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Tulalip

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"Tulalip News"

Volume 35 No. 24

Wednesday, June 25, 2014

Congratulations, Tulalip

GRADUATES

HIGH SCHOOL HIGHER

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TULALIP TV

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DATE: Tuesday, **JULY 29th**
TIME: **5PM – 7 PM**
LOCATION: RM 263, Admin. Bldg.

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

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

Tulalip See-Yaht-Sub, the weekly newspaper of the Tulalip Tribes

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

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



TULALIP TV

TULALIP TV Monday 6/30/14 thru Sunday 7/6/14		
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	From the Spirit - Archie Beaulieu Known for bold and unique style of painting his art reflects his background of hunting, fishing and trapping and his connection to the land and its spirit.	0:30
1:00 AM	Knowledge is the best medicine Patients should be aware of the role of the Doctor and the Pharmacist and should be familiar with some basic information on the proper use and safe storage of drugs.	0:30
1:30 AM	Don't get sick after June Documentary uncovering the timely story of Indian healthcare and the Indian Health Service, told from the Native American perspective.	1:00
2:30 AM	How to Bead - Medallions Learn how to bead rosettes using curved lines and floral shapes using running stitch beading - Using larger than life beads.	0:30
3:00 AM	Echoes of the sisters Breast cancer exists and is growing at an alarming rate in North America and breast cancer in First Nations communities is no different.	0:30
3:30 AM	Creative Native - 404 'Hopi' The Good and Peaceful Ones; In this unique journey into Hopi culture, we meet local artists who shed light on the secret ways of this obscure nation.	0:30
4:00 AM	LMTV #30 Longhouse Media TV: Plant Stories to Light Our Way, Clams-Growing in Community Together, People of the Water, Live to Remember, How Agate Pass came to be, History is...	0:30
4:30 AM	Knowledge is the best medicine Patients should be aware of the role of the Doctor and the Pharmacist and should be familiar with some basic information on the proper use and safe storage of drugs.	0:30
5:00 AM	Earth Voices - 112 A series profiling Aboriginal People: Dr. Phyllis Cardinal - Educator, Carol Carifelle-Brzezick - Activist, Patricia Hoard - Adoptee, Maggie Black Kettle - Elder	0:30
5:30 AM	From the Spirit - Archie Beaulieu Known for bold and unique style of painting his art reflects his background of hunting, fishing and trapping and his connection to the land and its spirit.	0:30
6:00 AM	Rez-Robics: The Exercise Video Aerobic Exercise for Indian People by Indian People, through the eyes of Drew and Elaine.	1:30
7:30 AM	Tulalip 'Slides' + Total Info Tulalip 'Slides' and Total Info, A service for TULALIP TV viewers - with current News, Weather, Traffic, Financial, Dailies to keep you informed.	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 2024 Children's Animated Program: T-Bear, Talon and Devon get bored from summer holidays as Jacob tries to instill pride in them and in their community of Wapos Bay.	0:30
9:00 AM	Reel Injun An entertaining trip through the evolution of North American Native people ("The Indians") as portrayed in famous Hollywood movies.	1:30
10:30 AM	Don't get sick after June Documentary uncovering the timely story of Indian healthcare and the Indian Health Service, told from the Native American perspective.	1:00
11:30 AM	NorthWest Indian News - 60 Tribal Journey 2013: Paddle to Quinault, Sharing Our Waters, Quileute Elder Youth Mentoring Program, Behind the Scenes of Tribal Journey	0:30
12:00 PM	Tulalip Matters Tulalip Matters is your destination for information about what is happening on and around the Tulalip Reservation.	0:30
12:30 PM	Hibulb Antique Appraisals-Pgm #3 An accredited antique appraiser provides information and current market value to local Hibulb museum guests and their Native American antiques, Episode #3.	0:30
1:00 PM	Native Report - 815 On this new episode of Native Report - we meet Chester Nez, one of the original 29 members of the all-Navajo 382nd Marine Platoon.	0:30
1:30 PM	Reel Injun An entertaining trip through the evolution of North American Native people ("The Indians") as portrayed in famous Hollywood movies.	1:30
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4:00 PM	NorthWest Indian News - 60 Tribal Journey 2013: Paddle to Quinault, Sharing Our Waters, Quileute Elder Youth Mentoring Program, Behind the Scenes of Tribal Journey	0:30
4:30 PM	Lushootseed Learn Tulalip Lushotseed Language thru the Lushootseed Language Video Series and the Lushootseed Phrases of the Week.	0:30
5:00 PM	Tulalip Matters Tulalip Matters is your destination for information about what is happening on and around the Tulalip Reservation.	0:30
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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 See-Yaht-Sub?

Contact Rosie Carter at 360.716.4298 or email rcarter@tulaliptribes-nsn.gov

American Indian Healthcare and the Indian Health Service

By Roger Vater

During the week of June 30 - July 6 on Tulalip TV, Channel 99 on Tulalip Broadband or streaming live on www.TulalipTV.com you can watch the documentary 'Don't get sick after June: American Indian Healthcare'.

Uncovering the timely story of Indian healthcare and the Indian Health Service, told from the Native American perspective. Declared wards of the state, Native Americans negotiated housing, education and healthcare in numerous treaties with the U.S. Government.

This is the story of the program's inception under the Department of War through the latest promise - renewed recognition of our government's obligation to America's first people. Like so many other federal promises, these too have not been met. The budget shortfall to the Indian Health Service continues. Add to this the generational trauma of subjugation, reservations, boarding schools and alienation, their health and their healthcare is in a critical state.

You can watch 'Don't get sick after June' and many other Native programs on Tulalip TV, Channel 99 on Tulalip Broadband or streaming live on www.TulalipTV.com on a PC, Mac or any 'Smart' device such as phone or tablet.

'Don't get sick after June' can be watched on Tulalip TV during the week of June 30 - July 6 at any of these times: 1:30 a.m., 10:30 a.m. and 7:30 p.m.

For a current schedule of Tulalip TV, you can always visit: <http://www.tulaliptv.com/tulalip-tv-schedule/>

Program description source - Written Heritage Books and DVDs and from DVD cover <http://www.writtenheritagebooks.com/>

Tulalip adopts Good Samaritan Law with Lois Luella Jones Law

Article by Brandi N. Montreuil

For the past few months Rico Jones-Fernandez has campaigned to enact a Good Samaritan Law on the Tulalip Reservation that would provide temporary immunity for people seeking help from 911 emergency services for victims of drug or alcohol overdose. On June 7, his campaign came to an end when the Tulalip Board of Directors voted unanimously to enact the Lois Luella Jones Law into the Tulalip Tribal Codes.

While Jones-Fernandez's dedication paid off for future victims of overdose, his dedication stemmed from personal tragedy.

Lois 'Lou Lou' Luella Jones is described as a compassionate woman, who loved to laugh and be with her family and friends. She was a proud mother of five children and had grandmother bragging rights over three grandchildren, whom she intended to be close with. But on July 10, 2010, at the age of 41, Lou Lou succumbed to what the coroner's office, labeled as a drug overdose. Her son Rico-Jones believes it was a death that could have been prevented if the people in the house with her at the time of the overdose had called 911 for emergency help, without fear of arrest or conviction.

"I wonder what I could have done everyday," says Jones-Fernandez. "I know there are a lot of people who are sitting and wondering what they could do for their loved ones, and there isn't much you can do except tell them you are there for them. And with this law, at least people have the peace of mind in knowing if something does happen, someone can call 911 without fear of getting arrested. This is about not waiting for someone you love to die."

On April 13 of this year, Jones-Fernandez introduced an early version of the law to the Tulalip Board of Directors. The draft became known informally as draft 1 after a proposed version of the law was presented by Tulalip Legal Department, known as draft 2.

The two drafts, although proposed to encourage people to report emergencies without fear of self-incrimination, contained vastly different language and protections for the person seeking medical help for a victim of an overdose.

Draft 1 proposed guaranteed immunity for persons seeking medical help from being arrested due to possession of illicit substances or paraphernalia charges, underage drinking, or contributing to a minor, including non-violent

misdemeanor warrants. Protection for the caller also included the removal of probation being revoked or modified, and immunity to extend to all present that cooperated with medical staff.

Draft 2 proposed protection from arrest due to possession of illicit substances and police retain the power to arrest but encourage discretion, including the ability to use the law as a defense later in court if arrested.

Jones-Fernandez stated the differences in his draft are not about condoning the crimes but that life is more important.

Tulalip Tribes BOD agreed and passed draft 1 during a regular Board meeting, making the Lois Luella Jones Law effective following a brief 10-day filing with the Bureau of Indian Affairs.

Although minor changes were made to draft 1 before it's approval with the Board, the draft still retained its original language and intent, and can be used immediately.

"I've talked to hundreds of people about this law, and read everything I could get my hands on. It has come a long way; it has been challenging, but this is going to make things better. It is a good start. It is a great first step that will be effective," said Jones-Fernandez.

Constructing new futures

Tulalip tribal program teaches students skills in construction

By Chris Winters, The Herald

TULALIP — In a ceremony Friday that was by turns solemn, emotional and funny, a group of students were celebrated and given diplomas to mark their graduation.

But this ceremony, held on the Tulalip Tribes' reservation, was in honor of the students in the tribes' Construction Trades Center, which has now been recognized by the state as an approved pre-apprenticeship program. It's the first time a tribal program in the United States has achieved this distinction.

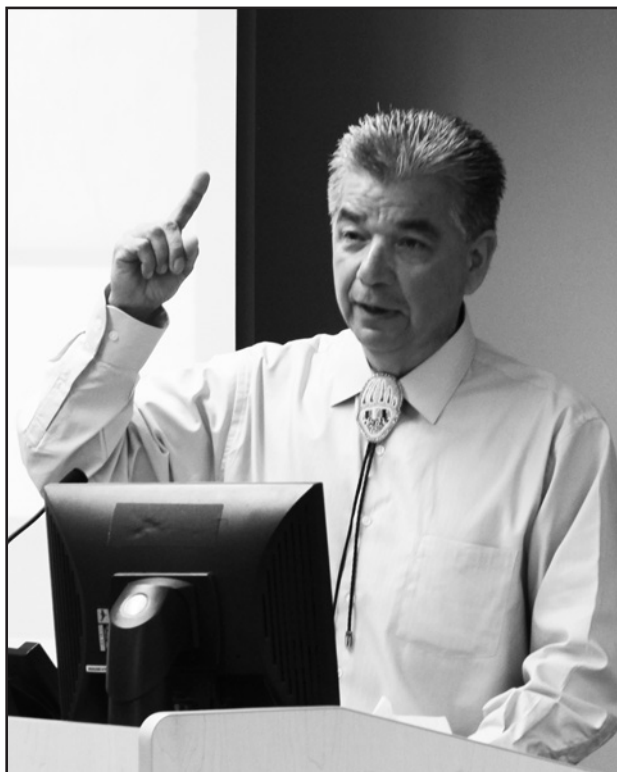
For many of the students graduating, the diploma symbolizes

not just a certificate of accomplishment but a door to a new life.

Starting with blessing and song in the native Lushootseed language, the ceremony included speeches from tribal leaders, lunch and some good-natured ribbing of the students from their instructor.

To encourage the graduates to seize the opportunity to make a new life, Tulalip Vice Chairman

Continued on next page



Tulalip Vice Chairman Les Parks.
Photo by Andrew Gobin.

Les Parks recalled his own experience learning construction in a similar tribal program in the 1970s, followed by a career running a construction company.

“You guys need to take advantage of what’s been given to you by Tulalip,” Parks said. “If you love what you’re doing in life, it isn’t a job.”

The Construction Trades Center is in an old Boeing manufacturing building. Students learned the basics of the trade: carpentry, framing, plumbing, dry-wall installation, wiring, concrete work, finishes — everything needed on a job site.

Longtime instructor Mark Newland brought in representatives from unions and job placement organizations to talk to the students, and all the classes are accredited through Edmonds Community College.

For the first time, this year the program offered Edmonds’ entire Construction Industry Trades curriculum over a four-month period: seven classes plus certifications for First Aid, flagging and the Occupational Safety and Health Administration’s 10-hour certificate.

Each student also built a personal project. Among them were shelves carved with a Seattle Seahawks logo that is chewing on a tiny Denver Bronco, a sewing table with extendable shelves and a table with a glass-and-tile surface.

Newland also works to inculcate a strong work ethic in his students.

“People realize getting up at 7 a.m. and going to work is kind of fun,” Newland said.

This year also marks the first time the program was run and funded by the Tulalip Tribes through the Tribal Employment Rights Office, with grants from the Tulalip Tribes Charitable Fund and the state Department of Transportation.

The employment rights office is used by many tribes to offer preference in hiring to tribal members for work performed on reservations. It took over after federal grant money dried up, said director Teri Gobin,

and the office is looking at possible ways to expand beyond construction — perhaps solar energy, green building or commercial driver licensing.

The Construction Trades Center program is open to members of any Native American tribe. Other tribes across the nation were looking at replicating the Tulalip program on their own reservations, Gobin said.

“We’re looking at where the program will go in the future, and the sky’s the limit,” Gobin said.

In the final days of the course, students learned about residential energy efficiency from Randy Sibley from Edmonds Community College, who was the original instructor for the Tulalip program.

The objective for the day was to set up a blower door in a detachable frame over one of the office doors, then to use a duct blaster and manometer to measure whether there are any leaks in the ducts.

The next day, the students would do the same on an actual work site, a house under construction nearby.

After securing a canvas tarp to the frame and attaching a flexible tube to the blaster and the door, Sibley gave the manometer to Raymond Rhaume, while another student operated the fan.

Rhaume, 30, had fun with it, calling out pressure readings in an increasingly dramatic tone: “18! 19! 20!” Then the tube detached, and they had to start over.

Later in class, Sibley instructed them how to fill out the state energy audit forms they’ll be required to do on each work site.

Michael Martin, who took the class alongside his mother, Delores Lafferty, both of whom are Oglala Sioux from South Dakota, said that the class has given him a new direction.

Before, Martin said, “I just worked random jobs, but it was tough because I didn’t have the skill set.”

Now, he said, he plans to attend junior college in the fall and focus on construction management or energy efficiency.

Rhaume, who is of Yakama descent, took the class with his older brother, Israel “Scott” Rhaume.

“I came to the class because he’s my brother, just getting out of prison, and I wanted to support him,” Raymond Rhaume said.

Scott Rhaume, 32, who is on probation after serving time for a firearms offense, said that taking the class was a chance to change his environment and focus on a new life.

“This is definitely the best decision I made so far,” he said.

Scott Rhaume emphasized this at graduation Friday, when students were invited to speak. He told more than 100 tribal members and guests in the audience how he started learning plumbing and construction while in prison and decided to make a fresh start when he got out.

He thanked Newland and the Tulalip Tribes for the program.

“I never really did anything like this,” he said, tearing up. “This program really helped me. Thanks to my little brother for showing up for me.”



Graduating students had an array of projects on display at the celebration ceremony.

Photos by
Francesca Hillery.

Instructor Mark Newland (front row, second from the left) celebrates with his graduating class.

Photo by
Francesca Hillery.

**“I never really
did anything
like this. This
program really
helped me.”**

**- Scott Rhaume,
Construction Trades
Center graduate**



Class of 2027 makes first milestone with Tulalip Montessori graduation

Article and photos by Brandi N. Montreuil

The graduating class of 2027 took center stage on Thursday, June 12, at the Don Hatch Jr. Youth Center’s Greg Williams Court for a special Tulalip Montessori School graduation ceremony to commemorate the future leaders of Tulalip.

Family and friends joined the 33 graduates in attendance for an evening of celebration. The evening’s ceremony featured a customized photo slideshow of graduating students throughout their years at Montessori and a mini concert performed by the graduates in Lushootseed, before taking the graduation walk.

Tulalip Montessori graduating class of 2014 comprised of 36 students who will continue their educational journey in kindergarten next year.



Montessori
students during
their June 12
graduation ceremony.

Students honored at annual graduation banquet



Tulalip graduates wait for their names to be called. Each student received a framed print designed by James Madison in honor of their hard work and success.

“Never give up on what your dreams are, never give up on your hope, and never give up on your faith.”

**- Leticia Bumatay,
School Home
Partnership Program**

Remember your teachings from elders and use them in daily life. Stay humble, respectful, and honest.”

**- Mekalani Echevarria,
Marysville Getchell High School**



Boy and girl high school senior of the year, Mekyla Fryberg and Jaren Muir Johnson. Each received a Pendelton blanket and canoe paddle designed by Joe Gobin.

Article and photos by Andrew Gobin

The Tulalip Tribes honored all tribal members that graduated this year, as well as other Native students who graduated from the Marysville School District, on June 13 at the Tulalip Resort. Ninety-nine students graduated from high school and post-secondary education.

Tribal leaders recognized the academic achievement of the students, and former Chair of the National Indian Gaming Commission, and keynote speaker for the event, Tracy Stevens highlighted the importance of education, and what that empowers students to accomplish for their tribe and for themselves.

“I didn’t understand what the purpose of education was, and what it would do for me later in life. I was the first person in my immediate family to graduate high school and began a 21-year journey to get a four-year degree. The lack of a question I had when I was younger, about what education would do for me, I found later, that education would expand my universe, a great deal. Which eventually led to my passion, which is helping my people, in any way that I could.”

Graduates expressed gratitude for many years of support, telling of their struggles and achievements.

Leticia Bumatay of the School Home Partnership Program (SHOPP) said, “Seven years ago, I couldn’t see myself standing here. I say seven years because that was when I lost my mom. I was bounced around with beda?chelh, so I am 21 years old getting my high school diploma today. The one thing I have to tell everybody is to never give up. Never give up on what your dreams are, never give up on your hope, and never give up on your faith. My grandma taught me that.”

Education is a journey for finding your place in life. After high school, some students move on to college to chase their life’s passion. Others find their passion in jobs or job training. It’s all about doing what you love in the long run.

Mekalani Echevarria of Marysville Getchell High School said, “Find a passion and go with it. Life without passion is utterly boring. But don’t forget where you come from. Remember your teachings from elders and use them in daily life. Stay humble, respectful, and honest.”

Education

Tulalip graduates were recognized for the example they are for their people.

Tulalip Heritage High School graduate, Santana Shopbell, spoke about the importance of being a role model for future generations.

“What kind of auntie would I be if I didn’t graduate? I had to be an example for my nieces and nephews. Not only for them, for the next

generation,” said Shopbell.

That need to be a role model continues long after graduation.

“A woman I worked with, Rene Stone, told me, ‘How will all those Indian boys and girls, that are growing up now, ever know that they can come this far and do this kind of work if they don’t see you out front leading? Children can’t be what they can’t see,’” Stevens

recalled. “You all have reached an important benchmark, and with that you are breaking a cycle of an old failed Indian Education policy that was meant to take the Indian out of you. We can do more than just survive, we can thrive and prosper. You’ll use your education, your knowledge, to pass that on to the next generation, to change the history of Indian Education so that we control

our own destiny. Be the example, be the change, and be the one that passes that on.”

Ninety-nine graduates this year. Ninety-nine examples of hard work and dedication. Ninety-nine examples of success and achievement, overcoming adversity in so many ways. Congratulations to all graduates of 2014.



Mekelani Echevarria was selected to represent Marysville Getchell High School at the graduation banquet. In her speech, she thanked many people, naming her mom as her biggest supporter. She spoke about all the values she learned in high school and how the her traditional values have grown with her as well.



Marysville Pilchuck High School Jazz Band played several fun arrangements through the evening, including Hakuna Matata.

“You’ll use your education, your knowledge, to pass that on to the next generation, to change the history of Indian Education so that we control our own destiny.”

- Tracy Stevens
Keynote Speaker

Josie Marchesi (second from the left) from Ellensburg celebrated her graduation with her family here at Tulalip.





Heritage student Adiya Jones acted as cinematographer during the 'Lady of the Woods,' which required her to learn framing.



Students remain quiet during a camping scene during filming.

Tulalip TV mentors young filmmakers

Article and photos by Brandi N. Montreuil

Quiet on set. Camera frame. Speed. Mark it. Action!

Tulalip Heritage High School students recently held their filmmaking debut on Friday, June 13, with a little help from Tulalip TV, a subsidiary of Tulalip Tribes Communications. Through a unique collaboration between Heritage High School and Tulalip TV, multi-media students received a crash course on film production to produce a short film titled, "Lady of the Woods."

The project, created by Heritage principal Shelly Lacy and Heritage teacher Cerissa Gobin, required students to not only learn pre and post- film production and editing, but also to create a script and act it out.

"A lot of times, as viewers, we don't think about how a movie comes together," said Niki Cleary, Tulalip Tribes Communications Director. "This gave our youth a chance to see that it doesn't happen all at once from start to finish. They had the fun experience of shooting scenes out of sequence. The scenes, which happen one right after another in the movie, were shot on different

days. Unfortunately, the students forgot to wear the same clothing, which made for some continuity issues, but really helped them learn some of the basic principles of movie production."

The short film, which started off initially as a game show in brain storming sessions, provided students the entire film production process on a limited schedule. This included learning filmmaking terminology, which to untrained ears, sounds a lot like random dialogue being yelled out by the director from behind the camera. Roll camera. Tilt. Speed frame. Fade in.

"I am very happy with what we were able to accomplish in such a short period of time," said Brian Berry, director of video for Tulalip TV, who worked with students throughout the filming. "We all knew that we were working against the clock, and that was one of the skills that the students learned, time management with regard to productions. We saw a lot of interest from many of the students and we hope this spark will ignite a growing base of students who want to continue with this type of study and possibly career path."

That's a wrap. As part of the filmmaking process, students debuted "Lady in the Woods" to underclassmen during the last days of school completing their filmmaking process.

"The student participation has been amazing. Although listening to the lecture portion of class was tough, they really engaged once they got hands on with the equipment," said Cleary. "Ultimately, we hope to train the Heritage students to the point that they are able to cover Heritage Sports with a student staffed video crew. The skills they learn can also be used to produce a Heritage news program, public service announcements or any number of exciting video projects. We hope that the students who learn video skills at Heritage will be the next generation of Communications Department employees."



Tulalip TV Director of Video Brian Berry (top) and video producer Rick Valentine (left) worked with students on the project.

Tulalip offers temporary relief for citizens in case of emergency

By Brandi N. Montreuil

With the recent events surrounding the major mudslide that occurred four miles east of the OSO community and resulted in 42 confirmed deaths, cities across the region are re-examining their emergency preparedness plans. In Tulalip, with help from a 2011 \$137,000 Tribal Homeland Security grant, a plan is in the implementation phase to provide long-term food and water storage for the Tulalip Reservation.

The need for such a plan arose during the Tulalip Tribes 2010 emergency planning update that included the Tribe’s housing mitigation plan. It was noted at that time that the Tribe lacked the capability to store long-term food or water in the case of a catastrophic event.

Starting in the fall of this year, Tulalip citizens will begin to notice 8x20-foot mobile or cargo trailers placed around the reservation. These trailers will be stocked with 72-hour emergency kits with solar radios and long-term shelf food.

To ensure citizen’s dietary needs are considered, Sandy Evans, Tulalip Medical Reserve Corp

“We want the community to feel trained and have supplies accessible. The idea is to get the neighborhoods involved in preparedness.”

- Rochelle Lubbers
Tulalip Tribes Emergency Management Coordinator

Coordinator, will work with a dietician to purchase foods that meet dietary standards, such as diabetic approved foods.

“We are also looking to buy about 30, 55-gallon water barrels and water purification methods and blankets,” explained Rochelle Lubbers, Tulalip Tribes Emergency Management Coordinator. “The emergency kits are the largest cost. We are not putting a large emphasis on buying shelter equipment, because history shows that people want to stay near their homes. They find a way to either camp near their homes, or find a relative to stay with. If we ever did need extra sheltering the Red Cross would help.”

Lubbers explains the storage trailers being purchased are specifically to be used in case of catastrophic disasters that would impact not only Tulalip, but also the region surrounding Tulalip, and will be used to service the entire Tulalip Reservation, including non-Tulalip members.

“I can’t say there is a distinction at this time in the plan regarding non-tribal members. The trailers will be located in areas populated with tribal housing, so they naturally favor our tribal members. With that said, once something occurs, we are not going to disregard the need of other people in the community, we will all have to come together,” said Lubbers.

“Ideally we want these storage trailers to become a part of the community. We want the community to feel trained and have supplies accessible. The idea is to get the neighborhoods involved in preparedness,” Lubbers explained. “If you can imagine a regional earthquake that affects multiple cities at the same time, we have to realize no one is coming to help for several days. We are truly on our own.”

This realization that Tulalip could become isolated from surrounding cities is what Lubbers hope neighborhoods will consider when making their own preparedness plans, along with the risk that individual neighborhoods within Tulalip could also become isolated during catastrophe.

Tulalip Emergency Management office will begin announcing trailer placement soon, along with conducting outreach for people interested in being trained in preparedness regarding the emergency storage trailers.

For more information about emergency management, or Tulalip Tribe’s emergency management plan, please contact the Tribe’s emergency management office at 360-716-5945.

The Sugar effect

By Monica Brown

Now that we know that the food industry is adding sugar to many processed foods, let’s go over what it does to the body when you eat these foods. The body gets its energy from glycogen and glucose. Glycogen is stored in the liver and muscles as energy between meals or during exercise. The body can only store so much glycogen, which is why we get hungry after exercising or not eating for about five hours. After you eat, food is converted into glucose or glycogen. The glucose is sent throughout the body via the bloodstream and insulin level rises so that the cells can take in the glucose to use as energy. When the cells are full and can’t

store or use anymore, and the liver has stored up as much glycogen as it can, the excess glucose is then converted and stored as fat.

The problem with the daily diet having too much sugar is that the body doesn’t require that much sugar for quick energy; it needs more sustainable energy found in protein and low GI (glycemic index) foods. Protein is a high thermogenic food which means it requires more energy than other foods to be digested. Low GI foods provide a slow release of energy because they take longer to digest.

While sugar may read on food labels under the guise of 257 different names; all sugars, carbs, protein and fats are digested and broken down to their simplest form of glucose, galactose or fructose. The body only needs so much sugar during each meal, any more than that and it’s wreaking

havoc on your body before and after it’s stored as fat.

Excess sugar is linked to many diseases. Studies done by the CDC, Harvard Medical School link it to heart disease. The National Institute of Neurological Disorders and Stroke and UCLA Brain research Institute link it to increased risks of neurological diseases such as dementia, Alzheimer’s and higher mortality after a stroke. John Hopkins Hospital and Dr. Custodia Garcia-Jimenez at the University Rey Juan Carlos in Madrid have found that excess refined sugar in the body fuels cancer cell mutation.

The next article in this series will focus on a healthy diet and how to incorporate sugar through healthy, nutritious foods. There will also be sample recipes to try that will have little or no sugar added.

Glycemic Index food list from the American Diabetes Association

Low GI Foods (55 or less)

- 100% stone-ground whole wheat or pumpernickel bread
- Oatmeal (rolled or steel-cut), oat bran, muesli
- Pasta, converted rice, barley, bulgar
- Sweet potato, corn, yam, lima/butter beans, peas, legumes and lentils
- Most fruits, non-starchy vegetables and carrots

Medium GI (56-69)

- Whole wheat, rye and pita bread
- Quick oats
- Brown, wild or basmati rice, couscous

High GI (70 or more)

- White bread or bagel
- Corn flakes, puffed rice, bran flakes, instant oatmeal
- Shortgrain white rice, rice pasta, macaroni and cheese from mix
- Russet potato, pumpkin
- Pretzels, rice cakes, popcorn, saltine crackers
- Melons and pineapple

Can you stand the heat?

Tulalip Bay Fire Department runs house fire drill

Article and photo by Andrew Gobin

A ceiling of dense smoke hung inches above our heads as Tulalip Bay Firefighters and I crouched in the burning house. Removing my glove to snap a photo from the inside, I instantly felt the intense heat that filled the room around us. Crawling towards the burning room, my hand began to burn from the heat, forcing me to put my glove back on. Sensors measured the heat in the room where the flames were to be above 600° Fahrenheit, so Tulalip Bay Fire Chief Teri Dodge doused the flames with the fire hose. Even through protective bunker gear I could feel the heat from the blast of steam that shot out from the doorway of the room. My air tank was out so I had to get outside.

The Tulalip Bay Fire Department burned a house slated for demolition on June 14 on Mission Beach Road, across from the cemetery. They

let me join them for the drill for an exclusive look at what they do, fitting me in bunker gear (firefighter boots, pants, coat, helmet, etc.) complete with an air-pack so I could safely be in the house to observe them in action.

After the first round of drills were finished, it was on to the second drill, flashovers. I didn't understand the term, but it sounded exciting.

Once more I geared up to go in, though I could only stay in for one round due to safety concerns. There we were, crouched down. A second room was set on fire during a break and had grown to a good size blaze. I couldn't get any pictures, having to keep all of my protective gear on. Site commander Tom Cohee was my guide for this round, taking the time to explain what firefighters look for in a fire. Going in we had to crawl. The temperature in the smoke above us was upwards of 200°, much hotter than the 110° on the



With the practice house fully engulfed in flames, firefighters work to contain ash and protect nearby trees as they let the house burn.

ground where we were. A firefighter would spray water at the ceiling, and depending on how much came down, they could gauge the temperature of the air above. As things heated up, another ceiling spray, and a cloud of steam surged downward, making visibility so low I couldn't see my hand in front of my face.

They didn't spray again for a few minutes, letting the gasses and flames build for the flashover. Cohee explained that flashover is when the air above, which is filled with gasses from burning debris, gets so hot that they catch fire and flash, allowing flames to extend out of the burning room, the length of the house ceiling. No sooner had he explained than a flame whipped across the ceiling, rolling down the back wall I was leaning on. A few ceiling sprays cooled the air enough to contain the flashover. I exited with the team. I was heating up in all the gear, but I didn't realize how hot it actually

was in the house. Once outside, I removed my gloves and grabbed my helmet. That was a mistake. I couldn't touch it any more than I could touch a skillet.

I have a new appreciation for the work firefighters do.

"We train this way because we have to," said Chief Dodge. "In a real fire, we can't choose or control the situation we walk into. So here, we have to practice multiple scenarios. Even though it's practice, these drills are as dangerous as a real house fire."

Tulalip Bay Fire Department is committed to the Tulalip community. In addition to responding to emergency calls, they can be found handing out fire safety information and tips at different events, like the health fair at the Tulalip Karen I. Fryberg Health Clinic. If you see them out in the community, be sure to say hi.

Obituary



Jeanne James

Jeanne James, 66 of Tulalip, Wash., passed away June 15, 2014. She was born February 18, 1948 in Mt. Vernon, Wash. to Henry and Geraldine Williams. Jeanne was a Swinomish Tribal Member.

She dedicated her career to Indian Education and was on the first board for Indian Child Welfare. She was also a member of the Washington State Indian Education Association. She was an avid Washington Husky fan.

She is survived by her husband, Mark James; children, Kurtis James, LeVena (Matt) Barlow, Marcie (Ed) Lozeau, Margie James; siblings, Linda Day, Ron Williams, and Ray Williams; two brothers-in-law, Chuck James Jr. and his wife, Illene, and Lenny James; grandchildren, Amanda Hansen, Michael Lozeau, Olive Barlow, and Elijah Barlow; numerous nieces, nephews, and cousins.

She was preceded in death by her son, Kevin James; her parents; siblings, Joey Wilson, Warren Wil-

son, Marcia Williams, Richard Williams, Gerald Williams, and Henry Williams Jr.

Visitation was held Wednesday, June 18, 2014 at 3:00 p.m. at Schaefer-Shipman with an Interfaith service following at 6:00 p.m. at the Tulalip Tribal Gym. Service was on Thursday, June 19, 2014 at 10:00 a.m. at the Tulalip Gym with burial following at Mission Beach Cemetery. Arrangements entrusted to Schaefer-Shipman.

Request for help on Priest Point Cemetery documentation

I am documenting our tribal members and other persons buried at our Tulalip Priest Point cemetery. On a spreadsheet I am listing the individual's name, birth and death dates; and the individual's father and mother with their birth and death dates. Also, I am listing the adult individual's spouse(s) with their birth and death dates. One of the important things is providing the maiden names of our tribal women, too. Currently I have 250 names listed on the spreadsheet.

I am asking for help for additional information on our Tulalip kinfolds (individual, spouse(s), parents) that I haven't listed. Personal information can be emailed to me at: dstkwadi@yahoo.com

This Tulalip Priest Point Cemetery documentation I shall offer to our Hilbulb Museum.

Thanks, David Spencer Sr.
(Tulalip tribal elder)

Charles Family Reunion



July 19, 2014
Kenny Moses Building

Joseph Charles - 1882, Grandfather
Nora Jimicum - Aug 15, 1895, Grandmother

Fred - 1910	Joseph - July 15, 1925
Pearl - 1914	Arlene - Oct. 9, 1927
Leo - June 4, 1915	Freda - Nov. 22, 1929
Isabel - Nov. 15, 1917	Marge - July 17, 1934
Wes - Sept. 7, 1921	

* Potluck *

Contact: Rose Charles 360.651.2183 or 360.618.3881
Email: joe62_850@hotmail.com
or 360.631.2104



Tulalip Tribal Court Notices

TUL-CV-GC-2014-0133 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. Lydia Tellez Hernandez, Petitioner vs. Jamie Gobin, Respondent. On the 24th day of April, 2014, the above-named Plaintiff started a lawsuit against you, the named

Defendant, in the above entitled court. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: May 21, 2014.

SUMMONS BY PUBLICATION TUL-CV-CS-2014-0085. Tulalip Tribal Court, Tulalip WA. TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs ANGIE TERESA MOSES regarding a Summons and Petition to Establish Child Support. TO: ANGIE TERESA MOSES: YOU ARE HEREBY NOTIFIED that on March 18, 2014, a Summons and Petition for the Establishment of a Child Support Order was filed in the above-entitled Court pursuant to TTO 2.10.040 and

TTO 4.10.250. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer on July 8, 2014 at 2:00 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: May 28, 2014.

SUMMONS BY PUBLICATION TUL-CV-PA-2014-0085, TUL-CV-CS-2014-0085. Tulalip Tribal Court, Tulalip WA. TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs ROBERT CARDIEL, Alleged Father, regarding a Summons and Petition to Establish Paternity. TO: ANGIE TERESA MOSES, Natural Mother: YOU ARE HEREBY NOTIFIED that on March 18, 2014, a Summons and Petition for the Establishment of Paternity was filed in the above-entitled Court regarding one

child: N.R.M. (DOB:09/22/2000) --- pursuant to TTO 2.10.040 and TTO 4.10.250. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer on July 8, 2014 at 2:00 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, PATERNITY WILL BE ESTABLISHED. Date first published: May 28, 2014.

THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA No. TUL-CV-EX-2014-0131 Summons by Publication and & Notice of Petition for Exclusion THE TULALIP TRIBES, Petitioner vs. Dennis J. Boon, Respondent

On April 23, 2014, a Petition for Exclusion was filed in the above-entitled Court pursuant to TTC 2.40. YOU ARE HEREBY NOTIFIED that 1) that you are entitled to be represented by counsel, at your own expense; 2) that you may present testimony of witnesses and other evidence on your own behalf; and 3) that failure to attend the hearing may result in an order of temporary or permanent exclusion or removal; 4) that if you intend to call witnesses, a witness lists shall be filed no

later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the exclusion petition no later than (30 days from the date of the last publication of the summons) and serve a copy on the Office of the Reservation Attorney within five calendar days after filing with the Court, the matter shall be set for a hearing. The date and time of the hearing shall be set by the Clerk's Office and shall be held at the Tulalip Tribal Court located at: 6103 31st Ave. NE, Tulalip, WA 98271. David Wall, WSBA #16463, Office of the Reservation Attorney 6406 Marine Drive, Tulalip WA 98271 360-716-4785 ph, 360-716-0658 fax

THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA No. TUL-CV-EX-2014-0698 Summons by Publication and & Notice of Petition for Exclusion THE TULALIP TRIBES, Petitioner vs. Michael McLaren, Respondent

On January 10, 2014, a Petition for Exclusion was filed in the above-entitled Court pursuant to TTC 2.40. YOU ARE HEREBY NOTIFIED that 1) that you are entitled to be represented by counsel, at your own expense; 2) that you may present testimony of witnesses and other evidence on your own behalf; and 3) that failure to attend the hearing may result in an order of temporary or permanent exclusion or removal; 4) that if you intend to call witnesses, a witness lists shall be filed no

later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the exclusion petition no later than (30 days from the date of the last publication of the summons) and serve a copy on the Office of the Reservation Attorney within five calendar days after filing with the Court, the matter shall be set for a hearing. The date and time of the hearing shall be set by the Clerk's Office and shall be held at the Tulalip Tribal Court located at: 6103 31st Ave. NE, Tulalip, WA 98271.

Michele Robbins, Paralegal/Spokesperson Office of the Reservation Attorney 6406 Marine Drive, Tulalip WA 98271 360-716-4551 ph, 360-716-0658 fax

THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA No. TUL-CV-EX-2014-0132 Summons by Publication and & Notice of Petition for Exclusion THE TULALIP TRIBES, Petitioner vs. Sandra Hill, Respondent

On April 23, 2014, a Petition for Exclusion was filed in the above-entitled Court pursuant to TTC 2.40. YOU ARE HEREBY NOTIFIED that 1) that you are entitled to be represented by counsel, at your own expense; 2) that you may present testimony of witnesses and other evidence on your own behalf; and 3) that failure to attend the hearing may result in an order of temporary or permanent exclusion or removal; 4) that if you intend to call witnesses, a witness lists shall be filed no

later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the exclusion petition no later than (30 days from the date of the last publication of the summons) and serve a copy on the Office of the Reservation Attorney within five calendar days after filing with the Court, the matter shall be set for a hearing. The date and time of the hearing shall be set by the Clerk's Office and shall be held at the Tulalip Tribal Court located at: 6103 31st Ave. NE, Tulalip, WA 98271. Michele Robbins, Paralegal/Spokesperson Office of the Reservation Attorney 6406 Marine Drive, Tulalip WA 98271 360-716-4551 ph, 360-716-0658 fax

What is the first thing you plan to do now that school is out?



"Hang out with my friends"

Shelly Tracy
Tribal member

"Celebrate!"

Kecia Zackuse
Tribal member

"How about celebrate and party!"

Taylor Pablo
Tribal member

"I am going back to Hawaii."

Terrell Jack
Tribal member



Hibulb Cultural Center



& Natural History Preserve

CHILDREN'S READING TIME

Saturdays, 1:30 PM to 2:00 PM
Community members will help build a lifelong love of reading by sharing their favorite children's books.
June 28 - Maria Martin

FILM SERIES

Sunday, June 29 • 1:00 PM to 2:30 PM
Daniel Jones, qwəl'qwəl'isəʔ, Producer Pluralverse
In anticipation of the Film Festival with the theme, "Family Through Our Eyes", Daniel will share ideas and techniques for those interested in documenting their family history through film.

SYMPOSIUM & WORKSHOP REGISTRATION NOW OPEN!

Poles, Posts & Canoes Symposium
July 21-22
Caring For Totem Poles Workshop
July 23-25



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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