



# Peaceful march against racism

By Micheal Rios

Over 1,000 community members from the Tulalip/Marysville area came together on Thursday, June 11 to peacefully march against racism. Organized by the Black Student Unions of Marysville School District, the crowd of demonstrators met at Jennings Park where they listened to several inspiring black youth offer a heavy dose of reality.

“We’re here to honor all our fallen sisters

and brothers: George Floyd, Breonna Taylor and Ahmaud Arbery,” said 17-year-old Jenasis Lee, president of the Marysville Getchell’s BSU and one of the co-organizers of the youth-led event. “Racism is taught. Our long-term goal should be to educate all of our friends, family, community members on what being black truly is.

“How many more of our people have to die in order for the world to see

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# Senator McCoy named 2020 Public Official of the Year

By Micheal Rios

Well renowned Tulalip tribal member and now retired U.S. Senator, John McCoy, was named ‘2020 Public Official of the Year’ by Evergreen State College during the college’s virtual commencement on June 12<sup>th</sup>.

“The motto of our Master of Public Administration program is ‘be the change,’” explained Evergreen’s MPA Director Dr. Michael Crow. “Senator McCoy

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**“When I first came home and started to work on building the Tribe’s resources, one of those resources was getting our tribal members educated. Getting them educated was very important so that we could build on our resources and help our people grow.”**

**- John McCoy**

has personally shaped the education of many of Washington’s leaders as an adjunct faculty member in our program and as the sponsor of numerous internship opportunities for students. In his courses, Senator McCoy has provided the wisdom of experience that can only come from a skilled practitioner of governance and public administration. Senator McCoy truly has been, and continues to be, the change we hope to see in Washington and the world.”

After 17 years of service in the Washington State Legislature, McCoy announced his retirement after submitting a resignation letter to Governor Jay Inslee in April. The longtime Democratic lawmaker leaves behind a legacy of steady leadership and commitment to



Senator McCoy always prioritized the education of his people. Here he visits the Early Learning Academy to hear youth singing in Lushootseed.

-serving his community. He brought a career in military service and years as a computer technician to his work at the Legislature, culminating in a lawmaker who effectively advanced economic development and equality of opportunity for his district.

His work is characterized by tireless advocacy for Native American communities, expanded access to high-quality education, and environmental sustainability. Before McCoy became one of the longest serving Native American legislators in the state’s history, he led efforts to bring better telecommunication infrastructure to the Tulalip Tribes. He also helped bring to fruition the economic powerhouse that is Quil Ceda Village.

In addition to being named public official of the year, Evergreen’s board of trustees and faculty also

voted unanimously to bestow an honorary Master of Public Administration degree upon the Tulalip elder.

“Senator McCoy has provided extraordinary educational leadership for us at Evergreen,” said college president Dr. George Bridges. “He and his tribal nation helped establish the Tribal Governance concentration in our Master of Public Administration program, which Alan Parker (Chippewa Cree) and Linda Moon Stumpff (Apache) co-founded. We look forward to celebrating the graduation of our 10<sup>th</sup> MPA Tribal Governance cohort this year.”

During his five terms in the Washington State House of Representatives, McCoy fought for students, for the environment, for a healthy economy and for tribal communities. He sponsored policy that expanded support for students struggling with behavioral and

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

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



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emotional health needs, protected water rights and access, and integrated comprehensive tribal history and cultural education into teacher preparation programs.

Most notably, he authored Senate Bill 5433 which was signed into law in May 2015 by Governor Inslee, making it mandatory for schools to educate students about the history and governance of northwest coastal tribes. The

State has since worked diligently with Native Nations to develop a first-of-its-kind curriculum, *Since Time Immemorial: Tribal Sovereignty* in Washington State.

“When I first came home and started to work on building the Tribe’s resources, one of those resources was getting our tribal members educated,” reflected McCoy from the comforts of retirement. “Getting them educated was very

important so that we could build on our resources and help our people grow.”

Additional plans are underway at Evergreen State College to create a scholarship in the Senator’s name to support future Tribal Governance students.

## Peaceful march from front page



**“If we stand together as a community, we can change our future. We can build a world where we can see the value of a person, not the color of their skin. We can all become social justice warriors by challenging ourselves to change the way we treat each other.”**

**- Teri Gobin,  
Tulalip Tribes Chairwoman**

how much damage has already been done?” she asked. Her powerful words reaching the many minds now eagerly open and receptive to take in the depth of her message.

Among the student speakers was Tulalip’s own RaeQuan Battle. The former Marysville Pilchuck basketball phenom spoke candidly about his time on the basketball court, where he routinely heard opposing fans call him the N-word. Learning to excel through that kind of adversity ultimately helped him achieve his dream of playing hoops for the University of Washington.

“Being a Native American and an African American, it was heartbreaking to watch that eight-minute video [of George Floyd being murdered by the police],” shared 19-year-old RaeQuan. “My heart really dropped and I just couldn’t imagine being in that position.

“My little brother Tayari saw that video. He comes up to me and

asks what’s happening. It sucked to explain to my 10-year-old brother that he could be in that position.”

Acknowledging concepts like systemic racism and police brutality, both of which are impossible to ignore in today’s society, is one thing, but to take action in a common cause to denounce these insidious mechanisms used to oppress people of color in our country is something else entirely. As the student speeches continued to ring out through the loud speakers, so too did their message in the hearts and minds of concerned citizens of all colors uniting under a common goal: to eliminate racism in all its forms.

The day’s event received a blessing of radiating sunshine that brought an extra layer of warmth to the 1,000+ people crowd. A torrential downpour had many turning out with raincoats and umbrellas ready, but minutes before

the march started the rain came to an abrupt stop. Under a clear spring sky, the march began from Jennings Park to Ebey Waterfront Park. Non-stop chants of “Black Lives Matter” and “Say his name. George Floyd!” brought out many onlookers from their residential homes to take in the scene.

Near the march’s core was a cohort of Tulalip tribal members offering their support through rhythmic drum beats and melodic song. Heartfelt messages written in Lushootseed were seen proudly displayed by both tribal and nontribal alike.

The peaceful march against racism concluded at Ebey Waterfront Park with an impassioned speech by Tulalip Chairwoman Teri Gobin.

“We stand with George Floyd’s family and the families of every person who has been a victim of racial inequity and violence,” she stated. “As people of color we

understand the oppression and the historical trauma it causes. We have felt this pain. We have endured this hatred. None of our children should have to live like this.

“If we stand together as a community, we can change our future. We can build a world where we can see the value of a person, not the color of their skin. We can all become social justice warriors by challenging ourselves to change the way we treat each other.”

Change the way we treat each other. It really is that simple, and yet remains so challenging for us as a society to do so. However, the hope remains. Every person who showed up and marched against racism with the Tulalip/Marysville community, each handmade sign made, each powerful word shared, all of it and more are positive proof that hope remains.

*Continued on next page*





## Health Benefits of sʔuladxʷ (salmon)



By SNAP-Ed Program Coordinator, AnneCherise Jensen

Salmon, sʔuladxʷ, is an important cultural icon in Washington State that defines a recreational as well as a spiritual way of life in the Pacific Northwest. Fish is not only an important source of nutrients; but also the act of catching, preparing, and eating fish are important cultural and family practices as well. To Native American Indian Tribes of Washington, fish, especially salmon, are an integral part of life, and serve as a symbol of prosperity, culture, strength, and heritage. Tulalip Salmon Days are still held in honor and admiration of the culturally respected way of life. From a health and wellness perspective, salmon provides a wide variety of nutrients needed to both survive and flourish. Here is a breakdown of some of the many health benefits salmon:

### Nutrition:

Salmon is a lean, high quality protein, and is filled with omega-3 fatty acids, many B vitamins, and if the bones are eaten (as in canned salmon) also high in Vitamin D. Salmon is rich in minerals, such as selenium, phosphorus, copper and magnesium. Salmon is packed with lean protein, vitamins, and nutrients that can lower blood pressure and help reduce the risk of a heart attack or stroke. The American Heart Association recommends eating fish at least two times per week as part of a healthy diet.

### One, 3 oz. serving of Sockeye Salmon contains the following:

- Protein (19 grams) 38% Daily Value
- Vitamin B12 166% Daily Value
- Vitamin B6 48% Daily Value
- Vitamin D 60% Daily Value

### High in Omega-3 Fatty Acids:

Salmon and other fatty fish are important sources of omega-3 fatty acids. These essential nutrients help keep our heart and brain healthy. Two omega-3 fatty acids found in fish are EPA and DHA. Our bodies don't produce omega-3 fatty acids so we must get them through the food we eat. Omega-3 fatty acids are found in every kind of fish, but are especially high in fatty

fish like salmon, trout, sardines, herring, canned mackerel, canned light tuna, and oysters. Some of the many health benefits of Omega-3 fatty acids include:

- Help maintain a healthy heart by lowering blood pressure and reducing the risk of sudden death, heart attack, abnormal heart rhythms, and strokes.
- Aid healthy brain function and infant development of vision and nerves during pregnancy.
- May decrease the risk of depression, ADHD, Alzheimer's disease, dementia, and diabetes.
- May prevent inflammation and reduce the risk of arthritis.

### High in Protein:

Salmon is packed with a wide variety of amino acids, which are the building blocks of protein. Protein is an important component of every cell in the body. Hair and nails are mostly made of protein. The body uses protein to build and repair tissues, and to make enzymes, hormones, and other body chemicals. Protein is an important building block of bones, muscles, cartilage, skin and blood. Protein helps keep us full throughout the day, and is an important macronutrient that helps keep our blood sugars stable.

### High in B Vitamins:

B Vitamins are the "energy" vitamins that provide us with the energy we need to accomplish everyday tasks. There are eight well known B-vitamins that play a role in the body. Salmon contains many of these B vitamins that are essential for the body. They support metabolism and contribute to the body's ability to produce energy. Vitamin B6 helps produce insulin, fight infection and create non-essential amino

acids (the building blocks of protein). Vitamin B12, plays an important role in creating new red blood cells and a deficiency could result in anemia.

### Support your Tulalip Fisherman:

These are unsettling times and the families are struggling. Be sure to support your local fisherman at the Tulalip Bay Marina. Spreading money to local fishermen is a great way to keep the community strong and resilient. This not only helps support the Tulalip community financially, but helps bring everyone together!

### Simply Baked Salmon

Recipe provided by Tulalip Elder

### Ingredients:

- 1 fresh salmon filet.
- ½ onion
- 1 tablespoon garlic salt
- 1 tablespoon pepper
- 1 lemon wedge (optional)

### Directions:

- Preheat the oven to 350 degrees F.
- Place Salmon filet on a baking sheet with tinfoil.
- Gently dash minced garlic salt and pepper on the salmon filet.
- Slice onions and place over salmon filet for flavor.
- Cover with tinfoil. Cook in the oven for 30-35 minutes or until Salmon reaches 145 degrees F.
- For more health benefits, add your favorite vegetable for a side dish.
- Enjoy!



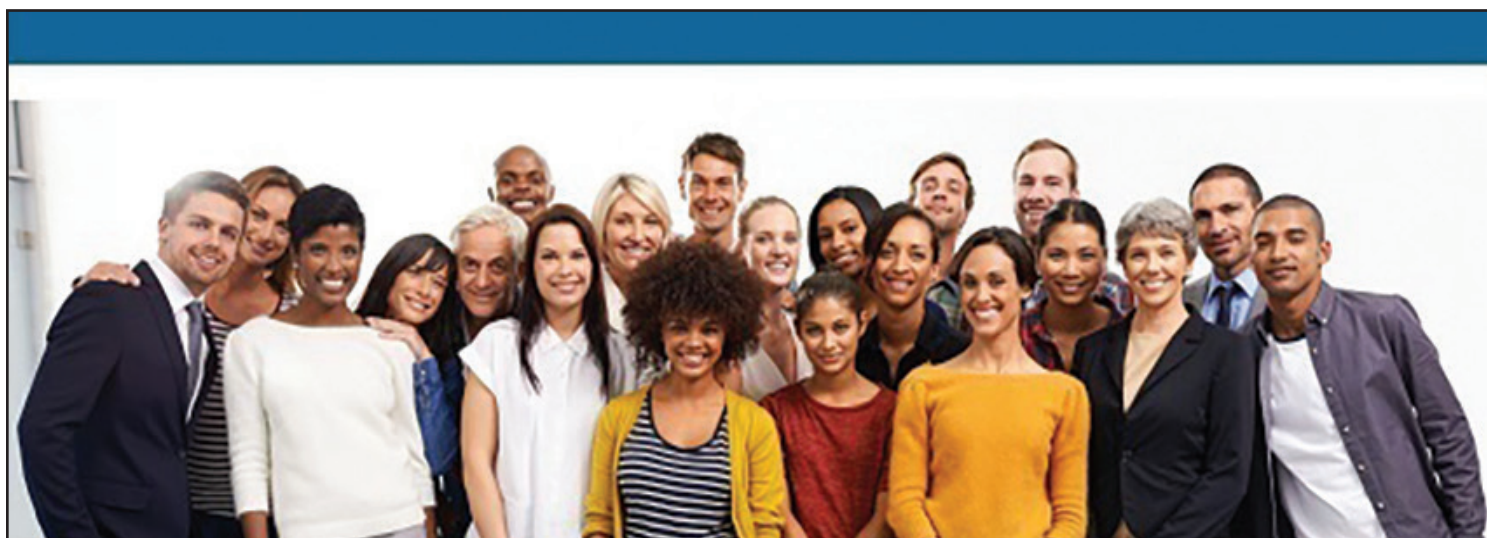
## Court Notices

TUL-CV-YG-2019-0412. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: I.M.M. TO: Arletia Paul and Kameron Miller: YOU ARE HEREBY NOTIFIED that a Youth Guardianship action was filed in the above-entitled Court pursuant to TTC 4.05 regarding the above mentioned youth. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on July 23, 2020 at 2:00 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: 1-571-317-3112, access code: 286-262-589. 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 13, 2020.

TUL-CV-YI-2020-0240 and TUL-CV-YI-2020-0241. SUMMONS BY PUBLICATION 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-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-2020-0189. 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 JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: June 13, 2020.



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