



*Nettle Berry  
Popcicles*

**A TASTY  
SUMMER  
TREAT!**

See page 8

## Remedy is thriving as cannabis sales skyrocket during coronavirus pandemic

*By Micheal Rios*

Twenty-one months ago, the Tulalip Tribes took a major risk by venturing into the cannabis industry and opening one of the very first recreational dispensaries operated in Indian Country. After a rocky start, including switching up multiple management styles and sputtering for its place in local consumer loyalty, Remedy has course corrected under Quil Ceda Village leadership and a new manager truly in tune with cannabis culture.

The timing couldn't have come at a more opportune time either. With so many businesses still shutdown nationally because of the coronavirus pandemic, Remedy is thriving. Industry-wide cannabis sales continue to skyrocket as a result of society doing its best

See **Remedy**, page 4



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**Tulalip Tribes**  
6406 Marine Drive  
Tulalip, WA 98271

## National Museum of the American Indian highlights



See **Museum**, page 6





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6406 Marine Dr  
Tulalip, WA 98271-9694

360-716-4500  
Fax 360-716-0628

The Tulalip Tribes are federally recognized successors in interest to the Snohomish, Snoqualmie, Skykomish, and other allied tribes and bands signatory to the Treaty of Point Elliott.

May 15, 2020

**RE: 2020 Summer Fireworks Season Canceled Due to Pandemic**

**Tulalip Membership:**

The Tulalip Board of Directors has made the difficult decision to cancel the 2020 Boom City summer fireworks season. We met with the Boom City Committee, heard from a number of staff and tribal members, and carefully considered the potential risks of gathering people together for fireworks sales. The priority of the Tulalip leadership continues to be the health and safety of our tribal members. Given the continued uncertainty around this very serious pandemic, the Board of Directors has determined that we need to pause Boom City this year in order to protect the community.

The Board recognizes the importance of this event every summer for many Tulalip families. We hope that by taking these difficult actions, we will help bring a quicker end to the pandemic on our Reservation. We look forward to a return of Boom City fireworks sales, when it is safe.

Respectfully,

Teri Gobin  
Chairwoman  
Tulalip Tribes

The Tulalip Tribes are successors in interest to the Snohomish, Snoqualmie and Skykomish Tribe and other tribes and bands signatory to the Treaty of Point Elliot, January 22, 1855

syəcəb, the weekly newspaper of the Tulalip Tribes

Reporter: Micheal Rios, 360.716.4198, mrios@tulaliptribes-nsn.gov  
Reporter: Kalvin Valdillez, 360.716.4189, kvaldillez@tulaliptribes-nsn.gov  
Tulalip News Manager: Kim Kalliber, 360.716.4192  
kkalliber@tulaliptribes-nsn.gov  
Media & Marketing Manager: Sara "Niki" Cleary,  
360.716.4202 ncleary@tulaliptribes-nsn.gov

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



**TULALIP TV**  
[www.tulaliptv.com](http://www.tulaliptv.com)

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

**Not  
getting  
your  
syəcəb?**

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

## Enrollment/Trust

- Tribal ID Requests - forms can be emailed, or mailed. If needed ASAP, we can schedule a pickup time.
- Address changes email with name, tribal ID number, DOB or write out and take a picture and attach the form.

### Enrollment for New Members

- The Enrollment Committee meets once before the next Board meeting. All documents must be submitted by June 1 for the June 3 meeting.
- Email Rosie for an application, and if you have any questions.

### Trust Distribution

The form is on the website: <https://www.tulaliptribes-nsn.gov/Dept/Enrollment>

\* For your first-time distribution, you must complete a financial class. The class is available online at <https://www.tulaliptribes-nsn.gov/Dept/Enrollment>. Scroll down to Youth with Accounts and click on Financial Class.

\* Direct Deposit is the ONLY option to receive your funds, and we need proof of a bank account for all requests.

- **NEW DRAW FOR COVID19 EXPENSES** – We now have a draw available up to \$10,000 on accounts if you are already getting distributions. This is a one-time distribution until Dec 31, 2020. You must have already received at least one distribution of the four; you must have a high school diploma/GED or be over 22. This will not take place or disrupt your yearly release.
- **Investment Trust** - On May 1, the Board returned the minor's trust back to balanced portfolios as they were before March. If you were already conservative it will stay that way. If you want to keep conservative YOU MUST FILL OUT THE INVESTMENT FORM. You will have until June 30. The next time you can update it will be February 2021. Request and Investment Education form is being mailed out and will also be on the website, <https://www.tulaliptribes-nsn.gov/Dept/Enrollment>

Rosie's notary is expired. Please ensure any paperwork that requires a notary is complete before submitting it. Rosie is the only one in the office. Please be patient. It may take a little longer than usual.

Please stay safe and healthy!  
 Rosalie Topaum, Enrollment Director  
[Rtopaum@tulaliptribes-nsn.gov](mailto:Rtopaum@tulaliptribes-nsn.gov)  
 360-716-4298 or 360-716-4300

## Minor Trust Accounts

Due to Covid-19 and the stock market decline in March 2020. The Trust Committee and Board of Directors made the decision to pull the Minors Trust Accounts from Stock exposure. This process officially took place March 24, 2020. The Stock Market crash did affect the minors that had their investments in Balanced Portfolio- invested in Stocks and bonds.

### History

November 2004-June 2016 the default option for trust was the **Conservative Investment**:

The Conservative Investment Pool option is an investment option with the primary objective of preserving capital (deposited per capita funds), while providing a competitive rate of return that is intended to keep up with inflation plus a little additional return.

The choice option was **Balanced Investment**:

- Balanced #1 (Ages 15 and Older) (10% Stocks, 90% Bonds & Money Market)
- Balanced #2 (Ages 10 - 14) (50% Stocks, 50% Bonds & Money Market)
- Balanced #3 (Ages 0 - 9) (65% Stocks, 35% Bonds & Money Market)

After a 12 year review in June 2016 a decision was made to switch the default option to Balance Investment and the Conservative Investment as a choice. Anyone in the Conservative option already was switched to Balanced. We did send out notice to all members and minors for this change and gave the option to stay in the Conservative Investment. One of the examples is the Conservative had earned roughly \$500 and the Balanced had earned roughly \$5000.

Yearly we do have minor's trust investment education meetings. We do this in February; which is the only month members are allowed to change the investment option. Historically the attendance has been low except for a few meetings.

### To consider and information:

Minors in Balanced have earned a significant amount of interest, dividends and capital gains such that this recent stock market hit did not hurt as bad as it looks. Here is an example of a 6 year comparison of Conservative vs. Balanced:

**Example 1:**

6 year old					
	earned	12/31/2019	Gain/Loss	Per Capit Deposit	3/31/2020
Balanced	\$ 3,739.00	\$ 73,030.00	\$ (12,841.00)	\$ 1,627.50	\$ 61,816.50
Conservative	\$ 240.00	\$ 63,128.00	\$ 634.00	\$ 1,627.50	\$ 65,389.50
Differnce	\$ 3,499.00	\$ 9,902.00	\$ (13,475.00)		\$ (3,573.00)

Explanation: So the difference in the short term if you kept in conservative from December 31, 2019 to March 31, 2020 is \$3299.00 more compared to Balanced. The Balanced had more money from earning more in the Stock investment up until December 31, 2019 (Ages 0 - 9) (65% Stocks, 35% Bonds & Money Market). The majority of what the Conservative account earned was interest income and no principal growth.

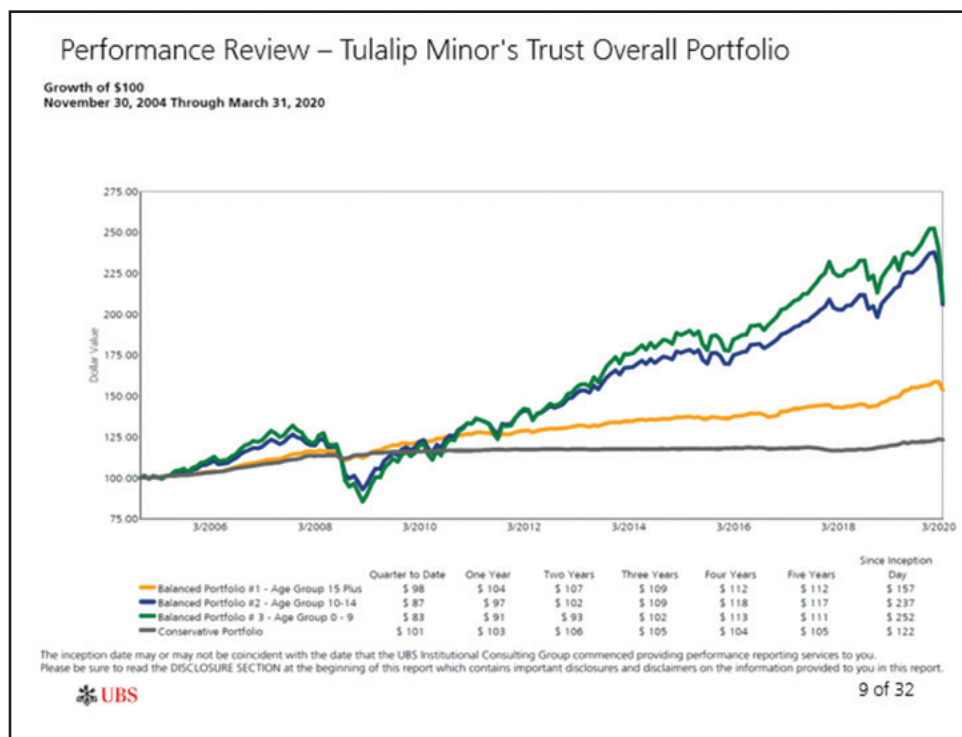
**Example 2**

10 year old					
	earned	12/31/2019	Gain/Loss	Per Capit Deposit	3/31/2020
Balanced	\$ 4,512.00	\$ 110,518.00	\$ (14,787.00)	\$ 1,627.50	\$ 97,358.50
Conservative	\$ 308.00	\$ 80,391.87	\$ 800.00	\$ 1,627.50	\$ 82,819.37
Differnce	\$ 4,204.00	\$ 30,126.13	\$ (15,587.00)	\$ -	\$ 14,539.13

Explanation: 10 year old that has been in balanced portfolio had \$110,518 prior to March 2020. Now has \$97,358. Another 10 year old that has been in conservative the entire time has \$82,819 after March 2020. This is to show that even though they lost like in example above \$14,000 – they still have more than an account in conservative.

When you invest in stock markets this is the roller coaster effect. Over the long term, the Balanced approach has demonstrated to grow in value more than the Conservative approach. See chart below:





The Board of Directors has passed a resolution to reinvest anyone that was in the Balanced Portfolio in order to hopefully regain the losses back. **Given this and concern from members you have the option to stay in the Conservative option if you choose and you have until June 30, 2020 to do this.** We will try to a social distance meeting in June if we can dependent upon the health of the community. If we cannot hold a meeting we will try to hold a conference call for those interested to get some first hand information some Q & A. Please email me if you interested. This form is attached to this notice and will also be posted online, and can be signed with a digital signature.

I am open to speak to any tribal member and families Rtopaum@tulaliptribes-nsn.gov or office phone 360-716-4298. I am in the office usually 3 days a week but I check my email all the time.

#### **Covid-19 Draw for youth 18+ that are already getting distributions.**

Youth that have already started to receive their funds due to getting their High School Diploma/GED or aged out at 22 can get a one time draw on their trust up to \$10,000 from May 2020 to December 31, 2020. This will not effect

any regular release dates – it is a draw on funds. If you have less the \$10,000 in your account this will be deemed your last distribution. You can get the paper work from Rosie Topaum rtopaum@tulaliptribes-nsn.gov

#### **Enrollment**

- Tribal ID email and I print and mail. If need asap we can schedule a pick up time.
- Address changes email with name, roll #, dob or write out and take a picture and attach.
- Enrollment for new members we meet once a month now before the Board meeting. Next meeting we need all documents in by June 1st for June 3rd meeting. Email for application and questions.
- Trust Distribution form on website: <https://www.tulaliptribes-nsn.gov/Base/File/Distribution%20Request%20Full%20Packet%202020>

\* 1st time distribution you must do a financial class. There is online class here is link for info. <https://www.tulaliptribes-nsn.gov/Dept/Enrollment> You scroll down to Youth with Accounts and click on Financial Class.

\* Direct Deposit is the ONLY option and we need proof of bank account for all request.

\*NEW DRAW FOR COVID19 EXPENSES –Please read above.

- Investment Trust – Please read the first part of this notice for information.

*My notary is expired so any paperwork you need notarized will need to done beforehand. I am working together it reinstated.*

Rtopaum@tulaliptribes-nsn.gov

360-716-4298 or 360-716-4300. I am the only one in the office so please don't email other enrollment staff and also be patient with my response it make take a little longer than normal.

Stay safe and healthy my members!

Rosalie Topaum, Enrollment Director

#### **Remedy from front page**

to cope with the uncertain times brought on by COVID-19 and the residual aftereffects of seemingly endless quarantines, isolation, and social distancing.

“As a store, we adapted quickly to meet the needs of our customers. Practically the same day the casinos were shut down under coronavirus restrictions we launched our online menu and ordering system,” explained Remedy manager and Tulalip tribal member, Jennifer Ashman-Bontempo.

“People love our online system,” she continued. “You can scroll through our entire menu, view the variety of cannabis products

we offer, and order based on your personal preferences. After a few short minutes, our staff fills the order and it's ready for curbside pickup. With this system in place we've seen our average ticket price more than double, from an average sale of \$30 to now \$60-\$70.”

Instituting a safe and effective sales system definitely helped Remedy reach new heights as a business. The fact that so many people are left without their usual forms of recreation and entertainment during COVID-19 crisis hasn't hurt either. It's become common place to see a line of individuals spaced out 6-feet apart,

in accordance with CDC guidelines, wrapping around the store's front entrance while patiently waiting to pick up their cannabis essentials.

Remedy has benefited from a huge influx of new customers, too. The Tribe's flagship cannabis store is averaging 500 customers a day with nearly 60% of them new or first-time patrons. Some customers look to relieve every day ailments associated with aches and pains, some search to simply elevate their mental state, while others hope to calm their nerves and diminish anxiety and tensions brought on by the new normal.

“We are becoming people's

favorite store,” boasted Jennifer about the routine compliments her and fellow staff hear on a daily basis. “The combination of our increasing reputation, COVID and online shopping continues to boost our sales. In fact, April 2020 was our best month ever. We had over \$750,000 in total sales, with 4/20 being our #1 sales day on record.

“All of us here at Remedy are so grateful to be deemed essential employees and feel fortunate to come to work every day to a place we love,” added Jennifer while proudly wearing a ‘Plant Manager’ t-shirt. “I have the best staff the Tribe could have hired. Everyone loves what





## HOW TO ONLINE ORDER AT *Tulalip Remedy*

**STEP ONE:**  
GO TO [MENU.REMEDYTULALIP.COM](http://MENU.REMEDYTULALIP.COM)

**STEP TWO:**  
SELECT YOUR PRODUCTS BY CLICKING THEM

**STEP THREE:**  
ADD DESIRED PRODUCTS TO YOUR CART

**STEP FOUR:**  
WHEN FINISHED CLICK YOUR CART > PRESS CHECKOUT > FILL OUT CUSTOMER INFO (DO NOT USE A NICKNAME, WE HAVE TO VERIFY ID & NAME)

**STEP FIVE:**  
ONCE YOU GET AN INITIAL TEXT MESSAGE, REPLY & CONFIRM YOUR ORDER OR WE WON'T GET IT!

**STEP SIX:**  
YOU WILL GET ANOTHER TEXT MESSAGE WHEN YOUR ORDER IS READY FOR PICK UP

**STEP SEVEN:**  
STOP BY REMEDY, PICK UP & PAY FOR YOUR ORDER! **CASH ONLY**  
WE APOLOGIZE FOR THE INCONVENIENCE, BUT WE DO NOT HAVE ATM ACCESS FOR CUSTOMER USE AT THE MOMENT

NO ADDITIONAL SALES/DISCOUNTS ARE OFFERED AT THIS TIME  
ONLY OUR DAILY MILITARY, TRIBAL OR WISDOM DISCOUNT

they do and are passionate about our products.”

Remedy has 29 total employees, of which 7 are Tulalip tribal members. Most of the budtenders are self-dubbed “pot nerds”. They take much pride in staying up to date with the latest trends and products in an ever-changing cannabis industry.

Tribal member Carmen Miller has worked at Remedy since the very beginning and worked his way up the ranks to become a Buyer. He’s in a pressure-filled position to influence sales, ensure the store is keeping up with or exceeding the completion, and most importantly keeping his finger on the pulse of the consumers.

“From high-THC flower to CBD capsules, from concentrates to an assortment of edibles, we literally have close to everything available in the industry at our store,” said Carmen. “What most people don’t understand is cannabis really is an ever-changing industry. In Washington alone, there are 70 different vendors who each specialize in different products and intake methods.

“From strictly flower to hydroponics to edibles, there are so

many types of strains, flavors, and potency levels that can hit the market and become the next best thing,” continued Carmen. “Whatever’s the newest or most popular thing in cannabis, that’s what the people want to try. The newest product we just got in is a super discrete method of intaking cannabis through a micro-dosing inhaler. They have no visual smoke or any smell, so it’s perfect and easy to use for those wanting to maintain their privacy.”

The Tulalip Tribes’ long-term vision with cannabis is bold. Tribal leaders see the promise of cannabis outside of recreational retail, including therapeutic applications of CBDs for the relief of seizures and PTSD, as well as promising research into the possibility of treating many of the health conditions that most affect Native communities, including addiction and diabetes.

Balancing traditional values with the realities of the 21<sup>st</sup> century means embracing a changing culture that views marijuana and cannabinoids as natural medicines, especially when compared to prescription pharmaceuticals. Pharmaceuticals with countless side-effects and man-made chemi-



cals that receive FDA approval, only to come out later those same chemicals cause a litany of damaging health concerns with possible fatal consequences.

Longtime cannabis connoisseur and Budtender supervisor for Remedy, Juan Martinez has had lots of experience assisting customers who are looking to alleviate a variety of common ailments, from headaches and insomnia to much more life threatening forms of cancer.

“Migraines and cluster headaches are the most common illness

our customers want help with, followed by insomnia, those who have trouble sleeping, and pains associated with arthritis,” shared Juan.

“There’s even a regular we look forward to seeing every few weeks. He’s an 80-year-old with lung cancer and comes to us for his cannabis treatment plan. According to him, high-dose cannabis intake helps offset his chemo and makes his quality of life much better. Customer stories like this is why I love my job; being able to sell the best products and changing people’s lives for the better.”

There’s a mountain of anecdotal evidence to suggest soothing THC/CBD oils, tinctures, and Indica-based flower can offer tremendous health benefits as an alternative treatments for common physical and neurological disorders. Tulalip’s partnership with the brightest minds at Stanford University resulted in a one-of-kind medical cannabis research project with the ultimate goal being to cure opioid-based addiction. Preliminary results have been encouraging.

So whether it’s to find a

Remedy for a pre-existing medical condition or simply to find rest and relaxation through the COVID crisis, the knowledgeable staff of Tulalip’s own dispensary is here to guide novice and experts cannabis users alike through their wide-range of convenient products.

Remedy’s current hours of operation are Monday – Saturday, 9:00am – 9:00pm and Sundays 10:00am – 8:00pm. Products can be viewed and orders placed online at [menu.remedytulalip.com](http://menu.remedytulalip.com) Tulalip tribal members receive a 30% discount every Thursday.

## Museum from front page



**Cradleboard, 1995-2001**  
Ardena M. Whiteshield (Cheyenne), 1939-2001

Wood, glass beads, hide, metal tacks and cotton cloth.

*By Micheal Rios*

In the heart of Washington D.C. is the world’s largest museum complex, known as the Smithsonian Institution. Among the many museums, libraries and research centers that make up this diverse information paradise is the National Museum of the American Indian (NMAI).

According to the museum’s website, NMAI cares for one of the world’s most expansive collections of Native artifacts, including culturally significant objects, photographs, treaties, and media covering the entire Western Hemisphere. From its indigenous landscaping to

its wide-ranging exhibitions, everything is designed in collaboration with tribes and tribal communities, giving visitors from around the world the sense and spirit of Native America.

“I feel a profound and increasing gratitude to the founders of this museum,” said museum director Kevin Gover (Pawnee). “We are here as a result of the farsighted and tireless efforts of Native culture warriors who demanded that the nation respect and celebrate the contributions that Native people have made to this country and to the world.”



**Allies in War, Partners in Peace, 2004**

Edward E. Hlavka (Oneida Nation)

This bronze statue honors the alliance between the Oneida Indian Nation and the United States during the American Revolution. General George Washington stands alongside the Oneida diplomat Oskanondonha and Polly Cooper, an Oneida woman who came to the aid of Washington’s starving troops at Valley Forge in 1777-78.



### **Beadwork**

The earliest beads were made from shell, stone, bone, ivory, and seeds. By 1492, Venetian factories were producing glass beads that early explorers and traders carried all over the world. Native people saw brightly colored glass beads as prized possessions and eagerly traded for them. Large “pony beads” are found on Great Plains clothing before the 1850s. The tiniest beads, called “seed beads,” become popular after about 1855.

Beads could be worn as necklaces, stitched to clothing, or woven into strips. They often replaced earlier decorative materials such as porcupine quills or painted designs. Since women learned beadwork from their elders, clothing and other items often matched distinctive traditional tribal styles.

Color preferences, influenced by the symbolic meanings ascribed to certain colors, varied regionally. In the western Arctic, for example, blue beads were thought to have great cultural importance.

Today, beadwork continues to delight us, with both women and men creating traditional clothing and regalia as well as innovations such as beaded neckties, baseball caps, and high-top sneakers. All are worn by both Native people and non-Native admirers of this unique American creation.

### **Native Glass**

In the early 1960s, innovations in glass furnaces brought glass-blowing out of the industrial settings and into individuals studios and workshops, as well as



**Huichol miniature violin and bow, 2000**  
Jalisco or Nayarit State, Mexico  
Wood, glass beads, beeswax, vegetal fiber  
and nylon monofilament.

Native art schools. Since then, dozens of Native artists have created works in blown, cast, etched, fused, and electroplated glass, stretching the boundaries of Native Art.

**How Raven stole the Sun, 2003** (Shown on front page)  
Emil Her Many Horses (Oglala Lakota)

The sun figures prominently in Native American ceremonies, creation stories, and art. This sculpture is based on the Tlingit story, “How Raven stole the Sun.” In the story, Raven releases the sun and the moon from boxes held by a chief. This gives light to the people and created day and night.

**Yup'ik Mask, ca. 1905** (left)  
Wood, feathers, paint and cotton string.  
Kuskokwim River, Alaska

Yup'ik people used masks as prayers to ask for what they needed, including good weather and plenty of animals to hunt. This mask was intended to heal someone who was sick.



# ꞑꞗꞑꞗꞑꞗ Nettle berry popsicles



By SNAP-Ed Program Coordinator,  
AnneCherise Jensen

Looking for a healthy, fun and creative way to try Nettles this summer? Check out this Nettle Berry Popsicle recipe. It's the perfect healthy summer snack for kids! As warmer weather approaches, this is a great way to turn any herbal tea into a crisp, refreshing treat for your friends and family. Since Nettles are in abundance this time of year, this is a great activity for not only in the kitchen, but outside as well. So grab your basket, gloves, and scissors and check your local woods for a nearby Nettle Patch! We have some wild crafted popsicles to make.

## Foraging Nettles

Stinging Nettle, or ꞑꞗꞑꞗꞑꞗ, has been used as a traditional Coast Salish medicinal plant for thousands of years. This highly valued plant is often found in streambeds, forests and disturbed areas with rich wet soil, usually facing the sun. Stinging Nettles, can be found from the coast to the mountains, and are found in abundance on the lush Tulalip soils. Stinging Nettle, scientifically

named *Urtica dioica*, is a perennial herb with opposite deep green leaves with serrated edges and tiny greenish flowers. The stems are square, and plants grow 3-7 feet tall annually.

Harvesting season runs March - June each spring. Once the Nettle plant begins to seed in the warmer summer months, the leaves can only be used for drying purposes. If consumed raw past this point, nettles can be toxic to the liver and kidneys. When harvesting Nettles, be sure to wear thick gloves as they will sting you! The stalk and underside of leaves are covered with stinging hairs that rise from a gland containing formic acid. Avoid harvesting in areas that are nearby pollutants, roads, pesticides and other chemicals. Cut off only the first 6 inches in the top of the plant. We do this to protect the plant and make sure it grows back the following year. Once you have your basket filled, the nettles can then be processed by blanching, drying or simply steaming them. Any of these methods will inhibit the formic acid glands (stingers) from stinging you. In this recipe, we will be using dehydrated nettles to make a sweet Nettle tea.

## Dehydrating Nettles

When dehydrating Nettles, we want to use only the leaves of the plant. The stems are generally not used for food purposes, but can be used for making nets or are effective in compost. There are a few ways to dehydrate herbs; air-dry, dehydrate or an oven-dried method. All methods work effectively, but vary on resources and preference. I personally like to air-dry my herbs, but it can take up to a week. Either way, whatever way you choose, be sure to rinse your foraged herbs in a colander before drying. This also allows any bugs to escape that may be hiding in your basket. P.S. don't forget to wear gloves - this is the prickliest process of all.

**Dehydrator/Oven Method:** Using heat is the quickest way to dry herbs. The dehydrator method requires a heat of 120-140 degrees F for about 12 hours in your average dehydrator. If you don't have a dehydrator, you can also use an oven. Place herb leaves on a cookie sheet one inch deep or less. Put herbs in an open oven on low heat, less than 180 degrees F, for 2-4 hours. To see if the herbs are dry, check if leaves crumble easily. Oven-dried herbs will cook a little, removing some of the potency and flavor.

**Air-Dry Method:** Gather 5-10 branches together and tie with string or a rubber band. The smaller the bundle, the easier and faster they will dry. Put the bundle of herbs, stem-side up and hang them by the stem in a warm, well-ventilated room. You can do this by using string and clothespins, amongst other things. Your herbs may be dried and ready to store in as little as one week. This is personally my favorite method, as it preserves the potency and flavor of the herbs.

## Nutritive Properties

Nettles are known to be one of the most nutrient dense plants on the Earth and are considered a super food in many cultures throughout the world. They contain a wide range of vitamins, minerals and antioxidants that help maintain the body's function and mobility. Nettles also contain a high amount of amino acids that are highly valuable chemicals used in the pharmaceutical, cosmetic and food industries. Nettles contain extremely high amounts of Vitamin C, vitamin A, Vitamin D, iron, sodium, potassium, phosphorus, calcium (29 times more than spinach), magnesium, silica, trace minerals and protein (more than beans). No wonder they are called a superfood! If you aren't already consuming nettles, you should be. (Krohn)



## Medicinal Uses

Traditionally, Nettles have been used both internally and externally for a wide variety of uses. Nettles have been revered worldwide throughout the ages for food, fiber, and medicine. Many people say Nettles help to alleviate allergies as they contain antihistamine qualities that may be effective for acute allergic reactions. Other well-known uses of Nettles that are still being studied include; the strengthening of teeth, bones and hair, insulin resistance in Type 2 Diabetes, prostate health, blood detoxifier, increased hemoglobin for overall energy, reduced pain, menstrual cramp aid, and asthma. (Foret)

## Other Uses

This plant is so versatile, it's even been used to make natural dye with shades ranging from yellow to deep green. The nettle fibers/stem makes strong cordage and was used for making rope, fishing line and nets. Rosemary or horsetail with nettle are made into tea and used as a hair rinse to make the hair glossy and stimulate growth. "Sting yourself on purpose...

really? Yes, it is true. People have stung themselves with nettle to ease pain. This is officially called urtication and its roots go deep into history on several continents.

Both in the Pacific Northwest and in Europe, people have stung themselves to cure arthritic joints and to stay awake and alert during battle or hunting. Traditional knowledge is now validated by scientific research. Compounds including histamine, acetylcholine and formic acid are injected into tissue causing an awakening of cellular responses, lymph flow, and nerve and capillary stimulation". (Krohn)

As you can see, Nettles are a highly prized and sacred plant that can help keep you and your family healthy. Now that you've learned a little more about Nettles, it's time to put your foraging skills to the test. Here is the summertime recipe you and your family will love.

If you are a Tulalip tribal member, and don't have access to nettles but would like some, please contact AnneCherise Jensen and she will supply you with the dehydrated nettle tea.

## Nettle Berry Popsicles

### Ingredients

- 4 cups purified water
- ¼ cup Nettle Tea (Dried Nettle Leaves)
- ½ cup Fresh or Frozen Berries
- 2 -3 Tablespoons Honey or Cane Sugar

### Directions

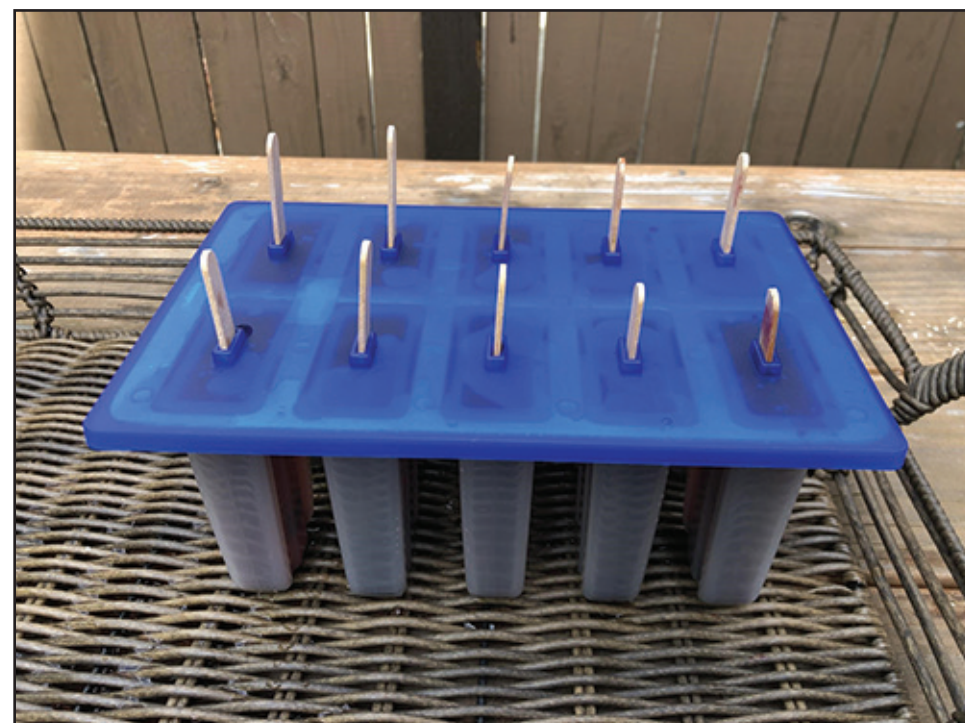
- Infuse dried nettle leaves in boiling water. Let steep on low heat for about an hour. The longer you allow the Nettle leaves to infuse, the more nutrients the tea will absorb.
- Add 2-3 Tbsp of honey or cane sugar to the lukewarm nettle tea. Mix well.
- Add the ½ cup of desired fresh or frozen berries to the nettle tea. Stir for a few minutes and allow the berries infuse in the water for about 5-10 minutes.
- Pour nettle tea mixture into a Popsicle mold. These can be found online or at Walmart, price ranging from \$10- \$25. If you don't have a Popsicle mold, you can also use a small plastic cup and Popsicle sticks.
- Freeze for 2-3 hours, until firmly frozen.

ENJOY!

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

Sources:

<http://wildfoodsandmedicines.com/nettle-restorative-food-purifying-medicine-guardian/> / Research provided Elise by Krohn The Alchemy of Herbs, Rosalee De La Foret, pg 189 - 194







# Tulalip Tribal Government Employee Text Line

## Tulalip Tribal Government Employees can text "Employee" to 30644 to receive updates

#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.

#### 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.

#### Some Signs a Child is Not Safe

Physical abuse
<ul style="list-style-type: none"> <li>Child appears frightened of the caregiver.</li> <li>Child has burns, bites, broken bones, bruising, black eyes or complaints of pain.</li> <li>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?"</li> </ul>
Sexual abuse
<ul style="list-style-type: none"> <li>Child attaches very quickly to strangers or new adults in their environment.</li> <li>Demonstrates unusual sexual knowledge or behavior for their age.</li> <li>Difficulty walking or sitting.</li> <li>Witnessing an adult inappropriately touching a child, watching pornography with a child or saying sexual things to a child.</li> </ul>
Emotional Abuse
<ul style="list-style-type: none"> <li>Child shows extremes in behavior: overly aggressive or compliant.</li> <li>Appears emotionally unattached to caregiver and others.</li> <li>Caregiver constantly blames, belittles or berates the child and refuses to help the child when needed.</li> </ul>
Neglect
<ul style="list-style-type: none"> <li>Child begs or steals food, has severe poor hygiene or states that no one at home provides care.</li> <li>Witnessing a child using alcohol or other drugs.</li> <li>Highly stressful family situations and/or adults in home abusing alcohol or other drugs.</li> <li>Unlocked weapons or guns in the home.</li> </ul>



**Tulalip Tribes Children's Advocacy Center**  
 2321 Marine Drive NE, Tulalip WA 98271  
 Phone: 360-631-7663  
 Email: childadvocates@tulaliptribes-nsn.gov


Thanks to Children's Advocacy Centers of Washington & Missouri Kids First for developing and sharing these resource

## Social Distancing Does Not Mean Isolation

#### We Are Here for You

Legacy of Healing DV Advocacy and Safehouse is an essential business and is still offering social distancing compliant advocacy services during the COVID-19 tribal government closure.

Call 360-631-7663 to connect with an advocate.



If you have an emergency and you live on the Tulalip reservation call Tulalip Police at: 1-360-716-9911, if you live off the reservation and you have an emergency call 911.

#### How COVID-19 Could Affect Domestic Violence

- Abusive partners may share misinformation about the pandemic to control or frighten survivors, or to prevent them from seeking appropriate medical attention if they have symptoms.
- Abusive partners may withhold insurance cards, threaten to cancel insurance, or prevent survivors from seeking medical attention if they need it.
- Survivors who are older or have chronic heart or lung conditions may be at increased risk in public places where they would typically get support, like shelters, counseling centers, or courthouses.
- Travel restrictions may impact a survivor's escape or safety plan - it may not be safe for them to use public transportation or to fly.
- An abusive partner may feel more justified and escalate their isolation tactics.

#### Other Resources

If you or someone you know is suffering, call for help.

- Strong Hearts Native Helpline: 1-844-762-8483
- Domestic Violence Services of Snohomish County: 1-425-252-2873
- National Domestic Violence Hotline: 1-800-799-7233
- National Suicide Prevention Lifeline: 1-800-273-8255

#### Tips to Help a Domestic Abuse Survivor During COVID-19

- Ask them how they would prefer to connect
- Be supportive and believe in them- "You are not alone. I care about you, and I'm here for you, no matter what."
- Help them think through how to stay safe during COVID-19- "Let's develop a safety plan"

#### What Is a Safety Plan?

A safety plan is a personalized plan that includes ways to remain safe while in a relationship, planning to leave, or after you leave. Safety plans include how to cope with emotions, tell friends and family about the abuse, take legal action and more.

Personalized safety plan options are available at- <https://www.thehotline.org/help/path-to-safety/>

#### Governor's Stay Home Order

"This prohibition shall not apply to individuals whose homes or residences are unsafe or become unsafe, such as victims of domestic violence. These individuals are permitted and urged to leave their homes or residences and stay at a safe alternate location."

<https://www.governor.wa.gov/sites/default/files/proclamations/20-25%20Coronavirus%20Stay%20Safe-Stay%20Healthy%20%28tmp%29%20%28002%29.pdf>



## Court Notices

TUL-CV-YI-2020-0357. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: K.C. TO: Kerri Deen and Jonathan Christensen: 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 June 23, 2020 at 3:30 PM in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 98271. Should the Court rooms be closed due to covid-19 you should call in to your hearing via GoToMeeting, phone number: 1-224-501-3412, access code: 212-638-629. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: May 9, 2020.

## Tulalip Tribal Court Warrant Quash Calendar

### Dates:

- **Wednesday, May 20, 2020 at 9:00 AM**
- **Friday, May 22, 2020 at 10:00 AM**
- **Wednesday, May 27, 2020 at 9:00 AM**
- **Friday, May 29, 2020 at 10:00 AM**

The Tulalip Tribal Court is resuming the Warrant Quash Calendar. Clients can appear by telephone and not in person. The Court utilizes Go To Meeting software to hold video and telephonic hearings. To request warrant quash conference information, please contact Stephanie Ancheta, Court Administrator at 360-722-1697 or Alicia Horne, Court Director at 360-926-4538.



## Tulalip Tribal Court

6332 31<sup>st</sup> AVE | Suite B

Tulalip, WA 98271

360-722-1697 or 360-926-4538

[www.tulaliptribalcourt-nsn.gov](http://www.tulaliptribalcourt-nsn.gov)



# MEMORIAL DAY 2020

Services at Mission Beach and Priest Point cemeteries are canceled this year.



We're keeping our Veterans and their families in our thoughts, as we honor those who made the ultimate sacrifice in service to our country.



Monday, May 25

Thank you and  
stay safe, everyone

