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Volume 44 No. 40

Saturday October 14, 2023 (Tulalip See-Yaht-Sub)

# Honoring Indigenous Peoples' Day



See **Indigenous Peoples' Day**, page 4

## Celebrating the Daybreak Star way

By Micheal Rios

For the ninth consecutive year, the Pacific Northwest region and its tens of thousands of proud Native American citizens celebrated Indigenous Peoples' Day on the second Monday in October. Replacing the former ill-conceived holiday dedicated to a slave trader and lost Italian navigator, Indigenous Peoples' Day serves as a commemoration to honor the sacrifice of the past, the resiliency of the present, and the limitless potential of the future for our shared Indigenous culture.



See **Daybreak Star**, page 6

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The Tulip 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

syacab, the weekly newspaper of the Tulip Tribes

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

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



## COMMUNITY REVIEW OF CONSTITUTIONAL AMENDMENTS MEETING

**NEW  
DATE!**

**WEDNESDAY, OCTOBER 18**

11:30 am – 1:30 pm  
Admin Bldg, room 162

Lunch served at 11:30 am  
Meeting begins at 12:00 pm

Members can watch and submit their questions  
via [iAmTulalip.com](http://iAmTulalip.com) during the live stream.

### WHAT IS THIS MEETING ABOUT?

The meeting is to inform tribal members of the proposed changes to the constitution – most changes are housekeeping.

It is a chance for community members to voice their opinions and concerns regarding potential constitutional changes. The goal of the meeting is to ensure that any amendments to the constitution are in the best interest of our future.

**THE TULALIP TRIBES 2023 ANNUAL  
COMMISSION/ADVISORY BOARD ELECTION**  
**Friday, October 20, 2023, Voting Only 7:00AM - 4:00PM**  
**Saturday, October 21, 2023 Voting 7:00AM - 1:00PM**  
**Semi Annual October 21, 2023 -10:00AM**  
**Tulalip Resort Casino, 10200 Quil Ceda Blvd, Tulalip, WA 98271**  
*Subject to date, time and location changes, please check <https://www.tulaliptribes-nsn.gov/> for any changes.*

The qualified candidates receiving the highest number of votes will be elected to serve; Elders has 2 positions, 3 year terms; Fish has 2 positions, 3 year terms; Gaming has 2 positions, 3 year terms; Hunting has 1 position, 3 year terms; Planning has 1 position, 3 year term; Police has 1 position, 2 year term; TERO has 1 position, 3 year terms. Veterans has 1 position-, 3 year terms -In the event of a tie(s), the election shall be determined by coin toss.

*\*Only those 50 and over as of 10/20/2023 are allowed to vote for Elders Committee\**

**Elders (2)**

Dale M. Jones  
Linda L. Jones

**Fish (2)**

Gerald Fryberg Jr.  
Harold Joseph III

**Gaming (2)**

Howard Brown  
John Campbell  
Blair Duncan  
Darcy Grant  
Caroline O'Neill

**Hunting (1)**

Mark Hatch  
Dylan Houle

**Planning (1)**

Valerie Guzman  
Hayden McCoy

**Police Advisory Board (1)**

Clayton Horne

**TERO (1)**

Lukas Reyes Sr.

**Veteran (1)**

No Candidate

*\*\*Names are in alphabetical order and formatted as the candidate requested it to be placed on the ballots\*\**

**ABSENTEE BALLOT INFORMATION:**

- A request must be done on the Absentee Ballot Form, one per voter.
- Absentee Ballots can be picked up from Election Staff at Admin, but only by the requestor and when the physical ballot is in the office.
- They will be mailed Certified Mail or Fed Ex (depending on the location).
- The ballot can only mailed to the home address, if not a letter needs to be attached explain why.
- A Power of Attorney cannot complete an Absentee Ballot request.
- **Requests forms are available with Election Staff at the Tribal Administration building, rm. 206 2<sup>nd</sup> floor, PH (360) 716-4283,fax (360) 716-0635, click on <https://www.tulaliptribes-nsn.gov/Dept/Elections> or Email [Electioncommittee@tulaliptribes-nsn.gov](mailto:Electioncommittee@tulaliptribes-nsn.gov)**

**Timeline:**

- Absentee ballot requests must be received before October 19, 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 by 4:00 p.m. on Thursday, October 19, 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 SIGNATURE AND TRIBAL NUMBER ARE REQUIRED ON THE OUTSIDE ENVELOPE TO BE VALID.**

*\*August 25, 2023 Updated\*\* Dates, Times and Locations are subject to change.*

## Indigenous Peoples' Day from front page



By Wade Sheldon

In commemoration of Indigenous Peoples' Day, the Tulalip Tribes hosted a heartfelt dinner and coastal jam on Monday, October 9, at the Gathering Hall. Several hundred individuals gathered to honor and celebrate our

Native traditions, fostering a deep spiritual connection that breathes life into our cultural heritage.

Indigenous Peoples' Day emerged as a profound shift from the previously observed Columbus Day, marking a fundamental change in how we honor and acknowledge

the original inhabitants of this land. This transformation represents a collective recognition of the enduring resilience and rich cultural heritage of Native Americans who have called North America home for millennia. It's a day that seeks to celebrate their unique

contributions, honor their enduring traditions, and acknowledge the profound history of Indigenous peoples, emphasizing a more inclusive and accurate narrative of the past.

When asked what Indigenous People's Day means to





you, Tulalip tribal member Faith Valencia said, “What Indigenous Peoples Day means to me is mostly our community coming together for something that’s not sad or another reminder of a sad event. It’s a day to be ourselves. Learn our culture, be able to sing our songs, do our dance, and hang out with our family.”

“Indigenous Peoples’ Day means we are celebrating our ancestors and how they took care of the land, learned how to survive,

and helped one another,” Tulalip Tribal Elder Loretta Tom said. “It’s about how strong our native heritage is and the resilience it took to overcome the many atrocities they faced so that we could be here. It’s important to show the young ones how we gather, carry our tradition, and show what being Native is all about. It’s not just a gathering to have fun, but also to teach the young how to carry on when not here.”

“To me, it’s just embracing

your culture and being able to welcome everyone into one space and show what we represent and what we are about,” Tulalip tribal member Krislyn Parks said. “We used to have ceremonies like this every day, and we need to bring back those moments and show that we can still do what our ancestors did back in the day. I’m excited that a lot of people are out in their regalia showing out. It’s exciting to see what we have coming for the future.”

Bradley Paul William, dancer, and Tulalip tribal member, had this to say, “What Indigenous Peoples’ Day means to me is all of us gathering around to do our cultural and traditional things. It also means honoring our ancestors, doing what they couldn’t do, and keeping our culture alive.”



## Daybreak Star from front page



“People may ask, ‘Why Indigenous Peoples’ Day and why not American Indian Day or Native American Day?’ It’s only appropriate that we honor the legacy of work that’s been done,” said educator Matt Remle (Lakota). His efforts, along with other dedicated Native activists, were instrumental in getting a proclamation voted on by the Seattle City Council and signed into law by then-mayor Ed Murray in 2014. “It’s not only honoring legacy, but when we say ‘Indigenous peoples,’ it’s referring to more than just the tribes of the colonized United States. We’re talking about all Indigenous peoples who’ve been impacted by settler colonialism around the world.”

Since its inception into our shared experience, the Indigenous Peoples’ Day movement has spread to hundreds of cities across the nation. It’s been formally adopted by 19 state governments, and even a collection of universities and entire school districts are now including the day to celebrate global Indigenous cultures in their holiday calendars.

The movement has received so much praise, admiration and momentum that it even draws attention from The White House. Imagine that. Just days ago, in the United States capital of Washington, D.C, President Joe Biden from his Oval Office released the following proclamation:

“On Indigenous Peoples’ Day, we honor the perseverance and courage of Indigenous peoples, show our gratitude for the myriad contributions they have made to our world, and renew our commitment

to respect Tribal sovereignty and self-determination. They challenge all of us to celebrate the good, confront the bad, and tell the whole truth of our history. And as innovators, educators, engineers, scientists, artists, and leaders in every sector of society, Indigenous peoples contribute to our shared prosperity.

“Their diverse cultures and communities today are a testament to the unshakable and unbreakable commitment of many generations to preserve their cultures, identities, and rights to self-governance. That is why, despite centuries of devastation and turmoil, Tribal Nations continue to thrive and lead in countless ways.

“Today, Indigenous peoples are a beacon of resilience, strength, and perseverance as well as a source of incredible contributions. Indigenous peoples and Tribal Nations continue to practice their cultures, remember their heritages, and pass down their histories from generation to generation.”

Thank you, Mr. President! When local Native culture bearers and their allies from around the Pacific Northwest gathered at Westlake Park on Monday, October 9, for a march and rally to celebrate Indigenous Peoples’ Day, they were indeed united in culture and honoring a rich heritage. The dedicated early morning group proudly wore cultural garb and traditional regalia while marching with a police escort from Westlake Park to Seattle City Hall.

“I love this moment. Feeling my drum vibrate through my soul, out of my feet into



all sovereign nations that comprise Turtle Island. Sponsored by the United Indians of All Tribes Foundation, the Daybreak Star gathering included hundreds of urban Natives, culture bearers from various tribal communities, and non-Natives who wanted to share in the memorable event.

A series of high-energy cultural offerings, representing Indigenous communities across the Americas, kept the multi-generational audience engaged well into the night. From diverse song and dance performances to heartfelt words filled with inspiration and positivity to even a lengthy BINGO session, which the elders loved, that awarded the winners prizes of traditional medicines.

Outside Daybreak, a firepit grill was running at full capacity, in order to cook up enough locally caught salmon to feed all those in attendance. Hard at work manning the grill and ensuring all that salmon was cooked to perfection was Gregory Ebona (Tlingit/Haida). In between sets of salmon, he said, “To be able to provide food and feed all these beautiful people here with us is an honor.”

Keeping the outdoor fire going in order to sustain the flame responsible for cooking the food was Deedee Ebona (Tlingit/Haida). She connected her responsibility to keep the fire going with Indigenous peoples’ collective responsibility to keep the culture and our traditional teachings alive. “Being of service to our community is important, as is collaborating with our relatives from other tribes because our ancestors sacrificed so much to ensure their teachings, their culture would live on through us,” she shared.

Daybreak Star’s evening-filled celebration paid tribute to a still thriving, still resilient culture that was once on the brink of extinction as a result of genocide, colonization, and termination acts. The shared sense of pride and glorious Indigenous identity radiated off those in attendance only amplified with each passing song, each inspirational message spoken, and every hug shared by strangers, who in that moment became family.

Therein lies the true beauty of being Indigenous. It makes every day a great day to be Indigenous.

Mother Earth, and back up into my body,” shared Sarah Hart (Tulalip) after marching through Seattle’s urban landscape. “Empowering is an understatement. Being who we are as [Native] people is a way of life, it’s every aspect of who we are and it’s in every fabric of our being. We don’t celebrate the genocide of our people, we celebrate who we are as people. We celebrate together. One heart. One drum. One voice. Together.”

Later that evening, the festivities continued at Daybreak Star Cultural Center with a host of activities intended to celebrate



# Domestic Violence is not our tradition



## Legacy of Healing hosts coastal jam in observance of National Domestic Violence Awareness Month

By Calvin Valdillez

“For many of our families there are silent wars happening in their homes,” said Jade Carela, Director of the Tulalip Legacy of Healing. “Our homes are supposed to be a place of comfort, but for victims of domestic violence they are a battlefield on which the person they love and trust is doing the unthinkable to them.”

A sea of purple washed over the community of Tulalip on the evening of Friday October 6. Signs were posted throughout the teen

center campus, displaying messages such as, ‘I am not what happened to me. I am what I choose to become.’ And though the people were happy to gather together, there was a somber tone in the atmosphere, which indicated the seriousness of the event.

Taking part in a nationwide initiative, the Tulalip Legacy of Healing organized a night of culture to help spread awareness about a subject that may be uncomfortable to talk about, but must be addressed because of how often it occurs, especially within Native America.

The Legacy of Healing is a program that is designed to help support the local victims and survivors of domestic partnerships in several capacities, whether it’s just to supply inquiring

minds with information and resources, or be in your corner throughout the court process, or even design a safety plan with you for when you’re ready to leave an abusive relationship.

Over the years, the program has increased its visibility in hopes to reach more local women and men who are experiencing domestic violence in their home lives. October has been a busy month each year for the Legacy of Healing as they’ve brought education, resources, and support to the community by participating in National Domestic Violence Awareness Month. Through a number of events and cultural/group activities, the Legacy of Healing has shown up for many DV survivors and victims of the community and walked







alongside them through difficult times, letting them know they are supported, loved, and not alone.

While engaging their participants and clients in activities and open discussions, the Legacy of Healing has provided many opportunities for people to learn about DV each October. That alone is extremely important because many are not able to recognize domestic violence as it's occurring. And this is due to the fact that the majority of folks have misconceptions about what DV is exactly, and they do not realize that there are numerous ways an abuser asserts control and power in a relationship, including isolation, gaslighting, and manipulation, among many others.

This year, the Legacy of

Healing organized a dinner and a coastal jam to bring awareness on a larger scale to the people. During previous DV Awareness Months, the Tulalip culture played a big role in the healing process, and the Legacy of Healing focused in on that aspect for this year's gathering.

The evening began with a dinner inside of the teen center at the Don Hatch gymnasium. During the dinner, attendees received t-shirts designed by Tulalip and Quileute artist, Marysa Joy Sylvester. The front of the shirt featured a purple ribbon inside of a medicine wheel, and across the bottom it read, 'Domestic violence is not our tradition'. Purple is the official color of awareness for the month, and October 19<sup>th</sup> is 'Wear Purple Day', so should you choose

to stand in solidarity with the local survivors of DV, make sure to don your favorite purple attire and send a selfie on over to the Legacy of Healing.

While the people enjoyed their meal, Jade opened the gathering with a few words, and shared some examples of what DV looks like in our community. Following her opening statements, Jade introduced the guest speaker, Malory Simpson. As Malory bravely shared her story, people shed tears upon hearing the years of suffering she endured. An important takeaway from her speech was for the people to see how she has since overcome those past tragedies in her lifetime, especially for those who have recently experienced DV or are currently experiencing it and are struggling to see an end or a way out of their personal situations.

Said Malory, "I feel that it is important for people to hear so they know it's okay to share their own story. We all heal differently, and this is something that has helped me grow as a person and has helped me to heal from my journey of domestic violence. I hope that after hearing me share my story, people know how healing it is to release that trauma they're holding on to."

Malory's words hit home for a few of the community members who have also dealt with abusive relationships. One of those people was none other than Tulalip Chairwoman, Teri Gobin, who then stood up in front of everybody and

opened up, for the first time ever, about her past experience with domestic violence. And although the Chairwoman's confession was shocking and heartbreaking, it was also a powerful moment for onlookers who realized that DV can happen to anybody. And after hearing those two moving testimonies, the people moved forward with the nights work with good hearts and a great deal of solemnity.

Tribal member Princess Jones expressed, "That was healing for me because I am a victim of domestic violence. It was hard for me not to cry in there because I'm not used to people supporting me. I was ashamed to say anything when I got abused. I hid from the cops; I wouldn't let them take pictures. I hid from our community. But I understand now that the community cares, that our people care, and it's okay for me to tell my story. Malory's story was so powerful that Teri got up and shared too, and she let everyone know she never told anybody that before. Just that itself was healing. And so was the entire coastal jam, the songs bring me peace and helps me feel connected to everybody."

Following the dinner, the coastal jam took place at the Greg Williams Court. It was over three hours of good medicine as singers, dancers, and drummers from Tulalip and other nearby tribes brought healing to the people through culture and practice of the Tribe's ancestral teachings. Infants,



*Continued on next page*



elders, and everyone in between, conducted important healing work through various prayers, dances, and chants during the gathering.

Among the many special moments from the coastal jam, event emcee, Josh Fryberg, called all the survivors and victims of DV to the floor. After taking a moment of silence to pay respect to all those going through a DV situation, the dancers formed a circle around the survivors and the drummers offered a prayer song, wrapping each and every one of them with love and support.

Malory shared, “It was amazing to see the strength in all of those who came to the floor to stand together. I want you all to know that you are not alone and that we all stand with you, just as we did on the floor that night. You are not what has happened to you. We are all worthy of a healthy relationship and that it is still possible. I hope that you know that you are loved and that you are not what your abuser may say that you are. You are beautiful!”

During the coastal jam, a blanket was placed at the center of the floor where people placed cash donations that will go directly to supporting the local survivors and victims of DV. A total of \$233 was raised, which can assist a survivor as they transition away from a domestic partnership and begin anew in a safe and good way.

“From what we know, the reason we have these different crimes on our reservation is because it stems from the colonization that’s happened to us as a people,” Jade stated. “I think the healing piece for us is knowing this is not something that stems from us as a people. When you’re going through this process, that’s part of what you’re learning - that it’s not okay. It’s not who we are. It’s not something that comes from us. It’s something that was taught to us.”

“Domestic violence is not just physical violence; it is a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. This can be in the form of threats, intimidation, emotional, verbal, sexual, technological, financial, and stalking are some examples.”

The Legacy of Healing is asking for your assistance in raising awareness throughout

the month by participating in their raffle (\$5 for 1 ticket/\$20 for 5 tickets) in which all of the proceeds go towards supporting survivors of DV. Over 20 prizes will be raffled off at the end of the month including a number gift cards and gift baskets, Xbox games, a ribbon skirt donated by Morning Star Creations, a beaded necklace by Winona Shopbell, beaded earrings by Paige Pettibon and Odessa Flores, and a cedar and abalone headband by Malory Simpson.

To purchase a raffle ticket, you can catch the Legacy of Healing team and the Tulalip Foundation at the following locations/dates/times:

- 10/16 at the Tulalip Tribal Court from 3:30 p.m. – 4:30 p.m.
- 10/19 on the second floor of the Tulalip Administration building (Carmel apple social) from 11:30 a.m. – 1:30 p.m.
- 10/21 at the Tulalip Resort Casino (Semi-General Council) from 9:00 a.m. – 1:00 p.m.
- 10/31 at the Tulalip Gathering Hall (Employee Halloween Luncheon) from 12:00 p.m. – 2:00 p.m.

If you are looking for additional ways to show your support throughout DV Awareness Month, you can still order your purple drinks, the Unity Elixir or the Violet Hope Lotus, from the café at the Tulalip Administration building, Ti Kupihali.

To help raise awareness within the Tribe’s governmental entity, the Legacy of Healing has been sending out informational e-mails each week of Domestic Violence Awareness Month. This week, the Legacy of Healing’s Victims Advocate, Marisa Chavez, shared:

**Here are just a few of the signs that a loved one may be in an abusive relationship:**

- A sudden change in clothing style (wearing clothes that cover more skin even when it’s hot out)
- They start to cancel plans more often.
- They have to check with partner before doing things (or anything)
- They seem anxious, paranoid, or depressed.
- They make excuses for their partner’s ac-

tions, or they take responsibility for their partner’s actions.

- Their partner puts them down or uses harsh or harmful language with them.

**Here are some ways that you can be a support:**

- Don’t blame or shame the person for staying in the relationship – Don’t make comments like “just leave him/her” or “I don’t know why you keep going back to him/her.”
- Educate yourself – Did you know that most survivors of DV leave about 7 times before they are totally done with that relationship. In Indian Country, it is closer to 15 times.
- Support their decision – You may not agree with them going back but you can still support and help when they need it.
- Give resources – Offering things such as websites or advocacy centers can be helpful. Legacy of Healing can give you resources to pass on.
- Understand the emotions – Know that they may be anxious, paranoid, have PTSD, or other emotional or mental health struggles because of the abuse. Your patience will go a long way.
- Check in on them – Calling or texting your friend or loved one lets them know that you are there for them and that you care. Ask them to spend time with you, this will help maintain the relationship and trust.

If you or anybody you know is experiencing an abusive relationship, please do not hesitate to call the Legacy of Healing at (360) 716-4100 or assistance. And if you are in a crisis or an emergency situation, the Legacy of Healing provided a list of three additional hotline numbers that you can utilize during your time of need:

- The National Domestic Violence Hotline 1-800-799-SAFE (7233)
- Strong Hearts Native Helpline: 1-844-762-8483
- Domestic Violence Services of Snohomish County 425-25-ABUSE (22873)

## Court notices

TUL-CV-YI-2023-0635. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: K. D. H. TO: TROY EUGENE CARLSON: YOU ARE HEREBY NOTIFIED that a Youth in Need of Care (YINC) dependency case has been filed and an IN PERSON Adjudicatory Hearing has been set in the above-named 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 this Adjudicatory Hearing on TUESDAY DECEMBER 05, 2023 at 09:00 A.M. – IN PERSON in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 98271. 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: October 7, 2023.

TUL-CV-YI-2022-0494. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: S. R. R. TO: APRIL ROSE RUSSELL: YOU ARE HEREBY NOTIFIED that a Youth in Need of Care (YINC) dependency case has a scheduled Permanent Plan Hearing in the above-named 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 this Permanent Plan Hearing on TUESDAY, OCTOBER 31, 2023 at 09:30 A.M. – IN PERSON in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 98271. 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 30, 2023.

SUMMONS BY PUBLICATION TUL-CV-CS-2023-0621, Tulalip Tribal Court, Tulalip WA, TCSP #2392 TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs. PARRY CHARLES (DOB: 04/20/1984) TO: PARRY CHARLES: YOU ARE HEREBY NOTIFIED that on September 22, 2023 a Summons and Petition for Establishment of Child Support was filed in the above-entitled Court Pursuant to Chapter 2.10 and 4.10 of the Tulalip Tribal Code. This is child support for PCJR. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer on DECEMBER 4, 2023 at 9:00 AM in Tulalip Tribal Court. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER AND/OR APPEAR JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: October 7, 2023.

# October 2023



## Tulalip Recovery Resource Center Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Noon – Recovery By the Bay NA Meeting	3 6-7:30pm – Recovery CrossFit Class @ Remedy	4 11am-2pm Narcan Dist. 6pm – Recovery by the Bay NA Meeting	5 Noon – GA Meeting 10am-3pm – One Stop Resource	6	7
8	9 Noon – Recovery By the Bay NA Meeting	10 6-7:30pm – Recovery CrossFit Class @ Remedy	11 6pm – Recovery by the Bay NA Meeting	12 Noon – Brown Bag Lunch GA meeting	13 10-3 One stop resource	14
15	16 Noon – Recovery By the Bay NA Meeting	17 6-7:30pm – Recovery CrossFit Class @ Remedy	18 6pm – Recovery by the Bay NA Meeting	19 Noon – Brown Bag Lunch GA meeting	20 1:30 – 4pm Jam Making	21
22	23 Noon – Recovery By the Bay NA Meeting	24 6-7:30pm – Recovery CrossFit Class @ Remedy	25 6pm – Recovery by the Bay NA Meeting	26 Noon – Brown Bag Lunch GA meeting	27 5-7:30pm - Recovery Halloween Gathering	28
29	30 Noon – Recovery By the Bay NA Meeting	31 6-7:30pm – Recovery CrossFit 2pm – 4pm – Vision Board Making				

- Recovery by the Bay NA meeting – Narcotics anonymous
- Vision Board Making – Supplies Provided
- Brown Bag Lunch GA Meeting – Gamblers Anonymous
- Jam Making – In collaboration with Tulalip Healing to Wellness Court, come in and learn to make berry jam and take some home – supplies provided.
- One Stop Resource – Free Cell Phone or Tablet Program. Must provide proof of benefits/documentation.
- Recovery Halloween Gathering – Costume contest, games, food, and more.
- Recovery CrossFit Class – Join us for a Crossfit Class in collaboration with Remedy Athletics in Marysville.
- Narcan Dist. – Community Narcan Distribution



# Get Ready to Shake Out.



**DROP!**



**COVER!**



**HOLD ON!**



October 19 at 10:19 am

**Shake  
Out**<sup>TM</sup>

Register at [ShakeOut.org](https://ShakeOut.org)