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(Tulalip See-Yaht-Sub)

Volume 36 No. 38

Wednesday, September 30, 2015



Weclome
AUTUMN

See pages 8-14 for info
on fall events and
staying healthy

**JUDGE
POULEY
LEAVES
TRIBAL
COURT
IN GOOD
HANDS**



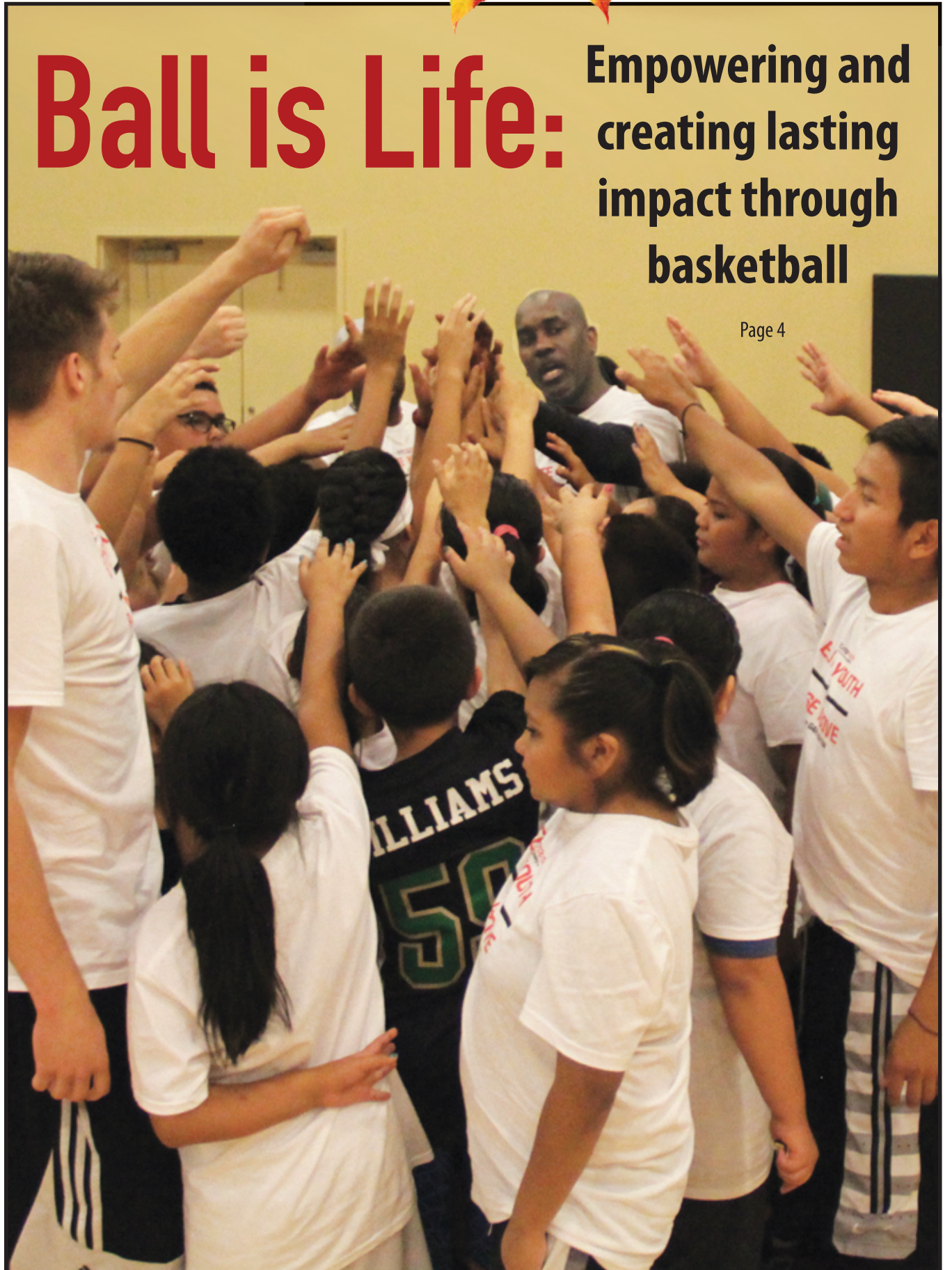
Page 3

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Ball is Life:

**Empowering and
creating lasting
impact through
basketball**

Page 4





TULALIP TV

Tulalip Heritage Lady Hawks Volleyball Team vs Sky/St. Paul Volleyball Team, home game played at Tulalip Heritage High School - LIVE Broadcast on Tuesday Oct 6 @ 5:00 p.m. Replay throughout the week @ 9:30 a.m. & 6:00 p.m.

Tulalip Heritage Hawks Boys Football Team vs Neah Bay Football Team, home game played at the Quil Ceda stadium of Marysville-Pilchuck HS in Marysville - LIVE Broadcast on Sat. Oct 10 @ 1:00 p.m. Replay throughout the week @ 1:00 p.m. & 7:30 p.m.

This Schedule is subject to daily changes:
To see an updated schedule, go to:
<http://www.tulaliptv.com/tulaliptv-schedule/>

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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Deadlines 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 10/5/2015 thru Sunday 10/11/15		
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	Ending Jim Crow in Alaska Like Native Americans in the lower 48, Alaska Natives struggled to keep their basic human rights, as well as protect their ancient ties to the land.	1:00
1:30 AM	Fancy Dance Seventy years ago in Oklahoma, Ponca tribal elders called it "the crazy dance". Today, it's called "Fancy Dancing".	0:30
2:00 AM	Native Women Politics Gives voice to Aboriginal women. Strong women "leaders" emphasize how they view the rebuilding of balanced self-government within their community.	0:30
2:30 AM	Native Report - 903 We attend a veteran's memorial dedication on the Lac Courte Oreilles Reservation. We travel to the Red Lake Nation to meet the Schimmel sisters.	0:30
3:00 AM	Creative Native - 310 From medicine women to storytellers, the Namgis people hold steadfast to their traditions in a powerful community that thrives in a remote paradise.	0:30
3:30 AM	NWIN 61 NorthWest Indian News - Included stories: Coal Train Story Pole - Part I, Bull Riding Camp, Tribal Leadership Summit, Coal Train Story Pole - Part II	0:30
4:00 AM	Ending Jim Crow in Alaska Like Native Americans in the lower 48, Alaska Natives struggled to keep their basic human rights, as well as protect their ancient ties to the land.	1:00
5:00 AM	Native Women Politics Gives voice to Aboriginal women. Strong women "leaders" emphasize how they view the rebuilding of balanced self-government within their community.	0:30
5:30 AM	First Nations Portraits A look at the lifestyles past and present of Canada's westcoast native peoples blending of age-old traditions with modern business ventures.	0:30
6:00 AM	The Healing Path Witness the life-changing experiences of young Sam Nighthorse a drug and alcohol addict who gets a chance to change his life for the better.	0:30
6:30 AM	Fancy Dance Seventy years ago in Oklahoma, Ponca tribal elders called it "the crazy dance". Today, it's called "Fancy Dancing".	0:30
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7:30 AM	Creative Native - 310 From medicine women to storytellers, the Namgis people hold steadfast to their traditions in a powerful community that thrives in a remote paradise.	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 28 Wapos Bay has a bear problem that only a bear whisperer can handle. Talon, T-Bear and Devon learn about self-esteem and teamwork.	0:30
9:00 AM	Bizou - Ep 1 - Black Bear Come sing and dance with Bizou as she takes you on a picturesque journey into the wonderful world of Black Bears, North America's fearless little bear.	0:30
9:30 AM	Heritage Volleyball Heritage Lady Hawks Volleyball home game played at Heritage High School Gym. Schedules are subject to change, check http://www.tulaliptv.com/tulaliptv-schedule/	1:30
11:00 AM	Ending Jim Crow in Alaska Like Native Americans in the lower 48, Alaska Natives struggled to keep their basic human rights, as well as protect their ancient ties to the land.	1:00
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 61 NorthWest Indian News - Included stories: Coal Train Story Pole - Part I, Bull Riding Camp, Tribal Leadership Summit, Coal Train Story Pole - Part II	0:30
1:00 PM	Heritage Football Tulalip Heritage Hawks Boys Football Team home game played at Quil Ceda Stadium in Marysville. Schedules are subject to change, check http://www.tulaliptv.com/tulaliptv-schedule/	2:00
3:00 PM	The Healing Path Witness the life-changing experiences of young Sam Nighthorse a drug and alcohol addict who gets a chance to change his life for the better.	0:30
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The Tulalip TV Program schedule is always available at www.TVGuide.com enter zip code 98271, select Tulalip Broadband. You can find the weekly schedule at <http://www.tulaliptv.com/tulaliptv-schedule/>. Also, the TulalipTV Program Schedule is always available on Tulalip Broadband Channel 44 (TV Guide Channel)

Not getting your syəcəb ?

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

Continued on next page

to determine their future more than in the last five years, and Tulalip is really responsible for that. Tulalip shared their economic advantage and programs they had, they were willing to put their name and their tribe on the line for the benefit of all Indian Country. They did it for everybody.”

Judge Pouley pointed out the Tribal Law and Order Act, the tribal provisions of the Violence Against Women Act and Tulalips ongoing commitment to restorative justice.

“I remember in 2005 we were starting to build a wellness court here and Maureen Hoban had a snippet out of a treaty that said what a peaceful and generous people [the ancestors of contemporary] Tulalips were, I’ve witnessed that first hand.”

Teaching and family, two of Judge Pouley’s great passions in life, will be her next adventure.

“I’m going to be teaching law, intro to law, contracts and civil procedures. I’ve applied for this job at Edmonds twice before. My appointment [as Chief Judge] is up in 2016, so it came at just about the right time. I’ll be working 170 days a year and I get every summer off

“We’re really borrowing the best and brightest from the UW to take over as Chief Judge, it’s a testament to the forward progress of tribal courts that we can attract that kind of talent.”

and the whole month of December. I have my second grandbaby on the way, and more time with grandbabies is always good,” she grinned.

Even though she won’t be here to watch over it, Judge Pouley isn’t worried about the future of Tulalip Tribal Court. She sang the praises of her replacement, incoming Chief Judge Ron Whitener.

“Judge Whitener is up to the task,” she affirmed. “What an amazing thing to be able to take a professor from the University of Washington (UW) and recruit him to want to be a tribal court judge. He was part of the Attorney General’s advisory committee on youth violence, he has aca-

demic ties and a wealth of knowledge from working with the Attorney General. He is a Squaxin Island [citizen]. We’re really borrowing the best and brightest from the UW to take over as Chief Judge, it’s a testament to the forward progress of tribal courts that we can attract that kind of talent.”

Judge Pouley joked, wiggling her petite feet, “He has really big feet, so he’s not going to have any trouble filling these shoes.”

Although she’s leaving Tulalip Tribal Court, Judge Pouley said she’s not giving up all her ties to Tulalip. She is, after all, a resident of the Tulalip Reservation.

“Did you see Jon Stewart’s goodbye?” she asked, referencing the farewell speech of the late night comedian and host of The Daily Show. “It’s really hard to let go, but you should just view it as a long conversation, that way you never have to say goodbye. I feel that way about Tulalip. Our conversation is going to take a little pause, but it’s not the end of the conversation. I have clients here that know and respect me. There are lots of people that I’ve met and I’m grateful that they’re in my path and I can count them as my friends. I’ve seen Tulalip grow and become such a safe place.

“I just want to give a heartfelt thank you to all the people who have supported Tulalip Tribal Court over the years,” she continued. “Ten years is a long time. Tulalip has really taken care of me and treated me with open arms. I have so many friends here and I’ve developed knowledge and respect for so many people. I walk with all their prayers and good wishes every day. I feel so privileged to have been here.”

from front page

Ball Is Life





Bball campers participate in a self-discipline exercise while Gary Payton explains the importance of hard work, practice and, most of all, respect for yourself and your teachers.

Article and photos by Micheal Rios

On Saturday, September 19, the Tulalip Youth Center hosted Gary Payton's youth basketball camp. Targeting basketball players in the 5-12 and 13-18 age range, the camp offered skill development under the supervision of the Seattle SuperSonics Hall of Famer and legend, "The Glove". Presented in partnership with RISE ABOVE, Elite Youth Camps and the Tulalip Tribes, the basketball camp marked the launch of a new movement to empower and create resilience in future leaders in Indian Country using sports as a modality.

RISE ABOVE was founded by Jaci McCormack, an enrolled member of the Nez Perce Tribe, to empower Native youth to live a healthy lifestyle and provide awareness, prevention and character enrichment using the sport of basketball as a platform. The purpose is to connect with the urban Native youth on a level that they can relate to and understand in order to create a lasting impact on their lives.

"I have worked with some extremely talented and passionate people who helped develop the Native youth initiative: RISE ABOVE," explains McCormack. "Although the vehicle to attract youth is basketball, we are dedicated to empower youth through education and prevention. RISE ABOVE basketball, RISE ABOVE your circumstance to live your best life each day. Along with our message, we are excited to bring the star sizzle to tribal communities, while creating more local heroes for our youth."

Elite Youth Camps organizes camps, clinics, tournaments and non-profit community events for professional athletes and their respective teams. In our case the professional athlete was Hall of Famer Gary Payton and his team of 100+ Tulalip youth who were registered for basketball camp. With the assistance of Payton, Elite Youth Camps taught our youth the importance of hard work, teamwork, discipline and self-respect. Their focus was to provide the young Tulalip athletes of all skill levels with the instructions and training that have made some of the NBA's brightest stars elite on and off the court.

"This organization was developed from its love for education, athletics, and philanthropy," says David Hudson, affectionately known as Coach Dave by his campers, and owner of Elite Youth Camps. "We emphasize that sports are similar to life; what you put in, you get in return."

Coach Dave uses his immense background in basketball, as well as his relationships with professional athletes to plan and execute the best camps around. He graduated from Rainier Beach High School in Seattle before playing college ball at the University of Washington. When his playing career concluded he decided to combine his love for basketball and his passion for helping the youth and made Elite Youth Camps a reality.

As an urban youth just wanting to play basketball, Coach Dave remembers attending Gary Payton's youth basketball camp as a child and the lasting effect

Payton's camp left with him.

"He was my favorite player growing up. I do what I do because of my experiences at his camp," says Coach Dave. "I try to do for kids what camp did for me: spark an interest and just teach work ethics, discipline and all the skills you've got to have in life no matter what you want to do. Even if you are a doctor or a librarian, you have to know when to be quiet, know to project yourself when you speak, and work hard at whatever you do. We want to teach life lessons that are bigger than basketball."

Though Coach Dave primarily leads the basketball drills with help from his assistance coaches, "The Glove" is ever-present with campers who get plenty of opportunities for autographs and pictures with the nine-time NBA All-Star.

The camp started at 9:00 a.m. Saturday morning and continued until 4:00 p.m. The camp was broken up into two 3-hour sessions. The early

session was all about basic basketball fundamentals and technique on the individual level, while the afternoon session focused on group drills emphasizing sportsmanship and teamwork.

In between sessions the 100 or so Tulalip campers had a 1-hour break to enjoy their catered lunch provided by Youth Services. During the lunch hour, camp coaches and volunteers were able to explain and pass-out a wellness survey to the kids. The survey, consisting of questions regarding drugs, alcohol, bullying and self-awareness, will be used as a barometer to get a general feel for the wellness of the Tulalip youth. Results of the surveys will be compiled and processed by RISE ABOVE before being passed on to our own Youth Services department.

Also, during the lunch break it came to the attention of the syəcəb that there was a handful of Native youth who made quite a journey to Tulalip



Tulalip youth were excited to show off their dribbling skills and defensive prowess in a bball drill where you had to dribble one handed while swiping the ball away from everyone else.

Continued on next page



to participate in the camp and meet Gary Payton. A family with three eager young basketball players came from the Confederated Tribe of the Colville Reservation, while another family, the Vanderburgs, journeyed all the way from the Confederated Salish & Kootenai Tribes (CSKT) of the Flathead Reservation, located in northwest Montana. The Vanderburgs held a frybread and chili dog fundraiser at their local community center in order to pay for their kids' entry fees and travel expenses for the

Tulalip basketball camp.

Proud mother Chelsi Vanderbug said, "It was a lot of work to get my son and daughter here, but I knew it would pay off. All the staff and coaches of this camp are people who really care about the youth. They had very good speeches about their journeys in life and provided lots of motivation on the importance of education and making good choices. Gary Payton was all about getting the right message to the youth about how they are our future. I was very

impressed. My kids truly enjoyed this camp and opportunity to attend."

Concluding the camp, each coach shared heart felt words with the kids and thanked them all for allowing the coaches the opportunity to work with them. The last to speak was the icon Mr. Gary Payton.

"It's been a pleasure for me to be here today. This gave me the experience to go back home and be able to say that I worked with a group of kids who love the game of basketball, but who love themselves

even more. I love and admire each and every one of you. I hope that when I come back, all of you who are here today will be able to tell me your goals in life and plans to achieve them. Everything will not always go your way. There will be both losses and wins, like with basketball, but if you give everything your best shot and learn the lessons along the way, you *will* come out a winner."



Lady Hawks fall to the Knights, 0-3

Articles and photos by Micheal Rios

On Friday, September 18, the Tulalip Heritage Lady Hawks hosted the Eagles of Highland Christian at the Francy Sheldon gymnasium. It was the second game of the 2015-2106 volleyball season and second home game for the Lady Hawks. Coming off a 0-3 match defeat at the hands of the Lopez Island Lobos in their home opener, the Lady Hawks were looking to capitalize on their extra days of practice.

The Lady Hawks started out hot as they jumped out to a 3-0 point lead in the 1st game, but the tide was quickly turned as they would go on to drop the game 12-25.

In the 2nd game, the Lady Hawks once again started out playing very good team ball and communicating with each other. This resulted in an 8-4 point lead before the Knights turned the heat on and took a 21-12 lead. The Lady Hawks dug deep and behind



Samantha, Aliya and Kaenisha prepare for a Lady Knights serve.



some key aces they managed to battle back and close their deficit to only 3 points, down 18-21. The Lady Hawks’ surge made the Knights take a timeout to collect themselves. Following the timeout, the Lady Hawks were unable to match

the intensity of the Knights and lost the 2nd game 19-25.

The lack of intensity continued into the 3rd game for the Lady Hawks and they lost 14-25, resulting in a 0-3 sweep.

Lady Hawks unable to capitalize against the Eagles, lose 0-3

The Lady Hawks played their third straight home game of the young season on Tuesday, September 22. They hosted the Eagles of Grace Academy.

In the 1st game, Grace Academy came out firing on all cylinders and made short work of the home team 25-10. During the short between game intermission, Lady Hawks Coach Tina Brown pleaded with her team to communicate. “Ladies, you have to talk out there. I’m going to keep rotating players until I find that person who is not going to stop communicating and keeping everyone on their toes.”

The 2nd game was highly contested and saw the Lady Hawks play their best volleyball of the season. They seemingly matched Grace Academy point for point and were communicating as a team as their coach had urged them to. Tied 16-16, Grace Academy took a timeout. Following the timeout, the Lady Hawks went back to bad habits of not communicating and gave up some easy points. That made all the difference as they lost the 2nd game 20-25.

The Lady Hawks didn’t respond well to start off the 3rd game and quickly found themselves down 2-10. They hung in there and did their best to keep one another positive. The closest they’d get back in the game was 15-20, as they went on to drop the 3rd game 15-25, and lost the match 0-3.

Following the game, #10 Keryn Parks shared her thoughts on the match. “During practice this week, we’ve been working really hard on our fundamentals; digs, spikes, settings and serves. I think we are improving every game and we are learning from our mistakes.

“I honestly think we are getting better because it’s a competition for us to be on the court playing, we all want playing time and as much time on the court as we can get. So we’re all trying to be loud and communicate and play our best. Going forward we need to work on communicating better and getting our serves over the net. They are just like free-throws, the more practice the better they’ll be.”

Left: Aliya Jones goes full extension in her serving game against the Lady Eagles.

#MPstronger

A Walk of Strength



Saturday, October 24, 2015 at 9:00am
Marysville Pilchuck High School

Students, staff, first-responders and community members are invited to #MPstronger – A Walk of Strength. The community-led effort will include a walk around the high school, the opportunity to plant tulip bulbs, and a chance to come together and reflect. T-Shirts with the #MPstronger logo will be available for purchase at

www.mppmemorial.org/

Questions please contact Tara @ 360-363-8404
or email parksandrec@marysvillewa.gov

Tulalip's WIC Program

Submitted by Erika Queen, WIC Nutrition Program, Karen I Fryberg Tulalip Health Clinic

Getting to the WIC office is easier than ever. No more paging WIC. The door just past the bathrooms is unlocked. Just come back to WIC and say "Hi!"

WIC gets money from the state and federal WIC budget and provides services to our local community. Women can get WIC services during pregnancy through baby's first birthday so long as they are breastfeeding. If a woman is not breastfeeding, she can get WIC for six months, even after a miscarriage. Infants and children can get WIC until their fifth birthday. Call to see if your family qualifies - 360-716-5625.

WIC can help new moms even more

Tulalip Health Clinic WIC clients can now borrow high-quality electric breast pumps,

without fees (ask for details). If you, your family, or friends have questions about breastfeeding, call WIC at 360-716-5625.

WIC is offering painless iron tests

The WIC Program has recently offered a new option for all clinics to provide "no-poke" iron tests for most children and adults. Not all WIC offices are providing no-poke iron tests. Tulalip WIC is very happy to provide this painless test to our clients.

WIC started in order to prevent low iron in children. Common signs of low iron may include paleness, irritability, and tiredness. In little ones, low iron can cause behavioral problems and developmental delays. If untreated, problems may last into the school years. For more information, search for "anemia" at kidshealth.org.

WIC still gives checks for healthy foods

These checks are to provide fresh produce, milk (lactose-free & soy are available), whole grains, and more. Getting WIC is based on income. Almost all families/children participating in these programs can get WIC:

- TANF
- Commodities/Basic Food
- Apple Health
- Infants/children up to age 5 who are placed in the care of others by a court (through the state or beda?chelh)
- Other families who meet our income guidelines (call for details)

Meet the staff

Erika Queen has been working with moms and babies for nearly ten years, in WIC for almost 5 years. She started with Tulalip's WIC program in December 2014. Erika is a Health Educator and served in the US Navy before working with WIC. She loves working with moms and babies as well as providing families with understandable information about health and wellness. While not at work, Erika can be found volunteering with Search and Rescue, doing anything "DIY," becoming more familiar with traditional cooking & other traditional health practices, and spending time outside with her husband, Brian, and their two pit bulls, Jessi & Bella.

Continued on next page

HALLOWEEN PARTY

October 31 • 5:00 pm – 8:00 pm
Greg Williams Court

- Costume Contest at 7:00pm
- Cake Walk, Carnival Style Games, Haunted House, and Crafts
- Snacks, Beverages, Candy, and Prizes
- Carved Pumpkin Contest
Bring pumpkin already carved!

To volunteer (non - paid) as a judge, contact Robert Watson at (360)716-4194

3 judges will be randomly selected from all applicants. Judges may not participate in the pumpkin or costumes contests.

For detailed information about the event, please visit tulalipnews.com, facebook, or See-Yaht -Sub newspaper.



6th Annual Schaefer-Shipman

HARVEST PARTY

Saturday, OCTOBER 3rd, 2015 - 11 a.m. to 3 p.m.

At our location: 804 State Ave, Marysville WA 98270

ALL ACTIVITIES AND ITEMS ARE FREE

Come celebrate our 111th Anniversary
Bring the WHOLE Family for some FUN!

KIDS BOUNCY HOUSE! PETTING ZOO!
HORSE-DRAWN HAY WAGON RIDES!
KIDS PUMPKIN PAINTING & DECORATING!
AIR BRUSH TATTOO!

PLUS: HOT DOGS! DRINKS! POPCORN!

FREE Community Event

111 Years of Excellence: 1904-2015

A Safety Reminder: Parents/Guardians are responsible for the supervision of their children at all times while on the premises

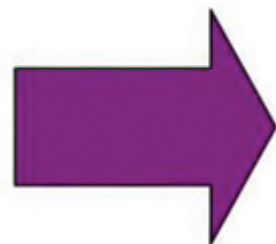
Sydney Costello has been working as a WIC dietitian since 2001 in Snohomish County. She enjoys the relationships that she has built with families through pregnancy, into breastfeeding and infancy, then into the preschool years. Sydney's time with Tulalip's WIC program began in June 2015! Sydney's husband, Geno, and her daughters Irene (9) & Stevie (7) keep her busy. Geno loves basketball & will coach Irene's team in the fall. Irene will play soccer with Stevie this fall too! Sydney volunteers with La Leche League of Marysville, MOMS Club of Arlington/Stamwood, North Sound Dietetics Association, and Kent Prairie Elementary PTA.

Erika and Sydney are long-time Western Washington residents who look forward to getting to know everyone here in Tulalip better. They would like to thank Della and Sara for their many years of service, and feel honored to partner with the Tulalip community in promoting healthy, happy families for years to come.

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Washington WIC does not discriminate.



Social Media and Parenting

A **hashtag** must be written as a single word, without any spaces. You can include numbers in a **hashtag**, but punctuation and special characters (like \$ and %) won't work.

#confusingforparents

Come join us for a discussion with Christopher Gandin Le about social media and what you need to know as parents. Ask questions and discover ways to have healthy conversations about social media in your home. We will also discuss suicide reporting methods within social media. Youth ages 10 and older are welcome to join in the discussion.

Totem Middle School Library

Thursday, October 1st

6:30pm

Questions? 360-716-5945



Cascade Music Teaching Studios

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Lessons available on band instruments:

Brass, Reeds, Drums, Violin, Piano, Bass, Guitar, Voice

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www.cascademusicstudios.com

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.



Problem Gambling and Family

Submitted by Sarah Sense-Wilson, Problem Gambling Coordinator, Tulalip Tribes Family Services

Problem gambling adversely affects the family of the gambler in a number of ways because of the problem gambler's altered behavior, dishonesty and manipulation.

What can be lost or damaged:

- Trust is often the first casualty in the family of the problem gambler. Change in the behavior of the family member is often attributed to many other possible problems before gambling is identified as the problem.
- Respect for the problem gambler is generally lost once this problem has been identified. "Why can't you just stop so the problem will go away?" "You can fix this!" When the gambler can't, respect for them is lost.
- Relationships are built on trust and respect. Without these, family relationships will be weakened or destroyed.
- Family Dynamic is dependent on each family member meeting the needs of the others. Problem gambling can destroy the ability of the gambler to do this. Employment can be affected in various ways. The gambler will often neglect responsibilities at work and/or develop an attendance problem as they begin to have less control over their need to gamble. In the worst situation, the gambler will steal from their employer in order to continue their gambling. Any of this can lead to loss of employment and

prosecution.

- Financial security for the family is often lost as the gambler seeks more and more resources with which to gamble. All of the family's financial resources may be liquidated without their knowledge. Savings, home equity, retirement accounts, children's savings, etc may all be lost or damaged.
- Reputations are difficult to protect as the gambling problem affects more and more aspects of the gambler's life and become known by individuals outside of the family.

What can result:

- Stress is a certain occurrence for all of the family members of the gambler.
- Isolation between the gambler and their family generally occurs as their behavior changes.
- Neglect of dependents occurs as the gambler loses more and more control of their behavior.
- Distrust occurs between other family members as the extent of the problem and the extent of financial loss and the ramifications of this become known.
- Resentment/Anger also follows as the gambler loses control and the scope of the problem becomes known.
- Domestic violence may result in a family affected by a member with an addiction problem. The family of a problem gambler can be impacted just as easily as that of someone with an alcohol or drug addiction. The problem

TULALIP TRIBES FAMILY SERVICES

Problem Gambling Program

PROVIDING A RANGE OF FREE SERVICES

- INDIVIDUAL COUNSELING
- COUPLES COUNSELING
- FAMILY COUNSELING
- GROUP THERAPY
- FAMILY NIGHT EVENTS/ACTIVITIES
- PREVENTION EDUCATION
- REFERRALS
- CONSULTATION AND OUTREACH

For more information call:
Sarah Sense-Wilson
Problem Gambling Coordinator
(360) 716-4304

Tulalip Tribes Family Services
2821 Mission Hill Rd.
Tulalip, WA 98271

gambler may be the victim or perpetrator.

- Co-occurring disorders such as depression, substance abuse, and other compulsive behaviors often occur as a result of or along with the gambling problem.

Other Family Issues

- Children of problem gamblers have a higher probability of developing a gambling problem than those with parents who do not gamble. This follows the pat-

tern as experienced by children of those affected by substance and domestic violence.

If any of these signs sound like someone you know, that person may have a problem with gambling.

Help is confidential and it works. Call (360) 716-4304 or 1-800-522-4700. Don't wait for the problem to get worse!

Debunking 5 myths about the flu

Submitted by Jason McKerry, MD, FAAP, Karen I Fryberg Tulalip Health Clinic

The flu shot doesn't cause the flu.

The shot is an entirely dead virus—it's impossible for it to replicate in your body and cause infection. The nasal spray is a very weakened strain (imagine a sprinter without legs or a

bumblebee without wings) that is unable to replicate in the lungs to cause disease. The most common side effects after the shot or nasal spray are fatigue, low-grade fever, and runny nose (from the nasal spray).

You may feel like you "don't get the flu."

Well, chances are that you do or you might. Research shows that anywhere from 5% to 20% of all adults get influenza every year. Anywhere from 10% to 40% of all children get it annually as well. Sometimes it's just a mild infection; sometimes it's

far worse. You may not know you've had it unless a clinician tests you.

The flu shot doesn't work. It does work, but like every shot, it's imperfect. It is possible for someone to still get the flu after a flu shot, but the infection is far less severe when he or she has had the shot. Each year the flu shot can change in effectiveness due to differing strains that are included in the shot and that may circulate in your community. You need a flu shot every year because the influenza virus mutates while moving around the

globe.

I'm healthy, so I don't need a flu shot. We're lucky that we're healthy, but don't let that fool you. Healthy children and adults die from the flu every year. Often about half of the children who die from influenza (usually a couple hundred each season) are healthy infants and children. About 30,000 people die every year from flu in the United States. The flu shot you get now can help protect you.

If you don't "do" flu shots but you now have a child, you must change.

Your children, particularly those younger than 4 years, and those infants too young to get a shot (younger than 6 months) are utterly dependent on you getting a flu shot so you don't bring influenza home to them.

Source: Mama Doc Medicine: Finding Calm and Confidence in Parenting, Child Health, and Work-Life Balance

Flu Facts

Why get vaccinated?

Influenza ("flu") is a contagious disease that spreads around the United States every winter, usually between October and May. Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact. Anyone can get flu, but the risk of getting flu is highest among children. Symptoms come on suddenly and may last several days. They can include:

- Fever/chills
- Sore throat
- Muscle aches
- Fatigue
- Cough
- Headache
- Runny or stuffy nose

Flu can make some people much sicker than others. These people include young children, people 65 and older, pregnant women, and people with certain health conditions – such as heart, lung or kidney disease, nervous system disorders, or a weakened immune system. Flu vaccination is especially important for these people, and anyone in close contact with them.

Flu can also lead to pneumonia, and make existing medical conditions worse. It can cause diarrhea and seizures in children.

Each year thousands of people in the United States die from flu, and many more are hospitalized.

Flu vaccine is the best protection against flu and its complications. Flu vaccine also helps prevent spreading flu from person to person.

Inactivated and recombinant flu vaccines

The injectable flu vaccine is either an "inactivated" or "recombinant" vaccine. These vaccines do not contain any live influenza virus. They are given by injection with a needle, and often called the "flu shot."

A different, live, attenuated (weakened) influenza vaccine is sprayed into the nostrils.

Flu vaccination is recommended every year. Some children 6 months through 8 years of age might need two doses during one year.

Flu viruses are always changing. Each year's flu vaccine is made to protect against 3 or 4 viruses that are likely to cause disease that year. Flu vaccine cannot prevent all cases of flu, but it is the best defense against the disease.

It takes about 2 weeks for protection to develop after the vaccination, and protection lasts several months to a year.

Some illnesses that are not caused by influenza virus are often mistaken for flu. Flu vaccine will not prevent these illnesses. It can only prevent influenza.

Above Flu Facts from the Center for Disease Control and Prevention, Vaccine Information Statements, 2015. The information contained on this site should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

Learning how to clean green

Submitted by Krysta Thornton, Tulalip Tribes Healthy Homes

When you think of green cleaning, you may think of expensive products that don't really deep clean or kill germs. But what if somebody could show you how green cleaning is just as effective yet less than half the price of products like bleach or ammonia? And what if they could show you how to make your own products – the kinds that don't harm you, your kids or the environment? This person exists! A green-cleaning expert is coming to Tulalip on Wednesday, October 14.

Join the Tulalip Healthy Homes team as we host a green cleaning class. On October 14, join us at lunchtime, from 12:00-1:00 p.m., in the Administration building. Refreshments and snacks will be served.

Please contact Krysta Thornton at kthornton@thhnw.org to RSVP, or call her at 916-770-9204. Below, you can read an example of what our class will cover, and get some tips that help you clean green!

Ten Simple Ways to Clean Green - An article reprinted from the Green America's Green Business Network.

There are many benefits to making your own green cleaners. You may already have most of the ingredients in your cupboards. You'll save money by not buying an array of expensive products, each targeted to clean only one type of surface in your home. And, in most cases, green cleaners work just as well as their commercial counterparts.

Perhaps the most compelling reason to use green cleaners is to keep potent toxins out of your home. The US Environmental Protection Agency (EPA) notes that many household cleaners contain volatile organic compounds (VOCs) such as formaldehyde and harsh acids. Since indoor VOC levels are often two to five times greater than outdoor levels, humans can experience "eye, nose, and throat irritation; headaches; loss of coordination; nausea; and damage to liver, kidney, and central nervous systems" from indoor exposure to these chemicals, according to the EPA.

"Some [VOCs] can cause cancer in animals; some are suspected or known to cause cancer in humans," the agency says. Most

modern chemical cleaners are, quite simply, overkill, notes the nonprofit Children's Health Environmental Coalition (CHEC). "Atomic energy is not necessary to unclog a drain, nor are the Marines necessary to combat ants," Jan Williams writes in the CHEC's book *Household Detective*. "Most of the time, we can use milder, natural chemicals ... to do the same jobs."

Sure, you say, but who has time to make their own cleaners? You do—with our help. Just ten basic ingredients that are probably already in your home will tackle most cleaning jobs. Your home will sparkle, germs will still run in fear from your sponges and rags, and your indoor air will be better than ever.

The Basic Ten

Stock your cupboards with these ten products, and you can clean just about anything:

1. **White vinegar:** An antifungal that also kills germs and bacteria.
2. **Baking soda:** Eliminates odors and works as a gentle scouring powder.
3. **Borax:** Borax, the common name for the natural mineral compound sodium borate, eliminates odors, removes dirt, and acts as an anti-

fungal and possible disinfectant. Use with care around children and pets, as it can be toxic if swallowed.

4. **Hydrogen peroxide (3% concentration):** A great nontoxic bleach and stain remover, as well as a proven disinfectant.
5. **Club soda (fresh):** A stain remover and polisher.
6. **Lemon juice:** A pleasant-smelling nontoxic bleach, grease-cutter, and stain remover.
7. **Liquid castile soap:** An all-purpose cleaner, grease-cutter, and disinfectant. "Castile" means the soap is vegetable-based, not animal-fat-based.
8. **Corn meal:** Great at picking up carpet spills.
9. **Olive oil:** Makes a wonderful furniture polish.
10. **Pure essential oils:** Adding all-natural, organic essential oils to your cleaning concoctions can add wonderful scents to your housekeeping endeavors.

The Basic Ten at Work

Now that you know what products you need, grab a few clean, empty spray bottles, some rags and sponges, and a bucket of water, and you're ready to clean your house the

Continued on next page

green way. **All-purpose cleaners:** An all-purpose cleaner is just that—something you can use for just about every surface in your home, from kitchen counters and appliances to bathroom surfaces and walls. Clean House, Clean Planet author Karen Logan offers this recipe for the all-purpose “Alice’s Wonder Spray”: Put 2 Tbsp. white vinegar and 1 tsp. borax into a 16 oz. spray bottle. Fill the rest with very hot water and shake to blend until the borax is dissolved. Add 1/4 cup of liquid castile soap only after you’ve completed the above steps. If you want to scent your spray, also add 10–15 drops of an essential oil, such as lavender, lemongrass, thyme, eucalyptus, rosemary, rose, or clove. The spray will keep indefinitely. For an even simpler solution, try cleaning with two cups of club soda in a spray bottle.

Hard floor cleaner: Author and Care2.com healthy living editor Annie Bond (a.k.a. Annie Berthold-Bond) recommends this solution for all hard floors (except when directed by the manufacturer to avoid even mild detergents): Combine 1/4 liquid castile soap, up to 1/2 cup white vinegar or lemon juice, and 2 gallons of warm water in a large plastic bucket. Use with a mop or sponge.

Carpet cleaner: To clean and disinfect your carpet, the CHEC recommends blending 1/2 cup baking soda, 1 cup borax, and 1 cup cornmeal. Sprinkle mixture over rug and rub with a cloth. Be sure to sprinkle, rather than dump, the mixture on your carpet. Large clumps of cornmeal could clog your vacuum. Let rest for several hours or overnight, then vacuum. To remove stains from your carpet, Logan advises mixing 1/4 cup liquid castile soap and 1/3 cup water in a blender until foamy. Spread the mixture on the carpet and let sit for a few minutes, then scrub the stain with a brush or clean rag. Also, club soda will remove many acidic stains, like coffee, wine, or juice. To deal with big carpet spills, pour cornmeal on the spill, wait 15 minutes, then vacuum.

Glass cleaner: To make your windows shine, you can simply use club soda in a spray bottle. Add 1 tsp. of lemon juice to increase your window cleaner’s degreasing power. Logan recommends using a terry-cloth cotton rag for best results.

Bathroom surface cleaners: You can use the all-purpose cleaners recommended above or, for even simpler bathroom cleaning, use baking soda or borax as a scouring powder.

For a softer scrub, Bond says to combine 1/2 cup baking soda with enough liquid soap to achieve a frosting-like consistency. You may want to add 5-10 drops of an essential oil for fragrance. Club soda works wonders on plumbing fixtures.

Toilet cleaner: Sprinkle baking soda or borax, or pour white vinegar into the toilet, and let sit for a few minutes. Scrub with a good toilet brush. **oven cleaner:** Cover the oven floor with baking soda, spray with water until very damp, and let set overnight. Spray with water every few hours before you go to bed to keep damp. In the morning, clean out the baking soda, and the stuck-on gunk will be loosened and ready to scrub off.

Mold remover: Bond recommends combining 1/2 cup hydrogen peroxide or white vinegar with 1 cup water. Spray on mold and do not rinse. She also recommends treating mold with a spray mixture of 2 tsp. tea tree oil and 2 cups water.

Wood polish: To polish wood furniture, dab olive oil onto a soft cloth and rub.

Germs and Other Concerns You may be worried about do-it-

yourself green cleaners not being able to kill germs effectively. Researchers at Tufts New England Medical Center, on the other hand, worry that we’re killing too many microorganisms, saying that disinfectants found in household cleaners may contribute to drug resistant bacteria. The CHEC says that ordinary soap and water do the job well enough to keep our families safe, barring someone with a seriously compromised immune system.

For most of us, the best way to prevent the spread of harmful microorganisms is to wash our hands frequently. Also, disinfect any sponges you’re using weekly by boiling them in water for three minutes and then microwaving them for a minute or two. Launder dish rags every week.

If you prefer over-the-counter products, look for green cleaners made with natural ingredients. I use parsley based cleaner the works really well, and makes the house smell like parsley! Most of the stores in Marysville carry green cleaning alternatives, such as Bon Ami or Bar Keepers Friend. Check your local health food store, or check the product grade on the environmental working group website (ewg.org) to insure that the product is safe to use.

Smoked Salmon Quiche Recipe



By Kim Kalliber

I love our changing seasons in the Pacific Northwest. Fall always inspires me to make soups, chowders and other warm dishes. One of these favorites is smoked salmon quiche. It’s an easy, tasty dish that can be served as breakfast, lunch or dinner. For those that aren’t much into cooking, it’s an attractive dish that makes you look like you know what you’re doing!

This recipe calls for cream cheese, though I also love using goat cheese. For breakfast, fruit or tomato slices make a good side, or pair with a nice green salad for dinner. Quiche is also good for leftovers.

What you’ll need:

- Smoke salmon
- Cream cheese
- Green onions or leeks
- 5 eggs
- 1 cup milk or half and half
- 1 teaspoon lemon zest with a bit of lemon juice
- fresh or dried dill

- salt/pepper
- pie crust

Begin by preheating your oven to 350 degrees.

Now I’m not posting a recipe for piecrust because I just use store bought crust that you simply roll out and line a pie pan with. Good and easy! I also use both of the piecrusts for one quiche, and prefer to use a deep pie pan.

Cut your salmon into small chunks and layer on the bottom of the piecrust. Next add cream cheese dollops, spaced evenly around.

In a bowl, whisk the eggs with milk. I use a mixture of milk and cream. Add fresh lemon zest to taste. I usually add a good squeeze of lemon juice also. Then add salt, pepper, dill and green onion to taste. If using leeks, I recommend first sautéing them in butter for a couple minutes until soft, then adding them to the mixture.

Pour over the salmon and cheese. Bake for about 40-45 minutes.

Tulalip Tribal Court Notices

TUL-CV-AD-2015-0095, 0096, 0097, 0098, 0099 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip, WA In re Welfare of: I.A.G., D.O.B. 03/19/1999; O.R.C.G., D.O.B. 05/25/2001; R.G.C.G., D.O.B. 11/10/2002; S.A.C.G., D.O.B. 11/16/2004, Y.E.G., D.O.B. 08/20/2009 To: John Doe: YOU ARE HEREBY NOTIFIED that on September 1, 2015 a Petition for Termination of Parental Rights was filed in the above-entitled Court pursuant to Tulalip Tribal Code Chapter 4.05 regarding I.A.G., O.R.C.G., R.G.C.G., S.A.C.G., and Y.E.G. You are hereby summoned to appear and defend the above-entitled action in the above-entitled court and answer on November 10, 2015 at 2:30pm in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip, WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: September 30, 2015.

SUMMONS BY PUBLICATION TUL-CV-CS-2015-3016. Tulalip Tribal Court, Tulalip WA. TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs ROBERT ANTHONY FRYBERG regarding a Summons and Petition to Establish Child Support with request for Payroll Deduction and/or Per Capita Attachment. TO: ROBERT ANTHONY FRYBERG: YOU ARE HEREBY NOTIFIED that on July 30, 2015, a Petition for the Establishment of a Child Support Order was filed in the above-entitled Court pursuant to Title IV of TTO 2.10, TTC 4.10. This notice will be published for six (6) consecutive weeks. After six (6) weeks, and no response, TCSP will move forward with a hearing. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer on October 20, 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 AND/OR APPEAR JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: September 9, 2015.

SUMMONS BY PUBLICATION TUL-CV-CS-2015-3015. Tulalip Tribal Court, Tulalip WA. TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs BREEANNA JO WIETRICK regarding a Summons and Petition to Establish Child Support and with request for a Payroll Deduction and/or Per Capita Attachment. TO: BREEANNA JO WIETRICK: YOU ARE HEREBY NOTIFIED that on July 30, 2015, a Petition for the Establishment of a Child Support Order was filed in the above-entitled Court pursuant to Title IV of TTO 2.10, TTC 4.10. This notice will be published for six (6) consecutive weeks. After six (6) weeks, and no response, TCSP will move forward with a hearing. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer on October 20, 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 AND/OR APPEAR JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: September 9, 2015.

TUL-CV-YG-2015-0357. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip, WA. In re M.T.T. TO: Shane Taylor and Tonya Winegar: YOU ARE HEREBY NOTIFIED that on August 27, 2015 a Petition for Guardianship was filed in the above-entitled Court pursuant to TTC 4.05 regarding M.T.T. You are hereby summoned to appear and defend the above entitled action in the above entitled Court and answer on November 3, 2015 at 11:00 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: September 23, 2015

TUL-CV-YI-2009-0282. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re S.W.M.Jr. TO: Shane Moses Sr. and Denise Moses: YOU ARE HEREBY NOTIFIED that on August 20, 2015 an Order on Hearing was filed in the above-entitled Court pursuant to TTC 4.05 regarding the above mentioned youth. You are hereby summoned to appear and defend the above entitled action and answer on October 13, 2015 at 10:00 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 and program fees may be assessed against you. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: September 2, 2015.

Consumer Information



- Develop confidence as an informed consumer
- Identify reliable vs. unreliable information sources
- **FREE** consumer resources through Sno-Isle Libraries
- Snacks



DATE: Monday, **November 9th**
TIME: **5 PM — 7 PM**
LOCATION: RM 263, Admin. Bldg.

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

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DATE: **Tuesday, November 3**
TIME: **5 — 7 PM**
LOCATION: RM 263, Admin. Bldg.

* RSVP: 360-716-4888, Higher ED
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DATE: Monday, **November 17**
TIME: **5 — 7 PM**
LOCATION: RM 263, Admin. Bldg.

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

What did you enjoy most about the Gary Payton Youth Basketball Camp? (See article page 4)



"Getting to hear inspirational speeches by Gary Payton and having him challenge me to create goals."

Alyssia Vanderburg
Camp Participant



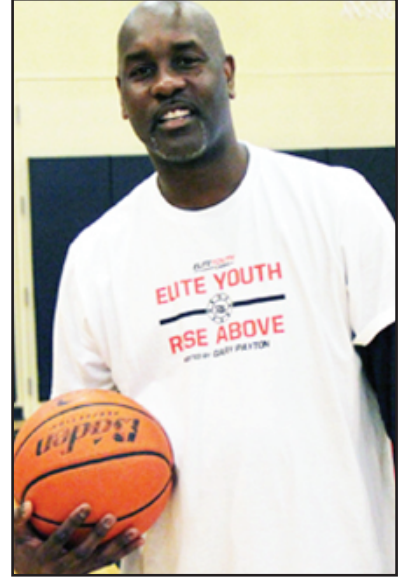
"Just being in the presence of Hall of Famer, Gary Payton, and having a basketball hero who played for the Sonics tell us his story and relate to our Tulalip youth."

Deyamonta Diaz
Camp Coach



"Seeing all the kids happy."


Josh Fryberg
Camp Volunteer



"Being able to be here and motivate the kids. Seeing their faces light up when they've accomplished a goal and learned a new skill. I'll have these memories forever."

Gary Payton
Super Sonics Legend

HIBULB events



POETRY SERIES:
Kevin Craft. Editor of Poetry Northwest. Thursday, **October 1st** • 6:00 PM to 7:00 PM.
Kyle Moses. Poetry of Edgar Allen Poe, followed by Open Mic. Discount for anyone in a Halloween costume. Thursday, **October 29th** • 6:00 PM to 7:00 PM.

WORKSHOPS:
Sandra Swanson, Quilting demonstration. Sunday, **September 27th, October 11th & 18th** • 12:00 PM to 3:00 PM.
Roxanne Banguis, Beaded Eagles. Saturday, **October 10th** • 1:00 PM to 3:00 PM.

LECTURE SERIES:
Darrell Hillaire, discussing his production, "What About Those Promises?". Saturday, **October 24th** 1:00 PM to 2:00 PM.

COMMUNITY EVENTS:
HCC Educators' Night, an open house for educators. Wednesday, **October 14th** • 6:00 PM to 9:00 PM.
Children's Reading Time. Saturday, **October 17th** • 1:30 PM to 2:00 PM.
Halloween at Hibulb. Storytime, film and crafts. \$2 discount for anyone in costume. Sunday, **October 25th** • 1:00 PM to 3:00 PM.


GIFT SHOP OCTOBER SPECIAL: 20% OFF SELECTED KITCHEN ITEMS!


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

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