



TPD: Solidarity with community

By *Kalvin Valdillez*

May 25, 2020 the world was shocked, outraged and heartbroken. The murder of George Floyd was captured on camera and circulated the internet for all to see. A black man unjustly and untimely taken from his loved ones at the hands of four law officials, exposing many to a reality that is unfortunately all too familiar within black communities across the country.

The call for justice was immediate. In the middle of a pandemic the Nation's obvious divide split even deeper and a lot of people's ethics and morals were voluntarily put on display, for better or for worse. Whether it was marching at Black Lives Matter rallies or spewing emotions over keyboards, the world began to see exactly where people, companies and businesses stood on heavy topics such as police brutality and systemic racism.

Since accepting the position of Chief of Police for the Tulalip Police Department (TPD) back

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Tulalip Legacy of Healing and Child Advocacy Center are here for you

By *Kalvin Valdillez*

"I really want people to know that they can reach out in any capacity at any time," said Tulalip Legacy of Healing and Child Advocacy Center Manager, Jade Carela. "And remind people that though things might be slowed down and we might be doing things a little differently, we're still here for you."

For years the Tulalip Legacy of Healing (LOH) and Child Advocacy Center (CAC) have represented

safety, healing, hope and new beginnings for many Tribal members looking to escape sexually abusive or violent relationships. Typically, the LOH and CAC staff are busy year-round raising awareness for the victims of DV and survivors of sexual assault.

For instance, April is National Child Abuse Prevention Month and Sexual Assault Awareness Month, and that month alone is jam-packed with a number of seminars, panels and classes aimed to

provide a safe space for victims to speak, express their emotions and begin the healing process. The month also is held in part to educate the community about what sexual assault is, how often it occurs and how to identify warning signs. But with the presence of the pandemic, the LOH and CAC team was met with a number of challenges that they were forced to quickly overcome in order to ensure their clients, and anybody in need of their services, could access them.

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in 2018, Chris Sutter has designed a community-driven police force, prioritizing the safety of the tribal community at large. At a time when local police departments are under the watchful lens of their towns and cities, Chief Sutter's main objective of creating a strong bond between officer and citizen has never faltered and his motives never changed.

"I feel it's very important, especially in our tribal community, to build relationships and get to know the community members," expressed Chief Sutter. "A big part of that is building trust and working with the community to help solve problems. I try to model that behavior by taking up opportunities to go to local Tulalip community events. I also work closely with the Tulalip Citizen-Police Advisory Board, which is comprised of Tulalip citizens who are elected to provide important oversight and recommendations to the Chief of Police.

"One of the areas that we build trust is through accountability. I've implemented a system that says all complaints will be received, reviewed and investigated. And every complaint is logged and tracked. Shortly after I arrived here, we implemented a citizen feedback form on our website. Citizens can complete the form, they can call on the phone or come in person, we'll accept all feedback. These are internal systems that we've put in place to hold ourselves accountable to the community, and to also help the officers in our department improve and establish trust and credibility."

Following the George Floyd killing, millions nationwide took to the streets calling for the arrest and prosecution of the officer who committed the murder by strangulation, as well as the officers who stood by and watched as a man who pleaded 'I can't breathe', had his last breath stolen. Although most events were organized to be peaceful marches, many were taken over by radicals with intentions of raising tension. And some, under the guise of 'protecting their towns', openly toted assault weapons and waved the confederate flag.

During the early days of protests, riots ensued in many cities and businesses were targeted and looted, by whom was hard to say although both political parties seemingly agreed to blame the damages on extremist groups whose views more aligned with the opposite party, depending on who you asked.

After a chaotic week in Seattle, the alleged radical groups began organizing lootings via Twitter and high on the list was the Seattle Premium Outlets which is located in the city of Quil Ceda Village on the Tulalip Reservation.

Alongside the Sacred Riders and Tulalip land protectors, Chief Sutter and crew defended the Sduhubš home base by quickly shutting down the entire city, which included large corporations that were still in operation during COVID-19 like Walmart, Cabela's, and Home Depot, as well as a handful of small businesses. All roads and overpasses leading into the city were also swift-

ly closed and TPD officers were stationed at blockades throughout the reservation to prevent any destruction or theft from the outlet mall.

For nearly five entire days, the TPD stood side-by-side with their community, protecting the land and its people with minimal arrests and damages occurring.

Days following the looting threats, TPD participated in a rally against racism organized by the Marysville YMCA. Chief Sutter and multiple police officers marched along with Tulalip tribal members and the local populace through the Marysville streets, from Jennings Park to the Ebey Slough Waterfront.

"The Marysville YMCA [director] asked us to participate with the Tulalip Tribes in a peaceful rally and march in support of anti-racism, and in support of Black Lives Matter. I was honored to speak at the beginning of the rally and march with the Black Student Union, community members and Tulalip tribal members. I want the community to know I stand united against racism. I stand united against police misconduct and abuse.

"When the George Floyd murder occurred in police custody - death at the hands of four Minneapolis police officers, I was, as the rest of the world, shocked, saddened and disgusted by watching a human being's life taken on video at the hands of police. I find that reprehensible and inexcusable and totally unacceptable in any context. There's no excuse for that type of behavior. I fully support both the firing and the

criminal prosecution of those officers. My goal is to never have that happen here at Tulalip."

Many people who come from a community where police misconduct is practiced regularly, often reference a glaring disconnect between their police department and the people they are hired to protect and serve. Whereas at Tulalip, Tribal PD attend a myriad of events throughout the year, whether it be sporting, cultural, or scholastic, the officers take the time to build personal relationships with the people of Tulalip.

In addition to taking a stance against racism, supporting the Black Lives Matter movement, and protecting Tulalip territory, TPD has helped out immensely since Tribal government shutdown during the outbreak of COVID-19. Over the past few months, the department has assisted at a number of Tribal member grocery and food distributions, as well as lending a hand to the Tulalip Senior Center to assemble and deliver care packages to local elders, which included masks and gloves.

Another aspect to Chief Sutter's stronger together plan was the development of the Professional Standards Unit in which he intentionally placed a qualified Tribal member, Angela Davis, whose duties are to thoroughly vet potential recruits, investigate and manage both citizen and internal complaints, as well as help update and revise TPD's policies and procedures.

"I think it's really good that we have a Chief who is willing to

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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Sherrill Guydelkon, 1945-2008



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stand alongside the people and allow them the space to express their freedom and be heard in a peaceful way,” Angela reflected. “Especially for us as Indigenous people, and everything that happened to us, it just makes sense that we would support another minority group that things are happening to that shouldn’t. I think it helped bring the African American and Native American communities closer together. I think the Chief is going in the right direction, there’s some changes taking place to be more organized and more accountable. We’re getting bigger and a culture change is much needed.”

Angela and the Chief both explained that in the wake of the George Floyd murder, they are cur-

rently revising the TPD’s use of force policy, specifically prohibiting neck choke holds like the tactic used to execute George Floyd. Additionally, Chief Sutter is amping up trainings on de-escalation, stating he doesn’t want his officers to get involved physically unless its justifiable beyond a reasonable doubt as well as necessary for the safety of the individual, the officers and the public.

“I brought in an expert, a master instructor in the use-of-force, to consult with me on that policy revision,” said Chief Sutter. “I am also looking nationwide at the best practices on de-escalation and use-of-force. I want every reasonable opportunity to de-escalate a critical situation to minimize the amount of

force an officer has to use to bring that situation under control.

“We will integrate communication and de-escalation tactics into every call we go to. I want our officers to be communicators, problem solvers and peacekeepers,” he continued. “I subscribe to the guardian philosophy, the guardian versus warrior mentality. Our officers are not at war with our community. We are here to protect our community and to safeguard them, it’s a mental mind shift. And when force is necessary, ensuring that we’re using only the appropriate level of force. Something that I’ve implemented is a critical incident review process form. Every time force is used in this police department, it will be reviewed through the chain of command.”

To round out the mission of unity between the Tribe and the police, Chief Sutter’s latest task is getting more Tulalip representation on the squad. He will be making a focused effort to bring more Tribal members onto the force during the next round of recruitment.

With a few adjustments and revisions, the police department is heading in the right direction, working to ensure the tribal society that they can depend on local law officials through both the good and

difficult times as we venture into a future of uncertainty and unknown. Even when a good chunk of American municipalities are currently at odds with their local police, and many of those departments will likely be defunded (funds redirected to other qualified professionals), TPD and Tulalip stand in unity.

To show the police department that the Tribe returns the love and support, approximately twenty tribal members recently surprised Chief Sutter and squad with a ceremonial blessing, providing the medicine of song and sage.

“My highest goal is that everyone in this community is treated respectfully,” the Chief said. “I was personally touched to see Tulalip members come one evening and offer their prayers and blessings, singing on behalf of our police department. In addition, one tribal member made personalized hand sanitizers for every member of the department, we enjoy very strong support from our Tribal members. I believe there’s a lot of work to do though, and we have plenty of opportunities for improvement in how we build relationships and how we provide exceptional service. I just want our community know how grateful I am to have this honor to serve the Tulalip people.”

LOH, CAC from front page

“When COVID first happened, we moved everything to tele,” Jade explained. “Tele just means that we’re providing that service from home. And the therapists are also doing mental health services from home. We really don’t see anybody in-person anymore. I took on our lead advocate’s phone, so we still respond to emergencies and anything that comes up.”

Last month, Tulalip Child Advocate, Sydney Gilbert, hand-delivered fliers to businesses located

on the reservation out of concern that people, especially children, are less likely to report due to the coronavirus pandemic.

“We’re really trying to focus on the fact that we have to rely on everyone, on each other, right now to look out for the safety of kids,” Sydney stated. “Because they are not with their teachers on a regular basis, they’re not with other kids, they aren’t even with other family members who they can disclose that information to. There are a lot of kids stuck at home



Right: Jade Carela (center) and the Child Advocacy Center advocates, Sydney Gilbert (left) and Megan Boyer (right), hosting a 2019 National Child Abuse Prevention Month and National Sexual Abuse Awareness Month panel at the Tulalip Administration building.

with their abuser, with no access to a mandated reporter, no way to escape that environment that they're in."

A decision was recently made to close the Tulalip Legacy of Healing Safe House indefinitely, but Jade wants to ensure the community the LOH department still has plenty of resources and can help direct individuals seeking refuge to a nearby shelter or safe house.

"The Legacy of Healing is still there; we just don't have a safe house anymore, but we have other

places that we know of where there are shelters," said Jade. "If you are Native, we work with a place in Seattle that provides assistance when it comes to needing a hotel or things like that. Even though we don't have our safe house, there's other Native safe houses within Washington State that we have a good relationship with, and there's also other shelters that we have good relationships with. We still have the advocate and attorney right now who's able to help with our cases."

In addition to passing out

informational fliers, the Tulalip LOH and CAC recently launched their Facebook page where they plan to share various articles and educational pieces surrounding heavy topics such as domestic violence and sexual abuse.

"This information is important because the abuse is still happening, whether we're seeing it or not," said Jade. "We need to be there for them, even if it's just one child or one adult that comes forward with something that's been going on. They need that support, they need someone there, and they

need a service that's going to be thinking of their best interest while going through this process. We're always here, so reach out. We can be on the court calls with you and connect you with the attorneys. We can talk with you, we can offer other resources to you, we are here for you."

For more information, please contact the Tulalip Legacy of Healing at (360) 716-4100 or the Tulalip Child Advocacy Center at (360) 716-KIDS (5437), and be sure to also give their new Facebook page a follow.

"We're really trying to focus on the fact that we have to rely on everyone, on each other, right now to look out for the safety of kids."

- Sydney Gilbert, Tulalip Child Advocate

#Essential4Kids

Kids Need Schools to Continue Reporting Abuse During COVID-19 Crisis

Empowering teachers, counselors, bus drivers and nutrition staff in their role as mandated reporters during the COVID-19 Crisis.

Students Not Being in School Creates Barriers to Reporting Abuse

In times of crisis and economic instability, child abuse and neglect rates increase. However, reports of child abuse and neglect in Washington have declined dramatically. The ability to speak up for kids' safety is crucial at this time.

To Report Effectively, Explain how the Suspected Abuse has Impacted the Child

Example: (Child) has not engaged in the virtual classroom in 10 days but has Internet access. I have made 5 failed attempts to contact parents. Concerned that (child's) lack of participation is negatively impacting his/her education. (Child) experienced physical abuse one year ago.

Making a Report is Asking for Help and Services

If you reasonably suspect a child is unsafe - report. You do not need proof. You are not making an accusation. You are asking for a professional to help a child and their family.

You May Be the Only Person to Act

If something does not look safe, sound safe or feel safe - report.

Where To Report
24-hour/7 days a week
Child Abuse/Neglect Hotline
1-866-363-4276 or 1-866-END-HARM

Additional information available at www.dcyf.wa.gov/safety/report-abuse

#Essential4Kids

Kids Need All Adults to Report Abuse During COVID-19 Crisis

A resource for all adults describing signs of child abuse and where to report. Reporting child abuse and neglect is everyone's responsibility.

Helpful Tips for Protecting Children

Continue to let students know you remain a supportive, caring adult in their lives:

- Check in regularly with students and/or caregivers. Provide encouraging messages.
- Ask questions to engage children. Ex: "Give me one word that describes how you feel today?" "How is learning from home different from learning at school?"

Signs of Concerns:

- For students with technology/internet access: lack of virtual attendance or homework not completed over a long period of time.
- If you have had no contact at all with a family after many repeated phone calls/messages.
- If a child communicates they feel unsafe, you see a child in a dangerous environment or you notice a significant change in a child's mood/behavior.

Make an extra effort with children who:

- Have a history of emotional, sexual, physical abuse or neglect, drug use or discussed/attempted suicide.
- Are responsible for the care of other children or live in a highly stressful family situation with limited support systems.
- Require assistance due to physical, mental, behavioral or medical disabilities or delays.

Legal Responsibilities and Protections:

- School personnel are mandated reporters. If you have reasonable cause to suspect child abuse or neglect, you must directly report it immediately to the hotline 1-866-363-4276.
- No administrator or supervisor may impede or inhibit any report.
- When you make a report in good faith you are protected against civil/criminal penalty or adverse employment action.

Where To Report
24-hour/7 days a week
Child Abuse/Neglect Hotline
1-866-363-4276 or 1-866-END-HARM
If a child is in immediate danger, call 911.

#Essential4Kids

Kids are Counting on All Adults to Protect Them

This means YOU! This resource is for any adult who interacts with a child. It outlines signs of abuse and neglect and where to report.

In times of crisis and economic instability, child abuse and neglect rates increase. However, reports of child abuse and neglect in Washington have declined dramatically.

Children are not going to school, activities, places of worship and other public places where adults look out for their safety and well-being.

Trust your Gut

If something does not look safe, sound safe or feel safe - report.

Making a Report is Asking for Help and Services

When you report, you are asking for a professional to help a child and their family. You do not need proof. You are not making an accusation.

You May Be the Only Person to Act

If you reasonably suspect a child is unsafe - report. Anonymous reports are accepted from anyone. Anyone making a report in good faith is protected against civil/criminal penalty or adverse employment action. Your identity is held confidential and will not be revealed.

Where To Report
24-hour/7 days a week
Child Abuse/Neglect Hotline
1-866-363-4276 or 1-866-END-HARM
If a child is in immediate danger, call 911.

#Essential4Kids

Some Signs a Child is Not Safe

Physical abuse

- Child appears frightened of the caregiver.
- Child has burns, bites, broken bones, bruising, black eyes or complaints of pain.
- Caregiver offers no explanation of a child's injury, the parent "blames" the child's behavior or personality for the injury. Ask yourself "Does the story match the injury?"

Sexual abuse


- Child attaches very quickly to strangers or new adults in their environment.
- Demonstrates unusual sexual knowledge or behavior for their age.
- Difficulty walking or sitting.
- Witnessing an adult inappropriately touching a child, watching pornography with a child or saying sexual things to a child.

Emotional Abuse


- Child shows extremes in behavior: overly aggressive or compliant.
- Appears emotionally unattached to caregiver and others.
- Caregiver constantly blames, belittles or berates the child and refuses to help the child when needed.

Neglect

- Child begs or steals food, has severe poor hygiene or states that no one at home provides care.
- Witnessing a child using alcohol or other drugs.
- Highly stressful family situations and/or adults in home abusing alcohol or other drugs.
- Unlocked weapons or guns in the home.



Tulalip Tribes Child Advocacy Center
2321 Marine Dr NE, Tulalip WA 98271
360-716-5437 (Main) 360-631-7663 (24-Hour On-Call)



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Thanks to our partners at Missouri Kids First for developing and sharing these resources for customization.

Tulalip Tribes Climate Adaptation and Resiliency Plan

Strong and Ready for Change -

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By Ben Lubbers, Associate Planner
Tulalip Tribes

When you talk to Patti Gobin in the Tulalip Tribes Natural Resources Department about how a changing climate will impact her people's treaty rights and how they plan to adapt; it doesn't take long to realize that the Tulalip Tribes are strong and ready for change.

After a listening session with Gobin; Tulalip's Climate Adaptation Core Planning Team learned that for the Tulalip people, adapting to change isn't something new. "Since time immemorial Coast Salish people have been dealing with changes that have impacted how we live our lifeways" said Gobin. "Both the coming of western civilization and an economy based society and changing climate have had impacts". So, for Gobin and the Tulalip people, "Being strong and resilient to change is already a part of who we are and how we live."

According to Gobin, their approach comes from a place of strength. It's connected to the cultural values that have been passed down through traditional stories, teachings, and songs. "We must be prepared to address the changes coming our way to live the resiliency our ancestors handed down." said Gobin. For the Tulalip people, the value of following and upholding the teachings of their ancestors is taught by the traditional story - Her First Basket.

Stories and values like these guide the work of Tulalip Tribes Government and Tulalip's Climate Adaptation Core Planning Team. For Verna Hill, Director of Tulalip's Community Health Department, these values are ingrained in her day to day work. She and her team know the value of strengthening people, which is one of the core

values taught by the traditional story of - Mud Swallow's House.

Through their policies and programs the Community Health Department is building a strong and resilient community one person at a time. Are they concerned about vulnerable populations affected by longer fire seasons and poor air quality? Absolutely, but together with the Climate Adaptation Core Planning Team, Hill has been identifying community health concerns that may get worse as a result of climate change. That way they can plan ahead and make adjustments to meet the changing needs

In addition to community health concerns, many people consider climate change an emergency! According to a recent climate change survey, residents in Tulalip are concerned about the negative impacts that environmental hazards might have. That is where Tulalip Tribes Emergency Manager, Ashlynn Danielson steps into help. Through the Tulalip Tribes Hazard Mitigation Plan these concerns are being looked at, addressed, and prioritized.

In some cases more frequent wind storms may cause more frequent power outages. Together with the Public Works Department and Tulalip Utilities Department, Danielson has worked to increase the amount of back-up generators for Tribal facilities like the Tulalip Health Clinic and new police and court buildings. In addition, Tulalip Public Works has developed a new fuel reserve located on the Reservation to serve as a back-up in case fuel is needed to keep generators going longer. For Danielson and her team they embrace the opportunity to uphold and serve their people, a value that is highlighted by the traditional story - How Daylight was



Stolen.

Similarly, Danielson, and the Climate Adaptation Core Planning know the importance of listening to people. According to Danielson, you don't need to be a climate scientist to help your community plan and adapt. Everyone has something to offer in terms of observing and providing information to better understand the changes we are experiencing. Showing respect and listening to every individual is a cultural value that is identified in the traditional story- Lifting Up The Sky. Listening to elders, youth, tribal leaders, fisherman, employees, tribal members, and community members is an important part of Tulalip's efforts to adapt and plan for change.

In November of 2019, the Climate Adaptation Core Planning Team worked with the Tulalip Communications Department and sent out a survey to find out what the community thought about Climate Change and Hazard Mitigation topics. According to the survey results 44% of survey respondents have noticed more frequent extreme weather events in our community and 88% of

respondents have noticed changes in temperature. In addition, survey respondents said they noticed changes to the environment including 28% noticing more frequent flooding and 26% noticing landslides/mudslides.

Unfortunately, for many Indian Tribes across the country climate change has had a much larger impact on their way of life. Reservations are typically more isolated and indigenous people generally live closer and are more dependent on the environment. Therefore changes to the climate and the environment can impact tribes more directly than other people or communities.

For the Tulalip people and other Coast Salish tribes this includes impacts to the rivers, forests, and oceans they depend on. When these areas are negatively impacted access to treaty rights such as fish and shellfish are impacted. According to the Tulalip Tribes Climate Change and Hazard Mitigation Survey 66% of survey respondents were concerned about how climate change will impact plants and animals like orcas, salmon, and huckleberries.

Continued on next page

Because of this disproportional impact, the Tulalip Tribes and other Native American Tribes have taken the lead when it comes to planning for climate change. According to a database maintained by the University of Oregon, at least 50 tribes across the U.S. have assessed climate risks and developed plans to tackle them. With more than 570 federally recognized tribes con-

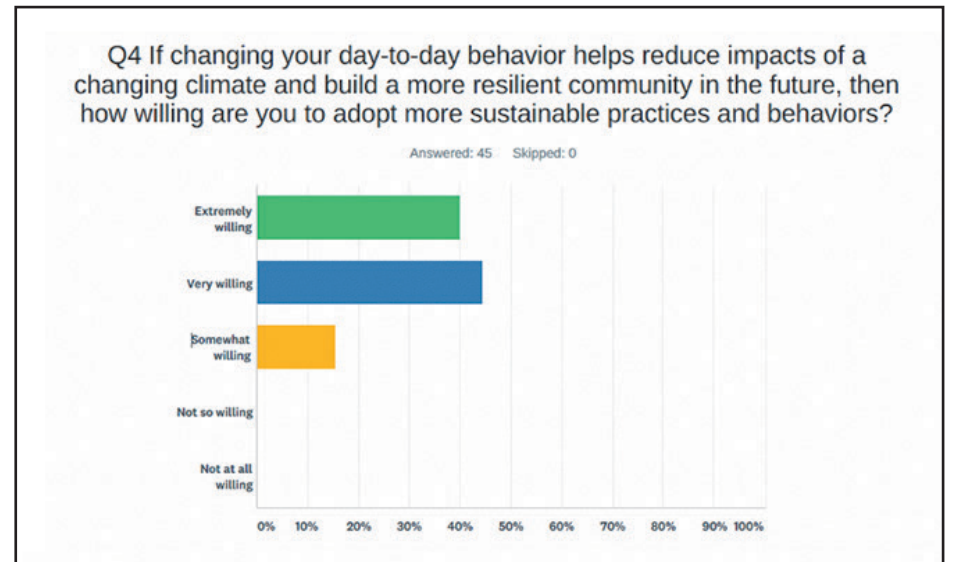
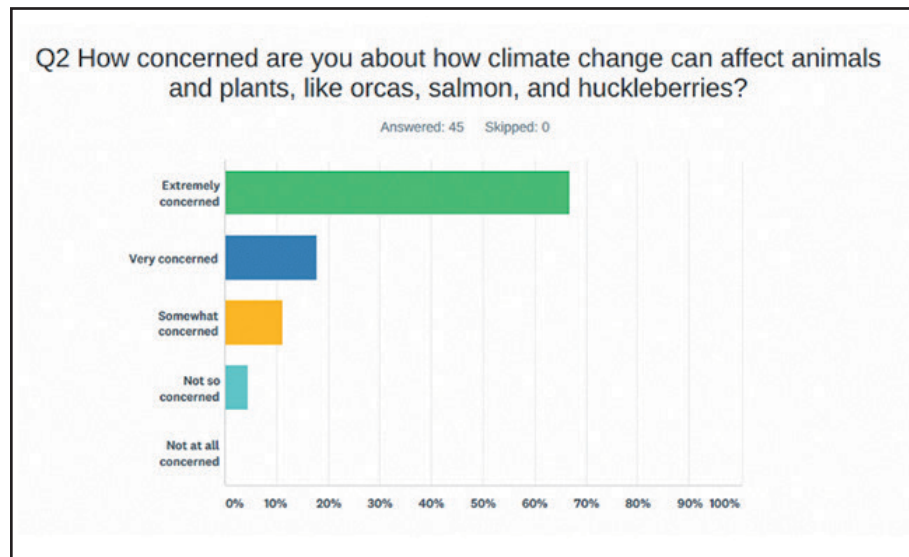
In some cases this information includes memories and connections to special places that have been passed down from grandparents to parents. This information is important to help prioritize and protect these special places both on and off the Reservation. Respecting the community of our elders past and present, and paying attention to their good words is a cultural value that

are most vulnerable.

However, instead of just monitoring and planning for these changes, the Tulalip government and its community also want to reduce the impacts of climate change by reducing carbon emissions. According to the Intergovernmental Panel on Climate Change (IPCC) cutting carbon emissions from energy and transportation sources will

portunity to make changes that will help us lessen the impacts of climate change while at the same time protecting vulnerable populations of people while also stimulating the economy.

Addressing and prioritizing all the issues associated with climate change takes a lot of work. Work that requires us to educate and communicate with each other. Work that



trolling 50 million combined acres, Tribal planning and adaptation efforts are building resilient communities throughout Indian Country.

For the Tulalip Tribes and other Native Nations in the Pacific Northwest the need for healthy rivers, forests, and oceans that can support healthy salmon runs is at the forefront of these planning efforts and has been for decades. This work includes a larger effort to coordinate with, and in some cases litigate, city, state, county, and federal agencies in order to advocate for and protect tribal treaty rights. A lot of this coordination has to do with sharing scientific information, reviewing data, and talking to Tribes to better understand what the impacts are.

To better understand the extent of climate change impacts, the Tulalip Climate Adaptation Core Planning Team is closely monitoring the latest regional and global scientific information. In addition, they are studying and monitoring local conditions right here in Tulalip. This includes conducting scientific studies as well as gathering information about the local area from tribal members, tribal elders, and other community members.

is represented in the story of the Crane and Changer.

One of the special places that is being impacted by climate change is the shoreline. According to Tulalip's Climate Change and Hazard Mitigation Survey 28% of respondents have witnessed coastal erosion over the years and 42% have noticed damage to our roads and other infrastructure. Tulalip's Natural Resources Department is working hard to determine the extent of the problem. In some cases coastal erosion is natural, but according to observations from Tulalip fisherman coastal erosion seems to be happening more often than in the past.

To help address this issue the Tulalip's Climate Adaptation Core Planning Team has been monitoring the science and potential impacts that sea level rise could pose in our area. One way to do this is to go out in the field and monitor vulnerable low lying coastal areas during annual king tides. The king tides provide a glimpse 25-50 years into the future to a time when our regular high tides could potentially reach these levels. Monitoring the largest tides of the year helps Tulalip figure out the places and infrastructure that

not be enough. The IPCC states that in order to keep global temperatures at safe levels we also need to transform the way the world produces, packages, and transports food. This will require a sincere effort by individuals, governments, non-profits, local business, and corporations from around the world to change. Specifically, we need to change how we provide and consume our energy and food. This means changing the way we get around, changing the way we heat our homes/work, and changing where and how we get our food.

Taking doctor's orders from Mother Earth, isn't something that everyone is willing to do. However, according to Tulalip's Climate Change and Hazard Mitigation survey 84% of respondents are either extremely willing or very willing to change their day to day behavior to help reduce the impacts of climate change. This could be as simple reducing the amount of beef in your diet or tele-commuting to work. However, this could also mean encouraging government, tribal leadership, and businesses to take action. Both governments and business around the world have an op-

requires us to monitor, observe, plan, and prioritize mitigation and adaptation efforts. At times the amount of work that needs to be done can feel overwhelming. However, its times like these that we can turn to the Tulalip Tribes traditional and cultural values for guidance and support. This includes the cultural value of working hard and always trying our best. This value is represented in the traditional story- How we got the Salmon Ceremony. It's through the understanding of these values that we know the Tulalip Tribes are strong and ready for change.

For more information about Tulalip Tribes Climate Adaption and Hazard Mitigation efforts please visit the following websites.

Tulalip Office of Emergency Management
<https://www.tulaliptribes-nsn.gov/Dept/OfficeOfEmergencyManagement>

Tulalip Natural Resources – Climate Change Page
<https://nr.tulaliptribes.com/Topics/ClimateChange>

TULALIP TRIBES ENDORSEMENTS FOR THE AUGUST 4 PRIMARY



The Tulalip Tribes Board of Directors encourages all eligible residents to vote. Voting is how we choose our leaders and influence policy. Failing to exercise this fundamental democratic right can have real consequences. Voting is easy, just drop off your ballot in the box located in the parking lot at 6700 Totem Beach Road (next to the Youth Center).

Register to vote at www.wa-democrats.org/tribalorganizing/

Below are the Board of Director's recommendations for the Snohomish County August 4th Primary.

Federal Partisan Office, Congressional District 2 US Representative
RECOMMENDATION: RICK LARSEN

State Partisan Office, Governor
RECOMMENDATION: JAY INSLEE

State Partisan Office, Lt. Governor
RECOMMENDATION: DENNY HECK

State Partisan Office, Secretary of State
RECOMMENDATION: GAEL TARLETON

State Partisan Office, Treasurer
RECOMMENDATION: MIKE PELLICCIOTTI

State Partisan Office, Auditor
RECOMMENDATION: PAT (PATRICE) MCCARTHY

State Partisan Office, Attorney General
RECOMMENDATION: BOB FERGUSON

State Partisan Office, Commissioner of Public Lands
RECOMMENDATION: Hillary Franz

State Nonpartisan, Office Superintendent of Public Instruction
RECOMMENDATION: CHRIS REYKDAL

State Partisan Office, Insurance Commissioner
RECOMMENDATION: MIKE KREIDLER

State Partisan Office, Legislative District 38 State Senator
RECOMMENDATION: JUNE ROBINSON

State Partisan Office, Legislative District 38 State Representative Pos. 1
RECOMMENDATION: EMILY WICKS

State Partisan Office, Legislative District 38 State Representative Pos. 2
RECOMMENDATION: MIKE SELLS

Public Utility Nonpartisan Office, Public Utility District No. 1 Commissioner District 1
RECOMMENDATION: SIDNEY (SID) LOGAN

Phase I Burn Ban in effect until further notice

The Tulalip Tribes are issuing a Phase I fire safety Burn Ban for the Tulalip Reservation effective immediately. All burn permits issued by the Tulalip Tribes are suspended during the period of any burn ban declared for any purpose by the Tulalip Tribes.

This burn ban is being issued pursuant to the Tulalip Tribes Environmental Code, section 8.20.180 Fire Safety Burn Bans, (2) Phase I Burn Ban. During a Phase I Fire Safety Burn Ban, no person may

light any outdoor fire including fireworks and other incendiary devices; provided that recreational campfires may be lighted in approved metal or concrete enclosures in designated areas within campgrounds or on private land with the owner's permission and which:

- Are spread no larger than three (3) feet across;
- Are located in a clear spot free from vegetation for at least 10 feet in a hori-

zontal direction and having no overhanging branches; and

- Are attended at all times by an adult with immediate access to a shovel and a charged water hose.

This Burn Ban does not affect ceremonial or cultural fires but they must be attended at all times by an individual with equipment capable of extinguishing the fire.

Special Elk Permit Drawing



418 Drawing will be done a bit different due to COVID, we will not have a meeting but Tulalip Tribal Hunters will be given the opportunity to put in for the drawing from July 29th- August 5th, 2020.

- Tribal member will need- Tulalip Tribal ID.
- Tribal member can only enter one time
- Tribal members may only check one box.
 - Veteran
 - Elder (62 or older)
 - General (18 or older)
- Tribal members will go to the Tulalip Administration Building and see a CSR (front desk staff) to be entered.
- All entries must be entered in person. No exceptions. |

We will be pulling names on August 6th, 2020 on the North side of the Tulalip Administration Building (outside) at 12:00pm (noon). This will be a non-designated hunt, meaning that you cannot designate a hunter to fill your tag if your name is drawn.

If you have any questions you can call
Jason Gobin at (360) 716-4595

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



Healthy Eating for Kids

Submitted by SNAP-Ed Coordinator
AnneCherise Jensen

In today's day and age, it can be a challenge to get kids to eat their fruits and vegetables. With processed and fast foods so easily convenient, getting kids to eat a healthy well balanced meal can be a chore. However, it's extremely important that kids eat foods high in nutrients to ensure their growth is adequate going into adulthood. Most children and teens need to eat every 3-4 hours throughout the day to fuel their growing, active bodies. Children should be eating 3 meals and 1-2 snacks a day. If they are more physically active or going through a growth spurt, they may require even more nutritious snacks. It's recommended to have a total of at least 5 servings of fruits and vegetables a day. This can mean 2 servings of fruits and 3 servings of vegetables, or 1 serving of vegetables and 4 servings of fruits. Here are some easy tricks to help get your children to eat a more well balanced diet!

Offer Taste Testings: Children are often hesitant when trying new foods, especially fruits and vegetables. Try offering taste testings fre-

quently, especially while kids are young. This will get them in the habit of trying new foods and exploring their taste buds. Talk about what qualities they experience while trying new foods - is it sour, salty or sweet? What is the texture like? What color is the food? What does it look like and where does it come from? Having in depth conversations like this with children while they are young will help them develop a healthy relationship with food as they grow. They may not end up liking all the foods they try, but they will find new foods they do like along the way. The important part is, encouraging them to try.

Make Meals Simple: Don't over season or make meals complicated. The simpler, less seasoned the dish is, the more likely the children will eat the desired food. Kids taste buds are much more sensitive at a young age, and tend to gravitate to simple flavors. Try to limit excessive sweetened or salted foods, also.

Sneak In Healthy Ingredients: Can't get your kids to try fruits and vegetables? Try sneaking them into foods. If you cut up produce small enough, once it's cooked into the dish, children may not even notice they are there. Onions, mushrooms, peppers, tomatoes, and spinach are common vegetables that can be snuck into any pasta, soup or casserole dish.

Allow kids to have a say in the produce department: Plan a fun trip to a grocery store

or farmers market with your children. If you are limiting the number of household members shopping at one time, kids can help make the shopping list. Allow kids to have a say in what produce is chosen. Have your kids take a look at some recipe books and encourage them to pick out healthy recipes. The more you involve the children in the process, the more inclined they will eat the fruits and vegetables once you are home.

Invite kids to cook with you in the kitchen: The best way to teach kids about eating right, is getting them involved in the kitchen. Cooking is a valuable life skill that teaches children about nutrition and food safety, as well as building math, science, literacy and fine motor skills. Chores your children can do in the kitchen include; rinsing produce in the sink, tearing lettuce, slicing fruits and vegetables, cooking with the microwave oven, creating a fruit and vegetable tray, and setting the table for dinner time.

Parents as Role Models: Many children will eat foods and follow eating patterns their parents and older family members set. Lead by example. Choose to eat a wide variety of healthy meals, and be the example your children need. They may fight eating healthy foods while they are young, but as they get older and their taste buds change, they will most likely eat foods their parents and role models eat at the dinner table.

Here are some kid friendly fruit and vegetable ideas to try at home:

- **Homemade Smoothies :** Give kids the opportunity to create their own smoothie creation! Blend together plain low-fat yogurt, preferred milk product or even coconut water with fruit pieces and crushed ice. Try frozen or fresh bananas, berries, peaches, grapes, mangos and cherries. This is also a great opportunity to sneak in vegetables without children detecting flavor.
- **Healthy Dips for Fruit & Veggie Trays:** Kids love to dip their foods. Try making some healthy fruit and veggies dips that increase both flavor and nutritional value of the snack. Whip up a quick dip for veggies with plain yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with yogurt and cinnamon or vanilla dip.
- **Colorful kabobs:** Assemble chunks of melon, apple, oranges, strawberries, bananas and pears on skewers or toothpicks for a fun fruity kabob. For a veggie version, use vegetables like sugar snap peas, zucchini, cucumber, squash, sweet peppers, or tomatoes.
- **Personalized pizzas:** Create a pizza-making station in the kitchen. Use whole-wheat

English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings, like pineapple, peppers and mushrooms. Let kids choose their own favorites, then pop the pizzas into the oven to warm.

- **Apple Slice Cookies:** Rather than offering cookies for dessert, try making apple slice cookies instead. Slice the apple into thin slices, add your favorite nut butter, then top with your favorite toppings. This could include chocolate chips, coconut, dried fruit, honey and nuts.
- **Frosty fruits :** Frozen treats are especially popular during the summer months. Try putting fresh fruits such as watermelon, grapes, or strawberries in the freezer for a cold treat. Make "popsicles" by inserting sticks into peeled bananas and freezing.
- **Bugs on a log:** Use celery, cucumber, or carrot sticks as the log and add peanut or almond butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on how your children want to decorate their bugs!
- **Homemade trail mix :** Skip the pre-made trail mix and make your own. This is a fun project kids can get involved with in the kitchen. Use your favorite nuts and dried fruits, such as unsalted cashews, walnuts,

almonds, peanuts or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or mango. For even more nutrients, add whole-grain cereals to the mix, too.

- **Potato Face:** Decorate a baked potato. Use sliced cherry tomatoes, corn, peas, beans and low-fat cheese on the potato to make a funny face.
- **Nibble on lean protein:** Protein helps keep us full for a longer period of time and are ultimately great snacks to have convenient in the kitchen. Choose lean protein foods such as, beans, unsalted nuts and seeds, nut and seed butters, eggs, or plain low-fat yogurt orcheeses. Store boiled eggs in the refrigerator for kids to enjoy any time.
- **Jazz up your favorite cereal:** Try adding fresh fruit like strawberries, blueberries or bananas to kids cereal in the morning. This is an easy way to get them to eat fresh fruit. If it works well, you could even try adding almond flakes for even more nutritional value.
- **Liven Up Your Toast:** Instead of choosing white bread, choose a whole grain bread that offers more fiber, protein, vitamins and minerals. Get creative and add peanut butter and strawberries, or an avocado and tomato slice.

Continued on next page

Homemade Frozen Yogurt

Ingredients:

- 4 cups frozen strawberries or mixed berries
- 1 cup low fat or fat free greek yogurt (If you are sensitive to dairy, most stores carry coconut based, dairy free yogurt options)
- 2 Tablespoons honey
- 2 lime or lemon wedges

Directions:

- Add frozen fruit, yogurt and honey into a blender or food processor.
- Squeeze in the lemon or lime juice.
- Mix and blend well for 3-5 minutes.
- Serve immediately, or store in the freezer for up to 2 weeks.
- Enjoy!

Note: You can substitute or add any fruit ingredients into the frozen yogurt. Try adding peaches, bananas or even some coconut flakes to give it more flavor and texture. This is a great time to get creative in the kitchen, the possibilities are endless!

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

Source:

www.ChooseMyPlate.gov <https://www.eatright.org/food/nutrition/healthy-eating/how-to-encourage-kids-to-embrace-healthy-eating>



2020 Tutorial Homework Support Program Summer School

**Classes will start on August 10
and end on August 27**

There will be two sessions: 9am-Noon and 1-3:30 PM


K-2 – Building F

3-5 – Building F-2

6-12 – Building F-3

- There will be a Language component to the program this year.
- No Stem Robotics classes this year.
- Application can be e-mailed to dsimpson@tulaliptribes-nsn.gov or have your student bring them on the first day of classes.
- We won't be having field trips, but will do some outdoor activities with students.
- Because of the limited number of students in each classroom, the first twelve to sign-up for each class will get their choice of morning or afternoon classes

Contact: Valda Gobin, 360-716-4905 or Dawn Simpson, 360-716-4646 if you need more information



TUTORIAL APPLICATION – SUMMER SCHOOL

Name _____ Grade _____ School _____

Address _____ Phone _____

Parent/Guardian name _____

E-mail _____

Please list any allergies _____

We have three classrooms, K-2, Grades 3-5 and Grades 6-12 – there will be two sessions Monday – Thursday – Select one or two session

___ Morning Session – 9 a.m. – Noon

___ Afternoon Session – 1 – 3:30 p.m.

I give permission for my child to be photographed for use by the Tulalip tribes
Yes ___ No ___

I give permission to the Tulalip Tribes to transport my child if necessary in emergencies Yes ___ No ___

Parent Signature _____ Date _____

Student Signature _____ Date _____

I agree to represent my family in the best way.

Students are usually picked up at the Boys and Girls Club, but if they are picked up from the classroom, please list the people who are allowed to pick up your child in the space below. Thanks

Court Notices

TUL-CV-YG-2019-0425 and TUL-CV-YG-2019-0427. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: J. M.-R. and E. M.-R. TO: JUAN MADRIGAL: YOU ARE HEREBY NOTIFIED that 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 September 03, 2020 at 01:30 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: 1-571-317-3112, 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: July 25, 2020.

TUL-CV-YG-2020-0112. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: G. P. M.: ARLETIA JEAN PAUL, YOU ARE HEREBY NOTIFIED that a Petition for Guardianship (Youth) was filed in the above-entitled Court pursuant to TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on September 24, 2020 at 1:30 p.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 JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: July 25, 2020.

TUL-CV-YG-2019-0426. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: J. A.-R. TO: MAURICIO ARROYO: 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 September 03, 2020 at 01:30 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: 1-571-317-3112, 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: July 25, 2020.

CONNECTED
by
Community

Join our Community Class on
Wednesdays at 11:30 am through
zoom.

This class is by *donation only* with
all proceeds allocated
to our

Karma Love Fund.

<https://mayawholehealth.com/groupclasses.html>

Tulalip Remedy
LIVE HAPPY AND HEALTHY

Tribal cannabis dispensary offers
DISCOUNTS
for Tribal Members, Elders, and Military

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BINGO IS BACK!

OPEN DAILY NOON - MIDNIGHT

SLOTS: NOON - MIDNIGHT

BINGO: TWO SESSIONS - 1PM & 6:45PM

DELI HOURS: NOON - 9PM

TULALIP
BINGO & SLOTS

TULALIPBINGO.COM | 800.631.3313 | I-5, EXIT 200 WEST

MUST BE 18 TO PLAY BINGO, CLASS II SLOTS AND PULL TABS.



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.



Hibulb Cultural Center



& Natural History Preserve

Located less than a mile west of I-5 Exit 199
6410 23rd Ave NE, Tulalip, WA 98271

360-716-2600

HibulbCulturalCenter.org

