

NISQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

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February 2025

Leschi

By Debbie Preston, Nisqually Tribe Communications and Media Services

It was a full house for the Leschi event held in the Billy Frank Jr. gym on Thursday, Jan. 30. There was a presentation about Leschi by descendent Cynthia Iyall and a panel of speakers who discussed his exoneration and other Nisqually history related to Leschi.

Lunch was served and there were several tables that had information about Leschi and related topics such as the Medicine River Ranch and their Equine Assisted Services.



Cynthia Iyall, Nisqually Medicine River Ranch Center Administrator and Leschi descendent, talks about the history of Leschi, his family and the horse culture that he and his family were known for throughout the area. Nisqually Tribal Historic Preservation Officer Annette Bullchild talks about the history of Leschi. The legacy of Leschi lives on in Medicine River Ranch with its Equine Assisted Services and the programs for children and adults. Attorney John Ladenburg who presented the closing argument to exonerate Leschi is blanketed during the event. Bill Tobin and Ladenburg worked together on the case. A panel of speakers included, from left, Antonette Squaually, Nisqually Tribe Vice Chair, who deferred to other speakers, but thanked all those who had made the event come together; John Ladenburg, the attorney who led the group of attorneys that were able to exonerate Leschi of the false murder charge that led to his hanging; and Larry Seaberg, Leschi descendent.

Chum Distribution

The chum given to tribal members are a reminder of happy days of fishing on the river and many full smokers. After a 7-year wait, it was good to have so many return and bring bounty to the community.



Nisqually Natural Resources Technician Sam Stepetin hands out some chum. Following the household directive, Steven Van tiem grabs his chum.

How to Contact Us

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

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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

Nisqually Tribal Office Holiday Closures

Please mark them on your calendars!

Monday February 17, 2025
 Presidents Day

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Food Distribution

Photos by Aztec Sovereign Nisqually Tribe Communications and Media Services

A big thanks to all who participated in providing food at the Community Distribution on Jan. 24. The Emergency Management Chef Program, Natural Resources with fish, Community Garden and others.



2025 Nisqually Housing Department Assistance

The Department of Housing and Urban Development (HUD) has granted the Housing Department funds to assist Nisqually members and members of other Federally Recognized Tribes. This year, the Housing Department is offering the following:

- Community Rental Assistance: Up to \$5,000 per household that qualifies to assist with costs associated with their off-reservation rental units in Thurston County – anything from delinquent and late rent to move-in fees and deposits.
- Rehab and Modernizations: Qualified households receive funds to assist with repairs, upgrades, and improvements on owned homes. Available at all income levels until funds are exhausted. The amount of funding allotted is based on household income level.

We thank Nisqually Charitables for funding our Rehab and Modernization Program for households with income levels above HUD’s assistance standards and are happy to provide these programs to our Community.

Applications for 2025 are now available online and in person at the Housing Office (please note, prior year applications will not be accepted). Please contact the Housing Department at delacruz.katrina@nisqually-nsn.gov for more information about applying for these services!



Medically Assisted Treatment Clinic Nears Completion as Hiring Process Begins

Nisqually Tribal Council and some staff toured the 90 percent completed Nisqually Medically Assisted Treatment (MAT) center at 3663 Pacific Ave. SE Pacific Highway in January.

The Nisqually Healing Center will be a 22,000 square foot integrated care center that will be focused primarily on opioid use disorder. This facility will serve up to 500 tribal and non-tribal patients and bring up to 100 jobs to the surrounding community. The services will include:

- Substance use disorder counseling and education
- Mental health counseling for individuals and families
- Medication assisted therapies (Methadone, Suboxone and Vivitrol)
- Psychiatric medication management
- Dental care
- Primary care

In addition, support services will include transportation, childcare care, vocational and educational referrals, and case management to patients participating in substance use disorder services. Providing transportation can help break



down barriers for patients who need to access services daily.

The facility is close to the freeway and bus lines that makes it easier for patients to access services at the location beyond the transportation that Nisqually requires for those enrolled in care.

According to Elizabeth Glenn, Senior Project Manager for Nisqually Building Dept, interior finishing is being completed now which includes cabinets and equipment.



Dawn Lee, Consultant on this and other tribal MAT clinics, said staff hiring has begun, starting with IT system administrator and Administrator/Medical Director. Training for all staff will begin in mid- May with an opening date of mid- July 2025.

Art by Nisqually artists and the history of the tribe will be integrated into public and staff areas and there will be a language panel in the day care area.





NISQUALLY PUBLIC SAFETY COMPLEX



Welcome our newest Nisqually public Safety Newsletter where we keep you informed about our efforts to ensure the safety and well-being of our community.

First off, we are very pleased to introduce three of our police officers, a few of many who are dedicated to serving and protecting our community.

Frank Koutelieris



How long have I worked for the Tribe as a Police officer?

Frank has worked for the Nisqually Tribe for almost two years. Prior to working for the Nisqually Tribe, he worked for Port Gamble S' Klallam Tribe for 3.5 years.

What are my hobbies and interests?

I love spending time with my family and friends, going camping, listening to music, riding my Harley Davidson and spending time with my daughter (when she has time from her busy schedule

Why did you want to get into law enforcement?

I had the opportunity to work for my family and take over the family business, but in my heart, I have always been the type of person that loves to serve others. I have wanted to be a police officer since I was 5 years old, and I love working this profession as I am living my childhood dream.

What role do I take part in this community?

As a Police officer I play a critical role in the Nisqually community by enforcing laws, preventing crime, maintaining public order, responding to emergencies, and providing support services to the community. I have taken a deep sense of pride in being allowed the honor to serve this community.

How do I handle stressful situations?

With 20 plus years of experience as a Police officer I have handled a lot of high stress situations during my tenure as a Police officer. I rely on my training in communications skills, de-escalation tactics, self-awareness, physical preparedness, and mental health coping mechanisms like deep breathing exercises, and peer support programs and counseling when needed.

What is the most challenging aspect of being a Police officer?

The challenging aspect of being a Police officer in my opinion is that people don't understand the sacrifices officers make to serve their community. Police officers are always dealing with high-stress situations, including physical danger coupled with the pressure of making split-second decisions in often volatile environments, while also navigating public scrutiny and the complex dynamics of community relations; this is the most stressful part of being a Police officer.

What changes would you like to see happen on the Nisqually Reservation?

As a proud employee of the Nisqually Tribe, I would like to see this community grow and be the envy of other departments in the state.

Alyssa Manu



How long have I worked for the Tribe as a Police officer?

I have worked for the Nisqually Tribe since 2021. I am currently a police officer.

What are my hobbies and interests?

My main hobby is going to the gym. I competed in Strongman. I have competed

in multiple states and currently hold the titles of WA and OR Strongest Woman and America's 5th Strongest Woman. I plan this year on getting my pro card with Strongman Corporation. I also love cooking!

Why did you want to get into law enforcement?

The first reason I chose to get into law enforcement is because I didn't grow up in the best environments and I didn't make the best decisions as a teenager. I wanted to show my family that there were other ways to live life. The second is because when I was younger, I had a police officer come to my house during a domestic violence call that made my siblings, and I feel so much comfort and safeness that we forgot about all the chaos that was happening around us. I wanted to be that officer for other people.

What role do I take part in this community?

I am a Police Officer in the community.

How do I handle stressful situations?

Continued on page 9-NPD



NISQUALLY PUBLIC SAFETY COMPLEX



Continued from page 8-NPD

I handle stressful situations by prioritizing what I think is most important to least important. It helps me stay organized and stay focused.

What is the most challenging aspect of being a Police officer?

The most challenging aspect of being a police officer I would say is handling people who dislike law enforcement and forget that we are human too.

What changes would you like to see happen on the Nisqually Reservation?

I hope to see more community events! I am Samoan and love having big gatherings with family and friends. I think it's so important for the young generation to see the community come together now days and learn the traditions that are passed down to them from Elders.

Kaiewa Kunewa

How long have I worked for the Tribe as a Police officer?



I have worked for the Nisqually tribe for many years. I worked for summer Youth for 2 years. I have been a Police Officer for Nisqually Tribe since 2020.

What are my hobbies and interests?

My Hobbies are working out / running which helps my mind and

body. Other Hobbies includes hiking, biking, basketball, and anything to do with sports.

Why did you want to get into law enforcement?

The reason why I wanted to be in law enforcement is that I want to be a good role model for my nieces and nephews and to serve and protect my community members and their families. Another reason why I

wanted to be a Police Officer is that I want to show the younger generation that it is okay to serve and protect your people and it's ok to be a Police officer.

What role do I take part in this community?

My role in this community is to protect and serve the Nisqually Tribal people by building trust through service.

How do I handle stressful situations?

I use my communication skills by communicating with individuals in crisis situations, using calm and assertive language. I use my developing coping mechanism skills and practice techniques like deep breathing, progressive muscle relaxation, and mindfulness meditation to manage stress in the moment.

What is the most challenging aspect of being a Police officer?

The most challenging part of being a Police officer for me is that you have no idea how tomorrow is going to be.

What changes would you like to see happen on the Nisqually Reservation?

The changes I would like to see within the Nisqually reservation are more events/activities for the Nisqually Youth. A building for the Youth only. Where Educational Activities like check writing classes / carving / culture / hunting / fishing / songs / dancing/ sports classes etc. Children are our future! Let's make this happen!! HOYT.

As we look forward to the coming months, we remain committed to serving and protecting our community with integrity and dedication. Below you will find our 2024 December calls for services, our contact information and our Emergency Numbers. In the next coming months, I would like to add safety tips, crime alerts, and officer recognition, and upcoming community events.

December Calls For Service

Assist Fire	4
Assist Medic	30
Traffic	127
Other	247
Animal Control	1
Arrest/Citations	4
DUI	6
TOTAL	480

**EMERGENCY
CALL 911
NON-EMERGENCY NUMBER
360-704-2740
Nisqually Public Safety Complex
Contact Info:
11702 Yelm Hwy. SE
Olympia, WA 98513
360-459-9603**



Your Salmon Field Crew at Work

By Craig Smith

In several recent newsletter articles, we outlined the recent discovery of a natural Nisqually River Chinook stock (called LocNis, for local Nisqually stock). These Chinook enter the river and then spawn much later in the season than other Chinook stocks and are on average much larger. We thought you might be interested in what research we have conducted in recent years to document this unique Nisqually Chinook run.

First, some background information. We have two stocks of Chinook spawning in the Nisqually watershed. One is originally from the Green River and was imported by the state to supplement Chinook production; this Chinook stock also was imported to our hatcheries. Some of these fish stray onto the spawning grounds. The second is this recently discovered Local Nisqually Chinook

For various reasons, especially river flows and expanded non-Indian Chinook fishing, all the salmon managers believed the native Nisqually Chinook be extirpated. When genetic tissues were taken and analyzed in the late 1990's and early 2000's the results were conclusive that we only had one chinook stock, the Green River Origin stock. However, all this has now changed.

A few years we started to search for Chinook that had escaped above our fishing zone. These efforts extended into November and early December, and we discovered late-timed Chinook entering the river much later than the hatchery Chinook. Genetic samples demonstrated that these Chinook were distinct from the Green River stocks - we had discovered the Chinook stock distinct to the Nisqually River that has been hiding under our noses for many decades.

In those same decades we have been improving habitat in the Nisqually River and estuary, as well as carefully managing harvest rates on our Green River origin wild-spawning Chinook. In the process of assessing how well the habitat and management

changes have impacted the wild run of Green River origin salmon, we found the long lost LocNis salmon.

These two stocks don't seem to mingle much due to where and when they spawn. We always have looked for Chinook spawners during October when the majority of the Green River origin fish spawn and, therefore, did not see LocNis. Often it is challenging to conduct spawning ground surveys in Fall and Winter on the Nisqually because after October the river's flow rises and its color changes with more glacial flour and sediment. It's not surprising that these native Chinook spawners were not documented.

But this year conditions were different. The river's flow remained low and its clarity was good. Therefore, we tried to find what few Chinook stragglers we could. We found more Chinook carcasses on the mainstem river than we ever have seen looking for Green River Chinook, even in October!

Over the last two weeks of November and first two weeks of December we collected 126 carcasses, all wild and mostly huge. We also observed live Chinook digging and guarding redds during all surveys even in the beginning of December. Based on the number of carcasses and live counts we think the LocNis spawn timing is a full 45 days later than the Green River Chinook. This allows the fish to concentrate digging their redds during higher flows with their massive tails moving huge rocks in the mainstem.

When we find these salmon carcasses we collect them on our rafts and take them to dissection check points to sample the fish for genetics, lengths, sexes, mark status, ages via scales, and otoliths (ear bones). It's quite an effort to cover a section of the river on these short winter days.



Going EV – in Wayne’s World

The Nisqually Planning Department has received funding from the EPA’s Climate Pollution Reduction Grant (CPRG) program to develop a greenhouse gas inventory and climate action plan for the Tribe. This plan focuses on reducing emissions and other environmental pollution via the implementation of emission reduction measures. One of the highest impact measures when it comes to reducing emissions is transitioning from gas powered to electric vehicles. Switching to EVs can be quite daunting and controversial, therefore, we decided to interview individuals from the community who have already made the switch.

When and what prompted you to purchase a full electric vehicle?

In 2020 Wayne, an employee of Nisqually Tribe for over 5 years now, purchased his first electric vehicle. During COVID, he and his wife were on a trip in Bellingham, and she was driving a VW diesel that got 40 MPG, and the vehicle started having issues. Wayne always liked EV’s and had been weighing out the options for some time already and they landed on a Tesla Model X. How much were they spending on gas, oil, transmission fluid, coolant, tires? EV maintenance is super simple. Cabin air filters, tires, windshield wipers, and wiper fluid. He ended up buying a second EV for himself, the Tesla Cybertruck!



What concerns did you have about owning an EV before you bought one?

Wayne’s biggest concerns were about the availability of charging stations and his lack of experience with them. However, it turns out that his electric truck had comparable range to that of a gas-powered vehicle and he was pleasantly surprised with how cheap it was to charge. Wayne also expressed concerns with charging at home since a standard 120V outlet can only supply enough charge for about 2 miles of driving per hour on the charger. However, a 50 amp plug can charge as much as 40 miles per hour, and he found it to be easy to install. Additionally, Wayne lives in Lewis County which has some of the lowest electricity rates in the area, meaning he only spends about \$0.30 per day to drive roughly 100 miles!

According to his car’s app, Wayne saved \$508 on fuel in December 2024. Add in all the oil, transmission, coolant, etc., maintenance, and the savings becomes excellent!

Comparison between an EV and Fossil Fuel Vehicle – Per Month Estimates		
	Electric Vehicle	Fossil Vehicle
Registration (average/mo.)	\$25.42	\$6.67
Fossil Fuels	\$0	\$508
Electricity	\$9.00	\$0
Oil Changes (every 3,000 miles)	\$0	\$40 on average
Transmission Fluid (every 60k miles)	\$0	\$150-\$250
Totals	\$34.42	\$704.67
	Potential savings of \$670.25 monthly!	

Continued on page 9-EV



Continued from page 8-EV

What would you say the pros and cons have been owning your EV?

PROS	CONS
Savings in maintenance.	Charging stations for less popular brands are often not maintained well and/or even broken.
Convenience of waking up to a vehicle that's already charged and no gas stops. It doesn't need to be warmed up, either.	So much torque you'll go through tires quickly.
Wayne's EV app shows you where to stop and how long it will take to complete your trip.	
The warranties are amazing.	
Tesla power walls are \$7,500 each. They recharge with solar. His truck is the equivalent to 10 of those wall batteries. \$75,000 worth of power walls from his truck.	

**In Washington State they have initiated a higher registration fee to compensate for hybrid/EV drivers spending less money towards gas tax.*

Do you have any advice for anyone who is looking to purchase a EV vehicle?

Doing your research and reading reviews will definitely help in the long run. Make sure your home is capable of adding an EV charging station. He addressed us "type A" personalities, "Overcome your range anxiety". He's gotten down to 7% before but he was still not worried about making it to his destination. The costs are higher up front, but in the long run, it will pay off.

What is the best thing about owning an EV vehicle?

Waking up with a full charge every morning and never having to go to a gas station. How quiet they are is also a bonus!

Library New Events!

The Nisqually Tribal Library will be hosting youth children for a rotation of activities on Mondays starting in February from 4:45 p.m.-5:30 p.m. Please stay tuned for a calendar of activities and events that the library will be offering. If you have any questions, feel free to stop in or give us a call 360-456-5221 ext. 1125.

Thank you, Library Staff



Is Somebody (Something) Listening?

Tips from the IT-WebDev Department

Are smartphones listening to us? Yes, some apps not only track our searches but also pick up surrounding sounds.



It's no surprise that the advertisement we see on TV shortly after we say something appears on our smartphone. 42% of people in a recent survey reported encountering an advertisement for a product they recently talked about or saw on TV and 75% of

respondents also came across a "tailored" ad on their smartphone based on prior searches or app use.

Many apps currently request permission to access the microphone to pick up specific types of sound signals for tracking purposes. This can easily be prevented however by not granting such permission. Another issue is the collection of information without using the microphone. Advertising companies gather data about users, such as search terms, websites visited, user location, etc. They then use this data to display personalized ads, mostly collected passively based on a digital "footprint" we leave behind. Reference past newsletter articles on privacy, online security and web browsers to help alleviate unwanted advertisements.

How to disable listening features on a smart phone:

Android: To control which app is "spying", follow these steps:

- Open the settings on an Android device.
- Select "Apps" or "Apps & notifications."
- Find the app to restrict microphone access for.
- Open its settings.
- Find the "Permissions" section.
- Find the "Microphone" option and turn it off.
- Repeat these steps for each app individually.

iPhone: To control which app is "spying", follow these steps:

- Open the iPhone "Settings".
- Select "Privacy & Security".
- Tap "Microphone".
- Review the list of all the apps that have access to the microphone.
- Toggle "off" any app to deny access to the microphone.

It's also worth limiting the audio recording functions if using the Google Assistant. When using the Google Assistant, which listens for voice commands, sounds or conversations may be accidentally recorded.

STRENGTHENING TRIBAL EDUCATION PROGRAM

Empowered people fulfilling their dreams and aspirations.

APPRENTICESHIPS OFFERED

HOURLY		HOURLY PLUS TIPS/TOKES	
Administrative Assistant	\$21.04	Beverage	\$16.67
Culinary	\$18.18	Cage	\$20.04
Engineer I	\$26.86	F&B Front of House	\$18.18
Facilities Custodial	\$20.04	Gift Shop	\$19.08
Facilities Outside Grounds	\$23.20	Keno/Sportsbook	\$18.18
Finance	\$20.04	Slot Attendant	\$19.08
Human Resources	\$21.04	Slot Technician	\$21.04
IT Technician	\$23.20	Table Games Dealer	\$16.67
Marketing	\$19.08	Valet	\$16.67
Security	\$24.36	(requires valid driver's license)	



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





What are the Technology Trends for 2025?

Tips from the IT-WebDev Department

The pace of technology innovation has been remarkable the past decade. Two particular trends that have stood out in the past few years are gen AI and electrification and renewables. Gen AI has seen a spike of almost 700 percent in Google searches from 2022 to 2023, along with a notable jump in job postings and investments. Electrification and



renewables is the other trend that posted the highest investment and interest scores among all the trends evaluated by a leading

technology research firm. Job postings for this sector also showed a modest increase. Despite a one-year drop in overall job postings, demand for jobs in many technology trends has increased over two years. Below are a few technology trend categories that are expected to continue to see investment, job and implementation growth in the coming year.

Advanced connectivity - Covers wireless low-power networks, 5G and 6G cellular, Wi-Fi 6 and 7, low-Earth-orbit satellites, and other telecommunications technologies.

Digital trust and cybersecurity - This trend encompasses the technologies behind trust architectures and digital identity, cybersecurity, and Web3. These technologies enable organizations to build, scale, and maintain the trust of stakeholders.

Next-generation software development - Includes tools and technologies that enable modern code deployment pipelines and automated code generation, testing, refactoring, and translation. These can improve application quality and development processes.

Future of robotics - Involves the advancement of robots from handling fixed-purpose and preprogrammed tasks to being capable of adapting to new, real-life inputs with increasing degrees of autonomy and dexterity.

Electrification and renewables - This trend encompasses the entire energy production, storage, and distribution value chain. Technologies include renewable sources, such as solar and wind power; clean firm-energy sources, such as nuclear and hydrogen, sustainable fuels, and bioenergy; and energy storage and distribution solutions such as long-duration battery systems and smart grids.

Generative and applied AI - Generative AI describes algorithms (such as ChatGPT) that take unstructured data as input (for example, natural language and images) to create new content, including audio, code, images, text, simulations, and videos. Applied AI technologies and techniques use models trained through machine learning to solve classification, prediction, and control problems in order to automate activities, add or augment capabilities and offerings, and improve decision making.

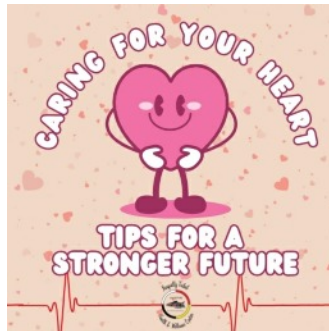
Cloud and edge computing - Refers to workloads that are distributed across locations, such as hyperscale remote data centers, regional centers, and local nodes, to optimize for latency, data-transfer costs, adherence to data sovereignty regulations, autonomy over data, security considerations, etc.

Update: In last month's IT article, we mentioned smart phones listening in on our conversations... well, a recent development occurred where Apple has agreed to pay \$95 million to settle a civil lawsuit for deploying its virtual assistant Siri to eavesdrop on people using the iPhone and other devices. The settlement would resolve a 5-year-old lawsuit involving allegations that Apple activated Siri to record conversations through iPhones and other devices equipped with the virtual assistant for more than a decade.



Caring for Your Heart: Tips for a Stronger Future

Your heart is at the center of your well-being, working tirelessly to support your body. Keeping healthy is essential, especially if you have diabetes, which increases the risk of high blood pressure (hypertension) and heart disease. High blood pressure (hypertension) is common among people with diabetes, affecting 4 out of 5 American Indian and Alaska Native individuals. Taking small steps today can lead to significant improvements in your heart health.



Stay Active: Movement strengthens your heart. Start with 10 minutes of walking 3-4 times a week and build up to 30 minutes. Walking, gardening, or playing with family helps both body and spirit.

Reduce Stress: Connect with nature, practice cultural traditions, or join a support group to find balance and peace.

Limit Alcohol and Get Enough Sleep: These are vital for maintaining a healthy heart

Protecting your heart protects your future. Call (360) 459-5312 to make an appointment with your provider to discuss your heart health and stay connected to care.

Source:

Keeping Your Heart Healthy:

<https://www.ihs.gov/diabetes/education-materials-and-resources/diabetes-topics/heart/keeping-your-heart-healthy/>

Blood Pressure and Diabetes:

<https://www.ihs.gov/diabetes/education-materials-and-resources/diabetes-topics/heart/blood-pressure-and-diabetes/>

Steps for a Healthy Heart:

Partner with your Provider: Regular check-ups help monitor your blood pressure and cholesterol. Many people benefit from medicines like statins to protect their heart.

Quit Commercial Tobacco: Commercial Tobacco use damages your heart and blood vessels. Call 1-800-QUIT-NOW or visit the NTHWC Pharmacy for free resources and support.

Eat for Heart Health: Choose vegetables, fruits, lean meats, wild game, and whole grains. Prepare meals with less salt, sugar, and fat. Drink water to stay hydrated.

Safer Internet Day | February 11th

Join us on Safer Internet Day to promote safe and responsible use of technology in the Nisqually community.

Protect yourself using strong passwords, enabling two-factor authentication, and avoiding sharing personal information online. Encourage youth to talk about online experiences and recognize risks like scams, cyberbullying, and inappropriate content.

Technology connects us and strengthens our culture. Let's use it wisely to protect our community. For more tips or help, contact the Nisqually Tribal Health & Wellness Center. **Stay safe and connected! #SID2025 #NisquallyHealth #Community**

Smart Digital Parenting: Navigating Screens with Children and Teens:

<https://youtu.be/hqVL77FVJ5Q>

Better Passwords: <https://youtu.be/e0ENHKYqRNY>

Source: <https://safer.connectsafely.org/scams/>





National Eating Disorder Awareness Week |

Feb 24th – March 2nd

The foods we eat impact how we think, feel, and connect with the land, plants, and animals. However, sometimes we develop unhealthy relationships with food. If your eating patterns affect your happiness or focus, it's important to act.

Take Action:

Talking to someone you trust is a significant first step. Negative eating patterns can quickly spiral, so reaching out early is key. If someone isn't available, seek support from someone else—counselors or health professionals are there to help.

Practice Self-Love:

Eating disorders, like other mental health challenges, can affect anyone. Don't let shame stop you from seeking help. You deserve to feel well and balanced.

Find Your Balance:

Try a hobby: Focus on something you enjoy or explore new interests to create a sense of calm and connection.

Move for self-care: Exercise to recharge and relieve stress, not to lose weight.

Limit toxic influences: Distance yourself from people or social media that trigger body shame.

You Deserve to Thrive: Remember, you are not alone; seeking help is a step toward healing. Contact the Nisqually Tribal Health & Wellness Center at (360) 459-5312, or the National Eating Disorder Hotline at (800) 931-2237 or The Emily Program here in the South Sound.

Source: WE R NATIVE: <https://www.wernative.org/articles/eating-disorders>

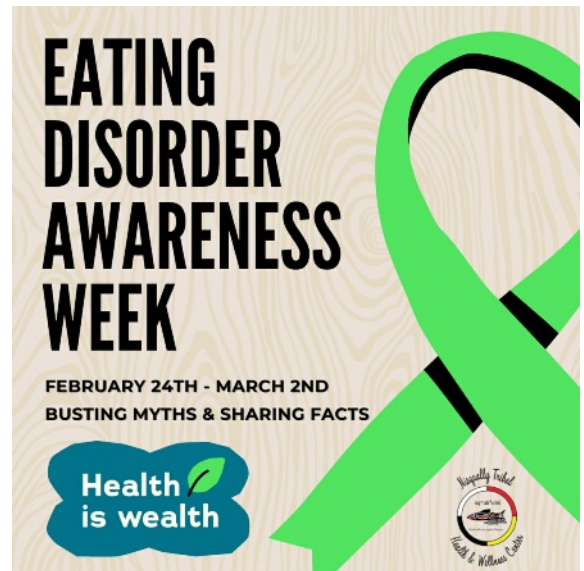
Additional Resources:

The Emily Program: <https://emilyprogram.com/locations/washington/south-sound-lacey/>

Food as Medicine: <https://www.wernative.org/articles/food-as-medicine>

Myths about eating disorders: <https://nedc.com.au/eating-disorders/eating-disorders-explained/myth>

National Eating Disorder Association: <https://www.nationaleatingdisorders.org/>



 <p>South Puget Intertribal Planning Agency</p> <p>USDA Foods Program</p> <p>February Dates</p> <table border="0"> <tr><td>PT GAMBLE S'KLALLAM</td><td>2/04/25</td></tr> <tr><td>SQUAXIN ISLAND</td><td>2/07/25</td></tr> <tr><td>SKOKOMISH</td><td>2/12/25</td></tr> <tr><td>NISQUALLY</td><td>2/14/25</td></tr> <tr><td>CHEHALIS</td><td>2/21/25</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 Foods, call SPIPA at 360.426.3990</small></p> <p>This institution is an equal opportunity provider.</p>	PT GAMBLE S'KLALLAM	2/04/25	SQUAXIN ISLAND	2/07/25	SKOKOMISH	2/12/25	NISQUALLY	2/14/25	CHEHALIS	2/21/25	  <p>Nisqually WIC (Women, Infants, and Children) provides healthy foods & nutrition information for you and your child up to age 5.</p> <p>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</p> <p>Next WIC date: Tuesday, Feb. 11, 2025</p> <p>We will offer both phone appointments and in person appointments. Date subject to change.</p> <p>This institution is an equal opportunity provider. Washington WIC doesn't discriminate.</p> 
PT GAMBLE S'KLALLAM	2/04/25										
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CHEHALIS	2/21/25										



February is Children’s Dental Health Month

Oral health is key to overall wellness. Teaching kids healthy habits today will mean fewer dental issues and better health tomorrow.

5 Tips for Healthy Smiles:

- **Brush Twice Daily** – Use fluoride toothpaste to keep teeth strong and healthy.
- **Floss Every Day** – Protect gums and prevent cavities with daily flossing.
- **Skip Sugary Drinks** – Water is best for teeth and overall health.
- **Visit the Dentist** – Regular checkups catch problems early and brighten smiles.
- **Make it Fun** – Play music or set a timer to make brushing enjoyable for kids!



A healthy smile = a healthy life! Contact us at 360- 413-2716 to book an appointment and ensure their healthy smiles last a lifetime!

February is Gum Disease Awareness Month

Did you know gum health affects more than just your mouth? Gum disease can cause tooth loss and even impact heart health and diabetes.

The good news? Gum disease is preventable with small, consistent habits:

5 Ways to Keep Gums Healthy:

- **Brush Gently Twice a Day** – Clean along the gumline to remove plaque.
- **Floss Daily** – Flossing is the best way to reach spots your toothbrush can’t.
- **Rinse After Meals** – Rinsing with water clears food and helps gums stay clean.
- **Skip Commercial Tobacco** – Smoking and chewing tobacco harm gums and overall health.
- **Get Regular Checkups** – Professional cleanings keep gums healthy and catch problems early.



We’re committed to helping you and your family protect your gum health. Our team offers screenings, cleanings, and guidance to support your wellness.

Healthy gums are the foundation of a strong, healthy smile—and a healthier life. Contact the Nisqually Tribal Dental Clinic at 360-413-2716 to schedule an appointment or learn more today!



Announcements

Happy 55 Year Anniversary to you Norma. You have given me exciting, anxious, frightful and crazy times during these 55 years. It hasn't been always rosie but most of the time it was. Thanks for the good times, Love you John

February 12
Happy Anniversary,
Love you more
February 20
Happy Birthday Grandson,
Love Papa, Grandma, Mom, Auntie
Jasmine, Auntie Samira and Sissy

HAPPIEST 21ST BIRTHDAY
TO DANIELLE!!!!

♡ LOVE, MOM, DAD,
EMILY, MAE, GINGER &
ANJEL!!!!



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

