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Native solidarity with Black Lives Matter

Submitted by Matt Remle

Like the Idle No More movement in Canada, and the No DAPL movement in Standing Rock, the Black Lives Matter movement was founded by women. In response to the 2012 murder of 17-year old Trayvon Martin in Florida by neighborhood watch volunteer George Zimmerman, Alicia Garza, Patrisse Cullors and Opal Tometi issued a call to action for the Black community. They wanted

to address the anti-Black racism that manifested throughout Zimmerman's trial, one that seemed more interested in placing Trayvon on trial for his own murder, and that permeates throughout society.

In their own words, "Black Lives Matter is an ideological and political intervention in a world where Black lives are systematically and intentionally targeted for demise. It is an affirmation of Black folks'

contributions to this society, our humanity, and our resilience in the face of deadly oppression." Black Lives Matter gained international attention following the killing of Michael Brown in Ferguson, MO, where they helped raise the issue of police violence and brutality and its impacts on the Black community both historically and currently.

Also, like the Idle No More movement, the Black Lives Matter message spread globally

Tribal Housing Interim Waiting List

If you are interested in applying for Tribal Housing please visit our website tulaliphousing.org and click on Tenant Services

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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

syacab, the weekly newspaper of the Tulalip Tribes

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Solidarity from front page

via savvy use of social media and on-line networking as localized protests and demonstrations under the banner Black Lives Matter began appearing in cities and towns across the nation.

As a Lakota, as an Indigenous person, I fully support the organizing efforts and messaging of Black Lives Matter.

With the wave of attention on the issue of police violence, Native communities were able to draw attention to high rates in which Native peoples are also killed by the police. On a per capita basis, Native peoples are the most likely to be killed by the police.

More broadly, the message that "Black Lives Matter" is one in which resonates within Native communities, in that we understand the pain, anger and frustration that comes with feeling our lives are somehow less than others, especially when coming to being victims of both state sanctioned and white supremacist violence.

In the aftermath of the Wounded Knee massacre, where over 300 unarmed mostly women, children and elders were murdered, the U.S. government awarded 20 soldiers the Medal of Honor the highest award that can be given to military personal. For decades, Lakota activists have worked to have those Medals of Honor rescinded, but to no avail. To not rescind the Medals of Honor affirms the 500 year colonial narrative that not only is the only good Indian a dead Indian, but that our lives simply do not matter.

During the height of lynchings throughout the South, a time period in which thousands of Black men were murdered, hordes of White people would picnic around the body of a hanged Black man. The concern over the rampant injustice of murder being committed did not matter to the crowds as the life of a Black person did not matter to them.

Since 1492 for Native peoples and since 1619 for peo-

ples of African descent, history is rich with horrific and barbaric acts of sheer brutality at the hands of the European colonizer, settlers, and later US citizens. From mass rapes, torture, lynchings, murder, and enslavement to the restricting of movement, employment and racial classifications, Native peoples and peoples of African descent have endured a constant state of being looked and acted upon as being less than.

The fact that over the course of the past decade thousands of Native women across Turtle Island have gone missing or murdered, and that more Black people are incarcerated today than were enslaved at the height of slavery, and that these issues receive little to no attention let along national outcry, not only suggests, but affirms that neither Native peoples or Black people's lives matter in the eyes of the colonial settler society.

Reservations and the inner-city have long being the nations dumping grounds and areas designated for the citing of hazardous and toxic waste facilities. In doing so, generations of Native and Black peoples are being born into and living lives crippled by negative health outcomes such as higher rates of repertory illnesses, cancers, and lowered life expectancy. Again, our lives and our children's lives are affirmed as not mattering when local, state and federal agencies allow for corporations to pollute our communities despite knowing the negative health outcomes in doing so.

Unemployment in the Black community ranges between 11%-19%, in some inner-cities unemployment for Black youth runs as high as 40%. On reservations unemployment runs between 40% to a staggering 90%. Native peoples living in cities fair little better.

Much attention and policies were enacted to address the impacts of the recent global recession. The attention and policies though rarely, if ever, addressed

More broadly, the message that "Black Lives Matter" is one in which resonates within Native communities, in that we understand the pain, anger and frustration that comes with feeling our lives are somehow less than others, especially when coming to being victims of both state sanctioned and white supremacist violence



the crippling unemployment and poverty impacting Native peoples and the Black community. Does unemployment and poverty only "matter" when it impacts peoples of European descent?

Years ago, while presenting at a workshop on undoing racism, a fellow panelist and I were discussing the ways in which internalized racism manifests itself in our communities when she remarked to me that, "Blacks commit homicide, Natives commit suicide." A blunt and stark, yet true observation that the legacy of genocide, land theft, programs of assimilation, slavery, segregation, and lynchings combined with the current issues of environmental racism, police violence, mass incarceration, and ef-

forts of dehumanization has embedded the belief not only to the boarder settler society, but deeply within ourselves, that our lives do not matter.

Settler society reacts swiftly and often violently whenever our respective communities rise up and confront issues from police violence and violations of treaty rights, to demanding that we are not costumes or mascots to addressing the impacts of environmental racism. We are shouted down with statements like "all lives matter", or "you should be honored", or "we are all human".

For our communities, we must understand and accept that the goals of the colonial settler state today, are the same goals of the colonial settler state of yesterday, which is to remove News June 6, 2020 4

Indigenous populations to access their lands and resources, bring in low wage to slave labor to work those lands accessing the resources in order to benefit the colonial settler elite. This narrative is a global narrative.

Our struggle is not one to have equal rights with the colonial elite, but rather to (re)live as children of earth who understand that we are

connected and related to all of creation with defined roles and responsibilities to that of all creation. Original instruction. We live, so that all may live.

To those of African descent, yes your lives matter, as do your homes, communities, children and children to come. It is upon us to stand together as peoples with a shared history

of oppression in this colonial settler state called "America" so that our relatives know, see, feel, and understand that they are loved, that they are beautiful, and that they matter.

Matt Remle (Lakota) is an editor and writer for Last Real Indians and LRInspire and the co-founder of Mazaska Talks.

Meant to bee



By Micheal Rios

Ten years ago, Tulalip tribal member Mary Jane Topash was enjoying her undergrad experience at the University of Washington when the opportunity to view an informing documentary about bees presented itself. She quickly found herself captivated by their importance to the environment and high level of interconnectedness. The dream to someday become a beekeeper was created that day.

Fast forward seven years to Mary Jane perusing Facebook when an advertisement for a local business, Snohomish Bee Company, offering classes to become an apprentice beekeeper pops on the screen. Her interest again sparked, she clicked on the ad and followed through with the class.

"It didn't cost that much at all, like \$100 maybe, and for two days they taught me

all about the lifecycle of bees, beekeeping, and honey production," recalled Mary Jane about the apprenticeship class. "There's a short test at the end. After passing you get officially certified as a beekeeper. The best part was getting to learn a bunch of cool facts about bees and why they're so vital to a healthy planet."

Cool facts like at least 30% of the world's crops and 90% of all plants require cross-pollination to spread and thrive, and here in the United States, bees are the most important pollinators. Bees earn their reputation as busy workers by pollinating billions of plants each year, including millions of agricultural crops. Their importance cannot be understated. Small bees play a big role in one out of every three bites of food we eat. Without them, many plants we rely on for everyday nourishment would die off.

After receiving her beekeeping certification in 2017, the ambitious tribal member was eager to put her skills to use, but was forced to wait until the timing was right. She needed to accumulate the necessary supplies and have enough dedicated free time to properly nurture a start-up hive. That's time she just didn't have while working fulltime at Hibulb Cultural Center and balancing her school work in the pursuit of a Master's Degree in Cultural Studies from U.W.

Enter the novel coronavirus, COVID-19, and a state-wide 'stay home, stay healthy' order. It may have taken a few years, but all of a sudden Mary Jane had an ample supply of free time to achieve her beekeeping dream. Plus, the Tulalip Tribes had just issued their membership a stimulus check to help cope financially in times of uncertainty. Well, uncertain for some, but not the aspiring Tulalip beekeeper. The same day that stimulus payment hit her bank account, she purchased the necessary gear and supplies to create her own colony. The most important supply? The bees, of course.

"Bees are purchased in pounds, so I bought a 3-pound box of Italian honey bees. That's about 10,000 – 12,000 bees and one queen," explained Mary Jane. She started her own bee hive on April 29th. "In the beginning stage they are completely reliant on me to provide them with food, which is sugar water. I've gone through a 25-pound bag of sugar in just one month. In a few more weeks they'll be self-reliant and won't need me to feed them. Until then they are my bee babies."

That previous spark of interest fully aflame now as a passion project, the 30-year-old revels in the time she's had to build a reciprocal relationship with her bee colony. From planting them their own garden with a variety of flowers to learning their behavioral patterns from dawn until dusk, Mary Jane proved she is meant to bee. So much so that she's already looking forward to expanding her bee family next spring.

"This whole experience has been a great way to channel energy. Overcoming the natural instinct to run or swat around bees, especially an entire hive, is an intellectual challenge," admitted Mary Jane. Overcoming those fear-induced natural reactions, like to not flinch if a bee is buzzing by her face, shows a level of under-



standing about the nature of benevolent

"This is my way of giving back because honey bees are so important to our environment," she continued. "From our plant life to water to honey and their own hive, how these little guys all work together for a common goal is just amazing."

The value of teamwork in a honeybee colony is a lesson humans could definitely benefit from, especially now in an age of seemingly endless polarization and incessant squabbling. One worker bee makes only about 1/8th of a teaspoon of honey in their entire life, but a thriving colony where everybody is doing their part can produce 10+ pounds of honey per year.

Speaking of the liquid gold, Mary Jane is curious as to what flavor of honey her bees will produce. They are surrounded by a cove of blackberry bushes and towering maple trees to forage nectar and pollen from, so odds are the locally sourced honey will taste of maple berry. The flavor won't be confirmed until the fall when the honey is ready for harvest.

"It would be pretty cool to incor-

porate Lushootseed into the name of the honey," said Mary Jane of using the traditional language of her Coast Salish people. "Haven't decided how just yet, but it makes sense because everything my bees use to produce their honey is given from the Tulalip land."

Lessons and valuable teachings offered by beekeeping is something Mary Jane looks forward to passing on. Recently, her 10-year-old niece Jada has shown an interest and joined in on the veiled activity. Overcoming a fear of being stung is already quite the accomplishment for a fledgling helper, and with more time maybe her curiosity will lead to becoming a nurturer of bees like her aunt.

Until the 'stay home, stay healthy' order is lifted and Mary Jane returns to the normalcy of her day job as an assistant director at Seattle's Burke Museum, she will continue to enjoy her gifted time sitting on the porch watching her young pollinators perform their dance between surrounding flowers and blackberry bushes. She can't help but beam with happiness witnessing her bee babies play their critical role in managing our ecosystem. Her decade old dream now fully realized.







Health

June 6, 2020

Onions & Potatoes - benefits and home remedies

By SNAP-Ed Program Coordinator, AnneCherise Jensen

A few weeks ago, Tulalip received over 60,000 pounds of food donations from Frogger Farms in Lynnwood. Tulalip successfully distributed 5,000 lbs. of russet potatoes and 3,000 lbs. of onions to homes throughout the Tulalip community. The remainder of the produce was donated to local churches, food banks and neighboring tribes. Since there are large amounts of onions and potatoes roaming throughout the community, I thought now would be the perfect time to share some health benefits, remedies and recipes of these classic, hearty vegetables.

Russet Potatoes: Potatoes are a common food staple in many homes. They can be used in a wide variety of dishes; from mashed, to fried or simply baked. Though potatoes often get a bad rap, when leaving the skin on, they are highly nutritious. In fact, most of the nutrients in a potato are found in the skin, so be sure to leave it on while prepping in the kitchen. One large Russet potato with the skin on it contains a significant amount of the following:

- Fiber, 5 grams, 16 % Daily Value
- Protein, 8 grams, 17 % Daily Value
- Potassium 33 % Daily Value
- Phosphorus 29 % Daily Value
- Magnesium 21 % Daily Value
- Vitamin B6, 98 % Daily Value
- Vitamin B3, 24 % Daily Value
- Vitamins B5, 22 % Daily Value
- Thiamin B1, 25 % Daily Value
- Vitamin C 23 % Daily Value

Since potatoes are high in many vitamins and minerals, they can be beneficial to us in a

wide variety of ways. B Vitamins are the "energy" vitamins that provide us with the energy we need to accomplish everyday tasks. Potatoes are high in minerals like Potassium and Magnesium that help keep our nervous system running smooth and effectively. Potatoes also contain high amounts of antioxidants and Vitamin C that keep the immune system strong and healthy. Last, potatoes contain high amounts of protein that can help keep us full, and fiber that keeps the digestive system working properly.

Home Remedies: An old folk tradition says, putting a potato slice on your feet during the night, can help remove excess toxins that are roaming around in the body. Thousands of years ago, before hospitals and western medicine was available, families would place a slice of potato on a sick individual's foot to try and flush out the sickness overnight (with a sock on to keep it stable). During the night, the potato will usually turn a real dark brown or even black color in the morning, depending on how severe the sickness was. Though there is little scientific data to back this up, this is still often practiced today, and is a very cheap and commonly practiced home remedy. I personally do this when I start to feel a sickness coming on, and feel much better in the following day.

Onions: Onions are one of the most diverse and frequently used items in the kitchen. A small dose of chopped onions can be thrown into almost any savory dish, from soups, to salads to stir fries and casseroles. A small dose of onions adds great flavor, texture and nutritional value to any dish. One cup of diced yellow onions contains a significant amount of the following:

• Polyunsaturated Fats: 5 grams

Monounsaturated Fats: 2 grams

• Vitamin K: 16% Daily Value

Vitamins B 6: 14 % Daily Values

Home Remedies: Want to detox your home of any unwanted bacteria, smells or viruses? Cut open an onion and place it throughout

your home. Because onions are antifungal, antibacterial and antiviral, they can help detox unwanted organisms flowing in the air. The folk remedy to keep raw onions in the room when you are sick dates back to the 1500s, according to the National Onion Association. During the bubonic plague, cut onions were placed around homes to keep people from contracting the deadly illness.

Vegetable and Salmon Chowder

Serves: 8

Ingredients:

- 3 cups Onions diced
- 1 cup Carrots sliced
- 1 cup Celery diced
- 4 cups diced potatoes
- 20 ounces Frozen corn (or 2, 8 oz. can corn) drained
- 8 cups Low-sodium chicken broth
- 28 ounces Salmon (1 can) drained, flaked, skin and bones removed

Directions:

- Spray large saucepan with nonstick cooking spray; add onions, carrots and celery and cook over medium heat for 3 to 4 minutes or until tender.
- Add corn and chicken broth; heat to boiling. Add potatoes to broth, allow to cook for 3-5 minutes on high heat. Reduce heat; simmer for 15 minutes, until potatoes are tender. Add salmon, cook for 5 more minutes.
- ENJOY!

Chefs Tips: Add additional vegetables, like spinach or green beans, to increase nutritional value. Cut the recipe in half to save money.

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





Notices

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Court Notices

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.

TUL-CV-YI-2019-0434, TUL-CV-YI-2019-0435, and TUL-CV-YI-2019-0436. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: L.M.F.-W., J.K.W.Jr., and L.L.F.-W. TO: Loris Fryberg: 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 July 14, 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: June 6, 2020.

TUL-CV-YI-2020-0240 and TUL-CV-YI-2020-0241. SUMMONS BY PUBLI-CATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of J.Z. and J.Z. TO: Gregory Zmuda: YOU ARE HEREBY NOTIFIED that a Petition for Youth in Need of Care was filed in the above-entitled Court pursuant TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on July 14, 2020 at 9:30 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 WILL BE RENDERED AGAINST YOU. Date first published: May 30, 2020.

TUL-CV-YI-2020-0189. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: B.R.P.-W. TO: Raymond W. Paul Jr.: 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 July 21, 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 JUDG-MENT WILL BE RENDERED AGAINST YOU. Date first published: June 6, 2020.

Tulalip Tribal Court Warrant Quash Calendar

Dates

- Wednesday, June 3, 10, 17, 2020 at 9:00 AM
- Friday, June 5, 12, 19, 2020 at 10:00 AM

Please call in at the times listed above.

Call the conference line # (224) 501-3412, then enter Access Code 460-893-421 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 www.tulaliptribalcourt-nsn.gov



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