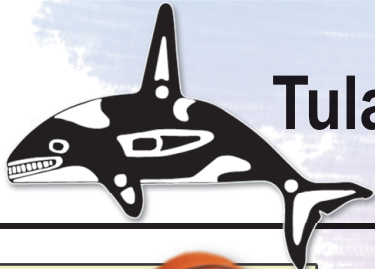


# Eagles at Tulalip

Photographed by  
Mike Bustad



Tulalip

# SEE-YAHT-SUB

Volume 35 No. 49

dx'li'lap syəcəb  
"Tulalip News"

Wednesday, December 17, 2014



See eagle photos, page 10

**TULALIP**

**YOU KNOW!**  
Hawks & Lady Hawks, P. 5-7

## Tribal history and culture to be taught at all MSD schools



**MSD adopts Since Time Immemorial curriculum during regular board meeting**

*Article and photos by Brandi N. Montreuil*

The work to correct history began long before the Marysville School Board met on December 8, to vote on adopting accurate tribal history and culture via the Since Time Immemorial (STI) curriculum into their district schools. The idea was first introduced by then newly elected Rep., John McCoy (D-Tulalip), in HB 1495 on January 26, 2005. The bill proposed requiring school districts to offer tribal history and culture along with Washington State and United States history curriculum. It passed 78-18 in the House on March 9,

See **Schools**, page 3



**TULALIP TV**  
www.tulaliptv.com

## See-Yaht-Sub 2014-15 Holiday Schedule

Due to Christmas and New Years holidays, we will not be printing December 31 or January 7 issues of the See-Yaht-Sub.

The first issue of 2015 will be January 14, with an extended deadline of Monday, January 5 by 4:30 p.m.

### Tulalip Tribes Vision

We gathered at Tulalip are one people.  
We govern ourselves.  
We will arrive at a time when each and every person has become most capable.  
Together we create a healthy and culturally vibrant community

### Tulalip Tribes Mission

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

### Tulalip Tribes Values

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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Deadline for contribution is Friday, with publication on the following second Wednesday (12 days later).

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

TULALIP TV Week of - Monday 12/22/14 thru Sunday 12/28/14		
Time	Show	Duration
12:00 AM	<b>Tulalip Matters</b> Tulalip Matters is your destination for information about what is happening on and around the Tulalip Reservation.	0:30
12:30 AM	<b>Choctaw Code Talkers</b> In 1918, not yet citizens of the United States, Choctaw members were asked to use their Native language as a powerful tool against the German Forces.	1:00
1:30 AM	<b>How to Bead - Peyote Stitch</b> or gourd stitch Native American style. Use to decorate fan or rattle handles, or anything round. Explains chevron, adding a bead, subtracting beads.	0:30
2:00 AM	<b>First Nations Portraits</b> The program looks at at the lifestyles past and present and the blending of age-old traditions with modern business ventures and educational programs	0:30
2:30 AM	<b>Native Report - 907</b> We learn about the rare Lac La Croix Indian Pony. We take to the night sky for a lesson in Native astronomy and see the stars through Dakota eyes.	0:30
3:00 AM	<b>Creative Native - 408</b> "Collectible Dolls": An interview with well-known Katchina doll-maker Gerry Quotskuyva, who explains the sacred meanings of these wooden dolls	0:30
3:30 AM	<b>NWIN 48</b> NorthWest Indian News: Since Time Immemorial: Native American Curriculum, Artist Daphne Odjig, Yakama Nation License Plates, Frybread	0:30
4:00 AM	<b>Native Lens #14</b> Ocean Acidity; John T. Williams Video; I am My Community; Potlatch Fund Gala 2010; SuperFly 2010 BTS; Backwards Girl; Two Worlds Inside.	0:30
4:30 AM	<b>Choctaw Code Talkers</b> In 1918, not yet citizens of the United States, Choctaw members were asked to use their Native language as a powerful tool against the German Forces.	1:00
5:30 AM	<b>First Nations Portraits</b> The program looks at at the lifestyles past and present and the blending of age-old traditions with modern business ventures and educational programs	0:30
6:00 AM	<b>Watchers of the North-Ep 5</b> The Junior Rangers: A revealing look into life in the Far North among Inuit teenagers who join the Junior Canadian Rangers.	0:30
6:30 AM	<b>Native Lens #14</b> Ocean Acidity; John T. Williams Video; I am My Community; Potlatch Fund Gala 2010; SuperFly 2010 BTS; Backwards Girl; Two Worlds Inside.	0:30
7:00 AM	<b>Native Report - 907</b> We learn about the rare Lac La Croix Indian Pony. We take to the night sky for a lesson in Native astronomy and see the stars through Dakota eyes.	0:30
7:30 AM	<b>Creative Native - 408</b> "Collectible Dolls": An interview with well-known Katchina doll-maker Gerry Quotskuyva, who explains the sacred meanings of these wooden dolls.	0:30
8:00 AM	<b>Tulalip Matters</b> Tulalip Matters is your destination for information about what is happening on and around the Tulalip Reservation.	0:30
8:30 AM	<b>Wapos Bay - Ep 15</b> 'Going for Gold' - Talon dreams of winning gold for Wapos Bay in the North American Indigenous Games, but he can't decide which event.	0:30
9:00 AM	<b>Heritage Girls Basketball</b> Tulalip Heritage 'Lady Hawks' Home Basketball HOME Game played in the Tulalip 'Francy J. Sheldon' Gym. Schedules subject to change	1:30
10:30 AM	<b>Heritage Boys Basketball</b> Tulalip Heritage Boys Home Basketball HOME Game played in the Tulalip 'Francy J. Sheldon' Gym. Schedules subject to change	1:30
12:00 PM	<b>Watchers of the North-Ep 5</b> The Junior Rangers: A revealing look into life in the Far North among Inuit teenagers who join the Junior Canadian Rangers.	0:30
12:30 PM	<b>Tulalip Matters</b> Tulalip Matters is your destination for information about what is happening on and around the Tulalip Reservation.	0:30
1:00 PM	<b>NWIN 48</b> NorthWest Indian News: Since Time Immemorial: Native American Curriculum, Artist Daphne Odjig, Yakama Nation License Plates, Frybread	0:30
1:30 PM	<b>We Shall Remain-Wounded Knee</b> In 1973, American Indian Movement and residents of the Pine Ridge Reservation occupied the town of Wounded Knee, demanding redress for grievances.	1:30
3:00 PM	<b>Native Lens #14</b> Ocean Acidity; John T. Williams Video; I am My Community; Potlatch Fund Gala 2010; SuperFly 2010 BTS; Backwards Girl; Two Worlds Inside.	0:30
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4:00 PM	<b>Native Report - 907</b> We learn about the rare Lac La Croix Indian Pony. We take to the night sky for a lesson in Native astronomy and see the stars through Dakota eyes.	0:30
4:30 PM	<b>Lushootseed</b> Learn Tulalip Lushootseed thru the Lushootseed Language Video Series and the Lushootseed Phrases of the Week.	0:30
5:00 PM	<b>Heritage Girls Basketball</b> Tulalip Heritage 'Lady Hawks' Home Basketball HOME Game played in the Tulalip 'Francy J. Sheldon' Gym. Schedules subject to change	2:00
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11:30 PM	<b>How to Bead - Peyote Stitch</b> or gourd stitch Native American style. Use to decorate fan or rattle handles, or anything round. Explains chevron, adding a bead, subtracting beads.	0:30

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](http://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](mailto:rtopaum@tulaliptribes-nsn.gov)

## Schools from front page

2005. However, since then school districts have lagged in offering accurate tribal history on the 29 federally recognized tribes located in Washington state. On December 8, MSD decided to unanimously pass adopting the Since Time Immemorial curriculum as part of required curriculum in all their schools.

“This is awesome. This is a big district and to have a school board adopt it means a lot to us at the Native Office of Education, us as Indian people, and the people who created it. This is a great thing, because they are saying how important it is to start teaching about our history and our culture,” said Denny Hurtado, the outgoing Director of Washington Office of Native Education, following the vote.

STI is the result of partnership between the State of Washington Office of Superintendent of Public Instruction, private and public agencies and several of the 29 federal recognized tribes in Washington state. The curriculum provides a basic framework of Indian history and understanding of sovereignty for grades k-12.

Aligned with the Common Core standards for English, language and art, STI lessons can be adapted by teachers to reflect the specific histories of tribes in their local area.

Teachers Shana Brown from the Seattle School District who is of Yakima dependency, Jerry Price, a middle school teacher with the Yelm School District and Elese Washines, an educator in the Yakima Nation Tribal schools, developed the curriculum under the leadership of Hurtado. STI was designed not just for non-Native students, but also for Native students. Its purpose, explained Hurtado to MSD board members, is to breakdown Native American stereotypes and misconceptions and to build bridges between tribal communities and non-Native communities.

“All they [students] know about us is what they learned in school, which is very little, and what you see on TV, which is not true, and what you read about during Columbus Day and Halloween,” Hurtado said before the vote. “I didn’t want this curriculum to seem

like it was just an Indian thing. This was a true partnership to develop something good for our school to use. The purpose is to build bridges between our community and your community. That is a big point for us Indian people, because we have a lot of mistrust of the education system because our first experience of education was the military boarding schools.”

Over 1,000 teachers have received STI training by the Washington State Office of Native Education and 30 percent of school districts in Washington are using STI curriculum in some shape or form. Montana, Oregon and Alaska have also adopted STI curriculum in their school districts, and currently the Seattle School Board is looking into implementing it into their schools.

Matt Remle, a Lakota Native from the Standing Rock Reservation and Native American Liaison with MSD, who was present for the voting, said the change was long overdue. Fellow liaison, Eliza Davis, Tulalip tribal member, said the history of

her own Tribe was lacking during her high school education.

“I graduated from Marysville-Pilchuck High School. I remember in Washington State history we watched the movie “Appaloosa.” That is what I remember of Washington State history. I don’t remember learning a whole lot about our Indian people or about Tulalip Tribes. I support the curriculum 100 percent. It is so important for our kids, all of our kids, and the whole community to understand the true history of all Washington Tribes, and also the history of Tulalip, Marysville, and what Tulalip does for this community as a whole. I think adopting this curriculum is the right direction.”

“I am excited for this day. I am excited about this and I am ready to approve this. We should have had this a long time ago,” said MSD board member Chris Nation right before the unanimous vote.

For more information on STI, please visit the website, [www.indian-ed.org](http://www.indian-ed.org).

## Changes for Tribal ID fees

Submitted by Rosie Topaum

**TRIBAL ID** - As of January 1, 2015 you can only receive 1 free tribal ID in the calendar year Jan-Dec. After the 1 free ID they will cost \$5. Please make sure to bring exact change because finance does not provide change. The old policy used to allow 2 free ID’s. **Gas Cards** – Once you get a new Tribal ID, we void out any previous ID’s – that is why they don’t work at the gas station, please take note.

**SPOUSAL ID’S** - As of January 1, 2015 for spousal ID’s it will be \$40 for new ID and \$20 for renewal. They are only done on Thursdays. The spouse must prove their identity with ID, spouse and member must sign the form (even for renewals), we must have a copy of the marriage certificate.

## The occupation of Wounded Knee – demanding redress for grievances



Submitted by Roger Vater

During the week of Dec 22-28 on Tulalip TV, Channel 99 on Tulalip Broadband or streaming live on <http://www.tulalip.tv> you can watch the documentary “We Shall Remain-Wounded Knee” at 1:30 p.m. and 8:30 p.m.

“We Shall Remain” is a groundbreaking mini-series and provocative multimedia project that establishes Native history as an essential part of American history.

On the night of

February 27, 1973, fifty-four cars rolled, horns blaring, into a small hamlet on the Pine Ridge Indian Reservation. Within hours, some 200 Oglala Lakota and American Indian Movement (AIM) activists had seized the few major buildings in town and police had cordoned off the area. The occupation of Wounded Knee had begun. Demanding redress for grievances - some going back more than 100 years - the protesters captured the world’s attention for 71

Continued on page 4

gripping days.

With heavily armed federal troops tightening a cordon around meagerly supplied, cold, hungry Indians, the event invited media comparisons with the massacre of Indian men, women, and children at Wounded Knee almost a century earlier. In telling the story of this iconic moment, the final episode of "We Shall Remain" will examine the broad political and economic forces that led to the emergence of AIM in the late 1960s as well as the immediate events - a murder and an apparent miscarriage of justice - that triggered the takeover. Though the federal government failed to make good on many of the promises that ended the siege, the event succeeded in bringing the desperate conditions of Indian reservation

life to the nation's attention. Perhaps even more important, it proved that despite centuries of encroachment, warfare, and neglect, Indians remained a vital force in the life of America.

You can watch "We Shall Remain-Wounded Knee" and many other Native programs on Tulalip TV, Channel 99 on Tulalip Broadband or streaming live on <http://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/we-shall-remain>*

# Merry Christmas

From the Tulalip Board of Directors



# Famous!

## Employees Recognizing Employees

### Carrie Jones



dʒəgʷaʔ dxʷyayus

(Famous for being a hard worker)

**December 2014**

Chosen by the General Manager's Office Staff

Carrie Jones Finance Coordinator for Behavioral Health Carrie has been an asset to the Behavioral Health Division, she is a team player, and works very hard on billing and finance, while updating statistics for the state/tribe. Her expertise and commitment makes Family Services run smoothly and efficiently behind the scenes. She has been an employee for 24 years, and has been a great asset to Tulalip Tribes and her knowledge and years of experience in Finance has assisted programs with the needs of our community. Congratulations Carrie!



Tulalip Tribal Government

## TERO Vocational Training Center winter graduation



TVTC graduates honored longtime instructor Mark Newland with a Pendleton blanket.

Article/photo by Micheal Rios

Sixteen students celebrated their graduation from an intensive three month pre-apprenticeship construction trades program on Monday, December 8, at the Tulalip Tribes administration building. The program, which is managed by the Tulalip TERO department, is the first state recognized Native American pre-apprenticeship program in the United States. The program is accredited through the Edmonds Community College and all in class curriculum has been formally approved by the Washington State Apprentice and Training Council. The three month course provides students instruction in the basics of the construction trade. In addition, they are awarded certifications in flagging, first aid/CPR, and an OSHA 10-hour safety card. Upon completion of the program students are ready to safely enter the construction work environment.

During the graduation ceremony, students shared what the program has meant to them, their favorite part of the program, and what their goals are after graduating. TVTC graduate Aaron Kornish commented on his favorite part of the program,

“the opportunities of learning how to build things with various techniques, getting the opportunity to meet different trade representatives, and having the opportunity to expand my horizon.”

While presenting their final thoughts to the audience of family, friends, trade representatives, and community members, students also presented their personal projects, a project they build as a class final that encompasses all the techniques and concepts they’ve learned over the past three months. Some projects included a skate board ramp, a four foot tall dresser, a cabinet for PlayStation 4 games, and an entertainment center.

Tulalip vice-chairman Les Parks delivered a brief speech to the graduates and audience members before the diplomas were handed out, noting that after graduating high school in 1975 he started a construction training program that was very similar to the TVTC program. “My recommendation to the students is to follow your dream, find your passion, find what fits you and go for it. Make it work,” Parks expresses to the students, “Wherever you find your passion, follow it, and

make it work for you.”

Mark Newland, nine year instructor of the construction program, was presented with and wrapped in a Pendleton blanket by his graduating students to honor all the hard work and dedication he has given to his students and the program.

This winter session marked the second successful completion of the program since undergoing reform. No longer titled the Native American Construction Trades Employment Program (NACTEP), the program has been transformed into the TERO Vocational Training Center (TVTC) and is completely funded by Tulalip TERO in partnership with Washington State Department of Transportation (WSDOT) and the Tulalip Foundation. TVTC classes are offered at no charge to Tulalip tribal members, tribal members of federally recognized tribes, spouses/parents of Tulalip tribal members, and employees of the Tulalip Tribes. The next TVTC session starts January 27, 2015. For more information contact Lynne Bansemer, TERO Client Services Coordinator, at (360) 716-4746 or lbansemer@tulaliptribes-nsn.gov.

### Winter Graduates

- Bradley Althoff, Tulalip
- Mangus Bauer, Round Valley Indian Tribes
- Nathan Bayhurst, Tulalip
- Leonard Begay, Navajo
- Joe Fox, Tulalip Spouse-Parent
- Arrion John, Yakima
- Aaron Kornish, Parent of Tulalip Tribes
- Jordan Laducer, Turtle Mountain Chippewa
- Micah Laducer, Turtle Mountain Chippewa
- Blaze Medina, Tulalip
- Dylan Monger, Tulalip
- Greg Moses, Tulalip
- Robert Ramos, Tulalip
- Dylan Rivera, Yakima
- El Tico Tyson, Spouse of Tulalip
- Tyrone Yazzie, Navajo

# Hawks soar in season opener

Article/photos by Micheal Rios

Coming off a very successful 26-1 season last year that saw the Hawks win a league championship, a district championship, and a tri-district championship, the expectations have been raised for our basketball program. It will be difficult to repeat the success of last year though, especially after losing so many senior players from last year's team, most notably Northwest 1B League's most valuable player Keanu Hamilton who is currently playing for Everett Community College.

This year's Hawks team will consist of seniors Jesse Louie, Dontae Jones, Anthony McLean, Trevor Fryberg and Ayrik Miranda, along with juniors Robert Miles and Willy Enick. Coaches Marlin Fryberg and Cyrus "Bubba" Fryberg have both retained their coaching positions from last season.

The Tulalip Heritage Hawks boys basketball team kicked off their 2014-2015 season with a home opener vs. the Marysville-Pilchuck Tomahawks junior varsity team. The game would be a true testament to the skill and strategy of both players and coaches as the Hawks only dressed five players for the game, meaning there would be no substitutions and in the event a player fouled out the Hawks would be forced to play a man down. Prior to tip-off, coaches Fryberg stressed playing smart, hard-nosed defense, while being patient and focused on executing the offense.

In the opening quarter the Hawks shot a lowly 4 for 15 from the field for only 9 points, however

junior standout Robert Miles scored 7 points in the quarter to keep the score close at 9-10. The Hawks made a point of emphasis to move the ball on the offensive end in the 2<sup>nd</sup> quarter. Spreading the floor and passing to the open man allowed the Hawks to catch fire. Jesse Louie and Willy Enick each had 3 assists in the quarter, while the team connecting on 8 of 10 shots carry over to the defensive end. The MP Tomahawks were shooting uncontested 3-pointers and jump shots, seemingly at will against the lackadaisical Hawks team defense. Luckily, for the Hawks, the Tomahawks were struggling to knock down their outside shots and the Hawks led the game 30-26 after the 2<sup>nd</sup> quarter.

During halftime the five Hawk players were visibly exhausted from playing the entire first half without any substitutions. The halftime intermission allowed them to get a rest, rehydrate, and go over second half adjustments. Coaches Marlin and Bubba Fryberg emphasized the lazy defense the Hawks had played in the first half, pointing out the game would not be close if the Hawks played the tough, aggressive style defense they are known for. Bottom line, the Hawks needed to pick up their defensive intensity to pull out the win.

Message received. The Hawks came out of halftime and played their style of aggressive defense. They trapped the Tomahawk ball handlers, jumped the passing lanes, and hustled to every



loose ball and rebound. Meanwhile Jesse Louie and Robert Miles attacked the basket at every opportunity, producing high efficient shots. The Hawks started the 3<sup>rd</sup> quarter on 9-2 run that led to a Tomahawk timeout, but the Tomahawk adjustments from that timeout didn't work. The Hawks continued their relentless play and scored 14 unanswered points, putting them up 53-28. With 2 minutes remaining in the 3<sup>rd</sup> quarter, both teams traded a pair of buckets. In all, the 3<sup>rd</sup> quarter saw the Hawks outscore the MP Tomahawks 27-6 and enter the 4<sup>th</sup> quarter with a 57-32 lead.

The Hawks continued executing their offense to start the 4<sup>th</sup> quarter, and held a 66-40 lead with 4:21 left to play. With a Hawks victory clearly in sight the disadvantages of no bench players reared its ugly head. With 1:51 to play Trevor Fryberg fouled out of the game, forcing the Hawks to play 4-on-5. The MP Tomahawks, having the one man advantage, went on a 14-4 run from that point. Having built a 26 point lead the Hawks were easily able to overcome their lack of roster depth on this day. When the final game buzzer sounded the Hawks won their season opener 70-54.

Coach Bubba Fryberg said after the game, "That third quarter was the difference in the game. We put the pressure on high, we trapped, and everyone was moving. That's the key. When we play defensively and everyone is moving we are going to be tough to beat. When we get a few more bodies here, a couple more kids get their

grades up, then we are on the move. We are going to get better as we go."

Key to the game: The Hawks dominant 27-6 3<sup>rd</sup> quarter.

Play of the game: In the 2<sup>nd</sup> quarter, Robert Miles pulled down a defensive rebound, went coast-to-coast, and drove through two Tomahawk defenders for a layup.

Coach's corner: The Hawks need to cut down on turnovers. Had 23 this game, including 10 in the 4<sup>th</sup> quarter.



Hawks #1 Robert Miles swishes a 3-point shot during the decisive Hawk's 3rd quarter run.

	FGM-A	3PM-A	FTM-A	REB	AST	STL	BLK	TO	PF	PTS
Robert Miles	13-15	2-3	2-5	10	2	2	0	3	3	30
Jesse Louie	6-13	1-3	5-7	6	9	3	0	12	4	18
Willy Enick	3-10	1-2	3-6	10	6	6	0	4	2	10
Trevor Fryberg	3-9	0-0	2-2	6	1	1	0	3	5	8
Anthony McLean	2-7	0-1	0-0	8	2	0	1	1	4	4
Team Totals	FGM-A	3PM-A	FTM-A	REB	AST	STL	BLK	TO	PF	PTS
	27-54	4-9	12-20	40	20	12	1	23	18	70

## Heritage Lady Hawks open 2014-15 basketball season against Marysville-Getchell C, 18-33

Articles/photos by Brandi N. Montreuil

Tulalip Heritage Lady Hawks hosted Marysville-Getchell C in their season opener played on December 4, at Heritage High School. The Lady Hawks team, which features mainly new players this season, had to play the opener with five players and no rotation, which contributed to a loss, 18-33.

Going into halftime, Lady Hawks only had four points on the board while Marysville-Getchell led by double. Lady Hawks head coach, Cyrus “Bubba” Fryberg Jr., talked about working on rebounding and ball pressure during the halftime. “We had too many turnovers in the first half. We had 15 of them. That is too many. This first game is like practice,” said Coach Fryberg, who took over for longtime Lady Hawk coach Tina Brown.

Due to the number of new players on the team, Coach

Fryberg is focusing on team building and will be looking to surpass last season’s record of 22 wins and 4 losses. Lady Hawks will need to watch their fouls and turnovers this season if they hope to continue on last year’s success.

“It’s going to take time. Once we start getting more girls in for subs we will be ok,” said Fryberg, who encouraged the players to not let the loss discourage them going forward in the season. “Play the game like we are 0-0, on every possession. If we score on that possession then we are winning the game. Every possession is important.”

“It was tough. We have some things to work on this season, but we did good this first game,” said Lady Hawk and guard Myrna Red Leaf.

Tulalip Heritage- 2 2 8 6 — 18  
Marysville-Getchell

C- 5 11 7 10— 33



Heritage Lady Hawk #3, Myrna Red Leaf.



## Lady Hawks take hard hit in loss against Highland Christian Knights, 15-23

Article/photo by Brandi N. Montreuil

“We are playing defense great but if we can’t score we are in trouble.” Is how Lady Hawks head coach Cyrus “Bubba” Fryberg described the first half of the Heritage Lady Hawks game against Highland Christian Knights on December 5, played at the at Heritage High.

The Lady Hawks scored one-point in the first half despite their great defensive playing.

“Our problem is we aren’t making those shots over and over. You can beat these girls because defensively you are doing you job, but we got to work on getting these shots,” said Fryberg to the team during halftime.

The strategy worked. The Lady Hawks were able to score eight points in the third quarter and six more by the game’s end. Although their offensive play

improved, the Knights were able to take the win for a final game score, 15-23

Highland Christian 8 4 7 4 – 23

Tulalip Heritage 1 0 8 6 – 15

Highland Christian – Katie Costely 2, Naomi Nuss 0, Craylise Jacobsen 0, Alaina Hayward 6, Chloe Brown 15.

Tulalip Heritage – Kaenisha Herrera 0, Myrna Red Leaf 2, Michelle Iukes 13, Mikaylee Pablo 0, Nina Fryberg 0, Jaylin Rivera 0.

You can watch a replay of the Lady Hawks game against Highland Christian on channel 99 on Tulalip Broadband or online at [www.tulalip.tv](http://www.tulalip.tv). com.

# Tulalip healing – intervening on youth trauma

By Kara Briggs-Campbell

“I love you too much to let you hurt yourself,” Robert Macy, a psychologist who works international trauma relief, said as he talked to the Tulalip tribal community about how to interrupt the thoughts of a youth who is considering killing themselves.

Macy, who is president of the International Trauma Center in Boston, met Thursday, December 4 with tribal member families, tribal staff and staff from area schools, to share techniques of traumatic incident stress interventions. Macy and a team of 100 specialists have worked in communities worldwide after natural disasters, terrorist acts and violent events.

Any effort to bring healing to the trauma that the Tulalip community feels will be built upon a combination of “Western medical practice, international tribal techniques for healing, and Tulalip’s own creativity and ingenuity,” Macy said.

At Macy’s request, no names or direct quotes from those who participated in sessions on Thursday will be shared in this article. Macy made this request out of concern that tribal members and staff be able to speak freely about their concerns in a confidential setting. Instead, the focus of this article is on Macy’s techniques for treating youth in trauma and helping communities with a history of trauma.

“After a traumatic event, your body goes into a higher level of adrenaline to absorb the shock,” he said. “Your adrenaline in this community was elevated for several weeks with the deaths and funerals.”

Your body’s emergency response to a threat is a good thing when there is a threat, but it’s a problem when the danger is gone and the child or adult can’t calm down to go to sleep or go to school or work. This is a sign that the nervous system is flooded with chemicals that keep you on edge and don’t let you calm down.

In this state of trauma, a fishnet, speaking figuratively, must be unfurled to catch every youth and every child who is reeling from the unexplainable and

unimaginable events of the past weeks, or the past months and years when other violent traumatic events impacted the tribal community.

“We don’t look for the kids who look like they are the ones in trouble,” Macy said. “We look at all the kids.”

To do this, Macy’s groups works with the community to create and train teams of community members, “from the bus driver to the bartender,” and from the mental health staff to the parents, to intervene with kids and cope with conversation.

It begins with, are you thinking of hurting yourself?

“I say to teens, don’t go into that dark corner, don’t go in there alone. Don’t let the light go out,” he said. “I love you too much to let you hurt yourself. The elders love you too much. Invoke the tribe. The tribe loves you too much to let you hurt yourself.”

With youth who are considering suicide, Macy said, “They are thinking, ‘I am dirty and disgusting. The world will be a better place without me.’” Amid those thoughts, suicide might seem to be the only option for some. The intervention is that there are more options.

At the same time, Macy advised that the Tulalip community agree and communicate that suicide is not only a bad choice, but it is also a taboo that is unacceptable in this community, he said.

For parents and trusted adults, he said it is important to find out what your kid really cares about, what matters the most to them. To do this requires the adult to come to a non-judgmental place of compassion and calm, because what the kid shares might be revolting to you. But finding this out will make a bridge that will help you reach your child, he said.

Some youth may need hospitalization, some may need medicine, and many others simply need outpatient counseling, programs and community engagement. The good news is that trauma is highly treatable as long as it isn’t suppressed and silenced.

“Trauma that is silenced will end in violence,” Macy said.

No decisions have been made by the Tulalip Tribes about what the next steps will be.

Macy said the important thing is to look at the strengths the Tulalip community has, including the resiliency of the Tulalip ancestors, the loving tribal children and parents, and the Tulalip community that is committed to finding a path to healing.

## Where to call for help 24 hours a day, 7 days a week, 365 days a year

The Tulalip Tribes’ Behavioral Health Family Services has worked tirelessly since the tragic shooting on Oct. 24 to provide mental wellness to anyone in the tribal community who needs help. Behavioral Health also knows that in crisis, people need help around the clock. Here is a list of the phone numbers with descriptions about the focus of each crisis line.

### To report an emergency dial 911

On the Tulalip Reservation and in Marysville, our 9-1-1 calls are answered by SNOAC, a regional public safety communications center that receives law enforcement, fire and medical 9-1-1 calls for 37 different Snohomish County jurisdictions. It’s staff of “highly trained and dedicated professionals are available 24x7x365,” as stated on SNOAC’s website. SNOAC’s Core Values are Integrity, Respect, Professionalism and Teamwork. Learn more at <http://www.snopac911.us/>.

### National Suicide Prevention Line: 1-800-273-TALK (8255)

The National Suicide Prevention Line, <http://www.suicidepreventionlifeline.org/>, is a crisis center in the Lifeline Network. After you call, you will hear a message saying you have reached the National Suicide Prevention Lifeline. Then you will hear hold music while your call is routed to a skilled, trained crisis worker who will listen to your problem. “No matter what problems you are dealing with, we want to help you find a reason to keep living. By calling, you’ll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.”

### Snohomish County Crisis Line: 1-800-584-3578

The Snohomish County Crisis Line connects callers with a mental health clinician, who will provide emotional support and crisis intervention to individuals in crisis or considering suicide. In addition to the 24 Hour Crisis Line, an online chat also offers crisis services through Care Crisis Chat for those who prefer to access care via the Internet. Learn more at <http://www.voaww.org/Get-Help/Behavioral-Health-Services> - sthash.uKHL-CR79.dpuf.

### Crisis TEXT Line: Text “Listen” to 741-741

The Crisis TEXT Line, <http://www.crisistextline.org/get-help-now/>, states, “Millions of teens are quietly suffering every day. They struggle with bullying, homophobia, suicidal thoughts and more. The solution is beautifully simple: We provide crisis intervention services to teens via a medium they already use and trust: text. And we use insights from our work to develop and share innovations in prevention, treatment, and long-term care.” It is a program of DoSomething.org, one of the largest non-profit organizations for young people and social change.



## 24 Hour Crisis Line: 1-866-427-4747

Based in King County, the Crisis Line provides crisis assistance. "We need to talk with you directly on the phone. By talking with you anonymously and confidentially, we are best able to work with you to find help," the Crisis Line states on its website, <http://crisisclinic.org>.

## TEENLINK: 1-866-833-6546

Based in Seattle and open from 6 p.m. to 10 p.m. nightly, TEENLINK puts teens in touch with professionally trained youth volunteers, rang-

ing in age from 15 to 20. "If you need to talk, our volunteers are there to listen and help you find youth-friendly resources in our community," the TEENLINK website states. About 10 percent of callers are considering suicide, the other 90 percent want to talk about topics such as relationships, problems at school, drugs and alcohol, self harm, grief and loss, dating violence, family problems, eating disorders, and much more. For more information visit, <http://866teenlink.org/about-teen-link>

## Tulalip Tribes Behavioral Health Family Services: 360-716-4400

The Tulalip Tribes has a large mental wellness program that provides mental health services for the Tulalip Tribes' children, youth and adults. This is the main number to call to make an appointment with a counselor or to access other mental wellness services. It is answered Monday through Friday during the Tribes' normal business hours.

# Preventing child sexual abuse is an adult responsibility

*Submitted by Crystal Reyes, Child Advocate, Legacy of Healing*

Darkness to Light believes that adults should be taking proactive steps to protect children from this significant risk. It is unrealistic to think that a young child can take responsibility for fending off sexual advances by an adult. Adults are responsible for the safety of children. Adults are the ones who need to prevent, recognize and react responsibly to child sexual abuse. Yet, the statistics clearly show that adults aren't shouldering this responsibility. Darkness to Light believes that adults just don't know how.

## Think About It

It's unrealistic to expect a six-year-old to fend off sexual advances from an adult relative. Children often cannot recognize sexual advances for what they are, and have been taught to "mind" adults who are authority figures.

## Adults are Responsible for the Safety of Children

- As adults, we strap babies into car seats, we walk children across busy streets, and we ask teenagers questions about where they are going and who they will be with, all to keep them safe. As adults, we should also be responsible for protecting children from sexual abuse.
- Why, then, are we at such a loss when it comes to pro-

tecting children from sexual abuse? Child abuse statistics show that adults do not adequately protect children from child sexual abuse, and the main reason is that **they don't know how.**

- Research suggests that adults are unaware of effective steps they can take to protect their children from sexual abuse. Most do not know how to recognize signs of sexual abuse and many do not know what to do when sexual abuse is discovered.
- There are several well-known and successful programs that teach children age-appropriate self-protection skills and techniques. These programs also teach children about physical boundaries, and about discerning types of touch. These programs are valuable to children, and the skills they teach have thwarted abductions and sexual assaults. However, this is simply one part of a larger prevention and protection plan. We must not fall into the trap of thinking that these skills alone are "good enough."

## Reporting Child Sexual Abuse to Authorities

Do you know where you would go to get help if your child was sexually abused? Do you know what agencies would be involved, or whether you would

need to call the police? Finding out these answers ahead of time can make a tremendous difference in how a child's case is handled.

## Agencies that Handle Reports of Child Abuse

These agencies handle **most** reports of child abuse:

- Child Protective Services (CPS) - 1-866-829-2153
- Tulalip Tribal Police - 360-716-9911
- The Police - 911

## What if I'm not sure? Where do I go?

Legacy of Healing Children's Advocacy Center coordinates with legal and social services professionals in a case. If you are unsure about making an official report or are in need of support, please contact us at 360-716-4100. We will help assess your suspicions.

For more information on Child Sexual Abuse please go to <http://www.d2l.org>

Karen I. Fryberg Tulalip Health Clinic							
2014 Holiday Closure Schedule							
	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec	28-Dec
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Full Clinic	Full Clinic	Acute	X-Mas	Acute	Closed	Closed
PM	Full Clinic	Full Clinic	X-Mas Eve	Holiday	Closed	Closed	Closed
	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan	4-Jan
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Acute	Acute	Acute	New Years	Acute	Acute	Closed
PM	Closed	Closed	New Yrs Eve	Holiday	Closed	Acute	Closed

Holiday Hours - 8:30am to 12:00pm

**Acute** = Weekday ½-day Limited Acute Care Only to include Dental Acute Care as well. Clinic hours will be **8:30am to 12:00pm**. We will take walk-in acute care patients only; first come, first served based on medical urgency and elder status.

**Closed** = Clinic closure when the clinic would otherwise be open.

**Full Clinic** = regular staffing, regular schedule.

**Acute** = regular Saturday Limited Acute Care Only clinic

**Closed** = regularly closed on Sundays

The clinic will be open in the mornings each day of the administrative closure and then closed on the actual holiday days. Should someone have a medical need while we are closed, they can call the on-call provider at 425-754-6334 or, if they are having an emergency, they should call 911 or go to the nearest emergency room.

Should someone need a purchase order, they can call medical reception at 360-716-4511 ext. 2 during the hours we are open. The receptionist will take their information and then contact the on-call CHS staff, who will call them back with the P.O.



## Photo submission

Eagles at Tulalip, December 7.  
Photos by Mike Bustad





## Jezidiah Daniel Echols

*Submitted by Kelsie Pablo*

It's a boy! Jezidiah Daniel Echols was born on July 29, 2014 to Nikki Pablo and Rasheed Echols. He weighed 7lbs., 14 oz. and measured 19 1/2 inches long. His grandparents are Tami Dugan, Debra Gordon-Mateen and Dan and Stephanie Pablo. His great-grandparents are Waynetta Brown, Audrey Goodlow, Leota Pablo and the late Louie Pablo. His aunts and uncles are Cory Pablo, Dan and Kelsie Pablo, Stan and Shandra Rude, Mike Pablo, Karina Boston and Teressa Burkett. Baby has lots of cousins!

## Tulalip Tribal Court Notices

**THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA No. TUL-CV-FO-2014-0317 Summons by Publication and Notice of Petition for Forfeiture In REM FORD RANGER PICKUP (VIN: 1FTCR147TP1339429) Rachel Torres or any other owner or interest holder:** On April 23, 2014, a Petition for Forfeiture of Seized Property was filed in the above-entitled Court pursuant to TTC 2.15. 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 forfeiture of your property; 4) that if you intend to call witnesses, a witness lists must be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the forfeiture petition no later than December 12, 2014, and serve a copy on the Prosecuting Attorneys Office 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 31<sup>st</sup> Ave. NE, Tulalip, WA 98271. Office of the Prosecuting Attorney


**THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA No. TUL-CV-FO-2014-0316 Summons by Publication and Notice of Petition for Forfeiture In REM THREE HUNDRED FORTY TWO DOLLARS (\$342.00) In U.S. Currency. Rachel Torres or any other owner or interest holder:** On April 23, 2014, a Petition for Forfeiture of Seized Property was filed in the above-entitled Court pursuant to TTC 2.15. 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 forfeiture of your property; 4) that if you intend to call witnesses, a witness lists must be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the forfeiture petition no later than December 12, 2014, and serve a copy on the Prosecuting Attorneys Office 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 31<sup>st</sup> Ave. NE, Tulalip, WA 98271. Office of the Prosecuting Attorney

**TUL-CV-GU-2014-0419 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of A.M. TO: Tabatha Melton and Danny Moses, Jr.:** YOU ARE HEREBY NOTIFIED that on 10/23/14, a Petition for Guardianship was filed in the above-entitled Court pursuant to TTC 4.05 regarding AM. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer on 1/14/2015 at 1:30 p.m. in Tulalip Tribal Court, 6103 31<sup>st</sup> 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: December 10, 2014.

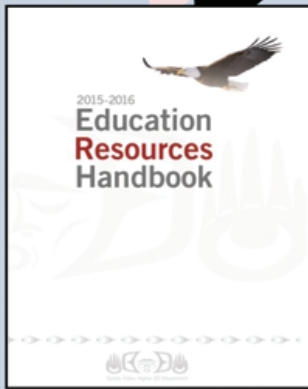
**TUL-CV-PO-2014-0374 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip, WA Lyle v. Aleck To: Kenneth J. Aleck, Sr. YOU ARE HEREBY NOTIFIED** that on September 18, 2014, a Petition for Order for Protection, Domestic Violence, was filed in the above-entitled Court pursuant to TTC 4.25.500. You are hereby summoned to appear and respond to the above-entitled action in the above-entitled court, located at 6103 31<sup>st</sup> Ave NE, Tulalip, WA 98271, on January 5, 2015 at 9:00 A.M. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO APPEAR, JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: November 12, 2014.

**TUL-CV-GU-2014-0331. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re M.J.S.F.TO: Joel Sanchez:** YOU ARE HEREBY NOTIFIED that on August 22, 2014 a Petition for Guardianship was filed in the above-entitled Court pursuant to TTC 4.05 regarding M.J.S.F.. You are hereby summoned to appear and defend the above entitled action in the above entitled Court and answer on February 12, 2015 at 2:30 PM in Tulalip Tribal Court, 6103 31<sup>st</sup> Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: November 19, 2014

**TUL-CV-GC-2014-0431 and TUL-CV-GC-2014-0432. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re K.M.O. and K.S.M. TO: Charmaine Michell:** YOU ARE HEREBY NOTIFIED that on November 3, 2014, Petitions for Name Change of K.M.O. and K.S.M. were filed in the above-entitled Court. You are hereby summoned to appear and defend the above entitled action in the above entitled Court and answer on January 14, 2015 at 10:00 AM in Tulalip Tribal Court, 6103 31<sup>st</sup> Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: November 19, 2014



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# What was your favorite part of the TERO Vocational Training Center experience?



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**Aaron Kornish**  
TVTC Graduate



"Framing. The Framing was the easiest concept to learn and then apply to a large build, like a house or garage."

**Arrion John**  
TVTC Graduate



"The learning experience. Learning how to square up a building, frame a wall, and learning how to use tools I've never used before."

**Blaze Medina**  
Tribal member



"Learning about electricity. You can't see it, but knowing it's there and how it works is a useful skill."

**Dylan Rivera**  
TVTC Graduate

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