



RENEGADE BASKETBALL RETURNS TO TULALIP

Page 8



2020 Native Vote tour visits Tulalip



By Micheal Rios

Native Vote is a nonpartisan campaign initiated by the National Congress of American Indians (NCAI). It is designed to encourage Native Americans throughout the nation to exercise their inherent right to vote. With the heightened political participation of Native people, Indian Country has become an increasingly

powerful voting bloc. In recent years, the Native vote has been publicly acknowledged as making a pivotal difference in national, state, and local elections.

The ability to make such a pivotal difference is 100% reliant on you, the voter. Historically, the turnout rate of registered Native voters is 5 to 14 percentage points lower than the rate

of many other racial and ethnic groups. Add in the fact that nationwide a whopping 34% of eligible Native voters are not registered to vote, according to the NCAI, and the need to empower the entire electorate to register and cast their ballot is a clear priority.

Native Vote's admirable Rez-to-Rez tour intends to fulfill that priority in Washington

See **Native Vote**, page 3

PRSRT STD
US Postage
PAID
Sound Publishing
98204

Tulalip Tribes
6406 Marine Drive
Tulalip, WA 98271

March Senior Center Calendar

3/11 - TEC Bingo
 3/13 - Checks at the Senior Center
 until 4:30
 3/16 - Trip to Shipwreck beads (space
 will be limited, please sign up)
 3/17 - St Patrick's day
 3/25 - TEC Bingo
 3825 - Dinner 5pm-7pm
 3/31 - Birthday Lunch



TULALIP TV

www.tulaliptv.com

For program scheduling, visit:
<http://www.tulaliptv.com/tulaliptv-schedule/>

Not getting your syæcæb?

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

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

syæcæb, the weekly newspaper of the Tulalip Tribes

Reporter: Micheal Rios, 360.716.4198
mrios@tulaliptribes-nsn.gov
 Reporter: Kalvin Valdillez, 360.716.4189
kvaldillez@tulaliptribes-nsn.gov
 Tulalip News Manager: Kim Kalliber, 360.716.4192
kkalliber@tulaliptribes-nsn.gov
 Media & Marketing Manager: Sara "Niki" Cleary,
 360.716.4202 ncleary@tulaliptribes-nsn.gov

Volume 41, No. 9, March 7, 2020
 Published once-a week with special issues by the:

Tulalip Media & Marketing
 6406 Marine Drive, Tulalip, WA 98271
 360-716-4200; fax 360-716-0621
 email: editor@tulaliptribes-nsn.gov

Deadline for contribution is Monday, with publication on the following Saturday.

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

WORRIED ABOUT FLU OR CORONAVIRUS?

**HELP FIGHT
THE
SPREAD OF ILLNESS**



WASH HANDS OFTEN

WITH WARM WATER AND SOAP FOR AT LEAST 20 SECONDS.
 HAND SANITIZER IS GOOD IN A PINCH.

KEEP HANDS AWAY

FROM MOUTH, NOSE OR EYES TO AVOID
 TRANSFERRING GERMS.

CLEAN AND DISINFECT

FREQUENTLY USED SURFACES LIKE COUNTERS, LIGHT
 SWITCHES, DOORKNOBS, AND REMOTES.

COVER COUGHS & SNEEZES

WITH A TISSUE, THEN THROW
 TISSUE AWAY AND WASH YOUR HANDS.

IF YOU FEEL SICK, STAY HOME

FROM WORK, SCHOOL, OR OTHER ACTIVITIES AND AVOID
 CLOSE CONTACT WITH OTHERS.

FOR MORE INFORMATION GO TO:
WWW.SNOHD.ORG/NCOV2019 OR WWW.SNOHD.ORG/FLU



**SNOHOMISH
HEALTH DISTRICT**
WWW.SNOHD.ORG



Board of Directors:

Teri Gobin – Chair
 Glen Gobin – Vice Chair
 Jared Parks – Secretary
 Misty Napeahi – Treasurer
 Mel Sheldon Jr. – Council Member
 Les Parks – Council Member
 Marlin Fryberg Jr. – Council Member

6406 Marine Dr
 Tulalip, WA 98271-9694
 360-716-4500
 Fax 360-716-0628

The Tulalip Tribes are federally recognized successors in interest to the Snohomish, Snoqualmie, Skykomish, and other allied tribes and bands signatory to the Treaty of Point Elliott.

March 2, 2020

The Board of Directors and the core team met for a strategic planning session about the Coronavirus (COVID-19). A plan has been created for membership, staff, and businesses to ensure the safety of our community. We are implementing our plans in the government and our businesses and will be reaching out to the community through the community health department.

The Snohomish County Health District states the risk of contracting Coronavirus is very low. The recommendation given from our medical team to reduce your family's risk of respiratory illness is by taking the following precautions:

- Wash your hands often with soap and warm water for at **least 20 seconds**
- Avoid touching your eyes, nose and mouth
- If you are sick **stay at home**
- Avoid close contact with people who are sick
- Clean and disinfect objects and surfaces (doorknobs, counters, light switches, or remotes)
- Cover your mouth and nose when coughing or sneezing
- Remain informed, prepared, and calm
- Doctors recommend flu shots

If necessary please contact your healthcare professional if you develop a *fever* and *symptoms of respiratory illness*, such as a *cough* or *difficulty breathing*. Inform them of your recent travel or contact. Your healthcare professional will work with the state's public health department and CDC to determine if you need to be tested for COPVID-19. Please call your regular doctor, the emergency walk-in is for critical patients.

For more information about the coronavirus or to get updates at the county or state levels, please feel free to visit the Snohomish County Health District website at <https://www.snohd.org/484/Novel-Coronavirus-2019> or the Washington State Department of Health website at <https://www.doh.wa.gov/Emergencies/Coronavirus>.

Sincerely,

Teri Gobin,
 Tulalip Chairwoman

Natove vote from front page

"It is critical that we get together, register to vote, and let our voice be heard by casting our ballot. Your vote is guaranteed to you by the U.S. Constitution. As treaty tribes, we have joined the United States in citizenship."

- Larry Cordier, coordinated campaign tribal organizer



State by going directly to Native voters on their reservations, speaking truth to power on issues that impact our people, while encouraging each tribal citizen to vote. The Rez-to-Rez tour visited Tulalip on Tuesday, March 3.

"I'm honored to be here with you all on Tulalip land," said Larry Cordier (Lakota), coordinated campaign tribal organizer. "It is critical that we get together, register to vote, and let our voice be heard by casting our ballot. Your vote is guaranteed to you by the U.S. Constitution. As treaty tribes, we have joined the United States in citizenship. Our men and women have defended this country. No one has to set that table for us. We did that with our veterans.

"The chiefs negotiated those treaties and it's our responsibility to make sure those Treaty Rights endure," continued Larry. "In all my travels I've heard so many people say, 'Why should I vote? My vote doesn't count.' But if all those people got out and registered, and cast their ballot, we would have this country exactly where it needs to be. We need everyone because everyone counts. So let's mobilize and make them feel our united power."

During the two-hour visit, engaged citizens

Continued on next page

2020 B.O.D. CANDIDATES FORUM

Thursday, March 12

5-8 PM

Greg Williams Court

All Tulalip tribal members welcome to join in asking questions of the candidates and gaining information

were welcome to ask questions about candidates, register if they weren't already, shown how to update their mailing address to insure arrival of voting documents, speak with 2020 Census representatives, and, if they were ready, cast their Washington State primary ballot.

"I saw the advertisement for this event in the Tulalip newsletter and was interested in finding out more about the presidential candidates," shared tribal elder Joyce Alexander (Haida). "I haven't decided who I will be voting for yet, but leaning between Bernie Sanders and Joe Biden.

"As a Native American

citizen, I'm always curious about how any politician or political candidate feels about Native Americans. [Their platform] affects us and our issues should matter to them."

According to the U.S. Census, Native Americans have one of the youngest populations of any racial/ethnic group in the United States, with those under the age of 25 making up about 40% of the total Native population. Every four years, about half a million Native young people turn 18-years-old and become eligible to vote. This provides an opportunity to engage almost one in ten Native people as new voters.

In order to maximize the

Native vote, it is critical that Native citizens become educated in the political process in order to actively participate in tribal, local, state, and national elections. It's not only the U.S. President and Congress, but state governors and county and local elected officials who make important policy decisions that affect the everyday lives of Native peoples. Increasing the Native vote and in turn our electorate's participation in non-tribal elections will lead to better responsiveness to the needs of tribal communities across the nation.

"One of the beautiful things about voting is it is open and accessible to everyone. And every

vote matters," explained Theresa Sheldon (Tulalip), Native American political director for the Democratic National Committee (DNC). "Please know that it's not too late for people to register to vote. There is a great online resource iWillVote.com

"Anyone can visit that site to register, check if you are registered, and/or update your mailing address. It's so important to know that if we want to take back the white house, then we have to show up and vote. Please talk to your friends, your family and encourage them to get their ballot in. Sooner is better. Don't wait until the last minute," encouraged Theresa.

Annual Problem Gambling Awareness Gathering happening March 7th

By Kalvin Valdillez

"It's so widespread, but the societal norm is that it's not accepted as a disease," said Tulalip Problem Gambling Counselor, Robin Johnson. "A lot of people who come and see us will say that they feel like they don't have a real problem, so this is raising awareness about the fact that problem gambling is a disease and also of the detriments that it causes in real life. There is help. You are not alone."

The Tulalip Tribes Family Services Problem Gambling Program invites you and yours to a special soiree on the evening of March 7th. A popular community event, and highly anticipated within the recovery circle, the annual Problem Gambling Awareness Gathering promotes healing, education and awareness about an addiction that nationally affects approximately six million individuals and their families each year, according to the National Council on Problem Gambling.

"In most Indigenous communities there's higher risk of acquiring a gambling disorder," explained Problem Gambling Coordinator, Sarah Sense-Wilson. "That's because of co-occurring

disorders, mental health, addiction, proximity to gambling establishments and trauma issues. Those things all factor into why Indigenous populations tend to have vulnerability for a gambling disorder."

For half a decade, the Tulalip Problem Gambling program has actively taken part in a countrywide initiative, Problem Gambling Awareness Month, by hosting local events and providing support to those in need each March. The campaign originally began over fifteen years ago in response to the amount of sports betting surrounding the NCAA March Madness college basketball tournament. Since Tulalip's involvement in the awareness month, recovering gambling addicts who live at Tulalip, or in nearby cities, have found a sense of community and people who they can relate to and confide in during their journey to recovery.

"The theme for this year's Problem Gambling Awareness month is 'Seeds of Hope Through Recovery.' That comes from the problem gambling recovery community, they're the ones who conceptualized

the theme," Sarah said. "It impacts everybody in the community at some level, especially in our tribal communities, because we're so small and tight knit. When I first started here, there was a real void in any collective effort to promote

health and wellness around this issue of problem gambling, throughout the region not just at Tulalip. And really, there are no collective efforts or campaigns in Indian country to spotlight this as illness or disease."

As a people, Native Americans are at the highest risk of developing a gambling habit. A 2019 study conducted by the National Institute on Alcohol and Related Conditions showed that 2.3% of the entire Indigenous population are currently battling the gambling addiction, one of the highest percentages in the nation. Recognizing that this is an issue affecting our tribal people, several Northwest tribes are addressing problem gambling by developing programs to help their people from within the community. Many of those nations, whose programs are still in the infancy stage, often send representatives to participate in events at Tulalip to get a better understanding of how the tribal people are interacting with the program.

Sarah explains, “Our program is a national model program because of the comprehensive services we provide and the expansive work that we’ve created here developing not just treatment, but also prevention, education, community outreach, all of those aspects. Usually, you don’t see that continuum of support services in any other addiction field program. This is also a great opportunity for cross-cultural understanding because we serve non-Natives too. In fact, our services are free and we work with everybody.”

The 5th Annual Problem Gambling Awareness Community Gathering takes place Saturday March 7, from 5:00 p.m. to 8:00 p.m. at the Hibulb Cultural Center. Medicine will be offered all evening in the form of laughter provided by comedienne Adrienne Chalepah, traditional drum circle led by Terrance Sabbas and family, personal testimonials from recovering gambling addicts, as well as soothing tunes from Native violinist, Swil Kanim, who also doubles as the event’s Master of Ceremony.

“We’re trying to keep the same formula, bringing healing through comedic relief and raising awareness, trying to destigmatize the illness so that people are more open to receiving help or seeking services. We want people to understand that this is a disease, a disorder just like diabetes, high blood pressure, there’s no shame in it. We just want to see people get well and live healthy. It really does take a community to make it happen and that’s our goal. These events are not just about calling attention and centering on those in recovery; it’s also about reaching those who are still suffering.”

For more information, please contact the Problem Gambling program at (360) 716-4304.



By AnneCherise Jensen and Calvin Valdillez

Did you know that the month of March is regarded as National Nutrition Month by health professionals and dieticians nationwide? Promoting healthier eating habits and physical activity, the annual campaign has helped hundreds, if not thousands, make positive lifestyle changes by educating the people on how to make better, more informed decisions when meal planning, as well as stressing the importance of fueling your body with the proper nutrients.

To celebrate National Nutrition Month, AnneCherise Jensen of the Tulalip SNAP-Ed program is sharing weekly installments in the *syacab* during the month of March to bring a better understanding of the foods we consume, or should be consuming, and how they affect our bodies. During the first episode of National Nutrition Month, AnneCherise highlights vitamins and the role they play in our diets. As a fun added bonus, she also provides the food source in which the vitamins can be found, that way you can factor in your daily dose of vitamins when planning your meals in advance.

National Nutrition Month

Two types of Vitamins:

Fat Soluble Vitamins Fat-soluble vitamins are those vitamins that can dissolve in fats and oils. Fat-soluble vitamins are absorbed along with fats in the diet and can be stored in the body’s fatty tissue. This means that it may be possible to reach toxic levels of these vitamins—although it would require an excessively high intake in order to do that. Fat-soluble vitamins come from plant and animal foods or dietary supplements. Vitamins A, D, E, and K are fat-soluble.

Water Soluble Vitamins Water-soluble vitamins are those vitamins that

National Nutrition Month with SNAP-Ed: VITAMINS

can dissolve in water. Water-soluble vitamins are carried to the body’s tissues but are not stored in the body. Consequently, it is less likely to reach toxic levels of these vitamins. Water-soluble vitamins are found in plant and animal foods or dietary supplements and must be taken in daily. Vitamin C and members of the vitamin B-complex are water-soluble.

Vitamins

Vitamin A: Vitamin A is a fat-soluble vitamin that is stored in the liver. Vitamin A helps form and maintain healthy teeth, skeletal and soft tissue, mucus membranes, and skin. It’s also known as retinol because it produces the pigments in the retina of the eye. Vitamin A promotes good eyesight, especially in low light. It also has a role in healthy pregnancy and breastfeeding.

Sources: carrots, sweet potato, kale, red peppers, lettuce, spinach, cantaloupe, tuna fish, mango, papaya, apricots, broccoli, butter, eggs.

B Vitamins, Energy Vitamins: There are eight well known B-vitamins that play a role in the body. They support metabolism and contribute to the body’s ability to produce energy. Several of the B-vitamins have additional functions as well:

Vitamin B6: Alternatively known as pyridoxine, vitamin B6 helps to produce insulin, fight infection and create non-essential amino acids (the building blocks of protein). Beans, chicken, banana, baked potato, pork, fish, nuts and fortified breakfast cereals all contain vitamin B6.

Folate: Also known as folic acid, folate is particularly important during pregnancy. Consuming adequate amounts helps to reduce the risk of spine and brain deformities (known as neural tube defects). Sources of folate include many fruits and vegetables — including beans, oranges, avocado and spinach — as well as fortified grains.

Vitamin B12: Cobalamin, or vitamin B12, plays an important role in creating new red blood cells and a deficiency could result in anemia. It is present in animal products such as milk, yogurt and cheese, meat, fish, poultry and eggs. Many grains and cereals are also fortified with vitamin B12 and are an important source of this vitamin for vegetarians and vegans. Although, a vitamin B12 supplement may also be needed.

These **B-vitamins** are more commonly known by their names than by their numbers, but all are widely available in a variety of foods and deficiency is relatively uncommon in the United States:

Continued on next page

- **B1 / Thiamin:** Pork, peas, whole-grain and enriched-grain products including bread, rice, pasta, tortillas and fortified cereals.
- **B2 / Riboflavin:** Cheese, yogurt, enriched grains, lean meats, eggs, almonds and leafy green vegetables.
- **B3 / Niacin:** High-protein foods such as peanut butter, beef, poultry and fish, as well as enriched and fortified grain products
- **Pantothenic Acid:** Yogurt, sweet potato, milk, avocado, corn, eggs and beans.
- **Biotin:** Eggs, peanuts, fish, sweet potato and almonds.

Vitamin C: Vitamin C is a water-soluble vitamin well known for its role in supporting a healthy immune system. Because your body cannot make vitamin C, it must come from the foods you eat every day.

Research shows vitamin C is essential for the growth and repair of tissue all over the body. Vitamin C helps heal wounds and repair and maintain healthy bones,

teeth, skin and cartilage - a type of firm tissue that covers the bones. As an antioxidant, vitamin C fights free radicals in the body which may help prevent or delay certain cancers and heart disease, and promote healthy aging. Though it may not keep you from catching a cold, there is some evidence that high doses of vitamin C may decrease the length of cold symptoms by as much as one to one-and-a-half days for some people.

Sources: Citrus fruits, Kiwi, pineapple, Brussel sprouts, papaya, berries, bell peppers, rosehips, guava, parsley, cabbage, garlic, cauliflower.

Vitamin D: Vitamin D is a nutrient needed for health and to maintain strong bones. Vitamin D aids in the absorption of calcium and phosphorus in our bodies, helps bring calcium and phosphorus to our bones and teeth, and helps regulate how much calcium remains in our blood. Together with calcium, vitamin D helps protect against the loss of bone mass.

Vitamin D's importance does not end there. It also helps muscles function and allows the brain and

body to communicate through nerves. And the immune system needs vitamin D to fight off invading bacteria and viruses.

There are three ways to get vitamin D: the sun, your diet or supplements.

Food sources: Sockeye Salmon, Halibut, Turkey, Eggs, Mushrooms, Yogurt, Oysters, Tuna, Shrimp, Oatmeal, Cheese, Spinach, Okra

Vitamin E: Research has demonstrated the broad role of vitamin E in promoting health. The main role of vitamin E is as an antioxidant. Research has looked at its possible role in helping to protect your body from cell damage that can lead to cancer, heart disease and cataracts as we age. Vitamin E works with other antioxidants such as vitamin C to offer protection from some chronic diseases. Vitamin E is found in vegetable oils, wheat germ, whole-grains and fortified cereals, seeds, nuts and peanut butter.

Sources: Spinach, Almonds, Sweet Potato, Pine Nuts, Olive Oil, Avocado, Butternut squash, peanuts, sunflower seeds, and other nuts and vegetable oils.

Vitamin K: Vitamin K refers to a group of fat-soluble vitamins that play a role in blood clotting, bone metabolism, and regulating blood calcium levels.

The body needs vitamin K to produce prothrombin, a protein and clotting factor that is important in blood clotting and bone metabolism. People who use blood-thinning medications, such as warfarin, or Coumadin, should not start consuming additional vitamin K without first asking a doctor.

Food sources: Avocado, green apple, grapes, asparagus, kale, cabbage, Brussel sprouts and other green leafy vegetables.

Stay tuned during National Nutrition Month as SNAP-Ed has more fun, informative articles planned that touch on subjects such as gut health, minerals as well as how to incorporate more greens and pack additional colorful nutrients into your diet. For additional details, please contact the Tulalip SNAP-Ed program at (360) 716-5632.

Education

Tulalip achievers recognized at student award celebration

By Micheal Rios

Motivation and goal-oriented success are what drive individuals in any profession. In the school setting, it is critically important that as a community we celebrate and recognize the outstanding things that our Native students accomplish, both inside and outside of the classroom.

Celebrating our students is why Marysville School District's (MSD) Indian Education and the Tulalip Tribes own Education department partnered up to create their own scholastic achievement awards, dubbed the Native students of the quarter. Each award recognizes Native students within MSD who showcase a dedication to their education, while personifying resiliency and personal accountability in the pursuit of academic excellence.

Once a quarter, during the

school year, the nominated students and their devoted families are invited to the MSD Service Center for a district-wide student recognition breakfast. They are treated like honored guests, offered their fill of delicious breakfast items, and given ample time to be properly celebrated by their teachers and MSD board members.

"It is such a beautiful thing to witness our staff and families coming together to celebrate the wonderful successes of our students in such a meaningful way," said Jason Thompson, MSD Superintendent.

On February 25th, the winter quarter's award breakfast was held for the much deserving group of students. For their commitment to the classroom 4th grader Brutal Madrigal, 4th grader Maleia Kicking Woman, 7th grader Dominik Kendrick, 11th grader

Melissa Hammons, and 12th grader T.J. Severn were applauded by their educators who witness first-hand the many efforts made by each deserving student.

Brutal Madrigal is described as a very pleasant students who is eager to learn, sets personal goals and works hard to reach those goals. His teachers at Quil Ceda Tulalip Elementary (QCT) also noted his emotional maturity. They said, "He now has the ability to articulate when he is having a meltdown and can express his emotions to work through his struggle. He'll put himself in the calm down zone before returning to his school work." That growth has made Brutal a great example to his classmates.

Also recognized from Quil Ceda was 4th grader Maleia. She is such a fan favorite that multiple

teachers and former teachers showed up to speak of her accomplishments. It was noted that Maleia has great attendance, owns her actions, is always respectful, and does her best to support her fellow classmates. Outside of being a role model student in the classroom, her educators lauded her pride for her Native culture. The culture bearing 10-year-old leads drumming and singing every morning at the QCT morning assembly, and she dances during Tulalip Day and the winter powwow.

Seventh grader Dominik Kendrick earned Native student of the quarter honors for the middle school demographic. He attends Marysville Middle School where he just finished that latest semester with all A's and one B. His teacher Ms. Jensen described him as, "an overall outstanding student who works hard



Maleia Kicking Woman, 4th grade.

daily to get his work done. I enjoy having him in class. He increased his reading score by 109 points in just 5 months, an almost entire school year increase.”

High school student of the quarter went to Tulalip’s own Melissa Hammons. Most known for her daredevil lifestyle zooming around the arenacross circuit, she has revved up her grades to near 4.0 status. An 11th grader at Marysville Pilchuck, Melissa’s teachers nominated her due to her “amazing dedication to improve from an early academic struggle her

freshman year, bouncing back with a strong sophomore campaign, and becoming an all-around outstanding student in her 11th grade year.” She’s accomplished this mighty turnaround all maintaining a super busy life outside of school, including working part-time and competing in arenacross full-time.

Also at the recognition breakfast, fellow tribal member T.J. Severn was awarded with Soroptimist International and Marysville Kiwanis student of the month for February. The Marysville



Dominik Kendrick, 7th grade.

Pilchuck senior played four years of high school basketball, including a once in a lifetime trip to Italy to play against European professionals and teach the game to child age hoopers. He’s been a mainstay on the honor roll, currently holding a whopping 3.00 GPA, and enjoys living out his culture on the water as a fisherman and on land as volunteer giving back to his community.

“I plan on attending Washington State or Central next year,” said T.J. of his collegiate plans. “Hopefully, I can get a degree in

Natural Resources so I can come back to help the Tribe. I’d like to work in the wildlife department; getting out with the Nooksack elk herd or the mountain goat relocation project.”

The student recognition breakfast was made possible through the collaborative efforts of MSD’s Child Nutrition Services Department, Board of Directors, the Superintendent’s Office, and most importantly, the stellar students and their proud families.



Left: Melissa Hammons, 11th grade.



T.J. Severn, 12th grade.

Renegade Basketball returns to Tulalip

By Cullen Salinas-Zackuse

The Tulalip Boys and Girls Club is a sanctuary for youth in the area that want to get involved in the community. “We have been trying to figure out what kids love to do out here and one of the main things is basketball. We are here to help parents have their kids play sports all the time. We bought a VertiMax resistance training machine, a top basketball shooting machine, and the kids are having a blast,” said Boys and Girls Club Director, Mark Hatch.

Tulalip Renegade Basketball Development and Fundamentals is a newly developed program by William Iukes and his coaching staff, that has blossomed since it began last October. It started with just a few kids attending the basketball training, and as more and more buzz around the program circulated, parents and community members took notice.

“Each week we are having a big turnout; it is making a big impact. The kids are having fun, and seeing the joy when they make a shot makes me proud as a coach. We have 38 kids and more are coming,” said Renegade Coach, Matt Moses.

Renegade did not forget the roots of Tulalip basketball. In honor of Donald Hatch III, the name Tulalip Renegade Basketball continues. “Renegades” was originally Donald’s team name when he worked with youth at the Tulalip Boys and Girls Club and was a large part of the basketball community in Tulalip.

“What Willy (William) is doing here is a good thing. In all my years I have never seen a program like this before,” proudly said Don “Penoke ” Hatch, Donald III’s father.

Tulalip Renegade Basketball has already had an impact on the youth. “This program teaches you a lot. It makes you work hard and practice on your skills, your jumps, your runs, and it is a lot of fun,” said Nico Boualavanh, youth basketball player.

As the program continues to grow, kids will have a way to stay active on the weekends. Renegade’s mission is to teach, develop, organize, manage, and offer youth players the opportunity to learn the fundamental skills of basketball, while instilling life lessons and values such as character, teamwork, discipline, respect, and sportsmanship. Training is held every Sunday with sessions starting at 10am-11am for K-1st grade, 11am-12pm for 2nd-3rd grade, 12pm-1pm 4th-5th grade, and 1pm-2pm 6th-12th grade.

Moving forward Renegade Basketball continues to give youth more opportunities to interact with each other and build social skills. Eventually Tulalip Renegade intends on reaching out to various tribal basketball programs to connect with youth around other reservations, for all to enjoy and play the game they all love.



HIGH SCHOOL GRADUATION GIFT BID REQUEST

TO: TULALIP TRIBAL MEMBERS
FROM: POSITIVE YOUTH DEVELOPMENT & LEADERSHIP DEPARTMENT
CC: JESSICA BUSTAD, PYDL MANAGER
SUBJECT: HIGH SCHOOL GRADUATE GIFT
DATE: FEBRUARY 25, 2020

The Positive Youth Development & Leadership Department (Formerly K-12 Education) is requesting bids for 75 graduate gifts.

Graduate gifts are to be gifted at the 2020 Tulalip High School Graduation Banquet.

Details:

- Must be a gift to represent Coast Salish culture.
- \$100.00 cost per gift maximum.
- One sample must be provided with bid (Sample returned to bidder upon selection).
- Awarded bidder must deliver all gifts by June 5th at 4:00pm.

Bid and sample are to be submitted to Jessica Bustad at the Don Hatch Youth Center by March 18th @ 4:00pm.

Don Hatch Youth Center - Education
6700 Totem Beach Rd.
Tulalip, WA 98271
(360) 716-4902

Email: K12Graduation@tulaliptribes-nsn.gov

Diabetes Care and Prevention Program
Karen I. Fryberg Tulalip Health Clinic


Wellness Workshop
"Making Better Life Choices"

Series of five workshops:
Thursdays
March 19, 26, April 2, 9, 16
3:30pm to 6:30pm
at Youth Council Board Room

Workshop Schedule:

	Welcoming by Wisdom Warrior Elders
3:30PM – 4:00PM	Herbalist Demonstration by Leslie Lekos
4:00PM – 5:00PM	Culinary Specialist Cooking Demonstration by Britt Reed
5:00PM – 6:00PM	Topic: Enjoy Healthy Food Choices That Taste Great Enjoy your meal while our team teaches the lesson
6:00PM – 6:30PM	Mindful Meditation Movement Activity
	Closing and Prize Drawings

To find out more information please contact:
Veronica "Roni" Leahy at 360-716-5642 or Jessica Bustad at 360-716-4902



Tulalip Tribes Education Division

Tutoring & Homework Support PROGRAM

Kindergarten thru 12th grade
Math • Science • Reading • English • Writing • Comprehension • Spanish
Reading Plus • Compass / Odyssey Learning Program • Credit Retrieval

Our on-line programs include:
• Reading Plus • IXL • Cool Math • ABCya! • Fact Monster Math • Math Magician • Math Playground


VISAGRAPH SILENT READING ASSESSMENT | **irlen** Where The Science Of Color Transforms Lives

With the Power of an Education the Sky is the Limit!

Our Program is FREE to all Students/Families

We're located in
Buildings F, F2 & F3
7707 36th Ave NW
across the parking lot from the
Tulalip Boys & Girls Club

Contact **Dawn Simpson**
dsimpson@tulaliptribes-nsn.gov
(360) 716-4646
OR
Valda Gobin 425-870-4214



Tulalip Bay Affordable Work Force Rental

Tulalip Tribal Members Only

**Tenant selected by
lottery on April 2, 2020**



3410 Reuben Shelton Dr., Tulalip WA 98271
3 Bed, 1 bath Rambler

**Application deadline is April 1, 2020 by 3pm to
Asset & Retail Development. Joe Hernandez 360.547.2625
or jhernandez@tulaliptribes-nsn.gov**

I am seeking your vote



hoʔʔ sləʔil, Margie Santibanez tsi dsdaʔ Greetings, my name is Margie Santibanez and I am seeking your vote and support to serve as your next Tulalip Board of Director. I am ready to take this

journey in leading our tribe with you by my side. I truly believe when we walk hand in hand, we all win.

We need leaders who are there for us. I would like to be a supportive transformative leader for you. Many of the issues you care most about have been important to me as well—whether you are a small business owner looking for support, a working parent or grandparent searching for a better education for your child, have struggled to find support during a family crisis, have waited on a list for many years to build a home, or have lost a love one and feel alone, I have been there as well. We all need someone who can support and uplift us through these difficult times.

We need a leader who understands the many layers of government and how to work with outside agencies. I have learned a great deal working many years on behalf of the Tulalip Tribes in Education, Compliance, Employment, Human Resources, Finance, Utilities, etc. I am also a small business owner and have been able to support my family to build our dream home. Raising four children taught me every day about patience, care and how to fight against addictions. I am currently working in education as a Para Professional for the Marysville School District caring for our young ones. I have a great deal of experience and am ready to put it to work

for you, our elders, youth, and families. In fact, I strongly support building our own Tulalip school system.

I do not shy away from serving our most vulnerable and underserved loved ones. I have had many tough life lessons, earned my Master’s degree in Business Administration (MBA), sought out our cultural teachings, and have taken many of your words to heart. If you know me, I am never afraid to take on difficult conversations to help us grow. I will research, listen to both sides, and find a way to bring about systemic and social change for the betterment of our people. It is an honor to stand up at general council to represent many of your values. It’s truly time for our collective voices to be heard.

I will defend our treaty rights like my great grandmother Leah Phillips did. We have been fighting for our rights for a very long time and I intent to fight for you with as much passion as our ancestors have. In closing, this quote resonates with me, “Quote: “Leadership is submission to duty NOT elevation to power”

I’d love to visit you, your friends, and family and hear your thoughts about how I can earn your VOTE for Margie Santibanez. Call, text or email me at 425-508-1155 – margie63@gmail.com

Obituaries

Rose Marie Sicade



Rose Marie Sicade April 25, 1940 - February 21, 2020 Rose was born April 25, 1940 in Poulsbo, WA to Marvin and Susie Napoleon Sr. She resided in Poulsbo, Tacoma, and Tulalip, WA.

She was a independent, hard-working woman. She picked fruits and vegetables in the fields in the early days of her life, she also enjoyed working at the Puyallup Fair, and she was a partner of a Christmas Tree Farm and worked at Pyrodine Firework warehouse. She was one of the first employees at the Tulalip Bingo when it opened. She later retired from the the Puyallup Casino in the early 2000’s. She moved home

to Tulalip permanently shortly after. She was a loving, caring, giving mother, grandmother, sister, auntie, cousin and friend. She loved going thrift shopping, yard sales, also loved to travel with the Tulalip Seniors Center to the Elders luncheons, AMD going to Bingo. She enjoyed spending time, and making memories with her family and friends.

She leaves behind son, Fredrick Sicade Sr.; daughter she did bear but raised, Roseann Reeves; puppy, Napoleon; nieces: Tara Parks, Leannndra Napoleon; nephew, Joseph Napoleon; 21 grandchildren, numerous great-grandchildren, cousins

and friends. She enters into heaven with parents Marvin and Susie Napoleon; children: Stanton Sicade Sr., Susan Jones; brothers: Ron, Don, Terry, Marvin Jr., Sam, and Henry Napoleon; sister, Ruthanne; numerous aunties, uncles, and cousins.

Visitation was held on February 25, 2020 at 1:00 p.m. at Schaefer-Shipman Funeral Home. Interfaith services were 6:00 p.m. at the Tulalip Gym. Funeral services were February 26, 2020 at 10:00 a.m. at the Tulalip Gym with burial following at Mission Beach Cemetery.



Pacific Coast Memorials

www.pacificcoastmemorials.com 5703 Evergreen Way, Everett WA 98203 1.800.628.3042

Original designs - Sandblasting- Sculpting
Large inventory - Quick turnaround
unbeatable prices



Court Notices

TUL-CV-YG-2020-0112 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: G. P. M.: ARLETIA JEAN PAUL, YOU ARE HEREBY NOTIFIED that a Petition for Guardianship (Youth) was filed in the above-entitled Court pursuant to TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on April 30, 2020 at 1:30 p.m. in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, 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: March 7, 2020.

TUL-CV-CU-2018-0358. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Custody of: C. P. S. II TO: SUMMERLEE BLANKENSHIP (AKA SUMMER LEE BLANKENSHIP), YOU ARE HEREBY NOTIFIED that a Petition for Child Custody, Residential Schedule/Parenting Plan, and/or Child Support was filed in the above-entitled Court pursuant to TTC 4.20 and 4.05. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on March 31, 2020 at 9:00 a.m. in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, 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: February 15, 2020.

TUL-CV-YG-2019-0410. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: C. A. G. TO: IVY AUGUSTINE GUSS, YOU ARE HEREBY NOTIFIED that a Petition for Guardianship (Youth) was filed in the above-entitled Court pursuant to TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on 03/19/2020 at 3:00 p.m. in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, 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: February 8, 2020.

TUL-CV-YI-2019-0174. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of J. J. J.-L. TO: JOSHUAH LLOYD and ROSELYNNE N.E.T.B. Jones: YOU ARE HEREBY NOTIFIED that a Motion to Establish Paternity was filed in the above-entitled Court pursuant TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on APRIL 7, 2020 at 9:30 a.m. in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, 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: February 1, 2020.


TUL-CV-YI-2017-0078. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of J. E. L. F. TO: GENEVIEVE MARKALEE LOPEZ (AKA HERNANDEZ) and JACK ANTONIO FORD: YOU ARE HEREBY NOTIFIED that a Motion to Establish Paternity was filed in the above-entitled Court pursuant TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on 04/21/2020 at 2:00 p.m. in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, 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: February 29, 2020


TUL-CV-YI-2020-0189. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: B. R. P.-W. TO: RAYMOND WALLACE PAUL, YOU ARE HEREBY NOTIFIED that a Youth In Need Of Care action was filed in the above-entitled Court pursuant to TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action at an Adjudicatory hearing on APRIL 28, 2020 at 2:30pm. in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, 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: February 29, 2020.

TULALIP YOUTH & FAMILY ENRICHMENT

YOUTH CENTER HOURS

Sunday: 2:00 P.M.-8:00 P.M.
Monday-Thursday: 8:00 A.M.-8:00 P.M.
Friday 8:00 A.M.-10:00 P.M.
Saturday 4:00 P.M.-10:00 P.M.





6700 Totem Beach Rd Tulalip, WA 98223
360-716-4909



YOUTH AND FAMILY ENRICHMENT

FAMILY HOCKEY '20

ALL AGES!

**EVERY SUNDAY
STARTING MARCH 15
3:30-5:00 PM**

**TULALIP YOUTH CENTER
6700 TOTEM BEACH RD
360-716-4909**




Save the Date

8th Annual

Community Wellness Conference

*Indigenous
Voice, Vision
and Votes*

**Tues, May 5 &
Wed, May 6, 2020**

8:00am–4:00pm

Tulalip Resort

Breakfast & Lunch Provided

bəčali?qʷaad

“to lay down the heart; be at ease; at rest; not worry”

THIS IS A FREE EVENT. Sponsored by Tulalip Tribes Problem Gambling Program.
Questions? Please contact 360-716-4304 or 360-716-4302.