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## **SMOKE SALMON** NOT CIGARETTES



Attendees at the Tobacco-Free Together Day not only received help to quit smoking, they also learned weaving and beading as a way to use cultural activities to cope with and get through nicotine cravings.

Tobacco-Free **Together Day** celebrates the journey to becoming smokefree together

Micheal Rios

co-Free Together Day, Cessation

Article and photos by held on Wednesday, the event brought mem-October 28 at Greg Smoke Salmon, Williams Court from Not Cigarettes. That 11:00 a.m. to 2:00 p.m. was the theme at this Planned by the Adult year's first ever Tobac- and Youth Smoking programs,

bers of the Tulalip community together with the goal of getting as many people as possible to quit smoking for the day, begin thinking

See Smoke-Free, page 4



## Extended Saturday pharmacy hours

Tulalip Clinical Pharmacy business hours on Saturday are now 9:00 a.m. to 4:00 p.m.

## **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

## **Tulalip Tribes Mission**

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.
- 2. We uphold and follow the teachings that come from our ancestors.
- It is valued work to uphold and serve our people.
- 4. We work hard and always do our best.
- 5. We show respect to every individual.
- 6. We strengthen our people so that they may walk a good walk.
- 7. 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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Deadline for contribution is Friday, with publication on the following second Wednesday (12 days later).

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

TULALIP TV		
Time	Week of Monday 11/16/15 thru Sunday 11/22/15 Show	Duration
	Tulalip Matters Tulalip Matters is your destination for information about what is happening on and around the	0:30
	Tulalip Reservation.	
12:30 AM	Heart of the People Compelling documentary about a river devastated by clear cut logging and the Huu-ay-	1:00
	aht people who want to bring it back to life.	
1:30 AM	Making of a Porky Roach The porky roach, worn by male dancers. A complete guide to construction, includes	0:30
2:00 AM	sorting deer and porky hair, tying on the hair and care.  Chance for Change A half-hour drama depicting a young native man caught between the fast-paced world of	0:30
2.00 AIVI	the city streets, and his culture and family.	0.30
2:30 AM	Native Report - 909 Meet author and illustrator Michael Lyons, who has written several children's books,	0:30
	comic strips, and coloring books that emphasize the Ojibwe language.	
3:00 AM	Echoes of the Sisters Breast cancer exists and is growing at an alarming rate in North America and breast	0:30
	cancer in First Nations communities is no different.	
3:30 AM	NWIN 55 Paddle to Squaxin: 2012 Canoe Journey, Chief Frank Nelson and the Veterans' Canoe, We're Still	0:30
4:00 AM	Here Exhibit, Canoe Journey Water Quality Study  Heart of the People Compelling documentary about a river devastated by clear cut logging and the Huu-ay-	1:00
4.00 AW	aht people who want to bring it back to life.	1.00
5:00 AM	A Chance for a Change A half-hour drama depicting a young native man caught between the fast-paced	0:30
	world of the city streets, and his culture and family.	
5:30 AM	Echoes of the Sisters Breast cancer exists and is growing at an alarming rate in North America and breast	0:30
0.00	cancer in First Nations communities is no different.	2.55
6:00 AM	Watchers of the North - Ep 5 'The Junior Rangers' - A revealing look into life in the Far North among Inuit	0:30
6:30 AM	teenagers who join the Junior Canadian Rangers.  Making of a Porky Roach The porky roach, worn by male dancers. A complete guide to construction, includes	0:30
0.50 AIVI	sorting deer and porky hair, tying on the hair and care.	0.50
7:00 AM	Native Report - 909 Meet author and illustrator Michael Lyons, who has written several children's books,	0:30
	comic strips, and coloring books that emphasize the Ojibwe language.	
7:30 AM	Creative Native - 411 (Navajo) Examine the history and art of the nomadicnation of the Navajo. As the largest	0:30
0.00.414	tribe in the United States, the Navajo have a long and rich history.	0.00
8:00 AM	<b>Tulalip Matters</b> Tulalip Matters is your destination for information about what is happening on and around the Tulalip Reservation.	0:30
8:30 AM	Wapos Bay - Ep 34 Talon, T-Bear, and Devon follow a treasure map belonging to Sierra, the last Metis gold	0:30
0.0074141	miner and realize finding treasure is only half the battle.	0.00
9:00 AM	Bizou - Ep 7 - The Raven Come sing and dance with Bizou as she takes you on a picturesque journey into	0:30
	the wonderful world of Ravens, totem to the kings.	
9:30 AM	Jim Thorpe: World's Greatest Athlete About a man who used his amazing physical prowess to affirm his	1:30
11.00 AM	American Indian Identity in the face of efforts to eradicate Native American culture.	1:00
TT.UU AW	Video Letters from Prison A journey of transformation as three sisters from the Pine Ridge Reservation reconnect with their incarcerated father via a series of video letters.	1.00
12:00 PM	Tulalip Matters Tulalip Matters is your destination for information about what is happening on and around the	0:30
	Tulalip Reservation.	
12:30 PM	NWIN 55 Paddle to Squaxin: 2012 Canoe Journey, Chief Frank Nelson and the Veterans' Canoe, We're Still	0:30
	Here Exhibit, Canoe Journey Water Quality Study	
1:00 PM	Trail of Tears Thousands of Cherokees died during the Trail of Tears. They suffered beyond imagination and	2:00
3:00 PM	when they finally arrived in Indian Territory.  Watchers of the North - Ep 5 'The Junior Rangers' - A revealing look into life in the Far North among Inuit	0:30
3.00 F W	teenagers who join the Junior Canadian Rangers.	0.50
3:30 PM	Wapos Bay - Ep 34 Talon, T-Bear, and Devon follow a treasure map belonging to Sierra, the last Metis gold	0:30
	miner and realize fnding treasure is only half the battle.	
4:00 PM	Bizou - Ep 7 - The Raven Come sing and dance with Bizou as she takes you on a picturesque journey into	0:30
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11.30 111	sorting deer and porky hair, tying on the hair and care.	0.30
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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

November 11, 2015 dx"lilap syəcəb 3

## We raise both our hands in gratitude for your service

Each year we gather to remember all those men and women who served in the military. At Tulalip we have a rich history of men and women tribal members who have served this country. Tribal Veterans have served in all wars, including periods when there was no apparent war. Veteran's Day is a day we remember and thank all living veterans for their service to this country. We gather as only tribal communities do and remember our warriors and their sacri-

Each veteran has their own story and stories of serving in the military. From basic training or boot camp, to advanced training, often becoming their military occupation specialty (MOS) to their next post of duty, which could be here in the States or in Europe, or to war's front. There are stories galore about the different GI's met or that Drill Instructor who pushed you hard, or the physical training we endured, you can see that twinkle in their eye when that vet starts reminiscing. We were young once... and soldiers too!

I look at our Veteran pictures at the Hibulb center and think about our guys who served in WWI. We were not that far removed from the Point Elliott Treaty of 1855. What was on their minds as they travelled to the East Coast then sailed to Europe to participate in the War to end all Wars. Doughboys that fought in the trenches of a war that created a new world

order or did it?

Many of us baby

boomers were born after World War II, the Good War. Our parents knew of the Great Depression and survived it only to be catapulted into World War II. My father Melvin Sheldon Sr. was a proud Marine serving in the Pacific theatre part of the occupational forces that followed the victory over Japan. Many Tulalip men answered the nation's call serving in the Merchant Marines, Navy, Army, and Marines during WWII. I always wondered what their experiences were, how did they like participating in D-Day at Normandy, facing excruciating machine gun fire as they assaulted the beachhead. D-Day to the end of war in Europe was about a year long. Many of our Veterans from WWII have continued their journey and we salute them. I always enjoyed speaking with Moxey Renecker about his merchant marine days and with Stan Jones as he would share a little about the occupation time right after the A-bomb was dropped in Japan.

The Korean War became the Forgotten War. We had many Tulalip men who served a war with bitter winters and very hot summers. And perhaps without an equitable end. But it didn't matter to Tulalip Tribal soldiers, we served our country best as we could and came home with many memories good and not so good. Nightmares and sleepless nights were regular occurrence for



Veterans from all Military branches supported each other during the 1st Welcome Home Vietnam Veterans celebration, organized by Tulalip veteran marine Andy James, in 2014.

combat vets. Remember not all served in combat roles. It took nine people to put one soldier on the combat lines. We salute those nine people because they made it possible for that one tribal combat vet to carry out his mission. In the end our people came home and began life anew.

During the cold war we had many Tulalip members join the service and do a two year hitch or more. There was a stretch of time when not much was happening but who knew the Vietnam experience was just around the corner. Our cold war veterans had to endure, as we all did, the threat of nuclear war. Many tests were conducted outside of Las Vegas exploding different nuclear bombs always preparing for that big war with Russia. Even us kids practiced crawling under our desks to prepare for the nuclear blast we were sure to come. Some of our Vet's got to see Elvis Presely while he served in the military.

Today we have a few veterans who served in Vietnam. During a very tumultuous time in U.S. history one of the most unpopular wars played out over a number of years. There was no big celebration when Vietnam vets came home, but our tribal communities welcome Vietnam veterans home with open arms. The warrior was honored, the warrior was held in respect, and we endured together. The triple canopy jungles challenged the best in us. We fought the enemy whenever possible and at times we're glad that we lived through a battle to fight another day. If only all veterans could have been welcomed back home like how tribal communities did, the healing would have been better. Thank you Tulalip!

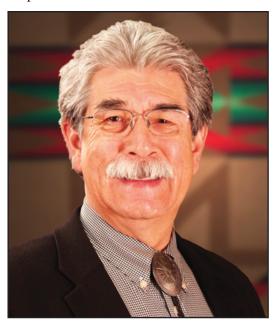
A special thank you to our young men and women who served in the years after Vietnam. Granada, Desert Shield/Storm, Iraq and Afghanistan to mention a few. When the military went to all volunteer only, those who raised their hands

entered the service. We raise both our hands in gratitude for your service.

There is a movement to celebrate the Vietnam War's 50<sup>th</sup> anniversary. Our own Native American Museum in Washington D.C. is part of a nationwide fundraising project to locate and build a memorial for Native American Veterans.

November 7<sup>th</sup>, the city of Auburn held the largest Veteran's parade west of the Mississippi. Over two hundred bands, veterans organizations, and including Native American veteran groups march together to celebrate Veteran's Day. World War II veterans, Korean War veterans, Cold War veterans, Vietnam veterans, Desert Shield/Storm veterans, Iraq and Afghanistan veterans all come together to remember and respect November 11, the day World War I ended. This date would be a day that we all remember and thank those men and women who served in the military.

Mel Sheldon, Tulalip Tribes Chairman



## Smoke-Free from front page

about quitting, and celebrating a journey to becoming smoke-free together.

Some quick, sobering facts. Although Native Americans make up approximately 1% of the United States population, we have the highest smoking rates of any racial/ethnic group in the United States. Two out of every five Native Americans will die from tobaccorelated diseases if the current smoking rate of 40.8% persist. Currently, there is no proven, effective culturallytailored smoking cessation program designed specifically for the Native American population.

Fortunately, there are dedicated folks with-

in Tulalip's Smoking Cessation programs who are committed to creating culturally-tailored stop-smoking events and strategies to help combat cigarette smoking, the number one cause of preventable death among Native Americans.

"Attendees shared a salmon lunch, learned some interesting facts about nicotine, and received a goodie bag including smoked salmon, facts about tobacco, and shirts sporting our motto for the event, 'smoke salmon, not cigarettes'," said Ashley Tiedman, Tobacco Cessation Program Coordinator. "It was a very positive day full of good vibes! On top



of the delicious lunch, we had the Rediscovery Program from Hibulb Cultural Center on

hand teaching attendees cedar weaving. Also, Taylor Henry taught beading as a way to use cultural activities to cope with and get through nicotine cravings. "It was a great start for an event we plan to have annually. A total of 120 people attended. Of those, about 30 people were thinking about quitting smoking, currently quitting, or committed to quit for the day.

"I really look forward

to how this event will grow," continued Ashley. "Tobacco-Free Together Day is a day for the whole community, whether you smoke or not, to come together and celebrate being smoke-free. The goal of this event was to help raise awareness on the dangers of smoking while also being a fun and relaxing environment where people wouldn't feel pressured to quit, but be able to walk away with valuable resources rooted in culture, so when they're ready to quit they'll know what is available to help them on their journey to becoming smoke-free."

Ready to quit smoking? Tulalip Tribes Stop Smoking Program can be reached at (360) 716-5719. Please call for supplies and support in your journey to become smokefree.

Strengthening our community

**Red Curtain Arts** 

**Center hosts Tulalip** 

culture night



## TULALIP TRIBES STOP SMOKING PROGRAM



across the parking lot from the Tulalip Boys & Girls Club.

Article and photos by Micheal Rios

On Friday October 23

On Friday, October 23, the Red Curtain Foundation for the Arts, in partnership with the Tulalip Tribes' Lushootseed Language Department, hosted a free cultural event from 7:00 p.m. to 9:00 p.m. Tulalip tribal member and Lushootseed teacher, Maria Martin, shared the legend of "Her First Basket" in Lushootseed and English, accompanied by tribal illustrations and artwork.

Scott Randall, president of the Red Curtain Foundation for the





Arts in Marysville, first approached Maria at the annual Raising Hands event in 2014 with his idea for bringing the Marysville and Tulalip communities together with a culture night.

"We, Scott and I, thought it would be beneficial to everyone in the Marysville and Tulalip communities. There is a separation between the two and we wanted to break down that wall," stated Maria. "We know we can be a strong community, but there is so much unknown about one another. This event is just one way for our communities to come together and grow.

"We plan on having a story and activity once a month. It is a free event, with donations if you feel up to it. We just want to break down those walls of curiosity. I'm sure that there are many Natives/Tulalip community members that have encountered some sort of silly question about Native Americans and how we live. This is a way to educate outsiders, to understand one another."

Maria chose to share her favorite Lushootseed story "Her First Basket", a core story in the Lushootseed Department's values book, and pass along the significant meaning it holds to both her and her people.

"It's a story about not giving up and there is a bit of community unity within it as well," explains Maria. "A Cedar tree helps this little girl to see her potential and she gains friends for it. Bringing people together and seeing their potential, it's something every teacher strives for."

Marysville and Tulalip community members were invited to partake in the evening of culture. Each table within the auditorium had at its center a "Her First Basket" picture book, so that children and adults could follow along as Maria first told the story in her traditional language, Lushootseed.

Following the storytelling sessions, the audience members were taught some basic weaving skills, using paper and yarn as substitutes for traditional cedar strips, to create their own basket and memento from the evening.

"After telling the story in Lushootseed and in English, we worked on making paper and yarn baskets. For many it was their first basket. It was a fun experience, and people's talents are so amazing," says Maria. "I hope to see more community members from both the Marysville and Tulalip communities at future events. We are all related, we live right next to one another, and our care for our neighbors is so important. It was so nice to see the people that showed up; the outcome of their basket making Accomplishing was beautiful. something you haven't done before is such a great feeling, and meeting new people with the new experience is a beautiful thing too. There are so many people out there that we can all learn something from."

# Nourish your body and mind at Sparks Hot Yoga

Article and photos by Kim Kalliber

There's a new place in Marysville to heal the body and mind and nourish the soul: Sparks Hot Yoga.

Tulalip Tribal members, Quil Ceda and Tulalip Elementary students and Marysville community members helped shop owner Jennifer Garner celebrate the grand opening on Thursday, October 29. The ceremony included dancing, drumming and singing followed by the ribbon cutting.

Jennifer, a former teacher at Quil Ceda and Tulalip Elementary, was pleased to have some of her former students in attendance.

"I taught in the [Marysville School] district for fifteen years and it was such a rough year that I wanted to serve the community in a different way. And I



think the adults need this to continue to help the kids. We give so much and the kids need so much right now with everything they're going through, so the adults can come here for a hour and leave a little stronger," said Jennifer about her focus and goals of the new yoga studio

While touring the facility, which includes a beautiful heated studio, attendees lined up for membership enrollment. Spark Hot Yoga of Marysville offers Hatha, Vinyasa flow, Sculpt, Yin and Kids Yoga classes.

Visit www.sparkhotyogastudio.com for information and new membership specials. Sparks Hot Yoga is located at 6608 64th St.NE, Suite, Marysville, WA 98271.





Above: Jennifer Garner, Owner of Sparks Yoga Studio in Marysville, celebrates with her daughter.



## Fish & Wildlife Commission Tribal Hunting Meeting

The Hunting Meeting will be held on November at 5:30pm. At the Tulalip Administration Building 1<sup>ST</sup> floor room 162, discussion topics: hunting regulations, game management units, and other questions that are asked during the meeting.

Date: 11/12/2015 Time: 5:30 pm

**Location: Tulalip Administration Building** 

1<sup>ST</sup> floor room 162

Any questions please call: Natural Resources (360) 716-4625 or (360) 913- 1274



## **Problem Gambling and your Family and Friends**

Submitted by Sarah Sense-Wilson

I frequently get asked, I have an aunt with a gambling problems, but what can I do about it? My dad gambles and is spending all our per capita but I can't say anything to him, how can I reach him, or, my wife is gambling her pay check every payday and I feel helpless, what can I do? These examples illustrate how helpless we feel when we are being victimized emotionally, spiritually, mentally and financially by the disease of Gambling addiction.

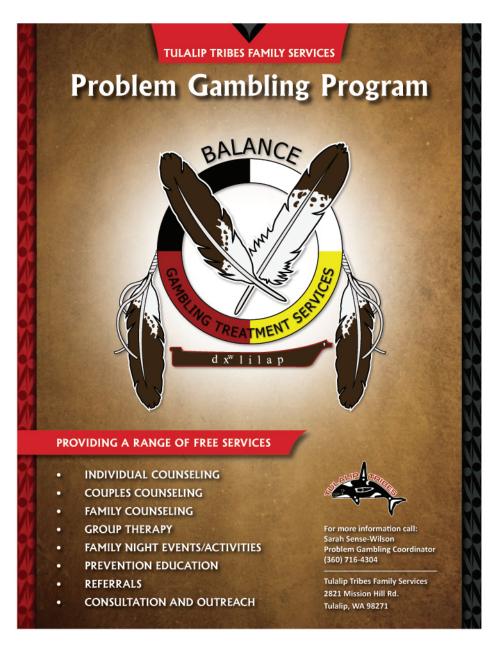
How to Have the Conversation with Friends & Family; we are not totally rendered helpless to a person's addiction, although it is important to remember the three widely accepted ALANON tenants:

- 1. I didn't Cause the addiction
- 2. I can't **Stop** the addiction
- 3. I can't **Control** the addiction

One Problem Gambler impacts at least 7 people, this means we all have an invested interest in addressing, confronting, and denial busting the problem. There are many sensible, sensitive, respectful tactics for addressing gambling addiction with a loved one. Some helpful statements for addressing a loved one's addiction are;

- I noticed you seem sad and depressed after losing, your gambling is harming to our relationship.
- I see how gambling is making you struggle with finances for past 3 months, I would be willing to seek help with you to see if gambling is a problem.
- I can no longer loan you money to gamble or recover from your gambling debt.
- Gambling is affecting our marriage, we need to seek help and here is the number.
- Gambling is a disease and is making our family sick, let's get help together.
- Our family can no longer support your addiction, we are seeking help now" and I hope you join us.

Other practical strategies include suggesting loved one Self-Ban from the Casino/Card room or gambling establishment. Attend GAMAN-NON meetings for support from other friends/family members experiencing pain/financial crisis and problems due to loved one's gambling behavior. Seek professional advice for ideas and education on Problem Gambling. There are both inpatient and outpatient problem gambling treatment pro-



grams to treat the addiction.

Problem Gambling is recognized by DSM V as a diagnosable, treatable addiction similar to alcohol dependency and other drug dependencies. If you would like more

information please contact Tulalip Tribes Family Services at 360-716-4304 or Washington State Helpline 1-800-547-6133.

## Child Strkve Developing Good Thinking Skills

## Little Steps to Big Possibilities

Getting ready for school starts at birth. Did you know that the brain is the only organ that is not fully formed when a baby is born? In the first three years of life there are 700 new neural connections formed every second!

Infants are born ready to learn. Babies and toddlers want to understand how the world works. They are naturally curious and start to make basic associations like, "when I cry, mommy helps me." As they get older, children start developing

more complex ways to figure things out. You can help your child develop problem-solving skills by providing opportunities for your young child with math and logic concepts.

Think about how your child likes to play. They can learn about cause and effect when they push a button on a toy and it makes a funny sound. They can learn about size and shape when stacking blocks big to small. Children learn about gravity when they drop a spoon from the high chair and watch where it lands.

They learn about "object permanence" (things they can't see still exist) when they play peek-a-boo.

You can incorporate learning into daily activities. If your child loves to be active, they can learn about fast and slow, up and down, and over and under on the playground. At bath time, you can help your child learn about empty and full, and in and out, by filling and dumping water in cups. You can teach floating and sinking with other toys in the bathtub as well as the difference between solids and fluids. All of these activities are stepping stones to becoming great critical-thinking students.

ChildStrive (formerly known as Little Red School House) has been partnering with Tulalip families for more than 30 years. For more information about your child's childhood development contact Courtney Miller at ChildStrive at (425) 353-5656 x7145 or Courtney.Miller@Child-Strive.org. More information about ChildStrive can be found on our website at www.ChildStrive.org

## How you can help a foster child today

If you or anyone you know might be interested in becoming a placement/respite for our Tulalip foster children, please contact Rebecca Hunter at (360)716-4044, Verna Hill at (360)716-4087, or Amanda Loaris at (360)716-4065.

We have three different ways you can help;

 The first is respite care. Respite is if the family who the child is placed with, would like to go on vacation or needs a weekend off.

- The second is emergency placement. Emergency placement is if we can't find someone who is family to immediately place the child with. The time frame could be a couple days, month, or may need to be extended longer.
- The third is long-term placement. Long-term placement is for children who we are not sure how long they will need to live with a placement. It could be a couple months, or it may be until the child turns 18.

The process to get approved to become placement is: anyone in the household over the age of 18 must submit a criminal/CPS background check, an observed UA (urinalysis test), and an approved home study.

## Sports -

## Lady Hawks finish season playing their best volleyball

Article and photos by Micheal Rios

On Thursday, October 29, the Tulalip Heritage Lady Hawks (5-9) hosted the Skykomish Rockets (4-10) at Francy J. Sheldon court for a play-in game to the Northwest District 1B Volleyball Tournament. It was either win and advance to the playoffs or lose and the season was over for the Lady Hawks.

This would be the third matchup between these two teams, with Tulalip having beaten them at home 3-1 earlier in the season but then losing 2-3 at Skykomish just two weeks ago. The pressure was on Tulalip.

The Lady Hawks would rise to the occasion and win the 1<sup>st</sup> game 25-11, lose the 2<sup>nd</sup> game 16-25, bounce back to take the 3<sup>rd</sup> game 25-16, and finish them off 25-13 in the 4<sup>th</sup> game to claim the match victory, 3-1, and punch their ticket to the postseason.

The 2015 Northwest District 1B Volleyball Tournament was held at Mt. Vernon Christian High School on Saturday, October 31. By winning their play-in game, the Lady Hawks had earned the right to play the #1 seeded team in the playoffs, the Mount Vernon Christian Hurricanes, in the opening game of the tournament.

In the 1st game the Lady Hawks managed to jump out to a 5-0 lead before the Hurricanes went on a massive 25-1 point run and down the Lady Hawks 6-25. In the 2nd game, Tulalip played Mt. Vernon Christian to a 10-10 tie before losing, 16-25. Again, in the 3rd game, Tulalip would play the Hurricanes to a 9-9 standstill early on, but then Hurricanes went on a game ending runs to win 11-25.

Losing 0-3 to the #1 ranked Hurricanes was a moral victory for





## **Sports**



Lady Hawks, as they took solace in knowing they were able to go point-for-point with the best team in the district when they played together and communicated effectively. The loss put Tulalip in a 'loser out' match versus the Cedar Park Christian Lions, so there would be only a 30 minute turn-around before they had to play again.

The Lady Hawks vs. Lions match would be the best match the Lady Hawks have played all season long. The two teams matched up almost identically with their style of play and athletic ability.

In the 1<sup>st</sup> game the Hawks would take a 12-8 lead before trailing at 19-22. Digging deep, the Lady Hawks finished the game on a 6-1 run to win the opening game, 25-23. The 2<sup>nd</sup> game would again see the Lady Hawks take a 12-8 lead before going up 20-18. However, this time it was the Lions who went on a game ending run, 7-1, to win 25-21. Tulalip bounced back in the 3<sup>rd</sup> game; after trailing 8-12 early, they would take an 18-16 lead before closing out on a 7-2 to win 25-18.

The 4<sup>th</sup> game saw the both teams match each other point for

point to a 10-10 tie before the Lady Hawks managed to take a 23-19 lead. It looked like the game would go to the Lady Hawks after an Ace by Keryn Parks, but the court judges declared the ball went out of bounds. (Upon replay it was obvious the Ace was good, but

volleyball doesn't use replay) The terrible call gave the Lions new life and they rallied to beat Tulalip, 26-24.

Tied at games each, the match would game down to a deciding 5th game. volleyball, 5<sup>th</sup> games are played to 15 points instead of the usual 25 points. The Lady Hawks did their 'pump it up' huddle rally to make sure everyone had their focus back. Both teams were relentless in their pursuit of the ball in this final game. Players from both sides were flying around and diving on the ground to save each possible rally.

The score was tied 8-8, then tied 13-13 before the Lady Hawks connected on back-to-back aces by Aliya Jones to win the game 15-13 and the match 3-2.

Winning the match meant the Lady Hawks had made it to the 5th place game, where they would

play the Shoreline Christian Chargers. As in their previous match, this one would be another 5 game affair. The Lady Hawks continued to battle, set each other up for good passes and strikes, while also talking it up.

In the 1<sup>st</sup> game the Lady Hawks would fall 20-25, bounced back to win the 2<sup>nd</sup> game 25-21, fell in the 3<sup>rd</sup> game 19-25, and rally to win the 4<sup>th</sup> game 25-19. In the 5<sup>th</sup> and deciding game, the Lady Hawks would again be in a highly competitive, every point counts mode. Every point and rally by either team was countered right away, to the point that the game was tied 14-14 before the Chargers won back-to-back points that clinched match victory.

After the very up and down regular season the Lady Hawks had, it was a delight to see them play with as much energy and team spirit in their play-in game to make it to the playoffs, then to rise to the occasion over and over again versus grade-A competition. Finished 6th in the entire 1B District is definitely an achievement for the Lady Hawks and their coach summed it up best following the season ending game.

"I am so very proud of our Lady Hawks volleyball team," stated Coach Tina Brown. "The girls made it to districts for the first time, they played with pride and fought hard. What a great season."









## **Tribal Business Technology Programs**

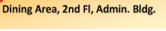
WINTER 2016 courses offered @ the Tulalip College Center

- Business English Business Computations Computer Literacy
- Beginning Keyboarding
   Keyboarding
   Speed
   Accuracy
  - Records Management
     Service Essential for Business Spreadsheets
     Databases
     PowerPoint

## **GED** — GED/Adult Basic Education

Classes prepare students to pass the GED tests

**12/1** 12 Noon — 2 PM



\* RSVP: 360-716-4888, Higher ED or highered@tulaliptribe



## **Tribal Business Technology Programs**

Clothing

Learn about these areas of study...

WINTER 2016 courses offered @ the Tulalip College Center

- Business English Business Computations Computer Literacy
  - Beginning Keyboarding
     Keyboarding
     Speed
     Accuracy
  - Records Management
     Service Essential for Business Spreadsheets • Databases • PowerPoint

## **GED** — GED/Adult Basic Education

Classes prepare students to pass the GED tests

**12/9** 1 — 3 PM Dining Area, 2nd Fl, Admin. Bldg.

> \* RSVP: 360-716-4888, Higher ED or highered@tulaliptribes



No fee for Tribal members

Vendor set up 8am - 9am

## **Your Own Business**

- Articulate your vision
- SNO-ISLE
- **Connect with Library Resources**
- **Connect with Community Resources**
- Snacks



DATE: *Monday*, 12/14 5 — 7 PM LOCATION: RM 263, Admin. Bldg.

\* RSVP: 360-716-4888, Higher ED or highered@tulaliptribes-nsn.gov

## Cascade Music Teaching Stud

Open since 1968 1501 3rd Street, Marysville

Lessons availble on band instruments: Brass, Reeds, Drums, Violin, Piano, Bass, Guitar, Voice

For Lesson Appointment Call: www.cascademusicstudios.com **Notices** November 11, 2015 dx"lilap syəcəb

## Learn about these areas of study... **OPEN HOUSE**

## Tribal Business Technology Certificate

WINTER 2016 courses offered at the Tulalip College Center

- Business English Business Computations Computer Literacy
  - Beginning Keyboarding
     Keyboarding
     Speed
     Accuracy
  - Records Management Service Essential for Business
    - Spreadsheets
       Databases
       PowerPoint

## **DECEMBER 17**

Dining Area, 2nd Fl, Admin. Bldg.



\* RSVP: 360-716-4888, Higher ED or highered@tulaliptribes-nsn.gov

Michael Chaplin, 425-388-9964 or mchaplin@everettcc.edu Jayne Joyner, 360-716-4892 or jjoyner@everettcc.edu

Tulalip College Center • 7707 36th Ave NW Building C-1&2 (next to Boys & Girls Club)

Space is limited. Enrollment is open to, and books/tuition are FREE, for (in order) Tulalip Tribal members; spouses & parents of Tulalip Tribal members; other Native Americans; and employees of Tulalip Tribes

EVCC Students May Enroll at the First Class Session.





## Classes begin Monday, January 4 "Tribal Technology Certificate" (EverettCC)

Mon & Wed, 1 - 3 pm **Business English** Review of abbreviations, capitalization, grammar, punctuation & spelling. Includes proof reading & editing.

Business Computations
Tue & Thu, 11 am - 1 pm
Apply mathematical concepts using numerical data in Excel to complete business applications. Create formulas and use functions of Excel to compute basic math operations, etc. Office 2010 Version.

Keyboarding—Beginning Mon & Wed, 4—6 pm Introduces keying-by-touch emphasizing correct ergonomics, speed & accuracy. Includes techniques for editing, saving, opening & closing documents and application of skills to personal letters, reports.

**Keyboarding—Speed & Accuracy** Mon & Wed, 4 - 6 pm Improve keyboarding speed and accuracy through the use of programmed software which diagnoses student keyboarding problems and prescribes appropriate practice material.

Provides students with a supervised work environment to apply their management, marketing and operations knowledge while fostering professional growth. Mentorship

Records Management Tue & Thu, 8:30-10:30 am Creation, maintenance and disposition of records. Retrieving and storing records utilizing manual and computer based programs.

Service Essentials for Business Mon & Wed. 8:30-10:30 am Theory and skills relating to internal and external customer service. Elements of service culture, behavioral styles, verbal and non-verbal communication, telephone techniques, difficult customers, diversity, customer loyalty and service recovery.

Computer Literacy Mon & Wed, 11am - CL 101—Introduction to Windows environment and MS Office. CL 102—Using computers/Managing Files CL 103—Word Processing Supervised Computer Labs Mon & Wed, 11am -1 pm

- CL 105—Databases
- for CL 101– CL 106 classes
- nat. Several classes taught by one instructor.

GED/Adult Basic Education Tue & Thu, 8:20-11:20 am Classes prepare students to pass the GED tests.

Effective Teams (Edmonds CC) 9 Tuesdays, 3-5 pm\*

1/5/16-3/1/16 Explore skills, strategies & tools for understanding & creating successful teamwork dynamics as a team player & team leader.

Presentation Skills (Edmonds CC) 9 Wednesdays, 3-5 pm\* rresentation SKIIIS (Edmonds CC) 9 Wednesdays, 3-5 pm\*

1/6/16-3/2/16 Learn & apply techniques for preparing and delivering effective business presentations. (Access to PowerPoint needed.)

Classes fill quickly.\* Enrollment information: Email instructor Karen Lamoreux, at klamor@edcc.edu

## Tulalip Tribal Court Notices

THE TULALIP COURT Tulalip Indian Reservation Tulalip. WA No. TUL-CV-EX-1999-0294 Summons by Publication THE TULALIP TRIBES, Petitioner vs. AVEL MEDINA, JR., Responden. TO: Avel Medina, Jr. YOU ARE HEREBY NOTIFIED that a Revocation Hearing regarding your exclusion deferral has been scheduled to be held on November 18, 2015 at 9:00 a.m. You are hereby summoned to appear and defend regarding the above entitled action at the hearing

TUL-CV-GU-2014-0236. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip, WA. In re T.L.E.K.W. TO: Tah-Sheena S. J. Williams and Kanum C. Cultee Sr.: YOU ARE HEREBY NOTIFIED that on June 20, 2014 a Petition for Guardianship was filed in the above-entitled Court pursuant to TTC 4.05 regarding T.L.E.K.W. You are hereby summoned to appear and defend the above entitled action in the above

TUL-CV-CU-2014-0142. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. To: Walter Moses, Petitioner; TO: Jessica Rosen, Respondent: YOU ARE HEREBY NOTIFIED that on August 26, 2015 a Modification of Parenting Plan was filed in the above-entitled Court pursuant to TTC 4.05. You are hereby summoned to appear and defend the above-entitled action in the above-entitled court and answer the Complaint or respond to the Motion

SERVICE OF NOTICE BY PUBLICATION IN THETULALIPTRIBAL COURT TULALIP, WA TUL-CV-PO-2014-0353. Kathleen Jones, Petitioner vs. Micah James Bordeaux, Respondent. To: Micah James Bordeaux, YOU ARE HEREBY NOTIFIED that on September 31, 2015 a Petition or Motion to Renew Order of Protection was filed in the Tulalip Tribal Court pursuant to Tulalip Tribal Code Chapter 4.05 (Guardianship) or 4.20 (Dissolution, Custody, or Parenting Plan) regarding the above child(ren). You are hereby summoned to appear and defend the above-entitled

TUL-CV-YI-2015-0307 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of A.L.K.W.TO: Joseph Tom Sr.: YOU ARE HEREBY NOTIFIED that a Petition for Youth in Need of Care was filed in the aboveentitled Court pursuant TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled actions at

TUL-CV-PO-2015-0369. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. TO: Robert Paul Myers: YOU ARE HEREBY NOTIFIED that on September 21, 2015 a Reissuance of Temporary Order for Protection was filed in the above-entitled Court pursuant to TTC 4.20. You are hereby summoned to appear and defend the above-entitled action in the above-entitled court and answer on November 16, 2015 at

SUMMONS BY PUBLICATION TUL-CV-CS-2014-0156. Tulalip Tribal Court, Tulalip WA. TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs DEMITRI ALLEN JONES-ROBINSON regarding a Summons and Petition to Establish Child Support with request for Payroll Deduction and/or Per Capita Attachment. TO: DEMITRI ALLEN JONES-ROBINSON: YOU ARE HEREBY NOTIFIED that on May 9, 2014, a Petition for the Establishment of a Child Support Order was filed in the above-entitled Court pursuant to Title IV of TTO 2.10, TTC 4.10. In addition, an amended Petition was filed on October 30, 2015. This notice will be published

TUL-CV-YG-2015-0371, 0381, 0382 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of J.M-N, A.M., M.M. To: Angel Northwind and Avel Medina Jr.: YOU ARE HEREBY NOTIFIED that a Petition for Guardianship was filed in the above-entitled Court pursuant TTC 4.05. You are hereby summoned to appear and defend

TUL-CV-YI-2015-0481SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of J.A.S. TO: Joshua Sheets.: YOU ARE HEREBY NOTIFIED that a Petition for Youth in Need of Care was filed in the aboveentitled Court pursuant TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled actions at

on November 18, 2015 at 9:00 a.m. in Tulalip Tribal Court, 6103 31" 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. Saza Osawa Office of the Reservation Attorney 6406 Marine Drive, Tulalip WA 98271 360-716-4530 ph, 360-716-0634 fax

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entitled Court and answer on December 2, 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: October 14, 2015.

in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271 within sixty (60) days from the date of first publication of this notice. NOTICE: You have important legal rights and you must take steps to protect your interests and program fees may be assessed against you. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: October 21, 2015.

action in the above-entitled court and answer on 12/7/2015 at 9:00 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 MAY BE RENDERED AGAINST YOU. Date first published: October 21, 2015. If you wish to seek the advice of an attorney in this matter, you should do so promptly so that your written response, if any, may be served on time.

a hearing on December 15, 2015 at 10:00 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: October

1:30 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 and program fees may be assessed against you. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: October 21, 2015.

for six (6) consecutive weeks. After six (6) weeks, and no response, TCSP will move forward with a hearing. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer on January 12, 2016 at 10:30 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 AND/OR APPEAR JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: November 11, 2015.

regarding the above-entitled actions at a hearing on January 7, 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: November 11, 2015.

a hearing on December 23, 2015 at 9:00 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: November 11, 2015.

## If we (Tulalip) are a sovereign government, then why do we participate in a foreign government's (the United States) voting process?



"The Native vote counts because we have government to government relationships with the United States. Even though we are sovereign as Tulalips, we are still citizens of the United States."



"Because our sovereign government has a treaty with the United States. Native people are the most progressive at creating social and environmental change because of our sovereign power."



"Because we are the U.S. and don't forget it. We get to vote whether foreign or not. Who discovered America? We did!"

Valerie Williams

Tulalip tribal member



"We vote in both governments because we are citizens of both Tulalip tribes and the United States. Voting on issues and for candidates in U.S. government give us a chance to ensure tribal interests are supported when working in government to government relationships. Every vote counts!"

**Bonnie Juneau** Tulalip tribal member

**Lena Hammons** Tulalip tribal member

**Hibulb Cultural Center** 

Andrea Boyd

Inupiat tribal member



Veterans Day Gathering of Remembrance and Honoring.

A community event in observance of Veterans Day. The Hibulb Cultural Center offers free admission to Veterans and current Military of all armed forces and their families, as one of the ways of showing our appreciation to those whose service reflects the best of selflessness and patriotism.

Wednesday, **November 11th •**11:00 AM to 4:00 PM.

Craft Activities for Youth.

HCC will have different craft projects available to youth on Saturday afternoons, November 14th 2:00 PM to 2:30 PM.

Children's Reading Time.

Art Contraro reading his favorite childrens books. Saturday, November 21st • 1:30 PM to 2:00 PM.

## STORYTELLING SERIES:

Michelle Myles & Jacynta Myles-Gilford. Wednesday, November 15th • 1:30 PM to 2:00 PM.

## FILM SERIES:

Dallas Pinkham, screening "The Way We Speak" and his newest film projects. Wednesday, November 18th • 6:00 PM to 7:00 PM.





GIFT SHOP NOVEMBER SPECIAL: 20% OFF DRUM BAGS! Holiday Closures: November 26th, 27th, December 24th, 25th, 29th, 30th, 31st and January 1st.

For all Hibulb events, call 360.716.2600 or go online. Fees for all events are the cost of admission.

lejones@tulaliptribes-nsn.gov

Lena Jones at 360-716-2640 Mary Jane Topash at 360-716-2657 mjtopash@hibulbculturalcenter.org

You can keep the cultural fires burning... **VOLUNTEER TODAY!** 

6410 23rd Avenue NE, Tulalip, WA 98271
HibulbCulturalCenter.org | Find us on Facebook & Twitter!



