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Tulalip

SEE-YAHT-SUB

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"Tulalip News"

Volume 36 No. 1

Wednesday, January 14, 2015



Page

Move Your Generation Nike N7 ignites a Tulalip Move Moment



Tulalip youth, energized and inspired, gather around the \$10,000 check the N7 fund awarded the Tulalip Boys and Girls Club.

Article and photos by Micheal Rios

During this past fall season Nike N7 ignited a series of 'move moments' across tribal and aboriginal communities in North America and Canada. Tulalip was among the very select few chosen to participate in the Nike N7 event. In all there were seven communities selected, three in Canada (Siksika, Six Nations of the Grand River First Nation, and the Aboriginal Friendship Center) and four in the United States (Gila River Indian Community in Arizona, Inter Tribal Sports in California, a Native Urban

Center in Oklahoma, and the Tulalip Tribes).

"Tulalip was a community that we picked a few months ago. Every time we release product we like to do an event within the Native community," Tessa Sayers, Nike N7 Product Specialist, explains. "The latest Nike N7 holiday collection product is inspired by coastal design. We worked with an artist named Peter Boome, a Salish artist, and he worked with our Nike designers to focus on a collection that was inspired by coastal design. When we were picking

communities we could only pick one community in Oregon or Washington, and partly why we chose Tulalip is because you have a Nike Factory Store where we sell Nike N7 product. So I called and spoke with Tori Torrolova (Athletic Director for the Tulalip Boys and Girls Club) who said 'Absolutely, we are game. Bring the event to us.'

The goal of the N7 Move Moments is to inspire and enable youth to be physically active. They look a lot like mini-camps, but the Nike brand calls them 'move moments' because it is a

See Nike, page 4



TULALIP TV

1099-MISC & DIRECT DEPOSIT

Many tribal members who utilize the direct deposit for per capita, DO NOT update their address. So when the 1099-misc form comes out they go to an incorrect address. PLEASE make sure to update your address ASAP or at beginning of January before they print them. If you need to get a reprint once they go out, finance will only reprint once a week.

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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Volume 36, No. 1, January 14, 2015
Published once-a-week with special issues by the:
Communications Dept.



Tulalip Tribes
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Tulalip, WA 98271
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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, 1/19/15 thru Sunday 1/25/15		
Time	Show	Duration
12:00 AM	Tulalip Matters Tulalip Matters is your destination for information about what is happening on and around the Tulalip Reservation.	0:30
12:30 AM	Oceti Sakowin: The People of the Seven Council Fires A great nation was created by a people who had their own system of government and a livelihood that was forever changed by settlers and trappers.	1:00
1:30 AM	Make Dance Shawl A woman's dance shawl is essential for entering the dance arena. With basic sewing skills you can make beautiful shawls for yourself, family and friends.	0:30
2:00 AM	Diabetes, Lifetime Solutions The program explores different ways of preventing diabetes, such as improved diet and exercise. For those with diabetes, methods of maintaining good health and blood sugar levels.	0:30
2:30 AM	Native Report - 911 On this new edition of Native Report we view legendary works of fine art at the Gilcrease Museum in Oklahoma. We interview noted filmmaker Chris Eyre.	0:30
3:00 AM	Creative Native - 503 'First Quotes on Paper', is an examination of the profound quotes and proverbs of aboriginal leaders throughout history.	0:30
3:30 AM	NWIN 43 2010 Winter Games - A Retrospective, Bill Helin-Ravensong, Calvin Hunt-Artist Profile, Corrine Hunt-Designing Dreams	0:30
4:00 AM	LMTV #28 Agate Pass, People of the Water, Samish Canoe Family, Leadership Awards, SIGO: A Hunter's Legacy, Philanthropy in NW Indian Country, Huitzilopochtli	0:30
4:30 AM	Oceti Sakowin: The People of the Seven Council Fires A great nation was created by a people who had their own system of government and a livelihood that was forever changed by settlers and trappers.	1:00
5:30 AM	Diabetes, Lifetime Solutions The program explores different ways of preventing diabetes, such as improved diet and exercise. For those with diabetes, methods of maintaining good health and blood sugar levels.	0:30
6:00 AM	Hibulb Antique Appraisals - Pgm #1 An accredited antique appraiser provides information and current market value to local Hibulb museum guests and their Native American antiques.	0:30
6:30 AM	LMTV #28 Agate Pass, People of the Water, Samish Canoe Family, Leadership Awards, SIGO: A Hunter's Legacy, Philanthropy in NW Indian Country, Huitzilopochtli	0:30
7:00 AM	Native Report - 911 On this new edition of Native Report we view legendary works of fine art at the Gilcrease Museum in Oklahoma. We interview noted filmmaker Chris Eyre.	0:30
7:30 AM	Creative Native - 503 'First Quotes on Paper', is an examination of the profound quotes and proverbs of aboriginal leaders throughout history.	0:30
8:00 AM	Tulalip Matters Tulalip Matters is your destination for information about what is happening on and around the Tulalip Reservation.	0:30
8:30 AM	Wapos Bay - Ep 19 "Raiders of the Lost Art", T-Bear, Talon and Devon must solve the recent graffiti happening around Wapos Bay.	0:30
9:00 AM	Heritage Girls Basketball 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	Heritage Boys Basketball Tulalip Heritage Boys Home Basketball HOME Game played in the Tulalip 'Francy J. Sheldon' Gym. Schedules subject to change	1:30
12:00 PM	Hibulb Antique Appraisals - Pgm #1 An accredited antique appraiser provides information and current market value to local Hibulb museum guests and their Native American antiques.	0:30
12:30 PM	Tulalip Matters Tulalip Matters is your destination for information about what is happening on and around the Tulalip Reservation.	0:30
1:00 PM	NWIN 43 2010 Winter Games - A Retrospective, Bill Helin-Ravensong, Calvin Hunt-Artist Profile, Corrine Hunt-Designing Dreams	0:30
1:30 PM	Indian Country Diaries: Spiral of Fire This documentary explores the challenges faced by the Eastern Band of Cherokee Indians on their reservation in North Carolina.	1:30
3:00 PM	LMTV #28 Agate Pass, People of the Water, Samish Canoe Family, Leadership Awards, SIGO: A Hunter's Legacy, Philanthropy in NW Indian Country, Huitzilopochtli	0:30
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4:30 PM	Mountain Huckleberry Area Tulalip tribal members share memories and gather mountain huckleberries in a joint management area of the Mt. Baker Snoqualmie National forest.	0:30
5:00 PM	Heritage Girls Basketball 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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Heritage Girls Basketball-Highland Christian Tulalip Heritage ‘Lady Hawks’ Basketball Team vs Highland Christian Girls ‘Knights’ Basketball Team, home game played at the Tulalip ‘Francy J. Sheldon’ Gym. LIVE Broadcast on Thursday, Jan 22 @ 5:00pm

Watch Heritage Girls and Boys Basketball all week:

Girls @ 9:00am & 5:00pm

Boys @ 10:30am & 7:00pm

Thursday, Jan. 22 – LIVE! Broadcast at 5:00pm

This Schedule is subject to change. To see an updated schedule, go to:

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

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

Not getting your See-Yaht-Sub?

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

Tribal leaders meet with Vice President Biden who addresses efforts to end violence against women

Attorney General Holder announces initiative on Indian Child Welfare Act

National Congress of American Indians, December 3, 2014

WASHINGTON, DC – Vice President Joe Biden joined over 300 tribal leaders at the sixth annual White House Tribal Nations Conference today. At the opening of the conference, Vice President Biden delivered an impassioned speech about violence against women in Indian Country saying “The most horrific prison on earth is the four walls of an abused woman’s home. For far too many Native American women that is a daily reality.”

The Vice-President, who was the original author of the Violence Against Women Act and has been its most steadfast supporter over the past 20 years, was introduced by Councilwoman Deborah Parker from the Tulalip Tribes, “Vice President Biden has led the movement to protect women against rape and domestic violence. Last year he helped pass the much needed protection to help Native women from violence. Mr. Vice President, you are correct when you say no means no -- no more abuse.”

Referring to the provisions added to VAWA in 2013 that allow tribal governments to prosecute non-Indian domestic violence offenders in certain cases, the Vice-President apologized that it took so long to

give tribal governments the tools to hold offenders accountable in their communities, saying “as long as there is a single place where the abuse of power is excused as a question of jurisdiction or tolerated as a family affair, no one is truly safe, and we cannot define ourselves as a society

that is civilized.”

The Vice President delivered a call to action saying, “Tribal governments have an inherent right, as a matter of fact they have an obligation, to protect their people. All people deserve to live free of fear.” He urged all tribal governments to be prepared on March 7 when the law goes into effect to use their authority to aggressively prosecute domestic violence offenders. He stressed the

need to change the culture that too often leaves victims asking what they did wrong and instead to focus on sending a strong message that violence against women is always unacceptable.

Vice President Biden also acknowledged that we have much

Justice’s commitment to improving law enforcement in Indian country, and to institutionalizing that commitment so that it will continue. He announced that he has implemented a Statement of Principles to guide the Department’s work with tribal nations into the future.

Attorney General Holder also announced a new initiative to promote compliance with the Indian Child Welfare Act in partnership with the Departments of Interior and Health and Human Services. Holder stated that the initiative is “working to actively identify state-court cases where the United States can file briefs opposing the unnecessary and illegal removal of Indian children from their families and their tribal communities.” Holder went on to explain that DOJ will work with its partners and tribes to “to promote tribes’ authority to make placement decisions affecting tribal children; to gather information about where the Indian Child Welfare Act is being systematically violated; and to take appropriate, targeted action to ensure that the next generation of great tribal leaders can grow up in homes that are not only safe and loving, but also suffused with the proud traditions of Indian cultures.”

more to do to protect Native women from violence including giving Alaska tribes the same authority and expanding the provision to cover sexual assault and other crimes. Biden called on Congress to appropriate the \$25 million in grants authorized in VAWA 2013 to implement the new law.

Attorney General Eric Holder followed Vice President Biden, and strongly stated the Department of



What it means to be a Cherokee in the 21st century

By Roger Vater

During the week of Jan 19 - 25 on Tulalip TV, Channel 99 on Tulalip Broadband or streaming live on <http://www.tulalipTV.com> you can watch the documentary “Indian Country Diaries: Spiral of Fire” at 1:30 p.m. and 8:30 p.m.

“Spiral of Fire” takes you with author LeAnne Howe (Choctaw) to the North Carolina homeland of the Eastern Band of Cherokee Indians to discover how their mix of tourism, community,

and cultural preservation is the key to the tribe’s health in the 21st century.

Howe’s search leads you on a journey of discovery to one of the most beautiful places in America where Cherokees live on land they’ve inhabited for 10,000 years and manage their own schools, hospitals, cable company, tourist attractions and multi-million dollar casino. Yet, despite these successes, diabetes threatens 40 percent of the population, racism undermines



Continued on page 4

self-confidence, and greed threatens to divide the community.

Howe sees first-hand many of the advances that tribal money is paying for, including not only new schools but much-needed education about health, diet, alcoholism, and domestic violence. So, despite her initial concerns about tacky tourism

and flashy casinos, Howe is inspired by the way the Cherokees are healing their community.

You can watch “Indian Country Diaries: Spiral of Fire” 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/indiancountry/about/spiral.html>

Nike from front page



Henry Barrera, N7 trainer, practices dribbling fundamentals with the Tulalip youth.

moment in time they are getting the youth active and participating in a sport. This year the events were basketball themed, last year it was soccer. Bringing basketball into our community in an fun and energizing way that will inspire participants to move themselves and their generation is all part of the Nike N7 philosophy. N7 is inspired by Native American wisdom of the Seven Generations: In every deliberation we must consider the impact of our decisions on

the seventh generation.

Nike originally planned to have the N7 Move Moment in Tulalip at the Boys and Girls Club during the month of November, but decided to push the date back in the wake of the Marysville Pilchuck High School shooting. Pushing the date back several weeks was part of Nike N7’s plan to make the event much more impactful for the Tulalip youth.

“Everybody on the N7 staff and our media group are

all Native American and this stuff we are naturally passionate about,” Sayers says. “When we heard about the unfortunate incident that happened out here it was not something we had to think about, we called Tori and arranged to come out and actually put on the event with you guys and make it a bigger thing, so we can really bring something positive and uplifting to the Tulalip community. The other six communities had their ‘move moments’ on their own, but we decided to come up and bring our own trainers and put on the event for Tulalip. It was a no brainer for N7.”

Unlike the N7 Move Moments that were held at the other six Native and aboriginal communities chosen, Tulalip was given twice as much product and equipment in order to allow up to 160 youth to participate. To further add to the significance for Tulalip the Nike N7 team personally delivered the product, spoke to our youth, and brought along a 12 person training crew to engage with our youth while participating in the activities.

Tulalip’s very own specialized N7 Move Moment, titled ‘Move Your Generation’ was held Monday, December 15, 2014 at the Tulalip Boys and Girls Club

from 4:30 p.m. to 8:00 p.m. Youth who participated in the event were provided with plenty of Nike N7 freebies upon entry. Nike N7 wrist bands, stickers, and t-shirts were among the free merchandise.

An estimated ninety 5-12 year-olds and thirty 13-18 year-olds, for a grand total of 120 Tulalip community youth, were inspired and enabled to be physically active while participating in the premium and energetic basketball experience.

The Tulalip youth were treated to a 10 minute warm-up session by nationally certified strength and conditioning coach and trainer at Nike World Headquarters, Henry Barrera. Following the warm-up session the kids were broken up into five groups where they would alternate between 5 mini-camp stations, each one lasting 10 minutes.

The ball skills station taught basketball-specific skills, like alternating dribbles between both hands, basics of a crossover, and then a quick dribble into a crossover. The training cones station taught body control and body mechanics by having kids quickly change directions in a 5-10-5 agility drill. The mini-bands station taught stability and body control by placing a mini-band around the ankles



Tainers, volunteers and child participants huddle up to celebrate their evening of physical activity.

and having participants perform a series of movements all the while stepping and stabilizing with each movement. The speed rope station taught rhythm, body control and coordination. Lastly, the agility balls station taught athletic stance and body control.

A special workshop was also added to the mix when Nike N7 decided to put on the event for Tulalip. Nike made it possible for Jillene Joseph, Executive Director of the Native Wellness Institute, to spend an hour with each age group (5-12 and 13-18). In her workshop Joseph promoted well-being through a series of activities that embrace the teachings and traditions of our Native American ancestors.

“We know your community is grieving and healing at this time therefore we wanted to bring you an uplifting, fun and energetic experience. We hope you leave here feeling invigorated, refreshed, inspired and motivated to take leadership among your community,” said Sam McCracken, GM for Nike N7, to all the Tulalip youth and community members present.

Adding to the already youth impacting event, N7 surprisingly held a check ceremony in their evening wrap up. Boys and Girls Club executive staff members Chuck Thacker and Tori Torrolova were presented with a \$10,000 grant award from the N7 Fund to the Tulalip Boys and Girls Club. The money will help support the club’s athletic program says Torrolova. “Those funds I’m hoping to use to benefit our coaches, volunteers and people who constantly work with the program. Making sure kids are fed when we have home games and away games and snacks to take with us. All this money I want to concentrate on the athletic programs that we run here on a



Tulalip youth mimic motions of their trainer during the warm-up session.

yearly basis.”

After the N7 Move Moment was over, Torrolova took a moment to reflect on the evening’s activities, “I think it turned out great and all the kids had a blast. They saw different ways of moving and using different types of equipment all the while everything was being tied to basketball. We received so much brand new basketball equipment thanks to Nike N7. Now, our staff and coaches have access to that equipment will use it for future practices and activities.”



Miranda scores 33 to lead Hawks to 76-63 win over Orcas Christian Saints

By Micheal Rios; photo by Brandi Montreuil

The 2-1 Heritage Hawks hosted the 1-2 Orcas Christian Saints on December 16, 2014. The Hawks were looking to rebound from their first loss of the season, falling to Lummi Nation 55-79. Senior guard Ayrik Miranda was making his home debut vs the Saints and inserted into the starting lineup.

The 1st quarter got off to a rocky start as the Hawks failed to connect on their first four shots, while the Saints started off 3-3 from the field to take an early 7-0 lead. Two minutes into the opening quarter Center Robert Miles was fouled while shooting and subsequently made a free throw to put the Hawks on the board, 1-7. The

Saints responded by converting two free throws of their own to take a 9-1 lead. That would be the largest lead of the game by the Saints as the Hawks got their offense going. The Hawks spread the floor offensively and focused on moving the ball from player to player. Over the next 3:00 of game play the Hawks stellar ball movement resulted in an 8-0 run to tie the game at 9-9. The Saints responded with a 7-0 run of their own, taking advantage of offensive rebounds on four straight possessions, to take a 16-9 lead. In the Hawks closed the quarter on a 4-0, scoring two straight transition buckets. At the end of 1 the Hawks trailed 13-16.

The Hawks carried their momentum into the 2nd quarter by scoring two quick buckets to

take their first lead of the game, 17-16. Making his home debut in fashion, Ayrik was in the midst of scoring 10 straight Hawk points. Both teams traded baskets until the Hawks called a timeout with 5:16 remaining in the half, with the Hawks trailing 24-25. Ayrik and Trevor Fryberg hit back-to-back 3-pointers and Willy Enick hit an elbow jumper to put the Hawks up 31-29, leading to a Saints’ timeout. Following the timeout Ayrik hit another 3-pointer to give the Hawks their largest lead of the game, 34-29. To this point Ayrik was on fire having scored 14 points in the quarter and 18 of the last 25 points scored by the Hawks. The initial defense of Hawks was forcing the Saints to take contested jumpers, but because the Hawks weren’t boxing

out the Saints’ bigs were getting easy putback baskets. The offense continued to flow regardless, and Jesse Louie found his range hitting a 3-pointer and Willy Enick hit an elbow jumper to extend the Hawks lead to 44-36 at halftime.

Coach Cyrus “Bubba” Fryberg used the halftime intermission to motivate his Hawk players to improve their defense play. “Defensively we are being outhustled. They have gotten way too many rebounds and they are scrapping to go get the ball. Why? Because we are playing lazy. We have to play harder, box out more, and hustle after the ball,” Fryberg told his players.

With the defensive intensity turned up, the Hawks came up with two steals during a 7-0 run to open the 2nd half to push their lead to 51-36. Both teams would alternate scoring baskets over the next several minutes, all the while the Hawks maintaining a double digit lead. That is until they committed four turnovers in the final 1:30 of the 3rd quarter. The turnovers proved costly as the Saints converted them into buckets, closing the quarter on a 6-2 run. Going into the final quarter the Hawks lead was down to 8 points, 59-51.

The Hawks began the 4th

quarter with the same defensive mindset their coach instilled in them at halftime. They forced six straight Saints turnovers to hold the Saints scoreless three minutes into the final quarter. Capitalizing on their defense and getting timely offensive rebounds and putback layups by Enick the Hawks were on a 6-0 that pushed their lead to 65-51 with 5:06 left to play. Seeing enough of his team committing turnovers the Saints coach called a timeout to have his team regroup. Following the timeout the Saints put their offense in the hands of their point guard Michael Harris. He drove to the basket aggressively on the next six Saints possessions, scoring two buckets and coming away with four made free throws. On the other end, the Hawks continued to move the ball well and were scoring at the rim. With 3:00 to go the Hawks led 70-59. Saints’ Michael Harris again drove to the rim scoring another bucket; he had scored the last 10 Saints’ points. The Hawks continued to score off their offense sets and adjusted defensively by packing the paint to stop the Saints’ point guard from driving to the hoop. When the game was over the Hawks were now 4-1 on the season as they beat the Saints 76-63.



Guard Ayrik Miranda pushing the tempo after a Saint’s turnover.

	FGM-A	3PM-A	FTM-A	REB	AST	STL	BLK	TO	PF	PTS
Ayrik Miranda	15-29	3-8	0-1	4	2	5	0	0		33
Willy Enick	7-10	0-0	0-0	4	1	4	1	0		14
Jesse Louie	4-10	1-4	3-4	5	8	2	0	4		12
Robert Miles	3-14	0-3	2-4	16	6	5	0	4		8
Anthony McLean	1-4	1-1	0-0	2	2	0	0	1		3
Trevor Fryberg	1-5	1-4	0-0	3	1	1	0	3		3
Jayden Brashears	1-3	1-3	0-0	5	1	1	1	1		3
Nashone Whitebear	0-1	0-0	0-0	0	0	0	0	1		0
Team Totals	FGM-A	3PM-A	FTM-A	REB	AST	STL	BLK	TO	PF	PTS
	32-76	7-23	5-10	39	21	18	2	14		76

	1	2	3	4	T
Hawks	13	31	15	17	76
Saints	16	20	15	12	63



Lady Hawks fall to Orcas Christian Saints, 17-49

By Micheal Rios; photo by Brandi Montreuil

The Tulalip Lady Hawks (0-5) hosted the Orcas Christian Saints (2-1) on December 16, 2014. Coming off a narrow defeat to archrival Lummi in a previous game, the Lady Hawks were looking to rebound with their first win of the season.

Coach Cyrus “Bubba” Fryberg and his Lady Hawks would have their work cut out for them as they would be playing with only 5 eligible players, meaning no bench and no substitutions for the already thin roster.

The 1st quarter got off to a rough start for the Lady Hawks as the Orcas Christian Saints

played a full court press defensively the first several possessions that resulted in consecutive turnovers by the home team. To make matters worse, the Lady Hawks looked slow and lethargic while not hustling to rebounds. Because of the lack of energy the Saints collected 5 offensive rebounds on one possession. With 3:00 remaining in the opening quarter the Lady Hawks found there hustle and looked like they were ready to play for real. There was an offensive focus to get the ball to the Lady Hawk bigs Nina Fryberg and Jaylin Rivera. Both were able to get into good offensive position and get off clean shots, but they didn’t fall. The 1st quarter ended with the Lady Hawks trailing 0-11. Following the lackluster 1st quarter showing, Coach Fryberg urged his players to push the tempo offensively and for the guards, Michelle Iukes and Myrna Redleaf, to be more aggressive while looking for their shots. After giving up a

Left: Shaelynn Sanchey looks to pass the ball in the opening possession for the Lady Hawks.

quick bucket to go down 0-13, the Lady Hawks buckled in defensively to force back-to-back turnovers. Michelle Iukes showed her coach the aggression he was looking for by pulling down an offensive board and getting fouled on the put-back attempt. Michelle went one for two at the free throw line to put the Lady Hawks on the board 1-13. On the very next possession Myrna found a wide open Michelle who swished in a 3-pointer. Moments later Myrna forced a Saints turnover and Coach Fryberg called a timeout. He drew up a play that was executed to perfection and resulted in Michelle hitting another 3-pointer. The Lady Hawks were on a 7-0 run and brought the score to 7-13. The Saints responded by hitting a 3-pointer of their own, followed by a Nina Fryberg free throw and a baseline jumper by Michelle. With the score now 10-16 the Saints called a timeout.

Coming out of their timeout, the Saints ran a defense that this basketball enthusiast hadn't seen before. Later I learned it was called the *diamond press* or 1-2-1-1 full

court press. It's a trapping man-to-man defense that only works if you have quick guards who can "heat up the ball" in a one-on-one situation. This means getting the ball handler out of control and blinding him from the impending trap, which comes from a secondary defender who's lurking near half-court. For the remainder of the 2nd quarter, the Saints remained in their diamond press defense and the Lady Hawks committed eight turnovers while not scoring another point. At halftime the Lady Hawks trailed 10-24.

The Saints' diamond press defense continued to stifle the Lady Hawks in the 3rd quarter. Following back to back turnovers, Myrna found an open Michelle who shot and made her third 3-pointer of the game to make the score 13-26. Over the remainder of the 3rd quarter the Lady Hawks would only score two more points, scored by Jaylin Rivera, as the Saints defense continued to slow down the visibly frustrated Lady Hawks. Meanwhile the Saints were

	FGM-A	3PM-A	FTM-A	REB	AST	STL	BLK	TO	PF	PTS
Michelle Iukes	4-19	3-12	1-3	6	1	4	1	10		12
Myrna Red Leaf	0-6	0-1	0-0	8	4	4	0	17		0
Jaylin Rivera	2-12	0-0	0-0	6	0	3	0	4		4
Nina Fryberg	0-8	0-0	1-5	9	0	1	0	3		1
Shaelynn Sanchey	0-1	0-0	0-0	4	0	0	0	7		0
Team Totals	FGM-A	3PM-A	FTM-A	REB	AST	STL	BLK	TO	PF	PTS
	6-46	3-13	2-8	33	5	12	1	41		17

	1	2	3	4	T
Hawks	0	10	5	2	17
Saints	11	13	17	8	49

getting easy buckets off of 14 forced turnovers. Going into the 4th quarter the Lady Hawks trailed 15-41. After getting the short break to rest before the start of the 4th quarter the Lady Hawks came out hustling. They were running back on defense and not letting the Saints take uncontested shots. On offense the shots weren't following until Michelle inbounded to an open Jaylen who made an elbow jumper to make the score 17-41. Unfortunately for the Lady Hawks that would be their last basket of the game as Jaylin soon after fouled out. Having no bench players for this game meant the Lady Hawks would play the rest of the

game 4-on-5. This added challenge made it difficult to get any offense going. The game ended 17-49 in favor of the Orcas Christian Saints. Following the game Lady Hawk Michelle Iukes was very upbeat about the team's development. "We've gotten a lot better at beating the press. We didn't panic or anything. But we have to look middle more because they [Jaylin and Nina] are open. I think everyone has improved and we are able to look inside more, down low more and not just high post." The Lady Hawks remain positive and are determined to get their first win on the season in the

Becoming a quitter can make you a winner

Tulalip Stop Smoking Program can help you reach your goals

By Brandi N. Montreuil

The discussion to quit smoking cigarettes can be as stressful as trying to quit. The nagging. The pressure to succeed. The feeling of failure. The cost. The nagging. The fear. The withdrawals. The pressure. The nagging. Does this sound familiar? Are you feeling like you need a smoke break as you read this? If so, then I know exactly how you feel and so does 42.1 million other people in the U.S. who smoke everyday. I started smoking when I was 20-years-old, because it made me feel cool. Cliché as it is, it was my reason to commit to buying my first few packs and getting past the sick feeling I got every time I tried to inhale. Eventually I got over the sick feeling and I developed a habit.

Cigarettes contain 600 ingredients with nicotine as the key ingredient, giving it that addictive component. When smoked, a cigarette creates over 4,000 harmful chemicals including arsenic, commonly used in rat poison, formaldehyde, which is used as an embalming fluid, naphthalene, an ingredient found in moth balls, and tar, a material used to pave roads and to seal roofs. According to the Centers for Disease and Control, Americans spent \$8.4 billion on tobacco in 2011. Cigarette smoking is the number one leading cause of preventable death in the United States, "accounting for more than 480,000 deaths, or one of every five deaths, each year." My decision to quit smoking for good came in the beginning of 2014. I had tried, unsuccessfully to quit the previous year, but in 2014 I got the gusto to commit to quitting after meeting with the cessation specialist Ashley Tiedeman with the Tulalip Stop Smoking Program. Now I have been smoke free for a year. The Tulalip Tribes Stop Smoking program provides an essential lifeline for those trying to quit in the Snohomish County.

Through the program you will receive one-on-one help tailored to your needs, free of cost. The program provides support and cessation supplies such as the popular nicotine patches and gum that help smokers kick the habit. There were multiple factors that led to my decision to quit, which included the financial burden of smoking. I spent roughly \$1,296.36 in 2013 on packs of Marlboros. The toll on my health was starting to be felt outwardly. I had decreased oxygen levels leading to shortness of breath. My teeth were yellowing and I experienced withdrawal symptoms when I couldn't smoke, which included irritability, hunger, coughing, dry mouth, tiredness or drowsiness, and trouble sleeping. When meeting with Tiedeman, I learned there were a variety of options available to me in my journey to quit the habit. The most common option smokers consider, and the one I chose, is the "cold turkey" method, which involves literally ceasing to smoke a cigarette, despite the withdrawal symptoms you experience. Other methods include herbal remedies and

medication to help tackle cravings, the number one obstacle people face when trying to quit. Another obstacle for those looking to give up smoking is fear of failure, which is why a majority of smokers try to hide their attempts at quitting. Routines developed as a smoker, such as pairing the activity of smoking with another daily activity like driving or after eating, also makes it difficult to quit. To help participants, the Stop Smoking program helps smokers create a toolbox of resources to draw from when they experience temptations and cravings. "There is no pressure. We help people develop coping skills to get past smoking. We meet with them on a weekly basis to help them stay on track, and help them assess where they are succeeding and having difficulties, then develop action plans for them. There is no time limit to quitting. It is just day by day," said Tiedeman. For help quitting smoking or more information on the program, please contact Ashley Tiedeman at 360-716-5719.

Tulalip healing: Exhaling the pain

By Kara Briggs Campbell

When people talk about trauma recovery, they often talk about mental health counseling.

While this is important for many, there are also others ways to approach healing that are complimentary to counseling and help people to maintain balance amid painful times.

Laura van Dernoot Lipsky, founder and director of the Trauma Stewardship Institute, reminds us that trauma requires processing, or metabolizing. The trauma may be felt by a community after a senseless, horrific school shooting, or may be any of the other ways that families or individuals come to loss and grief.

Some of the questions that Lipsky asks include, “What is one’s ability to metabolize the trauma we are bearing witness to? And, if someone finds wave after wave crashing down on them, have conditions been created to help them to metabolize?”

Finding ways to cope or metabolize with trauma is important because trauma is all around us. But so are practices and techniques for processing healing from trauma and grief.

In her book “Trauma Stewardship: An Everyday Guide to Caring for Self

While Caring for Others,” Lipsky helps people to think about how to cope with the cumulative impact of ongoing exposure to heartbreak.

“There are a lot of people who will say, ‘I am not open to going to counseling, for whatever reason,’” Lipsky said. “There aren’t a lot of people, however, who will argue with the benefit of exercising. People have far fewer barriers to the idea of exercising than what they think of as mental health counseling.”

One of the primary things people need to know, whether they are getting counseling or pursuing an alternative-healing path, is they are not alone.

She wants to encourage people to talk with someone about what they are feeling. And if the first counselor or friend you try to talk with doesn’t feel helpful, she said, keep looking for another person with whom you can connect. You might ultimately connect with a counselor but it could also be a cultural leader, a minister, a friend, or a therapy dog.

“Find someone to connect with who can remind you that you are not alone,” Lipsky said.

The next thing she advises is to find a way to engage with your breathing. Many indigenous communities have profound breath work practices that could include singing, dancing, or paddling a canoe. Many studies have found that physical activity helps people, including children, to recover from trauma. Exercising is one of the most

effective, most efficient and most accessible ways to help one’s body and spirit sustain.

“Unless you are medically advised not to, we find there is great benefit to folks elevating their heart rate and breaking a sweat,” she said. “Some people can even hearken back to their ancestors’ ways of engaging breath that allows you to metabolize everything you have experienced.”

In the United States, overall, we are part of a mainstream culture that doesn’t support one’s need to intentionally and mindfully move through your trauma and grief. As a result, many people around us are hemorrhaging unprocessed feelings.

Some signs that you’re hemorrhaging your trauma may seem like little things. You don’t let people merge in front of you on the freeway, or you find yourself screaming at your cat, or you are sobbing at a funny movie. Often whatever you find to eat, drink or inhale that keeps you numb is merely temporarily distracting from your grief, she said.

“We know it is very, very scary to feel deeply,” Lipsky said. “It is very uncomfortable. We also know it is unsustainable to not feel.”

“One common way that we distance ourselves from our feelings is to bring something on board like caffeine, sugar, nicotine, highly processed foods, alcohol or drugs, she said. “Or you are dis-integrating your mind, body and soul in some other way. The toll of not feeling can be extraordinary.”

Exercising can help mental health

By Kara Briggs Campbell

The Mayo Clinic, a nationally known medical facility with clinics in Minnesota, Arizona and Florida, published on its website this list of benefits and protocols for starting an exercise program. This is the time of year when many people will make exercise a New Year’s Resolution. But in this time, as many in the Tulalip community are trying to cope with trauma, grief and loss, mental health professionals say exercise can help almost everyone to relieve stress and begin to feel better.

Exercise for stress management

- It pumps up your endorphins: Physical activity helps to bump up the production of your brain’s feel-good neurotransmitters, called endorphins. Although this function is often referred to as a runner’s high, a rousing game of tennis or a nature hike also can contribute to this same feeling.
- It’s meditation in motion: After a fast-paced game of racquetball or several laps in the pool, you’ll often find that you’ve forgotten the day’s irritations and concentrated only on your body’s movements. As you begin to regularly shed your daily tensions through movement and physical activity, you may find that this focus on a single task, and the resulting energy and optimism, can help you remain calm and clear in everything that you do.
- It improves your mood: Regular exercise can increase self-confidence and lower the symptoms associated with mild depression and anxiety. Exercise also can improve your sleep, which is often disrupted by stress, depression and anxiety. All this can ease your stress levels and give you a sense of command over your body and your life.

A successful exercise program begins with a few simple steps.

- Consult with your doctor: If you haven’t exercised for some time and you have health concerns, you may want to talk to your doctor before starting a new exercise routine.
- Walk before you run: Build up your fitness level gradually. Excitement about a new program can lead to overdoing it and possibly even injury. If you’re new to exercise, start at the moderate level and then add vigorous activity as your fitness improves.
- Do what you love: Virtually any form of exercise or movement can increase your fitness level while decreasing your stress. The most important thing is to pick an activity that you enjoy. Examples include walking, stair climbing, jogging, bicycling, yoga, tai chi, gardening, weightlifting and swimming.
- Pencil it in: Although your schedule may necessitate a morning workout one day and an evening activity the next, carving out some time to move every day helps you make your exercise program an ongoing priority.

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



Newborn Development

Submitted by Kathleen Lefcourt, ChildStrive

Did you know?

In the first two months of a child’s life, a newborn is learning to feel comfortable in their new world. They need to learn to regulate their eating and sleeping patterns, and their emotions, which helps them feel content, safe and secure.

- Parents and caregivers can help by watching their baby carefully to learn what their baby’s cries are indicating.
- A newborn baby often needs to be soothed and comforted. When a parent or caregiver responds to a baby’s cry and meets her need, your baby knows she is loved.
- A newborn baby cannot be spoiled. In fact, by responding lovingly to your baby’s needs, they are learning new skills that will allow them to eventually soothe themselves.
- Newborns use their gestures, sounds and facial expressions to communicate their feelings and needs.
- Babies use different cries to let you know they are hungry, tired or bored.
- Babies are asking for a break by looking away, arching their backs, frowning or crying.
- Babies socialize with you by watching your face and exchanging looks.
- Even as newborns, babies can play in many ways. They can connect sounds with their sources, and love when a family member or caregiver talks and sings to them.
- Play helps babies connect with the people who love them and develop a strong attachment to them.
- Families can offer babies lots of different objects to look at, touch and even grip in their hands. Babies can focus best on things that are 8 to 12 inches away from their face.
- Babies enjoy “tracking” games. Families can move interesting objects back and forth and a baby will follow the object with their eyes. Eventually a baby will learn to move his head from side to side which strengthens neck muscles.
- Remember that caring for a newborn can be stressful and exhausting. It’s perfectly normal to ask a friend or family member for help when you need a break.

ChildStrive (formerly known as Little Red School House) has been partnering with Tulalip families for more than 30 years. For more information about your child’s childhood development contact Courtney Miller at ChildStrive at (425) 353-5656 x7145 or Courtney.Miller@ChildStrive.org. More information about ChildStrive can be found on our website at www.ChildStrive.org

Tulalip Montessori Perfect Attendance
December 2014

Submitted by
Annie Enick

Primary 1:
Alexandria Morse,
Amadeo Cortez,
River Ceba-
Harvey, Leonard
Anderson. Silas
Jones, Jala
Jimenez, Naielli
Ortega, Ryker
Danielson



Primary 2: Back row; Bryson Moses,
Tyrone Brisbois Jr, Rilla Jones,
Kathryn Elliott.

Front Row: Salisha Quimby, Jada
Smith, Kveon Lapham, Bella
Mahoney.

Jaycee Williams was already picked
up for the day and was not present
for the photo.



Primary 3: Front row:
Maliyah Fryberg, Dayla
Calendar, Makayla
Zackuse-Moseley,
Koli Sohappy, Bella
Rose Reeves. Back
row: Gabriel Wilder,
Maleia Kicking Woman,
Connor Gaffney, Cora
Jimicum



Primary 4: Back:
Jordan Bontempo,
Janiesha Zackuse.

Front: Channele
Guzman, Kaison Rude,
Aloisius Williams, Tyson
Hatch, Madison Sheldon



A psychiatric response to the tragedies of Tulalip and Vashon

I envy the Tulalip people for the community they still have - a privilege torn from me in the murderous years of the Holocaust. In community we are each beholden to one another. Each individual's action has effects that strengthen or weaken the tribe.

My father wanted to die after learning of the fates of the brothers he so admired. He felt that they were more deserving of life than he. My father, who I admired more than anyone I had ever met for his decency, honesty, and goodness, lived with unbearable aloneness and bitterness. But he never forgot me. My father was bitter towards God, life, and men, but he lived for my sake. Now I marvel that I have a loving wife, children, grandchildren, a home and community on Vashon Island. I have privileged work helping those who suffer. But the rate of suicide on Vashon - higher than all the rest of King County put together - and the multiple tragedies in Tulalip, recently culminating in the incomprehensible act of a beautiful and beloved boy shooting equally beautiful and be-

loved friends - has me reeling.

We are all interconnected in ways we can never fully appreciate. In the lonely desperate act of suicide, we forget that.

Ten years ago, a troubled young man transferred to my care following his second suicide attempt. His sister killed herself years before by jumping off a bridge. He wanted to die, because even the highest levels of medications did not relieve the tormenting, threatening, demonic voices.

Reminding him of how desolate he felt after his sister killed herself, he understood that were he to do the same, he would be placing the final nail in his family's coffin. His suicide would make it far more likely that a niece, or nephew, cousin or sibling would also later add to the family's tragic legacy; but if he endured his pain, he would silently and heroically be protecting his family. No one would know, but I knew, and for him, that was enough.

Our emotions are meant to give us a quick read on the world. The sense of permanence of our feelings is inaccu-

rate. In our darkest moments, we feel helpless to change a seemingly endless sense of desolation, pain, anger, and bleak loneliness. During those times, we see through a dark lens that distorts how we see ourselves, loved ones, and future possibilities. Depressed parents may even tell themselves, "My children would be better off without me." This is never true.

We either endure our own pain or we pass it on to those we love. There are no alternatives. No matter how much we want to, we never completely get over the lingering effects of an intimate's suicide.

When a suicidal person confides to a friend or family member that he has been thinking of ending his or life, we need to understand that confidence as a plea for help. This is a secret best honored by its betrayal - by not keeping it and talking to other friends and family members.

When someone makes a despairing remark, they are asking us to reach out to them. Ask questions. Call the Care Crisis Clinic: 425-258-HELP(4357) where trained volunteers answer the phone 24 hours a

day, seven days a week. Encourage the person to get help. A kind remark can be the difference between life and death. Getting help when needed strengthens oneself, one's family, and ripples through the entire community.

As a psychiatrist for 40 years and a clinician for longer, I know we can help, even when a person believes there is no hope and no way out. An article just released on Nov. 23, 2014, in the Medical Journal "The Lancet," points out that significantly fewer people kill themselves after just ten counseling sessions. The benefits last for decades.

How we each conduct our lives affects those around us. We only pretend to be strong when we don't ask for the help we need. And we help ourselves when we help others. That is the privilege of community.

Barry Grosskopf, MD
Consulting Psychiatrist Tulalip
Behavioral Health
Vashon Island Resident

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, Jessey Price, Jennifer Minor, and Karina Boston and Teressa Burkett. Baby has lots of cousins!

Needing a friend

12/15/14

I am Native American and I receive your newspaper, See-Yaht-Sub. I enjoy reading it from front to back. Good, sad and interesting articles and news in each issue so thank you very much for sending it to me. Well Christmas will be here soon and sorry to say that I'm in presently doing time here in California prison, and I still have a long

time to do. I don't have family or anyone that writes me, and around this time if the year it gets lonely and sad for Native brothers inside prison. If anyone reads this letter and wants to write and cheer me up, please do so. I will answer anyone and all letters, Thank you for taking the time to read this.

Sincerely,
Dionisio Rendon C#89115
P.O. Box 4610-C-4-120
Lancaster, CA 93539

Non Tribal foster children Christmas

12/26/14

There was a wonderful and memorable turn out for the few that let the non-tribal foster natives in Snohomish County know they were not forgotten and loved by each of you, and you had big hearts as the gifts you provided were wonderful.

This year the list of foster kids was a lot longer and it is so very sad the list was for so many children under the age of a year!

A big thanks from DSHS to Doris and Bill Gula, Pauline Williams, Joy and Shelly Lacy, Lou Ann and Mandy Carter, Don and Alice Carpenter, to Debbie & Howard Brown,

Carol Kapua and Ginnie Carpenter for their love and generosity.

The gifts provided by the donators made the Christmas for these unfortunate foster children a memorable Christmas, which they will remember the rest of their life.

A list of foster children was received from DSHS and the youngest was a month old child. A majority of the children were babies and the list has grown substantially from 2013.

This should tell our tribe we need to do a study on how many of our tribal children are put in foster homes that are under the

age of 1 year. Something desperately needs to be done as the young tribal parents are not following our tribal teachings as they are the ones doing something illegal and letting their children be taken from them and having them put into foster care. We cannot continue to blame be'da'che. The parents need to take the responsibility. At every general council meeting the blame comes

up and up again and the blame keeps going to the board. This is not acceptable as a tribe we are not responsible, it is the "parents" that are to blame if their children are taken from them and they need to be held accountable. Our children need to be placed in homes that meet the qualifications that will keep our children safe and if tribal members cannot pass the tests for foster parents then we

have only ourselves to blame.

I am sorry if I got off from my main purpose but our foster children need to be the ones we should be thinking about not protecting their parents!

Virginia (Ginnie) Carpenter
Tulalip Tribal Elder

Obituary: Norbert Thomas Wyakes



Washington.

Norbert loved Western and 50's Music, WWE Wrestling, Western movies, cars, batteries, and his Cowboy Hats. In 1998 Norbert and his sister, Dorothy were the first King and Queen from Tulalip Senior Center.

He is survived by nieces, Connie Matteson, Muffy Ordonia, Lina "Yellow" Martin, Monica Ordonia,; nephew, William Ordonia, David and Joe Fernandes; and numerous great nieces and nephews.

He was preceded

in death by parents; sisters, Dorothy Nudo, Janice Nacionales; and niece, Esther (Ordonia) Davis.

Visitation was held Friday, January 2, 2015 at Schaefer-Shipman Funeral Home with a Recitation of the Rosary following at the Tulalip Tribal Gym. Funeral Services were held Saturday, January 3, 2015 with burial following at Mission Beach Cemetery. Arrangements entrusted to Schaefer-Shipman Funeral Home.

Norbert Thomas Wyakes, 85, of Tulalip, Wash. passed away December 29, 2014. He was born on Sept. 17, 1929 to Thomas and Dore Wyakes in La Conner,



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DATE: Monday, **January 26th**
TIME: **5 PM – 7 PM**
LOCATION: RM 263, Admin. Bldg.

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

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DATE: Tuesday, **January 20th**
TIME: **5—7 pm**
LOCATION: Rm 263, Admin. Bldg.

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DATE: Thursday, **January 15th**
TIME: **5—7 pm**
LOCATION: Rm 263, Admin. Bldg.

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

What do you hope happens for you in 2015?



"For all the negativity to go away."

Michelle Cortez
Tribal member



"Lots more family time."

Dorothy 'Topo' Jones
Tribal member



"To have a productive, successful, improving year."

Lahneen Fryberg
Tribal employee



"I hope I live another year!"

Dale Jones
Tribal member

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SUNDAYS JANUARY 4, 11, 18 & 25

(2) Winners will be drawn each session prior to halftime and each winner will choose a "FOOTBALL" to determine cash prize.

BINGO

\$2,500 COLD CASH HOT SEAT DRAWING

TUESDAYS, JAN. 6, 13, 20 & 27

(2) Winners will be drawn each session prior to halftime and each winner will choose an "ELVIS" to determine cash prize.

SLOTS

\$2,000 KING OF CASH HOT SEAT DRAWING

FRIDAYS, JAN. 2, 9, 16, 23 & 30

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