

NISQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

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October 2023

“Economic Future for Our Tribe” says Chairman Willie Frank

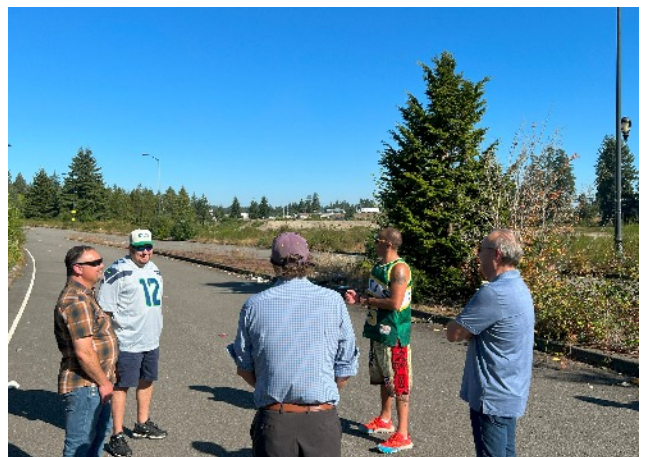
By Debbie Preston

The Nisqually Indian Tribe was able to submit the application to put the Hawks Prairie land into trust to the Bureau of Indian Affairs on Sept. 8.

The tribe has to describe in broad terms what the land might be used for, so the tribe chose to split the land in two pieces, one just over 74 acres that was labled “resort/casino” and the remainder of the 250 acres was deemed “mixed use.”

Nisqually tribal council will be hosting a dinner in November and beyond as the process moves along. There is no exact timetable, but based on previous applications, the mixed use land decision goes much more quickly, up to 18 months is the estimate for a decision. The resort/casino parcel involves a number of interviews with all tribes and governments in the area and can take up to three years.

“This is an amazing day for our tribe - it’s going to be the cornerstone of telling our story and securing the economic future for our tribe,” said Chairman Willie Frank.



Above, Bob Iyall, Medicine Creek Enterprise Corp. CEO, talks to King 5 about the potential for the property. Even though it will be up to two or more years before anything can be built on the property, there is a lot of interest from all the neighbors. Above, Nisqually Tribe Council Vice-Chair Antonette Squally talks about the area with Mount Rainier in the background. The view will be part of the appeal for some. Right, following a brief smudging and prayer ceremony, Nisqually Tribe council members and staff look around the property again with appreciation for the opportunity it presents. Nisqually tribal members will have lots of opportunity to talk about the possibilities as the trust process goes on for the next several years.

Tribal Council Business

Nisqually Tribal Council Meeting Minutes



Date: 8/29/23
Minutes Approved on:
Meeting Called To Order:

| | | |
|--------------------|-------------------------|---------|
| 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 | Absent |

Guest: Justine C, Wayne L, Deb L, Chenoa P, Stephanie M, Ezra K, Geno S, Paul G, Hayley F, Nate C, Pete A, Aztec S, Brent B, Heidi P, Shannon B, Sharlaine R, Jasmine M, Alvin A, Kayla S, Andrea S, Mary S.

Agenda Items

Pete Ansara – **Recognition of Geno Sanchez and Paul Garcia for completing UW Facility Management training.**
Jackie Whittington Steps out.

Shannon Blanksma/ Alvin Aganon – **Approval of August 29th Budget Committee Consent Calendar.** *Motioned by David Iyall, seconded by Guido Levy jr. Motion passes 4-0-0*

Shannon Blanksma/ Alvin Aganon – **A Resolution to Accept Funds from Washington State Recreation and Conservation Office for Nisqually Salmon Recovery Lead Entity Program in 2023. Resolution #97.** *Motioned by David Iyall, seconded by Chayannah Squally. Motion passes, 4-0-0.*

Shannon Blanksma/ Alvin Aganon – **A Resolution Authorizing the Purchase of a 1/30th Fee Interest in Allotment 20 on the Nisqually Reservation. Resolution #98.** *Motioned by David Iyall, seconded by Chayannah Squally. Motion passes, 4-0-0.*
Jackie Whittington comes back.

Deb Lee/ Stephanie Madina – **Approval of 17 exciting Job Descriptions Head Start program. (Health & Safety Supervisor, Family/ ERSEA Services Coordinator, Family & ERSEA Services Supervisor, Education Supervisor, Disabilities Coordinator, Director, Cook, Bus Monitor, Bus Driver, Safety Coordinator, Program Assistant, Manager, Lead Teacher, Language Coordinator, Teachers Assistant, Teachers Coach and Teacher.)** *Motioned by David Iyall, seconded by Chayannah Squally. Motion passes, 5-0-0.*

Deb Lee – **Presentation of Department Org Chart.**

Wayne Lloyd – **A Resolution Accepting the Jot-to-Exceed Price for Korsmo Construction for Design and Construction of the Nisqually Healing House/ MAT Clinic Construction**

Continued on page 3-TC 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

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, 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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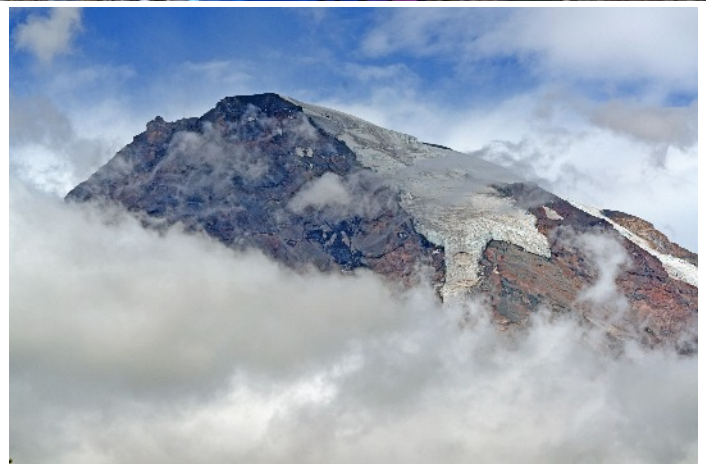
Mount Rainier Meeting

By Debbie Preston

Discussions with Rainier National Park staff included how tribal artists can sit in front of vendors such as those at Longmire to do work and also sell some of their work. Additionally, there were discussions of a letter to outline improvements that have been discussed for the Nisqually Tribe designated use area at Longmire.



Rainier National Park archeologist and tribal liaison, Ben Diaz talks with Nisqually Vice Chair and language keeper Antonette Squally and artist and youth coordinator, Kyle Sanchez. Kyle Sanchez and Heidi Thomas listen to the discussion. Antonette Squally looks at trees in the Nisqually Designated Use Area at Mount Rainier while Josh Boisvert, Commercial Services Manager for Mount Rainier, talks about tree fall availability as well as opportunities for tribal artists.



Mount Rainier displayed some of the lowest snow levels seen following a great snow winter, the continuous sun and heat has left glaciers retreating and snow mostly gone.

Continued from page 2-TC MINUTES

Project and Authorizing an Amendment to their Existing Design/ Build Contract in the Amount of \$20,893,929, together with a Contingency Amount of \$626,817. Resolution #99. Motioned by David Iyall, seconded by Guido Levy Jr. Motion passes, 5-0-0.

Heidi Peterson – **A Resolution Amending the Nisqually Indian Tribe General Welfare Ordinance and General Welfare Assistance Guide 2023. Resolution #100.** (Adding wording following the debt collection policy) Motioned by Leighanna Scott, seconded by David Iyall. Motion passes, 5-0-0.

Sommer Sanchez – **Approval of August 17th, 2023, TC Minutes.** Motioned by Chayannah Squally,

seconded by Jackie Whittington. Motion passes, 5-0-0.

Nate Cushman – **A Resolution Approving Participation in the Mckinsey Tribal Opioid Settlement. Resolution #101.** Motioned by Chayannah Squally, seconded by Guido Levy Jr. Motion passes, 5-0-0.

Brent Bottoms – **A Resolution Adopting Title 18 – Code Enforcement. Resolution #102.** Motioned by David Iyall, seconded by Chayannah Squally. Motion passes, 5-0-0.

Motion to Adjourn by Chayannah Squally, seconded by David Iyall. Motion passes 5-0-0.

Meeting ends at 2:23



Drift Net Fishery

By Debbie Preston

Nisqually fishermen who had attended a presentation on the drift net fishery got a number of extra fishing days for chinook. It was a drift net only so that the fish that were wild, without a coded wire tag, could be quickly taken to several Nisqually Natural Resources personnel on the shoreline to keep them in the river in a bag until the fishery was over, then release them. By checking every fish that still had its adipose fin for a coded wire tag, fishermen could keep the hatchery fish. Fishing the overlapping seasons of hatchery returns with wild returns is tricky, but Nisqually Natural Resources personnel studied this possibility for several years before getting it approved for fishing this year. It's a way to make sure Nisqually fishermen maximize their opportunity for Nisqually hatchery chinook.

Walker Duval, biologist for the Nisqually Tribe, prepares to take the heads off chinook that when wanded, beeped positive for a coded wire tag that helps with life cycle information of the fish. The drift net fishery allowed tribal fishermen, who attended a presentation about it, to keep chinook that are hatchery fish, but have to all be wanded so that if they are not hatchery fish, they are put in bags in the river until the fishery is over in the afternoon, and released. After rushing their boat over from a drift, Jr. Squally places a wild, non-hatchery fish in a bag that will be put in the river until the fishery is over and then the fish will be released to prevent getting caught again in the fishery. It was a key provision to have the fishery. Willie Squally and Jr. Squally hold up some of their catch.



Patrick DePoe

By Debbie Preston

Patrick DePoe, center under the welcome figure, is a Makah tribal member who is running for Washington State Lands Commissioner. He is currently the tribal liaison for the current Lands Commissioner, Hilary Franz, who is running for governor. DePoe has worked for years on land issues surrounding the forest lands of Makah. He stopped by to ask for support from Nisqually tribal council.





Health Journey

By Anne Tahkeal

Hello, my name is Anne Tahkeal,

I am a Nisqually tribal member, and I would like to share my story with Nisqually tribal members and the community to help encourage those who may be struggling with weight loss. My health journey began doing light cardio by walking a



mile a day. Although my body was sore every day, I set my mind to keep pushing through and kept in mind how important my health is to me, my family and friends. As I grew stronger, I started walking three times a day and lifting weights in my garage.

After a year of hard work and perseverance of changing my diet, doing cardio, and lifting weights - people noticed I was losing weight. I lost 150 lbs., but for some reason, never felt so sick in my life.

I soon learned that I had cancer. But I did not let this kill my motivation for a healthier life. It made me want to be the best version of myself and live healthy.

The weight loss was positive, but between cancer treatments and the wear and tear of working out, there was a toll on my

joints, knees, ankles, and mental health. I learned the tribe's Health, Fitness and Nutrition program has personal trainers available. I reluctantly went and met with a trainer. She helped me build a program and met me where I was and helped me build a program that was also what I needed. She pushes me through my workouts, but we have fun at the same time.

I learned how to use workout machines, how to modify different exercises and came out of my shell. This was a great program because the trainers do one-on-ones, which is very encouraging for some who are shy and don't want to ask for help at the gym. I meet with my trainer 3-5 times a week diligently. Some days I do cardio and some days we do workouts or both. I have been in the program for a few months now and I have lost more than 50 lbs. more. In addition to my other weight loss, I am building muscle, improving my mobility, feeling more energetic and my mental health is improving.

I have lost massive inches and needed a new wardrobe. I started my health journey at 511 lbs. and have lost more than 200 lbs. My cancer was removed June 2, 2023. I will be in remission for 4 yrs. and 10 months on June 2, 2028. I am cancer free!!

Thank you for taking the time to read my story.

Yours truly,
Anne Tahkeal

REMINDER from Financial Services

General Welfare and Per Capita Distributions

This is a reminder for Tribal Members to be sure to submit changes to the Financial Services office as needed for:

- Address Changes (W9)
- Direct Deposit (start or stop)
- Tax Withhold (W-4V)

Forms to make requested changes are available in the Financial Services office.

Completed forms must be signed and returned to Financial Services. Include your social security number on any and all forms that require that information.

Remember that a form must also be submitted for each of your children and/or dependents. Include social security information for each child or dependent as required on each form.

Changes should be submitted at least two weeks prior to the next scheduled payment or distribution date.

Questions or concerns may be directed to Linda Rodriguez, 360-413-3020.



Facility Management Training Completed

By Debbie Preston

Geno Sanchez, Operations Director, and Paul Boss Garcia, Maintenance Lead Supervisor, were celebrated by Nisqually tribal council recently for completing their Facility Management degree at the University of Washington. Both men spent weekends traveling to Seattle to attend classes or occasionally, the classes were virtual.

“I did not think I was going to like it, but I really enjoyed the people and the classes,” said Garcia. “I also learned a lot.”

For Geno Sanchez, it was also enjoyable despite the sacrifice of time. “Pushing yourself is good sometimes,” Sanchez said.

The drive to Seattle was often less than desirable, but it was helpful that classes were not always in person. The course was three quarters, the better part of a year.



Geno Sanchez and Paul Boss-Garcia hold their University of Washington Facility Management Certificates next to Chief Executive Officer for Nisqually, Pete Ansara.

As Nisqually continues to grow, Sanchez and Garcia’s skills will be all the more important to benefit the tribe.

“Pulling Together for Success” Community Event

The Nisqually Archives Table

By Kurtis Bullchild

On Wednesday, August 23rd the Workforce (TANF) department had an event called *Pulling Together for Success*. The event had around 16 or 17 informational booths ranging from the STEP program, Redwind Casino, Nisqually Garden program, Housing program, and of course our booth the Archives department just to name a few.

At our historical information/resources booth the Archives department had a table for Nisqually tribal members and Yeham Janice Hicks-Bullchild, Master Weaver, showed participants how to weave a Cedar Ornament. The Archives department also had a fun little give-away game based off the Let’s Make A Deal Game show where



they asked the event goers if they had random items in their pockets or bags, or what they were wearing and they would get a prize. There was also raffle drawings done for a bag of informational/historical books.

Towards the end of the event the Archives Department played a video via YouTube called “*Leschi - The Man, The Warrior, Our Chief.*”, and at the Cedar weaving table Janice showed more participants how to make a Cedar Ornament which they enjoyed and took home. Overall there was a lot of good food, good information and lots of free swag.

Thank you, Workforce (TANF) and thank you Jesse Youckton for involving the Archives department.



Life is Sacred Health Fair

By Debbie Preston

The Nisqually Tribal Health and Wellness Center hosted the fall “Life is Sacred” Health Fair with the emphasis on wellness, suicide prevention and other self-care presentations. In the evening, those in recovery gave testimonials as well as those who have lost loved ones to suicide. There was a common theme of making a healthy community and making sure service providers are truly surrounding those in recovery and checking on them.



Nisqually Tribal Health and Wellness Center Life is Sacred Health Fair. Kids and adults enjoying.



North Thurston School District

By Debbie Preston

The North Thurston School District brought all their teachers for the now-annual cultural training for three days at the Nisqually Longhouse. By constantly refreshing, it is hoped teachers gain confidence in teaching the curriculum through their deeper understanding.



Thurston County Sheriff Department

By Debbie Preston

The Medicine River Ranch riders gave an assist to Thurston County Sheriff's Department with a reenactment of a rider's division they had in the past. They came out to the ranch for some pictures and talked with Keoni Kalama about starting up their detachment again.



-Photos by Aztec Sovereign





Welcome New Juvenile Probation/Truancy Officer, Damon Brown

Hello,

My name is Damon Brown, I am a graduate of the North Thurston School District. I hold an ATA Degree



in Business Administration from SPSCC, a Bachelor of Liberal Arts from the Evergreen State College, and a Master of Public Administration (Public Policy) from Evergreen as well. I am looking forward to applying my educational knowledge and correctional experience to serve the Nisqually Indian Tribe in my new capacity as

Juvenile Probation/Truancy Officer.

I started my corrections journey in 2006, working with incarcerated youth at Green Hill (Juvenile Rehabilitation Administration). In 2007, I transitioned to Adult Probation. Over that 14-year period, my

eyes were opened to the principles of broad scope case management using cognitive behavioral interventions. For example, these principles help to identify those individuals who pose the greatest risk to themselves or to others, how to identify specific resources needed to effect client change, and how to deploy department resources and personal creativity to avoid unintended consequences.

Personally, I am always trying to learn something new. My current learning projects include photography, videography, and digital arts. I am by no means an artist, but I find these activities rewarding.

In closing, please accept this little introduction as opportunity for you to get to know me a little better. I am looking forward to meeting all of you to better support the Nisqually Indian Tribe.

Damon Brown, Probation and Truancy Officer

Financial Literacy Family Night

Come and Join us for a Great Night! A tribal resources event and a great dinner.

Head Start will be providing a classroom full of activities for your young children.

Nisqually Financial Literacy - General Welfare - Behavioral Health - and Bank of America are coming together to bring you available resources offered here at Nisqually.

November 1, 2023
Nisqually Youth and Community Center
5:30 p.m.- 7:00 p.m.





- There will be FSA Staff available to answer all your questions about General Welfare
- Behavioral Health will be available to share all the resources they provide.
- Financial Literacy and B of A will be there to answer questions and offer classes to better understand your finances.
- Head Start Staff will be available for any questions you may have about their program.



Solar – It’s a Bright Future

By Jessie Fox, Executive Assistant to the Building Department Director

With gas, oil, and electricity prices on the rise, renewable energy is a hot topic, no pun intended. The solar industry employs about 230,000 workers, with that number expected to double by the year 2030. Overall, some 3 million Americans work in renewable energy sector, and clean energy remains the largest job creator across America’s energy sector. About ¼ of U.S. greenhouse gas emissions come from electricity. An important part of reducing these emissions is solar power.

Tribal nations control more than 50 million acres of land in the United States and according to a 2018 report, an estimated 6.5 % of that land is well suited for the development of renewable energy. Since 2011 the Department of Energy (DOE) has given out more than \$114 million dollars to help fund more than 200 tribal energy projects. The development of renewable energy reduces tribal dependence on outside energy companies as well as provides energy resilience.

With threats to the U.S. Power Grid increasing, Community Microgrids have become a buzzword in the energy sector. Community Microgrids can operate off grid (island) or grid-connected (islanded), and they generate electricity on site so you can use it when you need it most. They are typically designed to serve and improve energy reliability, resiliency, and cost-effectiveness for small communities, such as towns, neighborhoods, campuses, hospitals, and emergency services. Many tribes are looking at Microgrids as a way to provide energy resiliency and keep the community up and running during power outages, supply chain issues, and equipment damage.

The Nisqually Indian Tribe is currently pursuing an energy sovereignty initiative that would, among other things, reduce the Tribe’s carbon footprint and help to transition to non-fossil fuel

energy sources. Those sources include solar, hydrogen, and electric vehicles, and perhaps in the future, a Microgrid system. The Nisqually Building Department developed a 100-kW solar installation on the Elders Center. Since then, the electric bill for this building has been reduced by approximately \$20,000 a year. Another key benefit of the Elders Center solar installation has been the 119,711 lbs. of CO2 emissions that have been prevented. That is the equivalent of 905 trees planted.

The Building Department continues to pursue grants for solar and electric vehicles. As we learn about new technologies and improvements in sustainable energy, we investigate the ways that those technologies could benefit the Tribe, which in turn benefits Mother Earth. One of the key goals we have here at the Building Department is to add solar and EV charging stations to every new building and home. To help with this goal, PSE has gifted the tribe two DC Level 3 Fast Chargers. The Building Department was also recently notified by Forth Mobility Fund that the tribe has been awarded a grant for eight more DC Fast Chargers to be installed along the 510 Corridor, locations yet to be determined. We are well on our way to a bright future here at Nisqually.





Are Tech (IT) Jobs Still in Demand in 2023?

Will AI lead to more tech layoffs in 2024 and beyond?

Tips from the IT-WebDev Department

A CompTIA Tech Jobs Report showed that available IT jobs were on a strong rise despite earlier 2023 large Tech layoffs and hiring freezes. According to the report, tech industry employment has seen a dramatic increase month-over-month with April 2023 surging beyond peak 2022 numbers. Specialist tech roles such as Web Designers top Indeed's list of 19 IT jobs that are in high demand, alongside roles such as Data Analyst and Web Developer, which continue to see increasing demand across different sectors.

Trend analysis indicates that we can actually expect a boom in hiring thanks to the development of AI. Companies and organizations are looking to get in on the ground floor of AI, and the only way to do so is with the help of technologists who have the expertise to tailor these technologies to the needs of the users.

There are two primary AI-related technology development career paths, UX and UI design. User

Experience (UX) design focuses on creating a seamless and meaningful user experience by understanding user needs, conducting research, and designing intuitive interfaces. User Interface (UI)

design focuses on the visual, interactive elements of a product to create aesthetically pleasing interfaces. Basically, think of it this way: UX makes interfaces useful, UI makes interfaces beautiful. Also, UX helps users accomplish goals, whereas UI makes emotional connections.



"The best products or services excel in two primary functions: features and details. Features are what draw people to a product or service. Details are what keep them there."

Tech is built on a foundation of innovation and continues to be the main driver for a local, and global economy: in fact, it's in second place after healthcare in driving the U.S. economy. That alone means tech roles will continue to be in demand well into the future.

PLEASE JOIN US FOR A

Homebuyer Workshop

THURSDAY, OCTOBER 19TH • 3-6PM • NISQUALLY INDIAN TRIBAL HOUSING
2205 Lash St SE, Olympia, WA 98513

Please RSVP to cfiedler@bayeq.com or call/text 253.255.5941

Corina Fiedler
Senior Loan Officer
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HOME LOANS
bay equity
THE CORINA FIEDLER TEAM

Not intended to solicit loans in states I am not licensed in. Bay Equity LLC, Equal Housing Opportunity. This is not a commitment to lend or extend credit. Restrictions may apply. Rates may not be available at time of application. Information and/or data are subject to change without notice. All loans are subject to credit approval. Not all loans or products are available in all states. Bay Equity LLC, 770 Tompkins Drive, Suite 207 Corvallis, OR 97331, NMLS ID#2076988, 1006.0 consumer version. www.nmlsconsumeraccess.org/EntityDetails.aspx?COMPANY=76988, Washington Consumer Loan License #CJL-76988, NMLS ID#76988, click here: www.nmlsconsumeraccess.org/EntityDetails.aspx?COMPANY=76988, State Mortgage Lender Broker License #MBSL-7612, Montana Mortgage Lender License #MBSL, Licensed under Oregon Mortgage Lender License #6461, Licensed under Oregon Mortgage Servicer License #MS-22.

Division of Child Support Outreach

1st Tuesday of every month; 1:00pm—4:00pm
Workforce Development (TANF) Office
Billy Frank Jr Community Services Building



- Natalia Guenther, Division of Child Support Tribal Liaison, is available to resolve child support issues, new or old.
- Drop in anytime from 1:00 pm to 4:00 pm
OR you can make an appointment by calling
Natalia at 360-664-6859.



ANTIBIOTICS AREN'T ALWAYS THE ANSWER.

When antibiotics aren't needed, they won't help you, and the side effects could still hurt you. Common side effects can include rash, dizziness, nausea, diarrhea, or yeast infections. More serious side effects include *Clostridioides difficile* infection (*C. diff*) which causes diarrhea that can lead to severe colon damage and death. People may also have severe and life-threatening allergic reactions.

Antibiotics do not work on viruses, such as colds and flu, or runny noses, even if the mucus is thick, yellow, or green. Antibiotic resistance occurs when bacteria no longer respond to the drugs designed to kill them.

| Common Respiratory Infections | Common Cause | | | Are Antibiotics Needed? |
|---|--------------|-------------------|----------|-------------------------|
| | Virus | Virus or Bacteria | Bacteria | |
| Common cold/runny nose | ✓ | | | No |
| Sore throat (except strep) | ✓ | | | No |
| COVID-19 | ✓ | | | No |
| Flu | ✓ | | | No |
| Bronchitis/chest cold (in otherwise healthy children and adults)* | | ✓ | | No* |
| Middle ear infection | | ✓ | | Maybe |
| Sinus infection | | ✓ | | Maybe |
| Strep throat | | | ✓ | Yes |
| Whooping cough | | | ✓ | Yes |

* Studies show that in otherwise healthy children and adults, antibiotics for bronchitis won't help patients feel better.



To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use.



More than 2.8 million antibiotic-resistant infections occur in the United States each year, and more than 35,000 people die as a result.

Elders Lunch w/ Brandy Sanchez from DSHS @ Senior Center Friday, September 15th 12-1 pm



DSHS Case Worker Brandy will explain to the program that she is able to assist those who would like to or need to apply for the additional services that it can provide for you.

Lisa Wells, business Office Manager will be there also to answer any of your questions that you may have regarding PRC/CHS

Please join us for this informational event from 12:00 - 1:00.



JOIN US! Drive-Thru Flu Vaccines

Join us at the Nisqually Elders Center on **Wednesday, October 18th from 3 p.m. - 6:30 p.m.** for a convenient and safe way to get your flu shot.

We're also offering Grab & Go Dinners, exciting gifts, and a raffle for a chance to win some amazing prizes!

Mark your calendars and spread the word to your friends and family. Let's prioritize our health and well-being together.

Nisqually Tribal Health & Wellness Center
Wednesday, October 18th
3:00 p.m. - 6:30 p.m.

Don't forget to wear your mask and practice social distancing. We can't wait to see you there!

NTHWC DRIVE-THRU FLU VACCINES

WEDNESDAY
OCTOBER 18TH
3:00-6:30 PM

FLU VACCINE FOR AGES 6 MONTHS & UP TO 106 YEARS!



**DRIVE-THRU LOCATED AT
NISQUALLY ELDERS CENTER
4842 JOURNEY ST. SE
OLYMPIA, WA 98513**



- GRAB & GO DINNERS
- GIFTS TO KEEP YOU HEALTHY
- THE FIRST 50 PARTICIPANTS ARE ELIGIBLE FOR AMAZING RAFFLE ITEMS!



20TH ANNUAL BREAST CANCER AWARENESS WALK

Hosted by SPIPA, The Nisqually Health and Wellness Center and The Nisqually Tribe

When: Saturday, October 14th, 2023

Where: Nisqually Youth &

Community Center

Time: 11 am-2pm

The walk will take place on the path around the baseball fields and then lunch and speakers to follow at the Youth & Community Center.

Breast Cancer Survivors will be honored

For any questions please call Raylene McCloud at 360-459-5312 x2222



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Why do podiatrists make great detectives?
Because they can always sense when trouble is afoot.

Updated Podiatry Schedule 2023



- ~~July 7th~~
- ~~July 14th~~
- ~~August 11th~~
- ~~September 8th~~
- ~~September 22nd~~
- October 6th
- October 13th
- November 3rd
- December 1st
- December 8th

Call NTH&WC to schedule today
Phone: (360) 459 - 5312 Option #1
Fax: (360) 456 - 1557

Please Follow the NTHWC on our Facebook Page:
<https://www.facebook.com/nisquallyhealth/>



Please Follow the NTHWC on our Facebook Page:
<https://www.facebook.com/nisquallyhealth/>



So, your COVID test is positive. Now what?



So, your COVID test is positive. Now what?



Here are some helpful tips for you and your family.

1. Isolate yourself from others. You should stay away from others for at least 5 days. That means eating alone, sleeping alone, and watching a lot of movies. Any time you must be around other people, wear a tight-fitting mask over your nose and mouth for at least 10 days.

2. Consider starting anti-viral treatment. The pills called PAXLOVID can help prevent severe COVID and long COVID. This medication is recommended for anyone with risk factors such as pregnancy, lung disease, heart disease, obesity, or diabetes.

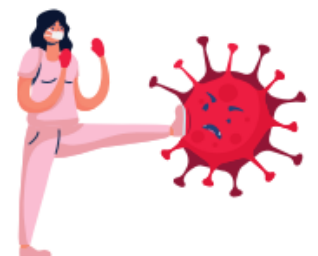
3. Take care of yourself. Drink plenty of fluids, take naps but also get up and walk around several times a day. You can take over-the-counter medications like acetaminophen or ibuprofen to help with symptoms. Herbal tea with honey helps you keep hydrated and can soothe your cough. If you feel short of breath or confused, seek urgent medical attention.







COVID Treatment is available!

Established patients at NTHWC can call from 7 am to 6 pm Mondays – Fridays to request a phone or video visit with their medical provider to discuss antiviral medication. We are here for you at (360) 459-5312 Option #1.

Another option for free care is Color Health:

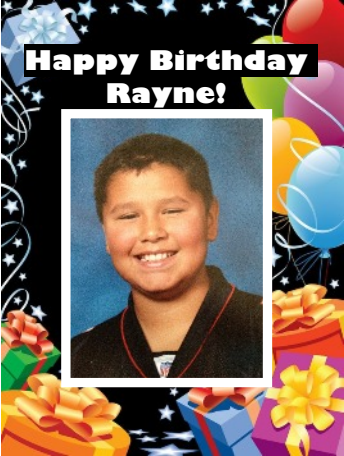
https://home.color.com/consults/covid_antivirals/request/about?partner=covid-19-treatment-wa



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|---|----------------|----------|-----------|----------|----------|----------|-----------|----------|---|----------------------|---------|----------------|---------|-----------|----------|----------|----------|-----------|----------|
|  <p>South Puget Intertribal Planning Agency</p> <h3>WIC Program October Dates</h3> <table border="1"> <tr> <td>SQUAXIN ISLAND</td> <td>10/10/23</td> </tr> <tr> <td>NISQUALLY</td> <td>10/11/23</td> </tr> <tr> <td>CHEHALIS</td> <td>10/12/23</td> </tr> <tr> <td>SKOKOMISH</td> <td>10/18/23</td> </tr> </table>   <p>This Institution is an equal opportunity provider. Washington State WIC Nutrition Program does not discriminate.</p> <p><small>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.</small></p> | SQUAXIN ISLAND | 10/10/23 | NISQUALLY | 10/11/23 | CHEHALIS | 10/12/23 | SKOKOMISH | 10/18/23 |  <p>South Puget Intertribal Planning Agency</p> <h3>USDA Foods Program October Dates</h3> <table border="1"> <tr> <td>PT. GAMBLE S'KLALLAM</td> <td>10/3/23</td> </tr> <tr> <td>SQUAXIN ISLAND</td> <td>10/6/23</td> </tr> <tr> <td>SKOKOMISH</td> <td>10/12/23</td> </tr> <tr> <td>CHEHALIS</td> <td>10/20/23</td> </tr> <tr> <td>NISQUALLY</td> <td>10/18/23</td> </tr> </table>   <p><small>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</small></p> <p><small>This institution is an equal opportunity provider.</small></p> | PT. GAMBLE S'KLALLAM | 10/3/23 | SQUAXIN ISLAND | 10/6/23 | SKOKOMISH | 10/12/23 | CHEHALIS | 10/20/23 | NISQUALLY | 10/18/23 |
| SQUAXIN ISLAND | 10/10/23 | | | | | | | | | | | | | | | | | | |
| NISQUALLY | 10/11/23 | | | | | | | | | | | | | | | | | | |
| CHEHALIS | 10/12/23 | | | | | | | | | | | | | | | | | | |
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| SQUAXIN ISLAND | 10/6/23 | | | | | | | | | | | | | | | | | | |
| SKOKOMISH | 10/12/23 | | | | | | | | | | | | | | | | | | |
| CHEHALIS | 10/20/23 | | | | | | | | | | | | | | | | | | |
| NISQUALLY | 10/18/23 | | | | | | | | | | | | | | | | | | |



Announcements



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

STRENGTHENING TRIBAL EDUCATION PROGRAM
Empowered people fulfilling their dreams and aspirations.

APPRENTICESHIPS OFFERED

| HOURLY PLUS TIPS/TOKES | HOURLY |
|----------------------------|------------------------------------|
| Beverage \$15.75 | Administrative Assistant \$20.06 |
| Cage \$19.10 | Culinary \$17.33 |
| F&B Front of House \$17.33 | Engineer I \$25.60 |
| Gift Shop \$18.19 | Facilities Custodial \$19.10 |
| Keno/Sportsbook \$17.33 | Facilities Outside Grounds \$22.11 |
| Slot Attendant \$15.75 | Finance \$19.10 |
| Slot Technician \$20.06 | Human Resources \$20.06 |
| Table Games Dealer \$15.75 | IT Technician \$22.11 |
| Valet \$15.75 | Marketing \$18.19 |
| | Security \$23.22 |

(requires valid driver's license)

Must be at least 18 years old to apply.
 For more information contact:
Tia Lozeau, S.T.E.P. Coordinator
 tlozeau@redwind.net
 (360) 412-3651 or scan QR Code



