

# dx<sup>w</sup>lilap syəcəb

Volume 36 No. 33

(Tulalip See-Yaht-Sub)

Wednesday, August 26, 2015



**KOMPLEX KAI**  
with Live Band

**CANOES CABARET**

August 28, 2015

6:00PM

KOMPLEXKAI@GMAIL.COM  
WWW.KOMPLEXKAI.COM



## IN THE SPIRIT

An exhibition of contemporary  
Native American art



Page 10

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# SUMMER CAMP SUMMER SCHOOL SUMMER FUN



Boys & Girls Club, Early Head Start and Montessori events!

Pages 3-8





**TULALIP TV**  
**www.tulaliptv.com**

**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**

dxʷilap syəcəb , the weekly newspaper of the Tulalip Tribes

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

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

TULALIP TV		
Week of - Monday 8/31/15 - thru Sunday 9/6/15		
Time	Show	Duration
12:00 AM	<b>Tulalip Matters</b> Tulalip Matters is your destination for information about what is happening on and around the Tulalip Reservation.	0:30
12:30 AM	<b>Good Meat</b> Once a star athlete, Beau LeBeau's (Oglala Lakota) unhealthy weight which has triggered the onset of Type II Diabetes. Enlisting the help of a physician and a nutritionist, he starts exercising and begins a traditional Lakota diet of buffalo meat and other Native foods.	1:00
1:30 AM	<b>Make Moccasins-Hard Sole</b> Simple teaching methods show how to make a pattern, how to adopt for men and women - any size and how to adopt for high top moccasins.	0:30
2:00 AM	<b>A Lifetime of Caring</b> This documentary looks at difficult issues facing many seniors in many native communities, including different forms of elder abuse and neglect.	0:30
2:30 AM	<b>Native Report - 813</b> Attend a fine-art photography exhibit of the late Edward Curtis and we continue with part four of Inalik: Little Diomed, an island in the Bering Strait.	0:30
3:00 AM	<b>Creative Native - 305</b> Visit the Musqueam Nation where local artists will discuss and demonstrate Salish weaving styles that are highly celebrated in the Pacific Northwest.	0:30
3:30 AM	<b>NWIN 65</b> NorthWest Indian News - Quileute Stone, Language Camps, Indigenous Peoples Day, Tulalip Bay CrossFit: A Box on the Rez	0:30
4:00 AM	<b>We Shall Remain - Geronimo</b> As the leader of the last Native American fighting force to capitulate to the U.S. government, Geronimo was seen by some as the perpetrator of unspeakable savage cruelties, while to others he was the embodiment of proud resistance.	1:30
5:30 AM	<b>Cedar Hat Weaving</b> Explores the story of Cedarman and outlines the step-by-step process of cedar hat weaving. Look at the process of cedar bark pulling and discusses the art and philosophy of cedar hat weaving.	0:30
6:00 AM	<b>From Sacred Trees</b> In 1989 Tulalip carved a canoe and joined several other tribes for the "Paddle to Seattle". This documentary produced in 1989 of this historic event, the Beginning of Modern Canoe Journeys.	0:30
6:30 AM	<b>Make Moccasins-Hard Sole</b> Simple teaching methods show how to make a pattern, how to adopt for men and women - any size and how to adopt for high top moccasins.	0:30
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8:30 AM	<b>Wapos Bay - Ep 23</b> "Patients", T-Bear and Talon learn about patience when they accompany Uncle Peter to catch fish. Raven gets caught up in rumors and gossip, which begins to affect all her friends.	0:30
9:00 AM	<b>Bizou - Ep 32 - The Otter</b> Come sing and dance with Bizou as she takes you on a picturesque journey into the wonderful world of Otters, nature's cute little shell-shucker.	0:30
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This Schedule is subject to change. To see an updated schedule, go to:  
**http://www.tulaliptv.com/tulaliptv-schedule/**

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

**Not getting your syəcəb ?**

**Contact Rosie Topaum at 360.716.4298 or email [rtopaum@tulaliptribes-nsn.gov](mailto:rtopaum@tulaliptribes-nsn.gov)**



# Infants, waddlers and toddlers, Tulalip students are moving on up



Article and photos by Niki Cleary

Birth to three years is a vital time for children. They grow, learn and change in leaps and bounds.

"It's the foundation," said Youth Services Executive Director Teri Nelson. "Birth

to three is when your brain is developing, your most formative years. Our focus is to have a very nurturing environment, to provide a good foundation for the kids in early learning. There's a real art and science to early learning, it's evolving so much. Our goals are to cre-

ate school readiness, close the preparedness gap so that when our kids enter kindergarten they're ready."

This year marked the Tulalip Early Head Start's (EHS) final Moving Up ceremony.

"At every transition we like to acknowledge and celebrate the growth of our children," said Sheryl Fryberg, Director of the Betty J. Taylor Early Learning Academy. "This year isn't just a transition for the kids, it's a transition for our whole program. Next year, we won't just be celebrating our children from birth to three, all of our programs from birth to five will be collaborat-

ing."

Sheryl explained that the Moving Up ceremony is an example of positive parent involvement in the school.

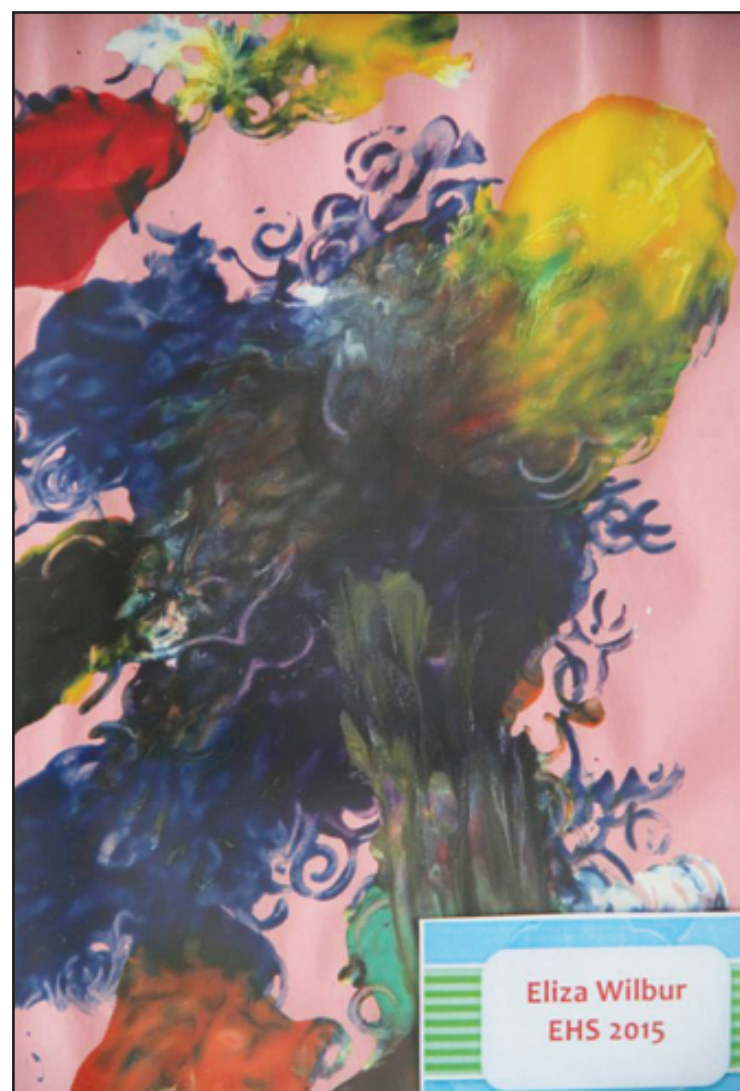
"I want to give a huge thank you to all of the parents for the hard work that they've put into making this event happen every year," she said. "It's such a team effort."

Early Head Start Parent Committee Chair Felicia Holland acknowledged the work, but described it as a labor of love.

"I like to be involved in my child's education," she said. "Serving on the Parent Committee is a way for me



The Moving Up ceremony featured play stations for the kids, and a showcase of their creativity including a silent auction of artwork made throughout the year.



*Continued on next page*



to have a say. If I have issues I can bring them forth to the staff or the policy council. It’s also nice to meet with other parents and hear their concerns, and to see how the kids interact with parents and teachers.”

The event is one of several that the Parent Committee fundraises for each year. “We also do ‘Muffins with Moms,’ and ‘Donuts with Dads,’” Felicia described. “Per the

[EHS] grant, the school isn’t able to fund those. This year we purchased goody bags for the kids, inside was a portfolio of the kids’ work, an EHS paddle handpainted by Katrina Lane, a toy, a book and a t-shirt for each of the kids.”

This year is special for Felicia because her daughter is aging out of the program. “Next year she’ll be going to Montessori. My goal is to leave a binder [for the next chair]

with tips on fundraising ideas. I’m pretty excited to see how it turns out next year.” In the meantime, Felicia encouraged all parents to get involved in their child’s education.

“It’s nice to have parents involved, it helps build children’s confidence and I think they enjoy it.”





# Fun in the sand with Tulalip Montessori



Tulalip Montessori celebrated a great summer camp by treating students and families to a BBQ lunch on August 12 at Kayak Point Park. Some parents even joined in the fun at the playground. Warning, monkey bars do not get easier with time. *Photos by Niki Cleary.*



Continued on next page





## FREE PRESCHOOL

Early Childhood Education and Assistance Program (ECEAP)

ECEAP is a pre-kindergarten program for income-eligible children ages 3-5 years\* and their families. We offer the highest quality services in education, family support, health screenings and nutrition.

**Classes are held Monday through Thursday 9:00 am-3:30 pm**

We will be located in the new Ms. Betty J. Taylor Early Learning Academy opening September 2015.

For more information, or to see if you qualify, call today! (360) 716-4273

\* We enroll three-year-olds on a space available basis.

Foster children are automatically eligible for ECEAP.

Homeless children are given enrollment priority.



**Early Childhood Education & Assistance Program**

Washington State Department of Early Learning



# When school's out THE CLUB IS IN



Bubbleman, Gary Golightly, performs his soap bubbles routine to the delight of the kids, and air brushing body paint and balloon shapes made for a fun filled day.

*Article and photos by Micheal Rios*

This summer, from 10:00 a.m. to 5:00 p.m. Monday through Friday, the Tulalip Boys & Girls Club buzzed with a minimum of 150 kids per day. The newly updated learning center and immersion rooms have been a great success, club officials say, with nearly full-occupancy occurring in each activity room every single day, and that's just the beginning of the story for Summer Camp 2015.

The Club's Summer Camp program ran from July 13 – August 21. There were 364

registered kids for this year's Summer Camp, up from the 340 registered last year, and a record amount of parents who took advantage of the Club's before care program, with an estimated 100 kids at the Club every day by 9:00 a.m. Membership dues were completely free for the entire five-week Summer Camp program for any child who lives on the Tulalip Reservation, tribal or non-tribal.

"Summer Camp was definitely hoppin' this year. From six in the morning to six at night we were full of kids, which is great," says Diane Prouty, Program Director for the Tulalip

Club. "The Boys & Girls Club is a safe place. We are always telling the kids this is a positive place, it's our job to keep it safe and positive for every single one of our kids. We want every kid who walks through our doors to feel safe and to have fun, that's our number one priority."

The Club is more than just a safe, stable place for kids to spend their summer breaks while out of school. Along with numerous field trips, weekly presenters, and daily activities, the camp also provides kids with lunch and snacks. Throughout the summer, the Club's staff planned a variety of programs to



*Continued on next page*





The Reptile Zoo in Monroe brought their assortment of snakes, turtles, and even crocodiles to the Club.

keep kids learning and exploring. Field trips were a regular occurrence, including visits to local water parks, Kayak Point County Park, and Forest Park in Everett that currently features an animal farm and petting zoo.

Learning opportunities are a large focus of the summer program with several special guest speakers dropping in to present to the children. From the local school district and transportation to The Reptile Man to Seattle Children's Museum, the guest speakers and presenters kept the kids' attention peaked by mixing fun activities

with ideas that foster a creative imagination.

"We had at least one guest every week, if not more," continues Prouty. "We also did a soccer camp within our summer camp this year. We had a local soccer coach come in with one of his very talented, young players. They would come to the Club twice a week, every week during the camp and work with our kids. They had the kids do soccer drills and worked to build their understanding of the game while teaching them new skills. It was really cool and the kids just loved it."

Overall, members of the Club's summer program spent their break forging new friendships, exploring their surroundings and opening their minds to new concepts and knowledge. School might have been out, but Club members were keeping their brains and bodies active.

To learn more about the Tulalip Boys & Girls Club and its mission to enable young people to reach their full potential, visit <https://sites.google.com/site/tulalipboysgirlsclub> or call 360-716-3400 to set up a tour with a club ambassador.



Drive-In Night. The kids worked all week to create their own make-shift cardboard cars so they could go to the drive-in and watch classic cartoons and movies.





## THE TULALIP TRIBES 2015 ANNUAL COMMISSION ELECTION

**The Annual Commission Election and the Semi-Annual General Council meeting  
Shall take place:**

**Saturday, October 17, 2015**

7:00am polls open/close at 1:00pm

Tulalip Resort Casino, 10200 Quil Ceda Blvd

Tulalip, WA 98271

**THE FOLLOWING CANDIDATE'S TERMS ARE EXPIRING:**

### Fish (2)

Joseph Gobin  
Harold Joseph III  
Vacancy

## Gaming (3) \*

Cecilia Gobin  
Lena Hammons  
Vacancy – 2 Year Term

### Planning (1)

**Planning (1)**  
Rochelle Lubbers

## Police Advisory Board (1)

## Vacancy

## TERO (2)

Eliza Davis  
Dale Jones

All positions are available for a three (3) year term to serve on the Commission's except Gaming. The qualified candidates receiving the highest number of votes will be elected to serve-; Fish has two (2) positions; Gaming has three (3) positions-two highest votes serving three (3) year terms, next highest serve (2) year terms; Planning has one (1) position; Police had one (1) Position; TERO has two (2) positions. In the event of a tie(s), the election shall be determined by coin toss.

**Petitions are available at the Tulalip Tribes Admin Building, Election office starting August 17, 2015 – August 28, 2015. Petitions must be returned to the same place and to election staff ONLY.**

No person shall be a candidate for a Commission position unless he/she shall be an enrolled member of the Tulalip Tribes. They shall be at least eighteen (18) years of age for Fish, Planning, Police Advisory and TERO, and twenty one (21) for Gaming. No person may be a candidate on a Commission if he/she shall have been found guilty of any felony, or a misdemeanor involving controlled substance or dishonesty in any Indian, State, or Federal court within three (3) years prior to the election. Other requirements apply on the Police Advisory Board, Fish, Planning and Gaming commissions that will be included with petition.

**Requirements for the petition completion are as follows:**

- ✓ Must bear the original signature of the candidate
- ✓ Must be signed by not less than five (5) legal tribal voters
- ✓ Voters may sign only one (1) petition per commission election

The list of qualified candidate will be posted in a public place and otherwise be made known to the tribal membership not less than two (2) weeks prior to the election date. The Tribal rules and regulations governing elections shall apply.

### DEADLINE FOR RECEIPT OF PETITIONS

**Friday, August 28, 2015 at 4:00pm**  
Tulalip Tribal Administration Building  
C/O Election Staff (360) 716-4283  
6406 Marine Drive  
Tulalip, WA 98271

Dated: August 4, 2015

Melvin Sheldon Jr.  
Melvin Sheldon Jr., Chairman

of the tourney. Last Sunday, Tulalip won over Arlington in a baseball game, 8 to 5. ...Batteries were...Tulalip-Sam and Fryberg.” “Tulalip Team Will Play In Tourney.” *Everett Daily Herald*, 1 August 1940: 7.

“A crowd estimated at 15,000 people, believed to have been the largest number that ever congregated in Snohomish at one time, lined streets for a distance of ten blocks Saturday to view a colorful two-mile long parade, one of the main features of annual Kla-Ha-Ya days celebration. ...Prominent among the floats... decorated with fenced in evergreen trees and a tepee, carried the Shelton Indian family of Tulalip...” “Kla-Ha-Ya Parade Seen By 15,000.” *Everett Daily Herald*, 5 August 1940: L1.

“A tribal meeting will be held at Tulalip Saturday from 8 a. m. to 1 p. m...to vote on a proposed amendment to the Constitution and bylaws of the tribal Council. The amendment provides that in replacement of officers who resign or are disqualified for any of a number of reasons, the person elected to till the office will hold the position only until the next following general election ... instead of the entire unexpired term. Notice by Harriette Shelton Williams, secretary, said that Chairman Lawrence Williams had appointed Louella Jones, Theresa Sheldon, Cyrus Hatch Jr., William Campbell and Iris Fryberg to serve on the election board to conduct the balloting.” “Tribal Meet called Upon Amendments.” *Everett Daily Herald*, 28 August 1940: 12.

## 50 years ago – 1965

“Tulalip Bay Firemen gave their wives breakfast at the space needle August 12, the day KING TV Telescope program is filmed there during the breakfast hour. Fourteen men and women left home at 6:30 a.m., to make the trip. Fire Chief Al Schroeder introduced the group on Telescope, and many were interviewed.” “Tulalip firemen entertain wives at Space needle.” *Marysville Globe*, 19 August 1965: 2.

## 25 years ago – 1990

“The second Thursday of every month there is a Brown Bag Luncheon at noon in the People’s Room. The next Brown Bag Luncheon will be held September 13, 1990” “Brown Bag Luncheons.” *See-Yaht-Sub Newsletter*, August 1990: (1).

“As was the case last year, there is a high catch of Fraser River fish being intercepted in pink purse seine fisheries in Alaska (Noyes Island). The current estimated catch to date is 134,000 Fraser River sockeye. These come off the U.S. share. The tribes and the State of Washington are still negotiating how this catch will affect Indian/non-Indian allocation in the waters we fish in. In 1989 the total interception of Fraser River sockeye in Alaska fisheries was 200,000. We have some information on the tribal breakout of sockeye catch. This information is not yet complete since all fish tickets have not yet come in from the last opening. What we have now shows the following: 8/20-21 Tulalip 50, 611 Total 51,704 (8.2%) Swinomish 8/20-21 32,521 Total 62, 575 (10.0%) Lummi 8/20-21 186,982 Total 308,925 (49.1%) Makah 8/20-21 0 Total 84,442 (13.4%).” “The Tulalip Fisheries Hotline No. 94-4 August 24, 1990: Sockeye Update.” *See-Yaht-Sub Newsletter*, August 1990: (3).

# Tulalip in History

## August 2015

*Compiled by Jean Henrikson,  
Communications Dept. Librarian*

## 100 years ago – 1915

“Wilfred Steve, a full-blooded Snoqualmie Indian, who received his educational training in the Tulalip school...has been awarded a scholarship by Rodman Wanamaker that will entitle its Indian holder to finish his education in Princeton university. Steve who is about 21 years old, has been exceedingly anxious to

land a scholarship, for he wants to study law and become a practitioner, a high ambition to which no other member of his tribe ever before aspired.” “Scholarship Award Is Given To Indian: Wilfred Steve Aspires to Be a Lawyer; Gets Chance to Attend Princeton.” *Everett Daily Herald*, 7 August 1915: 3.

## 75 years ago – 1940

“Tulalip’s baseball team will participate in the Indian baseball tournament at LaConner this Friday, Saturday and Sunday. Clubs of the Nisqually, Skokomish, Lummi, Nooksack and Swinomish tribes are expected to take part also. ...Miss Iris Fryberg will represent Tulalip as queen



“A touch of history is being added to eight city parks. Historical markers are being erected in a project coordinated by the Zonta Club of Everett.. Northwest Room staff at the Everett Public Library and Everett Parks and Recreation Department are being erected. Funding was provided by Zonta and the Everett Cultural Commission. ...Margaret Riddle, Everett Public library history specialist, coordinated the project and researched the information and photos for the markers. ...The plaque for the bluff at Legion Park shows three pictures along with historic information. Pictured is Hats-Ko-Litsa, mother of Chief William Shelton. On the plaque, she recalls her birth at the village of Hebolb. There's also a picture of William Shelton, chief of the Tulalip Tribes who spoke at the dedication of Legion Park in 1937. “Plaques add history to city parks.” *The Herald (Everett)*, 1

August 1990: Communities 1-2.

“It all began as a community service class project by three students at Roosevelt High School in Seattle. The three envisioned a tangible project that would bring the youth of two once-rival countries together. Their dream metamorphosed into a three-day visit to Marysville for 12 Soviets, and the reclamation of the Jennings Park Pond. Called the Soviet American ‘Call to Global Service’, the three-day odyssey began last Wednesday with a visit to the Tulalip Reservation for a traditional salmon dinner, native American drumming and singing. As the Soviets and Americans departed the bus, a Bald Eagle, the American symbol of freedom flew over their head and landed in a tree. The Tulalip Tribe elders told the group of teens that it was up to them to protect the environment, for it is now their

world...” “American dream; Soviet reality: From dancing to dining the soviets youths did it all. *Marysville Globe*, 1 August 1990: (1).

“In an effort to improve driving safety and possible reduction of nighttime accidents on the Tulalip Indian Reservation, the Tulalip Tribes have initiated a Roadway Lighting s Study which will identify locations on Marine View Drive, Fire Trail Road, 64<sup>th</sup> Street N.W. and Totem Beach Road where installation of additional street lighting would be appropriate and cost effective. ...The cost of installation and monthly charges for increased street lighting will be paid with funds generated from the Tribe’s Real Estate Excise Tax Account. ‘The addition of strategically located street lights will improve both driving and pedestrian safety on the Tulalip Indian Reservation’, according to Clarence H. Hatch, Tribal Executive

Director.” “Study to improve driving safety at Tulalip.” *Marysville Globe*, 1 August 1990: 2.

“The 5th Annual Marysville Arts and Crafts Festival was a wonderful success, drawing large crowds all three days. ...The festival this year boasted a wide array; including wood carvings, crystal jewelry, crotched items, paintings, model boats, garden items and even a hot dog stand. There were Indian wood carvers busy chainsawing there (their) way through chunks of wood to carve animals and people...(photo caption) Cy Williams, one of the Indian Wood Carvers, is giving instructions on how to turn this block of wood in a beautiful piece of art; using a chainsaw.” “Maysville Merchants: Arts & Crafts Festival a big success.” *Marysville Globe*, 8 August 1990: 3.



Article and photos by Micheal Rios

The Washington State History Museum, located in Tacoma, is currently celebrating the Pacific Northwest’s distinctive Native heritage with *In the Spirit*, an exhibition of contemporary Native American art that will be on display through Sunday, August 30. Beginning in 2006, the Washington State Historical Society partnered with the Longhouse Education and Cultural Center at Evergreen State College to host the exhibit and accompanying art market and festival. Now celebrating its 10th anniversary, the *In the Spirit* Contemporary Native Arts Exhibit showcases beautiful works by Native American artists. From traditional designs to contemporary themes, *In the Spirit* shares Native culture through carving, sculpture, graphic design, painting, and multimedia techniques.

“Our hope is to offer the community an opportunity to explore the state’s rich cultural heritage through music, dance, and art,” says Jennifer Kilmer, Director of the Washington State Historical Society. “This year we are celebrating our commitment to sharing Native American culture with the 10<sup>th</sup> anniversary of *In the Spirit*.”

Accompanying the annual exhibit was a Native American art market and festival, held on August 8, which filled the museum grounds with Native vendors selling exquisite works in all price ranges, while Native singers, musicians, and dance groups performed in the museum’s outdoor amphitheater.

This year’s festival featured award winning artists, carving demonstrations,





Vince Redhouse (Navajo) shares his unique Native flute music with museum patrons.



gallery talks, and unique performances. The Lakota rock band, Scatter Their Own, performed their “Alter-Native” music that conveys messages of protecting the Earth and ensuring that water and food will remain pure for future generations. A truly stunning performance occurred as Vince Redhouse, two-time Grammy nominated musician and member of the Navajo Nation, shared his woodwind genius with the traditional Native Flute.

“I’ve been asked why I play music like ‘Claire de Lune’ by Debussy or Pat Methany’s ‘The Road To You’ on the Native Flute,” says Redhouse. “To me it’s fairly simple. I want to play the most beautiful music ever written or played on what I consider the most beautiful sounding instrument. Also, my unique upbringing as an urban Indian that was exposed to great music and training all through my life makes this my gift to others.”

Redhouse hopes that because of the significance of the Native flute to its people, his playing of this instrument in the bold and unique way that he does will make Native Americans more visible in this 21<sup>st</sup> century.

“We have a spiritual connection to this land that is very unique and a spirituality that was vital to those who lived on this land then and now,” continues Redhouse. “I believe music is more than what we hear, but is something that we feel at a very deep place. Beyond the technique and clichés is a place where music becomes the song that transcends all and is the universal language.”

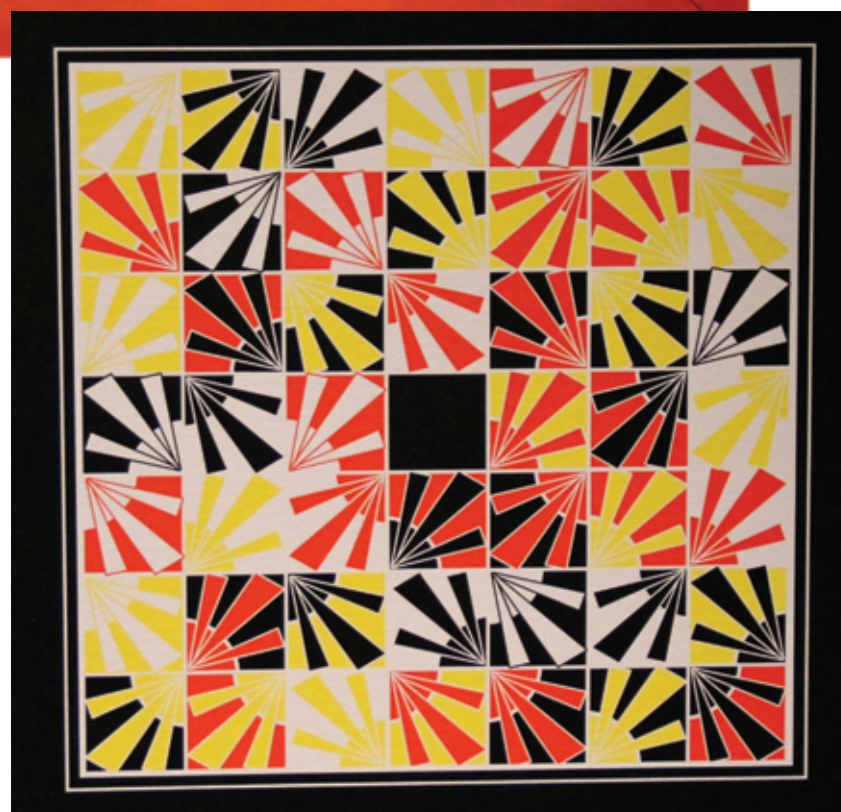
The *In the Spirit* exhibit will be on display thought Sunday, August 30. For those not able to make the short journey to Tacoma to witness the 29 pieces of contemporary Native American artwork, in a variety of mediums, we now share with you some of the most spectacular *In the Spirit* pieces.



Top: Good Medicine, 2014. Acrylic on canvas. Eric Trippeconnic (Comanche Tribe).

Center: Transformation Fish, 2015. Micaceous clay and slip. Erin Genia (Sisseton-Wahpeton Oyate).

Bottom: Bad Medicine Wheel, 2015. Ink on canvas. Charles W. Bloomfield (Pyramid Lake Paiute).





## Tulalip Youth Council

By Cyena Fryberg

We as the Tulalip Youth Council believe that the youth should have a voice in our future. So we plan to meet with the board soon and tell them all about our trip to Washington D.C and tell them what we learned and what our favorite parts were and what knowledge we brought

back to better our community.

The Youth Council have had long talks about how we want to change our youths' attitude for the future. We had talks about how to take care of our environment, our elders, our younger ones, and our culture. We want to take care of this reservation as the years go on. Making future plans is our priority to ensure that we dispose of drugs on our reservation, have

support groups that make kids feel safe, and to water the plants and take care of our trees. The youth has to be motivated to do those things.

The Council welcomes anyone to join us in our adventures that we are willing to take. Our meetings are on Tuesday at 5:00 p.m. every week in the Youth Council room. Come and bring ideas that will help make Tulalip a better place for the next generation.

## Health

### Psychological Impact of Traumatic Experiences

*Submitted by Jade Carela, Child Advocate, Legacy of healing. Source: National Child Traumatic Stress Network [www.NCTSN.org](http://www.NCTSN.org)*

The combination of life-threatening traumatic personal experiences, loss of loved ones, disruption of routines and expectations of daily life, and post-violence adversities pose psychological challenges to the recovery of children and families. The following issues may be helpful to consider:

#### Posttraumatic Stress Reactions

Posttraumatic stress reactions are common, understandable, and expectable, but are nevertheless serious. The three categories are: 1) Intrusive Reactions, meaning ways the traumatic experience comes back to mind. These include recurrent upsetting thoughts or images, strong emotional reactions to reminders of the traumatic experiences, and feelings that something terrible is going to happen again; 2) Avoidance and Withdrawal Reactions, including avoiding people, places and things that are reminders of the traumatic experiences, withdrawal reactions, including feeling emotionally numb, detached or estranged from others, and losing interest in usual pleasurable activities; and 3) Physical Arousal Reactions, including sleep difficulties, poor concentration, irritability, jumpiness, nervousness, and being "on the lookout for danger."

#### Grief Reactions

Grief reactions are normal, vary from person to person, and can last for many years. There is no single "correct" course of grieving. Personal, family, religious, and cultural factors affect the course of grief. Over time, grief reactions tend to include more pleasant thoughts and activities, such as positive reminiscing or finding uplifting ways to memorialize or remember a loved one.

#### Traumatic Grief

People who have suffered the loss of a loved one under traumatic circumstances often find grieving even more difficult than it might otherwise be. Their minds stay on the circumstances of the

death, including preoccupations with how the loss could have been prevented, what the last moments were like, and issues of accountability. Traumatic grief changes the course of mourning, putting individuals on a different time course than is usually expected.

# YOU'RE READY

## TULALIP TRIBES STOP SMOKING PROGRAM



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





## Depression

Depression is associated with prolonged grief and strongly related to the accumulation of post-violent adversities. Symptoms can include depressed or irritable mood, change in sleep or appetite, decreased interest in life activities, fatigue, and feelings of hopelessness and worthlessness. Some youth and adults may experience suicidal thoughts.

## Physical Symptoms

Survivors may experience physical symptoms, even in the absence of any underlying physical injury or illness. These symptoms include headaches, stomachaches, rapid heartbeat, tightness in the chest, change in appetite, and digestive problems. Panic often is expressed by cardiac, respiratory, and other physical symptoms. More general anxiety reactions are also to be expected.

## Trauma and Loss Reminders

Trauma reminders: Many people will continue to encounter places, people, sights, sounds, smells, and inner feelings that can remind them of the traumatic experiences. Adults and youth are often not aware that they are responding to a reminder, and the reason for their change in mood or behavior may go unrecognized. Media coverage can easily serve as unwelcome reminders. It is particularly difficult when loved ones/friends have been together during a traumatic experience, because afterward they can serve as trauma reminders to each other, leading to unrecognized disturbances in these important relationships, especially in a young person's life. *Loss reminders:* Those who have lost loved ones continue to encounter situations and circumstances that remind them of the absence of their loved one. These reminders can bring on feelings of sadness, emptiness in the survivor's life, and missing or longing for the loved one's presence.

## Post-Violent Stress and Adversities

Contending with ongoing stresses and adversities can significantly deplete coping and emotional resources and, in turn, interfere with recovery from posttraumatic stress, traumatic grief, and depressive reactions. For example, school aged children may exhibit confusion, somatic responses (e.g.,

headaches, stomachaches), unusually aggressive or restless behaviors, or concerns about safety. Medical treatment and ongoing physical rehabilitation can be a source of additional stress. New or additional traumatic experiences and losses are known to exacerbate distress and interfere with recovery. Likewise, distress associated with prior traumatic experiences or losses can be renewed by the current experience. Youth's recovery is put in jeopardy without properly addressing changes in their relationships, monitoring of their at-risk behaviors, and assisting with changes to future life goals. Some adversities require large-scale responses, while others can be addressed, in part, by personal and family problem solving.

## Consequences of These Reactions

Intrusive images and reactivity to reminders can seriously interfere with school performance and avoidance of reminders can lead to restrictions on important activities, relationships, interests and plans for the future. Irritability and impaired decision-making can interfere with getting along with family members and friends. Trauma-related sleep disturbance is often overlooked, but can be persistent and affect daily functioning. Some may respond by being unusually aggressive or restless, needing to be around parents or caregivers more than usual, or voicing fears or concerns about their safety or the safety of their friends. Adolescents may become inconsistent in their behavior, start to withdrawal and avoid social situations, become overly confrontational or aggressive, or engage in high risk behaviors (e.g., driving recklessly, using drugs and alcohol). Depressive reactions can become quite serious, leading to a major decline in school performance, social isolation, loss of interest in normal activities, self-medication, acting-out be-

havior, and, most seriously, attempts at suicide. Traumatic grief can lead to the inability to mourn, reminisce and remember, fear of a similar fate or the sudden loss of other loved ones, and to difficulties in establishing or maintaining new relationships. Adolescents may respond to traumatic losses by trying to become too self-sufficient and independent or by becoming more dependent and taking less initiative.

## Coping after Violence and Traumatic Experiences

In addition to meeting people's basic needs, there are several ways to enhance people's coping. Physical: Stress can be reduced with proper nu-

trition, exercise and sleep. Youth and adults may need to be reminded that they should take care of themselves physically to be of help to loved ones, friends, and communities. Emotional: Youth and adults need to be reminded that their emotional reactions are expected, and will decrease over time. However, if their reactions are too extreme or do not diminish over time, there are professionals who can be of help. Social: Communication with, and support from, family members, friends, religious institutions and the community are very helpful in coping after these experiences. People should be encouraged to communicate with others, and to seek and use this support where available.

## The Rewarding Recovery Study

Tulalip is partnering with Washington State University to run the Rewarding Recovery study. This study has been reviewed and approved for human subject participation by WSU Institutional Review Board.

**The study is for Native American adults 18 and older who live in the Tulalip area and are suffering from alcohol and opiate misuse. Participants will be compensated for their time and could potentially earn prizes!**

For more information and to see if you are eligible to participate, Please call Rudene Young-Allen at **(360) 716-4384** Tulalip Family Services, Building C Office 219.



# Back to School

## EXTRAVAGANZA

Backpacks &  
Supplies for  
Tulalip Tribal Member  
Youth & Other Natives  
in the Marysville  
School District

Activities • Food • Hair Cuts

**SEPTEMBER 2, 2015**  
**Don Hatch Youth Center**

**Ages 3-12th Grade**

**Backpack Distribution**

All Tribal IDs or Tribal Verification Required

**11:00 AM Doors Open**

**Tulalip Tribal Member Employees**  
(per supervisor approval, must bring badge)

**1:00 PM Doors Open For All  
Tulalip Tribal Members**

**2:00 PM Doors Open for  
Other Natives Enrolled in  
the Marysville School District**



Info: Jessica Bustad [jbustad@tulaliptribes-nsn.gov](mailto:jbustad@tulaliptribes-nsn.gov) 360.716.4902



Jaramaiah Martin Lee James



It’s a boy! Jaramiah was born June 16, 2015, weighing a whoppin’ 11 pounds, 1 ounce. His parents are Lorina Jones and Jacob James. His sisters are Kaitlyn Dill, LaNora Jones, Weslynn Jones, Heavan Jones, Jacobey James & (R.I.P.) Josiah

James. His grandparents are Audrey Charles, Steve Jones Sr., (Diane Peltier), Verna Hill, Richard Myers (Brenda Zackuse), and Lenny James. Great-grandparents are Helen Prouty, the late Wesley Charles, Florence McKay, George C. Jones Sr. and Della (deceased) & Charles Hill, and Ruth & Richard Myers (deceased).

We love you baby boy and welcome to the Family.  
Love your mama & daddy  
*Submitted by Lorina Jones*

Kathy Queens  
Memorial/  
Head Stone  
Revealing

August 29, 2015  
1:00 p.m.  
at Mission Cemetery

Light dinner to follow at  
the Tribal Gym



Tulalip Tribal Court Notices

**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 31<sup>st</sup> Ave. NE, Tulalip, WA 98271. Saza Osawa, Office of the Reservation Attorney 6103 31<sup>st</sup> 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 31<sup>st</sup> Ave. NE, Tulalip, WA 98271. Saza Osawa, Office of the Reservation Attorney 6103 31<sup>st</sup> Avenue NE, Suite B, Tulalip WA 98271. 360 716 4547

**TUL-CV-YI-2015-0238 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of J.F. TO: Danielle Fryberg and Stephen Morris:** YOU ARE HEREBY NOTIFIED that a status review hearing for the previously referenced youth has been scheduled to be held on September 24, 2015 at 2:00pm. You are hereby summoned to appear and defend regarding the above entitled action at the hearing on September 24, 2015 at 2:00pm in Tulalip Tribal Court, 6103 31<sup>st</sup> Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: August 12, 2015.

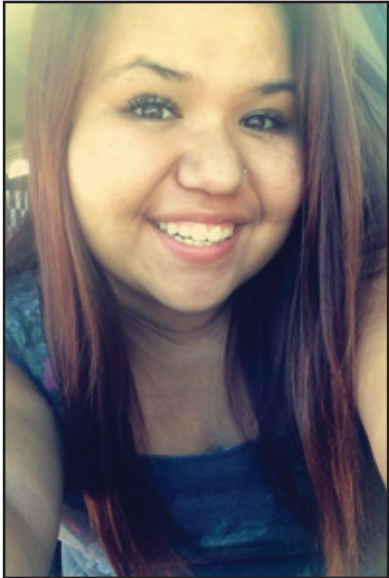
**TUL-CV-YI-2014-0255. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re the Welfare of M.J.D.C.J.Jr. TO: Michael J. D. C. Jones Sr. and Loreal Jack:** YOU ARE HEREBY NOTIFIED that a paternity hearing for the previously referenced youth has been scheduled to be held on September 24, 2015 at 10:30 AM in Tulalip Tribal Court, 6103 31<sup>st</sup> Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: August 12, 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 31<sup>st</sup> Ave. NE, Tulalip, WA 98271. Saza Osawa, Office of the Reservation Attorney 6103 31<sup>st</sup> Avenue NE, Suite B, Tulalip WA 98271. 360 716 4547

**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 31<sup>st</sup> Ave. NE, Tulalip, WA 98271. Saza Osawa, Office of the Reservation Attorney 6103 31<sup>st</sup> Avenue NE, Suite B, Tulalip WA 98271 360 716 4547



## As a youth, what do you hope to see accomplished at Tulalip in the next 10 years?



"Organization."

**Kaylee Shohappy**  
Tribal member



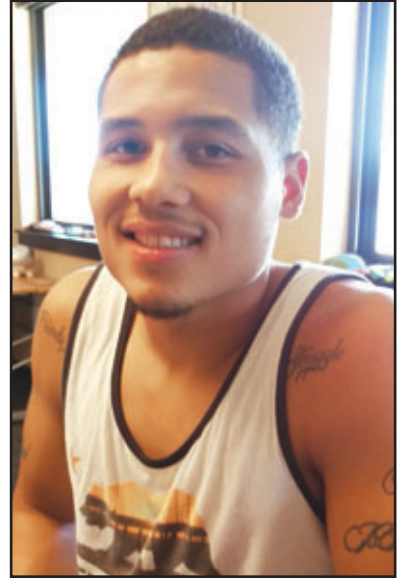
"Get back into our culture, like round dancing and the sweat lodge, and listening to our elders stories."

**Theresa Williams**  
Tribal member



"Get all the drugs off our rez."

**Tony Hatch**  
Tribal member



"More advocacy for educational incentive programs, like scholarships for college."

**Deyamonta Diaz**  
Tribal member

**TULALIP RESORT CASINO**  
PRESENTS

# KOMPLEX KAI

WITH LIVE BAND

**CANOES CABARET**  
**August 28, 2015**  
**6:00PM**

KOMPLEXKAI@GMAIL.COM  
WWW.KOMPLEXKAI.COM

## HIBULB event

**WORKSHOPS:**  
**Sandra Swanson**, Quilting demonstration.  
Sunday, **August 30th** • 12:00 PM to 3:00 PM.  
Sandra will share her quilting experience as each student learns the basics of quilting. Bring your own fabric.

**FILM SERIES:**  
**Dallas Pinkham**, Media Director, Filmmaker.  
Thursday, **August 27th** • 6:00 PM to 7:00 PM.  
Dallas is a UNITY 25 UNDER 25 Youth Leadership Award recipient and will be screening his films.

**Film Festival - Call for Entries.**  
This year's theme is **Language: Our Living Treasure**. Entries accepted thru 9-9-15.  
The Hibulb Cultural Center welcomes documentaries, feature films, shorts, music documentaries and music videos for this year's film festival on Saturday, September 19, 2015.

**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!