

NISQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

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September 2023

Welcoming the Canoe Home

By Debbie Preston

The Nisqually Tribe welcomed the canoe gift from Muckleshoot home with an outdoor event Aug. 9, that included the chinook from Nisqually fishermen purchased by the tribe. Antonette Squally, tribal council vice chair, and Chayannah Squally, 5th council, recalled that in the early days of the resurgence of canoe journeys, the Medicine Creek Treaty tribes pulled together. "There were just a few of us and we shared songs and pulled together and had chants using Medicine Creek," Chay Squally said.



The Nisqually Tribe flag flies on the canoe gifted to Nisqually. The Medicine Creek treaty tribes all received a canoe from Muckleshoot, including their own youth program. Cooks John Scott and Reubin Squally III prepare the chinook and corn for the to-go dinner. Larry Seaberg surveys the canoe prior to the opening prayer.

Fish Buying/ Training

By Craig Smith

Chinook fishing has started slowly, with little rain, quite warm water temperatures and lower flows. The Nisqually Tribe is again buying the fish from fishermen to provide fish to tribal members. The Nisqually Natural Resources Department also spent three years testing a way to allow fishermen to participate in an additional fishery. The technique uses drift net fishing only and immediate wanding with an electronic tag reader of all adipose fin chinook caught to allow retention of tagged chinook that do not have a fin clip. Wild fish, those that do not have an electronic tag noting it is a hatchery fish, are released from recovery bags kept in the water until the fishery ends for the day allowing time for recovery and so they are not caught a second time. The research shows that the fish handled in this way survive well. The first two days of this type of fishery were slow, but fishermen got the hang of it and one fisherman was able to keep an additional 27 chinook.



How to Contact Us

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 Youth Center 360-455-5213
 Natural Resources 360-438-8687

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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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Tribes Wilcox and WFPA Barbecue

By Debbie Preston

The tribes of Washington State and commercial and private timberland holders were hosted by the Wilcox family at their farm outside Roy, Washington for the third annual barbecue to continue to build relationship to foster understanding in a time when scarce water resources and climate change are driving policy change.



Jim Peters, Habitat Policy Coordinator for the Northwest Indian Fisheries Commission; Kris Klabsch Peters, Chairman of the Squaxin Island Tribe; Mel Tonasket, Omak Representative for the Colville Tribe; Ed Johnstone, Quinault tribal member and Chairman of the Northwest Indian Fisheries Commission; Willie Frank III, Chairman of the Nisqually Indian Tribe and Bob Iyall, Nisqually tribal member, CEO of Nisqually's Medicine Creek Enterprise Corp. and Olympia Port Commissioner pause for a picture on the Wilcox family farm. Jim Wilcox, who many years ago, sealed a deal with Billy Frank Jr. to preserve fish and farms with a handshake, accepts a paddle from Nisqually cultural educator, Hanford McCloud. Colville Omak Representative Mel Tonasket sits in front of some of the interpretive signs about the Wilcox farm. Nisqually Chairman Willie Frank III addresses those in attendance and recalls the spirit of his father in tense negotiations. Nisqually chef Averl Bennett finishes the fish to put on the chow line.





Fifty Years Ago

By George Walter

Fifty years ago this summer a trial was playing out in the federal courthouse in Tacoma that would have monumental impacts for the State of Washington, Indian Tribes throughout the nation and, in particular, for the Nisqually Indian Community. That was the summer that Judge George H Boldt heard testimony in the litigation United States vs. Washington.

For most of the 20th Century the State of Washington had been using its police powers and fisheries management authority to deny Indian treaty right fishing in Washington. Nisqually and other tribal fishermen, led by Billy Frank Jr. and many others, fought back by exercising those rights and getting arrested time after time. This attracted support and national attention. These actions and the state's violent attempts to stop Indians from fishing, which were called "The Fish Wars," played out right here on the Nisqually River and to the north along the Puyallup River.



We are fortunate to have excellent documentation about these fish wars through a documentary film created in the late 1960's, *As Long as the Rivers Run*. Everyone in the Nisqually Community needs to have this movie and we have DVD copies available at Natural Resources and elsewhere at the Nisqually Tribal Center and library. It is also available for free on YouTube.

You will see your parents, grandparents, aunts and uncles, fighting to preserve their treaty right to fish and, in a larger sense, their right to be Indian. For example, there's Norma Frank, a kind and gentle woman and many people's favorite aunt, being dragged up the muddy riverbank holding on to her fishing net. Nothing can tell you what things were like before the Boldt decision like this film.

As a result of all the controversy, and after much lobbying, the United States attorneys decided to initiate a lawsuit on behalf of the Puget Sound Indian Tribes, seeking to limit the police actions by the state

and define with precision and finality what treaty fishing rights the northwest tribes had retained at treaty times.

There were multiple expert witnesses on both sides – fisheries biologists, historians and anthropologists – all testifying about some aspect of the legal issues. Perhaps the most influential witness was Dr. Barbara Lane, an anthropologist living in Victoria, BC, who had been hired by the United States to research and write a report about the many issues involved in treaty negotiations and Indian life at the time of the treaties.

Dr. Lane visited with all the tribes, including Nisqually, and did extensive research into the records that existed about the treaties. Ultimately, Judge Boldt relied on the Lane reports for a good portion of his decision.

But she wasn't the only expert. For two weeks in the summer of 1973, a series of Tribal elders, elected leaders and fishermen were given an opportunity to testify – to speak directly to Judge Boldt and tell him about fishing and how important it was, not just economically but also as a central part of their identity and way-of-life. Nisqually had two witnesses – Willie Frank, Sr., then 95 years old, and his son, Billy Frank, Jr.

In 1972 Judge Boldt was getting to the end of his career on the federal bench. He had a reputation as a strict and conservative judge when it came to the law, and no one was especially glad he was selected as presiding judge. But he was also an open-minded jurist and wanted to hear from the Indians themselves.

The decision itself was issued in February 1974 and we will hear much more about this 50-year anniversary as it approaches. For now, we can commemorate that hot summer of 50 years ago (the courthouse was not air conditioned) when Judge Boldt allowed, and even encouraged, those Tribal folks to come up to the witness stand and "tell their story."



Nisqually Night Out

By Debbie Preston

Nisqually Night Out had lots of ways to cool off or you could cool off Chief Iyall with a well-placed ball on the dunk tank. The Medicine River Ranch brought over the horses and there were a number of department give aways and free shave ices.

According to Wikipedia, National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances. National Night Out was established by Matt Peskin in the western suburbs of Philadelphia, Pennsylvania, and has been held annually since 1984. National Night Out began simply with neighbors turning on their porch lights and sitting in front of their homes. The first National Night Out involved 2.5 million residents across 400 communities in 23 states; National Night Out 2016 involved 38 million residents in 16,000 communities across the United States.



Chief Iyall prepares to get dunked as the youngest ones throw balls at ever-closer distances to make sure they get him in the drink



Nisqually Wildlife Officer Atreyu Medicinebear talks horses with some kids at the event.

STI The Nisqually Training at Culture Center

By Debbie Preston

The Nisqually Tribe hosted more than 75 North Thurston School District administrators for Since Time Immemorial (STI) training, the curriculum mandated for teaching about tribal history, treaties and culture. North Thurston and Nisqually have worked diligently together to create an ongoing relationship and training for teachers and students, including the tribe's language program being taught in schools for students who wish to learn it.



The training took place on Friday, Aug. 11. The training included history and culture, but also weaving, a walk around the culture center grounds to recount history of the area and other district training. -Aztec Sovereign photos.



Meet At the "Meet the Artist" event on July 20

By Debbie Preston

Nisqually tribal members and employees saw early drafts of the "maquette," or draft statue that will become a final 4-foot tall statue of Billy Frank Jr. that will be taken to the Architect of the Capitol in Washington, D.C. for final approval for the creation of the 11-foot bronze statue.

Mr. Wu will begin working at the Nisqually Youth Center in the carving area in the fall to create the full-size piece alongside Kyle Sanchez and Blaze Pluff and their projects. Mr. Wu wants adults and kids who want "to get their hands dirty," to assist or just watch the process, whatever they would like. The finished piece will be used to create a mold to cast the bronze statue, with best estimates for installation in early 2025.

A big thank you to CJ, Averi and crew for making dinner this night so close to Canoe Journey, -Aztec Sovereign photos the Artist Night (Haiying Wu)



Airstream Group Presentation

By Debbie Preston

Chairman Willie Frank III addressed about 250 Airstream Club International attendees to an annual gathering that takes place in Nisqually traditional territory, about 60 acres off of Steilacoom Road. About sixty percent were from Canada and all over the United States. After the presentation about the history of the tribe and some of the current projects, many of the Washington residents said they had learned many new things from the presentation.



Frank gifts the group a Nisqually flag to fly along with the U.S. and Canadian flags that the group flies at the property.



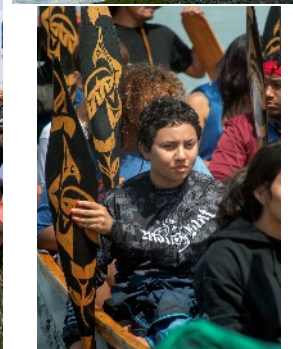
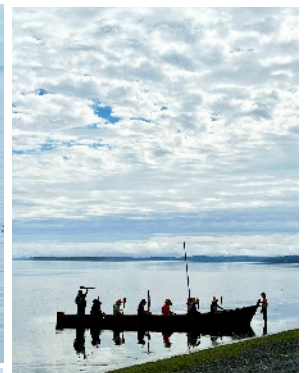
Canoe Journey

By Debbie Preston

The Nisqually Tribe canoes joined the 2023 Paddle to Muckleshoot at the Lower Elwha Klallam Tribe, landing at the Jamestown S’Klallam Tribe’s beach on Tuesday morning following the before-dawn departure from Elwha. It’s been three years since the full group of canoes paddled the Salish Sea highway, so there were many happy reunions of friends and family. Ninety-two canoes landed at Muckleshoot’s traditional territory of Alki Beach on July 30, followed by the traditional time of each tribe sharing songs,

oral traditions, cultural teachings, dances, gifts and giving thanks.

The pictures show some of the camp experience, preparation for protocol and protocol at Muckleshoot and the receiving of a canoe from Muckleshoot. Each of the Medicine Creek Treaty tribes received a canoe, underscoring the traditional ties between tribes and especially for those in Medicine Creek where the leadership of Nisqually’s Chief Leschi is recognized among all.



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Kids Day at the Garden

By Debbie Preston



Morgan Hicks, one of the youth workers, demonstrates bubbles in hopes of drawing some kids over. Kids also made birdhouses and painted them as part of one of many of the activities at Kids Day at the Medicine Creek Community Garden located in the valley. Levini Worthington, 6, gets a sparkly unicorn painted on her face.

Garden at Health and Harvest

By Debbie Preston

Chantay Anderson, Program Manager for the Nisqually Community Garden, picks dill at the Medicine Creek Community Garden. Laura Reusche carries an armful of squash, that lives up to its reputation for abundance. The garden stand is behind Administration on Tuesdays from 11 a.m. to 1 p.m. and at the Nisqually Tribal Health and Wellness Center on Fridays from 11 a.m. to 1 p.m. subject to occasional special circumstances.





Elder's Building Receives Gold Rating for Sustainable Design and Operations

By Debbie Preston

The Nisqually Tribe received a gold certification in the Leadership in Energy and Environmental Design (LEED) rating system for the Nisqually Elder's Building. According to the U.S. Green Building Council, LEED certification is a global solution for cities, communities and neighborhoods. Through sustainable design, construction and operations, LEED can help new and existing buildings to reduce carbon emissions, energy and waste, conserve water, prioritize safer materials, and lower our exposure to toxins."

Many federal grants now require a minimum of silver certification to improve energy efficiency over time. Nisqually was required to achieve a silver rating and got the gold.



"It definitely helps us get additional federal grants when they see that not only do we meet the standard, but exceed it," said Joe Cushman, Planning Director for the Nisqually Tribe.

Billy Frank Jr. Classic

By Debbie Preston

Medicine Creek Enterprise and the Nisqually Tribe were major sponsors of the Billy Frank Jr. Classic golf tournament this year, as they are most years, held at the Jamestown S'Klallam Tribe's The Cedars at Dungeness golf course.

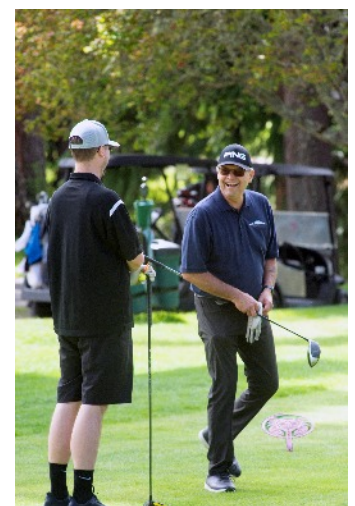
The annual tournament raises funds for Salmon Defense, a non-profit organization with the mission to "protect and defend Pacific Northwest salmon and salmon habitat."

"Salmon Defense envisions a healthy environment for all the region's inhabitants now and in the future. We derive our mission from an understanding and

appreciation of traditional and contemporary knowledge and values of the Pacific Northwest Indian Tribes."

Among other things, Salmon Defense created the Billy Frank Jr. Day curriculum that is available on the website at www.salmondefense.org.

The annual golf tournament that many tribes donate to in the form of golf hole sponsorship and paying for teams to participate. Since 2005, Salmon Defense has held the Salmon Defense Golf Tournament to raise awareness and raise money for operational support to keep the organization up and running.





Summer Youth Carpentry Program Teaches Valuable Skills

By Jessie Fox, Executive Assistant to the Building Department Director

The Nisqually Building Department is not only a great place to work, but also a great place to learn high demand carpentry skills. Through the tribe's Summer Youth Employment Program, Nisqually Indian Tribe members, their descendants, and community members aged 14-17 years old can gain workforce experience in this and many other important professions.

Because Carpenters construct the framework of buildings, and maintain and repair existing buildings, this trade is not only essential but also highly sought after in the construction industry. However, most states require carpenters to complete an



apprenticeship before they can become licensed. The Nisqually Building Department employs 7 full time apprentices, making it an ideal place to teach and learn the skills required to become a successful carpenter. During the months of July and August, the Building Department has the opportunity to mentor and foster this love of carpentry in a new generation, through the Summer Youth Employment Program.

This year Bear Gannie, Dominik Lemaster, both in 9th grade, and Christian Ramirez, 10th grade, were

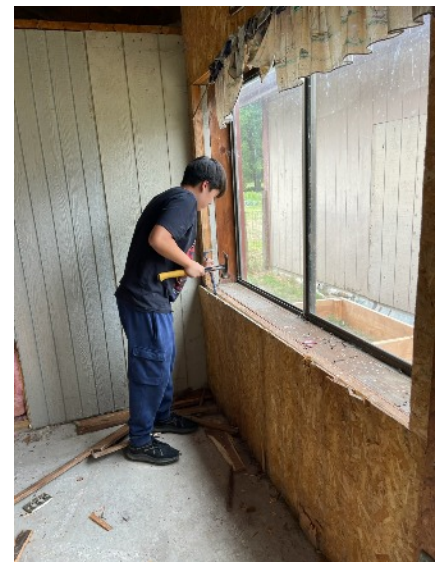
chosen to intern with us here at the Building Department. They have spent the summer helping to install fences and pour concrete, among other things. When asked what they enjoyed about interning at the Building Department, answers ranged from being able to work outdoors and getting to work with their hands, to the comradery they felt among the department staff. This sentiment rang especially true for one past program participant, Emilio Lopez.

In the Summer of 2022, while in high school, Emilio was a summer intern here. He completed the internship and then enrolled in college. During summer break he decided to look into working for the Building Department again, this time as a temporary employee. With tuition costs going up about \$10,000 a semester, Emilio wanted to earn some extra money. He enjoyed the work so much so that he decided to apply for permanent employment as a carpenter apprentice when an opening became available. Happily, Emilio was hired, and will soon begin work as a full-time apprentice, while working towards

a college degree as an online student. He cited the friendly working environment and crew which he says help make the work fun. He also enjoys the sense of fulfillment he gets from working hard and contributing to the community.

Carpentry is considered a blue-collar job. The term was coined in the 1920's when this type of employee wore fabrics such as denim (the darker color helped to conceal dirt and grease and helped keep them cool from the sun) whereas a white shirt was typically worn by those working in an office, hence the white-collar designation. Blue-collar jobs play an important role in society and are often seen as the backbone of America's workforce. They can offer many benefits, especially for those who don't want to go to college or for those who can't afford to go, since their training is usually hands on, such as through apprenticeship. There is also the benefit of not incurring debt which is usually associated with getting a college degree. Data points this year indicate that the demand for carpenters has gone up 23% since May of this year. With this surge in productivity growth, this sector has seen the fastest growth in employment since the 1970's. In fact, because of this trend, wages are rising fastest for the blue-collar sector vs. the white-collar sector for the first time in recorded history. Studies also indicate a higher job satisfaction within the blue-collar industry for the last nine consecutive years.

As you can see, carpentry is a very important professional trade that is essential to the fabric of society. We at the Building Department are happy to help introduce this and other important trades to the next generation so that we can continue the tradition of constructing affordable housing and buildings for the Nisqually community and the world at large.





Summer Youth Financial Literacy

By Nicole Sims

Financial Literacy and the Nisqually Summer Youth Here is to another year of Financial Literacy partnering with Nisqually Summer Youth. Investments, savings plans, college expenses, wants vs needs, understanding your paycheck, were some of the topics gone over in the four-day bootcamp, this year.

It was great to see how the students changed from last year to this year. We welcomed new 14-year-old students, and we look forward to seeing them blossom from this year to the next. It is great to see that what was taught last year is being implemented this year with some of our older students.

This year the students got some new swag, literacy swag that is, budget books, goal setting for teens, savings binders to help them achieve their financial goals. Financial Literacy implemented vision boards this year as a way to envision future goals, put them on the board to visualize and manifest their objectives for the future.

Thank you Nisqually Youth Center and all of the coordinators for your help. Thank you to all the students for being there and present for each class, and thank you to Nisqually Tribal Council for supporting this program, this program helps so many. If you have any questions or would like to set up a financial literacy one on one appointment please contact Nicole Sims @ sims.nicole@nisqually-nsn.gov or 360-456-5221 ext: 1309.





Nisqually Tribe Increases Chinook Harvest

Craig Smith, Harvest Management Biologist

The Tribal harvest Chinook presents a challenging management problem. The natural-origin returning Chinook are listed as endangered under ESA (the Endangered Species Act) and the harvest on these natural-origin (or wild) fish must be severely restricted. This is called the ESA recovery exploitation rates. The hatchery-origin Chinook, produced in the Tribes two hatcheries can be harvested in great numbers. But in the Chinook run, natural-origin and hatchery-origin fish are mixed. The challenge for the Tribe’s Fish Commission and Fisheries management staff is how to maximize the harvest on hatchery-origin fish while protecting the wild-origin adults.

For a number of years, we have been studying the possibility of using drifted gill net and other methods as a selective gear to address this challenge. The Nisqually River is situated perfectly for implementing drift gill net selective fishery for multiple reasons: high hatchery mark rate, cold fresh water, short soak times, and some fishers willing to try creative ways to catch more fish. For 2023 we are implementing a hatchery selective drift gill net fishery in the Nisqually River. Here’s how it works:

Nisqually Hatchery Chinook are clipped (the small adipose fin on the back is removed) at a very high rate and biological data collected for the previous 20 years indicate that for every 10 fish caught 1 is wild (unclipped - we assume all unclipped Chinook are wild-origin) and the drift gill net fishers will need to return these Chinook to the river into a recovery bag for release at end of fishing day.

This can happen quickly since drifts are naturally limited by river conditions and do not exceed 5 minutes. The very short “soak time” is theorized as the basis for the high success of released fish survival during our 3-year study. This lack of struggle and exhaustion time reduces mortality of released fish. This successful release of wild Chinook (~90% survival) allows fishers to continue to harvest abundant hatchery Chinook while meeting recovery rate objectives on the wild Chinook.

Gill nets are a Nisqually River traditional gear type that has been used for countless seasons to harvest target species but to date has not been successfully used to release Chinook alive. Our goal for 2023 is to implement a selective fishery to help achieve both community Chinook harvest and ESA-determined recovery goals.

Two final notes: First, our ability to attempt this selective Chinook fishery would not be possible without the successful adipose fin clipping conducted in our hatcheries. Clipping is a tedious repetitive task but when it’s done well it permits an increased harvest on these hatchery-origin Chinook.

Second, the development of selective fishery tools is based on thousands of hours of sampling the traditional fishery, spawning ground surveys, test fisheries, and data analyses, as well as modeling work and federal and c-manager negotiations.

To All Nisqually Veterans and Veteran Families

We are in the process of planning our annual Veterans Day event and would like to include a picture of you or your family Veteran. This is for anyone who is currently or has served in the armed forces. Please indicate what branch of service if you submit a picture. To submit a picture, please contact Julie Palm or Lori Lund by September 30, 2023. More information on the event will be sent out soon.

Thank you,

Julie Palm 360-456-5221 ext. 1278 – palm.julie@nisqually-nsn.gov

Lori Lund 360-456-5221 ext. 1237 – lund.lori@nisqually-nsn.gov



Housing Department Update

By Jasmine McDonald

New Logo

The Housing Department would like to thank the Communications and Media Services team, specifically, Jack George, for creating this beautiful new logo for the Department. We would also like to thank the Language Resource Center



Manager, Nancy Bob, for providing the language.

Fall Housing Maintenance Checklist

- Clean gutters
- Check for drafts
- Drain outdoor faucets
- Bring outdoor furniture in
- Change filters (monthly)
- Deep clean your kitchen
- Fertilize your lawn
- Change batteries (smoke detectors)

- Chimney inspection
- Clean dryer vents
- Water your lawn

Fall Clean-Up

We will be providing yet another clean-up to ensure neighborhood quality of life. Please keep a look out for the flyer for the Fall Clean-Up coming soon. Tip: A yard covered with debris can easily become breeding spots for snakes, rats, and other dangerous creatures.

Goals

The Department's primary goal the past six months has been to manage and reduce the rent arrears (Tenant Accounts Receivables). Our next goal of focus is to ensure tenants are keeping the premises maintained and free of garbage, rubbish, and debris. The goal is to create a beautiful environment for the community to enjoy.

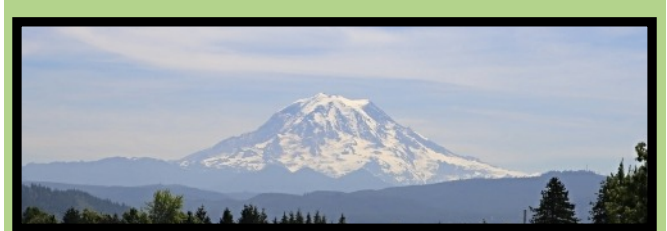
August 2023

Dear Nisqually Tribal Members and Community, On August 2nd, I am resigning from employment with the Nisqually Tribe. It has been 32 years! Let me say, it has been an honor to serve you and learn from you. It has been amazing to watch the tribe grow and expand its services and enterprises over the years.

Being from a small community myself, it has been very heart-warming to be a part of yours. You don't know how much it has meant to me when you have put your trust in me, especially when sharing the happenings in your lives. I will miss you and I wish you all good health, peace, and purpose. Take care.

Vicki McMaster
Financial Services

Thank you Vicki for 32 years!



It's Camping Season!
Reserve your spot at
Mt. Rainier National Park
Contact Diane Moreno
for reservations and
more information, at the
planning office,
360-456-211.
*Plan ahead, it is first
come first served.*



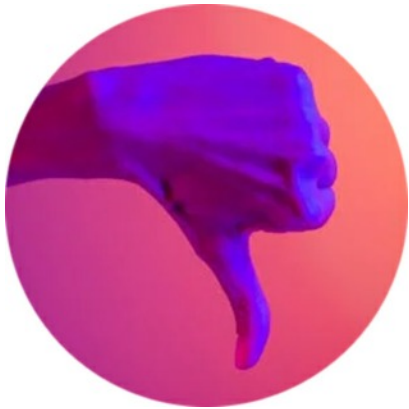
USB Thumb Drives – Dangers

Don't put that stick in if you don't know where it's been!

Tips from the IT-WebDev Department

A Singapore company called Trek 2000 International was the first company to sell a Flash Drive, often referred to as a Thumb Drive or Memory Stick. The storage capacity of this initial device was 8 megabytes (MB). Technology has advanced today, to capacities between 8 gigabytes (GB) and 2 terabytes (TB).

These devices were primarily invented to be used for external backup of data and for transferring large files between devices (replacing CD and DVD read-writable disks technologies).



Although there are benefits to using USB flash drives, there are also numerous disadvantages such as they can easily

become corrupted (resulting in data loss), some memory sticks have shorter lifespans than others, they typically have slower data transfer speeds compared to other storage devices, and the threat of severe compromise through infections from computer viruses, malware and spyware.

In Summary

Hackers use USB sticks to infect computers with malware. Applications, operating systems, and driver bugs can all cause flash drive corruption. Flash drives typically last between 10,000 to 100,000 cycles (uses). Frequent use quickly shortens many manufacturers' 10 year life-span estimates. Data transfer speeds are limited to both the USB stick and the computer device's USB port technology. USB drives can easily be lost or stolen. Never plug an unknown USB drive into a computer.

Technical Terms

- *Thumb Drive (USB Flash Drive)* – Uses a USB port to connect directly to a PC device.
- *Flash Drive* – Any storage device that uses a flash memory chip to store data.
- *SD or Micro SD Card* – Typically used in mobile devices, tablets and other electronic devices such as digital cameras, drones and automobile dash cameras.

Tip: In the workplace, consult with the IT department for large volume data storage alternatives, such as OneDrive or network file server storage. For home users, consider storage solutions such as secure online media storage or external hard drives.

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

Needs Assessment Survey Winners

By Julie Palm

The Tribe recently did a "Needs Assessment" Survey. The survey was available online or "paper/hard copy". We held a luncheon on February 29th, in the Billy Frank Gym and distributed the survey at the last General Council meeting on March 11th. The survey covered Housing, Employment, Education, Health and Wellness, Economic Development, Culture and Sovereignty, Transportation, Natural Resources, Communication and



Community Goals. The survey took about 45 minutes to complete and after completion you received a \$25.00 Amazon gift card, and your name was entered into a raffle. We had just over 200 Tribal Members complete the survey. I would like to thank everyone who took the time to complete the survey and inform you of the winners of the raffle prizes.

- Nutribullet Blender – Anthony (Tony) Sanchez
- Cuisinart Food Processor – Angie Gomez
- Airpods – Keoni Kalama
- Apple iPad – Shana Squally
- (The grand prize) Sony 65' TV – Cherie Edwards

Thank you again!
Julie Palm



Back 2 School Physicals!

Get your child ready for the new school year with Back-to-School Physicals, Well Child Check-Ups, and Sports Physicals to ensure your child's health and well-being.

From August 21 to September 15, we have a special treat for kids aged 3 to 18!



Receive a fun and healthy prize during your child's visit (while supplies last).

Call now to schedule an appointment at 360-459-5312

(Option #1 Our Medical Clinic is open Monday to Friday, from 7 a.m. to 6 p.m., to accommodate your busy schedule.

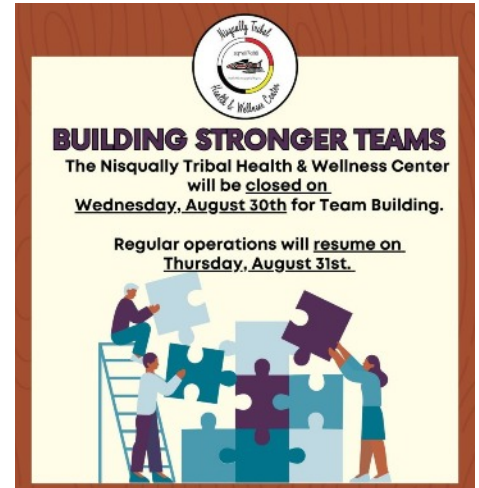
Don't miss out on this opportunity to ensure your child's health and receive a special gift. Schedule an appointment today and let us take care of your family's well-being.

Nisqually Tribal Health & Wellness Center CLOSED August 30th

The Nisqually Tribal Health & Wellness Center will be closed on Wednesday, August 30th for a special Team Building event.

Our team building will focus on power of teamwork and collaboration to enhance the quality of care we provide to our community.

We apologize for any inconvenience caused and appreciate your understanding. Regular operations will resume on Thursday, August 31st. Thank you for your continued support and trust in our commitment to your health and wellness.



COVID Testing at NTHWC

Looks like we are seeing a summer surge in COVID cases. Luckily no hospitalizations yet!

Who is eligible for rapid COVID testing in the Medical Clinic?

Nisqually Indian Tribe or NTHWC STAFF

- When experiencing allergy or other respiratory symptoms
- For return-to-work purposes 5-7 days after testing positive for COVID
- On days 0, 3 and 5 after a high-risk exposure

ESTABLISHED NTHWC PATIENTS

- Before entering health and wellness center for scheduled visit when experiencing any respiratory symptoms
- As scheduled for any other reason

To schedule testing, call 360-459-5312 Option #1

COVID testing is not available for people who do not have a PCP at NTHWC or do not work for the Nisqually Indian Tribe



Dental Systems Update

We wanted to inform you about an upcoming Dentrix system upgrade at our dental office.

From September 25th to September 28th, we will be limited to emergency visits only and will have a reduced patient load during this period.

This necessary upgrade will enhance our ability to provide you with even better dental care and ensure a smoother experience for everyone.

While we understand that this may cause some inconvenience, we believe this temporary adjustment will ultimately benefit you, our valued patients.

If you have an emergency during this time, please do not hesitate to contact us, and our team will be available to assist you.

For routine check-ups, cleanings, or non-emergency appointments, we kindly ask for your patience and understanding as we work diligently to complete the upgrade.

We sincerely apologize for any inconvenience this may cause and appreciate your understanding.



DENTAL SYSTEMS UPDATE

4-DAY SYSTEMS TRAINING/UPGRADE. (DENTRIX)

- September 25th is EMERGENCY VISITS ONLY
- September 26th is EMERGENCY VISITS ONLY
- September 27th is EMERGENCY VISITS ONLY
- September 28th is 50% patient load.

We apologize for any inconvenience and thank you for your understanding.

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.

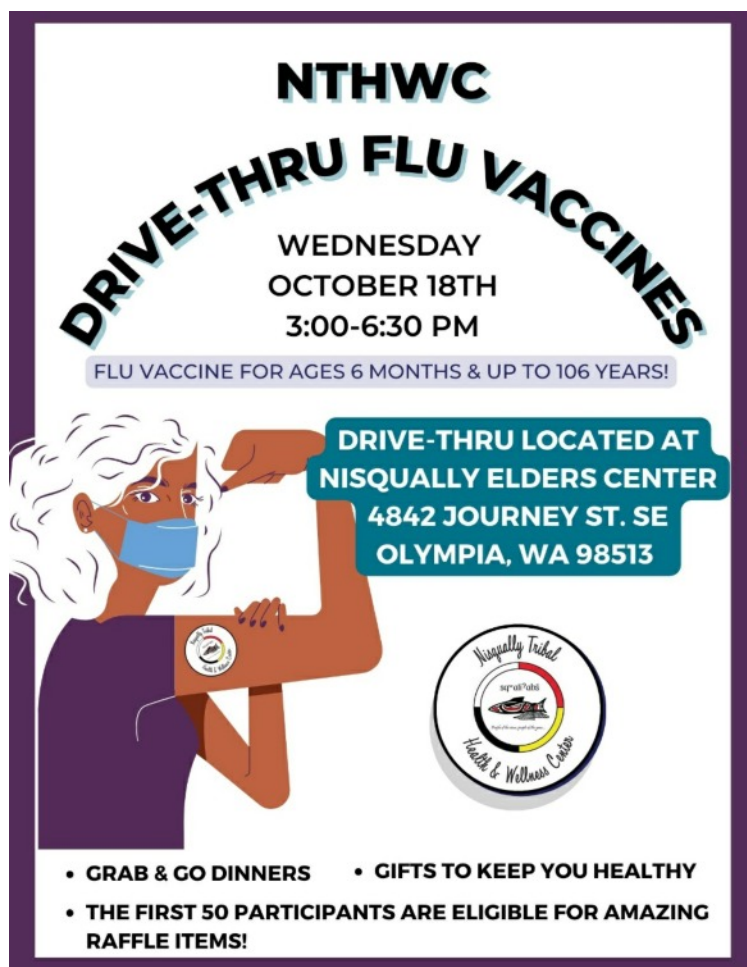
We're also offering Grab & Go Dinners, exciting gifts, and a raffle for a chance to win some amazing prizes!

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 ELDER 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!



Traditional Healing Sessions

Discover the healing power of tradition this August at the Nisqually Tribal Health & Wellness Center.

Join us for a series of inspiring and transformative traditional healing sessions, rooted in the rich cultural heritage of the Nisqually Tribe. Experience the wisdom of ancient practices, guided by

knowledgeable elders and healers, as we journey towards holistic wellness and spiritual rejuvenation.

Don't miss this opportunity to reconnect with ancestral traditions and enhance your well-being. Call 360-493-6459 to reserve your spot today and embark on a path of healing and harmony.

TO SCHEDULE PLEASE CALL (360) 493-6450

August 2023

tiix̱dubut čəx̱w.
"Take care of yourself"

MON	TUE	WED	THU	FRI
	1 MASSAGE-ANDREA HWC-BRADLEY HYPERBARIC OXYGEN TREATMENT	2 MASSAGE-KAREN S.F. -MARCİ & KAREN HYPERBARIC OXYGEN TREATMENT	3 MASSAGE-ANDREA MASSAGE-KAREN S.F. -MARCİ & KAREN ACUDETÖX EAR ACUPUNCTURE-MELISSA	4 MASSAGE-ANDREA MASSAGE-KAREN S.F. -MARCİ & KAREN
7 HWC-BRADLEY	8 HWC-BRADLEY HYPERBARIC OXYGEN TREATMENT	9 HYPERBARIC OXYGEN TREATMENT	10 HERBALIST-MELISSA	11
14 HWC-BRADLEY	15 HYPERBARIC OXYGEN TREATMENT	16 MASSAGE-KAREN S.F. -MARCİ & KAREN HYPERBARIC OXYGEN TREATMENT	17 MASSAGE-KAREN S.F. -MARCİ & KAREN ACUDETÖX EAR ACUPUNCTURE-MELISSA	18 MASSAGE-KAREN S.F. -MARCİ & KAREN
21 MASSAGE-ANDREA HWC-BRADLEY	22 MASSAGE-ANDREA HYPERBARIC OXYGEN TREATMENT	23 HYPERBARIC OXYGEN TREATMENT	24 MASSAGE-ANDREA HERBALIST-MELISSA	25
28 MASSAGE-ANDREA HWC-BRADLEY	29 HYPERBARIC OXYGEN TREATMENT	30	31 MASSAGE-KAREN S.F. -MARCİ & KAREN ACUDETÖX EAR ACUPUNCTURE-MELISSA	1 MASSAGE-KAREN S.F. -MARCİ & KAREN

Rates of COVID Are On The Rise This Summer

Question: When should I wear a mask while I'm at work at NTHWC?

Answers:

- Whenever you feel like it
- When you are face-to-face with a patient, especially anyone high risk for severe COVID
 - In an exam room, in a car, in an office
- When a co-worker or patient or visitor asks you to mask
- If you are immunocompromised or have an immunocompromised person at home
- If you are at high risk for severe COVID because you are pregnant, an elder, have a chronic illness
- If you have been exposed to COVID in the last 10 days
- If you tested positive for COVID in the last 10 days



NTHWC FAMILY TALKING CIRCLE

We are developing new and improved services here at NTHWC for our expectant parents and families with children age 0-2. We want to hear from you!



WHAT? Talking circle for families with children age 0-2. Dinner, resources, and more!

WHEN? Tuesday September 12
5:30pm to 6:30pm

WHERE? 2nd Floor Behavioral Health
4840 Journey St SE

WHO? Expectant parents and families with children age 0-2

WE'LL HAVE CHILDCARE AVAILABLE!



Meet members of our team including our new pediatrician and mental health counselor!
Next Talking Circle: Tuesday September 12th.



Call NTHWC at 360-459-5312 if you have any questions!



5210



Introducing the 5210 Rule, a simple yet effective approach to help raise healthy children.

5 OR MORE FRUITS & VEGETABLES



5 - Encourage 5 servings of fruits and vegetables daily to fuel their growing bodies and provide essential nutrients.

2 HOURS OR LESS RECREATIONAL SCREEN TIME



2 - Limit screen time to no more than 2 hours per day, ensuring a healthy balance between technology and active play.

1 HOUR OR MORE PHYSICAL ACTIVITY



1 - Engage in at least 1 hour of physical activity every day, keeping their bodies strong, hearts pumping, and minds sharp.

0 SUGARY DRINKS, MORE WATER & LOW FAT MILK



0 - Say no to sugary drinks and opt for water or low-fat milk instead, promoting healthy hydration and strong bones.

By following the 5210 Rule, we can instill lifelong healthy habits in our children, setting them up for a bright and vibrant future. Let's work together to create a healthier generation!

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

BRANDY SANCHEZ, DSHS CASEWORKER IS BACK AT THE NISQUALLY HEALTH & WELLNESS CENTER!!

We are pleased to announce that Brandy Sanchez, Olympia DSHS Caseworker, is here to assist our Tribal Members and Community with DSHS (Aged, Blind, Disabled) program needs.

**THURSDAYS & FRIDAYS
08:30 AM - 5:00 PM**

STOP BY THE NTHWC OR GIVE OUR BUSINESS OFFICE A CALL

(360) 486-9599 or
(360) 459-5312 option 6



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



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<https://www.facebook.com/nisquallyhealth/>



Message from Mary Szafranski, Public Health Officer:

The number of COVID cases over the last few weeks is steadily increasing. The numbers are rising among the Tribal population and employees.

In order to protect ourselves and those around us:

- Stay home if you are sick.
- Start wearing a mask again when you are indoors.
- It might not be "allergies". Please take a test.
- Remember the Swiss cheese, layered approach. Get back to the basics, wash your hands, mask, socially distance, and disinfect frequently touched surfaces.
- People test negative in the morning and just a few hours later can retest positive. If you start to feel ill, test again and please go home.
- Protect our Elders, little ones, and those who are immunocompromised.



I know we are all tired of wearing masks, but it is time to put them back on to help protect ourselves and those around us. **WE DO NOT HAVE ANY HOME TEST KITS.** We ordered more last week, but they have not arrived yet.

Call 360-459-5312 option #1 to schedule a drive-through test at the clinic.

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.

INTERNATIONAL OVERDOSE AWARENESS DAY

1 pm - 7 pm • Thursday, August 31st

Resource fair from 1 pm - 5 pm
Memorial activities from 1 pm - 7 pm

@ HERITAGE PARK

6th Ave SW & Water St SW, Olympia, WA 98501

JOIN US TO:

- Remember those who have been lost to fatal drug overdose
- Celebrate those who have been rescued from or assisted in rescuing someone from an overdose
- Help reduce the stigma of overdose and drug use
- Share the day with 20+ organizations who have information, free stuff, & more!



 South Puget Intertribal Planning Agency

WIC Program September Dates

SHOALWATER BAY	9/6/23
SQUAXIN ISLAND	9/12/23
NISQUALLY	9/13/23
CHEHALIS	9/14/23
SKOKOMISH	9/20/23



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 September Dates

PT. GAMBLE S'KLALLAM	9/6/23
SQUAXIN ISLAND	9/8/23
SKOKOMISH	9/13/23
CHEHALIS	9/20/23
NISQUALLY	9/22/23



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

September 6

Happy Birthday Keisha,
Love Dad, Mom, Jasmine, Samira,
Nevaeh and Rodney



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

