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Tulalip Tribes Vision

We gathered at Tulalip are one people.

We govern ourselves.

We will arrive at a time when each and every person has become most capable.

Together we create a healthy and culturally vibrant community

We make available training, teaching and advice, both spiritual and practical.

Tulalip Tribes Values

- We respect the community of our elders past and present, and pay attention to their good words.
- We uphold and follow the teachings that come from
- It is valued work to uphold and serve our people.
- We work hard and always do our best.
- We show respect to every individual.
- We strengthen our people so that they may walk a good walk.
- We do not gossip, we speak the truth.

Tulalip Tribes 1-800-869-8287

The Tulalip Tribes are successors in interest to the Snohomish. Snoqualmie and Skykomish Tribe and other tribes and bands signatory to the Treaty of Point Elliot, January 22, 1855

dx"lilap syəcəb, the weekly newspaper of the Tulalip Tribes

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In memoriam: Frank F. Madison, 1923-2002 Sherrill Guydelkon, 1945-2008

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This Schedule is subject to change. To see an updated schedule, go to: http://www.tulaliptv.com/tulaliptv-schedule/

The Tulalip TV Program schedule is always available at www.TVGuide.com enter zip code 98271, select Tulalip Broadband. You can find the weekly schedule at http://www.tulaliptv.com/tulaliptv-schedule/. Also, the TulalipTV Program Schedule is always available on Tulalip Broadband Channel 44 (TV Guide Channel)

Not getting your syacab?

Contact Rosie Topaum at 360.716.4298 or email rtopaum@tulaliptribes-nsn.gov

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Notice to Tulalip Tribes Guardians

Submitted by Wendy Church, Court Director, Tulalip Tribal Court

It has always been the Tulalip
Tribes position that we should protect
and cultivate the best future for our
children in the Tulalip Tribal community. There is now a new Juvenile
and Family Code aimed towards that
goal. It fosters a family-centered approach which places family as the
primary source for understanding the
needs and challenges of the child.

The Court would like all Guardians to be informed that pursuant to the new Code there are some changes that they need to be made aware:

• beda?chelh Guardianship
Team: beda?chelh has created
a guardianship division which
will create rules and procedures
for reviewing guardianship cases

no less than semi-annually for a period of three years. If any concerns are noted by the guardianship review team, the review period may be extended past three years.

- No further Annual Guardianship Reviews will be required once a guardianship is granted unless there is a change of circumstances or a request for Court review is made by the beda?chelh guardianship team. The Court and beda?chelh retain jurisdiction until the child turns 18, marries, is emancipated or adopted.
- Letters of Guardianship: Except new Letters of Guardianship which will be issued by the Court beginning on June 1, 2015. These letters will no longer expire annually but will continue until the child reaches the age of 18, marries, is emancipated or adopted. It is the goal of the Court to have all new Letters issued by December 31, 2015. If you have not received new Letters and they have expired you may call

- the Court and ask that a Clerk issue new Letters. The Court has many new Letters to issue; please do not call for new Letters if your current Letters are still in place. We will be working diligently to get all Guardians their new Letters in a timely manner.
- Moving: Guardians should notify beda?chelh, the Court and Tribal enrollment forty-five days prior to moving beyond 60 miles from the Reservation, of the new address, the reason for the move and the plan the guardian has in place for maintaining the child with his or her family and culture. If the family fails to notify beda?chelh, a hearing may be set to determine whether the child should be allowed to move with the guardian or be returned to beda?chelh. A "Notice of Moving" form can be requested from the Court should it be necessary to notify beda?chelh and the Court.
- contact information: The Court is requiring all Guardians to submit a verification of address form

so that the Court will have your most up-to date information. It has always been a Guardians duty to keep the Court informed of their current contact information. Please find the 'Address Verification" form attached. Even if you think the Court has your current information, please return the form as soon as possible so it can be placed in your file.

The Tulalip Tribes appreciates your commitment to our children by accepting the responsibilities of being a guardian. If you have specific questions regarding your duties or rights as a guardian, you should consult an attorney. If you have questions regarding the new Guardianship procedures please call the Court at (360) 716-4773 or see the new Juvenile and Family Code online at http://www.codepublishing.com/wa/Tulalip/. Thank you again for keeping the promise we all made to the children that they would have a safe, stable,

and supportive home.

HUD Open House, June 22

Notice: The Tulalip Tribes (TTT) Health & Safety Department in coordination with TTT Housing, Health Clinic, and Grants & Self-Governance has initiated the Housing and Urban Development (HUD) application process for the Indian Community Development Block Grant (ICDBG) Program for Indian Tribes and Alaska Native Villages- Mold Remediation and Prevention. The total amount of funding available under the ICDBG program is \$12.4 million, whereas the maximum grant funding available per awardee is \$800,000. The activities allowed under this specific grant program consists of mold remediation involving long term solutions to a mold problem and elimination of existing mold. Other activities include mold prevention to significantly reduce the likelihood of mold occurring or significantly growing.

The development of the grant consists of The Tulalip Tribes ICDBG Planning Committee involving the Health & Safety, Housing, Health Clinic, and Grants & Self-Governance Departments. The Planning Committee will be holding an Open House in regards to the ICDBG program, and invites any and all tribal members to share their opinions and views on the ICDBG program implementation, community development, mold remediation and prevention, and air quality issues. If you have received a Mold Kit, please come by our Open House so our AirMatters Coordinator can provide you with instructions on how to use it and hear educational information on air quality and mold. The informational Open House will be held June 22nd @4:45-5:45pm in the Administration Building Room 263. If you have any comments or concerns, please contact either Denise Brand at dbrand@tulaliptribes-nsn.gov or Krysta Thornton at kthornton@thhn.org.

Tulalip Bay Workforce Housing Program – UPDATE

Article and photo by Micheal Rios

In early March the See-Yaht-Sub published an article detailing to the tribal membership the plans and goals of the Tulalip Bay Workforce Housing Program that had been implemented in partnership between the Board of Directors and the Tulalip Housing and Construction department. Since its inception, there have been many opinions and questions raised both internally and externally about the practical application of a housing program of this magnitude, with its lofty, some say unrealistic, goals and

expectations. We are long overdue for an update on this program's status.

For those who are unfamiliar with the program, Tulalip Bay Workforce Housing was implemented in early 2014 as a three step process that would drastically change rural Tulalip, for the better. The first step of the process is taking back the land that has for far too long been accommodating to non-Tulalips. More specifically, the land within the 1.7 mile residential area around Tulalip Bay. Piggy-backing off the ideals that led to all the houses being demolished

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and removed from Mission Beach in 2013, all the non-Tulalip owned homes in the Tulalip Bay area were going to be removed in order to return the land to where it belongs, to Tulalip. As the land leases expire, one by one each non-Tulalip house would be demolished, either by the residing home owner or by the Tulalip Tribes for a fee.

The second step of the Tulalip Bay Workforce Program was to build first-rate homes complete with top of the line appliances, immaculate fenced yards, and the latest in residential housing technology (e.g. Brinks home security systems, intelligent automated thermostats). These would be beautiful homes, as evidenced by the first few that have been built already. Each featuring a multi-million dollar view overlooking stunning Tulalip Bay.

The second step also mandates that after the construction of the houses they will then be made available to Tulalip tribal members only, as either part of a home ownership program or as a rental. While most of the houses will be designated for home ownership, a fair share will be designated as rentals for those who are not in a position to buy a home. These newly built houses will become the homes of many Tulalip tribal members who would not otherwise have the opportunity to live on their reservation, and will help supplement the depleted housing market for our growing tribal membership.

The third and final step of the Tulalip Bay Work Force Housing Program involved

One of these newly minted Tulalip Bay homes has been purchased by a Tulalip tribal elder. This elder seized the opportunity to become a homeowner on his own reservation and move back to his traditional community



the collaboration of both the Tulalip Housing department and the inherent responsibility of Tulalip tribal members. As the newly constructed homes near completion and are put on the market one by one, Tulalip tribal members, whether it's for home ownership or to rent, must make themselves viable candidates in order to call a Tulalip Bay house their home. To have suitable, qualified Tulalip citizens and families stake their claim on the Tulalip Bay houses being built for them this means doing the necessities when it comes to preparing to buy or rent a new home on the Tulalip Reservation. Ways to be ready include meeting with a Housing department representative to discuss the qualifying considerations, and meeting with a 184 loan specialist and applying for a 184 loan if you want to become a Tulalip Bay home owner. The standard operating procedures currently in place are to protect both you and the Tribes' interests.

Now, to address the present. There is growing concern amongst the tribal membership that none of these homes will sell, for various reasons. The most common reasons voiced were no Tulalip tribal members would be able to afford the houses, no one would choose to purchase a house that came with an attached monthly land lease, and no Tribal members would be approved for the 184 home loan. Opinions like these spread like wildfire through the community. Concern grew to the point that the Board of Directors put a sudden and abrupt halt to the program. The Housing and Construction department received a mandate to complete construction on existing houses under the workforce housing program before any new homes are to be built. Thereby putting the entire

program on a pause to give ample time to finish homes already in the works and see what happens when they hit the housing market.

Under the new mandate, there will be a total of thirteen homes completed under the Tulalip Bay Workforce Housing Program; eight falling under home ownership and the remaining five to be rentals. The most common misconception about the houses for sale are that they have been available for months and they are not selling. That thinking is erroneous. Presently, there have been only a handful of houses to hit the home ownership market, plus a set of duplexes available for rent... and, wait for it, three of the houses have indeed been SOLD. Additionally, there are two other houses that have received 184 loan pre-approval letters from potential buyers who are just waiting for the paper work to be cleared. That would bring the total of Tulalip Bay workforce homes sold to

That is five Tulalip tribal families who were approved for 184 home loans, saw the investment to their families' future and community, and are able to afford the costs that come along with purchasing a house on tribal lands. One of these newly minted Tulalip Bay homes has been purchased by a Tulalip tribal elder who has resided in Oregon as of late. This elder seized the opportunity to become a homeowner on his own reservation and move back to be a part of his traditional community. These are all things that it was said wouldn't be able to happen. But it has happened and will continue to happen as Tulalip tribal members and their families break free of the poverty mindset that has a stranglehold on so many and begin to

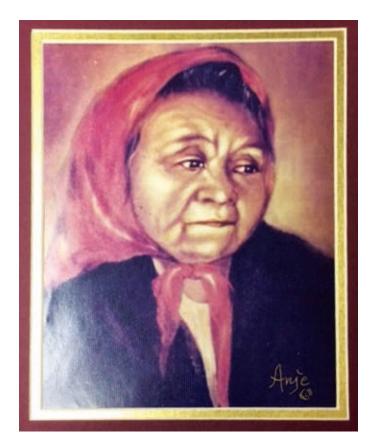
realize what they are capable of, both financially and socially.

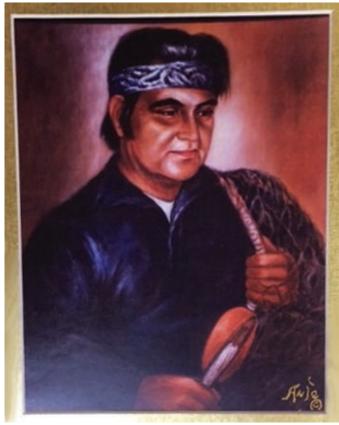
As the construction of the remainder of the authorized Tulalip Bay workforce houses draws to completion, it will be interesting to see how, if any, the perception of this housing program changes. When the new Tulalip tribal home owners and

renters have moved in to their houses, and the community is able to bear witness to the tangible, what will the opinions be then? It's not easy to draw false conclusions when the evidence of the contrary is staring you directly in the face; Tulalip families owning and residing in the new Tulalip Bay homes

For those interested in taking advantage of the Tulalip Bay Workforce Housing Program while it's still available, don't hesitate to contact the Tulalip Housing department to meet with a representative to discuss the qualifying considerations and tour the homes that will be hitting the housing

market very soon. This includes the 'Cedar House' that will undoubtedly be the prize gem of the Tulalip Bay Workforce houses. The Cedar House should be completed and hit the market in 6-8 weeks, so get your 184 and housing applications in now.





Ethel Sam and Stan Jones portraits by Angela Crowley.

Hibulb Cultural Center in search of Angela Crawley paintings

By Micheal Rios

Angela "Anje" Crawley (1917-2014) was known throughout the Tulalip community as a very skilled artist who specialized in painting portraits on canvas. According to Hibulb curators, it takes great skill and expertise to paint individuals on canvas, let alone capture the inner spirit of individuality, strength, and character. Much of this is reflected in artist Angela Crawley's work. It is for this reason that Crawley's paintings can be found all over the world; from Tulalip to Paris to Australia and Greece. In fact, her artwork has been featured at exhibitions in Goa, India, New Zealand, the Frye Art Museum in Seattle, and most recently at the Tulalip Tribes Hibulb Cultural Center and Natural History Preserve.

Crawley was born on September 2, 1917 in Springfield, Massachusetts to Stephan and Angela Phillipp. She did not remain on the east coast for long however, as her family uprooted and moved to Tulalip while she was just a child. Crawley would grow up, hone her artistic style, and find her niche in the oil on canvas world within the culturally and artistically inclined boundaries of the Tulalip Tribes Reservation. She would go on to spend additional years of study at the Academy of Fine Arts in Hawaii and at the McLeod Studios in Edmonds, Washington. Creative and artistic qualities proved to be a family trait as her brother, Stephen Philipp (1908-2001), became a master carver and an honorary Tulalip tribal member. His carvings along with Angie's oil on canvas paintings can be found throughout the Tulalip Tribal community.

Angel Crawley continued to be active in the art scene until her death in 2014. She remains a beloved individual by the Tulalip Tribal community and her legacy lives on through her artwork. It is because of this legacy and her work she did for so many within the community that the Hibulb Cultural Center is asking for anyone who presently owns one

of her paintings in their home to please come forward and contact Hibulb staff. They humbly ask that you allow them to borrow and display Crawley's paintings for just one week as part of their upcoming exhibition of Angela Crawley's work called 'Cultural Visitations', which will open on Saturday, August 11 and run through August 16.

Hibulb staff are in the process of locating as many of her paintings as possible. So far they have located 24 of them, but are hoping through word of mouth that more Tulalip tribal members will recognize Crawley's paintings and come forward to share them in the future exhibit. After asking several community members in-person they have found so far that Glen Gobin, Valerie Williams, Stan Jones and Herman Williams Sr. have some of her works in their homes that they will be sharing with Hibulb.

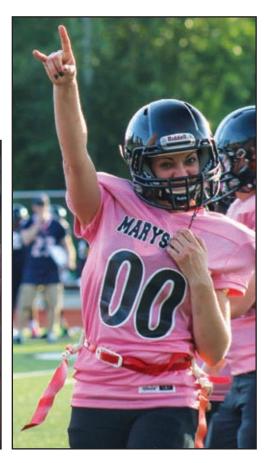
"I was approached by Tessa Campbell, Senior Curator at Hibulb Cultural Center, and Kaila Cogdill, Assistant Curator, to share the Angela Crawley paintings I own at the upcoming exhibit in honor of Angie," explains Valerie Williams, Tulalip tribal member. "Angie's paintings are unique and she is known for leaving her signature on the paintings. She was a very dear friend of my grandparents, Sebastian and Eleanor Williams, and my parents, George S. and Mae Williams. I'm honored and delighted to have two portraits of myself that Angie painted for me be a part of the upcoming exhibit. Angie was a wonderful lady who was elegant, poised, and graceful in everything she did. Angie's paintings were stunning and her attention to detail was exquisite."

If you recognize any paintings that were done by Angela Crawley in your home or in the community and would like to share them as part of the upcoming Hibulb exhibition, please contact Tessa Campbell, Senior Curator, at 360-716-2646 or through email at tcampbell@tulaliptribes-nsn.gov

Moms suit up to raise money for youth football







Article and photos by Brandi N. Montreuil

They are a team of 31. They are tough. They are proud and they play with heart. They are moms who play football to support their kids. With a combination of tackle and flag football, called "flackle,' the Marysville Powderpuff team raises funds for youth in the Marysville Youth Football League (MYFL) through ticket sales. While the goal is to raise money for the kids, these moms say they also play for themselves.

Marysville Powderpuff is comprised of mothers with youth playing football and cheerleading through the MYFL. Ticket sales from each game go to support MYFL through uniforms, protective gear, and travel costs. This year the team boasts three Tulalip tribal members.

Mytyl Hernandez is in her second season. She joined to help support her daughter who cheers through MFYL. But that isn't her only reason. "I love the competitive aspect of it and being with this amazing group of women a few days a week. I don't love the bruises, most of the other girls love their bruises but that isn't my favorite part."

Team organizer Kym Gallo has been playing since the start and is now in her sixth season. She knows it might be strange to see moms suiting

up for practice right along with their kids who are running drills on the opposite side of the field, but says the kids think it's awesome. And the large ticket sales on game day show people are intrigued to see these moms showcase their skills in one of the fastest growing sports across the nation.

Women's football is becoming a model for young women by breaking barriers in traditionally assigned gender sports. More and more girls are joining flag and tackle football teams, such as the professional women's tackle football team, Everett Reign.

"In the first year we struggled just to get 17 women playing. Now we have 31 on our roster." Gallo credits this appeal to play football to those early women who were brave enough to break the stereotype of football as a male only sport.

Gallo explains other moms in MYFL and women attending game day who caught the flackle bug quickly signed up to join Powderpuff.

"They see us on game day and they want to try it. Our kids are so proud of us; that just helps boost us up. Each one of these women makes you want to come back and be around them, not only are we learning football, we are picking each other up. We are a sisterhood," said Gallo.

This sisterhood is what drew

Tulalip tribal member Veronica Iukes, known as "Wreckingball" on the field, who is playing her first season as a Powderpuff.

"I lost my sister almost two years ago and have had a hard time adapting. I feel like I gained 20 more sisters being on this team. We have created a bond. When one of us is having an off day, everyone is there to pick one another up. They are the strongest mammas I know who will go above and beyond for their kids," said Iukes, who has two daughters who cheer for MYFL and a son who plays football and encouraged her to start playing this year.

Also a newcomer to this year's season is Tulalip tribal member Yvonne Williams whose son has played with MYFL for the past six years. Although interested in joining she was unable to find the time until now.

"When suiting up with full gear it's game time, whether we are in a game or getting in a good practice. We get a glimpse of what our kids do on the field. The real MVPs are these amazing kids," said Williams.

"These women are doing what moms do best, working hard for their kids. I know some younger girls that can't wait to play for our team," continued Williams, who hopes her daughter will join her on the field someday.

While the idea of women playing football is still a new concept it has gained popularity as women athletes challenge stereotypes.

"We break the stereotype just by looking at us," said Hernandez. "We are all different ages and sizes in full gear. We are more than just a bunch of moms. This is a sisterhood. We all want to see each other do our best, so it's a constant stream of encouragement, positivity and helping each other get stronger and better. It's really quite amazing."

"I would strongly recommend and encourage all mother, aunts, sisters and guardians of children who participate in MYFL or Marysville Junior Cheer Association to play," said Clarissa Young-Weiser who played with the team last year. "You have a better understanding of the sport and what your child has to go through when playing. There is no other intensity like football." An injury this season is preventing Young-Weiser from playing this year. She hopes to return the following season.

Marysville Powderpuff team plays their first game on June 26 at 7 p.m. at the Quil Ceda Stadium at Marysville-Pilchuck High School. You can check out their Facebook page at Marysville Powderpuff Football for more information on



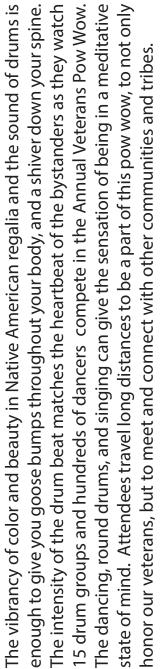
SPEE-BI-DAH

Saturday, July 18, 2015 9:00 am - 3:00 pm

- Come one, come all tribal members!
- Enjoy a traditional potlatch day with family, friends and wonderful Cultural Food.
- Dinner served from 12 noon until the food is gone.
- · Camping available (bring your own tent).
- Transportation available from Old Boom City parking lot (across from the Health Clinic), by shuttle bus every 15 minutes.
- Handicap accessible.
- Children must be accompanied by parent.
- No pets, drugs or alcohol allowed.

For more
infomation
or to volunteer
call Robert Watson
360-716-4194

By Mara Hill



The Veterans Pow Wow was held June 5-7 in the Don Hatch Youth Center.









Education

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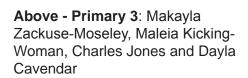
Tullaip Montessori Perfect Attendance, May 2015

Submitted by Annie Enick

Primary 1: Ryder Gobin-Tolentino, Mayson Studebaker, Leonard Anderson.

Below - **Primary 2:** Front: Brian Hunter, Jada Smith, John Rivera Jr., Hazel Warren. Back: Kathryn Elliott, Rilla Jones, Salisha Quimby, Bryson Moses





Right - **Primary 4**: Back: Kaison Rude, Avah Reese, Keiden Monger-Johnny. Front: Connor Gobin, Harmony Jones



FREE PRESCHOOL

Early Childhood Education and Assistance Program (ECEAP)

ECEAP is a pre-kindergarten program for income-eligible children ages 3-5 years* and their families. We offer the

highest quality services in education, family support, health screenings and nutrition.

Classes are held Monday through Thursday 9:00 am-3:30 pm

We will be located in the new Ms. Betty J. Taylor Early Learning Academy opening September 2015.

For more information, or to see if you qualify, call today! (360) 716-4273

 We enroll three-year-olds on a space available basis.

Foster children are automatically eligible for ECEAP.

Homeless children are given enrollment priority.







Washington State Department of Early Learning

Let your junk be another ones treasure

Early Learning 2nd Annual Yard Sale Fundraiser

All proceeds go to the children of the Betty Taylor Early Learning Academy

Date of Sale: July 11th,2015 Time of Sale: 8 AM – 5 PM

Early Head Start Gym:

7730 36th Ave NW

Tulalip, WA

Items Accepted:

- Books/ CDS/ DVDS
- Toys & Games
- Home
- Decor & artwork
- Clothes in good condition
- Drop off items at EHS between June 1-July 6 from 5pm-7pm

To arrange a pick up/ confirm drop off, please contact: Felicia: 425-268-4485 Amanda: 425-350-6640 June 17, 2015 dx"lilap syəcəb 1

Technology and Families: How to Stay Connected

By Maria Shane, MA, LMHC, GMHS, Tulalip Tribes Behavioral Health

Have you ever wondered how to create the right balance between the time you spend on electronics and the time you spend face-toface with loved ones? If so, you are not alone. Today we have smart phones, computers, TVs, laptops, tablets, iPods, gaming systems, and the list goes on. There are many benefits to the technology we have available. We have access to more information now than ever before. Through technology, we can connect with loved ones who are far away. It can be enjoyable and reduce our stress to check in with others online to share our ideas, thoughts, and feelings. Sharing a good laugh can lift our spirit. Spending time on electronics can help shift our attention away from stress, worry, and pain. However, our inability to turn off our electronics can also interfere with our ability to find true connection with one another. It may mean that our families would benefit from reasonable limits on the amount of time each day we spend on electronics. The strong urge to always be checking Facebook, texting, or gaming affects everybody: adults, teens, and young children, as well as the relationships within the family or couple. If you are curious about ways to find the right balance for your family, we hope the ideas shared here will help you think about the possibilities.

Technology and Children

Some parents and grandparents wonder how much "Screen Time" a child should have each day. There is no one right answer, and each parent/family knows their children best; however, a useful guideline is between 30 minutes to 90 minutes per day, depending on age. In general, younger children should have less "Screen Time".

When children spend too much time each day on electronic devices, there can be negative effects. The Mayo Clinic has identified some of the effects, which include: irregular sleep patterns, behavior problems, obesity, lower grades, violence, and less time for physical play. If you are concerned about the amount of video games your child plays, or the way your teen uses Facebook, you might be interested in setting some reasonable limits for your children around electronics.

Technology and Couples

A relationship may feel negatively affected by technology when a couple has not discussed some ground rules to ensure the outside world doesn't interfere with connection and intimacy. Couples who are having problems connecting because of electronics often report the following concerns: misinterpreting messages, feeling like screen time comes before the relationship, and having difficulty communicating face to face.

Couples may find it difficult to connect, even when they're in the same room, because of the distractions from their smart phones, computers, etc. If you and your partner struggle to safeguard your time together, you may be interested in setting some boundaries around electronics. Come up with some mutually agreed ground rules to ensure the cyber world doesn't interfere with your quality time together.

Difficult conversations are always better to have face-to-face than through text messages. It's easier to express your anger, frustrations or hurt feelings through a text, email or facebook post. However, when emotions are running high, the likelihood of misreading a message rises sky high. According to various researchers, body language accounts for 50-70 percent of all communication. You cannot see facial expressions, body posture or hear the tone of a person's voice through texting. Why keep that from your loved one? Arguments aren't easy but if you put in the work to improve your communication the results will be worth it. Strengthen your communication and enrich your relationship.

Possibilities and Solutions

If you are interested in ways other families have tackled their technology struggles, here are some tips you can consider.

- 1) Talk about It. Sit down with your family or loved one and make a plan so you can prevent the virtual world from interfering with your real world. Talk honestly about the ways technology interrupts with your connection; this will help you find clarity for what changes to make.
- 2) Establish "Tech-Free Zones". It may be difficult to keep track of the amount of time you or anyone else in your family spends on electronics each day. However, you can set limits and create "Tech-Free Zones" in the times and places when you are together. This is important for couples as well as families with children. Some families come up with an agreement that for 30 minutes while everyone eats dinner at the table, no phones, iPads, TVs, or computers are on. Or, during the car ride to school or running errands, no one uses their phone, iPod, hand held gaming system, or tablet. Instead, you have the opportunity to talk to one another. Some families have discovered a fun way to make this a "game," for example, the first person to check their phone during dinner has to do the dishes.
- 3) Remove TVs and Computers from Bedrooms. It may be hard to remove the TV, Xbox, and computer from your child's

bedroom; however, it may help improve sleep, academic performance, and many other areas of your child's life. Keep TVs, computers, and gaming systems in a shared space like the living room, so you can better monitor the content and time your children spend on these electronics. Couples may also benefit from an electronic-free bedroom which can increase intimacy. Try eye-gazing instead of screen-gazing, or simply use this time to check-in and talk about your day.

- 4) Settle Disagreements Face-to-Face. Just because you can reach your partner, parent, or child anywhere at any time, doesn't mean you always should. It's understandable that you may want to clear the air sooner rather than later, but don't take the risk of making matters worse. [Remember, it's too easy to misread a text or post on Facebook.] Set a time to sit down with your loved one to talk things out, this will minimize problems because you can rely on body language and tone of voice to really get your message across.
- 5) Model Healthy use of Electronics. Adults are in a good position to model, through their own behaviors, healthy use of electronic. As adults, we need to follow the "Screen Time" rules we set for our children. We can make a commitment to avoid texting or using the phone while driving. We can show our children what appropriate conversations are on Facebook. We can turn our phones off and refrain from checking our email during dinner. Our children can follow our lead.
- 6) Engage in "Screen Time" with your Child. Use your child's favorite app or video game as a way to connect! Sit down and play a game with your child. If this seems difficult, try doing it for only 10 minutes at a time. [You can even set a timer to help you keep track.]. Allow your child to teach you the game. You will get to have some quality time with your kid, doing something they love, and, you will have the chance to assess if the game and online community is something you are comfortable with.
- 7) Limit "Screen Time" at Bedtime. Create a "No electronics at bedtime" rule. Did you know that looking at electronic screens before sleep interferes with our brain's ability to "shut off"? Collect phones, tablets, and other electronic devices one hour before bedtime and allow your children to pick up their electronics in the morning.

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8) Create Ways for Children to Earn "Screen Time". Allow children to earn "Screen Time" by completing other activities such as homework, chores, and physical play. One possibility is to allow children to earn up to one hour of screen time a night for completing one hour of the other activities. For example, if your child spends 15 minutes walking the dog, 15 minutes jumping on the trampoline, and 30 minutes reading, they can earn one hour of screen time to use watching a TV show or playing a favorite video game.

The goal is to find a balance between the benefits and advantages technology brings while avoiding the pitfalls of disconnection. When use of technology causes relationship problems such as: avoidance of feelings, isolation from loved ones, or when it blocks us from having necessary but difficult face-to-face conversations, it could be time to make a change. There are many ways to set reasonable limits on the use of technology in your life. I hope the ideas shared here have gotten you thinking creatively about your options. If you have questions or are having trouble developing a game plan in your home, consider talking to a professional for additional support.

Feel free to contact us for guidance or questions. We are here to help.

Our Child & Family Mental Wellness Team serves youth 17 and younger and their families. They are located at beda?chelh at 2828 Mission Hill Rd. Tulalip, WA 98271 and can be reached at 360.716.3284.

The Adult Mental Wellness Team serves adults 18 years and older and their families. They are located at Family Services at 2821 Mission Hill Rd. Tulalip, WA 98271 and can be reached at 360.716.4400.

Tulalip Prescription Formulary and Coverage Guidelines Effective 7/1/2015

Submitted by Kelvin Lee

The cost of prescription drugs has increased dramatically over the past decade and become a tremendous responsibility of the Tulalip Tribe, especially when there has been no restriction or limit on prescription coverage. This prescription coverage has been funded through the Tulalip Prescription Benefit program, which is a "payer of the last resort" program. In an effort to ensure long-term sustainability of the prescription benefit and to provide best and safest health care for our members, the Board approved a resolution in March to create a Tulalip Prescription Formulary and coverage Guidelines.

Q: What is a "payer of last resort" program?

A: The Tulalip Prescription Benefit are required to be the payer of last resort, meaning it will cover any remaining prescription cost when all available primary coverage sources are billed first. In other words, members must make reasonable effort to enroll and maintain primary coverage to receive Tulalip Prescription Benefit.

Q: What is a formulary?

A: A formulary is a preferred list of medications intended to help guide prescribing decisions, developed using evidence based guidelines and best practice recommendations from multiple groups.

Q: Why is a formulary useful?

A: Formulary drugs were carefully selected by clinic providers and pharmacists. These drugs are chosen based on efficacy, safety, and cost-effectiveness.

Q: What are the limitations?

A: Members are required to maintain active primary insurance or to have a pending primary insurance application before their prescriptions will be covered by the Tulalip Prescription Plan. In addi-

tion, your prescriptions must meet any restriction or limitation imposed by your primary insurance. Prescriptions may be dispensed up to the quantities allowed by member's primary insurance. There will also be a limit to the frequency and total cost of covered replacement for lost or stolen prescriptions.

Q: What if my current medication is not covered?

A: You or your pharmacy will contact your provider to request a switch to an equivalent product that is covered by the formulary. If your provider decides none of the formulary equivalent products are suitable for you, he/she can submit a prior authorization request to the Tulalip Pharmacy & Therapeutics Committee.

Q: If I have been on a medication for years, and now it is not going to be covered, will I need to change medications?

A: If your provider decides it's in your best interest to continue your current medications, he/she can submit a prior authorization request to the Tulalip Pharmacy & Therapeutics Committee.

Q: What is prior authorization request?

A: A prior authorization request is how your doctor may ask for a non-formulary medication to be covered by Tulalip Plan. This request will be reviewed by a group of pharmacists and providers who will decide if the request is medically justified. If the request is not approved, your doctor may choose a different medication that is covered by the formulary.

Q: What is step therapy?

A: There are first-step medications that are high quality and good values. These medications are preferred choices to try first. If a first-step medication doesn't work well for you or doesn't agree with you, there are other medications that can be tried next. Often, the first-step medications are generics that have been proven safe and effective for many patients over many years.

Q: Do we have time to make all these changes?

A: Beginning May 2015, detailed information about the new formulary and prescription coverage guidelines will be available at the Tulalip Health Clinic, Tulalip Family Services, Tulalip Clinical Pharmacy and on the Tulalip Clinical Pharmacy web site: www.tulalipclinicalpharmacy.com. In addition, the Tulalip Clinical Pharmacy staff will prepare personalized notification letters to affected members. These personalized notification letters will help members understand how they might be affected and what we can do to resolve coverage issues.

Q: Is this going to affect my prescription obtained outside the Tulalip Health System?

A: Yes. Tulalip Prescription Coverage covers only prescriptions written by outside providers if the prescription is in the Tulalip Prescription Formulary and if they are first billed through your primary insurance. Some drugs might be restricted to outside providers who meet certain criteria. For example, Buprenorphine (Subutex) and Buprenorphine/Naloxone (Suboxone) prescriptions will only be covered if they are prescribed by Tulalip Health System providers or by outside SAMHSA-certified providers. In addition, patients will be required to participate in DBHR-approved counseling during the treatment.

*SAMSHA= Substance Abuse and Mental Health Services Administration, DBHR=Division of Behavioral Health and Recovery

Q: What if I have questions?

A: Please feel free to contact the Tulalip Clinical Pharmacy staff if you have any question regarding the new Formulary and Coverage Guidelines. You can reach us by phone (360-716-2660) or by email (pharmacy@tulaliptribesnsn.gov). Detailed information will also be available at the Tulalip Clinical Pharmacy web site: http://www.tulalipclinicalpharmacy.com.

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Remote Gambling: Gambling at your fingertips everywhere

Submitted by Sarah Sense-Wilson

Remote gambling is any form of gambling in which a person does not need to be physically present. It can be conducted from the safety of a gambler's own home, car, airplane, street corner, café, school room, board room, or any place a remote device is operable.

What makes Remote Gambling a growing concern?

- It is immediate accessed from anywhere, anytime
- It is a solitary endeavor
- It is even more hidden than other forms of gambling
- Others know that it is a problem only after their lives have been painfully effected.

Remote gambling includes:

- Internet sites which includes any form of betting imaginable
- Mobile devices for text messaging and internet/web access
- Cell phone, telephone

Interactive TV Facts on Remote Gambling

- Internet has over 2,500 gambling sites and the number is growing daily
- Online poker has over 400 websites and is growing daily
- Presently there are over 5 million transactions conducted per day, or an average of about 300 bets per second

There is no U.S. regulation on how the sites control payouts and percentages of payoffs. The sites could manipulate the gambler to think they are skilled and can outplay the others on the site. Once winning and playing with greater amounts of money the site could decrease the gamblers odds and take the winnings back with interest Attractive to persons who:

- Want immediate access
- Are socially shy and lack confidence
- Prefer privacy
- Are uncomfortable with physical nearness to others
- Disabled and do not want to be seen as different
- Want to decrease social barriers based on sex, race, age, disability
- Want to be someone they are not

Remote Gambling makes the gambler feel:

 Disinhibited – people do and say things in cyberspace that they wouldn't ordinarily say in

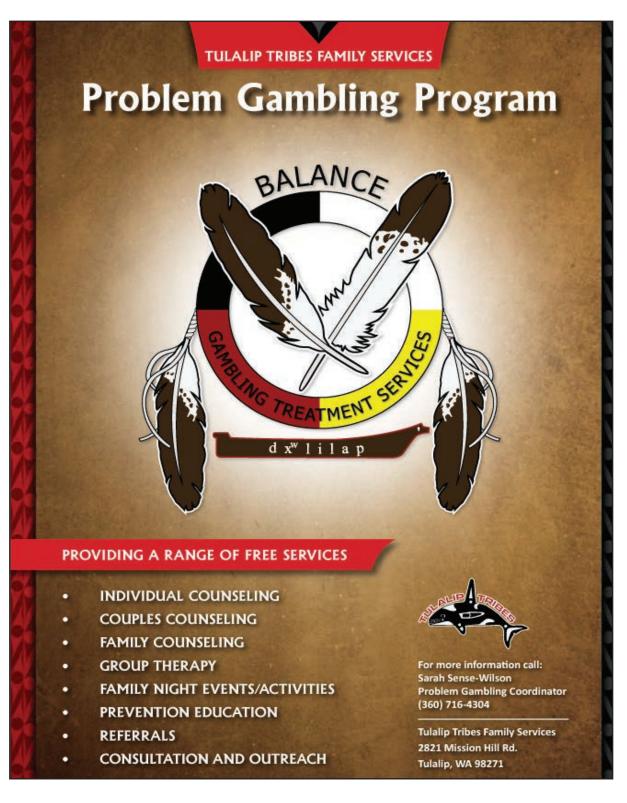
- the real world.
- Interactive with others without face to face contact
- As if they can escape and get away from the real world
- Intelligent, skilled, and all powerful until they start losing Thoughts of the Remote Gambler
- You don't know me anonymity
- You can't see me invisibility
- See you later don't relate in real time, wait for messages
- It's just a game real money does not change hands it's all credits
- We're equals authority really does not exist

What Remote Gambling Provides

- Gratification: No waiting, instant
- Anticipation: Removed, instant action, adrenaline rush
- Companion: Always there when needed
- Fantasy: Takes you to it, change persona, gender bender

- Expression: In a private world, more satisfying than real life
- Ego: Boosts fragile/bruised ego
- Constraints: Lacking boundaries. Limit only by extent cash/credit
- Chasing: Several times a day. PC is a beckoning finger. (Bellringer, 2006)
- A Chance: to lose financial resources, friends, jobs, family, freedom, etc. Remote gambling does not include face-to-face encounters. It is solitary and unmonitored Awareness of this problem needs to be a family matter the people most likely to discover the gambling problem are family, friends and those closest to the gambler.

What to do if you think you or someone you know has a problem with Remote Gambling: Call the National Council on Problem Gambling Hotline at 1-800-522-4700.



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Ceda pulling trip

As an FYI, Swede called me this morning and asked me how things went on the cedar pulling trip on 5/29 and 5/30 as he was talking to one of the tribal members that was at the site on 5/29 who told him some of the younger people that made the 5/29 trip were commenting they didn't know why the elders, "old ladies", meaning me and Joy went on these trips as ALL WE DO IS SIT AROUND AND LAUGH!

Derogatory of statements elders is paying disrespect to any tribal elder that participates in the cedar pulling trips. Joy and I were the only elders on this cedar pulling trip and we made it on both 5/29 & 5/30 trips to pull cedar with the help of our children or grandchildren and niece Virginia Jones as we pulled a lot of cedar for the Cultural Department and senior center basket class. We have made these trips for the past several years and generally we are the first ones to arrive on site and the last ones to leave. The cedar we pull is not for any commercial reasons as the cedar we pull is for our senior center basket classes or for roses for elder's funerals or for cultural events and the younger generation needs to know this. The expense of making these trips is at our own expense, unless it is tribal work hours.

Tribal members should be told that Muckleshoot tribal members who go to various approved cedar pulling cites, we were told by tribal members, those participants are required to pull cedar for their tribal elders whether or not it is for a tribal program.

Joy, my niece Virginia and myself donate our time, transportation and expenses to do the job for the love for our tribal programs.

I took this personal offensive to this remark and those "youngsters" pulling bark should NEVER be allowed back on these trips if they make remarks like this that are derogatory to the tribal elders.

I thought I was tired enough after our big workout Thursday, Friday and Saturday.

Thanks
Virginia Carpenter
Tulalip tribal Elder

Former BIA employees reunite at elders lunch

What a great surprise at our elders lunch, as after about 20 + years, six former Bureau of Indian Affairs ran into each other at the elders lunch.

Rowena Roberts, (Nooksack Tribe) who worked in Education, Barbara Jones, (Yakama) Plant Management; Joy Lacy, Tulalip, Finance Department; Maxine Salinas, (Colville) who worked in realty; Judy Joseph (Yakama) Superintendent; and myself Virginia

(Ginnie) Carpenter who worked in Realty. We cornered Gayle Jones and had her take a picture for old time sake.

It was great seeing us all together as we use to have a ball and spent most of our lunches going to the local 2nd hand stores. Even though we worked in different departments we all had to work together as when a person sold land, Realty handled the sale; the social Services Department would need to schedule their payment and Joy would make out the checks. That meant the person who sold their land sale had to go to the different departments and work with staff from that



office. We all got to know our clients very well.

After thinking about it, a lot of Tulalip Tribal members worked at the BIA, Judy Patrick; Dawn Simpson; Maxine Williams; Kathy (Hill) Williams; Valarie Williams; Sharon Morken; Marilyn Flores; former tribal member spouses, Lily Jones and deceased tribal members or friends; Josephine Landert Stenbach; Randy Williams; Bernice Williams; Josie Humphries; and Eddie Derowin.

Thought you might get a few laughs from us old timers!

Virginia (Ginnie) Carpenter

Obituary —



Charles "Yah-Lee-Chud" Sneatlum Jr.

Charles "Yah-Lee-Chud" Sneatlum Jr., 60, passed away June 7, 2015. He was born April 5, 1955 in Everett, Washington to his parents Charles and Shirley Sneatlum.

He was preceded in death by his parents, Charles and Shirley Sneatlum; his brothers and sisters, Cliffie Sneatlum, Sunnee Sneatlum, Sheryl Sneatlum, Charmaine Sneatlum; Aunt Marie Sneatlum; and grandson, Michael Sneatlum. He is survived by his life-long mate of 44 years, Janet Patrick; his children, Charles Sneatlum III of Tulalip and Edward Little George Sneatlum (Kim) of Muckleshoot; nine grandchildren; and two greatgrandchildren; his brother, Leonard Sneatlum of Muckleshoot; sisters, Renee Sneatlum, Lisa Sneatlum (Martin Hannigan), and Dawn (Roger) Miller all of Muckleshoot; and numerous nieces and nephews.

He enjoyed playing stick games, fishing, hunting, playing slot machines, and riding his motorcycle. He participated in the winter spiritual pow wows. In his younger years he pulled canoe for the Tulalip Tribes. He was a participant in the fish wars/Boldt decision. He worked for 25 plus years at the Tulalip Casino.

Visitation was held on Thursday, June 11, 2015 at 9:30-10:30 a.m. at Schaefer-Shipman with an Interfaith service following at 6:00 p.m. at the Tulalip Tribal Gym. Funeral Services were held Friday, June 12, 2015 at 10:00 a.m. at the Tulalip Tribal Gym with burial following at Mission Beach Cemetery. Arrangements entrusted to Schaefer-Shipman Funeral Home.

Notices

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Tulalip Tribal Court Notices

TUL-CV-GU-2015-0180. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re the Guardianship of M.D.R. To: Jessica Robinson and Joanne Little Deer Robinson: YOU ARE HEREBY NOTIFIED that a petition for guardianship has been filed in the above-entitled Court pursuant Tulalip Tribal Code Chapter 4.05 regarding youths. You are hereby summoned to appear and defend the above-entitled action in the above entitled court and answer on July 8, 2015 at 3:00 p.m. in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: May 13, 2015.

TUL-CV-CU-2015-0179 SUMMONS FOR CUSTODY/PARENTING PLAN, Tulalip Tribal Court, Tulalip, WA. Kathleen Jean Jones vs. Micah Bordeaux. YOU ARE HEREBY NOTIFIED that on April 24, 2015, a Petition for Custody/Parenting Plan was filed in the above-entitled Court. In order to defend against this petition, you must respond to the complaint by stating your defense in writing and be serving a copy upon the Court and upon the petitioning person. If you wish to seek the advice of an attorney in this matter, you should do promptly so that your written response, if any, may be served on time. Date first published: May 13, 2015.

TUL-CV-YI-2015-0219 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of O.C-V.Jr. TO: Lydia Tellez Hernandez: YOU ARE HEREBY NOTIFIED that an adjudicatory hearing for the previously referenced youth has been scheduled to be held on July 21, 2015 at 11:00 a.m. You are hereby summoned to appear and defend regarding the above entitled action at the hearing on July 21, 2015 at 11:00 a.m. in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: May 27, 2015.

SUMMONS BY PUBLICATION TUL-CV-CS-2015-0153, Tulalip Tribal Court, Tulalip WA. TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs IRA LEE CONTRARO regarding a Summons and Petition to for Registration of Foreign Order and for Order of Payroll and/or Per Capita Attachment. TO: IRA LEE CONTRARO: YOU ARE HEREBY NOTIFIED that on April 10, 2015, a Summons & Petition for Registration of Foreign Order and For an order of Payroll Deduction and/ or Per Capita Attachment was filed in the above-entitled Court pursuant to Chapter 2.10 and 4.10 of the Tulalip Tribal Code. This is regarding the enforcement of a state order for child support. This notice will be published for six (6) consecutive weeks. You are hereby summoned to respond by requesting a hearing if you have concerns regarding the validity of the order, etc. The Court will then schedule a hearing to determine the validity of the foreign order and/or whether or not the order is contrary to the laws of the Tulalip Tribes of Washington. After six (6) weeks, TCSP will move forward with registration and enforcement. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO RESPOND TO the Tulalip Child Support Program or request a hearing, the Court WILL REGISTER THE ORDER, GRANT FULL FAITH & CREDIT TO THE ORDER AND ISSUE A PER CAPITA ATTACHMENT. Date first published: May 13, 2015.

SUMMONS BY PUBLICATION TUL-CV-CS-2014-0194, Tulalip Tribal Court, Tulalip WA. TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs IRA LEE CONTRARO regarding a Summons and Petition to for Registration of Foreign Order and for Order of Payroll and/or Per Capita Attachment. TO: IRA LEE CONTRARO: YOU ARE HEREBY NOTIFIED that on May 30, 2014, a Summons & Petition for Registration of Foreign Order and For an order of Payroll Deduction and/ or Per Capita Attachment was filed in the above-entitled Court pursuant to Chapter 2.10 and 4.10 of the Tulalip Tribal Code. This is regarding the enforcement of a state order for child support. This notice will be published for six (6) consecutive weeks. You are hereby summoned to respond by requesting a hearing if you have concerns regarding the validity of the order, etc. The Court will then schedule a hearing to determine the validity of the foreign order and/or whether or not the order is contrary to the laws of the Tulalip Tribes of Washington. After six (6) weeks, and no response, TCSP will move forward with registration and enforcement. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO RESPOND TO the Tulalip Child Support Program or request a hearing, the Court WILL REGISTER THE ORDER, GRANT FULL FAITH & CREDIT TO THE ORDER AND ISSUE A PER CAPITA ATTACHMENT. Date first published: May 13, 2015.

TUL-CV-YI-2015-0238 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of J.F. T0: Danielle Fryberg and Stephen Morris: YOU ARE HEREBY NOTIFIED that an adjudicatory hearing for the previously referenced youth has been scheduled to be held on July 30, 2015 at 9:30am. You are hereby summoned to appear and defend regarding the above entitled action at the hearing on July 30, 2015 at 9:30am in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: June 17, 2015.

TUL-CV-YI-2015-0233 and TUL-CV-YI-2015-0234 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of N.W. and K.W.TO: Randolph Williams Jr.: YOU ARE HEREBY NOTIFIED that a Petition for Youth in Need of Care was filed in the above-entitled Court pursuant TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled actions at a hearing on July 28, 2015 at 10:30 am in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip, WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: June 17, 2015.

TUL-CV-YI-2014-0412. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re the Welfare of A.M.T.TO: Dylan J.Wilson: YOU ARE HEREBY NOTIFIED that a paternity hearing for the previously referenced youth has been scheduled to be held on June 30, 2015 at 1:30 PM in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: May 13, 2015.



MEMORIAL FOR DONNA COOPER



WE INVITE YOU TO COME AND HONOR A SPECIAL BEAUTIFUL LADY

DONNA COOPER

AUGUST 1, 2015

12:00 P.M. AT THE MISSION BEACH CEMETARY

THEN FOLLOWING TO TULALIP TRIBAL GYM -

GREG WILLIAMS COURT AT 6700 TOTEM BEACH ROAD, TULALIP, WA
FOR A LIGHT LUNCH





Original designs - Sandblasting- Sculpting Large inventory - Quick turnaround unbeatable prices



What's your beverage of choice?



"Gainz."

Caleb Woods
Tribal member



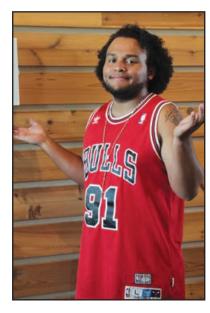
"Diet squirt."

Denise Fryberg Tribal employee



"Sugar-free Rockstar."

Bow Gobin Tribal member



"Purple stuff."

Neil Hamilton Tribal member



