

BEAUTIFUL HEALTH

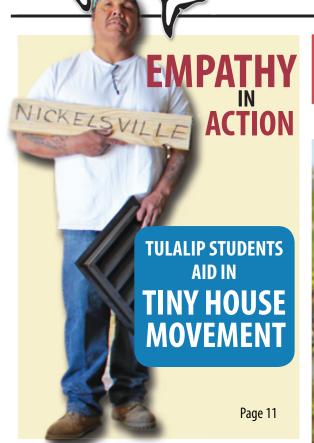


Tulalip SEE-YAHT-SUB

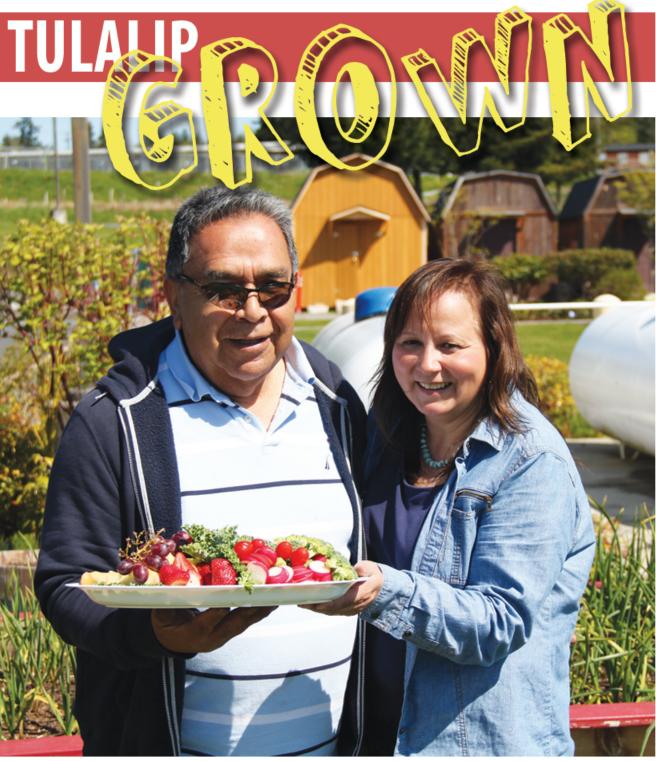
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Volume 36 No. 19

Wednesday, May 20, 2015



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Tulalip Bay Wellness Garden and Trail, bringing practical application to diabetes program

See Garden, page 9



Tribal ID/Gas Cards Reminder

Every time you get a new Tribal ID we void out the encoded number in your old card. So you need to use the most current card printed. Also you only receive ONE free tribal ID a year and after that they are \$5 each time.

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

- We respect the community of our elders past and present, and pay attention to their good words.
- We uphold and follow the teachings that come from our ancestors.
- 3. It is valued work to uphold and serve our people.
- 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. 18, May 13, 2015

Published once-aweek with special issues by the:

Communications Dept. Tulalip Trib



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		
Time	Week of - Monday 5/25/15 thru Sunday 5/31/15 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	This is Indian Country: Native Alaska & The Big Spill Billy Frank travels to Native Alaskan villages still reeling from the 1989 Exxon Valdez oil spill, visiting subsistence hunting grounds and sacred sites.	1:00
1:30 AM	Cedar Hat Weaving The story of Cedarman and outlines the step-by-step process of cedar hat weaving. It looks as well at the process of cedar bark pulling.	0:30
2:00 AM	Diabetes, Lifetime Solutions Different ways of preventing diabetes, such as improved diet and exercise as well as reduction of stress along with methods of maintaining good health.	0:30
2:30 AM	Native Report - 914 We visit Wozupi, the garden of the Shakopee Mdewakanton Sioux Community where we learn about their organic chicken farm.	0:30
3:00 AM	Creative Native - 404 'The Good and Peaceful Ones'; In this unique journey into Hopi culture, we meet local artists who shed light on the secret ways of this obscure nation.	0:30
3:30 AM	NWIN 64 NorthWest Indian News - Stories: "Tse-Whit-Zen", "What About Those Promises", "Festival of the River", "A Lower Village Dilemma"	0:30
4:00 AM	Making of a Porky Roach The porky roach, worn by male dancers is the universal headdress worn today in the powwow arena. A complete guide to construction.	0:30
4:30 AM	Power Paths Follows a grassroots coalition determined to transform their reservation's economy to green energy, preserving their land for future generations.	1:00
5:30 AM	Cedar Hat Weaving The story of Cedarman and outlines the step-by-step process of cedar hat weaving. It looks as well at the process of cedar bark pulling.	0:30
6:00 AM	Watchers of the North - Ep 103 'The NWS Patrol' - A snowmobile breakdown challenges the Gjoa Haven Rangers as they check on a radar station and an abandoned DEW line site.	0:30
6:30 AM	Lushootseed Stories A compilation of Lushootseed stories told by Lushootseed teachers. The stories come from elders, teacher's lives and their students.	0:30
7:00 AM	Native Report - 914 We visit Wozupi, the garden of the Shakopee Mdewakanton Sioux Community where we learn about their organic chicken farm.	0:30
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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 09 T-Bear, Talon, Jacob & Mushom think they have videotaped a Bigfoot around Wapos Bay. Jacob & T-Bear try to sell the footage for six million dollars.	0:30
9:00 AM	Bizou - Ep 17 - Grouse Come sing and dance with Bizou as she takes you on a picturesque journey into the wonderful world of Grouse, the little drumming bird.	0:30
9:30 AM	Watchers of the North - Ep 103 'The NWS Patrol' - A snowmobile breakdown challenges the Gjoa Haven Rangers as they check on a radar station and an abandoned DEW line site.	0:30
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TIII AI IP TV

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

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Mara Hill joins Tulalip news team

Hello, my name is Mara Hill and I am your new reporter for See-Yaht-Sub/Tulalip News.

I am a Tulalip tribal member and most of my family comes from the Tulalip and Marysville area. I have two sets of parents. Their names are Jeff Hill, Ron Ford, Cass Bassett Ford, and Susan Jimicum. My grandparents from Tulalip were Rose Mary "Dolly" Jones Hill, Theodore "Teddy" Hill, and Charles "Dennis" Hill. I am also

fortunate to have one daughter, eight siblings, and several aunts, uncles, and cousins.

Before starting my position as a reporter, I returned to school at Everett Community College, worked at the Marine Drive Chevron, and served in the United States Marine Corps.

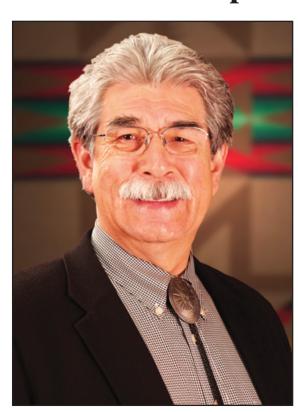
After I graduated from Marine Corps Recruit Training (boot camp) and Marine Combat Training (MCT) I went through my last part of training at a Military Occupational Specialty (MOS) School on Fort George G. Meade, Maryland to become a Combat Photographer. After graduating from MOS school as a photographer, I was given orders to a permanent duty station on Marine Corps Air Station

Beaufort, South Carolina, where I spent the remainder of my five-year enlistment.

Fast forward two years later, my daughter and I are now living at Tulalip, I am working for the Tribes as a reporter, and she is attending school here. By working in this position, I look forward to providing our community with information, news, and photos of our tribe and the surrounding areas. I am grateful to have the opportunity to be a part of this team and excited to contribute.

I can be reached at 425-716-4188 or mward@tulaliptribes-nsn. gov for any questions, comments, or requests.

Chairman's Report



I want to bring you up to date on some of the things that have been happening this last month.

Entertainment at the TRC

During our May Committee and Board Meetings we met with one of our hardworking artists, Kaiser Fryberg-Jones. Kaiser brought forward a request to utilize his acts, Komplex Kai and Cannibal Woman, in the Canoe's Cabaret. The Canoes Cabaret has two time slots for entertainment in the evenings. The Tulalip Resort Casino (TRC) staff select acts based on the type of customers we want to attract. Does the musician fit the profile of our gamer? Our typical gamer nowadays is the baby boomer. Baby boomers have the time and disposable income to enjoy the entertainment at the TRC.

I'm glad that, although Komplex Kai's original music doesn't necessarily fit the profile of our gamer, he is willing to tailor his set to include music that our guests love to hear. Kaiser asked a great question, are all musicians asked to modify their act when they play for the TRC? It's a complex answer, yes and no. Typically if an act doesn't fit our venue, we simply do not consider them. Part of the reason that Komplex Kai is worth the effort is because we are committed to providing our Tulalip citizens with opportunity.

I am proud of Kaiser, and all of the artists in our community. The life of a musician is not an easy one. So many musicians dream of hitting it big and never do. But they continue to play because it is their passion. One of the ideas we have discussed to bring attention to the musical talents in our community is a "battle of the bands" type contest held at the Tulalip Amphitheatre. The prize: one night as the headlining act during our concert season. We will be sure to keep you informed as that idea takes shape.

Changes to the Gaming Commission

We met with our Gaming Commission and we're trying to figure out the best future for that commission going forward. Elections have shown there is not a lot of interest in serving on the Gaming Commission. It may be the arduous process involved in qualifying, potential Gaming Commissioners have to pass a background check and pay a \$350 non-refundable fee. In addition, it's a difficult and complex job that requires an understanding of our gaming regulations and operations.

Because of the difficulty finding qualified commissioners, the Board of Directors is considering how many commissioners are reasonable for a successful Gaming Commission. We are examining the potential for changing it to a five member committee and re-establishing the quorum requirements.

Healing Lodge

I want to thank everyone that attended the grand opening for our Healing Lodge in Stanwood. What a beautiful, beautiful property. I'm so happy that we're going to have a place for our Tulalip citizens who are looking for that safe, nurturing environment where they can live and develop those life skills that will make them successful in sobriety.

I know that there are many challenges during recovery. The healing lodge is one more tool to help those who are ready to leave a life of addiction. We are excited to see the culmination of many years of work finally open, and we already have one resident. This new home will be a real positive for our community.

TRC Robbery

A special hands up to the Tulalip Police Department and our TRC Surveillance team for catching the thieves that robbed a guest at our hotel recently. The story went viral in the news because of some of the accusations made by the victim. Thanks to the sophisticated room key software at the TRC, we knew that the room hadn't been accessed with a key and it was gratifying to see the criminals involved caught. I am so very proud of our surveillance team. Their training, quick thinking and coordination with our Police Department ensured that the criminals responsible for the robbery.

Our TRC General Manager Ken Kettler and his team have are making infrastructure changes to create an even safer environment for our guests. The team is taking a proactive approach to ensure that there are systems and processes in place to prevent crime on the property, and, in the event that an incident does happen, ensure that those responsible are caught. I appreciate the concerns that I received from our tribal members. It's great to know that you are engaged and informed about what is happening at our businesses.

Memorial Day

I'd like to take this time to thank all of our men and women who serve or have served in the

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military. We have a rich legacy and tradition of Tulalip men and women serving our nation, whether during war or peace time. It's never easy when a family member leaves and sometimes travels thousands of miles from home. It's even more difficult when you know that they are potentially entering a violent or even deadly area and they may never come home.

We, the Board, raise our hands to our veterans who served in the middle east during Desert

Storm and Desert Shield, for those who served in Iraq or Afghanistan. We honor and respect our Vietnam veteran's who didn't receive the welcome they should have when they came home from that unpopular war. Recently, I was interviewed by Joe Galloway the co-author of We Were Soldiers Once...And Young. He's travelling across the United States gathering interviews with Vietnam veterans and I was honored to be one of them.

The Korean War was known as the

Forgotten War. To our elder, Tiatmus – Ray Moses, and all those who served in Korea, we want you to know we haven't forgotten you. We also raise our hands to our elders, Stan Jones and Moxie Renecker, our last World War II veterans.

We want to remember those veterans who continued their journey as well as those veterans are still with us. We want to honor and remember our gold star mothers. I can't imagine the grief of a mother when that officer comes and knocks on her door to share that

her beloved child has been killed in action.

I also want to raise my hands to our community for the support and love that we extend to our veterans. Kudos to the volunteers who work so hard to make our cemeteries look so beautiful for Memorial Day, and to the veterans and community who turn out every year for our Memorial Day services at our Priest Point and Mission Beach cemeteries.

Notice of Tribal Gaming Commission vacancy

Submitted by Gilla American Horse, TGC Secretary

To all interested parties, there is one (1) vacancy on the Tribal Gaming Commission. The Board of Directors is seeking letters of interest in order to appoint a Commissioner. The individual chosen to fill this position will serve the remaining one year and three months of the vacated three year term.

In accordance with the Tulalip Tribal Code 10.05.030 Regulatory Commission, agency and functions:

(iv) In case of a vacancy on the TGC, the Board shall appoint a Commissioner to fill such vacancy for the remainder of the term of the Commissioner that is being replaced or, upon written notice to the TGC, permit the vacancy to remain unfilled for the remainder of the term if the next Tribal general election to fill the vacancy will fall within three months of the occurrence of the vacancy. In the event the vacancy prohibits the TGC from establishing a quorum, the Board will immediately appoint a Commissioner to fill such vacancy, subject to qualifications for Commissioners under this chapter; and pay the TGC-established licensing fees for the appointed Commissioner.

As stated in Tulalip Tribal Code 10.05.030 Regulatory Commission, agency and functions:

(b) Qualifications.

(i) No employee of:

- The TGO;
- Any Tribally licensed Class II or III gaming operation; or
- Any non-Tribally licensed gaming operation;

may be a Commissioner.

(ii) No person may be a Commissioner unless such person:

- Is a duly enrolled member of the Tribes;
- Is at least 21 years of age; and
- Has never been convicted of a felony, or a misdemeanor involving dishonesty.

In addition, the person selected for the position of Commissioner shall submit to a background investigation and must be qualified to receive a Category A Tribal Gaming License. All interested parties should contact Jeff Hatch, Deputy Director of Licensing, Tulalip Tribal Gaming Agency at 360-913-3192 for more information regarding background investigation and licensing qualifications.

Submit your letter of interest to the Board of Directors , 6406 Marine Dr NW, Tulalip WA 98271. The deadline to submit your letter is Friday, June 12, 2015.

Warrant Amnesty Fridays at Carl Oscar Jones Tribal Court

By Wendy Church, Tribal Court Director and; Jim Furchert, Probation Officer

The Tulalip Tribal Court is offering Warrant Amnesty Fridays approved by Board of Director's motion on April 2, 2015.

Warrant Amnesty means that on the scheduled days below a community member who has a warrant out of the Tulalip Tribal Court can come to Court and quash their warrant without a quash fee, and they will not be remanded to custody regardless of the charge or the case. The community member will have

the bench warrant quashed, without a quash fee and then be given another court date to resolve their matter.

- Friday, June 5th all day from 9:00 a.m. to 12:00 p.m.
- Friday, July 10th all day from 9:00 a.m. to 12:00 p.m.

There are over 150+ active warrant in the system which costs officer time, judicial and clerk time, and which also adversely impacts jail costs, therefore, the Tribal Court is offering Warrant Amnesty days to quash your warrant at no cost.

If you have any further questions on these upcoming Warrant Amnesty Days, please contact the Tulalip Tribes Probation Department, 360-716-4800.



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Record amounts raised at Boys & Girls Club Auction



Sheldon family women flaunt their hand-made Boys & Girls Club necklace keepsake.

Right: Some of the items available at the auction.

Article and photos by Micheal Rios

On the evening of Saturday, May 9 the Tulalip Resort Casino's Orca ballroom was the location for the 17th Annual Tulalip Boys and Girls Club "It's for the Kids" Auction fundraising event. The ballroom was elaborately designed like never before with a tiered seating arrangement for the record high 650 guests who attended. This year's theme was in true 12th Man fashion as it was devoted to the Seahawks and prevalent in all visual aspects, from the vivid navy blue and action green colored table dressings and centerpieces to the accent lighting.

The Tulalip Boys & Girls Club is the first club of its kind to be built on tribal land in Washington. Established in 1995, 2015 marks twenty years of commitment to the community. The Club serves as a model for those working to improve the lives of young people in surrounding communities.

With the success of previous auctions, the Club has not only been able to sustain services, but to likewise complete needed campus expansions that added additional learning space. This included spaces like 2014's

all new Computer Learning Center with state-ofthe-art technology allowing our kids to stay on par with the area's best schools when it comes to computer technology.

While auction attendees enjoyed the great food, great friends and the great auction items available, they were continually reminded of the hundreds of children who'll benefit from the night's proceeds. Video montages depicting Club members, staff, and events were played throughout the evening. A very touching video dedicated to Diane Prouty, or as the kids call her "Grandma Diane", was shown right before she took the stage to speak on the importance of Tulalip's Kid's Café. Through Kids Café, the Club provides healthy, filling, hot snacks and meals to kids after school. Many of the kids who participate in Kids Café would not have an afternoon snack or dinner without the Club.

Auction participants showed their generous support by donating a record high \$40,945 to Kids Café. That proved to be just the beginning. By the end of



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Grammy award winning singer, Star Nayea, performs on stage.

the night, the auction had also raised a new record for total proceedings, amassing over \$300,000 that will benefit and support the Tulalip Boys and Girls Club.

On behalf of the Tulalip Boys & Girls Club, the Tulalip Tribes thanks everyone who contributed to the success of the 17th annual auction. The outpouring

of support received each year from sponsors and volunteers is quite overwhelming. As in years past, the funds raised from the auction will ensure that our club not only continues to provide, but improves upon, quality programs in a fun, safe and positive environment for the children who attend throughout 2015 and early 2016.



Health

Strengthening resiliency for our tribal community



Day two keynote speaker, Vaughn Eaglebear, gets the crowd going with his comedic antics.

Article and photos by Micheal

On Monday, May 11, and Tuesday, May 12, the Tulalip Resort Casino hosted the Tulalip community as we came together to partake in the 3rd Annual Community Wellness Conference. The event was a two-day, all-day occasion that took place in the Orca Ballroom. Sponsored by the Tulalip Tribes' Problem Gambling and Stop Smoking Programs, this year's conference was particularly special for all attendees, as we were invited to hear the motivational words and experience the remarkable talents of Native celebrities from across North America.

The target audience this year was our tribal youth, to ensure tribal youth engagement all the students of Heritage High School were bussed to and from the TRC in order to participate in the Wellness Conference. With an coordinators, Ashley

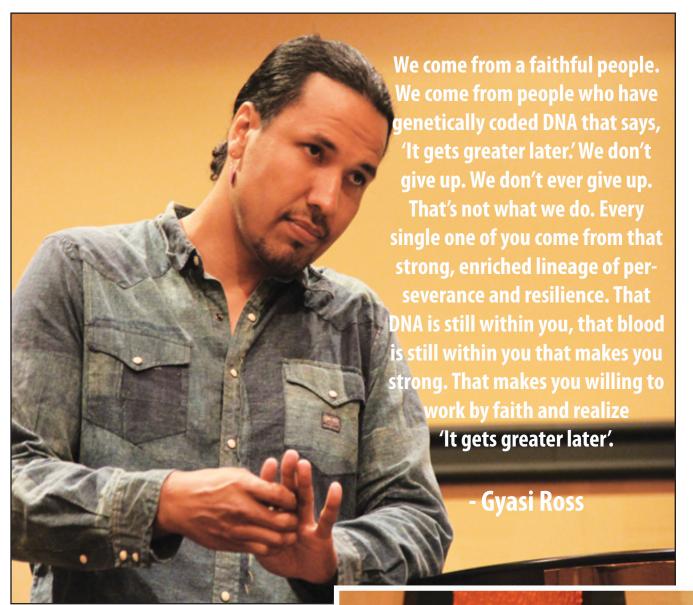
open registration, all members of the Tulalip community were welcome to attend. There were approximately two hundred attendees on each day.

Dav one was highlighted by keynote speaker Gyasi Ross, author and lawyer, an aerial performance by Andrea Thompson, and our very own Rediscovery Coordinator Inez Bill teaching how to make smudge kits and lip balm. Day two was highlighted by keynote speaker Vaughn Eagle Bear, comedian and actor, and a special performance by DJ crew A Tribe Called Red. The two-day Community Wellness Conference kept everyone engaged, kept interests peaked, and provoked much self-reflection while we learned how to channel our energies into positive experiences.

Conference

Health

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Tiedeman and Alison Bowen, reflected on the success of the Wellness Conference after it was over, saying the conference was successful not just because they had more attendees than the previous two years, but because of how each Native speaker managed to address and engage audience members on a spiritual and intellectual level. All of the amazing Native speakers shared their story and how they overcome their hardships to get to where they are now, successfully following their passion.

A simple, but powerful message expressed to the youth by Gyasi Ross was "It gets greater later."

"We come from a faithful people," expressed Ross to the tribal youth. "We come from people who have genetically coded DNA that says, 'It gets greater later.' We don't give up. We don't ever give up. That's not what we do. Every single one of you come from that strong, enriched lineage of perseverance and resilience. That DNA is still within you, that blood is still within you that makes you strong. That makes you willing to work by faith and realize 'It gets greater later'."

This message wasn't planned, but hit home with all and was repeated throughout

Below: Tulalip youth pose for a photo with aerial performer Andrea Thompson.



the conference. Alison Bowen, Family Haven Program Manager and co-coordinator of the conference, hopes that every single tribal youth takes this message to heart. "It becomes greater later. Each and every one of you has a purpose. You are all needed and loved."

Look for more in-depth discussion of the messages communicated to our tribal youth at the 3rd Annual Wellness Conference in the next issue of the See-Yaht-Sub.

Health

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Tulalip shines spotlight on women's health



Participants were able to ask questions from professionals and have health screens performed. Popular booths included an alternative medicine booth featuring essential oils, a kidney health booth and the diabetes booth.

Article and photos by Brandi N. Montreuil

For the first time in three years women packed into the Tulalip Karen I. Fryberg Health Clinic to attend a health fair tailored specifically to their health needs. On Friday, May 8 the lobby at the clinic was transformed into a womanonly zone that featured over 20 informational booths on women's health from A to Z.

Funded by the Tulalip Stop Smoking Program due to budget constraints, the fair highlighted the forgotten issues of women's health, such as routine health check-ups, proper footwear and wearing a good supporting bra.

Health fair organizer Jennie Fryberg, said, this year's health fair was meant to draw attention to the things women tend to put off due to work or family responsibilities.

"The idea was to do something different and have booths that offered information on other forms of health care, such as essential oils and other alternative health care. There is no mammogram bus this year but we have a great booth that has information on breast and cervical health. We have The Bra Shop attending this year and they accept HMA health insurance so you can get a proper fitting and get a good supporting bra," said Fryberg, whose mother Karen Fryberg started the tradition of health fairs at the clinic 30 years ago.

Deandra Grant, 15, attended the fair in the afternoon and said she learned how important health can be later in life. "I learned don't do bad stuff to your body and brush your teeth. You have to take care of yourself. The kidney station was my favorite so far and the diabetes booth. The whole fair is informational for me."

Held in conjunction with Mother's Day, the clinic organized a special makeover for three ladies chosen by staff following in the tradition of previous health fairs that provided makeovers to cancer patients.

"This year I knew I needed to do something special for three particular women in our community. The Clinic didn't have funds for the fair so I knew the makeovers would have to be funded in a different way. The Stop Smoking Program kindly donated the funds for the fair and we did fundraising for the makeovers," Fryberg said.

Chosen were Lahneen Fryberg, Lavinia Phillips and Nessie Hatch, all mothers of victims from the October 24 shooting at Marysville-Pilchuck High School.

"I wanted them to have something special before Mother's Day and show how proud we are as a community of their strength and that we are here to support them," continued Fryberg.

For more information on women's health check out the website www.healthywomen.org, or make an appointment to see a physician at the Karen I. Fryberg Health Clinic by calling 360-716-4511.





Health fair makeover recipients Lavinia Philips, Lahneen Fryberg and Nessie Hatch enjoyed a mini shopping spree, manicure and hair styling. All three said the makeover was a great surprise. "We didn't expect it and it was great that the three of use could spend a happy time together," said Fryberg. Echoing her sentiments Hatch commented, "A lot of times as moms, we don't take care of ourselves because we put our kids first, so this was great and reminds us that wee need to take time for ourselves."

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Garden from front page

Article and photos by Micheal Rios

When it comes to diabetes, Native Americans are clearly at greater risk compared to non-Natives. The incidence and prevalence of diabetes within the Native community have increased dramatically as traditional lifestyles have been abandoned in favor of westernization, with accompanying increases in body weight and diminished physical activity. Consider these sobering statistics from the U.S. Department of Health and Human Services' Indian Health Service:

- 2.2 times higher likelihood of Native Americans to have diabetes compared to non-Hispanic whites.
- 68% percent increase in diabetes from 1994 to 2004 in Native American youth aged 15-19 years.
- 95% percent of Native Americans with diabetes who have type 2 diabetes.
- 30% estimated percent of Native Americans who have pre-diabetes.*

The extent of diabetes in Native communities today demands public health programs that incorporate specific cultural adaptations for individual tribes. Enter the Tulalip Health Clinic's Diabetes Program and its 'grow your own fruits, vegetables & edible flowers' campaign.

In the spring of 2013, Veronica "Roni" Leahy, Diabetes Program Coordinator, embarked on a mission to bring practical application of diabetes prevention into the everyday lives of Tulalip tribal members by creating a

Tulalip Bay wellness garden and trail.

"Our goal for this garden is diabetes prevention," explains Leahy. "One of the ways you fight diabetes is good nutrition and exercise. We have a vegetable garden which supports good nutrition and a wellness trail for our exercise. It's practical application. We offer natural foods you can grow. We have berries, like gooseberries, huckleberries and raspberries. We have fruits, like Oregon grape, apples and pears. Plus, we are growing edible flowers as well.

"Our plan here is to have as much community involvement as possible in creating this space. We have elders who have been a huge part of this project from the very beginning. We'll continue to focus on the elders and community as we further develop this area. That's why we call it 'grow your own fruits and vegetables."

Volunteer elders work hard almost every day in creating new additions to the health clinic gardens. Tulalip elder Sandy Swanson is one of those dedicated volunteers.

"I'm out here every day because I enjoy gardening. I worked with Roni on this project since it first started at Hibulb Cultural Center," says Swanson. "I worked there in the greenhouse and garden beds for two or three years. So when we started down here, I thought this would be good because it's closer to my home and work at the Health Clinic. I was a nurse for 50 years and just retired last year. I'm 75 now so I putter around here and water and plant and help keep



this area clean. I come down and help plant the peas and apple trees.

"This garden is for the people so anyone can come help out and be a part of this. People come and work with us on these gardens, we'd like to have more people, but many work so we understand. The main theme is to be able to teach about healthy home-grown fruits and vegetables where they are safe to eat, store stuff is so processed and shined up with chemicals. You have to wash all your fruits and vegetables from the stores these days."The Tulalip Health Clinic's Diabetes Program is determined to teach the tribal membership how to live a healthy lifestyle that minimizes the risk of diabetes and

welcomes any and all community volunteers to become a part of the wellness garden. The next 'grow your own fruits and vegetables' event with be on Friday, May 29 from 9:00a.m. – 3:00p.m. at the Tulalip Bay wellness garden and trail, located on the west side of the Tulalip Health Clinic.

For more information about the Diabetes Program, the wellness garden, or opportunities for volunteerism please contact Roni Leahy at vleahy@tulaliptribes-nsn.gov or 360-716-5642.

*source: diabetes.org



View of the Wellness Trail as it leads to the garden.



New garden boxes have been established for the various fruits and vegetables.

Local schools get increased support through New Dawn Security

By Brandi N. Montreuil

security Α operations management firm called New Dawn Security has partnered with Tulalip Police Department to assess risks and develop plans to mitigate risks. New Dawn, who primarily works with school districts, was approached last summer by Tulalip Police Chief Carlos Echevarria who saw a need for an increased risk assessment plan at the Tulalip/ Marysville School Campus, which includes the Quil Ceda & Tulalip Elementary, Heritage High School, 10th Street Middle School and Arts & Technology High School.

"I met Sean Spellecy at a meeting hosted by the Marysville Police Department where he was presenting on New Dawn. We have all heard of the statistics across Indian country about violence and crime. So when we look at Indian country violence, and children exposed to violence and drugs, we see there is a need in our tribal communities for

our children to be safe and that also environment or harms kids," said includes the one place they spend New Dawn Security creator Sean the most time at. When Sean's presentation included the 26 Safe School Standards developed by the Spellecy's Department of Justice, I was sold. I knew it was the right thing to do," said Echevarria.

The set of school safety standards created by the U.S. Department of Education and Department of Justice can be embedded into day-to-day school operations to make schools as safe as possible. New Dawn has developed a system based off the 26 Safe School Standards to measure a school's safety rating.

"The first thing we do is a prevention assessment. What is currently in place to be able to prevent all of the risks that you could potentially face. This also goes for medical emergencies all the way down to transportation accidents, all of it. Anything that interrupts education

Spellecy, a retired school principal.

During the tenure education career, horrendous crimes committed against his students prompted him to develop a program to keep students and schools safe, later called New Dawn Security.

"Ten years ago schools didn't have to worry about 90 percent of the stuff that they have to worry about today," said Spellecy.

Evolving monthly plans are developed according to each school's assessment risks. These plans include training for educators on medical emergency prevention, shooter prevention protocols, sexual abuse and misconduct protocols, crisis response and increasing police patrols and hosting law enforcement days where students learn how law enforcement work to keep them safe. Assessment risk plans can also include implementing safer locks and alarm systems, assessing the safety of school grounds, like checking for blinds spots where students may gather, anti-bullying, and what to do in case of food allergies.

Spellecy contacted Marysville School District to discuss including all district schools in a service contract following the discussions with Chief Echevarria about schools located on the Tulalip Indian Reservation. The district declined services last August due to budget concerns.

Ray Houser Marysville District School Assistant Superintendent said, "At the point in the school year when New Dawn approached us, we had not set aside specific resources or have a budget line item reserved for their type of service. Graciously New Dawn offered to conduct some piloting of their services, which we thankfully accepted. Following the piloting of New Dawn's services, we began researching, and continue to research, their service as well as a number of other organizations that provide such

services."

Despite the decline for services by the district, the proximity of the Tulalip/Marysville Campus schools to the reservation compelled Chief Echevarria to seek funding from the Tulalip Tribes Board of Directors to seal a contract for New Dawn services for the schools.

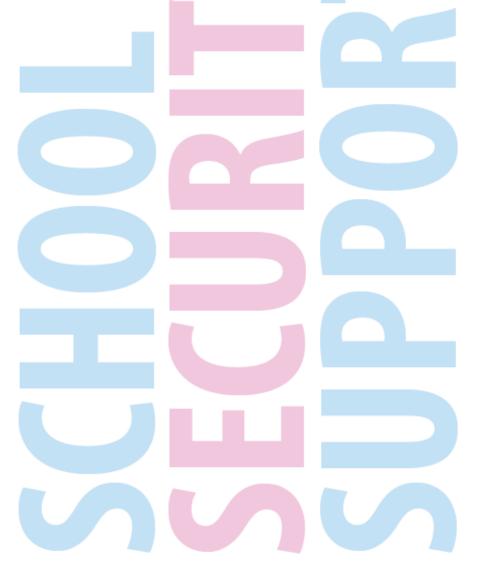
The contract is paid out of the police department's annual budget. Chief Echevarria said, "I didn't want the cost of the program to be a hindrance or a deterrent for us. Once I received the go-ahead, I was going to find the funding. It was that important and that much of a need then that I was willing to do that."

Tulalip Police Department has signed a two-year contract with New Dawn Security. **Evolving** monthly plans will be developed based on assessment risk needs.

"Every single staff member at all four schools has been trained on the warning signs of a potentially violent individual and lockdown procedures protocols of the district. They had all been trained on alert, avoid, deny and defend prior to October 24," said Spellecy.

"Having police in schools helps tremendously. Having cameras in schools helps but that only covers just one or two of the safe school standards that go out throughout the school. There is parent and student education, all this plays a part in keeping schools safe. Each of us shares a piece of this puzzle to make these schools as safe as possible. Times are changing. The role of principals to just focus on education is over, now they have to be experts in every field of safety. If I can alleviate some of that and look at school safety differently, as well as create immediate response plans on what occurs then I believe we are achieving our goals," said Spellecy.

For more information on the New Dawn Security and the 26 Safe School Standards visit the website www.newdawnsecurity.com.



Education ______ May 20, 2015 Tulalip See-Yaht-Sub 11

Tiny House Movement builds success



Students in the Tulalip Construction Training program are building two tiny houses to help the urban homeless population in Seattle.

Tulalip students put skills to use for the homeless

Article and photos by Mara Hill

An old, rusty building left over from a time when Quil Ceda Village was the Boeing Test site hides a treasure. You walk inside and you're surrounded by people hard at work. The sound of drills buzzing, hammers banging and voices raised in a friendly hello.

The workers are students of the Tulalip Construction Training program. They each come from a tribal nation, some as far away as South Dakota. Their dreams vary, one wants to build a patio for his son's grandmother, others want to join a union, or add to their skills for do it yourself projects or to improve their qualifications for work. Currently, they're building their skills through a "tiny house" project that will assist with a subject near and dear to my heart, homelessness.

I have been homeless. Not sleeping on the ground in the rain kind of homeless, but staying at a friend's house, couch-surfing kind of homeless. I was anxious and depressed. It was the darkest place I've ever been in my entire life. I write this with tears in my eyes as I remember striving for some kind of normalcy for my daughter. I was willing to do anything to have a home of my own.

I'm on my way to that normal life. Through the Tiny House Movement, with the help of the Tulalip Tribes, the urban homeless population of Seattle will also have a chance to change their lives.

Tiny house encampments

evolved out of tent communities. These encampments are increasing in popularity due to the rising cost of housing. Tiny homes generally don't exceed 500 square feet, and can be easily moved from one location to the next.

Instructor Mark Newland, and his students of the Tulalip Construction Training program received the housing materials on May 7 and began construction of two approximately 8' x 12' Tiny Houses on May 11, 2015. The homes have no amenities, just an open floor plan. However, residents have a roof over their head, a single window, front door with lock, and a single light switch. Each home also features a state of the art fan to control humidity and keep the homes livable during hot weather.

Each house will take between five and ten days to construct. The homes are basic, but simply having a locked door and a safe place to sleep is a game changer for many homeless citizens.

These houses are being donated to Nickelsville, a homeless encampment in Seattle named after former Seattle Mayor Greg Nickels, in protest to the way he handled the homeless situation.

"Making homelessness criminal, that's kind of the way a lot of towns go. Running people out of town doesn't settle the problem. It's

not a human solution. Unfortunately we need a lot more [resources] for the homeless than we have, both here on the reservation and elsewhere too," explained Sandy Tracy, Manager of the Tulalip Homeless Shelter, about the stigma that homelessness carries. Many of those in need don't receive help because of perceptions about their character, rather than their situation.

This donation is a great way to remind us of our humanity, that those too are people. It's a great way to express to another community that we care.

Tribal communities experience homelessness but not always to the point of sleeping under underpasses and camping in the woods. Many tribal members are interrelated, or know each other, so there is more couch-surfing homelessness on Tulalip than in the outside communities.

Tracy called the tiny house movement a useful tool for the homeless.

"I've seen the little houses where someone is at least out of the elements and have a good door between them and whoever is wandering around. I think those are very good things."

The dedication to Nickelsville will be Tuesday June 9, 2015 at 1001 S. Dearborn in the International District of Seattle.



The approximately 8' x 12' structures each take five to ten days to complete and will be delivered to Nickelsville on June 9.

Honoring our Language Warriors

Submited by Natosha Gobin

In honor of Teacher Appreciation Week, which was May 4-8, I would like to give a shout out to my fellow Language Warriors in the Lushootseed Department!

We can be seen teaching at Montessori, ECEAP, at the Admin teaching college level classes, storytelling and Family Night at The Hibulb Cultural Center, various schools in the Marysville School District, schools within the Salish Sea area, hosting the annual Language Camp, offering prayers at various functions and offering up lessons anywhere we are requested to!

It's not just a job, not just a career, but it is a lifestyle.

Our current Teaching Staff include:

- Toby Langen, 25+ years
- Michele Balagot, 25 years, taught in ECEAP from 1990-1997, Lushootseed from 1997-present
- Michelle Myles, 20 years, taught in ECEAP from 1995-2001, Lushootseed Department from 2001-present
- Natosha Gobin, 15 years, Lushootseed Department, 2000-present
- Maria Martin, 3.5 years, Lushootseed Department, 2012-Present
- Sarah Miller, 2.5 years, Lushootseed Department, 2013-Present
- Nik-Ko-Te "Nikki" St. Onge, 2.5 years, Lushootseed Deartment, 2013-Present
- Mike Dunn Jr, Lushootseed Department, first year teacher
- Celum Hatch Lushootseed Department, first year teacher
- Andrew Gobin, Lushootseed Department, first year teacher
- Lois Landgrebe, Lushootseed Department
- Shaena Mitchell, Lushootseed Department, substitute teacher

We thank the Language Warriors who left behind these gifts for us to carry on, for the many teachers who mentored us, worked by our sides and continue their speaking in other areas in the community, to the programs who welcome us into their facilities, to the parents who support the kids speaking and to our youth who will fill our places for the future generations to continue to learn!





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GRAND ENTRY JUNE 5TH AT 7PM

GRAND ENTRY JUNE 6TH AT 1PM AND 7PM

GRAND ENTRY JUNE 7TH AT 1PM PAYOUTS FOR ADULT CATEGORIES:

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FOR MORE INFORMATION: HAROLD JOSEPH III at (425) 320-9526

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NOT RESPONSIBLE FOR THEFT OR INJURIES

Native Pride is best displayed not as a logo but with love, honor and respect

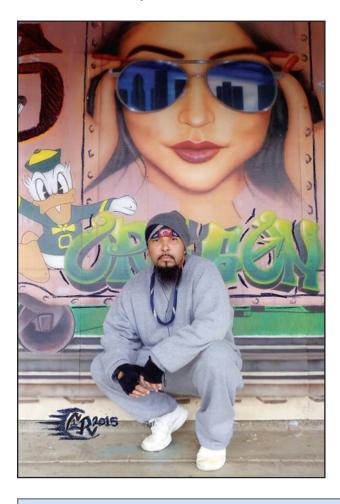
Raymond Fryberg Jr. is a good man. His nuclear family brought true spiritual leadership and real healing with events they organized and participated in.

Native Pride is best displayed not as a logo but with love, honor and respect, especially for the deceased and their loved ones n your own community. No one has the right or authority to judge those who have already paid the ultimate price.

If you have no mercy or compassion at least let this family grieve in peace and hope you never have to mourn under these kinds of conditions.

Jr. Lacy

Photo submitted by Mr. Carl of Robert Romero





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Tulalip Tribal Court Notices

TUL-CV-DI-2015-0143 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip, WA In re Marriage of Theresa Jimicum and William Thomas To: William Thomas. YOU ARE HEREBY NOTIFIED that on April 3, 2015 a Petition for Dissolution of Marriage with Children was filed in the above-entitled Court pursuant to Tulalip Tribal Code Chapter 4.20. In order to defend against the petition, you must respond to the complaint by stating your defense in writing, and by serving a copy upon the Tulalip Tribal Court at 6103 31st Ave NE, Tulalip, WA 98271 and upon the petitioner by JUNE 22, 2015. 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: April 15, 2015.

TUL-CV-GU-2015-0082; SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re the Guardianship of C.M.TO: Dora Johnson and Lindy Morris: YOU ARE HEREBY NOTIFIED that on February 26, 2015 a Petition for Guardianship was filed in the aboveentitled Court pursuant to TTC 4.05 regarding C.M. You are hereby summoned to appear and defend the above-entitled action in the above entitled Court and answer on June 3, 2015 at 1:30 p.m. in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: April

TUL-CV-YI-2007-0006 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of T.W. TO: Kanum Cultee and Tah-Sheena Williams: YOU ARE HEREBY NOTIFIED that a paternity hearing for the previously referenced youth has been scheduled to be held on May 28, 2015 at 2:30pm. You are hereby summoned to appear and defend regarding the above entitled action at the hearing on May 28, 2015 at 2:30pm in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: April 22, 2015.

TUL-CV-YI-2015-0055 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of L.S. TO: Amber Ridley and Alejandro R. Salinas: YOU ARE HEREBY NOTIFIED that a Status Review Hearing regarding L.S. has been set in the above-entitled Court pursuant to TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action at the hearing on June 16, 2015 at 9:00am in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: May 1, 2015.

TUL-CV-YI-2015-0113; SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re the Welfare of B.H., Jr. TO: Jordyn A. Dupris and Brandon C. Hatch, Sr. YOU ARE HEREBY NOTIFIED that on March 31, 2015 an Order on Pre-Adjudicatory Hearing was filed in the above-entitled Court pursuant to TTC 4.05 regarding B.H., Jr. You are hereby summoned to appear and defend the above-entitled action in the above entitled Court and answer on June 16, 2015 at 10:30 a.m. in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: April 15, 2015.

TUL-CV-GU-2015-0144. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re A.R.M.TO: Wendy Tom and Ben Martinez III: YOU ARE HEREBY NOTIFIED that on March 26, 2015, a Petition for Guardianship was filed in the above-entitled Court pursuant to TTC 4.05 regarding A.R.M. you are hereby summoned to appear and defend the above entitled action in the above entitled Court and answer on June 10, 2015 at 3PM in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: April 29, 2015

TUL-CV-CU-2015-0179 SUMMONS FOR CUSTODY/PARENTING PLAN, Tulalip Tribal Court, Tulalip, WA. Kathleen Jean Jones vs. Micah Bordeaux. YOU ARE HEREBY NOTIFIED that on April 24, 2015, a Petition for Custody/Parenting Plan was filed in the above-entitled Court. In order to defend against this petition, you must respond to the complaint by stating your defense in writing and be serving a copy upon the Court and upon the petitioning person. If you wish to seek the advice of an attorney in this matter, you should do promptly so that your written response, if any, may be served on time. Date first published: May 13, 2015.

TUL-CV-YI-2014-0412. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re the Welfare of A.M.T.TO: Dylan J. Wilson: YOU ARE HEREBY NOTIFIED that a paternity hearing for the previously referenced youth has been scheduled to be held on June 30, 2015 at 1:30 PM in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: May 13, 2015.

TUL-CV-GU-2015-0180. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re the Guardianship of M.D.R. To: Jessica Robinson and Joanne Little Deer Robinson: YOU ARE HEREBY NOTIFIED that a petition for guardianship has been filed in the aboveentitled Court pursuant Tulalip Tribal Code Chapter 4.05 regarding youths. You are hereby summoned to appear and defend the above-entitled action in the above entitled court and answer on July 8, 2015 at 3:00 p.m. in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: May 13, 2015.

SUMMONS BY PUBLICATION TUL-CV-CS-2014-0194, Tulalip Tribal Court, Tulalip WA. TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs IRA LEE CONTRARO regarding a Summons and Petition to for Registration of Foreign Order and for Order of Payroll and/or Per Capita Attachment. TO: IRA LEE CONTRARO: YOU ARE HEREBY NOTIFIED that on May 30, 2014, a Summons & Petition for Registration of Foreign Order and For an order of Payroll Deduction and/or Per Capita Attachment was filed in the above-entitled Court pursuant to Chapter 2.10 and 4.10 of the Tulalip Tribal Code. This is regarding the enforcement of a state order for child support. This notice will be published for six (6) consecutive weeks. You are hereby summoned to respond by requesting a hearing if you have concerns regarding the validity of the order, etc. The Court will then schedule a hearing to determine the validity of the foreign order and/or whether or not the order is contrary to the laws of the Tulalip Tribes of Washington. After six (6) weeks, and no response, TCSP will move forward with registration and enforcement. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO RESPOND TO the Tulalip Child Support Program or request a hearing, the Court WILL REGISTER THE ORDER, GRANT FULL FAITH & CREDIT TO THE ORDER AND ISSUE A PER CAPITA ATTACHMENT. Date first published: May 13, 2015.

SUMMONS BY PUBLICATION TUL-CV-CS-2015-0153, Tulalip Tribal Court, Tulalip WA. TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs IRA LEE CONTRARO regarding a Summons and Petition to for Registration of Foreign Order and for Order of Payroll and/or Per Capita Attachment. TO: IRA LEE CONTRARO: YOU ARE HEREBY NOTIFIED that on April 10, 2015, a Summons & Petition for Registration of Foreign Order and For an order of Payroll Deduction and/or Per Capita Attachment was filed in the above-entitled Court pursuant to Chapter 2.10 and 4.10 of the Tulalip Tribal Code. This is regarding the enforcement of a state order for child support. This notice will be published for six (6) consecutive weeks. You are hereby summoned to respond by requesting a hearing if you have concerns regarding the validity of the order, etc. The Court will then schedule a hearing to determine the validity of the foreign order and/or whether or not the order is contrary to the laws of the Tulalip Tribes of Washington. After six (6) weeks, TCSP will move forward with registration and enforcement. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO RESPOND TO the Tulalip Child Support Program or request a hearing, the Court WILL REGISTER THE ORDER, GRANT FULL FAITH & CREDIT TO THE ORDER AND ISSUE A PER CAPITA ATTACHMENT. Date first published: May 13, 2015.

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Do you have a summer project you'd like to tackle?



"Yes, I would very much like to clean up my property along the fence. There is 30 years of old lumber saved up."

Mark Newland
Tulalip construction
instructor



"I want to build a longer patio at my son's grandmother's house in Toppenish, Washington."

Darwin Weaselhead Tribal member



"After this class, I plan on joining the union for carpentry and working on a project at home installing a pond and waterfalls."

Maurice Riley
Tulalip construction student



"Finish up my class here at the Tulalip Construction Training Center."

Timmy FrybergTribal member

