



dx^wlilap

syəcəb

Volume 41 No. 27

Saturday July 11, 2020

(Tulalip See-Yaht-Sub)

ELDER EATS: MEAL PREP AND DELIVERY TO COMMUNITY ELDER

Page 4



PRSRT STD
US Postage
PAID
Sound Publishing
98204

Tulalip Tribes
6406 Marine Drive
Tulalip, WA 98271

Annual Cedar harvest proves tradition perseveres despite challenging times



See Cedar harvest, page 3

2020 General Council Gift Handout

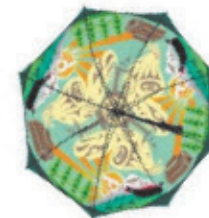
Each Tribal Member who **voted** will receive a gift

**OUT of STATE
Mail out**

Elders 62+

Gifts will be delivered
on **Thursday, July 9th** to
the address provided on
the absentee ballot
request form

Gifts will be mailed out
to the address provided
on the absentee ballot
request form



Pick up

Storage Building

2611 91st Street; Tulalip, WA 98271

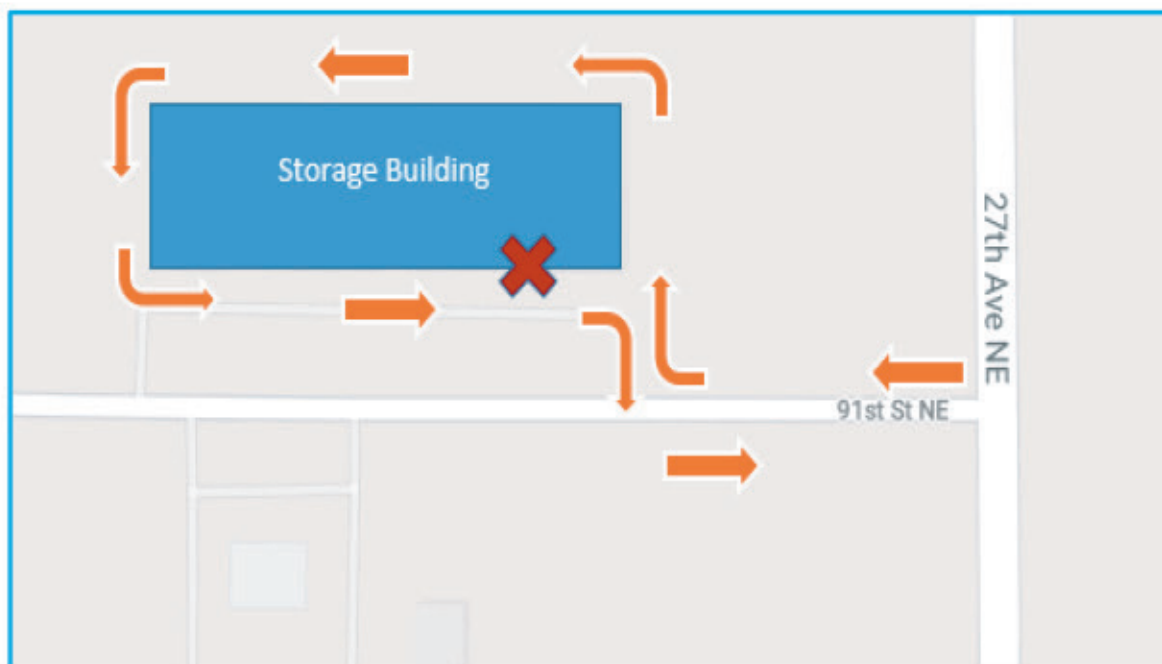
Wednesday, July 15th

12p – 5p

Thursday, July 16th

9a – 2p

**Must present Tribal ID
for verification
NO pick UPs**



For additional information, please contact Board Staff via email at bodofficestaff@tulaliptribes-nsn.gov

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, mrrios@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

Volume 41, No. 27, July 11, 2020
Published once-a week with special issues by:
Tulalip Media & Marketing
6406 Marine Drive, Tulalip, WA 98271
360-716-4200; fax 360-716-0621
email: editor@tulaliptribes-nsn.gov
Deadline for contribution is Monday, with publication on the following Saturday.

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



TULALIP TV
www.tulalip.tv

For program scheduling, visit:
<http://www.tulalip.tv/tulalip-tv-schedule/>

**Not
getting
your
syəcəb?**

Contact Rosie
Topaum at
360.716.4298
or
rtopaum@tulalip-tribes-nsn.gov

Cedar harvest from front page

By Micheal Rios

Since time immemorial, Native peoples have lived in an interdependent relationship with the green forests and blue waterways of the Pacific Northwest. Treating the natural environment as a shared resource revolving around the needs of community make it impossible not to have a deep respect for cultural traditions and Mother Nature's many gifts.

These teachings have survived genocide, colonialism, forced assimilation and untold traumatic experiences. Even now, amongst a global pandemic, many tribal members look to their cultural foundations for hope and strength. Armed with ancestral knowledge, they know regardless of the adversary, tradition will always persevere.

"I love being in the forest because it's my second home," said Tulalip tribal member and virtuoso weaver, Jamie Sheldon. "As Tulalip, nature is our number one priority. Being in the forest gives me calmness and all the sights and sounds bring a peace of mind like no other."

After 20 years of perfecting her basket weaving craft, Jamie still speaks about learning the intricate basket making process from her mom and aunties like it was only yesterday. Similar to a beloved holiday, she and her family look forward to Tulalip's yearly Cedar harvest coordinated by the tribe's Forestry Division and Washington's Department

of Natural Resources (DNR).

"Tulalip Forestry has initiated and continued to nurture an ongoing relationship with Washington's DNR, the U.S. Forest Service, and private industrial timberland owners for over ten years now," explained Ross Fenton, Tulalip Forestry. "We collaborate with State, Federal, and private landowners in order to ensure treaty rights as they pertain to gathering."

"Different ownership and property boundaries are also of great importance; we don't want people accidentally pulling on adjacent properties that could affect successful working partnerships," he continued. "These particulars are where meticulous communication and collaboration with outside agencies take place, often months in advance before the annual Cedar events are announced to Tulalip membership."

Although the circumstances may be different in summer 2020, the expectations are the same – those whose lifeblood is woven with Cedar must have their time in the forest to harvest.

After extensive time and resources invested into finding the ideal setting, Ross and his colleagues notified the tribe of this year's harvesting details weeks ago. The location was a woodland oasis located in Startup, between Kellogg Lake and Wallace Falls.

A 45-minute drive southeast



of the Tulalip Reservation, a caravan of tribal members eagerly made the most of their harvest opportunity on the weekend of June 27th. Amongst the spirits of the trees, the culture-bearers found refuge from fearmongering news cycles and the pervasive clutches of social media.

"It's beautiful getting out of the house, getting out into the woods, and listening to the forest. Hearing the rain fall, the gentle breeze rustle the tree leaves, and the birds chirping just calms my spirit and makes me be able to continue on," described Sara Andres. She plans to use her harvested materi-

als for future naming ceremonies and as donations to Hibur Cultural Center's weaving Wednesdays.

The relationship Coast Salish peoples have with Cedar cannot be understated. Their ancestors relied on the magnificent tree as an integral part of life on the Northwest Coast. From birth to death, the powerful cedar provided generously for the needs of the people – materially, ceremonially and medicinally. Those teachings have not been lost.

Master weavers, elders, and youth alike all echo the very same Cedar harvesting technique em-

Continued on next page

“As Native people, it’s necessary for us to accept the gifts of the land and say thank you to the trees. Harvesting is an activity that is both culturally responsive and healing, especially during these challenging times.”

- Kali Joseph



ployed by their ancestors. With a small axe and carving knife, they skillfully remove strips of bark from designated trees. They then shave off a small section of the rough bark, revealing a smooth tan inner layer. After harvest, the Cedar strips are typically laid out to dry for a year before being made into baskets, hats, or ceremonial regalia accessories like capes, skirts, and headbands.

“To witness tribal members performing an ongoing cultural activity that has taken place over millennia is like stepping back in time,” reflected dedicated Natural Resources employee, Ross Fenton. “There is much singing, drumming, teaching, and praying all throughout the woods. This is immensely important, and I feel blessed to be a part of it.”

Those who replenished their spirits in the lush green forest and grounded themselves among the 120-160 foot tall, towering Cedar trees were sure to offer many thanks for the gifts they provided.

“It’s eco-therapy. Being connected to the Earth is so good for our mental and spiritual health,” shared 24-year-old Kali Joseph. She harvested while bonding with her siblings Jay Anderson and Tisha McLean. “As Native people, it’s necessary for us to accept the gifts of the land and say thank you to the trees. Harvesting is an activity that is both culturally responsive and healing, especially during these challenging times.”

The weekend-long reprieve from contemporary life proves cultural teachings and tradition still triumph over all.

Elders Eats: Preparing and delivering well-balanced meals

By Calvin Valdillez

“The food is good,” exclaimed Tulalip Elder David Fryberg. “I’m not a very good cook myself so this is convenient. It makes things so much easier when they do this, especially because of the times. One of the things the Tribe does is take care of the elders and I think everybody appreciates it, we’re very thankful that they do this for us.”

Every morning Tribal member and Tulalip Senior Center Community Resource Manager, Lorina Jones wakes up bright and early and journeys to the Senior Center to clock in for her shift at 5:00 a.m. In the remodeled Senior Center kitchen, she is joined by her crew, Nina Fryberg, Troy

Williams, Jessica Leslie and Laverne Jones and they begin their daily grind of chopping, cooking and portioning out hot meals for the elders who call Tulalip home.

“I’ve grown up that way,” Lorina stated. “To respect my elders and do whatever I can to help them. We want to do the best we can to serve our people and we take pride in our work, we cook with a good heart.”

Accepting the call to duty, the five-person crew has been in a rhythm since the coronavirus first entered the scene, preparing two meals daily for the local elders. According to Lorina, the amount of meals prepared and delivered has increased by

nearly fifty people since the Senior Center expanded their services to include all senior citizens, as well as elders enrolled with a different tribe.

“Our numbers have almost doubled and there’s less of us in the kitchen because others had to be furloughed, so we’re doing the best we can. We do about 125 breakfasts and 141 lunches each day,” Lorina said. “Before corona, we were doing about 70 breakfasts and around 90 lunches. We serve all types of foods. We try to do things like roast, stew, chowder, NDN tacos once in a while, fish and rice. And for breakfast we do a meat, potato, egg, mixed fruit, yogurt and milk.”



Tulalip Elder Protection and Vulnerable Adult Program Manager, Elishia Stewart, explained that the program had to undergo a few major adjustments due to the COVID-19 pandemic.

“It’s such a historical time, trying to figure out methodically what are the next steps,” she expressed. “Right now, we’re basically just focused on the meal program, since everybody is technically homebound. That’s one of the positive ways we can continue to impact our community, by providing them with the best nutrition possible. As a Tribal member, our elders are one of our most valued resources so we need to make sure they are being cared for, that’s been our main function here since COVID.”

Once the meals are portioned and plated, they are placed in large warmer bags to ensure the food remains fresh and retains its heat during the delivery process. Breakfast is served between the hours of 7:00 a.m. and 8:00 a.m. while lunch is served at 10:00 a.m. The crew split up delivering duties to ensure the elders are receiving their meals in a timely fashion. The crew makes deliveries throughout the entire reservation, distributing tasty trays of food to residents of Hermosa, Silver Village, Battle Creek, Mission Highlands, Totem Beach Road, as well as to the elders living closer to the Marysville-Tulalip boundary line.

“I love it when they give us fresh fruits and vegetables,” Tulalip Elder

Pauline Williams expressed. “It saves us trips to the grocery store and all I really have to fix is an evening meal. It works for us. Lorina knows I don’t like to cook; I’d rather eat her cooking. It forces me to stay home. When I do go out, I try to be safe, I wear my mask and I go early in the morning when there’s not a lot of people out. It’s a real safety issue for us right now and I’m thankful for these deliveries. The cooks are risking their lives right now cooking for us and delivering it, and we appreciate them.”

To limit contact, Lorina and crew attempt to safely leave the meals at their front door. However, due to loneliness from isolation, many elders will meet the team at the door for a chance to quickly chat, catch up, and simply thank them for the meal.

“It makes my heart happy knowing we’re able to provide them with at least two meals a day,” said Lorina. “It saves them from having to go out and look for food, or that extra meal, on their own and put their lives at risk. We always wear our masks and gloves when delivering. We change our gloves after every delivery. We want to protect ourselves and our elders. I love you all and hope you stay safe.”

For further details, please feel free to contact Elishia Stewart at (360) 913-1726.

Sarah Hart takes matters into her own hands



Above: Photo submitted by Sarah Hart.

By *Kalvin Valdillez*

As many will recall, when the elusive coronavirus first struck the U.S., panic ran rampant throughout the nation. Perhaps in anticipation of self-quarantine or lockdown, people rushed to the supermarket to stock up on their essentials needs. Although this particular moment will go down in history as the great toilet paper shortage of 2020, TP wasn't the only shelf left empty by panicked consumers. In fact, most home cleaning supplies were also completely sold out including disinfectant wipes and spray, paper towels, multi-purpose sprays and hand sanitizer.

"There were a lot of call outs on Facebook from people in the community, especially elders, saying they had no sanitizer, no masks or gloves," explains Tulalip tribal member Sarah Hart. "I immediately went to the store thinking, I'll just go pick up a bunch of hand sanitizers, I don't mind paying for it. And then I got there, there was literally nothing. That's when I knew I



had to make something happen."

Solely out of concern for her fellow Tulalip community members, Sarah began to brainstorm ways to keep her loved ones as safe as possible during the pandemic, ultimately deciding to dedicate her stay-at-home hours to producing hand sanitizer.

"For two days straight I YouTube'd videos on how to make your own sanitizer and went on the CDC website to make sure it was strong enough. I felt the need to do something for the community because a lot of people didn't have any hand sanitizer. I figured I could make a few bottles for when people go out to the store and they touch something like the carts, at least they could have one of my bottles on-hand and it could potentially save their life."

While organizations such as the CDC (Centers of Disease Control), FDA (Food and Drug Administration), and WHO (World Health Organization) maintain that washing your hands with warm soapy water for at least twenty seconds is key in limiting the spread of COVID, they also state that an alcohol-based hand sanitizer will be effective in a pinch or on-the-go until you are able to properly cleanse your palms and digits.

Sarah wasn't the only person manufacturing hand sanitizer out of the comfort of her own home, in fact several DIY hand sanitizer step-by-step guides were released during

the early months of COVID. Around the world people were making sanitizer with the intention of personal use or financial gain. Unfortunately for many, due to cutting corners for profit or not using the proper ingredients, their homemade hand sanitizers were either rendered ineffective or caused unpleasant side effects such as burns and rashes.

This was something Sarah intentionally avoided from the start, claiming that cheaper products would not come at the expense of her people's health. So when the CDC recommended an alcohol base of at least 60%, Sarah went out and purchased 190-proof Everclear, 30% stronger than the CDC recommendation, essentially telling COVID that she is not messing around.

"It took me a good two weeks to get the consistency that I felt was safe enough. When I make a batch of one-hundred bottles I use Everclear, aloe vera, hydrogen peroxide, witch hazel for the skin so it doesn't dry out and tea tree oil. If you go on Etsy or anywhere online 90% of the people that make it cut it with distilled water or rose water, something to make it cheaper."

Once she had her recipe down, she recruited her youngins to lend a hand and assist with creating the concoction as well as bottling and distributing the product. Eventually over time, their passion for the family hand sanitizer project grew perhaps even larger than Sarah's.

“My kids have been amazing,” she expressed. “It makes me happy that my little ones are into helping. For the first two months we were making it every day and every morning they would wake up and were like, ‘let’s make hand sanitizer!’ They’ve helped tremendously.

“It has turned into something bigger than I thought it would be. For two months, I delivered hundreds and hundreds of bottles. And now, a few days out of the week I’ll make a batch of a hundred bottles and put them at the end of my driveway on a table and tell people to be safe and come and grab how many ever they need. And when I put them out, I spray them down all down, just in case because what if I’ve been in contact and unknowingly pass it to an elder or someone in the community.”

In addition to delivering the hand sanitizer, on two separate occasions Sarah and her kids assembled care packages for the elders of Tulalip by pairing two masks, two pairs of gloves and two hand sanitizers in Ziploc bags, on which they included a personal drawing or message for the recipients. Those care packages in turn inspired Sarah to help out a fellow Indigenous nation who have been hit hard by the pandemic, sending 200 care packages filled with masks and sanitizer to the Navajo Nation. You can also spot the employees of the Marysville Safeway, Albertsons, and local coffee stands utilizing Sarah’s sanitizer as she drops off dozens of bottles to local businesses during

her weekly delivery rounds.

High quality product requires a big budget and typically generates enough revenue for additional production costs as well as labor. Sarah’s main objective, however, is ensuring her people have the necessary supplies to protect themselves against corona and she has no intention of charging for her sanitizer. After emptying her entire savings account, she began to look at different possibilities and ways to obtain funds in order to continue her project.

After organizing a 50/50 raffle and receiving friendly donations here and there, she was able to purchase more supplies. But with COVID not going anywhere anytime soon, she found the demand to be surprisingly higher than she originally expected. For this reason, she took the advice of fellow Tribal member, Natosha Gobin.

“She’s doing amazing work,” says Natosha. “Making hand sanitizer can be really pricey, so I set up an Amazon wish list for her and have been encouraging the community to go on there and purchase and send her materials. To see somebody take the initiative and say, I’m going to learn how to make this, I’m going to put my money into it and I’m not going to burden people with the cost, that shows a lot of heart. She didn’t want anything in return. The recognition wasn’t even something she was searching for, it’s just that desire to serve our community. It’s just in our DNA to take care of each other. It’s a perfect example



of what our community is.”

“My main focus with everything is our people,” Sarah states. “Especially at the beginning of the pandemic, making sure they had something because there was so much going on. The smiles on their face makes it all worth it for me. I’ve definitely had my emotional moments; I love my people and community. This is more than sanitizer, this could help save a life and it’s made with so much love in it. I also started making alcohol wipes to hand out, for people

to use and keep in their cars. With the numbers growing I feel it’s only necessary to do anything I can to help protect our people.”

To make a donation to Sarah’s hand sanitizer project, please contact her directly via Facebook or visit her Amazon wish list to help purchase supplies at <https://www.amazon.com/hz/wishlist/ls/1GIIUU6SBIIV5?type=wishlist>

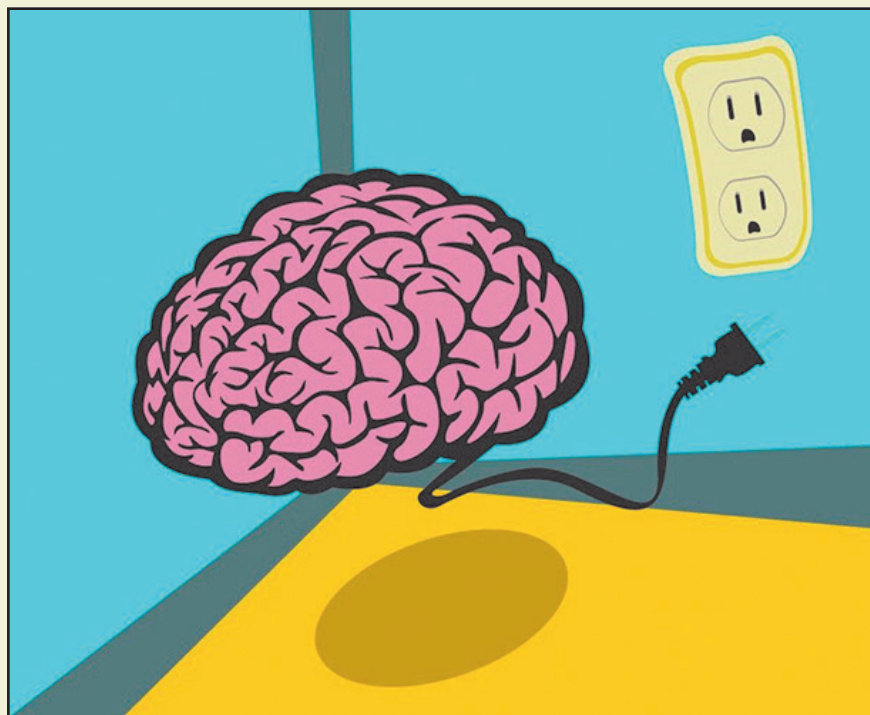
Court Notices

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-2020-0189. 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.

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.

Summer is finally here. Time to unplug!



By SNAP-Ed Program Coordinator, AnneCherise Jensen

Summer is finally here. Time to unplug and put the electronic devices down. Did you know the average person generally consumes 7-9 hours' worth of screen time per day? Children spend on average almost 50 hours per week with media, screens and other electronic devices. Sadly, that's more time a lot of children are spending with their parents.

According to the CDC, it's recommended to spend only 1-2 hours of screen time per day for both teens and adults. Excess screen time can lead to increased sedentary activity, which can in turn lead to weight gain, obesity, type 2 diabetes, heart disease and other chronic illnesses. It's important to balance out sedentary behavior with physical activity. The CDC recommends adults and teens get at least 30 minutes of physical activity a day.

Times are hard and we are living in unprecedented times. With the uncertainty of a pandemic, state lockdowns, businesses being closed, and many parents working from home, it can be challenging putting down the phones/screens. Understandably, people want to keep up with the times, and stay informed, but how much is too much? Ultimately, we should limit the amount of screen time we are consuming for both our mental and physical health. Set realistic goals and remember to take care of yourself and your family. Check out the following pointers to help disconnect you and your family from the TV and other screens.

- **Get Outside.** Enjoy the fresh air and sunshine while getting a healthy dose of vitamin D! Many of us who live in Washington State tend to have a vitamin D deficiency. Now more than ever is the perfect time to soak up all the extra sunshine and replenish those low levels! Vitamin D / sunshine is great for mental clarity, healthy skin, and strengthening our bones! Go for a hike, take a walk on the beach, go harvesting in the woods, and check out your local and state parks.
- **Be realistic.** If you're spending a lot of time on screens, start by setting smaller, more attainable goals. Instead of jumping right to the recommended one to two hours or less a day, start by cutting your current screen time in half.
- **Provide Alternatives.** Watching TV can become a habit, making it easy to forget what else is out there. Give children ideas and alternatives like picking up a new hobby, like opening up the art supplies, learning how to cook, or being taught a new skill like changing a flat tire.

- **Remove/limit media in the bedroom.** Today, 71 percent of all kids ages 8 to 18 years have TVs in their rooms. In addition, 50 percent have cable or a video game player and 30 percent have a computer with Internet access in their bedrooms. Kids with a TV in their bedroom watch about 1½ hours more a day than kids who don't have one in their bedroom.
- **Enjoy electronic-free meals.** Make it a family rule to turn off the TV while eating and ensure everybody puts away their cellphones so you can focus on each other. Families that eat dinner together more often have better nutrient intake, better health outcomes, better communication skills, and kids tend to have better academic performance.
- **Save TV for weekends & weeknights.** Watch shows as a family and fast-forward through commercials. Sit down with your kids and help them select specific shows they'll watch, giving them some control and helping them make decisions. Watch with them when you can and learn to engage with them during their screen time.
- **Understand TV Ads.** Seeing snack foods, candy, soda and fast food on television affects all of us-especially children. Help children understand that just because it's on TV-or their favorite TV characters eat or drink it-doesn't mean it's good for you.
- **Create a family screen time policy.** As a family, discuss ways to cut back on recreational screen time. Ask the kids to come up with reasonable limits; as parents, you should do the same. Then write up a contract and have everybody sign it. If the family reaches the goal, reward yourselves with a physical activity you all can enjoy, such as going to the beach or on a camping trip.
- **Enjoy an action packed evening.** After dinner, resist the urge to watch TV. Take the dog for a walk, go for a family bike ride, play outdoor games such as red rover, tag, duck-duck-goose or hide-and-seek, or play active indoor games such as charades, Twister or even card games. This too will help you and your family interact and create better communication and social skills.
- **Hang out with loved ones.** Instead of communicating by computer or cell phones, encourage kids to go to the local park or set up a playdate with friends or family in the backyard. Engage in fun activities like tag, hopscotch, Frisbee and other family friendly activities. Make sure you are following social gathering guidelines that are comfortable for you and your household.
- **Make screen time an active time.** When kids do watch TV, prevent them from being a slouch on the couch. Have a contest to see who can do the most push-ups or jumping jacks during a commercial break. Older kids can stretch, practice yoga or lift weights while watching TV.
- **Set up Wi-Fi settings through your internet provider.** Many internet providers allow you to control online settings for Wi-Fi activity. You can easily turn the Wi-Fi on or off during certain times of the day, by simply creating specific settings online. You can also look to see what individuals and/or devices are using the most or least amount of Wi-Fi. This will help you better understand and control the electronic devices in your home. We recently did this in our home, and it has helped out a lot!

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