



# Giving thanks the Tulalip Cares way

By Micheal Rios

Since the inception of the Tulalip's Charitable Contributions Fund in 1993, the Tribe has donated approximately 126 million dollars in support to thousands of unique organizations. More commonly known as Tulalip Cares, the Fund provides the opportunity for a sustainable and healthy community by providing much needed funding to Washington State nonprofits and community groups who strive to make our shared reality a better place for all.

See Tulalip Cares, page 3

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## Holiday cheer at Native Bazaar

PG 4



## Bringing culture to the playground

PG 6



The Tulalip Tribes are successors in interest to the Snohomish, Snoqualmie and Skykomish Tribe and other tribes and bands signatory to the Treaty of Point Elliot, January 22, 1855

syacab, 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 Calvin Valdillez at kvaldillez@tulaliptribes-nsn.gov for specific issues of the paper.

## syacab Thanksgiving Holiday Schedule

There will be no November 30 issue due to the Thanksgiving holiday. The deadline for submissions in the December 7 issue is Monday, December 2. Happy Thanksgiving.



**WATER IS LIFE:**

# Drink Tulalip Water

**Pure, Safe, and Right from Your Faucet!**

### **BENEFITS OF TULALIP WATER:**

**Pure and Safe:** Tulalip water is rigorously tested to meet all safety standards. You can trust its purity.

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*Enjoy the benefits of Tulalip water and support a healthier, more sustainable future for our community.*

For more information, visit <https://www.tulaliptribes-nsn.gov/Dept/TulalipUtilities>

## Tulalip Cares from front page



Kicking off the start of the holiday season, the Tribe, Resort Casino, Quil Ceda Village and Tulalip Cares combined forces to host an extravagant evening dubbed Raising Hands. It's an annual event representing the purest spirit of Thanksgiving.

Held in the Orca Ballroom, the always stylish space was filled with hundreds of representatives who work tirelessly to improve education, environmental stewardship, public services, cultural preservation, and health care within the state. Guests were cordially invited to come together in an atmosphere of appreciation to celebrate their common mission to improve our communities.

"First of all, I want to welcome everyone here to our homelands," said Tulalip Board of Director Glen Gobin during his opening remarks. "Secondly, I'd like to thank each and every one of you for the work that you do in helping us build stronger communities, bringing people together for the common good, and recognizing opportunity gaps and doing what it takes to fill those gaps. You all truly represent what it means to step forward and make a difference.

"We've experiences so much growth since 1992 when Tulalip signed the first gaming compact in Washington State. As we've grown, we haven't forgotten what it is like to be in need," continued Glen. "The Tulalip Tribes started out with only 3 employees many years ago. Today, we have over 3,600 employees and work with over 7,900 vendors, most of whom are local and could be your neighbor. As we continue to grow and be successful, we maintain our responsibility to the greater community and uphold our traditional value of giving back. That is why we are so very proud to have provided over \$6.2 million dollars in financial assistance to 500+ organization over the past year."

Raising Hands isn't just about dollars and cents. At the annual celebration, community change makers are given a chance to share their plans for the future and learn how other like-minded charities are striving to make a difference for the benefit of so many. This is an invaluable benefit for organizations who can sometimes struggle to get their message broadcast to larger audiences.





“When you see people having these amazing, positive conversations that is when we see we are making a difference,” observed Tulalip Cares Director Marilyn Sheldon. “Giving people the opportunity to work together

is worth its weight in gold. We try to show respect and honor these charities that give so much of themselves for this community. We want them to feel like the red carpet got laid out just for them.

“Each year, as soon as the

event is over, we ask ourselves how we can help make the next one better,” she continued. “Some days, I feel so blessed that this is my job. We are so fortunate to be able to work with these amazing organizations in Snohomish County and throughout Washington State.”

During the 2024 rendition of Raising Hands, six standout nonprofits received special recognition for their exceptional creativity and effectiveness. Little Bit Therapeutic Riding Center, Naa Káani Native Program, Pacific Rim Institute for Environmental Stewardship, Purrfect Pals, Scarlet Road, and STEM Paths Innovation Network were each highlighted for their innovative and heart felt work.

While cinematic videos detailing the amazing work of the featured nonprofits played on the Orca Ballroom’s several projection

screens, the hundreds of honored guests in attendance were treated to a delectable 5-course dining experience.

The event ended with one last giving of thanks. One that paid tribute to still thriving Tulalip lifeways that are at the core of Tulalip Care’s vision to create a healthy and vibrant community. “To be without trees would, in the most literal way, to be without our roots,” read a table sign that attendees were directed to visit while exiting the Ballroom. On the table were gifts aplenty in the form of Western Red Cedars. Those that accepted the gift of cedar were instructed to plant it as a living memory of the special night of giving.

# Holiday cheer at Native Bazaar

By Wade Sheldon

On November 15-16, the Tulalip Gathering Hall hosted the first of two annual Holiday Native Bazaars organized by tribal member Tammy Taylor. This year, the event featured over 60 tribal vendors showcasing handmade crafts and goods. Attendees explored an impressive selection of items, from traditional Native regalia such as cedar hats, baskets, and jewelry to handmade quilts, soaps, candles, and paintings. The bazaar offered smoked salmon, deer, elk, banana bread, cookies, and various popcorn flavors for food lovers.

Vendor Lorina Jones expressed her excitement about the event’s success. “This is our

second year here. Our freeze-dried candy and earrings sold quite well.” When asked for her overall impression of the bazaar, Jones replied, “I think it went well—there were many vendors and lots of people left with great gifts. Everyone is together, laughing, having a good time. It’s just a fantastic opportunity for us to sell the crafts we love creating.”

Taylor highlighted the unique nature of the gifts available at the bazaar. “There are so many beautiful gifts here—things you can’t find anywhere else, made with love, care, and prayers. That’s the best part. People look forward to this event every year. Some vendors have told me how





much they appreciate having this opportunity to sell their crafts and make money for things they need.”

Taylor emphasized the community spirit fostered by the bazaar. “This is about more than just selling; it’s about gathering and sharing. You see young people, some as young as 14 or 15, bringing their baked goods to sell. It’s heartwarming to watch. And then you have vendors like Mike Gobin, whose beautiful carved rattles were flying off the table, or The Golden Girls—tribal members Heather, Toni Jo, and Judy Gobin—laughing and weaving together. Watching them enjoy themselves is what this event is all about.”

She also praised the artistry on display, mentioning Lance Taylor’s cedar hats, Mike Dunn’s wooden coat racks,

and many other unique items. “There’s just so much beautiful art here,” she said. “I encourage everyone to come out and support tribal member vendors. Everything is made with care and talent, whether someone has just a handful of items or several tables.”

Taylor thanked the Tulalip Tribes for providing the gathering hall and the Quil Ceda Village graphics team for creating the event’s banners each year. “They always do an amazing job,” she said. “This event wouldn’t be possible without their support and the dedication of everyone involved.”

Another Holiday Bazaar will be held on December 6 and 7 at the Gathering Hall. Tulalip tribal member vendors only, for questions reach out to Tammy Taylor at (425) 501-4141



# Bringing Culture to the Playground

## TELA introduces five new culturally inspired playgrounds



By *Kalvin Valdillez*

**“To see this all come to life is so beautiful. These are not your typical playgrounds – you can’t find this everywhere. This is related to us and to our kids.”**

**– Taylor Burdett,  
TELA ECEAP Preschool Manager**

The Betty J. Taylor Early Learning Academy (TELA) recently unveiled not one, not two, not three or four, but five new playgrounds at their campus earlier this fall. Featuring state-of-the-art equipment, the new play areas afford their students the opportunity to expand their knowledge of the local animals and aquatic life, as well as the habitats in which they live.

Furthermore, the playgrounds are accented with Tulalip specific pieces, such as cedar dugout canoes, a life-size replica of the Tulalip longhouse, salmon and orca slides, and a dock that overlooks Tulalip Bay.

And there are still a few more installations on the way that will enhance the cultural experience for the kids during outdoor playtime. This includes a smokehouse and a clam pit, where the students can learn how to traditionally prepare the foods of the Tulalip people such as clams, mussels, and smoked salmon.

“I think it’s really about being able to share with the children who they are and where they come from,” said Sheryl Fryberg, TELA Director. “HeadStart talks about how community is so important in early childhood education because it gives them that sense of self-pride and builds their self-esteem. So, the more they know about their own community, the better they’re going to thrive in k-12 and through their college career and life, knowing this is who I am and this is where I come from.”

The project was over five years in the making, according to TELA Manager, Mekyla Fryberg, who spearheaded the effort. The academy began its initial planning phase prior to the pandemic, and

when covid hit, the project was put on the back burner. But Mekyla was determined to see it all the way through, and she was able to secure additional Covid-19 funding to utilize for the playgrounds. She also took on the responsibility of finding a contactor and purchasing the equipment, with a goal to complete the project by the end of September 2024.

Said Mekyla, “We have installed five new playgrounds – one specifically for birth-to-three, the rest are for ages 2-5. We have our fishermen’s dock playground; our longhouse, which will be surrounded by our smokehouse and our clam pit, where we focus on Indigenous foods with our students; our sea-life playground; and our wilderness preschool play area. And in addition to those areas, we did some renovations and added in play structures into our inner courtyard playground that was already pre-standing.”

After giving an exclusive tour of all five play areas to the syəcəb, Mekyla shared a little bit about the theme of the

playgrounds, which revolve around local wildlife. She stated, “We tried to be intentional with the animals that we chose for the playgrounds and capture the classroom names that we have within our facility. We have our sea-life animals and our small land animals on the birth-to-three wing of the building. And our bigger land animals and birds in the preschool wing.”

To get a better understanding of Mekyla’s statement, let’s take a closer look at a few highlights of each playground. At the renovated inner courtyard, children will find a forest-themed playground with birch tree steppingstones and plenty of interactive fun such as a native wildlife soundboard. And sculptures of butterflies, bears, and bluejays can be found high and low throughout this entire play area.

Next up, there is the fishermen’s dock, which not only features the canoe and the salmon/orca slides, but also a realistic pier play structure. Complete with perched seagulls and observation viewers, the kids can look out at the bay and feel as though they



are at the Tulalip Marina. A few more cool pieces at this playground include oyster steppingstones and also hummingbird and eagle spring riders.

Across the fishermen's dock is the field where TELA holds its annual clambake ceremony. A permanent spot has been reserved for the clam pit, which sits directly in front of the new longhouse. The longhouse was modeled after Tulalip's own cedar longhouse and the attention to detail is nothing short of stunning.

"They [contractors] actually went down to our longhouse and were able to replicate the posts," Mekyla explained.

Sheryl added, "We are going to develop it so that it looks more like it did when we lived in our longhouses. We want to get like food storage, and baskets, and something that replicates tule mats. I'm just so excited about it because it really gives the kids that feel. When we bring them to our longhouse, even the young kids, they feel when they walk in the door, that it's different in there."

Next on the tour is the sea-life playground that is located on the birth-to-three side of the academy. Upon entrance, the kids are greeted with a deep blue playground turf that serves as a replica of the Salish Sea. A whale's tail appears to be jutting out of the ocean on the far side of the turf. On its opposite side is the head of an

orca swimming alongside her calf, giving the illusion that the killer whale's body is underwater. A few more highlights of the sea-life playground are sealion sculptures, jellyfish slides, and a giant figure of a sea turtle.

The fifth and final playground can be found on the preschool side and is known as the wilderness playground. All the equipment on this playground is painted brown and green, to provide that outdoorsy vibe for the kids. Sitting on top of the main play structure is an owl looking out from a tree canopy. And below, the kids can reach the slides by climbing cedar logs and three cedarwood cookie steppingstones. In addition to the owl, the wildlife of this play area consists of a howling wolf, two bears, and a mama deer cuddled next to her fawn.

The wilderness playground also has a few key features that we'd be remiss to mention. For the first time, in all of TELA's history, the academy has a full-fledged swing set. And directly across the new swing set is perhaps the main attraction of the wilderness playground, a section with imported sand, rocks, and driftwood from the local coastline. TELA brought the beach to the academy! And it's proving to be a place that many of the students connect with the most.

"One of our teachers said that this is like the serenity spot for the kids," shared Sheryl. "They

run and play hard everywhere else but when they get here, they just relax. It's like hitting Mother Earth, right? It brings such joy to my heart because we have provided so many different opportunities for them to be outside. And learning outside is the best thing we can do for our children; to experience the world, so they're not just stuck in the classroom. They get to learn about their animals and even the sounds of the animals."

Following the exclusive tour, the three TELA leaders took a moment to share their personal favorite playgrounds with Tulalip News.

"I think the fisherman dock is my favorite," Mekyla exclaimed. "We have the salmon and killer whale slides. And just being able to scan out on the dock while you're looking at the bay. I also like to see that it gives some of our teachers the opportunity to engage and learn as well, and so that's also really rewarding for me."

Taylor expressed, "I don't have a favorite place but the little details of everything is my favorite, like the little oyster shells and the little accessories everywhere. From covid, we've seen an increase in our developmental delays and our sensory needs of our students. So, we just tried to expand that outside of the classrooms and to give them opportunities on the playground. There's secured safe sounds, there's a lot of different noise, auditory,

and feely-sensy things for them and that's so great."

"The longhouse is my favorite because it gives us the opportunity to show the way we lived originally in our longhouses as well as how we utilize them today," Sheryl revealed. "And it's going to be a great place for our teachers and our Lushootseed department to share traditional stories and knowledge with our kids."

Since its establishment, the early learning academy has continued to find new ways to incorporate the Tulalip culture and their ancestral knowledge into their curriculum. The new playgrounds are an extension of those ideals and values of the academy. And just a few weeks after introducing the play areas to their students, the kids are already in love with the animal sculptures and culturally inspired play structures, and they are having a blast exploring every detail of the new parks.

If you have yet to see the new playgrounds, the fishermen's dock and longhouse are visible from the academy's parking lot. Please keep in mind that in order to preserve the pristine look of the new play structures for future generations, the new playgrounds are closed to the public. For additional info, please contact TELA at (360) 716-4250.

# National Diabetes Month

By Veronica Leahy and Kaiser Moses

Every November, we dedicate one month to National Diabetes Awareness and how Diabetes affects the body. Diabetes is often thought to be a result of eating too much sugar, being overweight, and not exercising enough. In many cases, this can be true, especially if left undiagnosed or untreated. Our goal is to offer many opportunities for our community to interact with our healthcare staff as a means of supporting you to be more involved in your healthcare. You and our providers can together manage your diabetes with subtle lifestyle changes, medications, nutraceuticals, and supplements.

### Historical facts of Diabetes

- Diabetes Mellitus is the medical term used in the clinic – Mellitus in Latin means “sweet.” This was incorporated into the name due to the sweet nature of urine.
- In 1922, insulin was first tested on humans when it was administered to a 14-year-old boy named Leonard Thompson in Toronto.<sup>3</sup> Thompson received two injections, and the second was an overwhelming success: in just 24 hours, his blood glucose decreased from a dangerously high 520 mg/dL to 120 mg/dL. By 1923, Lilly Pharmaceutical Company, in collaboration with Banting and Best, produced the first commercially available insulin.
- In 1962, the first insulin pump was invented.
- In 1980, 108 million people worldwide had Diabetes, and by 2014, 529 million people

around the world were living with Diabetes. That same study projected that by 2050, more than 1.31 billion people could have Diabetes.

- Many suggest this global increase in body mass index (BMI), is attributed to limited access to healthy foods in low- and middle-income families. In medical clinics across the United States, food insecurity assessments have become a new standard of care.

### Steps you can take today

- Since we know a substantial percentage of diabetes cases can be potentially preventable, increasing awareness by seeing primary care providers regularly for yearly lab tests is highly recommended. This would be known as your yearly exam or yearly wellness appointment.
- Other thoughts would be to talk to your doctor about how you can safely increase your activity level and think of ways to improve your lifestyle, such as getting enough sleep, eating more vegetables and fruit, choosing fewer fatty meats, and avoiding sugary drinks.

These choices are simple yet vital to enable each of us to make informed decisions to optimize our health.

### How Diabetes Has Impacted Native American Communities

- Type 2 diabetes was virtually nonexistent among Native American, Alaska Native, and Canadian First Nations people before the 1950s. Due to negative historical, cultural, and environmental impacts Native people suffer disproportionately higher rates of Diabetes than other populations.
- According to the First Nations Development Institute, Native children and young adults are being diagnosed at a level never seen before. It is reported that American Indian and Alaska Native youth aged 10-19 are nine times more likely to be

diagnosed with type 2 diabetes compared to non-Hispanic whites.

- There is little historical evidence of Diabetes occurring in Native America before the first European contact. Yet, today, Diabetes threatens the core of Native societies by disabling and shortening the lifespans of community members. The long-term health consequences for American Indian, Alaskan Native, and Native Hawaiian communities is the loss of a generation of caretakers of the culture, teachings, language, and quality of life to this disease.
- While a multitude of factors contribute to the high incidence of type 2 diabetes for Natives, this can be traced back to the change from pre-reservation traditional diets and lifestyles to more westernized sedentary lifestyles and foods. At our health clinic and within the health system, our goal is to recommend and incorporate

our traditional foods and cultural lifeways into our daily lives.

### References:

- National Diabetes Month 2024. National Institute of Diabetes and Digestive and Kidney Diseases. <https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month>. Updated August 2024. Accessed October 9, 2024.
- National Diabetes Statistics Report. Centers for Disease Control and Prevention. <https://www.cdc.gov/diabetes/php/data-research/index.html>. Updated May 15, 2024. Accessed October 15, 2024.
- First Nations Development Institute, Type 2 Diabetes in Native communities

## Healthy Heart, Healthy Brain...

**Keep Your Heart and Body Healthy to Protect Your Brain**

Everyone slows down as they get older, both in body and mind. Big changes in memory or thinking that make it hard to get through the day are not a normal part of aging. These changes could be signs of early dementia or Alzheimer's disease.



**1 in 9**  
People in the U.S. ages 65+ has Alzheimer's dementia



**1 in 3**  
American Indian people ages 65+ develops dementia

You are more at risk of developing dementia if you have:

- high blood pressure,
- diabetes, or
- you smoke cigarettes

**You can protect your body, heart, and mind**

- ◆ Schedule a “wellness” visit and health screenings every year with your doctor, even if you feel ok.
- ◆ Keep a healthy blood pressure.
- ◆ Be active or walk every day.
- ◆ Maintain a healthy weight for your body size.
- ◆ Eat a healthier diet with more fresh vegetables, fruits, whole grains, and fish.
- ◆ Stop smoking cigarettes or chewing tobacco.
- ◆ Get help managing your high blood pressure, diabetes, or to lose extra weight.
- ◆ Talk to your doctor about how you feel because your mental health can affect your brain and physical health.
- ◆ If it is hard for you to get through the day because of forgetfulness or memory problems, see your doctor right away.

You can do these things today to protect your mind and reduce the risk of or slow down dementia.






Turn over for your checklist to keep your river of life flowing freely



## 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 SHANNON 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 TUESDAY, 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 NOTIFIED 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 JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: November 16, 2024.

### The River of Life Flows Through Your Heart to Protect Your Mind and Body

Your heart health plays a big part in the health of your brain. Your heart is like the start of a flowing river. Blood vessels that take blood to and from your heart are like connected streams that flow through your body. They feed your brain with oxygen and energy.

You can do things to keep the streams freely flowing through your body, so your heart and brain stay strong and healthy.

#### Working with Your Doctor

- Make an appointment for a "wellness" checkup with your doctor every year.
  - You will get tests and screenings to make sure you are healthy.
  - They are usually free with Medicare Part B or the Indian Health Service.
  - If you have concerns about your memory, talk to your doctor.
- Have your blood pressure checked and know your numbers.
  - Your blood pressure should be less than 120/80 mmHg (120 over 80)
  - If you do not know how to take your blood pressure, ask your doctor to show you.
- Have your weight checked regularly and know your number. If you need to lose extra weight, ask your doctor about:
  - The right number of calories for your body
  - Ideas for healthier food choices
  - Support for losing weight
- If you smoke cigarettes or chew tobacco, ask about medicine, counseling, or help to stop.
- If you do not have diabetes, have your blood sugar level checked during your visit. Your blood sugar should be less than 100 mg/dL when you have not eaten.
- If you do have diabetes, go to regular doctor visits. Have your blood sugar and "A1C" levels checked. Your doctor will tell you what your A1C level should be.
- Talk with your doctor about all the medicines and vitamins you take. Your doctor can make sure they do not cause any problems with your memory, sleep, or brain function.

#### Other Steps You Can Take

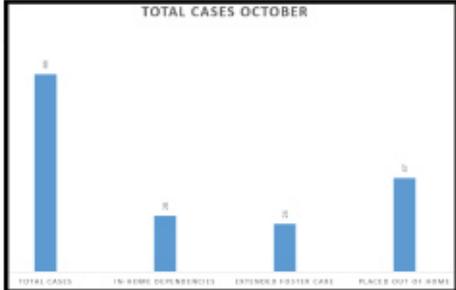
- Aim for 20 minutes of physical activity** a day or 2 1/2 hours a week.
- Read food labels** to see how much salt (sodium) or fat is in your food.
- Limit alcohol.** No more than 1 drink per day for women and 2 for men.
- Get at least seven hours of sleep** each night. Talk to your doctor if you have trouble sleeping.
- Eat less salt, sugar, red meat, and highly processed or packaged foods.**
- Manage extra weight** by making small changes. Losing a few pounds makes a difference.
- Take your medicine** for blood pressure, diabetes, and other problems even if you feel good.
- Keep your mind active.** Visit with people in your community, help plan tribal events, go to your senior center, teach your language, play cards, or start a new hobby.

www.iasquared.org  
This product is supported by the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$348,711 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.



## November 2024 BEDA?CHELH OCTOBER SUMMARY

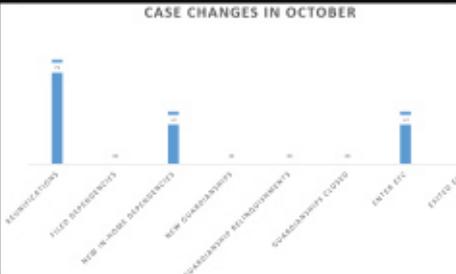
### TOTAL CASES OCTOBER



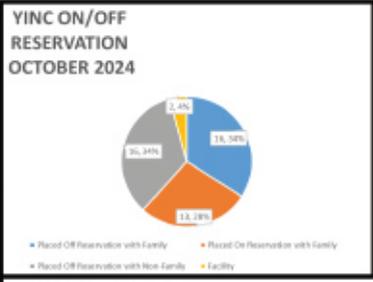
**WHAT WE ARE WORKING ON:**

- The Juvenile and Family Code is being reviewed and updated (includes community feedback).
- Department Policy has been updated and approved by the Board and can be found on our website: <https://www.tulaliptribes-nsn.gov/Dept/bedachelh>.

### CASE CHANGES IN OCTOBER



### YINC ON/OFF RESERVATION OCTOBER 2024

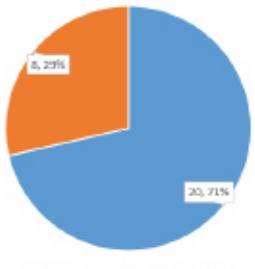


Outside consultants have reviewed the codes, policies and department and offered improvement suggestions. We will present findings to the community in December.

### IN-HOME DEPENDENCIES OCTOBER 2024

28 In-home dependencies (Youth placed in-home with parents)  
 With Mother Only - 18  
 With Father Only - 7  
 With Both Parents - 3

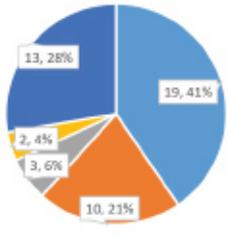
In-home dependencies occur when the parent/s have made sufficient progress in compliance with court ordered services that immediate risk and safety concerns have been alleviated allowing the child to be placed in the home.



### YINC PLACEMENT OCTOBER 2024

16 placed with Non-Native, Non-Family

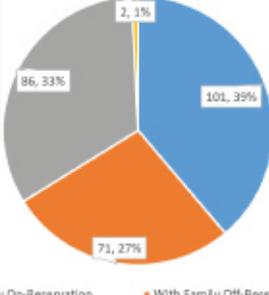
- 2-BRS Homes (BRS foster homes provide therapeutic support.)
- 3-Specialized medically fragile home
- 5 - Teenagers who picked their placement
- 2 - Family chose placement
- 1-placed with sibling in guardianship
- 3-No family placement



113 people completed the community survey, we will present the findings in December.

### GUARDIANSHIP OCTOBER 2024

0 - New Guardianships  
 6 - Guardianships Closed-youth turned 18  
 88 - Guardianship cases are in the 3 year period  
 260-Total Guardianship cases



### Looking for Placement Homes

We need your assistance in providing temporary and long-term placement for our youth. Becoming a tribal foster parent is another way you can help uphold our Tulalip traditions and ensure that our tribal history and values continue for future generations. For more information, please call us, 360-716-4047.

If you have questions or would like to see different information. Please contact Shelly Lacy, beda?chelh Director at 360-716-4059 or email: [slacy@tulaliptribes-nsn.gov](mailto:slacy@tulaliptribes-nsn.gov).

# TULALIP *Lights & Ice*

## TULALIP ICE

Open 7 days a week  
November 23 - January 12



Scan for tickets!

### TICKET PRICES

- Adult - \$15
- Children - \$12 (12 & under)
- Tulalip Tribal Member - \$10

### HOST YOUR PARTY AT TULALIP ICE!

- Birthday Party - \$275
- Private Ice Rental - \$475

### HOURS OF OPERATION

#### Regular Hours

- Mon - Thur: 4 PM - 9 PM
- Fri: 4 PM - 10:30 PM
- Sat: 12 PM - 10:30 PM
- Sun: 12 PM - 9 PM

#### Holiday Hours

- Thanksgiving Day, Nov. 28: 4 PM - 10 PM
- Christmas Eve & Christmas Day,  
Dec. 24 - 25: 4 PM - 10 PM
- Dec. 20 - Jan. 1: 12 PM - 10:30 PM



tulalipice.com

# WOW



## Women of Wellbriety Group meeting

# Every Thursday

from 4:30pm to 6:30pm

Located at the Tulalip Family Services Building C  
2821 Mission Hill Rd, Tulalip, WA 98271

This event, exclusive to women, will have childcare available and will be facilitated by Loni Long.

Hosted by Tulalip Family Services Problem Gambling Program.




TDS-44630

## Tulalip Family Haven

# YINS

(Youth In Need of Services)

*"Reconciling and working together for the best interest of our youth and their families"*



### YOUR FAMILY, OUR PRIORITY !

Providing parents/guardians a process where they can request and receive assistance to ensure the safety and welfare of their child is being addressed. This petitioner driven program is a collaboration between Tulalip Tribal Court and Tulalip Family Haven.



### A GOOD FIT FOR FAMILIES WITH YOUTH WHO.

- Have excessive unexcused absences/tardies/not participating in their education
- Are beyond the management of their parent; endangering themselves or others
- Have substance abuse issues (with no pending criminal charges in relation)
- Are absent from home for at least 72 hours without consent
- Are ages 13-17 (up until 18th birthday)

### FOR MORE INFORMATION....

360-716-4342  
<https://www.tulaliptribes-nsn.gov/Dept/FamilyHaven>  
2828 Mission Hill Rd Tulalip, WA

# dx'lilap

# dads' group



**NOVEMBER 21 3:30PM-5:30PM**

## TULALIP DADS RAISING AND SUPPORTING CHILDREN

*Uncles and grandpas are also invited to join our support group*

Bring your kids for an afternoon of fun! We'll have crafts and light snacks available. It's a great opportunity to connect with other dads and enjoy some quality time together.

Tulalip Resource Center  
7627 41st Ave NW, Tulalip, WA

Robert Coberly • 360-640-8858  
Family Haven • 360-716-3284






### EMERGENCY MANAGEMENT

Preparing for winter in Western Washington is essential for ensuring your safety at home, on the road, and personally.

#### VEHICLE PREPAREDNESS

- **Winter Tires:** Consider using studded tires from November 1 to March 31 for better traction. If you prefer, stud-free winter tires are legal year-round and less damaging to roads.
- **Emergency Kit:** Keep an emergency kit in your vehicle that includes:
  - Non-perishable food and water (3-day supply)
  - Blankets or sleeping bags
  - Flashlight and extra batteries
  - First aid kit
  - Shovel and sand or litter for traction
  - Jumper cables and flares.
- **Stay Informed:** Check road conditions before traveling and carry chains if crossing mountain passes. Always let someone know your travel plans.

#### HOME PREPAREDNESS

- **Insulation and Sealing:** Insulate and wrap pipes to prevent freezing. Seal any leaks around windows and doors to keep the heat in.
- **Heating Safety:** Ensure your heating system is functioning correctly. If using alternative heating methods, never use gas or charcoal grills indoors.
- **Emergency Supplies:** Stock up on essentials like food, water, and medications. Have a battery-powered radio and flashlights ready in case of power outages.

*By taking these steps, you can help ensure a safer winter season for yourself and your loved ones.*

COCAINE ANONYMOUS MEETING

# SHE WILL RECOVER



**OPEN TO ALL WOMEN  
1ST, 2ND, AND 4TH WEDNESDAY  
OF EVERY MONTH**

**LOCATION: 8226 21st Ave NW, Tulalip, WA 98271**



Tulalip Healing to Wellness Court