

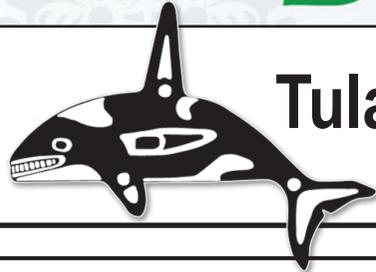
Tulalip Annual 2013

Native Christmas Bazaar

SAT & SUN
NOV. 23-24
9am-4pm

Native Art
Drums
Jewelry
& much more!

Don Hatch Jr Youth Center



Tulalip

SEE-YAHT-SUB

dx'łilap syəcəb
"Tulalip News"

Volume 34 No. 44

Wednesday, November 20, 2013

A day of remembrance

Veterans honored at Hibulb luncheon



Article and photos by
Andrew Gobin

Veterans and their families packed the Longhouse at the Tulalip Hibulb Cultural Center & Natural History Preserve on Monday, November 11th. The event hosted by Hibulb staff, which was open to all veterans in the Tulalip community, featured a lunch incorporating traditional foods in addition to an honoring and healing ceremony. Veterans that spoke reminded those in attendance about the sacrifices made by soldiers and their families, emphasizing the importance of remembering the cost of the world we live in.

With the presentation of the colors by the Tulalip Honor Guard, the Veterans Day celebration began. Each

See **Veterans**, page 6

Brothers Tony and Mike Gobin of the Tulalip Honor Guard present the colors at the Veterans Luncheon.

Redefining the Tulalip brand

5th annual Taste of Tulalip combines traditional foods with daring culinary expression



Bravo's Top Chef Kristen Kish (Right) shown with an audience member, hosts a cooking demonstration at the Taste of Tulalip.



Fried oyster with corn relish, one of many hors d'oeuvres prepared by Tulalip chefs for the grand taste.

See **Taste**, page 3

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Watch



TULALIP TV

One Breath at a Time: Sacred role of tobacco in native communities on Tulalip TV

See-Yaht-Sub Holiday Schedule

The See-Yaht-Sub will continue weekly printing up until the December 25, 2013 issue.

The first issue of 2014 will be January 15.

Deadline for the January 15 issue is Friday, January 3, 2014.

Happy Holidays!

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.

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

Tulalip 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

TULALIP TV Monday 11/25/13 thru Sunday 12/01/13		
Time	Show	Duration
12:00 AM	Tulalip Matters Tulalip Matters is your destination for information about what is happening on and around the Tulalip Reservation.	0:30
12:30 AM	Earth Voices - 12 This series profiles Aboriginal People: Dr. Phyllis Cardinal - Educator, Carol Carifelle-Brzeziki - Activist, Patricia Hoard - Adoptee, Maggie Black Kettle - Elder	0:30
1:00 AM	NWIN - 50 NorthWest Indian News: Paddle to Swinomish, Chumash Canoe Story, Preparing for Tribal Journey, Lushootseed: A Living Language	0:30
1:30 AM	Walking into the Unknown The journey of Dr. Arne Vainio (Mille Lacs Band of Ojibwe) as he realizes that he needs to personally implement the advice that he gives his own middle-aged patients.	1:00
2:30 AM	One Breath at a Time Recognizes the sacred role tobacco has played in native communities for thousands of years, as well as social pressures affecting Native people.	0:30
3:00 AM	Native Report - 706 Meet artist Greg Robinson of the Chinook Indian nation for whom life art and culture are inseparable. Then visit community radio station WGZS.	0:30
3:30 AM	Creative Native - 305 Visit the Musqueam Nation where local artists will discuss and demonstrate Salish weaving styles that are highly celebrated in the Pacific Northwest.	0:30
4:00 AM	Native Lens #23 Northwest Indian College - Traditional Plants and Foods, Native Generations, Potlatch Fund - Leadership, Tulalip Heritage School animated film - how chipmunk got it's stripes.	0:30
4:30 AM	The Pipemakers True story of the few remaining native people who create the sacred stone Peace Pipes. Digging thru 12 feet of solid rock with hand tools they mine the sacred red pipestone.	1:00
5:30 AM	How to Bead - Loom Larger than life beads show all aspects of showing how to bead Native American style, using the loom techniques.	0:30
6:00 AM	Rez-Robics: The Exercise Video Aerobic Exercise for Indian People by Indian People, through the eyes of Drew and Elaine.	1:30
7:30 AM	Tulalip 'Slides' + Total Info Tulalip 'Slides' and Total Info, A service for Tulalip KANU TV viewers - with current News, Weather, Traffic, Financial, Dailies to keep you informed.	0:30
8:00 AM	Tulalip Matters 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 2028 Animated Children's Program - 'The Ways of the Quiet'; Wapos Bay has a bear problem that only a bear whisperer can handle.	0:30
9:00 AM	Hand Game Every year thousands of American Indian families pack up their lawn chairs and head for the hand game or stick game tournaments.	1:00
10:00 AM	Creative Native - 305 Visit the Musqueam Nation where local artists will discuss and demonstrate Salish weaving styles that are highly celebrated in the Pacific Northwest.	0:30
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12:30 PM	Community Training: Housing On Nov 21, 2013, a Community Training was hosted by the Tulalip Housing Dept, where they presented information on Tulalip Bay Affordable Housing.	1:00
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4:30 PM	Lushootseed Learn Tulalip Lushootseed Language thru the Lushootseed Language Video Series and the Lushootseed Phrases of the Week.	0:30
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This Schedule is subject to change. To see an updated schedule, go to:
<http://www.kanutv.com/kanu-tv-99-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.kanutv.com/kanu-tv-99-schedule/>. Also, the Tulalip-TV Program Schedule is always available on Tulalip Broadband Channel 44 (TV Guide Channel)

Not getting your See-Yaht-Sub?

Contact Rosie Carter at 360.716.4298 or email rcarter@tulaliptribes-nsn.gov

Reps. McCoy, Sells express interest in vacant Senate seat

Reps. John McCoy and Mike Sells have said they intend to seek former Sen. Nick Harper's Senate seat.

By Jerry Cornfield, The Herald

A successor for former state Sen. Nick Harper of Everett could be known by Thanksgiving, and Democratic state Reps. John McCoy of Tulalip and Mike Sells of Everett are both seeking the position.

Democrats in the 38th Legislative District will meet Nov. 26 to nominate three people for the seat which opened up when Harper unexpectedly quit Saturday. He announced his resignation following the Legislature's special session.

Under party rules, the district's 28 elected and appointed precinct committee officers are eligible to vote. The meeting begins at 7 p.m. in the Everett Labor Temple.

Names of the top three candidates receiving votes will be forwarded to the Snohomish County Council, which will choose one of them to take Harper's place.

The County Council could make its decision the very next day — which is the eve of Thanksgiving. Council Chairwoman Stephanie Wright said if it can't be done that quickly, it will happen the following week.

Harper resigned Saturday with a year left in his term, saying he needed to give up the job he won in 2010 in order to spend more time with his wife and two young children.

His successor will serve in next year's legislative session and would have run for a full-term in 2014.

Candidates for the appointment are starting to surface.

McCoy, the retired general manager of Quil Ceda Village, was first elected to the House in 2002. Sells, the secretary-treasurer of the Snohomish County Labor Council, was first elected to the House in 2004.

Kelly Wright, who worked for former state Rep. Liz Loomis and ran for Marysville mayor in 2011, said Monday he would put his name in, too. But he said he intended only to be a caretaker of the seat through the next session and would not run for a full term afterward.

If Sells or McCoy is selected for the Senate, a similar process will be conducted to fill the vacant House seat.

Troopers looking for speeding shoppers on I-5

By Linda Brill, KING 5 News

MARYSVILLE, Wash. — In Snohomish County, and north along I-5, the Washington State Patrol has a new holiday speed trap.

It's aimed at shoppers who are speeding to the mall.

Monday morning, the State Patrol put a plane in the sky to catch holiday speeders near the Premium Outlet Mall at Tulalip.

The pilot measures special markers along Interstate 5,

then checks speeds using a stop watch.

With eyes in the air, he radios to troopers on the ground.

On the first day of speed shopping patrol, one trooper nailed a driver going 85 in a 60 mile an hour zone.

The State Patrol says nearly half of the speeders in November and December admit they're speeding to shop.

"Obviously, holiday shopping is frustrating. It's a

mad dash in and out of stores. We would urge people to be calm and collected as they are driving down the road." said Trooper Mark Francis.

The special shopping speed trap is extended from Marysville, up through Skagit and Whatcom Counties until the end of December.

The State Patrol has a planned holiday emphasis for Thanksgiving all along I-5.

Taste from front page

Article and photos by Andrew Gobin

"I'm surrounded by artists; artist wine makers, artist chefs, artist celebrity chefs. All of whom have such a lust, such passion for food," said Chef Perry Mascitti at the opening reception for the 5th annual Taste of Tulalip, November 8th. The weekend culinary event, which sells out every year, hosted returning celebrity Chef Carla Hall, Bravo's Top Chef Champion Kristen Kish, and renowned food anthropologist, chef, and Kiowa tribal member, Dr. Lois Frank. This year's focus was more on the menu in an effort to redefine the event, and the Tulalip brand.

Lisa Severn, director of food and beverage at the resort, said, "It is a culinary



Journeys East featured many entrées at the grand taste.



Tulalip Resort Chef Brent (Right) and his sous-chef put the final touches on the fried oysters at the grand taste.

event encompassing both food and wine. We want to define Tulalip as a culinary destination, bringing quality and passion to our brand, setting us apart from our competitors."

The Taste, as it's called, is so much more than a wine event, a fact that was brought to the forefront in this year's preparations as Dr. Frank worked with resort cooking staff for more than six months developing menu ideas inspired by the historic foods of this region. Such indigenous foods were incorporated into each dish served at Friday's six course reception dinner, as well as those offered at the grand tasting on Saturday.

The use of indigenous mushrooms, huckleberries, salmon, shellfish, pumpkin and squash, and indigenous red and yellow corn gave each plate a taste that is truly unique to this region. Branching out into Indian country as a whole, even lamb and buffalo were used as Native meats.

Each year, the Taste welcomes mainly Washington wineries to showcase their finest products, for two reasons. First, these wines are specific to this area, similar to the foods, as each grape will taste different depending on the ground it is planted in. You are essentially drinking the flavors of the northwest

Continued on next page

News

infused in each wine. The second is that Tulalip Resort believes in buying local and supporting local businesses.

They have the food, they have the drink, but it is really the skill and passion that defines a culinary experience. In order to prove their skill, chefs and sommeliers from around the Pacific Northwest teamed up for the Rock n' Roll cooking challenge, where they were given a basket of unknown ingredients. They had to create a dish and select a wine to pair with it. A challenge to understand the relationship between food and drink, three teams were judged by the hosting chefs.

In addition to the fanfare, cooking demonstrations and tastings of elite wines and craft beers brought a level of quality to the Taste that puts Tulalip on the map. Kristen Kish held a cooking demonstration, preparing lobster. Kish stressed the fact that you should cook with your hands. For example, a pinch as a measurement should be between your thumb and three fingers, meaning that the amount of ingredients used will be specific to each chef, adding an identity to each dish. Fielding questions by Tulalip's Chef Perry and celebrity Chef Carla Hall, Kish shared other tricks of the trade along the way.

The effort in defining the Taste as a culinary experience is exceptional, even in philanthropy. The Taste sponsors a charity each year. This year Fare Start was selected, a charity that assists at-risk adults with culinary training. Every aspect of the Taste goes towards an emphasis on the culinary experience.

Redefining the Taste, and Tulalip, as a culinary destination also showcases the diverse options Tulalip offers guests on a regular basis. Although the event focuses on Tulalip hospitality, the Taste of Tulalip has remained one of the top ten grossing weekends in terms of casino revenue since the resort opened.

The weekend concluded with what was called a Native American brunch, where Dr. Frank led an expedition into the traditional foods of Native America; a legacy that will continue at the resort.

Severn was very pleased with the event, saying, "It was a successful weekend that defined Tulalip as a culinary destination, hosting the premier culinary event in the Northwest."



Performers hired for the grand taste (left and below) dressed as grape vines welcomed arriving guests, coming to life for moments at a time, finding walls to cling to. When not moving you would not have known these were performers. The vine below stood 10 feet high on stilts and crutches, giving them 4 "vines" to walk with.

Below: Limited edition Taste of Tulalip Bottle featuring a design by Tulalip artist Jason Gobin. Each year the Taste selects a Tulalip artist to design a theme, this year being on of Tulalip's origin stories, the story of the two killer whale brothers, les deux frères.



Below: Carla hall welcomed guests at the reception dinner, dancing to Motown and jazz, pulling up incoming guests to dance with her.



Left: Live entertainment at Friday's reception dinner featured three violinists, who transformed classical music into a chic modern sound.



All the hors d'oeuvres were made fresh at the grand taste. Here a Chef Brent adds a garnish to the fried oyster (from the front page).



No, they're not shots. Blackberry Sirloin skewers with a caramelized onion, floated in a glaze were among the first hors d'oeuvres offered at Friday's reception dinner.

2013 Tulalip Ballot Party raffle prize winners

Please contact Frieda Williams at 360.716.4220 for information

\$20 WALMART CARD, Seilavena Williams
 \$20 WALMART CARD, Mandee Carter
 \$20 DOMINO PIZZA CARD, Denise Hatch-Anderson
 \$20 DOMINO PIZZA CARD, Francesca Hillery
 \$20 DOMINO PIZZA CARD, Mitch Zackuse
 \$20 DOMINO PIZZA CARD, Lavinia Carpenter
 \$20 DOMINO PIZZA CARD, Stephanie Cultee
 \$25 WALMART CARD, Bryan Berry
 \$25 WALMART CARD, Bryce Juneau
 \$25 WALMART CARD, Shawnee Enick
 \$25 WALMART CARD, Tom Thompson
 \$25 WALMART CARD, Dave Sienko
 \$25 WALMART CARD, Tara Parks
 \$25 WALMART CARD, Clayton Wells
 \$25 WALMART CARD, Jeanne James
 \$25 WALMART CARD, Clarissa Youn-Weiser
 \$25 WALMART CARD, Jackson Harvey
 \$25 WALMART CARD, Chris Hunter
 \$25 WALMART CARD, Heather Spencer
 \$25 WALMART CARD, Ron Burns
 \$25 WALMART CARD, Sabra Lee Muir
 \$25 WALMART CARD, Melissa Retasket
 \$25 WALMART CARD, Billy Burchett
 \$25 WALMART CARD, Michelle Myles
 \$25 WALMART CARD, Carolyn Cepa
 \$25 WALMART CARD, Virginia Jones
 \$25 WALMART CARD, Betty Smith
 \$25 REGAL MOVIE CARD, Wendy Fryberg
 \$25 REGAL MOVIE CARD, Lana Craig
 \$25 REGAL MOVIE CARD, Denise Williams

\$25 REGAL MOVIE CARD, Karen D. Gobin
 \$25 STARBUCKS CARD, Kaylela Hillaire
 \$25 STARBUCKS CARD, Lynne Banseme
 \$25 STARBUCKS CARD, Crystal Monger
 \$25 STARBUCKS CARD, Robin Bonner
 \$25 RED ROBIN CARD, Lorina Jones
 \$25 RED ROBIN CARD, Annette Napeahi
 \$25 RED ROBIN CARD, Willa McLean
 \$25 RED ROBIN CARD, Marlin Fryberg S.
 \$25 OLIVE GARDEN CARD, Ila McKay
 \$25 OLIVE GARDEN CARD, Karen Kosik
 \$25 OLIVE GARDEN CARD, Tenika Fryberg
 \$25 OLIVE GARDEN CARD, Delores "Punky" Williams
 \$25 APPLEBEES CARD, Karen Fryberg
 \$25 APPLEBEES CARD, Donna Muir
 \$25 APPLEBEES CARD, Angie Hatch
 \$25 APPLEBEES CARD, Rae Anne Gobin
 \$25 OUTBACK CARD, David Fryberg Sr.
 \$25 OUTBACK CARD, Jennifer Young
 \$25 OUTBACK CARD, David Ancheta
 \$25 OUTBACK CARD, Mytyl Hernandez
 \$25 IHOP CARD, Lynn Parker
 \$25 IHOP CARD, Carol Jones
 \$25 IHOP CARD, Braulio Ramos
 \$25 IHOP CARD, Sonia Sohapp
 \$50 WALMART CARD, Russell Smith
 \$50 WALMART CARD, Joy Lacy
 \$50 WALMART CARD, Tony Hatch
 \$50 EAGLE BUFFET CERTIFICATE, Darlene Arthur
 \$50 EAGLE BUFFET CERTIFICATE, Mike Sarich
 \$50 EAGLE BUFFET CERTIFICATE, Donald Hatch Jr.
 \$50 EAGLE BUFFET CERTIFICATE, Kevin Williams
 \$50 BINGO CERTIFICATE, Francisco, Nemecio
 \$50 BINGO CERTIFICATE, Courtney Sheldon
 \$50 BINGO CERTIFICATE, Stan Anderson
 \$50 BINGO CERTIFICATE, Leann Moses
 MINI KEURIG WITH COFFEE, JD Mowrer

MINI KEURIG WITH COFFEE, Richard Young
 OSTER STAND MIXER, Kimberley Nelson
 NINJA SYSTEM, Charlene Williams
 NINJA SYSTEM, Tonya Comenote
 NINJA SYSTEM, Jean Morris
 NINTENDO DS, Marc Robinson
 NINTENDO DS, Deb Brown
 PORTABLE DVD PLAYER, Natosha Gobin
 RCA MOBILE DVD PLAYER, Walia Cavanaugh
 RCA MOBILE DVD PLAYER, Anthony Williams
 SAMSUNG HOME THEATRE SYSTEM, Roger Williams Sr.
 SAMSUNG HOME THEATRE SYSTEM, Kerri Deen
 RCA DVD HOME THEATRE SYSTEM, Genevieve Williams
 RCA BLUE RAY HOME THEATRE SYSTEM, Jeanette Fryberg
 FUNAI BLUE RAY PLAYER, Loris Fryberg
 FUNAI BLUE RAY PLAYER, Shelby Marteny
 FUNAI BLUE RAY PLAYER, Roger Vader
 FUNAI BLUE RAY PLAYER, Lynnette Jimicum
 STRAIGHT TALK PHONE WITH \$45 CARD, Vanessa Flores
 CAMERA, Tye Jones
 CAMERA, Rose lukes
 CAMERA, Leora Jones
 XBOX 360, John Campbell
 XBOX 360, Jim Furchert
 XBOX 360 KINECT, Shelly Lacy
 WIIU, Breezy Distefano
 LAPTOP, William McLean III
 LAPTOP, Tamara Hayes
 IPAD MINI, Elishia Stewart
 IPAD MINI, Maureen Enick
 IPAD MINI, Beverly Jones
 IPAD MINI, Ross Fryberg
 HOTEL AND SPA CERTIFICATE, Edith Enick
 40' HISENSE TV, Clarissa Johnny
 40' HISENSE TV, Laura Ranney
 55' SANYO TV, Joseph Alexander

Community

Veterans from front page

veteran was thanked with a gift of a blanket. Introducing themselves while taking a moment to speak about their service, some listed their rank and various wars and theaters, while others spoke about what Veterans Day means to them.

“It’s important to remember the veterans and to thank them,” said Tulalip Chairman Mel Sheldon, a Vietnam veteran. He referred to the ill tempers and bad attitudes that Americans had towards the Vietnam War, and in turn, how poorly returning soldiers were treated. “Today is a day to honor the sacrifice made. When war came you raised your hand, and we thank you for your service.”

“It is important to remember the families and their sacrifice,” said veteran, David Ventura. “They had to sacrifice time with their sons and brothers, and many times a life shared. Mothers, fathers, wives, brothers and sisters all had to live with the uncertainty of someone they loved dearly, for the service

they gave to this nation.”

Korean War veteran Ray Moses spoke about the horrors of war.

“When I was in Korea,” he began, “my brother was killed right along side me. That moment was the most helpless feeling I have ever experienced. I couldn’t cry; I couldn’t get mad. All I could do was keep fighting. I had to. The worst memories I have are about death.”

He paused a moment. “Why do I tell you these things? People these days say, ‘we don’t want to hear that, those old things.’ And I tell them, without those old things all these new things wouldn’t be here.”

Hibulb staff served a lunch of fry bread and hamburger stew, along with traditional foods including mushrooms, nettle tea, and black moss pudding, which in our culture is a medicine for calming the spirit and mind.



David Fryberg and Mike Gobin look at veteran photos.



Ray Moses (below) telling war stories at the healing ceremony, led by Father Pat (left).



Left: Neil Moses enjoys the luncheon.



Below: The Smiths enjoy the afternoon as a family.



Above left: Richard Muir Jr. holds a beading seminar for Veterans Day at Hibulb. He is demonstrating the technique called Peyote Stitch.



Left: Neil Moses and Theresa Whitish looking at the Gold Star Mothers wall



School project turns into annual thank you feast for Veterans



PFC Arthur H. Williams, Sr., greets another veteran during the feast. Williams served in the Army during the Korean war and post Korea.



PVT Richard Muir, Jr. , who served with the Army during the Vietnam war, stands with William McLean 3rd, who served in Iraq with the Marine Corps and Mike Dunn Army veteran.

Article and photos by Brandi N. Montreuil

Within the small commons room that divides the classrooms at Tulalip Heritage High School, students were bustling about to finish the last minute touches to their annual Veterans Day feast. This year's feast marked the fourth year that students have successfully organized a community event in the honor of their local veterans.

The feast, held on Friday, November 8, originally developed from a native law class where students decided to honor their veterans after learning the struggles that Native American veterans experienced during and after wartime. Every year since, the attendance and elements of the feast have grown into an elegant thank you to the heroes in their community.

"I wanted to recognize the veterans in a very special way by making it a community feast," said this year's feast emcee, Tulalip tribal member and Heritage senior Becca Marteney, who plans to become a military doctor after school. "Everyone was welcome to come and any veteran, Native or non-Native, we want here. I really wanted to thank them and show them love for what they have sacrificed."

Planning for the annual event turned into a school-wide effort, with students taking on the details of planning as a way to learn leadership skills.

"We want students to learn how to organize an event, and do that event hands-on," said Heritage English and Humanities teacher, Ervanna Little Eagle. "It is an opportunity

for them to learn that role of leadership. We want them to have those skills, and we can teach them, but the best lesson is having them practice it."

The day's event featured a special tribute to veterans with the national anthem sung by Cerissa Ramsey, while a video showcased photos of Tulalip veterans. The day also presented an opportunity for students to hear from the guests of honor.

"My duty was to protect and defend the constitution of the United States of American," said U.S. Army veteran, Danny Moses Sr., who served during the Vietnam conflicts. "I came home, I was jeered at, spit on, I was called a baby killer, you name it they were calling me that. I was sworn to protect and defend it, and to this day I still respect and defend it. It is my duty as a veteran of this Army."

"There are lessons that take place here that you can't organize as a teacher," said Little Eagle, about the dual lessons that students learn during the feast. "We can't recreate this experience; we can't retell you those words that community members spoke, you have to be here to experience that. That is a powerful message, us teachers can stand up in front of the class and try to teach that, but when you have someone from the community; that is heartfelt. You can feel the impact."

During a moment of silence for veterans that have passed, the quiet in the room testified to the dedication of students honoring the men and women who serve. Many students have family members who have served in one

of the five military branches.

"It gave me a greater understanding. I want them to know that we are thankful for everything they have done for us," said Heritage student and Tulalip tribal member Wendy Jimicum, whose grandfather is a veteran. "This day is to celebrate them, not us; it is about caring for them. Hearing the stories that they shared really made me think of all that they still do for us in the community. It feels good to give back and tell them that we appreciate them."

"We start it with a concept," said Little Eagle, "and one of the things that we ask students to do is to take on that role of being a warrior, and today I thought they did an awesome job."



The feast featured a brunch style menu prepared by community members.

boggle the B brain

'Inside Out' shows how various substances affect human organs



Jessica Talevich inspects a healthy brain with organ lady, Shawneri Guzman.

Article/photos by Andrew Gobin

The unsettling foreign smell of formaldehyde and isopropyl alcohol wafted from a table at the front of the room, lined with bottles, cans, jars of waste and toxins, and trays of human organs. Those who attended the CEDAR group meeting November 7th were disgustingly captivated by the uncanny presentation. Inside Out tells the gruesome truths of substance abuse, dispelling the misconceptions and myths society has about

substances. Thursday's show was unique, highlighting the effects of specific drugs.

Commonly referred to as the Organ Lady show, Inside Out begins with a glass of vodka and a raw egg. Shawneri Guzman, one of five Organ Ladies, cracks the egg into the glass for all to see, then sets it aside. From behind jars of tar and phlegm, Guzman picks up a set of human lungs, kicking the show into high gear as the audience leans in for a better look. She describes the different parts and facts about these lungs, which

are grey and small, but they are healthy. Next she shows the lungs of a tobacco smoker, a marijuana smoker, and a heroin smoker, each looking progressively larger, shredded, and more black.

"The goal is to show healthy organs in comparison to damaged organs in order to help people understand what their choices are leading to, and hopefully help them make a change in their life," said Guzman, an ER nurse at Providence Medical Center who sees people with these conditions on a daily basis.

The show continues with the heart, kidneys, liver, a tongue, and brains. Each specimen comes with a story, which Guzman tells while weaving in facts about drugs and how they are different and more dangerous today than they were ten, twenty, thirty years ago.

"The heroin on the street today is 60% to 70% pure, thirty years ago it was more like 20%. This means you can become addicted the first time, you can overdose the first time, you can die the first time. Today, heroin is commonly cut with horse tranquilizers, which is why so many people that use heroin look like zombies, they

are essentially numbing their brain," Guzman explained.

She continued to unveil brains, picking up slices that resembled Swiss cheese. Brains riddled with holes from heroin, meth, and marijuana, coupled with neural scans showing severe cognitive impairment illustrated a sobering reality. The damage shown in these brains is irreversible.

Guzman pointed out the misconceptions of drug use,



Bonnie Juneau hold up a pair of lungs ravaged by marijuana smoke. This 19 year old boy and had smoked everyday for five years.



Bonnie and Bryce Juneau looking at a heart with a Gortex valve. Valve damage was due to heroin use.

such as smoking heroin is less addictive and less harmful than injection. If anything, smoking heroin is more harmful because of the drastic effect on the lungs.

It is important to know that second and third-hand marijuana exposure can cause you to test positive for THC, the chemical that comes from marijuana. Guzman referred to her experience in the ER, how many people come in after having tested positive for THC, and not knowing why it happened.

She explained, "We don't realize how much our immediate environment affects us on a daily basis. Exposure

Community

to smoke is one example of how your surroundings affect your life. Even though you aren't smoking, your body still feels the effects and it will show up on a test." She noted that, "due to fertilizer and pesticides, marijuana today has more THC than what our parents would have smoked, meaning the effects and damage are both more drastic, and we are seeing more people test positive having only been exposed to third-hand smoke, which is the residue left on clothes, hair, furniture, and inside

the car."

As the show came to an end, Guzman picked up the egg floating in a glass of vodka. The vodka cooked the egg white in less than 90 minutes.

"Our brains do not stop maturing until we are about 25," explained Guzman. "The egg white is immature protein, similar to a teen's brain and other organs."

She pointed out a liver from a 17 year-old

girl that had drank since she was 13. It was hard and looked like a sponge in the middle.

Afterwards, people could put on gloves and examine the organs themselves, making the effects of substance abuse a tangible experience. Guzman continued to explain how these symptoms of organ damage manifest in living people, describing the signs to look for if you suspect someone is abusing substances. Awareness and understanding are crucial aspects in preventing addiction.

How much cure does prevention buy?

Men's health fair promotes early detection screening

Article/photos by Andrew Gobin

Prostate health, diabetes, dental care, and vaccinations were all topics of the men's health fair at Tulalip's Karen I. Fryberg Health Clinic. The annual event, open to the public, typically focuses on early detection screenings for cancer and heart disease, though this year the clinic incorporated diabetes screening and vaccinations into all of their events. More than 100 people attended the November 8th health fair; 66 of which were men who participated in the health screenings.

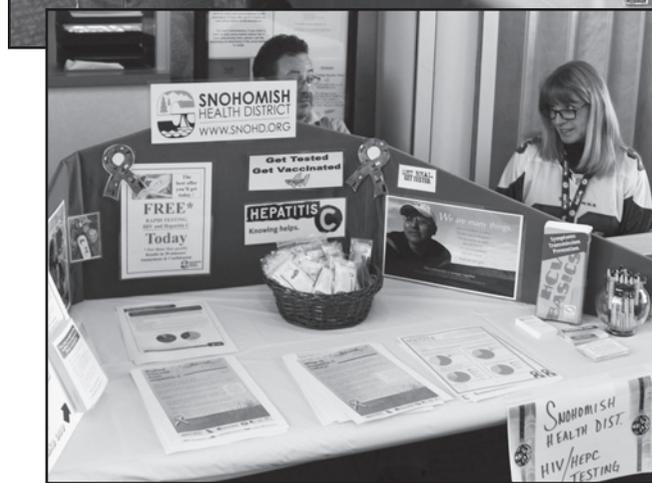
Men were given a checklist of the screenings offered at the health fair. Those who completed the checklist were eligible for the raffle at the end of the day. Vaccinations for tetanus, pertussis (whooping cough), and influenza were offered as well, though not required for the raffle.

The clinic took advantage of the day, promoting programs they offer including smoking cessation, dental services, active lifestyles, and complimentary medicine, such as Bowen therapy, acupuncture, and raiki.

If you missed the health fair and are interested in any of these programs you can still get checked out, the Tulalip Karen I. Fryberg Health Clinic offers these programs daily by appointment.



Left: Geo Sohappy talking with the Tulalip Fire Department. Chief Teri Dodge hands him a flashlight keychain.



Bottom left: Raising awareness, the Snohomish County Health District provided information about Hepatitis A & B vaccines, also stressing the importance of cleanliness as Hepatitis C is neither curable nor able to be vaccinated against.

Bottom right: Summit rehabilitation representatives playing Plinko Tulalip.

Join us on a journey to wellness and balance!

We have put together an exciting new program designed to help improve the heart health of Tulalip Tribal members!

How can you get involved: Are you diabetic or pre-diabetic? A Tulalip Tribal member? Then you may be eligible! By participating you could receive up to \$190 in gift cards and checks. Take part in the Healthy Hearts Research Project and help your community improve heart wellness! If you have questions or would like to participate call 360.716.4896 or email healthyhearts@iwri.org

A partnership between Indigenous Wellness Research Institute and University of Washington
Contact info: 360.716.4896, located at 7707 36th AVE NW Tulalip, WA 98271 (across from the Boys & Girls Club)

Submitted by Michelle Tiedeman

Community

Donate or volunteer this winter season

By Monica Brown

As the holidays draw near, the need for donations and volunteers becomes apparent. The national poverty rate has held steady for the last few years, around 15 percent of the population live either at or below the poverty level.

Contact your local food bank to see what you can do to help, whether you are able to donate or help distribute food. All locations are within Marysville unless specified otherwise.

Food Banks

- Marysville Food Bank – St. Mary's Church, 4150 88th St NE
- Allen Creek Community Church: Seeds of Grace, 7314 44th Ave NE
- Tulalip Church of God Food Bank, 1330 Marine Dr. NE Tulalip, WA
- Volunteers of American Food Bank, 1230 Broadway Everett, WA

Clothing donations

- Saint Joseph's House, 1925 4th St
- Word of Life Church, 9028 51st Ave NE
- Marysville United Methodist Church, 5600 64th St
- Everett Salvation Army, 2525 Rucker Ave, Everett, WA 98201
- The Salvation Army Marysville Service Center, 1326 5th St, Suite #C1B

Present Donations

The Tulalip Christmas Gift Program is looking for sponsors to help give Christmas gifts to over 200 Tulalip children in foster care.

Contact: Tamara L. Brushert,
Office Admin., beda?chelh
2828 Mission Hill Road, Tulalip, WA 98271
PH: 360-716-3284

The Salvation Army's Angel Tree program
www.salvationarmyusa.org.

WINTER CLOTHING DRIVE

Please donate:

Thick winter coats
for men & women
Hats (stocking hats)
Back-packs
Men's & Women's clothing
Men's & Women's shoes
Men's & Women's socks

We especially need:

Blankets
Sleeping bags



GIVE a gift of
Warmth...
You Can Help!

The Chief Seattle Club (Father Pat Twohy) will gladly accept your donations at the Tribal Administration building until the end of March.

For more information, please call Frieda Williams:
cell: (360) 716-4220, (425)754-0656 or (360)716-4000



**Tulalip
Recreation Events
for 2013**

**Adult Thanksgiving
Basketball Tournament**
November 29, 30 and December 1st
(Thanksgiving weekend)

X-Mass Jamboree - December 6, 7, 8

Location: Tulalip Youth Center

For info on games and divisions contact
Josh Fryberg 425.315.5263 or Lonnie Enick, 425.903.1498

Notices

Poetry

Blesses

These tears flow like a river,
Because of the joy coming from my heart,
I know the new way I want to live life,
So I'm off to a fresh start,
No more devils wrath,
Or all the pain & heartache of my past,
As long as I've got my grandfather in my life
close,
I'll never have to worry about finishing last,
So I spread my arms wide,
And open my eyes & look to the sky,
Oh grandfather my creator,
Thank you for loving me,
And blessing me with a new life.

No Fear

Finally leaving this place,
So long, it's my final goodbyes,
Its time to move on to the next stage,
Of how I can better my life,
So I close my eyes,
And sit back and wait,
I put my hands together
And pray for release from
All the anger & the hate,
I feel it in my very soul,
I've chosen to lead my life to a different place,
No longer choose to live this hellish way,
I look to see my grandfather's face,
The comfort that he gives,
The promises that he always keeps,
I no longer have that fear
Of eternal sleep.

Avel Medina, Jr. #1314

Tulalip Tribal Court Notices

TUL-CV-GU-2013-0427. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re the Welfare of C.W. TO: Jessiqua Matyas and James White: YOU ARE HEREBY NOTIFIED that on 7/18/2013, a Petition for Guardianship was filed in the above-entitled Court pursuant to TTC 4.05 regarding C.W. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer on 1/29/2014 at 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. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: October 23, 2013.

TUL-CV-YI-2013-0194. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re M.K. TO: Ricardo Kiner Jr.: YOU ARE HEREBY NOTIFIED that on April 16, 2013 a Petition was filed in the above-entitled Court pursuant to TTC § 4.05 for Tulalip Tribal Court to hold a Preliminary Hearing to begin the above named case, and on April 18, 2013, a Preliminary Inquiry Hearing was held in the above-entitled Court pursuant TTC § 4.05. A Status Review Hearing is set and paternity is at issue. You are hereby summoned to appear and defend the above entitled action in the above entitled Court and answer on November 26, 2013 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: October 23, 2013

TUL-CV-GU-2013-0549. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re the Welfare of A.W. TO: Tah-Sheena Williams and Kanum Cultee: YOU ARE HEREBY NOTIFIED that on 10/3/2013, a Petition for Guardianship was filed in the above-entitled Court pursuant to TTC 4.05 regarding A.W. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer on 12/4/2013 at 2:00 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: October 23, 2013.

TUL-CV-GU-2013-0426. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re the Welfare of J.W. TO: Jessiqua Matyas and James White: YOU ARE HEREBY NOTIFIED that on 7/18/2013, a Petition for Guardianship was filed in the above-entitled Court pursuant to TTC 4.05 regarding J.W. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer on 1/29/2014 at 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. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: October 23, 2013.

TUL-CV-AD-2013-0446. SUMMONS BY PUBLICATION: Tulalip Tribal Court, Tulalip WA. In Re J.J. TO: Princess Jones. YOU ARE HEREBY NOTIFIED that on October 11, 2013, a Motion for Dismissal was filed in the above-entitled Court pursuant TTC 2.10.100. You are hereby summoned to appear and defend the above-entitled action in the above entitled court and answer on 1/9/13 at 9:30 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 RESPONDE THE MOTION WILL BE GRANTED. Date first published: November 20, 2013.

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Skin • Joy • Beauty

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What are you doing with your bonus per capita?



"Buying a playstation and some new games."

Coen Ramsey
Tribal member



"A family Hawaiian vacation."

Sandra Wagner
Tribal member



"I'm going Christmas shopping."

Chelsea Craig
Tribal member



"I'm taking a family vacation."

Vicki Hill
Tribal member

HIBULB events



Fees for all events are the cost of admission.

CULTURE SERIES
Saturday, November 23 • 1:00 pm - 2:00 pm
Hibulb Classroom 2
Tabitha Moses
Demonstrating - Beaded Necklaces & Ties

KIDS CRAFTS ACTIVITIES
Saturdays
2:00 pm - 3:00 pm



NEW EXHIBIT
COAST SALISH INHERITANCE
Celebrating Artistic Innovation



NOW OPEN THROUGH MAY, 2014

CHRISTMAS PARTY!
Sunday, December 8 • 1:00 pm - 3:00 pm
Crafts, Snacks, Story, Movie and Pictures with Santa!

ALL PENDLETON MERCHANDISE IS 25% OFF THROUGH DECEMBER!



Closed Thursday, November 28 (Thanksgiving)
Closed Friday, November 29 (Tulalip Day)
Call or go online for more events at Hibulb.
Lena Jones at 360-716-2640 Mary Jane Topash at 360-716-2657
lejones@tulaliptribes-nsn.gov 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!



& Natural History Preserve

Tulalip Annual 2013

Native Christmas Bazaar

Saturday & Sunday
9am - 4pm
November 23rd-24th
December 7th-8th

Don Hatch Jr. Youth Center
6700 Totem Beach Rd
(Next to old gym)
I-5 exit 199 follow signs

Native Art
Drums
Beaded Jewelry
Carvings
Native Prints
Cedar Baskets
Clothing



Vendors information:
Tammy Taylor (425) 501-4141
No fee for Tribal members
Vendor set up 8am - 9am

Help Support the Tulalip Lions Club;
Indian Tacos, Fry Bread available.