



# Hibulb News



A  
*Journey*  
WITH OUR  
*Ancestors*

COAST SALISH  
**CANOES**

EXHIBIT OPENS  
JUNE 28, 2014

## The Four Plant Ladies

*Traditional Story told by Lois Landgrebe*

Long ago, there were four ladies who were always down by the water. They were washing their faces and they devised a plan at getting the best of duk'ibəʔ (Changer) when he walked near them. Everyone knew that he was walking through the lands changing things to the way they are today. These four ladies started to argue about who was going to get the best of duk'ibəʔ.

ʔuʔčil ti cədiʔ This one individual, Changer, arrived there. He noticed the four ladies were arguing by the water; he approached them.

stab k'i adsuhuy ʔuwiliq'itəb tsi čuʔ stadəy? "What are you doing?" He asked one of the ladies. She had answered him, "We are arguing about who is going to wrestle down Changer when he gets here. I am stronger and it's going to be me."

One of the other ladies stepped forward and said, "You are not. I am stronger and it is going to be me."

The other two pushed the two who talked, "I am stronger. I am the one who will get the best of Changer."

"No, it's going to be me. I will get the best of Changer." The last lady with bright yellow hair exclaimed they didn't realize that it was Changer who had approached them. The ladies proceeded to wrestle each other into the stream of water. Changer went over and tapped each lady on the head changing them to plants.

To this day, you will find those same plants near water. They are cattail, skunk cabbage, horsetail and lady hair fern.

Join us on August 16th, 2014  
as Hibulb Cultural Center  
presents its

— 3rd —  
*Anniversary  
Celebration*

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## *Nettle, the Nutritional Nuisance*

Article by Andrew Gobin of the See-Yaht-Sub

The nuisance in the back yard known for its annoying sting and pungent earthy smell, nettle is not the most desirable flora of the Pacific Northwest. For northwest tribes, however, nettle is a cultural and traditional staple. The Rediscovery Program at the Hibulb Cultural Center began their spring harvest of nettle sprouts March 12th, working to reintroduce the use of nettle into the community and continuing the revitalization of our culture.

Inez Bill, who has spent the last ten years learning about how to use nettle, harvested nettle sprouts on the bluff above Arcadia on the Tulalip Reservation. Derek Houle, who has been involved with the culture program for most of his life, and Lauw-Ya Spencer, who became involved in 2012 through the summer youth program, joined Bill as they gathered the sprouts to use in the rediscovery program. They then process the nettle sprouts for use in foods and preserve some nettle for continued use throughout the year.

“Nettle was a staple for our people for hundreds of years,” explained Bill, “It has tremendous health benefits. For food you have to harvest the sprouts in the spring, or in the summer you can harvest the tops of the nettle, the stock gets too hard. Here at the museum we have expanded the uses. We make nettle tea and different flavored lemonades with nettle tea. We also have created Hibulb Bread, which is like buckskin bread, only more healthy and nutritional.”

Bill and her husband, the late Hank Gobin, learned to harvest and prepare nettle and other traditional flora from



Photo credit: Francesca Hillery, Public Affairs

Valerie Segrest, Elise Krohn, and the late Bruce Miller, whose dedicated themselves to cultural revitalization and educating about traditional flora. Bringing that knowledge to the rediscovery program, Bill continues their work in revitalizing traditional plant use. As a girl, Bill's elders instilled in her the respect and reverence for these traditional plants as foods and as medicines and she hands down those teachings throughout the rediscovery program. She also gets creative, incorporating nettle into many recipes.

“The Hibulb bread is diabetic friendly. It is made with ground almond meal instead of flour, and without salt or sugar. Ground nettle is added, but we had to play around with how much was the right amount.” said Bill.

A true superfood, nettle is packed with nutrients. It can be ground up and added to almost any dish for a



Photo credit: Francesca Hillery, Public Affairs

healthy boost. The cultural center makes a seasoning, ground nettle for recipe ingredients, blanched and frozen nettle for later in the year, nettle stock, nesto (nettle pesto), and so much more. As a cultural staple, beyond food, nettle was traditionally made into twine and nets, it is one of the stronger natural twines.

*To learn more about the rediscovery program, or to participate in activities, contact Inez Bill at the Hibulb Cultural Center at (360) 716-2638.*

# Membership Section

## *Artist Spotlight:* David Spencer, Sr.

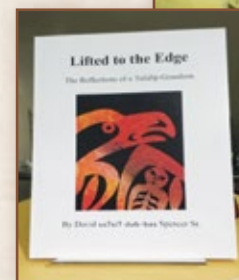
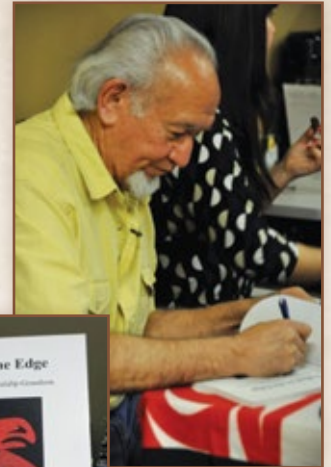
David Spencer, Sr. is an honored elder, veteran, author, songwriter, artist, and historian of the Tulalip Tribes. He has been an integral flame to keeping our cultural fires burning. He has contributed in numerous ways, such as being a featured poet in our Poetry Series, spokesperson for veterans, and recently contributed a few art pieces for our Coast Salish Inheritance exhibit; to name a few.

One art in particular, that is to be noted, is his writing, poetry. David has been writing poetry since 1973, he reconnected with the Lushootseed Language in 1997 and included that in his writing by using the language as a creative outlet. His poetry is inspired

from his life experiences, teachers, and fellow poets. His background includes some classical training, but mostly comes from his heart. "I took four courses at the UW from Nelson Bentley. He guided me on how to write poetry, to take one form all the way through the poem," said David. "Poetry is like painting."

You can purchase three of his works in the gift shop, "Elder Abandonment", "The Poems of a Tulalip Widower", and his book "Lifted to the Edge - The Reflections of a Tulalip Grandson". His book gives important and beautiful recollections of Tulalip elders and culture.

*Written by Mary Jane Topash*



## *History Minute*

### **Tulalip Indians invited to Everett's 1901 Fourth of July celebration**

In 1901, members of a fraternal organization in Everett decided to invite the Indians living on the Tulalip Reservation to Everett to take part in the city's Fourth of July celebration.

The organization - The Improved Order of Red Men - sent a letter to Tulalip's Chief Judge Charles Jules. The letter was written by Deputy Sheriff C.C. Thornton, well known to the reservation Indians when he was an Indian agent there.

The letter extended an invitation to all of the Indians of Tulalip to join the parade at 8 a.m. on the Fourth of July, and further invited them to "a good breakfast" which would be

"served to all who participate." Thornton added, "We look to you to see to it that a good attendance of Indians is present on the occasion."

Snoqualmie Jim was called on to deliver the letter. Jim said, "In my heart I feel the greatest love for the white man, and think all the young men of the reservation entertain a like regard. Nearly all the braves are young men now, for the years are calling the old men away. I will do my best to get the Indians to come to Everett on the Fourth."

Apparently Jim succeeded because the Everett Herald reported that the beach north of city dock was

"thronged with Indian camps. Here are representatives from Tulalip, Lummi, Swinomish and British Columbia, each bringing with them a racing canoe and crew."

The Herald also called the parade "spectacular" and went on to describe the evening canoe races. Four canoes, one from Lummi, one from Port Madison and two from Tulalip vied for the \$100 prize (worth over \$2,700 in 2014 dollars). In the two mile race, Lummi took first and Tulalip beat Port Madison by three feet to take the second prize of \$40.

*Submitted by LJ Mowrer*



# Programs & Events

## FOR THE MONTH OF MAY 2014

### CHILDREN'S READING TIME

*Parents and caregivers are invited to bring their young ones to hear stories and songs, and interact with others their age. Community members will help build a lifelong love of reading by sharing their favorite children's books.*

**May 24**

Saturday, 1:30 PM to 2:00 PM

**Monique Moses**

**May 31**

Saturday, 1:30 PM to 2:00 PM

**Tessa Campbell**

### FILM SERIES

**May 29**

Thursday, 6:00 PM to 7:00 PM

**Bring Your Family History**

**Film Night**

Bring your film honoring, sharing, highlighting your family or family history, 15 minute approximate time limit. We invite you to share your family's story, or a piece of your family's story, through film.

### Poles, Posts & Canoes Symposium

**JULY 21ST - 22ND, 2014**

**The Preservation, Conservation and Continuation  
of Native American Monumental Wood Carving**

### Caring for Totem Poles Workshop

**JULY 23rd - 24th, 2014**

**Focusing on the care and maintenance of totem poles.**

**REGISTRATION NOW OPEN! | VISIT OUR WEBSITE TO LEARN MORE**



Fees for all events are the cost of admission.

★ **First Thursday** of every month, open until 8:00 pm and free admission to everyone.

You can go to our website for more events at [www.hibulbculturalcenter.org](http://www.hibulbculturalcenter.org)



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**Hibulb Cultural Center**



**& Natural History Preserve**

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