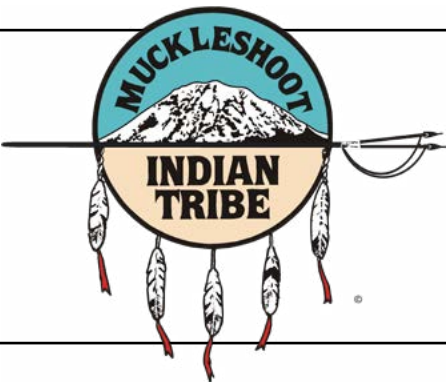


MUCKLESHOOT MESSENGER

July 2026 Edition · Section I



MUCKLESHOOT INDIAN RESERVATION — AUBURN, WA

Honoring the Return of the First Salmon

By Shayna Brown · **MUCKLESHOOT** — The First Salmon Ceremony is a time-honored tradition that reflects our deep respect for the salmon and the waters that sustain us. We are grateful to everyone who joined us for this year’s Ceremony, which marks the return of the salmon and our responsibility to honor and protect our fish relatives.

During the First Salmon Ceremony, we show our respect for the salmon and uphold our duty to honor and protect them. We celebrate their return and give thanks to them for sustaining our people in order to ensure both a successful fishing season ahead as well as the salmon’s return again next year.

Continued on P2 >



At 19, John Daniels Maestas Pushes Through Injury to Complete First 50K Ultramarathon



By Katie Manzanares · At an age when many young adults are just beginning to discover new hobbies, 19-year-old John Daniels Maestas has already checked an ultramarathon off his bucket list.

On June 22, Maestas completed his first 50-kilometer (31.1-mile) trail race at Strawberry Island, near Portland, Oregon. He crossed the finish line in 6 hours, 28 minutes, overcoming not only the physical demands of the course but also a painful hamstring tendon injury that occurred with more than a third of the race still ahead of him.

Continued on P4 >



Together in Tradition: Muckleshoot Veterans Powwow 2026

See P4 >



Muckleshoot Celebrates an All-Time Record Number of Graduates During the Graduation Season of 2026

See Section II: B1-34 >

Continued from P1:

Honoring the Return of the First Salmon

... The annual salmon celebration is made possible by the MIT Fish Commission, our dedicated cooks, the event committee, the community center staff, and countless helping hands. Thanks to your hard work and shared spirit as our community gathered in unity, carrying forward the spirit of respect and renewal. It was a great day filled with connection, tradition, and purpose.





Continued from P1:

At 19, John Daniels Maestas Pushes Through Injury to Complete First 50K Ultramarathon

... Rather than ending his race, the injury became a test of determination.

"I couldn't walk," Maestas said. "I was thinking about crawling because I wanted to finish this race."

The injury happened about 19 miles into the course, leaving him with roughly 13 miles remaining. For a moment, he questioned whether he would be able to continue.

"It was probably the worst pain I've ever been in," he said. "I just kept thinking, 'How am I going to do this?'"

Instead of stopping, Maestas slowed his pace and continued forward, alternating between walking, limping and jogging when he could. He paused occasionally to rest before pressing on again.

After more than six hours on the trail, the finish line finally came into view.

"It was amazing," he said. "Seeing my family there made it even better. It was such an accomplishing feeling."

Although this was his first ultramarathon, Maestas' running journey began years earlier through soccer. He played compet-

itively and relied on running to stay in shape and improve his conditioning. As he spent more time running, he also discovered it helped him lose weight and improve his overall fitness.

Unlike many distance runners, however, Maestas never enjoyed road running. "I don't really like road running," he said. "I like being in nature." Trail running offered something different. "Once you get into a rhythm, it's almost like meditation," he said. "You're just out there running through the forest."

Preparing for a 50K typically takes six to seven months, but Maestas compressed his training into about three months. During the race, he carried his own hydration and nutrition using a running belt equipped with water bottles and quick sources of energy, including candy, allowing him to keep moving.

The experience reinforced the importance of both physical and mental endurance. While the race tested his body, finishing required an even greater mental commitment after the injury. Rather than focusing on the miles still ahead, he concentrated on continuing one step at a time until he reached the finish.

Fortunately, the hamstring injury healed quickly. After about a week of recovery, he resumed training.



Maestas is already setting his sights on an even bigger challenge. In September, he plans to compete in an half Ironman, which includes approximately a 1.2-mile swim, a 56-mile bicycle ride and a 13.1-mile run completed consecutively. His goal is to finish the event before turning 20.

Although completing a 50K is a milestone many runners spend years working toward, Maestas views it as just another step in a longer journey. For him, every race offers another opportunity to test his limits, embrace the outdoors and discover how far determination can carry him.



MUCKLESHOOT — On June 26-28, the Muckleshoot community gathered once again for the annual Veterans Powwow, a celebration dedicated to honoring Native Veterans and their families. Veterans led the Grand Entry carrying Tribal, U.S., and service branch flags, followed by dancers of all ages. The drums echoed the resilience and unity of sacrifice, and the importance of remembering the warriors who paved the way for our future generations.

The annual Veterans Powwow remains a powerful reminder of the connection between Native communities and military service. It was a great representation of the Veterans, the Blue Stars, Gold Stars, Green Stars. We see you, we honor you, and we thank you.

We raise our hands to the Powwow committee and Event Committee staff for all the time, care, and energy put into making this celebration possible.

Continued from P1:

Together in Tradition: Muckleshoot Veterans Powwow 2026

By Shayna Brown

We're grateful to everyone who joined us for this year's Veterans Powwow. As always, it was a wonderful opportunity to connect with friends and family, kick off the start of summer, and honor those in our community who have served our country.





Our Community, Our Stories

By David D'ambrosio

CORK COUNTY, IRELAND — Tribal members David D'Ambrosio, Denise Opsahl and Tricia Bagley visited the Native American memorial in Middleton, County Cork, Ireland in July. Along with them were their family members, Erik Opsahl, Addison Opsahl, Sophie Opsahl and Owen Bagley.

The memorial acknowledges a thank you to the Choctaw Nation for their donation of \$170.00 (a huge sum at the time) during the Great Famine in Ireland in 1847. Ireland repaid the kindness by donating to the Choctaw people during the covid epidemic.



Muckleshoot Family Day Brings Community Together on the Hiyu

By Katie Manzanares
Photos by Shayna Brown

The Muckleshoot Indian Tribe welcomed members and staff aboard the Hiyu on July 6 for Family Day, bringing the community together for an evening of soccer, games and family-friendly activities on Lake Union.

A total of 129 members and staff attended the event, which served as the final watch party in the Tribe's Summer Soccer Series. Guests gathered to cheer on Team USA during its FIFA World Cup Round of 16 match against Belgium. While the United States did not advance, the evening focused on community, connection and shared experiences.

Families enjoyed face painting, cornhole and a scenic cruise on Lake Union while taking in views of the Seattle skyline. The activities gave attendees opportunities to spend time together before and after the match.

Family Day concluded the Tribe's soccer-themed events aboard the Hiyu, highlighting the importance of creating spaces where community can gather and be hosted by the Tribe, leaving attendees with lasting memories.





Excellence in Tribal Higher Education: Muckleshoot Tribal College Carpentry Program

Submitted by Muckleshoot Tribal College and Adult & Higher Education

In Spring of 2026, 10 students, all Muckleshoot Tribal Members, successfully completed Indus 101 Introduction to Woodworking and Carp 162 Stair Construction and Design. They experienced a guest lecture from Tsimshian carver and artist Jerome Nathan, and completed two cedar benches which will be placed at the Muckleshoot Health and Wellness Center’s free library and in the community garden.

Twelve students, ten of them Muckleshoot Tribal Members, are currently enrolled in our summer Indus 108 Introduction to Construction Basics course, and plans are underway to assist the community garden with the construction of garden boxes and BHP with the construction of a Women’s sweat house.

**PACP Program Totals since 2017:
97 total unique students, 76 Muckleshoot Tribal Members.**

6th Annual Effective Teaching Institute: Bringing Together Educators, Partners, and Tribal Leaders

Muckleshoot Tribal College proudly hosted its 6th Annual Effective Teaching Institute from June 23–25, bringing together educators, Tribal leaders, students, community members, and partners for three days of learning, collaboration, and professional growth. Our annual conference continues to strengthen the educational workforce by providing culturally grounded training, innovative teaching strategies, and opportunities to build meaningful connections across Tribal and educational communities.

This year's institute featured engaging keynote speakers and presenters, including Dr. Robin Minthorn, representatives from Muckleshoot Enterprises, the Portland Area Indian Health Board, Federal Way Public Schools, local four-year colleges and community colleges, and Seattle Times journalist Megan Ulu-Lani Boyanton. The event also included an Educators Luncheon, honoring teachers who are doing the heart work in their communities, as well as interactive workshops, land-based learning experiences, and discussions focused on creating stronger classrooms and communities.

Participants explored topics including language revitalization, storytelling, outdoor education, disability inclusion, community engagement, and Indigenous ways of knowing. The institute provided educators with



opportunities to exchange ideas, build relationships, and gain practical strategies they can apply in their schools and communities.

This year, ETI welcomed 333 participants representing higher education, community support roles, Pre-K and early learning, elementary (K–5), middle schools, and high schools. Attendance has more than doubled since 2024, growing from 150 participants to 333 in 2026—a 122% increase. The continued growth of ETI reflects the increasing demand for professional development that centers Indigenous knowledge, collaboration, and community. Each year, the institute brings together educators from diverse backgrounds who share a common commitment to supporting student success through culturally responsive and place-based education.

Muckleshoot Tribal College extends its sincere gratitude to the presenters, volunteers, staff, sponsors, and participants whose knowledge, dedication, and enthusiasm made this year's institute a success. Together, they continue to strengthen educational opportunities, honor Indigenous knowledge, and inspire the next generation of educators.

The College looks forward to welcoming participants back for the 7th Annual Effective Teaching Institute next year.

Sincerely,
The ETI Planning Team
Muckleshoot Tribal College

Muckleshoot Tribal College Celebrates Entrepreneurship Graduates

Submitted by Muckleshoot Tribal College and Adult & Higher Education

Seven determined students were recognized on June 3 at the Muckleshoot Tribal College for completing a rigorous six-month Entrepreneurship certificate program. Designed to equip Tribal members with high-level technical and leadership skills, the curriculum prepares graduates to either excel within existing Tribal enterprises or launch their own independent ventures.

A Comprehensive Business Curriculum

The program combined foundational winter courses of 10 credits in business-planning and market analysis with a specialized 10-credit spring quarter. Students dove deep into advanced topics including:

- **RETAIL STRATEGY:** Buyer behavior, site analysis, and inventory planning.
- **OPERATIONAL MANAGEMENT:** Merchandising, sales promotion, and the dual roles of retail buyers and managers.
- **FINANCIAL LITERACY:** Cost analysis and bookkeeping, supplemented by guest lecture from Certified Public Accountant (CPA).



Practical Learning and Real-World Application

Beyond the classroom, students engaged with Native-owned business leaders and analyzed real-world case studies of Native CEOs. The program concluded with "consulting presentations" where students developed strategies to save struggling businesses. A highlight of the quarter was a field-based learning activity at a local restaurant, allowing students to note strengths in marketing and sales and also critique operations privately with their professors during dinner after interviewing staff in real time, asking about training, employee roles, and supply chain strategies.

Instructor Praise for Student Dedication

The graduating cohort balanced the demanding program — which required multiple evening sessions per week — alongside full-time careers and family responsibilities.

"These students again impressed this quarter," said collaborating instructor Dr. Lucas Rucks. "They worked hard to connect the learning to their goals and apply them in their current workplaces. I am so grateful to have been a small part of their journeys this year."

Dr. Jessica Custis, also a collaborating instructor, noted the students' proactive nature:

"When they asked for expanding lessons on cost analysis and financial literacy, I brought in a CPA and introduced a new stock market challenge. I was so impressed with their efforts and know they are going to be successful on their path as the careers progress."

Immediate Professional Impact

The impact of the program is already evident. Over the last six months, several students have already secured professional promotions or transitioned into new roles. As they move forward, many are already seeking further educational opportunities for the upcoming summer term.



Message to Muckleshoot Tribal College from Diane Dea

I would like to take this time to thank Muckleshoot Tribal College for the opportunity and honor to have been part of the on-going Nursing Assistant Certified COHORT program these past several years, the growth has been amazing. Justice Bill has taken the reins with great confidence, energy, knowledge, and pride. Watching him grow over these past many years has brought me much joy, he is a true leader.

Walking the hall of MITC will be truly missed. Reece Carey will be walking them in my place, as like Justice, she will walk them with confidence, courage, and pride, learning from the best. Many thanks to Dr. Bill and her amazing caring Staff who have always made me feel part of the Team. As I move forward I know the sky is the limit at MTC. Thank you for the memories and love.

Always in my heart,

Diane Dea
Credentialing Specialist,
Muckleshoot Elders In-Home Support Services

MUCKLESHOOT HOUSING AUTHORITY



Chimney
CLEANING SERVICE

As part of our Preventative Maintenance Services, the Muckleshoot Housing Authority is pleased to offer FREE chimney and fireplace cleanings to Elders (age 55+).
Scheduling begins mid-July!

Why It Matters:

- Prevent fire hazards caused by soot and debris buildup
- Improve heating efficiency and indoor air quality
- Ensure your home is safe and cozy before the colder months return



For More Information

253-285-4055 | huda.swelam@muckleshoot.nsn.us

DOES YOUR STUDENT
NEED TUTORING
SERVICES?

Tutoring Services through the MIT Transitions Program has transferred to MIT Student Support Services.

If you are currently receiving tutoring, there is nothing you need to do. Services will continue.

If you are not currently receiving tutoring, but are interested in setting up services, please contact us or use the QR code below.

PLEASE CONTACT US:

MIT DEPARTMENT OF EDUCATION

EMILY WHITE, DIRECTOR OF STUDENT SUPPORT SERVICES

STUDENT.SUPPORT.SERVICES@MUCKLESHOOT.NSN.US

TRIBAL EDUCATION OFFICE

253-308-8373



Free
Muckleshoot CCDF

CHILDCARE
Services



Reside within the Muckleshoot CCDF service area: 30 mile radius from the Muckleshoot Tribal Administration.



Need care for an Indian Child (registered in a federally recognized tribe or biological parent is enrolled in a federally recognized tribe) between 5 weeks through 12 years of age or up through 18 years of age with a disability.



Call Us
253-876-3032



Email Us
ccdf.applications@muckleshoot.nsn.us



Apply
Online:



HEAT EXHAUSTION

OR

HEAT STROKE

Faint or Dizzy

Excessive Sweating

Cool, pale, clammy skin

Nausea or vomiting

Rapid, weak pulse

Muscle cramps

Throbbing headache

NO Sweating

Body Temp above 103

Red, hot, dry skin

Nausea or vomiting

Rapid, strong pulse

May lose consciousness

- Get to a cooler, air conditione place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives

THE AIR MAY BE HOT

BUT THE WATER IS COLD!

Mountain snow melt into creeks, rivers, and lakes will keep waters running fast and cold. Use caution to avoid hypothermia!

MOUNTAIN VIEW FIRE & RESCUE

GRILLING SAFETY TIPS

- ✂ Grill outdoors only—never in a garage or indoors.
- ✂ Keep it 10 ft from homes, decks, & fences.
- ✂ Open the lid before lighting to prevent flare-ups.
- ✂ Clean grease buildup to prevent flare-ups.
- ✂ Check for gas leaks (soapy water test).
- ✂ Never leave the grill unattended.
- ✂ Keep kids & pets at least 3 ft away.

FOLLOW US

f

QR

Instagram

QR

Globe

QR

Lieutenant Tony Johnson grilling for his crew!

LOCAL COOLING SHELTERS

This information is updated during Tier 2 and Tier 3 Severe Weather Protocol Activations. This was last updated at 3:30 pm on 6/11/2026 for the June 13-16 multi-tier activation

Algona-Pacific Library

255 Ellingson Road;

Pacific, WA 98047

Auburn Library

1102 Auburn Way N;

Auburn, WA 98002

Ray of Hope Day Center

2806 Auburn Way N;

Auburn, WA 98002

YMCA Aracdia Youth Drop-In Center

932 Auburn Way S;

Auburn, WA 98002

Auburn Community & Event Center

910 Ninth St SE;

Auburn, WA 98002

Auburn Mall

1101 Outlet Collection Way;

Auburn, WA

Auburn Senior Activity Center

808 Ninth St SE; Auburn, WA

98002

Muckleshoot Library

39917 Auburn Enumclaw Rd SE;

Auburn, WA 98092

Illustration of a person sweating and holding their head.



THE

Muckleshoot Messenger



HELP US HONOR YOUR LOVED ONES

THE MUCKLESHOOT MESSENGER RESPECTFULLY INVITES FAMILIES TO SHARE OBITUARIES AND MEMORIALS



SHAYNA.BROWN@MUCKLESHOOT.NSN.US

253-421-1517

FREE ESTATE PLANNING FOR MUCKLESHOOT TRIBAL MEMBERS, COMMUNITY MEMBERS, AND EMPLOYEES

MUCKLESHOOT ESTATE PLANNING PROGRAM

To schedule an appointment, please contact Trust Services directly:

Phone: 253.876.3160

Email: trustservices@muckleshoot.nsn.us

Estate planning services provided by Muckleshoot include:

- Last Will and Testament
- Healthcare Directive
- Transfer on Death Deeds for fee simple property
- Community Property Agreements
- Durable Power of Attorney
- Disposition of Remains

Muckleshoot Skababsh

2026



POW-WOW

AUGUST 21-23RD / GRAND ENTRY / 7PM

MUCKLESHOOT POWWOW GROUNDS

HEADSTAFF

HOST DRUM LITTLE MOUNTAIN CREE

MC'S WHITNEY RENCONTRE & BART POWAUKEE

HEAD JUDGES AMANDA LARAQUE & QUANAH MATHESON

HEAD DANCERS OLIVIA COURVILLE & BENJI ANDERSON

DRUM JUDGE THOMAS LIMBERHAND - AD CHASKE LEBLANC

MEN & WOMENS:

GOLDEN 50-64, ELDERS 65+

1ST \$800 - \$600 - \$400 - \$200

MENS: 18-49

GRASS, FANCY, CHICKEN, STRAIGHT & CONT. TRADISH

1ST \$800 - \$600 - \$400 - \$200

WOMENS: 18-49

FANCY, CLOTH, BUCKSKIN, OLD STYLE & CONT. JINGLE

1ST \$800 - \$600 - \$400 - \$200

SPECIALS:

MENS TRADITIONAL 18+

1ST \$500 - \$400 - \$300 - \$200

WOMENS BUCKSKIN 18+

1ST \$500 - \$400 - \$300 - \$200

DRUM CONTEST:

1ST - \$10,000

2ND - \$8,000

3RD - \$6,000

4TH - \$4,000

5TH - \$2,000

TN BOYS: 13-17

TRADISH, GRASS, FANCY

1ST \$400 - \$300 - \$200 - \$100

TN GIRLS: 13-17

TRADISH, JINGLE, FANCY

1ST \$400 - \$300 - \$200 - \$100

JR BOYS: 6-12

TRADISH, GRASS, FANCY

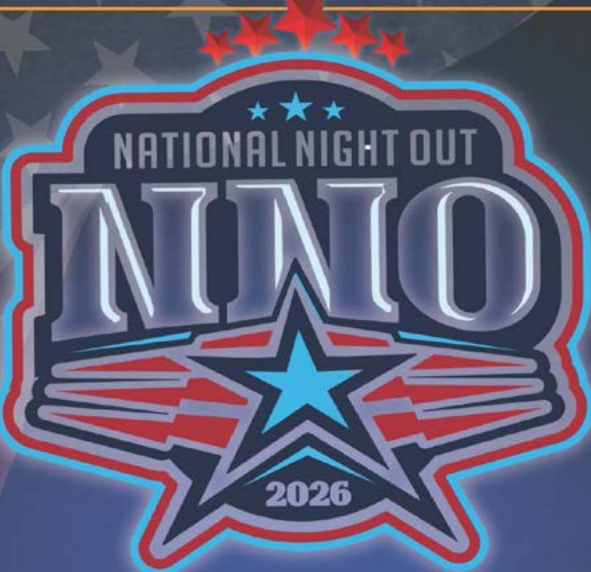
1ST \$300 - \$200 - \$150 - \$100

JR GIRLS: 6-12

TRADISH, JINGLE, FANCY

1ST \$300 - \$200 - \$150 - \$100

GENERAL INFO: CHARLES (253) 337-3088 - VENDORS: BEAR (253) 350-4411



Muckleshoot Police Department

2PM-6PM

MIT COMMUNITY CENTER

Tuesday, Aug. 4th, 2026

RAFFLES - DONUT EATING CONTEST - BOOTHS

POLICE & FIRE TRUCK DISPLAYS - FOOD - FUN

ANNUAL BASKETBALL GAME

SALISH SHOWDOWN



MUCKLESHOOT ATHLETIC CLUB



**CO-ED ALL NATIVE +2
COACH PITCH 9U,
SLOW PITCH 11U & 13U**

\$250 ENTRY FEE
1ST & 2ND PLACE PRIZES!!

AUGUST 21-23, 2026

**MUCKLESHOOT TRIBAL SCHOOL
& MUCKLESHOOT SLA-HAL SHED**

Contact: Jaron.Artis@muckleshoot.nsn.us - Jacob.Yarbrough@muckleshoot.nsn.us

SCAN QR CODE



MUCKLESHOOT ATHLETIC CLUB

DRIVELINE CAMP



JOIN US FOR A CAMP EXPERIENCE WHERE YOU CAN ENHANCE YOUR HITTING & THROWING SKILLS WITH PRO LEVEL COACHING

GROUP ONE	GROUP TWO
12U 12PM-2PM	13+ 3PM-5PM

INFO: (253) 569-6308 or @jacob.yarbrough@muckleshoot.nsn.us

AUGUST 11TH - THROWING/PITCHING AUGUST 13TH - HITTING

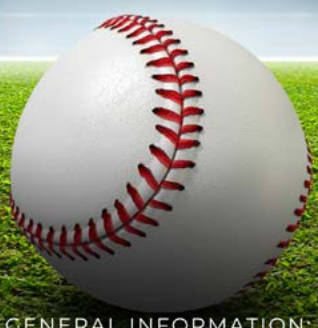
702 M ST SE, AUBURN, WA



MUCKLESHOOT ATHLETIC CLUB

OPEN TO ALL MIT STAFF

FROM 12PM-2PM
MONDAY - THURSDAY



GENERAL INFORMATION:
Jay-J (253) 569-6308 or Jacob.yarbrough@muckleshoot.nsn.us



BHP FAMILY MINI CAMP

JOIN US FOR AN AFTERNOON OF FAMILY FUN!
ALL ARE WELCOME

- GAMES
- FAMILY ACTIVITIES
- RAFFLES
- CRAFTS
- TIE DYE

FOOD AND SNACKS PROVIDED

EVENT DETAILS
DATE: Tuesday August 18th
TIME: 2:00-6:30
LOCATION: Community Center Patio

PRESENTED BY BHP
QUESTIONS CALL 253-804-8752



Attention Muckleshoot Tribal Members and Their Families

Muckleshoot Keta Creek Family Fishing Derby

In Honor of Leeroy Courville Sr.

Saturday, August 15th

BREAKFAST | 8:00AM

FISHING | 10:00AM - 12:00PM (ALL AGES)

LUNCH | 11:30AM

This is a family event. Drugs, Alcohol, and Weapons are PROHIBITED.

MIT Student Incentives School Supplies Distribution

Thursday, August 13, 2026
10 AM – 5 PM
Muckleshoot Community Center Gym
17432 SE 392nd St Auburn, WA 98092

Come in and pick your backpack, this is not a drive through event. ✓

For Muckleshoot Enrolled Tribal Member children, children who live in a Muckleshoot household, and children who are enrolled at the Muckleshoot Tribal School

Please complete your application for pre-orders by August 10, 2026. Pre-orders must be emailed to clothing.vouchers@muckleshoot.nsn.us



If you have questions, please call Student Incentives at 253-876-3278 or Nina Heddrick 253-294-6997

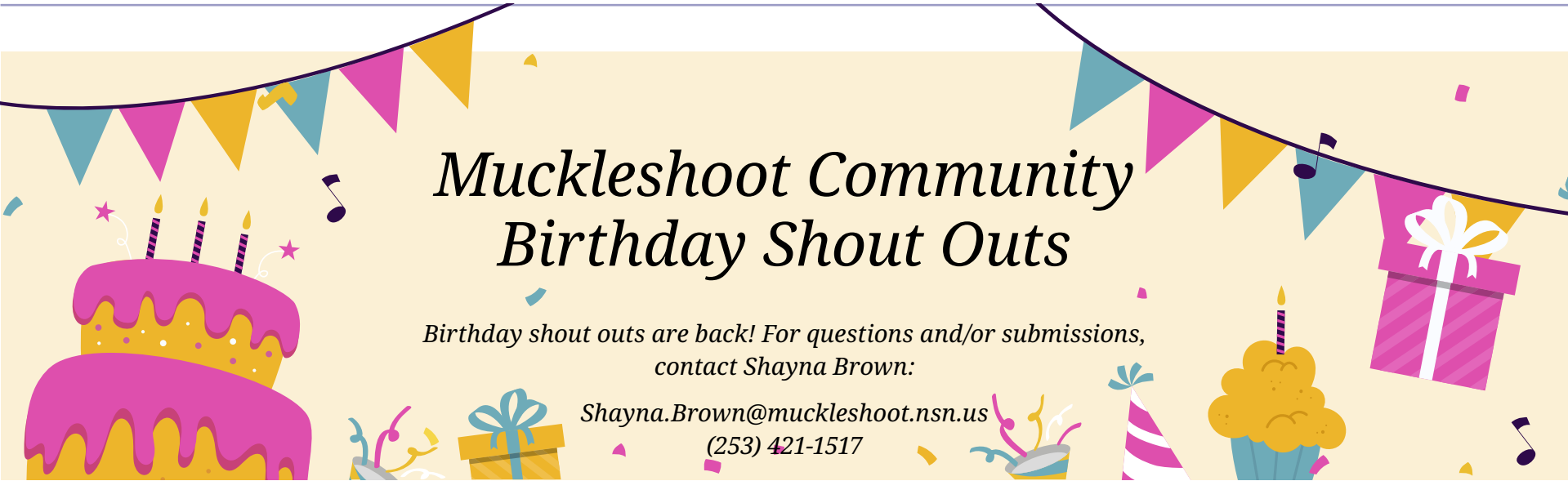
Pre-orders are accepted until Friday, August 10, 2026. Applications are required and will be available at the event.



Muckleshoot Community Birthday Shout Outs

Birthday shout outs are back! For questions and/or submissions, contact Shayna Brown:

Shayna.Brown@muckleshoot.nsn.us
(253) 421-1517



June 25th

Big Birthday Shout Out to Rob Johnson



July 20th

Happy Birthday Bro, Melvin Ross!

Love your sister and nieces and nephews



DESHAWN JACKSON BENALLY



JULY 12TH

HAPPIEST 15TH BIRTHDAY SHAWN!!
MOM LOVES YOU AND I'M PROUD OF
THE YOUNG MAN YOU'RE BECOMING!
HOPE YOU HAVE THE BEST DAY 🍷

PHOENIX



JULY 15TH

Happy birthday Pho Pho.
Love you lots.
- Mom & family

MALAKAI

2026 GRAD



Happy birthday sonny, we love you
so much!
Love, mom & dad



July 22nd



JULY 8TH





HAPPY 6TH
BIRTHDAY
JONAH!

We love you so much!
-Mom, Dad & Jace

