



**HERITAGE  
HAWKS  
CONTINUE  
DOMINANT  
SEASON**

Page 7

**SETTING & ACCOMPLISHING  
NEW YEAR GOALS WITH  
SNAP-ED**

Page 5



**Tulalip Tribes first in state to introduce  
Aristocrat gaming machines**

*By Micheal Rios*

Aristocrat has installed its first Tribal Lottery System (TLS) games in the State of Washington at the Tulalip Resort Casino and Quil Ceda Creek Casino. The new games – Birds of Pay™, Buffalo Gold Collection™, Wild Lepre'Coins™, and Wild Panda™ Gold – are the first games in the state provided by Aristocrat on the TLS platform.



See **Gaming**, page 3

Tulalip tribal members and Slot Shift Managers, Andrew Flores and Erin Reyna showcasing one of several Aristocrat gaming banks.

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6406 Marine Drive  
Tulalip, WA 98271



**Share your story:  
Poetry at Hibulb**

*By Calvin Valdillez*

As far back as many can recall, long before precontact times, Indigenous Peoples used the art of poetry to engage their communities and convey important life lessons. Through stories, the younger generations learn how to navigate through their journey and avoid some of the many pitfalls life has to offer.

See **Poetry** page 4



**TULALIP TV**  
www.tulalip.tv

### Not getting your SYS?

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

#### 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

1. 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.
3. 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

See-Yaht-Sub, the weekly newspaper of the Tulalip Tribes

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

TULALIP TV - Ch. 3 / 503 (HD) Week of - Monday 1/14/19 thru Sunday 1/20/19		
Time	Show	Duration
12:00 AM	<b>Tulalip Matters</b> Tulalip Matters is your destination for information about what is happening on and around the Tulalip Reservation.	0:30
12:30 AM	<b>Hibulb Conversations - Teri Gobin</b> An insightful, inspiring talk with Vice Chairwoman Gobin on her path to tribal leadership and commitment to preserving tribal culture and history.	0:30
1:00 AM	<b>We are the Salmon People: Bernie Gobin's Story</b> Through decades of determination, Bernie fought for Indian fishing rights - and for fish themselves. This documents one leader-s inspiring story.	0:30
1:30 AM	<b>NorthWest Indian News #66</b> Included Stories - Remembering Billy Frank Jr., The Boldt Decision, Part I, The Boldt Decision, Part II, Salmon Homecoming Celebration	0:30
2:00 AM	<b>Hibulb Conversations - Love of Cedar</b> Judy and Heather Gobin share the art and history of cedar weaving. Hosted by Hibulb Cultural Center's Tessa Campbell.	0:30
2:30 AM	<b>Native Report - 1207</b> See nature through the eyes of Ojibwe photographer of Vern Northrup; then Sarah Agaton Howes weighs in on her art, traditional Ojibwe motifs.	0:30
3:00 AM	<b>Creative Native - Ep 402</b> Sweet Reflections; This "sweet" episode explores the origins of chocolate and its discovery by the Mayan people. Create decoupage magnets to preserve special memories.	0:30
3:30 AM	<b>Aleut Story</b> In the turbulence of war, in a place where survival was just short of miraculous, the Aleuts of Alaska would redefine themselves -- and America.	1:30
5:00 AM	<b>Hand Game</b> Explores the mythic and historic roots of contemporary gambling in the Northwest Native Society through a look at the traditional "bone" game.	1:00
6:00 AM	<b>A Matter of Respect</b> A documentary about the meaning of tradition and change people speak frankly about the challenges they face balancing their lives in two cultures.	0:30
6:30 AM	<b>Fancy Dance</b> Seventy years ago, Ponca tribal elders called it "the crazy dance". Today, it's called "Fancy Dancing" and the fancy dancer is the symbol of the powwow.	0:30
7:00 AM	<b>Hand Game</b> Explores the mythic and historic roots of contemporary gambling in the Northwest Native Society through a look at the traditional "bone" game.	1:00
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3:30 PM	<b>Wapos Bay - Ep34</b> Talon, T-Bear, and Devon follow a treasure map belonging to Sierra, the last Metis gold miner and realize fndng treasure is only half the battle.	0:30
4:00 PM	<b>Bizou - Ep 32 - Otters</b> Come sing and dance with Bizou as she takes you on a picturesque journey into the wonderful world of Otters, nature's cute little shell-shucker.	0:30
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This Schedule is subject to change. To see an updated schedule, go to:  
<http://www.tulalip.tv.com/tulalip.tv-schedule/>

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

## NOTICE OF ELECTION

**Tulalip Tribes 2019 Board of Directors Election**  
**Saturday, March 16, 2019**

**7:00AM to 1:00PM**

At the Tulalip Resort Casino  
 10200 Quil Ceda Blvd, Tulalip, Washington 98271

*Annual General Council will be held the same day beginning at **\*\*10:00 AM\*\****

There will be a Board of Directors election on 3/16/19. The two (2) candidates receiving the highest number of votes will be elected to serve three (3) year terms.

**THE FOLLOWING TWO CANDIDATES TERMS ARE EXPIRING:**

**Bonnie Juneau**  
**Marie Zackuse**

*Petitions are available at the Tulalip Tribes Administration building, Election office (2<sup>nd</sup> floor) starting Monday- January 14, 2019 thru Monday- January 28, 2019. Petitions must be returned to the same location and by election staff.*

*DO NOT LEAVE WITH ANY OTHER STAFF.*

***\*\*25 SIGNATURES PER PETITION IS REQUIRED NO DUPLICATE SIGNATURES\*\****

**Eligibility:** No person shall be a candidate for the Board of Directors unless he/she shall be an enrolled member of the Tulalip Tribes and shall have resided upon the Tulalip Reservation for a continuous period of one (1) year prior to the election, and shall be at least twenty-one (21) years of age. No person may be a candidate if he/she has been found guilty of any felony, or a misdemeanor involving controlled substance or dishonesty in any Indian, State, or Federal court within three (3) years prior to the election.

Requirements for the petition are as follows:

- Must bear original signature of the candidate
- Must be signed by not less than twenty five (25) legal tribal voters
- Voters may sign one (1) petition

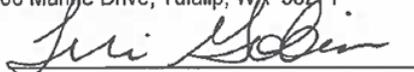
The list of qualified candidates will be posted in a public place and otherwise be made know to the tribal membership not less than two (2) weeks prior to the election date. The Tribal rules and regulations governing elections shall apply.

**DEADLINE FOR RECEIPT OF PETITIONS**

**Monday January 28, 2019 at 4:00pm**

Tulalip Administration Building(360) 716-4283  
 c/o Election Staff,6406 Marine Drive, Tulalip, WA 98271

Dated: January 3, 2019

  
 Teri Gobin, Vice-Chairwoman

**\*\*Reso 2017-256 6/30/17- Increased the petition signers from 5 to 25 in order to run for the Board of Directors.**



Dale Horton of Arlington hit a \$72,000 jackpot playing the newly installed Aristocrat machines.

“We are excited for the Tulalip/Aristocrat partnership and what it means to the Washington market. Aristocrat has established solid product performance and will bring a superior library of content for our guests’ enjoyment,” said Don Hegnes, Tulalip Resort Casino Slots Director.

“Tulalip Resort Casino and Quil Ceda Creek Casino are excited to be the first properties to introduce Aristocrat cabinets and games into the Washington market. Since the first install, our guests continue to embrace the product,” added Quil Ceda Creek Casino Slots Director, Belinda Hegnes.

The games are the first in a series of titles Aristocrat plans to bring to the State over the next year. “We are very excited to bring these new games to Tulalip, Quil Ceda, and Washington State,” said Siobhan Lane, Senior Vice President, Marketing and Gaming Operations. “We have worked diligently to create new games based on player-favorite titles that fully comply with TLS regulations, and we are grateful to The Tulalip Tribe of Washington for their sponsorship and encouragement throughout this process.”

Aristocrat Technologies Inc. is a subsidiary of Aristocrat Leisure Limited (ASX: ALL), a leading global provider of land-based and online gaming solutions. The Company is licensed by more than 200 regulators and its products and services are available in more than 90 countries around the world. Aristocrat offers a diverse range of products and services including electronic gaming machines and casino management systems.\*

\*Source: Aristocrat press release (1/2/2019)

### Gaming from front page

“Aristocrat is an Australian based slot manufacturer and one of the largest in the world,” explained Jason Woodall, TRC Slots Engineer. “It’s been close to ten years now that we’ve been working with them to bring their product to the Washington State market. Aristocrat is well-known for making games with big payouts and sought after jackpots.”

While the Aristocrat games have only been installed for a few weeks at both Tulalip gaming properties, they already have a committed player base. Dale Horton of Arlington is one such player. Dale has been playing the new machines diligently since their arrival and his commitment paid off big time on the morning

of January 7 when he hit a whopping \$72,000 jackpot.

“I’ve been playing Buffalo Gold quite a bit since it’s been put in,” shared Dale. “I frequent the Tulalip Casino nearly every day. I enjoy the mornings when it’s quieter and not as smoky, that allows me to socialize with the friendly staff who have always treated me well. It feels pretty good to have hit a jackpot, it’s my first in a long while.”

The games come to Tulalip and Quil Ceda by means of the Tulalip Tribe of Washington’s sponsoring Aristocrat’s entrance into the TLS market. That sponsorship allowed the company to sell its cabinets and games in the State.

## Wet'suwet'en Hereditary Chiefs Deeply Concerned About National Energy Board's Decision

**MEDIA RELEASE:** *Wet'suwet'en Yintah, Gitdumden Clan: Smithers, BC*

December 14, 2018 – The Wet'suwet'en Hereditary Chiefs are deeply concerned about the National Energy Board's decision this week denying the Office of the Wet'suwet'en's request to participate in a jurisdictional challenge to permits issued for TransCanada's Coastal GasLink pipeline project which, if built, will cross Wet'suwet'en House territories. Wet'suwet'en dini ze' & ts'akë ze' (male and female hereditary chiefs) have been opposed to the project for years.

"They said we wouldn't be impacted by their determination of the jurisdictional issue and also that we didn't have information which would be helpful for them," said Dini ze' Na'Moks (John Ridsdale). "Our 18-page submission to the National Energy Board set out very clearly how we would be significantly impacted not only by the pipeline, but by the board's decision on the jurisdictional issue itself. We also told them very clearly about the unique perspective we could bring to that issue. They

just chose not to hear us."

Hereditary Chief Na'moks' comments relate to the NEB's consideration of whether TransCanada's project, a 670 kilometer liquefied natural gas pipeline to go from Dawson Creek to Kitimat, falls under provincial or federal jurisdiction. If it is in federal jurisdiction, permits issued for the project by BC's Oil and Gas Commission may be determined to be legally invalid or the company may need additional federal permits. In October, the NEB received requests from many parties requesting official standing to make submissions on the jurisdiction issue. Earlier this week the NEB denied standing to the Office of the Wet'suwet'en.

"Look at who got standing," said Dini ze' Na'moks. "Aside from one environmental organization, it's just companies connected to the project, large pipeline and drilling companies, and several provinces. How can the NEB say that those companies and governments will be impacted by the jurisdictional issue and have something to say, but not the Wet'suwet'en Chiefs? We, too, are a government with our own jurisdiction. And we, too, have an important and valuable perspective to offer the NEB."

The NEB's decision comes after several approvals of major pipeline projects, despite the active

opposition and lack of consent by Indigenous peoples. These include Kinder Morgan's Trans Mountain Expansion Project, Enbridge's Northern Gateway pipeline, and TransCanada's Energy East pipeline.

The Wet'suwet'en Hereditary Chiefs have never consented to the Coastal GasLink pipeline project and been actively opposed to it since its inception. The project will threaten Wet'suwet'en territories, society, culture, governance system, and the stewardship responsibilities of the Chiefs.

"Since the beginning, we've been opposed," said Dini ze' Na'Moks, "and we've consistently felt that we've not been heard. This intervenor application denial by the National Energy Board is yet

another example of that, but it does show that we are still submitting our concerns." Dini ze' Na'Moks continued by pointing to the United Nations Declaration on the Rights of Indigenous Peoples, the courts' repeated statements about reconciliation, and the increasing recognition by the Canadian legal system of Wet'suwet'en society and law. "These are all positive signs, but the Crown is still not really listening in meaningful ways or taking Wet'suwet'en laws and society into account."

The Wet'suwet'en Hereditary Chiefs will continue to oppose the project and make their concerns heard. They are also considering having the decision reviewed or appealed.

January 8, 2019

Bella Bella, Hailzaqv Territory

We, the undersigned Hemas (hereditary chiefs) in Hailzaqv (Heiltsuk) homelands in Bella Bella, write today to send strength and solidarity to our relatives the Wet'suwet'en hereditary chiefs.

Hereditary chiefs are the first line of defense for our respective territories. We are the holders of title and rights, and our governance authority is tied closely to our lands and waters. There is no higher authority in our territories.

The stance of the five Wet'suwet'en clans on dangerous pipeline proposals has brought us strength as we fight to protect our own territory from the risks of oil and gas shipping. We have looked to Unist'ot'en Camp and more recently, the Gidimt'en Access Point, with admiration and understanding. Your tireless work on the Delgamuukw case has strengthened all of us. You are strong, strong leaders.

We condemn the actions of Coastal GasLink, the RCMP, and the government bodies who are on the wrong side of history today.

We uplift you as you do your ancestors' work.

### Poetry from front page

Poetry has always been a way to cleverly portray a story, rhythmically using words to paint vivid pictures into the audience's mind. Traditionally, poems were crafted as blessings to the creator and countless storytellers throughout time used poetry to explain how Mother Earth came to be, with such verses describing the raven stealing the moon and tossing it into the sky. And across the world, generation after generation, romantics relied on the expressive art form to win the hearts of their main attraction.

Once a month, the Hibulb Cultural Center hosts a poetry series inside of their longhouse where local Indigenous poets are featured and invited to share their words with the community.

The series provides a space where creatives can tell their story and explain the thought behind each of their readings, while listeners delve into the deeper meaning, paying close attention and hanging onto every word.

"Tulalip elders were the foremost poets in our area," says Hibulb Cultural Center Education Curator, Lena Jones. "Our ancestral language itself is rhythmical and expressive. When one translates the elders' words and wisdom from Lushootseed, the words contain profound meaning expressed in a beautiful way. Our elders tell us that the ancestral elders advised us to use words as medicine for the people.

"Hank Gobin," she continues. "The

first director of the Hibulb Cultural Center and himself a talented poet, included poetry as one of the objectives of the Center, feeling poetry was becoming a lost art."

On the afternoon of January 3, Shawnee tribal member and renowned Indigenous Poet, Laura Da' read poems from her most recent book, *Instruments of the True Measure*, the follow up to the critically acclaimed, *Tributaries*. During Hibulb's first poetry series of the year, she explained that she created fictional characters to tell the true story of the relocation of the Shawnee people.

"I see them [my books] as part of the same art, they definitely go together," says Laura about

her publications. “They both have a sense of going back and forth from the history to the present time and kind of wobbling along that line and taking the linear piece of time out. Mostly they [show] how the past impacts the present, particularly for Shawnee people and how the history informs how we live today and how knowledge of it can give us more strength, but also understanding of our conflicts within our own nation. Knowing what my own ancestors have gone through is helpful to me to know how to interact with challenges today.”

Poetry is an essential art within many cultures and has led to modern day music and film. To Native American culture specifically, poems are integral to many tribal communities’ way of life. Since the years of forced relocation and assimilation, contemporary Indigenous writers use poetry to speak about important issues and accurately recount the colonization era that is far too often romanticized in U.S. History. While displaying incredible resiliency, the poets give insight to rez life, coping with generational trauma as well as many other issues happening across Native America.

“Poetry is the way I love to write best because I like that it allows a lot for the unsaid,” Laura explains. “I feel that it gives you time to sit with difficulty and also with beauty but it doesn’t tell you what to do with it. It’s a meditative kind of writing and I like to do it because it’s so difficult. It makes you notice things so much as a person. You work so hard to get the line, the image and the rhythm, you create a relationship with words

that ebbs back to an original appreciation of what it means to say something.”

The one-hour poetry series allows the featured artist to express their words for approximately half-an-hour. The floor is then opened up for fellow wordsmiths to share their poems and ideas with the people.

“Poets such as Laura Da’ bear historical witness to the strength of the Native American spirit and inspire appreciation for the diversity of the American experience,” states Lena. “Others, such as Tulalip tribal member Sarah Miller, a poet and Lushootseed Language teacher, illuminate Tulalip’s vibrant cultural legacy. Sarah will be the featured poet on February 7. The open mic portion of the poetry series brings an endless source of wisdom and imagination, often times humor, and quite often meaningful dialogue to the Tulalip experience and current social issues.”

In recent years, poetry has seen a huge resurgence within tribal communities. More and more youth are reciting original words that reflect their perspectives while tackling issues that they witness on a day-to-day basis including suicide and drug abuse. Laura encourages young Indigenous writers and artists to pursue their dream and



continue creating. She also urges young Native women to use their talents as a tool to heighten their voice, expressing that stories about Missing and Murdered Indigenous Women, as well as domestic and sexual assault, need to be heard.

“My main piece of advice is, seek and cultivate your community,” she says. “Use your writing to enhance your friendships, use your writing to talk to your elders and listen to them while honoring your voice too. For young Indigenous writers, know how much we need your story.”

The next Hibulb Cultural Center Poetry Series will be held on February 7. For additional details, please contact the museum at (360) 716-2600.

## Accomplishing New Year goals with SNAP-Ed’s AnneCherise Jensen

By *Kalvin Valdillez*

As we welcome a new year, many of us look to begin anew. Whether it’s reading more, meeting new people, learning a foreign language or picking up a hobby, people across the globe look at the start of the new calendar year as an opportunity to work on themselves. One of the most common goals individuals set is bettering their overall health, which includes creating healthier eating habits and incorporating exercise into their daily routines. Although we begin each year with our best intentions, after the motivational ‘new year, new me’ phrase loses its luster a few weeks down the road, we tend to slip back into our old ways and think, ‘meh, maybe next year’. One of the many challenges people face when setting resolutions is sticking to them.

The Tulalip Health Clinic offers a variety of programs and classes throughout the year in which community members can participate to help stay true along their health journey. Programs like Diabetes Prevention and Care offers cooking and gardening classes, encouraging citizens to grow

their own produce and prepare their own meals to limit sugar and sodium intake. The Eat Smart, Be Healthy course, offered by the Tulalip SNAP-Ed program, teaches about the nutritional value of food as well as how to budget, shop and prepare tasty meals to enjoy at home. SNAP-Ed Nutritionist, AnneCherise Jensen recently sat down with Tulalip News to offer ideas and tips on how community members can set and accomplish their New Year goals for 2019.

**It’s a new year. A lot of people are beginning their health and fitness journey, any tips for those just getting started?**

What I usually recommend for people who are starting out their new year is to set realistic expectations and set small feasible goals that will eventually lead up to big goals. If their goals are to reverse diabetes or lose weight, it’s good to meet with professionals to set small realistic goals by changing your lifestyle in order to get there.



**People like to work on their physique this time of year, what are a few recommendations for getting back into shape?**

*Continued on next page*

Getting at least thirty minutes of exercise a day, that's a really great way to do it. I know many people don't have access to gyms. One recommendation I like to give is find what you like to do, whether it's Zumba, yoga, fitness or weight training, and just watch YouTube videos. YouTube is a really easy way to have a gym at your house without having to go somewhere, you can have your own space and privacy. It's a lot about lifestyle changes and mostly exercise and slowly modifying your diet.

## What are the benefits of exercise and why is important for our bodies?

Muscle is the organ of longevity. The more muscles we have, the longer our bodies are going to stay physically strong and active. Really focusing on, not getting buff or anything, but just maintaining healthy muscle mass is important. Muscles are one of our main calorie burning sources, having more muscle keeps us thriving for a longer period of time, prevents osteoporosis and overall exercise keeps our bodies active for more years in our life. I recommend trying to increase muscle mass, even if it's just with small weights.

Other benefits of exercise are it helps with depression and anxiety. It gets rid of all the toxins in our body. We all probably have a diet high in sugar and caffeine, some of us smoke cigarettes or drink. That stuff can last in our bodies for a couple of weeks, and if we continue to put those toxins into our bodies, overtime it can damage our DNA synthesis. They're carcinogens and if we don't flush those out of our system every now and again it could eventually lead to cancer. It's always good to have phases in our lives where we eliminate those from our body and we include more exercise and more water because it does give us more mental clarity, it helps with our emotions and our moods and it helps make our bones stronger so we don't have osteoporosis later on in life. I consider daily exercise our daily form of medicine because it does so many things to our body; it's good for the mind, body and soul.

## You mentioned water. Can you talk about the significance of staying hydrated and ways to increase your daily water intake?

At our house we always have a big glass of water in the morning and one before we go to bed. I encourage myself to have a glass with every meal. It can be a little challenging because today, we have all these fun drinks and nobody wants to drink water. But water is chemically one of the most unique compounds because it's comprised of hydrogen and oxygen and it could dilute or dissolve more compounds than any other acid in the world. It really helps keep our organs healthy, because if our organs are dehydrated and our brain is dehydrated, we don't absorb our food as well, we don't digest our food as well. Drinking water helps increase our metabolism and also helps flush out any toxins in our body. If you're looking to get into yoga, water helps with flexibility. Water helps a lot with gaining muscle, you can't gain muscle unless you're fully hydrated.

In the winter months where we have a tendency to get sick, water is good to keep our immune system going, keep the white blood cell count high and get rid of bacteria and viruses. Including fruits and berries into your water is a great way to add more flavor and more phytochemicals to help fight off those diseases and bacteria. If you have a hard time drinking water, what I like to do is drink ice with La Croix or some kind of sparkling water, that helps, especially if you're a pop drinker. If you replace one glass of soda a day with water, it's going to help with your mental clarity, weight and overall biochemistry.

## Any advice on where to start for those who are looking to switch up their diet and make healthier eating choices?

Make breakfast your most important meal of the day because that's what kick starts your metabolism. Try to focus on three meals a day with snacks in between. It can be overwhelming because there are a lot of diet crazes out there. What I recommend for people who may feel overwhelmed with nutritional

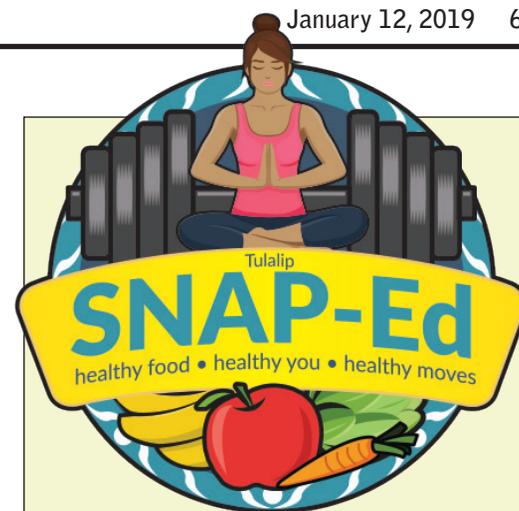
information is stick to whole foods. If the food you're eating was around 100 years ago, it's probably good for you.

You really want to step away from the processed foods and fast foods. I call them sometimes foods, where you only have them on occasion instead of a daily basis. Also using herbs and spices and the natural foods found out here on the reservation like nettles. Using what you have available for flavor instead of salt and sugar can help against diabetes and hypertension, which are two of the major killers in the United States.

## Meal prepping is really big right now. What are your thoughts on meal prep? Is there any downside?

The weeks when I meal prep, my week goes by much smoother. I spend a lot less time thinking about what I'm going to eat, I save money and it decreases the chances of me going through a drive-through. Because you have a guaranteed meal, you don't have to worry about what you're going to eat. Many prepare all their food for the week on Sunday, the downside to that is the meals can get boring. What I like to do is make a few meals on Sunday and then again on Wednesday to add a little variety. There are a lot of health benefits to meal prepping, you just have to stay consistent. It might be a little hard and challenging but it's developing a habit that will lead to positive change.

Tulalip SNAP-Ed is gearing up for a big year, hosting several new classes including Mindful Movements, a yoga class offered to elders at the Senior Center on Tuesdays in February; the Food Smart class, similar to the Eat Smart, Be Healthy course but less intensive. SNAP-Ed will also continue their fan favorite programs this year like the Walking Club, Family YMCA Nights and of course the Eat Smart, Be Healthy course. For further details, please contact SNAP-Ed at (360) 716-5632.



## Healthy Fruit Smoothies

- Pick a Fruit: Frozen Mixed Berries, Mango, Pineapple, Peaches, Kiwi, Strawberries, Blueberries, Bananas, Pears, Grapes
- Add Some Greens: Spinach, Kale, Avocados, Chard, Mixed Baby Greens, sprouts
- Choose a Base: Milk, Almond Milk, Soy Milk, Low Sugar Fruit Juices,
- Coconut Water, Water, Coffee, Iced Green Tea
- Thicken It Up: Greek Yogurt, Peanut Butter, Almond Butter, Cottage Cheese, Coconut, Oats, Ice Cubes
- Power Boost: Protein Powder (casein, whey, vegetable), Ground Flax Seeds, Chia Seeds, Fish Oil, Vitamin Powder, Probiotics, Bee Pollen, Wheatgrass,
- Flavor Savors: Cinnamon, Honey, Coco Powder, Nutmeg, Vanilla Extract, Ginger

### Creamy Raspberry Coconut Smoothie

1 cup almond milk  
1 cup fresh raspberries  
Zest and juice of 1/2 lemon  
2 tablespoons shredded coconut  
1/4 cup raw cashews  
3-4 ice cubes

### Berry Banana Oat Smoothie

1 banana  
1/4 cup gluten-free oats  
2 cups frozen mixed berries  
1 cup light coconut milk or low fat milk.  
1 Tbsp. Peanut Butter  
1 tsp. ground flax seeds  
1 scoop protein powder

### Spinach Pineapple Green Smoothie

2/3 cup low-fat vanilla Greek yogurt  
1 banana  
1 cup pineapple  
1 cup fresh baby spinach, packed  
1/4-1/2 cup coconut water or low fat milk  
3-4 cubes ice  
1 Scoop Vitamin Powder

# Heritage Hawks continue dominant season with 81-17 win over Providence

By Micheal Rios

The Tulalip Heritage boys' basketball team has been playing at a torrid pace all season, which has routinely resulted in lopsided wins over their opponents. Returning from holiday break with a (9-0 league, 11-1 overall) record, the Hawks were eager to pick up where they left off when they hosted Providence Classical Christian at Francy J. Sheldon gymnasium on Tuesday, January 8.

Impact players Isaac Comenote, Alonzo Jones and Josh Iukes were scratched from the game day roster, leaving Coach Cyrus "Bubba" Fryberg to get creative with his starting five and player rotation.

"It's definitely good to get more playing time and reps for the younger boys," said Coach Bubba about his roster adjustments. "This process helps our team by getting everyone ready when their number is called. This game will let us work it out the court and see who's ready to contribute when they are needed later in the season."

From the opening tip most onlookers weren't able to notice a difference with several new faces inserted in the starting lineup because the team was

scoring at will. In the 1<sup>st</sup> quarter, Leno Vela and Oliver Kallappa both connected on two 3-pointers each to give the home team an early 28-4 lead.

In the 2<sup>nd</sup> quarter, the Hawks ran a heavy post-based offense around their bigs Samuel Fryberg and Rodney Barber. Both boys had their way in the painted area, scoring multiple layups and converting on put-back offense rebounds. Their combined contribution of 20 points and 16 rebounds in the 1<sup>st</sup> half pushed Tulalip's lead to 49-12 at halftime.

The rout continued in the 2<sup>nd</sup> half, ultimately resulting in an 81-17 blowout victory for the Northwest 1B leading Hawks.

Following the game Coach Bubba said, "Offensively, we're moving the ball really well and finally starting to gel. Defensively, we're getting a lot better. Moving forward our focus will remain on our defense so that come playoff time we'll be locked in, playing hard and competitively."

Next up, the Hawks hit the road to play at Orcas Christian on Thursday before returning home and hosting Lopez Island for a 5:00pm tipoff on Friday.



PHONE CALLS  
 TEXT MESSAGES  
 FOLLOWING  
 SHOWING UP UNWANTED  
 SPREADING RUMORS, HACKING ACCOUNTS  
 THREATS  
 HARMING ANIMALS, PROPERTY DAMAGE  
 FILMING WITHOUT CONSENT

IT'S DOMESTIC VIOLENCE AND  
**IT'S STALKING.**  
 BEFORE, DURING AND/OR AFTER A RELATIONSHIP.

KNOW IT NAME IT **STOP IT**  
 learn more at [stalkingawareness.org](http://stalkingawareness.org)

This project was supported by Grant No. 2017-TA-AX-K074 awarded by the U.S. Department of Justice, Office on Violence Against Women (OVW). The opinions, findings, conclusions, and recommendations expressed are those of the authors and do not necessarily reflect the views of OVW.

*Submitted by Sydney Gilbert, Tulalip Tribes Child Advocacy Center*

This January marks the 15th annual National Stalking Awareness Month. Though millions of men and women are stalked every year in the United States, the crime of stalking is often misunderstood, minimized and/or ignored.

Stalking is a pattern of behavior directed

at a specific person that causes fear. Many stalking victims experience being followed, approached and/or threatened – including through technology. Stalking is a terrifying and psychologically harmful crime in its own right as well as a predictor of serious violence.

In 85% of cases where an intimate partner (i.e., boyfriend/girlfriend or husband/wife) at-

tempted to murder his partner, stalking preceded the attack. We all have a role to play in identifying stalking and supporting victims and survivors.

If you would like to learn about other ways to help support victims and survivors, visit [www.stalkingawareness.org](http://www.stalkingawareness.org).



## Solomon George "Botch" Spencer Sr.

Solomon "Botch" George Spencer Sr., 35 of Tulalip, WA, passed away January 5, 2019. Botch was born February 2, 1983 in Everett, WA, to Vivian Ann Spencer. He completed the Tero Construction class and diving class. He loved working in construction, enjoyed working out and loved being on the water as a diver, crabber and fisherman with his family and friends. Botch loved his wife dearly: loved his mother even more; his sisters; and all of his children. He was a proud father of

his first born son and he loved hanging out with his cousins and family.

He is survived by his wife, Magdalena Spencer; first born son, Solomon George Spencer Jr. (Aka Baby, Bobo); daughters, Daisha, Eliana, Avaughnei; two stepsons, Martyn and Avery Young; his mother, Vivian Spencer; his sister, Tara; and numerous nieces and nephews. He was preceded in death by unborn baby son, Spencer; brother, Antonio Spencer; grandparents, Richard George Spencer Sr. and Mary Johnny Spencer;

aunts, Ruthie, Sophie, Rose, Mary, Shirley, Harriet, Velma; and uncles, Steve, Neil, Richard Jr. and Charles.

Visitation was Thursday, January 10, 2019 at 1:00 p.m. at Schaefer-Shipman with a Shaker Service following at 6:00 p.m. at the Tulalip Gym. Funeral Services were held Friday at 10:00 a.m. at the Tulalip Gym with burial following at Mission Beach Cemetery.

## Letters

### Thanks for helping our foster kids

I want to thank those of you for the gifts that were donated for Native American children living in Foster homes in Snohomish County who are not members of our Tribe as they do not have the financial income that our Tribe is fortunate to receive. These Native American Foster children were thankful for the gifts they received. The thanks Tribal members make today should not be for the current leaders but to our Ancestors who kept our land in trust during unbelievable tough times and received no personal financial stability by keeping our land in trust. They could have easily sold the land to make their personal life great but they looked out for the future of our Tribe. Our trust land over the years has made our Tribe financially successful and we have only our Ancestors to thank.

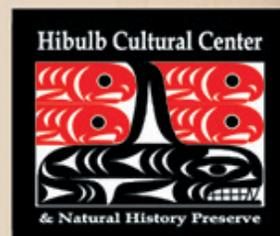
It has been a very sad year for all Tribal members due to the number of tribal members we have lost as this has effected every tribal member as it is apparent that this involves all families as now it's not only our elders who pass away it is

our very young people who pass away due to their use of drugs and alcohol accidents and this has invaded our reservation. This should be every tribal member's number one priority to work on educating our children on what their ancestors went through and what they would have taught those regarding drugs. How many employees does our Tribe have to counsel our young people as we have numerous employees that keep having meetings and dinners to talk about this problem? What we need are employees that go out and personally have one on one sessions with the young people regarding this problem. In reading the newspapers all over the country children start using drugs while they are in grade school! Our Tribe needs more get together with the elders and young people so they can learn from elders. It is no longer cigarettes it is the vapor problem and children in grade school are now going this route.

Thanks for Listening  
Virginia (Ginnie) Carpenter  
Tulalip elder



Events are included in the cost of admission.



Located less than a mile west of I-5 Exit 199

6410 23rd Ave NE  
Tulalip, WA 98271

360-716-2600

HibulbCulturalCenter.org



## CALENDAR OF EVENTS

### January

- WED 16** | **WEAVING GATHERINGS**  
**5:00 PM to 7:00 PM**  
 Bring your weaving material and work on your projects. Cedar kits are available for purchase.
- SAT 19** | **INTRODUCTION TO CARVING**  
**1:00 PM - 3:00 PM**  
 Learn the basics of traditional and contemporary techniques for designing and shaping wood with Master Carver, **Steven Madison**. Students can make and take a carved project. Registration required.
- SAT 19** | **CRAFTS WITH CARY**  
**2:00 PM - 2:30 PM**  
 Museum Assistant **Cary Williams**, will have a craft project available for youth. Fun activities for creative minds.
- THU 31** | **HCC COASTAL JAM**  
**5:00 PM - 6:00 PM**  
 Join us for singing and dancing Coastal style. All singers and drummers welcome.

First Thursday, Free Admission - February 7th.

### SPECIAL GALLERY EXHIBIT

#### Interwoven History: Coast Salish Wool

Since time-immemorial, Coast Salish people have relied on natural resources to create textiles that communicate status, wealth, and functionality.

**Exhibit Now Open**

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

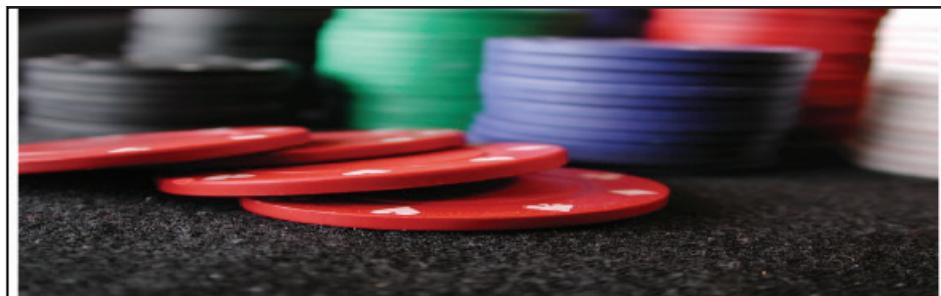
# LET YOUR VOICE BE HEARD

**Join us and get a \$20 gift card!**

**Tuesday, February 5, 2019  
5:00pm – 6:30pm**

**Health Clinic Conference Room  
7520 Totem Beach Rd, Tulalip, WA 98271**

Questions?  
Contact Layla Fryberg at 360-716-5625



Accepting levels 1-5 tiered preference  
(based on availability in order of  
preference)

**Blackjack  
Class  
Starting Soon**



Training will begin March 4, 2019  
Classes will be held  
Monday through Thursday  
Ten (10) to Twelve (12) week course

There will be 3 different classes to  
choose from:  
Session 1 - 10:00am to 1:30pm  
Session 2 - 2:00pm to 5:30pm  
Session 3 - 6:00pm to 9:30pm

Training held at 6332 31st  
Ave, Suite C, TG Training  
room, **RED** Awning across from  
the QCC.

Please contact Angie Williams-  
Flores, TG's Proj. Coord. to sign up  
or if you have any questions.  
Phone: 360-716-1529 or  
Email: [Angelawf@Tulalipresort.com](mailto:Angelawf@Tulalipresort.com)  
Please make sure to leave your  
name & a current phone number.



\*You must meet the minimum requirements of training  
hours to receive your Blackjack Certificate\*  
\*No Guarantee for Employment\*  
\*To be eligible for Blackjack class you must be able  
to pass an assessment test on the 1st day of class\*



## ARE YOU READY FOR A CHANGE?

TERO Vocational Training Center (TVTC) is actively  
recruiting for our upcoming class beginning January  
28th.

- 8 to 16 weeks of hands-on training to carry you to your future
- Flagging, Fork, Scissor, and Boom lifts, HAZWOPER certifications, and so much more!
- Many of our students can earn their High School Diploma while taking this class

### SIGN UP NOW!

Applications available online at [TVTC.tulaliptero.com](http://TVTC.tulaliptero.com) and at the Tulalip Administration building.

Contact 360-716-4746 or 360-716-4760 with questions.



TUL-CV-YI-2018-0392. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: N. J. J. TO: Jimmy Robert Jones: YOU ARE HEREBY NOTIFIED that a Petition for a Youth in Need of Care was filed in the above-entitled Court pursuant to TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on January 29, 2019 at 9:00 a.m. in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, 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: December 8, 2019.

THE TULALIP COURT Tulalip Indian Reservation, Tulalip, WA No. TUL-CV-EX-2004-0257 Publication of the Motion to Show Cause for Exclusion THE TULALIP TRIBES, Petitioner vs. VERNON RICHARD CROSS CULTEE, Respondent. On October 3, 2018, a Motion and Order to Note Show Cause Hearing was filed in the above-entitled Court pursuant to TTC 2.40. YOU ARE HEREBY NOTIFIED that failure to comply with the terms and conditions of the exclusion deferral program, as outlined in the September 13, 2018 Exclusion Deferral order, may result in termination from the exclusion deferral program and reinstatement of an Exclusion Order. Therefore, the Tulalip Tribes requested a show cause hearing why your exclusion deferral should not be revoked. YOU ARE FURTHER NOTIFIED that a hearing is set for January 16, 2019 at 1:00 p.m. and shall be held at the Tulalip Tribal Court located at: 6332 31st Avenue NE, Tulalip, WA 98271.

TUL-CV-CU-2018-0379 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip, WA. In re Custody or Parenting Plan of J.Z. DOB 6/27/2005 and J.Z. DOB 3/23/2007. Debra Bob, Petitioner vs Gregory Zmuda, Respondent, whereabouts unknown. YOU ARE HEREBY NOTIFIED that on November 15, 2018 a Petition for Residential Schedule/Parenting Plan was filed in the above-entitled Court. Pursuant to Tulalip Tribal Code Chapter 4.20. You are hereby summoned to appear and defend the above-entitled action in the above-entitled Court, 6332 31st Ave NE, Suite B, Tulalip, WA 98271 and upon the petitioner within 60 days. 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: December 8, 2018.

TUL-CV-YG-2018-0321. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: C. L. B. I. TO: Ashley Harrison and David Ivarra: YOU ARE HEREBY NOTIFIED that a Petition for Guardianship (Youth) was filed in the above-entitled Court pursuant to TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on February 14, 2019 at 1:30 p.m. in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, 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: December 15, 2018.

TUL-CV-YI-2018-0382. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: P.S.T. II, TO: Theresa J. Williams and Preston S. Torres: YOU ARE HEREBY NOTIFIED that a Petition for a Youth in Need of Care was filed in the above-entitled Court pursuant to TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on February 12, 2019 at 10:00 a.m. in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, 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: December 1, 2018.

Cheyenne River Sioux Tribal Court, in Civil Court, Cheyenne River Sioux Tribe, Cheyenne River Indian Reservation. Summons and Notice of Hearing, Case No. 17D031, Jacob Anderson, Plaintiff vs. Kracy Anderson, Defendant. The Cheyenne River Sioux Tribe sends greetings to the above named defendant. Re: A Divorce Complaint that has been filed by the Plaintiff. PLEASE TAKE NOTICE that a hearing on the Divorce Complaint filed by Jacob Anderson in the above-entitled matter shall be heard before the Honorable Brenda Claymore in the Civil Court Room of the CRST Tribal Judge's Chambers in Eagle Butte, South Dakota on the 28<sup>th</sup> day of January, 2018 @ 9:00 A.M. (MST). Pursuant to the CRST Tribal Code a copy of the Divorce Complaint has been given to the Clerk of Courts for delivery in the above named Defendant.

NOTICE BY PUBLICATION TUL-CV-F0-2019-0001, TULALIP TRIBAL COURT for the Tulalip Indian Reservation and 0063 TULALIP MARINA, Petitioner, vs. 36 CRAB POTS TO: MATTHEW KIERAN MOSES: YOU ARE HEREBY NOTIFIED that on January 2, 2019, a Petition for Forfeiture of Abandoned Property was filed in the above-entitled Court Pursuant to Chapter 15.30.110 and 15.30.130 of the Tulalip Tribal Code. This is for the seizure of 36 crab pots. On December 5, 2018 you were mailed notice by 1st class and certified mail that you had 7 days to remove your crab pots from the Tulalip Marina or they would be seized as abandoned property and storage fees would start to accrue in the amount of \$50.00 per day. As of December 13, 2018 your crab pots were seized and the \$50.00 a day storage fees started to accrue. To defend the seizure of the 36 crab pots, you must make application for their return by filing such request under the above mentioned cause number at the Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 87271. NOTICE: You have important legal rights and you must take steps within 90 days from the 1st publishing of this NOTICE to protect your interests. FAILURE TO FILE A RESPONSIVE PETITION WITHIN THE TIME ALLOWED MAY RESULT IN FOREFEITURE OF THE LISTED PROPERTY. Date first published January 12, 2019.

NOTICE BY PUBLICATION TUL-CV-F0-2019-0002, TULALIP TRIBAL COURT for the Tulalip Indian Reservation and V0046 TULALIP MARINA, Petitioner, vs. VESSEL NAMED AJAX TO: Leilani Davey: YOU ARE HEREBY NOTIFIED that on January 2, 2019, a Petition for Forfeiture of Abandoned Property was filed in the above-entitled Court Pursuant to Chapter 15.30.110 and 15.30.130 of the Tulalip Tribal Code. This is for the seizure of the vessel named AJAX. On December 4, 2018 you were mailed notice by 1st class and certified mail that you had 7 days to remove your vessel AJAX from the Tulalip Marina or it would be seized as abandoned property and storage fees would start to accrue in the amount of \$50.00 per day. As of December 13, 2018 your vessel was seized and the \$50.00 a day storage fees started to accrue. To defend the seizure of your vessel, you must make application for its return by filing such request under the above mentioned cause number at the Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 87271. NOTICE: You have important legal rights and you must take steps within 90 days from the 1st publishing of this NOTICE to protect your interests. FAILURE TO FILE A RESPONSIVE PETITION WITHIN THE TIME ALLOWED MAY RESULT IN FOREFEITURE OF THE LISTED PROPERTY. Date first published January 12, 2019.

SUMMONS BY PUBLICATION TUL-CV-CS-2018-0289, Tulalip Tribal Court, Tulalip WA, TCSP #2429 TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs. Kalia Marie Nuno (DOB 03/19/1987) TO: Kalia Marie Nuno: YOU ARE HEREBY NOTIFIED that on August 30, 2018, a Summons and Petition for Establishment of Child Support was filed in the above-entitled Court Pursuant to Chapter 2.10 and 4.10 of the Tulalip Tribal Code. This is child support for EMN. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer on February 11, 2019 at 9:00 AM in Tulalip Tribal Court, 6632 31st Ave NE, Tulalip, WA 87271. 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: December 1, 2018.

SUMMONS BY PUBLICATION TUL-CV-CS-2018-0289, Tulalip Tribal Court, Tulalip WA, TCSP #2429 TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs. Hector Manuel Nuno (DOB 04/13/1981) TO: Hector Manuel Nuno: YOU ARE HEREBY NOTIFIED that on August 30, 2018, a Summons and Petition for Establishment of Child Support was filed in the above-entitled Court Pursuant to Chapter 2.10 and 4.10 of the Tulalip Tribal Code. This is child support for EMN. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer on February 11, 2019 at 9:00 AM in Tulalip Tribal Court, 6632 31st Ave NE, Tulalip, WA 87271. 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: December 1, 2018.

SUMMONS BY PUBLICATION TUL-CV-CS-2018-0282, Tulalip Tribal Court, Tulalip WA, TCSP #2394 TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs. Kalia Marie Nuno (DOB 03/19/1987) TO: Kalia Marie Nuno: YOU ARE HEREBY NOTIFIED that on August 30, 2018, a Summons and Petition for Full Faith and Credit of a Foreign Order of Child Support was filed in the above-entitled Court Pursuant to Chapter 2.10 of the Tulalip Tribal Code. This is child support for MMK; NMK; DMN. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer within 30 days of the last date of publication in Tulalip Tribal Court, 6632 31st Ave NE, Tulalip, WA 87271. 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: December 1, 2018.

SUMMONS BY PUBLICATION TUL-CV-CS-2018-0352, Tulalip Tribal Court, Tulalip WA, TCSP #2208 TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs. Rudolfo Flores, Jr. (DOB 01/02/1986) TO: RUDOLFO FLORES, JR.: YOU ARE HEREBY NOTIFIED that on November 30, 2018, a Summons and Petition to Establish a Child Support Order were filed in the above-entitled Court Pursuant to Chapters 2.10 and 4.10 of the Tulalip Tribal Code. This is child support for LEF, JAF, RF III. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer within 21 days of the last date of publication in Tulalip Tribal Court, 6632 31st Ave NE, Tulalip, WA 87271. 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: December 22, 2018.

SUMMONS BY PUBLICATION TUL-CV-CS-2018-0396, Tulalip Tribal Court, Tulalip WA, TCSP #2293 TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs. David Little Bear Ivarra (DOB 10/11/1984) TO: DAVID LITTLE BEAR IVARRA: YOU ARE HEREBY NOTIFIED that on November 30, 2018, a Summons and Petition to Establish a Child Support Order were filed in the above-entitled Court Pursuant to Chapters 2.10 and 4.10 of the Tulalip Tribal Code. This is child support for MEI. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer within 21 days of the last date of publication in Tulalip Tribal Court, 6632 31st Ave NE, Tulalip, WA 87271. 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: December 22, 2018.

SUMMONS BY PUBLICATION TUL-CV-CS-2018-0352, Tulalip Tribal Court, Tulalip WA, TCSP #2407 TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs. Raken James (DOB 08/10/1989) TO: RAKEN JAMES: YOU ARE HEREBY NOTIFIED that on October 17, 2018, a Summons and Petition for Full Faith and Credit of a Foreign Order of Child Support were filed in the above-entitled Court Pursuant to Chapter 2.10 of the Tulalip Tribal Code. This is child support for AAJ. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer within 30 days of the last date of publication in Tulalip Tribal Court, 6632 31st Ave NE, Tulalip, WA 87271. 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: December 22, 2018.

TUL-CV-YI-2018-0407 and TUL-CV-YI-2018-0408. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: L. F. A. L. and B. A. L., JR. TO: JAMACIA FAYE KEELINE and BRANDON ANTHONY LLOYD: YOU ARE HEREBY NOTIFIED that a Petition for a Youth in Need of Care was filed in the above-entitled Court pursuant to TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on February 12, 2019 at 11.30 a.m. in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, 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: December 22, 2018.

Save The Date

# 7th Annual Community Wellness Conference

*"Champions for Life"*

Tuesday, May 14, 2019 | 8:00am–5:00pm  
(COMMUNITY AND MIDDLE SCHOOL YOUTH)

Wednesday, May 15, 2019 | 8:00am–5:00pm  
(COMMUNITY AND HIGH SCHOOL YOUTH)

Meals will be provided. THIS IS A FREE EVENT. Sponsored by Tulalip Tribes Problem Gambling Program. Questions? Please contact 360-716-4304 or 360-716-4302.

## Problem Gambling Family Night



You are invited to attend our once a month education/support group on Problem Gambling

Thursday, January 31st, 5:30pm to 7pm @ Family Services

(Juanita Ann Jones-Morales Building C)

RSVP event - dinner will be provided

Problem Gambling has a negative impact on relationships, family & community and for every problem gambler they negatively affect at least 7 people

Gain support, Q&A, and learn about gambling as an addiction disorder.

Participants will learn about problem gambling warning signs, disease model, and how to cope when a loved one is in the grip of addiction.

RSVP Sarah Sense-Wilson at (360) 716-4304  
Tulalip Tribes Family Services  
2821 Mission Hill Rd.  
Tulalip, WA 98271



## Problem Gambling Program

PROVIDING A RANGE  
OF **FREE SERVICES**

- Individual Counseling
- Couples Counseling
- Family Counseling
- Group Therapy
- Family Night Events/Activities
- Prevention Education
- Referrals
- Consultation and Outreach

TREATMENT WORKS AND WE  
BELIEVE CHANGE IS POSSIBLE.

ALL SERVICES ARE CONFIDENTIAL

We serve both Native and non-Native.

Tulalip Tribes Family Services  
2821 Mission Hill Rd, Tulalip, WA 98271

For more information call 360-716-4304

