



Info  
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# 21ST ANNUAL SALMON HOMECOMING



Tulalip

## SEE-YAHT-SUB

dxʷlilap syəcəb  
"Tulalip News"

Volume 34 No. 34

Wednesday, September 11, 2013

## Celebrating wellness

**Karen I. Fryberg**  
Health Clinic ten-year  
anniversary

*Article, photos by Andrew  
Gobin*

An open house  
promoting healthy living  
could not have been a more  
fitting way to celebrate  
the ten-year anniversary



The Organ Lady, visiting  
from the Providence Organ  
Program, shows various  
human organs, both healthy  
and unhealthy.

See **Wellness**, page 7

## Backpack to School

Annual school bag and supply giveaway



Zee Jimicum (center) with her niece and nephew Sonia and Armando. Armando shows off his new Dakine backpack.

*Article, photos by  
Andrew Gobin*

With lines  
zigzagging through the  
playground, parking lot  
jammed over capacity,  
and the looming threat  
of a downpour, students

eagerly waited to  
receive their new school  
bag at the Tulalip/  
Quil Ceda Elementary  
School. The annual  
backpack giveaway  
beckons the start of yet  
another school year,

equipping all Tulalip  
students, as well as all  
other native students in  
the Marysville School  
District, with the  
supplies they will need  
through the year.

See **Backpack**, page 6

## Restoration: It takes a community



The collaboration between tribal, local,  
county, state, and federal agencies will  
restore the natural water flow in the 400  
acre estuary.

*Article and photos by Monica Brown*

"This project is a restoration  
of ecology, a restoration of community  
and a restoration of faith in each other."  
Gordon White's description of the  
Qwuloolt Estuary restoration reflected  
the sentiment of the day. White, of  
the Department of Ecology, was one  
of many partners whose hard work,  
dedication and perseverance made the  
400 acre restoration possible. Tulalip  
hosted an estuary tour and luncheon  
on August 27<sup>th</sup>, partly to recognize and  
partly to remind all of the partners how  
far the project has come.

See **Estuary**, page 3

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# Attention Tribal Fishermen

*Sgt Christopher Gobin, Tulalip Fish and Wildlife*

We will be having our crab pot and net auction on September 14, 2013 at 9:00 a.m. We have approximately 200 crab and shrimp pots in various conditions and 35 nets, from 10 feet in length to 600 feet in length, in various conditions. The auction will be held at the Tulalip Marina and is cash only.

#### **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.

#### **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

# Get Your GED

## GED Community Meeting

- Find out what it takes to get your GED
- Sign up for classes.
- Other options available to you
- Light Supper provided

**DATE: September 18, 2013**

**TIME: 5-8 PM**

**ROOM: 263, Administration Bldg.**

**\* RSVP: 360-716-4888, Higher ED**

## Back to College Event

**Please join us at  
NWIC-Tulalip on  
Thursday, September 12th  
from 9-4 for our**

***"Painless Registration Day"***

We will be offering:

- Scholarship Help
- Registration Advising
- Free School Supplies
- Book ordering & student email help
- Pizza & Ice Cream (12:00)

**For more information contact  
Jess Williams at 360-716-4650**

### **Not getting your See-Yaht-Sub?**

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



# News

## Estuary from front page

"It's difficult to understand the scope of a project like this until you are on the ground and actually walking the site," said Tulalip Chairman Mel Sheldon. "Qwuloolt and projects like it are vital to our people. For our citizens this isn't just about habitat restoration or growing fish populations, although both are important, this is about saving our culture."

Sheldon pointed to the foods served at the luncheon as an example of what the estuary would do for Native Americans. Guests were treated to locally caught pink salmon, dried geoduck clams and elk jerky, along with slightly less traditional foods with a native twist including nettle pasta, buckskin bread and wild berry cobbler. As traditional foods are gathered and prepared, Sheldon explained, something more important than groceries and cooking techniques are being shared.

"Our people share stories, history and our traditional ways," Sheldon continued. "We learn lessons from the foods we eat, lessons about how to be good citizens, how to take care of our people and how to plan for the future. Not only tomorrow's future, but the future of our children, their children and their children's children."

Qwuloolt is one of 17 restoration projects within the Snohomish River Estuary. In addition to the teamwork involved in this restoration, partners recognized each other for the ability to see solutions, rather than roadblocks.

"The federal government is not the only answer out there," said Olton Swanson, Army Corps of Engineers. "When we can rally as a community, that is what will carry the day."

Qwuloolt, a complex restoration project that has already spanned fourteen years, is nearing completion. The last major task is to lower the southern levee and remove the tide gate; this is forecasted to be complete in the winter of 2014. The tide gate and levee were used to drain the land of the fresh water and prevent any salt water from flowing back into the estuary.

With the completion of the western edge setback levee this winter, the southern levee which runs along the northern edge of Ebey Slough will be breached and the tide gate removed allowing water from the streams and the Puget Sound to mix. The result? In the near future Qwuloolt will once again become a nursery for salmon, a way station for migratory birds and a sanctuary of native vegetation benefitting both the animals and people of the region.

Mel Sheldon, Tulalip board chairman, spoke about the importance of the estuary to Native American culture.

Below: State and local politicians along with environmentalists toured the estuary while learning about the extensive undertakings that are part of the complex project that will restore the estuary to its natural function.



The Qwuloolt restoration project is a collaboration between the Tulalip Tribes, City of Marysville, Army Corps of Engineers, National Oceanic and Atmospheric Administration, U.S. Fish and Wildlife, Washington State Department of Ecology, and Natural Resources Conservation Service.

## Being Frank: Fix White River Dam, Fish Passage



*By Billy Frank, Jr., Chairman, Northwest Indian Fisheries Commission*

OLYMPIA – A crumbling 103-year-old fish-blocking diversion dam and inadequate fish passage system on the White River near Buckley need to be replaced because they are leading to injury and death for hundreds of threatened salmon, steelhead and bull trout, slowing salmon recovery efforts in the river system.

It's common for some adult salmon to display a few cuts, scrapes and scars by the time they complete their ocean migration and return

to spawn. That can take two to six years depending on the species.

But more and more fish are now being found at the foot of the diversion dam with gaping wounds and other injuries caused by exposed wooden boards, steel reinforcement bars and other parts of the deteriorating structure. Many of those fish later die from their injuries.

At the same time, an explosive revival of pink salmon has overwhelmed the inadequate trap-and-haul fish passage system operated by the U.S. Army Corps of Engineers. At two years, pink

salmon have the shortest life cycle of all salmon and are abundant in the Puget Sound region. Pink salmon returns to the White River have shot up in the past decade from tens of thousands to close to a million.

That's led to massive crowding of returning adult spring chinook, steelhead and migrating bull trout at the foot of the diversion dam where salmon continually try to leap over the structure – injuring themselves in the process – in their effort to move upstream and spawn. All three species are listed as threatened under the Endangered Species Act.

*Continued on next page*

The diversion dam, constructed in 1910, sends water from the river to Lake Tapps. The dam prevents adult salmon from reaching the Mud Mountain Dam farther upstream, which is also impassable to salmon. Instead, fish are collected in a 73-year-old trap just below the diversion dam, then trucked upriver and released above Mud Mountain

Dam.

There's been a lot of talk but no action to fix the fish passage problem in the river.

Back in 2007, the National Marine Fisheries Service (NMFS) issued a biological opinion under the Endangered Species Act requiring the U.S. Army Corps of Engineers to upgrade the fish trap. So far, the Corps

has ignored the order, claiming that it doesn't have the money. NMFS, meanwhile, has turned a blind eye to the Corps' documented illegal killing of ESA-listed salmon.

In 1986, only a handful of spring chinook returned to the White River, but today those returns number in the thousands because of the cooperative efforts of the

Muckleshoot and Puyallup tribes, state government and others.

The Corps and NMFS need to step up to the plate and do their jobs. When they don't, what they are really saying is that salmon, treaty rights, and years of effort and investment by so many of us here in Puget Sound don't really matter.

## Salmon killer: Top 10 threats to the king of fish

By Richard Walker, Indian Country Today Media Network

As Indigenous Peoples of the Northwest work to restore salmon habitat and with it lost culture and treaty rights, they are grappling with the reality that continued development is undoing their efforts as they go. In September 2012 the Northwest Indian Fisheries Commission released a report, "State of Our Watersheds," documenting the results of local and state planning that have been in conflict with salmon habitat-recovery goals. Below are the principle findings as to what salmon habitat faces.

**1. Estuaries are losing functional habitat because of population increases in lower portions of watersheds.** "In the Suquamish Tribe's area of concern, there has been a 39 percent loss of vegetated estuarine wetland area and a 23 percent loss of natural shoreline habitats, particularly small 'pocket' estuaries," the report states. "Moreover, there are now 18 miles of bulkheads, fill and docks armoring the shoreline and degrading near-shore salmon habitat."

All told, some 40 percent of Puget Sound shorelines have some type of shoreline modification, with 27 percent of the shoreline armored.

**2. Rapidly increasing permit-exempt wells threaten water for fish.** Since 1980, there has been an 81 percent increase in the number of new wells being drilled per 100 new Puget Sound residents moving into the area. The number of exempt wells in the Skagit and Samish watersheds since 1980 has increased by 611 percent, from an estimated 1,080 exempt

wells to approximately 7,232.

"When more water is extracted from an aquifer than is being recharged, aquifer volume is reduced and the natural outflow from the aquifer decreases," the report states. "This reduces the amount of fresh water available to lakes, wetlands, streams and the Puget Sound near-shore, which can harm salmon at all stages of their life cycle."

**3. Degraded nearshore habitat is unable to support forage fish.** "In the Port Gamble S'Klallam Tribe's focus area, according to studies since the 1970s, herring stocks have decreased from a status of healthy to depressed," the report states. "In Port Gamble and Quilcene bays, which contain two of the largest herring stocks in Puget Sound, approximately 51 percent of spawning areas inventoried by [the] Port Gamble [S'Klallam] Tribe have been either modified or armored."

**4. Timber harvest has removed vast amounts of forest cover throughout all watersheds.** In the Stillaguamish watershed, only 23 percent of the 1,777 acres of riparian area currently have any forest cover. In the Snohomish River basin, the Salmon Conservation Plan recommends that 150-foot buffers on both sides of fish-bearing streams be at least 65 percent forested. In 2006, those buffers were just 41 percent forested, with no gain since 1992 and little increase since that time.

**5. Streams lack large woody debris.** Large woody debris plays an important role in channel stability and habitat diversity. Estimates of large

woody debris in the Green and Cedar rivers are 89 to 95 percent below the levels necessary for "properly functioning conditions" for salmon habitat.

**6. Barriers cut off vast amounts of fish habitat.** Despite extensive restoration efforts, many fish passage barriers, such as culverts, tide gates and levees still block salmon from accessing many stream miles of habitat. In the Quileute management area, culverts fully or partially block more than 168 miles of stream habitat. Most of these culverts are located on private forestlands. Culverts in the Chehalis basin block or impede salmon access to more than 1,500 miles of habitat.

**7. Agricultural practices negatively impact floodplains and freshwater wetlands.** Diking, draining and removing trees have resulted in a loss of stream buffers, stream channels and wetlands, and resulted in increased sediment and polluted runoff from agricultural activities.

In 1880, the Nooksack basin contained 4,754 acres of wetland to 741 acres of stream channel. By 1938, nearly 4,500 acres (95 percent) of off-channel wetland area had been cleared, drained and converted to agriculture. As of 1998, the lower mainstem retained less than 10 percent of its historical wetlands.

As of 2006, riparian areas of the Skagit River delta region are 83 percent impaired. Of that amount, only 12 percent are developed; the remaining 71 percent of impaired lands support crops and pasture.

**8. Sensitive floodplains are being overdeveloped.** In the Lower Elwha Tribe's area of concern, 37 percent of the Morse Creek floodplain has been zoned for development -- from utility rights of ways to single-family homes. Downstream of Highway 101, nearly half of the floodplain has also been zoned for similar development.

**9. Puget Sound-area impervious surface increased by 35 percent from 1986 to 2006.** It is projected that by 2026, the amount of impervious surface will increase another 41 percent.

"The Puget Sound Salmon Recovery Plan (2007) lists 'Minimize impervious surfaces' as a key strategy for protecting habitat," the report states. "Impervious surface causes increases in stream temperatures; decreases in stream biodiversity, as evidenced by reduced numbers of insect and fish species; and contributes to pollutants in storm-water runoff, which can contaminate local aquatic systems."

**10. Loss of forest cover continues.** From 1988-2004, Western Washington forestlands have declined by 25 percent—a loss of 936,000 acres of state and private forestland converted to other uses. Recent research from the University of Washington indicates that nearly one million more acres of private forestland are threatened with conversion.

The Skagit River System Cooperative—operated by the governments of the Sauk-Suiattle Tribe and the Swinomish Tribe, in partnership with the Bureau of Indian Affairs, U.S. Forest Service, Northwest In-



dian Fisheries Commission, Environmental Protection Agency, Pacific Salmon Commission and the state—recommends no new construction of riprap without mitigation. However, since 1998, at least one mile of riprap has been added to the existing 14 miles of riprap shoreline along the middle

Skagit River. “Shoreline armoring contributes to river channel degradation by impeding natural bank erosion and river meandering, and disconnecting terrestrial and aquatic ecosystems, directly impacting salmon habitat,” according to the NWIFC’s report,

“State of Our Watersheds.” “Young juvenile chinook have been shown to use river banks modified with riprap at densities five times lower than natural banks.”

Anybody can help clean state’s beaches

Source: Energy Innovation Foundation

Washington coasts are included in an international coastal cleanup day set for Sept. 21.

The event depends on volunteers for success. They can select from dozens of beaches to help remove marine debris from Cape Flattery to Cape Disappointment.

Volunteers in Washington state will be joined by thousands of volunteers around the world, sharing the common goal of protecting the marine environment.

This is a worthwhile effort supported by individuals, families, nonprofit groups, businesses and government agencies, all under the banner of CoastSavers.

Keeping the beaches clean is more than just an exercise in aesthetics. Plastic debris in the water and on the beach poses a threat to marine mammals and birds. They

can be fooled into thinking it’s food, ingest it and then suffer serious consequences, including malnourishment or even death.

Public awareness of marine debris may be at an all-time high in the wake of the March 2011 tsunami that swept an estimated 5 million tons of debris into the ocean from Japan. Some of the debris landing on state beaches since then has arrived from Japan, adding to the importance of these beach cleanups.

Volunteers who aren’t physically capable of patrolling beaches and lifting bags of debris still can help by serving as a registration station beach captain, assisting with registering volunteers and ensuring they fill out the paperwork and follow cleanup protocol.

For information on how to register for the event, what beaches will be cleaned, where to camp and other trip planning tips, go to coastsavers.org.

Did you know?

Submitted by Melissa Cavender

Now that kids will be back on their way to school, it’s time to double and triple check those intersections; just when you think it’s all systems go, a school student that is late will magically appear out of nowhere and dart across the street when you least expect it.

Did you know that more bus passengers are killed while unloading or loading each year than are killed, while traveling inside a school bus? When a school bus stops with its red brake lights flashing and/or its stop sign raised, you must stop from either direction, until all kids are safely across the street and the bus lights stop flashing..

Those big yellow vehicles are packed with a “bus load” of children?

Please don’t tailgate a bus as they often make sudden stops when least expected. Finally, when a school bus is trying to merge back into traffic, you must give them the right of way.

Remember that near high school campuses, bear in mind that a higher amount of the motorists are newly licensed teenage drivers who may not have as much driving know-how as you do.

At the end of the day, all we ask is that you be considerate and civil, have tolerance of other drivers and don’t rush your judgment when passing through school zones. Parents and kids across this great country will thank you for it!

Here are some tips for drivers during your travel:

- All passengers should wear a seat belt and/or an age- and size-appropriate car safety seat or booster seat.
- Do not text or talk on your cell phone while driving.
- Slow down and obey all traffic laws and speed limits.
- Be alert for school zones that have a reduced speed limit at designated times of the day.
- Watch for school buses. Red flashing lights and an extended stop arm indicate the school bus is stopping to load or unload children. State law requires you to stop.
- Keep an eye out for children walking in the street, especially where there are no sidewalks.
- Be alert for children playing and gathering near bus stops and for those who may dart into the street without looking for traffic.
- When backing out of a driveway or leaving a garage, watch for children walking or biking to school.
- When driving in neighborhoods or school zones, watch for young people who may be in a hurry to get to or away from school and may not be thinking about getting there safely.

The best way to get our children to school is safely! And to teach them that it is always, “Safety First!” Enjoy our children every day and continue to guide, love, and teach them

Summer school not such a drag after all

Article and photos by Brandi N. Montreuil

During the summer while most kids lounged at the beach, students in summer school, through the Tulalip Student Support Program, were busy boosting their math and reading skills. For six weeks students in grades kindergarten through 12<sup>th</sup>

were engaged in interactive learning projects designed to strengthen students learning abilities.

To celebrate students’ hard work, staff at Tulalip Student Support Program hosted an end of summer school barbeque at Kayak Point on August 28.

“This is the first year that we have had all new students,” explained Margarita Huston, a teacher and tutor through the program. “This is also the first year that we have had so many first and second graders. We had at least 20, and they just absorbed everything we were teaching. They were fast learners.”

Interactive learning projects included a trip to Mission Beach, where students hunted for mussels and clams and then used them to solve math problems. An excursion to the lake turned into an activity day full of math and reading problems that students had to solve or complete.

The summer school focuses on raising reading and math levels in students while preparing them to enter the next grade level. Staff used a new strategy this year to help students’ transition into the new school year smoothly. Instead of beginning summer classes shortly after the school year ended, staff opted to start

later in the summer and end within days of the new school year. This late start helps students retain information longer and builds confidence in them to tackle curriculum taught in the next grade level.

Summer school, explained Huston, is not just about learning the mechanics; it is about building confidence in students to take on new learning challenges. Kids feel empowered and motivated to try new curriculum because they have proven to themselves that they can conquer learning fears.

Continued on next page



# Community

“With students receiving one-on-one teaching during the summer their confidence level goes up. They want to try new challenges, they want to sit and read and do math, and we saw an amazing transformation in this group,” said Huston. “We had one parent come in and tell us that her daughter didn’t like to read and write, but now she is reading and writing on her own.”

At the beginning of the summer classes, students are tested on reading and math levels and then again at the end of summer classes. Huston explains that many students doubled their level of work during the six weeks.

“We had one young man who went from reading silently to reading aloud. Another student went from completing four pages of reading and math problems to eight and still wanted to continue.”

“It has been a real treat for us to see the students transformation and it makes all the hard work worth it.”

The Tulalip Student Support Program serves all Native youth in the Marysville School District, family members of Tulalip tribal members, and students from the Tulalip Boys & Girls Club. In addition to summer school, tutoring is available during regular school season for grades K-12, along with Credit Retrieval and career and college readiness.

For more information about the Tulalip Student Support Program or to register a student for tutoring, please contact Dawn Simpson at 360-716-4646.



M'Kenzy-Ann Muir, who worked on reading and writing during the summer classes, enjoys a filled with beach combing and fun games.



Above: Toby Maltos and younger brother Daniel open each school day with a traditional song and prayer.

Daniel Maltos and Wiatt, Tisen and Jaxon Marque take some time away from feasting to explore the bay's underwater world.

## Backpack from front page



Keith Pablo, photo bombed by Kiona Dumont

The bags differ depending on the age group, varying in size, design, and content.

Heritage High School junior Trevor Fryberg said, “I got a new bag. I get one every year.”

Second grader Raelynn Williams exclaimed, “I got purple, it’s my favorite color. And I even got new markers!”

With school on the mind, some reflect on the beginning of the year.

“New bags are always part of going back to school,” said Bradley Fryberg.

There were many fun activities for the kids, including crafts, bouncy houses, basketball and football chutes, and a DJ to set the mood.

Parents enjoyed the event as well, utilizing all of the resources, including a “meet your liaison” booth.

“The backpack event alleviates some of the stresses of a new school year. I don’t have to shop for supplies, and now



Raelynn Williams shows off her new school bag.



# Community

I know there is someone I can talk to about my children's concerns on a more personal level," said tribal parent, Monica Reyes

The backpack event has become so much more than just a day to pick up supplies, it has evolved into a day about the school community and all the services available to students. Two major focuses were the smoking cessation program and higher education.

Officer Pruitt of the Tulalip Police Department even stopped by the event and talked with some students.

Pruitt said, "There are so many opportunities out there, and so many routes to take. Go to a trade school, go to college, or join the military. There is no reason why kids' education should end with high school."

Tulalip police department continue their community outreach program, providing school supplies to kids.



## Wellness from front page

of Tulalip's health clinic. Complete with information booths and the "organ lady", who presented human organs and the damage they sustain from drugs and alcohol, the day was well organized and entertaining.

Visitors to the clinic received information on various topics, two of which represented the clinic, one for dental and one for medical. The goal being to interact with the community and make them feel comfortable and confident with the services offered at the clinic.

Tammy Dehnhoff, clinic manager, said, "Today is really a day to showcase all that the clinic has to offer. The move to the new building ten years ago was a catalyst that changed the attitude towards the clinic. We look more like professionals, and if you look like you know what you're doing, people are more confident that you do actually know what you are doing."



Shawneri Guzman, the Organ Lady, shows a heart with a bullet hole to Sherrie Orr.



Following heroin abuse, a pace-maker was installed to control tachycardia, or irregular beating, in a heart.



The organs were also used to raise awareness about huffing.



Tulalip Healthy Hearts program providing awareness about heart disease in Indian Country.

Dehnhoff worked as a dental hygienist for years at the clinic, and has experience in private practice. Citing her experience outside of the clinic, she knows what it takes to run a clinic and how to make patients' experience comfortable.

Aside from putting the clinic on parade, the open house was about healthy living choices. Local businesses showed what they offer for healthier lifestyles, including the indigenous plant gardens at the Hibulb Cultural Center, Tulalip Bay Crossfit, and even Costco.

The highlight of the open house was the Organ Lady, or ladies rather. The smell of

isopropyl alcohol hung in the air as staff from the Providence Organ Program showed real human organs that you could touch and examine. Some were healthy, others were not so healthy. Unhealthy organs can be caused by drugs, alcohol and consuming large quantities of energy drinks.

The clinic would not be celebrating ten years in a new building without the work of its namesake, Karen I. Fryberg. Former clinic manager, she worked with the clinic for more than 30 years, taking it from five employees to the more than 80 working there today.



Roni Leahy provided samples from Hibulb's native foods garden.



## "Working Together"

**Suicide Prevention Awareness**

**Suicide Prevention  
Community Meeting  
September 13, 2013**

**Everyone is Invited | Administration Building 1st floor room 162**  
Behavioral Health AWARE Dinner at 5:00 pm and Program at 5:30 pm – 7:00 pm

September 10, 2013 is National Suicide Awareness Day. The Washington State Governor's Proclamation of Suicide Prevention Week is September 8th -14th. Because of the importance of this topic and its effect on our community, the Behavioral Health Mental Wellness Program invites you to join us in turning strategy into action concerning suicide prevention. This can be accomplished through everyone who will play a role in the Suicide Prevention Community Meeting. You are needed and important to this community for the benefit of all of us. Please come and attend.

**Sponsored by the Tulalip Behavioral Health  
Mental Wellness Program**

For more information contact  
Sherry Guzman at  
sguzman@tulaliptribes-nsn.gov



## Youth produce suicide prevention video for policy makers

*Source: Indian Country Today Media Network*

Youth involved in the University of New Mexico's Honoring Native Life initiative want to be heard. The Native American Suicide Prevention Clearinghouse, a resource to tribes in New Mexico for suicide prevention and suicide response, today helped their voices reach far and wide with the release of a video directed toward tribal leaders and policy makers.

"What we need from our tribal leaders and policy makers is more sympathy towards the different generations that exist in our communities—the elders, parents, adults, youth, adolescents," says a participant in the video. "Something that will bring those groups together but also recognize their differences."

The video, which can be viewed at <http://honoringnativelife.org>, is meant to direct attention to the needs of Native American youth and strengthen tribal leadership and tribal policy makers' involvement in suicide prevention.

The video was created at the recent Honoring Native Life Summit, an event specifically focused on addressing suicide in Indian Country. The Summit included involvement from the Pueblos of San Felipe and Zuni; Navajo Nation; Mescalero Apache Nation; Albuquerque Area Indian Health Service; New Mexico Indian Affairs Department; White Mountain Apache Tribe of Arizona; and several other tribal communities throughout the State.

"The message that we are hearing from tribal youth is that they want a voice, and in that respect, they want to feel like a priority to leaders and policy makers," said Sheri Lesensee (Pueblo of Zuni), UNM, Department of Psychiatry, Center for Rural & Community Behavioral Health.

More than 30,000 people in the U.S. die by suicide every year. It is this country's 11th leading cause of death. New Mexico consistently ranks among the top five states in the U.S. for its suicide rate, which is 1.5 to two times the national average. Suicide is the 9th leading cause of death for New Mexicans.

## You can expect to pay over \$85,000 if you suffer from diabetes

*Source: Native News Network*

ATLANTA – Researchers have figured out how much a person with type 2 diabetes can expect to pay over a lifetime. At the Centers for Disease Control and Prevention, CDC, Xiaohui Zhuo ran a computer model based on national data.

Here's what he found:

"Persons with diabetes pay on average over \$85,000 treating the disease over his or her lifetime."

This includes treatment for diabetes such as insulin, and treatment for conditions that grow from diabetes, such as kidney disease, heart disease and stroke.

Unfortunately, American

Indians and Alaska Natives have alarming statistics when it comes to diabetes. American Indians and Alaska Natives have the highest prevalence of diabetes among all United States racial and ethnic groups, according to the Indian Health Service.

The following statistics relating to diabetes among American Indians and Alaska Natives are staggering:

- 2.3 times higher – Likelihood of American Indian/Alaska Native adults to have diagnosed diabetes compared to non-Hispanic whites;
- 9 times higher – Likelihood of American Indian/Alaska Native youth aged 10-19 to

have diagnosed type 2 diabetes compared to non-Hispanic whites;

- 1.9 times higher – Incidence rate of kidney failure due to diabetes in American Indian/Alaska Natives compared to the general United States population and
- 1.6 time higher – Death rate due to diabetes for American Indian/Alaska Natives compared with the general United States population.

Even with the dismal statistics, Type 2 diabetes is preventable and can be managed through eating healthier meals and increasing physical activity.





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Happy Birthday

hɑʔʌ sgʷəcəʔdatil dxʷʔal  
dægʷi  
I hope your birthday is full  
of amazement and deli-  
ciousness. Did you ever  
know that you're my hero?

Have a good day, bibščəb

Love Sarah  
(tətyika)

Happy Burfday  
John!

Why so serious?  
Ha ha, hope you have a  
great day, old man.  
That's chaos theory!

Love you,  
Sarah



Dear Tulalip Family Members,

Are you or someone you know affected by the current enrollment policy? The policy in affect states: The Tribal member parent had to reside on the Tulalip Reservation for at least 12 continuous months at any time prior to the birth of the applicant. As a tribe, we have acknowledged that this residential policy is somewhat impractical due to the lack of housing available, among other factors.

We would first like to take a moment to thank everyone who has contribute their time and support with trying to find a resolution to our current enrollment policy that would not discriminate our people. When we needed 132 tribal signatures to petition for a special board meeting, we had gathered close to 200. A lot of you shared your heart-felt concerns to why our current policy should be revised to appropriately fit our people of our tribe today. Knowing that we have many tribal members supporting our cause has given us more of a reason to tackle this very difficult subject. We understand the issue of enrollment is a complex and emotionally and politically charged topic. But we cannot pretend that this residential enrollment policy is not affecting our people now and the future generations to come.

Numerous tribal members have gone to the board meetings, one-by-one, petitioning the current enrollment policy with no results. I feel that it is time that we join forces together to decide what revisions need to be made. I hope that with this short survey, we can use as a tool to understanding what our people would like to see changed. So please take the time to share with us your feelings and thoughts. YOU CAN RESPOND BY SENDING THE FORM BACK TO ME VIA EMAIL: TEESHAOSIAS@GMAIL.COM

- ARE YOU OR SOMEONE YOU KNOW AFFECTED BY THE CURRENT RESIDENTIAL ENROLLMENT POLICY? YES NO
- WOULD YOU LIKE TO SEE A CHANGE REGARDING THE POLICY? YES NO
- IF YES, WHAT CHANGES DO YOU HAVE IN MIND?

- DO YOU FEEL THAT ANY OF THE FOLLOWING OR COMBINATION OF THE FOLLOWING ARE FEASIBLE SOLUTIONS? (circle all you would consider)

- a) Remove the residency requirements and replace it
- b) Amend the meaning of residency, by expanding the borders to include:
  - 1. Snohomish county
  - 2. Washington state residence
  - 3. Northwest state residence (Washington, Oregon, Idaho, Montana, and Wyoming)
- c) Allowing the candidate to reside on the reservation for a certain amount of time and then adopted in.
- d) Resident adoptee with blood quantum
- e) Direct decent to the base enrollment of 1935 (direct line to an ancestor, such as child, grandchild, great-grandchild and on forever)
- f) Blood quantum
- g) Honorary membership (where one is acknowledge as a enrolled member, with limited or no benefits)

- IF BLOOD QUANTUM WAS PART OF THE REQUIREMENT, HOW LOW OF A PERCENTAGE SHOULD WE ALLOW?
  - a) 1/4 b) 1/8 c) 1/16 d) other

- WOULD YOU ALLOW OTHER TRIBAL BLOOD TO FILL THE REQUIREMENTS OF DEGREE OF BLOOD? YES NO
- WOULD YOU LIKE FOR US TO CONTACT YOU WITH UPDATES?  
Name: Phone: Email:

Thank you, Teesha Osias

Tulalip Walmart

Several months ago I wrote a letter to the editor re: the Tulalip Walmart closing. I was assured by several Board members, as well as the Manager of Quil Ceda Village, that the rumor was simply not true.

I am once again hearing this rumor, in fact it was published in the August 28, 2013 issue of the Everett Herald. The article was "Early Fall" is Walmart date for Marysville store opening. What was interesting was the article stated, "Rumors abound that the Tulalip Quil Ceda Village Walmart will close once the Marysville store is up and running".

If it is true that the Tulalip store will close then why aren't the tribal members kept advised. Tribal members spend a lot of money at the Tulalip store as we do not have to pay sales taxes and this saves us a lot of money.

*If this is public knowledge, or there is any truth to the rumor, why are tribal members the last to know? We should be advised on these types of issues not kept in the dark.*

*As Tribal members we should demand that we be advised about these type of issues.*

Virginia Carpenter,  
Tulalip Tribal Elder, #105

This place

As I sit here lost in thought  
Of how I got myself  
out in this place,  
I can only picture the insanity,  
Of my old ways,  
From always being on the run,  
Or being on the paper chase,  
To being away from my sons,  
Because now I'm locked away,  
So all I do with my time now,  
Is close my eyes and pray

for a new way,  
Not only do I talk a  
bout these things  
I'm doing what I say,  
From learning  
how to live sober,  
To being a role model today,  
Being a person of change  
in my life,  
And knowing my future  
is going to be okay.

By Avel Medina, Jr., #1314





# Obituary

## Doraine Frances Jones



Doraine Frances (Williams) Jones, 78, was born and raised on the Tulalip Indian Reservation. Her parents were Lawrence Charles Williams and Christina Fryberg of Tulalip. She passed away on August 22, 2013 at Everett, Washington.

Doraine was born to a fisherman and fished with her husband, "Breezer" on their boat the "Doraine J." She started her career with her dad beach seining, then fishing with Breezer, she also worked many years at the original Smoke Shop located by the dam on the reservation; and later in the first tribal health clinic as a Community Health Representative. She enjoyed her culture by harvesting cedar, cascara bark, berry picking, clam digging, canning and cooking for

family events. She will be deeply missed by her family and friends.

Doraine is survived by her son and daughters, Jimmy Jones (Kristy L.); Rae Anne (Mike) Gobin, Karen (Steve) Gobin; her grand-children, Justine Jones, Brent Cleveland (Sara E.), Ron Cleveland, Joshua Cleveland, Shelby Cleveland (Trevor H.), Sonia Gobin (George S.), Steven Gobin Jr. (Chandra R.), Kevin (Laini Jones), Natosha Gobin (Thomas W.) and Jessica Jones; great-grandchildren, Brent Cleveland Jr., Evalynn Cleveland, Rosalie Cleveland, Stella Cleveland-Husein, Kylee Sohappy, Kira Sohappy, Koli Sohappy, Kaliyah Sohappy, Aleesia Gobin, Eian Williams, Wakiza Gobin, Florence Gobin, Eliana Gobin, Jet L. Jones, Ava D. Jones, KC Hots, Kane Hots, Katie Hots, Aloisius Williams and Aiden E. Mather; her sister, Jane Wright; brothers, Herman Williams Sr., Clyde (Maxine) Williams Sr., Arley Williams, Charlene Williams, nephews; Frank (Michaela) Wright, Lawrence (Kim) Wright, Herman Williams Jr., Andy Williams; Alan (Arnele) Williams, Clyde Williams Jr., Gene (Julie) Williams; Lance Williams; Brian Jones Sr. and Brian "Bubbas" Jones Jr., nieces, Christine (Dean) Henry, Deb (Joe) Peterson,

Illa Wright, Leilani Davey, Charlotte Williams, Janet Williams, Gail Williams, Felicia (Sugar) Jones, Chris Jones; and many other great nieces and nephews.

Doraine was preceded in death by her husband, Ralph D. Jones Jr.; parents, Lawrence and Christina (Daisy) Williams; parents-in-law, Ralph and Edith Jones, Lena Harrison; her sons, Kevin O. Jones, Ralph D. Jones III; her grandson, Nathan D. Cleveland; her sister-in-law, Genevieve Williams; brother-in-laws, Darrel R. Jones, Frank Wright; and nephew, Greg Williams.

The family wishes to extend their gratitude to the Everett Providence Hospital for their support in her final days. A special thank you to mom's caretakers, Jimmy, Kristy, Justine, Brian "Bubba" and Chasity who were there for her night and day for the many years that she had been ill.

The Viewing was on Tuesday August 27, 2013 at Schaefer-Shipman Funeral Home in Marysville. An Interfaith Service to celebrate Doraine's life was held on August 27, 2013 at her home. Funeral Ssrvice were held on Wednesday August 28, 2013 at the Tulalip Tribes Gym followed by burial service at the Mission Beach Cemetery.

### To anyone who will listen

As everyone probably knows by now I'm currently incarcerated until March of 2015. While I'm away though I'm not looking at this time away as a negative. It's a time that is much needed in my life to get away from everything I was doing. If I wasn't here right now there's not telling if I could've bee another one of the ones that passed on or been incarcerated longer

than this now.

While here I'll be an eight-month treatment program and if available, college courses towards being able to become a chemical dependency counselor so I can help out our tribe and not destroy it. It's time I've put in some time to better our reservation instead of tear it apart. I'm deeply sorry for my part. I see that there's a lot of work to be done still and I have a lot of ideas on how I can help. In turn I also need help

myself. So I'd like to do something that I've never done before. I'd like to ask to become a part of the canoe family on 2015. I feel it'd help me to be a part of our community and get to know sober, clean people. Right now I only know a few and would love to have support when I get out. It's my life on the line when I get out and I know that.

Thank you all,  
Avel Medina Jr., #1314

## Tulalip Tribal Court Notices

**TUL-CV-GU-2013-0303 & TUL-CV-GU-2013-0302. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re the Guardianship of N.W.-C. DOB: 2/18/2009 & A.W. DOB: 10/25/2010. TO: Tah-Sheena Williams and Kanum Cultee:** YOU ARE HEREBY NOTIFIED that petitions for guardianship have been filed in the above-entitled Court pursuant Tulalip Tribal Code Chapter 4.05 regarding youths, N.W.-C. and A.W., whose parents are Tah-Sheena Williams and Kanum Cultee. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer on September 11, 2013 at 1:30 p.m. in Tulalip Tribal Court, 6103 31<sup>st</sup> Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: August 7, 2013.

### SUMMONS BY PUBLICATION

**TUL-CV-CS-2013-0328. Tulalip Tribal Court, Tulalip WA.**

**TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs DAYSON S PARKS** regarding a Summons and Petition For Registration of Foreign Order and for an Order of Payroll Deduction/Order of Per Capita Attachment.

TO: Dayson S Parks: YOU ARE HEREBY NOTIFIED that on June 4, 2013, a Summons and Petition for the Registration of Foreign Order and for Order of Payroll Deduction was filed in the above-entitled Court pursuant to Title IV of TTO 4.10, TTC 2.10.180(2). You have 30 days to request a hearing only if you question the validity of the foreign order, or the jurisdiction of the foreign court, or if you believe such order is contrary to the laws of the Tulalip Tribes of Washington. The address for the Tulalip Tribal Court is 6103 31<sup>st</sup> Ave NE, Tulalip WA 98271. The phone number is 360-716-4773. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER/RESPOND, A JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: August 14, 2013.

### TUL-CV-CU-2013-0344

**SUMMONS BY PUBLICATION, Tulalip Tribal Court, Tulalip, WA. In re the Custody of L.H., D.O.B. 11/22/2012**

**To: Jamie Lee Gobin**

YOU ARE HEREBY NOTIFIED that on June 10, 2013 a Petition for Residential Schedule/Parenting Plan was filed in the above-entitled Court pursuant to Tulalip Tribal Code Chapter 4.20 regarding L.H. You are hereby summoned to appear and defend the above-entitled action in the above-entitled court and answer on October 1, 2013 at 10:00am in Tulalip Tribal Court, 6103 31<sup>st</sup> Ave NE, Tulalip, WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: September 4, 2013.

### TUL-CV-YI-2013-0097. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re J.S. TO: Daniel Cayou Jr.: YOU ARE HEREBY

NOTIFIED that on March 4, 2013 a Petition was filed in the above-entitled Court pursuant to TTC § 4.05 for Tulalip Tribal Court to hold a Preliminary Hearing to begin the above named case, and on March 4, 2013, a Preliminary Inquiry Hearing was held in the above-entitled Court pursuant TTC § 4.05 and an Adjudicatory Hearing was set. You are hereby summoned to appear and defend the above entitled action in the above entitled Court and answer on October 29, 2013 at 10:00 AM in Tulalip Tribal Court, 6103 31<sup>st</sup> Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: September 11, 2013.

### TUL-CV-YI-2013-0098, 0099, 0100. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re C.J., H.J., and E.J. TO: Michael Jones.: YOU ARE HEREBY NOTIFIED that on March 4, 2013 a Petition

was filed in the above-entitled Court pursuant to TTC § 4.05 for Tulalip Tribal Court to hold a Preliminary Hearing to begin the above named case, and on March 4, 2013, a Preliminary Inquiry Hearing was held in the above-entitled Court pursuant TTC § 4.05 and an Adjudicatory Hearing was set. You are hereby summoned to appear and defend the above entitled action in the above entitled Court and answer on October 29, 2013 at 10:00 AM in Tulalip Tribal Court, 6103 31<sup>st</sup> Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: September 11, 2013.





## What arcade game would you want for your house?



"Crane machine; toy or candy."

**Sarah Miller**  
Tribal member



"Batman pinball or Ninja Turtles."

**Maria Martin**  
Tribal member



"Old school Pac-Man or pinball."

**Nikki St. Onge**  
Tribal member



"Teenage Mutant Ninja Turtles."

**William Carson III**  
Tribal member

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