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(Tulalip See-Yaht-Sub)

## ONE MAN'S MISSION TO BRING FRESH FRUIT TO COMMUNITIES OF COLOR

Page 7



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## Teachers and kids join in teaching Lushootseed online



*By Calvin Valdillez*

"Doing this work has always meant a lot to me," expressed Tulalip Lushootseed Language Warrior, Maria Martin. "I got to learn when I was at Montessori at a young age. Growing up, I committed myself to learning everything I could with the language; summer camp, anytime they had an event I could attend, I'd always check out the website. I took it on

myself to be a part of it. And being able to share that now, it's awesome because I have direct relatives that put in work to save the language. And it's an honor to inherit that."

The traditional language of the sduhubš is strong in modern day Tulalip and COVID-19 can't do a thing about it. When Tribal government shut down daily operations to help flatten the curve and decrease the spread of the

See **Lushootseed**, page 3





# General Council Gift Handout

## POSTPONED

Due to safety concerns with the rise in local COVID-19 cases, the **General Council Gift Handout** is postponed until further notice. The rescheduled date is yet to be determined.

***We apologize for any inconvenience this may have caused.***

TDS 38537

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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## Lushootseed from front page

novel coronavirus, many people were glued to their smart phones, searching for updates about the disease, learning how to adequately protect themselves, and adapt to a more slow-paced, Zoomed world.

During the very first week of the Tribal government closure, when the number of deaths by COVID-19 were spiking, good news was hard to come by. An evening scroll through the timeline was often accompanied by despair and a general fear for the health of you and yours. And then one day a slew of videos began to pop up and take over people's newsfeeds.

"With everybody being forced to stay home, we still wanted to connect with our community so we had to get creative," said Natosha Gobin, Language Instructor. "I knew that a lot of people were on social media, so we decided to throw some language out there. At such a time of unknown, here's something positive, let's take the opportunity to learn a couple words or hear a story together, connect with your kids, connect as a family. Most of the videos were geared to be just a couple minutes long. If a parent is scrolling through Facebook and their child is right next to them, then it's as easy as 'boom, let's listen to this or let's look at this real quick'. We really viewed it as a not only a way for us to stay connected with the community, but to reinforce that relationship with a parent and child learning together."

Over the course of the school year, the Lushootseed language warriors develop a strong connection with their students as they are in the classrooms weekly, some teachers daily. When schools began to close, naturally the instructors began to miss their students, as well as preparing lesson plans and growing the minds of future Tulalip. When Lushootseed Program Manager, Michele Balagot, instructed her team to produce online language videos, they wasted no time. Videos of language warriors singing traditional Tulalip songs, sharing popular Salish stories and providing lessons in counting, colors, animals and shapes flooded the social media timelines of Tulalip families and citizens.

"That was new to us, we started

with one person doing a video and then we built off of that," explained Michele. "A week later we decided we needed to do some interaction, so the kids could practice and identify a shape or a color in the language. And then we started doing traditional stories, so the kids could still hear Lushootseed while they're at home and be able to speak it, be interactive with it."

A majority of the Lushootseed speakers work with younger children, thanks to a partnership with the Betty J. Taylor Early Learning Academy (TELA). The idea is that kids are more susceptible to pick up the language during the early childhood development stages. Out of a shared interest of providing Tulalip children with a strong cultural foundation and understanding, TELA developed the language immersion curriculum in which Lushootseed Warriors frequent the classrooms of the Early Head start and Montessori and pass on the language through fun activities, songs, and interactive stories.

"They [videos] were originally for TELA, but we posted the videos on Facebook and soon found out that the TELA kids weren't the only ones watching," Michele said. "We knew that kids of all ages were watching it because we kept getting all kinds of replies saying, 'thank you my child sat down and watched it and was speaking the language along with the video.'"

Maria, who mainly works with Quil Ceda Tulalip Elementary, has made a handful of videos for her students during the pandemic that inspired not only the parents who are at home learning with the kids, but also many of the QCT teachers.

"We went over greetings, feelings and their letter pronunciations, I tried sticking to the basics that the kids would know," she stated. "I'm not sure how many of my students were able to watch it but I did see that it was being posted to the [QCT] Facebook page. I've been able to catch some of the parents in passing, and even some of the staff members, who have watched the videos and they really appreciate them and greet me in Lushootseed, so having that feedback is heartwarming for sure."



Getting creative during the coronavirus outbreak, Natosha put a little extra pizzazz into her videos by incorporating other Indigenous lifeways into her lessons. For example, when participating in cultural activities as a family, such as harvesting berries, cedar or seafood, Natosha reached for her phone, hit record and watched the magic unfold.

"It's natural for me to take my kids out with me and pass that knowledge onto them,"

said Natosha. "We've harvested berries and harvested cedar, we also went out and harvested fireweed. A big part of what I'm teaching about is harvesting and making medicines. Involving my own kids was an important part for me because kids respond well to other kids learning. My daughter, Lizzy, she's the one that I put on the spot the most. That's because she's the closest in age to those kids at TELA. She's six years old, so it's easy for me to say, 'hey Lizzy, let's

*Continued on next page*



record this, or let's go for a walk and I'm going to ask you these questions."

One visit to the Tulalip Lushootseed Facebook page and you'll see a charismatic Tulalip youth effortlessly leading and narrating videos in the official language of her ancestors. Lizzy, her siblings, as well as the children of language warrior Michelle Myles, have unofficially become the new faces of the verb-based language and many tune-in weekly to catch their adventures with Lushootseed.

"She's really taken on the role of teaching without fully understanding it. I've taken Lizzy out fishing and she did an entire fishing video. That video was probably the one that got the most attention, over 2,000 views. The viewers got to hear everything through her voice and it was repetitive so that you can easily learn from it. We want to take her out to dig clams and have her retell her

great, great, great grandma Lizzy's clam digging story, that's one of the most popular stories that Lizzy Krise told. Lizzy Mae is actually named after Lizzy Krise. Grandma Lizzy is the one that we base a lot of our language after, we utilize everything that she passed on to us. She's one of the people that we model a lot after, along with Martha Lamont. Lizzy will retell her grandma's story through her own experience of clam digging for the first time. So, really just connecting it to what kids will respond to, what the kids will find interesting."

In addition to the lessons for tribal youth and the students at TELA and QCT, the Language Warriors also teach a college-credit course for those looking to enhance their Lushootseed skills.

"We normally have community college classes this time of year, but with COVID we can't do those," expressed Michele. "So

Natosha Gobin, Michelle Myles and I started an online Intro to Lushootseed class through Zoom. We had sixty-four participants and it was a seven-week course. We had Tribal members, other Natives, students from previous years, teachers, a good mix of everybody."

We are currently living in an era where the Lushootseed language revitalization revolution is in full effect. And just like in previous eras, such as forced assimilation, the Tulalips are taking it upon themselves to ensure the language and the culture prevails long past the present threat of the global COVID pandemic.

"We hope that our community can look at these videos that we create and the online learning opportunity as a means for them to learn at their own pace during these difficult times," said Natosha. "I think that's probably the biggest thing, we want to reach

our community by whatever means necessary. We'll provide the tools, we just really want to encourage our community to utilize them."

"At first, I thought nobody's going to watch this, because people are at home and COVID is happening," admits Michele. "But then everybody started sending in messages asking if we can do certain lessons or stories because a lot of parents are doing the homeschool thing. We have people telling us that when they go out, their child is naming the colors and shapes they see, and they are singing our songs. It's important for the kids to learn their language. If you don't keep hearing it and keep speaking it, then you forget it. By having these videos available, it keeps it fresh in the kid's mind."

For more information, please visit the Tulalip Lushootseed Facebook page or contact (360) 716-4499.



## Looking back at last 4 years of Lushootseed language camp

By Micheal Rios

It's mid-July, which usually means hundreds of culturally vibrant Tulalip youth are busy at work learning their ancestral language at Lushootseed language camp. The week-long camps have come to be a building block for bringing together family, making new friends, and showcasing traditional vocabulary used for countless generations prior to colonization.

Unfortunately, COVID-19 continues to completely derail one community event after another. It's latest victim is what would have been this summer's 25<sup>th</sup> annual Lushootseed camp. Social distancing protocols and mask-up or stay-home directives wouldn't allow for the always highly anticipated language immersion experience to happen. Our emerging

Tulalip culture bearers are still worth celebrating, regardless, so we now bring you a collection of highlights from the past four years of Lushootseed camps.

For twenty-four consecutive years, the committed Lushootseed staff, affectionately referred to as Language Warriors, have organized a week full of fun, learning and interactive cultural lessons for youth of Tulalip and the local community.

Open to children age five to twelve who have a desire to learn about their traditional lifeways and language of their ancestors, Lushootseed camp provides invaluable cultural teachings through art, songs, technology, weaving and storytelling. Each year the Language Warriors team up with a select number





of vital community volunteers and knowledge keepers to hold two, one-week day camps during the beautiful Pacific Northwest summer.

"It seems like every year we get more and more kids participating in our language camp, which is great!" boasted Michele Balagot, Lushootseed Manager back in July of 2017. "We broke our record for total attendance that we set last year. It makes my heart happy seeing so many of our young ones learning our traditional language. It is amazing to witness the amount of participation and community involvement we receive every year."

During the 22<sup>nd</sup> annual Lushootseed camp, which broke all the records for most participation and involvement, the children entertained a jam-packed auditorium with a performance of Wayne Williams' "Killer Whale and the Two Boys".

"I was honored to be there that day witness the young children sharing in the Lushootseed language. The language is the very heart of our culture as Tulalip people," explained ceremonial witness Ray Fryberg. "I thank the parents and families who gave their

kids the opportunity to participate in our language camp. Also, I thank our Language Warriors for ensuring that this portion of our culture moves forward and stays alive. Our words are life, reflecting our ancestors and passing on their teachings."

Back in 2016, the 21<sup>st</sup> annual Lushootseed camp was dedicated to Morris Dan and Harriette Shelton-Dover, for their guidance and teachings bringing back the Salmon Ceremony, as well as "Scho-Hallem" Stan Jones Sr. for his decades of leadership and determination to keep the ceremony going.

Using the 1979 Salmon Ceremony video to help pass on the earliest teaching of what is still practiced today, the young campers learned a selection of highlighted songs and dances. The lessons learned each day were based on Salmon Ceremony teachings by way of songs and dances, traditional teachings, language, art, weaving, and technology.

The goal of 2016 was to provide every youth with regalia essentials, along with the knowledge and ability to sing and dance. Camp



*Continued on next page*





leaders beamed with hope and pride at the week's conclusion knowing every single camp youth was instilled with the teachings and experience needed to stand up and sing at every opportunity.

"The young ones continue to honor our ancestors by learning their songs and words. It fills my heart with so much joy to watch them speak our language and perform the dances of Salmon Ceremony," marveled ceremonial witness Denise Sheldon.

In 2018, from July 16 to July 20, the Kenny Moses Building was home to Tulalip children listening to storytelling by elders and using their creative minds to create and paint an assortment of giveaway items. Everyone involved embodied the rich culture of the Coast Salish people as the year's theme was recreating a mini Canoe Journey.

"We wanted to take this opportunity to give our young ones as much teachings as possible," explained Language Warrior Roselle Fryberg. "It was really important to us to teach them about hosting a potlatch and coming together as a community. For our mini Canoe Journey, each child played a critical role. We had fisherman, berry pickers, tribal leaders hosting Canoe Journey, and several canoes representing visiting tribes.

"We also talked about how grateful we are that they are here to carry on these traditions of singing, dancing, and speaking their ancestral language," she added. "One day, all these teachings will be on their shoulders to carry on and pass to the next generation."

After the energetic ensemble performed their rendition of "Mini Canoe Journey" and the ceremonial witnesses had shared a few words, there was a huge giveaway. Each camp participant gave their handmade crafts created during the past week to grateful audience members; sharing in a final act of memory making with their peers, before filling their bellies with a salmon lunch.

Last year, for the 24<sup>th</sup> annual rendition of Lushootseed camp, Elizabeth "Lizzie" Krise was honored for her leadership and teachings she passed on to the Tulalip community. She's remembered as one of the key people who helped preserve the Snohomish language.

The work she did in the 1960s helped lay a foundation for the current

generation of Lushootseed educators to learn, speak and teach their ancestral language. Her story "Lizzie's Clam Digging" was chosen as the main lesson all teaching stations were built around in a week filled with learning and living a proud Coast Salish culture.

A point of emphasis this year was to teach how Devil's Club was traditionally used for a wide range of purposes. Several of the activity stations featured Devil's Club as a fixture for arts and crafts, like necklace or bracelet adornments, or showcased its medicinal purposes.

"Devils Club is a traditional medicine that is culturally, spiritually and physically healing," shared Language Warrior Natosha Gobin, as kids lined up with peaked interest to help harvest the plant. "It's healing includes aiding in relief of sprains, arthritis, boils, muscle and joint pain, as well as cleansing. Learning how to identify, harvest, process and create medicines with this sacred plant was a recent opportunity enjoyed by us teachers and we're excited to pass on what we learned."

Using creative hands-on activities to keep the energetic youth focused, the Language Warriors made the most of their opportunities to teach the youngsters about tradition. From vibrant art creations to the proper cleaning and care of clam shells to working together as a community to problem solve, camp kids learned while having fun.

"I liked all the activities and how they each taught us something about our culture," said then 10-year-old Sophia Quimby. "Every single station we'd go to would teach us a Lushootseed word. Having our teachers from school here made it easier to learn."

"The songs and dances were a lot of fun, too, because I enjoy doing those things," added then 11-year-old Katherine Velasquez. "I enjoyed all the traditional teachings that we got. My favorite parts of the week were doing tie-dye art and learning about Devil's Club."

Learning about clam digging, harvesting from nature, creating medicines from traditional plants, creating vibrant cultural items, and learning Lushootseed words that can be used daily were primary goals of 2019's Lushootseed camp. From the sentiments expressed by Tulalip's future leaders, it's safe to say those goals were achieved.





## The Apple Guy: A one-man mission to bring fresh fruit to communities of color

By Calvin Valdillez

"Can I get one bag of apples, two bags of cherries, and if you still have them, some apricots too?" inquired a local man of the Maryville-Tulalip area.

Simply nodding yes, Hugo Sanchez-Garcia began to scoop plump, ripe cherries into paper bags while making friendly conversation with the customer as he fulfilled his request.

"Will \$60 work?" the man asked.

"Yes, absolutely. Thank you," Hugo graciously replied as he handed him his order.

Only two short orders behind this gentleman, a lady ordered nearly double his order, three bags of apples, four bags of cherries and two punnets of apricots.

"I have a big family," the woman said while offering a smile that was ever-so-slightly visible underneath her mask.



Hugo Sanchez-Garcia, The Apple Man, on the right.

*Continued on next page*





“This will all be gone by tomorrow.”

This time, however, when the currency-produce exchange occurred, the lady stated she only had \$12.

“That’s perfect,” Hugo said sincerely and kindly. “Thank you.”

Nobody was prepared for the curveball that the year 2020 had in store for us. The presence of COVID-19 has caused many people to reevaluate their lives in terms of health concerns and also their line of work, as businesses are beginning to lay off employees nationally, and in some cases permanently close altogether.

Hugo found himself in a predicament that many Americans are currently facing; continue searching for employment in his most recent line of work, or start anew. Hugo chose to pivot.

“After COVID hit, it was kind of hard for me to find a job

doing what I was doing before,” Hugo explained. “And my dad has been kind of nagging me for a while to bring fresh produce here because there’s a lot of fruit in Chelan, which is where we grew up. So I thought, let’s give this a shot and see how it goes.”

Filling up his pickup truck with freshly picked fruit from orchards at Chelan, Hugo becomes his alter-ego, better known as the Apple Guy, when making weekly deliveries all through Western Washington. Originally, the Apple Guy was taking online orders and making home deliveries. That is until he got in contact with Tulalip tribal member, Natosha Gobin, who helped him establish a base at the parking lot of the Tulalip Market.

“He has different stops up and down I-5,” Natosha said. “He sets up shop and sells bags of apples on a sliding scale – \$5, \$10, free. If

**“There are two guiding principles that I set when I first started out. One of them being that access to food is a human right. The second one is that we’re all occupants on Tribal lands, so it’s important that we move as guests, it’s our responsibility.”**

**- Hugo Sanchez-Garcia, The Apple Man**

you show up and you say you don’t have the means to buy apples, but you would love a bag, he’ll give you a bag of apples. He’s also done some pretty big donations to our community. He’s donated apples to me knowing that I know a lot of people in Tulalip, so we put those apples on the doorsteps of some of the elders and the seniors.”

With Natosha’s assistance and rave reviews all over Facebook, word about the Apple Guy’s produce delivery service has the town buzzing.

“My wife, she’s always on Facebook so she tells me when he’s around and what he’s got,” said Tribal member Kurtis Enick. “He posts every week, which is a great for my family. When I go home with this, I know that they’re going to be so happy with me, because my daughter is just now starting to get her teeth and she loves eating apples. My wife likes the apricots and the cherries, and my son is a vegetarian and only eats fresh produce.

“It feels really good knowing everything is local, everything is coming from Chelan or somewhere in Washington,” Kurtis continued. “It feels really good to taste that fresh-off-the tree fruit, that good stuff. And it’s a whole lot better than going to the store and looking through all the fruit that they say is fresh but it’s not really that fresh, nowhere near as fresh as this.”

Although it is important for Hugo to profit off of these

deliveries to cover costs as well as living expenses, money is not his main objective. In fact, currency is sort of a miniscule aspect to this project compared to the reason he decided to ‘give it a shot’.

“I do operate on a sliding scale,” he said. “There are two guiding principles that I set when I first started out. One of them being that access to food is a human right. The second one is that we’re all occupants on Tribal lands, so it’s important that we move as guests, it’s our responsibility.

“I think it’s also important to recognize that fresh food isn’t as easily accessible on certain reservations. I think a lot of people, and especially a lot of communities of color, don’t have access to a lot of fresh fruits. So, what is the point of bringing it all the way out here if folks couldn’t afford it? I think ultimately every individual knows what they can and can’t afford. So, I trust their judgment to pay what they can.”

Hugo is currently selling a variety of apples including Honeycrisp, Fuji, Gala, and Granny Smith. His selection of cherries right now are Rainier, Bing, Sweetheart and Lapin. Hugo also has apricots and will have peaches in the near future.

Be sure to follow The Apple Guy on Facebook for his complete list of produce for sale as well as his weekly scheduled stops.



# Hydration 101

Submitted by SNAP-Ed Coordinator AnneCherise Jensen

Did you know that water makes up nearly half of your body weight? Naturally, the human body loses water each day when you sweat, go to the bathroom, and complete simple, everyday tasks. The more active you are, the more water you lose. And when the temperatures are really hot, you tend to lose water even faster. That is why proper hydration is extremely important to your overall health, especially during the summer.

The human body requires water for survival - every cell, organ and tissue needs water to function properly. Water helps eliminate toxins and unwanted bio waste lingering in the organs. Water also helps regulate the digestive system, lubricate the joints, regulate blood sugar, lowers body temperature when needed, maintains electrolyte balance and boosts overall energy. Water is our friend, and proper hydration can help you reach many of your health and wellness goals. Here are some tips and tricks to help keep you hydrated this summer!

## Calculating Your Hydration Needs:

The CDC recommends the average person drink at least 8 cups ( ½ gallon ) of water per day. However, some individuals may require more fluid needs than others. Typically, men require more fluids than women - generally, the more you weigh, the more fluids you will need. Individuals who spend a lot of time in hot weather or those acquiring more than 30 minutes of exercise per day will be at a higher risk for dehydration, requiring more fluid intakes. Individuals who are sick or have chronic medical conditions may also require more fluids. As a general rule of thumb, use this simple calculation to estimate how many cups of water you should probably be drinking a day:

Weight in Pounds x .66 = \_\_\_\_ ounces of fluid / divided by 8 \*Note there are 8 ounces in a cup so divide the total number of ounces by 8 to convert ounces to cups.

Example 1: 160 lbs. x .66 = 105.6 ounces /8 = 13.2 cups of water a day

Example 2: 210 lbs. x .66 = 138.6 ounces /8 = 17.32 cups of water a day

Note - you should try to add 12 ounces of water to your daily total for every 30 minutes of strenuous physical activity. So if you work out for 60 minutes daily, you would add 24 ounces (or 3 cups) of water to your total daily intake.

## Dehydration Warning Signs:

When dehydrated, bodily functions can be negatively impacted. Ultimately, the best way to avoid dehydration is to avoid it before it happens. However, in case you or someone you know becomes dehydrated, it's important to be aware of some of the early warning signs. In doing so, you can begin to replenish your fluid levels before more dangerous symptoms occur, such as heat stroke. Here are some of the following warning signs of dehydration you should know: Thirst, dark urine, headache, little to no urine loss, flushed skin, increased body temperature, dizziness, increased weakness, vomiting, fainting.

## 8 Helpful tips to help keep you hydrated this summer:

- Eat foods high in water content. Most fruits and vegetables have high water contents and help fuel us with water, vitamins and minerals needed for good health. Some foods with high water content include watermelon, cantaloupe, oranges, lettuce, spinach, celery, carrots, strawberries, grapefruit, bell peppers, apples as well as soups and broths. Choose a variety healthy beverages. 100% fruit and vegetables juices that are low in sugar content are a great option. Milk choices like low fat regular milk, yogurts, soy, oat and almond milk help hydrate too. Another great option includes herbal iced teas, that offer a unique and earthy flavor. When choosing healthy beverages, try sticking to choices that are low in sugar content. For active individuals, sports drinks that contain electrolytes are a great option too!
- Invest in a reusable water bottle. Invest in a durable, temperature controlled water bot-

tle. Keep this with you throughout the day and make a habit to drink from it as often as possible. Not only will you be staying hydrated, but you will also help limit the use of plastic water bottles, in turn helping the environment.

- Try infused water. One of my personal favorite summer beverages is infused waters. Plain water can get dull, so try adding frozen berries, lemon, limes, cucumbers and fresh herbs to liven up your water.
- Drink water when hungry. Thirst is often confused with hunger, so when you're feeling hungry, try drinking water instead. Doing so, may also contribute to a healthy weight-loss plan. Some research suggests that drinking water can help you feel more full throughout the day.
- Develop a healthy hydration routine. For many of us, drinking water can be a chore. We often forget to drink water alongside our busy schedules. If that's the case, try creating a hydration routine, setting specific times in the day you dedicate to hydrating yourself. For example, drink water when you wake up and at the beginning or end of every meal. Or try drinking a small glass of water at the beginning of every hour.
- Drink water at restaurants. For those who are choosing to eat-out at this time, remember to drink the water that's served, it's free!
- Find a hydration buddy. Time goes by fast, and it's easy to forget drinking liquids. Find a friend or family member who wants to reap the health benefits of being properly hydrated. Team up, remind each other, and keep one another accountable!



## Healthy Recipe: Berry + Herb Water Infusion

### Ingredients

- One gallon filtered water
- ½ cup frozen berries
- ½ cup mint, basil or other fresh herbs
- 1 lemon, squeezed
- 2 cups ice

### Directions

1. Place ice and frozen berries in a water pitcher.
2. Dice up fresh herbs to release aroma and flavors. Add to pitcher.
3. Squeeze fresh lemon into pitcher + lemon wedges.
4. Add water and stir all ingredients.
5. Allow to infuse for 15 minutes for best flavor. ENJOY!

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

Source: <https://www.eatright.org/fitness/sports-and-performance/hydrate-right/hydrate-right>  
<https://goodcalculators.com/water-intake-calculator/>  
<https://www.cdc.gov/healthywater/drinking/nutrition/index.html>



Katherine H. Paul “Chickie”

Born 3-13-40 a lifetime resident of Tacoma passed away at home comforted by the love of her family. Chickie was a strong beautiful and proud Puyallup Tribal Member.

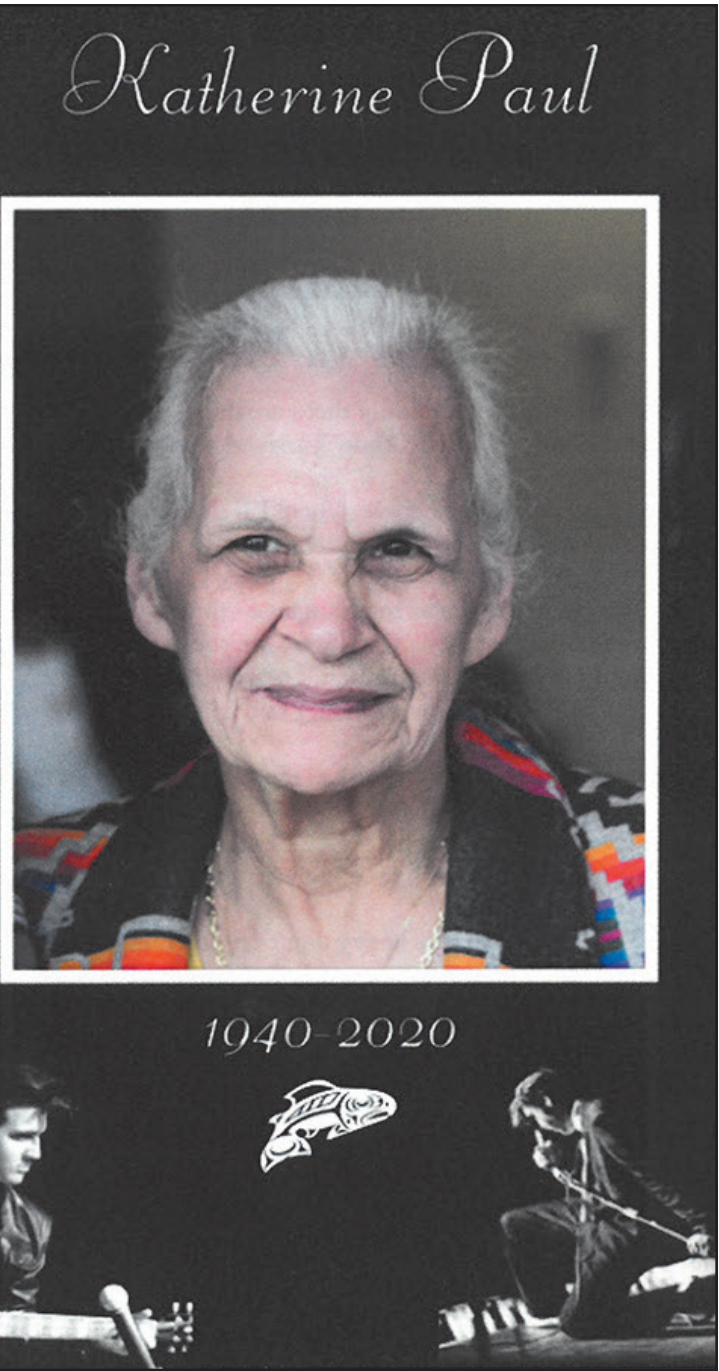
She worked hard as a single mom from the fields in Puyallup to BJ's bingo and EQC before becoming a small business owner. If you got to work with her or got to know her you were blessed. Know that she enjoyed meeting you. Caring for others was her way.

After raising her children, she helped to raise her grandchildren and cared for her great grandchildren. Her greatest joy was taking care of her babies, along with everyone else's babies. Chickie enjoyed working in the garden with her babies while listening to Elvis. She loved Elvis.

She loved Native Culture and her people. Enjoyed the Pow-Wows and the fireworks. Visiting Boom City and cooking for her Tulalip family. Visiting other reservations and watching her babies play in sporting events. She was so proud.

Proceeding her on her journey are her brothers Ervin Hansen, Skip Tougaw, Dempsy Tougaw, Louie Raub, Viola Squally, Maryann Hohn, Son Matthew (Buzzy) Paul, and great niece Justine Bellue and her grandsons Matthew LaFontaine Jr, Yuttana Sou.

Chickie is survived by her sister Agnes “Mitzi” Todd, children Toni K Paul (Stacy), Nadine M Perry (Joey), Jesse D Paul (Shawanna), grandchildren Anthony E Paul (Nicole), Melissa D Paul (Jevon), Lisa D Paul (Tony), Anthony LaFontaine (Daniel), Isaac LaFontaine (Rhianan) Nadine A Paul, Joseph Perry (Mary), Jess Paul, Austin Paul (Layla), her great grandchildren, Cashis LaFontaine, Cabe LaFontaine, Isaac LaFontaine Jr, Giselle K Paul, Anthony Paul Jr, King Paul, Amara jo Paul, Amelia LaFontaine. Many special nephews and nieces that she loved very much.



IMPORTANT NOTICE

FACE MASKS  
REQUIRED

To help prevent the  
spread of COVID-19



All patients and visitors to any Tulalip Health System building must bring and wear their own face masks or face covering as we will not be able to provide one

TulalipHealthSystem.com





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DARNELL@HOODSPORTNDIVE.COM OR CALL 360-877-6818



## 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 GoTo-Meeting, 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 GoTo-Meeting, 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.

### Tulalip Tribal Court contact information



	ACTION	POINT OF CONTACT	PHONE	EMAIL
<b>TRIAL COURT</b>	Providing telephonic support, hearings will be held telephonically and accepting filings via email or regular mail	Court Administrator	360-722-1697	CourtClerkStaff@tulaliptribes-nsn.gov
<b>APPELLATE COURT</b>	Providing telephonic support, hearings held telephonically and accepting filings via email or regular mail	Court Administrator	360-722-1697	CourtClerkStaff@tulaliptribes-nsn.gov
<b>TRIALS</b>	Continued for twenty-one (21) days or through April 16, 2020. No Jury trials until May	Court Administrator	360-722-1697	CourtClerkStaff@tulaliptribes-nsn.gov
<b>HEARINGS</b>	Telephonic or continued thirty (30) days at request of the parties or through April 16, 2020	Court Administrator	360-722-1697	CourtClerkStaff@tulaliptribes-nsn.gov
<b>CRIMINAL HEARINGS</b>	Any essential criminal in custody hearings, including first appearances on mandatory arrest charges, shall be conducted telephonically.	Court Clerks	360-722-1697	CourtClerkStaff@tulaliptribes-nsn.gov
<b>WELLNESS COURTS</b>	Staff off-site – providing telephonic support	Wellness Coordinator	360- 913-0018	autzcook@tulaliptribes-nsn.gov
<b>VICTIMS SERVICES</b>	Staff off-site – providing telephonic support	TOCLA	360-716-4513 360-913-3433	jkerney@tulaliptribes-nsn.gov
<b>YOUTH IN NEED OF CARE</b>	Staff off-site – providing telephonic support— All hearings continued past April 18, 2020	Court Clerks	360-722-1697	CourtClerkStaff@tulaliptribes-nsn.gov
<b>PROBATION</b>	Staff off-site – providing telephonic support	Probation	360-716-4800	ProbationStaff@tulaliptribes-nsn.gov

**PROTECTIVE ORDERS:** If you need to file an emergency protective order please contact the Clerk of the Court at CourtClerkStaff@tulaliptribes-nsn.gov or TOCLA 360-716-4513; 360-913-3433 so that we can determine how best we can assist you. The court shall be alerted by email and will accept all court filings either via email at Court Clerk Staff CourtClerkStaff@tulaliptribes-nsn.gov, or via US mail sent to: Tulalip Tribal Court, 6332-31st Ave Ne, Suite B, attn.: Clerk's Office, Tulalip, WA 98271.

**Child Protection Safety Concerns:** If a person believes there is a concern about the health, safety and welfare of a minor child, they should contact the Region 3 Washington State Child Protection Services hotline at 1-866-829-2153.

## REOPENING

# Tuesday, August 4

## We're excited to welcome you back!

For everyone's protection, we will be enforcing COVID-19 safety measures including social distancing and wearing face masks/coverings.

Located less than a mile west of I-5 Exit 199  
6410 23rd Ave NE, Tulalip, WA 98271  
360-716-2600  
HibulbCulturalCenter.org

## PLACEMENT HOMES NEEDED



If you have a heart for children and space in your home to share, we would like to help you get more information about how you can become a foster care placement home.

**You can make a difference in a child's life.**

**Breanna Muir**  
360-547-2080 Cell  
360-716-4133 Desk  
bmuir@tulaliptribes-nsn.gov

### PLACEMENT TYPES:

#### RESPITE:

HELP US MAINTAIN PLACEMENTS BY PROVIDING RESPITE CARE AS NEEDED. RESPITE COULD BE 1-10 DAYS A YEAR.

#### TEMPORARY:

FOR A FEW DAYS UP TO A FEW WEEKS UNTIL A LONG TERM IS FOUND.

#### LONG TERM:

UNTIL THE CHILD IS RETURNED HOME TO PARENTS OR THE PERMANENT PLAN CHANGES TO GUARDIANSHIP.







# 2020 Annual General Council Meeting

# CANCELLED



Semi-annual General Council Meeting and Commission Elections are planned for **October 17, 2020**



At this meeting we will hold Board of Directors seat elections in:  
**Chair, Vice, Treasurer, and Secretary**

