



Funds Distribution Report

Recipient Organization:
Heartbeat Family Support Services

Address:
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Tulalip, WA 98271

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Organization's General Goals:
Heartbeat's mission is to strengthen and support families by providing educational and supportive programs and events. Heartbeat works to develop programs to provide foster parents needed trainings and being available for consultation and support.

Date of Award:	Level:
2020 Q4	\$2,501 to \$5,000

For more information, please read the attached report from Heartbeat Family Support Services.

8802 27th Ave NE
Tulalip, WA 98271

TulalipCares.org

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Q4 2020 14.2 /2021 End of Year report For Tulalip Tribes

Heartbeat Family Support Services

People Served:

62 Indigenous Day Event

12 Families sponsored for the holidays

10 Consultations/Referrals for services

Significant volunteer time was dedicated to developing our Experimental and Learning garden program.

Exciting and challenging year. We had our first Indigenous Day Event, created a partnership with a local elementary school to provide a garden program. With Covid existing we had difficulties getting some things accomplished, however we made progress building our Garden and Culture Camp

Experimental and Learning Garden

We were able to finish the excavating needed to start the vegetable garden and medical garden. Experimented with various types of gardening methods with a focus on easy ways for families with limited growing spaces (wicking buckets, hydroponic buckets). We also experimented with Hugelkultur planting beds, pond beds and hydroponic methods. This spring we will be planting the Native American medicinal garden bed and the 3 Sisters planting method garden beds. We also purchased large water tanks to experiment with rainwater collection. Purchased a small greenhouse which will be put together in the next month to prepare for this growing season. Due to the generosity of our funders we have a majority of the needed materials we need for spring planting 2021.

We have found resources that will support our efforts. We identified a horse owner who will deliver us unlimited supply of horse manure, and a landscaper who can provide us unlimited amounts of nursery pots. As a write this report a

Bee keeper is installing 10 bee hives in the back of the property. The bee hives will provide pollination for the gardens and allow our students to observe the busy bees (from behind a fenced area for safety). We partnered with Forest Park Adventist School/ Church to collaborate on a gardening program. The garden program is to teach the students about gardening and to encourage the students to try new foods.

Culture Camp

Excavating for access to the camp is complete, we still have some clean up to complete before completing the graveling of the road and parking lot. In 2022 we will seeking funds to complete the road and for a covered picnic/Barbeque. We have identified where to establish a trail through the forest to teach students about local native plants. We plan to identify a good location for a theater in the woods for future storytelling and begin the clearing for the future theater.

Indigenous Day

We provided a cultural event on Indigenous day for our school partner. Exhibited various pieces of Native Art and jewelry. We provided fry bread tacos for lunch and displayed various native food items. There were 6 different craft tables, a drumming circle (the children were very exciting to learn to play a drum!!) and elders shared some teachings. 52 Students and 10 adults attended, it was such a success we are already planning on next year!

Consultations

We generally provide a lot of consultation to people working with the foster care system struggling to navigate the complexities of the system. However, this year we found we received a number of native fathers struggling with the court system in regards to custody and visitation issues with their children. We referred these fathers to various groups that support fathers, unfortunately all the programs available are in Seattle. We are exploring how we can support fathers in our community in the future.

As always what we planned on doing for the year did not go as planned. But when we started Heartbeat we wanted our mission to be flexible enough and be able to change as the needs of the community changes. Never even imagined having a pandemic to deal with would be a challenge. But the pandemic allowed us to see the need for self-sufficiency in our food supply, as well as having natural organic food. With the experience of zoom meetings to connect in many arenas we learned we could support people from anywhere. It will be interesting to see what direction the creator takes us in 2022.

Heartbeat Experimental and Educational Garden 2021

Excavating



Heartbeat Experimental and Educational Garden 2021

Gardening Methods



Hydroponic Buckets



Wicking Buckets



Ponds



Heartbeat Indigenous Day 2021

