

NISQUALLY ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

Volume 13 Issue 3

www.nisqually-nsn.gov

March 2023

Welcome Home Horse!

By Cynthia Iyall

stəqiw - 🐾 was the sentiment felt through the Lakewood Leschi Memorial Walk this year. It has been many years since we held a Leschi walk at this site. Over the holidays the Leschi marker placed in 1963 was knocked off the site resulting in some damage. It has since been repositioned to its site.

This year's walk brought to light the need for updating this marker into a monument that tells more of Leschi's story and how his life was significant to this area.

The number of people expected was about 50; there were approximately 300 people in attendance making this a huge and successful event in Lakewood. Many Lakewood residents and city officials attended along with our Nisqually people. There is a great amount of interest in this part of our History.

There were several special participants this year from Medicine River Ranch. Leschi

was a horseman, known for his ability to grow a herd of good horses who could traverse our lands easily. He was the first Hudson Bay Employee with his brother Quiemuth as Scouts and known for their horses that could easily cover the Northwest.

Leschi's last words are:

"Whatever the future holds, do not forget who you are. Teach your children, teach your children's children, and then teach their children also. Teach them the pride of a great people ... A time will come again when they celebrate together with joy. When that happens, my spirit will be there with you."

This was a day of joy, and we were certain that Leschi's spirit was there with us as we bring horses home to Nisqually once again.



Picture left to right: Colby on April, Keoni Kalama on Wi Awachi, Darrin on Duster, Trey Birdtail on Magik, Jocelyn Squally on Misty, Officer Reuben on Gypsy and Willie Squally on Spook. Derrick Sanchez, Falcon Sison and Wille Squally Jr. Were also on horse back.

Tribal Council Business

Nisqually Tribal Council Meeting Minutes



Date: 2/9/23
Minutes Approved on:
Meeting Called To Order: 1:31

Willie Frank	Chairman	Absent
Antonette Squally	Vice Chairman	Present
Jackie Whittington	Secretary	Present
David Iyall	Treasurer	Present
Chayannah Squally	5 th Council	Present
Guido Levy Jr.	6 th Council	Present
Leighanna Scott	7 th Council	Present
Derrick Sanchez	Sergeant of Arms	Present

Guest: Tom I, Billy H, Adrian S, Mary S, Ezra K, Cynthia I, Pete A, Liz H, Deb P, Nate C, Tony S, Justine C, Shannon B, Alvin A, David W, Joe C, Sharlaine R, Keishah P, Amber A.

Tom Iyall – **Monthly Public Safety update.** One cadet sent home with virus will go back to the academy in a few months. Maintenance staff moved under operations; MAT provided services for five people last month.

Mary Szafranski – **Thurston County is still considered low transmission, there is currently 11 employees with COVID, including one whole department. There is currently 0 cases of the flu and RWSV.**

Keishah Phillips – **Approval of Memorial Funds request of \$3,000 for Katrinah, Richard and Josephine.** Motioned by Leighanna Scott, seconded by Chayannah Squally. Motion passes 4-0-0.

Alvin Aganon/ Shannon Blanksma – **Approval of Weekly Budget Consent Calendar.** Motioned by Chayannah Squally, seconded by Leighanna Scott. Motion passes 4-0-0.

Alvin Aganon/ Shannon Blanksma – **A Resolution Authorizing Execution of a Contract with Redline Communications for Engineering, Permitting and Project Management Tasks for the Nisqually Broadband OAN Phase 1 CERB Project. Resolution #12.** Motioned by Chayannah Squally, seconded by Leighanna Scott. Motion passes 4-0-0

Alvin Aganon/ Shannon Blanksma – **A Resolution Authorizing the Membership of the Nisqually Indian Tribe to the South Sound Military Communities Partnership at the Executive Leadership Team Level. Resolution #13.** Motioned by David Iyall, seconded by Guido Levy Jr. Motion passes 4-0-0.

Alvin Aganon/ Shannon Blanksma – **A Resolution Authorizing Submission of a USDA RDBG Nisqually Small Business Project. Resolution #14.** Motioned by Leighanna Scott, seconded by Guido Levy Jr. Motion passes 4-0-0.

Continued on page 3-MINUTES

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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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, William (Willie) Frank III
Vice Chair, Antonette Squally
Secretary, Jackie Whittington
Treasurer, David Iyall
5th Council, Chayannah (Chay) Squally
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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Washington State Legislature Opening

By Debbie Preston

The Nisqually singers and drummers helped open the Washington State Legislature session on Jan. 9 and Chairman Willie Frank III addressed the chamber with words of encouragement.

Nisqually Tribe Chairman Willie Frank listed a series of historical injustices his people have fought against since the arrival of white colonizers. He also described decades-long and multimillion dollar efforts to restore and protect the Nisqually River.

“The Nisqually watershed is one of the only rivers that is in better shape now than it was 100 years ago, and that’s not by accident,” Frank said. “That takes the teamwork of everybody in this great state and then this great watershed to protect everything that lives along it.”

Frank called on lawmakers to extend the commission’s work through 2023 and broaden its considerations for a new airport. He said the Nisqually Tribe is willing to collaborate on a policy and technical level to help find a place where an airport makes sense.

“It does not make sense in the Nisqually watershed, near the Nisqually River,” Frank said. “We are asking you to stand with us, be bold, be brave, and to continue to work to protect the Nisqually River.”



Continued from page 2-MINUTES

Billy Henry – Approval of the Updated Take Vehicle Home Policies and Procedures. *Motioned by David Iyall, seconded by Leighanna Scott. Motion passes 4-0-0.*

Joe Cushman – A Resolution Authorizing Execution of a Contract with Lasher Timber for Cleaning, Grubbing and Septic Installation Work on the Nisqually Spirit house Project. Resolution #15.

Liz Henry – Approval of Multi Year Funding Agreement for 2023-2026. *Motioned by David Iyall, seconded by Leighanna Scott. Motion passes 4-0-0.*

Amber Arndt – Amendment of a Resolution 175-2022; A Resolution of Support for the Incorporating Portland Area CHAP Certification Board (PACCB) into the programs, functions, services and activities in NPAIHB ISDEAA Contract. Resolution #16. *Motioned by Chayannah Squally, seconded by Guido Levy Jr. Motion passes 4-0-0.*

Sommer Sanchez – Approval of TC Minutes from 1/26/2023. *Motioned by David Iyall, seconded by Leighanna Scott. Motion passes, 4-0-0.*

Nate Cushman – A Resolution to Approve and Authorize an Amendment to the Existing Agreement with Dawn Lee Consulting, LLC/ for Development of the Nisqually off-Reservation MAT Clinic. Resolution #17. *Motioned by Chayannah Squally, seconded by David Iyall. Motion passes, 4-0-0.*

Chris Olin – Approval of Nisqually Fiber Wave Broadband Terms of Services and Acceptable Use Policies. *Motioned by Chayannah Squally, seconded by Leighanna Scott. Motion passes, 4-0-0.*

Motion to Adjourn by David Iyall, seconded by Chayannah Squally. Motion passes, 4-0-0.

Meeting ends at 1:53



Nisqually Pathways (Charitables)

By Debbie Preston

The Nisqually Indian Tribe will contribute \$1.4 million to 157 organizations and first responders from their charitable giving for fiscal year 2022. On Jan. 26, Olympic View Elementary School gave a warm welcome to Nisqually Tribal Council Treasurer David Iyall and thanked the tribe and the Chinqually Booters Soccer Club, who applied for funds for two soccer goals that were installed at the school. The goals will be used by the school and fourth-grade recreational soccer teams.



The goals will be used by the school and fourth-grade recreational soccer teams.

Olympic View Elementary School third graders from Ms. Low's class pose with one of the new goals with Chinqually Booters Club officials, Nisqually Indian Tribe Treasurer David Iyall and Principal Brittany Anderson.

This year, Nisqually started the Nisqually Pathways Dinner to educate invited guests about many of the recipients of charitable funds. Jeanette Dorner, Executive Director of Nisqually Land Trust and

recipient of Nisqually charitable funds for years, outlines how the non-profit has put 10,000 acres into protection since 1989. Nisqually Land Trust is one of many partners in protecting the Nisqually watershed. The joint efforts have resulted in more than 83 percent of the Nisqually River watershed streamside areas being protected. Attendees from local governments, non-profits and other Nisqually partners attended the dinner where they learned about the work of some key repeat recipients of funding from the tribe, illuminating goals of the tribe and the focused giving.



Those giving presentations were: Nisqually River Foundations, Yelm Schools, Cispus Learning Salmon Defense, Community Farmland Trust, Indian Civil Rights Commission, North Thurston Equity/Native Programs, Nisqually Land Trust, Leschi Learning Legacy and Boys and Girls Club.

Pulling Together for Success

By Debbie Preston

The Pulling Together for Success Community Resource Gathering on Feb. 15 featured 29 different resources for attendees to check out, and thanks to Molina Healthcare, there was Olive Garden for dinner. Look for the announcement for the next event which will be in May. It was the most tables the program has been able to feature.



The Nisqually TANF table welcomed folks to the event. Antonette Squally talks with Corey Larson at the Evergreen State College table. Larson assists Nisqually with research of early history and helpful maps from the earliest contact with the tribe. Rylee Birdtail talks with Nicole Sims who was distributing information about financial literacy.



New Elders Center

Building Department

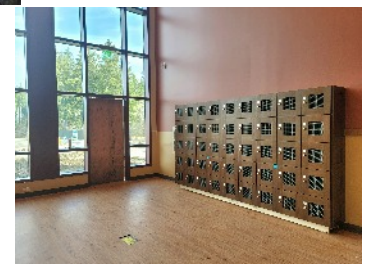
One of the biggest projects in process for the Building Department, the new Elders Center, has been in the works since 2019. With construction beginning in the early months of 2022, the new Elders Center is nearing its completion, which is slated to be some time towards the end of March.

Centrally located between the Health and Wellness Center and the highly anticipated Elders Village, which is set to begin construction later this year, the Elders Center is nearly 22,250 sq ft., and will be a place of learning, crafting, and gathering for the Elders in our community.

Upon entering the Elders Center, you will notice the bright, light filled corridor constructed of fragrant cedarwood and rich, slate tiles. Amongst the many beautiful and functional rooms of the center, you will find a state-of-the-art commercial kitchen flanked by a bright and airy dining area that can seat up to 120 people. The high ceiling and large fireplace provide a warm and comforting ambiance where meals and friendship can be enjoyed.

Other notable areas of the center include a spacious craft room, where tables, sewing stations, and project lockers can be found. Crowned with artwork created by local tribal artists, the building also boasts a workout room, physical therapy room, and bathrooms complete with saunas. A demo kitchen near the front of the building designed to host cooking classes, rounds out the creative spaces the building provides.

Information about the Grand Opening in April will be coming soon.



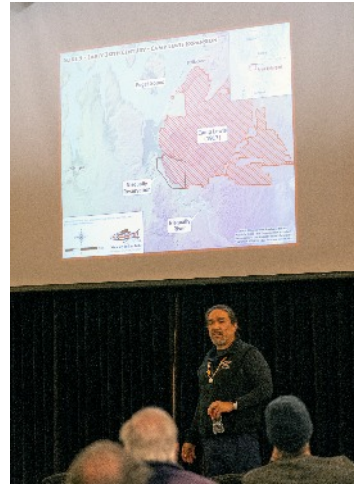


Teaching Interpreters and Communities

By Debbie Preston

The Nisqually Tribe is frequently asked to help educate the community about the tribe's history and current day background. Two of those opportunities included teaching all of the interpretive personnel at the Billy Frank Jr. Nisqually National Wildlife Refuge about the history of the land, including the signing of the Medicine Creek Treaty and the history of the watershed and its importance to Nisqually. Nisqually tribal governmental liaison Hanford McCloud and Nisqually Tribe Chairman Willie Frank III participated in the event.

McCloud also participated in the city of Yelm Storytellers series giving the history of Nisqually. Both Don and Joyce McCloud also attended. McCloud brought the group attending on a journey from pre-treaty times to treaty, Leschi, condemnation of 2/3rds of the reservation and into today.

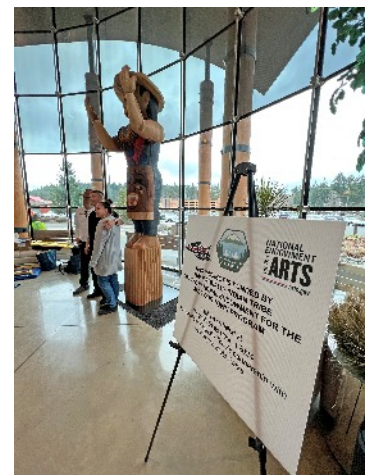


Welcome Pole Dedication

By Debbie Preston

The Nisqually Indian Tribe and the National Endowment for the Arts partnered to have Master Carver Ed Archie Noisecat work with apprentice Puyallup artist Blaze Pluff to create a welcome pole that will be installed in Nisqually State Park in 2024. The work was unveiled today and will welcome visitors to the tribe's Administration Building until it is moved to the park.

The park is the newest state park and will include interpretation about Nisqually and salmon.



The Nisqually Parks Committee and members of the Nisqually Tribal Council pose for a picture with the finished figure.

Nisqually Tribe 5th Council Chaynannah Squally addresses those in attendance about celebrating the artists. Master Carver Ed Archie Noisecat talks about the process and his excitement about Blaze Pluff's work and learning.



Nisqually Creates First Communications and Media Services Department

By Debbie Preston

The Nisqually Tribe Communications and Media Services Department has become a reality as of January 2023. It is the first department of its kind for Nisqually, though it is mostly a consolidation of existing pieces into one department.

The department is responsible for assisting tribal departments, council and tribal members to both get information to tribal members and educate the public utilizing as many formats as possible.

The staff includes; Jack George and Aztec Sovereign, both multi-media specialists; Leslee Youckton, Newsletter Editor and Debbie Preston, Director. An additional staff person will be added later to assist in special projects, internal communications and other day to day communications needs.



Many are already familiar with the design work of George and Sovereign found on everything from department logos to event t-shirts. The goal is to move them more into their video and audio talents, such as the council update videos they are doing, and find others to do the actual production side of t-shirts, paddles and the like.

Youckton has been doing the newsletter for more than a decade. Preston has been an information officer for the tribe for a few years beginning in 2016 and again beginning in 2020. She worked for the Northwest Indian Fisheries Commission as an information officer for 23 years prior to working for Nisqually.

As Nisqually grows, there is a need for more ways to communicate with tribal members and educate the public in the many ways technology demands. Near-future plans include a podcast which will allow conversations about Nisqually people, government, business, culture and language to be easily available to all and in a conversational format.

Nisqually Language Program

Nisqually Language program has teamed up with Erica Sanchez for Beading and Language night at the Adult Wellness Center. Thursday's from 5:30-7:30 p.m. come learn sqʷaliʔucid with Naiomie and Catalina will be teaching language. Contact Naiomie Wilkins for more information wilkins.naiomie@nisqually-nsn.gov.



Pictured Sommer S., Kai S. Sweet Water Chico first pair of earrings and Erica Sanchez.



Nisqually Workforce Development - Cash Assistance (formally TANF)

Anita Paz, administrative assistant, has retired. We will miss Anita but wish her the best in her retirement. We have had a case manager position vacant since November. This position was filled February 15th.

Our quarterly **Pulling Together for Success** community resource gatherings has resumed. Dinner for the November gathering was sponsored by Red Wind Casino. This first quarter gathering is Feb 15th and our partner Molina Healthcare is the event sponsor. A BIG thank you to our partners for the collaboration and support of our Pulling Together for Success Community Resource gatherings.

employees, and community members who have child support concerns. This occurs the first Wednesday of every month, from 1:00-4:00 p.m. Feel free to stop in and visit with her if you have any questions regarding child support. If you would like to schedule a specific meeting time, give Natalia a call at 360-664-6859.

Workforce Development Contact Information Jesse Youckton 360-456-5237

If you want to see if you are eligible for services from our program or if you have questions regarding Pulling Together for Success Community Resource gatherings, contact Jesse Youckton at extension 2210. Office contact information: Phone: 360-456-5237

fax: 360-438-0430
Location: Billy Frank Community Services building

Natalia from the Division of Child Support sets up in our classroom to meet with tribal members,

Hatchery Chinook Opportunity for 2023

By Craig Smith

Potential Increased Hatchery Chinook Opportunity for 2023 in the Nisqually River
Nisqually River hatchery Chinook harvest has been limited by the wild Chinook impact for over a decade. The Finfish Harvest Program was tasked with increasing harvest while simultaneously recovering ESA listed wild Chinook. To do this we needed to find a way to catch abundant marked hatchery Chinook and release wild or unmarked Chinook-called a Mark Selective Fishery (MSF). After several years of researching gear types for selectively harvesting hatchery Chinook and reducing the mortality on released Wild Chinook, one gear type and method has risen to the top and been approved by the Nisqually Fish Commission to model during the North of Falcon/Pacific Fisheries Management Council process for the 2023 season setting. The gear is drifted 6-inch mesh gill net.



The fishery will be a MSF and will allow Nisqually Fishers who are willing to drift gill net and release all wild Chinook, the opportunity to catch more hatchery Chinook. This MSF, if opened by emergency regulation, will occur upriver in the freshwater portions above most of our traditional gill net fishery and below Clear Creek hatchery, concentrating on Clear Creek hatchery surplus that did not get caught by our traditional gill net fishery. There are a few details to work out like scheduling and dates but regardless it will increase catch of both hatchery Chinook and coho in the Nisqually River, not to mention added days on the river.



An Inspiring Visit With The Tulalip Wellness Court

By Legrand Jones

If you have been reading the *SQUALLI ABSCH News* over the last several months or have recently had the opportunity to spend some time near or around the Public Safety complex, it is likely that you will have noticed some dramatic changes within the court and probation departments. These changes have included the hiring of several key positions, one of which is dedicated to the coordination of our burgeoning Wellness Court.

The mission of our Wellness Court is to meaningfully participate in and promote a safe and healthy tribal community through the establishment of a court-supervised therapeutic program designed to effectively address the health, cultural, and spiritual needs associated with substance abuse by tribal members who are involved in the criminal justice system. Not only do graduates receive a complete dismissal of the pending criminal charges, but they also enjoy wrap around support and resources to assist them in all aspects of their lives.

In looking to existing courts, it was found that the Tulalip Tribal Court, which has a similar program, has met with amazing success and international recognition. Their Wellness Court <https://www.tulaliptribalcourt-nsn.gov/ProgramsAndServices/WellnessCourt> is currently the only tribal court in the nation to have the honor of being designated as a *National Mentor Court* by the National Association of Drug Court Professionals (NADCP) <https://www.nadcp.org>.

Upon learning that this amazing resource was so geographically close to us, we reached out. We were received with graciousness, an eagerness to share knowledge, and were invited to attend a day of their Wellness Court programing in January. We were able to bring several people to observe their process, ask questions, and otherwise learn what has made theirs' such a successful program. Jamie Bryk (Court Administrator), Karlita Johnny (Probation & Truancy Programs Manager), Jacky Stankwitz (Adult Probation Officer), Gus Williams (Truancy Officer), and I (Wellness Court Coordinator) were pleased to be able to attend.

We were met with open arms and minds by Judge Boome, their Wellness Program Manager Melissa Johnson, and the entire Wellness Court team.

It was enlightening to observe the committee's thoughtful discussions and deliberations during the morning case staffing as well as to directly witness the participant's interaction with the program in the afternoon. Our group was impressed by the case staffing process and the human centered nature of the program. All persons on the committee had their respective rolls and tasks which they performed seamlessly and succinctly. It was a pleasure to see the collective knowledge effortlessly integrated into final decisions. It is the type of efficiency which only comes from a lot of hard work and a shared commitment to a goal. We were also impressed with the participant graduation rate.

"Witnessing how supportive the Wellness Court team was to each participant was so beautiful. I am truly grateful to the Tulalip Tribe for sharing this experience with the Nisqually Tribal Court team and am excited about how this program will impact our community in the future."
Administrator, Jamie Bryk

It was clear to all of us that this program was a great benefit to the participants, committee members, and the Tulalip Tribe as a whole. I would ask that you support our growing Nisqually Wellness Court in whatever way that may make sense for you, even if it as simple as keeping those working through it in your hearts and minds.

If you are interested in potentially working with our Wellness Court as a participant/committee member, or if you would just like to know more about it, please do not hesitate to reach out to me directly. I can be reached via email at jones.legrand@nisqually-nsn.gov or by telephone at 360-456-5221 ext. 1350.



Grand Opening for Camas Plaza

By Debbie Preston

The Nisqually Tribe celebrated the Grand Opening of their seventh Nisqually Market and coffee house, Camas Plaza, Feb. 3, kicking off with 99-cent gas for tribal members first, and then open to the public for the same. The markets are found in Thurston and Pierce County and have built a loyal customer following. Dancing Goats provides the coffee for Camas Coffee which also has a drive through.



A cold wind meant warm coffee from Camas Coffee that was especially welcome. Nisqually Tribal Council, Medicine Creek Enterprise Board (MCEC) members, MCEC CEO Bob Iyall and Elizabeth Bretschneider from the Thurston County Chamber of Commerce pause before cutting the ribbon for the official opening. Triston Mesteth pumps gas for Nisqually elders. The gas line up was more than 50 cars at times.





Nisqually Healing Center

By Debbie Preston

The Nisqually Healing Center, a Medically Assisted Treatment center for opioid disorder treatment planned for the city of Olympia on the site of the old Frankie’s Bar, was the subject of two government to government meetings with the cities of Lacey and Olympia where the plans and construction timetable were discussed. The facility is not slated for completion for several years, but the Nisqually Tribe is sharing all the operational details with local governments who are all excited and happy that the tribe will be providing this service to tribal and non-tribal clients.



New Adult Probations Officers

Welcome Rob Tweed!



Hello, my name is Rob Tweed Jr and I started working with the Nisqually Probation Department as an Adult Probation Officer in January 2023.

I’m happy to continue to be a part of the Nisqually Tribe and its Community.

I enjoy spending time with my family, playing sports and I love to be outdoors. I’m married to my wife of 20 years, we have three kids and a boxer pup.

I’m excited to be apart of this department and to serve the Nisqually Community. I am hoping to build a positive and good rapport and relationship with the Nisqually Tribal Members and Community.

Welcome Richard Lindberg!



My name is Richard Lindberg, I am currently enrolled with the Cherokee Nation Indian Tribe. I have been working for the Nisqually Indian Tribe as a corrections officer for the last eight years. I have currently accepted a new position with the Nisqually probation department as a probations officer. This position gives me an opportunity to make a difference in the tribal community. I am very excited to be a part of the program and look forward to serving the Nisqually community.



Leschi Walk

By Debbie Preston

The Chief Leschi Walk on Jan. 27 was a great learning event for many of the public who attended. An estimated 400 people walked the 1.8 miles to Ft. Steilacoom Park from the marker noting Leschi's hanging. Prior to the walk, those in attendance learned a little about Leschi, the horses that Nisqually was renowned for, his love for his people and his exoneration of all alleged crimes in 2004.

The event also educated about the condemnation of two thirds of the reservation by the city of Tacoma that created Ft. Lewis and dispossessed Nisqually people of the prairie lands that were so well suited for the horses.

Upon arrival at Ft. Steilacoom, more songs were sung and Fifth Council Chayannah Squally repeated the famous Leschi quote in both English and Lushootseed.

“Whatever the future holds, do not forget who you are. Teach your children, teach your children’s children, and then teach their children also. Teach them the pride of a great people ... A time will come again when they will celebrate together with joy. When that happens my spirit will be there with you.”
The tribe was teaching that next generation on this day.



Continued on page 13-LESCHI



Continued from page 12-LESCHI





Are Robots in Our Future?

Tips from the IT-WebDev Department

The answer is “Yes”. In fact, they’re already here!

Editors’ note: While recently visiting Thailand and Korea, I was served lunch by a robot and provided directions to services located within the Korean airport by talking to a roaming robot; another smaller robot offered to carry my carry-on baggage. Some might even say the majority of households already have “robots” at their beckoned call, such as every time we say “hey Siri” or ask Google to accomplish a task for us on our smart phones.

Robots Help Clean Up the Environment - The United Nations estimates that as much as 95% of plastic pollution in the world’s seas arrives via ten major rivers, eight of which are in Asia. Millions of tons of plastic trash float down polluted urban rivers and industrial waterways and into the world’s oceans every year. It is now feared that the volume of plastic trash flowing into marine environments could nearly triple by 2040, adding 25 to 40 million tons of trash into the oceans per year. That would be equivalent to about 110 pounds of plastic garbage for every three feet of coastline worldwide.

Open Ocean Engineering has developed an aquatic robot named Clearbot Neo. It’s an Artificial Intelligence (AI) enabled robotic boat that collects tons of floating garbage that otherwise would wash into the Pacific Ocean. Unlike other and much larger marine trash collection solutions that are tackling pollution on the high seas, the compact nature of this

water robot makes it ideal for harbor, canal and river use. It skims the surface and scoops up floating trash onto an on-board conveyor belt fitted near its bow between its dual hulls and into a holding bin near its stern. Clearbot Neo uses AI also to recognize and log the type and location of trash it collects.



Interesting Robot Videos:

Atlas Helping Robot by Boston Dynamics - https://www.youtube.com/watch?v=-e1_QhJ1EhQ

Top 10 Cool Robots (2021) That May Change the World - <https://youtube.com/watch?v=rAiclbujJZE>

Amazing Robotic Animals - <https://youtube.com/watch?v=ZSNwrlQiod4>

10 Robotic SEA Creatures that Really Exist - <https://youtube.com/watch?v=Ukg3gemPPUc>

Top 10 Best Robots For Kids - <https://youtube.com/watch?v=yw24Ahik7No>

Disclaimer: Nisqually Indian Tribe does not endorse, promote, review, or warrant the accuracy of the services, products or links provided.

Youth Services

Nisqually youth services program is looking forward to providing services to the youth and families within the community. Effective January 1 we would like everyone to start using our department email youthservices@nisqually-nsn.gov.

Our program is also in charge of reserving the Billy Frank Jr. Gym. If you would like to reserve it please email at youthservices@nisqually-nsn.gov. A form will have to be filled out for approval and availability.

Nisqually Tribal Office Holiday Closure

Friday March 10
Billy Frank Jr. Day



Enrollment Updated Address

The Enrollment Dept. needs your help to get current addresses up to date for these tribal members. Please come into the office in the Billy Frank Jr. building, second floor and update with us. If you have any questions please contact Anne Tahkeal 360-456-5221 ext. 1248.

- Carte, Chauntil
- Castaneda, Stacy
- Denison, Anthony
- Gomez, Florence
- Hatfield, Jameson
- Ikebe III, Harold
- Ikebe III, Leonard
- Littlelight, Melissa
- Mounts Jr, Frank
- Quintana, Alex
- Quintana, Gabriel
- Quintana, Larry
- Rodriguez, Karlos
- Sanchez, Cheyenne
- Sanders, Jeffery
- Stepetin, Lasookwiuk
- Villegas, Surena
- Wells, Caleb
- Wilkins Jr., Anthony

SAVE THE DATE
NISQUALLY INDIAN TRIBE

2023 GONA
GATHERING OF NATIVE AMERICANS

**Monday April 3 -
Wednesday April 5**
from 9:30am - 3:30pm
@ Longhouse

BROUGHT TO YOU IN COLLABORATION BETWEEN HEALTH & WELLNESS, YOUTH SERVICES AND CULTURE.
SPONSORED BY THE HCA INDIAN NATION AGREEMENT



New Health Clinic Hours on Wednesdays!

All Nisqually Tribal Health & Wellness Center offices
will now open at

10 a.m. on Wednesdays
(effective March 1, 2023)

**WEDNESDAYS from 8 a.m. to 10 a.m. NTHWC staff will utilize this time for
required administrative committee meetings and staff
training**



NTHWC will resume normal business hours at 10 a.m.

If you have an **Emergency**, please call 911
Or go to **Providence Immediate Care in Lacey** or **West Olympia**, or
to **St. Peter's Emergency Room**. Please **Call 360-486-9599** within 72
hours for notification.

**Please Note: Authorization is for Eligible Members Only*

OSTEOPATHIC MANIPULATION THERAPY (OMT)
WITH DR. SaTaUR

NISQUALLY TRIBAL HEALTH & WELLNESS CENTER
MEDICAL CLINIC

What is OMT?
Osteopathic Manipulation Therapy is a treatment approach that focuses on manipulation of your muscles, joints and bones. Physicians who practice OMT are specially trained in Osteopathic Medicine.

benefits OF OMT:

- Address structural problems in the joints, muscles and tissues.
- Improve circulation (how blood and other fluids flow through the body.)
- Prevent health problems and help the body heal itself by improving how the body works as a unit.
- Soothe tight muscles, relieve joint stiffness and improve range of motion.

CALL NOW TO SCHEDULE AN APPOINTMENT

(360) 459-5312 Option 1 4840 Journey St Olympia WA 98513

NISQUALLY TRIBAL Health AND WellNeSS Center'S
SPECIAL WinteR ReSPIRAtORy Clinic

Same-DAY APPOINTMENTS FOR eStABLIShED
PATIENTS with ReSPIRAtORy SymPTOmS

We CARE ABOUT YOuR HeAlth!

Call now to schedule an
appointment

- Flu and COVID testing
- RSV testing is available for households with babies
- Antiviral medications for those at risk
- January through February Monday - Friday

<http://www.nisqually-nsn.gov> **Contact Us** (360) 459-5312 option #1
4840 Journey St SE Olympia WA 98513



Nisqually Medical Clinic Hours

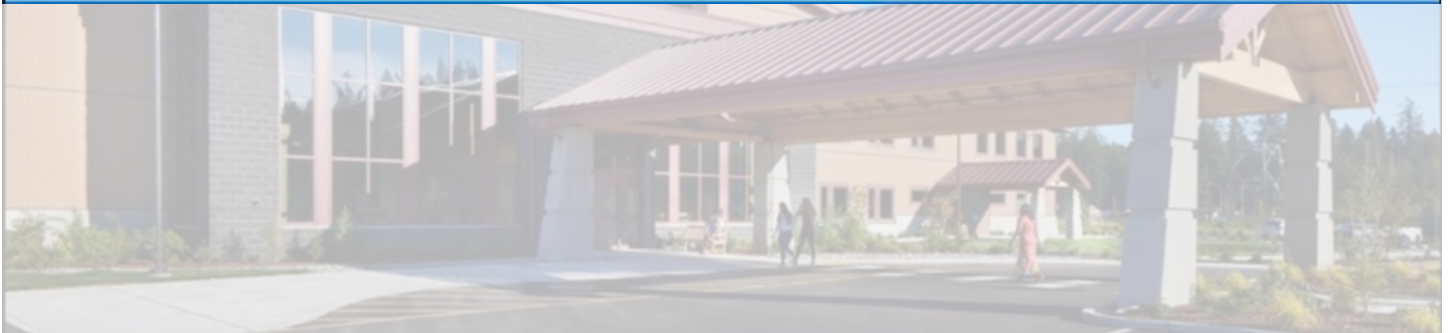


(360) 459-5312
Option #1

4840 Journey St SE
Olympia, WA 98513

Expanded Hours January - March 2023

Continuing January – March 2023 the Nisqually Medical Clinic will be open Monday - Friday 7:00am - 6:00pm to meet the needs of the Nisqually Tribal Community.



Nisqually Tribal Health & Wellness Center



We here at the Nisqually Tribal Health Clinic are always trying to improve the way we provide care to the Nisqually community. Starting in February of 2023 we will have a Late Arrival Policy going into effect. This policy will help us improve patient satisfaction by making sure all patients are seen as close to their scheduled appointment times as possible, hopefully eliminate long wait times for patient who arrive on time. We appreciate your ongoing support and are excited to continue to serve you.

Contact Info

4840 Journey St SE
Olympia, WA 98513
Phone: (360)-459-5312 option # 1
Fax: (360)-456-1557

ACUPUNCTURE!

WITH ELIZABETH SIEGEL, ARNP

AVAILABLE EVERY TUESDAY 8:30 AM - 4:00 PM — ASK ABOUT OUR ELECTRO-ACUPUNCTURE — CALL (360) 459-5312 OPTION 1 TO SCHEDULE



Fun Fact: Did you know?
This Technique has been a key role in Chinese medicine for over 3,000 years!

BENEFITS OF ACUPUNCTURE:

- Pain Management
- Allergies/Cold
- Digestive Issues
- Organ Function
- Mood/Depression
- Headache & Migraines
- Many other conditions





South Puget Intertribal Planning Agency



Local Food Purchasing Assistance Program

Nisqually

For a limited time

South Puget Intertribal Planning Agency is partnering with regional disadvantaged farmers to provide Tribal members with fresh local produce, meat, eggs, dairy products, and breads. **(not all items will be available at the same time.)**

Availability

items will be available monthly on a first come, first serve basis (one pick up per household) Each month will feature different items. Items will be available on tailgate days with USDA Foods deliveries by Tribal Location.

Eligibility

You must present proof of Tribal ID at time of pick up: Chehalis, Nisqually, Port Gamble, Puyallup, Shoalwater Bay, Skokomish, Squaxin Island Tribes. No holds, No unauthorized pickups for others.

March 17, 2023

SPIPA Warehouse
10:00am-3:30pm

or while supplies last
Boxes will contain: Eggs, bread, bacon, cheese, potatoes and apples



For more information, call 360.426.3990 or visit spipa.org/family-and-community-resources

In Season: Spinach!



NUTRIENTS IN SPINACH:
Vitamins: A, C, folate, and K; Iron, magnesium, manganese, and potassium.

SELECTION:
Choose fresh, green bunches with no yellow leaves. Eat raw or cooked.

STORAGE:
Loosely wrap in damp paper towel. Refrigerate in plastic bag for use within 3-5 days. Wash well before using, since sand and dirt collect while spinach is growing. Remove roots if attached.

QUICK FIX TIPS:

- Use spinach in sandwiches and burgers.
- Add a handful of chopped spinach to pasta and canned soups just before cooking is complete.
- Sauté about 5 cups of newly washed spinach and 1 clove chopped garlic in 1 teaspoon oil. You'll have a great side dish!



Spinach and Bow Ties

Prep Time: 20 Minutes
Serves: 4

Cups of Fruits & Veggies per Serving: 1



Ingredients:

- 2 cups (4oz.) uncooked bow tie pasta
- 1 pound baby spinach, rinsed
- 3 tbsp Ranch or Italian salad dressing
- 1/8 tsp black pepper
- 2 tbsp shredded, reduced-fat cheddar cheese

Preparation:

1. Cook pasta according to directions on package; drain.
2. Meanwhile, heat 2 tablespoons water in a large skillet.
3. Fill pan with spinach, adding more as it shrinks.
4. Cook on MED heat for 6-8 minutes until wilted.
5. Add cooked pasta, black pepper, and salad dressing; mix well.
6. Top with shredded cheese.

Nutritional Information per Serving:

Calories: 211; Total Fat: 6.9g; Dietary Fiber: 4g; Sodium: 211mg



Recipe is courtesy of Produce for Better Health Foundation (PBHF).



South Puget Intertribal Planning Agency



Need Diapers?

Diapers are NOT CHEAP

Often times, those in low income families face high costs and limited supplies of this essential need.

1 in 3 Mothers in the United States struggle with diaper scarcity.

Diapers are necessary

When supplies are low or absent, it can add to the challenges of maintaining consistent childcare and steady employment.



SPIPA is excited to be able to provide Diaper Distribution services to eligible Consortium Tribal Members

The Diaper Distribution on Reservations Project works with other SPIPA Programs to deliver diapering needs to eligible families with children age 0-18 residing in the SPIPA service area.



For more information

fill out this form today, or for questions, email DDOR@spipa.org



Form is available at:

spipa.org/family-and-community-resources/

Eligibility

- At least one household member is enrolled in a SPIPA consortium Tribe
- Must meet income guidelines

If you qualify for:

- Food Vouchers
 - LIHEAP/ Weatherization
 - USDA Foods
 - WIC
 - Workforce Development Programs
- You are eligible to receive diaper distribution.**



South Puget Intertribal Planning Agency

WIC Program March Dates



SHOALWATER BAY
NISQUALLY
CHEHALIS
SQUAXIN ISLAND
SKOKOMISH

3/1/23
3/8/23
3/9/23
3/14/23
3/15/23



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.



South Puget Intertribal Planning Agency

USDA Foods Program March Dates



PT. GAMBLE S'KLALLAM
SQUAXIN ISLAND
SKOKOMISH
NISQUALLY
CHEHALIS

3/3/23
3/8/23
3/14/23
3/17/23
3/22/23



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

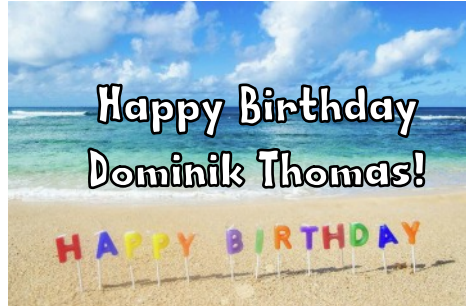
This institution is an equal opportunity provider.



Announcements

March 17, Happy Birthday Ryker, Love the McDonald Family

March 22, Happy Heavenly Birthday Mom, We love you and miss you ♡



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

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 Adrian Scott,
Motor Pool Coordinator/Dispatch
At 360-456-5236

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

