

dx^wlilap syəcəb

(Tulalip See-Yaht-Sub)

Volume 36 No. 30

Wednesday, August 5, 2015



TASTY RECIPES

MAKEOVERS FOR LEFTOVERS

Page 11



3-ON-3 TOURNEY AT TULALIP

Page 9



Wisdom Warriors find strength and balance in yoga

Article and photos by
Micheal Rios

It's a gorgeous, warm summer morning on Thursday, July 23. The Tulalip Wisdom Warriors are sitting only mere feet away from the calm, chilled waters of Tulalip Bay. They marvel at the magnificent world in front of them; the gentle rays of sunshine, the beautiful sky, the flagrant ocean breeze that blows ever so softly against their skin, the soft crunch of dried grass beneath their shoes. It's the perfect day and relaxing setting for them to experience the happiness, confidence, and mental sharpness that are direct results of practicing Anusara chair yoga.

See **Yoga**,
page 5



PRSR STD
US Postage
PAID
Sound Publishing
98204

Tulalip Tribes
6406 Marine Drive
Tulalip, WA 98271



FIND FRESH, LOCAL FLOWERS AT BOUQUETS OF SUNSHINE

Page 4





TULALIP TV

www.tulalip.tv

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

dx'łilap syəcəb, the weekly newspaper of the Tulalip Tribes

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

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

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

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

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

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

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

Volume 36, No. 30, August 5, 2015

Published once-a-week with special issues by the:

IT CD 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		
Week of - Monday 8/10/15 thru Sunday 8/16/15		
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	Choctaw Code Talkers In 1918, not yet citizens of the United States, Choctaw members were asked to use their Native language as a powerful tool against the Germans.	1:00
1:30 AM	How to Bead - Medallions Learn how to bead rosettes using curved lines and floral shapes using single-needle running stitch beading. Learn how to finish with edge beading.	0:30
2:00 AM	A New Start In many aboriginal communities persons with illnesses or injuries may have to leave family and friends behind to receive, treatment in nearby urban centers.	0:30
2:30 AM	Native Report - 810 Learn about what was found at the bottom of Lake Superior by the Red Cliff Band of Lake Superior Chippewa and we travel to Little Diomed Island in the Bering Strait.	0:30
3:00 AM	Creative Native - 302 "Traditional and Modern Rags", whisks viewers onto the catwalk for a fast paced fashion show featuring designer Pamela Baker from the He-mi-ka-las Nation.	0:30
3:30 AM	NWIN 65 NorthWest Indian News - Included Segments: Quileute Stone, Language Camps, Indigenous Peoples Day, Tulalip Bay CrossFit: A Box on the Rez	0:30
4:00 AM	We Shall Remain - After the Mayflower In 1621, the Wampanoag of New England negotiated a treaty with Pilgrim settlers. A half-century later, a brutal war flared between the English and Indians.	1:30
5:30 AM	Reclaiming our Children We are really talking about the future generations and the importance of working together to make sure children have better lives.	0:30
6:00 AM	Mold in your Home If you are one of those who does have mold in your home, or if you suspect hidden mold or other contaminants are present, where do you begin?	0:30
6:30 AM	How to Bead - Medallions Learn how to bead rosettes using curved lines and floral shapes using single-needle running stitch beading. Learn how to finish a project with edge beading.	0:30
7:00 AM	Native Report - 810 Learn about what was found at the bottom of Lake Superior by the Red Cliff Band of Lake Superior Chippewa and we travel to Little Diomed Island in the Bering Strait.	0:30
7:30 AM	Creative Native - 302 "Traditional and Modern Rags", whisks viewers onto the catwalk for a fast paced fashion show featuring designer Pamela Baker from the He-mi-ka-las Nation.	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 20 "The Hardest Lesson", T-Bear learns that the memory of his mother is important after he tries to find his father a new wife.	0:30
9:00 AM	Bizou - Ep 29 - The Crow Come sing and dance with Bizou as she takes you on a picturesque journey into the wonderful world of Crows, the world's sneaky little black bird.	0:30
9:30 AM	Mold in your Home If you are one of those who does have mold in your home, or if you suspect hidden mold or other contaminants are present, where do you begin?	0:30
10:00 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
10:30 AM	We Shall Remain - After the Mayflower In 1621, the Wampanoag of New England negotiated a treaty with Pilgrim settlers. A half-century later, a brutal war flared between the English and Indians.	1:30
12:00 PM	Tulalip Matters Tulalip Matters is your destination for information about what is happening on and around the Tulalip Reservation.	0:30
12:30 PM	NWIN 65 NorthWest Indian News - Quileute Stone, Language Camps, Indigenous Peoples Day, Tulalip Bay CrossFit: A Box on the Rez	0:30
1:00 PM	Lushootseed Stories A compilation of Lushootseed stories told by Lushootseed teachers. The stories come from elders, teacher's lives and their students.	0:30
1:30 PM	Creative Native - 302 "Traditional and Modern Rags", whisks viewers onto the catwalk for a fast paced fashion show featuring designer Pamela Baker from the He-mi-ka-las Nation.	0:30
2:00 PM	Reclaiming our Children We are really talking about the future generations and the importance of working together to make sure children have better lives.	0:30
2:30 PM	Choctaw Code Talkers In 1918, not yet citizens of the United States, Choctaw members were asked to use their Native language as a powerful tool against the Germans.	1:00
3:30 PM	Wapos Bay - Ep 20 "The Hardest Lesson", T-Bear learns that the memory of his mother is important after he tries to find his father a new wife.	0:30
4:00 PM	Native Report - 810 Learn about what was found at the bottom of Lake Superior by the Red Cliff Band of Lake Superior Chippewa and we travel to Little Diomed Island in the Bering Strait.	0:30
4:30 PM	Bizou - Ep 29 - The Crow Come sing and dance with Bizou as she takes you on a picturesque journey into the wonderful world of Crows, the world's sneaky little black bird.	0:30
5:00 PM	Tulalip Matters Tulalip Matters is your destination for information about what is happening on and around the Tulalip Reservation.	0:30
5:30 PM	Mold in your Home If you are one of those who does have mold in your home, or if you suspect hidden mold or other contaminants are present, where do you begin?	0:30
6:00 PM	Lushootseed Stories A compilation of Lushootseed stories told by Lushootseed teachers. The stories come from elders, teacher's lives and their students.	0:30
6:30 PM	NWIN - 65 NorthWest Indian News - Included Segments: Quileute Stone, Language Camps, Indigenous Peoples Day, Tulalip Bay CrossFit: A Box on the Rez	0:30
7:00 PM	A New Start In many aboriginal communities persons with illnesses or injuries may have to leave family and friends behind to receive, treatment in nearby urban centers.	0:30
7:30 PM	Choctaw Code Talkers In 1918, not yet citizens of the United States, Choctaw members were asked to use their Native language as a powerful tool against the Germans.	1:00
8:30 PM	We Shall Remain - After the Mayflower In 1621, the Wampanoag of New England negotiated a treaty with Pilgrim settlers. A half-century later, a brutal war flared between the English and Indians.	1:30
10:00 PM	Creative Native - 302 "Traditional and Modern Rags", whisks viewers onto the catwalk for a fast paced fashion show featuring designer Pamela Baker from the He-mi-ka-las Nation.	0:30
10:30 PM	A New Start In many aboriginal communities persons with illnesses or injuries may have to leave family and friends behind to receive, treatment in nearby urban centers.	0:30
11:00 PM	NWIN 65 NorthWest Indian News - Included Segments: Quileute Stone, Language Camps, Indigenous Peoples Day, Tulalip Bay CrossFit: A Box on the Rez	0:30
11:30 PM	How to Bead - Medallions Learn how to bead rosettes using curved lines and floral shapes using single-needle running stitch beading. Learn how to finish a project with edge beading.	0:30

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

<http://www.tulalip.tv/tulalip-tv-schedule/>

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

Not getting your syəcəb ?

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

Highlights from the July Board Meeting

By Niki Cleary

Following the regular July Board Meeting the See-Yaht-Sub requested interviews from all Board of Directors to report on the meeting. Les Parks committed to a later meeting to discuss the medical marijuana motion. Theresa Sheldon was interviewed on July 21st. No other Board of Directors responded.

For Sheldon, a handful of topics stood out; in particular she wanted to discuss Charitable Funds awards. Tulalip has three primary charity tables, 14.1, 14.2 and 14.3.

“We are mandated through our Gaming Compact to give out charity funds,” she explained. The way our compact works is 0.5% of the net win from slots and 0.5% of the net win from table games is given out to emergency services impacted by our gaming operations and non-profits, educational and religious organizations that operate in the State of Washington.”

Although the 14.1 Impact Funds fund specific agencies that provide emergency services, the Charity Funds are chosen by a committee of four Tulalip citizens who are also employees of the tribe. The idea is that these four committee members are a cross section of the population and will represent, in general, the ideals of the community when choosing which organizations will receive funds.

The third charity table, 14.3, is funded equal to 14.2. Unlike 14.2 which is awarded to non-profits in the state, 14.3 funds are awarded to efforts that specifically help the Tulalip community.

“I think it’s cool that our 14.3 funds are paying for backpacks and school supplies this year,” said Sheldon. “Also from 14.3 we pay \$225,000 annually for a public defenders program. The fact that Tulalip supplies public defenders is one of the reasons we qualified to be a pilot tribe under tribal provisions the Violence Against Women Act. The public defenders are University of Washington law students who are paired with a senior staff member to provide public defense services to people with cases in Tulalip Tribal

Court. Not only is this helpful for defendants, it strengthens our court system overall.”

Sheldon also spoke about Chief Judge Pouley’s resignation from Tulalip Tribal Court.

“Tulalip is losing a brilliant and dynamic judge,” said Sheldon. “She helped maintain the separation of powers in our court system and was passionate about the integrity of the court. Tribal sovereignty was and is always in the forefront of all the work she has done in protecting Tulalips’ laws. We have been blessed to have had Judge Pouley for the past 10 years here at Tulalip. Without Judge Pouley’s professionalism and experience in law, the Tulalip Tribes would not have been able to implement the VAWA laws. We are so thankful for all the National work she has done for our Tribe and for all of Indian Country, t’igwıcid Judge Pouley.

“Judge Pouley is taking a position as a Professor this coming fall. We will definitely feel the huge loss of her experience and beautiful heart in our court and within our community, but excited to know she’ll be passing on her knowledge of tribal court systems to a new generation of legal professionals. Judge Ron Whitener will be taking on the role of Chief Judge. I know he will continue to strengthen Tulalip Tribal Court.”

Several motions regarding marijuana law were considered during the meeting.

“Medical marijuana is still illegal on the Tulalip Reservation,” Sheldon emphasized. “We ratified the General Council motion for medical marijuana, but that doesn’t automatically make possession of medical marijuana legal. The Board of Directors has a meeting set up with the US Attorney in August and we’re drafting a code to present for her review.”

As the process continues, Sheldon committed to keep Tulalip citizens informed. She also talked about decriminalization of recreational marijuana. She

voted yes for a motion that ultimately failed.

“Decriminalization would create parity of law between Tulalip and the State of Washington,” Sheldon said. “I supported decriminalization. I think we’re holding our people to a double standard.”

Decriminalization doesn’t exactly make marijuana legal, Sheldon pointed out.

“It would have meant that you would not be arrested or prosecuted if you were found to possess (without a prescription) one ounce or less of marijuana, marijuana products or derivatives,” said Sheldon, who acknowledge that often decriminalization is seen as the first step towards legalization.

“I want to make clear that my support of decriminalization does not mean that I support youth access to or use of marijuana or any drug,” Sheldon affirmed.

The July Directives include several contract modifications. Sheldon pointed out the difference between contract modifications and change orders.

“This month you’ll see several contract modifications,” she explained. “Contract modifications are usual owner (Tribe) requested items that weren’t included in the original scope of work. That’s why the tribe pays the difference. Whereas a change order is a contract requested modification. Change orders can be because the contractor underestimated the work; in that case, the contractor absorbs the cost. There are cases when the scope of work changes because of unforeseen circumstances. In those instances there can be a negotiation about who pays the difference.”

Sheldon also pointed out the number of legal fees paid during the July Board Meeting.

“By our constitution, all legal bills are paid through the Board of Directors,” she said. “This is why you see the legal bills in the directive, however this isn’t unexpected spending. The funds are anticipated and budgeted every year in the Office of the Reservation Attorney’s budget.”

Last Sheldon pointed out changes to the way exclusions are recorded.

“The exclusions show the name of the person excluded and whether the person is a Tulalip citizen or non-Tulalip. What we’ve done differently is also include the reason why the person is being excluded so that it is transparent. This shows that we are not banning people from the reservation for minor reasons. We understand that exclusions can seem very harsh but General Council asked the Board of Directors to start removing anyone, including tribal members, who has been convicted of selling drugs on our reservation. ALL tribal members who are excluded have an opportunity to appeal to the court and get into the deferral process. The deferral program is there for those tribal members who want to change their lives and be allowed back on the reservation. Tribal members always have an opportunity to come back home when they are ready for it.”

Regular Board Meetings are generally held the first Saturday of the month, committee meetings are held the week before the regular meeting.

TULALIP TRIBES MEMBERSHIP
SPECIAL GENERAL COUNCIL
SATURDAY, AUGUST 8, 2015 at 9AM

AT THE TULALIP YOUTH CENTER GYM

flowers are sunshine for the soul

Article and photos by
Kim Kalliber

As famously quoted by Luther Burbank, a botanist, horticulturist and pioneer in agricultural science, “Flowers always make people better, happier, and more helpful; they are sunshine, food and medicine for the soul.”

Giving flowers to someone special, on any occasion, is one of the best ways to let that person know you’re thinking of them. A good florist can make life much easier by helping you choose the perfect floral bouquet. With the rise of online delivery florists it’s easy to forget that a floral shop isn’t just a store, it’s an experience. With the vast array of bright, beautiful colors and delightful smells, a visit to the florist is sure to put a smile on your face.

Local residents are in luck that there is such a shop right on Third Street in Marysville. Owned by Tulalip Tribal member, Debbie Brown, along with her business partner, Shonta, Bouquets of Sunshine makes choosing creative floral bouquets an adventure in art, design, history and fun. From what flowers are best suited for certain occasions or seasons, to classic flowers or modern designs, Bouquets of Sunshine has it all.

An added benefit to shopping for flowers at a shop, versus the local street carts or grocery stores is that flowers are perishable, and shops carry the freshest blooms and can teach you how to treat them for longer lasting enjoyment. Flowers sold in open markets are susceptible to damage from temperature changes and attacks from bacteria and mold. And during holidays when flowers are in high demand, you can place an order ahead of time and beat the rush.

Debbie talks with Tulalip

News and explains a bit about what led her to the floral industry and how she ties Native American culture into her designs.

You’ve spent years working in tribal leadership, what prompted you to open a floral business?

Working 20 years at the Tribe, I achieved executive level. My last job was C.O.O of the Tulalip Casino. I always wanted a flower shop; I guess it was my dream job. I love delivering flowers the joy is indescribable. I’ve had my own floral business for 15 years, this September, and was ready to expand. We opened our doors on Third Street on June 15th.

What are some of the challenges in the floral industry?

Definitely 1-800 numbers and places like that where you can order flowers on the Internet. For me, right now, the challenge is getting the word out that my shop is here. But we are a member of FTD.com and Bloomnet.net so you can send flowers across the country. Please visit our website at www.bouquetsofsunshine.com.

Where do you look for your inspiration and do you incorporate traditional Native plants into your designs?

I am continually challenged by all the beautiful work I see others do. I have created specialty items for funerals, graduations and weddings. And my husband Howard does work on the design forms I use. As far as Native plants, I use Sword fern, huckleberry and salal.

So far, what is your career highlight as a florist?

I think for my current career as a floral designer, initially it was graduating from Seattle Floral Design School.



Above: Debbie Brown, owner of Bouquets of Sunshine.



Left: Classic red roses, perfect for Valentines, anniversaries and other occasions.

I discovered a talent I didn’t know I had. Sometimes I’m designing a floral arrangement and thinking about the person I’m designing it for and voilà it’s finished and oh so beautiful. A lot of times I look at it and can’t believe I even created it.

What is your favorite flower and favorite flower combo?

My favorite flower used to be a Stargazer lily, but now I’m allergic to

them! I think a colorful arrangement is the best expression of how someone feels that day; cheerful is always good! Our specialty right now is plants, especially tropical, orchids and anthuriums.

Do you have suggestion/tips for what types of bouquets to send for certain situations?

Definitely roses for an anniversary, the more the better, and always in her

favorite color. For weddings, definitely come here, I'm less expensive than anyone else. Often you can't even do it yourself for what I can make them for. I love to stay at the ceremony too, so that I can see that everything is perfect for the bride to walk down the aisle. Funeral arrangements are always a hard part of loss. Tulalip does a great job expressing their love and support through flowers. I can bring my flower books to the family's home or meet them at the Funeral home. Now I'm just a few blocks away from Schaeffer Shipman. I try to take into consideration the family's choice of flowers and colors and coordinate all other orders with what the family has ordered. Thank you and other arrangements are generally a very affordable \$15 to \$35.

Besides walk-ins, what is the best way to place an order with Bouquets of Sunshine?

Most of my orders come through phone calls or emails. I am available by also text at 425-501-5406. You can visit our website at www.BouquetsofSunshine.com and like us on Facebook. We have lots of choices to help you find the right flowers for any occasion. I'm open 9:30 a.m. to 5:30 p.m. Monday - Friday and Saturday 10:00 a.m. to 3:00 p.m. My shop is located at 1512 3rd Street, at the same place Marysville Floral was previously, just down from Hilton Pharmacy. The shop number is 360-716-2626. I'm also the first business uptown to use Salish networks phone service.

Right: Bouquets of Sunshine's current specialty is tropical plants and orchids.



Yoga from front page

“What I'd like to encourage today is people really listening to their body, to know what your body's capabilities are,” explains second year UW medical student and Tulalip Health Clinic volunteer Autumn Walker. “You know what injuries you have and what limitations you have with your body, so when we are doing today's yoga class I want you to use that inner mind to listen to your body and say ‘I know I can only go this far with this pose because of my limited ability with my spine’ or ‘I've already had an injury with this leg so I'm going to go easy on this side.’ If you have any questions at all let me know.”

And so the class begins.

It is the monthly Wisdom Warrior Provider Class and for this class, an open invitation was sent out to anyone who would like to attend and share in this new experience of learning Anusara chair yoga. For the Wisdom Warriors, the monthly provider class has become a tradition of

gaining new experiences that bring them together every month, to chit-chat, catch up on current events, and gets them outside, off the couch and away from the TV.

Taking full advantage of the picturesque summer day, Walker and Veronica Leahy, the Tulalip Health Clinic Diabetes Care and Prevention Program Manager, decided to have their monthly provider class just below the Kenny Moses building, on the edge of Tulalip Bay. They came up with the idea of teaching the Wisdom Warriors chair yoga as a means of creating accessible paths to wellness for those who could not benefit from traditional physical activities due to age and/or limiting physical conditions.

“Roni [Veronica] and I were talking about how the community has been encouraging a lot of the members of the Diabetes Prevention Program, the Wisdom Warriors, to do walking as exercise,” said Walker. “When you walk without using other wellness strategies sometimes that



For this kind of yoga, props like chairs and towels are used as support for exercising and gaining awareness of the body while recognizing and accepting limitations.

can lead to injury. For example, if you're walking without stretching or not being mindful of your body then that can lead to injury. Since we want our Wisdom Warriors to be able to use their bodies for a long time and walking pain-free, we wanted to setup some programming for them that would support that health and wellness.

“I'm familiar with yoga. I've been practicing yoga for almost ten years, and it's helped me a lot with the pain I've been having, keeping my muscles healthy and strengthened, and it also provides me with awareness of my body as I'm using it. So when I'm exercising in ways that's not yoga, I know better how to take care of myself. I was hoping to share that with

the individuals today; to teach them a little bit about how to be mindful about what their body needs and wants, to respect the injuries that they have, to accept themselves for that without judgement, and to practice a little bit of stretching.”

It is no secret that America (and most of the world for that matter) is faced with a health crisis. The U.S.

Continued on next page

Surgeon General states that “25 percent of all adults, approximately 50 million, are not active at all through some form of exercise or physical activity.” If you number yourself in this sedentary group or your physical fitness activity is limited because of various physical conditions, then you belong to a large population underserved by innovative means of exercise, like chair yoga exercise programs.

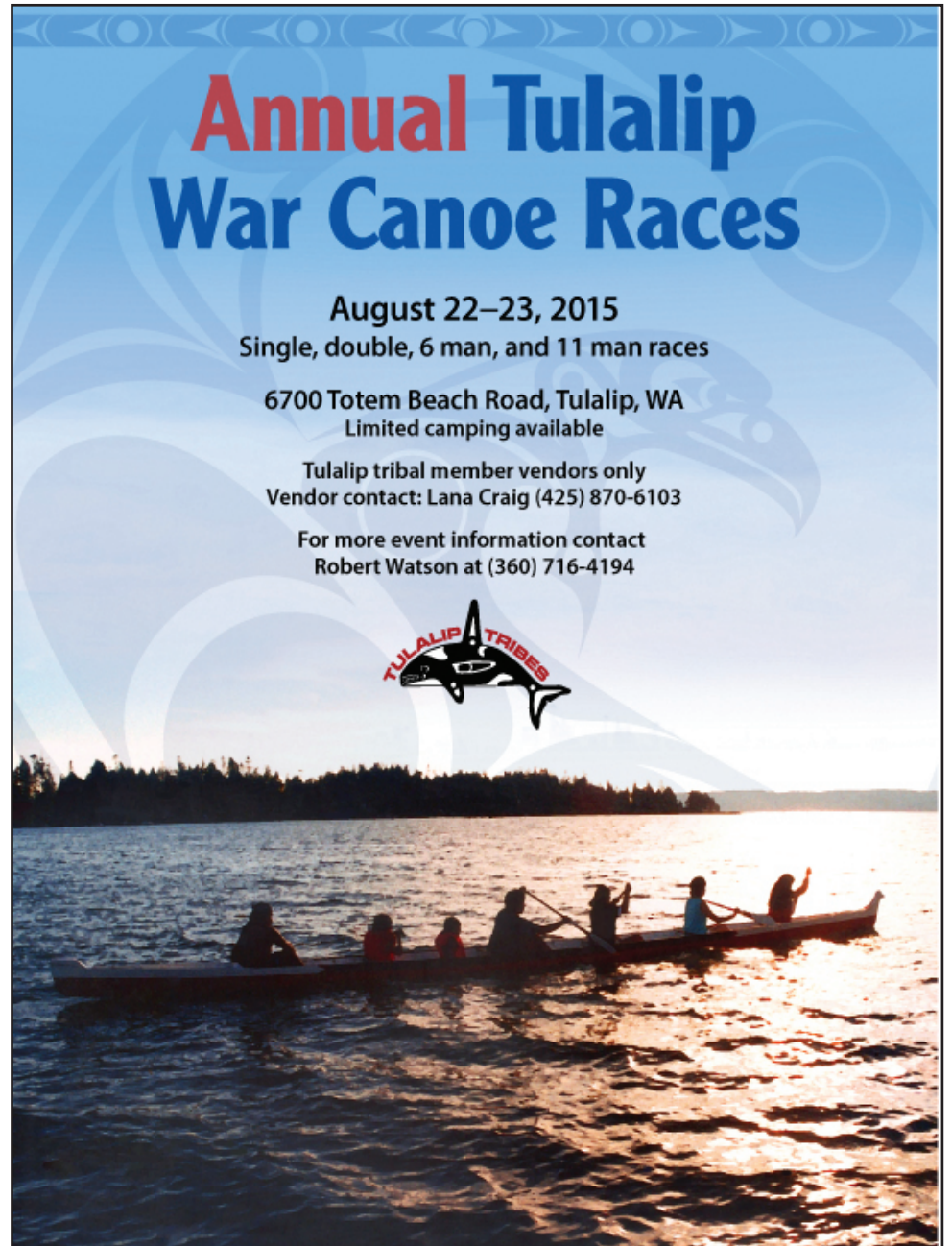
“Props like a chair and towel are used as support as we gain more of an awareness of our body while recognizing and accepting limitations. For example, if you don’t have that hip flexibility that you once had, then you can use a chair to get into a better position for your own body’s needs. You can custom use the props depending on your body’s needs, so the practice becomes individualized, where you’re not saying everyone has to be a certain way,” continued Walker. “Some of the people who came today have varying limitations. One person has had hip surgery, so she needed a different modification so she could adapt the practice to what’s best for her and what her body needs, not just saying I need to do this because everyone else is doing it. She was able to listen to

her body and modify the poses to fit her body’s needs.”

Chair yoga offers the ability to improve your health through an amazing form of adaptive exercise. You are supported by a chair, so you can receive yoga’s healing and restorative benefits that have been known for thousands of years. Yoga relaxes your body and mind, improves your musculoskeletal fitness and flexibility, and elevates your overall health and well-being. The Wisdom Warrior chair yoga participants were full-on recipients of the mind and body relaxation benefits.

“This was the most perfect setting for relaxing that I’ve felt in a long time,” said Mabel Norris, a Haida tribal member elder from Hydaburg, Alaska who is a regular at the Wisdom Warrior events. “The thing is I find that my balance isn’t quite as strong as it once was, but I was pleasantly surprised I had some and was able to do the stretches.”

You are invited to join Wisdom Warriors and start your path to better health, with the support of your community. Class locations can vary. Please call 360-716-5642 or go to the Tulalip Health Clinic for more information.



Annual Tulalip War Canoe Races

August 22–23, 2015
Single, double, 6 man, and 11 man races

6700 Totem Beach Road, Tulalip, WA
Limited camping available

Tulalip tribal member vendors only
Vendor contact: Lana Craig (425) 870-6103

For more event information contact
Robert Watson at (360) 716-4194

TULALIP TRIBES

The poster features a blue background with a white canoe silhouette and a sunset scene over water with several people in a canoe. The Tulalip Tribes logo is prominently displayed.

Tulalip Amphitheatre sold-out for R&B icon Brian McKnight

By Micheal Rios; photo courtesy of Brian McKnight

With over 20 million albums sold worldwide and 16 Grammy nominations, singer, songwriter and producer Brian McKnight is a genuine music icon. Twenty successful years in the music industry – collaborating with everyone from Christina Aguilera to Quincy Jones to Justin Timberlake – is a rarity in the modern age of catchy, commercialized radio hits and party music that all sounds the same. Flash in the pan artists who derive success from YouTube hits and a popular-today hook come and go, but those who can serenade an audience have legend status.

Sticking to his true, soulful R&B roots have led to a twenty-year, sixteen album journey that echoes in

the sounds and lyrics of McKnight’s heart-felt music. Now, 26 years after signing to his first record label, McKnight is still amazed to be doing what he loves most, making music.

“I never thought in my wildest dreams I would have this kind of career,” says McKnight. “I’m so grateful to have my fans behind me, still supporting me, and to still live this dream every day. And because of that, I am better.”

While gearing up for the long-awaited release of his 16th album, *Better*, set for worldwide release in January of 2016, McKnight is currently touring the U.S. before making his way overseas. The Tulalip Amphitheatre was fortunate enough to book the talents of Brian McKnight as part of the Tulalip



Resort Casino’s summer concert series. McKnight will be sharing the stage with Boyz II Men on Thursday, August 6 in front of a sell-out crowd of faithful fans.

McKnight took some time

out of his busy travel schedule to answer a few questions for the Tulalip **ՏՅԱՇԱԲ** readers:

Where does this interview find you today? (Friday, July 24)

BM: Actually I'm in South Carolina playing in a charity golf tournament today.

How has your summer tour shaped up thus far? What has been the highlight of the tour?

BM: The summer has been great. Normally I take off most of June and July to play pro am basketball, but now things are starting to get busy again.

When did you know you wanted to be a performer in the music industry? How did that decision come about?

BM: In my family, being musical is just like walking and talking to us. Once my brother made it in music I knew it was possible for me, so I went for it.

It has been over 20 years since you released your debut album in 1992. What motivates you to keep performing and remain in the music industry?

BM: My fans! If they ever stop wanting to hear me and see me, that's when I'll have to evaluate what to do next.

Who were some of your biggest role models that you looked up to in the beginning of your career?

BM: I've always looked to really successful people as my role models. Musically and otherwise, like Michael Jordan, Derek Jeter, Tom Brady and Stevie Wonder just to name a few.

You'll be performing at the Tulalip Amphitheatre on Thursday, August 6 with Boys II Men. Can you tell us what audiences can expect from this performance?

BM: Two acts that sing and perform their behinds off along with twenty-plus years of hit after hit, after hit songs.

Are there any unique thoughts and/or feelings you have when it comes to performing on a Native American reservation?

BM: There aren't specific thoughts, but it's always an honor when I do.

Think you'll find time to play some slot machines or table games at the Tulalip Resort Casino while

you're in town.

BM: I'm not much of a gambler, but you never know!

Your 16th studio album, *Better*, comes out in January. Will you be performing any songs from that album at the Tulalip concert?

BM: Probably not. I have so many songs that I'm expected to sing that it can be hard to get people to pay attention to something they've never heard before.

Throughout your career you have collaborated with artists from seemingly ever genre of music. Who would you love to collaborate with that you haven't yet had the opportunity to do so?

BM: I'm willing to work with just about anyone as long as we have the same goals in mind; creating something great.

I've read that you have been making music and performing songs with your sons, Niko and Brian Jr. As a father, how does it feel to see your kids follow in your footsteps and embrace music as an art form?

BM: It feels really great to know they have something they're really passionate about and they are really good at it too!

What is the most outrageous fan interaction you've ever had?

BM: A really pregnant woman in a car chase with me just to get an autograph.

What is your way too early prediction for the 2016 NFL Super Bowl?

BM: Cowboys over Patriots.

Who is currently in your playlist? Any artists or genres we would be surprised to find there?

BM: I really truly listen to just about everything. If someone is making it there's something you can learn from it.

What's on tap next for you? What are you most excited about?

BM: My new CD is done but it won't be released until January. I'm really excited for everyone to hear it!

Famous!

Employees Recognizing Employees

Daniel Schmidt

dʒəgʷa? dx̣yayus (Famous for being a hard worker)



August 2015 Tulalip Tribal Government

Human Resources nomination for August employee of the month is Daniel Schmidt. Daniel works in the Housing department as a Maintenance Grounds Laborer. His hard work has not gone unnoticed. He works extra hours and finds time to volunteer outside of work. He is a team player and a leader that is knowledgeable in his position. Thank you Daniel for all your hard work.

Additional note from Brett Gile, Tulalip Tribes Housing Landscape Grounds Coordinator:

Daniel is one of our top notch employees. He is willing to go the extra mile for our residents and properties. One of those types of people you cannot help but like.

He takes the time to help his team mates and all of our residents. Seeing if there is anything he can do to further assist them. Taking the initiative to make sure they are alright and that we are doing the best job possible.

Daniel is willing to stay late to get the work done, he shows up early and is unable to give up on one of our properties until it is the best we can make it.

I wish I was able to articulate all the positive work and attitude Daniel Schmidt brings to our department and the amount of hard work and going that extra mile.

First-ever historic White House Tribal Youth Gathering



Article and photo by Willa McLean

Two of our Tulalip Tribal members were invited to the first-ever historic White House Tribal Youth Gathering held on July 9, 2015 at the Renaissance Hotel, Washington D.C. Matilda Comenote age 18, and Deyamonta Diaz, age 22, were selected to attend this exciting event with 998 other youth nationwide.

This gathering was co-sponsored by UNITY, Inc., the Department of Health and Human Services, and the Department of Justice's Today's Native Leaders program.

On Thursday July 9, the day began early with both youth getting into their best outfits, excited for the day's events. The line register was very long, with a mix of chaperones and invited youth in the same line to get into the conference area. Security measures were strict, all bags were being searched while going through a security screening process. The representation was vast, with 275 different tribes from 48 states with over 1,200 people in attendance.

All seating was first come first serve, so you can imagine how excited people were, anticipating their location in the big conference room. Chaperones had to wait while the youth were given priority seating; 1,000 youth and over 200 chaperones were in attendance.

The agenda began with Hamilton Seymour, a 15 year-old member of the Nooksack Indian Tribe. Hamilton was chosen to introduce First Lady Michelle Obama before giving her speech to the large

audience.

As soon as Michelle Obama entered the room and stepped up to the podium, everyone stood up, expressing a delightful cheer. As the room calmed down Mrs. Obama began by hugging Seymour and stating, "I am beyond thrilled to be with you all today for the first ever Tribal Youth Gathering."

She began describing things that were happening nationwide in our native communities. Her speech and appearance were brief, as she was winding down her speech, people began to flock the security perimeter to shake her hand. Many natives lined up to film it, tweet it and showcase it on Facebook.

Secretary of the Interior Sally Jewell had a sit down with a couple of the Unity Youth Executives for a question and answer session.

This event was a precursor to the UNITY Conference also being held at the Renaissance Hotel, many representatives nationwide attended both events, including state representatives, tribal leaders, and chaperones.

The Generation Indigenous (Gen-I) is an initiative focused on improving the lives of Native youth by removing the barriers that stand between Native youth and their opportunity to succeed. For more information please visit www.genindigenous.com for National Native Youth Network, Youth Challenge, Tribal Youth Challenge, Gen-I Blog, News, and contact information.

Tulalip flag in Washington D.C.

Being part of the Tulalip Youth Council has been an amazing opportunity to be more involved in my community and to lead our youth in the right direction. Our first day in Washington D.C. we got to listen to the First Lady speak and tell us "you are all here for a reason and that we have a purpose in life." Later that day, during the Nike N7 event, we got to see Jude Schimmel and Lyle Thompson, and they talked about what they did to get to where they are today.

On our second day we went to Patty Murray's office and had a meeting with Anna Sperling. We talked about what we think needs to change, like getting drugs off our reservation and other matters. Right after, we went to tour the Capital. We learned all kinds of facts and saw so many statues of people that have made history.

Day three was our touring day and it wasn't the day we thought it would be. We have been given this amazing opportunity that some will never get again. Others had to work and raise money for their trip, so all I can be is thankful for this opportunity and hopefully I can go again. We saw the Washington Monument, Thomas Jefferson statue, and the Martin Luther King statue, then went to the National Museum of the American Indian and saw some really cool artifacts from other native cultures.

The fourth day we stayed at the conference and listened to speakers talk, then after we went into sessions and learned so much from people from all kinds of different places. The two sessions I found interesting were Native Love, which is against domestic violence, and financial sponsorship in Indian Country.

Since there were so many of us, we split up into groups and went into all different sessions. When we came out we all had different ideas and learned something different.

Day five, our last full day, we went to the conference for a few hours and listened to speakers talk. We found out there are tribes from all kinds of places. There were kids that came out from a 14-hour flight, they were Indigenous youth of Taiwan. They talked about their heritage and showed us some signs they used on their calendars and taught us some words. It really interested me that there are tribes from all over the world that speak a completely different language.

At our lunch break we had four hours to ourselves. The Youth Council was asked if we wanted to go to a meeting at Maria Cantwell's office. Krislyn Parks and I offered to go, but before we went there we got to visit the Acting Chief of Staff, Juanita Mendoza of the Bureau of Indian Education to get some advice on our meeting with Will Hazzard, Legislative Correspondent.

Afterwards we went downstairs to the Assistant Secretary of Indian Affairs. Lining their hallway were flags from all kinds of different tribes from different states, we went down the hall and found our Tulalip flag. That was my favorite part of the trip, finding our flag in Washington D.C. in a place I didn't think it would be. Just to know that a part of us is in D.C. makes me think that we are bigger than I thought. I'm so thankful for Bonnie Juneau and Debbie Parker for the best part of my trip and taking me to new places and for the memories I will never forget.

Day six, our last day in Washington D.C., we all decided to go see the Abraham Lincoln memorial. Afterwards we went back to the hotel and got ready for our plane ride home. The trip meant so much to me and I hope it meant a lot to others because that trip was a lifetime memory. I would just love to thank everyone that helped make the trip happen, the parents, the tribe and our chaperones, Jessica Bustad, Lori Parks, Natasha Fryberg, and Taylor Henry.

Cyena Fryberg

3-on-3 tournament takes over Tulalip Teen Center

Article and photos by Micheal Rios

Over the weekend of July 25 and 26, the Tulalip Teen Center hosted an ages 16 and up, 3-on-3 basketball tournament. Originally slated to be an All-Native tournament, it was amended to 'open' status, meaning anyone could play, last minute in order to field enough teams for ample competition. Similar to the very popular Hoopfest tournament held in Spokane every year, the Tulalip 3-on-3 featured multiple games being played at the same time, all made baskets inside the 2-point arc count as one point, while all made baskets outside the 3-point arc count as two points, and the winning team is determined by the first to score 21 points (must win by two).

In total there were 12 teams who participated in the Tulalip 3-on-3, varying in age and ability. While teams were primarily comprised of Native players, most from Tulalip, there were also Natives from Lummi, Puyallup, Yakama, and Metlakatla, Alaska. The open status of the tournament made it possible for D-II collegiate basketball player Juwan Buchanan, of Adams State University, to showcase his talents on the Tulalip hardwood. The non-native Buchanan is originally from Seattle, WA and was in the area participating in the 2015 Seattle Basketball Pro-Am, one of the premier competitive summer men's basketball leagues in the United States. Needless to say that with his talents, his team was the early favorite to win it all.

To facilitate the most entertaining and competitive tournament possible, tournament coordinator Lonnie Enick tweaked the day one schedule from single elimination games to pool play



Teams placing 1st, 2nd and 3rd received Native design t-shirts and hoodies along with a cash prize.



on Saturday and moved the single elimination games, based on seeding, to Sunday. All the hoopers enthusiastically agreed with the decision because it meant each team would be playing five games on Saturday and would be guaranteed at least one more game on Sunday. A six game guarantee for only a \$100 buy-in per team is major deals for any

basketball tournament.

Day one of pool play got started at 9:00 a.m. and went very smoothly, with the more talented teams getting their reps in for the day to come, while the less competitive teams enjoyed being able to spend the day just having fun while playing basketball. After the day's pool play was over, the seedings were

determined for the day two single elimination bracket.

Day two games kicked off at 9:30 a.m. and saw some very competitive games played. There were even some upsets to be had, as a Tulalip team lead by brothers Monnie and Nate Williams managed to defeat the undefeated Yakama team who featured two 6'7 collegiate players.

Continued on next page

When it was all said and done, the championship game saw Buchanan's team matchup against a Tulalip team featuring Bradley Fryberg and Shawn Sanchez. It was a highly competitive game that had its moments with players get testy due to the 1st place and cash grand prize of \$600 on the line. In fact, from the early going each team seemingly matched every point scored by the other. In the final moments, the game was tied 20-20, and with the game

on the line Fryberg had a chance to win the game on a 3-point attempt that was just short. Buchanan would score the next point for his team to take a 21-20 lead and, after another Tulalip miss, he found a wide-open teammate for the game winning bucket. Final score 22-20 for the 3-on-3 tournament champs, Team Buchanan.



Info provided by the
National Council on Problem Gambling
www.ncpgambling.org
Submitted by Sarah Sense-Wilson,
Tulalip Problem Gambling Coordinator

Sports Gambling Facts and Statistics

WHAT ARE THE ODDS?

- Of a college player becoming a pro football player: **3,000 to 1**
- Struck by lightning: **576,000 to 1**
- Winning a Powerball jackpot: **140,000,000 to 1**

THE FACTS

- 85% of American adults have gambled at least once in their lifetime
- 65% at least once in past year
- 30% at least once in past month
- 15% at least once in past week
- 2-3% meet criteria for a gambling problem
- Upwards of 80% of high school students report having gambled for money

COLLEGE ATHELETES & GAMBLING

- In 2008, 3% of male athletes and 0.4% of female athletes were considered to have a gambling problem or to be at-risk of having a gambling problem.
- 26% of male athletes reported that they started gambling prior to High School, 66% began in High School.
- 30% of male students athletes reported that they have wagered on sports in the last year.
- An average of 9% of athletes across 11 different sports, reported that they wager on sports at least once per month.

SPORTS GAMBLING

- According to an ESPN survey, about 118 million Americans gambled on sports in some manner in 2008.
- About 67% of all college students bet on sports.
- Sports betting is second to poker in popularity of gambling games among college students.

- A recent survey revealed that 44% of 12th grade males reported wagering on sports at least once.
- Sports betting is the most popular form of gambling among youth 14 - 22. Nearly a quarter of males bet on sports in an average month.

RISK FACTORS FOR GAMBLING PROBLEMS

- Male
- Athlete
- 18-24 Yrs
- Substance use/abuse
- Easy access to gambling & money
- Family history of addiction
- Belief in own skill
- Belief in luck/superstition
- Racial/Ethnic minority
- Gamble illegally
- Early onset
- Early Big Win
- Highly Competitive

STUDENT ATHLETES WHO MET AT LEAST ONE CRITERIA FOR GAMBLING ADDICTION WERE MUCH MORE LIKELY TO:

- receive traffic tickets,
- buy on impulse,
- steal,
- enjoy taking risks,
- have a parent with a gambling problem,
- have friends who gamble,
- have 5 or more drinks in one sitting,
- have multiple sexual partners and
- engage in risky sexual behaviors.

Hate Leftovers? Time for a leftover makeover

Article and photos by Niki Cleary

If you're like me, you're chronically short on time, so home cooked meals can be a challenge. Maybe you're like a couple of my family members, you hate eating the same meal twice and will avoid it like the plague. If you're frugal, the idea of good food going to waste just makes your blood boil. Enter the leftover makeover, and suddenly, everyone is happy.

The leftover makeover is all about planning ahead and being flexible. It starts at the beginning of the week with a foundation meal. If you read my last recipe article, "It's too hot to cook," you know I'm a bit of an amateur foodie. I'm also a huge believer in food activism. You don't have to be an extremist to be an activist, by the way. In my opinion one of the best ways to affect change is to vote with your dollars.

Most of the food I buy and eat is local, and whenever possible, I buy it from people I know. I also purchase a produce box from a local organic farm every week. That said, I'm not afraid to pick up a handful of ingredients based on pure convenience. A bit of advice, don't make health too difficult or you won't stick with it.

Prepwork

Food is far more than nourishment, it's a way to connect with the people around you. Most of the meals you see in the syəcəb didn't happen at my house, they happened at my mom's, or a friend's. Why? Food is better when it's shared with good company. Plus you can enlist the diners as prep cooks before the meal and dishwashers after (I love food, not dishes).

Making a meal that can be plated all at once takes practice. Don't feel bad if you botch it. I do all the time. Trust me, the people eating will be just as happy to snack in courses as they will be when you hand them a full plate. You'll get the hang of cook times the longer you cook.

Don't be afraid to try things out. Don't know how to cook over live fire? Learn. Or just cook indoors, the broiler setting on your oven works

like an upside down grill. If you see unfamiliar produce at the grocery store go ahead and buy it. Google it for recipes and maybe find a new favorite. Be flexible, it's not brain surgery, just dinner.

The foundation meal: Salmon and salad

A foundation meal is like a 'choose your own adventure,' book. It's just a starting point and the rest of the week's menu can go anywhere from here. We're starting with a fresh King Salmon caught right here in Tulalip Bay. Remember, support our local fisherman, they are a living link of our culture.

If you've eaten food cooked over a wood fire, then you know the rich flavor wood smoke adds. That said, I don't cook over a fire, instead I buy salt. Not just any salt, but alder wood smoked sea salt produced by a company called Salish Saltworks.

We cooked our salmon on a Weber grill, over indirect heat. Because this is a large fish, we had to cook the halves one at a time, for about 30 minutes each. Indirect heat (notice the coals aren't directly beneath the fish), allows the meat to cook more evenly. Large cuts of meat cooked over direct heat tend to be burnt on some areas and raw in others. The grill should be hot, about 400-450 degrees.

Salmon is tasty. It really doesn't need much to dress it up. In this case I coated it evenly with smoked sea salt and pepper and topped it with butter. I use Plugra which is a European style butter. Why? Because America's Test Kitchen gave it great reviews, and sometimes I totally buy into the marketing. Plus, I think it tastes good. Each fillet is cooked for about 30 minutes, no need to flip the fish, just leave it alone.

Remember when your mom used to yell at you for opening the door because, "You're letting the heat out!" Same principle. Every time you raise the lid on the grill or open your oven door you let the heat out and extend the cooking time. Be patient, what's the worst that happens, you burn it? Trust me, it's still tasty, just add some



When done cooking it, prepare for salmon leftover meals by flaking it (peel it apart with your fingers and pull out all the bones), then packing it up and freezing immediately.



cayenne pepper on the backside and call it 'cajun' blackened salmon.

For a quick side I chopped some red peppers and apples and tossed them over a bed of mixed greens. A healthy meal definitely needs something decadent, so I went to the freezer. Anytime I make cookies, I make a double batch and freeze half the cookie dough.

The cookie pictured (top) is adapted from a Quaker oats recipe for cowboy cookies (<http://stage.>

www.quakeroats.com/cooking-and-recipe/cowboy-cookies.aspx). Since I'm not fond of raisins and chocolate together, I cut the raisins out. I use real butter, and reduced the sugars from 1 cup each to $\frac{3}{4}$ cup each. You can generally reduce sugars by $\frac{3}{4}$ to $\frac{1}{2}$ without affecting the texture, but be aware, the cookies don't brown as quickly. Pay attention or you'll overcook them. Of course, if you're like me, crispy cookies are even better, so, who cares if they get over-

Continued on next page

cooked? Break out the milk or coffee, dip them and enjoy anyways.

As soon as you've eaten, prepare your salmon for the following meals by flaking it (peel it apart with your fingers and pull out all the bones), then packing it up and freez-

ing immediately. You have two hours from safe temperature (off the grill) to refrigeration. Food safety is one of the few places where I am a fanatic. Process your leftovers immediately or just throw them away. Don't risk food poisoning. It's not worth it.

It's okay to put it in the fridge and pack it the next day, but better to freeze it the same day you cook it. My rule of thumb is that meats are good for about six days total. Three days from the time you buy it to the time you cook it and an additional three

days after you cook it. However, you can keep meat in the freezer for about 1-3 months. Just thaw overnight in the fridge prior to use.



Meal 2: Salmon tacos

Even if you didn't remember to thaw your frozen cooked salmon the night before (I didn't, as usual), you can toss the freezer bag into a bowl of cold water and it will thaw in about 30 minutes. While your salmon is thawing, chop veggies. These will end up in your tacos, so pick stuff you like.

I have some general rules I follow when making tacos. I rarely use lettuce, I choose cabbage instead. Why? Lettuce is a pesticide heavy crop and cabbage isn't. Cabbage also tends to be less expensive and it's crunchier. As for the other toppings, I've almost always got bell peppers on hand during the summer, I love cilantro, and lime, so that's what I chopped. This week we also received pluots in the produce box, a pluot is a hybrid between a plum and an apricot. It tastes like a



plum, but slightly sweeter. I diced those up too. A little fruit added to something savory just takes it to the next level. Trust me, it works. Don't be shy with the veggies, any extra will be repurposed later this week.

Finally, I'm prejudiced against microwaves. I don't actually own one anymore and I find that I rarely miss it. Instead of nuking your tortillas, toss them directly on the burner over low heat (if your burner has settings from 1-10, that's generally a 2 or 3). The tortillas end up flexible and the char marks add flavor. Want tostadas? Just cook them until they're crunchy instead of flexible.

Now that all your toppings are prepared, and your salmon is thawed, toss it in a skillet along with whatever seasonings you love. If you were hoping for specifics, sorry, I don't measure unless I'm baking. I do toss my spices in a bowl, mix and taste before I add them to the food. In this case I used garlic powder, chili powder, salt, paprika, black pepper and a little bit of allspice. Trust me on this, the allspice doesn't taste sweet in small amounts, and it plays well off the pluots.

Now that everything is done, heat your tortilla's and assemble. Eat. Repeat.

Meal 3: Chicken tenders, stuffed jalapenos, pasta and fruit salad



You're probably wondering, where is the salmon? It's in the freezer, we'll use it tomorrow. Tonight we're taking the leftover veggies from our tacos and turning them into homemade pico de gallo or fresh salsa. Size matters. The finer your ingredients are chopped, the more surface is exposed and the more the flavors pop. This salsa is made from finely diced red and yellow bell peppers, garlic scapes (which taste like a cross between green onions and garlic, what can I say, my mom has a lot of random

ingredients in her fridge), roma tomatoes that have been seeded (slice them into quarters and scrape all the wet stuff out) and diced, juice from about half a lime and the same spices we used on tacos yesterday. Cover this and let it sit out at room temperature, cold food doesn't have as much flavor as warm, so unless there's a food safety reason, I don't refrigerate before serving.

Once the the pico de gallo is done, we need to light charcoal for the grill. Everything being cooked today is actually grilled, which means high heat and short cook time. Barbecue has become a general purpose term, but it actually means low heat and long cook time. So for future reference, grill = hot and fast, BBQ = low and slow.

Stuffed jalapenos are up next. First, slice the jalapenos in half lengthwise and seed them. Fill each with a small rectangle of pepper jack cheese, top with pico de gallo and sprinkle with fajita seasoning. Then set them aside. We'll grill them as soon as the coals are ready.

Now we're going to get some pasta underway. Here's where convenience rules over principles. Instead of making it from scratch, I opened a box, in this case the box is Kraft Suddenly Salads (pasta) classic flavor. Prepare according to the box instructions and if the mood strikes you, add pico de gallo or veggies of your choice to the finished pasta.

Time to prep the chicken. We used chicken tenders because they cook quickly. I basically rolled the chicken in olive oil and sprinkled it with salt and pepper. Done. There's so much flavor going on in this



meal, you don't need extravagant chicken too.

For desert today we have fruit salad. I chose peaches and blueberries because both are still in season and yummy, I added bananas to cut the acid and sweeten it, then tossed it all with juice from about half a lime. No sugar needed.

The peppers cook on the grill for about 3-5 minutes at about 450 degrees. Once they come off, put the chicken on. The chicken only needs 2-3 minutes per side. When in doubt, stab it with a knife. The juices should run clear, if it's still bleeding, toss it back on the grill.

I'm lucky, my mom lets me invade her kitchen often. Prior to this meal I gave her a call and asked if she'd make deviled eggs. She said yes and the deviled eggs were done before I started cooking. Deviled eggs, by the way, are super easy, a great way to use eggs when they approach the expiration date and can be easily turned into egg salad sandwiches the following day (if there are any leftover, which there never are at our house).

The leftover fruit salad can become a breakfast smoothie. Leftover chicken can be sliced in half for chicken sandwiches at lunch. Save your leftover pico de gallo for tomorrow. All leftovers should be refrigerated as soon as you're done serving today's meal.

Meal 4: Salmon burgers

Now it's time to throw all those leftovers together. It's the end of the week, so this is the simplest meal of the bunch. Toss your flaked salmon in a bowl with a couple eggs to bind it together. It's going to be wet. Add enough crushed crackers or chips (you can always go fancy with Tim's Cascade Jalapeno chips, or whatever you like, for some extra flavor) to make it about burger consistency. Form into baseball sized balls and drop them on a piece of foil. Flatten with your hand and then slide the patties into a non-stick skillet over medium heat (about 300 degrees).

I bought dinner rolls to use as buns. Slice them and top with some of that pepper jack we bought yesterday. I also used the avocados that I bought for tacos. Unfortunately, they weren't ripe on taco day, but they're perfect here on burger day. You can either cut the avocados into thin slices, or put them in a bowl and mash them with a little bit of lime to keep them from browning. Add the burger and top with the pico de gallo from yesterday.

Desert today is honeydew melon. Because we had one and it needed to be eaten. Tada! A week's worth of meals from one foundation dinner. Remember to be flexible and don't take it too seriously, food should be fun.



Servants of the servants

Servants of the servants
 amplified multiplied
 by humility of
 servitude
 helpers of the helpers
 caring sharing
 selflessly with the
 multitude
 keepers of the keepers
 unyielding shielding
 those committed to the
 greater good
 children of the children
 growing knowing
 they're doing
 everything they should
 people of the people
 invited united
 by equality within all
 ranks
 angels of the angels
 praying saying
 to the Father of all
 fathers give glory and
 thanks

Jr Lacy

Never alone

do coincidences exist
 it is all meant to be
 when they persist
 is there more than you
 see
 fulfilling your dreams
 is it luck or God's
 grace
 when everything seems
 to just fall into place
 when everything works
 out
 against all the odds
 can there still be a
 doubt
 it's not your will but
 God's
 there's only so much
 you can do on your
 own
 upon feeling His touch
 you were never alone

Jr Lacy

Resignation as Elders/ Senior Commissioner

7/23/2015

At the last Senior/Elder Breakfast meeting on July 8, 2015, Gary Baker and myself were nominated to fill the positions of outgoing Commissioners, Dawn Simpson and Gary Baker. There were no other nominations so we both were elected to fill the two openings. After the meeting, Cookie Robinson asked if I would take over the position as Secretary as she had health issues and wasn't able to do much writing and I said yes. I then asked if we had to be sworn in by the Board and her response was no.

A few days after the election I heard the Commission were going to ask for another election as they felt I was railroaded in and it wasn't a fair election. I wrote a letter to the Board regarding my concerns about how the Commission conducted business and how they met with the Board on issues that were never brought before the entire tribal members over the age of

50. We have never received anything in writing about their meetings nor have they provided any minutes.

Since then they have held two commission meetings, the last one with Mel Sheldon, the Chairman, and I was never notified about these meetings and only heard about them after the fact. When asked why I wasn't at these meetings, their response was they didn't have my phone number. Then their response for meeting with the Board Chairman was I had not been sworn in by the Board of Directors yet; however, Gary Baker was at this meeting and he was elected the same time I was. At the meeting with the Board Chairman, they brought up issues they want on the Agenda for the Monday evening meeting between the Board and Tribal members over 50.

How this Commission handles business for our tribal elders/seniors in my opinion is not how I feel is in our best interest and I do not wish to be a party to this.

I don't really know if I am an official Elders/Senior Commissioner according to the By-Laws that I just

received by email last night as they really don't state how an election should be handled. These By-Laws were approved by the Board and were never provided to those of us Tribal members over the age of 50. Since there is nothing officially written about whether or not Commissioners has to be sworn in by the Board, so I am providing a copy of my resignation to the Sey-yat-sub as well as the Board of Directors.

I hereby officially turn in my resignation as a Commissioner for the Elders/Seniors.

This issue has been too stressful on me and I don't want any part of how the Commission conduct our business.

I am providing a copy of this to the Sey-yat-sub to let ALL tribal members over the age of 50 know the reason for my resignation.

The current Commissioners are David Fryberg, Chairman, Cookie Robinson, Dorothy Frahm and Gary Baker.

Virginia (Ginnie) Carpenter
 Tulalip Tribal Elder #105

Tulalip Tribal Court Notices

SUMMONS BY PUBLICATION TUL-CV-CS-2015-0107, Tulalip Tribal Court, Tulalip WA. TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs ERIC LEE PEPER regarding a Summons and Petition to for Registration of Foreign Order and for Order of Payroll and/or Per Capita Attachment. TO: ERIC LEE PEPER: YOU ARE HEREBY NOTIFIED that on March 11, 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, 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: July 1, 2015.

SUMMONS BY PUBLICATION TUL-CV-CS-2015-0109, Tulalip Tribal Court, Tulalip WA. TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs ERIC LEE PEPER regarding a Summons and Petition to for Registration of Foreign Order and for Order of Payroll and/or Per Capita Attachment. TO: ERIC LEE PEPER: YOU ARE HEREBY NOTIFIED that on March 11, 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, 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: July 1, 2015.

SUMMONS BY PUBLICATION TUL-CV-CS-2015-0108, Tulalip Tribal Court, Tulalip WA. TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs ERIC LEE PEPER regarding a Summons and Petition to for Registration of Foreign Order and for Order of Payroll and/or Per Capita Attachment. TO: ERIC LEE PEPER: YOU ARE HEREBY NOTIFIED that on March 11, 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, 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: July 1, 2015.

TUL-CV-YI-2014-0411 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of D.K. IV. TO: Donald Kempf, III and Stahawnee Williams: YOU ARE HEREBY NOTIFIED that a Paternity hearing for the previously referenced youth has been scheduled to be held on August 18, 2015 at 9:00 a.m. You are hereby summoned to appear and defend regarding the above entitled action at the hearing on August 18, 2015 at 9:00 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: July 1, 2015.


THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA No. TUL-CV-EX-2015-0260 Summons by Publication and & Notice of Petition for Exclusion THE TULALIP TRIBES, Petitioner vs. Rachel R. Norwood, Respondent. On June 25, 2015, a Petition for Exclusion was filed in the above-entitled Court pursuant to TTC 2.40. YOU ARE HEREBY NOTIFIED that 1) that you are entitled to be represented by counsel, at your own expense; 2) that you may present testimony of witnesses and other evidence on your own behalf; and 3) that failure to attend the hearing may result in an order of temporary or permanent exclusion or removal; 4) that if you intend to call witnesses, a witness lists shall be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the exclusion petition no later than October 9, 2015 and serve a copy on the Office of the Reservation Attorney within five calendar days after filing with the Court, the matter shall be set for a hearing. The date and time of the hearing shall be set by the Clerk's Office and shall be held at the Tulalip Tribal Court located at: 6103 31st Ave. NE, Tulalip, WA 98271. Saza Osawa, Office of the Reservation Attorney 6103 31st Avenue NE, Suite B, Tulalip WA 98271 360 716 4547

THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA No. TUL-CV-EX-2015-0259 Summons by Publication and & Notice of Petition for Exclusion THE TULALIP TRIBES, Petitioner vs. Jonathan S. Watts, Respondent. On June 25, 2015, a Petition for Exclusion was filed in the above-entitled Court pursuant to TTC 2.40. YOU ARE HEREBY NOTIFIED that 1) that you are entitled to be represented by counsel, at your own expense; 2) that you may present testimony of witnesses and other evidence on your own behalf; and 3) that failure to attend the hearing may result in an order of temporary or permanent exclusion or removal; 4) that if you intend to call witnesses, a witness lists shall be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the exclusion petition no later than October 9, 2015 and serve a copy on the Office of the Reservation Attorney within five calendar days after filing with the Court, the matter shall be set for a hearing. The date and time of the hearing shall be set by the Clerk's Office and shall be held at the Tulalip Tribal Court located at: 6103 31st Ave. NE, Tulalip, WA 98271. Saza Osawa, Office of the Reservation Attorney 6103 31st Avenue NE, Suite B, Tulalip WA 98271. 360 716 4547


TUL-CV-EL-2015-0249. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re the Welfare of V.T.TO: Allen Williams: YOU ARE HEREBY NOTIFIED that on June 12, 2015 the 1st Amended ex Parte Temporary Order for Protection was entered against you in the above-entitled Court pursuant to TTC 4.30. You are hereby summoned to appear and defend the above entitled action in the above entitled Court and answer on August 17, 2015 at 9:00 AM in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: July 7, 2015.

THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA No. TUL-CV-EX-2015-0262 Summons by Publication and & Notice of Petition for Exclusion THE TULALIP TRIBES, Petitioner vs. Mikhail S. Barborosh, Respondent. On June 25, 2015, a Petition for Exclusion was filed in the above-entitled Court pursuant to TTC 2.40. YOU ARE HEREBY NOTIFIED that 1) that you are entitled to be represented by counsel, at your own expense; 2) that you may present testimony of witnesses and other evidence on your own behalf; and 3) that failure to attend the hearing may result in an order of temporary or permanent exclusion or removal; 4) that if you intend to call witnesses, a witness lists shall be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the exclusion petition no later than October 9, 2015 and serve a copy on the Office of the Reservation Attorney within five calendar days after filing with the Court, the matter shall be set for a hearing. The date and time of the hearing shall be set by the Clerk's Office and shall be held at the Tulalip Tribal Court located at: 6103 31st Ave. NE, Tulalip, WA 98271. Saza Osawa, Office of the Reservation Attorney 6103 31st Avenue NE, Suite B, Tulalip WA 98271. 360 716 4547

THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA No. TUL-CV-EX-2015-0209 Summons by Publication and & Notice of Petition for Exclusion THE TULALIP TRIBES, Petitioner vs. Christian R. Garcia, Respondent. On May 11, 2015, a Petition for Exclusion was filed in the above-entitled Court pursuant to TTC 2.40. YOU ARE HEREBY NOTIFIED that 1) that you are entitled to be represented by counsel, at your own expense; 2) that you may present testimony of witnesses and other evidence on your own behalf; and 3) that failure to attend the hearing may result in an order of temporary or permanent exclusion or removal; 4) that if you intend to call witnesses, a witness lists shall be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the exclusion petition no later than October 9, 2015 and serve a copy on the Office of the Reservation Attorney within five calendar days after filing with the Court, the matter shall be set for a hearing. The date and time of the hearing shall be set by the Clerk's Office and shall be held at the Tulalip Tribal Court located at: 6103 31st Ave. NE, Tulalip, WA 98271. Saza Osawa, Office of the Reservation Attorney 6103 31st Avenue NE, Suite B, Tulalip WA 98271. 360 716 4547



MEMORIAL FOR DONNA COOPER



WE INVITE YOU TO COME AND HONOR A SPECIAL BEAUTIFUL LADY

DONNA COOPER

SEPTEMBER 12, 2015

12:00 P.M. AT THE MISSION BEACH CEMETARY

THEN FOLLOWING TO TULALIP TRIBAL GYM -

GREG WILLIAMS COURT AT 6700 TOTEM BEACH ROAD, TULALIP, WA

FOR A LIGHT LUNCH

Employment Opportunities

"I feel proud to work for
The Tulalip Tribes and the
benefits are great!"





Tulalip Central Employment is located
behind Tulalip Resort Casino
10200 Quil Ceda Boulevard
Tulalip, WA 98271

We are open Monday through Friday
9:00 a.m. to 5:00 p.m.

360.716.1562

Contact us by e-mail at:
centralemploymentinfo@tulalipresort.com



Apply for jobs at
careers-tulalip.icims.com



Visit our Facebook page!






What's the best thing you've done so far this summer?



"We got to go to Silverwood."

Kyla Fryberg
Tribal member



"Spend time with my grandma. We went camping and fishing."

Wyatt Henry
Tribal member



"Ride my bike. It is pink and purple I love it."

Sofia Quimby
Tribal member



"Play in the pool and going to the beach and playing in the water."

Tallisse Solomon
Tribal member

Hibulb events

COMMUNITY EVENTS:

Crafts with Kwani.
Saturday, August 1st, 8th, 15th, 22nd & 29th • 2:00 PM to 2:30 PM. Fun crafts activities for young creative minds, with **Kwani Williams**.

Children's Reading Time.
Saturday, August 8th (**Jarell Carpenter**) & 22nd (**Angela Carpenter**) • 1:30 PM to 2:00 PM. **Tessa Campbell** and **Buster** (dog) will be there.

WORKSHOPS:
Sandra Swanson, Quilting demonstration. Sunday, August 9th, 16th, 23rd & 30th 12:00 PM to 3:00 PM.

LECTURE SERIES:
Matthew War Bonnet, Boarding School life and Lakota History. Thursday, August 13th • 6:00 PM to 7:00 PM.

CULTURE SERIES:
Tammy Taylor, Cedar Woven Medicine Pouch Thursday, August 20th • 5:00 PM to 6:00 PM.

FILM SERIES:
Dallas Pinkham, Media Director, Filmmaker. Dallas will screen his film(s). Thursday, August 27th • 6:00 PM to 7:00 PM.

New Products from Salish Style

New Exhibit Now Open!
Roots of Wisdom
Native Knowledge. Shared Science.

GIFT SHOP AUGUST SPECIAL: 10% OFF ALL MAGNETS!
For all Hibulb events, call 360.716.2600 or go online. Fees for all events are the cost of admission.

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

You can keep the cultural fires burning... VOLUNTEER TODAY!

6410 23rd Avenue NE, Tulalip, WA 98271
HibulbCulturalCenter.org | Find us on Facebook & Twitter!

PLAY ALL YOUR FAVORITE GAMES

TULALIP BINGO

- Over 23 Bingo sessions a week
- Newest Slots & fan-favorites
- Daily Promotions & giveaways
- High-Limit pull tabs

TULALIPBINGO.COM
I-5, EXIT 200 WEST | 800.631.3313
Must be 18 to play slots and pull tabs. Must be 16 to play bingo.

DOUBLE 2X POINT TUESDAYS

Join us each week for **DOUBLE POINT TUESDAYS**
Earn twice the points towards twice the cash-back!