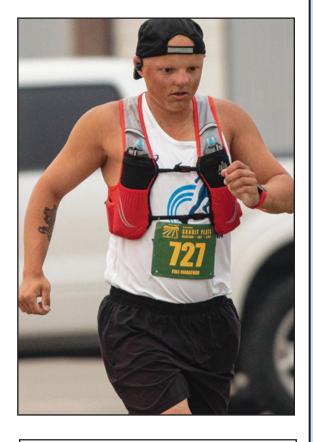


The Spirit of Running

Page 8



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Tulalip Tribes 6406 Marine Drive Tulalip, WA 98271

Recovery Resource Center designed to 'save lives'



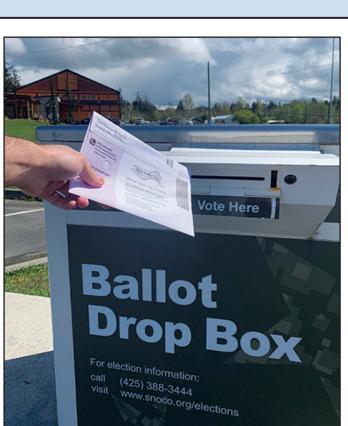
See Recovery Resource Center, page 4

A crucial levy for Marysville and Tulalip youth

By Shaelyn Smead

Registered Marysville and Tulalip residences should've already received their voting ballots concerning the reinstatement of the Marysville School District (MSD) Levy. The levy is not a new tax; it is a reinstatement of a levy that supports student learning, achievement, health and safety, sports,

See levy, page 6



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

syəcəb, the weekly newspaper of the Tulalip Tribes

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

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Contact Rosie Topaum at 360.716.4298 or

rtopaum@tulaliptribes-nsn.gov

Note: Updates and revisions done to the mailing list happen quarterly. The list is updated February, May, August and November of each year. You an contact Kalvin Valdillez at kvaldillez@tulaliptribes-nsn. gov for specific issues of the paper.



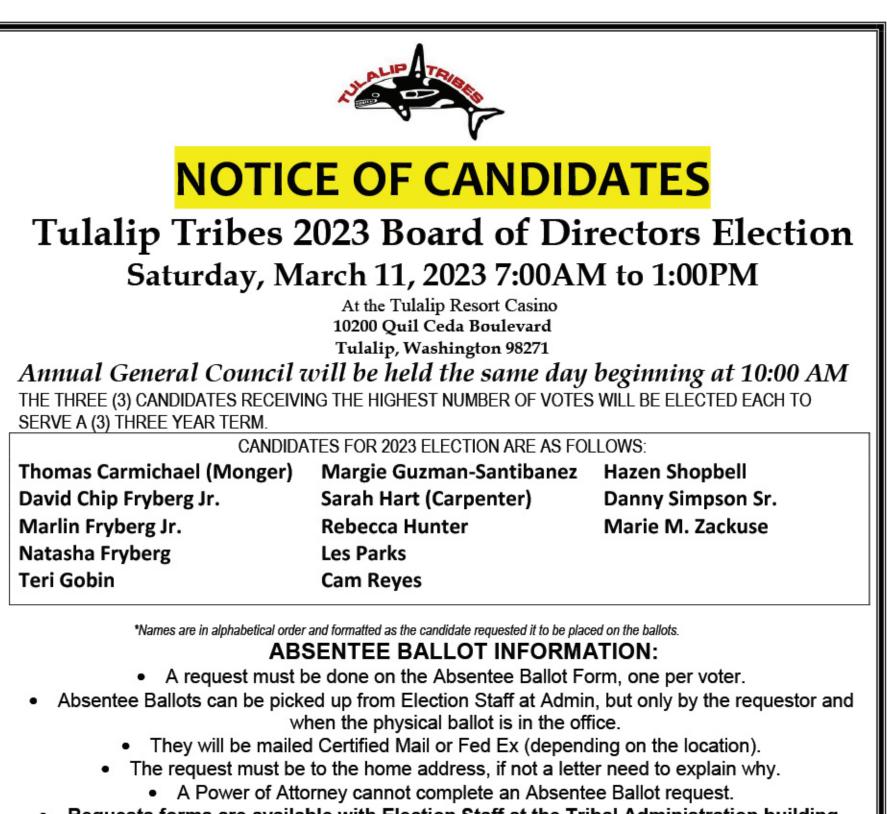
February 27 5-8 PM Tulalip Gathering Hall

7512 Totem Beach Road

Light meal will be served



Info: Malory Simpson 360.716.4399



 Requests forms are available with Election Staff at the Tribal Administration building, rm. 206 2nd floor, PH (360) 716-4283,fax (360) 716-0635,

click on https://www.tulaliptribes-nsn.gov/Dept/Elections or

Electioncommittee@tulaliptribes-nsn.gov

Time line:

- Requests must be received before March 10, 2023 at 12:00PM.
- The completed absentee ballot must be at the UPS Store, Quil Ceda Plaza, 8825 34th NE

Suite L-#161 Tulalip, WA 98271 4:00 p.m. on Friday, March 10, 2023.

IMPORTANT NOTE: Upon requesting an Absentee Ballot Packet, a voter is unable to vote in person on Election Day for this election. Absentee ballots *cannot* be delivered to the polling place on Election Day. The voter *must* mail the completed ballot as directed to the Elections post office box. Also Absentee Ballot Packets contain TWO envelopes. **VOTERS** <u>SIGNATURE AND TRIBAL NUMBER</u> ARE <u>REQUIRED</u> ON THE OUTSIDE ENVELOPE TO BE VALID.

*January 20, 2023 Updated** Dates, Times and Locations are subject to change.

Recovery Resource Center from front page



By Micheal Rios

On the morning of Monday, January 30, community change makers convened for the grand opening of Tulalip's latest resource designed to combat substance use disorder and an opioid crisis that continues to terrorize our community. Appropriately named the Recovery Resource Center, the remodeled building is intended to serve as a safe space for those actively along their recovery journey in search of resources to get clean, maintain sobriety, or simply desiring to chat with nonjudgmental staff and peers about obstacles experienced.

"We've been working on the development of this building for close to a year now, and the time has finally come to unveil this latest project," said Rebecca Hunter, director of comprehensive recovery solutions. "We brought over the ODMAP team from the court house to work with our clients closely, which allows for a greater level of outreach. Within this Recovery Resource Center, we offer shortterm sober living for those getting out of inpatient treatment, we monitor compliance of aftercare recovery, check-ins with recovery

counselors, NARCAN distribution, and even offer financial services for those living in Oxford housing."

An Oxford House is a shared housing residence for people in recovery from substance use disorders. An Oxford House describes a democratically selfgoverned and self-supported drugfree house. There is no length of stay and the house may have from six to ten residents. There are houses for men, women, men with children, or women with children. Visit wa.oxfordhouse.us for more information and eligibility requirements of Oxford living.

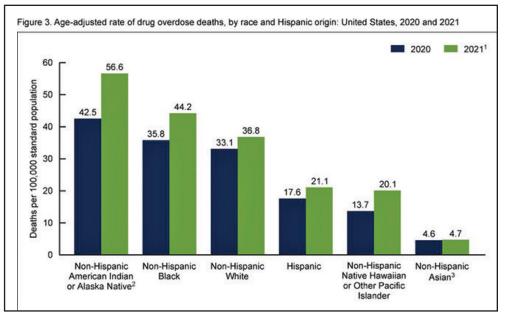
The newly

remodeled building that is the Recovery Resource Center has served Tulalip in multiple capacities over the years. Most notably as the old health clinic, before being the one-time home of Lushootseed and then a domestic violence shelter after that. It's burnt orange exterior with red trim resembling a rustic torch, lighting the way to new beginnings for those whose life may depend on its resources offered

"Our overarching mission is to work with people as they are. Those coming right off the street and looking for a warm space to stay dry and have a bite to eat, even if for a short while, are much more open minded and accepting to engaging in our services," Rebecca explained. "It's another pathway for us to get the education out there and NARCAN distributed so we can save lives."

According to the latest data available from the Centers of Disease Control (CDC), 250 Americans die every day, on average, from a drug overdose. The number of overdose deaths has increased over time, with a sharp rise during COVID. Making matters more concerning for Native American population centers is the well-known fact that per capita, we have the highest rate of rate of overdose deaths, and that rate has only increased in recent years. This unfortunate, gut-wrenching trend is clearly illustrated in the accompanying CDC chart.

"Having a drop-in center for people to go to, staffed with friendly, well-informed individuals who won't judge, but will listen and suggest resources is so important



for outreach," added Rebecca. "We have so many community members in need with recovery, and yet we continue to have more deaths, too, especially among our young people. So where are systems not speaking to each other? Where are our gaps between Behavioral Health, Family Services, and the Health Clinic?

"Our team is committed to finding solutions and identifying those gaps in service so we can better our services to the community and save lives."

When your tribe's leading cause of death is drug overdose, which is and has been the case for Tulalip in recent years, it's no understatement to say having more resources, more outreach, and more staff trained to recognize the signs of substance use disorder can save lives. Rebecca and her team at the Center are committed to being the change that the community has called for: a group of culturally responsive, judgement-free professionals committed to helping those caught in the trenches make their way out to live long and full lives.

"Although the grant for our overdose mapping program is coming to an end, we fully intend to continue on that mission to implement as many efforts as we can to combat the opioid crisis and high rates of overdose in Native communities," said Kali Joseph, manager for the Recovery Resource Center. "One of our goals is to offer a space for our people to come together and feel that connection of community. For those who feel lost, that connection to community may be the exact thing they need to start their recovery journey.

"In order to most effectively reach our people and keep them engaged, we must take a holistic approach to substance use order," she continued. "Meaning we need to approach it not just physically, but spiritually, mentally, and emotionally as well. We understand the need to raise awareness about how this crisis is related to intergenerational and historical trauma. A lot of times people use substances as a coping mechanism to heal from all that unresolved grief and trauma."

It's worth mentioning that the source of so much of that intergenerational and historical trauma that currently burdens our people stems from the now demolished Tulalip Boarding School that operated from 1857 to 1932. On the same grounds where multiple generations of Tulalip children were stripped of their culture and forced to assimilate, where untold horrors and countless wrongs occurred, that is where the newly minted Recovery Resource Center now stands.

Tulalip's Recovery Resource Center is here to support all Tulalip citizens in all phases of their journey: whether new to recovery, after a difficult transition, during mental health changes, or now wanting to give back in service to others. A bold initiative to arm our people with the resources they need to build resiliency, acquire strength, and feel empowered to heal themselves and our community in a good way.



Levy from front page

and school activities. Votes must be submitted on or before Election day on February 14th. If the levy does not pass, it will hurt MSD and the Tulalip youth attending.

MSD Executive Director of Finance David Cram said, "This levy is critical to the school district's operations in support of its students' learning, physical, and social-emotional health and development. Without this levy...reductions in staff and other programs district-wide will be necessary." The levy directly affects students from preschool through high school and eliminates resources that Tulalip youth use daily.

If the levy does not pass, what does it directly impact?

- Sports like football, basketball, cheerleading, soccer, tennis, swimming, and others risk getting shut down
- The Marysville Pilchuck High School pool, which has been open for over 50 years by levy dollars, risks closing its doors
- Transportation like school buses and drivers will be cut. Therefore making students wait outside longer to be picked up or required to be driven to school
- School nurses and counseling services risk losing their jobs, and students will be left without those resources
- Teaching staff will be cut. Therefore class sizes will grow, and students will receive less one-on-one time making it harder to learn
- Students will be forced to re-use older technology
- Creative outlets and college application resources like clubs and other extra-curricular groups will be eliminated
- Early learning for kids ages three to four will be cut. Studies show that students without early learning opportunities are more likely to skip class, be suspended from school, and be less academically prepared when they're older

Why is the district struggling for funds?

Because the levy failed in 2022, this upcoming levy reinstatement has become more crucial for MSD than ever.

Out of the revenue MSD receives, state revenue makes up 68%, federal 14%, property tax (from levies) 14%, misc. other 3%, and local non-tax 1%.

According to MSD, the state funding they receive only provides 1 out of 7 safety and security staff, 27 out of 54 counselor and emotional support staff, 5 out of 21 social services staff, and 54 out of 69 grounds and maintenance staff.

Because Tulalip tribal youth are a big part of MSD, the district does receive 2.2 million annually from Tulalip tribal government. This funding serves three schools: Quil Ceda Tulalip Elementary, Totem Middle School, and Heritage High School. However, that still only equates to part of the misc. other (3%) of the funding that MSD obtains.

What does the levy cost you?

This is not a new tax. This levy is a proposed reinstatement and is 68 cents less than the expiring EP & O Levy rate. Levies typically run on a 4-year cycle renewed through voter-approved ballot measures. The levy is approximately \$1.67 per thousand of an assessed home value and is 68 cents less per thousand than the expiring measure. It saves each household roughly \$340 less per year in taxes. For example, if your home is valued at \$600,000 (the median home price in Marysville), the estimated levy cost per year is approximately \$1,000.

For tribal members, land in trust won't be affected by the levy tax.

Additionally, senior citizens and disabled persons may qualify for tax exemption. To learn more, people can call the Snohomish County's Assessors office at 4253883433.

What if there is mistrust with MSD?

As the Executive Director of Tulalip Tribes Education Division, Jessica Bustad, posted on Facebook, "We know that the division between Tulalip and Marysville is real. We know that racism and inequalities are alive. We know that our Native children (and all students of color) deserve better! Our children deserve an education that will build them up and contribute to their quality of life. Our people have suffered at the hands of the 'education system,' starting with Boarding Schools. We know, in our hearts, that these systems must be decolonized and dismantled for our children to thrive. However, it takes time to create and build a foundation for our children. Once our Tulalip school is built, the reality is that we will still have to earn the trust of our parents and families...In the meantime, we must support our children in the public school system. Supporting this Levy is supporting OUR children. When a Levy fails, it is not the School Board or Executives that are hurting, it is our students & families, and the teachers who serve them."

How does this levy directly impact Tulalip youth?

According to MSD Native American Program Coordinator Matthew Remle, there are around 800 Tulalip students within the district. Transportation, Pay to Play, and paraeducators are some of the heavily used resources that Tulalip students and low-income families risk losing.

Why is tribal support so crucial?

As Jessica has already witnessed working with MSD, some of these budgetary cuts have already been made because of the failed levies last year. Class sizes have already started to grow, and middle school sports were cut and merged with the YMCA.

Historically speaking, the Tulalip population has consistently had a low voter turnout. According to a Snohomish County Elections breakdown, the overall turnout for the April 2022 Marysville School District Levies was 27%. Only 12,924 votes were cast out of 47,899 registered voters. And if we look more closely at the Tulalip Reservation population, the turnout was 24% or 1,799 votes cast out of 7363 registered voters.

Looking back at the failed levies from last year, Proposition No.1 lost by 9%, and Proposition No. 2 lost by 5%. Jessica said, "We must do what's right for our people and students in any election. These decisions are being made without us simply because we're not voting. Ultimately, its impacts our children and their future."

How does someone help?

Vote! As Superintendent Dr. Zachary Robbins said, "This is the most critical levy in the city's, Marysville, and Tulalip community's history." Ballots can be turned in until February 14th at 8:00 PM. The closest ballot drop box is located by the Don Hatch Youth Center. If you have not registered to vote, please register online by February 6th at: https://voter.votewa. gov/WhereToVote.aspx?ref=voteusa_en, or in person at 3000 Rockefeller Ave, Admin West Building, Everett, WA 98201, by February 14th.

To gain voter turnout and support for the levy, the Tulalip Education Division is hosting a Valentine's Day ballot drop party on February 14th at the Greg Williams Court at 5:30 PM. For any additional questions, please reach out to Jessica at jbustad@tulaliptribes-nsn.gov.

*Levy information and statistics provided by MSD



The Spirit of Running



By Kalvin Valdillez, photos by Kalvin and Tyler Fryberg

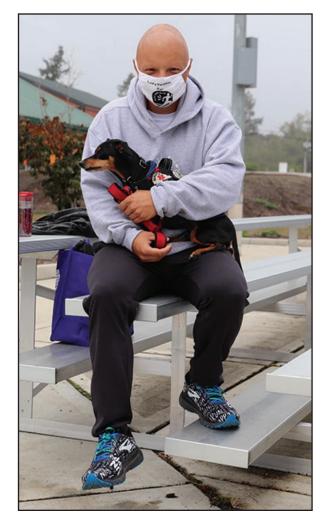
We all know someone who loves to run. Some runners train for marathons where they competitively engage in the sport with their fellow members of the running community, and many others run with their health and conditioning in mind. No matter what people run to achieve, what brand their running sneakers are, or if they run on road, trail, treadmill, or track, they develop a deeply personal relationship with their self's byway of the sport.

After the initial stage of side stitches and that feeling of complete exhaustion, running becomes an activity that new athletes look forward to in their everyday schedule. And once runners have all the techniques down, such as breathing, stretching, practicing proper running form, and eating a healthy and nourishing diet, running eventually becomes second nature, which allows time for people to go inward to process their thoughts and focus on their mental and spiritual state.

There is something so freeing while you are out in the middle of a run and the endorphins are high. Perhaps it's the terrain and the beautiful scenery of the natural world that puts people in a meditative state and increases their cognitive clarity. Whatever it may be, runners usually gain a positive outlook on life and are very in tune with the universe as we know it.

That connection between soul and exercise is all the more special for the Indigenous Peoples of North America. What many gain from ceremony and engaging in various cultural activities, Native runners also share - that experience of connectedness to their territory, spirituality, and traditional way of life.

Long before colonialism arrived at our lands, Native people utilized running as a means of delivering messages to other tribes, and also as rites of passage as their youth transitioned into adulthood. For generations upon generations, Natives relied on running and traveling by foot, and to say they were good at it is an understatement. Not only could Natives run long distances, but they could do it in a short amount of time, and they frequently covered as many as one hundred miles over the course of 24-hours.



Several survivors from the boarding school era went on record to tell of how they escaped the institutions of genocide on foot and ran extremely long distances in harsh conditions to be reunited with their tribes and families.

It's safe to say that running is embedded in our traditions, heritage, and culture. In modern times, the act of running in Native America is typically accompanied with a cause to raise awareness. Last Fall, NCAI President and Vice-Chair of the Quinault Indian Nation, Fawn Sharp, organized a 1,787-mile relay that spanned across five states to bring attention to the 2022 Supreme Court ruling, Castro v. Oklahoma, and also to celebrate the recent reinstatement of Jim Thorpe's 1912 Olympic records as the sole champion of the that year's decathlon and pentathlon.

At Tulalip, several awareness runs are hosted throughout each year such as the Orange Shirt Day Run and the Color Run, which helps open up the discussion about some of the issues that tribal youth face due to generational trauma such as suicide, bullying and addiction.

The fact that running plays a huge role in our history and our practices is often overlooked in today's society of planes, bullet trains, and driverless automobiles, not to mention the ridesharing apps like Uber and Lyft.

This year, Tulalip News is highlighting a number of Native runners, historians, and organizations that are focused on the cultural aspect of running. And there is no better place to start than with the Tulalip Marathon Man himself, Tyler Fryberg, who has received countless accolades for his passion and dedication to the art of running, and who has also actively participated in the state's Special Olympics throughout the years. So, without further ado, we present a fun Q&A with Tyler Fryberg.

As a tribal member, can you describe your relationship with running?

My relationship with running - I got into running seventeen years ago. At first, I hated it and then something clicked to where I loved running, and I started running five days a week when I was in high school. I used to hate the fact that I would always get injured. At one point, I wanted to stop running, but one day I realized that was just something I would have to [endure] if I wanted to keep going on as a runner. So I did and now I love the sport, and I've learned so many ways of how to run injuryfree and how to keep my body in shape so I can keep running for many years to come.

You can often be seen training throughout the reservation, do you feel a special connection to your homelands when you are running through Tulalip? If so, what are some of your favorite scenic views during your route?

Yes, I do feel a connection to my homelands. My favorite view is when I run to the end of Mission Beach. When I look out, I can see everything from the water and animals in the trees, to seeing different tribal members do what they love on the water. Another view that I enjoy is when I go to the water, down behind the longhouse. I love the water and I feel a connection to my homelands by the water, since we as Tulalip members are water people.

Traditionally, running is an extension of the Native American way of life and is a great exercise both physically and spiritually. While you are running, do you feel as though you are able to embrace that connection to our ancestors and traditions?

When I run, I feel the Native Americans before me. They did not have cars at one time, so they didn't just run for a sport like I do today, but also to get food for their families, to get wood, and other [necessities]. And for me, I feel that they're watching me run and are there without me even knowing it. Because sometimes I feel like I am talking to someone who is not there on my runs. And I believe it's the ancestors who lived before me. I feel like they would be proud of me for keeping running alive as a Native American today.

As mentioned before, running is practically in our DNA. In today's world, with all the different modes of transportation and everyday distractions, why do you think it's important for tribal members to reconnect with the sport of running?

I feel like running is our way of life, and we don't take enough time to connect with what our ancestors did before. We might also have football or basketball in our DNA today, but people forget running was a sport here way before any of those were even created.

And lastly, what are your current running goals, are you training for anything specific lately?

I am training for a full marathon on April 2, 2023, in Everett. And I am also training at the same time for the 5k road race for the Special Olympics. Because I run for sport as a competitive athlete, I never forget the Native Americans who came before me and I want to make them proud. Which I feel like I already do.





5:30 - 7:30 pm Hibulb Classroom 1 March 7, 14, 21, 28 April 4, 11, 18, 25 May 2, 9, 16, 23, 30 June 6, 13, 20, 27 July 11, 18

Contact: Malory Simpson 360-716-4399 or Taylor Henry 360-913-7432



Notices

Court notices

TUL-CV-YI-2022-0163. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: I. M.-A. M. TO: ELIDA ROSE REEVES: YOU ARE HEREBY NOTIFIED that a Motion to Accelerate the Permanent Plan in this matter was filed in the aboveentitled Youth In Need of Care (YINC) action in the above-listed Court pursuant to TTC 4.05 regarding the above mentioned youth. You are hereby summoned to appear and defend regarding the above entitled action at a YINC MO-TION HEARING on TUESDAY, FEB-RUARY 21, 2023 at 09:00 A.M. IN PERSON. This is an in-person hearing in the Tulalip Tribal Court; the Tulalip Tribal Court address is 6332 31st Ave NE, Suite B, Tulalip, WA 98271. NO-TICE: 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: January 7, 2023.

TUL-CV-YI-2016-0060. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: S. W. S. TO: AUTUMN TOLBERT: YOU ARE HEREBY NOTIFIED that a Permanent Plan Review Hearing after Youth in Need of Care action was reopened has been scheduled in the above-listed Court pursuant to TTC 4.05 regarding the above mentioned youth. You are hereby summoned to appear and defend regarding the above mentioned hearing on TUESDAY, MARCH 7, 2023 at 1:00 P.M. REMOTE. This will be a REMOTE, CALL-IN hearing in the Tulalip Tribal Court; the Tulalip Tribal Court address is 6332 31st Ave NE, Suite B, Tulalip, WA 98271, but you should CALL IN to your hearing using the following information: GoToMeeting.Com telephone number 224-501-3412 and ACCESS CODE 212-638-629. 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: January 7, 2023.

TUL-CV-YG-2022-0544. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: T.A.P. TO: SEAN JEROME SARNOWS-KI: YOU ARE HEREBY NOTIFIED that a Petition for Guardianship (Youth) was filed in the above-entitled Court pursuant to TTC 4.05 regarding the above mentioned youth. You are hereby summoned to appear and defend regarding the above entitled action at a GUARD-IANSHIP HEARING on THURSDAY, FEBRUARY 16, 2023 at 09:00 A.M. IN PERSON. This is an in-person hearing in the Tulalip Tribal Court; the Tulalip Tribal Court address is 6332 31st Ave NE, Suite B, Tulalip, WA 98271. NO-TICE: 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: January 7, 2023.

TUL-CV-YI-2012-0344. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: G. H. R. TO: GEORGE ALOYSIOUS REEVES, JR.: YOU ARE HEREBY NOTIFIED that a Youth in Need of Care dependency action was re-opened in the aboveentitled Court under the above-entitled case-number pursuant to TTC 4.05 regarding the above mentioned youth. You are hereby summoned to appear and defend at a telephonic, call-in Permanent Plan Review Hearing regarding the above entitled action on TUESDAY, MARCH 07, 2023 at 01:30 P.M. in Tulalip Tribal Court 6332 31st Ave NE, Suite B, Tulalip, WA 98271. THIS WILL BE A REMOTE, TELEPHONIC, CALL-IN HEARING: you must call in to your hearing via GoToMeeting, phone number: 1-224-501-3412, access code: 212-638-629. NO-TICE: 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: January 14, 2023.

SUNDAY, JUNE 25 8PM

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Starting Monday, February 20

All art submissions are due by **Wednesday, March 22**. Winners will be announced on Tuesday, March 28.

📽 Art Guidelines: 🚳

Art must show the dangers and health risks of using a vaping device.

Any visual art style is allowed. (paint, pencil, pens, etc.)

Digital art is also allowed. (Must have original files)

Art dimension requirements: Minimum size: 8.5in x 11in Maximum size: 20in x 30in

Scan these QR co about the effects

Scan these QR codes to learn about the effects vaping can have on your body.

Prizes for the top three!

1st, 2nd, & 3rd place of each school will win a prize shown below.

TGRAND CHAMPION?! **T**

The best art piece among ALL schools will recieve the top prize below and your art will be used by Community Health!



Submit art to your School Advocates.

ALL Native American youth in the Marysville School District, middle school or high school, are encouraged to submit art for the contest.

HEALTH ha?4 s?ibəš 2010-3933