



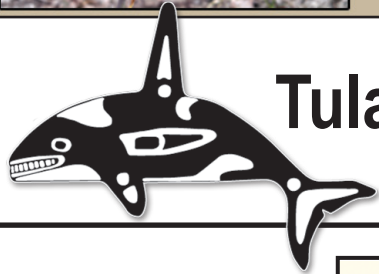
Did you know there is a

# Rain Garden

at the Tulalip Admin Building?



See page



Tulalip

# SEE-YAHT-SUB

dx'liap syəcəb  
"Tulalip News"

Volume 34 No. 36

Wednesday, September 25, 2013

## Uncover food

**I-522 works to  
label genetically  
engineered products**

By Andrew Gobin

The opposition claims that costs will rise. The proposition cites updated packaging as routine business costs. Money seems to be at the heart of Washington State Initiative 522, a measure that would require food labels to specify whether or not foods are genetically engineered.

Opponents of the "Washington-only" measure claim that this is a simple case of bureaucracy. I-522 would create unnecessary governmental regulation that exists nowhere else in the nation. What the opposition fails to mention is special interest groups and corporations spent millions of dollars, in recent years, to defeat similar measures in other states, such as prop 37 in California. Furthermore,

See I-522, page 3

## Walking to remember, walking to raise awareness

World Suicide Prevention Day sparks community action



Supported by friends and family, Rose lukes walks in memory of her daughter, Lateesha Jack.

Article and photos by Andrew Gobin  
"People came together to make this happen," said Rochelle Lubbers, who organized a community

suicide prevention walk Tuesday, September 10<sup>th</sup>, in honor of World Suicide Prevention Day. "More than 150 people participated in Tuesday's

See Walk, page 7



# HAWKS SPORTS

## Tulalip, you know!

See Hawks, page 9

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**Native Nations: Standing Together for Civil  
Rights** Hosted by Peter Coyote  
KANU TV Ch. 99  
*Watch*  
**kanutv.com**



Public notice

Submitted by Orlando Raez

The Tulalip Tribes Community Development Department has received a Variance Permit Application for the property located at 1506 118th Street NE, Tulalip WA 98271 (File No.: VAR# 2013-002) for reduced setback from stream buffer setback requirements to allow the construction of a single-family home with a septic system.

Application details are available at The Tulalip Tribes, Planning Division, Community Development Department, 2nd floor, 6406 Marine Drive, Tulalip, WA 98271. Comments are due by Thursday 9/26/2013 at 4:00 p.m.

**Tulalip Tribes Vision**  
We gathered at Tulalip are one people.  
We govern ourselves.  
We will arrive at a time when each and every person has become most capable.

**Tulalip Tribes Mission**  
We make available training, teaching and advice, both spiritual and practical.

**Tulalip Tribes Values**

- We respect the community of our elders past and present, and pay attention to their good words.
- We uphold and follow the teachings that come from our ancestors.
- It is valued work to uphold and serve our people.
- We work hard and always do our best.
- We show respect to every individual.
- We strengthen our people so that they may walk a good walk.
- 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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**TT CD**

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 KANU TV 99 Monday 9/30/13 thru Sunday 10/06/13		
Time	Show	Duration
12:00 AM	<b>Tulalip Matters</b> Tulalip Matters is your destination for information about what is happening on and around the Tulalip Reservation.	0:30
12:30 AM	<b>Earth Voices - 04</b> This series profiles Aboriginal People: Muriel Stanley-Venne - Politician, Bert Crowfoot - Publisher, Trish Loughlin - Artist, Alex Janvier - Elder	0:30
1:00 AM	<b>NWIN - 45</b> NorthWest Indian News: Small Business Administration-E200 Initiative, World Eskimo Indian Olympics (WEIO), Eagleridge Totem Raising, Northwest Indian Youth Conference	0:30
1:30 AM	<b>Native Nations: Standing Together for Civil Rights</b> Hosted by Peter Coyote, chronicle American Indians' struggle for civil rights when many Indian tribes joined together to speak out with a unified voice.	1:00
2:30 AM	<b>First Nations Role Models</b> Profiling four inspirational native leaders. A publisher, an educator, a Metis political leader and a fisher woman / filmmaker are examined.	0:30
3:00 AM	<b>Native Report - 702</b> Attend the annual Keweenaw Bay Powwow which honors community members and commemorates their status as a sovereign nation.	0:30
3:30 AM	<b>Creative Native - 504</b> "Cree Eye For the White Guy"; A humorous look at the introduction of six white people to Cree culture at the Squamish Nation Pow Wow.	0:30
4:00 AM	<b>Native Lens #16</b> The Youth filmmakers of Longhouse Media. These short films were conceived, shot and edited in collaboration with students from Tulalip Heritage School.	0:30
4:30 AM	<b>Formations of Life - Hoop Dance</b> Filmed at the annual Hoop Dance competition, highlights champion dancers who tell their stories of the origins, meaning and love of the hoop dance.	1:00
5:30 AM	<b>Fancy Shawl</b> Straight and crow hop, outfit close-ups, expert tips on design, color and sewing and a rare interview with the first Fancy Shawl dancers.	0:30
6:00 AM	<b>Rez-Robics: The Exercise Video</b> Aerobic Exercise for Indian People by Indian People, through the eyes of Drew and Elaine.	1:30
7:30 AM	<b>Tulalip 'Slides' + Total Info</b> Tulalip 'Slides' and Total Info, A service for Tulalip KANU TV viewers - with current News, Weather, Traffic, Financial, Dailies to keep you informed.	0:30
8:00 AM	<b>Tulalip Matters</b> Tulalip Matters is your destination for information about what is happening on and around the Tulalip Reservation.	0:30
8:30 AM	<b>Wapos Bay - Ep 2020</b> Animated Children's Program - "The Hardest Lesson"; Raven learns that beauty comes from accepting who you are and not what make-up makes you look like	0:30
9:00 AM	<b>Heritage Volleyball</b> Heritage Lady Hawks Volleyball HOME games played at Heritage High School Gym. Game schedules are subject to change.	1:30
10:30 AM	<b>Native Lens #16</b> The Youth filmmakers of Longhouse Media. These short films were conceived, shot and edited in collaboration with students from Tulalip Heritage School.	0:30
11:00 AM	<b>Formations of Life - Hoop Dance</b> Filmed at the annual Hoop Dance competition, highlights champion dancers who tell their stories of the origins, meaning and love of the hoop dance.	1:00
12:00 PM	<b>Tulalip Matters</b> Tulalip Matters is your destination for information about what is happening on and around the Tulalip Reservation.	0:30
12:30 PM	<b>Community Training: Obamacare</b> On Wed, Sept 18, 2013, a Community Training was held to learn about eligibility/requirements to enroll for Obamacare - Affordable Care Act.	1:00
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4:00 PM	<b>Fancy Shawl</b> Straight and crow hop, outfit close-ups, expert tips on design, color and sewing and a rare interview with the first Fancy Shawl dancers.	0:30
4:30 PM	<b>Lushootseed</b> Learn Tulalip Lushotseed Language thru the Lushootseed Language Video Series and the Lushootseed Phrases of the Week.	0:30
5:00 PM	<b>NWIN - 45</b> NorthWest Indian News: Small Business Administration-E200 Initiative, World Eskimo Indian Olympics (WEIO), Eagleridge Totem Raising, Northwest Indian Youth Conference	0:30
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This Schedule is subject to change. To see an updated schedule, go to:  
<http://www.kanutv.com/kanu-tv-99-schedule/>

The Tulalip KANU TV 99 Program schedule is always available at [www.TVGuide.com](http://www.TVGuide.com) enter zip code 98271, select Tulalip Broadband. You can find the weekly schedule at <http://www.kanutv.com/kanu-tv-99-schedule/>. Also, the Tulalip KANU TV 99 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](mailto:rcarter@tulaliptribes-nsn.gov)**



**I-522 from front page**

similar regulations are in place in several countries outside of the United States.

Proponents of I-522 purport that the costs are minimal, and that regulation would not be more bureaucratic as similar regulations are already in place to determine fresh caught or farm raised salmon, sugar or high fructose corn syrup, etc.

Let's look at the facts.

Genetically engineered foods are those created or altered in a laboratory to achieve desired qualities. Their genetic makeup is not seen in their naturally occurring, and healthier, counterparts. According to studies from the United Farm Workers, genetically modified plants are more vulnerable to weather and pests, leading to greater use of fertilizer and pesticides. It is then important to know that many companies that oppose the measure are chemical companies that manufacture these products.

Both sides agree that studies show there are no immediate health concerns caused by GE (genetically engineered) foods, and that in fact these foods do allow growers and consumers to maximize quantity, meaning it is cheaper because it is easier to grow and harvest.

Why is this important to Pacific Northwest Tribes?

In recent years, genetically engineered salmon have been successfully made in labs and farm raised. These fish mature at twice the rate of wild salmon. The FDA has not yet decided if this product will be available to consumers, though if it passes, it would be the first engineered meat to be sold in stores. Currently, only GE crops are on the market. Fishing continues to be a crucial industry for northwest tribes, and the new GE fish stand to threaten the market. Without a market, the native fishing industry would see a drastic decline.

I-522 does not stop any of this from happening, it only requires labeling. The "Yes on 522" campaign says repeatedly that this shouldn't be a hindrance to business as usual. The largest appeal to the public is consumers have the right to make informed decisions about their food choices, and I-522 is all about information. It does not prevent future operations, nor does it stop current ones.

Washington State Initiative 522 will be on the November ballot.

Sources: <http://factsabout522.com>, <http://yeson522.com>, <http://www.foodandwaterwatch.org>

# Tulalip is ready for VAWA



During a visit from White House officials, Senior Advisor to President Obama, and Chair of the White House Council on Women and Girls, commended Tulalip for playing such an impactful role bringing awareness to the plight of Native American women left out by original VAWA.

## White house asks how the new law will affect tribes

By Niki Cleary; photo Brandi N. Montreuil

"It's not enough to cry peace, we have to act peace and we have to live peace," Tulalip Tribal Court's Chief Judge Theresa Pouley opened a September visit from White House officials with her teachings as a citizen of the Colville Confederated Tribes and as a tribal court judge.

She went on to explain that although talking and planning are necessary to ensure justice, walking the talk is crucial.

"Law and justice is made up of every arm of the tribe," said Pouley. "Everyone meets once a month and we all pitch in to see what we can do to make the justice system better. A separation of powers doesn't mean a separation of problems and certainly doesn't mean a separation of solutions. One of the great things that Tulalip does is collaborate, out of the box, to provide services. That's the core of the way justice gets done in Indian Country."

That collaboration, she clarified, along with a history of providing due process beyond the requirements of the law, are just two of the reasons that Tulalip is ready to take over jurisdiction of all cases involving domestic violence. Until now, tribes have had no jurisdiction over domestic violence when one of the parties involved is not a tribal citizen.

"This is a historic moment,"

said Pouley. "I want to marvel in the fact that for the first time, tribal courts are given authority over non-tribal [citizens]. We recognize that tribes are in the best position to do it [enforce the Violence Against Women Act], and we can do it better. We're waiting to be a pilot. We're ready to go and we can change the face of this community!"

The Violence Against Women Act (VAWA) was originally passed 19 years ago. The re-authorization of the act was delayed by a fight to include provisions protecting Native American women.

President Obama encapsulated the necessity for those provisions during a speech he made while signing the re-authorization.

"Indian Country has some of the highest rates of domestic abuse in America. And one of the reasons is that when Native American women are abused on tribal lands by an attacker who is not Native American, the attacker is immune from prosecution by tribal courts. Well, as soon as I sign this bill that ends."

Tulalip's Interim Chief of Police Carlos Echevarria reiterated the importance of tribes having jurisdiction over all domestic violence cases.

"We see up to 75,000 visitors daily," he pointed out. "We have 13,000 non-member residents, a lot of traffic and a lot of guests. I can't tell you how frustrating it's been arresting non-Indians for domestic crimes against members and knowing that nothing was likely to be done."

Tulalip Vice-Chairwoman Deborah Parker, who has become known nationally as the face of Native women affected by VAWA, put it in even plainer words.

"We shouldn't have to walk in fear that we're going to be raped or abused at any age, from infants to our elders. We get these calls daily. Pretty soon, with your help, this will change."

Although pleased with this expansion of tribal jurisdiction, Echevarria said it can't be the last step in recognizing tribes rights to police their lands.

"This is a significant achievement to all tribes and another step in creating a safer community," he said. "We'll now move on to the next step, full criminal jurisdiction and a reversal of the Oliphant decision."

Although no decisions or formal announcements came from the day-long tour, Valerie Jarrett, Senior Advisor to President Obama, and Chair of the White House Council on Women and Girls, commended Tulalip for all of its efforts, both in criminal justice in general and specifically for playing such an impactful role bringing awareness to the plight of Native American women left out by original VAWA. She made a point of thanking Vice-Chairwoman Parker for being willing to relive her painful past, 'not just one time, but over and over and over again,' in order to ensure that Native women are protected in the future.

"It's an exciting time to be here," said Jarrett. "As we heard from Chief Justice Pouley, you are ready. Now it's up to our team to step up to the plate."

## Tulalip Tribal Court: A history of hard work, strong leadership and cultural values



Judge Theresa Pouley

By Niki Cleary; photo Brandi N. Montreuil

TULALIP, Wash., -- If you ask Judge Theresa Pouley about Tulalip Tribal Court, be prepared for a long and enthusiastic answer.

"I don't joke when I say this is my very favorite thing to talk about, I love Tulalip Tribal Court," she said during a recent visit from a group of White House representatives.

Pouley gave a brief overview of the court, explaining how Tulalip has grown and changed throughout the years. She emphasized that the current court system is only possible because Tulalip leaders have made due process and separation of powers a priority.

"If you go back in time, you'll find that everybody who visited Tulalip said what a peaceful people they were," Pouley said, describing the early reservation years. "People said that if any harm was going to come to them, it would come from visitors, not the people of Tulalip."

In the 1950s and 1960s Pouley explained that responsibility for justice on the reservation shifted from the Federal Government to the State of Washington under Public Law 280.

"By 2000, that was not good enough," she continued. "You hear stories about what state policing on the Tulalip Reservation was like. People would come and say they had been raped or their daughter had been raped and nothing would happen. The main road (Marine Drive) was called 'Blood Alley' because of the number of drug and alcohol related deaths.

Tulalip began the process to retrocede or take back criminal jurisdiction of the reservation.

"In 2002 they'd retroceded," said Pouley. "Tulalip had made the decision that they needed to have a safe community. They said, 'We can do it better, it's our responsibility for the future of our

children.' They leveraged the money they were making from the casino to pay for the infrastructure of the government."

Pouley segued from history to the current system of restorative justice used by Tulalip today.

"In 2003 Judge Bass was the Tulalip court judge, he went from hearing 100 cases a year to 1,100 cases in one year," she exclaimed. "Judge Bass had an epiphany, he recognized that if we just lock people up and throw them in jail, we'll have the same revolving door of justice that you have in the rest of the state."

Instead of focusing on the crime, she said, Tulalip looks at the root causes of criminal activity.

"We recognize that crimes happen because of drugs and alcohol and mental health issues," described Pouley.

When a crime sentenced, rather than automatically shelling out jail time, she said that judges look at options like alternative sentencing and community accountability boards, as well as court mandated drug and alcohol and/or mental health evaluations and treatment.

"Today we do everything from restraining orders to multi-million dollar slip and fall cases at the casino. Since 2003 when we had 1,100 criminal cases overnight, the face of the Tulalip Reservation is fundamentally different. Our community is safer, and everyday it gets safer. Why is that? Because of the wisdom of leaders who knew that if you leveraged your internal authority, you'd have the ability to make a safe community.

## A Network of Support

### Tulalip Funeral Services provides the guidance families need during tragedy

Article by Brandi N. Montreuil

A death of a loved one is often an unexpected occurrence in a family. Sometimes a death is expected due to illness, but the overwhelming tasks of what comes next frequently leaves families stunned and feeling lost. For Tulalip tribal members, guidance comes in the form of the people who work in the Tribes Funeral Services department.

Funeral services for tribal members differ in many ways for various reasons, but the biggest being because it is a tribal member. In every service, culture and tradition is incorporated, along with that individual's choice of faith. This means that elements of the catholic or

shaker religion can be found at many services in Tulalip, but one constant is the presence of Tulalip identity.

While not every tribe's burial customs are the same, Tulalip provides a Funeral Services officer to help facilitate the components of a service for grieving families.

"Anything we can do to lift the burden off the family, we do," said Candy Hill-Wells, Tulalip Funeral Services Officer, who has been with the department since 2011. "I meet with the families and let them know that I am there to be their go-between person."

Hil-Wells, along with Rocky Renecker, assistant coordinator, meet with medical examiners, police, funeral directors, funeral homes, and hospital staff to coordinate preparations for the deceased. But unlike traditional funerals, Tulalip

conducts a two-day service instead of one. This allows enough time for the family to say their farewell.

Tulalip pays 100 percent of the cost of the funeral for their tribal members, explains Hill. "It doesn't matter where they are at. We have had to help get families home that lived in other states."

"We do the flowers, and provide a Pendleton blanket, clothing, the casket, preparation of the loved one, and dinner for the service gathering."

And true to Tulalip culture, not only does the community come together in support of the family, tribal government departments aid each other whenever a service needs to be performed.

"There are a lot of people behind the scenes," said Hill-Wells, "it is not just us that takes care

of everything. We have building maintenance that is involved, we have custodial maintenance, a cook, a funeral cemetery person, gravediggers, and the finance department. We are all thankful for these departments."

While Tulalip is commended for its care of tribal members during tragedy, and often times sought out by other tribal members for help, perhaps the success comes from the staff's ability to conduct their job with an immense sense of responsibility for the grieving families.

"This job owns you," said Hill-Wells. "We are on-call 24/7 and available for families."

"When I first started this job, I tried to write myself a guideline, like a checklist, and I soon realized that you can't. Every funeral is different," said Renecker, about his first weeks



# News

on the job. "You never know when you are going to get that call. Now I appreciate every free moment I get with my son. I love this job, it might seem weird to hear because of what we do, but I love it. I love being there for the families, and this job is perfect for me because I love helping people."

The biggest task the

department is responsible for is supporting the family during the process, something that is not always easy in a tribal community where most everyone is close knit.

"People don't understand the things that we go through," said Don Hatch Jr., former Tulalip Board member and longtime funeral coordinator. "When I get done with

a funeral and go home, I am totally beat. I am with the families from start to finish and when you have three in a week, it is tiring. I am glad that we have the people that we have."

"It is hard to unwind," said Hill, "You have to have a strong support for yourself to be able to do this job. I am so thankful for my husband, children and many

grandchildren. You have to have an open mind because there are a lot of different things that you have to be ready for. It is a lot of work but I wouldn't change it for anything."

For more information on Tulalip Funeral Services, please contact Candy Hill at 360-716-4379.

## Sammy Hagar donates to Tulalip food bank

By Kim Kalliber, photo submitted by Lindsey Watkins, Tulalip Resort

Sammy Hagar performed to a packed house at the Tulalip Resort Casino Amphitheatre August 15<sup>th</sup>, for his 40 Years of Rock tour. Along with the high-energy rock n' roll Sammy is famous for, what make the Red Rocker's performances even more memorable are the donations he makes to local food banks in each community he visits. As part of this ongoing support of local food banks,

Sammy chose to donate \$2,500 towards the Tulalip Food Bank.

"Food banks in your local community are the biggest bang for your buck in my search for the simplest and most reliable way to help others," Hagar said in a recent Billboard article. "You see the clientele lined up and they need it. You don't see people taking advantage of something."

A multi-platinum, outgoing, bombastic front man of hard rock champions Van Halen, Hagar is a member in

good standing of the Rock and Roll Hall of Fame. He will be releasing his first solo album in five years on September 24, 2013. Hagar has enlisted three legendary musicians – Toby Keith, Mickey Hart and Taj Mahal – to round out the final three tracks of the album to be titled: "Sammy Hagar and Friends."

If you are interested in donating to the food bank, you can reach the Tulalip Food Bank at 425.512.6435 or 1330 Marine Ave NE, Tulalip, WA 98271.



Sammy Hagar with Tulalip tribal member Marilyn Sheldon (left) and friends.

## Dennis Banks to lead 18,000 mile "Declare War on Diabetes" motorcycle run in 2014



Dennis Banks, cofounder of the American Indian Movement, has issued a Declaration of War on Diabetes.

By Levi Rickert, Native News Network

LEECH LAKE BAND OF OJIBWE TERRITORIES – Dennis Banks, 77, a co-founder of the American Indian Movement, has announced

a 18,000 mile motorcycle run across America with hundreds of American Indians participating to "declare war on diabetes."

His announcement was distributed through a news

release Sunday from his foundation, the Nowa Cuming Institute. The news release states:

"The Nowa Cuming Institute has issued a Declaration of War on Diabetes."

"Diabetes is at an epidemic state in Indian country and must be halted," said Banks, who was diagnosed with diabetes four years ago and has reversed his diabetes through a strong diet.

The motorcycle run will have four starting locations in Seattle, San Francisco, Los Angeles and San Diego on August 11 with the final destination of the nation's capital, Washington, DC on September 10, 2014.

Throughout the various routes across America, motorcyclists will stop at various American Indian reservations and communities as they journey to Washington.

Once in Washington, the group will visit members of Congress and present them with a national diabetes policy, according to Banks.

This will be the second endeavor by Banks to draw attention to the ill-effects of diabetes in Indian country. In 2011, he led the "Longest Walk 3 – Reversing Diabetes" that took the long walkers to 72 American Indian reservations and communities before they arrived in Washington.

"If we don't address this medical issue now, there will no one in the seventh generation who will be healthy and if we don't take action now to stop diabetes, they will condemn this generation," said Banks.

The Nowa Institute released the announcement so that tribes and others who want to be part of the pre-planning of this historic motorcycle run can do so now.

We are asking people of interest to aid in this "War on Diabetes," said Banks.

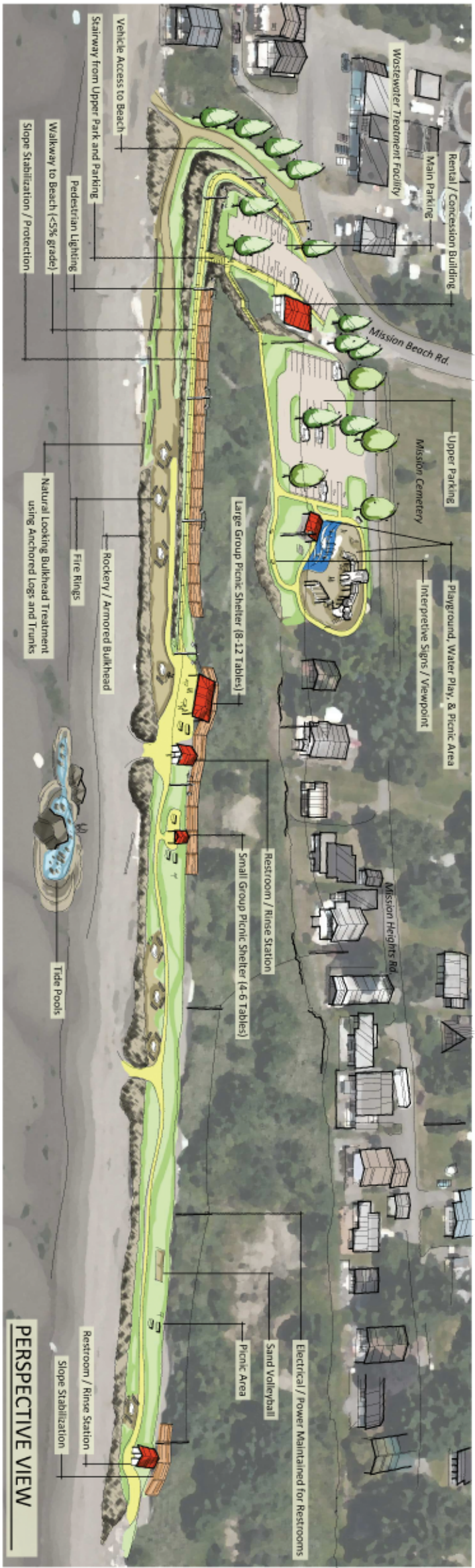
Those interested in assisting and supplying diabetes materials may email Goody Cloud at ndn\_queen\_bee@yahoo.com.



Community Input

The following bulleted items have been incorporated into the park concept as a result of the Community Meeting on June 3rd, 2013. At this phase the intent is to capture the ideas that will shape the near term design of the park. Input that requires in-depth study and possible significant environmental impacts may be implemented in the future after the park has been established.

- Picnic Tables / Shelters (for small and large groups)
- Ease of Access & Sitting Areas for Elders
- Lawn and Grass Areas
- Additional Vehicle Parking
- Fire Pits / Rings
- Environmentally Friendly Bulkhead Treatment (partially shown)
- Play Equipment / Tree House
- Water Park
- Education / Interpretive Signage
- Restrooms / Outdoor Rinse Stations
- Tide Pools - Exploration for Children
- Picnic Area in Upper Storage Lot
- Seasonal Store / Rental / Concessions
- Volleyball
- "Giant Salmon that kids could Climb in"



WHPacific 11200 NE 155TH ST. STE. 300 KOTHILL WA 98011 425.551.4800

**Mission Beach Concept:** Following September's community meeting on the Mission Beach landscape project, this is a concept design of how Mission Beach could potentially look. This is not the final design and is subject to change. For design ideas and information, contact Malory Simpson at 360.716.4454 or [msimpson@tulaliptribes-nsn.gov](mailto:msimpson@tulaliptribes-nsn.gov).



# Health

Walk from front page



Family and friends in the Tulalip community join together to walk in remembrance of loved ones lost to suicide.

event,” she continued, “which was surprising, yet inspiring.”

Families wore the colors of World Suicide Prevention Day, some personalized with photos and names of people they have lost to suicide. Many people also made signs in memory of loved ones that were victims of suicide.

The walk began near the Karen I. Fryberg Health Clinic, and stretched half way around the bay, ending at the Don Hatch Jr. Youth Center, with a candlelight vigil and a potluck.

This year’s event was entirely community driven. The food served was brought by participants, the ribbons and craft supplies were donated by Michael’s, and Wal-Mart and Safeway each donated \$25 worth of goods to the event.

World Suicide Prevention Day is held on September 10<sup>th</sup> every year, and though this is Tulalip’s first year participating, it began ten years ago.

In Indian country, native male suicide rates are 10 times the national rate, with some reservations considerably

higher. For native females, the rates are 13-17 times the national average. Indian Health Service and Health Human Services record dangerously high numbers among native youth as well.

Lubbers said, “I just wanted to raise awareness about the issue. Even when it happens here, it seems that people talk about the person, which is good, but we never seem to address the issue. I think if more people were aware of the issue, more could be done to stop it.”



Catherine Monger (front) and Geraldine Enick (back) joined in the walk in remembrance of Lateesha Jack, Catherine’s niece and Geraldine’s granddaughter.



Sherry Dick, honoring her brother.

## Tulalip focuses on suicide prevention

By Monica Brown

Studies by the National Institute of Mental Health have found that American Indians and Alaskan

Natives have the highest rates of suicide, with 14.3 per 100,000, compared to non-Hispanic Whites 13.5, Hispanics 6.0, non-Hispanic Blacks 5.1 Asian and Pacific Islanders 6.2.

A community meeting was held Friday, September 13<sup>th</sup>, to identify needs related to preventing and responding to suicide in the Tulalip community. Motivational speaker, Arnold W. Thomas, a suicide victim, shared his life changing experience in an effort to highlight the warning signs and steps to take when someone may be having suicidal thoughts.

In 1988 Thomas attempted suicide, an event that left him alive, yet permanently disabled. Due to the extensive damage from his suicide attempt he was left permanently scarred, blind and unable to speak for many years.

“I should have died on that night. I lost a lot of blood and swallowed a lot of blood into my lungs,” said Thomas. He was eighteen years old, in high school, playing basketball and struggling with many confusing emotions about the suicide of his father two years prior. At a time of deep emotional turmoil, Thomas was using drugs

and alcohol and began thinking that no one cared. Instead of talking to someone, or asking for help, he put a gun to his head.

Thomas believes that suicide is not the problem, the real problem is, “Our inability to express our thoughts and our feelings in a manner which helps us to feel at peace in our head and our heart.”

“Tell them you love them,” explained Thomas, on how important it is to talk to people close to you about your feelings and show gratitude to your family and friends. “All the bones in my face were shattered and I spent two years not being able to

*Continued on next page*



speak. I saw how I hurt my family. I made a commitment to go through any and all surgeries to reconstruct my face so that maybe one day I'd be able to talk again."

Thomas, a Shoshone-Paiute native, has prevailed over his depression and physical disabilities. He has undergone 30 surgeries and completed a rehabilitation program that allows him to live independently. Thomas has earned a degree in psychology, a masters in social work and owns a consulting business called White Buffalo Knife, that allows him

Thomas believes that suicide is not the problem, the real problem is, "Our inability to express our thoughts and our feelings in a manner which helps us to feel at peace in our head and our heart."

to travel all over the country to share his story of perseverance.

According to Global Mental Health, mental health disorders have become a global issue that currently

affects 450 million people worldwide. Tulalip Family services is working hard to inform the community about the prevalence of suicide among young people and especially Native

people, in hopes that it will inspire others to care and help someone that is dealing with depression.

The National Suicide Prevention Line is 1-800-273-8255. For help with depression or help to speak with someone about depression please call Tulalip Family Services at 360-716-4400 or go to save.org. For more information about Arnold Thomas please visit www.whitebuffaloknife.com.

Decreasing runoff with rain gardens

Article and photo by Monica Brown; front page photos by Derek Marks

Rain gardens at Tulalip's administration building have had a year to flourish, and flourish they have. When you drive through the parking lot you see trees in the garden strips, along with a variety of shrubs, but towards the back, you see a spray of green areas that are roped off. Some people are not aware that these roped off garden areas are not weeds, but are native vegetation, and they were chosen specifically for their ability to remove pollutants.

"It's a menagerie, but that's how it was designed, to be low growing and provide a green landscape that would help filter out the pollutants," said Derek Marks of Tulalip Natural Resources.

Last year, the Natural Resources department was able to take a few garden areas within the admin building parking lot and turn them into rain gardens. Shortly after it was completed it had been sprayed with herbicides, a major no-no when it comes to rain gardens.

"You don't build a

rain garden to manage it with herbicides," said Derek. "The rain garden themselves filter the pollutants; we're not supposed to add pollutants to them."

The gardens contain mainly different species of sedge, rush, woodrush and grass, along with western buttercup, great camas and chocolate lily. This last spring there weren't many blooming camas or chocolate lily because the time between when they were planted and when they bloom in spring was too short for them to become established.

"We're expecting a lot more to bloom next spring. You'll probably see several hundred camas plants out here blooming," commented Derek.

Derek explains, "The rain gardens are filter strips. And the plants and microbes work hand in hand to break down the pollutants." They remove toxins, oils, and heavy metals that are in water runoff from the parking lot. Without the rain garden, the pollutants in the water runoff would make their way out and contaminate the Puget Sound.

The possibility of turning other garden strips within the parking area into more rain gardens has come up, but nothing has been decided on as of yet.

This pilot rain garden project was developed by Tulalip's Natural Resources', Valerie Streeter and Derek Marks. They caution that although some



By next spring, the rain garden is expected to be home to hundreds of blooming camas plants.

of these plants are known for being harvestable, these particular plants, and any that may reside in other rain gardens, are not harvestable because they are full of toxins.

For those that would like to start their own rain garden, Washington State University and Stewardship Partners have begun a campaign to install 12,000 rain gardens in the

Puget Sound area by the year 2016. The website for the campaign has videos to explain the whole process of putting in a rain garden and lists the many resources available to someone interested in installing one. Please visit 12000raingardens.org for more information about rain garden installation.

Tulalip Children's Safety Corner  
Back to School Pedestrian Safety Tips

Teach kids:

- \*To walk on sidewalks or paths and cross at street corners, using traffic signals and crosswalks.
- \*To put down their devices and then look left, right and left again when crossing the street.
- \*To make eye contact with drivers before crossing the street and to watch out for cars that are turning or backing up. Teach them not to run or dart out into the street or cross between parked cars.



Call the Legacy of Healing Children's Advocacy Center with Questions 716-4100



# Sports

## Hawks repeat last season with a win over Rainier Christian, 78 -54

Article and photos by  
Brandi N. Montreuil

Tulalip Heritage Hawks kicked off their 2013 Northwest 1B varsity football season with a game against Rainier Christian on Friday, September 13, played at Kent Lake High School.

Friday's opener was a repeat of the Hawks last season opener, where they took an explosive lead over Rainier. Not willing to waste time, Hawks opened the game with a stunning display of strength, despite taking the field with only eight players and none to spare for rotation.

Tailback Robert Miles Jr. stepped up to lead the team for 209 rushing yards, and six touchdowns, while fullback Bradley Fryberg scored three touchdowns, and added 21 tackles including three interceptions on defense.

Hawks head coach, Jim Kavaney, explains that this year's

season will depend on endurance, as the Hawks will take the field with only eight players for the next couple of games.

Grades and ineligible players are contributing to the small lineup, leaving some to wonder if the three-year-old football team is going to survive in Tulalip's heavily dominated basketball demographic.

With the graduation of DJ Kidd, who had an amazing 135 rushing yards in the opening game last season, the Hawks are in need of a new leader. Coach Kavaney is looking to Robert Miles Jr., to lead, who proved in Friday's game he is up for the challenge.

"We have good skill players, and most of the guys that we have in the line have been here for three years," said Kavaney. "Robert is a good player, and we have Bradley Fryberg, and that will help us a lot. Dontae Jones is quarterback for

his third year; he has great feet, real quick. Then there is Trevor Fryberg, Anthony McLean, and Alan Enick. I got pretty good players."

With the clout of seasoned players, the only thing that might stop the Hawks this season is their ability to endure. To keep his players focused, Kavaney has centered practice on endurance strengthening, taking advantage of the summer heat to prep his team for the long haul.

"We've had the guys playing defense, offense, kick-off, and punt. We have them doing it all. They realize that they are out there for the whole duration of the game," said Kavaney. "We are trying to be hard-nosed. They have to learn a lot of plays; we are not out here using 'plain Jane' plays. That is the thing about eight-man football verses eleven; you can't just learn one position. Somebody goes down, you rotate the



Knee-highs are just part of the endurance training the Hawks go through to remain physically fit during football season.

whole team. You don't just bring in the next guy like you do at a big school."

Despite the loom of ineligible players for the next few games, Kavaney and the Hawks have their eye on the horizon, where the playoffs await. Don't count this small team out yet, the coach cautions, "We would like to sneak in and steal that third

playoff spot."

If the Hawks continue to play as they did in the season opener, then the Northwest 1B will have a playoff contender in the Hawks.

You can watch all Heritage Hawks home games on channel 99 or online at [www.kanutv.com](http://www.kanutv.com).

## Lady Hawks take a loss against Lions, 0-3

Article and photos by Brandi N. Montreuil

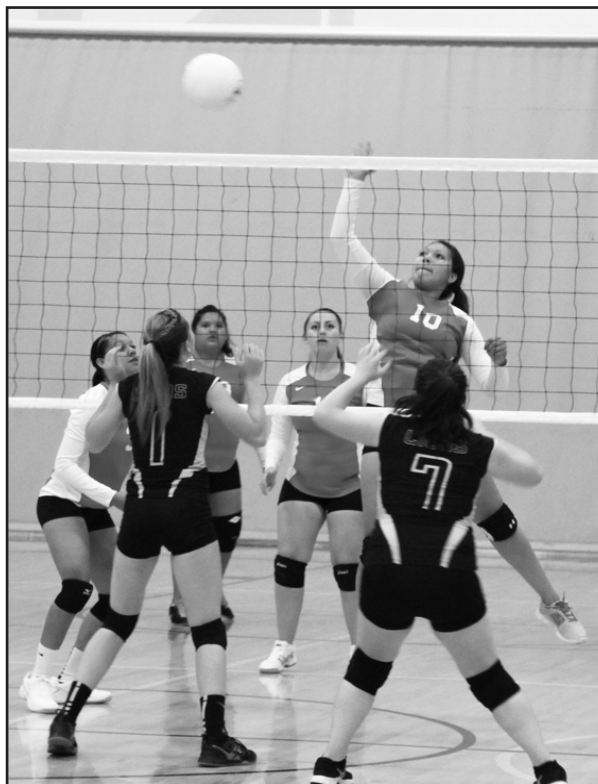
Heritage Lady Hawks welcomed Concrete Lions for their first home game of the 2013-2014 varsity volleyball season.

In a close match up, Lady Hawks narrowly secured a win in the second set with a set score of 18 to 25. The lack of players is quickly taking its toll on the Lady Hawks endurance this season, despite the increase of strategy during plays.

Lady Hawks took a loss in the first home game with a final game score of 0 to 3.

Tulalip Heritage H.S. Lady Hawks 13 18 16 X—0

Concrete H.S. Lions 25 25 25 X—3



## Lady Hawks take 1<sup>st</sup> win of the season over Skykomish Rockets, 3-0

Tulalip Heritage Lady Hawks played the Skykomish Rockets on Tuesday, September 17, at the Tulalip Heritage High School.

Tulalip Lady Hawks 25 25 25 X—3

Skykomish Rockets 21 13 24 X—0

Left: Lady Hawk Adiya Jones makes a block.



# Community

## Halloween pet photos

Show off your pets in their Halloween costumes! Send us your extravagant, your cool, your quirky or nerdy Halloween pet photos.


Email photos to Monica Brown at [mbrown@tulaliptribes-nsn.gov](mailto:mbrown@tulaliptribes-nsn.gov) by **Friday October 18th.** Photos will be featured in the October 30th issue.



**Tulalip HUD/Tax Credit housing applications will be accepted daily from 8:00 a.m. - 3:00 p.m.**

If your family is low income and needs housing assistance please contact Tanisha Fryberg desk:360-716-4450 fax:360-716-0366 [tfryberg@tulaliptribes-nsn.gov](mailto:tfryberg@tulaliptribes-nsn.gov)





**HIBULB events**

Fees for all events are the cost of admission.

**POETRY SERIES**  
Thursday, October 3 • 6:00 pm - 7:00 pm  
Hibulb Research Library  
**Patricia Stein, Lakota**

**LECTURE SERIES**  
Thursday, October 10 • 6:00 pm - 7:00 pm  
Hibulb Longhouse Room  
**David Dilgard - Historian, Author**  
To Discuss - Spanning Centuries & Cultures: The Early History of Tulalip Bay

**CULTURE SERIES**  
Saturday, October 12 • 1:00 pm - 2:00 pm  
Hibulb Classroom 2  
**Richard Muir, Jr.**  
Demonstrating - Peyote Stitch Beading

Saturday, October 19 • 1:00 pm - 2:00 pm  
Hibulb Classroom 2  
**Lance Taylor - pəčúʔtən**  
Demonstrating - Cedar Woven Hats



**Now Open Through October 13th!**  
**RAMP IT UP**  
Skateboard Culture in Native America


**FREE GUIDED TOURS** Every Wednesday 1 PM - 4 PM  
**FREE ADMISSION** First Thursday of every month!

Fees for all events are the cost of admission.  
**Call or go online for more events at Hibulb.**

Lena Jones at 360-716-2640 [lejones@tulaliptribes-nsn.gov](mailto:lejones@tulaliptribes-nsn.gov) Mary Jane Topash at 360-716-2657 [mjtopash@hibulbculturalcenter.org](mailto:mjtopash@hibulbculturalcenter.org)

**You can keep the cultural fires burning... VOLUNTEER TODAY!**

6410 23rd Avenue NE, Tulalip, WA 98271  
[HibulbCulturalCenter.org](http://HibulbCulturalCenter.org) | Find us on Facebook & Twitter!  

**Hibulb Cultural Center**  
  
& Natural History Preserve



**CREATING A  
DRUG ENDANGERED CHILDREN (DEC) PROGRAM**

**September 25 & 26, 2013**  
9/25 8:30am-4:30pm  
9/26 8:30 am – 12:30 pm

**Location: Tulalip Administration Building,  
Training Room**  
6406 Marine Drive, Tulalip WA  
*Trainers from Spokane County Sheriff's Office & DEC Team*

**FREE TRAINING!**

**Register by email: [lgoldsmith@tulaliptribes-nsn.gov](mailto:lgoldsmith@tulaliptribes-nsn.gov)**  
**Or by phone: 360-716-4100**



# Letters

## Obamacare

I haven't seen anything in the Sey-yat-sub or received any kind of notice from the Tribe or Health Clinic regarding whether or not I.H.S. our Tulalip Clinic services is considered a health care plan under the Obamacare program.

This is very serious and tribal members need to know in advance and time is running out. The deadline is fast approaching for all US citizens to have a health insurance plan. Under the treaty, tribal

members should be covered but we haven't been informed. If we are not and will be required to have another type of health insurance then we should have been notified months ago and educated on the programs available and filled out the necessary paperwork on this new program. Also, "WHO PAYS FOR THIS"? That is the most important question.

Are the conditions the same for tribal members that live off the reservation?

WHAT IS THE BOARD WAITING FOR? ARE THEY GOING TO AT THIS

LATE DATE HIRE SOME HIGH PRICED FIRM THAT ARE FRIENDS OF THE BOARD TO DO A STUDY AND GET US ON TRACK WHEN THIS SHOULD HAVE BEEN DONE BY THE CURRENT TRIBAL STAFF AS SOON AS THIS BECAME LAW.

Us tribal members need to be kept advised on these important issues and as Tribal members each of us should be questioning the Board on this issue.

Virginia Carpenter, Tulalip Tribal Elder

## Antonio Richard Spencer (Savag) Headstone, Sept 28



We are going to put Antonio R. Spencer's headstone in on September 28, 2013 at 10:00 a.m.. Afterwards we are going to have his burning for him and the rest of the family. After that we are going to have a potluck and give away.

I would love to thank everyone for everything. I'm so sorry it took me so long, but it really hurts when you lose a kid, you're supposed to go before your kids.

See you there, love always,  
the Spencer Family and his three kids  
R.I.P Antonio R. Spencer

### This new way

I'm new today,  
I have to tell you this clue,  
I love being your babe,  
For all that you do,  
I love livin this new way,  
Because I'm livin for you,  
I've got so much more to say,  
To only you I stay true,  
I know everything's  
going to be okay,  
Because of all that  
we've been through,  
I cannot wait  
to leave this place,  
So I can be back with you,  
I want you to say it  
to my faced,  
How much you love me too,

I've already got so much stress  
upon my plate,  
I shouldn't have to worry about  
the things that you might do,  
But I can only put this  
one other way,  
I'm so in live with you.

### Tell me

Tell me you love me,  
Over and over so I know  
that you care,  
Tell me there's no one else  
but me,  
And that you'll always  
be there,  
Tell me you miss me,  
With soft eyes looking at me with

a stare,  
Tell me that you too are sorry,  
But sometimes life  
just isn't fair,  
For as long as you can  
honestly tell me,  
Al that is said is true,  
Then in turn I can tell you,  
How grateful I am to have you

*These are for the ones who are  
away from the ones that they  
truly love and feel that they  
have to cling to hope that their  
relationship will make it. And if  
not, to be strong and know that  
God has a better plan for you.*

*By Avel Medina, Jr #1314*

## Tulalip Tribal Court Notices

**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.

**TUL-CV-GU-2013-0416. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re A.P.B. TO: Princess A. Paul and Anthony L. Bennett: YOU ARE HEREBY NOTIFIED** that on July 16, 2013 a Petition for Guardianship was filed in the above-entitled Court pursuant to TTC 4.05 regarding A.P.B. You are hereby summoned to appear and defend the above entitled action in the above entitled Court and answer on November 6, 2013 at 2:00 PM 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 25, 2013.

**TUL-CV-GU-2013-0461 and TUL-CV-GU-2013-0462. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re M.C.G. and D.C.G. TO: Jorge Gomez: YOU ARE HEREBY NOTIFIED** that on August 8, 2013, Petitions for Guardianship were filed in the above-entitled Court pursuant to TTC 4.05 regarding M.C.G. and D.C.G. You are hereby summoned to appear and defend the above entitled action in the above entitled Court and

answer on October 31, 2013 at 3:00 PM 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 25, 2013.





## *What is the happiest part of your day?*



"Going home to snuggle with my daughter."

**Tashena Hill**  
Tribal member



"Going home to see my loving wife Sharon."

**Andy James**  
Tribal member



"Going home to my children and seeing them excited."

**Aimee Moses**  
Tribal member



"Lunch!"

**Wes Monger**  
Tribal member

## **Tulalip Tribes** **Stop Smoking Program**

Located at Family Haven: 7707 36th Ave NW Bldg. F  
(across the parking lot from the Boys & Girls Club)

### **Stay healthy for your family**

**We provide FREE supplies and support!**



For more information  
call Ashley 360.716.5719



### **COLLEGE BOUND** **for High School SENIORS**

- Admission Requirements
- Applying for College Admission?
- FAFSA
- Scholarships
- FOOD provided

**Need Help?**

**DATE: October 4 & October 25, 2013**

**TIME: 3—6 PM**

**ROOM: 268, Administration Bldg.**

**\* RSVP: 360-716-4888, Higher ED**  
**or [highered@tulaliptribes-nsn.gov](mailto:highered@tulaliptribes-nsn.gov)**

