

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

Reporter: Micheal Rios, 360.716.4198 mrios@tulaliptribes-nsn.gov

Reporter: Kalvin Valdillez, 360.716.4189 kvaldillez@tulaliptribes-nsn.gov

Reporter: Wade Sheldon, wsheldon@tulaliptribes-nsn.gov

Tulalip News Manager: Kim Kalliber, 425.366.0570 kkalliber@tulaliptribes-nsn.gov

Media & Marketing Manager: Sara "Niki" Cleary, 360.716.4202 ncleary@tulaliptribes-nsn.gov

Volume 45, No. 45 December 7, 2024 Published once-a week by Tulalip Media & Marketing 6406 Marine Drive, Tulalip, WA 98271 360-716-4200 Deadline for contribution is Monday, with publication on the following Saturday.

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

Follow @Tulalip News:





tulaliptv.com

### Not getting your syəcəb?

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.

### **Tulalip Bay Fire Department Santa Run**

The Tulalip Bay Fire Department will be out for three days in local neighborhoods with Santa! They will be passing out Candy Canes and collecting food/donations for the Tulalip Food Bank.

#### December 13, 5:00 PM

- Madison Estates
- Tulare
- Spee-Bi-Dah
- 83rd PL NW
- Hermosa
- Ezra Hatch-Larry Price LP
- December 14, 5:00 PM
- Priest Point / Meridian Ave N
- Potlatch
- Y-Site
- Mission Beach
- 33rd DR
- Totem Beach LP RD
- Battle Creek
- Beautiful Point Dr
- Mission Highlands
- Silver Village

#### December 15, 5:00 PM

- 56th and 62nd
- Sandra Madison
- 83rd St NE/Levi Lamont RD
- 77th ST NE

TULALIP RESORT

12:00 PM-2:00 PM

ORCA BALLROOM

#### Cheer from front page







#### By Micheal Rios

Cheerleading is recognized for an energetic blend of athleticism, teamwork, and performance. Beyond the glittering pompoms and dazzling routines, youth cheerleading serves as a platform for empowering young girls, largely driven by women leaders who act as mentors, coaches, and role models.

At its core, cheer promotes physical fitness and discipline. These benefits to a youth's physical wellbeing are good, but even better are the emotional, spiritual, and psychological impacts. The high energy, choreographed activity instills critical life skills such as teamwork, communication, and resilience. Girls learn to work collaboratively toward common goals, celebrate collective achievements, and navigate setbacks with grace and determination.

Central to this empowering experience are the women who lead cheerleading programs, like Tulalip's own Sheena Oldham and assistant coach Tara Granquist who together lead Lady Hawks cheer. As coaches and mentors, they hold a unique position to influence and inspire the next generation of young women. Through their guidance, they strive to model leadership, strength, and perseverance.

"We basically started this program from scratch after a few girls came to me







during my day job with Youth Services and said 'We want to cheer, but there are no on Rez options'," explained cheer coach Sheena. "I reached out in-person and online to every family I knew that might be interest in signing up their daughter or daughters. At our first practice, we had maybe 8 or 9 girls total. A couple months later, we had 42. Enough to form two teams of different age groups (5 to 8-yearsold and 9 to 12-years-old).

"From day one, I've wanted our program to be about more than just nailing a routine. It's about our girls learning to support each other and finding confidence in who they are. Getting them to come out of their shells and breaking them of their shyness by building up their confidence levels and helping them find their voice. We even had a few troublemakers that clearly didn't have an issue using their voice who we challenged in the best kind of way by getting them into leadership roles. Now, their voices help advocate for their teammates and for woman all across Indian Country."

For young girls, cheer squad can be a safe space where they can explore their feminine identity and develop a strong sense of belonging as part of a shared sisterhood. Cheer's emphasis on community involvement also allows girls to see firsthand the impact of their efforts. From cheering on school teams to participating in community projects, cheerleaders often become ambassadors of positivity and encouragement, learning the importance of giving back.

The young flock of Lady Hawks amplified their voices and took their united effort for giving back to the next level during their NCYFL Cheer Showcase performance. Held during mid-November at Anacortes High School, the Lady Hawks coaches and cheerleaders proved they could pay tribute to Native American Heritage Month during their performance while openly advocating for Missing and Murdered Indigenous Women.

The jam-packed Anacortes gymnasium went completely silent as hundreds of cheer spectators took in the Lady Hawks routine. Equal parts cultural pride, social advocacy, and in sync pom-pom maneuvers, the girls wowed onlookers when their hip-hop music abruptly cut out and was replaced with a live drumming and singing of Antone George's MMIW anthem.

Concluding their awe-inspiring performance, cheerleaders Persaeus Fryberg and Laveigha Merritt read the following statement: "MMIW means Missing and Murdered Indigenous Women. The song you just heard was created by Antone George of the West Shore Canoe Family in 2019. The U.S. Department of Justice found that Native American women face murder rates that are much higher than the national average. Four out of five of Native women are affected by violence. Our purpose of singing and dancing this song is to bring awareness to our sisters who are no longer here to speak for themselves."

When the two elder Lady Hawks dropped the mic, they and their squad of red hand wearing cheerleaders were met with a thunderous applause. Both coaches and several cheer moms greeted the girls with gigantic, warm embraces as they exited the gymnasium and received their cheer medals.

Head coach Sheena valiantly held back tears while lofting praise on her team. "I'm so extremely proud of each and every one of our girls. Seeing them out there in front of so many people and not missing a beat, it's just an amazing experience. They've worked so hard to reach this point and to see all that hard work pay off with a performance and reception like that is, well what else can it be, it's epic!"

At a time when positive female role models are more important than ever, youth cheerleading stands out as an illustrious lane for nurturing leadership and, in the case of Tulalip's Lady Hawks, cultural empowerment. The women at the helm of these programs and the girls they are entrusted with are creating ripples of change. One squad, one routine, and one cheer at a time.

# Dads Group provides support on the fatherhood journey



Photo courtesy of Sasha Smith

#### By Kalvin Valdillez

Back in May, the Washington Fatherhood Council and Tulalip Family Haven held an event known as the Fatherhood Café at the TELA gymnasium. With the intention to connect local fathers with resources and information, the four-hour gathering garnered nearly 30 participants.

During this session, each father displayed a strong desire to learn as much as they could about becoming a better parent and were highly interactive throughout the afternoon. This work allowed the dads to open up about the challenges they face as Indigenous fathers. And it also provided them the opportunity to relate to one another and create bonds with other parents who are on a path toward the same goals.

Working together, the dads identified areas where they needed that extra support and guidance in their fatherhood journey from either the community, family members, or the Tribe. Topics included addiction recovery, reunification efforts, reintegration after incarceration, housing, employment, cultural and community gatherings, and assistance through the justice system.

The Fatherhood Café resulted in a monthly gathering, planned by the dads for the dads, aptly dubbed Dads Group. Receiving a little guidance from Family Haven, the dads organize fun and engaging meetings that are kid and family friendly. With close to a dozen regular attendees, the dads are fully invested and are embracing that fatherhood role and all the challenges and successes that come with it.

Dads Group is a unique experience that isn't available on many reservations. At each meet up, they allow themselves the space and time be vulnerable and delve into heavy topics such as the loss of a child, the struggle of addiction, or the possibility of never seeing their kids again. And in response, the other dads show support by not only lending an ear and a shoulder, but also by offering advice and sharing how they got through similar problems in the face of adversity. Whether that's cultural activities, spiritual work, group therapy, or even the incorporation of exercise into their daily lives, the dads keep an open mind and showcase a willingness to try new ideas and experiences.

Now, though the topic of conversation may be serious, the vibe and air of the room is kept light. As Indigenous People, we will find a way to get our laughs in and bring that Native humor to the forefront of that heavy work. After all, laughter is a big part of healing for our people, and there is plenty of that to go around at Dads Group.

The local dads often pick a theme and activity for the gatherings including traditional arts and crafts, as well as some holiday fun for the kiddos. The last two Dads Group meetings were based around the season, in October the group carved pumpkins while they chatted. And the activity for November was turkey hand crafting, just in time for Thanksgiving.

As the Dads Group moderator, Sasha Smith, Family Haven's Family and Youth Support Coordinator, helps keep the conversation rolling while also introducing new topics and providing resources/contact info based on the conversation.

Said Sasha, "Family Haven has always had the Moms Group and supports for the moms, but there were never supports for dads. We know that dads are just as important to the family, whether it's working, providing for your children, introducing culture, making sure they're getting those teachings in the home. We realized that there wasn't anything for dads, there's really a lack of that out here, and that's the missing link. And I realized that if there wasn't going to be somebody else doing it, that I just needed to step up. So, I took the Moms Group model and used that to start the Dads Group."

She continued, "I think that modern society always tells us that men shouldn't speak up, men have to hold in their thoughts and feelings. But we know that is not good for our mental health. It's not healthy to be alone, whether you're in recovery, active addiction, maybe you're going through separation, a divorce, whatever you are going through in life, it's not healthy to do it alone. And whether it's negative or positive, all those emotions are really raw, but once you learn that this is a safe space, then you realize it's okay to let others be there to support you. At the end of the day, we're all human and as Native people, we need that connection where we sit down, share a meal, and talk about whatever we're going through."

At the latest Dads Group, Robert Coberly and Dustin Moses shared an open discussion about their personal journey. They planned an outing for the group to visit a local CrossFit gym in Marysville. They also spoke about how a number of different Tribal programs and departments helped them along the way, including the Healing Lodge, Village of Hope, the MAP program, and the Healing to Wellness Court.

When asked about why Dads Group is important to have in the community, Robert shared, "For the support. I come here for support for myself and to support other dads and connect them with resources. We did a BBQ and pumpkin carving last month and I got to bring my daughter. It's great to be a part of this support group and hang out with the other dads and learn how they're doing in life and just be a part of it." Dustin added, "Dads Group is beneficial for dads to access more knowledge on being a better parent and how to help yourself in the long run. This group has helped me in so many ways and I've had a whole bunch of new experiences so far. My first time coming here was really interesting because I learned a lot about the culture and parenting information. And it's helping me learn more about myself. I'm really enjoying it."

To bring the two-hour gathering to a close, Sasha assigned the dads some homework that they can do with their kids – watch the Disney Pixar movie, Inside Out, because they will be focusing on dealing with emotions at the next group meeting.

Sasha shared that the Dads Group meet ups and outings will vary month to month and that the dads try to plan the group on days that will accommodate the majority of the participants schedules. She also extended an invite to the uncles and grandpas in the community who are helping raise children in their families.

"Continue watching for the flexibility of the schedule," she said. "We're trying to make it as easy as possible. You don't have to commit to the full two hours, you can drop in, grab a snack, grab a coffee. And once you do that a few times, just like everything in life, you start to build in that routine. And that's we we're doing here – teaching routine and consistency. I know that at first it can be a bit uncomfortable, but in order for us to learn, especially with our kids, we have to be uncomfortable to experience new things. So, swing by, say hi, and just feel out the vibe and the energy of the space."

For more information, please contact Robert Coberly at (360) 640-8858, or Family Haven at (360) 716-3284.

# A celebration of gratitude and community at Thanksgiving feast





#### By Wade Sheldon

On Thursday, November 28, the Tulalip Resort Casino hosted its annual Thanksgiving feast in the Orca Ballroom. The event brought together tribal members and their families for a day filled with gratitude, connection, and celebration. The room was bustling with activity, and the large turnout made finding seats challenging for many attendees. Despite the crowd, the atmosphere remained warm and welcoming, filled with laughter and heartfelt conversations. The meal featured a traditional Thanksgiving spread

prepared by the resort's talented culinary team, including turkey, mashed potatoes, stuffing, and all the classic trimmings. However, the event was about more than just the food; it provided a meaningful opportunity for the Tulalip community to reconnect, share gratitude, and honor their bonds. Throughout the evening, Kelly Moses walked through the room with a microphone, encouraging attendees to share what they were most thankful for.

"Aho, I am really thankful today for another day," said Jim Williams, his voice resonating with the spirit of gratitude in the room. For Amy Moses, the event was a cherished family tradition. "I came with my aunt, her daughter, and my daughter. We come here every year," she said. "The food was good, and being with my family was fun. It's nice to come together. I am thankful for my family."

David Fryberg echoed similar sentiments about the importance of family during the holiday. "I came with my wife. I come every year. What I cherish the most is being able to see my family. It's the reason I love coming to this event. I don't know if I believe in the traditional sense of Thanksgiving, but I do believe in what we are doing right here: getting together with family." The event also served as a platform for reflection. Tribal elder Wayne Cortez expressed his hopes for a healthier community. "I feel like the dinner went great. I make my way here every year. I wish everyone would get off drugs, they are killing too many people." His words underscored the importance of unity and support within the community.

The event concluded with full hearts and plates, leaving attendees with cherished memories. It also served as a reminder of the importance of togetherness, as tribal member Amy Moses summarized: "It's nice to come together."





# Notices\_



# **Notices**

# **Prevent Colds** & Flu Naturally

stay

#### **STAY**

Hydrated Water is life! Drink water or traditional teas, like cedar or peppermint, to keep your spirit and body strong.



stay/

#### KEEP the Body Warm

Wrap in warm clothing to guard your energy and spirit.

#### BREATHE the Gifts

of the Earth Use eucalyptus or cedar for nasal relief in steam or a diffuser.



Wash hands with care; avoid touching your face.

#### EMBRACE Traditional Remedies

Keeps illness short and gentle

 Echinacea & Astragalus: Traditional Immune support

#### MOVE with the Seasons

Take a walk on the land, practice gentle movements for circulation and resilience.

#### REST with the Night

Quality rest (7-9 hours) is your body's time to heal and renew.

#### RELIEVE **Your Mind**

Reduce stress with mindful breathing, smudging, or spending time with the earth.

be

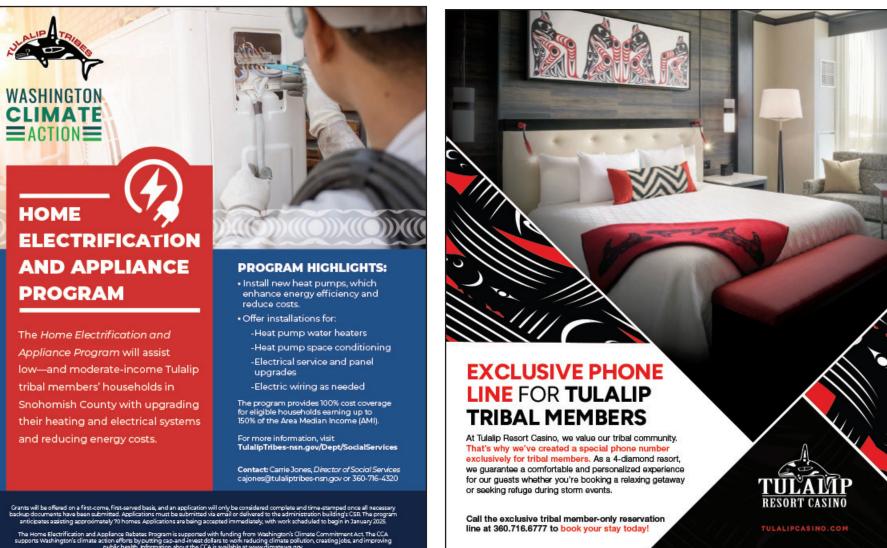
#### **HONOR the Earth's Foods**

- Vitamin C: Gather citrus, berries, and peppers
- Vitamin D: Embrace the sun, eat fatty fish and eggs
- · Zinc: Seek nuts, seeds, and whole grains · Garlic: Add this medicine food to meals
- · Problotics: Fermented foods like yogurt and sauerkraut strengthen the gut

I. walk in

Elderberry:

# **Notices**



#### 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 o Supplemental Nutrition Assistance Program (SNAP) Medicaid

  - 0 0

  - Medicáid 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 0
  - 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 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 Lifelinesupport.org.

#### MAIL YOUR APPLICATION

CALL OR COME IN TO 360-716-8000 OPT 3 2601 88th St NE Tulalip, WA 98271

#### HOW TO SHOW YOU

You may need to provide

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

#### Based on Your Income

You can get Lifeline if your income is 135% or less than the Federal Poverty Guidelines (see the table below). The guideline is based on your household size and state.

The table below reflects 135% of the 2024 Federal Poverty Guidelines

Household Size	48 Contiguous States, D.C., and Territories	Alaska	Hawaii
1	\$20,331	\$25,394	\$23,369
2	\$27,594	\$34,479	\$31,725
3	\$34,857	\$43,565	\$40,082
4	\$42,120	\$52,650	\$48,43
5	\$49,383	\$61,736	\$56,795
G	\$56,646	\$70,821	\$65,151
7	\$63,909	\$79,907	\$73,508
8	\$71,172	\$88,992	\$81,864
For each additional person, add:	7,263	\$9,086	\$8,357

You may have to show proof of income, like a tax return or three consecutive pays stubs, when you apply for Lifeline

#### **Tribal Assistance Programs**

If you live on Tribal lands, you can get Lifeline if your household income is at or below 135% of the Federal Poverty Guidelines, or if you (or someone in your household) participate in:

- Any of the federal assistance programs listed above
- Bureau of Indian Affairs General Assistance
- Head Start (only households meeting the income qualifying standard)
- Tribal Temporary Assistance for Needy Families (Tribal TANF)
- Food Distribution Program on Indian Reservations

You may have to show proof of participation, like a benefit letter or official document, when you apply for Lifeline. Learn more about the Tribal Benefit.

https://www.lifelinesupport.org/tribal-benefit/

Print an application from Lifelinesupport.org.

SALISH NETWORKS

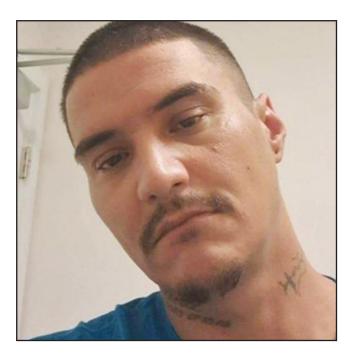
ARE ELIGIBLE

qualifying documents, such as:

SALISH

### **O**bituaries

Jason Lee O'Day



Jason Lee O'Day, 34, passed away November 25, 2024 in Everett. He was born on March 1, 1990 to Patrick and Carmen O'Day in Everett, Washington. He was a member of the Tulalip Tribes. He loved his children Susan and Jason D.L. O'Day. He lived his life the best that he could. He is survived by his parents, Patrick and Carmen; brother Brian; and children Susan and Jason. A celebration of his life was held Wednesday, December 4, 2024 at 10 AM at the Tulalip Gathering Hall with burial following at Mission Beach Cemetery.

> Veterans of Foreign Wars Old Guard Post 2100 2711 Oakes Ave.

Everett, WA. 98201

#### **Tim Nordtvedt**

Tim Nordtvedt, Building Official/Inspector, passed away 11/14/24 at his Priest Point area home. He was on contract with the Tulalip Tribes for over 24 years. Starting with the Tulalip Resort Casino, he reviewed all QCV retailers, all new Tulalip government buildings, and countless residential homes making sure they were in compliance with codes and safe to occupy. We remember

him for his hard work, kindness, and dedication. Services have not yet been scheduled.



MemoriesaboutTimcanbesharedhere: https://www.dignitymemorial.com/obituaries/ lynnwood-wa/timothy-nordtvedt-12078793



November 30, 2024

To: The Tulalip Tribes

The following is for the Tribal newsletter:

On November 28, 2024 the Veterans of Foreign Wars, Post 2100 hosted a Thanksgiving Dinner for local Veterans and their families. This was only possible by the generosity of the Tulalip Tribes as they donated the funding for the meals. The VFW Post and their Auxiliary server over 50 Veterans and their Families for Thanksgiving.

The Post Quartermaster, Donald Wischmann, stated that this is more than serving a meal, as many of the Veterans were living alone and would have been so if not for the Tulalip Tribe. This gave these Veterans an opportunity to share a day with others. He conveyed his Thanks to the Tulalips for everything they did and the effect that this had on others.

The kindness of the Tulalip Tribes was far more than a meal for us, for some it was a time to reconnect with others.

The Members of VFW Post 2100 and its Auxiliary extends a very grateful Thanks to The Tulalip Tribes for making this Thanksgiving possible for many Veterans.

almul

Donald Wischmann VFW Post 2100 Quartermaster

#### **Court notices**

TUL-CV-YI-2012-0014. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: M. L. J. C. TO: LANA SHANNON BREEDLOVE FKA LANA SHAN-NON JONES-CHARLES, YOU ARE HEREBY NOTIFIED that a Youth in Need of Care action was filed and is ongoing in the above-entitled Court pursuant to TTC 4.05. You are hereby summoned to appear and defend regarding the above-entitled action at a TELEPHONIC Permanent Plan Review Hearing on TUES-DAY, MAY 13, 2025, at 01:00 P.M. - REMOTE; This will be a REMOTE, CALL-IN HEARING in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 98271. TO CALL IN TO YOUR HEARING USE TELEPHONE NUMBER 224-501-3412 AND THEN USE 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: November 23, 2024.

SUMMONS BY PUBLICATION TUL-CV-CU-2024-0709 Tulalip Tribal Court, Tulalip WA, June Hill, Petitioner vs Joshua Lloyd, Respondent TO: Joshua Lloyd: YOU ARE HEREBY NO-TIFIED that a Custody Petition was filed in the above-entitled Court Pursuant to Chapter 2.10 and 4.10 of the Tulalip Tribal Code. You are hereby summoned to appear and defend the above entitled action in the above entitled court on November 6, 2024 at 11:00 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 JUDG-MENT WILL BE RENDERED AGAINST YOU. Date first published: November 16, 2024.

# WEDNESDAY, DECEMBER IITH

**At the Tulalip Gathering Hall** 

# **DOORS OPEN AT 3PM**

# DINNER IS SERVED AT 5PM

# EVENT ENDS AT 7PM

This even is exclusively for Tulalip Tribal Members aged 57+, along with one guest who must be 18+ and can be either a caretaker, spouse, or significant other.