



Tribal Council swears in new leadership

By Micheal Rios

Back in mid-March, coronavirus concerns prevented Tulalip from holding its annual general council meeting. However, fast forward nearly two months and the reservation-wide stay-home orders, social isolating, and self-quarantining gave many progressive citizens plenty to think about in terms of the future direction of the tribe and the immediate needs of



See **Tribal Council**, page 3

Teri Gobin, Marie Zackuse, Hazen Shopbell.

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Tulalip's big imprint on Seattle's newest tiny house village

By Micheal Rios

Spirit Village, a recently constructed and opened tiny house village in the heart of Seattle's Central District neighborhood, is named after the Christ Spirit Church who generously donated land on which the village is built. If you weren't told this fact, it would be easy to assume the name stems from the strong Coast Salish spirit imprinted throughout the tiny housing development intended for Native Americans and African Americans who are underserved and over-represented in the homeless population.

Of the 24 tiny homes in the village, 13 were handcrafted on the Tulalip Reservation by the aspiring



See **Spirit Village**, page 4



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ATTN: NOTICE OF CHANNEL CHANGES

Effective **June 8, 2020**, the following channels from our basic cable package will no longer be available in analog format. All active outlets will require digital equipment.

CH. 58 NATIONAL GEO	CH. 63 E!	CH. 67 TRAVEL CHANNEL
CH. 60 CNBC	CH. 64 HALLMARK	CH. 68 HRTV
CH. 61 FOX NEWS	CH. 65 HALLMARK MOVIE CH.	CH. 69. NFL NETWORK
CH. 62 TRU TV	CH. 66 MSNBC	CH. 70 CNN HEADLINE NEWS

Effective **June 22, 2020** the remaining analog channels offered on our basic cable package will no longer be available.

CH. 2 TBN	CH. 20 LIFETIME NETWORK	CH. 39 THE CARTOON NETWORK
CH. 3 TULALIP TV	CH. 21 MTV	CH. 40 TV WASHINGTON
CH. 4 ABC	CH. 23 FREEFORM	CH. 41 C-SPAN 2
CH. 5 NBC	CH. 24 SHOPPING CHANNEL	CH. 42 INVESTIGATION DISCOVERY
CH. 6 JOE TV	CH. 25 THE DISCOVERY CH.	CH. 43 TURNER CLASSIC MOVIES
CH. 7 CBS	CH. 26 NICKELODEON	CH. 44 POP (TV GUIDE)
CH. 8 DISNEY	CH. 27 A&E	CH. 45 COMEDY CENTRAL
CH. 9 PBS	CH. 28 TNT	CH. 46 ANIMAL PLANET
CH. 10 TULALIP INFORMATION	CH. 29 VH-1	CH. 47 ANIMAL PLANET
CH. 11 THE CW	CH. 30 AMC	CH. 48 FOOD NETWORK
CH. 12 KVOS	CH. 31 ROOTS SPORTS NW	CH. 49 TV LAND
CH. 13 FOX	CH. 32 THE OUTDOOR CH.	CH. 50 PAC 12 WASHINGTON
CH. 14 C-SPAN	CH. 33 ION TELEVISION	CH. 51 FOX SPORTS 1
CH. 15 TBS	CH. 34 SYFY	CH. 52 CMT
CH. 16 KONG	CH. 35 ESPN	CH. 53 FXX
CH. 17 TLC	CH. 36 ESPN 2	CH. 54 FX
CH. 18 PARAMOUNT	CH. 37 USA NETWORK	CH. 55 BRAVO
CH. 19 CNN	CH. 38 THE HISTORY CH.	

All channels listed here will not work without a digital box or adapter after June 22, 2020. All channel listing numbers will remain the same in digital format. When viewing channels listed here in HD, there is a different channel number. You may call us for channels listings. Please reach out to us at 360-716-8000 to schedule installation of digital equipment.

Why are the basic channels going away?
The channels are here to stay, but will be upgraded to digital. This transition will improve picture and sound quality. It will also immediately allow for increased network capacity for improved service performance and reliability.

What does changing to Digital do?
Current television broadcasts use analog technology, which is prone to fading, snow, and ghosts. Digital TV reproduces crystal-clear picture and sound without fading or interference. Digital technology also enables TV stations to broadcast multiple channels with different programming.

What equipment do I need?
We currently have Digital Terminal Adapters (DTAs) available for issue that convert analog to digital. The first DTA is included with your cable subscription. Additional DTAs can be added at a cost of \$6 per month. We encourage everyone with Basic Cable services to contact our office as soon as possible to receive their new equipment. If you currently have a converter for all active outlets your services will not require any new digital equipment.

How do I get my new equipment?
Call us at 360-716-8000 to schedule an installation and/or equipment activation.

Will I be paying more for Digital service?
No. The basic service will now be digital with no extra cost to the customer. One Digital Terminal Adapter (DTA) is included.

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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
Tulalip News Manager: Kim Kalliber, 360.716.4192
kkalliber@tulaliptribes-nsn.gov
Media & Marketing Manager: Sara "Niki" Cleary,
360.716.4202 ncleary@tulaliptribes-nsn.gov

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



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Board of Directors from front page



the people. As a stunning result, being at home with plenty of opportunity to cast an absentee ballot led to an unprecedented rate of voter engagement and ballots casts for this year's Board of Directors election.

The election results were broadcast on Tulalip TV and streamed live on Tulalip News Facebook as Elections Committee members hand counted ballot after ballot. Starting just after dawn, at 6:00am on May 12, the strenuous process took nearly 11 hours to complete. With hundreds of tribal members viewing in and the excitement mounting, the top three vote getters were announced at 5:00pm by Rosie Topaum.

Chairwoman Teri Gobin

retained her position with a staggering 685 votes, longtime leader Marie Zackuse made her return to the board after just a one year absence with 295 votes, and in a nail biter, Hazen Shopbell edged out incumbent Les Parks with 289 votes to 283.

The latest rendition of Tulalip's Tribal Council was sworn in on the morning of Wednesday, May 13 by Vice-Chair Glen Gobin.

"We are facing some of the hardest times in decision making for our tribe," explained Glen. "Possibly going back to something of a life style that we grew up in, where there weren't a lot of things the tribe could provide for us other than community support. We must continue to move forward

BOARD OF DIRECTORS			
General Election Ballot Count			
CANDIDATE NAME	VOTES	CANDIDATE NAME	VOTES
Pat Contraro	176	Fred C. Myers Jr.	19
Sam J. Davis	272	Jared Parks	144
Teri Gobin	685	Les Parks	283
Craig Grenier-Moses	57	Hazen Shopbell	289
Margie Guzman-Santibanez	76	Danny Simpson	63
Sarah Hart (Carpenter)	162	Daryl Williams	68
Thomas Monger	39	Marie M. Zackuse	295

carrying for one other and find ways to work together. This means having our young people stepping up to learn and grow to ensure our future as a nearly 5,000 member tribe."

A prime example of the youth rising to meet the demands of leadership is now newly elected and first time Board Member, Hazen Shopbell. He steps into his position as the youngest active member of tribal council.

"It was pretty intense watching the election race yesterday with so many deserving candidates," admitted Hazen. "I'd like to thank all the people who supported me and got me to this point. Politics can be nasty, but we have to come together to support one another as a tribe. I'm humbled to be in this position and look forward to serving my tribe."

Marie Zackuse served on the Board of Directors from April 1990 to April 2019, earning the distinction of longest serving female in Tulalip history. After a brief 12-month layoff, she brings her extensive knowledge and love for her people back to the forefront.

"I'd like to thank all the tribal members and community who brought me back to the Board. I give all the glory to the Creator," stated Marie. "I'm dedicated to serving my people and helping each and every one of them. We've got to protect our community to carry on together. Words that I carry on

from the past are from Big Shot, he always reminded us to stay together and love one another. This is what we need to do in this time."

After completing her first 3-year term, Chairwoman Teri Gobin's extraordinary support by the people was clearly evident in the 685 times her names was read aloud.

"I was shocked and so surprised at how well I was supported in this election. I'd like to thank everyone who supported me and gave me the opportunity to follow in my father's footsteps," said an impassioned Teri. "I know my dad is smiling down on me today.

"It's been my pleasure to serve these past three years," continued Teri. "I've learned so much while fighting every day for our sovereignty, treaty rights and future generations. I'm so proud to be here representing our people and will continue to move us ahead in a positive way, while keeping an integrity, passion and respect for everybody."

The safety and health of the community remains an utmost concern. Until we've reached a point where it is deemed socially responsible to hold a general council, the Board of Directors officer positions will remain the same. Teri is Chairwoman, Glen is Vice-Chair, Treasurer is Misty Napeahi, and Secretary will remain vacant.



Spirit Village from front page



construction trainees of our own TERO Vocational Training Center (TVTC). According to TVTC instructor Mark Newland, these were the best tiny homes built to date and his students took much pride and ownership in crafting the best possible product for their future residents.

After being built completely from scratch by Native TVTC students, Tulalip artist Ty Juvinel then bestowed on each front door an animal spirit rendered in stunning Salish formline. Those vibrant animal prints have become a signature design used to distinguish tiny homes created at Tulalip from all others.

“We are so thankful for our partnership with the

Tulalip Tribes,” said Brad Gerber, special projects manager for the Low Income Housing Institute (LIHI). “It was absolute perfect timing, too, for these houses to come to Seattle where they will serve the immediate needs of the homeless community.

“We’re not advocating that this is a substitute for permanent housing,” continued Brad while on-site at Spirit Village. “However, it is a substitute for living off grid in a tent or in a door way. Other than this program, the city has yet to find really meaningful solutions for addressing this problem at scale. This program allows residents to regain their autonomy, they have their own private space with a lock and

door, and the ability to come and go as they please knowing their belongings are safe.”

The village capacity is equipped to house up to 32 residents. This includes individuals, couples, and parents with children who will now have a semblance of stability to build from, but also access to a communal kitchen with proper cooking necessities, a hygiene building with restrooms and showers, and an on-site laundry facility.

Spirit Village’s opening is an opportunity to move more unsheltered people off of the street and into a safe space, where they can practice social distancing and access basic hygiene, as the coronavirus leaves much of the state shut

down. Resident referrals to the village will be coordinated by Seattle’s navigation team, in collaboration with the Chief Seattle Club and Seattle Indian Health Center.

“For some, this place can literally be the difference between life and death,” explained Deanna James-Lopez. She serves as weekend manager for Chief Seattle Club and project manager for Spirit Village. “Instead of being marginalized and forced to spend many cold nights outdoors, these tiny homes provide a space to be warm indoors and a feeling of belonging in this world. This safe space is healing to a community that has definitely dealt with their fair share of trauma.”

In partnership with the City of Seattle, faith communities, and building trade organizations throughout the State of Washington, including Tulalip’s TVTC program, the Low Income Housing Institute is one of the largest providers of tiny house village shelters in the nation. They ensure that people’s experience in homelessness is as safe, dignified, and brief as possible.

“We applaud the significant contribution of the Tulalip Tribes TERO Program. The students have built over 10% of all the tiny houses in Seattle,” said Sharon Lee, LIHI Executive Director.

The 96- to 120-square foot tiny houses offer tremendous benefits over tents, as they are safe, insulated, weatherproof, and lockable. Additionally, each tiny house has electricity, overhead light, a portable heating unit, and windows.

LIHI operates 12 tiny house villages in Seattle, Olympia, and Tacoma sheltering over 1,000 homeless individuals each year. Villages offer a safe and dignified place for those living outside. Each village includes on-site case management staff to help residents obtain housing, employment, and other social services.

“The partnership with LIHI has not only allowed us to build tiny houses for the homeless, but has helped us navigate lives and futures,” remarked Summer Hammons, Tulalip TERO Director. “Our students have been honored and grateful to contribute to helping those in need.”



Farm to table produce: Benefits of visiting your local farmers market

Submitted by AnneCherise Jensen, SNAP-Ed Nutritionist

As fresh produce begins to harvest this spring, Farmers Markets have begun to slowly open up to the public. Farmers Markets in most areas have been deemed essential as they provide access to fresh food to their communities. There are many great benefits to attending your local Farmers Market. Not only is this a great opportunity for you and your family to get healthy organic produce, it's also a great opportunity to get some exercise, soak up some Vitamin D and support local businesses.

Due to Covid-19, safety measures have been placed to ensure the safety of vendors and visitors. Booths will be separated 6 feet apart from one another, sanitation measures will be enforced, and masks are encouraged to wear. Farmers Market locations have been moved to large fields and open spaces to ensure areas from getting overcrowded.

10 Benefits of Visiting your Local Farmers Market

- 1. Great way to get out and get some exercise** - Increased physical activity has many physical and mental health benefits. We should try to get at least 30 minutes of physical activity a day.
- 2. Increased fruit and vegetable consumption** lowers risk of chronic disease like heart disease, Type 2 Diabetes, certain types of cancers and obesity. Farmers markets are filled with amazing produce that is perfect for the dinner table.
- 3. Increased Vitamin D levels** - The more sunshine in our life, the happier we tend to think and feel! If you're looking to get outside on a sunny day, this is the perfect activity.
- 4. Good for the environment** - Buying local means using less time, energy and money spent to ship foods from far away, resulting in less carbon emission in the environment.
- 5. Get to know your farmer** - Food has a more personal meaning when you know who grew it and where it came from.
- 6. Buying local = better product.** Because fruits and vegetables grown locally are picked only when fully ripe, you are getting the most nutrients, and the most flavor possible from that food.
- 7. Supports local businesses** - These are unsettling times and the economy is struggling. Spreading money into local businesses not only helps support local companies, but also helps build a stronger community.
- 8. Educational** - Many of the vendors and farmers are very knowledgeable. If you are looking to start your own garden, want to try new recipes, or check out the latest herbal remedies, this is a great place to check out.
- 9. Start your own Garden** - Most farmers markets have fruit, herb and vegetable starters for your backyard. If you don't have a greenhouse,

but would like to grow your own produce, there are many resources here to help guide the way. Check out the Growing Groceries program to learn more: <https://extension.wsu.edu/snohomish/garden/growing-groceries/>

- 10. It's Fun & Refreshing!** - After being quarantined the last few months, everyone could benefit from getting out of the house and recharging the batteries for a bit. Follow safety measures that fit the guidance and comfort level of your home.

Nearby Farmers Markets Location & Hours of Operation:

The following farmers markets accept WIC vouchers

Arlington Farmers' Market 114 N Olympic Avenue Arlington, WA 98223	Hours Saturdays from 10 a.m. to 3 p.m. Months June through October
Everett Farmers' Market 1600 Marine View Drive Everett, WA 98208	Hours Sundays, 11 a.m. to 4 p.m. Months Early June through early October
Everett Farmers' Market 1402 SE Everett Mall Way Everett, WA 98208	Hours Fridays, 3 to 7 p.m. Months Early June through early October
Mukilteo Farmers' Market 600 Front Street Mukilteo, WA 98275	Hours Wednesdays from 3 to 7 p.m. Months June through September
Snohomish Farmers' Market 105 Cedar Street Snohomish, WA 98290	Hours Thursdays from 3 to 7:30 p.m. Months Early May through early October

Farmers Market Recipe: Apple Slice Cookies

Servings: 5-7 Apple Slices

Ingredients:

- 1 Apple of your choosing
- 1/2 cup Peanut Butter or Nut butter
- 1 Tbsp. Shredded coconuts
- 1 Tbsp. Semi-sweet chocolate chips
- 1 Tbsp. shredded almonds
- 1 Tbsp. cup raisins
- 1 Tbsp. fresh blueberries

Directions:

- If you have an apple core cutter, use this to first remove the core of the apple. If not, you can individually remove the core once you have sliced apples in a perpendicular position from the core of the apple. You should be able to get 5-6 1/2 inch slices per apple.



Continued on next page



- Take a spoonful of your preferred nut butter, and layer it on top of the apple slices. Make sure the pit is removed from the center of the apple slice.
- Add your favorite toppings to the top of the nut butter. Options are not limited to ingredients above. Enjoy!

“Let food be thy medicine, and medicine be thy food.”

- Hippocrates

**This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

Sources:

<https://www.snohd.org/202/Farmers-Markets>

<https://cefs.ncsu.edu/wp-content/uploads/research-based-support-for-local-food-systems.pdf>

<https://www.snohomishfarmersmarket.org/>



Want additional support during this difficult time? Through the generosity of Tulalip Cares, you can receive mental wellness support for FREE. No music experience required.



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MUSIC FOR MENTAL WELLNESS

Trauma, loss or mental health challenges can make it difficult to connect with others and cope with the challenges and uncertainties of life. The current state of national emergency can add to this by increasing anxiety and feelings of isolation and restricting access to social support. Due to generosity from the Tulalip Cares Charitable Contributions Fund, the Snohomish County Music Project is offering music therapy sessions through telehealth at no cost to you during the COVID-19 pandemic.

What is Music Therapy

Music therapy is an evidence-based practice that promotes healing and well-being for individuals, families and communities in a variety of circumstances. During music therapy sessions, a board-certified music therapist will work with you to create and use music in ways that are specifically tailored to your goals.

Music therapy can help you:

- reduce anxiety
- develop tools for regulating mood
- build skills that help you connect with others
- process feelings related to sudden life changes and transitions

Why Music

Unlike traditional talk therapies, music therapy supports non-verbal processing when words fail. Music provides a unique ability to be grounding during moments of intense emotion and memory. And, most important, music therapy requires no musical experience or education.

Register Today

Visit us online at scMusicProject.org to submit a consultation request or learn more about other programs available. Funds available on a first come, first serve basis.



425.258.1605
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Election of Board Members on Channel 3

All tribal members have been under a lot of stress since March of this year due to the virus that has turned the whole world in a turmoil.

Our entire Tribe due to our leaders has followed the rules about wearing masks, staying at home and washing our hands to keep us free from the virus.

To top this all off our General Election had to be cancelled and I

was so proud of our leaders to cancel the meeting but not the election and changed it so the vote for the election had to be by absentee ballot. I realize a lot of tribal members were not happy about voting this way but thanks to our leaders they made the right decision and we should be grateful for that.

I am even more proud of the Election Committee as tribal members don't realize the hard work they have done to follow the orders from our leaders. They did a fabulous job on notifying all tribal members by mail, tribal TV and word of mouth to see that all eligible tribal mem-

bers were given the opportunity to cast their vote on who they want on the Board of Directors. They had to mail out the ballots, receive by mail and answer the numerous questions and objections tribal members made.

We all looked forward to the election and as an early bird riser I turned on Channel 3 at 6:30 a.m. and the Election Committee was already working on turning the Board of Directors room into an election room. What a great job they did in handling the election as they not only had to count the votes, check the signatures on each ballot to insure the ballot was legal and sort out the votes by

number. They worked their "butts" (I'm an elder so I can say that). They had to work from the time they got there at 5 a.m. until they got done with the job done about 4 p.m.

So my thanks goes to our tribal leaders and mostly to the Election Committee for the hard work they did in such a professional manner. I am proud of each and every one of you. (JOB WELL DONE),

My hands go up to you for the way the election was handled.

Virginia (Ginnie) Carpenter
Tribal Elder

Court Notices

TUL-CV-YG-2019-0410. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: C. A. G. G. TO: IVY AUGUSTINE GUSS, YOU ARE HEREBY NOTIFIED that a Petition for Guardianship (Youth) was filed 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 hearing on 06/18/2020 at 1:30 p.m. 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: April 11, 2020.

TUL-CV-YI-2020-0357. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: K.C. TO: Kerri Deen and Jonathan Christensen: YOU ARE HEREBY NOTIFIED that a Youth in Need of Care 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 regarding the above entitled action at a hearing on June 23, 2020 at 3:30 PM in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 98271. Should the Court rooms be closed due to covid-19 you should call in to your hearing via GoToMeeting, phone number: 1-224-501-3412, 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: May 9, 2020.

Tulalip Tribal Court Warrant Quash Calendar

Dates:

- Wednesday, May 20, 2020 at 9:00 AM
- Friday, May 22, 2020 at 10:00 AM
- Wednesday, May 27, 2020 at 9:00 AM
- Friday, May 29, 2020 at 10:00 AM

The Tulalip Tribal Court is resuming the Warrant Quash Calendar. Clients can appear by telephone and not in person. The Court utilizes Go To Meeting software to hold video and telephonic hearings. To request warrant quash conference information, please contact Stephanie Ancheta, Court Administrator at 360-722-1697 or Alicia Horne, Court Director at 360-926-4538.



Tulalip Tribal Court

6332 31st AVE | Suite B

Tulalip, WA 98271

360-722-1697 or 360-926-4538

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We're excited to formalize our partnership and to offer Tulalip Broadband customers options to bundle their cable TV, high-speed internet, and phone service.

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