

NISQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

Volume 15, Issue 3

www.nisqually-nsn.gov

March 2025

Happy Retirement Cleo!

Happy Retirement to Cleo Frank after more than 45 years working for Nisqually. Stay tuned for an interview with Cleo about her career and all the changes she has seen. Thanks to Mel Ponder Photography for sharing these pictures of Cleo's Celebration held at the Elder's Center.



Thank you for working so hard for all of us for so many years. Congratulations and have fun on your new adventure!



Please Help Name the New Building (Spirit House)

Nisqually has a new space to celebrate, remember and spiritually practice. Please join in and name this beautiful building, temporarily named the Spirit House. Share your thoughts and ideas for a fitting name. Tribal Council anxiously awaits a new and grand opening celebration.

You must be a Nisqually tribal member to enter your suggestions.
Please contact Nicole Sims with any questions at 360-456-5221 ext. 1309

Scan the QR code below and submit your ideas.



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

Nisqually Tribal News

4820 She-Nah-Num Dr. SE
Olympia, WA 98513
360-456-5221

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, 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

In this issue:

Kalama Creek	pg. 3
Solar Panels	pg. 4
Education about Fish Wars.....	pg. 5
Literacy Event	pg. 7
Parent Recognition Month	pg. 8
Bald Eagle Visitors.....	pg. 10
Colorectal Month.....	pg. 12
Healing Waters Group	pg. 14
Announcements	pg. 15

Nisqually Tribal Office Holiday Closures

Please mark them on your calendars!

Friday March 7, 2025
Billy Frank Jr. Day



Kalama Creek Hatchery Phase 1

By Debbie Preston, Nisqually Tribe Communications and Media Services Director

Phase one of the Kalama Creek Hatchery improvements is nearly complete. Keep an eye out for a celebration some time in March. With the upgrades, students can now visit the hatchery and stay dry while they learn about salmon and the hatchery. There are new circular tanks for rearing and the hatchery uses less water. Additionally, the water that comes in is better quality with a water filtration system that filters out everything down to 0.0019685 inches or 50 microns.

Using less water is important as the climate changes mean less water available at both the Clearwater and Kalama Creek hatcheries.

Hatchery staff work on getting more of the circular tanks up and running. Three of the tanks are finished and have fish in them. Nisqually artist Kyle Sanchez made the salmon art for the wall and the water tank outside was painted for the first time since 1977!





Solar Panels at Building

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

The solar panels continue to be installed at the new facilities, building, transportation and utilities structure, including these parking structures that will begin to come on line sometime in March, according to Wayne Lloyd, Building Director for the Nisqually Tribe.

Additionally, there are 16 panels on the roof. Lloyd said the area will get the maximum number of solar panels that make sense and they will all go into the microgrid that will power the building and the wastewater treatment building as well when everything is online.



Sewer and Water Pipe Work Continues

By Debbie Preston, Nisqually Tribe Communications and Media Services Director

Work continues on the improvements to the South Reservation sanitary sewer system. Shown here is some of the work on Nisqually Dr. SE where 1,750 linear feet of gravity sewer is being placed as well as cleaning and abandoning 15 septic tanks and adding about 1,490 linear feet of connecting side sewer pipe. This work includes She-Nah-Num Dr SE.

There will continue to be lane and/or road closures. Traffic control plans and flaggers will be in place to help mitigate the disruptions. Work is also occurring near the old Transportation offices behind Billy Frank Jr. Gym.

Some parking is unavailable and please be aware of heavy equipment traffic in the area.



There are four schedules of work that include Elders Ln SE and Elders Loop where realigning parts of Elders Loop SE will occur, and 260 feet of new roadway will be added along with addition of gravity sewer and water main. Work is slated to finish on all projects by June. If you have any questions, contact the Public Works Department.



Education about Fish Wars and Billy Frank Jr.

By Debbie Preston, Nisqually Communications and Media Services Director Nisqually Tribe Communications

The education about the Fish Wars and Billy Frank Jr. continues with several 4-foot tall copies making the rounds to schools, libraries, universities, museums and festivals. Recently Hanford McCloud and Willie Frank Jr. took a copy to the Eatonville School District where the movie “Fish War” was shown first followed by a session with Frank and McCloud to ask questions and hear about the statue process. Due to some concerns by the Architect of the Capitol about one of the fish sticking out on the final 11-foot bronze (with the 2-foot pedestal), the protruding fish was removed on the final, but a fish is still present that is flush with the work. While artist Haiying Wu is finished with his work, various approvals must occur before the requests for bids can go out foundries to make the bronze. The best estimate now for installation in Statuary Hall is in early 2026.



Tax Preparation services in the Planning Department conference room.

Liberty Tax Service is providing on-site tax preparation services for Nisqually Tribe members only.

Service Hours

Tuesday 10 a.m. – 5 p.m.
 Wednesday 10 a.m. – 5 p.m.
 Friday 10 a.m. – 5 p.m.

Documents to bring

- Tribal ID
- Prior Year Tax Return, if new to Liberty
- Dependent Information
- 1099's
- W-2's
- Any other tax documents

Liberty Tax Service offers services for 2024 tax returns. In addition to onsite services, you may also go to the Liberty Tax office in Yelm
 715 E Yelm Ave Ste 3,
 Yelm, WA 98597
 360-400-1401
 LIBERTYTAX.COM

Drop box will also be available in Financial Services



Healthy Environment for All Act Tribal Capacity Grant

By Mary Leitka



Washington State Department of Health

Overview of the Healthy Environment for All Act Tribal Capacity Grant
Funding
Purpose

The Washington State Department of Health (DOH) Healthy Environment for All (HEAL) Act Tribal Capacity Grant is a non-competitive grant program to provide funds to eligible Tribes to engage with DOH and other state agencies on Healthy Environment for All (HEAL) Act implementation. All Federally Recognized Indian Tribes with HEAL Act impacts to rights and interests in their Tribal Lands (RCW [70A.02.010](#)) will be eligible for this non-competitive funding opportunity.

The Nisqually Tribe received the HEAL Grant, and it ends on June 30, 2025.

I know it is a short time and there are 9 Contracts open:

1. Climate Change Project Coordinator \$50-hour full time
2. Surveyors (2) \$40-hour full time
3. Climate change writer \$50 hour (40 Hr. a month)
4. Traditional Food Project Coordinator \$50 hour full time
5. Traditional cooks (3) \$40 hour (40 hr. a month)
6. Traditional smoke house builder

This is a short notice but a great opportunity for tribal members to work.

Please send your name to Mary Leitka and after one week a decision will be made.

February Pulling Together Event

By Debbie Preston, Nisqually Tribe Communications and Media Services Director
Photos by Jack George-Nisqually Tribe Communications and Media Services

February's Pulling Together for Success event was attended by more than 100 participants who enjoyed turkey dinner, checking out Nisqually Tribe job opportunities, obtaining free car seats and proper installation tips, Community Garden goodness and much more.





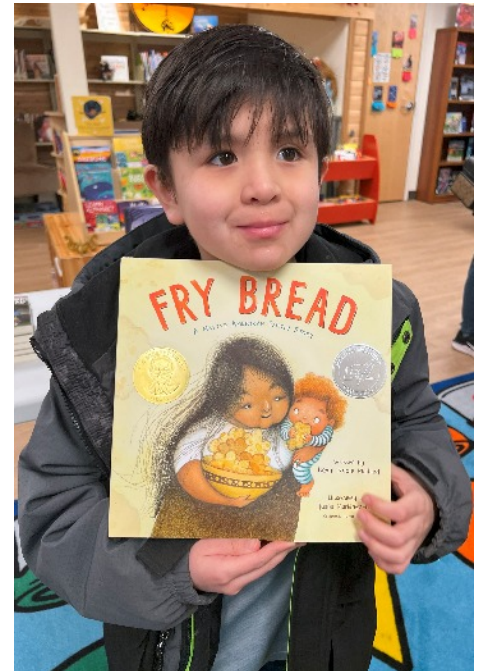
Literacy Event

By Debbie Preston, Nisqually Tribe Communications and Media Services Director

You and your family can still sign up for the Native Youth Reading Challenge. Students in kindergarten through 12th grade who sign up will receive free books and be eligible for prizes and incentives throughout the challenge that is now through March 31.

Stop by the Nisqually Tribal Library to sign up and get your books. (Must be present to get the books). If you scan the QR code on the flyer (last picture of this group) and register and log even a few minutes of reading, you will be entered into a separate drawing for prizes.

Additionally - there will be a monthly Family Literacy Night from now on - keep a lookout for dates each month.



Cesar Chavez checks to see if the first page of a book sells him on the writer's skills.

Come into the library and sign up for the Native Youth Reading Challenge and receive free books now through March 31. All the books that are being given away are by tribal authors and/or tribal artists. There is a book for everyone, including picture books and graphic novels.

Emilio Chavez Valera looks for the books he will choose.

Jace Leach, 7, shows off one of the books he likes.

Channing - who knows what he likes in a library, checks the stacks.

Jax checks out a book series.



**Scan me
to sign up!**



February is Parent Recognition Month

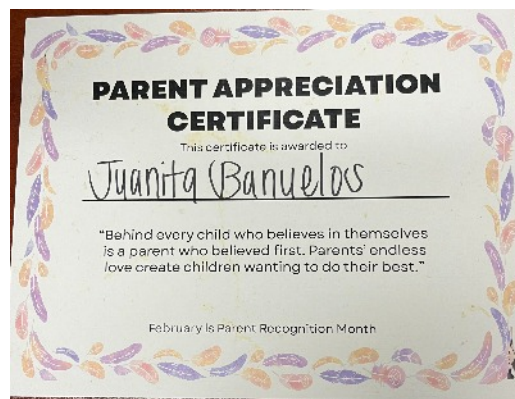
By Jasmine McDonald Manager for Children and Family Services, ICW

Nisqually Children and Family Services, Workforce Development, Head Start, Daycare, and Youth Services honored five (5) Nisqually tribal parents at the quarterly Pulling Together for Success community dinner.

The following Nisqually tribal members were nominated by fellow Nisqually tribal community members:

1. Krystle and Jeremy Badoldman
2. Juanita Banuelos
3. Lisa Gamez
4. Hanford and Candace McCloud
5. Kailani Squally

Please join us next year in honoring and celebrating the phenomenal efforts of our Nisqually parents. Look out for the flyer and nominations form in about six (6) months. Submit a nomination for a Nisqually tribal parent that you believe provides a key role in their children's positive growth and development.





The Delta debut

By Debbie Preston, Nisqually Tribe Communications and Media Services Director

Nisqually Elders and their guests helped celebrate the official opening of the Red Wind Casino's "The Delta," a food court that also features some Nisqually history and language to help inform guests. A short video of the event is at this link [<https://youtu.be/h65xWWk8Pgg>](<https://gcc02.safelinks.protection.outlook.com/...>)
Nisqually Tribe Communications and Media Services



Chief Squally pauses with a picture of him in 1977 at a craps table. Tony Sanchez and Larry and Janice Seaberg gave the opening a big thumbs up, enjoying the food and the company. Two large wall murals help educate visitors about the Nisqually Tribe history. Among the stores, there is Nisqually Grounds, a coffee, quick to go foods and ice cream shop. There are Asian and Italian themed food stores as well. Bob Iyall, CEO of Nisqually's Medicine Creek Enterprise Corporation, welcomes all to The Delta, a group of eateries all in one place within the Red Wind Casino. Also present were members of the MCEC board, Nisqually tribal council Vice Chair Antonette Squally and 7th Council Leighanna Scott, Thurston County Chamber of Commerce representatives and past MCEC board members.



Nisqually River Bald Eagle Visitors

By George Walters

This January and February the Nisqually River has hosted an abundance of Bald Eagles. They are feasting on the spawned-out carcasses of the abundant winter chum salmon run.

Eagles were especially common on the Nisqually Indian Reservation. The Natural Resources crew, during its survey of salmon spawning salmon, counted 175 Bald Eagles along one short 3-mile stretch of the river within the reservation boundary.

Rene Bracero, often takes photos while he's in the field and here are a few of his recent eagle shots. Rene reports, "I missed a great opportunity the other day at Yelm Creek. There were 30 in one tree and just as I realized it, they all flew away simultaneously. It was like watching a dandelion blow in the wind, just bald eagles out of a Doug fir – 30 at least!"

Bald Eagles thrive in and around the wild Nisqually Indian Reservation and the Nisqually river corridor. Also, there are two known nesting sites on the reservation, although they are well hidden and difficult to see, let alone visit.



Class Schedule

March 4th – Your Money, Values and Influences

March 11th – You Can Bank On It

March 18th – Your Income and Expenses

March 25th – Your Spending and Savings Plan

April 1st – Your Savings

April 8th – Credit Reports and Scores

April 15th – Borrowing Basics

April 22nd – NO CLASS

April 29th – Managing Debt

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

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.

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 Health and Fitness Adult Recreation Assistance

The intent of the Adult Health and Fitness Assistance Program (AHFAP) is to aid tribal members with monetary assistance, up to \$500.00 annually (*as long as funds are available*), for the following:

Healthy Activities: Run/race fees, swimming lessons, body building competition fees, powerlifting competition fees, rock climbing, martial arts, etc.

Equipment: necessary items for a healthy activity such as running shoes, competition bikini, powerlifting belt, knee sleeves, swim goggles, chalk, etc.

Participation in an Organized Adult Sports Team: City league basketball, Rez basketball or baseball tournaments and any other sports team and/or activities.



An application will need to be filled out and verified by enrollment prior and payment or reimbursements will take two weeks to process.

For more information and to get an application please contact the Fitness and Nutrition Program at 360-455-5312 or email healthfitness@nisqually-nsn.gov.

Alcohol & Medications: Understanding the Risks

Combining alcohol with certain medications can increase the risk of serious health concerns, including falls, driving accidents, and even life-threatening overdoses. Alcohol can change the way many medications work in your body, and some medications can also affect how alcohol is absorbed and processed.

Some common medications that may interact with alcohol include:

- Medications for mood and anxiety
- Sleep aids
- Antidepressants
- Opioids (such as oxycodone and hydrocodone)
- Over-the-counter pain relievers (such as ibuprofen and acetaminophen)
- Blood thinners
- Some high blood pressure medications
- Certain antibiotics

If you have any questions about how alcohol may interact with your medications, we encourage you to speak with a healthcare provider or pharmacist at the Nisqually Tribal Health & Wellness Center. Call us at (360) 491-9770. We are here to support your well-being. Please call ahead to schedule an appointment so we can dedicate time to addressing your concerns.



Source: [Alcohol-Medication Interactions: Potentially Dangerous Mixes – National Institute on Alcohol Abuse and Alcoholism](#)



Colorectal Cancer Awareness Month

Colorectal Cancer (CRC) is the second leading cause of cancer death for Native Americans. The National Cancer Institute estimates that 152,810 people in the United States received a diagnosis of colon or rectal cancer in 2024, and approximately 53,010 died of it. Approximately 1 in 23 men and 1 in 25 women will develop colorectal cancer in their lifetimes.

There are usually no symptoms until it's too late. Colorectal cancer awareness is important because many cases are preventable. Regular screenings can detect polyps in the colon early before they turn into cancer. Most men and women should start screening at age 45 but can have it done earlier if symptoms are present.

The three screening tests that most accurately identify colorectal cancer are the colonoscopy, flexible sigmoidoscopy, and the stool test. Screening by colonoscopy can help prevent this cancer because precancerous polyps found during the procedure can be removed at the same time.

Colonoscopy can also detect cancer at early stages, when treatment is more likely to be successful.

Getting screened saves lives by detecting precancerous growths in the early stages when they are easiest to treat and remove, potentially helping to save lives. Early detection and awareness of risk factors like genetics and lifestyle are essential for effective treatment and management.

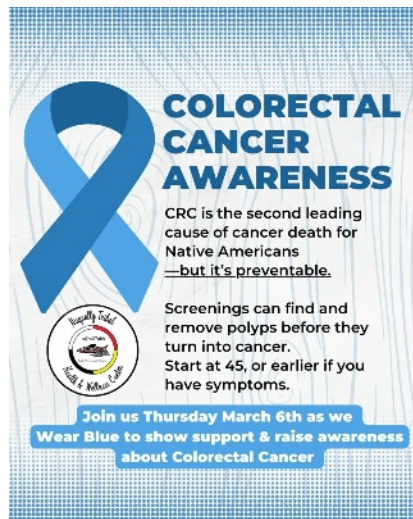
Contact us at (360) 459-5312 or talk to your health care provider to schedule your next screening and learn more about ways to lower your risk.

Talk to your loved ones about the importance of early detection and encourage them to get screened.

Join us on **Thursday, March 6th**, as we **wear blue** to show support and raise awareness about **Colorectal Cancer!**

Sources:

- [AIC](#)
- [Keep It Sacred](#)
- [CDC](#)



Do You Know Dr. Ehlers?

Editors note: The Lacey Historical Society is seeking stories about Dr. William Ehlers, who served both Lacey and, as they understood, also served Nisqually tribal patients after his arrival in 1953. They are working to put up a statue to memorialize Ehlers, as the first doctor to serve the Lacey area.

Many of us heard stories of “Doc” providing care to many families in the area. Some of us remember calling him, after hours, and having him come to our homes or he would open his office at all hours to provide care. He also would stop by homes just to check on a patient.

My own stories include similar examples, but one of the biggest contributions he made, was his emergency response activities. My dad was a volunteer firefighter with Lacey, having helped organize the department in 1948.

My dad cited examples of Doc responding with the fire department to drownings and heart attacks – really an early version of a paramedic. The only ambulance then was Red Top Cab company out of Olympia.

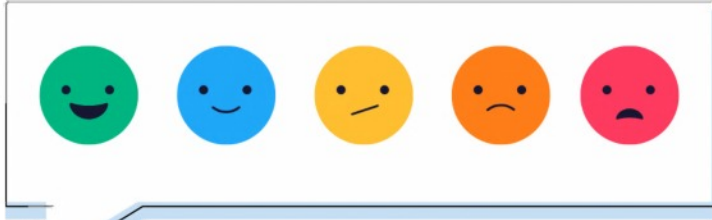
At a Historical Society meeting a few months ago, one of the attendees commented that Doc was active in helping the Nisqually Tribe.

As part of our effort in enlisting people to support our effort, we try to include some of these stories in our newsletter. We would be glad to find as many people as possible who may have some of these stories of their interactions with Dr. Ehlers.

They do not need to be unique. Anything that points out his commitment to the community and willingness to show compassion to people is what we are looking for.

Folks can do this in any way that would work. They can send emails or letters to us, or just call on the phone. It would be much appreciated.

We really appreciate any help with this project and you can call with any questions you may have. Please contact Paul Webb at 253-377-3132 or email at paulwebb38@msn.com



Your Voice Matters

Share your feedback to strengthen our care!



At Nisqually Tribal Health & Wellness Center, we strive for excellence in our care and services. Have you experienced something great you'd like to recognize? Or is there something we could improve? We welcome your feedback!

You can share your thoughts when you visit by filling out a comment form near the fish tank. Once completed, you may hand it to a staff member for immediate attention or place it in our comment box, which is reviewed weekly.

Our team is also happy to assist you. *Can't stop by in person?* You can also share your feedback online by visiting surveymonkey.com/r/NTHWCPatientFeedback or scanning the QR code.



Your input helps us grow and serve our community better. Thank you for sharing!



South Puget Intertribal Planning Agency

USDA Foods Program

March Dates

PT GAMBLE S'KLALLAM	3/04/25
SQUAXIN ISLAND	3/12/25
SKOKOMISH	3/06/25
NISQUALLY	3/14/25
CHEHALIS	3/21/25



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 Foods, call SPIPA at 360.426.3990

This institution is an equal opportunity provider.



Nisqually WIC
(Women, Infants, and Children)

provides healthy foods & nutrition information for you and your child up to age 5.

For appointments and questions, contact:

Debbie Gardipee 360.462.3227
Email: dgardipee@spipa.org

or call 360.462.3224
Email: wicnutrition@spipa.org

SPIPA main number: 360.426.3990



Next WIC date:
Tuesday, Mar. 4, 2025

We will offer both phone appointments and in person appointments. Date subject to change.

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





HEALING WATERS SURVIVORS SUPPORT GROUP

Wednesdays
5:00 PM - 6:00 PM
Healing Room
NTHWC




Questions?
Call (360) 970-8649

Join us for a weekly support group designed to provide a safe and supportive space for women who have experienced any form of domestic violence.

This group is open to women only — a place to find connection, healing, and strength in community. Come as you are and join us on your healing journey.

Questions? Contact us at (360) 970-8649

 When: Beginning February 5th – Wednesdays, 5:00 PM – 6:00 PM

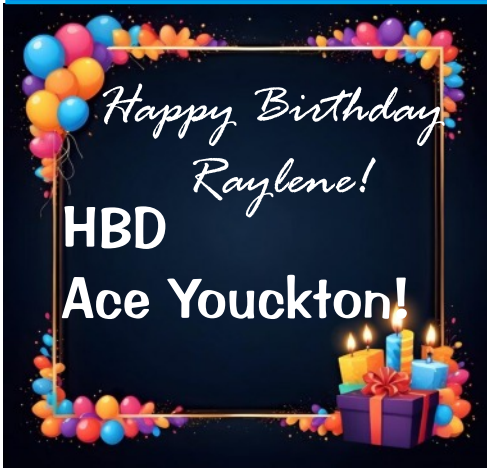
 Where: Healing Room – NTHWC

What to Expect:

- Mindfulness practices to promote healing and resilience
- Monthly themes with valuable information and resources
- A welcoming, women-centered space to share and reflect



Announcements



Happy Sweet 16th
Birthday
Dominik
Thomas!



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



21st Annual sq̓w̓ali?abš Wellbriety Pow~Wow APRIL 4th, 5th, and 6th 2025

VENUE: Nisqually Youth Community Center
 Address: 1937 Lashi St. NE Olympia, WA 98513

Coastal Jam on the 4th – Friday @ 5:00 pm
Grand Entry: Sat. @ 1pm and 7 pm & Sun. @ 1 pm

MASTER OF CEREMONIES:
 CASEY/WAG WALLABER

INVITED DRUMS: BULLHORN AND PRIME TIME

Head Man Dancer: Melvin Blacketer/Head Woman Dancer: Bridget Eaglespeaker

All Dancers-Registration closes @ 3:00 on Saturday the 5th There will be a small fee for registration

The First 7 drums- to register will be paid

For Vendor info go to the tribe's website

at www.nisqually-nan.gov

Royalty Contest: Miss Wellbriety and Warrior

Royalty Contest Contact:

Chay Squally (360)456-5221 ext.: 1171

For Coastal Jam Info contact: (800) 459-5221 (toll free) ext.1205

Camping Spaces are available by the Ball field

Nearst Hotels are - Best Western(Lacey)

Fair Bridge Inn & Suites(DuPont)->Prairie Hotel(Yelm)

This is An Alcohol/Drug free Event. Nisqually Tribe is

not responsible for injuries, theft, or short-changed

travelers. Thank You.



Dance Competition w/cash prizes

Golden Age 60+ 1st\$600 2nd \$500 3rd \$400
 Adults Sr.-1st \$600 2nd \$500 3rd \$400
 Adults Jr.-1st \$600 2nd \$500 3rd \$400
 Teens-1st \$300 2nd \$250 3rd \$200
 Junior-1st \$150 2nd \$125 3rd \$100

..... Dance Specials

Women's Fancy and Women's Traditional

1st \$1000 2nd \$800 3rd \$600

#MMIW – RED DRESS SPECIAL

Open Ages – 1st \$1000 2nd \$800 3rd \$600

Wellbriety Speakers and Raffle with great prizes

Frank "Sonny" Eaglespeaker :

Celebrating Life

"Dance and Hand Drum Specials"