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Volume 45 No. 1

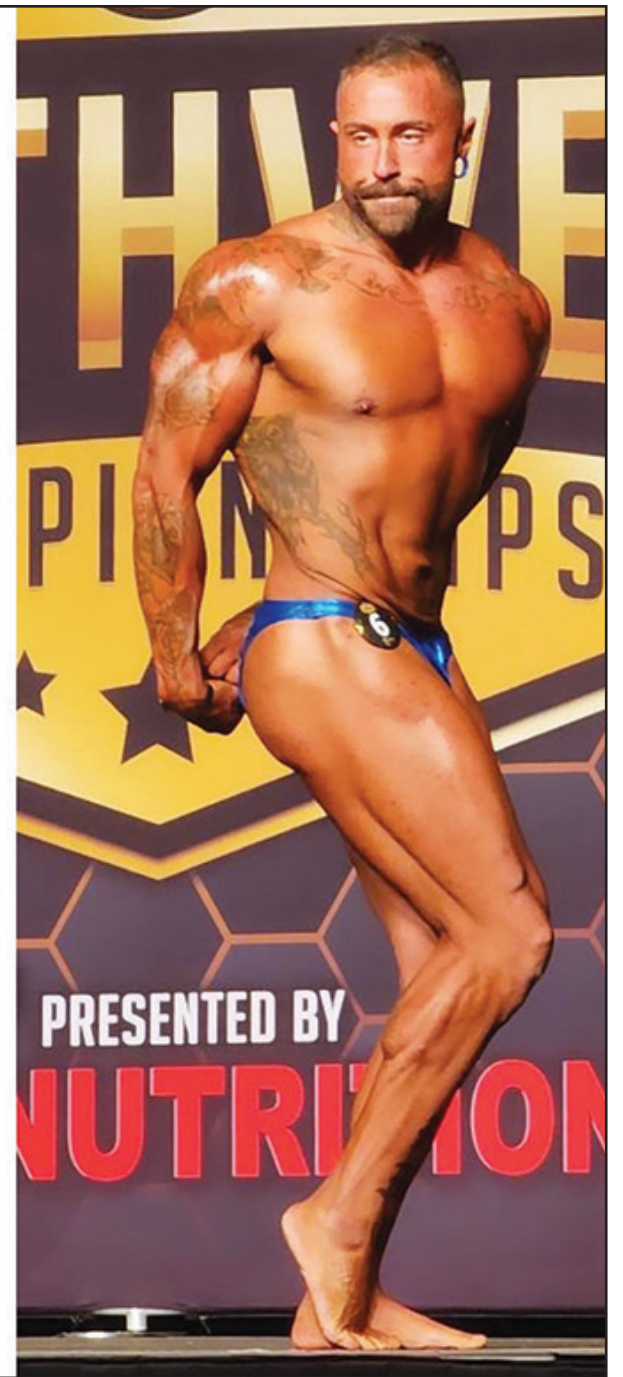
Saturday January 13, 2024 (Tulalip See-Yaht-Sub)

Joseph Davis' drive and dedication

Page 9



New Year's resolution series: Austin Orr's 100-pound weight loss journey



By Micheal Rios

As the clock struck midnight and we entered 2024, millions of individuals around the world embraced the tradition of setting New Year's resolutions. Among the countless goals people commit to, a considerable number revolve

around health and wellness. Eating better, exercising more, and losing weight routinely top most common resolution lists. This reflects a global desire for improved well-being and a healthier lifestyle.

See **Austin Orr**, page 4

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syacəb, 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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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@tulaliptribes-nsn.gov for specific issues of the paper.

MINOR TRUST ACCOUNTS

NEW

FINANCIAL CLASS CHANGES

AFTER JAN. 1, 2024 FOR ANY DISTRIBUTION!

STEP 1

PRIOR TO 1ST DISTRIBUTION

Must complete CASH and VIRTUAL classes

IN-PERSON CLASSES

Cash Class Dates (2:30PM-5:00PM)

January 12	May 17	September 13
February 23	June 21	October 25
April 5	August 2	December 6

DISTANCE LEARNING

Cash Class Dates (3:30PM-6:00PM)

January 30	July 16	November 12
March 26	October 8	

STEP 2

VIRTUAL CLASS

Any time, just email Enrollment to get registered!

STEP 3

PRIOR TO 3RD DISTRIBUTION

Meet with financial advisor

FINANCIAL ADVISOR

Provided from Tulalip or any other outside professional financial advisor

Jan 29 - Feb 2	Jul 29 - Aug 2
Feb 26 - Mar 1	Aug 26 - 30
Apr 22 - 26	Sep 23 - 27
May 20 - 24	Oct 28 - Nov 1
Jun 24 - 28	Nov 18 - 22

LUMP SUM WILL NEED TO DO STEPS 1-3 PRIOR TO THE DISTRIBUTION

MAKE SURE YOU PLAN AHEAD SO THERE IS NO DELAY IN GETTING YOUR FUNDS!

DISTRIBUTION EXAMPLE*

if followed yearly schedule

Apply yearly in the same month you applied for 1st distribution

June 15, 2024	1st Distribution
June 1 to 30, 2025	2nd Distribution
June 1 to 30, 2026	3rd Distribution
June 1 to 30, 2027	4th Distribution

There are early release and lump sum options. Please inquire with Enrollment staff * Dates in table are an example.

TDS-40956

NOTICE OF ELECTION

Tulalip Tribes 2024 Board of Directors Election
Friday, March 15, 2024 From 9:00AM to 4:00PM
Saturday, March 16, 2024 From 7:00AM to 1:00PM

At the Tulalip Resort Casino
10200 Quil Ceda Blvd, Tulalip, Washington 98271
Annual General Council will be held the same day beginning at **10:00 AM**

There will be a Board of Directors election on 3/15/24 and 3/16/24. The two (2) candidates receiving the highest number of votes will be elected to serve three (3) year terms.

THE FOLLOWING TWO CANDIDATES TERMS ARE EXPIRING:
Pat Contraro **Melvin S. Sheldon Jr.**

Petitions will be available at the Tulalip Tribes Administration building, Election office (2nd floor) starting **Tuesday January 16, 2024 to Tuesday January 30, 2024 4:00PM.**

PETITION RULES:

- * DO NOT LEAVE A PETITION WITH ANY OTHER STAFF, BUT ELECTIONS.
- * FILL OUT COMPLETELY AND SIGNED BY THE POTENTIAL CANDIDATE.
- * 25 SIGNATURES PER PETITION IS REQUIRED.
- * NO DUPLICATE SIGNATURES- VOTERS CAN ONLY SIGN ONE PETITION.

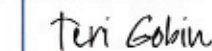
Eligibility: No person shall be a candidate for the Board of Directors unless he/she shall be an enrolled member of the Tulalip Tribes and shall have resided upon the Tulalip Reservation for a continuous period of one (1) year prior to the election, and shall be at least twenty-one (21) years of age. No person shall be a candidate if he/she has been found guilty of any felony, or a misdemeanor involving controlled substance or dishonesty in any Indian, State, or Federal court within three (3) years prior to the election.

The list of qualified candidates will be posted in a public place and otherwise be made known to the tribal membership no less than two (2) weeks prior to the election date. The Tribal rules and regulations governing elections shall apply.

DEADLINE FOR RECEIPT OF PETITIONS
Tuesday January 30, 2024 at 4:00pm

Tulalip Administration Building (360) 716-4283 or electioncommittee@tulaliptribes-nsn.gov
c/o Election Staff, 6406 Marine Drive, Tulalip, WA 98271

Dated: December 21, 2023



7E0A44885428425

Teri Gobin, Chairwomen

- Reso 2017-256 6/30/17– Increased the petition signers from 5 to **25** in order to run for the Board of Directors.
- Election staff includes – Rosie Topaum, Leilani Davey, Angela Hatch, Annie Enick, Jennifer Monger, Judy Gobin, Samantha Rose, and Lorna Ancheta.

**Subject to change in Voting times or day(s) and General Council Meeting.*

Austin Orr from front page

New Year's resolutions act as a powerful launching point for those in need of an annual reminder to mentally check-in and increase awareness regarding desired self-improvement. The process begins with individuals reflecting on their current habits, acknowledging areas for improvement, and implementing changes necessary for a healthier lifestyle.

A commitment to positive change and holding oneself accountable in order to achieve the desired results can be difficult, and, yeah, most people fail to fulfill their good-intentioned New Year's resolutions. It's because of these very reasons that we now introduce a Tulalip citizen who embodies the most popular resolutions – eat better, exercise more, and lose weight.

Two years ago, Austin Orr weighed a whopping 293 pounds. He and his wife Dawna were caught in a depressive cycle after multiple attempts to grow their family resulted in devastating miscarriages. Their ensuing trauma responses revolved around seeking comfort in eating unhealthy fast food meals and the convenience of staying in and ordering food from mobile apps, like Uber Eats and DoorDash.

Knowing his nearly 300-pound body was at extremely high risk of a litany of life-shortening health issues, Austin made a resounding resolution to change.

“I needed to become healthier, both mentally and physically, which is easier said than done, but after my wife's last miscarriage, we found out she has a super rare condition that made it nearly impossible for us to have a child,” divulged Austin. “That dream we had to grow our family was over, and in that finality came the realization that we have to rebound and continue pursuing other dreams, other passions.

“When I think back to what my life was like at the time, the best way to describe it is dark. Then, it's like a light bulb turned on and



Austin with his wife Dawna Orr and 7-year-old son Cypress.

lit a new path. That was the path to being the best version of myself, which meant making some drastic changes.”

The first of those changes was embracing physical activity. Committing to exercise more is a resolution with far-reaching health benefits. Regular physical activity is associated with improved cardiovascular health, increased muscle strength, enhanced mood, and better overall fitness. Whether opting for brisk walks, gym workouts, or engaging in recreational sports, the positive impact of exercise extends beyond physical health, positively influencing mental well-being and stress management.

“I found a local gym in Marysville that had a variety of weight lifting and cardio equipment, and made it a priority to hit the gym every day after work for 30-45 minutes. A lot of people think the gym is only for super jacked athletes and bodybuilders, but really there are way more people of all different ages and body types in there, getting after it in whatever way works best for them. I've seen fit seniors who never lift a weight; they stretch, hop on a cardio machine, and might mix in some bodyweight exercises, but just seeing them in there every day was added motivation,” shared Austin.

The Tulalip tribal member said he frequently watched motivational videos on YouTube. He credited listening to Eric Thomas, Jordan Peterson, and Mel Robbins for effectively changing his mindset from negative to positive, from convenience seeking to challenge seeking, and becoming comfortable with the uncomfortable.

“Anyone who starts a new exercise routine or workout plan is going to hit a wall early on, but that wall is nothing more than our initial reaction to discomfort, doing something we're not used to doing. Yeah, you'll be sore, but that soreness means growth. It means what you are doing is working. I



remember in the early days, there were mornings I'd wake up and be sore in places I'd never been sore before," chuckled Austin. "In those moments, I told myself that soreness was the new me defeating the old me."

Stress reduction plays a pivotal role in the quest for a healthier lifestyle. Exercise, a key component of many resolutions, triggers the release of endorphins, the body's natural mood enhancers. This contributes to stress reduction

by alleviating symptoms of anxiety and depression. As individuals prioritize their mental health, the mind-body connection becomes increasingly obvious.

The popular New Year's resolution of committing to eat better is all about mind-body connection. Having the mental strength or courage to reevaluate an individual's dietary choices that have resulted in an undesired body. 'Eating better' often means including more nutrient-dense



An example of one week's meal prep.

foods, such as fruits, vegetables, whole grains, and lean proteins, while minimizing the consumption of processed and sugary foods. The shift towards a nutritious diet not only improves daily nutrition, but also considerably contributes to weight management and a reduced risk of various health issues.

"In the first year of my weight loss journey, I lost 40 pounds by going to the gym 4-5x a week. I wasn't too committed to the nutrition part yet. Instead, I was focused on turning working out and exercising into a lifestyle, something that I prioritized every day, every week, every month," admitted Austin. "In year two, I paid for a coach who created a meal plan for me to follow.

"It worked for me because I'd rather be told exactly what to eat and when versus just winging it and hoping for the best. Clearly, being close to 300 pounds at one point, I didn't know what a true portion or serving size looked like. I ate whatever tasted good and ate until I was full. After the experience with the coach and meal prepping, I learned so much about what foods actually make me feel good and allow me to thrive not just in the gym, but day to day."

For many, the resolution to lose weight is a primary focus, and for Austin, his journey began with that simple desire to shed pounds. In his pursuit to become

slimmer, he became healthier. Beyond prioritizing his workout routine, which forced him not to be lazy and taught him better time management, and then finding a sustainable meal plan, which honed a mind-body connection with nutrient-dense foods, he crafted a positive self-image that reflected all the hard work and dedication he displayed on his weight loss journey.

It was only a matter of weeks ago that Austin's journey reached a remarkable milestone. He stepped on the scale and it showed 190. Two years filled with countless sweat droplets shed in the gym and more egg whites/chicken/ground turkey/veggies/sweet potatoes than he cares to remember culminated with the 29-year-old tribal member losing 100 pounds. A new body equipped with a new mindset.

"Looking back at my journey, as cool as it is to say, 'I've lost 100 pounds', it's even cooler to say, 'I've gained a whole new outlook on life.'," reflected Austin. "I used to be lazy, pessimistic and took little to no accountability. Now, I'm full of energy, optimistic for the future, and take full responsibility for all my actions. After learning to hold myself accountable in the gym and for what I eat, I've taken those skills and applied them to all areas of my life.

"I'm accountable as a



Continued on next page

husband. I'm accountable as a father. I'm accountable as a friend. I'm accountable as an employee. Just being able to say that now is motivation for me to keep doing what I'm doing and continue to challenge myself."

New Year's resolutions, when approached with dedication and perseverance, have the potential to pave the way for long-term health benefits. Consistent efforts towards a healthier lifestyle, sustained by a commitment to eating better, losing weight, and exercising regularly, can significantly reduce the risk of chronic diseases and enhance overall quality of life. The ripple effects extend beyond the individual, impacting families, and the greater community.

"After seeing the results from my consistent exercise and better eating habits, my mom (Kandy Ness), who works three jobs, has made the change, too, to prioritize her health. She's working out and loving it," beamed Austin.

"I hope my story motivates others in Tulalip who want to get healthy. There are a lot of people who'd love to lose 10, 15, or 20 pounds but think it's impossible, but I'm here as an example that it's all about the mindset and positive attitude. If I can do it, they can definitely do it."

While the allure of a fresh start in the new year is undeniable, it's crucial to approach resolutions with a realistic mindset. Change is a gradual process, and setbacks are a natural part of the journey. Seeking support from friends, family, or healthcare professionals can enhance accountability and motivation.

For any local community members who've made a resolution to eat better, exercise more, or lose weight, Austin wants you to know you're not alone on this journey. He's more than willing to share more detailed tips and strategies for success that were effective for him during his two-year journey to lose 100 pounds. Austin can be reached at 425-530-4397.



After losing 100 pounds, Austin celebrates by eating a cupcake with his son.

13 MOONS

"The months our Snohomish ancestors knew are vastly different than the ones we know now. Our seasons were moons. These moons were named after the environment or ecosystem and what was able to be harvested during that time. This was the Snohomish people's way of staying connected to the earth. The earth would provide for them if they took proper care of it. This meant not overharvesting fish or vegetation but leaving enough for the wildlife living beside them as well as future generations."

— Sarah Miller, Lushootseed Language Warrior

By Calvin Valdillez

On a rainy and dark afternoon, close to thirty people gathered in the longhouse of the Hibulb Cultural Center. With the lights dim low, the group of locals took their seats on either side of the room constructed entirely of cedar. At the front and center of the longhouse, sat Lushootseed Warrior Sarah Miller, fittingly positioned in between four cedar carved story poles. Aided by the relaxing sound of rain hitting the rooftop, Sarah's natural storytelling ability transported each individual to a time well before the colonization of America, a time where the lifeways of the sduhubš revolved around 13 moon cycles.

After we recently welcomed a new year in the Gregorian calendar, many

were excited to learn about how Tulalip's ancestors observed the concept of time pre-contact. Like most Salish tribes and other Indigenous nations, the sduhubš marked the time of year not only based on weather changes but also by their connection to the natural world.

Through the traditional story, *Sun Child and Diaper Child*, Sarah introduced the crowd to two important figures to the sduhubš people, the sun and moon. In the Tribe's ancestral language, the two were known as duk'ibəł.

She explains, "Together, the sun and moon became duk'ibəł; the Changer, the Transformer, or the Creator. The Changer was responsible for making the world what it is today. duk'ibəł changed animals from





what they were to what they are. Before the change, animals talked, walked, and worked similar to humans. *duk'ibəł* also changed humans from what they were to what they are now. Before the change, humans had the ability to morph into different animals, usually their spirit power animals. *duk'ibəł* walked this land, from the east to the west and changed everything. Changer was also responsible for giving all the tribes their different languages. Changer was responsible for naming everything. The Changer was our Creator."

During Sarah's hour-long lecture she captivated her audience by sharing the traditions of her ancestors, many of which are still celebrated and practiced today, such as the Salmon Ceremony and the harvest of salal berries.

With the amount of time and research Sarah put into this presentation, we urge you to attend her lecture in full, as well as any of the Lushootseed workshops that are often held at Hibulb Cultural Center throughout the year. For this publication, we are going to share the thirteen months with you, led by excerpts from Sarah's lecture.

ḡ'iqs - The time when your stomach sticks to your backbone (January)

The January moon, one of our winter moons, was called *ḡ'iqs*. In Lushootseed, this meant as period of time when your stomach sticks to your backbone. This is because in the wintertime, food is scarce.

During this cold time, the people relied on whatever food they had gathered and stored in prior months.

səx'pupuhigəd - The time of the blowing winds (February)

Once the winds picked up through the area, it was *səx'pupuhigəd*, which means the time of the blowing winds. During this moon, the area would experience a lot of wind. Food was still kind of scarce, but the wind blew the

biting cold around.

Since these winter moons were scarce of food, a lot of people would fast and quest for their spirit powers. Some people would go out into the forest, away from their villages to find their power. They would bathe in icy cold rivers and lakes.

The Snohomish people would participate in ceremonies of the smokehouse faith; drumming, singing, and dancing to bring out their power. A long time ago, it was said that during the winter months, the physical world was closer to the spiritual world, which is why singing, dancing, and drumming took place.

waqwaqus - The time of the singing frogs (March)

Once the frogs started singing en masse, it signified a new moon or month was starting. Smokehouse ceremonies stopped and it was time to go out into the woods and check on what was starting to bloom. By this point, the winds would start to die down and the earth was warming up a bit.

As springtime continued to arrive, there would be many things for the Snohomish people to do, such as prepare to move from their winter villages to their summer ones.

Back in those days, the longhouses were put up in a way that they could be disassembled and reassembled as needed. The winter locations were near bodies of water, but also close to forests for hunting purposes. The summer locations were located near clam beds or accustomed fishing grounds. In the summer, longhouses were erected that also could house many people, however, a lot of times the Snohomish people utilized smaller mat houses, especially when fishing at the river or near the bay.

slhibus - The time of the cranes (April)

During this time, you'd hear the songs of cranes and swans as they started their migration. At this time, the earth is getting warmer, and

more foods are coming into season. Game might be a little more available. The Snohomish people would journey to the Holmes Harbor area to fish for smelt and herring.

Throughout these seasons potlatches would be held. A potlatch could be held for any reason such as a wedding, a funeral, births, or even winning a dispute against a warring tribe was a call for celebration.

pədx'iwaac - The time of the whistling robins (13th Moon)

This month is considered the missing month, or the thirteenth month, because it does not appear in the Lushootseed calendar that we know and use today. In order to fit with the Gregorian calendar, this moon was omitted.

pədx'iwaac means the time of the whistling robins. After the cranes and swans had migrated, the robins would start in with their singing.

While Harriette Shelton said this moon was the time of the whistling robins, her father, William Shelton called it *słuk'aləb*, which means, "little moon." This isn't too far off from the word commonly used for moon, which is *słuk'alb*. Perhaps Harriette and William were talking about two different moons, but maybe that they were talking about the same moon. Whatever the reason, this is technically not even the thirteenth moon; it's the fifth of the Snohomish people. There is no information on why this month specifically was chosen to be taken out of the calendar.

pədcəʔəb - The time for digging up roots (May)

During this month we start digging up roots. Camas was a popular root amongst the Snohomish. Camas root has beautiful purple blooms but is more akin to being a small onion, though sweet. At this point, most people might have packed up and started heading towards their summer homes.

Nettles were also harvested and used

Continued on next page

in soups and for various other medicinal needs. Cattail was harvested as well. Snohomish people mostly used them to make mats with. The natives would split some of the shoots and peel layers of them out to weave with. The cattail mat was said to be comfortable to lay on, especially if you piled several of them up. When I talk about mat houses, this is what they were made of. There was a frame or structure made of planks taken from the bigger longhouses and they were covered with many cattail mats to make a little house.

Horsetail was also harvested during this month, it was a good herb to remedy ulcers, wounds, and even kidney problems. Ferns were also harvested. Bracken fern, licorice fern, maidenhair fern, and sword fern were good medicinal ferns. Bracken could be used as a tonic, licorice helped with colds and sore throats, maidenhair helped the respiratory system and sword fern could be used to treat skin sores.

pədstəgʷad - The time of the salmonberries (June)

The next few months are known as the berry months, because of the different berries that grow during the summer. June is known as **pədstəgʷad**, or the time of the salmonberries. This month typically lasts from May to late June. By now, the Snohomish people were living at their summer village sites, either in summer longhouses or mat houses.

This month also began the run of King Salmon, or **hiḱ siʔab yubəč**. The first king would be caught and celebrated in ceremony. There would be songs and dances to welcome the **hiḱ siʔab yubəč** and its return to the waters.

During these moons, the days were getting longer. There was more time to gather roots, gather chutes, gather berries, gather shellfish, and troll for fish. In the evening, people joined together in the longhouses to share stories and songs. Sometimes there was a potlatch, a wedding, a funeral, or a birth. Sometimes, there was no special occasion. It was just enjoying the full moon with your village.

pədgʷədbixʷ - The time of the blackberries (July)

The blackberries would bloom during part of July. Once the **stəgʷad** stopped bearing fruit, it was time for the blackberry bushes to bear fruit. Blackberries would start blooming in July, but they wouldn't officially be ready to gather until about August.

Blackberries were good for flavoring soups but could also be used to dye wool or cedar darker colors. Tea could be made from the leaves of the blackberry vine. Blackberry leaf tea could help with illnesses and was also said to be good for the skin.

In addition to harvesting berries, clams were also harvested. After a morning of harvesting clams, someone would start a fire and the clams would be cooked amongst the hot rocks, right on the beach.

pədfʷaqa - The time of the salal berries (August)

These delicious purple berries ripen during this moon and not only are they good to eat, but they are also medicinal. These berries are a deep purple color, which is where we get the Lushootseed word for purple: **ʔaqaḥalus**.

In addition to being a good source of food, these were also a good medicine for the Snohomish people. They helped with colic and diarrhea but also cuts, burns and respiratory illnesses such as colds and tuberculosis.

Our ancestors had a unique way of storing not only **ʔaqa** but other berries as well to make them last well beyond their harvesting season. Our ancestors used to eat the berries in soups and with salmon or other meals.

pədkʷəxʷic - The time of silver salmon's return (September)

September in Lushootseed is **pədkʷəxʷic**, or the time of the return of the silver salmon. Now, this doesn't refer to the entire month of September but rather, just the length of time that the silver salmon run. Our ancestors would get into their canoes and along with their tools, go trolling for fish. Each fisherman knew how much strain their line could take. If they were to catch large fish, they knew how to carefully bring them up to the side of the canoe, where they would then spear the fish with a harpoon and put them in the canoe. The harpoon was usually made of ironwood.

Fish wasn't the only thing on the menu for our Snohomish ancestors, for they also hunted deer and elk. Many Salish hunters were experts at **mimicking the sounds of deer and their fawn**. They'd set snares and then make a call like that of a fawn or a doe and wait until a deer ran into the snare.

pədxʷiʔxʷifil - The time of falling leaves (October)

During this time, of course, the leaves were being shaken from the trees and falling to the ground. The silver salmon runs had ended, and it would be a while before the next salmon would start to run. During this time, vegetation was dying and a different game was sought out to hunt.

The Snohomish people were very proficient duck hunters. Ducks were a very sacred animal in that their spirit power was one of wealth but also, their feathers were collected for regalia, and they were hunted in between salmon runs.

pədxʷəyʔ - The time of the dog salmon (November)

Dog salmon, or chum, would start its run in November. This salmon was highly prized amongst the Snohomish people. The way this type of salmon was harvested was different than how the silver salmon was harvested. Silver salmon were biting fish, which meant they would bite at a bait line. Dog salmon were not biting fish, so another method was used. Long ago, the dog salmon runs used to be quite plentiful. Instead of using a bait line, our ancestors used a harpoon or a long spear. Dog salmon was dried and stored in baskets, similar to the ones that stored berries. The Snohomish people were very good at making sure they had enough dog salmon for the entire family or village so that no one went hungry.

Other game harvested during this month were bears. At this point in the season, bears were fattening up for hibernation and it wasn't uncommon for our ancestors to encounter them.

Bears weren't typically sought out for food. During the winter, it was said that bear meat didn't taste very good because of all the salmon they'd been eating. However, in the summer bear meat was preferred because the bears had been eating berries and that sweetened their meat.

pədsicəlwaʔs - The time to sheath the paddles (December)

During this time, the Snohomish people were settled in their winter villages, and they weren't traveling so the paddles were put away and sheathed until the weather warmed up. Hunting and fishing were still being done, but mostly the Snohomish people relied on their food stores to get them through the colder seasons.

Typically, the Snohomish people didn't like being clothed but, in the winter, it was a necessity. They made moccasins, shirts and pants out of buckskin. Some of these items were painted on or beaded. Back then, the beads were either made of shells, pearls, or bones. Men and women alike would wear fur caps made of bearskin to keep their heads warm. Bearskin was also used to make coats or capes.

During the winter, the Snohomish people would paint their faces bright red or a dark red, depending on the material they used. This paint would be put on every morning and taken off every night. The Snohomish liked using this not only because of the vivid color it gave off but because it kept their skin smooth and free from chapping from the cold.

Touchdowns and Tenacity: Joseph Davis' drive and dedication

By Wade Sheldon; photos courtesy of Eliza Davis and Marilyn Sheldon

Amid a turbulent football season riddled with injuries, setbacks, and a limited roster, Tulalip tribal member Joseph Davis emerged as a shining star. Despite adversity, Davis showcased remarkable skills, accumulating over 1,300 total yards. Notably, he played Iron Man-style football, excelling on offense and defense, embodying resilience and determination.

In his junior year playing for the Marysville Pilchuck Tomahawks, Davis earned a well-deserved spot on the Everett Herald's all-area first-team offense. The accolade recognized his outstanding performance during the 2023-2024 season, where he rushed for an impressive 1,105 yards, averaging 9.1 yards per carry and securing 15 touchdowns. Recently, Tulalip News spoke with Joseph to discuss his season and delve into his plans for the future.

After a tumultuous junior year, how do you feel you did during the 2023-2024 season?

I did well during the times I could play. I missed a couple of games with an ankle injury. I wanted to put a little more on tape for the future and college and get a good film, but I did well during the time I was in.

What were some significant highlights of your season?

Definitely making it to State. We had a young team, and only six seniors were starters; most were juniors and sophomores. We didn't have that many guys on our team, maybe 30, that would constantly show up to practice.

Every other team that made it to State had around 60 to 80, so it was one of my biggest highlights.

What does it take to play both sides of the ball?

Conditioning honestly, and mentality. Not many kids can be effective on both sides of the ball. I love hitting people and scoring touchdowns, so it's fun to play both sides of the ball.

You make big hits and phenomenal runs out there. Who do you style your play after?

I watched a lot of Shaun Taylor on defense at safety. Then, on offense, I try to be patient; I have good vision. At running back, I like LeVeon Bell. He is patient. I like his style.

How much dedication does it take to be a student-athlete?

My whole day consists of school, practice, working out, and studying. I'm trying to keep a high GPA to send it to colleges. Also, trying to get bigger, faster, and stronger consumes much of my time.

What is your favorite part about playing football?

I get a chance to show my athleticism, and when I'm out there on the field, I feel free.

Where do you get the will and determination to push through, succeed as you do, and make the tough sacrifices you need to make?

First of all, I have been doing this for so long that it has become my routine from day to day. My dad and my family. I have a sound support system with my



family and friends, and my dad is always behind me to help me keep going and is constantly setting up stuff to make me better.

What do you look forward to going into your senior year of football?

I have been playing with the same group of guys since the sixth grade, so I want to try and make a run for the state championship.

What do you plan on doing after high school?

Well, I want to go to college to play football. If I can get a college scholarship for D1, D2, or D3, I will investigate it and

see if I want to go. Wrestling is on my mind. Getting a wrestling scholarship or going to wrestling college would be really cool.

What do you have to say to the kids coming up who want to play football?

Focus on your technique. If you focus on the little things that will take you far. Take it day by day, and grind.

CLASH OF THE BIRDS

Hawks versus Blackhawks



By Micheal Rios

It was another inter-tribal battle on the hardwood when the Lummi Nation Blackhawks journeyed south to take on the Tulalip Hawks on Thursday, January 4. Francy J. Sheldon gymnasium reached near full capacity as family, friends, and casual hoopheads filled the bleachers to witness a rivalry renewed.

First up, the girls. It was an extremely rough start for the Ladyhawks as their two primary ballhandlers both left the game in the 1st half with apparent injury. Their massive production void was evident in the 5-36 halftime score.

Focusing on their increased opportunity to initiate the offense and play-make, senior Kendra McLean and sophomore Lilly Jefferson didn't pay much attention to the score in the second half. Instead, they opted to embrace their love of the game and do their best to score against their well-known rivals.

In one remarkable sequence, the 5-foot-2-inch Lilly managed to post up much bigger Lummi players to score three consecutive buckets. After each one, the home crowd got progressively louder with

their enthusiastic cheering. Her moment's crescendo was akin to a 180° fade-a-way that found its way through the nylon net, followed by an eruption of eager onlookers.

Kendra also had a mesmerizing moment when, after just hitting her first 3-pointer of the game, she summoned her inner Steph Curry by casually pulling up from five feet behind the arc and drained another deep ball. As the crowd applauded, Kendra and Lilly high-fived one another while beaming gigantic smiles.

"The other tribal schools are our biggest competitors and bring out the biggest crowds. That's extra motivation to bring our best game," shared Kendra post-game. "After I saw that first 3 go in, I thought to myself 'I got to make a couple more'. Even though we were down, our team doesn't give up."

"I knew this game was going to be nerve-racking in the beginning because I have cousins who play for Lummi and we had so much family here watching. Throughout the game, I just had the mindset to keep pushing myself and try to play my best," added Lilly.

The Lady Hawks may have ultimately lost, 22-64, but anyone who caught that 2nd half display of basketball purity left a winner.





Next up, the boys. The (10-1) Blackhawks were riding a 10-game winning streak. During the win streak, Lummi had won every single one of those games by 10+ points. Meanwhile, the 5-4) Hawks were coming off a 42-point thrashing of Shoreline Christian and were in the mood for a huge upset W over their rivals from up north.

The upset dreams were quickly dashed as Lummi executed their offense and defense in an impressive fashion. They forced one Tulalip turnover after another in the early going, and punished the smaller Hawks players in the paint whenever possible. When the reality setting 1st quarter came to an end, the home team trailed 9-33.

Tokala BlackTomahawk showed his shooting touch by connecting on three 3-pointers and

an acrobatic layup to lead his team in scoring with 11 points. Ponciano Guzman kept attacking the basket in the 2nd half to chip in 10 points. Despite their efforts, Tulalip lost 33-72. The 33 points was a season-low scored by the Hawks.

“Our focal point will continue to get better and improve our execution on both ends,” said head coach Shawn Sanchey. “Obviously, we want to stay healthy and play smart to take care of our bodies and avoid lingering injuries, but it’s equally important to develop the discipline it takes to put in the hard work necessary to reach our goals. Applying pressure, using our speed and physicality, and keeping mentally prepared for any opponent we may face going forward are the keys to us making a playoff push.

“At the end of the day,

these rivalry games are about enjoying the moment,” continued the Heritage alum. “Like I shared with the boys, these rivalry games are the ones they’ll remember most after their high school days are over. The crowd, the energy, there’s nothing like the feeling of playing in these games.”

Tulalip will host two more fellow tribal schools later this month. Saturday, January 13, when the Neah Bay Red Devils come to town and Saturday, January 27, when the Taholah Black Bears make their journey here.

Partners come together to protect two food systems under threat

Tulalip Tribes and Washington Farmland Trust partner to protect farmland and critical fish habitat along the Skykomish River

Molly Goren, Communications Director, Washington Farmland Trust; Brett Shattuck, Restoration, Acquisition, and Stewardship Senior Scientist, The Tulalip Tribes

Monroe, Washington — Since time immemorial, the Skykomish River watershed has provided bountiful salmon runs and cultural significance to many Indigenous communities, including the Tulalip Tribes. Today, the Tulalips have acquired 117 acres and over 2 miles of riverfront habitat along the Skykomish from Washington Farmland Trust.

This land will be protected forever thanks to a pivotal initial conservation effort that took place in 2018, when Washington Farmland Trust raised \$3.4 million in private donations and impact investment funds to purchase and protect a 260 acre piece of land known as Reiner Farm. This property includes prime agricultural land as well as swaths of forest and valuable salmon spawning and rearing habitat along the Skykomish River and Haskell Slough. For more than 20 years, the Tulalip Tribes have been collecting data on endangered salmon at this very site to guide fishery management and strategies to help salmon populations recover. In addition, this effort directly supports the Tribes’ Tualco Valley Connectivity Project, which aims to create more off-channel habitat for salmon along Haskell Slough and the Skykomish River, allowing the endangered species to access

critical habitat and seek refuge during flood events.

“Though our communities are often pitted against one another, farmers and Tribes are raising food in the same environment, and we both know what it means to live with the land,” said Teri Gobin, Chairwoman of the Tulalip Tribes. “This project is a shining example of two groups coming together to protect the systems we both rely upon.”

For more than a century, the Reiner family farmed the land, until Dale Reiner sold it to Washington Farmland Trust shortly before his passing in 2019. Today, Werkhoven Dairy is the current tenant and long-term steward of the agricultural portion of the land, where they currently grow silage crops for their dairy cows.

“We are honored to work in partnership with the Tulalip Tribes toward our shared goals of natural resource conservation, and to ensure that the important salmon recovery and food sovereignty efforts that have been in place for so long can continue in this critical landscape,” said Robin Fay, Conservation Director for Washington Farmland Trust.

Both organizations look forward to deepening their partnership in the years to come, and offer our thanks to the Land Trust Alliance PNW Resilient Landscapes Initiative and the Washington State Recreation and Conservation Office for their support in funding this project.

QUARTERLY ELDERS MEETING

Come meet with Jeremy Howell our Health Administrator

January
12th

April
19th

July
12th

October
18th



Location: Tulalip Senior Center

Time: 11:00am-1:00pm

Any additional questions please contact Cyena Fryberg 360.716.5688



Medical Transportation

The Tulalip Community Health department can transport Tulalip tribal members to and from non-emergent medical appointments anywhere within Snohomish County.

- Transportation for Tulalip tribal members only
- 24-48 hours notice required
- Elders can be transported to specialized appointments outside of Snohomish County



To arrange transportation for your next appointment, please contact Tiffany Robinson at **360-716-5665** or text at **360-722-1635** or email tiffanyrobinson@tulaliptribes-nsn.gov

Give blood.

Every 2 seconds someone
in the U.S. needs blood.

American Red Cross



Blood Drive Tulalip Tribes

Dining Hall
4032 76th PI NW
Tulalip, WA

**Monday, February 19, 2024
10:00 a.m. to 4:00 p.m.**

Please call 1-800-RED CROSS (1-800-733-2767)
or visit RedCrossBlood.org and enter: TulalipTribes
to schedule an appointment.



Scan to be directed to
RapidPass®

**Share your heart! Come give in Feb. for a \$20
Amazon.com Gift Card by email. See rcblood.org/heart**



Scan to schedule
an appointment.

1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App

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[524] • Order ID: 1612831 • Item ID: 7458908 • Qty: 1 of 1 • 127280 • 2023-APL-1137 • AR21 • 239648



The poster features a light beige background with a subtle, distressed texture. At the top left, a dark blue silhouette of an eagle is shown in flight. In the top center is the Tulalip Tribes logo, which includes a stylized orca and the text 'TULALIP TRIBES'. Below the logo are three red stars of varying sizes. The main title 'VETERAN'S DINNERS' is written in large, bold, dark blue capital letters. Below this, the words 'WINTER' and '2024' are displayed in white capital letters on separate dark blue and red rectangular backgrounds, respectively. To the right of the date and time, another dark blue eagle silhouette is shown in flight. The dates 'JAN 17 & FEB 21' and the time '5:00 - 7:00 PM' are listed in bold, dark blue and red capital letters, followed by the location 'ADMIN BLDG' in bold, dark blue capital letters. A horizontal line separates this information from the invitation text below. The invitation text, in bold red capital letters, states: 'Veterans are invited to meet with the Veterans Department staff and Committee, enjoy a meal, and talk about the program.' Another horizontal line follows. The contact information is provided in dark blue text: 'For more information, contact Angela Tait 425-760-5526 or angeladtaite@icloud.com or Bill McLean wmcleaniii@tulaliptribes-nsn.gov'. The bottom of the poster is decorated with a stylized American flag, showing the stars and stripes in a wavy pattern.

VETERAN'S DINNERS

WINTER 2024

JAN 17 & FEB 21 | **5:00 - 7:00 PM**
ADMIN BLDG

Veterans are invited to meet with the Veterans Department staff and Committee, enjoy a meal, and talk about the program.

For more information, contact Angela Tait
425-760-5526 or angeladtaite@icloud.com
or Bill McLean wmcleaniii@tulaliptribes-nsn.gov

SALISH NETWORKS ENHANCED LIFELINE

CONSUMERS LIVING ON TRIBAL LANDS* CAN RECEIVE UP TO \$34.25 OFF THEIR PHONE OR INTERNET SERVICE PER HOUSEHOLD.

Lifeline is a federal program that helps lower the monthly cost of your phone or internet service.

ELIGIBILITY

You may qualify for a discount if you live on Tribal lands* AND can provide proof for any ONE of the following:

- Your income is at or below 135% of the federal poverty guidelines, OR
- You participate in any ONE of these government benefit programs:
 - Supplemental Nutrition Assistance Program (SNAP)
 - Medicaid
 - Federal Public Housing Assistance (FPHA)
 - Veterans Pension and Survivors Benefit
 - Supplemental Security Income (SSI)
 - Bureau of Indian Affairs General Assistance
 - Tribal Head Start (income based)
 - Tribal Temporary Assistance for Needy Families (Tribal TANF)
 - Food Distribution Program on Indian Reservations Assistance

WHAT IS A HOUSEHOLD?

You can have multiple households at one address, for example:

- Four adult family members that live at the same address, but do not share income and expenses, may each have their own Lifeline benefit.
- If you share housing with someone who already receives lifeline, complete the Household Worksheet that is available on the Lifeline website, or through your phone or internet company.

*Lifeline's Tribal Lands is defined in 47 CFR §54.400 (e). Go to [Lifelinesupport.org](https://lifelinesupport.org) and select "Tribal Lands" for more information.

LIFELINE SUPPORT CENTER
800-234-9473 / 9am-9pm ET / 7 Days per week

3 WAYS TO APPLY

APPLY ONLINE
Find the online application at Checklifeline.org.

MAIL YOUR APPLICATION
Print an application from Lifelinesupport.org.

CALL OR COME IN TO SALISH NETWORKS
360-716-8000 OPT 5
2601 88th St NE
Tulalip, WA 98271

HOW TO SHOW YOU ARE ELIGIBLE
You may need to provide qualifying documents, such as:

- A copy of your program letter
- A copy of your pay stub or tax return.

Court notices

SUMMONS BY PUBLICATION TUL-CV-CS-2023-0616, Tulalip Tribal Court, Tulalip WA, TCSP #2481 TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs. GINGER ALLEN (DOB: 09/30/1982) TO: GINGER ALLEN: YOU ARE HEREBY NOTIFIED that on September 19, 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 SM. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer on FEBRUARY 12, 2024 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: December 16, 2023.

TUL-CV-YI-2012-0013 and TUL-CV-YI-2012-0014. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re the Welfare of R. W. J.-C.-S. and In Re the Welfare of: M. L. E. J. C. TO: JOSEPH CHRISTOPHER JONES-CHARLES: YOU ARE HEREBY NOTIFIED that these two Youth in Need of Care (YINC) dependency cases have been reopened and REMOTE, TELEPHONIC, CALL-IN Permanent Plan Review Hearings have been set in the above-named Court pursuant to TTC 4.05 regarding the above mentioned youths. You are hereby summoned to appear and defend regarding the above entitled actions at these telephonic Permanent Plan Review Hearings on TUESDAY, FEBRUARY 20, 2024 at 02:30 P.M. – REMOTE, via GoToMeeting.com; to call in to these hearings, use Telephone Number: 224-501-3412 and then use Access Code: 212-638-629. 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: December 9, 2023.

TUL-CV-YG-2023-0718. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re the Guardianship of: A. K. M. TO: WILLIAM ALBERT MOSES: YOU ARE HEREBY NOTIFIED that a Youth Guardianship action 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 at an IN-PERSON Guardianship Hearing regarding the above-mentioned youth in the above-entitled action on THURSDAY, MARCH 14, 2024 at 10:30 A.M.- IN PERSON 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: December 16, 2023.

SUMMONS BY PUBLICATION TUL-CV-CS-2023-0680, Tulalip Tribal Court, Tulalip WA, TCSP #2801 TULALIP CHILD SUPPORT PROGRAM, Petitioner, vs. RAVON MOSES (DOB: 03/28/1994) TO: RAVON MOSES: YOU ARE HEREBY NOTIFIED that on October 20, 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 EM. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer on JANUARY 22, 2024 at 9:15 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: December 2, 2023.

TUL-CV-YG-2023-0602. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re the Guardianship of: J. N. Z. TO: GREGORY ARTHUR ZMUDA: YOU ARE HEREBY NOTIFIED that a Youth Guardianship action 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 at an IN-PERSON Guardianship Hearing regarding the above-mentioned youth in the above-entitled action on THURSDAY, JANUARY 18, 2024 at 11.00 A.M.- IN PERSON 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: December 2, 2023.

TUL-CV-PO-2023-0767. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip, WA. TO: GREGORY A. MOSES (DOB: 06/02/1987). You are hereby notified that a petition for a Domestic Violence Protection Order was filed in the above-entitled court pursuant to TTC 4.25. You are hereby summoned to appear regarding the above-entitled action at a hearing on TUESDAY, FEBRUARY 21, 2024, at 9:00 AM, 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 MAY BE RENDERED AGAINST YOU. Date first published: January 13, 2023.

TUL-CV-YI-2023-0801 and TUL-CV-YI-2023-0802. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: J. J. G. and J. C. G. TO: SHAYNA LEE BREEDLOVE: YOU ARE HEREBY NOTIFIED that the above-named Youth in Need of Care dependency actions were filed in the above-named Court under the above-listed case-numbers pursuant to TTC 4.05 regarding the above mentioned youths. You are hereby summoned to appear and defend at an in-person Adjudicatory Hearing as to Mother on Tuesday, February 20, 2024 at 9:00 A.M. - IN PERSON. This hearing will take place IN PERSON at 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: January 13, 2024.

TERO Vocational Training Center

TRIBAL EMPLOYMENT RIGHTS OFFICE



ABOUT THE PROGRAM

TVTC construction training is a free intensive “hands on” program offered to all Native Americans, their spouses, parents or children.

Many of our students have successfully launched construction careers earning a great wage. This program consists of in-shop training

and try-a-trade trips to a variety of construction training programs with our students learning and fostering the spirit of the community.

TERO Vocational Training Center students will be trained and ready to enter the work environment safely and productively.



TDS 41108

WHY CHOOSE US

At completion of program, students will be provided assistance in gaining employment in the construction industry.

Students will be exposed to a variety of career choices and will have the ability to pursue their areas of interest with:

- Apprenticeship programs
- Construction related employers
- Employment opportunities with tribes
- Further educational opportunities

TVTC CLASS DAY

- Strength building exercise and classroom instruction
- Shop time for hands-on work certification courses
- Try-a-trade opportunities
- In-class guest speakers

Students will be provided all supplies



CHECK OUT
OUR WEBSITE



tvtcstaff@tulaliptribes-nsn.gov



360-716-4760 or
360-716-4759



tvtc.TulalipTERO.com

