

NISQUALLY ABSCH News



Nisqually Tribal News

4820 She-Nah-Num Dr. SE Olympia, WA 98513

Phone # 360-456-5221

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May 2025

U.S. Navy Ship Bill Frank Jr (T-ATS11)

By Debbie Preston, Nisqually Tribe Communications and Media Director



The christening of the US Navy ship Billy Frank Jr. (T-ATS11) on March 29 at Austal USA in Mobile, AL was a celebratory occasion. As the first ship to be named after an individual tribal member, the traditions of the first mariners of the Pacific Northwest blended well with those of the U.S. Navy. A shared respect of the waterways and traditions were on display in events such as the mast stepping ceremony and the christening event.

The ship is also the first steel ship produced by Austal. The Billy Frank Jr. is U.S. Navy towing salvage and rescue ship capable of towing an aircraft carrier or two cruise ships (example of towing power) in 27 knot winds and up to 11-foot seas. The crew will number 65.

Peggen Frank, Northern Arapaho tribal member and Billy Frank Jr.'s daughter-in-law, is the ship's sponsor. She will be associated with the ship for the remainder of her life. Tulalip tribal member Cecilia Gobin, an Environmental Policy Analyst for the Northwest Indian Fisheries Commission, is the Maid of Honor, and will assist when the sponsor is unable to meet a particular duty. Gobin knew Billy Frank Jr. most of her life and he identified her as one of the next generation of tribal leaders.

Nisqually tribal member Willie Frank III, son of Billy



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Planning for Climate Change

By George Walter

The various departments of the Nisqually Tribal government are forming a workgroup to develop a comprehensive climate change adaptation plan. The plan covers the reservation buildings and housing and may also be of service to off-reservation homes. The deadline to finish drafting the plan is December 2025.

Every department will be involved, from building and housing to natural resources and emergency management. George Walter, the Environmental Program Manager in Natural Resources, has been appointed to take the lead for plan development.

The planning team will be looking at short-term actions to mitigate the immediate impacts of climate change, for example ensuring that summer air conditioning is available and affordable. In addition, the plan will identify long-term climate change impacts and risks and develop steps that the Tribe can take now to better prepare to meet long-term needs.

The planning team will be scheduling several community and employee outreach events. We are seeking plan input from anyone willing to offer it. If you want to provide input now, or at any time, you can contact George Walter at walter.george@nisqually-nsn.gov or Chelsie Sharp at sharp.chelsie@nisqually-nsn.gov. You can also reach either of them through the Nisqually Tribe's telephone system by dialing 360-456-5221 and asking for Chelsie Sharp or George Walter. Also, we are available to meet with any community or family group that would be interested in learning more about climate change and Nisqually climate change planning. Please do not hesitate to contact us.

Nisqually Tribal Office Holiday Closures

Please mark them on your calendars!

Monday May 26, 2025
Memorial Day

Thursday June 19, 2025
Juneteenth

Friday July 4, 2025
4th of July

How to Contact Us

Tribal Center 360-456-5221
Health Clinic 360-459-5312
Law Enforcement 360-413-3019
Youth Center 360-455-5213
Natural Resources 360-438-8687

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ext. 1252

The deadline for the newsletter is the second Monday of every month.

Nisqually Tribal Council

Chair, Ken Choke
Vice Chair, Antonette Squally
Secretary, Jackie Whittington
Treasurer, Norine Wells
5th Council, Chris Olin
6th Council, Guido Levy Jr.
7th Council, Leighanna Scott

Where to Find Information:

Squalli Absch Newsletter

- Mailed, on website

Street Buzz

- Mailout, on She Nah Num

Facebook and website

Nisqually Indian Tribe Facebook

- geared toward educating the public

She Nah Num

- Private Facebook page

Website - www.nisqually-nsn.gov

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Frank Jr., gave the principal address. The former chair of the tribe talked about his father's tireless advocacy for the rights of tribes preserved in the treaties they signed with the U.S. government, including fishing, hunting and gathering. Following the early days of getting arrested more than 50 times for exercising his treaty rights along with many other tribal fishermen and the Boldt Decision that affirmed their reserved rights, (upheld by the U.S. Supreme Court) Frank became a statesman. He brought tribal and non-tribal leaders in their respective governments together, as well as private business and non-government agencies to protect the environment, especially the salmon and the natural world they depend on.

The ship will undergo preliminary testing toward the end of April at which time, should all be well, the U.S. Navy "accepts" the ship



Nisqually tribal member Willie Frank III, son of Billy Frank Jr., ship sponsor, Northern Arapaho tribal member Peggen Frank (daughter-in-law of Billy Frank Jr.) and Cecilia Gobin, Tulalip tribal member and Conservation Policy Analyst for the Northwest Indian Fisheries Commission, is the ship's Maid of Honor, who fulfills the duties of sponsor when she can not. Peggen Frank cracks the champagne on Billy Frank Jr. (T-ATS 11). It's the perfect christening with one swing (bad luck if it does not break on the first swing). It is the first naval ship to be named after an individual tribal member. The Billy Frank Jr. (T-ATS 11) from the rear. In view, one of the 12-foot diameter propellers.



Witnessing the history of the first naval ship to be named after an individual tribal member, Micah Brady, Nisqually community member and Clinton McCloud. Following the christening ceremony, Willie and Peggen Frank cut a swath into the cake with a ceremonial sword. Derrick Sanchez spent time talking with Dr. Brett Seidle, Assistant Secretary of the Navy for Research, Development, and Acquisition (acting). Seidle was interested in learning about the tribe and asked questions about the drum and Sanchez's work with horses.

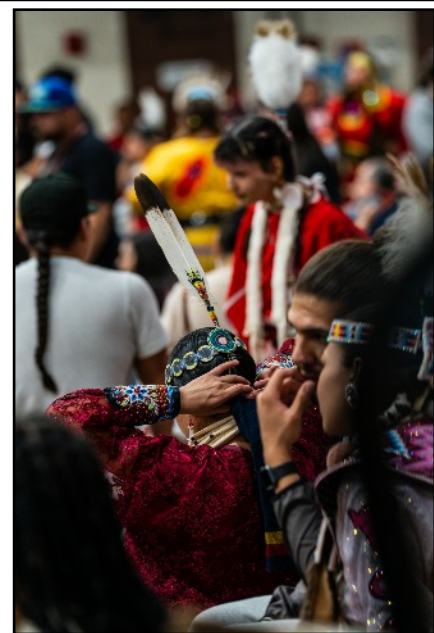
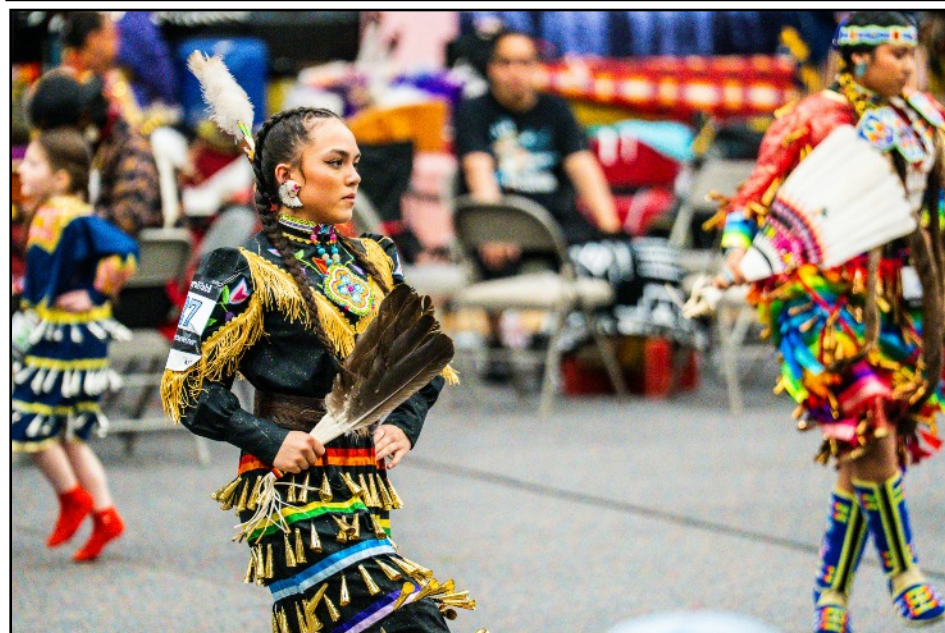


21st Annual Wellbriety Pow-Wow

By Debbie Preston, Nisqually Tribe Communications and Media Services Director

Photos by Jack George, Nisqually Tribe Communications and Media Services

The 21st Annual Wellbriety Pow-Wow was well attended with the family of Frank “Sonny” Eaglespeaker hosting dance specials, in memory of Sonny, in the dance categories in which he would dance. Thanks to all those who helped put on this special event in the second year since COVID.







Cops Read to Head Start Kids

The Nisqually Headstart kids enjoyed Nisqually Police Officer reading to them on a special day. Natural Resources Enforcement Officer Kalela Reuben-Ortiz and Nisqually Public Safety Officer Isaiah Thomas each read a book to the kids before taking them outside to check out a police vehicle. One book talked about calling 911 in simple terms for young kids. Another talked about “looking for the helpers,” such as ambulances and police officers.



Medicine River Ranch Skills Demonstration

By Jack George, Nisqually Tribe Communications and Media Services

Congratulations to the Medicine River Ranch and their students for a successful demonstration of their skills on a March Saturday. Rounding barrels and carrying a person behind you takes lots of practice, trust between horse and rider and confidence in one's skills! Congratulations to all. There will be future opportunities to enjoy horse medicine in the future.





Easter

By Debbie Preston, Nisqually Tribe Communications and Media Services Director

While the weather was all over the place - the sun showed up for the all-important egg hunt during the Nisqually Youth and Community Center Family Easter. Kids of all ages had a spot to go get the eggs and while there were some mix ups, everyone shared eggs if someone did not get any.

Indoors, there were the bouncy type attractions as well as crafts and painting/temporary tattoos. The Nisqually Tribe Food Truck was on tap as well as cotton candy and funnel cakes.





North Thurston School District Kids

By Debbie Preston, Nisqually Tribe Communications and Media Services Director
Aztec Sovereign photos Nisqually Tribe Communications and Media Services

For the second year, all North Thurston School District 7th graders are coming to Nisqually to learn everything from finance to horses to Leschi and the language.

Today it was Nisqually Middle School students who lucked out when the rain delayed until just as they were ready to leave.

The topics this year are: Tribal policing, Patrolling fishing and hunting, beading and the carving room, Medicine River Ranch with riding horses and lasso practice, Nisqually Medical Clinic, Leschi and the Treaty, Nisqually language, Funding a Nation and Nisqually Lands Planning.



Jill Wall, Property, Procurement, and Contract Specialist, walks the students through some financial exercises suited for their age. Lands Manager Joe Kautz talks about things to consider regarding managing tribal lands.

Students play the Nisqually Language Department's language bingo. "It's harder than it looks on T.V.," was one comment heard while trying to master the lasso task with Medicine River Ranch.

A good day to be outside and riding the Medicine River Ranch horses.





Spring Season Two of Medicine Creek Community Garden Begins

By Debbie Preston, Nisqually Tribe Communications and Media Service Director

The Spring Greens workshop debuted at the new location in the Nisqually Valley April 9 and was held in the new Demonstration/Teaching Kitchen behind the main building.



"We will have all of our teaching workshops here," said Chantay Anderson, Nisqually Community Garden Program Manager. "It's

designed to be much like a normal kitchen in terms of utensils and the stove so it isn't intimidating to people who are learning canning or food processing for the first time. There won't be a lot of specialty kitchen tools."

Participants this year learned about five common plants that can

be used in salads and other recipes. As always, nettle led the way with the need to use that in early spring; plantain, chickweed, dandelions and cleavers, the sticky plant that grabs your pants when you walk through it.

As always, the class was followed by salads and pesto, among other preparations, made with the plants highlighted.

It's a busy time for the garden, with many vegetables already in the ground. An additional 12,000 square feet will be planted this year with broccoli, bok choy, potatoes, cauliflower, pumpkins and dry beans. One area will also be planted with a cover crop to become part of the rotation of allowing parts of the garden to rest each season, allowing the soil to recover.

A section of the garden will also be First Foods, with camas going in the ground in that area along with other traditional foods, herbs and medicines.

A versatile grape will be planted that is good for jelly and juice. The crew is also learning to tweak their composter, Hannah, affectionately known as Helga. "We have learned that it needs a little more aeration (oxygen) to work best, but it's learning as things get drier how to adjust it as the season moves along," Anderson said.



Finally, an older shed that stands behind the demonstration kitchen will retain its roof but otherwise be removed to become a demonstration area for grilling and other outdoor cooking classes.

Class Schedule

May 6th – Using Credit Cards

May 13th – Building Your Financial Future

May 20th – Protecting Your Identity and Assets

May 27th – Making Housing Decisions

June 3rd – Buying a Home

June 10th – Disasters – Financial Preparation and Recovery

June 17th – An Introduction to Financial Technology

June 24th – An Introduction to Personal Taxes



MONEY 101

When: Every Tuesday 5:15-6:30pm

March 4th-June 24th

Where: Nisqually Indian Tribal Housing Office (2205 Lashi St SE) + Virtually

Please RSVP to housing@nisqually-nsn.gov or by phone at 360.493.0081 if you would like to attend!

Snacks and Refreshments provided courtesy of Nicole Sims and Financial Literacy and Weekly attendance giveaway items provided by NITH!

Nisqually Indian Tribal Housing is proud to bring you an exciting series of classes designed to teach you how to manage, save and grow your money! Learn about how credit, spending habits, budgeting, and debt can affect your goals.



Welcome Pole Unveiling

By Debbie Preston, Nisqually Tribe Communications and Media Services Director
Aztec Sovereign photos, Nisqually Tribe Communications and Media Services



WELCOME POLE UNVEILING

Congratulations to Kyle Sanchez and his assistant, James DeLaCruz, for creating a beautiful Welcome Pole at the Youth and Community Center. The 14-foot-diameter log was a cedar estimated to be 700 years old. It was installed just in time for the Pow Wow!

Bad “App”tors Now Appearing on Screens Near You!

Tips from the IT-WebDev Department

We may all have that one movie (or more) where we’ve paid to watch at a theatre or perhaps rented online where we then ended up deciding; what a horrible movie with terribly bad actors. Such is the case with mobile device applications as well in today’s world of cyber usage and security. In past newsletter articles, we’ve covered topics such as malware, privacy concerns, and online safety when it comes to software applications installed on Smart devices.

Mobile App security threats include:

- Phishing
- Malware
- Open WiFi
- Spyware
- Encryption weakness
- Malicious websites

- Client-side injections
- Exploitable vulnerabilities
- Sensitive data exposure
- Insecure data storage
- Inadequate logging and monitoring
- Improper authentication
- Network spoofing
- Insecure communications
- Overprivileged apps
- Man-in-the middle attacks
- Jailbreaking
- Data leakage

There are many ways for hackers and criminals to steal personal data. This can happen because of Internet connection, app permissions, and more. In a 2024 study, over 75% of published Apps had at least one security vulnerability. Business apps were also three times more likely to leak login information. Here are some mobile phone App security tips to help:

- Only down load Apps from official stores
- Check app ratings and reviews
- Only grant necessary app permissions
- Update the phone’s operating system
- Use strong passwords
- Enable two-factor authentication
- Beware of public Wi-Fi
- Logout of Apps not in use
- Update installed Apps



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New Tribal Administrator, Natosha Rosado

By Debbie Preston, Nisqually Tribe Communications and Media Services Director

Natosha Rosado is the new Tribal Administrator for Nisqually. The Nisqually tribal member is the daughter of Benji Kautz Sr. and Cynthia McCrory Kautz.



Rosado started working for the Nisqually Tribe in 2006, beginning in the Education Department after receiving her bachelors degree. "It was probably one of the most rewarding jobs I have had, connecting with the Nisqually youth about their education," Rosado said. "It was so much fun and rewarding to encourage and root for them in their education journey."

She has also been assistant community service director under John Simmons where she learned much, working with TANF, Vocational Rehabilitation, Daycare, Headstart and ICW. During this time, she obtained her masters in Public Administration in 2010. Rosado then worked as the Housing director for 6 years, where she found it really rewarding to connect with her community and be a part of envisioning the tribe's future. "I loved helping our elders and sitting down having coffee with them at housing and taking in their suggestions and input," Rosado said.

Her most recent job was in grants compliance. "It was a hard decision to move to that job because I

knew I was not going to be in the community and see the public as much, but I also knew I would learn more about the state and federal processes." But she is happy that her job as Tribal Administrator will allow her to be back out in the public and work with all the programs as well as socializing with tribal membership. "I have a passion for helping and want to be part of moving our tribe forward," Rosado said.

"A future goal is to obtain my doctorate (PhD) in leadership after I balance out my job and children's activities," Rosado has five children, Victor and Deven James who both work in Nisqually's Natural Resources Department; Amaria Rosado, who is a senior at the University of Washington with a major in law; Keira Rosado is a junior in high school and Payton is in third grade. "I am just so proud of all of them."

On a personal note, Rosado loves spending time with her children and three grandchildren. "Payton takes up a lot of my time with her activities and baseball. When I need a little time for myself, I usually spend it at Red Wind," Rosado said with a laugh.

"I look forward to working with the departments and the tribal community and to strengthen our communication with tribal members. My office is located on the old stage, the door faces the library." Rosado's contact info: (360)456-5221 Ext 1247 and rosado.natosha@nisqually-nsn.gov

New Chief of Police, Jasper Bruner

By Debbie Preston, Communications and Media Services Director

Welcome to a familiar face, Chief of Police, Jasper Bruner.



Bruner has dedicated over 20 years to tribal law enforcement and other public safety roles. He began his career as an officer with the Muscogee (Creek) Nation Lighthorse Police Department in Okmulgee, Oklahoma working in the Tulsa area.

After serving his home state, Jasper took on law enforcement roles in Washington, working for the Nisqually Tribe as a patrol officer then

for the Makah Tribe's Public Safety in Neah Bay as the Chief of Police. After a brief stint with Tulalip Tribal Police Department as a patrol officer, he transitioned to the United States Department of Commerce's First Responders Network Authority (FirstNet) as the Senior Public Safety Advisor- Nation Tribal Liaison.

Throughout his tenure in law enforcement, Jasper has managed everything from Police to Animal Control. These divisions also include EMS, Emergency Management, Fire Department, Natural Resources Enforcement, Corrections and Adult Probation programs.



Nisqually Impacts of Trump Administration Actions

By David Troutt, Natural Resources Director

For the past two months we have all been reading and listening to news reports describing the various actions of the Federal Administration and DOGE, and it may all seem far away. It's not. Here are some of the impacts we are experiencing in Natural Resources, and I'm sure that similar things are occurring in other parts of the tribal government.

The funds that we need to work on our Clear Creek Hatchery are frozen. These funds were already appropriated and are going to help secure a better reliable water source. The EDA Grant for Kalama Creek upgrades is also frozen. These are the funds to complete Phase II of the project which includes the covered circular ponds for holding batches of wild chinook and coho broodstock. This will likely delay our recovery efforts and potentially

affect our Chinook harvest opportunities in the Nisqually River (and thus the Tribe's treaty rights).

The reductions in staffing by NOAA (National Ocean and Atmospheric Administration, the primary federal manager for salmon fishing) has forced them into suspending indefinitely the HGMP (hatchery management) consultations for the entire South Sound hatchery complex. This will expose these facilities to third party lawsuits under the Endangered Species Act (ESA) if they are not under active consultation. Also, NOAA has lost key harvest management staff and is barely participating in the NOF/PFMC (ocean fisheries management) process, making all the modeling and negotiations take longer than normal and perhaps also delaying getting the final ESA assurances in place to

allow fisheries in 2025. It is possible that the process will not finish in time to cover spring and summer ocean sport fisheries.

How long will the work on the Nisqually HGMP and the ESA protection that it provides continue? We don't know – it's now unpredictable. NOAA is also the federal manager for marine mammals (pinnipeds) and we have been working with NOAA managers to address pinniped impacts on Nisqually salmon and fishing rights. How long will this work continue?

If for some reason you didn't think this Washington DC stuff would impact Nisqually, let me assure you that it already is. And this is likely just the tip of this iceberg. Time may reveal other impacts that will directly impact the Tribe's treaty rights and funding for our critical natural resource projects.

Huckleberry Harvest 2025

By George Walter

There are big changes afoot for the 2025 huckleberry harvest season. The U.S. Forest Service recently announced that it will temporarily prohibit (that is, not license) commercial picking of huckleberries this summer in Gifford Pinchot National Forest (GPNF) in southwestern Washington. This includes the sites used by Nisqually Indians above Packwood and Randle.

The Service has made this change after receiving input from tribes about conflicts between commercial pickers and Native Americans exercising their treaty rights to harvest huckleberries in their traditional places. Commercial harvests have grown in recent years as wild huckleberries have gained a larger place in the "wild foods" movement and elsewhere. The competition for this scarce resource was getting

fierce and tribal folks were losing out. (Now isn't that an echo from the treaty salmon fishing fights).

Have you purchased the Tillamook Creamery's "Wild Huckleberry" ice cream? Those berries came from commercial pickers operating in the GPNF. Forest service officials estimate that last year the commercial harvest there was 50,000-70,000 gallons.

Due to budget cuts the GPNF may not be able to field its usual number of enforcement officers. However, with the absence of a legal commercial market the service expects that conflicts between tribal and other pickers will diminish and that the traditional Indian cultural harvest may actually expand to better meet cultural needs and treaty rights.



Preserving Medicine Springs for the Future

By Debbie Preston, Nisqually Tribe Communications and Media Services Director

There will be another opportunity for Nisqually tribal members to tell stories they know or have heard about Medicine Springs as well as weigh in on how they would like to see the property stabilized and enhanced.



During a public meeting with Graham Baba Architects on April 9, the comments from previous meetings were brought forward and tribal members used colored stickers to indicate what they

would like to see happen at the property. The architects have done many redesigns of existing properties.

When the sacred Medicine Springs property was returned to Nisqually in 2016 by the city of Olympia, there were a few stipulations. One was to preserve, in some fashion or other, the pumphouse, which is considered a historical building. That can mean whatever the tribe would like, including only preserving it from the outside and closing it up. The tribe could also modify it for use as a gathering space, though some cleanup of asbestos (window caulking) and lead paint would be necessary.

Joyce McCloud shared the stories she had heard of the sacred waters, including Grandpa Willie's story of being sent to get some of the springs water. "He decided he didn't want to go that far and got some out of the river.



They knew it wasn't the springs water and kicked the bucket over and told him to go get spring water," McCloud said with a chuckle.

Vice Chair Antonette Squally talked about what her relative and elder, Leonard Squally, had passed down to her about the springs. "People traveled hundreds, sometimes thousands of miles to come get some of this healing water," said Squally.

All in attendance wanted continued access to the spring water to take home in some fashion. There is a tap on the outside of the pumphouse that can be used to fill bottles.

As the weather gets better, keep an eye out for the next meeting that tentatively will start with a presentation to the Elders, followed by a gathering at Medicine Springs.

Dr. Spencer Farewell

By Debbie Preston, Nisqually Tribe Communications and Media Services Director
Photos by Aztec Sovereign, Nisqually Tribe Communications and Media Services



A fond farewell was bid to Dr. Spencer at the Elder's Center, after the storm postponed the celebration by a few days. Many turned out to give thanks and say so long.





National Minority Health Month 2025: Advancing Commitments to Eliminate Health Disparities

April marks National Minority Health Month, a time to focus on eliminating health disparities that affect racial and ethnic minority communities, including American Indian and Alaska Native populations. This year's theme, "Advancing Commitments to Eliminate Health Disparities," challenges organizations, healthcare providers, and communities to take meaningful action toward health equity.

At the Nisqually Tribal Health & Wellness Center (NTHWC), the need for action is clear. Native communities continue to face higher rates of chronic disease, mental health challenges, and barriers to quality healthcare. Addressing these disparities requires systemic change, stronger advocacy, and culturally grounded healthcare services.

The Office of Minority Health (OMH) urges public, community, and nonprofit organizations to adopt this year's theme by: Implementing culturally and linguistically appropriate services (CLAS) to improve

healthcare access. Tackling social and environmental factors that impact health outcomes. Advocating for policies that close healthcare gaps in medical, behavioral, and preventive care. Promoting Indigenous-led health initiatives that center on traditional healing and community wellness. OMH provides resources to help organizations take these steps, ensuring that minority communities receive the care and support they need.

We encourage the community to engage in conversations about health equity, take advantage of wellness programs, and seek available healthcare services. By working together, the Nisqually Tribe and other Indigenous communities continue the legacy of resilience while creating a healthier future for the next generations.

To learn more, visit the [Office of Minority Health \(OMH\) website](#) or reach out to NTHWC for wellness and healthcare services at (360) 459-5312

New Medicine Assisted Treatment Director

By Debbie Preston, Nisqually Tribe Communications and Media Services Director

Welcome to Chris Petrozzi, the director for the Nisqually Tribe's Medicine Assisted Treatment, Nisqually Generations Healing Center.



As the planned first hire for the facility, Petrozzi will be in on the recruiting and hiring of staff for the facility with Nisqually Tribe HR and others. The clinic is tentatively slated for opening in July.

Chris is married to his wife of 34 years, and the proud father of a son who lives and works in the medical field in Boston.

The couple were long term residents of Colorado, living the last two years in Massachusetts before moving to Washington in March this year.

Chris brings over 30 years of behavioral health treatment and criminal justice experience. This includes program design, large scale program activations, operations, quality improvement and compliance. He has provided executive level oversight of correctional and behavioral health programs nationally, including over 10 years as a manager and administrator with the Colorado Department of Corrections.

He has spearheaded major criminal justice and treatment reforms and has served as a consultant with the U.S.

Substance Abuse and Mental Health Services Administration and the National Institute of Corrections. He has also provided subject matter testimony in front of state legislatures.

Petrozzi is a co-author of research centering on treatment for those in the justice system and recently published an article on employee engagement.

He has a Master's degree in Community Psychology and certificates of graduate studies in addictions.

Chris is working temporarily out of the Tribal Administrators offices as part of his getting acquainted with the tribe before other staff is hired and moved into the facility.



Understanding Cancer Screening: Why Prevention Matters

By Dr. Aneese Sataur, Physician-NTHWC

Cancer is a word that often brings fear, but it's important to know that early detection through cancer screening can significantly improve the chances of successful treatment and even save lives.

Cancer screening is the process of testing for cancer before any symptoms appear.

Think of it as a proactive step you can take to protect your health. Cancer screening rates among American Indian and Alaska Native (AI/AN) populations are notably lower compared to other racial and ethnic groups in the United States. This disparity contributes to higher incidences of late-stage cancer diagnoses and poorer survival outcomes within these communities.

Here's why it matters, how it works, and what you need to know about cancer screening.

What Is Cancer Screening?

Cancer screening involves tests that check for signs of cancer before a person has any symptoms. The goal is to catch cancer early, often when it's more treatable and even curable. There are various types of screening tests depending on the kind of cancer, such as breast, colon, cervical, lung, and prostate cancers.

Why Is Cancer Screening Important?

1. **Detecting Cancer Early:** Early detection increases the chances of treating cancer successfully. Some cancers can grow without obvious symptoms, and screening helps catch these in the early stages.
2. **Preventing Cancer:** Some screenings, like colonoscopies for colorectal cancer, can help prevent cancer altogether by identifying and removing abnormal growths (polyps) before they turn into cancer.
3. **Improving Treatment Options:** When cancer is found early, treatment options are often less invasive and more effective. The earlier cancer is detected, the easier it is to treat.
4. **Peace of Mind:** Regular screening can reduce anxiety about your health. It's always better to know,

even if it's uncomfortable, than to wait until symptoms develop.

Common Types of Cancer Screenings

Different types of cancer screenings are

recommended at different stages in life and depending on risk factors (like family history, smoking, or lifestyle). Here are some of the most common screening tests:

1. Breast Cancer – Mammogram

A mammogram is an X-ray of the breast used to detect breast cancer. It's recommended for women starting at age 40 or earlier if there's a family history of breast cancer. Mammograms can often find lumps that are too small to feel.

2. Cervical Cancer – Pap Smear

A Pap smear is a test that looks for abnormal cells in the cervix, which can lead to cervical cancer. Women should start getting Pap smears at age 21 and continue until age 65,

depending on their health history.

3. Colorectal Cancer – Colonoscopy

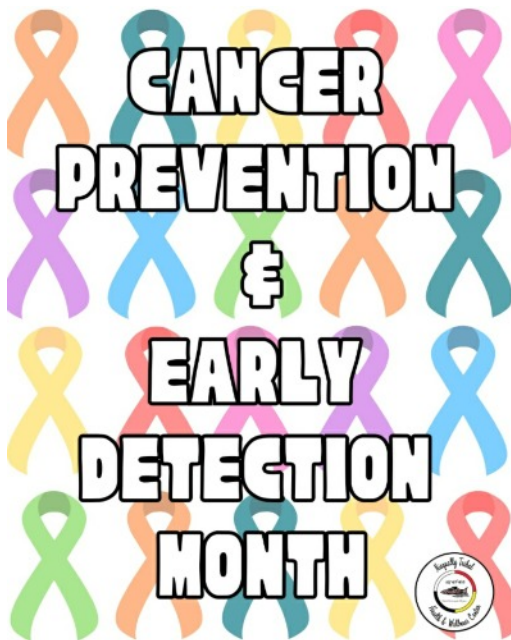
A colonoscopy is a procedure where a doctor checks the inside of the colon for abnormalities or polyps, which can develop into cancer. Screening is recommended starting at age 45 for most people, or earlier if you have risk factors. Colonoscopies can help prevent colorectal cancer by detecting and removing precancerous growths.

4. Lung Cancer – Low-dose CT scan

If you are 50 to 80 years old and have a history of smoking, a low-dose CT scan might be recommended to check for lung cancer. The scan can detect lung cancer in its earliest, most treatable stage.

5. Prostate Cancer – PSA Test

The Prostate-Specific Antigen (PSA) test is a blood test used to screen for prostate cancer. It's generally recommended for men aged 50 and older or those with a family history of prostate cancer.



Continued on page 17-SCREENING



Meet Your Provider: Dr. Anthony Nguyen, Dentist

We are excited to welcome Dr. Anthony Nguyen to the Nisqually Tribal Health & Wellness Center's Dental Team! With 24 years of experience in dentistry,



including 11 years serving other tribal communities, Dr. Nguyen brings a deep understanding of Native

healthcare needs. He joined our clinic after hearing about the need for another dentist and is eager to help improve access to care. Passionate about finding innovative solutions to enhance oral health and overall well-being, Dr. Nguyen looks forward to making a positive impact on the Nisqually community. *Read on to learn more about Dr. Nguyen in his own words!*

What is your name and your role at the clinic?

Anthony Nguyen, Dentist

Can you share your background and experience that brought you to this role?

I've been a dentist for 24 years, and 11 years were with other tribal clinics in the area.

What inspired you to join the Nisqually Tribal Health & Wellness Center?

I heard that the Nisqually community needed another dentist to help with patients, and I know how difficult that is when a Tribe doesn't have enough providers. So I thought I would try to come help.

What do you hope to accomplish in your role as a Dentist?

The Native community has certain

healthcare needs, and I feel I have some ideas that can help in the short and long run. I hope I will be able to propose and implement solutions that will improve the health and happiness outcomes in the Nisqually and local Native community.

What do you enjoy most about working in a tribal setting? There is more work-life balance. Compared to the corporate world, for example, where things are measured mostly by profit.

Can you share one or two fun facts about yourself? (e.g., hobbies, favorite activities, or something unique about you) I played collegiate basketball – not very well - at a small Division III school. We lost every game. I started singing karaoke on a phone app last few years ago; I'm not good at that either.

Which shared value resonates deeply with you?

Live life to the fullest.

What are you most excited to bring to the community or team? I hope to bring my diverse life experience and out-of-the-box style to help improve the quality of life around me.

How can the community support you in your work? Be open-minded in trying something new.

Do you have a message for the Nisqually community as you begin this journey? Let me know what you need or want with your smile. I will try to find a way to solve it.



Join us as we walk in honor of Missing and Murdered Indigenous Women and People (MMIW/MMIP).

Together, we raise awareness, remember our loved ones, and stand for justice.

**Wednesday, May 5th
12:00 p.m.- 1:30 p.m.
At NTHWC**

Wear red and walk with us—because every life matters.

- Bring a photo for Remembrance table
- Free shirts available (*first come, first served*)

Continued from page 15-SCREENING

Who Should Get Screened?

Cancer screening is usually based on age, gender, and risk factors. Risk factors include things like family history, lifestyle choices (like smoking or diet), and previous health conditions. If you have a higher-than-average risk of certain cancers, you might need to begin screenings earlier or get screened more frequently.

How to Prepare for Cancer Screening

1. **Talk to Your Doctor:** Before starting any screening tests, discuss your family history, lifestyle, and any concerns you might have with your doctor. They can help determine the best schedule and type of screening for you.
2. **Follow Pre-Screening Instructions:** Some screenings, like a colonoscopy or mammogram, may have specific instructions such as fasting or avoiding certain medications. Be sure to follow these instructions closely to ensure accurate results.
3. **Don't Skip Appointments:** Screening appointments might not be the most enjoyable, but they are

important for your health. Keep a reminder for when to schedule your next screening and don't miss it.

Final Thoughts: Prevention is Key

Cancer screening is an important tool in the fight against cancer. It helps find cancer early when it's most treatable, and in some cases, can even prevent cancer from developing. The key to cancer screening is to start early, follow the recommended guidelines, and keep up with regular screenings as you age. Taking control of your health today can lead to a healthier tomorrow.

Always talk with your healthcare provider about which screenings are right for you. Regular screenings, along with a healthy lifestyle, can help you live a longer, healthier life. To schedule a screening contact us at the NTHWC at (360) 459-5312.

Helpful Links for More Information

[American Indian Cancer Foundation](#)
[Native American Cancer Initiatives, Inc](#)
[Urban Indian Health Institute](#)



Calling All Two-Spirit & LGBTQ+ Youth!

We're working to create a **safe, welcoming space** for Two-Spirit, LGBTQ+ youth and allies at Nisqually. This could be a place for creative expression, cultural connection, peer support, or just hanging out—but we need **YOUR** input to make it happen!

Take our short survey to let us know what you'd like to see in this space. Your voice will help shape something truly meaningful for our community.

Survey link:

https://www.surveymonkey.com/r/2SLGBTQ_space

Closes: 06/01/25

CALLING ALL 2SLGBTQ+ YOUTH

SCAN ME

HELP CREATE A SAFE & WELCOMING SPACE!
We're building a space for Two-Spirit, LGBTQ+ youth & allies at Nisqually—whether for culture, creativity, support, or just hanging out.
Share your input! Take our short survey to help shape this space.



South Puget Intertribal Planning Agency WIC Nutrition Program

May WIC Dates



5/1/2025
CHEHALIS
9:00am-3:00pm
At the Tribal Clinic

5/5/2025
SQUAXIN ISLAND
8:00am-4:00pm
At SPIPA IPC

5/7/2025
NISQUALLY
8:00am-4:00pm
At SPIPA Warehouse

5/14/2025
SKOKOMISH
8:00am-4:00pm
At SPIPA IPC

For appointments
or questions
please contact:
Debbie Gardipee
360.463.4439
dgardipee@spipa.org



This institution is an equal opportunity provider. Washington State WIC doesn't discriminate.



South Puget Intertribal Planning Agency USDA Foods Program

May Distribution Dates



5/7/2025
PORT GAMBLE S'KLALLAM
11:00am-1:00pm
At the baseball field

5/9/2025
SKOKOMISH
11:00am-1:00pm
Across from Tuwaduq Family Services

5/14/2025
NISQUALLY
10:00am-1:00pm
At SPIPA Warehouse

5/16/2025
SQUAXIN ISLAND
11:00am-1:30pm
At SPIPA IPC

5/22/2025
CHEHALIS
10:30am-1:30pm
At the Community Center



Scan the QR
code or call
360.426.3990
to apply!





Announcements



May 27
Happy Birthday Jasmine,
Love Dad, Mom, Keisha, Samira,
Nevaeh and Rodney



Tribal Estate and Will Planning

Tribal Estate Planning Services provided by Emily Penoyar-Rambo

Services offered:

- Last will and testament
- Durable power of attorney
- Healthcare directive
- Tangible personal property bequest
- Funeral/burial instructions

Zoom meetings will be set up for the first and third Thursday of each month. Available appointment times are 8:30 a.m., 9:30 a.m., 10:30 a.m. and 11:30 a.m.

Please call Lori Lehman at 360-456-5221 to set up an appointment.



FREE Rides

Monday through Friday

Transit available

6:00 a.m. to 6 :00 p.m.

**Open to all tribal, community
and tribal employees. We offer
rides from 6:15 a.m. to last off
rez ride at 5:15 p.m.**

**Contact Cecile Hemphill,
Motor Pool Coordinator/Dispatch**

At 360-456-5236



Nisqually Indian Tribe
4820 She-Nah-Num Dr. SE
Olympia, WA 98513



NISQUALLY INDIAN TRIBE

PET EVENT



KEEP YOUR PETS HAPPY!

MAY 31ST, 2025 – 12:00PM – 3:00PM

Nisqually Youth Center (1937 Lash! St SE)

Join the Housing Department and Nisqually PD for an afternoon designed to celebrate your furry friends, friends, snacks (human and animal) and helpful guidance for keeping your pets safe and healthy will be provided!

EMAIL

CALL (360) 493-0081

housing@nisquallytribe.org