## **Back To School Bash**

By Micheal Rios

End of summer signals the official kick-off for the back to school season. In Tulalip, that means Positive Youth Development's always highly anticipated, annual 'Back To School Bash'.

Local school-aged children descended to the Reservation's centrally located Youth Center by the hundreds in order to collect essential school supplies, hygiene kits, and gather information from a variety of community resource booths. The students and their families were eagerly greeted by community friends and a number of educators from Marysville School District who could hardly contain their excitement at finally being reunited with their kids, some of whom they hadn't seen in person in over a year.

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Tulalip's own social media influencer is on the rise

See Faith, page 6

**Lialip Tribes** 406 Marine Drive Lialip, WA 98271

#### Back to School from front page

"In my role as both a mom and educator, I've attended Tulalip's back to school event for the last fifteen years," said Tulalip tribal member Chelsea Craig. "It's always grounded me as a mother to have access to all the resources the Tribe has to offer, but also the connections with Marysville School District and the outer community. Anytime we can bring together our tribal community with those around us in a positive way, it's an opportunity to provide healing and create new relationships that can foster true understanding.

"A great memory from today has to be meeting a family who has been completely online since their kids





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



For program scheduling, visit: http://www.tulaliptv.com/tulaliptv-schedule/

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or
rtopaum@tulaliptribes-nsn.gov



started kindergarten last year," continued the recently promoted Quil Ceda Elementary assistant principal. "This family had zero inperson contact with our school staff until today. To be able to introduce ourselves and help ease their minds about the transition back to face-to-face learning was priceless."

The annual Bash looked a little different minus the usual backpack giveaway. However, Youth Development staff were on hand to walk families through a number of financial aid opportunities to receive critical funds for school supplies and other education related costs. Those forms are conveniently located on the website TulalipYouthServices. com

Youth lined up to receive a fresh haircut, to fill their bellies with a BBQ lunch, and to meet all kinds of community resource representatives who can assist them on their educational journey. For the students and their families new to the Tulalip area or the school district, this event was a perfect welcoming.

"After signing up my kids for school, they emailed us a flyer for this event. I think this is so beneficial because my kids really needed the things that are being provided," shared Puyallup tribal member Angel Berry. She recently moved to the area and looks forward to her three kids attending schools with such a strong connection to Native peoples. "We've only been in the area for a few weeks, so

this is a good opportunity for us to integrate into the community."

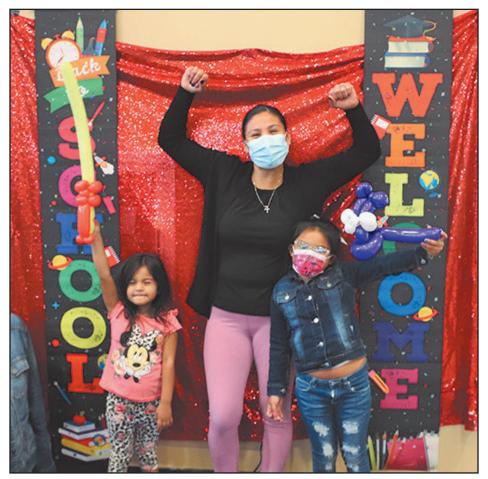
Among the Bash's many activities offered were a game of kickball, a BMX demonstration at the skate part, a photo booth, and an immersive petting zoo featuring a baby kangaroo and farm animals. Ever-popular among the tiny tots was a balloon artist who couldn't buy a break from nonstop requests for light sabers, flower bouquets, and household animals.

New to this year was a full on scholastic book fair. Regardless of reading level or age, students from pre-school up to high school senior could be seen perusing the paperback offerings in search of the perfect end of summer reading material.

"Our goal was to bring everyone together in the best way that we could, in the safest way possible, so our membership could access the resources that they may need for the upcoming school year," reflected Youth Development manager Josh Fryberg. "We partnered with so many departments from Tribal Government and Marysville School District to make this event happen. Weather it was something simple like getting your kid a haircut or updating their tribal ID, or needing help applying for Covid relief funds and speaking to a local school representative, so many left here satisfied and optimistic for the first day of school. This is what the power of community is all about."











Wild mountain huckleberries only grow in soils at elevations between 2,000 to 11,000 feet.





swada?xali is a sustained effort between Tulalip Tribes and U.S. Forest Service partnership.

By Micheal Rios

For thousands of years, huckleberry has served as an important food, medicine, and trade good to the Coast Salish peoples. Mountain huckleberry is most abundant in the middle to upper mountain elevations, and favors open conditions following disturbances like fire or logging. Prior to European colonization, Native peoples managed ideal harvesting locations by using fire and other traditional means to maintain huckleberry growth for sustainable picking.

In 2011, the Tulalip Tribes began working cooperatively with the U.S. Forest Service to sustain huckleberries at a 1,280-acre parcel of land, 4,700 feet above elevation in the upper Skykomish River watershed. This particular location is one of several co-stewardship areas throughout the Mt. Baker-Snoqualmie National Forest where Tulalip collaborates with the Forest

Service to preserve and maintain important cultural resources.

Named swedo?\*ali, Lushootseed for 'Place of Mountain Huckleberries', this end of summer destination gives Tulalip tribal members an opportunity to walk in the steps of their ancestors and harvest the highly prized mountain huckleberry. The gate to swedo?\*alii was officially opened on August 23 and will remain opened, tentatively, through the end of September.

Northwest mountain huckleberries generally ripen in the late summer and can be picked into the early fall. Huckleberry, well-known for boosting the immune system and being rich in antioxidants, has always had a strong relationship to the area's Indigenous cultures. Coast Salish tribes consider the huckleberry to be an important dietary staple because of its medicinal properties and sweet, delicious taste.

"Huckleberry is a food and medicine to our people," explained Tulalip elder Inez Bill.



"It is not only important that we continue the struggle to uphold our treaty rights, but we need to be involved in taking care of those resources our culture depends on so they will be available to future generations."

- Wisdom from elder Inez Bill

"Our ancestors visited certain areas for gathering these berries. They knew where the berries were growing, what companion plants were growing there too, and how to use them.

"Through the teachings of how we value, take care of and utilize our environment, we pass down our history and traditions, and what is important to the cultural lifeways of our people," she continued. "This connection to the land enables us to know who we are as a people. It is a remembrance. Today, it is not only important that we continue the struggle to uphold our treaty rights, but we need to be involved in taking care of those resources our culture depends on so they will be available to future generations."

swedo?\*ali is a prime example of how Tulalip is diligently working to reclaim traditional areas. Stemming directly from

the Point Elliot Treaty, which secured claims to gather roots and berries in all open and unclaimed land, the 'Place of the Mountain Huckleberries' is clear expression of Tulalip's sovereignty.

Embracing that sovereignty is every tribal member who journeys to this ancestral harvesting area and practices their cultural traditions that continue to be passed on from one generation to the next. The mountain huckleberry is intimately tied with traditional Tulalip lifeways and culture.

Historically providing an end of summer harvest opportunity, the journey to swada?\*ali strengthens a deep connection to the land. Nearly 5,000 feet up, in the Mt. Baker-Snoqualmie National Forest, berry pickers are completely immersed in the grand splendor that is the Pacific Northwest. Epic views of luscious, green-filled forestry, towering mountains, and clear waterways can be mesmerizing.

"It was a beautiful, uplifting experience. Once we hit the forest, where there were no buildings, no cars, no people, just trees...my spirit soared," said Lushootseed teacher Maria Rios after staining her hands purple from a day of Huckleberry picking. "I'm fortunate to have the opportunity to speak my language, but that is only a piece of my culture. Berry picking feels natural, like I've always done it. The smells are

intoxicating. The sounds are beautiful, from the buzzing bugs and chirping birds to the gentle breeze rustling the huckleberry leaves. These are the meaningful experiences that we all need to share in."

Mountain huckleberry season is short, lasting only a few weeks between August and September. The sought after super food and medicine ranges in color from red to deep blue to maroon.

They are similar to a blueberry in appearance and much sweeter than a cranberry, with many people rating huckleberries as the tastiest of the berry bunch. The gate to sweda?\*ali will only remain opened for a couple more weeks, so don't miss the opportunity to harvest, take in breathtaking views, and, most importantly, express your tribal sovereignty.

#### **Huckleberry Health Benefits:**

- Huckleberries are full of antioxidants, compounds that are essential for improving the health of numerous systems within the body, while also preventing the development of serious health issues.
- An excellent source of vitamin A and B, huckleberries are great for promoting a healthy metabolism which in turn helps reduce the risk of stroke. They are also known to help stave off macular degeneration as well as viruses and bacteria.
- Huckleberries are associated with lowering cholesterol; protecting against heart diseases, muscular degeneration, glaucoma, varicose veins, and ulcers.
- Huckleberries are an excellent source of iron which helps build new red blood cells and helps fatigue associated with iron deficiency.
- High in vitamin C, huckleberries protect the body against immune deficiencies, cardiovascular diseases, prenatal health problems, and eye diseases.

The Treaty Rights Office would appreciate hearing from tribal members about their experiences while berry picking this year at swedo?\*\*ali. It is always helpful for us to hear what you think about berries abundance, condition, accessibility, road conditions, presence of other pickers, any concerns you may have, etc.

The tribal community's observations/experiences while in the mountains will be helpful to us as we consider how to best manage and protect this area for future generations.

Please send your observations to Ryan Miller at ryan-miller@tulaliptribes-nsn.gov or Libby Nelson, lnelson@tulaliptribes-nsn.gov in Treaty Rights, or to Nick Johnson, njohnson@tulaliptribes-nsn.gov in Tulalip Forestry.

For more information about sweda?\*ali, its history, purpse and the work we are trying to do on site, see https://nr.tulaliptribes.com/Topics/LandBasedTreatyRights/swedaxali

#### **Faith** from front page



By Kalvin Valdillez; photos courtesy of Faith Iukes

Next time you are screen-scrolling on your favorite app, whether it's YouTube, Facebook, Instagram or TikTok, do yourself a favor and search for the username @faith. iukes11. You will find a number of videos and photos that are guaranteed to brighten your day and boost your serotonin levels, all created by a Tulalip entrepreneur who is making quite the name for herself at the young age of 12.

"My name is Faith Iukes. I'm 12 years old and I work on social media," she proudly beamed. "I vlog myself every day and I basically share my everyday life."

Showcasing stunning camera work and an amazing onscreen presence, Faith is practicing an art that Native peoples have passed through the generations since time immemorial, storytelling. Bringing the tradition to present-day digital platforms, Faith utilizes her gift of storytelling just as her ancestors did before her, documenting the times and culture, making others laugh and smile, and teaching her peers, the next generation, how to be a voice for the people.

With wisdom beyond her years, she passionately shared, "If we are not preparing our youth to become successful, we are not preparing the world for the next group of leaders."

A natural-born go-getter, Faith creates opportunities by simply being herself, giving the world a first-hand look at what growing up on the Tulalip reservation looks like. Faith's love for her family, community and homelands shines in each of her videos and photos, whether that's participating in community events, using a drone to record all the scenic views

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Tulalip has to offer, or sharing screen time with her friends and family on her daily vlog.

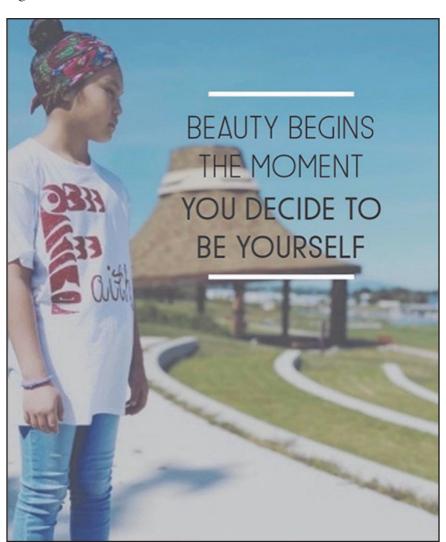
When asked about some of her favorite highlights of her blossoming career, she quickly stated, "Sometimes I do food reviews with my sisters! I love my family and I love social media. This is something that I've always wanted to do and when I was younger, I just wasn't ready yet. COVID came around and my great-grandma passed. Everyone in my family was so sad, I thought I could use this to bring a smile to everybody's face, so I got on YouTube."

Not only is she a rising social media star, Faith also possesses impressive filming and editing skills, and she is just as talented behind the camera as she is on-screen. Everything she has created to-date has been self-taught. Through YouTube how-to videos, she learned all of her cutting, sequencing and scoring techniques and she already has a vast knowledge of how to use industry-standard editing software programs such as Adobe Lightroom.

Faith's father, William Iukes, has also been instrumental in her social media journey so far. In addition to helping her map out her goals, recording additional footage, and learning editing skills to help out when he can, he's also taken on the role of her manager and helped land her a number of partnerships with other Indigenous artists, creatives, musicians and organizations, ensuring he's doing everything he can in order for his daughter to exceed her goals.

"She's bringing a positive message to a lot of our kids out here, especially in Indian Country," he shared. "The one thing she is really into is helping people with the success she's getting. Her success is their success. We'll be at Walmart or somewhere and kids will run up to her, say hi and ask for a selfie. And when they ask how do I become who you are, she stops and tells them, 'this is who I am and this is what I do. You can do the same thing, you just have to keep believing who are and keep thriving to be the best you.' That is something that I'm very proud of as a father."

Faith's hard work is on





Faith interviews former Seattle Seahawk, Doug Baldwin.

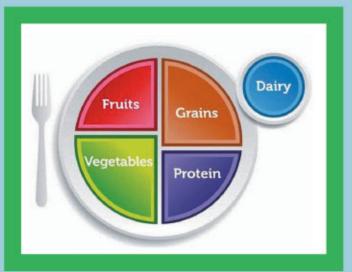
display in all of her productions and has helped build her personal brand, leading to several partnerships and collaborations. Currently, is sponsored by the local Native clothing company, Salish Style. She was also given an official title as media journalist for Rise Above, an Indigenous non-profit that was established to promote healthy lifestyles and empower Native youth through sports. In fact, she recently attended a Rise Above basketball camp where she got the chance to meet and interview Seattle Seahawk Doug Baldwin.

"I asked him, how much does giving back to the youth mean to him and what inspired him to work with Rise Above. He said it was me, because his daughter watches me. I thought that was really exciting because it wasn't expected, it was shocking and it made me happy," she expressed.

During that same basketball camp, she also met representatives of the newly established NHL hockey team, the Seattle Kraken, and she now has plans to work with the team throughout their first season. Also in the works, a future collaboration with Native rappers and actors, Lil' Mike & FunnyBone, who first gained popularity on America's Got Talent and are currently starring in the hit TV show, Reservation Dogs.

William stated that Faith is not one to get caught up in the numbers and stats such as the amount of views, clicks, reaches, shares, followers and subscribers, but those numbers continue to climb on the daily. At the time of her sit-down with Tulalip News, Faith said she had a goal to reach 600 subscribers on YouTube and 10,000 followers on TikTok. Her father, who has to follow the numbers as her manager, shared she wasn't too far off from achieving that goal. Not too long after the interview, she surpassed those numbers. And after this article is published, with your help, she can continue to grow her following, with a simple click of a follow/subscribe button. And in return, you'll get the opportunity to say that you have followed thee Faith Iukes since the beginning of her career, as she continues to grow and spread good vibes and positivity through her social medias.

Keeping true to one of her main goals of sharing all her self-taught knowledge and skills with other Indigenous youth, a key reason to why she began her influencer journey, Faith shared, "If you want to be a YouTuber but you don't know how, you don't need a fancy computer or camera. When I started I only had an iPhone and a rubber ice tray for a tri-pod. You can go out, have fun, be yourself and try your best."



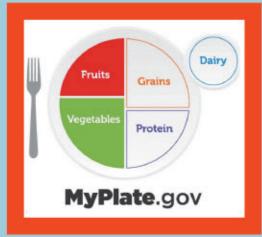
Are you looking to eat healthier but not sure where to start?

## Let's not make it complicated!

- MyPlate is visual that shows you how you can make your meals to meet the current recommendations for a healthy diet (for most people).
- The "what" sections explain what should be on your plate.
- The "why "section is if your interested in learning why it's important and how it will help you!
- There is also a section that has just a few examples of foods in that food group.
- You can go to MyPlate.gov for more in-depth information. If you're registered at the Tulalip Health Clinic you can call the main line ((360) 716-4511) to set up an appointment with a dietitian if you are interested in more nutrition information.

#### What:

- Make half of your plate a variety fruits/vegetables.
- Start having fruits/ veggies as your snack or with your snacks.
- Most people don't get enough of these.



Carrots, broccoli, tomato, peaches, strawberries, ect.

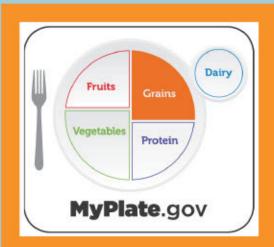
#### Why:

- Fruits and vegetables are full of vitamins, minerals. antioxidants, water, and fiber.
- They are typically low in calories.
- They are the most important food groups for staying healthy.

Submitted by Dawson Amerman, Community Health Center

#### What:

- Make a quarter of your plate grains
- Often people eat too much of this food group.
- Choose whole grains



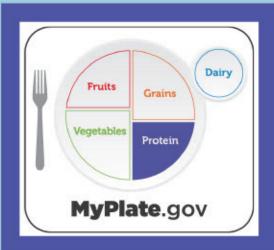
Bread, rice, quinoa ect.

#### Why:

- High in B vitamins, fiber (if whole grain), and energy (calories).
- Has a high amount of carbs which is essential for brain and body activity. But don't have too much!

#### What:

- Make a quarter of your plate a variety of different proteins.
- People often eat more meat than recommended. Try other proteins.



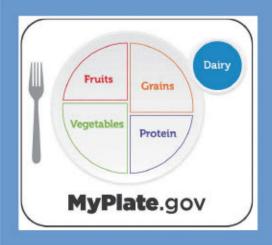
Nuts, Meat, Eggs, Beans ect

#### Why:

- The protein group is high in protein, B vitamins, iron, zinc, ect.
- Think of protein as a building block for the body

#### What:

- Have 3 servings of dairy a day.
- Or have alternative foods and drinks high in calcium and vitamin D if you don't want dairy.



milk, yogurt , plant-based milk alternatives ect.

#### Why:

This food group is high in calcium, potassium, vitamin D, and protein which are need for bone growth and development

#### **Court Notices**

IN THE MUCKLESHOOT TRIBAL COURT OF JUSTICE FOR THE MUCKLESHOOT INDIAN RESERVATION AUBURN, WASHINGTON, IN RE THE GUARDIANSHIP OF: W.B.DOB:01/04/2017 AN INDIAN YOUT Case No.: MUC-G-08/21-121 NOTICE OF GUARDIANSHIP READINESS HEARING. LUIS ESPARZA, RECOMMENDED GUARDIAN; PRINCESS PAUL, MOTHER; ANTHONY BENNETT, FATHER; DOR-RY PETERSON, PROSECUTOR; MCFS MANAGEMENT. YOU AND EACH OF YOU will please take notice that a Petition for Guardianship has been filed for the above named child and a Guardianship Readiness Hearing will take place on TUESDAY the 19th day of OCTOBER, 2021 beginning at 1:30PM, in the Muckleshoot Tribal Court of Justice, located on the Muckleshoot Indian Reservation, Auburn, Washington. The purpose of this hearing is to determine whether the Petition for Guardianship is contested and if so, then setting this case for a Trial to establish a Guardianship for the above named child. Per Section Title 12 Section 12A.05.050 of the Muckleshoot Tribal Court, Muckleshoot Child and Family Services shall file a written Guardianship Qualifications Report containing information on the qualifications of the proposed guardian to provide parent care, and abilities to fulfill the requirements in section 12/A.050.070, and the preparer's recommendations at least ten (10) days prior to the final Guardianship hearing and/or Trial date. The court will be making a determination that may affect your rights and responsibilities with regard to the above named child. Should you fail to appear at the hearing a default judgment could be entered against you and you could lose your rights in regard to this child. A facilitated Family Group Meeting will be made available if requested by any party. All parties are entitled to have legal representation at this hearing at their own expense, meaning you are solely responsible for any legal fees charged by your attorney or spokesperson. If you have any questions regarding the nature of this hearing or the location of the Court, please contact either the Court Clerk at (253)876-3203, or the Tribal Prosecutor at (253)876-2981. Dated this 13 August 2021 Julia R. Brown, COURT CLERK / AD-MINISTRATOR PHONE:(253) 876-3203, FAX:(253) 876-290

TUL-CV-YG-2021-0347 and TUL-CV-YG-2021-0348. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re the Guardianship of S. J. R. S. and In re the Guardianship of K. I. S. TO: BRANDI NICOLE JONES: YOU ARE HEREBY NOTIFIED that two Youth Guardianship actions were filed in the above-entitled Court pursuant to TTC 4.05 regarding the above mentioned youths. You are hereby summoned to appear and defend regarding the above entitled actions at a hearing on October 21, 2021 at 9:00 A.M. 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 JUDG-

TUL-CV-CU-2021-0149. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Custody of: K.G. TO: Alyse Gales: YOU ARE HEREBY NOTIFIED that a Petition for Child Custody, and Proposed Parenting Plan was filed in the above-entitled Court pursuant to TTC 4.20. 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: August 21, 2021.

TUL-CV-GU-2008-0277. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: K. W. H. (AKA K. C. C. Jr.) TO: KANUM CHARLES CULTEE, SR. and LATASHA JOYCE APODACA-BAGLEY (AKA BAGLEY): YOU ARE HEREBY NOTIFIED that a Youth Guardianship Motion was filed in the above-entitled Court in this youth's guardianship action 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 Thursday, October 14, 2021 at 1:00 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: September 4, 2021.





## **COURT CLERKS OFFICE**

## Filing can be done in person, by e-filing or by mail

We accept filings Monday–Thursday from 8:00 AM to 12:00 PM and from 1:00 PM to 4:00 PM. Friday from 8:00 AM to Noon.

If filing in-person, please go to our intake window at the courthouse.

When e-filing or submitting document requests, please send to the following email address: crt-efiling@tulaliptribes-nsn.gov Remember to attach documents. Please use a description to name your document.

To better serve you, E-file subject line should read: E-file, followed by cause number, last name, first name, title of document.

(For example: E-file: Doe, John, TUL-CR-MC-2021-2021 Motion for Court Order)

E-mails to **crt-efiling@tulaliptribes-nsn.gov** are automatically received and will be processed. You will receive an additional email with a conformed copy for your records and/or service upon other party.

Many of our court public forms can be found online at:

tulaliptribalcourt-nsn.gov/FormsAndFilings/CourtForms

### **Communication With the Clerks Office**

If you need to communicate with the Clerks office, that is NOT an e-file, please send to:

courtclerks@tulaliptribes-nsn.gov

For example; judge reviews, court orders associated with a hearing, calendar requests AND during hearings for proposed orders requiring judge's signature.





## INDIGENOUS BREASTFEEDING

Counselor Training Certification

Join us for a five-day (45 hour) course providing foundational lactation education and certification to Native people so that they provide clinical breastfeeding support in their communities.

12 MON TUE WED THU FRI SAT 12 13 14 15 16 17 18

# SEPTEMBER 13<sup>TH</sup> - 17<sup>TH</sup> FROM 9AM TO 5PM

Hibulb Cultural Center, Classroom 1 6410 23rd Ave NE, Tulalip, WA 98271

For more information contact Morgan Peterson at 360-926-5978.

This is a **FREE** event to anyone that self-identifies as Indigenous and lives in Snohomish County. However, priority will be for Tulalip Tribal Members. Food and beverages will be provided.



### meet your instructor

Camie Jae Goldhammer (Sisseton-Wahpeton)



## LIMITED SPACE

Scan This QR Code to Register!

Sponsored by: Tulalip Maternal-Child Health Program

