September 23 is the first day of autumn



Autumn brings vibrant colors of red, yellows, pinks and oranges, and the crackle of leaves underfoot

Time to slow down, pull out the cozy sweaters and make a gorgeously fragant stew



Tulalip SEE-YAHT-

Volume 35 No. 35

-SUB dx"lilap syəcəb
"Tulalip News"

Wednesday, September 10, 2014

Storm drains with a message



By Brandi N. Montreuil, photo by Niki Cleary

Through the summer break, 175 storm drains on the Tulalip Indian Reservation received a mini makeover due to a collaborative effort between Tulalip Tribes Natural Resources

See Drains, page 3

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Relocation turns pests into assets

Beavers help salmon and ease the impacts of climate change



Article and photos by Niki Cleary

Beaver are known for their industrious landscaping. They regularly use their skills to rearrange the world around them, much like humans, to build safe places to live and grow the plants they feed upon. Unfortunately, for businesses and homeowners, the beaver's best-known talent is also one of its least charming attributes.

The solution? Move nuisance beaver from urban areas to Forest Service land in the mountains where their construction skills will both build salmon habitat, and mitigate the effects of climate change. A win-win that Tulalip Wildlife Biologist Jason Schilling is excited to share.

"Beavers are marvels of engineering, we're hoping to tap into their ability to store water," he explained. "This was a big vision of Terry Williams [Tulalip Natural Resources], he saw it as a way to restore degraded landscape."

See **Beavers**, page 6



Heritage Boys Football-Evergreen Lutheran

Tulalip Heritage Hawks Boys Football Team vs Evergreen Lutheran Football Team, home game played at the Quil Ceda stadium in Marysville - <u>LIVE</u> <u>Broadcast on Sat. Sept 13 @5:00pm</u>

Watch Heritage Boys Football: Saturday, Sept 13 LIVE @ 5:00pm. All week @ 1:00pm & 7:30pm

Heritage Girls Volleyball-Highland Christian

Tulalip Heritage Ladyhawks Volleyball Team vs Highland Christian Volleyball Team, home game played at Heritage High School Gym. - <u>LIVE</u> <u>Broadcast on Thu. Sept 18 @5:00pm</u>

Watch Heritage Ladyhawks Volleyball: Thurs, Sept 18 LIVE @ 5:00pm Fri, Sept 19 – Sun, Sept 21@ 9:00am & 6:00pm

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

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.
- We uphold and follow the teachings that come from our ancestors.
- 3. It is valued work to uphold and serve our people.
- We work hard and always do our best.
- 5. We show respect to every individual.
- 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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Deadline for contribution is Friday, with publication on the following second Wednesday (12 days later).

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



T	JLALIP TV Monday 9/15/14 thru Sunday 9/21/14	
Time	Show	Duration
	Tulalip Matters Tulalip Matters is your destination for information about what is happening on and around the Tulalip Reservation.	0:30
12:30 AM	Native Report - 811 On this edition of Native Report we go into 92 KQRS with Martha Fast Horse, host and producer of a weekly public and cultural affairs radio program.	0:30
1:00 AM	Everyone Counts Documentary on the misuse of prescription drugs. In some aboriginal communities prescription drugs are finding their way to youth on the street.	0:30
1:30 AM	Tulalip Health Watch - Diabetes What diabetes is, how it is diagnosed, and what your part is in preventing this disease, which has taken Indian country with epidemic proportions.	0:30
2:00 AM	Tulalip History - Episode-1 Noted historian from the Everett Public Library, David Dilgard begins to recount history of the Tulalip Tribes and our people, from the 1700s - 1800s.	0:30
2:30 AM	Earth Voices - 210 Profiling Aboriginal People: Rose Lame Man - Activist, Frederick McDonald - Painter, Delia Popowich - Entrepreneur, Frank Turning Robe - Elder	0:30
3:00 AM	Creative Native - 509 "Domestic Face-Lift" - Is dedicated to making some decorative items with a native theme to decorate your home. Host Tamara Bell demonstrates making an abalone tray table.	0:30
3:30 AM	NWIN 61 NorthWest Indian News: Segments: Coal Train Story Pole - Part I, Bull Riding Camp, Tribal Leadership Summit, Coal Train Story Pole - Part II	0:30
4:00 AM	LMTV #32 Youth filmmakers of Longhouse Media TV present: Choices, New Frontiers - A Journey behind the scenes of Winter in the Blood	0:30
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5:30 AM	Native Report - 811 On this edition of Native Report we go into 92 KQRS with Martha Fast Horse, host and producer of a weekly public and cultural affairs radio program.	0:30
6:00 AM	Rez-Robics: Couch Potato Skins 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 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 1001 Talon and his cousin T-Bear play on the same hockey team, but their relationship becomes strained when they both try to win the attention of Melanie	0:30
9:00 AM	Looking Toward Home Life of urban Indians shown through the eyes of individuals as they attempt to maintain their cultural identity while living away from the Reservation	1:00
10:00 AM	Watchers of the North, Ep-2 'Search and Rescue' - A realistic Search and Rescue exercise brings out difficult memories for Rangers searching for a lost hunter.	0:30
10:30 AM	Tulalip Artistic Michelle Myles She talks about and demonstrates her art, in designing, selecting wood, carving and painting traditional pieces, such as paddles and drums.	0:30
11:00 AM	Tulalip History - Episode 1 Noted historian from the Everett Public Library, David Dilgard begins to recount history of the Tulalip Tribes and our people, from the 1700s - 1800s.	0:30
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4:30 PM	Lushootseed Learn Tulalip Lushotseed Language thru the Lushootseed Language Video Series and the Lushootseed Phrases of the Week.	0:30
5:00 PM	Tulalip Matters Tulalip Matters is your destination for information about what is happening on and around the Tulalip Reservation.	0:30
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This Schedule is subject to change. To see an updated schedule, go to: http://www.tulaliptv.com/tulaliptv-schedule/

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

Not getting your See-Yaht-Sub?

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

Drains from front page

department and the Goodwill Aerospace Program.

Receiving help from 20 students from the Marysville/ Everett area who participated in the Goodwill Aerospace program, the drains, located near the Tulalip Resort Casino, Totem Beach Road and Totem Beach Loop Road, now display a stenciled salmon graphic and custom message reading, "No Dumping; Drains to Salmon Habitat." Tulalip Natural Resources hopes the message will remind the public of the risks salmon habitat face.

"Many people have the misperception that a drain in a street or parking lot is sent to a wastewater treatment plant, but it is not," explains Valerie Streeter, Tulalip Natural and Cultural Resources stormwater planner. "After a rain storm, stormwater runoff enters the drain and is usually piped directly to a ditch, stream or bay with very little treatment. This water picks up heavy metals, copper from brake pads, Zinc from tires, and oils from engines, and delivers these pollutants to our waterways. Salmon are especially sensitive to copper, which alters their response to predators and damages their olfactory organs, how they smell. Zinc and oils also damage aquatic plants and animals."

Students involved in the program were required to participate in service learning projects, which involves learning about the science and background of a project and

then volunteer their time toward that to wastewater treatment plants. Pet project. waste is another common pollutant in

"Protecting our watersheds and salmon habitat are very important and we want the community to understand that dumping anything down storm drains can impair fish and other aquatic creatures because storm drains drain directly to streams, lakes, and even the bay," said Kelly Finley, Tulalip Tribes Natural Resources Outreach and Education Coordinator.

Streeter explains that when people wash their cars or driveway and either dump or allow the dirty wash water into the storm drains, this contributes to water pollution. "It is better to wash your car on the lawn or use a car wash, which are connected to wastewater treatment plants. Pet waste is another common pollutant in our water, which can pass diseases on to other animals or even us humans."

"The worst is an old practice of dumping used oil from an oil change into the storm drains," said Streeter, who recommends discarding used oil at appropriate places, such as the automotive center at the Walmart Supercenter located in Quil Ceda Village, who will discard the oil free of charge.

For more information on how you can help in salmon recovery, please visit Washington State Recreation and Conservation Office's website at www.rco.wa.gov/salmon_recovery/what_you_can_do.shtml



Herman Williams, Leib Sil Teed- Chairman Les Parks-Vice Chairman Glen Gobin, Ti Cetx - Treasurer Marie Zackuse - Secretary Marlin Fryberg Jr., Sxwilus - Board Member Theresa Sheldon - Board Member Deborah Parker, Cica yalca- Board Member

6406 Marine Dr. Tulalip, WA 98271-9694 (360) 716-4000 FAX (360) 716-0628 The Tulalip Tribes are the successors in Interest to the Snohomish, Snoqualmie, and Skykomish tribes and other tribes and band signatory to the Treaty of Point Elliott

Misty Napeahl- Tribal Government General Manager Interim

ATTENTION TRIBAL MEMBERS NOTICE OF SPECIAL GENERAL COUNCIL MEETING

TO BE HELD ON SEPTEMBER 13, 2014 AT 10AM AT TRIBAL GYM

The Chairman Herman Williams Sr. received a petition requesting that a Special General Council be called for the following reason stated in the petition:

We, the people signed below are requesting a special general council meeting pertaining to the enrollment policies and procedures and constitutional by laws of the Tulalip Tribes of Washington. We are requesting that a date be set 60 days from the date of this petition.

Leib Sil Teed

Herman A. Williams Sr

Chairman

The life and times of urban Indians



By Roger Vater, Digital Media Coordinator, Communications Dept.

During the week of Sept 15-21 on Tulalip TV, Channel 99 on Tulalip Broadband or streaming live on www.TulalipTV.com you can watch the documentary "Looking Toward Home" at 9:00 a.m. and 10:00 p.m.

Due to government relocation programs in the 1950s, an increasing number of Native Americans were enticed to leave the reservation for life in city areas such as Los Angeles, Chicago, New York and the San Francisco Bay area. The life and times of urban Indians is shown primarily

Continued on next page

News

through the eyes of these individuals as they attempt to maintain their cultural identity while living away from the Reservation.

To this day, the number of American Indians living in metropolitan areas continues to increase. Narrator, Conroy Chino begins the urban Indian journey from relocation to current issues facing native people in urban environments. He describes the importance of community building, health care, education, and cultural identity while addressing issue of overcoming community invisibility.

You can watch "Looking Toward Home" and many other Native programs on Tulalip TV, Channel 99 on Tulalip Broadband or streaming live on www.TulalipTV.com on a PC, Mac or any 'Smart' device such as phone or tablet.

For a current schedule of Tulalip TV, you can always visit:

http://www.tulaliptv.com/tulaliptv-schedule/

Program description source: http://www. nativetelecom.org/films/ looking-toward-home TULALIP PLANNING COMMISSION

NOTICE OF PUBLIC HEARING

The Tulalip Planning Commission is holding a public hearing on **September 17, 2014** to receive testimony from community members concerning a proposed **Amendment** to Title 7 Land Use Codes. The Public Hearing is scheduled for **5:30 p.m.** at the Tulalip Tribes Administration Building, Room 263, at 6406 Marine Drive, Tulalip, WA 98771

The amendment proposal is to update the building codes used by the Tulalip Tribes to include applicable 2012 International Building Codes (IBC) & other related codes, and 2012 Washington State Energy Code. The complete text of the amendment is available at the Community Development Department (see contact information below).

To provide written comments or for more information, contact Orlando Raez, Associate Planner II, Tel. (360) 716-4214; email: oraez@tulaliptribes-nsn.gov, The Tulalip Tribes, Community Development Department, 6406 Marine Drive NW, Tulalip, WA 98271.



"Being Frank" Tell The Truth



Dave Herrera, Skokomish Fish and Wildlife Policy Advisor.

Note: Being Frank is the monthly opinion column that was written for many years by the late Billy Frank Jr., NWIFC Chairman. To honor him, the treaty Indian tribes in western Washington will continue to share their perspectives on natural resources management through this column. This month's writer is Dave Herrera, a Skokomish tribal member who serves as the tribe's fish and wildlife policy advisor, and who also is an NWIFC commissioner.

By Dave Herrera, Skokomish Fish and Wildlife Policy Advisor

The late NWIFC chairman Billy Frank Jr. left us all many lessons during his time on this earth. One of the most important was also one of the simplest: "Tell the truth."

But that's not what the state of Washington is doing when it comes to salmon recovery. You wouldn't know it from what state government tells us, but the truth is that salmon recovery is failing.

At the center of that truth is the fact that we are losing salmon habitat faster than it can be restored. We cannot recover wild salmon until we stop the bleeding in our watersheds and estuaries.

Another truth is that tribal treaty rights are one of the few things strong enough to stand between all of us and the extinction of wild salmon. We have demonstrated that time and again over the decades

Most recently, we showed that truth with a victory in the culvert case. We the filed suit in 2001 to force the state to repair hundreds of failing, fish-blocking culverts. These blockages under state roads cut off salmon from hundreds of miles of spawning and rearing habitat. The case was filed as a sub proceeding of the 1974 Boldt decision in *U.S. v. Washington* that upheld our treaty fishing rights reserved in treaties with the United States.

On March 29, 2013, federal district court Judge Ricardo Martinez confirmed those rights by issuing a permanent injunction. He ordered the state to repair more than 600 of its fish-blocking culverts over the next 17 years. He wanted to "ensure that the State will act expeditiously in correcting the barrier culverts which violate treaty promises." Martinez noted that funding for the repairs would come from the state's separate transportation budget, not at the cost of education or other social services.

Judge Martinez clearly ruled that our treatyreserved right to harvest salmon also includes the right to have those salmon protected so that they are available for harvest. And not only by tribes, but by everyone who lives and fishes in the region.

It's the same with tribal hatcheries and the 40 million or so salmon they produce every year. Tribal hatchery production makes the pie bigger for all because everyone can harvest those fish.

Without the tribes, the salmon and its habitat would be in far worse shape than it is today. We bring to the table our treaty rights, traditional and scientific knowledge, funding, and a strong cultural commitment to recovering the salmon resource. Everyone benefits from the work we do.

Perhaps most importantly, tribes and our treaty rights bring the rule of federal law to natural resources management. Federal law trumps state law and treaties are protected under the U.S. Constitution as the "supreme law of the land."

The truth is that tribes aren't the only beneficiaries of treaty rights. Non-Indians benefit from them as well. Besides sharing the natural resources of the region with the tribes, non-Indians have homes, businesses and schools on lands ceded by the tribes in return for the fishing, hunting and gathering rights tribes reserved in the treaties.

But our treaty rights – and the protection they give to all – are under constant, heavy attack by those who want to close our fisheries, shut down our hatcheries and destroy the salmon's home. That puts treaty rights at risk for everyone.

We're all in the same canoe, so let's tell the truth: salmon recovery is failing. Tribal treaty rights are one of the few things that might keep salmon from disappearing altogether. The tribes will not allow salmon recovery to fail. That is why we must pull together to protect our natural resources and the treaty rights that protect those resources and all of us.

New app to help parents

prevent bullying

By Brandi N. Montreuil

Parents are receiving a new resource tool this school season with a smartphone app called "Knowbullying." The free app, available for Android and iPhone, and created by the Substance Abuse and Mental Health Services Administration (SAMHSA) in conjunction with StopBullying.gov Federal partnership, is being touted as an app to help parents and others prevent bullying.

This might interest Washington parents and educators as the state is ranked number five in the nation with the highest number of bullying incidents, according to a June 2013 report from Simplefacts. org.

As students across the nation finish their first week of school, bullying may not be a large concern until it happens. The American Academy of Child and Adolescent Psychiatry states, "close to half of all children will experience school bullying at some point while they are at primary

71 percent of students reported bullying as an on-going problem. Grades 4 through 8 were reported as the years with the highest bullying incidents, with 90 percent of students experiencing some form of bullying.

Bullying happens through a variety of mediums such as social media, known as cyber bullying, verbal abuse and intimidation, text messages and physical abuse. Knowing the signs of bullying can help prevent further acts of bullying that can lead to lasting physical and emotional impacts.

"KnowBullying" provides parents and educators the tools they need to engage youth in conversations about bullying. Through the app, you receive conversation starters, tips and learning strategies to prevent bullying for ages 3-6, 7-13, and teens. The app also provides warning signs to recognize if your child is engaging in bullying, being bullied, or witnessing bullying,

or secondary school." In 2010, and connects you to social media within the app where you can share successful strategies and find useful advice via Facebook, Twitter, email, and text messages.

> "The KnowBullying app empowers parents and caregivers by placing resources they need right in their hands to help prevent bullying," explains Paolo del Vecchio, director of SAMHSA's Center for Mental Health Services, in a press release on the apps official release. "This needs to be part of a community-wide effort to help protect our children from the unnecessary harm, and in some cases, devastating long-term consequences of bullying."

You can download "KnowBullving" for free from the Android Play store and iTunes for iPhone. For more information about bullying or how to prevent it, please visit the website www.bullyingstatistics.org.

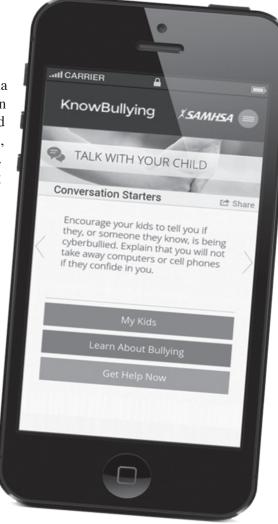


Photo: SAMHSA (Substance Abuse and Mental Health Services Administration).

Seattle City Council postpones vote on **Columbus Day renaming**

By Levi Rickert, Native News Today, September 3, 2014

SEATTLE — On Tuesday the Seattle City Council decided to postpone its vote to rename Columbus Day with Indigenous Peoples Day until October 13 so that the mayor and other elected officials can hold a signing ceremony.

Several dozen American Indian supporters gathered at Seattle City Hall's steps in support of the name change with drumming and speeches.

The effort to do away with Columbus Day was led by Matt Remle, Ethel Branch and others in Seattle's Native community. This group influenced the Seattle Human Rights Commission to

push through a resolution on July 24, 2014.

"This is simply nothing more than respect and honor for the First People of this land. As this moves forward, I have no doubt whatsoever that the Council and Mayor will be amazed by the strength and power that comes from the original People of this land. Let's hope this is the beginning of a new chapter and a new partnership," commented Chris Stearns (Navajo), attorney and past Chairman of the Seattle Human Rights Commission to Native News Online late Tuesday.

The resolution that made its way to the City Council was led by Council Members Bruce Harrell and Kshama Sawant. Mayor Ed Murray is in full support of the renaming.

Columbus Day dates back to 1892 when President Harrison made a proclamation observing a day set aside to celebrate Christopher Columbus. It has been a federal holiday since 1937.



Matt Remle testifies before Seattle City Council on Tuesday, September 2, 2014.

Beaver from front page



During the day the beaver sleep in temporary lodges constructed of plywood and cinder blocks.



The beaver are paired up in traps before being transported to their new home.

"Benjamin Dittbrenner [a PhD candidate at the University of Washingon], is studying how beaver change water quality," Schilling continued. "Particularly he's looking at stream flow before and after beaver relocation and water temperature, those are two very important things for salmon."

Dittbrenner is a former Snohomish County employee. While at the County he worked with landowners to ensure that property was protected from beaver activity.

"Beavers have a lot of really great ecological benefits," he explained. "They take water and slow it down so that it can infiltrate into subsurface soils, increase groundwater and recharge aquifers. This creates backwater habitat for specialist species, and there have been studies to show that beavers and Coho are closely linked, Coho use beaver habitat as juveniles. We suspect that part of the reason Coho numbers are dropping is lack of beaver habitat."

Dittbrenner continued, "The climate shifts that are predicted in the mountains mean that we're going to have a lot less snow. That snow directly provides water to streams in spring and early summer. If there's less water that means there is warmer water, and warmer water means less dissolved

oxygen and less successful spawning. We've been looking at solutions to cope with less and warmer water."

The project will work, said Dittbrenner.

"We're modeling the project after other projects, east of the Cascades, where it's legal to relocate beavers. Ranchers who once were against beavers are seeing that when the beavers come in, the groundwater levels increase and their pastures stay greener much longer. We're hoping to see the same great benefits that they're seeing."

In a nutshell, the beaver's dam building creates ponds which helps increase the water table. Beavers slow down water during fast flow times and increase water during the dry season. All of which adds up to more, and better quality water, as well as rearing habitat for salmon. Lastly, as climate change causes the snowpack to decrease, beaver ponds are an effective and natural way to store water for the dry season.

Since it's such a great solution, why isn't everyone doing it? Because in Western Washington it's illegal to transport beaver alive from where they are trapped. It's still perfectly legal to kill them. Tribes, however, are not subject to state law.

"It really has to do with our management of wildlife, as part

of our broader treaty rights in off-reservation resource management," explained Tulalip Attorney Tim Brewer. "We have the right to manage these resources and we're working with the feds on federal land and therefore state law is pre-empted."

Tulalip biologists have 24 beaver friendly sites picked out, but only eight of the sites will be populated initially. The unused sites will be used to as a comparison to demonstrate how effective the project has been.

"We may use them as release sites next year," said Schilling, "but that will give us some good baseline data for beavers we released."

For more information about the project contact Jason Schilling via email jschilling@tulaliptribes-nsn.gov.



Alves points out the recently nibbled branches, explaining that they will be placed on site with the beaver. The beaver are more likely to stay because they recognize their scent on the old branches.

Continued on next page

Beavers await relocation at the Tulalip Hatchery

Assistant Wildlife Biologist Molly Alves helps take care of beaver while they await relocation. She feeds them, dropping bunches of vine maple and vegetation, into the chum raceways where they are living. The beaver are also offered commercial rat food, but don't seem to care for it. They sleep in man-made lodges built out of cinder blocks.

"We have to rebuild their lodges every night," she said. "We weren't anticipating catching six, and they don't fit very well in a single lodge. The lodges are built out of plywood and cinder blocks, we have to line the plywood with steel mesh or they will chew through it."

Alves explained that beaver are highly social and prefer to sleep together. That is one of the reasons they'll be relocated as a group. Other strategies to ensure the animals don't leave include scent marking the locations.

"We take these," she held up the vine maple from the previous day, it's bark stripped and the wood notched with teeth marks, "we call them chew sticks, and we'll put them at the release site. They're more likely to stay there if their scent is already there."

The family is made up of two adults, three sub-adults and one kit.

"We've been setting up camera traps as well, so we know there are two more at the site where we caught this family," said Alves.

"There's another kit and a sub-adult. We'll go back and catch those two and release them [as a pair]," she continued. "We know the sub-adults stick around for a couple of years to take care of the kits, so we know the kit will be fine. They'll be released as their own family and they'll probably go to a different spot because by the time we get them, these ones will be established."

While the cameras are useful, Alves said the biologists knew there were more beaver because the animals can't stand a leaky dam.

"There were three dams where we caught these guys. We notched the dams, that means we pulled out sticks and mud so there was a trickle of water," she described, "it drives them crazy. When we went back some of the dams were rebuilt."

Beaver are nocturnal herbivores, although they don't hibernate, their planning and construction ensure that they survive winters just fine.

"They eat leaves in the summer and bark year round," Alves said. "They stay in their lodges all winter and they create caches of food under their lodges. Other animals like muskrats and mice will stay in their lodges too."

Hatchery visitors can learn about the beaver through series of interpretive signs that describe the relocation project and it's benefits.

Healthy Hearts, Healthy Minds



Join us on a journey to wellness and balance!

We have put together an exci<mark>ting <u>new</u> program</mark> designed to help improve the heart health of American Indians and Alaska Natives!

How can you get involved?

- Do you have pre-diabetes or diabetes?
- Are you American Indian or Alaskan Native?

Then you may be eligible!

By participating you could receive up to \$190 in gift cards and checks.

If you have questions or would like to participate call 360-716-4896 or email healthyhearts@iwri.org



Mom's group

Date: EVERY TUESDAY

Time: 11:00 -1:00

It will be held at the old

Tulalip Elementary School.

Problem Gambling Treatment

Submitted by Gary Isham, Tulalip Family Problem Gambling Counselor

You may ask what problem gambling treatment is. I believe the foundation of treatment is to make sure people in the program feel safe and respected.

There are several aspects of treatment provided by the Tulalip Family Services Gambling Program. One part I particularly enjoy bringing to the treatment table is teaching tools to live outside of addiction. I provide education for using RET, I over E, slogans, and the Medicine Wheel. And of course the Medicine Wheel is my favorite tool to teach. The Medicine Wheel is a Native American tool thousands of years old and is proven to be an effective recovery tool to use in everyday life.

The Medicine Wheel can be made of four parts as spiritual, emotional, physical, and mental. I teach the use of the wheel for self-inventory and balance. It is easy to take self-inventory as a person just needs to ask yourself "how I am doing" in each realm of the Medicine Wheel. The questions asked by your-self can be changed to meet individual needs. All realms of the Medicine Wheel impact each other and our emotions are the report card of the Medicine Wheel! When a person takes self-inventory and finds they are out of balance the Medicine Wheel can be used to reestablish balance.

By mind mapping, we start with any problem (like depression) and step out of the problem into solutions inside the Medicine Wheel. For example some solutions for depression may be seeking guidance from the Creator, talking to elders, getting appropriate exercise, and using a gratitude list. As a person practices mind mapping he or she can progress to finding actions to their solutions. As with any change in personal conduct it takes time and practice to mind map. In my opinion using the Medicine Wheel is a marvelous tool to learn how to live outside of addiction.

Problem gambling can have extremely serious life consequences and if you think you may have a problem please contact with us for a free assessment.

Tulalip Family Services Coordinator Sarah Sense Wilson at (360) 716-4304 or the Washington State Helpline at 1-800-547-6133

Tulalip Tribes Future Generations Depend on our choices today

Tulalip Tribes Family Services/Behavioral Health Department
Invites You to our

Family Night Dinner and Discussion

Tuesday September 30th, 2014 ♥ 5:30 to 7:00 pm

At Tulalip Family Services

"Juanita Ann-Jones Morales" Building

2821 Mission Hill Rd. Tulalip WA

- Learn what the disease of addiction looks like
 - Steps of recovery
 - · How family can be a positive support
 - · Resources available in our area
- · What you can do to win this war on addiction

RSVP! Please call 360-716-4400 by September 29

PalPal Pa ti Piišadča† FAMILY SERVICES 2821 MISSION HILL RD, TULALIP WA 98271, OFFICE: 360.716.4400 FAX: 360.651.440



ha?†xəčil

BEHAVIORAL HEALTH SERVICES



oda? čoł Indian Child Welfare 2828 Mission Hill Rd, Tulalip WA 98271, OFFICE: 360.716.3284 FAX: 360.716.07



Reunite is recruiting parents and primary caretakers from the Tulalip Community who are currently working toward the reunification of their family. Reunite is an 8-week supportive program that meets for 3 hours each week and provides resources, counseling and support along the road to family wellness.

Incentives available for graduates, and qualifications required.

Please contact Sara S. Giba, MA, LMHCA, MHP 360-716-4347 for more information.

Book review:

God Is Red

Author: Vine Deloria Jr.

Review by Mary Jane H. Topash

God is Red, by Vine Deloria Jr., explains Native spirituality by deconstructing and challenging Christianity and other religions. The primary focus of this book is to explain that religious life is independent from Christianity and that we live in a world of interconnectedness. This subject can be a difficult to challenge, but Deloria's analytical skills critiques this concept that causes you to reevaluate your own belief systems.

Deloria begins the book with a general history of Indians, the American Indian Movement of the 70's, and how Indians are viewed by Western society. He then dives right into Christianity, history, and origins. He paints this linear picture that you didn't realize you are living, such as the time of day, the day of the week, the year or century. As he analyzes he compares and contrasts with Native culture and religion.

He thoroughly explains various religions and ideologies and critiques their structure by countering with Tribes' understanding of mutual dependency and relations on all aspects of life. For example, "[Indians] speak of an identity so strong as to be virtually indistinguishable from the Earth itself, the human being, as it were, completely in harmony with the Mother Earth and inseparable in every way" p.146. These poignant statements lead the reader to broaden your thinking and understanding.

This book was first published in 1972, during a time when American Indians were at the foreground and the battle for understanding. At the time this is written, Deloria provided a bit more insight into Native spirituality that hadn't been there before. After 40 years, this book still holds value and moves people into a way of thinking that still causes you to ponder, if not now more than ever.

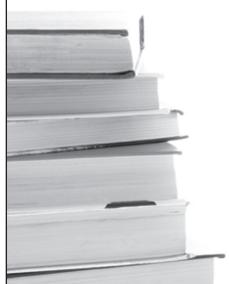
I have read this book a few times over the years and I still pull valuable information from it. It challenges me as a reader, as a Catholic, as an Indian, and as a scholar. The book I own is underlined, starred, highlighted, and commented on almost every page. Deloria is a brilliant writer, skilled in his expertise; he crafts his arguments with little room to question. Religion based books can seem dense or off-putting, but I encourage all Indian people to read this book, it will change your way of thinking.

This book is available in the Tulalip Hibulb Cultural Center & Natural History Preserve Gift Shop for: \$21.95

Tulalip Family Haven G.E.D. Prep Class

Open to all ages

Tuesday 12:00 pm - 2:30 pm Thursday 12:00 pm - 2:30 pm



Contact **Andrew Enick** 360.716.4403

Shirley Lyle 360.716.4074





Community Meeting

- Find out what it takes to get your GED
- Sign up for classes.
- Other options available to you
- Snacks provided

DATE: Thursday, September 18th 3 - 7 PM LOCATION: RM 264, Admin. Bldg.

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



Classes begin Monday, September 22

"Tribal Technology Certificate" (EverettCC)

Keyboarding Speed & Accuracy Mon & Wed, 1-3 pm Introduces keying-by-touch, speed and accuracy, and includes techniques for creating, editing, saving, opening and closing documents.

Job Search/Professional Development Learn how to conduct a job search. Focus on 9-11am students' skills and abilities and fitting into the job market.

Business EnglishReview of abbreviations, capitalization, grammar, possessives, punctuation & spelling. Includes proof reading & editing.

Intro. to Tribal Governance 9 am—12:30 pm 10/3, 10/17, 10/31, 11/7, 12/5 Examination of legal system, its rules & regulations regarding Native Americans.

Business Mentorship Arranged

Business identorship

Provides students with a supervised work environment to apply their management, marketing and operations knowledge in either a for-profit or non-profit organization associated with the student's

Computer Literacy Mon & Wed, 3-5 pm
CL 101—Introduction to Windows environment and MS Office.
CL 102—Using the computer/Managing Files
CL 103—Word processing
CL 103—Word processing
Supervised Computer Labs

CL 104—Spreadsheets CL 105—Databases CL 106—PowerPoint

Supervised Computer Labs for CL 101– CL 106 classes

GED/Adult Basic Education Tue & Thu, 8:30-11:20 am s prepare students to pass the GED test.

Supervision Basics (Edmonds CC) 9 Tu 3/23/14 – 11/25/14 New, experienced or future supervisors learn about The Supervisor's Survival Kit" and effective skills for success. For enrollment information, email Karen Lamoreux at klamor@edcc.edu

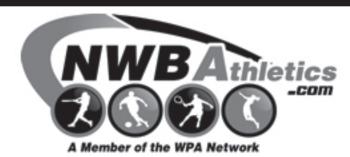
Space is limited. Enrollment is open to, and books/tuition are FREE, for (in order) Tulalip Tribal members; spouses & parents of Tulalip Tribal members; other Native Americans; and employees of Tulalip Tribes.

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

EVCC Students May Enroll at the First Class Session

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

Tulalip Heritage Football & Volleyball Schedules



2014-15 Tulalip Heritage Varsity Football Schedule

	Date	Opponent	Time	I	Place
	Sat, Sep 13	Evergreen Lutheran	5:00 PM	Home	QuilCeda
	Fri, Sep 19	Entiat	7:00 PM	Away	<u>EHS</u>
	Fri, Sep 26	Seattle Lutheran	7:00 PM	Away	WSeaStad
*	Sat, Oct 4	Crescent	1:00 PM	Home	QuilCeda
*	Fri, Oct 10	Neah Bay	6:00 PM	Away	<u>NBHS</u>
*	Sat, Oct 18	ll <u>Lopez</u>	1:00 PM	Home	QuilCeda
*	Sat, Oct 25	Clallam Bay	1:00 PM	Home	QuilCeda
*	Thu, Oct 30	Lummi Nation	7:00 PM	Away	<u>LHS</u>

Post Season (If Qualified)

Post Season schedule is not yet available.
Printed September 2, 2014, 10:27 AM
Schedules are subject to change, please check back frequently

2014-15 Tulalip Heritage Varsity Volleyball Schedule

		amp memage variety	· 0110j /	
	Date	Opponent	Time	Place
*	Thu, Sep 11	Lummi Nation	5:00 PM	Away <u>LHS</u>
*	Thu, Sep 18	Highland Christian	5:00 PM	Home <u>THHS</u>
*	Tue, Sep 23	IIGrace Academy	5:00 PM	Home <u>THHS</u>
*	Wed, Sep 24	Providence Classical Christian	6:00 PM	Away <u>AMS</u>
*	Tue, Sep 30	ll <u>Lopez</u>	5:00 PM	Home <u>THHS</u>
*	Thu, Oct 2	Skykomish	6:00 PM	Away <u>SHS</u>
*	Tue, Oct 7	Lummi Nation	5:00 PM	Home <u>THHS</u>
*	Fri, Oct 10	Providence Classical Christian	5:00 PM	Home <u>THHS</u>
*	Tue, Oct 14	Highland Christian	4:00 PM	Away <u>HCS</u>
*	Thu, Oct 16	Grace Academy	5:30 PM	Away <u>Grace</u>
*	Fri, Oct 24	<u>Lopez</u>	4:00 PM	Away <u>LHS</u>
*	Mon, Oct 27	II <u>Skykomish</u>	5:00 PM	Home <u>THHS</u>

Post Season (If Qualified)

Post Season schedule is not yet available. Printed September 2, 2014, 10:28 AM

Source: NWCAthletics.com



Tulalip Boys & Girls Club Fall Sports

Submitted by Diane Prouty

Teams are formed by age. Teams are co-ed and separated as follows:

- Flag Football: Ages 5-6, 7-8, 9-10, 11-12, and 13-14
- Volleyball: Grade K-2, 3-4, 5-6, 7-8 and high school
- Soccer: Grade K-6
 - * Registration ends September 15th
 - * Practice begins in September 15th

Season is 8 games played on Saturdays

Registration forms available at the Club for players and coaches. We need volunteer help from coaches ASASP!

> Contact Tori (AD) 360.716.3400 or ttorrolova@bgcsc.org

Notices

Tulalip Tribal Court Notices

TUL-CV-CU- 2014-0238 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip, WA In re Custody of N.J. To: Prancing Bear J.J. Jules YOU ARE HEREBY NOTIFIED that on June 23rd, 2014 a Petition for Residential Schedule/Parenting Plan was filed in the above-entitled Court pursuant to Tulalip Tribal Code Chapter 4.20 regarding N.J. You are hereby summoned to appear and defend the above-

entitled action in the above-entitled court and answer on September 30th at 10:00 am in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip, WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: August 13, 2014.

TUL-CV-GU-2014-0299 and TUL-CV-YI-2014-0301. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re E.R and J.M.R.TO: Juan Madrigal and Teah Reeves: YOU ARE HEREBY NOTIFIED that on June 12, 2014, a Petition for Guardianship was filed in the above-entitled Court pursuant to TTC 4.05 regarding E.R. and J.M.R. You are hereby summoned to appear and defend the above entitled action in the

above entitled Court and answer on September 30, 2014 at 1:30 pm in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip, WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: August 20, 2014

TUL-CV-GU-2014-0298. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re J.A.R. TO: Mauriceo Arroyo and Teah Reeves: YOU ARE HEREBY NOTIFIED that on June 12, 2014, a Petition for Guardianship was filed in the above-entitled Court pursuant to TTC 4.05 regarding J.A.R. You are hereby summoned to appear and defend the above entitled action in

the above entitled Court and answer on September 30, 2014 at 1:30 pm in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip, WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: August 20, 2014

TUL-CV-YI-2014-0152. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re K.Y. TO: Albert Young Jr.: YOU ARE HEREBY NOTIFIED that on May 7, 2014 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 May 9, 2014, a Preliminary Inquiry Hearing was held in the above-entitled Court pursuant TTC 4.05 and an Adjudicatory

Hearing was set. You are hereby summoned to appear and defend the above entitled action in the above entitled Court and answer on September 30, 2014 at 2:30 PM in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip, WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: August 27, 2014.

TUL-CV-GU-2014-0304 and TUL-CV-GU-2014-0315. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re K.O. and K.M. TO: Charmaine Michell: YOU ARE HEREBY NOTIFIED that on July 18, 2014, Petitions for Guardianship were filed in the above-entitled Court pursuant to TTC 4.05 regarding K.O. and K.M. You are hereby summoned to appear and defend the above entitled action in

the above entitled Court and answer on October 22, 2014 at 2:30 PM in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: September 3, 2014.

TUL-CV-GU-2014-0175. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re Welfare of J.I.M. TO: Corine Moore: YOU ARE HEREBY NOTIFIED that on May 23, 2014 a Petition for Guardianship was filed in the above-entitled Court pursuant to TTC 4.05 regarding J.I.M. You are hereby summoned to appear and defend the above-entitled action in

the above-entitled court and answer on November 18, 2014 at 3:00 pm in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip, WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: September 3, 2014.

SUMMONS BY PUBLICATION TUL-CV-GU-2014-0252 Tulalip Tribal Court, Tulalip WA. Summons for Youth Guardianship. In RE: Guardianship of Angelique Williams. Joyce Parks, Petitioner Vs. Cyrina Mae Williams; Dana G Matta, Respondents. To: Cyrina Mae Williams; Dana G Matta: on the 3rd day of July 2014, a Summons and Petition for the Guardianship of Angelique Williams was filed in the above-entitled Court — pursuant to TTO 1.10.010 and TTO

2.10.030. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer on October 23, 2014 at 3:00 pm in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER AND/OR APPEAR JUDGEMENT MAY BE RULED AGAINST YOU. Date first published: September 3, 2014.

THE TULALIP COURT Tulalip Indian Reservation, Tulalip, WA No. TUL-CV-EX-2014-0188 Summons by Publication and & Notice of Petition for Exclusion. THE TULALIP TRIBES, Petitioner vs. Robert Dodd, Respondent. On May 28, 2014, a Petition for Exclusion was filed in the above-entitled Court pursuant to TTC 2.40. YOU ARE HEREBY NOTIFIED that 1) that you are entitled to be represented by counsel, at your own expense; 2) that you may present testimony of witnesses and other evidence on your own behalf; and 3) that failure to attend the hearing may result in an order of temporary or permanent exclusion or removal; 4) that if you intend to call witnesses, a witness lists shall be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the exclusion petition no later than 30 days from October 15, 2014, and serve a copy on the Office of the Reservation Attorney within five calendar days after filing with the Court, the matter shall be set for a hearing. The date and time of the hearing shall be set by the Clerk's Office and shall be held at the Tulalip Tribal Court located at: 6103 31st Ave. NE, Tulalip, WA 98271.

Michele Robbins, Office of the Reservation Attorney, 6103 31 $^{\rm st}$ Ave NE, Suite B, Tulalip WA 98271, 360-716-4551

THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA No. TUL-CV-EX-2014-0262 Summons by Publication and & Notice of Petition for Exclusion THE TULALIP TRIBES, Petitioner vs. Quentin Cree, Respondent. On July 11, 2014, a Petition for Exclusion was filed in the above-entitled Court pursuant to TTC 2.40. YOU ARE HEREBY NOTIFIED that 1) that you are entitled to be represented by counsel, at your own expense; 2) that you may present testimony of witnesses and other evidence on your own behalf; and 3) that failure to attend the hearing may result in an order of temporary or permanent exclusion or removal; 4) that if you intend to call witnesses, a witness lists shall be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the exclusion petition no later than 30 days from October 15, 2014, and serve a copy on the Office of the Reservation Attorney within five calendar days after filing with the Court, the matter shall be set for a hearing. The date and time of the hearing shall be set by the Clerk's Office and shall be held at the Tulalip Tribal Court located at: 6103 31st Ave. NE, Tulalip, WA 98271.

Michele Robbins Office of the Reservation Attorney, 6103 31st Ave NE, Suite B, Tulalip WA 98271, 360-716-4551

TUL-CV-GU-2014-0340. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re Q.P. TO: Lakota Phillips and Shawn McLean: YOU ARE HEREBY NOTIFIED that on August 28, 2014 a Petition for Guardianship was filed in the above-entitled Court pursuant to TTC 4.05 regarding Q.P. You are hereby summoned to appear and defend the above entitled action in the above entitled Court and answer on October 15, 2014 at 2:30 PM in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: September 10, 2014.

TUL-CV-GU-2014-0339. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re E.H. TO: Paulette Phillips and Joseph Harvey Sr.: YOU ARE HEREBY NOTIFIED that on August 28, 2014 a Petition for Guardianship was filed in the above-entitled Court pursuant to TTC 4.05 regarding E.H. You are hereby summoned to appear and defend the above entitled action in the above entitled Court and answer on October 15, 2014 at 3:00 PM in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: September 10, 2014



What is the craziest bingo ritual you have seen or done?



"I don't have a ritual. I just go to win. I won \$18,000 once on Lucky 7s, that was cool."

Lavinia Carpenter Tribal member



"I walk to the slots, only put \$20 in and if I lose, I lose. Win some, lose some, live to fight another day!"

Kaley Henry Tribal member



"I don't play bingo, but I have seen people who have their favorite spots and they will wrestle you for them."

Gina Erickson Tribal employee



"The line of frogs or the little Buddha men while they are playing."

Valencia Hurstschroeder Tribal employee

