

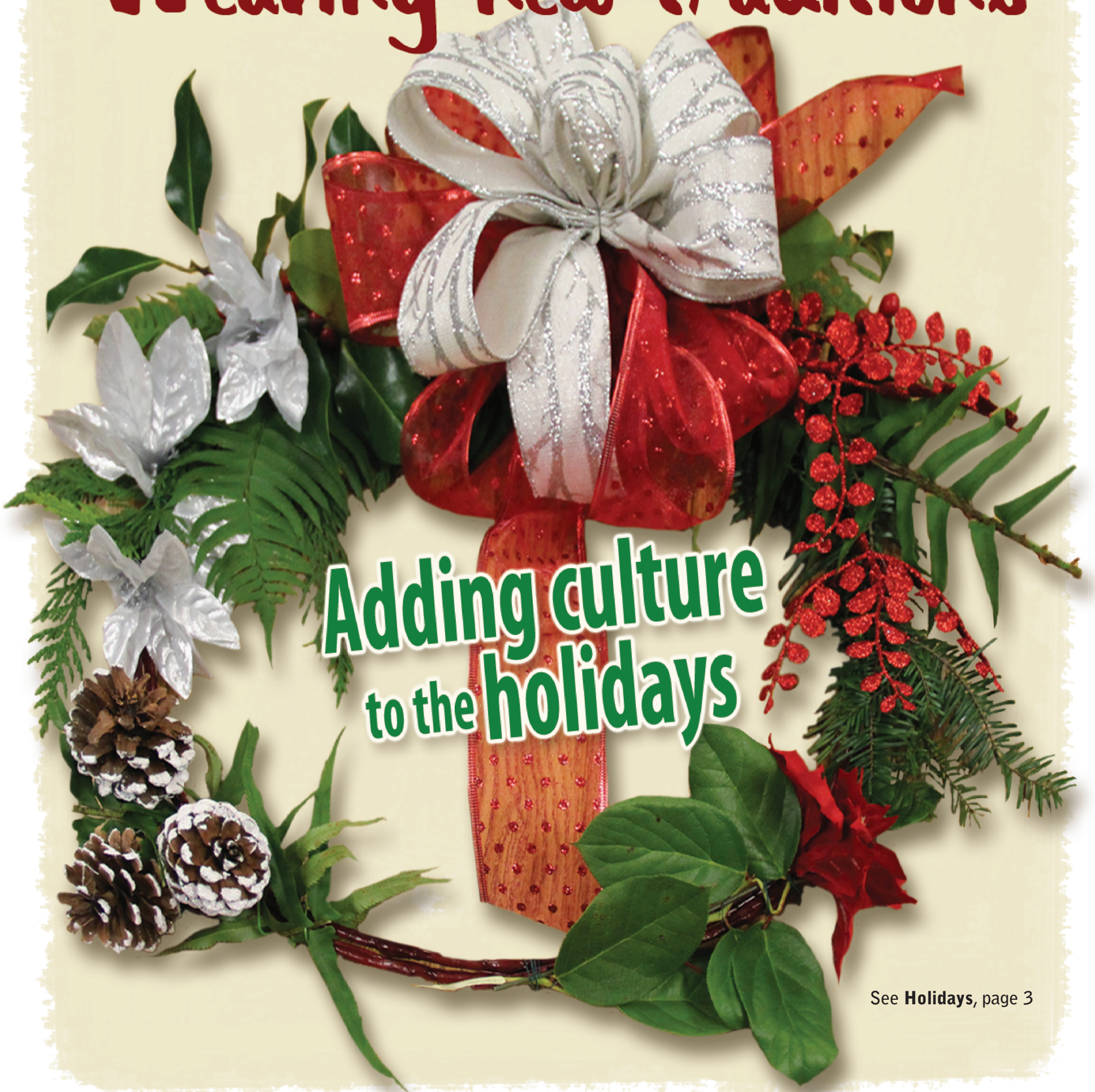
Tulalip

**SEE-YAHT-SUB** dx̣'łilap syəcəb  
"Tulalip News"

Volume 35 No. 50

Wednesday, December 24, 2014

# Weaving new traditions



**Adding culture  
to the holidays**

See **Holidays**, page 3





**TULALIP TV**  
www.tulalip.tv

## 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

Manager: Sara "Niki" Cleary, 360.716.4202  
email: ncleary@tulaliptribes-nsn.gov

Lead Reporter: Brandi Montreuil, 360.716.4189  
email: bmontreuil@tulaliptribes-nsn.gov

Reporter: Micheal Rios, 360.716.4198  
email: mrios@tulaliptribes-nsn.gov

Supervisor/Design: Kimberly Kalliber, 360.716.4192  
email: kkalliber@tulaliptribes-nsn.gov

Librarian: Jean Henrikson, 360.716.4196  
email: jhenrikson@tulaliptribes-nsn.gov

Digital Media Coordinator: Roger Vater, 360.716.4195  
email: rvater@tulaliptribes-nsn.gov

Administrative Assistant: Val Williams, 360.716.4200  
email: vwilliams@tulaliptribes-nsn.gov

Volume 35, No. 50, December 24, 2014

Published once-a-week with special issues by the:  
Communications Dept.



Tulalip Tribes  
6406 Marine Drive  
Tulalip, WA 98271  
360-716-4200; fax 360-716-0621  
email: editor@tulaliptribes-nsn.gov

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 Monday 12/29/14 thru Sunday 01/04/15		
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>For the Generations</b> Native American performers infuse contemporary genres of dance and music with traditional elements from their Tribal heritage.	1:00
1:30 AM	<b>How to Bead - Medallions</b> Learn how to bead rosettes using curved lines and floral shapes using running stitch beading. Learn how to finish your projects with edge beading.	0:30
2:00 AM	<b>Knowledge is the best Medicine</b> What it means to take prescription drugs: why it is important to follow directions, what to do if you have an unwanted reaction and much more.	0:30
2:30 AM	<b>Native Report - 908</b> On this new episode of Native Report we attend the Oklahoma premier of "Sliver of a Full Moon," a play about the Violence Against Women Act.	0:30
3:00 AM	<b>Creative Native - 411</b> "The Navajo": The history and art of the nomadic nation of the Navajo. As the largest tribe in the United States the Navajo have a long and rich history.	0:30
3:30 AM	<b>NWIN 47</b> NorthWest Indian News: John T Williams Memorial Pole, Alert Bay Big House, Lummi Nation Renewable Energy Programs, Tacoma Welcome Figure	0:30
4:00 AM	<b>Native Lens #13</b> Potlatch Fund - Leadership Honoring Awards 2010, Makah Tree Fall, Awakening Our Community (Tulalip Tribes), Muckleshoot - Four Children	0:30
4:30 AM	<b>For the Generations</b> Native American performers infuse contemporary genres of dance and music with traditional elements from their Tribal heritage.	1:00
5:30 AM	<b>Knowledge is the best Medicine</b> What it means to take prescription drugs: why it is important to follow directions, what to do if you have an unwanted reaction and much more.	0:30
6:00 AM	<b>Watchers of the North-Ep 6</b> The Fishing Derby: The Canadian Rangers test ice safety before the whole town heads out for the annual spring fishing competition.	0:30
6:30 AM	<b>Native Lens #13</b> Potlatch Fund - Leadership Honoring Awards 2010, Makah Tree Fall, Awakening Our Community (Tulalip Tribes), Muckleshoot - Four Children	0:30
7:00 AM	<b>Native Report - 908</b> On this new episode of Native Report we attend the Oklahoma premier of "Sliver of a Full Moon," a play about the Violence Against Women Act.	0:30
7:30 AM	<b>Creative Native - 411</b> "The Navajo": The history and art of the nomadic nation of the Navajo. As the largest tribe in the United States the Navajo have a long and rich history.	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 16</b> 'Raven Power' - Raven convinces the women of Wapos Bay to leave the village after deciding the men were taking them for granted.	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 6</b> The Fishing Derby: The Canadian Rangers test ice safety before the whole town heads out for the annual spring fishing competition.	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 47</b> NorthWest Indian News: John T Williams Memorial Pole, Alert Bay Big House, Lummi Nation Renewable Energy Programs, Tacoma Welcome Figure	0:30
1:30 PM	<b>Reel Injun</b> An entertaining and insightful look at the Hollywood Indian, exploring the portrayal of North American Natives through a century of cinema.	1:30
3:00 PM	<b>Native Lens #13</b> Potlatch Fund - Leadership Honoring Awards 2010, Makah Tree Fall, Awakening Our Community (Tulalip Tribes), Muckleshoot - Four Children	0:30
3:30 PM	<b>Wapos Bay - Ep 16</b> 'Raven Power' - Raven convinces the women of Wapos Bay to leave the village after deciding the men were taking them for granted.	0:30
4:00 PM	<b>Native Report - 908</b> On this new episode of Native Report we attend the Oklahoma premier of "Sliver of a Full Moon," a play about the Violence Against Women Act.	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
7:00 PM	<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
8:30 PM	<b>Reel Injun</b> An entertaining and insightful look at the Hollywood Indian, exploring the portrayal of North American Natives through a century of cinema.	1:30
10:00 PM	<b>For the Generations</b> Native American performers infuse contemporary genres of dance and music with traditional elements from their Tribal heritage.	1:00
11:00 PM	<b>Watchers of the North-Ep 6</b> The Fishing Derby: The Canadian Rangers test ice safety before the whole town heads out for the annual spring fishing competition.	0:30
11:30 PM	<b>How to Bead - Medallions</b> Learn how to bead rosettes using curved lines and floral shapes using running stitch beading. Learn how to finish your projects with edge beading.	0:30

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

The Tulalip TV Program schedule is always available at [www.TVGuide.com](http://www.TVGuide.com) enter zip code 98271, select Tulalip Broadband. You can find the weekly schedule at <http://www.tulalip.tv/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](mailto:rtopaum@tulaliptribes-nsn.gov)



## Holidays from front page



Tribal employees Mietra Williams and Amber Ramos proudly display their handmade wreaths.

Article and photos by Micheal Rios

When you think of the holiday season, what do you think of? Is it time off from work? Is it family? Or is it about the gifts you still have to buy? For most of us it's probably a combination of those answers, with the emphasis on the stuff you still have to buy. Our holiday season has become overshadowed by the materialism and appetite for consumerism that invades modern times. Not only are we buying stuff to give to people, buying holiday foods to eat, but we are also buying stuff to decorate our houses. For those who attended the 3<sup>rd</sup> annual Wreath Making Class, offered at the Tulalip Hibulb Cultural Center on December 10, they were able to celebrate the holiday season the traditional way; honoring the cause by creating a holiday wreath with family and friends that they chose to enjoy their time with.

In its third year, the wreath making event was coordinated by Inez Bill, Rediscovery Coordinator for the Hibulb Culture Center, Joy Lacy, Historic Records Curator, and Virginia Jones, Cultural Resources Secretary. They harvested resources such as cedar boughs, salal plants, holly, and ferns from the Tulalip woods that were used to make the holiday wreaths. Of having to go into the woods to harvest Joy Lacy said, "You forget about the little things in life until you get out in the woods and start gathering. It felt good being out in the woods. When you get back there you know what you are missing."

Attendees of this year's

wreath making class were treated to a festive, communal gathering of Tulalip tribal members, tribal employees, and invited guests who came together with the common purpose of hand making a holiday wreath. "It's my way of giving to the people. It's an opportunity for people to make something, enjoy themselves, and to have something they've made by hand," Inez Bill says of the wreath making class.

There was a variety of supplies on hand, so that each person could make their own unique wreath while creating connections with those around them. Even the creative novice would not have difficulty creating something to be proud of, as there was plenty of help and ideas to be offered by the event coordinators. The experience of creating something by hand, in such a welcoming, cheerful environment, makes the end result of having a wreath to giveaway as a gift or hang as a decoration so much more meaningful, something one simply can't purchase from a retail store.

Among the attendees were three University of Washington students from the international and prestigious Restoration Ecology Network. They came to experience the ethnobotanical influence that the local environment has on traditional Tulalip activities. Inez Bill described the ethnobotanical influence of the wreath making class as being one of healing and keeping our connection to nature thriving.

"To me, I think anything you do working with your hands can be

healing. Here, at Hibulb Cultural Center, we follow the teaching and values when we harvest anything. We only take what we need. We move area to area while harvesting. That way we aren't wiping out one area. We value those traditional values and teachings. I think a lot of the plants that we harvest have medicinal values and other uses but at this time we are using them for wreaths. Cedar boughs have always been important to our people. You can brush yourself off with it. Some of the other plants, like salal, we use the berries from it. These plants we are familiar with. To go into nature and harvest them and have them here, we are hoping to keep that connection with nature in doing events like this for our people."

Also in attendance were five members of the local Tulalip movement Unity in the Community. They spent approximately four hours in the wreath making class creating holiday wreaths to give to Tulalip elders. "We are community members that have the ability to respond and so we want to do what we can. Utilizing resources that are already given seemed like the easiest place to start," remarked Tulalip tribal member Bibianna Anchetta.

Offered to all those who participated in the wreath making festivity was a complimentary lunch comprised of traditional Tulalip cuisine. Inez Bill used her own elk meat to cook up an elk stew with nettles, Terri Bagley made a huge batch of fry bread, and Virginia Jones provided blackberry nettle

lemonade and blackberry pudding. The blackberry used was the wild ground blackberry native to Tulalip. The stinging nettle used in both the stew and lemonade was harvested this past spring. "It's a plant and fiber source that our people have used for a lot of different things. It has a lot of nutritional value and is one of the strongest fibers that anyone can use. It is nice to be able to offer our people some of these local, traditional foods when we come together," Bill says of the stinging nettle and blackberry ingredients.

The holiday season is supposed to be about being around people you care about and showing them you care about them. For Inez Bill and the staff of the Hibulb's Rediscovery Program, not only did they offer a wreath making class that allowed community members and guests to come together, but they showed their class attendees how much they care for them by preparing a traditional Tulalip lunch. It's all part of adhering to traditional Tulalip values and traditions, Bill explains.

"Respect and caring. That's what we try to share with our people when we work with them. A lot of people have forgotten those values. We are here to share that with our tribal membership. Something that was taught a long time ago by aunties and grandmothers and grandfathers we teach here, those teachings and values. Here we can keep that connection and share that connection to nature with our people. This is a living culture."



Mother and daughter, Pat Contraro and Sara Andreas work side-by-side making holiday wreaths.



## Stereotypes of Native people in Hollywood movies

By Roger Vater

During the week of Dec 29 - Jan 4 on Tulalip TV, Channel 99 on Tulalip Broadband or streaming live on <http://www.tulalip.tv> you can watch the documentary "Reel Injun" at 1:30 p.m. and 8:30 p.m.

Kemosabe? Loincloths, fringed pants, and feather headdresses? Heap big stereotypes. "Reel Injun" is an entertaining trip through the evolution of North American Native people ("The Indians") as portrayed in famous Hollywood movies, from the silent era to today.

Cree filmmaker Neil Diamond takes a look at the Hollywood Indian, exploring the portrayal of North American Natives through a century of cinema. Traveling through the heartland of America and into the Canadian North, Diamond looks at how the myth of "the Injun" has influenced the world's understanding - and misunderstanding

- of Natives.

Diamond meets with Clint Eastwood (*The Good, the Bad and the Ugly; A Fistful of Dollars; Unforgiven*) at his studios in Burbank, California, where the film legend discusses the evolution of the image of Indians in Westerns and what cowboy-and-Indian myths mean to America. "Reel Injun" also hears from legendary Native American activists John Trudell, Russell Means, and Sacheen Littlefeather.

Diamond takes the audience on a journey across America to some of cinema's most iconic landscapes, including Monument Valley, the setting for Hollywood's greatest Westerns, and the Black Hills of South Dakota, home to Crazy Horse and countless movie legends. It's a loving look at cinema through the eyes of the people who appeared in its very first flickering images and have survived to tell their stories their own way.

You can watch "Reel Injun" and many other Native programs on Tulalip TV, Channel 99 on Tulalip Broadband or streaming live on <http://www.tulalip.tv> 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.tulalip.tv/tulalip-tv-schedule>

Program description source: <http://www.pbs.org/independentlens/reel-injun/>

## Closed sessions, Public Law 101 and transparency

### Theresa Sheldon and Deborah Parker chat about the December Board meeting

By Niki Cleary

In an effort to bring our citizens the most current information about our government, the See-Yaht-Sub staff will be asking our Board to sit down after both General Council meetings and regular Board Meetings to chat about the decisions that affect our Tribe.

After the December 6<sup>th</sup>, Regular Board Meeting we interviewed Services Committee members Deborah Parker and Theresa Sheldon. No other Board of Directors responded to the request for an interview.

#### Closed Sessions

As you peruse the Board Minutes or Directives, the flow of information is punctuated by "closed session." Although the gaps in information don't seem to have any rhyme or reason, Board of Director Theresa Sheldon explained that they do have a positive intent.

"The principle of a closed session is that when you are talk-

ing about confidential matters, for example, employee situations, contract negotiations, legal or court matters, HIPAA (Health Insurance Portability and Accountability Act of 1996, a law that protects patient privacy) and anything to do with minors," she said.

"Outside those categories, anyone can request a closed session and it's up to the Chairman to decide to close or not," Sheldon continued. "Sometimes we'll start out and maybe it shouldn't have been a closed, but you already called it so you go forward. For the record, we've been trying to officially state even if we can't put what the issue is."

Employment contracts made up many of the items on the Services Committee Agenda this past month.

"Contracts typically cover January 1<sup>st</sup> to December 31<sup>st</sup>," explained Sheldon. "Contracts for employment are usually for sensitive positions or positions where it's necessary to quickly let the employee go if the employee's philosophies aren't a good match with the Tulalip Tribes values. Some grant funded positions are also contracts

because we don't have a guarantee that funding will be available to continue the position from year to year. Most of our contracts have a 10-day-out clause. A lot of this is just routine business."

#### Public Law 101.360

Public Law 101.630 has been a hot topic in the community as well. The law applies to all tribes who receive self-governance grants, including Tulalip. Public law 101.360 bars people who have been convicted of certain crimes, generally crimes that include harm against another, from working in jobs that include close contact with, or control over vulnerable populations. Board of Director Deborah Parker explained.

"Public Law 101 is not being implemented across the board for all tribal employees," she pointed out. Janitors and administrative staff, and those with passing interactions are not generally subject to the law.

"People with old warrants or felonies have said they're afraid for their job, and they've been working here for much of their life. Quite simply, it won't affect employees if they don't work in those sensi-

tive areas, if they don't work with or have control over elders, children or vulnerable adults."

There is the possibility, Parker acknowledged, that some employees may no longer qualify for their jobs due to the new requirements.

"This is the reality of times changing," she said. "This federal law is working to make sure that our children and vulnerable adults are more protected, not less protected. This is a compliance issue that we are working as a tribe to uphold and, frankly, it's a good step. We want advanced protections. We want our children to be safe. We want our elders to be safe. For all other positions, it should be business as usual."

#### Taxes for Youth in Need of Care

Per capita payments that are made from gaming revenue are considered income by the Internal Revenue Service, and they are subject to federal income taxes. In order to protect the interests of children currently in the beda?chelh system, beda?chelh is filing their taxes.

Sheldon gave a quick background, "Youth in Need of Care are a special issue because the half of



their per capita that they are eligible to receive is deposited into a judicially blocked account. Last year, 2013, was the first time that beda?chelh filed taxes for Youth in Need of Care. It was successful and we're going to do it again this year.

"The plan is that if you had a child in your home for less than six months, beda?chelh will file taxes and claim the child. Beda?chelh has a group rate with Liberty Tax. If the child has resided in your home for more than six months, then you are eligible to claim them. There are two filing options. Option one is that beda?chelh does all the filing, and option two is that the placement can file and be reimbursed up to the \$80.00 that beda?chelh is paying under the group rate."

Sheldon reminded parents that they should be filing taxes for all children, not just Youth in Need of Care.

"Every minor child's taxes need to be filed every single year.

Otherwise, when that child turns 18, they will be taxed at a far higher rate and they will lose a lot more money. Please file your child's taxes every year."

### Unclaimed checks account

Tulalip is creating an "unclaimed checks" account.

"We're opening a bank account where all unclaimed checks will go, so that later down the road, if for any reason you didn't receive a check, there will be a record of it," explained Parker. "The funds will be deposited into an account where they will sit."

The account serves two purposes, it reserves the funds in the event that they are claimed in the future, and it simplifies the accounting process.

"It clarifies our books," said Sheldon. "In the past we've never zeroed out our per capita account because there were always unclaimed checks. That's really

affected our accounting process. The account should zero out every month."

### Miscellaneous

Routine items are addressed every month. Sheldon and Parker touched on a few of them.

"We approved Judge Pouley to be Chief Judge," said Parker. "She does excellent work for our tribe and we support her for leading our courtrooms and administering our laws. We'll also be meeting in the next couple of weeks on the Exclusion Ordinance and refining recommendations for possible changes.

"General Council is coming up and Councilwoman Sheldon brought forward Mary Watson's idea of giving a door gift of a doormat with the word "welcome" written in Lushootseed. We feel it's nice to give a gift, but we've received feedback in the past that some people don't feel it's necessary and they

would rather see that money go to a program instead. Either way we're happy to hear any feedback"

Parker extended that invitation to all Board activities.

"The Board of Directors are working really hard to be transparent and we're happy to work with the See-Yaht-Sub to make sure that information is getting out to our membership in a timely fashion and in a manner that is understood. Our membership, if they have any questions, are more than welcome to speak with Santana Sheldon, our new office manager."

"Our membership is always welcome to reach out to Board members too if they have questions or need clarifications or just want to learn how we operate. There is a lot that happens throughout the week, often we're working seven days a week, but it's truly a blessing to serve our people."

## Mikaylee Pablo, Tulalip Tribes White House Ambassador



Mikaylee Pablo, Tulalip White House Ambassador with Tulalip Tribes flag.

By Theresa Sheldon

This year marked the 6th anniversary of the annual White House Tribal Nations Conference. Every year President Barack Obama and his Cabinet members

meet with 566 tribal leaders and delegates from each federally recognized Tribe to consult about: How to advance the government-to-government relationship, self-determination, treaty, and trust respon-

sibilities; promoting healthy communities and tribal health-care; strengthening tribal economies, jobs, energy, housing, and infrastructure; promoting safe and strong tribal communities, law enforcement and disaster response; protecting our future, the environment, natural and cultural resources; The next generation, education and supporting Native youth; and international relationships and participation. This year the White House focused on Tribal youth and invited 40 Youth Ambassadors from across Indian country to participate in the three-day consultation sessions.

Tulalip citizen Mikaylee Pablo, a Heritage High School student, was selected as 2014 Tulalip Tribes White House Ambassador. She was selected by Tulalip Youth Services staff utilizing the same screening mechanism they created to help select the student

of the year. Mikaylee's grades, school attendance and her leadership involvement in school activities were the main criteria for why she was selected as the Youth Ambassador. As a Board of Director, I was able to participate in the Youth Ambassador track with Mikaylee.

Why is it important for youth to learn about Tribal Government and WA DC? Our youth are the foundation of our nation. We have to provide opportunities for our youth to witness and participate in true government to government consultation. Our youth, and all our citizens, need to understand and appreciate the immense complexity and long standing traditions our two Governments have created together when working for the betterment of our tribal citizens.

President Obama said, "The idea is, we're working with tribes to give schools and

*Continued on page 6*





Mikaylee, Nusrat Durrani, General Manager, MTV World, and Theresa Sheldon Tulalip Board of Director.

students intensive support across a range of areas, from nutrition, to mental health, to culturally relevant curriculum. We know that learning about the history and language and traditions of one's people can make a huge difference in a child's education. And in the long run, if it's done right, it can help more of them be prepared for college and careers."

We truly believe that our youth must walk with our leaders to learn what will be required of them as adults to run our government. Currently 40 percent of our Tulalip citizens are under the age of 18. This means we have 1,715 tribal children who need opportunities to learn about our tribal government and the federal government so they may fight for our treaty rights and defend what our ancestors have already secured for us as a sovereign nation with our own language, culture and self-identity.

As one Board of Director, I am hoping this expe-

rience will ignite a conversation with our youth to become involved in our own Youth Council and for our youth to become the change seekers our tribe needs. Currently, Tulalip Tribes has around 380 high school students. We need our youth to get engaged in organizing their peers for the betterment of our tribal nation. If you are one of our youth, please email me at [tsheldon@tulalip-tribes-nsn.gov](mailto:tsheldon@tulalip-tribes-nsn.gov), or message me on Facebook. Tell me what you want to see happen here at Tulalip.

Opportunities for our youth to become organized are happening all around us and an example is the United National Indian Tribal Youth (UNITY) coalition, which is holding their mid-year conference in Washington D.C., February 11-15, 2015. There is still time for our youth to fundraise so they may attend. For more information contact [unity-inc.org](http://unity-inc.org).

While in D.C., Les Parks served as Tulalip's representative and spoke on the need for more tribal funding for after school programs. Glen Gobin attended the consultation with the U.S.



Kevin Washburn U.S. Department of Interior Assistant Secretary Indian Affairs, Mikaylee, Brian Cladoosby NCAI President, and Deborah Parker, Tulalip Board of Director.

Treasury Department and the EPA. Deborah Parker introduced Vice President, Joe Biden at the White House Tribal Leaders Conference. Tulalip Tribes was well represented and brought back a lot of information for our nation.

## Legal notice: Two Non-Tribal Members needed to serve on Tulalip Tribes Planning Commission

The Tulalip Tribes is seeking two (2) non-Tribal member residents of the Tulalip Tribes Reservation to serve on the Tulalip Planning Commission. The positions will be selected and appointed by the Board of Directors. The Commissioners meet during evening meetings that are held twice a month at 5:30 p.m. The three-year terms begin approximately in January, 2015. The Planning Commission is responsible for conducting public hearings, reviewing staff reports, and making recommendations on land use plans, regulations, and development proposals on the Tulalip Tribes Reservation. Interested persons should submit a letter of interest and career background to Att: Planning Commission, Community Development Department, 6406 Marine DR NW, Tulalip, WA 98271. The deadline for submitting the letters of interest is Monday, January 5th, 2015. Questions can be directed to Planning Supervisor, Krong-Thip Sangkapreecha at (360) 716-4010.

## St Anne's Catholic Mission Holiday Mass Schedule

**Christmas Eve Mass 5 PM and 10 PM**

**Christmas Day Mass 8 AM and 10 AM**

**New Year's Eve Mass 7 PM**

**New Year's Day Mass 10 AM**



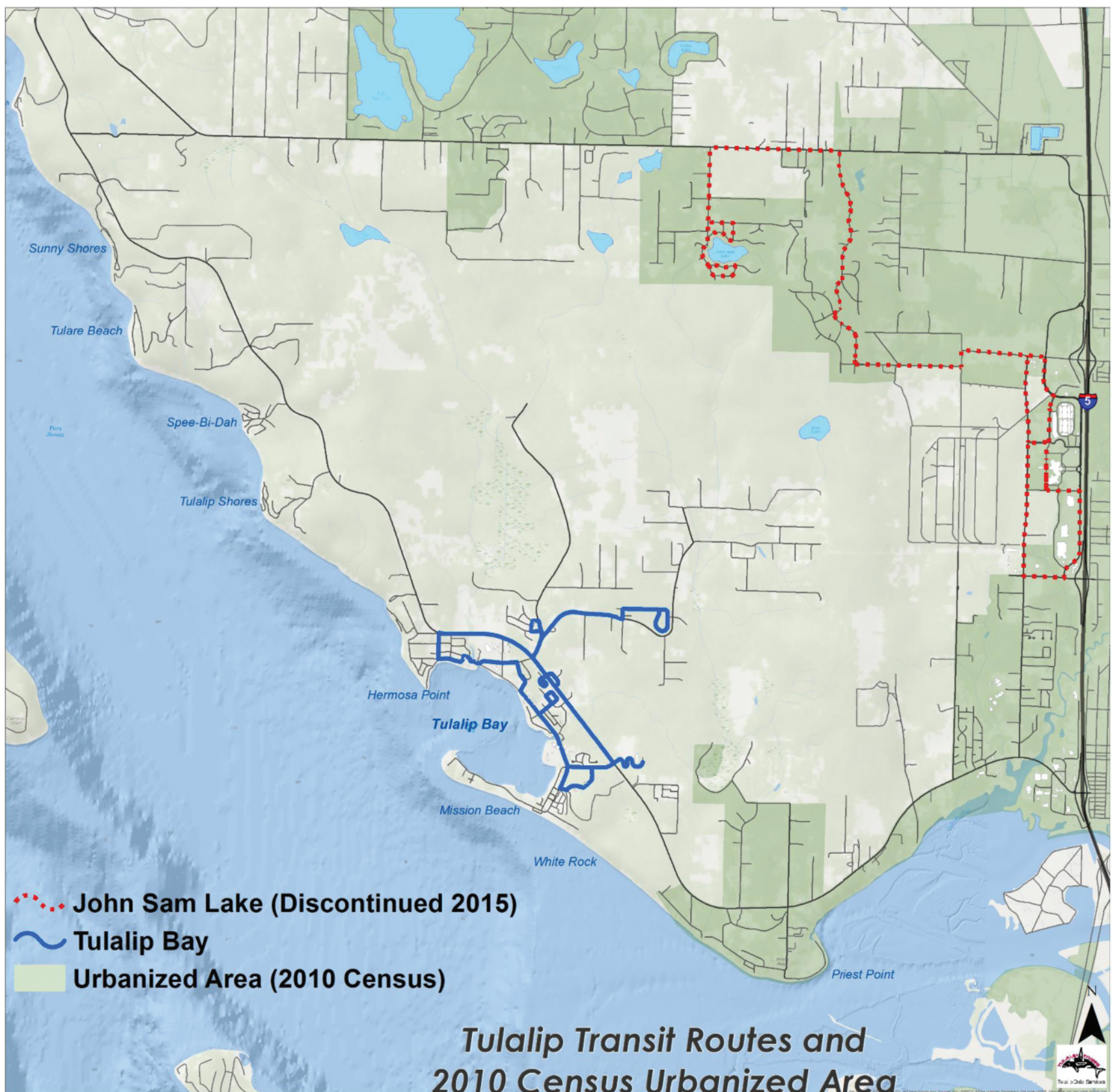


# PUBLIC NOTICE

## Due to lack of funding the John Sam Lake route discontinued for 2015

Tulalip Tribes - Community Development/Transit

Contact: Mary Hargrove (360) 716-4206





# MSD meeting discusses future of MPHS cafeteria



Jim Baker, Marysville School District finance director, hears input on the Marysville-Pilchuck cafeteria during a community meeting held, Monday, Dec. 11, 2014, at Cedarcrest Middle School.

Article and photo by Brandi N. Montreuil

“Our community has been shaken, shaken very hard by the events of October 24,” said new Recovery Directory Mary Schoenfeldt for the Marysville School District during a community meeting held on December 11, at Cedarcrest Middle School.

The meeting featured two topic agendas. For the first hour parents learned how to help their children process grief during the holidays. The remainder of the meeting focused on the future of the Marysville-Pilchuck High School cafeteria. Parents were able to voice their opinions during mini breakout sessions on what the school district should do move forward.

The cafeteria was the location where Jalyen Fryberg, a 15 year-old Tulalip tribal member, shot five students, killing four before turning the gun on himself. Since the October 24 incident the cafeteria has remained closed out of respect for students and the victims of the shooting. Now the school district is holding surveys asking the Marysville/Tulalip communities what they would like the future of the cafeteria to entail.

Before the breakout sessions, Schoenfeldt spoke to parents about depression and warning signs to look for in their children as the process of grief continues. “Your children will

have a loss of concentration leading to short tempers or quick tempers. Watch for signs of grieving and depression in your children as suicide can become an issue.”

Schoenfeldt explained that students might have a hard time coping with the range of emotions that they are experiencing and may not know how to begin a conversation about how they are feeling. Many parents discussed the apprehension their children feel while at the school and trying to settle back into a routine. One mother expressed that her daughter texts frequently throughout the day as a way to cope and that she does not want to eat lunch at the school.

“Acknowledge that you are also having a hard time coping with your feelings. Acknowledging it with your child helps to make it a topic for discussion. Be available emotionally to your kids to listen to them,” said Schoenfeldt.

Following a brief Q&A with Schoenfeldt, parents were then invited to share their thoughts regarding the status of the cafeteria, which was built in 1970. The school district is seeking state funding to help rebuild the cafeteria.

Students are temporarily eating in the gym. “Right now we are just talking, where do we want the kids to eat? It can’t keep being at the gym forever,” said Marysville School

District Superintendent, Dr. Becky Berg.

To decide if the cafeteria should be completely torn down or remodeled, the district had the community participate in a Thoughtexchange survey on the district’s website. “The intent is to get all our voice to the table and also include the students’ voices,” said Berg. The survey, which closed December 12, will be presented to the board.


“The intent of tonight, at this point, is to use these breakout sessions for those who haven’t been online yet and discuss possibilities that we haven’t considered,” said Berg.

Many participants expressed they would like to see the cafeteria radically changed in appearance so it would not be such a visible reminder of the October 24 event. Other suggestions included building in a new location, rebuilding in a contingency area or simply tearing it down.


The district is currently reviewing the surveys and waiting for funding approval. Berg remarked that while changes will take some time, it is being fast tracked for the students. “This will not be an overnight process. We are all first timers at this and hopefully last timers at this. Let’s keep talking and supporting each other.”

## MAKE 2015 THE YEAR YOU CELEBRATE BEING SMOKE-FREE

### TULALIP TRIBES STOP SMOKING PROGRAM



For supplies and support, call: 360-716-5719  
We are located at 7707 36th Ave. NW Building F,  
across the parking lot from the Tulalip Boys & Girls Club.





## Taking charge of our health

Article and photos by Micheal Rios

Despite growing awareness, men usually take a back seat approach to maintaining their health. We will shy away from seeking advice, delaying possible treatment and/or waiting until symptoms become so bad we have no other option but to seek medical attention. To make matters worse, we refuse to participate in the simple and harmless pursuit of undergoing annual screenings.

Enter the Annual Men's Health Fair held at the Tulalip Health Clinic on December 12. This year's health fair provided us men the opportunity to become more aware of our own health. With various health screenings being offered for the low, low price of FREE we were able to get in the driver's seat and take charge of our own health. Cholesterol screening, prostate screening, diabetes screening, and dental screening were among the options for men to participate in. Along with all the preventative health benefits of participating in these screenings, as if that was not reason enough, they gave out prizes and a complimentary lunch to every man who showed up.

At 16.1 percent, American Indians have the highest age-adjusted prevalence of diabetes among all U.S. racial and ethnic groups. Also, American Indians are 2.2 times more likely to have diabetes compared with non-Hispanic whites (per Diabetes.org). Clearly we are at a greater risk when it comes to diabetes, making it all the more crucial to have glucose testing and diabetes screenings performed on an annual basis. For those men who attended the health fair, they were able to quickly have their glucose (blood sugar) tested with just a prick of the finger.

"The blood glucose test is a random check. Random is good, but doesn't give you all the information which is why we do the A1C testing. It's just nice to know if you are walking around with high blood sugar. This is a good way of saying 'Hey, you need to go see your doctor.' It's not a definitive diagnosis," said Nurse Anneliese Means of the blood sugar test.

Taking diabetes awareness one step further, an A1C test was available, by way of a blood draw that would also be used to test for high cholesterol.

"A1C is a diabetes screen. A1C is more of a long term indicator of glucose control as opposed to a regular blood glucose screening, which is here and now. A1C tells you what your blood glucose

has been doing for the past 3 to 4 months," states lab technician Brenda Norton.

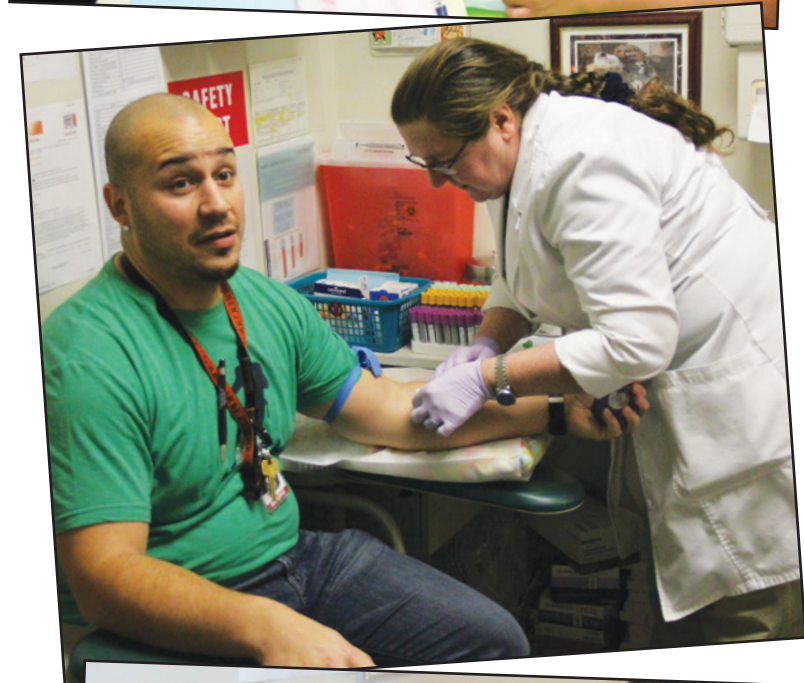
How often should we have a diabetes screening performed? "Everyone should be checked once a year," Norton said.

According to the Centers for Disease Control and Prevention (CDC), heart disease is the first and stroke the sixth leading cause of death among American Indians. High blood pressure is a precursor to possible heart disease and stroke. High blood pressure is also very easily detected by having routine checks of your blood pressure taken periodically.

Nurse Tiffany Lee-Meditz states, "Measuring your blood pressure basically gives us a non-invasive look at your heart health. It can tell us if your heart is too large, if its beating too fast, if its pumping enough blood for the flow to get to all of your tissue and organs, and it can tell us if we need to look further. It can also tell us the health of your vasculature or your vessels, and if we need to look further into that."

Along with the various health screenings being offered there were information booths available that ranged from alternative health care options in the local area, ways to have cleaner air in your home, and methods to change eating habits as to live a healthier life. There was a booth where we could have our grip tested, a method used for assessing joint and muscle fatigue. Another booth offered us the opportunity to have our BMI (body mass index) and body fat percentage measured. Wondering if you need to cut back on those weekend treats? Or if you need to start leading a more active lifestyle? Well if that BMI was too high and you didn't like what your body fat percentage was, now you know the answer.

Face it, as we get older, we all need to become more aware of the inevitable health concerns that may one day affect us. The possibility of having to deal with high cholesterol, high blood pressure, diabetes, or the possibility of prostate cancer looms over us all. The only way to avoid such health concerns to heighten our awareness of these preventable conditions. Health educators empower us to be more proactive about our health by getting annual screenings, detecting issues early, as well as seeking medical treatment before a simple, treatable issue becomes life altering.



Top: Rocky Renecker has his blood-pressure readings explained. The results prove he doesn't even lift.

Middle: Someone has a little fear of needles. Luis Hernandez has his blood drawn for the A1C diabetes screening.

Bottom: Tribal member Mike Murphy having an oral cancer screening performed.

To all of the men who attended the Men's Health Fair, Jennie Fryberg, front desk supervisor for the Tulalip Health clinic, issued the following statement, "Again thanks for all the men that came out today. Thanks for taking care of your health, and thanks for the staff that helped me today and made today a huge success for our men. Thanks again."



# Tulalip Healing: The power of telling your story

By Kara Briggs Campbell

Breaking silence and telling your story about traumatic events that happened to you or those close to you is an essential step in healing.

Recently, teachers, who with their students survived the shooting at Sandy Hook Elementary School last year, broke their silence on a CBS Sunday Morning news program. They came forward to call for gun control legislation and responsible gun ownership. For them, organizing around a social cause inspired them to break their silence, though even a year later their pain was still evidently raw.

In tribal communities, silence has become a coping mechanism in the century and a half since treaties were made in the Northwest, since boarding schools, alcoholism, drug additions and other pressures took hold.

Sherry Guzman, mental wellness manager for the Tulalip Tribes, said silence wasn't always the norm.

"Native Americans were very open in the old days. Native Americans were open and truthful. They did not keep secrets," she said. "I remember my grandma telling about an uncle who would sexually molest children, and she said stay away from him. I was probably four or five years old and I knew this."

Over time Natives realized if they didn't keep secret they would be punished. In the darkness of silence, abuse and violence take shape.

When Dr. Robert Macy, who is president of the International Trauma Center in Boston, spoke to the Tulalip community in November, he said that silencing the stories of trauma is a part of trauma. And silencing is part of the cultural oppression that occurred to Indigenous peoples all over the world.

And after centuries of oppression it is clear that, "Trauma that is silenced will end in violence."

Four Tulalip Tribes mental wellness counselors—Sherry Guzman, Bill McKay, Kay Feather and Lori Hartelius—came together to talk about what it means to break silence and harness the power of your story.

For many in the Tulalip community, the next days and weeks may be a rollercoaster of emotions, the counselors say. For some it may yet be another three to six months before they are able to

breathe. There are so many unanswered and maybe unanswerable questions. Many are just now starting to process the trauma, and anger is one of the key emotions after an act of violence.

"Trauma continues if it doesn't get a respectful hearing," Feather said. "It continues if it doesn't have an opportunity to be contained."

Sherry Guzman said, "If they don't have the safety of friends with whom to break silence, a therapist can provide that containment."

For many, trauma is isolating but the act of telling your story potentially brings a community of listeners.

"There is a real power to telling your story when you are allowed to do it in your own way," Hartelius said. "Trauma carries energy that changes the brain makeup. Telling your story gets the trauma outside of you."

Intense feelings are often convoluted and complex. Individuals will move around in their feelings as they respond to hurt and loss.

"Holding a safe place is what we do," Feather said. "But it doesn't have to be us. It could be a friend or a cousin who can be there when you fall apart."

Anger is one of the key ways that trauma after a violent event shows itself. Bill McKay said anger isn't only about rage, it can also signify the understandable and righteous desire for justice.

"We get angry when we feel there isn't going to be justice," he said. "What form that takes, that answers our anger, can vary. Part of any form of restorative justice is that people are pleased to hear that their cries for justice have been heard."

## Where can I call for help?

- To report an emergency dial 911
- National Suicide Prevention Line: 1-800-273-TALK (8255)
- Snohomish County Crisis Line: 1-800-584-3578
- Crisis TEXT Line: Text "Listen" to 741-741
- 24 Hour Crisis Line: 1-866-427-4747
- TEENLINK: 1-866-833-6546
- Tulalip Tribes Behavioral Health Family Services: 360-716-4400
- Tulalip Tribes Mental Wellness Director Sherry Guzman: 360-716-4305

## Q&A: Surviving the death of a child

By Kara Briggs Campbell

Linda Lawrence Hunt, author of "Pilgrimage through Loss: Pathways to Strength and Renewal after the Death of a Child," began writing the book after her daughter died in a 1998 bus crash while performing humanitarian work in Bolivia. A retired professor from Whitworth University in Spokane, she is cofounder of the Seattle-based Krista Foundation, named for her daughter. The foundation provides funding and mentoring for young college graduates who provide volunteer service in third world countries.

For the book, which took her more than a decade to complete, she interviewed 30 parents who survived children of all ages. Their children died from diseases, car accidents, suicide and violence. She recently spoke with the See-Yaht-Sub.

### How do parents talk about the death of a child?

Parents who have lost children talk about shipwrecks, meaning that their whole world seemed to come apart. And yet I am amazed by the resilience of parents in grief over the loss of a child.

### What do we least understand?

In the United States, we live in a grief-avoiding society. Some people, after the funeral, some after months or a year will say, I think I shouldn't have grief. There is this myth about closure. For years, some parents have memories and internal conversations with the child who is gone. Parents don't want death to be the end of the story.

### Violence makes grief more complicated, doesn't it?

When a child has been murdered it challenges the deepest trusts. Some parents talk about it as a shrinkage of their soul. In the case of suicides or murders, part of the pain is multiple layers of anger, guilt and shame. Anger doesn't have to be directed at a person. In some cases it is directed at God.

### What do you think about the idea of stages of grief?

People talk about stages of grief. The problem is people don't grieve in a straight line. They grieve up and down and in circles. The research is very clear that there is nothing clear-cut about grief. There is nothing wrong if you don't go through the stages in a prescribed way, or if you skip whole stages.

### How is the self affected by so great a loss?

Some people can go through the grief quite resiliently, and they are able to embrace life earlier. For many the grief is way more complicated. I talk about luminal space. It's when things break apart because you lose a spouse, a child or job. And in that happening, you lose a sense of self. Healing can begin as you reclaim your sense of self.

### Would you talk about endurance?

We talk about doses of pain like doses of medicine. It's not that you have to pay attention to grief 24/7. You eventually have to work and take care of the children who remain. You can schedule your time in your day to grieve. A parent with kids might have to identify time in their day when they can cry and process. You can trust yourself in the middle of your grief. Have some confidence to make decisions for yourself and your family.



# Hawks squander lead, edge Eagles 52-48



Hawks center Robert Miles attempts a shot in the 1st quarter against the Grace Academy Eagles.

By Micheal Rios; photo by Brandi N/ Montreuil

Prior to the tip-off of Heritage Hawks vs. Grace Academy Eagles on December 9, coaches Marlin Fryberg and Cyrus “Bubba” Fryberg made it clear to the Hawks players that rebounding and boxing-out would be of utmost importance in this game. Grace Academy held a clear size advantage with starting seniors 6’3” forward/center Isaiah VanDam and 6’4” guard/forward Jeremiah Lee, while the Hawks do not have a player over 6’0” on the roster. With the height advantage clearly on the Eagle’s side the Hawks would need to rely on their speed and athleticism, pushing the tempo and attacking the basket at every opportunity.

Unlike during the season opener, the Hawks would not have to be as concerned with fouls and pacing themselves while being

forced to play with only five eligible players. Braxtin Lake, sophomore forward, made his season debut. Lake’s presence meant the Hawks had a 6<sup>th</sup> man and the beginnings of a bench.

From the opening seconds of the 1<sup>st</sup> quarter the Hawks were off to the races, fast breaking on every offensive possession. The up-tempo play produced a lot of efficient shots, transition shots within close range of the basket and uncontested 3-pointers, for the Hawks. Even though the shot selection was efficient, the shots weren’t falling. The Hawks finished the 1<sup>st</sup> quarter with only 9 points, shooting 4-16 as a team. On the defensive end, the Hawks did an admirable job of minimizing the Eagles size advantage by holding them to only 11 points.

In the 2<sup>nd</sup> quarter the Hawks continued to push the pace and moved the

ball well on offense. The ball was constantly moving side to side as Hawk players never let their offense get stagnant. Unlike in the 1<sup>st</sup> quarter, the shots finally started to fall. Point guard Jesse Louie found his touch from deep and scored 12 points in the quarter, including three 3-pointers. Defensively, the Hawks had their best quarter of the game, scrambling to make every Eagle shot a contested one. The help side defense was superb. When an Eagle player would take the ball to the basket he was met by two Hawk defenders every time. Center Robert Miles did his best job preventing shots at the rim by coming up with two timely blocks. When the quarter ended the Hawks had won the quarter 19-9 and went into halftime with a 28-20 lead.

During the halftime intermission, the Hawks’ coaches emphasized the players’ good shot selection. Telling the players to relax and continue shooting the open looks the Eagles’ defense is giving them.

Unfortunately, for the Hawks offensive, the 3<sup>rd</sup> quarter played out like the 1<sup>st</sup> quarter. Open 3-pointers falling short and easy, close to the basket shots not going in. The Hawks only managed 7 points in the quarter, a season low. Meanwhile, on the other side, Grace Academy made it a point in their offense to get the ball to Jeremiah Lee, the tallest guy on the court. Lee used his size and shooting touch to score 10 points in the quarter, including 4 free-throws in the closing seconds of the quarter. Going into the final 8 minutes of the game the Hawks held a 35-32 lead.

In the Hawks team huddle, before the start of the

4<sup>th</sup> quarter, the coaches again stressed the importance of rebounding and boxing-out the taller Eagle players.

The Hawks responded by coming out and going on a 12-4 run that included three steals as a result of aggressive defense and a series of three consecutive 3-pointers being made, two by Jesse Louie and one by Trevor Fryberg. The Hawks lead the Eagles 47-36 with 3:23 left to play when the Eagles called a timeout to regroup. Down 11 points, the Eagles opted to pressure the Hawks with a full-court press and to selectively trap. Their strategy worked as the Hawks play turned sloppy and they committed 4 turnovers in the final minutes. The Eagles took advantage of the Hawks’ turnovers by going on a 10-2 run. The Hawks double digit lead was down to 3, 49-46 with only 0:40 to play.

In the final forty seconds, the Hawks withstood the Eagles by knocking down their free-throws. The Eagles chose to intentionally foul, hoping the Hawks would miss their free-throws. Instead, the Hawks went 3-4 from the free-throw line while the Eagles failed to make their late game shots. Even though the Hawks squandered an 11 point lead in the 4<sup>th</sup> quarter, they hit their free-throws when it mattered most and pulled out the 52-48 victory.

After the game coach Marlin Fryberg said, “We squeaked by, 4 points. Some had a good game, some had a bad game. We’ll take what we got from it and learn from it. It’s over. We won. That’s all that counts. I don’t agree with how we won, but we won. I’ll take it.”

Hawks’ Forward Trevor Fryberg said of his 4-6 3-point shooting, “It

	FGM-A	3PM-A	FTM-A	REB	AST	STL	BLK	TO	PF	PTS
Jesse Louie	6-14	5-10	1-2	7	8	0	2	7	4	18
Trevor Fryberg	4-7	4-6	2-4	5	3	0	1	4	1	14
Robert Miles	4-16	0-4	0-0	5	5	4	3	1	1	8
Anthony McLean	3-4	0-1	2-4	5	0	3	0	2	2	8
Willy Enick	2-7	0-1	0-0	4	1	2	1	0	0	4
Braxtin Lake	0-1	0-0	0-0	2	0	0	0	1	0	0
Team Totals	FGM-A	3PM-A	FTM-A	REB	AST	STL	BLK	TO	PF	PTS
	19-49	9-22	5-10	28	17	9	7	15	8	52

	1	2	3	4	T
Hawks	9	19	7	17	52
Eagles	11	9	12	16	48



felt good. Felt like my teammates got me open for the shots. I want to give them all the credit.” In preparation for their upcoming game against Lummi, Fryberg also added, “We’re going to get back to practice and we’re going to work on the things we need to work on.”

Key to the game: Hitting the open man. The ball movement of the Hawks led to 17 assists on 19 made buckets.

Play of the game: With only 2 seconds remaining in the 1<sup>st</sup> half, Robert Miles inbounded the ball to Jesse Louie who shot a long range 3-pointer that

swished in as the halftime buzzer went off. Coach’s corner: Hawks need to do a better job of converting the easy buckets.

## Lady Hawks fall to Grace Academy Eagles, 4-49



Lady Hawk guard Michelle Iukes looks to initiate the team’s offense after a slow start to the game.

By Micheal Rios; photo by Brandi N. Montreuil

The Lady Hawks faced their toughest opponent of the early season on December 9 against the Grace Academy Eagles, ranked #1 in the Northwest 1B division. Coming off a narrow defeat to Highland Christian 15-23 in their previous game, the Lady Hawks were looking to secure their first victory of the year. They would have a tough game ahead of them contending with the likes of junior Eagles’ center Emily VanDam, who at 5’10” tall is easily the tallest player on the court.

The lack of team depth would be another challenge for the Lady Hawks, as they would be playing with only six players. A welcomed sight was #22 senior forward Shaelynn Sanchez who made her season debut for the Lady Hawks. The sixth player would mean Coach Cyrus

“Bubba” Fryberg would be able to rotate a player in to provide occasional rest for the starters.

The Eagles won the 1<sup>st</sup> quarter 19-0, showcasing the type of team cohesion that our own Lady Hawks are continuing to develop.

In the 2<sup>nd</sup> quarter the Lady Hawks turned up the defensive intensity by hustling back on defense and forcing Eagle turnovers. Even though the Lady Hawks went over the foul limit early in the quarter, they held the Eagles to only 10 points in the quarter.

At halftime

the Eagles led 29-0. For a lot of teams this would be reason enough to give up, but Coach Fryberg did his best to keep his team mentally in the game by telling them not to play a scoreboard game. “We are not giving up. We will fight until the last whistle. I don’t care what the scoreboard says,” Coach Fryberg emphasized to his players as they left the locker room.

The Lady Hawks came out hungry and started the 3<sup>rd</sup> quarter eager to put some points on the board. Guards Michelle Iukes and Myrna Redleaf were determined to make use of their long-range shooting abilities, and with 1:00 to play in the quarter they did just that. Iukes assisted on a Redleaf long 2-pointer that put the Lady Hawks on board. Going into the 4<sup>th</sup> quarter Lady Hawks were down 2-43.

Before the final quarter started, Coach Fryberg told the Lady Hawks’ players to continue to look for their shots and to keep up the hustle defense. With the result of the game fairly certain, the Lady Hawks showed their resilience and pride for each other by playing their best quarter of the game. Defensively, the Lady Hawks only surrendered 6 points over the final 8 minutes. Offensively, the team continued

to move the ball and look for their shots; executing a drawn up play that saw Shaelynn Sanchez setup Mikaylee Pablo the team’s second bucket of the game. When the end of game buzzer sounded the Lady Hawks had fallen to the Grace Academy Eagles by the score of 4-49.

The season long challenge of rebuilding the team’s identity after losing so many key players from last season’s team continues. Several girls on this year’s team have no prior experience playing organized basketball. “Some of them are just now coming out and playing. They are still getting used to the game,” remarked junior guard Michelle Iukes.

As the Lady Hawks continue to build their sense of team identity and work on getting the new players more comfortable on the court, the pride they have for one another is evident. Even while playing a difficult game like this one, Iukes says she was very proud of her team’s effort, “No one gave up, even with the score, no one gave up.”

	FGM-A	3PM-A	FTM-A	REB	AST	STL	BLK	TO	PF	PTS
Myrna Red Leaf	1-10	0-2	0-0	7	0	2	0	12	2	2
Michelle Iukes	0-15	0-10	0-0	1	1	0	4	8	3	0
Nina Fryberg	0-7	0-0	0-0	9	0	1	1	3	0	0
Mikaylee Pablo	1-3	0-0	0-0	5	0	0	0	1	1	2
Jaylin Rivera	0-3	0-1	0-0	1	0	1	0	0	3	0
Shaelynn Sanchez	0-6	0-1	0-0	3	1	2	2	1	2	0
Team Totals	FGM-A	3PM-A	FTM-A	REB	AST	STL	BLK	TO	PF	PTS
	2-44	0-14	0-0	26	2	6	7	25		4

	1	2	3	4	T
Hawks	0	0	2	2	4
Eagles	19	10	14	6	49



## It's not about winning it's about teamwork

### Lady Hawk #3 Myrna Redleaf

Article and photo by Brandi N. Montreuil

Fifteen-year-old Myrna Redleaf can easily be described as the most athletic player on the Lady Hawks team, evidenced by her strong baseline drives and her speed. Although a dual athlete playing both volleyball and basketball, winning isn't what she is about. Sure she loves the glory that comes with winning, but she's about being there for her team.

Redleaf has been playing basketball since 8th grade. Now in 10th grade at Heritage High School, she is in her second season as a Lady Hawk. In the 2013-2014 basketball season, Redleaf started as a point guard. That season her team would have an incredible record 22 wins and 4 losses, only meeting their toughest opponent during the trip-district championship games in the Neah Bay Red Devils. This year, Redleaf

is one of few returning players and considered a veteran on the team.

Redleaf says she is still getting used to the switch of playing style between volleyball and basketball. "I get nervous when a lot of girls come at me. It is hard." Unlike volleyball where physical contact isn't part of the sport, basketball can have a lot of physical contact. When players make a drive down the court during an offensive play to go up to make a shot, a lot of contact can occur.

This season is off to a rough start as the Lady Hawks adjust to building the team camaraderie that it had last year. Many of the players on last season's team graduated or switched schools. Redleaf explains the loss of key players, such as Katia Brown, Adiya Jones and Kalea Tyler, can be felt, but she is hopeful that this season will be great.

Despite feeling nervous to step in the spotlight and test her skills as a leader, Redleaf credits the mentoring style of coaching she receives with new Lady Hawks head coach, Cyrus "Bubba" Fryberg. "Last year there were a lot of good girls on the

team so we didn't go over as many drills as we are this year. I think more one-on-one is helping me."

Dedicated and focused on and off the court, Redleaf, who's favorite subject in school is math, says playing basketball has helped her focus and build confidence on the court as well as in school. "It helps me work as a team and communicate my thoughts."

Her goal this season? Play hard and get a lot of shots in. As a scoring point guard, her main goal is to distribute the ball and get the players involved while also having to score, which means she has to have a good long shot, something she practices daily. "I practice a lot! I am still working on my long shots." Her concerns are, "mainly shooting and handling the ball."

Despite playing one of the toughest games this season against Grace Academy, where the Lady Hawks were only able to score four points to Grace's 49 and had over 20 turnovers, Redleaf is looking forward to meeting them on the court again.

"Grace was a tough game. There is a lot of stuff that we



need to work on but other than that, we hustled pretty well during that game. I am looking forward to playing them again, or Highland Christian," said Redleaf with her signature smile. "You just keep going. This is probably rock bottom and the only place we can go from here is up."

Redleaf plans to attend college after high school to study business. She hopes to work in the human services field with the Tulalip Tribes.

## Marlin Fryberg Jr honored at community potluck

At December's "Together We're Better" Community Potluck, we honored Marlin Fryberg Jr. for his leadership and support within the community, not only as a Board member but also as a mentor and coach for youth sports, one of the Head Speakers for the Fryberg family and supportive community member. He never hesitates to lend a helping hand, offer up encouraging words or guidance, and be a source of strength for families during difficult times.

Submitted by Natosha Gobin & Malory Simpson



*We raise our hands to you, Sxwilus Marlin Fryberg Jr, for your leadership within our community, for coaching and mentoring our youth, and for being strength to those in need! We love you!*





# Happy Holidays

## Christmas Dinner

**Tulalip Resort**

**Thursday, December 25th**

**11:00 am - 1:00 pm**

**Tribal Members and their Families invited**



Robert Watson  
Communications Dept. Events Coordinator  
360.716.4194 fax 360.716.0391  
[rwatson@tulaliptribes-nsn.gov](mailto:rwatson@tulaliptribes-nsn.gov)



## Thanks to the victim's families for publicly coming out

MPS – It takes a lot of courage for the tribal victim's families to publicly come forward with their thoughts regarding the MPS shootings.

I am proud of each of them for taking this stand as that is our tribal teachings to think about our children and teaching the right from wrong. In talking to numerous tribal members we agree with their words in the 12/10 Herald and are glad they spoke up.

This is their process of healing and not keeping this inside themselves and it also lets the rest of the Tribe know their thoughts and we can help in their healing. I know their grief will never end and they are also the victims, as they have to live with this for the rest of their lives. As a Tribe I don't think any Tribal members condone the horrific actions of the shooter and there should have been some accountability for his action but now he has to face the highest Judge of all in Heaven. Thanks to the victim's families for publicly coming out and for the article as it lets the community know that this has deeply affected our Tribe emotionally and it will take a long time for us to heal.

Virginia Carpenter

## Tulalip Tribal Court Notices

**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

**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.

Want to be a...  
**Police  
Officer ?**



◆ **What it takes to be a Police Officer**

- Hiring process • Police Academy • Equipment
- Field training program • Service Calls

◆ **Education requirements**

◆ **Nitty-Gritty of the job**

◆ **Snacks provided**



DATE: Tuesday, **January 20<sup>th</sup>**

TIME: **5–7 pm**

LOCATION: Rm 263, Admin. Bldg.

\* RSVP: **360-716-4888**, Higher ED  
or [highered@tulaliptribes-nsn.gov](mailto:highered@tulaliptribes-nsn.gov)



- Suburban homesteading—sustainable living for the 21st century family
- Balcony or backyard—start planning now for this years harvest!
- Discover library resources available to help you achieve success
- Snacks



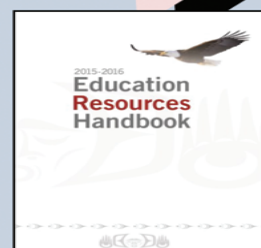
DATE: Monday, **January 26<sup>th</sup>**

TIME: **5 PM – 7 PM**

LOCATION: RM 263, Admin. Bldg.

\* RSVP: **360-716-4888**, Higher ED  
or [highered@tulaliptribes-nsn.gov](mailto:highered@tulaliptribes-nsn.gov)

**Ready  
for  
Pick-up!**



The "2015-2016 Education Resources Handbook" is filled with lots of information to help you with your educational decision making process. Lots of scholarships, fellowships, internships and post-doctorate opportunities.

Books are available for pick-up at the Higher ED Department or call us at **360-716-4888**.



# What did you learn at the Men's Health Fair?



"After going to the health fair and talking to the event staff and vendors, I have learned how important it is to have the annual check-ups."

**Chet Ashman**  
Tribal member



"I learned the A1C test is the preferred method for diabetes screening, rather than a random blood glucose test."

**Micheal Rios**  
Tribal employee



"Well, I got schooled on asthma, and health is a personal responsibility."

**Mike Sarich**  
Tribal employee



"I learned that I know more about asthma than Mike Sarich."

**Rocky Renecker**  
Tribal Member

**Unique gifts**

**Hibulb Cultural Center**  
& Natural History Preserve

**Find that special item you've been looking for at the Hibulb Gift Shop!**

Hand made specialty gifts, prints by local artists, cedar items, jewelry, books, coats, scarfs, children's games, Lushootseed learning tools, plus more!

OPEN TUESDAY THROUGH FRIDAY 10 AM - 5 PM  
SATURDAY & SUNDAY 12 PM - 5 PM

**HibulbCulturalCenter.org**  
6410 23<sup>rd</sup> Ave. NE, Tulalip, WA 98271  
(360) 716-2600

**PAYING OUT UP TO \$7.3 MILLION**

**BINGO**

**FRIDAYS & SATURDAYS 7PM**  
DEC. 5, 6, 12, 13, 19, 20, 26 & 27

**\$1,000 CHRISTMAS BLACKOUT**  
\$2/4-ON

**PAYS: \$1,000 GUARANTEED TO GO!**  
The date will determine odd or even number.

12	18	41	47	61
7	26	39	54	70
4	27	★	49	63
5	23	35	58	73
3	30	32	52	75

---

**BINGO**

**NEW YEAR'S EVE SPECIAL!**  
WEDNESDAY, DEC. 31  
**11:00AM & 3:00PM**  
EVERY OTHER REGULAR GAME  
PAYS: \$300 REG. \$6/6-ON

**7PM SESSION** RECEIVES PARTY FAVORS  
EVERY OTHER REGULAR GAME PAYS:  
\$500/\$1000 REG. \$6/6-ON

**SLOTS**

**NEW YEAR'S EVE SLOTS BASH**  
\$1,000 HOT SEAT DRAWING  
WEDNESDAY, DEC.31

(1) \$100 Winner drawn every 15 minutes  
(11:15pm, 11:30pm, 11:45pm, 12:00am,  
12:15am, 12:30am, 12:45am, 1:00am,  
1:15am & 1:30am)

FOR MORE MONTHLY EVENTS VISIT TULALIPBINGO.COM

*A Journey WITH OUR Ancestors*

COAST SALISH **CANOES**  
EXHIBIT OPEN UNTIL 2015

**GREAT STOCKING STUFFER IDEA**  
Give the gift of Membership

PLAY YOUR FAVORITE **SLOTS/BINGO**

Earn Exclusive Benefits and Rewards with an All New Club at Tulalip Bingo

2911 Quil Ceda Way, Tulalip WA 98271  
**1-800-631-3313**