinent to Tribal Admin staff members that is emailed on Wednesdays. Submit items for consideration by noon Tuesday.

*The Puyallup Tribal News schedule is subject to change, and may be updated throughout the year.

Legal Notices

PLEASE TAKE NOTICE pursuant to Puyallup Tribal Code 4.08.100(c), due to lack of current contact information, the Court of the Puyallup Tribe of Indians published notice in the Tacoma Daily Index upon the below-named Defendant(s)/Respondent(s) in regards to the following matters:

<table>
<thead>
<tr>
<th>Notice Published To</th>
<th>Case No.</th>
<th>Hearing, Date/Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>DOLEMAN, TABITHA</td>
<td>PUY-CW-CW-2021-0099</td>
<td>Formal Adjudicatory Hearing 6/10/2021 at 1:30 PM</td>
</tr>
<tr>
<td>DOLEMAN, TABITHA</td>
<td>PUY-CW-CW-2021-0010</td>
<td>Formal Adjudicatory Hearing 6/10/2021 at 1:30 PM</td>
</tr>
<tr>
<td>DOLEMAN, TABITHA</td>
<td>PUY-CW-CW-2021-0011</td>
<td>Formal Adjudicatory Hearing 6/10/2021 at 1:30 PM</td>
</tr>
<tr>
<td>BROOKS, MONK, SHELBEE</td>
<td>PUY-FH-SHELL-2021-0001</td>
<td>Initial Hearing 6/18/2021 at 10:00 AM</td>
</tr>
</tbody>
</table>

The Court is closed to the public and all decreted hearings shall be held remotely until further notice. Please contact the Court to arrange service of your copy of the case filings and instructions for remote appearance at 1 (253) 680-5505 or via email to TribalCourtFilings@PuyallupTribe-nsn.gov.

FIND THE PUYALLUP TRIBE ON SOCIAL MEDIA

https://www.facebook.com/PuyallupTribeofIndians/  https://twitter.com/Puyallup_Tribe  http://www.youtube.com/c/PuyallupTribeofIndians

Puyallup Tribal News Staff

To submit material for the newspaper, please email: NEWS@PuyallupTribe-nsn.gov or call: 253-382-6202. Puyallup Tribal News is published monthly. Copyright © 2021 Puyallup Tribe of Indians. 3009 East Portland Avenue, Tacoma, WA 98404. www.PuyallupTribe-nsn.gov