

N SQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

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July 2021

Wildland Firefighting Training Comes to Reservation

By Lisa Breckenridge

From June 14-18, 15 members of the Land Stewards and Medicine River Horse Ranch/ Emergency Management staff participated in Wildland Firefighting Training.

The training started with a discussion of the cultural roots of fire as a landscape management tool. Other topics included Introduction to Wildland Fire Behavior, Human Factors in the Wildland Fire Service, Introduction to Incident Command System, and Firefighter Training. The week concluded with an outdoor practice session.

“We put this training on for the safety and security of our own reservation,” said Tribal Land Manager Joe Kautz. “In the last year and a half, we’ve taken down a lot of the fire fuel and hazard trees in the community and campus. In last 10 years fires have escalated dramatically in Washington. Some of them have been huge and a lot of man power are sent to those areas. If we have our own emergency response crew here, we can be first responders and potentially save our community by helping knock small fires down before DNR or Lacey Fire comes out to assist.”

Land Steward crew member Mikayla Sison Smith described the training as “Really educational. We all got a lot out of it. Sitting in the class for 40 hours is not for us, but once we got our field days and got a chance to handle the equipment it made more sense.” The cultural roots of fire management was the most meaningful part of the course for Mikayla. “I really want to bring firekeeping back to the Nisqually people,” she said. “It used to be part of our culture. It didn’t die off, it’s just dormant, and it’s important that we wake that back up.”

The training was offered by staff of the conservation nonprofit Ecostudies Institute, which focuses on prairie restoration in South Puget Sound. Ecostudies Institute staff have conducted hundreds of managed burns in the Puget Sound region.



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
- Probate

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

Upper and Lower Reservation Route
7:30 a.m. to 4:30 p.m.
Last OFF RESERVATION
Appointments ending at 3:00 p.m.

(360)456-5236

transportation@nisqually-nsn.gov

How to Contact Us

Tribal Center 360-456-5221
 Health Clinic 360-459-5312
 Law Enforcement 360-459-9603
 Youth Center 360-455-5213
 Natural Resources 360-438-8687

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Leslee Youckton
youckton.leslee@nisqually-nsn.gov
 ext. 1252

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

Nisqually Tribal Council

Chair, William (Willie) Frank III
 Vice Chair, Antonette Squally
 Secretary, Jackie Whittington
 Treasurer, David Iyall
 5th Council, Chayannah (Chay) Squally
 6th Council, Hanford McCloud
 7th Council, Vacant

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Nisqually Chairman Update



I am humbled and honored to write my first update as Chairman of the Nisqually Indian Tribe. Thank you to all of our Nisqually tribal members who turned out to vote in this year's election. Thank you to former Chairman Choke for the job that he did as well as the work he has always done for the tribe. Being the Chairman is no easy task by any means.

I am looking forward to working with our newly elected Councilwoman, Chay Squally. Congratulation to Secretary Jackie Whittington for her re-election. I know we can achieve great success if we continue working together.

Now is the time that we work together and do what is best for the Nisqually Indian Community. This council will work to make sure our tribal members are provided the best services possible. We are committed to putting in long hours and many meetings to provide opportunity for our members to achieve success.

Each day, I think about many of our elders and the sacrifices they made. It is our time now to take what they taught us and apply it today and the future skills we bring to the table. We need to be ready for the challenges ahead.

Please take a minute to think about some of the changes that we will be seeing over the next 5 to 10 years here in Nisqually. Tribal Council is working towards getting our tribal members the opportunity to learn a trade such as landscaping, septic, plumbing, welding and much more. We have tribal members who are already trained to build homes. These tribal members will have a trade for the rest of their lives. We have many housing and other projects coming up.

Our community has dealt with a great deal over the last year since COVID changed all of our lives. We continue to hold up our families who have lost loved ones in a time when it is hard to gather and mourn.

Tribal Council would like to thank everybody who committed their time and energy to help get us to where we are today. Please continue to be safe and healthy!

Willie Frank III
Chairman
Nisqually Tribe





Community Services Family Engagement Program June 18 – August 27, 2021

Nisqually Indian Tribe's Community Service division is hosting a Summer Program to encourage continued engagement within families of the Nisqually Tribe and Community. All families that register and log at least **10 hours** of family engagement



between June 18th and August 27th, and send in the log are guaranteed to receive a special prize, **AND**

will be entered into a final raffle drawing at the end of the program to win a stay at Great Wolf Lodge!

3rd Quarter Family Engagement Kits were handed out with lunch on June 18th – contact the Library at 360-456-5221, ext. 1222 to see if any are still available, to pick up a registration form and/or log, or for any questions about the program!

Return the logs either in the prepaid envelope (attached) or scan/send via email to Sanchez.catalina@nisqually-nsn.gov to take part!

NOTE: The last day to register is July 30th. All logs received and/or postmarked by August 27th will be considered.

Collection update: Nisqually Library

Hello from the Library! Just wanted to give everyone an update:

We are working diligently to build our collection. Here are a few titles we have recently added.

- "Indian No More" By Charlene McManis

This story follows a young Grande Ronde tribal family dealing with Tribal Termination. Although this is a fictional book the topic is still a prevalent piece of history in Indian Country today, as many tribes and families dealt with losing tribal recognition.

- "Thunders Fox's Long Hair" by S. William Lone Wolf.

Non-fiction youth title, this book helps many people understand the importance of American Indian culture and dealing with everyday life for our youth.

- "Everything Google for seniors" By Scott La Counte.

Addressed the technological generation gap between those familiar with Microsoft products while many of our kids today are growing up in the Google world. Both applications and platforms are equally powerful!

We hope to see you soon this summer!

Nisqually Library
Catalina Sanchez sanchez.catalina@nisqually-nsn.gov ext.1222
(Please email for requests and pick-up)

Staff Addition: Welcome Library Trainee- Misty

Hello Nisqually Community! My name is Misty, and I have recently become your library trainee! My husband, James, and I have lived in the area for over twenty years, and have raised 4 children in the Yelm area. We have travelled all over the world (Germany being my favorite) but I am so fortunate to have settled here in the PNW. I am looking forward to the reopening, and can't wait to meet all of you when you visit the library!





Archive History

Submitted by *Kurtis Bullchild, Archives Tech*

(A story from the 1995 Nisqually Community Vision Plan, page 39. Revised by Kurtis Bullchild, Archives Tech.)

Nisqually Story –Bubby Remembers...

We used to go fishing on the river at night time. On the Ft. Lewis side of the river across from the Side Hill was the only place we could find any firewood to burn. To keep warm we had a big tree we burned down. It was dry on one side and burned good, but the other side was wet and wasn't much good. We had to stay close to the fire and keep turning around to keep from freezing.

We used to listen to the Indians tell stories – fishermen like Bill Wells, Ernie Frank, and Jim Hicks. They were pretty good ones. They'd tell stories about the Stick Indians. (My dad didn't want me to listen to those stories too much.) They saw a lot of Stick Indians. After that I was too scared to go home, so I'd wait 'til it got daylight and run home.

I saw a lot of bears. Sometimes they had little cubs. They used to break down the trees looking for food. As long as they had something to eat, they were almost friendly. Sometimes they would come up to me and not bother me. I wouldn't bother them either.

There used to be a lot of wild orchards over there on the Ft. Lewis side of the reservation. Peaches, Pears, Plums – there were all kinds of fruit trees. Next to the orchards was this old barn with a sagging roof. I used to go over there with my older brothers, Merl and Chief. We would lay there, bare naked, all day long on the roof of the barn and eat fruit. We were always hungry. The fruit would fall on the roof and roll right down to us.

Sometimes the army would come by on horses and chase us. We'd run through the nettles bare naked, and every time they wouldn't catch us. Then Ray Hicks would come after us – running through the creek and everything, even though he couldn't swim. He patched us up after going through the nettles. The army, they'd laugh at us, and get a kick out of us. But they didn't bother us.

~ George McCloud Jr.

SPIPA

FOSTER HOME PROGRAM

SPIPA is a Child Placing Agency contracted through DCYF and provides a full range of foster home services including foster home recruitment, child placement, foster parent training, and support.





Are you ready to make a difference in the life of a child in need?

All over Washington, foster parents are needed to love, coach, mentor, wipe tears, celebrate, support, encourage children and youth who are unable to remain at home for a variety of reasons including abuse and neglect. Could you, your family, or your friends make a difference in the life of a child? Are you ready to learn more about becoming a foster family?

Take the first step in becoming a foster parent!

For more information and application please contact the South Puget Intertribal Planning Agency at 360-426-3990.

INFORMATION AND FOSTER HOME LICENSING APPLICATION
REQUEST FORM

	Name: _____	
	Address: _____	
	Phone: _____	
	Email: _____	
South Puget Intertribal Planning Agency <small>3601 St. Charles Highway Station, 100 201st 360-426-3990 5263-079</small>		



Planning Department, Lands Program

By Joe Kautz

Over the past couple of years the Planning Department has looked into acquiring undivided interest of lands in different Tracts on the Nisqually Reservation. There is 37 different Tracts of lands on the Nisqually Reservation and approximately 450 acres owned by the Nisqually Tribe and 800 acres owned by private Indian allotted lands. A couple of the reasons Nisqually Tribe wanted to acquire undivided interest was to enhance Nisqually Tribal resources and to expand and enhance the Kalama Creek Hatchery. That was the focus for a while. The Nisqually Tribe received funding to enhance and upgrade our hatcheries. Part of the Kalama Creek hatchery is located on Tract 22-A, approximately 65 owners with undivided interest. A lease from the Allottee(s) ran out, so we either had to reestablish the lease or try to buy the undivided interest. So we worked on purchases, we made agreements to purchase undivided interest of land and in the coming months we could own approximately 80% of Tract 22-A which is approximately 79.4 acres. Then in the coming year we will work on acquiring the other 20% to fully own Tract 22-A.

So currently the Planning Department is focused on three Tracts, 22, 22-A, and 27. In Tract 22 and 22-A there are over 60 different allottee with undivided interest in each Tract. To acquire

the undivided interest from the allottee it is a great deal of work on the tribe's side, working with the BIA, the paperwork the BIA has to do, the NEPA or Cat EX that has to be approved by the BIA, and speak with the allottee to agree to sell.

To work towards purchasing an undivided interest of land could take up to a year or more.

Most Tracts of lands on the Nisqually Reservation consist of mostly non-Nisqually tribal members. There could be over 300 undivided interest in an 80 acre tract. Most of the undivided interest is less than an acre of land. The tracts have to be appraised of land value and timber value. Some tract are in a protected zone, such as wet lands and the value of land is based in land only.

Over the next number of years the Planning Department and its buyback plan will develop a budget to purchase more lands in different tracts. You have to budget for the purchase, the appraisal, the timber cruise, possible travel, and other possible expenses. Again this process is very time consuming on the tribes side, the BIA, and with the allottee. This past year we could acquire approximately a 130 acre of lands.

Hello and Welcome to Greenfoot Cannabis!

It is our mission at Greenfoot to offer top quality products at competitive prices while also providing excellent customer service. Our staff is composed of eleven cannabis professionals, five of which belong to a variety of tribes.

At our front door, our Security team is comprised of Greg, David, and Randy. Greg is a member of the Cherokee Nation and has a military background. Greg began his experience in the recreational marijuana industry working security for 420 Tacoma and has been with Greenfoot since we opened in December. David is a member of the Taos Pueblo Tribe in New Mexico. David started his cannabis journey working both security and budtending for THC of Olympia and has been with Greenfoot since February. Last but certainly not least, is your very own Randy Derickson of the Nisqually Tribe. Randy has been with Greenfoot for a little over two weeks and is eager to learn the ins and outs of the marijuana industry.

Behind the counter you will find Rico and Cameron, both new to the industry but quickly becoming excellent budtenders. Rico is a

member of the Coeur D'Alene tribe and started with Greenfoot in April right before our big 420 blockparty. It is obvious Rico feels right at home budtending as he is now in the running for top sales this month. Cameron, our newest addition to the team, is a member of the Puyallup Tribe of Indians. Cameron started with Greenfoot on June 1st and has been settling into budtending quite nicely. We are excited to see how they continue to grow with our business.

Greenfoot offers discounts as high as 30% off select products daily. Plus, Greenfoot allows any member of any tribe to stack an additional 12% off. Just show your tribal ID for the extra savings! Visit our website at www.GreenfootCannabis.com to view our menu and pre-order your products online for in store pick-up. We offer 15% off for all online orders! Greenfoot greatly appreciates your support and looks forward to continuing to serve the Nisqually community for years to come. So don't be shy, come on down and say "high"!





Nisqually State Park Update

By Lisa Breckenridge

Your Parks Commission has been hard at work reviewing every aspect of construction proposed for Nisqually State Park. The Commissioners are working with the Tribe's Department of Natural Resources to make sure the project protects the critical salmon habitat along the Nisqually, Ohop Creek, and Mashel. Tribal Historic Preservation Office staff are watching the construction drawings to make sure cultural resource sites are not harmed. And the Commissioners are looking for every opportunity to incorporate Tribal artwork and artists into the park.

The first major construction at the park will be built starting in June 2022. This includes:

- 1. Park Entrance Roundabout.** The current park entrance is on a curve the Mountain Highway 7, and there's not great sight distance for turning vehicles. One of the first projects will be a major realignment of that section of highway and construction of a roundabout to make park access safer. The Parks Commission is focusing on designing a central Coast Salish sculpture for the middle of the roundabout that tells the Nisqually story.
- 2. Park Administration Building.** The Administration Building will be located right at the gate of the old logging road that goes down to the Nisqually River/ Ohop Creek. That gate is a favorite target of vandals who build roads around it to camp illegally at the river. By locating the Administration building at this site, State Parks will have a daily staff presence there. Cameras, fences and gates will provide additional security. There will be a plaza area in front of the Administration building that will feature a Tribal cultural kiosk, a river canoe replica, and other cultural artworks. The administration building will feature tribal historic photos inside. Tribal Archives is partnering to identify suitable photos.
- 3. Managed Access to Nisqually/Ohop.** Visiting the river will be a highlight for park visitors, but most visitors will need to walk down there and back. ADA visitors and Tribal Elders will be able to check out a gate key and drive down to the river. People who want to launch non-motorized

boats (canoes, kayaks) can also drive down to drop their boat off, but they won't be able to park at the river. School groups may also be allowed to drive down for educational trips. There will be a sliding metal gate at the road, and a separate Coast Salish carved gate for pedestrians. Interpretation will feature the story of Nisqually salmon restoration.

- 4. Nisqually/Ohop boat launch and trails.** The boat launch is for hand-carry non-motorized boats only. There will be a small (6-8) spot parking lot at the bottom of the hill near the river for ADA and Tribal Elder parking. The trail system will be similar to that at the Nisqually Refuge, with boardwalks and railing protecting the sensitive salmon habitat restoration areas. There will be a lookout over the Ohop Creek and another over the Nisqually River, but the creek and river banks themselves will be protected from visitors.

Future phases of the park include a campground, an overlook over the Mashel River, an improved trail system, and a day use area. The Parks Commission is working with State Parks on all of these elements and will be seeking public comment soon on some of them.

Take your family camping this summer!
Enjoy the views of the Mountain from Nisqually's private campsite. The campsite is spacious and private.
Available only for Tribal members, camping is free.
You do need to fill out an application and get a permit.
Call 360-456-5221 and ask for Diane, or come by the Tribal Planning Office.



Nisqually Tribal Employment Rights Office

The purpose of TERO is to create employment and training opportunities for Nisqually tribal members, descendants and spouses of enrolled Nisqually tribal members, and tribal community members of other federally recognized tribes. *Note: we require a copy of your Tribal ID or other forms of enrollment verification. If you are a Nisqually descendant/spouse, we need a copy of your enrolled parent's enrollment card and a copy of your marriage certificate.* We are located in Cuyamucca Village at 11500 25th Ave SE Olympia, WA 98513. We also have a new group email to help streamline communication, tero@nisqually-nsn.gov.



We keep the TERO section of the Nisqually Indian Tribe's website up-to-date with Nisqually enterprise job openings. This is also where you can find our TERO Intake and Skills Form, Compliance Plan, the List of Native American Owned Businesses to ensure tribal preference for contract opportunities with the Nisqually Indian Tribe, and finally the Application for Certification as a Native American Owned Business.

We have a Financial Application and Agreement Form for TERO clients to complete if they need assistance for employment related expenses*. This form includes: insurance, licenses or bonds; business equipment; training fees for non TERO sponsored trainings; transportation assistance to get to job interviews or if you're dispatched for a job; drug testing fees; basic tools; work clothes and boots; certifications (such as OSHA, CPR, Food Handlers, etc.); union dues. More information for this process can be found by opening the Nisqually TERO Financial Assistance Application and Agreement Form (**financial assistance is not guaranteed and is subject to approval.*)

We have two in-house Studio Technicians that perform screen printing and graphic design – they can create department logos, as well as create custom designs for t-shirt orders. (*Embroidery services coming soon!*) They have completed orders for Northwest Indian College, the shirts that TERO hands out during our events, and even do personal orders for family reunions or birthday parties.

Contact our Studio Techs, Jack George and Aztec Sovereign, at 360-456-5221 ext. 1020 with the following information if you are interested in placing an order:

- Design (Artwork)
- # Of Colors in design (max 4 colors)
- Print position (pocket/front/back print)
- Qty/Color of Garment

Pricing varies depending on these variables. Prices are subject to change.

TERO Staff

Wayne Lloyd, Department Director
Phone: (360) 456-5221, ext. 2180

Yolanda Machado, TERO Program Manager
Phone: (360) 456-5221, ext. 1023

Victoria Jackson, Administrative Secretary
Phone: (360) 456-5221, ext. 1273

Jennifer Underwood, TERO Compliance Officer
Phone: (360) 456-5221, ext. 2211

Kayla Sparkuhl, TERO Training Coordinator
Phone: (360) 456-5221, ext. 1002

Jack George, TERO Studio Technician
Phone: (360) 456-5221, ext. 1020

Aztec Sovereign, TERO Studio Technician
Phone: (360) 456-5221, ext. 1020



SAVE THE DATE JULY 21ST

The Nisqually Tribal Employment Rights Office is hosting a Career Fair on **Wednesday, July 21, 2021** at the **Nisqually Medicine River Ranch**.
Event begins at **11:00 a.m. - 2:00 p.m.**

If you are interested in being a vendor please contact TERO at 360-456-5221 ext. 1273 or at tero@nisqually-nsn.gov

On Wednesday, July 21, 2021 TERO is hosting a Career Fair at the new Medicine River Ranch. This is a career fair geared for 14 years old and up (*but everyone is welcome to come!*) to introduce high school aged kids to different career opportunities and give them the opportunity to learn what it takes to obtain those careers, as well as providing resources to individuals that are actively seeking employment. We will have CJ out with the food truck, and TERO is providing the food! If you are interested in having a booth, please contact us for more information. We hope to see everyone there.

Come fill out your **TERO** **APPLICATION**

NISQUALLY
BUILDING + TERO

*If you haven't filled out your
2021 TERO application,
come fill one out today!*

**11500 25th AVE SE
Olympia, WA 98513
In Cuyamucca!**



Cybercrime on the Rise

Tips from the IT-WebDev Department

There is cause for alarm and even more so, it's time to take protective and pro-active measures against cyber-attacks. There's a philosophy in IT security that basically states "It is not a matter of if, it is a matter of when" (there will be an online attack). National headlines highlighted the aggressive power of hackers with a recent ransomware breach in the Colonial Pipeline software; creating a perceived gas shortage and spreading panic at gas pumps all along the East Coast.

At the end of 2016, a business fell victim to a ransomware attack every 40 seconds. This is expected to rise to every 11 seconds by the end of 2021. Since the 2020 pandemic, retail, healthcare and government sectors have been the most targeted. Ransomware attacks increased by 158% in North America and 62% globally. In 2020, there were 4.8 Trillion intrusion attempts and 5.6 billion malware attacks.

The hackers are also getting more sophisticated and sometimes hiding ransomware programs (trojans) for days or weeks within systems. In 2020, the COVID-19 pandemic created more remote work, a charged political environment, and increased cloud program/storage use. This became a "perfect storm" for cyber hackers to expand their attacks. *Who is behind ransomware attacks?* One thing is certain, they are good at hiding their identity. They may be funded by terrorist organizations or by radical intellectual groups.

From work to home use, cyber-attacks can happen across all devices, e.g. laptops, desktop computers, smartphones or tablets. Technology is moving at a

historical rate along with cyber-crime activity. Organizations and individuals must remain vigilant and proactive by increasing security in the digital environment.



Definitions-----

- **Ransomware** - Malicious malware that asks ransom from users in exchange for the data encrypted by the hackers. In some instances, hackers would gain control of the device thereby locking out the user. They would then ask for ransom so that the user can gain back control of their device.
- **Hacker** – A person who uses computers to gain unauthorized access to data.
- **Trojan** – A type of malware that is often disguised as legitimate software.
- **Malware** – Code developed by cyberattacks, designed to cause extensive damage to data and systems or to gain unauthorized access to a network.
- **Cloud** – A system of servers that are accessed over the Internet, including the software and databases that run on those servers.
- **Cyber** - Relating to all aspects of **computing**, including storing, protecting, accessing, processing, transmitting, and linking data.

Our next article will offer tips on increasing security on technology devices.

NEW Elders/Caretaker Support Specialist-Juanita Banuelos

Hi I would like to introduce myself. My name is Juanita B. Banuelos. I am a Nisqually Tribal member. I am the NEW Caretaker Support Specialist here in Nisqually Tribe. Many of you may know or recognize me or my name from Nisqually Health Dept. (Medical Assistant), Tobacco Cessation coach, where I was employed for 10 years. I worked a majority of my life in the medical field/clinical since 1983 (37 years).

I am looking forward to meeting many of you who are caretakers of adults, children. I myself am a caretaker of two boys in my home, nephews for the last seven years.

I am excited to implement this program and utilize resources and trainings that will be able to assist many of you.

I will be available at the Elders building from 8:00 a.m.-12:00 p.m. noon daily Monday through Friday. Please do not hesitate to stop by and introduce yourself. Come share with me any ideas, needs in your home for caretaking. I will be reaching out to resources that may help us all enjoy time together. Resources to enjoy an outing with the children/adults you are caring for. Maybe even just a simple break for the caretakers themselves.

You can contact me at 360-486-9546 Elders Program.



Nisqually Tribal Housing

Emergency Rental Assistance Program (ERAP)

Are you enrolled in a federally recognized Tribe and live in Thurston/Pierce County area? And has COVID19 impacted you and your family? Nisqually Tribal Housing can help you.

Purpose

The purpose of this policy is to ensure Emergency Rental Assistance (non-HUD) to Nisqually Indian households impacted by COVID-19 pandemic. The assistance includes, but is not limited to: paying rent, various utility providers, home energy cost, arrears accounts associated with housing, other rehousing/stability costs, other expenses related to housing.

Assistance Available

1. Household may receive up to 12 months of assistance, based on required three month renewal assistance request at a time.
2. Household may receive consideration for extension of three additional months, after initial 12 months, if administration deems extra extension months are needed to ensure housing stability and funding is still available.
3. ERAP Assistance will be applied first for outstanding arrears of rent, utility providers, home energy cost, stability cost, other expenses related to housing assistance.

Requirements

1. Either an eligible household or landlord on behalf of that eligible household must apply with Nisqually Indian Tribal Housing for assistance.
2. Required to complete a signed Housing Application and Release of information complete with supporting documents (income/tribal verification/proof of hardship), as standard criteria.
3. Income can be 2020 or 2021 income taxes return (AGI) wages, unemployment, zero income certification statement, per capita, GA/TANF statement, or similar low income award letter (LIEAP)
4. Meeting eligibility criteria in response or impacted, risk associated with COVID-19, or have disability/health condition at risk.
5. Household must reapply for additional assistance at the end of three month period.

If this pertains to you, your family members or someone you know - please come in and fill out an application and get assistance from Nisqually Tribal Housing.

To help relieve some financial hardships that COVID-19 has affected, Nisqually Housing is here to help.

Nisqually Tribal Housing Will Pay Program

Need help with your summer projects? Need help paying bills? Need new appliances? NITH is happy to announce that the Will Pay Program is back!

This programs main objective is to assist tribal members households in emergency situations with unexpected household purchases or repairs. This is a first come first serve program and has no active waiting list. Serving 18 years or older.

So if you need a hand with any housing needs, bill, appliance, projects, etc. THIS PROGRAM IS FOR YOU!

NITH will pay the vendor directly-payments will come from your percapita or paycheck until paid in full. This program will NOT cover any personal use bills (*example: cell phone bill, cable bill, personal debt, furniture*). Please see the policy guidelines or for more information, please contact Katrina Delacruz at 360-493-0081.

Nisqually Tribal Housing Elders Appliance Program

Are you an Elder and need new appliances? Refrigerator, stove, freezer, washer/dryer or generator.

- This program is for ONLY enrolled Nisqually Tribal members ages 55 and older.
- It can only be used one time per tribal member every five years.
- The maximum amount per tribal member is \$1,000.
- The recipient must be living in the home the appliance is being delivered to.

If you are a new elder and would like to upgrade some appliances, please come fill out an application at the Housing office. Or please call Alison Kautz at 360-493-0081 to see when the last time you utilized the program and for an application.



Brighton Creek News

Good Day Nisqually!

Our Brighton Creek staff would like to wish you a happy and safe 4th of July! We have been working and primarily focusing on construction needs here to bring Brighton Creek up to specific codes in Pierce County.

Construction and COVID-19 Quarantine Site:

We continue to prepare for COVID-19 to be ready if needed and have been consistently busy with construction, licensing paperwork and meeting code requirements. We are moving forward with our construction efforts, with repairs and remodeling projects planned for the spring and summer. We have continuously had to jump through several hoops, such as the cost in lumber, the wait times for obtaining permits through Pierce County, etc. and with the help of the Building Department, we hope to overcome those challenges and accomplish the following this year:

- **We will be upgrading and remodeling the dining room, ADA bathroom and women’s and men’s bathrooms.**
- **Installing septic system for RV Park**
- **Repainting the interior and exterior of the 13 cabins.**

Our hope is to continue to move forward in bringing the community and tribal members a very well maintained healing and retreat center. We would

have loved to open up by the fall of 2021, but unfortunately with the timelines in construction and the hectic world slowly going back to normal, construction will be taking up most of the year. For your safety, as well as the construction workers, it is important to recognize the hazards and not take any unnecessary risks. We are excited to see the potential and transformation in the facility, and have hopes of opening up by 2022.

Staffing:

We would like to welcome Ryan Kautz as our new security for Brighton Creek. WELCOME, Ryan. Brighton Creek staff would like to also thank Randy Derickson, TERO, for being an extra set of hands in getting furniture and installation done out here for all of the cabins while we patiently waited to hear about maintenance. **We have recently advertised for maintenance and have hopes of fulfilling that position in the next few weeks. Stay tuned!**

We look forward to seeing you here at Brighton Creek by the beginning of 2022. We hope you all have a good 4th of July!

Stay Well, Stay Safe and Take Care! “Get Vaccinated”

We look forward to seeing you soon!
Brighton Creek Staff





Bleeding Gums

By Sue Bohannon, DMD c/o Dentalcare.com

Noticing bleeding gums while brushing or flossing can cause alarm. Often the cause of bleeding gums is as simple as brushing too hard, but in some instances, it can be a symptom of something more serious.

One of the biggest causes of bleeding gums is the buildup of plaque, a cottage cheese like substance that bacteria leave on our teeth. If left unaddressed this will lead to gingivitis, an early stage of gum disease. Along with bleeding gums, symptoms of gingivitis include red and puffy gums.

Other factors that might increase your risk of gingivitis include:

- smoking,
- stress,
- hormonal changes,
- poor nutrition,
- medications and
- chronic diseases



Thorough daily plaque removal is your best weapon against gingivitis. Here are some important ways to help manage gingivitis, and remember, it's all about keeping your teeth as free from plaque as possible:

1. Brush thoroughly twice a day with an antigingivitis toothpaste.
2. Rinse thoroughly with an antigingivitis mouthwash.
3. Use a soft bristled manual or electric rechargeable toothbrush.
4. Floss daily.
5. Visit your dental professional regularly.

The best way to find out the cause of your bleeding gums is to book an appointment with us at Nisqually Tribe Dental Clinic, 360-413-2716 and we will be able to advise you on the best bleeding gums treatment according to your symptoms.

Physical **Emotional**

Spiritual **Mental**

journey to recovery

STOP OPIOID ABUSE
Overdose rates in Indian Country are nearly triple the rate of any other community in Washington.¹
Opioids are a leading cause of injury related deaths in our state.² 75 percent of opioid misuse starts with people using medication that wasn't prescribed for them – usually taken from a friend or family member.³

Medication Assisted Recovery (MAR) can provide the help you need to recover from opioid dependency.
✓ No single treatment is right for everyone.
✓ MAR can help you stabilize your life.

Here are a few services we offer here at the Nisqually Health Clinic

- Medication Assisted Treatment such as suboxone or vivitrol.
- Naloxone rescue kits to prevent risk of overdose.
- Assistance with outside inpatient and outpatient services
- Support services such as housing assistance.
- Driver Relicensing and support navigating the criminal justice system.

Call us to learn more about our recovery support services!
360-459-5312

Learn more at WATribalOpioidSolutions.com

¹Source: Washington State Department of Health
²Source: Substance Abuse and Mental Health Services Administration
³Source: National Institute on Drug Abuse

NISQUALLY HEALTH DEPARTMENT PODIATRY CLINICS

Why is Diabetic foot care important?

Proper care of the feet in people with diabetes can prevent complications. How do complications arise in diabetic feet?

High blood sugar can do damage to blood vessels, decreasing blood flow to the foot. This leads to weakening of the skin and poor wound healing.

Infections that are normally minor can become quite serious, invading the deep tissue and bone. Additionally, nerves supplying the feet can be damaged limiting the person's ability to feel pain in the affected area. Unaware of the damage taking place, the person does not properly attend to their wound.

PODIATRY APPOINTMENTS HELP MANAGE DIABETES FOOT RELATED COMPLICATIONS AND PREVENT AMPUTATIONS! WE PROVIDE:

- DIABETIC FOOT EXAMS
- DIABETES FOOT CARE EDUCATION
- INFORMATION ON FOOT CARE
- ADVICE AND HELP WITH PROPER FOOTWEAR

Call us if you have foot pain, develop or have foot wounds or sores, have questions regarding footwear, need a Diabetic foot exam and toe dressings changed, or for an annual foot exam.



**2021 DATES WITH
DR MOLINA
KOCHHAR:**

- JUNE 11TH
- JULY 23RD
- AUGUST 13TH
- SEPTEMBER 10TH
- OCTOBER 1ST
- NOVEMBER 5TH
- DECEMBER 3RD

**HEALTHY FEET ARE
HAPPY FEET**

CALL THE CLINIC

TO SCHEDULE YOUR
APPOINTMENT AT

360.459.5312



Dear Nisqually Indian Tribe,

I am writing to express my gratitude for your generosity. Thank you for sharing the tribe's COVID vaccine supply with all tribal workers and their families.

I felt so grateful to get vaccinated in January. But my stress level really improved when both my husband and son were able to come to the Billy Frank Jr. gym to receive both their doses of vaccine.

Since my family is now fully vaccinated, I notice that we are enjoying life much more than we did last summer. Some of the changes I notice:

- I enjoy sitting and talking with my patients longer
- Home visits are now part of our practice again
- I'm back in the swimming pool building up my strength and stamina
- No more anxiety waking me up at 3 am
- My son will get to participate in-person for graduation in masks but with his friends
- My sister and brothers will come visit us this summer and not worry about quarantines
- My husband can visit his mother in Florida and not worry about accidentally getting her sick

Thank you Nisqually Indian Tribe for bringing my family all this joy!
Sincerely, Addie Spencer, MD



South Puget Intertribal Planning Agency

**USDA Foods Program
July Dates**

PT. GAMBLE S'KLALLAM 7/7/21
SQUAXIN ISLAND 7/9/21
SKOKOMISH 7/15/21
CHEHALIS 7/22/21
NISQUALLY 7/23/21

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities. If you're unable to make the date, please call and schedule an appointment with appropriate staff. For USDA Food, call SPIPA at 360.426.3990

This institution is an equal opportunity provider.

South Puget Intertribal Planning Agency

**WIC Program
July Dates**

SHOALWATER BAY 7/7/21
CHEHALIS 7/8/21
SQUAXIN ISLAND 7/13/21
NISQUALLY 7/14/21
SKOKOMISH 7/21/21

This Institution is an equal opportunity provider.
 Washington State WIC Nutrition Program does not discriminate.

NOTE: These dates are future projections. While we strive to keep these dates and times, they may be subject to change. This program is not always able to accommodate walk-ins due to their other duties.



Announcements

June 13, Happy 9th Birthday Nevaeh, Love Papa, Grandma, Mom, Auntie Jasmine, Auntie Samira and brother

July 5, Happy Birthday Johnny, Love the McDonald Family

July 5, Happy 5th Birthday AJ, Love the McDonald Family

July 18, Happy Birthday Querida, Love the McDonald Family

July 27, Happy 8th Birthday Pebbles, Love the McDonald Family



WIC clients get TEMPORARY increase in dollars for Vegetables and Fruits (June-Sept 2021)

Thanks to Congress passing The American Rescue Plan

How will it work??

If you have WIC, you'll notice on your WIC app that your **vegetable and fruit allowance is increased to \$35 per participant per month** for June, July, August, & September 2021

You can buy fresh or frozen vegetables and fruits when you shop using your WIC Card



Are you eligible for WIC ?

Are you low income, pregnant, or have a child under age 5?

Did you let your WIC lapse? Contact us to restart your WIC!

Check out the eligibility guidelines at :

<https://www.doh.wa.gov/YouandYourFamily/WIC/Eligibility> and/ & give us a call at WIC.



Contact at SPIPA for a phone appointment:
Patty at 360.462.3224, wicnutrition@spipa.org
or
Debbie Gardipee-Reyes at 360.462.3227, gardipee@spipa.org
Main SPIPA number: 360.426.3990



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SPIPA's Nisqually WIC (Women, Infants, and Children) provides healthy foods & nutrition information for you and your child up to age 5. Please have available: Your & your child's height and weight, Provider One Card or paystub and identification for you & your child

Contact at SPIPA for an appointment:
Patty at 360.462.3224, wicnutrition@spipa.org

Debbie Gardipee-Reyes 360.462.3227 gardipee@spipa.org

Main SPIPA number: 360.426.3990

Next WIC:
Wed., July 14, 2021
Remote phone appointments continue at least through August 2021 due to the COVID-19 virus
We will call you on your appointment day

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SUMMER 2021 FRUIT & VEGETABLE INCREASE

Five things to know about WIC fruits and vegetables this summer

- Starting **June 1**, for 4 months, participants will have **\$35 per person** each month to buy more fruits and vegetables. If you're pregnant, breastfeeding, or postpartum, you and your children ages 1-5 will each get \$35 for fruits and vegetables. (This doesn't apply to infants.)
- You don't have to do anything to get the \$35 for fruits and vegetables. It will be available to you when you shop with your WIC Card, starting with the "First Date to Spend" in June.
- Use your WIC Card to get the extra fresh or frozen fruits and vegetables at grocery stores.
- You can't use your WIC Card or the \$35 at farmers markets or farm stores.

5. Here are some ideas to help you use the entire \$35 per person each month:

USE WIC FIRST!
Use your WIC Card first at the register, before other benefits like SNAP.

MAKE IT EASY!
Choose already cut-up fruits and vegetables, or packaged lettuce and vegetables for quick meals or snacks.

BUY SUMMER FUN!
Fill your fruit bowl with your summer favorites. Shop often for cherries, apricots, peaches, plums, and nectarines.

THINK FROZEN TOO!
If you have freezer space, frozen vegetables and fruits are great for smoothies and easy sides at mealtime.

STOCK UP NOW!
Buy more fruits and vegetables that keep longer, like apples, cabbage, carrots, potatoes, onions, and winter squash.



What DOES \$35 look like at the store?

Week 1	Week 2
Frozen 12 oz. Mixed Berries \$3.50 16 oz. Mixed Vegetables \$1.75 Fresh 1-pound Broccoli \$2.99 3 large Fuji Apples \$1.75 Total \$9.99	Frozen 10 oz. Sweet Corn \$2.00 12 oz. Cut Mangoes \$2.99 Fresh 4 oz. Organic Blueberries \$3.99 1 bunch Green Leaf Lettuce \$2.49 Total \$11.47
Week 3 Frozen 12 oz. Asparagus Stir-fry \$2.99 Fresh 8 oz. Spinach \$1.99 16 oz. Carrot Chips \$1.99 Total \$6.97	Week 4 Frozen 16 oz. Peas and Carrots \$1.75 Fresh 5 pounds Russet Potatoes \$2.99 1 bunch Green Onions \$1.99 Total \$6.73

(Note: Prices listed are based on local store ads and are estimates only.)

Tell your friends about WIC so they can get more fruits and vegetables this summer, too!

Share these easy ways to contact WIC:

- Text **WIC** to **96859**
- Call the Help Me Grow WA Hotline **1-800-322-2588**
- Visit ParentHelp123's ResourceFinder at parenthelp123.org/resources/food-assistance-resources/the-wic-program



This institution is an equal opportunity provider. Washington WIC doesn't discriminate. DOH 962-1005 June 2021 To request this document in another format, call 1-800-841-1410. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email WIC@doh.wa.gov.

REMEMBER YOUR MASK

REMEMBER



Nisqually POST & PRINT | **PROMOS**

Hours: Monday - Friday
9am - 5pm

Location: 12820 Yelm Highway SE #C
Olympia, WA 98513

New Phone: 360.810.8600

Email: orders@nisquallypostandprint.com

Banners for Firework Stands
8' x 3' Full Color with
4 Grommets for hanging
\$75.00

YARD SIGNS (DIRECTION SIGNS)
24" X 18" Full Color
Metal H-Style Included
\$13.50

Stickers
3" x 3" Full Color
\$0.10 each

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

