

Puyallup Tribal News

Issue No. 364

Serving the Puyallup Tribe of Indians

April 28, 2020



COVID-19: Tribal Council tackles tough decisions due to global pandemic

See letter to membership on p. 2.

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OR CURRENT RESIDENT

SMALL BUSINESS OWNER?

Federal help is available for those impacted by COVID-19.

Learn about resources **page 24.**

ART LARGER THAN LIFE

Meet Anthony Duenas, whose mural artwork is featured at the new casino.

See photos and story **page 9.**

FIRECRACKER ALLEY

Dates, license fees and the location announced.

See story **page 12.**

QUARANTINE FUN

Try a Twulshootseed Word Search **page 8.**



PUYALLUP TRIBE OF INDIANS



From Puyallup Tribal Council

April 14, 2020

txʷəl gʷəlapu, gʷəlapu siʔiʔab dʔiišəd, dsyayayəʔ. To all of you, our honorable people and relatives,

We write to you with heavy hearts and honest words. The pandemic we are in is unprecedented. COVID-19 is a public health crisis that has become an economic crisis. There are hundreds of thousands of positive cases and tens of thousands of deaths in the United States. Unemployment is in the millions. These are challenging times for everyone, and our sympathy is with the families who have suffered.

Our Tribal government's ability to deliver services depends on federal funding and revenue from our casinos and other entities. In the face of this uncertainty we have advised you to conserve your resources. Now we are able to give you a sharper picture of the Tribe's financial situation:

Our most conservative budget projections as of today show that we have resources for Tribal membership benefits and services to continue through the end of June.

We are telling you this now instead of waiting until summer to give you time to prepare yourself and your family for the changes we will have to make by then. Reopening the casinos won't be enough to keep up with our growing membership and sustain current benefits and services. Many people speak of "getting back to normal." We have to prepare for a new normal.

We know that even after we reopen the casinos, we can't count on their usual revenue right away. We don't know how many customers we will be able to safely admit or what other public health protocols will have to be implemented, and the casinos will have to rebuild their working capital. We have a team planning the re-openings with these limits in mind, but there are simply too many unknown variables.

To put it plainly: We want to prepare you for the reality that our current levels of services and benefits are not sustainable. We know this is not welcome news, and it hurts us to say it. But we have to hope for the best and plan for the worst.

Tribal Council and staff are working tirelessly exploring every option to minimize the impact on services and benefits available to our members, and we will continue to do so. In the past two months, we have taken many steps to financially protect the Tribe:

Earlier this month, we made the painful decision to temporarily reduce payroll. We temporarily closed some departments. We have been and will continue to search for every federal, state and grant opportunity for financial relief, including accessing every dollar available to us under the various relief packages approved by Congress.

These measures helped stretch the Tribe's resources, and we have had some success in getting relief dollars: So far, we have received relief funding from the U.S. Department of Housing and Urban Development and the Indian Health Service. Our Puyallup Tribal Health Authority also received COVID-19 testing kits through Tacoma-Pierce County Health Department.

We have directed our staff to prepare options for bringing us to financial sustainability for the long-term. We will review them in the coming weeks. Expect changes to your benefits and services. We do not want to do this, but we know we have to for the sake of future generations. Our growing population IS a blessing. And we have to leave our children and grandchildren resources after we are gone.

These are big questions, and there are many unknowns. As we move forward, we are committed to providing you with weekly updates to share with you the latest information on the crisis to help you navigate your way through these uncertain times.

Remember to take care of your emotional needs at this time. Our Kwawachee Counseling Center can be reached through PTHA at (253) 593-0232.

We close with hope: Despite the pain, social distancing appears to be working. Thank you for doing your part. Please keep following guidance from the Centers for Disease Control and PTHA: Practice social distancing, wear masks when appropriate, and wash your hands. Respect our Elders by keeping them safe and connected, just not too close.

We will get through this. We are with you.

tiḵḵdubut čələp. Take care of yourselves. haʔt kʷ(i) adsəslabcəbut. Watch over yourselves well.

Sincerely,

David Z. Bean, Bill Sterud, Sylvia Miller, Tim Reynon, Annette Bryan, James Rideout, Anna Bean

Your Puyallup Tribal Council

Tribal elections postponed to June 6 and Aug. 1

By Puyallup Tribal News staff

Tribal Council has postponed its 2020 primary election to June 6, and the 2020 general election to Aug. 1.

Council passed a resolution to change the dates in light of the COVID-19 public health emergency.

The primary election usually takes place the first Saturday in April, and the general election usually takes place on the first Saturday in June. The resolution temporarily amends election code and expires at the end of the year.

Tribal Council Candidates: Advertise in the Puyallup Tribal News!

The Puyallup Tribal News is offering paid advertisements for Tribal Council candidates during the 2020 election season.

Here's how it works:

- Submit payment of \$150 (10" x 7") for a half-page or \$300 (10" x 14") for a full-page to the Accounting Department. The price will pay for an ad to run once.
- Accounting will send proof of payment to the news staff.

- Send a PDF of your ad to news@puyalluptribe-nsn.gov.

Ads must be submitted by noon on the following dates:

- May 8 for the May edition.
- June 5 for the June edition
- July 10 for July edition


Ads will be displayed in alphabetical order by last name in the paper.

Candidates will have a chance to view a proof of their ad before it is published.

Is your address up to date with Enrollment?

It's election season, and the Election Board would like to remind tribal members that it's important to keep contact information current with the Enrollment Department.

An updated address will ensure that election materials, such as the voters' guide and mail-in ballots, arrive at the correct place. For more information, contact the Enrollment Department at [253-573-7849](tel:253-573-7849) or Enrollment@puyalluptribe-nsn.gov.



2020 CENSUS
you count

**No matter where we live,
our community counts.**

Shape our future. Start here.

2020 Census
Every 10 years, the federal government counts everyone who lives in the United States.


Why is the 2020 Census important to us?
A complete and accurate count of American Indians and Alaska Natives throughout the United States contributes to better planning and decision-making for Indian Country, and it helps determine how billions of dollars in federal funding is distributed to communities and tribes for programs and grants. Your participation in the census builds on our communities' progress and helps shape our future for generations to come.

How will we be counted?
By now, every household should have received a notice in the mail to complete the 2020 Census online, by phone, or by mail.

Will our information be kept confidential?
Yes. Your responses to the 2020 Census are confidential and protected by law. Personal information is never shared with any government agencies or law enforcement.

For more information, visit:
2020CENSUS.GOV

Shape
our future
START HERE >



D-09-AI-EN-228

haʔhidup ʔə ʔalalus ʔə ʔaciltalbiḡ[™]

'A nice piece of land for the traditions/customs of the First People'

Puyallup Tribe Culture Center

350972nd street E
Tacoma, WA 98404



Connie McCloud
Cultural Director
253-389-8729



Clinton McCloud
Assistant Director
253-278-8393



Denise Reed
Cultural Coordinator
253-312-5069



Angie Totus
Cultural Activities
Coordinator II
253-320-8361



Michael Hall
Cultural Coordinator/
Carver
253-993-0011



Marsha Gauti
SR Administrator
Assistant
253-278-4074

Healing and Wellness Day

The Culture Department hosted a "Healing and Wellness Day" on February 29th. The Healing and Wellness Day brought together many people, over a 100 youth, families and members of the community to experience our Traditional Culture. The message from the Healing Ceremony told us to take care of our youth and elders. The importance of the message was timely, as the following week school closures began and the Elders assisted living center closed its doors to visitors, to protect our community.

Our plant medicine people prepared for us how to use our traditional teas, such as elder berry, nettle, peppermint and devils club, to strengthen our immune system and healing our bodies. Our people have watched nature and learned from her, how to care for our people. The Culture Department was prepared and ready to assist with Traditional Medicine care packages going to our elders, the following week.

The youth made medicine bags, clackers and drums, painted pictures using traditional and contemporary designs.

Those who attended had the opportunity to do acupuncture, yoga, kick boxing and Reiki.

Our traditional foods meal of fresh goeyduck chowder, fritters and huckleberry cobbler was the best.

I want to thank all those who came to participate. We all had a powerful and healing day. Thankful to those who presented with us their gifts from the creator.

We will continue to plan other opportunities to teach and learn about the medicines and teachings our ancestors have given us to pick up and give thanks for.

— Connie McCloud, Culture Director



'This is a time to get quiet – be still'

We have always practiced times of self-isolation, prayer, quieting our thoughts, turning off the noise. This is a time to just be; find our own honesty.

These are times of change in our lives. The training begins with a fast; we are fasting from many things in today's life. We don't speak to others, there are only certain people are around us to help. We are isolated from our children, immediate family and community, social distancing. We don't talk to other people, we don't scratch our face, mouth or eyes. Our hands are considered sacred. These are practices our people continue to use in ceremony.

When it comes time to move forward, our hands are fixed to do good. We are mindful of our body, food, turning off the noise. We can use our traditional foods, plants and berries as medicines.

We are more mindful of our reactions: anger, temptation, and jealousy.

Our fast brings us to what is our life journey, we look for healing, and we look for what is our gift. What Creator has told us we are good at, carving, beading, sewing or painting. We now have time to bring our gifts forward. Many of us have unfinished projects; complete them.

This is a time of healing, and feeding the people. When we do something for someone else, we do everything as if you would, "Tie a Blue Ribbon" around it. We might make food, and share with our friends and family.

Our cooks learn that when we prepare food, we don't have negative thoughts. We are sharing our prayers and love with the people. Share a song, to uplift the other person's spirit. Make a cup of tea. It's is not just making the tea, it's the sharing of space, slowing down the mind to focus on what is important, what is it that needs to be done next and being present.

We have experienced trauma that did not allow us to stay innocent as a child. Now we have an opportunity to heal and learn how to just be. During this time of change we can move towards those "principles of life," such as faith, honor, integrity, and respect. Our blessing is that we can heal and move past our trauma, and reclaim our true self. We can move with spirit, and prepare for a time that is coming.

Thank you,
Connie McCloud, Culture Director

5 ways to practice your culture without leaving home

By Puyallup Tribal News staff

With government and health officials requiring people to practice social distancing, here are some activities you can do without leaving home.

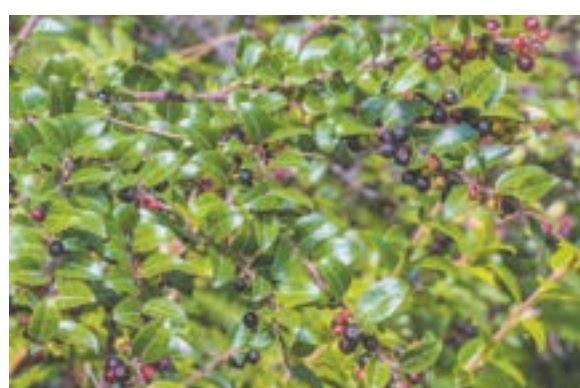


1. Learn Twulshootseed, the language of the Puyallup people. The Language Program is pumped full of resources to help you learn. <http://puyalluptriballanguage.org/>

2. Learn to weave a cedar headband. <https://www.youtube.com/watch?v=mfewMW50u3k> or <https://www.youtube.com/watch?v=aLAHYAfzCok>



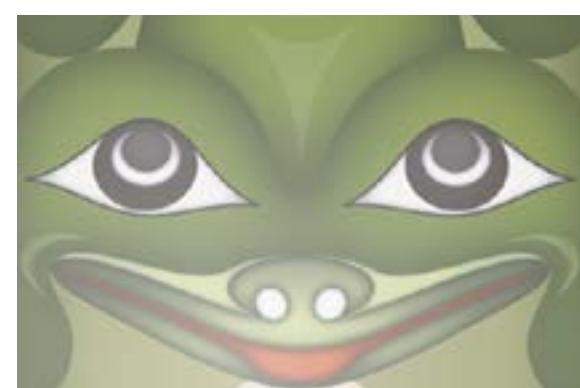
3. Make huckleberry jam. If you don't have any huckleberries in your freezer, use berries you have in your house or can find at the store. If the task seems daunting, watch some videos about it on YouTube and sign up for the Culture Program's next class, which will be announced at a later date.



4. Share your medicine by singing, drumming, rattling and use the hashtag #SHAREYOURMEDICINE to be featured on the tribe's Facebook. <https://www.facebook.com/PuyallupTribeOfIndians>



5. Take some time to practice and learn about the traditional Coast Salish art form from Puyallup Tribal member Shaun Peterson in this tutorial video. <https://www.youtube.com/watch?v=OHNYktK4EqA>





For more information contact the Salish Cancer Center at 253-382-6300

Virtual Care (Telemedicine) Services Now Offered at Salish Cancer Center

Salish Cancer Center now offers Virtual Care services to our patients! Virtual Care includes healthcare visits performed online, from the comfort of your own home.



This Photo by Unknown Author is licensed under CC BY-SA

Virtual Care appointments are simple and stress free. All you need to do is connect from your smartphone, tablet, or laptop with webcam at your scheduled appointment time to begin your visit.

ALREADY A PATIENT?

Call us at 253-382-6300 to schedule your Virtual Care appointment today. Based on the recommendations of state and federal officials, people are self-quarantining in efforts to protect themselves and their families. Because of this, many insurance companies have made exceptions to allow for Virtual Care visits – however we ask that you please be sure to verify with your specific insurance company.

NEW PATIENT?

Call our New Patient Coordinator at 253-382-6317 to discuss your visits needs, insurance information, and obtain any necessary paperwork. To ensure we are providing the very best care possible, all new patient visits will be held in-person with one of our providers.

Salish Cancer Center's New Clinic Hours

Salish Cancer Center strives to provide a safe environment for our patients and our staff. During the current COVID-19 pandemic, we are taking the following precautionary steps to limit exposure risks:

- Closing clinic every Friday at noon.
New hours of operation:
 - ◊ Friday 8 a.m. to noon
- By appointment only
 - ◊ No walk-in appointments will be accepted during this time
- Call us (253-382-6300) at time of arrival
 - ◊ Our front doors are currently locked
 - ◊ The clinic may also close earlier during the week (once all patients have been checked-out), allowing staff to do deep cleaning

- Screening outside of clinic
 - ◊ One of our medical assistants will complete a health screening on scheduled patients (and their one guest) prior to patients entering the clinic
- Deliveries will need to call ahead

We continue to provide the best personalized care to our patients and do our part to ensure the health of our community. Please visit our Coronavirus Resource page <https://www.salishcancercenter.com/coronavirus> for symptoms and prevention information, as well as for updates regarding the COVID-19 pandemic.

Sincerely,



Dr. Stanlee Lu
Medical Oncologist
Medical Director
P. 253-382-6300
F. 253-382-6301


 SALISH CANCER CENTER
 PRESENTS
**THE BENEFITS
 OF CANNABIS**
**POSTPONED
 INDEFINITELY**


 Guest Speaker
 Dr. Kutirio Jians Houser, ND
 Qwibil, Inc.
Phone: 253-382-6300 | Fax: 253-382-6301
www.salishcancercenter.com

Feeling overwhelmed or anxious?

By Elizabeth Allen,
Tacoma-Pierce County Health Department

It's normal to feel stressed, confused or even angry during a health crisis. You or a loved one may feel overwhelmed or anxious about COVID-19.

Everyone reacts to stress a little differently and we aren't always at our best. High stress levels can be damaging to our immune system.

You can take steps to manage your own stress and help others in order to keep our communities healthy and strong.

TAKE A BREAK FROM THE NEWS.

Take a break from watching, reading, listening to news stories. Constantly hearing about the health emergency can be upsetting. Limit yourself to checking updates to once or twice each day. When you do check for news, make sure you get accurate information from a reliable source.

TAKE CARE OF YOUR BODY.

Try to eat healthy, well-balanced meals. Focus on eating fresh fruits and vegetables. Cut down on foods with lots of sodium or fat. Exercising regularly can also help reduce stress. Even if your favorite gym is closed, you can still go for a walk around the neighborhood. The internet has some great at-home workout ideas. Yoga or stretching can be helpful too since our muscles become tight when we are overly stressed. Be sure to drink plenty of liquids.

TAKE TIME TO UNWIND.

Read a book or watch a movie. Perhaps you like to draw or paint. Play a video game online with your friends. Making time to do something relaxing or fun can take your mind off stressful thoughts.

MEDITATE.

Meditation increases calmness and relaxation. There are many different types of meditation, but they all have four things in common:

- A quiet place with few distractions.
- A comfortable posture (sitting, standing or lying down are all fine).



- Something to focus your attention (sound of your breathing, a set of words or a guiding voice).
- An open attitude.

Try sitting in a quiet room, close your eyes and focus on the natural rhythm of your own breathing. Clear your mind and make your breathing regular and smooth. You may have thoughts that distract your focus. That's okay, meditation takes some practice but it can help you feel more relaxed and calmer. You may find it easier to focus on a person's voice. There are free guided meditations on YouTube you can try. Meditation can be as short or as long as you want. If you're new to it, try a short 10-minute session.

TALK TO A FRIEND OR FAMILY MEMBER.

Call a friend or family member and talk about how you're feeling. Sharing your concerns and feelings with someone you trust can make you feel better. Maintaining healthy relationships and supporting each other is what makes our communities strong.

SLEEP.

Sleep seven to nine hours every night. Sleep lowers stress and improves overall mental health. Your body recovers while you sleep, so getting plenty of sleep will keep you healthy too. Avoid watching TV, laptops or cell phones an hour before bed. The light from these devices can make it harder for you to fall asleep. Reducing caffeine, alcohol and other drug use will help you get better sleep.

CHECK ON EACH OTHER.

It can sometimes be difficult to recognize the signs of stress in ourselves. You should regularly check on people close to you.

Look for common signs of high stress:

- Feelings of numbness or disbelief.
- Loss of appetite or energy.
- Difficulty sleeping.
- Unusual mood-swings.
- Difficulty concentrating. Anger or short-tempered.
- Increased use of tobacco, alcohol or other drugs.

If you or someone close to you feels overwhelmed or overly stressed and are unsure what to do, call the Disaster Distress Helpline. The National Disaster Distress Helpline offers 24/7 crisis counseling and emotional support for anyone experiencing distress or other mental health concerns because of COVID-19. Call 800-985-5990; press "2" for Spanish) or text TalkWithUs to 66746.

This hotline is staffed by trained counselors from a group of crisis centers across the U.S.

MORE RESOURCES

- Call the Pierce County Crisis Line 24 hours a day, 7 days a week: 800-576-7764.
- Crisis Text Line: 741741 (mobile fees waived)
- Other mental health resources: Call 211

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Search

Key located on page 23

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| 1. syayayəʔ - family | 14. pišpiš - cat |
| 2. syayayəʔ - family | 15. q ^w uʔ - water |
| 3. sk ^w uy - mother | 16. kupi - coffee |
| 4. bad - father | 17. tiac - tea |
| 5. scapaʔ - grandfather | 18. labcəbut - watch over yourself |
| 6. sčədadx ^w - salmon | 19. haʔ† - good |
| 7. ʔi - yes | 20. sləšil - dat |
| 8. x ^w iʔ - no | 21. ʔə†əd - eat |
| 9. sqig ^w əc - deer | 22. ʔibac - grandchild |
| 10. salıʔ - two | 23. cəwə† - hungry |
| 11. †ix ^w - three | 24. q ^w uʔq ^w aʔ - drink |
| 12. huy' - until we meet again | 25. ʔəł'əx ^w - come here |
| 13. dəč'uʔ - one | 26. hiı† - happy |

tx^wəlšucid puzzle by Chris Briden, tx^wəlšucid Instructor



Passion for art stands 30 feet high

By Puyallup Tribal News staff

Editor's note: This is the second in a series showcasing the newly installed Coast Salish artwork at the new Emerald Queen Casino. This profile is on Puyallup Tribal member Anthony Duenas.

"I have been doing artwork since I can remember," said Anthony Duenas, Puyallup Tribal member.

He attributes some of his early interest in art from drawing cartoons such as "The Jetsons" and "The Flintstones," which allowed him to hone his skills, which can be seen throughout the new Emerald Queen Casino.

Duenas says he hopes his story will help encourage youth to try artwork.

"Don't be scared to draw," he said.

Duenas has been working with the Coast Salish art form since the early 2000s. He has several notable pieces throughout the inside and outside of the casino.

A MASSIVE MURAL

Near the main entrance, you can see Duenas' biggest mural, measuring 174.5 feet long by 30 feet high. Duenas had to grid the lines of the entire project, which allowed him to scale the artwork to the appropriate size.

Once that was finished, he proceeded to do the whole mural entirely freehand with spray paint. "I have never done anything this big before," said Duenas.

Doing the artwork at such a great height required the use of a lift to get him there, which caused a lot of movement while he painted. "The lift was moving and swaying around," Duenas recalled.

The mural's design elements represent the ancestors and history of the tribe. It's a depiction of bone games.

Bones games have been part of the Puyallup Tribe's rich culture since time immemorial. The game would be played for fun, ceremonially, to settle arguments, and would often include a form of gambling.

Duenas had a rare opportunity to create the outdoor piece along with his brothers Chris and Daniel.



"My kids will see it, their kids will see it, my nieces and nephews will see it – family three generations from now will say 'My family did that.' It's great. It's a wonderful feeling."

— Puyallup Tribal Member Anthony Duenas

The moon along with the salmon designs can be seen while driving into Tacoma, from I-5 South. This design was done on vinyl and was laid out according to the vectored work done from Duenas' sketches. Having an opportunity to work with his brothers on such a massive project was "very cool," said Duenas.

OTHER FEATURED ARTWORK AT THE CASINO

Duenas rendered a butterfly and salmon, which can be seen on vinyl stickers throughout the glass on the casino floor. The designs look like etched glass.



Anthony Duenas (right) with his brothers Daniel and Chris.

In addition, Duenas also has three prints in the Waterway Deli, which are of an eagle, salmon and bear. It is hung in a way to symbolize who would get to eat the salmon first.

The animals are "essentially fighting over dinner," he said.

Duenas said it feels great to have his artwork featured in the new casino.

"My kids will see it, their kids will see it, my nieces and nephews will see it – family three generations from now will say, 'My family did that,'" said Duenas. "It's great. It's a wonderful feeling."



DARKNESS TO LIGHT IS WORKING TO PREVENT CHILD SEXUAL ABUSE THROUGH AWARENESS AND TRAINING.

Do you know the 5 steps to protect children from Child Sexual Abuse?



STEP ONE: LEARN THE FACTS

One in 10 children will be sexually abused before the age of 18.



STEP TWO: MINIMIZE OPPORTUNITY

More than 80% of sexual abuse cases occur in isolated, one-on-one situations.



STEP THREE: TALK ABOUT IT



Children often keep abuse a secret. Talk openly with them to prevent sexual abuse.

STEP FOUR: RECOGNIZE THE SIGNS

Often the signs are emotional or behavioral, not physical.



STEP FIVE: REACT RESPONSIBLY

Learn how to offer support and report suspicion or discover immediately.



SHARE WITH YOUR FRIENDS & SPREAD THE WORD



Learn more about the 5 Steps to Protecting Our Children™ at www.D2L.org

Children of the River Child Advocacy Center
wiw'su 'ə tə stulək'w



A River of Healing
In Loving Memory of Dr. Verna Marie Bartlett

Children's Services postpones classes

April is Child Abuse Prevention Month.

Once our community is able to gather again the CRCAC will offer Darkness to Light, Stewards of Children classes to those in the community who would like to learn more about protecting children from abuse.

For more information, contact Carmelita A. Smith, M.A. Forensic Interviewer/ Outreach Specialist, at Carmelita.smith@puyalluptribe-nsn.gov.

Easter Bunny Sighting

The bunny gave out Easter bags to kids at tribal housing on April 10. The bags included plastic eggs and candy.

The event was organized by Council Member Sylvia Miller and her family. She said it wasn't political or paid for with tribal funds – it was just to spread Easter joy. *Photo courtesy of Sylvia Miller.*





Stand with survivors

April is Sexual Assault Awareness Month (SAAM), serving as a critical opportunity to raise awareness of sexual violence and stand in support of survivors.

For many tribal nations and victim services programs, this month helps promote awareness of sexual assault and rape with a goal of prevention for safer communities. People are invited to wear teal on Fridays in April to show their support for survivors.

Data about Sexual Assault

Sexual Violence by any perpetrator (Source: NISVS 2018 Data Brief)

- Approximately 1 in 5 women (21.3 percent or an estimated 25.5 million) in the U.S. reported completed or attempted rape at some point in their lifetime, including completed forced penetration, attempted forced penetration, or alcohol/drug facilitated completed penetration. About 2.6 percent of U.S. men (an estimated 2.8 million) experienced completed or attempted rape victimization in their lifetime.
- About 1 in 14 men (7.1 percent or nearly 7.9 million) in the U.S. was made to penetrate someone else (attempted or completed) at some point in their lifetime.
- Approximately 1 in 6 women (16.1 percent or an estimated 19.2 million women) and approximately 1 in 10 men (9.6 percent or an estimated 10.6 million men) experienced sexual coercion (e.g., being worn down by someone who repeatedly asked for sex, sexual pressure due to someone using their influence or authority) at some point in their lifetime.
- The majority of female victims of completed or attempted rape first experienced such victimization early in life, with 81.3 percent (nearly 20.8 million victims) reporting that it first occurred prior to age 25.
- The majority of male victims (70.8 percent or an estimated 2.0 million) of completed or attempted rape reported that their first experience occurred prior to age 25.

Help is available

If you know anyone that has been assaulted or sexually abuse here are some helpful resources:

Call the StrongHearts Native Helpline at 1-844-7NATIVE (762-8483) if you or someone you know has been sexually assaulted or sexually abused.

Other available resources:

National Domestic Violence Hotline is 24/7, confidential, and free: 1-800-799-7233

National Sexual Assault Hotline is 24/7, confidential, and free: 1-800-656-HOPE (4673).

National Human Trafficking Hotline is 24/7, confidential, and free: 1-888-373-7888 and through text SMS: 233733 (Text "Help" or "Info").

Trans Life LifeLine for peer support for trans folks is available 9 a.m.-3 a.m. central time: 1-877-565-8860.

The Puyallup Tribal Children's Rights Document

1. The Puyallup Tribal children have the right to be free from suffering physical injury, inflicted upon them by other than accidental means, which causes or creates a substantial risk of death.
2. The Puyallup Tribal children have the right to be free from sexual abuse, the right to say not to an abuser, and to tell a trusted adult about any sexual abuse that they have been or may be subject to.
3. The Puyallup Tribal children have the right to be free from emotional abuse or neglect inflicted upon them by any adult that may cause severe emotional scarring resulting in low self-esteem, inadequate coping skills, emotional immaturity caused by constant negative criticism, or withholding or emotional support.
4. The Puyallup Tribal children have the right to be free from punishment, ridicule, or criticism for expressing through speech, custom, or dress their Indian or tribal heritage.
5. The Puyallup Tribal children have the right to be secure in their person and have the welfare, protection, and care of their needs provided for.

This document was created by the Puyallup Tribal Local Indian Child Welfare Advisory Committee and approved by Tribal Council in 1998.

Firecracker Alley extends season and returns to the Eastside

By Lisa Pemberton
Puyallup Tribal News editor

After years of operating on the Riverboat property, the Puyallup Tribe's Firecracker Alley returns to its roots this year.

"We'll be in the old casino parking lot," said Fireworks Committee member Calvin Satiacum. "It's kind of like where the Firecracker Alley used to be."

The Fireworks Committee extended the season by two weeks, and lowered license prices by \$100.

The COVID-19 pandemic has canceled many events, but the Fireworks Committee is optimistic that Firecracker Alley will be able to continue as planned.



"Hopefully everything will be back to normal by then," Satiacum said. "We're anticipating a really big year because (the Fourth of July) will be over a weekend."

The Fireworks Committee established the following dates for the season:

May 18-22: License sales (for Puyallup tribal members only) will take place 10 a.m. to 5 p.m. at the Administration Building, 3009 E. Portland Ave., Tacoma. Prices are \$500 for fireworks stands, and \$400 for food stands. Payments must be made in cash.

May 23: Field marking, beginning at noon, in the old casino parking lot, 2024 E. 29th St., Tacoma. Because the market is

returning to an urban area, the maximum fireworks stand size will be 16 feet wide.

May 24: Lottery for stand locations begins at noon at Firecracker Alley.


May 24-July 5: Fireworks sales permitted.

Weekend of June 19: Father's Day weekend fireworks show. Details to be announced at a later date.

Weekend of July 4: Fourth of July weekend fireworks show. Details to be announced at a later date.


Watch for updates on the tribe's website, www.PuyallupTribe-nsn.gov.

Firework license sales (for Puyallup Tribal members only) will take place 10 a.m. to 5 p.m. May 18 to 22 in the Administration Building, 3009 E. Portland Ave., Tacoma. Prices are \$500 for fireworks stands, and \$400 for food stands. Payments must be made in cash.



Now Enrolling!

Puyallup Tribal Preschool



Requirements of PTP:

- ✓ Must be 3 years old by August 31st
- ✓ Must be a Puyallup Tribal Member
- ✓ Application must be complete for each child in need of services.

FAQ:

Transportation? No, children will need to be self-transported.

How long is the program? Sept-June. We follow the Chief Leschi School schedule.

When? M,T,Th,Fri 8:00am to 3:00pm (no school Wed)


Where? Grandview Early Learning Center

* If you still have questions please give us a call!

253-680-5515

Children in PTP program receive teaching in a cultural environment including:

- The integration of the twulshootseed language
- Cultural Calendar Alignment
- Healthy Meals Provided
- Parent Night Events
- Development Screenings
- Outdoor Classrooms
- Conscious Discipline Curriculum
- Small teacher – child ratio
- Singing & Drumming circle
- Age & Developmentally appropriate activities
- Creative Curriculum
- And more....



Using your phone's camera, scan this QR code to access the online PTP

To APPLY: <http://www.puyallup-tribe.com/gelc/res/APPLICATION-PTP.pdf>

Indian Country's Missing




Name: **ALYSSA ANGELIQUE MCLEMORE**
 NamUs: MP # 9695
 Missing From: **KENT, WASHINGTON**
 Date Missing: **APRIL 9, 2009**
 Race: **NATIVE AMERICAN (ALEUT DESCENT)**
 Age: **21 in 2009** DOB: 07/23/1987
 Hair: **BLACK**
 Eyes: **BROWN**
 Height: **5' 1" - 5' 2"**
 Weight: **130 pounds**
 Scar: on abdomen

Alyssa's grandmother spoke to her on the phone at 6:30 p.m. on April 9, 2009. Authorities discovered Alyssa's cell phone dialed 911 at 9:15 p.m. on April 10, the day after she was last heard from. The dispatcher heard a woman asking for help, but the phone did not have a GPS sensor and its exact location could not be determined before the line went dead. Authorities believe the call came from the Kent area.

If you know anything about the disappearance of Alyssa McLemore please contact the Kent Police Department at 253-856-5800. Case # 09-003906

Sources: NamUs
The Charley Project

Find us on Facebook at Indian Country's Missing Working out of San Diego, Ca.

Elect

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2020**



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(reach out)

(253) 344-9143

danelleptm514@gmail.com



**Paid advertisement*



We are Grateful for You ʔəsk'wədiitubuʔəd čəʔ

Thank you to our community for the kind messages to PTHA!
This truly brightened the day for our hardworking staff.



Telemedicine: Providing Care at a Distance

PTHA is making health care more accessible by offering Telemedicine. Patients can get non-urgent virtual care from the comfort of their home. The scheduled live video chats are a

convenient audiovisual link between a patient and a care provider. PTHA patients can schedule Telemedicine appointments for medical, mental health counseling, and addictions treatment.

Patients can choose between video chats or audio by phone. To schedule a Telemedicine appointment, please call **253-593-0232**.

Quit tobacco now to protect your lungs against respiratory illness

The novel coronavirus (COVID-19) is a disease that affects the respiratory system, which primarily includes your lungs and your ability to breathe.

Smokers and people using vape pens or e-cigarettes may have less efficient lungs

and may be harder hit by breathing issues resulting from the virus. There has never been a better time for smokers to quit and for individuals to protect their health by avoiding use of all tobacco products, including e-cigarettes.

Talk to your health care provider about quitting tobacco. You can also contact PTHA's Tobacco/Vape Cessation program at 253-593-0232 or the national Quitline at 1-800-QUIT-NOW (1-800-784-8669) for help and other resources.

PTHA HOURS

Mon, Tue, Thurs, Fri: 9 a.m. – 5 p.m.

Wed: 10 a.m. – 5 p.m.

PHARMACY HOURS

Mon – Fri: 10 a.m. – 4 p.m.



CONGRATS!

I would like to congratulate my daughter Janae Kalama for signing her letter of intent to continue her academic and basketball career at Green River College. Although signing day didn't go as planned with family and friends, we will definitely plan something later on! Know that we are incredibly proud of you!

– Love Mom

**PUYALLUP TRIBAL NEWS WANTS TO HEAR FROM YOU.
SUBMIT PHOTOS, STORIES, AND CALENDAR ITEMS TO:
NEWS@PUYALLUPTRIBE-NSN.GOV**

Attention Class of 2020: Submit photos for PTOI's Grad Spotlight

Whether it's a Head Start, kindergarten, high school or college, graduations are a big moment in life. Many ceremonies have been canceled for the Class of 2020 due to the COVID-19 outbreak, and folks are turning to technology to celebrate their grads.

If you have a grad in your life (preschool, high school, trade school, college, etc.), submit their photo and a congratulatory message to news@puyalluptribe-nsn.gov with the subject line "Grad Spotlight." The Communications Department plans to share graduates' photos and messages on the Tribe's website, www.PuyallupTribe-nsn.gov, on social media, digital newsletters and in the Puyallup Tribal News.

CONGRATULATIONS TO THE CLASS OF 2020!

Tribal victory: Environmental review ordered for #NoDAPL

By Lisa Pemberton
Puyallup Tribal News editor

A federal judge struck down federal permits and ordered a sweeping new environmental review of the controversial Dakota Access Pipeline. In 2016, a massive gathering of tribes and allies protesting the project helped give rise to the global movement of indigenous resistance to fossil-fuel infrastructure projects, including Tacoma LNG.

Earthjustice, which represents the Standing Rock Sioux in a lawsuit against



A screengrab of a video of Puyallup Tribal leaders participating in a march against the Dakota Access Pipeline and the Tacoma liquefied natural gas plant on Nov. 12, 2016. In addition, the Puyallup Canoe Family and others converged at Standing Rock for a massive #NoDAPL protest that year.

the pipeline project, declared the March 25 ruling a "victory" for the tribe.

According to the New York Times, the judge ruled that the original study "did not adequately consider whether an oil spill under the Missouri River would affect the tribe's fishing and hunting rights; whether the project might

disproportionately affect tribes and other at-risk, low-income communities; and whether the pipeline's effects on the environment would be 'highly controversial.'"

Watch for updates on the Tacoma LNG project on the tribe's website, www.PuyallupTribe-nsn.gov.

Tribal Council meets at EQC-Fife to fulfill social distance requirements

Conference space at the Emerald Queen Casino & Hotel in Fife has been temporarily transformed into Tribal Council Chambers (see photo on page 1) so that the Tribe's elected lawmakers can continue to safely hold in-person meetings, in a manner that meets social distance requirements.

Council members and staff have also been teleconferencing.

The Tribal Council reminds everyone that COVID-19 continues to be a threat, and it's important to

#StayHomeStayHealthy, unless you need to go out for essential business.

Watch for Tribal Council updates at www.puyalluptribe-nsn.gov.

Food deliveries come to Tribe

Members of the Tribal Council, Administration, the Housing Department and the Elders staff delivered 350 boxes of food for Housing residents on April 9. The delivery was through a partnership with Emergency Food Network. Additional food was distributed the following day at the Emerald Queen Casino parking lot.

The Tribe is planning future deliveries. For more information, contact Chester Earl, community events coordinator, at 253-307-3659. *(Photo courtesy of Tribal Council member Annette Bryan.)*



slaḡətʔat
(The Day of Rememberance)

Puyallup Tribal Administration offices

CLOSED
May 25
(May 22 – Closed 4 hours early)

Honoring Our Ancestors

PUYALLUP
TRIBE OF INDIANS

Photo courtesy of Puyallup Tribal Member Frank Cruise

By Michael Sisson

Puyallup Tribal Veterans Representative

Note: Events are subject to cancellation due to the COVID-19 virus response.

The Puyallup Tribal Veterans Committee is in the process of collecting names for a lottery/drawing to attend the 6th Annual National Gathering of American Indian Veterans, which is held at Cantigny Park in Wheaton, Illinois, July 17-19.

This event honors veterans and military personnel of all cultures, eras, and branches in a Native way.



Watch entertaining performances from cultural groups and participate in powwow-style dancing with other veterans. If approved, this will be the sixth year the Puyallup Tribal Council has allowed Puyallup Tribal Veterans to attend this annual event that spends time to celebrate and remember the untold story of American Indian people's contribution to the Military.

The Tribal Veterans Committee would like to offer attendance to all other Puyallup Tribal Veterans who have not had the opportunity to attend this event in the past.

If you are interested in carrying the Colors for Grand Entry as well as participating in the other Gathering festivities, please submit your request in writing no later than June 9, to Puyallup Tribe of Indians, ATTN: Tribal Veterans Representative, 3009 East Portland Ave., Tacoma, WA 98404-4926.



The Puyallup Tribal Veterans Committee is also in the process of collecting names for a lottery/drawing to attend the Dedication of the National Native American Veterans Memorial on Nov. 11. This event will be held in Washington, D.C.; it will honor the Service of Native Americans, Alaska Natives, and Native Hawaiians in the U.S. Armed Forces. This event will include a Native Veterans Procession, a dedication ceremony, and a concert, followed by a multi-day celebration that will include access to the Memorial, exhibition tours, and cultural performances. The Tribal Veterans Committee would like to offer attendance to all Puyallup Tribal Veterans.

Puyallup Tribal Veterans will receive a number of tickets to attend the evening reception on Nov. 10; and we will also have a designated seating area at the Dedication on Nov. 11.

Any Veteran wanting to attend is encouraged to register at www.nmai.si.edu/hnavm for participation in the Native Veterans Procession.

More will be revealed regarding this event as the information becomes available.

Should you wish to participate with your fellow Puyallup Tribal Veterans in this event, please submit your request in

writing no later than Sept. 8, to Puyallup Tribe of Indians, ATTN: Tribal Veterans Representative, 3009 East Portland Ave., Tacoma, WA 98404-4926.

On Memorial Day, Monday, May 25, at 11 a.m., the Puyallup Tribal Veterans will hold a Memorial Day ceremony at the Puyallup Tribal Veterans Memorial, which is located in front of the Puyallup Tribal Health Authority. There will be a rifle salute, the playing of "Taps," presentation of a wreath, as well as the reading of the names of Puyallup Tribal Veterans that have crossed over.

Following the ceremony, lunch will be provided at the Emerald Queen Casino – I-5; 2024 East 29th St., Tacoma.

The uniform for these events will be black trousers, black shoes, long sleeve white shirt, our white Tribal Veterans ball cap and the Pendleton Grateful Nation Vest that we wear to all Tribal veteran events (please see the picture below).



Find us on Facebook under Puyallup Tribal Veterans.

Building A Brighter Future, TOGETHER!



RE-ELECT

Tim Reynon

for

**EXPERIENCED, DEPENDABLE, COMPASSIONATE
LEADERSHIP during challenging times**

PUYALLUP TRIBAL COUNCIL 2020

**Paid advertisement*

Job title: Police Officer
Department: Law Enforcement
Closes: Open until filled.

Responsible for the enforcement of all tribal laws and regulations which shall include both land and marine areas which are under tribal jurisdiction. The police officer should possess understanding of sovereignty, tribal regulations and the need for their enforcement.

How To Apply:

Apply online at <https://usr55.dayforcehcm.com/CandidatePortal/en-US/ptoiad> or visit the Puyallup Tribe's website at <http://www.puyalluptribe-nsn.gov/> and select 'Employment' at the top of the page.

If you have any questions about the online application, please call 253-573-7863 or email jobs@puyalluptribe-nsn.gov.

Check your unemployment claim details and wage information online.



Visit esd.wa.gov and select Sign in or create account to get started!



The Employment Security Department is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. Washington Relay Service: 711

Individuals with limited English proficiency may request to the department free interpreter services to conduct business with the department.

THREE EASY STEPS

- 1 Create a Secure Access Washington (SAW) account at esd.wa.gov.**
Select the Sign in or create account link from the ESD home page. Follow the instructions to Create new account.
 - 2 Answer a few questions to verify your identity.**
Don't rush through the ID verification questions. If you answer incorrectly, the system will not recognize you.
 - 3 Confirm your device.**
You'll do this by entering your telephone number and selecting three challenge questions. Click Finish.
- GO! You are ready to start!**
Select either Apply for unemployment benefits or manage your current and past claims or Look up your past wages.

STOP If you run into problems creating a new SAW account:
Call (855) 682-0785.

Before you call, try closing your browser and waiting 15 minutes. Then try to sign in again.

Double-check your username, password and your answers to the ID verification questions.

Chief Leschi Schools receive donations

Puyallup Tribal Council member Sylvia Miller donated toys and games for students at Chief Leschi Schools. The items were included in meal and academic packet deliveries for families.



Daffodil princess practicing social distancing

Chief Leschi Daffodil princess Catalina Dillon participated in the Franke Tobey Jones Springtime Parade on April 17. All of the participants stayed in their cars to meet social distancing requirements.

Photo courtesy of Sylvia Miller



Making history: A timeline of COVID-19's impact on the Puyallup Tribe

By Lisa Pemberton
Puyallup Tribal News editor

The Puyallup Tribal Council has monitored the COVID-19 outbreak since before March and taken numerous actions to protect the tribal community and help slow the spread of the virus.

Here is a timeline of how the pandemic has affected the tribal community, the state and the world.

- **Dec. 31:** China reports a cluster of pneumonia cases in Wuhan, Hubei Province. It is eventually identified as a novel coronavirus.
- **Jan. 11:** The first coronavirus death is reported. The patient was a 61-year-old man in Wuhan.
- **Jan. 13:** The first reported case outside of China is confirmed in Thailand.
- **Jan. 21:** The United States reports its first confirmed case: A man in his 30s from Snohomish County, north of Seattle. He arrived in the U.S. about a week earlier after visiting Wuhan. He hadn't visited the seafood market where the virus is said to have originated.
- **Feb. 11:** The World Health Organization announces the disease caused by the new coronavirus will be officially named COVID-19.
- **Feb. 29:** The first recorded coronavirus death in the United States occurs. It is a man in his 50s from Washington state with underlying health conditions. The man was not associated with Life Care Center in Kirkland, which has more than 50 people sick and being tested for the coronavirus, but he was at a hospital where many people from the long-term facility were treated.
- **Feb. 29:** Gov. Jay Inslee proclaims a state of emergency in Washington state.
- **March 5:** All community events organized by Tribal Administration are canceled through the end of March. The events include Elders luncheons, prayer breakfasts and cultural classes. Non-essential travel by employees canceled. About a week later, the state begins limiting large gatherings. The Tribe's cancellations are later extended into April.
- **March 6:** Pierce County announces its first confirmed positive case of the coronavirus.
- **March 11:** World Health Organization categorizes COVID-19 as a pandemic.

- **March 10:** Attendance at ceremony to bless two story poles at Emerald Queen Casino I-5 is restricted to avoid an active construction zone, but also with COVID-19 in mind.
- **March 12:** Decision announced to close Chief Leschi Schools and Grandview Early Learning Center effective March 16 through April 24. The school arranges for meal delivery and for distance learning.
- **March 13:** Tribal Council contacts Gov. Inslee and Pierce County Executive Bruce Dammeier and offers the Emerald Queen Riverboat and its adjacent 45 acres on Alexander Avenue to public health authorities as a possible isolation site or command center if needed.
- **March 13:** President Donald Trump declares a state of emergency that could free \$50 billion to fight COVID-19.
- **March 16:** Gov. Inslee announces statewide shutdown of restaurants, bars and entertainment, leisure and non-essential services such

as theaters, gyms and hair salons through March 31. The order does not apply to conduct on tribal lands.

- **March 17:** Emerald Queen Casino locations close, and non-essential government operations are curtailed. Puyallup Tribal Court temporarily closes to the public; most staff work remotely, and most hearings scheduled until May 1 are continued. Tribal Council primary election – then still scheduled for April 4 but later moved to June 6 – is moved from in-person voting at Tribal Administration to drive-in voting Chief Leschi Schools.
- **March 18:** Tribal Council declares a public health emergency.
- **March 23:** Gov. Inslee announces the "Stay Home, Stay Healthy" order for at least two weeks. The order does not apply to conduct on tribal lands.
- **March 24:** Tribal Council, which has been coordinating with Gov. Inslee's office on COVID-19, again encourages Tribal community members to stay

Continued on page 21

Stay home. Stay healthy.



What does stay home stay healthy mean?

You must stay home except for supplies and services like:



Food and household supplies.



Medicine or medical care.



Travel to work for essential jobs.

What are essential jobs?

Stay home stay healthy applies to all people except those performing essential jobs like:



First responders.



Healthcare workers.



Public works.

You will know if your job is essential.

Why should I stay home?

Staying home is the best way to protect yourself, your family and your community. It helps:



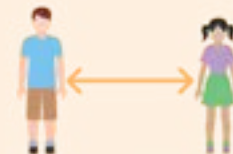
Keep healthcare facilities open to those who need them.



Protect people with higher risk of severe illness.

What can I still do?

Go outside and exercise.
Practice social distance.



Keep 6 feet between you and people who don't live with you.



Avoid people you don't live with.

Order delivery or takeout.



Reschedule non-emergency appointments.

Learn more and stay updated at tpchd.org/coronavirus.

home except for essential activities and endorses Inslee’s “Stay Home, Stay Healthy” message.

- **March 24:** Washington state officials announce temporary closure of all state-managed parks, wildlife areas and water access areas for at least two weeks.
- **March 27:** Postponement of Tribal Council primary election from April 4 to June 6, and of the general election from June 6 to Aug. 1.
- **March 29:** Tribe’s first local case of COVID-19 announced.
- **March 31:** Tribe announces it will keep casinos closed at least two more weeks. The casinos employ about 2,400 people. During the closure, about 12 percent of employees are being laid off, and about 74 percent are going on furlough.
- **March and April:** Conference space at the Emerald Queen Casino & Hotel in Fife is temporarily transformed into Tribal Council Chambers so that the Council can continue to safely hold in-person meetings, in a manner that meets social distance requirements.
- **April 2:** Gov. Inslee extends the state’s stay at home order through May 4.

- **April 3:** Tribal Council announces major budget cuts affecting Tribal government personnel, due to economic decline related to the COVID-19 pandemic. The decisions include furloughs, layoffs and hour reductions for Tribal government’s workforce of over 600 people, and other actions including the suspension of capital projects and shifting of their dollars to support government operations.
- **April 3:** The Centers for Disease Control and Prevention recommends that in addition to handwashing and practicing social distancing everyone begin wearing cloth face mask when out in public to help prevent the spread of COVID-19.
- **April 5:** The Tribe’s number of positive COVID-19 cases is five. In a message to the tribal community, Dr. Alan Shelton urges everyone to continue social distancing and staying home unless they need to leave for essential business.
- **April 6:** Chief Leschi Schools joins others across the state in moving to online-only distance learning for the remainder of the school year.

- **April 6:** The death toll from the coronavirus surpasses 10,000 in the United States.
- **April 9:** Members of the Tribal Council, Administration, the Housing Department and the Elders staff deliver 350 boxes of food for Housing residents. The delivery was through a partnership with Emergency Food Network. Additional food was distributed the following day at the Emerald Queen Casino parking lot.
- **April 13:** Tacoma-Pierce County Health Department reports 969 positive cases and 20 deaths. Statewide, there were 10,538 confirmed cases and 516 deaths, according to the state Department of Health. In the United States and its territories, there are 554,849 confirmed cases and 21,942 deaths, according to Centers for Disease Control and Prevention.
- **April 14:** Tribal Council announces that the most conservative projections show that the Tribe has enough resources for Tribal membership benefits and services through the end of June and as a result to expect changes in benefits.

Blood donation is an essential and needed service

The current flu season and the COVID-19 pandemic caused the cancellation of many blood drives. As a result, the country’s blood supply is running low.

Blood donors are exempt from the state’s Stay Home, Stay Healthy order because it is considered an essential health service.

Puyallup Tribal Health Authority’s Dr. Alan Shelton said if someone wants to donate blood, it’s a good thing to do. He reminds donors to continue practice social

distancing by not shaking hands, staying six feet away from other people and washing hands after touching surfaces.

Here are some sites you can schedule an appointment:

Octapharma Plasma in Fife: 253-693-2598.

Cascade Regional Blood Services in Tacoma: 1-877-24-BLOOD.

American Red Cross: 1-800-733-2767.



Let’s continue to work together to defeat the coronavirus

I would like to thank each one of you for your sacrifice and efforts to social distance and help us in dealing with this coronavirus crisis.

This has been a hard and difficult time for many and my heart goes out to you. If any of you get sick please call us at PTHA for possible testing or treatment. We are there for you.

At the same time, we are continuing to see positive results from our efforts which in many cases the tribe began

before the state mandated similar rules. Our community numbers are much lower than anticipated. So far, in over 100 patients who had potential infections, we determined the need to test 64 of them, and only five of them tested positive. In Pierce County the number of new cases, hospitalizations, and deaths has steadily declined over the last two to three weeks. The so-called surge was less than expected and has passed us.

However, we are not done yet. On Thursday, April 16, there were 37 new

cases in Pierce County. Again although this is less than the peak, as you can see we are still in this fight. Please continue to stay at home and stay healthy. If you must go out please wear a mask. Try to stay 6 feet away from others. If there are elders in your home, please love them and care for them – from a safe distance to lessen their chance of getting infected. Let’s continue to work together to defeat the coronavirus!

Dr. Alan Shelton,
Medical Director of the Puyallup Tribe

Traditional medicines offer protection during COVID-19 outbreak

By Lisa Pemberton
Puyallup Tribal News editor

As the global COVID-19 pandemic closed in locally, the Puyallup Tribe Culture Department prepared and sent 330 packages of traditional medicines and teas for tribal elders.

Some of the elders had never used traditional medicine before, so it was an opportunity for them to learn an important part of Coast Salish culture. Now, they'll be able to share those teachings with younger generations.

"Our traditional medicines have been here since the beginning of time," said Culture Director Connie McCloud. "These are things that our people have always known, but through all of the colonization not everybody's had access to our traditional medicines. ... For a lot of our elders, this is a time of learning for them, and put back into their practices some of these things. And it's helping."

Although there isn't yet a cure for COVID-19, many traditional Coast Salish medicines can be used to prevent and treat a variety of ailments that are associated with the virus. For example, elderberry increases immunity, and treats congestion and infection.

Here are traditional medicines that can help, and suggested ways to use them. Some traditional medicines shouldn't be mixed with pharmaceutical drugs. Check with your doctor or pharmacist or staff at the Culture Department before using traditional medicines.

Cedar: Western Red Cedar is good for respiratory support, and air cleanser. McCloud recommends putting a few sprigs (enough to equal about a half-cup) in a pan of water, bringing it to a boil and allowing it to vaporize in the air.



If you are congested, pour hot water over a few sprigs, cover your head with a towel and breathe in the steam for about five minutes. Repeat two to three times a day. You can reheat the mixture several times.

Nettle: Nettle tea can help reduce stress, strengthen immunity, treat stomach ailments and provide other health benefits. You can buy nettle tea online or in the health food section at a grocery store, or make your own.



Nettle can also be eaten fresh. Watch for information about nettle harvesting field trips led by Culture Department staff at www.puyalluptribe-nsn.gov.

Huckleberry: Mountain huckleberries are harvested in late summer, and are usually canned, dried, or frozen. They are high in antioxidants and will help build

your immune system. Huckleberry tea is also beneficial.

"Huckleberries are a traditional plant and a sacred food," McCloud said. The Culture Department occasionally holds huckleberry jam classes. A recent one was canceled due to the COVID-19 outbreak, but is expected to be rescheduled. Watch for updates at www.puyalluptribe-nsn.gov.



Elderberry: Just a couple of drops a day of elderberry syrup will help build your immune system. If you don't like the taste, try adding it to a cup of herbal tea. Scientists have identified a chemical compound in elderberries that can stop flu symptoms, and eliminate it quickly. Elderberries are also a natural source of antioxidants, including quercetin.



Sage: A hot cup of sage tea can relieve indigestion and sore throats. It can also help decrease congestion. Note: Several medications including ones for diabetes, seizures and sleep disorders can interact with sage. You'll want to check with your doctor before you use.

Continued on page 23

Sign up for traditional medicines

The Culture Department is continuing to gather and provide traditional medicines and teas upon request. Staff will also mail those items to tribal members who live out of the area. To request traditional medicines, call Director Connie McCloud at 253-389-8729.



Smudging with sage will help clean the air.



Prince's pine: Used for a variety of ailments including kidney, bladder and lung ailments. It's a powerful medicine and isn't recommended for daily use.



To use as tea: Bring two quarts of water to boil, place a handful of prince's pine into the water, turn off burner, cover and let sit for 20 to 25 minutes. Remove and strain into a jar. Drink one cup every other day.

Store in the refrigerator.

Devil's club: The inner bark of the root is used for medicine, and can treat a variety of ailments including sore throat, cough and pneumonia. The Culture Department offers Devil's club in capsule form.

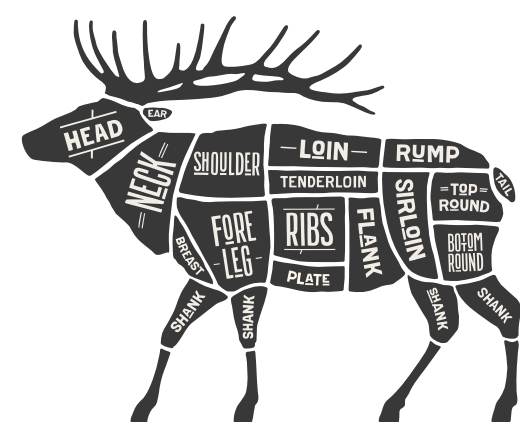


Prayer and gratitude: Prayer and gratitude are important elements in traditional medicine, McCloud said. Experts say practicing gratitude – simply reflecting on a few things that you're thankful for each day – can help change your outlook and lower stress.

When it's time to harvest, it's important to always ask permission from the plants, and thank them. It's also important to thank them before you use them as traditional medicine.

"Our messages from our ancestors was our medicines and our plants are here, our water is here, our Mother Earth is here, our foods are here," McCloud said. "We just have to remember to ask permission, and that's your prayers before you eat. That's giving thanks to our food. Ask your medicines to take care of us."

Elk, deer and other meat available to elders



Puyallup Tribal elders, 55 and older, are eligible to receive elk, deer, buffalo and pork from the Puyallup Tribe's Hunting and Wildlife Department.

If you are interested in the program, please contact Dan Sandstrom at 253-405-7504 or Alyrece McCloud at 253-222-5682.

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Search

Key

ł'	q'	a	p	s	ə	s	ʔ	b	s	ǰ	y'	q'	p	k	ʔ	i	b	a	c
čʷ	dʒ	b	č	c	ʔ	č	č	l'	a	b	w	t'	v	ə	ə	qʷ	r	l'	ł'
s	y	a	y	a	y	ə	ʔ	qʷ	l	t	c	ə	w	ə	ʔ	w	ǰ	xʷ	ǰ
kʷ	čʷ	d	č'	p	k	d	i	p	i	š	p	i	š	u	ə	a	č'	kʷ	s
u	h	s	y	a	y	a	y	ə	ʔ	s	dʒ	s	g	dʒ	d	č	r	t'	qʷ
v	c	čʷ	ł'	ʔ	w'	d	čʷ	f	k'	ʔ	y	ł'	č	qʷ	xʷ	c	ʔ	w'	b
h	ǰ	s	č'	ʔ	i	xʷ	i	ʔ	q'	q	h	i	i	ʔ	č	q	qʷ	č	t
s	q	i	gʷ	ə	c	ʔ	h	u	y'	w'	ʔ	q'	ł'	k'	l'	k	u	p	i
h	č'	qʷ	y	č	qʷ	c	gʷ	b	h	ʔ	w	kʷ	n	xʷ	y'	č'	ʔ	c'	a
q'	ł'	k'	ə	y	o	ʔ	c	a	ə	g	gʷ	i	q'	k	gʷ	č	l'	qʷ	c
č	čʷ	ə	d	dʒ	ʔ	s	b	č	q'	s	qʷ	m	u	s	m	a	s	q'	q
y'	č	w'	ʔ	ə	ǰ	ʔ	č	č'	p	b	h	š	č	l	q'	b	ʔ	čʷ	y'
c'	ʔ	l'	č	b	č'	q	dʒ	ʔ	h	l	a	b	c	ə	b	u	t	xʷ	gʷ
qʷ	b	p	a	n	t'	u	u	y	čʷ	l	ʔ	ə	k'	č	ʔ	dʒ	ə	dʒ	č'
dʒ	č'	w	dʒ	b	gʷ	m	ʔ	ł'	č	s	ʔ	ǰ	č'	i	čʷ	w'	u	b	kʷ
qʷ	u	ʔ	qʷ	a	ʔ	k'	l'	t'	ʔ	ʔ	ə	qʷ	t'	l	ʔ	ə	ł'	ə	xʷ

txʷəlšucid puzzle by Chris Briden, txʷəlšucid Instructor

[puzzle on page 8](#)

TRIBALLY OWNED BUSINESSES COVID-19 RELIEF RESOURCE HIGHLIGHT

Paycheck Protection Program (PPP)

Helping Businesses Keep Their Workforce Employed

What you need to know:

The Small Business Administration's (SBA) Paycheck Protection Program is a loan designed to provide a direct incentive for small businesses to keep their workers on the payroll.

- Loans are available for small businesses with fewer than 500 employees.
- The loan application period opened April 3, 2020, with loans available through June 30, 2020.
- Loans are fully forgiven if the business maintains or quickly rehires all employees and if employees are kept on the payroll for eight weeks and the money is used for payroll, rent, mortgage interest, or utilities.
- Loan payments will also be deferred for six months. No collateral or personal guarantees are required. Neither the government nor lenders will charge small businesses any fees.
- Apply through any existing SBA 7(a) lender or through any participating federally insured depository institution, federally insured credit union, and Farm Credit System institution. Contact your local lender to see if they are a PPP participant.

APPLY NOW

<https://tinyurl.com/wc3mqvw>

Puyallup Tribal Newspaper Schedule

May 2020 – Issue #365

Wednesday, May 6 – **Content Due** to News@puyalluptribe-nsn.gov

Wednesday, May 20 – Sent to print

Wednesday, May 27 – Newspaper enter mail / Paper delivered

June 2020 – Issue #366

Wednesday, Jun. 3 – **Content Due** to News@puyalluptribe-nsn.gov

Wednesday, Jun. 17 – Sent to print

Tuesday, Jun. 23 – Newspaper enter mail / Paper delivered

July 2020 – Issue #367

Wednesday, Jul. 8 – **Content Due** to News@puyalluptribe-nsn.gov

Wednesday, Jul. 22 – Sent to print

Tuesday, Jul. 28 – Newspaper enter mail / Paper delivered

August 2020 – Issue #368

Wednesday, Aug. 5 – **Content Due** to News@puyalluptribe-nsn.gov

Wednesday, Aug. 19 – Sent to print

Tuesday, Aug. 25 – Newspaper enter mail / Paper delivered

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Puyallup Tribal News Staff

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