

dx^wlilap syəcəb

(Tulalip See-Yaht-Sub)

Volume 36 No. 45

Wednesday, November 18, 2015



COMMUNITY

THANKSGIVING DINNER



TAKING CHARGE OF YOUR HEALTH

at the Tulalip Annual Men's Health Fair

Article and photos by Micheal Rios

Early detection is key for the treatment of heart disease, diabetes, prostate cancer, and many other diseases that disproportionately affect

men. However, men are less likely to seek preventative care than women. Despite growing awareness, men usually take a back seat approach to maintaining their health. We will shy away

See **Health**, page 3



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Ivan Solomon demonstrates the sturdy nature of his bookcase.

TERO, paving the way to greater opportunities for tribal members

Article and photos by Kim H. Newland

It's no surprise that education leads the list of actionable attributes that comprise the Tulalip TERO vision statement.

The savvy folks at TERO know that education, ranging from early learning to meaningful vocational training, can lead to greater opportunities for Tribal members of all ages.

TERO Director Teri Gobin, "Sha-Ha-La-Los," believes that the newly renamed TERO Vocational Training Center will continue to grow and evolve, expanding well beyond what were the traditional native income sources earned from the "three Fs: fireworks, fishing and firewood."

Under the TERO umbrella, the construction training

See **TERO**, page 4

Tulalip Tribes
6406 Marine Drive
Tulalip, WA 98271



TULALIP TV
www.tulalip.tv

Extended Saturday pharmacy hours

Tulalip Clinical Pharmacy
business hours on Saturday are
now 9:00 a.m. to 4:00 p.m.

Tulalip Tribes Vision

We gathered at Tulalip are one people.
We govern ourselves.
We will arrive at a time when each and every person has
become most capable.
Together we create a healthy and culturally vibrant
community

Tulalip Tribes Mission

We make available training, teaching and advice, both
spiritual and practical.

Tulalip Tribes Values

1. We respect the community of our elders past and present, and pay attention to their good words.
2. We uphold and follow the teachings that come from our ancestors.
3. It is valued work to uphold and serve our people.
4. We work hard and always do our best.
5. We show respect to every individual.
6. We strengthen our people so that they may walk a good walk.
7. We do not gossip, we speak the truth.

Tulalip Tribes 1-800-869-8287

The Tulalip Tribes are successors in interest to the Snohomish, Snoqualmie and Skykomish Tribe and other tribes and bands signatory to the Treaty of Point Elliot, January 22, 1855

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

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

TULALIP TV		
Week of Monday 11/23/15 thru Sunday 11/29/15		
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	Return of the River The HUU-ay-aht First Nations and their ongoing efforts to bring back their river, destroyed decades ago by clear-cut logging and commercial fishing.	1:00
1:30 AM	Make Moccasins - Hard Sole How to make a pattern, how to adopt for men & women - any size and how to adopt for high top moccasins.- Annabelle Medicine Chips demonstrates.	0:30
2:00 AM	A Life Worth Living Look at the suicide issue among First Nations from a historical and cultural perspective and presents positive examples of native-run programs.	0:30
2:30 AM	Native Report - 910 On this edition of Native Report we learn about the game of lacrosse at a summer camp on the Fond du Lac Reservation in Northern Minnesota.	0:30
3:00 AM	The Medicine Wheel Visually moving segments highlight the Sweat Lodge and Pipe Ceremonies and the meaning of the Wheel that may be at the center of native spirituality.	0:30
3:30 AM	NWIN 54 NorthWest Indian News - The Hibulb Cultural Center and Natural History Preserve, Muckleshoot Longhouse Ground Blessing, William Shelton Story Pole	0:30
4:00 AM	Return of the River The HUU-ay-aht First Nations and their ongoing efforts to bring back their river, destroyed decades ago by clear-cut logging and commercial fishing.	1:00
5:00 AM	A Life Worth Living Look at the suicide issue among First Nations from a historical and cultural perspective and presents positive examples of native-run programs.	0:30
5:30 AM	The Medicine Wheel Visually moving segments highlight the Sweat Lodge and Pipe Ceremonies and the meaning of the Wheel that may be at the center of native spirituality.	0:30
6:00 AM	Seasoned with Spirit - Ep 1 Native American Chef Loretta Barrett Oden takes us on a historical tour of th gulf coast region provides a lesson about Native influences on Cajun cooking.	0:30
6:30 AM	Make Moccasins - Hard Sole How to make a pattern, how to adopt for men & women - any size and how to adopt for high top moccasins.- Annabelle Medicine Chips demonstrates.	0:30
7:00 AM	Native Report - 910 On this edition of Native Report we learn about the game of lacrosse at a summer camp on the Fond du Lac Reservation in Northern Minnesota.	0:30
7:30 AM	Creative Native - 413 Explores the impact of smallpox, the intentional use of infected blankets by the Americans, and the consequences upon most native tribes	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 1 Talon and his cousin T-Bear play on the same hockey team, but their relationship becomes strained when they both try to win the attention of Melanie	0:30
9:00 AM	Bizou - Ep 8 - Hermit Thrush Come sing & dance w/ Bizou as she takes you on a picturesque journey into the wonderful world of Hermit Thrush, North America's timid little songbird.	0:30
9:30 AM	The Aleut Story In the turbulence of war, in a place where survival was just short of miraculous, the Aleuts of Alaska would redefine themselves and America	1:30
11:00 AM	Walking into the Unknown Dr. Arne Vainio realizes that he needs to digest and personally implement the advice that he gives his own middle-aged patients upon his 50th birthday.	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 54 NorthWest Indian News - The Hibulb Cultural Center and Natural History Preserve, Muckleshoot Longhouse Ground Blessing, William Shelton Story Pole	0:30
1:00 PM	Tales of Wonder - I & II Fireside stories told in Native American tradition by acclaimed storyteller and linguist Gregg Howard and accompanied by flutist William Gutierrez.	2:00
3:00 PM	Seasoned with Spirit - Ep 1 Native American Chef Loretta Barrett Oden takes us on a historical tour of th gulf coast region provides a lesson about Native influences on Cajun cooking.	0:30
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This Schedule is subject to change. To see an updated schedule, go to:
<http://www.tulalip.tv/tulalip.tv-schedule/>

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

Not getting your syəcəb ?

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

Health from front page

from seeking advice, delaying possible treatment and/or waiting until symptoms become so bad we have no other option but to seek medical attention. To make matters worse, we refuse to participate in the simple and harmless pursuit of undergoing annual screenings.

Enter the Annual Men's Health Fair held at the Karen I. Fryberg Tulalip Health Clinic on October 6. This year's health fair provided us men the opportunity to become more aware of our own health. With various health screenings being offered for the low, low price of FREE we were able to get in the driver's seat and take charge of our own health. Cholesterol, prostate, screening, and oral cancer screenings were among the options for men to participate in. Along with all the preventative health benefits of participating in these screenings, as if that was not reason enough, they gave out prizes and a complimentary lunch to every man who showed up.

At 16.1 percent, Native Americans have the highest age-adjusted prevalence of diabetes among all U.S. racial and ethnic groups. Also, Native Americans are 2.2 times more likely to have diabetes compared with non-Hispanic whites (per Diabetes.org). Clearly we are at a greater risk when it comes to diabetes, making it all more crucial to have glucose testing and diabetes screenings performed on an annual basis. For those men who attended the health fair, they were able to quickly have their glucose (blood sugar) tested with just a prick of the finger.

"The blood glucose test is a random check. Random is good, but doesn't give you all the information which is why we do the A1C testing. It's just nice to know if you are walking around with high blood sugar. This is a good way of saying 'Hey, you need to go see your doctor.' It's not a definitive diagnosis," said Nurse Anneliese Means of the blood sugar test.

MY NATIVE PLATE

An Easy Way to Help Your Family Know How Much to Eat

Helping your family eat in a healthy way is EASY!

Remember these 3 steps:

- Use a 9-inch plate or 9-inch area of a larger plate.
- Divide into quarters.
 - 1/4 plate is **fruits**
 - 1/4 plate is **vegetables**
 - 1/4 plate is **grains or starch**
 - 1/4 plate is **meat, fish or poultry**
- Stack food no higher than 1-1/2 inches.

Pictured Here

- Canned peaches, no syrup
- Baked squash and peppers
- Steamed white and brown rice
- Baked deer meat with garlic
- Low-fat, nonfat, lactose-free or soy milk

To order placemats: Go to diabetes.ihs.gov, click "Online Catalog." There is no charge for placemats or shipping.

Produced by: Indian Health Service, Division of Diabetes Treatment and Prevention, and based on the USDA My Plate. For more information, go to ChooseMyPlate.gov

Remember:

- Use a 9-inch plate or 9-inch area of a larger plate.
- Divide into quarters.
- Stack food no higher than 1-1/2 inches.

= 9" diameter

Actual Size

for more information, go to ChooseMyPlate.gov

More My Native Plates for Your Family

YOUTH PLATE

Youth Plate Meal Tips

- Replace the yogurt with a small glass of low-fat, lactose-free or soy milk.
- Add a small pat of butter or margarine to the roll.

Pictured Here

- Fresh strawberries
- Steamed carrots and broccoli
- Small roll
- Baked chicken
- Low-fat yogurt

Use a 7-inch plate for youth.

BREAKFAST

Breakfast Tips

- Wipe a little oil on frying pan before scrambling egg.
- Replace the medium-sized orange with half a cup of orange juice.
- Add a glass of low-fat, nonfat, lactose-free or soy milk.

Pictured Here

- Medium-sized orange
- Salsa
- Medium tortilla
- Scrambled egg
- Black coffee

LUNCH

Lunch Tips

- Use ketchup and mustard on the hamburger.
- Skip mayonnaise.
- Skip French fries.
- Add one slice of cheese to add calcium and vitamins.

Pictured Here

- Apple
- Lettuce and tomato
- Small whole-wheat bun
- Small hamburger patty
- Unsweetened iced tea

DINNER

Dinner Tips

- Top berries with low-fat yogurt to add calcium and vitamins.
- Skip butter or margarine, or use one pat.

Pictured Here

- Mixed berries
- Beef and vegetable stew
- Small piece baked whole-wheat fry bread
- Water

For recipe ideas, go to diabetes.org and click on Food & Fitness. Produced by: Indian Health Service, Division of Diabetes Treatment and Prevention, and based on the USDA My Plate. For more information, go to ChooseMyPlate.gov



Attendees received a free posture analysis from Health First Chiropractic of Marysville.

Taking diabetes and Prevention (CDC), awareness one step further, an A1C test was available, by way of a blood draw that would also be used to test for high cholesterol.

“A1C is a diabetes screen. A1C is more of a long term indicator of glucose control as opposed to a regular blood glucose screening, which is here and now. A1C tells you what your blood glucose has been doing for the past 3 to 4 months,” states lab technician Brenda Norton.

How often should we have a diabetes screening performed? “Everyone should be checked once a year,” Norton said.

According to the Centers for Disease Control

heart disease is the first and stroke the sixth leading cause of death among Native Americans. High blood pressure is a precursor to possible heart disease and stroke. High blood pressure is also very easily detected by having routine checks of your blood pressure taken periodically.

Representatives from Health First Chiropractic, the Marysville branch, were on hand as well to offer a free posture analysis. Using a spinal analysis machine, the patient advocate conducted postural exams on a number of men and reviewed the results with each participant. Good posture can help you

exercise more safely and achieve better general health. When you sit or stand correctly, your organs will be better aligned, which reduces indigestion and helps your lungs to function at full capacity. Your core muscles will be strengthened and your back and shoulders will feel more comfortable.

Jeff O’Larey, Meat Field Specialist for Haggen, offered a presentation to about 20 men and a few members of the Tulalip Wisdom Warriors program. Topics ranged from appropriate portion sizes especially in regards to meat, discussing the benefits of free-range food sources, sodium and nitrate counts in processed foods, and general food safety concerns. After the presentation, each participant was given a few quality, choice cuts of beef to enjoy later.

Along with the various health screenings being offered there were information booths available that ranged from alternative health care options in the local area, ways to have cleaner air in your home, and methods to change eating habits to live a healthier lifestyle. There was a booth where we could have our grip tested,

a method used for assessing joint and muscle fatigue. Another booth offered us the opportunity to have our BMI (body mass index) and body fat percentage measured. Wondered if you need to cut back on those weekend treats? Or if you need to start leading a more active lifestyle? Well if that BMI was too high and you didn’t like what your body fat percentage was, now you know the answer.

Face it, as we get older, we all need to become more aware of the inevitable health concerns that may one day affect us. The possibility of having to deal with high cholesterol, high blood pressure, diabetes, or the possibility of prostate cancer looms over us all. The only way to avoid such health concerns to heighten

our awareness of these preventable conditions. Health educators empower us to be more proactive about our health by getting annual screenings, detecting issues early, as well as seeking medical treatment before a simple, treatable issue becomes life altering.

To all of the men who attended the Men’s Health Fair, Jennie Fryberg, Health Information Manager, issued the following statement, “First, I want to thank the Tulalip Tribes for sponsoring our Tulalip Health Fairs this year. Prevention, prevention, prevention. Also, I want to thank all the men that came out today for the annual men’s health fair. Way to come and take care of your health. I hope you all enjoyed today’s fair.”



TERO from front page

program continues to thrive thanks to the generous and consistent support of the Charity Table administered through the Tulalip Foundation and ongoing funding through the Washington State Department of Transportation. Recent infrastructure changes include a dynamic \$500,000 grant (over three years) from the W.K. Kellogg Foundation and a new affiliation with Renton Technical and South

Seattle Community Colleges. TERO dollars, a Tri-County WorkSource grant and other grants also support enhanced learning and help provide diverse and stable funding sources for the program.

Both Gobin and TERO Client Services Coordinator Lynne Bansemer are quick to point to partnerships and strategic alliances with others as a major reason for the continued

success of the program. Along with building personal relationships with the trades and labor unions they also praise the work of Susan Crane with SkillUp Foundation for her efforts to help secure the W.K. Kellogg Foundation and other supporting grants.

While the financial impact of the substantial Kellogg grant may seem obvious, the requirements for funding also serve to enhance the

program and are closely aligned with the deployment of additional resources. Along with improved tracking of students after training, the grant will help fund a new family and career navigator and allow for broader exposure to trades and apprenticeship opportunities.

To help meet the Kellogg grant goal of multi-generational impact, the students constructed small

bookcases which served as the inspiration for a collaborative activity during a family open house held Nov. 6. On Saturday, family members visited the classroom to share in the completion of the project by helping to paint and decorate the bookcases before taking them home.

Site Specialist Billy Burchett credits the staff at TERO for their work to help strengthen the program. He feels that taking a more “college-like” approach, beginning with the application and registration process, has resulted in a stronger commitment and higher level of engagement from the students.

While the ultimate goal is steady employment with a living wage, each student arrives at this moment from a different perspective.

Ivan Solomon is seeking a better life for his family. Helping to raise his niece and nephew, Solomon is confident that the knowledge he’s gaining will lead to steady hours and a consistent income. He’s really enjoying the chance to leave the classroom for field trips and understands that the chance to learn additional employability skills like CPR, forklift operation and flagging are helping him with his goal to “take his life back”.

Although he admits that his presence in class is the direct result of an insistent mother, Dante Jones is confident he’ll be able to walk out of this class and earn a starting wage of \$20 an hour working as an apprentice in a variety of trades. Yet, he believes his earning potential is much higher, “I’m looking further than a \$20 per hour job, and I know I can do it!” Jones confidently asserts.

Applications for winter quarter with classes starting February 1 are available through the TERO office. Contact Lynne Bansemer at 360-716-4746 for further information.



Right: Dante Jones glues a back piece to his bookcase project.

Community Art Contest

TERO Vocational Training Center (TVTC)
Is searching Tulalip talent for a new logo

\$250.00 Prize

if your LOGO is chosen and released with exclusive rights

Contest is only for Tulalip members between the ages of 1–109.

All art due to the Tulalip TERO business office
6406 Marine Dr, Tulalip WA. 98271 by December 15, 2015.

Please submit in a sealed envelope noting TVTC Logo Contest.

Our goal is to have a logo that speaks of training, healthy families, and bringing communities together.

NATIVE VOICES

Native Peoples’ Concepts of Health and Illness

By Micheal Rios; Photos courtesy of the National Library of Medicine

There was a new and very exciting exhibition recently on display at the University of Washington, from October 6 – 27. Brought to the public by the National Library of Medicine and the National Institutes of Health, the exhibition was titled Native Voices: Native Peoples’ Concepts of Health and Illness.

Due to the limited exhibition time and distance to the UW campus, we here at the syəcəb have decided to bring the exhibition to you by way of a series. Over the next several issues we will explore the interconnectedness of wellness, illness, and cultural life for Native Americans, Alaska Natives, and Native Hawaiians.

Readers will discover how Native concepts of health and illness are closely tied to the concepts of community, spirit, and the land.

As we well know, Native concepts of health and illness have sustained diverse peoples since

our ancestral times. This traveling exhibition that was displayed at the UW was used as a learning tool for up and coming medical school students as a way to showcase how revival and pride in Native ideas among a new generation of medical practitioners can help sustain them in the twenty-first century.

Two weeks ago, we provided our readers with the in-depth look into the concept of Nature as it was viewed by Native Voices; this week, we will explore the intersections of traditional and western healing by Native peoples

Healing

Many traditional healers say that most of the healing is done by the patient and that every person has a responsibility for his or her proper behavior and health. This is a serious, lifelong responsibility. Healers serve as facilitators and counselors to help patients heal themselves. Healers use stories, humor, music, tobacco, smudging, and ceremonies to bring healing energies into the healing space and focus their effects. The healing process also goes beyond the individual patient. Traditional healers

Continued on next page

take into account not only the patient's immediate family and community, but future generations as well.

Today, Native people of all groups are often faced with the question of whether to rely on traditional Native healing methods or to seek Western medical treatment. Until relatively recently, the two traditions operated in parallel, with little intersection between them. Today, however, Native Americans can access a continuum of health care. Many traditional healers still practice independently within tribal communities. Other healers may work with Western-trained primary care physicians to coordinate care for Native American patients. Some healthcare institutions offer both traditional and Western medicine, often at the same location.

The Key Role of Ceremony

Ceremony is an essential part of traditional Native healing. Because physical and spiritual health are intimately connected, body and spirit must heal together. Traditional healing ceremonies promote wellness by reflecting Native conceptions of Spirit, Creator, and the Universe. They can include prayer, chants, drumming, songs, stories, and the use of a variety of sacred objects.

Healers may conduct ceremonies anywhere a sick person needs healing, but ceremonies are often held in sacred places. Special structures for healing are often referred to as Medicine Lodges. Wherever they take place, traditional healing ceremonies are considered sacred, and are only conducted by Native healers and Native spiritual facilitators. Non-Natives may participate by invitation only.

The Medicine Wheel and the Four Directions



The Medicine Wheel, sometimes known as the Sacred Hoop, has been used by generations of various Native American tribes for health and healing. It embodies the Four Directions, as well as Father Sky, Mother Earth, and Spirit Tree – all

of which symbolize dimensions of health and the cycles of life.

The Medicine Wheel can take many different forms. It can be an artwork such as an artifact or painting, or it can be a physical construction on the land. Hundreds or even thousands of Medicine Wheels have been built on Native lands in North America over the last several centuries.

Movement in the Medicine Wheel and in Native American ceremonies is circular, and typically in a clockwise, or “sun-wise” direction. This helps to align with the forces of Nature, such as gravity and the rising and the setting of the Sun.

Different tribes interpret the Medicine Wheel differently. Each of the Four Directions (East, South, West, and North) is typically represented by a distinctive color, such as black, red, yellow, and white, which for some stands for the human races. The Direction can also represent:

- **Stages of life:** birth, youth, adult (or elder), death
- **Seasons of the year:** spring, summer, winter, fall
- **Aspects of life:** spiritual, emotional, intellectual, physical
- **Elements of nature:** fire (or sun), air, water, and earth
- **Animals:** Eagle, Bear, Wolf, Buffalo and many others
- **Ceremonial plants:** tobacco, sweet grass, sage, cedar

Intersections of traditional and western healing

Native people today participate in a continuum of health care, choosing from among traditional Native healing methods and Western medical treatments.

In most areas, Native American patients receive traditional healing from within the local tribal community, rather than through tribal health clinics or hospitals. Some Western-trained physicians also refer patients to traditional healers, and will sometimes help coordinate both Western and traditional medicine for a specific patient.

In recent times, some Native healthcare facilities offer both traditional and Western medicine, increasingly at the same location, such as clinics located in Alaska, Hawaii, and the Navajo Nation.

Waianae Coast Comprehensive Health Center

The Waianae Coast Comprehensive Health Center, a community health center in the State of Hawaii, was successful in



obtaining federal funding and private funding to build a new facility for its Native Hawaiian traditional healing program located adjacent to clinics offering Western medicine. The Council of Elders provides guidance and oversight to the traditional healing practitioners and practices at the Center.

All practices start with Pule and Oli (prayer and chant). The Native practices at the Traditional Healing Center include: healing with herbal medicine, spiritual healing, art of midwifery, family conflict resolution and counseling, healing through prayer, and healing through diagnostic observation

Southcentral Foundation

Southcentral Foundation in Anchorage, Alaska has become a leader in providing traditional healing services that complement services provided by the major Western medicine center, the Alaska Native Medical Center. The Traditional Healing Clinic offers traditional healing practices to patients upon request or referral, in coordination with Western-trained providers. Southcentral also offers a range of wellness, lifestyle, and trauma recovery programs for Alaska Natives. Southcentral's NUKA System of Care is committed to the physical, mental, emotional, and spiritual wellness of Alaska Natives.



Waianae Coast Council of Elders.



Among Southcentral's programs is the Family Wellness Warriors Initiative, which addresses domestic violence, abuse, and neglect in the Alaska Native community. Through ceremony and group therapy sessions, the program appeals to male family members to resume their traditional role as family protector, offering healing messages of individual responsibility and redemption.

The Native practices at the Southcentral Foundation Traditional Healing Clinic include: healing hands and healing touch, prayer, cleansing, song and dance, counseling, talking circles, and medicinal garden.

Caring for the 'Invisible Tribe'

Today, two of every three Native Americans live in

a city rather than on tribal lands. Unfortunately, urban Indians lack practical access to or sometimes lose eligibility for health care from tribal-managed systems or the U.S. Indian Health Service. A 2007 report by the Urban Indian Health Commission concluded that their health status is among the worst of any ethnic minority in the country. While there is not a national policy to address the needs of the "Invisible Tribe," as the urban Indians are sometimes called, local efforts have fostered some creative, therapeutic responses to help medically underserved Native residents within American cities.

Among others, the Seattle Indian Health Board and the Native American Health Center based in Oakland, California, provide Native American patients with a wide range of Western primary medical care

and dental services. They also foster community activities, help rejuvenate Native pride, and assist patients in obtaining traditional healing services. These two clinics exemplify the innovative efforts to address the medical and cultural needs of the diverse Native Americans living in large cities.

The Oakland clinic has a new Seven Directions Building with a Medicine Wheel motif. Its name symbolizes the Four + Three = Seven Directions (east, south, west, and north, plus above, on, and below the earth). The building combines housing and community development with medical and dental services. The National Council of Urban Indian Health represents over 30 Urban Indian Health clinics across the U.S.

Problem Gambling Program



Family Night

November 19th, 2015 • 5:30 pm - 7:00 pm
(Juanita Ann Jones-Morales Building C)

RSVP event • Dinner provided

Friends and family members of problem gamblers

You are invited to attend our once a month education/support group on Problem Gambling. Problem Gambling has a negative impact on relationships, family & community and for every problem gambler they negatively affect at least 7 people. Gain support, Q&A, and learn about gambling as an addiction disorder. Participants will learn about problem gambling warning signs, disease model, and how to cope when a loved one is in the grip of addiction.

RSVP Sarah Sense-Wilson at (360) 716-4304
Tulalip Tribes Family Services
2821 Mission Hill Rd.
Tulalip, WA 98271

BACK TO SCHOOL!

After School Group

WE ARE LOOKING FOR NATIVE YOUNG WOMEN 14-17 YEARS

- Fun activities & cultural classes
- Located at Family Haven- next to the Boys and Girls Club
- Transportation provided
- Snacks and dinner provided
- Learn traditional arts & crafts
- Attend special outings - Self-defense class, out of state conferences, sporting events, Seattle's Underground and much more!

Monday - Thursday from 3:30 - 6:30

Jennifer Cordova-James
Assistant Youth Lead
Advocate
360-716-4308
360-913-0717

Sasha Smith
Project Coordinator
Family Haven
360-716-4404



2015 ANNUAL NATIVE BAZAAR

November 21-22 December 5-6
9:00am - 4:00pm

Don Hatch Jr. Youth Center, 6700 Totem Beach Rd
(Next to old gym) I-5 exit 199 follow signs

Native Art
Drums
Beaded Jewelry
Carvings
Native Prints
Cedar Baskets
Clothing

Help Support the Tulalip Lions Club;
Indian Tacos, Fry Bread available.

Vendors information:

Tammy Taylor (425) 501-4141
No fee for Tribal members
Vendor set up 8am - 9am



The best things about libraries

Submitted by Jeanne Steffener,
Higher ED

Americans really love their libraries. Additionally, advances in technology have really increased the ways in which libraries can improve lives in their communities and they are available to everyone. We also see that there are multiple ways in which libraries become a game changer. Only libraries provide free wide-ranging universal access to the record of human existence. They create a better, freer community and nation because of the kinds of services and programs offered for people at all literacy levels, readers with little or no English skills, preschoolers, students, homebound seniors citizens, prisoners, homeless or impoverished individuals, and persons with physical or learning disabilities. Libraries break down those barriers that block our vision and our ability to communicate and educate ourselves. They assist us in moving forward with our lives, through the materials they pro-

vide, opening up new horizons.

Libraries provide access to information and multiple points of view helping us to make knowledgeable decisions on public policy affecting everyone. With collections, programs and professional expertise, librarian's help patrons to identify accurate, authoritative information promoting wise use of resources and a well-informed citizenry.

Public libraries level the playing field by making access to information resources and technology freely available to all regardless of income, class or background in the community. When we look around the world and see all the have and have nots, this vision for ALL from libraries is an amazing gift.

Libraries value the individual by offering mainstream and alternative viewpoints, traditional and visionary concepts and multicultural perspectives. They open the doors to independent thinking with library collections and services that offer historical global, cultural and political views which is important in developing a creative, inquiring mind.

In providing an atmosphere that stimulates curiosity, libraries

open the doors for unrestricted learning and exploration. Libraries offer access to the record of mankind delivering resources through the assistance of librarians via the books, other media, the web, and outreach services.

For me, my world first opened up through my favorite children's librarian in Chicago as a child. Story hour was an amazing engaging experience created through the voice and animation of Mrs. Magruder. It definitely fostered my journey into the book world. Through an experience like this, we can see how important the children's and teen librarians become through the many services they offer: story hours, book talks, summer reading activities, career planning, art projects, gaming competitions and other programs that stimulate young inquiring minds.

Libraries offer us that "third place" which is a place that provides an atmosphere where we can think our own thoughts and reflect on life. This space gives us the opportunity to experience serenity and tranquility in a relaxing serene environment while opening us up to new ideas and time spent in imagining. Sociologist, Ray

Oldenberg suggested in his celebrated book, "The Great Good Place" that each of us needs three places. The "first place is home, the second is the workplace/school and beyond that lies the place where people from all walks of life interact, experience and celebrate our commonality as well as our diversity". This is a "third place". Places like libraries are gathering places that make our communities stronger and bring people together.

No Library card? Register for one at any library or online at www.sno-isle.org/getacard and get instant 24/7 access to most of Sno-Isle Libraries eResources

In December, Sno-Isle Libraries is presenting the program, Ready, Set, Start: Your Own Business. You can also check out monthly programming information on the Higher ED Webpage, on Tulalip TV and through information mailed to your home. You can call us at 360-716-4888 or email us at highered@tulaliptribes-nsn.gov for additional information.

Why study Political Science?

Submitted by Jeanne Steffener,
Higher ED

The study of politics is both humanistic and scientific and it is centuries old. Aristotle called it the "queen of the sciences". The American Constitution reveals a coming together of political theory with the practical creation of political institutions and practices. Today's political research consists of highly scientific and demanding attempts to understand human behavior and world events. The study of politics prepares you for not only employment but for life as an informed citizen ready to join in political activities within interest groups or political parties related to community organization and political advocacy. You might even one day service as an elected or ap-

pointed official.

A major in political science offers a solid undergraduate education in the liberal arts and sciences. This course of study prepares the graduate for a variety of careers by stressing the acquisition of skills in communication and critical analysis; encouraging independent thought, tolerance, and informed interest in current affairs. The ability to define a problem and contribute to its solution is highly valued in a number of employment scenarios, as are skills in writing, research, and evaluation. These are elements that characterize a liberal arts education. Graduates today can expect to change jobs a number of times and even possibly change careers which makes political science an excellent preparation for the flexibility required in today's employment market. The study of political science provides a background for careers in government at

the local, state and national levels; international organizations; political campaigns; interest groups and lobbying organizations; journalism; business and law.

The federal government is our country's largest employer. They employ a large diverse number of employees making use of their skills, abilities & levels of responsibility. Advancement can be gained with excellent job security, pay and benefits. Specific job skills are not what hiring agencies are looking for. They look for people who can learn quickly, work as part of a team and have basic understanding of the policy process and the operations of a national government. What is valuable for students intending to work for the federal government is course work on the executive branch, Congress, the courts, policy process, activities of interest groups and political parties and the role media plays.

Local and state governments provide services in nearly every area of our lives. Courses on state and urban government, public policy, and public administration would be very valuable. Skills acquired in a statistics course and the experience of an internship is really relevant for jobs at the local and state level.

International businesses and organizations offer a variety of careers for those who have an understanding of the political and regulatory environment which effect businesses. Some of the courses that provide knowledge in these areas are: comparative politics, international relations and organizations, public policy, political development, and interest group politics. Electives or minors in these areas are extremely helpful: basic economics, statistics, computer science and international trade.

Lawyers are employed by corporations, governments, organizations and going into private practice. Admission to law school is largely based on undergraduate grade point average and LSAT exam scores. Content of courses at law schools prepare future attorneys' for the different areas of law that they will eventually practice. The practicing of law requires the honed skills of critical

analysis, effective writing and communication, and knowledge of subject matter related to the law and legal processes.

Top-notch communication skills are required for journalists, as well as a bachelor's degree. Regardless of the type of media you are interested in, a broad based liberal arts background is a must. A liberal arts education which contributes to your

understanding of society and individuals is vital. Course work in the fields of political science, history, economics and sociology are highly valued. A basic understanding of the American political system is essential, while participating on a school newspaper or campus broadcasting station would be an extremely relevant experience.

Even if you are unsure about

your career plans, studying Political Science can be a great avenue to pursue. Employers look for the critical thinking and communication skills that political scientists have acquired along with the knowledge about government and international politics. Please call Higher ED staff at 360-716-4888 or email us at highered@tulaliptribes-nsn.gov for assistance on this educational path.

Tulalip Health Clinic WIC Holiday Schedule

Appointment time in November & December will be limited *Plan ahead to get WIC early!*

November Closures

Nov. 11 Wed
Nov. 12 Thurs
Nov. 26 Thurs

December Closures

December 22 - January 3

Normal Schedule
Mon-Thurs 8-4:30

Special December Days

Dec. 4 and 18 Fridays
Open 8am-4:30 pm

Call 360.716.5625



Washington WIC
does not discriminate

BASKETBALL



TULALIP BOYS & GIRLS CLUB

REGISTRATION FORM

LAST NAME _____ FIRST NAME _____

PARENT NAME _____ PHONE #() _____

GRADE LEVEL _____ AGE _____ **MALE** **FEMALE**

EMAIL _____ SCHOOL _____

SHIRT SIZE : YOUTH S M L ADULT S M L XL XXL

TEAMS WILL FORM AS FOLLOWS K, 1/2, 3/4, 5/6, 7/8 + HS

ALL PLAYERS MUST BE CURRENT CLUB MEMBERS

GAMES IN JAN, FEB & MARCH ☺

FOR MORE INFORMATION, CONTACT JP @ (360)716-3400



Hibulb Cultural Center



NATIVE AMERICAN HERITAGE MONTH

The Hibulb Cultural Center pays tribute to Native American Heritage Month throughout November. Carrying forward the sacred duty of collaboration and indigenous achievements through storytelling, film presentations, Veterans Gathering of Remembrance and cultural demonstrations.

COMMUNITY EVENTS:

Children's Reading Time.
Art Contraro reading his favorite childrens books.
Saturday, **November 21st** • 1:30 PM to 2:00 PM.

CULTURE SERIES:

Peter Ali, Flute demonstration and workshop
Wednesday, **November 15th** • 1:30 PM to 2:00 PM.

FILM SERIES:

Dallas Pinkham, screening "The Way We Speak" and his newest film projects. Wednesday, **November 18th** • 6:00 PM to 7:00 PM.



GIFT SHOP NOVEMBER SPECIAL: 20% OFF DRUM BAGS!

Holiday Closures: November 26th, 27th, December 24th, 25th, 29th, 30th, 31st and January 1st.

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!



Questions re: Board of Directors Minutes of September 3, 2015

I read all of the minutes of the Board and have concerns regarding actions the Board is taking regarding important issues that should be brought before the Tribal membership. My biggest concern is Medical Marijuana amendment to Tulalip Tribal Code 3.55.070. Motion made by Glen Gobin seconded by Theresa Sheldon to adopt Resolution 2015-335 Amending Tulalip Tribal Code to legalize Medical Marijuana Possession for qualifying patients, with the restrictions as identified. (Page 14 of 15 of Minutes)

As Tribal members we should demand that we be provided with all codes that effect tribal members. We have never been provided with any codes that the Board has approved and this should be a standard procedure the Board and Administration should follow and instruct staff to provide all

tribal members with any codes they approve that directly effects all tribal members.

Also, 9/3/15 Board Minutes - Page 15 – Pharmaceutical - Motion to direct staff to continue to vet out the concept of Tulalip owned Pharmaceutical Opportunity to study derivatives of the cannabis plant for medical drug discovery purpose and to ask Nohbell, our independent contractor, as part of their current contract to provide a report on the business aspect of the Cannabis plant. (NOTE: FYI Cannabis is just another word for Marijuana just look it up in the dictionary.)

Question – How long has the Tribe had this contract looking into growing marijuana and what are the conditions the board looking for regarding Marijuana?

As an elder I don't approve of any type of Marijuana being available on our reservation. All you have to do is look at the statistics regarding what it does to our children. How many tribal members have a drug problem now? The Tribe just

recently purchased a state of the art drug rehab facility in Stanwood or so I am told as I have never seen it. How many patients does that facility currently have and how much is this facility costing in tribal hard dollars staff salaries, up care, food, etc. for patients and how many patients are there? Is this working as every day the drug problem on our reservation gets worse?

At every tribal meeting the Indian Child welfare act is discussed regarding how our children have to leave the reservation as their families are not able to provide them with proper care. We have new born tribal babies all the time in the hospital that have to go through drug withdrawals as their parent used drugs before their birth. The Board of Directors need to go to the hospitals and witness what these poor babies have to go through in withdrawals before they approve any actions involving drugs.

Bringing in more drugs onto our reservation is not what our ancestors would want and it appears this is just another way to honor the

almighty dollar as the theory is you can get rich by selling marijuana. This is not the answer to our current problems. Our children need family care and more physical activities to keep them occupied as after hours at the tribal gym and Boys and Girls club there is nothing for them to do.

The minutes also state the Board makes motions to let any Board member that wants to are authorized to go on numerous out of state trips and there are serval each month. This seems odd as for all of the Commissioners over the different tribal entities the Board only allows 2 Commissioners and they can only make 2 trips each year, yet they themselves can travel 265 days a year!! Do they have an unlimited travel budget and unlimited credit cards? What is good for Tribal members should be also good for the Board.

Virginia (Ginnie) Carpenter
Tulalip Tribal Elder

Tulalip Tribal Court Notices

SUMMONS BY PUBLICATION TUL-CV-CS-2014-0156. Tulalip Tribal Court, Tulalip WA. TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs DEMITRI ALLEN JONES-ROBINSON regarding a Summons and Petition to Establish Child Support with request for Payroll Deduction and/or Per Capita Attachment. TO: DEMITRI ALLEN JONES-ROBINSON: YOU ARE HEREBY NOTIFIED that on May 9, 2014, 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. In addition, an amended Petition was filed on October 30, 2015. 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 January 12, 2016 at 10:30 pm in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER AND/OR APPEAR JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: November 11, 2015.

TUL-CV-YG-2015-0371, 0381, 0382 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of J.M-N, A.M., M.M. To: Angel Northwind and Avel Medina Jr.: YOU ARE HEREBY NOTIFIED that a Petition for Guardianship was filed in the above-entitled Court pursuant TTC 4.05. You are hereby summoned to appear and defend regarding the above-entitled actions at a hearing on January 7, 2015 at 3:00 p.m. in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip, WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: November 11, 2015.

TUL-CV-YI-2015-0481SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of J.A.S. TO: Joshua Sheets.: YOU ARE HEREBY NOTIFIED that a Petition for Youth in Need of Care was filed in the above-entitled Court pursuant TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled actions at a hearing on December 23, 2015 at 9:00 am in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip, WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: November 11, 2015.

TUL-CV-GU-2014-0236. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip, WA. In re T.L.E.K.W. TO: Tah-Sheena S. J. Williams and Kanum C. Cultee Sr.: YOU ARE HEREBY NOTIFIED that on June 20, 2014 a Petition for Guardianship was filed in the above-entitled Court pursuant to TTC 4.05 regarding T.L.E.K.W. You are hereby summoned to appear and defend the above entitled action in the above entitled Court and answer on December 2, 2015 at 1:30 PM in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip, WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: October 14, 2015.

TUL-CV-CU-2014-0142. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. To: Walter Moses, Petitioner; TO: Jessica Rosen, Respondent: YOU ARE HEREBY NOTIFIED that on August 26, 2015 a Modification of Parenting Plan was filed in the above-entitled Court pursuant to TTC 4.05. You are hereby summoned to appear and defend the above-entitled action in the above-entitled court and answer the Complaint or respond to the Motion in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271 within sixty (60) days from the date of first publication of this notice. 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: October 21, 2015.

SERVICE OF NOTICE BY PUBLICATION IN THETULALIPTRIBAL COURT TULALIP, WA TUL-CV-PO-2014-0353. Kathleen Jones, Petitioner vs. Micah James Bordeaux, Respondent. To: Micah James Bordeaux, YOU ARE HEREBY NOTIFIED that on September 31, 2015 a Petition or Motion to Renew Order of Protection was filed in the Tulalip Tribal Court pursuant to Tulalip Tribal Code Chapter 4.05 (Guardianship) or 4.20 (Dissolution, Custody, or Parenting Plan) regarding the above child(ren). You are hereby summoned to appear and defend the above-entitled action in the above-entitled court and answer on 12/7/2015 at 9:00 a.m. in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip, WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT MAY BE RENDERED AGAINST YOU. Date first published: October 21, 2015. If you wish to seek the advice of an attorney in this matter, you should do so promptly so that your written response, if any, may be served on time.

TUL-CV-YI-2015-0307 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of A.L.K.W. TO: Joseph Tom Sr.: YOU ARE HEREBY NOTIFIED that a Petition for Youth in Need of Care was filed in the above-entitled Court pursuant TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled actions at a hearing on December 15, 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. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: October 21, 2015



COMMUNITY

Thanks giving

DINNER

