

Orca calf born to Puget Sound resident L pod

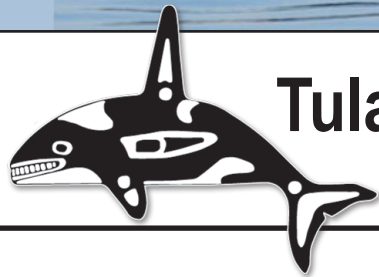


The Center for Whale Research is celebrating the birth of an orca calf in the Salish Sea, the first one since 2012.

The proud mother is 23-year-old L86, and this is her second calf.

The newborn has been designated L120.

Info: KING 5 News; Photo: Dave Ellifrit, CWR



Tulalip

SEE-YAHT-SUB

dx̣lilap syəcəb
"Tulalip News"

Volume 35 No. 36

Wednesday, September 17, 2014

Jade Parks, finding her own beauty

A story of weight loss, self-esteem and learning who you are beyond the scale



Article by Brandi N. Montreuil, photos courtesy Jade Parks

On January 17, of this year, Tulalip tribal member Jade Parks was in Mexico, following a major surgery, she was 350 pounds and a dress size 26. She was alone except for her best friend and had just started a journey that would alter her life drastically to reveal a woman she never knew

See Parks, page 6

Good food and good company for a good cause



Taste of Tulalip 2013. Photo by Andrew Gobin

Annual Taste of Tulalip event benefits local non-profits

By Niki Cleary

Sumptuous food, locally roasted coffee and custom blended wines are some of the images that spring to mind when you mention the Taste of Tulalip. However, according to Tulalip Resort Casino (TRC) Food and Beverage Director Lisa Severn, the event is so much more than foodie fantasy. It's a branding campaign, a showcase of local talent and a way to give back.

"We've always had a charity component," she explained. "The team picks a cause that is near and dear to our hearts, the first year we donated to the Hibulb Cultural Center. Because of our chefs, a lot of times it's a culinary effort. We've donated to Fair Start, an organization taking at risk adults and giving them culinary skills. One year it was Food Lifeline.

See Taste, page 4

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Watch 
TULALIP TV
www.tulaliptv.com

Heritage Girls Volleyball-LIVE! Tulip Heritage Lady Hawks Volleyball Team vs Grace Academy Volleyball Team, home game played at Heritage High School Gym. – LIVE! Broadcast @ 5pm on Tuesday, Sept 23

Watch Heritage Lady Hawks Volleyball: Tuesday, Sept 23 LIVE @ 5:00pm; Mon, Sept 22 @ 9:00am & 6:00pm (Highland Christian); Wed, Sept 24 à Sun, Sept 28@ 9:00am & 6:00pm (Grace Academy)

Heritage Boys Football-Evergreen Lutheran Tulip Heritage Hawks Boys Football Team vs Evergreen Lutheran Football Team, home game played at the Quil Ceda stadium in Marysville - from Sat. Sept 13

Watch Heritage Boys Football: All week @ 1:00pm & 7:30pm

This Schedule is subject to daily changes: To see an updated schedule, go to: <http://www.tulalip.tv.com/tulalip-tv-schedule/>



TULALIP TV		TULALIP TV	
		Monday 9/22/14 thru Sunday 9/28/14	
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	Native Report - 812 We experience life on the powwow trail through the photography of Ivy Vainio and we continue with part three of Inalik: Little Diomedea, a documentary about an island in the Bering Strait.		0:30
1:00 AM	First Nations Portraits The lifestyles past and present of Canada's westcoast native peoples; look at the blending of age-old traditions with modern business ventures		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-2 Respected Everett Historian David Dilgard has spent thirty years talking with elders, studying archives and compiling research on early life at Tulalip. - Part 2 of 3		0:30
2:30 AM	Earth Voices - 211 Profiling Aboriginal People: Hugh Dempsey - Historian/Author, Calvin Vollrath - Musician, April Mercredit - Painter, Bill Laferte - Elder		0:30
3:00 AM	Creative Native - 301 Examine the cultural relevance of the headdress as Billy Burnstick and Scott Hill Jr. demonstrate two radically different forms of headgear.		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 #27 Agate Pass, The Boy who would not wash his face, SIGO: A hunter's Legacy, Words of Chief Sealh, Live to Remember, People of the Water, SuperFly 2013		0:30
4:30 AM	First Nations Portraits The lifestyles past and present of Canada's westcoast native peoples; look at the blending of age-old traditions with modern business ventures		0:30
5:00 AM	Earth Voices - 211 Profiling Aboriginal People: Hugh Dempsey - Historian/Author, Calvin Vollrath - Musician, April Mercredit - Painter, Bill Laferte - Elder		0:30
5:30 AM	Native Report - 812 We experience life on the powwow trail through the photography of Ivy Vainio and we continue with part three of Inalik: Little Diomedea in Bering Strait.		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 1002 "Journey through Fear" - Aboriginal Day festivities are getting underway, but there's even more cause for excitement in Wapos Bay.		0:30
9:00 AM	Heritage Volleyball Lady Hawks Volleyball Team home game played at Heritage High School Gym. - Game schedules subject to change, check for the latest at http://www.tulalip.tv.com/tulalip-tv-schedule/		1:30
10:30 AM	March Point Three boys awaken to the destruction that in the 1950s, Two refineries were built on March Point, that was once part of the Swinomish Reservation by treaty		1:00
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1:00 PM	Heritage Football Tulalip Heritage Hawks Boys Football Team, home game played at Quil Ceda stadium in Game schedules subject to change, check for the latest at http://www.tulalip.tv.com/tulalip-tv-schedule/		2:00
3:00 PM	Watchers of the North, Ep-3 "The Northern Warning System Patrol" - A snowmobile breakdown challenges the Gjoa Haven Rangers as they check on a radar station and abandoned DEW site.		0:30
3:30 PM	Wapos Bay - Ep 1002 "Journey through Fear" - Aboriginal Day festivities are getting underway, but there's even more cause for excitement in Wapos Bay.		0:30
4:00 PM	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
4:30 PM	Lushootseed Learn Tulalip Lushootseed 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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Tulalip Tribes Vision

We gathered at Tulalip are one people.
We govern ourselves.

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

Together we create a healthy and culturally vibrant community

Tulalip Tribes Mission

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

Tulalip Tribes Values

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

Tulalip Tribes 1-800-869-8287

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

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

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<http://www.tulalip.tv.com/tulalip-tv-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.tulalip.tv.com/tulalip-tv-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

From dirt floor shacks

What has the Tulalip Tribes done with 80 years of self-determination?

By Andrew Gobin

In June of 1934, the United States Congress passed the Indian Reorganization Act (IRA), also called the Wheeler Howard Act, in an effort to step away from managing reservations. The act explicitly stated the intention of honoring the self-determination of tribes, allowing them to once again create business organizations, set up credit programs, and control transfer and development on tribal land for themselves, previously controlled by the Office of Indian Affairs. In the 80 years since Congress passed the act, the Tulalip Tribes has used self-determination to strengthen and reaffirm their sovereignty, and as a launch pad for economic prosperity and social stability.

Before 1934, all issues regarding American Indian tribes or individuals went through the Office of Indian Affairs, then managed by the War Department. From the time of the treaties on, that office managed the life on the reservations for the Indians through appointed Indian Agents, the goal being to contain and monitor Indian activity, in an effort to ultimately eradicate Indian cultures. In 1849 the Office of Indian Affairs moved to the Department of

the Interior, though still tasked with managing Indians. After the passing of the IRA, the Office of Indian Affairs stepped away from managing the reservations, and later renamed the Bureau of Indian Affairs in 1947, as we know it today.

The first thing the Tulalip Tribes did after the IRA was organize a government structure for themselves on the reservation. The population of the Tulalip Indian Reservation, then, was predominately identified as the Snohomish, Snoqualmie, and Skykomish Indians, as well as other allied bands and tributaries signatory to the 1855 Treaty of Point Elliot. Under the stipulations of the IRA, the tribes came together to form a unified government, taking the name of the bay and reservation, calling their new government The Tulalip Tribes. Although the structure changed, those historic cultural identities were never lost.

During the fish wars when sovereignty was challenged and treaty rights were infringed upon, the Tulalip Tribes claimed their identity as the descendants of those tribes, using self-determination to not only define their identity, but what that meant for their sovereignty.

Les Parks, Vice Chairman for the Tulalip Tribal Council, said, "The Boldt Decision was a time that Tulalip exercised their sovereignty. We took a lead role in that issue, and it resulted in the affirmation of our sovereignty and our treaty reserved rights."

Self-determination, under the IRA, was also explicitly intended to return control over tribal lands to tribes. Tulalip quickly seized the opportunity for setting the direction of land use. In the 1940s, the first leases were written for waterfront plots around Tulalip Bay. Over the years,

The Tulalip Tribes set aside tribal specifically to build an economic base for the future.

The largest success of land use is Quil Ceda Village. Originally set up as the Quil Ceda Village business park, the village now has a federal charter. It is its own city, with its own government separate from the tribal government.

"It was an experiment for us to be able to access taxes," explained Steve Gobin, former General Manager for Quil Ceda Village. "The businesses were built and developed with tribal dollars, while the state, county, and city enjoy the tax money."

Quil Ceda Village is responsible for making the tribes economically viable in Snohomish County. Quil Ceda Village has tax codes in place to assess and collect taxes, which is a sovereign right. That sovereign right pre-empts state law, meaning that the tribal tax codes trump state-imposed tax codes.

Parks discussed the difficulty of maintaining cultural values while building a successful economy, specifically when dealing with outside entities. These definitions of the tribal position in the local economy help Tulalip deal with local governments in a way that they understand.

Gobin said, "The Quil Ceda Village is a vehicle for us to position ourselves to exercise our sovereignty, which is a more advantageous position for interactions with local governments in Washington State. It has been tremendously successful in accomplishing that, and we have a great relationship with the City of Marysville because of it."

Gobin added that the only other city in the nation with a federal charter is Washington D.C.

Self-determination acknowledges tribes' right to determine their

future and govern themselves, but it does not guarantee stability. So, what has the Tulalip Tribes done with 80 years of self-determination?

"We've gone from dirt floor shacks to replacing our elders' homes," said Tulalip Elder Helen Fenrich, a policy analyst for Tulalip Governmental Affairs.

The Tulalip Tribes has used self-determination to develop the economy in order to support their membership. The economic success of the tribes has paved the way for social programs here at Tulalip, providing funding for a health and dental clinic, housing assistance programs, elders home replacement/repair, and financial aid for education. The Economic success of the Tulalip Tribes also has created a surplus of jobs in the local economy, available to both tribal members and non-tribal members.

In addition to socioeconomic stability, Tulalip has wielded its sovereignty on issues stemming from treaty rights. The tribes formed the *bedachelh* program, born out of the Indian Child Welfare Act. This program aims to keep children on the reservation, surrounded by family and culture, when they are removed from their homes. The tribes created and developed government operations to oversee all activity on the reservation, from managing grants and finances, to making sure the youth have opportunities for higher learning and extracurricular activities.

With 80 years of self-determination, the Tulalip Tribes has proven to be more than capable of self-governance, Tulalip has proven to be a leader in economic development and social stability. What will Tulalip do with self-determination in the next 80 years?

Swinomish youth tell a story of destruction from refineries

By Roger Vater, Digital Media Coordinator, Communications Dept.

During the week of Sept 22-28 on Tulalip TV, Channel 99 on Tulalip

Broadband or streaming live on www.TulalipTV.com you can watch the documentary "March Point" at 10:30 a.m. and 10:00 p.m.

"March Point" filmmakers Tracy Rector and Annie Silverstein bring together filmmaking and alternative education through

Continued on next page



their collaboration with three young Native Americans. The film assignment sends the boys down a path of historical investigation. Like many young people, Travis, Nick and Cody didn't know much about their ancestors' history. By interviewing tribal elders, they learn that most of their land was taken away by the federal government in the Treaty of Point Elliott in 1855, leaving the Swinomish with basic health care, some fishing rights and a small reservation. President Ulysses S. Grant took more land in 1870, a move the tribe considers illegal.

The boys learn that the people now known as the Swinomish flourished on the bounty of the coast of the Pacific Northwest for thousands of years. Clams, crabs and fish were plentiful, and as the tribal saying goes, "When the tide's out, the table's set." But when in the 1950s, Shell Oil built two refineries on land once owned by the tribe, chemicals made their way into the water, tainting the seafood and shellfish that the Swinomish eat daily. And just as the toxins in the water seeped into the food, poverty, drugs and alcohol have seeped into

the lives of the families who live there.

Ambivalent environmental ambassadors at the onset of the filmmaking venture, the boys awakened to the destruction these refineries have wrought in their communities. Grappling with their assignment through humor, sarcasm and a candid self-knowledge, they begin to experience the need to understand and tell their own stories and to grasp the power of this process to change their lives and give back to their community.

You can watch "March Point" 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/march-point>

Tribes reject Inslee's water quality plan, will ask EPA to act

By Jerry Cornfield, *The Herald*, September 5, 2014

An alliance of tribes is rejecting Gov. Jay Inslee's approach to revising the state's water quality standards and will ask the Environmental Protection Agency to enact new rules for Washington.

The Northwest Indian Fisheries Commission sent Inslee a letter on Thursday in which members express their "dissatisfaction" with a proposal they say won't change the status quo.

"The tribes' principal objective for revised water quality standards is to protect the health of future generations, and we have determined that your proposal does not meet this goal," reads the letter.

Tribal leaders will meet Monday with Dennis McLerran, EPA regional administrator.

Under the federal Clean Water Act, the state must adopt standards that ensure rivers and major bodies of water are clean enough to support fish that are safe for humans to eat.

Since 1992, the state has

operated under a rule that assumed the average amount of fish eaten each day is 6.5 grams which is about a quarter of an ounce per day.

Inslee's proposal unveiled July 9 would increase the fish consumption rate to 175 grams a day -- a figure tribal leaders accept. The higher the number means fewer toxic pollutants would be allowed in waters.

But fish consumption is only one part of the regulatory equation. Another is the cancer risk rate and Inslee wants to apply different rates to different chemicals, something no other state now does and may not pass muster with the federal government.

Currently, state law assumes no more than one person out of 1 million will get cancer eating fish caught in Washington waters.

Inslee wants to apply that rate for some of the 96 chemicals regulated under the federal law but use a lower rate of one in 100,000 people for others. That would effectively crack down on some chemicals but not all of them.

"It is incomprehensible that the state would consider changing the cancer risk rate in state standards to a rate that is ten times less protective," the letter reads. "Essentially, the proposal modifies the fish consumption rate to reflect higher levels of consumption in our state, but trades this improvement for a less protective cancer risk rate."

Taste from front page

"We donate to causes that make an impact on us. Many of us know what it feels like to grow up hungry. Some years," Severn continued, "it's based on what's happening to us personally. We donated to Make-A-Wish one year. That year we had a team member on the property who had a son with cancer."

Although the event has always included a charitable donation, this year it is actually a 'benefit' event. The beneficiary, the Tulalip Foundation, is a 501c3 organization separate from the Tulalip Tribes. The Foundation's mission is, "dedicated to empowering the wellbeing of the Tulalip Reservation and surrounding community, by helping meet its cultural, scientific, benevolent, and educational needs through charitable fundraising and dispersal of funds."

"Whereas before there was a small donation towards an organization on the TRC's behalf, this year it's actually the Tulalip Foundation's event and we are running it for them," Severn clarified.

As always the Sixth Annual Taste of Tulalip will include a range of culinary artists, including Tulalip's own expert chefs who look forward to the opportunity share their skills with an appreciative audience.

Severn pointed out that the event also gives big names in the food and wine industry an opportunity to see for themselves what makes the TRC so unique and why it deserves its four diamond status.

"This gives our chefs an outlet to represent not only their restaurant,

but their creativity," she said. "We talk about food, wine and tradition, this is about partnership and showcasing our quality of chefs and still holding true to who we are as Tulalip by incorporating tribal art with our traditions of giving.

"This year we've partnered with guest Chef Ming Tsai," said Severn. "He's an incredible Asian chef with an amazing personality. Dillanos Coffee Roasters, they roast our Killer Coffee, makes a special blend for the event every year. Then we have Anthony Giglio, he's a wine professional with Food and Wine Magazine, we've partnered with them in the past and they've provided us with these national talents. Q13 Fox has provided Bill Wixey and Kaci Aitchison to host and emcee the dinner."

The event grows every year, Severn enthused.

"Taste of Tulalip started because most casinos don't have a good reputation," she explained. "We needed to get it out there that we have talented chefs. Their talent and creativity can hold up to the best chefs in Seattle. Then we thought, let's spread our wings and be the best in the northwest. Now, we're not just representing Tulalip with this event, we're representing Washington as a whole and Indian gaming as a whole."

The event showpiece is always a custom vintage in an etched glass bottle featuring one of a kind Tulalip artwork.

"We partner with a Washington winery to create a unique blend," said Severn. "We choose a winery that's

News

been a good partner and is known for their quality. This year it's Sean Boyd of Woodinville Wine Cellars.

"Each year we have a Tulalip artist create the art, this year it's Joe Gobin," she continued. "We've taken his art and incorporated it into the event. It's going to be on the bottle, on the chargers and the wine charms. In the past we've had designs by Jason Gobin, Joe Gobin and James Madison."

Severn emphasized that although wine is featured, the event is not just a wine event.

"This is a balance, it's about the entire experience," she said. "It's huge for the food community of Washington, but our gamers also love the event. It brings them here, they enjoy the seminars and the entertainment factor, and they get a game or two while they're here."

To keep it exciting and fun, chefs will again be challenged to cre-

ate delectable fare from mystery ingredients.

"During the grand taste we have the Rock and Roll Challenge," Severn described the challenge. "Our Executive Chef Perry [Mascitti] has gathered up a box of food, the chefs won't know what is in it and they have an hour to create something." Guest Chef Ming Tsai, Seattle local, the "Chef in the Hat," Thierry Rautureau, Wine Expert Anthony Giglio and Mauny Kaseburg, of the Aspen

Food and Wine Classic, will judge the challenge.

The Sixth Annual Taste of Tulalip begins Friday, November 14th with a celebration dinner. Saturday, November 15th, all access pass attendees will be treated to cooking demonstrations and wine seminars as well as the Grand Taste. For more information about the Taste of Tulalip or to purchase tickets go to www.tasteoftulalip.com.

6TH ANNUAL

Taste OF TULALIP

NOV 14 & 15, 2014
WINE, FOOD & TRADITION

TULALIP RESORT CASINO
RATED BY AAA

WEEKEND HIGHLIGHTS

FRIDAY – ARRIVE & CELEBRATE!

- Tasting Reception
- Celebration Dinner
- Emcee & Host Bill Wixey

SATURDAY – SIP, SAVOR & LEARN

- OVER 120 WINERIES from Washington, Oregon, California, Germany and New Zealand along with Tulalip Resort Casino's outstanding cuisine
- CRAFT BEER SELECTION at the Oasis Pool
- Taste of Tulalip RETAIL WINE SHOP
- WINE SEMINAR with Wine Expert Anthony Giglio and Tulalip Resort Casino's Sommelier Tommy Thompson
- COOKING DEMONSTRATION with Guest Chef Ming Tsai and Executive Chef Perry Mascitti
- PRIVATE MAGNUM PARTY held in Canoes Cabaret and The Draft Sports Bar & Grill, with hosts Bill Wixey and Kaci Aitchison
- ROCK-N-ROLL COOKING CHALLENGE judged by emcee Ming Tsai, Thierry Rautureau, Anthony Giglio and Mauny Kaseburg
- HONORARY WINEMAKER Sean Boyd, Woodinville Wine Cellars
- TASTE OF TULALIP ARTIST Joe Gobin
- TASTE OF TULALIP CHARITY Tulalip Foundation

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Executive Chef



TOMMY THOMPSON
Sommelier



SEAN BOYD
Woodinville Wine Cellars



MING TSAI
Special Guest Chef



ANTHONY GIGLIO
Wine Expert



BILL WIXEY
Emcee & Host



KACI AITCHISON
Host

Health

Parks from front page



Jade with her fiancé Leonardo Carela before (above) and after (below) the surgery.



existed.

Growing up, Jade was always larger than her peers. Shopping in plus size stores became regular as she entered adulthood. She didn't shy away from life despite her larger size, she learned to accommodate it instead. Yet as her weight continued to increase, her usual bubbly personality began to shrink, eventually leading to depression after years of losing and gaining weight. Something had to change.

Parks sought help from her tribal council to pay for a surgical procedure to help her lose weight. Due to a policy that required her to be experiencing two major health issues as a result of her weight, she was denied. She weighed over 300 pounds and suffered high blood pressure and sleep apnea. These did not qualify.

Despite being denied the monetary help, Parks was determined to lose weight. Through diet, exercise and enrollment as an outpatient in treatment for food addiction, Parks lost 73 pounds in 9 months. But it didn't last. Parks eventually gained back the pounds she lost, plus seven more.

"It was extremely depressing. I was really sad and I didn't know what I was going to do. You wake up in the morning not wanting to eat bad things, wanting to make good choices, wanting to work out and then you look in the mirror, and you just feel like a failure because of your weight. You think, how could I let myself get like this," said Parks, about a typical day for her.

"It is hard. For plus size people, when you walk into the room everyone knows your issue. It is not something you can hide. I can't hide my addiction. I can't hide what my issue is, because it is the first thing you see when you see me, because it is my weight. A lot of times drug addicts can hide their substance abuse, people do not know that they abuse drugs. For us, as soon as we walk into a room, every single person is going to know and that makes it hard. It came basically down to: I can't live like this anymore. I can't live at being 350 pounds. I decided to pay for the weight loss surgery on my own, so I went to Mexico because it is cheaper."

Although risks can be associated with medical treatment in other countries, Parks' research led



Parks with her nephew Cyles Parks and niece Karrigyn Parks before her surgery.

her to a private hospital and a surgical staff that she was comfortable with and she made plans to travel.

"I have never had surgery in my life before. I was worried about it, but I was more worried about not ever being able to have kids because of my weight," said Parks, who developed polycystic ovary syndrome as a result of her weight, which caused her to stop menstruating.

Parks had a sleeve gastrectomy, which involves a portion of the stomach being separated and removed from the body. According to the Mayo Clinic, the "remaining section is formed into a tube-like structure. The smaller stomach cannot hold as much food. It also produces less of the appetite-regulating hormone ghrelin, which may lessen your desire to eat. However, sleeve gastrectomy does not affect absorption of calories and nutrients in the intestines." This type of surgery, unlike other weight loss surgeries such as the gastric banding, is irreversible and still considered a relatively new procedure in America,

meaning its long-term effects are still being evaluated.

"People think that weight loss surgery is the easy way out, but I am here to say that it is not an easy way out. It is extremely hard, because you still battle cravings and wanting foods. I can eat about four bites of food and I am full," said Parks, who had 80 percent of her stomach removed during the surgery and can only take quarter sized bites while eating.

"There are a lot of people who get weight loss surgery and abuse it. They stretch out their stomachs and gain the weight back. I have followed the diet from the doctor very strictly. For instance, you cannot eat and drink at the same time. You have to do it within half an hour of each other, and that's because there is not enough room. If you do, it will stretch out your stomach," explains Parks, who also cannot have carbonated beverages and will need to maintain the strict diet for the rest of her life.

Due to the diet's strict portion control, Parks takes a regimen of vitamins

to ensure she receives the proper amount of nutrients for her body, including choosing portion options that include the natural nutrients in them.

Weight loss surgery creates dramatic changes in physical appearance, causing unexpected emotional impacts in patients. These sudden changes often leave patients unprepared to cope with the lifestyle and dieting required following surgery, leading to a continuance or return to the eating habits that led to their weight gain. A majority of patients view weight loss surgery as a cure-all to their weight issues which can mislead them, resulting in unsuccessful weight loss. Patients considering weight loss surgery should consider the pros and cons related to the surgery and following it.

“You have to be careful because you are getting rid of one of your addictions,” said Parks, who

was on a liquid diet the first month following her surgery. “That first month I was a wreck. I couldn’t smoke. I couldn’t workout and I couldn’t eat. Those are my vices. I did a lot of crying, a lot of sitting with my feelings and having to just deal with life. At the same time, it helped to prepare me for the rest of my weight loss journey, because I can’t continue to use food as my coping mechanism. It helped me learn to sit with my feelings and learn that feeling emotions is not going to kill you, and that you have to let yourself feel emotions.”

“My biggest fear about getting the weight loss surgery was that I would get the surgery and then I would regret it. There is nothing that I have experienced through this journey that has ever made me regret my surgery. It truly is the best decision I have made for myself,” said Parks, who has lost a total of 131 pounds at the time of this article.

Although weight loss surgery is not recommended for everyone, or may not be successful for everyone who has it, Parks explains that the nine months following her surgery has taught her more about herself than she ever expected.

“I have always known I am a strong woman, but now I truly believe it. To know that so many people get weight loss surgery and it just doesn’t work for them, it makes me feel stronger and gives me such a sense of pride to know have come this far. That I am able to follow the rules and stick to what I am supposed to and not throw up, is a huge thing. Now I don’t need a seat belt extender on an airplane. When I park really close to another car, I can squeeze out without my car door hitting the other car. I can fit into chairs. I can cross my legs. I have had to move my seat up in my car. I have been able to shop in non-plus size stores. Normal jewelry fits me,” said Parks about

the little things she enjoys about her weight loss.

“You really have to know that this is something that you want and you are willing to make the sacrifices it takes to get it done, and do it the right way. A lot of people think they are ready because they are just tired of being big for so long, but it is a hard road. It is a good idea to be in therapy or something to help you through the journey, because when you can no longer use food as your coping mechanism, you need to be able to work through your emotions and whatever life is throwing at you. In the end it is worth it. I wouldn’t take it back for anything,” said Parks, who plans to continue her doctors’ diet plan, working out and living a healthier life.

“I am never going back to 350 pounds. I am never going to go back to a size 26. I am never going back to using food as a way to deal with life.”

September is National Preparedness Month

Article by Brandi N. Montreuil

According to Ready.gov, research indicates individuals “who believe they are prepared for disasters often are not as prepared as they think,” while others may not be prepared at all. Imagine you are at work when an earthquake strikes your city leaving phone lines down, roads inaccessible, and you separated from you family. What is your plan?

According to the Federal Emergency Management Agency, most disaster situations strike when families are not together. Being prepared beforehand can help reduce stress and length of time apart, and prevent further emergency situations.

Knowing who to call, where to meet and what to pack should be included in your family emergency plan, along with practicing that plan on a regular basis.

FEMA suggests sending text messages to contact one another in the event of emergency as phone lines become overloaded and calls are disrupted. You can also create contact cards for each family member that includes how you

will communicate in different scenarios, and list out-of-state family members to notify that you are safe. Programming an “ICE” (In Case of Emergency) contact in your phone is also suggested. This can cut down time in an accident for emergency personnel to notify your family of your well-being.

An escape route should also be included in your emergency plan, such as meeting at a local store near your home. It is a good idea to include multiple meeting places in your plan according to your place of work, school, or children’s after-school activities, as disasters can happen at anytime.

Assembling an emergency kit for your home and car can increase your chance of survival until help arrives. Your kit should include enough supplies for at least three days and include important medication, non-perishable food and a gallon of water for each person in your house. Other things that should be considered for your kit include, flashlights, batteries, first aid kits, whistles to signal help, battery powered or solar cell phone chargers, tarps and duct tape for shelter, and a battery-powered radio or hand crank radio.

Knowing your communities emergency plan during different disasters will help your local first responders focus more on aiding people in critical incidents such as fires and collapsed buildings.

Getting involved in your community and receiving training through community emergency response teams, Medical Reserve Corps or your local emergency organizations can help keep your family and community safe from further risks and threats due to disasters.

For more information on preparing an emergency plan for your family, please visit the website www.ready.gov or search Tulalip Medical Reserve Corps at www.medicalreservecorps.org.

BE DISASTER AWARE

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

TAKE ACTION TO PREPARE

FEMA AMERICA'S PrepareAthon! Ready

Walking For Your Health

Submitted by Sandy Evans

We all know that a walk perks us up and makes us feel good, that the fresh air and movement are pleasant; but walking is also healthy. Exercise is one component of managing one's health along with healthy eating, monitoring vital signs, and managing medications.

Many chronic disease sufferers benefit from regular exercise and walking is a convenient way to improve management of heart disease, diabetes and lung diseases such as COPD (Chronic Obstructive Pulmonary Disease). Walking helps to lower blood sugar, increases strength can reduce the risks associated with a sedentary lifestyle such as weight gain and loss of balance.

Understanding this and wishing to contribute to the health and resilience of the tribal community, the Tulalip Tribes Medical Reserve Corps (MRC) unit, applied for and was awarded a \$20,000 MRC Challenge Award from the National Association of County and City Health Officials (NACCHO) in partnership with the Office of the Surgeon General.

The Tulalip Health Clinic's Diabetes Care and Prevention Program, partnered with Tulalip Tribes MRC as well as the Tulalip Tribes Natural Resources Department, Early Learning Academy, Tulalip Tribes Elders Center and many other departments to construct a half-mile long Wellness walking trail encircling the Tulalip clinic and a neighboring wetland area. The award is being used to surface the Wellness trail and increase opportunities for physical activity in a safe and central location. Native plants important to the Tulalip culture have also been

planted along the path to supplement the educational programs for young Early Learning Academy students as well as Northwest Indian College classes.

The goals of the Diabetes Care and Prevention Program are to prevent and control diabetes by maintaining low impact physical activity through walking, as well as growing and serving healthy traditional foods, and providing educational materials that promote health and resilience. The program integrates community-specific best practice standards of education using oral traditions, cultural activities, plus community-centered screenings, and conventional treatment, while respecting the individual's needs and preferences.

These goals echo those of the MRC. "The Tulalip Tribes MRC is part of the national network of dedicated volunteers and leaders engaged in local communities across the nation whose missions are to strengthen public health, improve the response to emergencies, and build resiliency," said CAPT Rob Tosatto, Director of the Division of the Civilian Volunteer Medical Reserve Corps. "With the challenges we face today, we must constantly look for sustainable and cost effective ways to improve health and safety while reducing disaster and health risks. The Challenge Awards help the recipient MRC units tackle unique issues in their communities with innovative approaches, and the ideas generated can then be translated and disseminated to other units to benefit our nation as a whole."

The Tulalip Tribes MRC falls under the Tulalip Office of Emergency Management, which in turn, is part of the Tulalip Tribes Police

Department. It is a dedicated group of volunteers, both medical and support, whose mission it is to assist the tribal community to be healthy, strong and resilient, especially in times of emergency or disaster.

The National Association of County and City Health Officials (NACCHO) represents the nation's 2,800 local governmental health departments. These city, county,

metropolitan, district, and tribal departments work every day to protect and promote health and well-being for all people in their communities. For more information about NACCHO, please visit www.naccho.org.

The trail is due to be dedicated in November, watch for the celebration!

Healthy Hearts, Healthy Minds



*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
American Indians and Alaska Natives!**

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\$190 in gift cards and checks.**

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Obituary

Cody Joe Dunn Feb. 25, 1989-Aug. 28, 2014

Cody Joe Dunn was born on February 25, 1989. He went to be with The Lord on August 28, 2014.

Cody was a brainiac that was good at whatever he chose to do. He was amazing at his chosen profession which was construction. He loved working with wood and made special gifts for his family. He worked hard at whatever he did. He loved the Seahawks!

Cody leaves behind his mom, Candy Hill-Wells (Lew); his dad, Mike Dunn; his siblings, David Dunn, David Merrill, Nanie Balagot, Michele Balagot (Chris),

Sonia SoHappy (George), Steven Gobin (Chandra), Natosha Gobin (Thomas), Michael Dunn, and the Love of his Life, Kathi Johnny, precious Chloe and their son that will arrive in November. Cody was so excited about the coming of his baby son.

He leaves behind his aunts, Diane Janes (Bill), Doris Gula (Bill), Linda Hill, Kathy Williams, Sheryl Fryberg (Ray), Verna Hill, and special Auntie Marcie from Canada; his uncle, Charles Hill Jr. Cody leaves behind numerous nieces, nephews, and cousins.

Cody had a unique and strong personality. He had his stubbornness and his sense of humor that will never be forgotten. Cody

will be missed greatly by his family and friends.

Cody was preceded in death by his loving grandparents, Howard and Gloria St. Germaine and Charles and Della Hill; his uncles, Teddi Hill, Dennis Hill, and Pat Dunn; his aunts Ella "Puggy" Hill and June Pablo.

Visitation was Tuesday, September 2, 2014 at Schaefer-Shipman Funeral Home with an Interfaith service following at the Tulalip Gym. Funeral Services were held Wednesday, September 3, 2014 at the Tulalip Gym with burial following at Mission Beach Cemetery. Arrangements entrusted to Schaefer-Shipman Funeral Home.



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- Introduction
- Sharing
- Break
- Share
- Encouragement
- Closing Prayer

EVERY WEDNESDAY
3:00 pm - 5:00 pm
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- Learn the details that you need to know about being successful with your beda?chelh case

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A PARENT ADVOCACY PROGRAM

Contact Information
Katie Jones 360-913-5787
Kay Feather 360-716-4311

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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 JUDGMENT 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 31st 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

14310 51 Dr. N.E.
Marysville Wa. 98271

360-421-9333



Legal Advocates for Indian Country

Russell Kelly
Legal Advocate
rhksal@comcast.net

What fall food or treat do you look forward to each year?



"Cold air and sunny days."

Caleb Woods
Tribal member



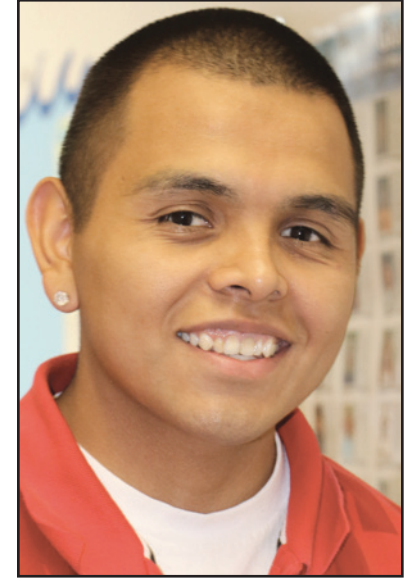
"Pumpkin squares. They are like pumpkin pie, but they are baked bars and you can put cream cheese or whip cream on them. They are good."

Yvette Pinkham
Tribal Employee



"Stew."


Jonny Dill
Tribal member



"Plain hot chocolate."

Andrew Enick
Tribal member

HIBULB events



WORKSHOPS
Sandra Swanson, Quilting Demonstration.
Sunday, Sept. 21 & 28 • 12:00 PM - 3:00 PM

COMMUNITY SERIES
Hibulb Cultural Center Film Festival
Saturday, September 20 • 12:00 PM - 5:00 PM

Join us as we recount history, culture and wisdom through film. This year's theme is "Family, Through Our Eyes". We invited all films, particularly films honoring family, family history, heritage and shared connections through the gift of stories on film. The Hibulb Cultural Center will begin with film-making workshops and will screen documentaries, feature films, shorts and music documentaries for this year's film festival.

12:00 PM - 12:45 PM
Derek C. Jones, Tulalip Filmmaker
Discussing Pre-Production for filmmaking.

1:00 PM - 1:45 PM
Aaron M. Jones, Tulalip Filmmaker
Discussing Film Screenwriting.

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

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

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BINGO



\$3,000 FOOTBALL HOT SEAT DRAWING

SEPTEMBER 4, 7, 14, 21 & 28

(2) Winners drawn each session prior to halftime, each winner will choose a "Football" to determine cash prize.

BINGO

\$2,500
LUNCHBOX
HOT SEAT DRAWING

TUESDAYS, SEPTEMBER 2, 9, 16 & 23

(2) Winners drawn each session prior to halftime, each winner will choose a "Lunchbox" to determine cash prize.

SLOTS

\$2,500
MYSTERY TRAVEL
HOT SEAT DRAWING

FRIDAYS, SEPTEMBER 5, 12, 19 & 26

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