

# N<sup>SQUALLI ABSCH</sup> News



Nisqually Tribal News

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

Phone # 360-456-5221

Volume 13 Issue 11

[www.nisqually-nsn.gov](http://www.nisqually-nsn.gov)

November 2023

## Kyle Sanchez Mural Downtown!

By Debbie Preston

Kyle Sanchez and family as well as the Leimomiwainui Canoe Family helped paint a mural in downtown Olympia thanks to a contact facilitated by Chris Gerber, Nisqually Indian Tribe contract arts coordinator.

The mural is located off 441 Capitol Way in the alley on a 100-foot wall. Sanchez said the project took about two weeks off and on and includes an element from a Squaxin Island artist, Joe Seymour. "It was going to be more of a collaboration with Seymour, but there was a loss in the family and there was encouragement to finish the work this year," Sanchez said.



The mural was featured during the fall Arts Walk the weekend of Oct. 7.





# Tribal Council Business

## Nisqually Tribal Council Meeting Minutes



Date: 9/28/23

Minutes Approved on:

Meeting Called To Order: 1:31

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

Guest: Nate C, Chad W, Jasmine M, Mary S, Jamie S, Alvin A, Brent B, Brian T, Ezra K, Sharlaine R, Hannon B, Heidi P, Pete A, Hyaley F, Maury S, Gary H.

Guest Brian Tanner – Works for Potlatch Foundation, looking for a Sponsorship donation for the 20<sup>th</sup> Anniversary Gala. \$1,000 was approved through budget. Requesting Approval of an additional \$4,000 for Potlatch Gala. Motioned by Antonette Squally, seconded by Chayannah Squally. Motion passes, 5-0-0.

Shannon Blanksma/ Alvin Aganon – Approval of Weekly Budget Consent Calendar (with revisions made to item #5). Motioned by Antonette Squally, seconded by David Iyall. Motion passes, 5-0-0.

Jasmine McDonald – A Resolution Approving Bylaws for the Nisqually Housing Board. Resolution #109. Motioned by Chayannah Squally, seconded by Guido Levy Jr. Motion passes, 5-0-0.

Jasmine McDonald – A Resolution Appointing Board Members to the Nisqually Housing Board. Resolution #110. Motioned by Antonette Squally, seconded by Guido Levy Jr. Motion passes, 5-0-0.

Jasmine McDonald – A Resolution Approving Revised Policies for the Nisqually Housing Department. Resolution #111. Motioned by Antonette Squally, seconded by David Iyall. Motion passes, 5-0-0.

Jamine McDonald – A Resolution to Approve and Authorize a Professional Services Agreement with the Whole Nine Yards. Resolution #112. Motioned by Guido Levy Jr, seconded by Antonette Squally. Motion passes, 5-0-0.

Joe Cushman – A Resolution Approving a Memorandum of Understanding Between the FHA, SHPO, Nisqually Tribe and WSDOT Regarding the SR 510 / Yelm Loop New Alignment Phase 2 Project. Tabled

Nate Cushman – A Resolution Reappointing Medical Professional Members to the Nisqually Health Board.

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  
5<sup>th</sup> Council, Chayannah (Chay) Squally  
6<sup>th</sup> Council, Guido Levy Jr.  
7<sup>th</sup> 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](http://www.nisqually-nsn.gov)

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# Native American Hall of Fame

By Debbie Preston

The Nisqually Tribe joined the many tribes honoring the 2023 inductees into the Native American Hall of Fame in Oklahoma City.

They included Joe "Skinny Joe" DeLaCruz, a Quinault Indian Nation tribal member, renowned for his leadership and activism and Richard "Dick" Trudell, a member of the Santee Sioux Tribe of Nebraska, who received his law degree and promptly began recruiting other Native Americans to be lawyers at a time when there were only a handful available. He worked tirelessly to bring tribal courtrooms to professional standards and bringing many tribal attorneys into the profession, a game changer in many cases, including the Boldt Decision, the treaty-rights case that reverberates today.

Like many tribes, Trudell has assisted Nisqually in many governmental affairs and has a personal relationship with the Frank family that spans generations.

The Nisqually Tribe congratulates all the 2023 inductees.

<https://www.indiangaming.com/national-native-american.../>



*Continued from page 2-TC MINUTES*

**Resolution #113.** *Motioned by David Iyall, seconded by Chayannah Squally. Motion passes, 5-0-0.*

Davor Gjurasic – **Approval of 2023 Campaign Contributions.** *Motioned by Antonette Squally, seconded by Chayannah Squally. Motion passes, 5-0-0.*

Enrollment – **A Resolution Approving the Automatic Enrollment into the Nisqually Indian Tribe of Rayvaughn Truax.** **Resolution #114.** *Motioned by Antonette Squally, seconded by Chayannah Squally. Motion passes, 5-0-0.*

Nate Cushman – **A Resolution to Approve and Authorize a Jail Services Agreement with the Nez Perce Tribe.** **Resolution #115.** *Motioned by Antonette Squally, seconded by David Iyall. Motion passes, 5-0-0.*

Nate Cushman - **A Resolution to Approve and Authorize a Jail Services Agreement with Mason County.** **Resolution #116.** *Motioned by Antonette*

*Squally, seconded by David Iyall. Motion passes, 5-0-0.*

Nate Cushman – **A Resolution to Approve and Authorize a Professional services Three-Party Agreement.** **Resolution #117.** *Motioned by Antonette Squally, seconded by Jackie Whittington. Motion passes, 5-0-0.*

Shannon Blanksma – **Possible Government Shutdown that will affect federal grants. Departments should limit ordering and budget accordingly.**

Sommer Sanchez – **Approval of September 14<sup>th</sup> TC Minutes.** *Motioned by Chayannah Squally, seconded by Antonette Squally. Motion passes. 5-0-0.*

*Motion to Adjourn by David Iyall, seconded by Guido Levy Jr.*

**Meeting ends at 2:01**





# Nisqually Generations Healing Center

By Debbie Preston  
Photos by Aztec Sovereign

The Nisqually Tribe celebrated the groundbreaking of the Nisqually Generations Healing Center with tribal members and invited guests, including some who helped make the project go by helping to secure funding. Washington Senator Mark Mullett (D) Issaquah, who is the vice-chairman of the state Capital Budget Committee, made the trip down to laud Nisqually for promising to put shovels in the ground in 2023 if they received funding "and here we are." Also in attendance was Cheri Schnarrs, the wife of Frankie Schnarrs, who passed in 2018. The couple ran Frankie's Pool Hall that used to occupy the site.



*With groundwork underway, a tentative estimate for seeing patients is early 2025. Prior to the ceremony, tents were put in place to deal with the deluge of rain.*

*Cheri Schnarrs, the co-owner of Frankie's Pool hall that previously occupied the site, grabs a shovel. Her husband and the other owner of the bar, Frankie Schnarrs, passed in 2018.*





# NEW Updated Water System

By Debbie Preston

Tony Berkson wants to assure the community that it isn't a trick that the upgrade to Cuyamaca's water supply should be complete by Halloween.

"It's taken quite a few years, but we're finally on the cusp of getting this done," said Berkson, who is the Nisqually Tribe's Public Works Director.

The biggest issue was equipment that was 30 or more years old that didn't allow the system to pump more water from the well when there was more demand.

"The well is still an excellent water source. What we've done is increased the ability to draw water from the system and push it up into the water tower more quickly," Berkson said.

Though the water is quite clean, water quality rules for drinking mean that the water must be treated with chlorine. It must sit in the tower for a certain amount of time before it can be disbursed. Being able to fill the tank quickly as it draws down will speed up how fast the recharge to the system can occur.

Maybe the most important replacement is the three pumps that help balance pressure when there are stresses to the system. For instance, if a fire hydrant is being used – the new pumps can balance the pressure so that the water taps in the homes and the Youth Center remain at the same pressure. This happens automatically and it protects the motors by automatically shuffling the load between the three. "Right now – a Public Works Technician has to be in the booster station to correct or alleviate pressure issues. Once the new system is operational, we will have monitors we can see 24/7 and be able to make changes as needed remotely." Berkson said. The remote monitoring is done via a SCADA System, which stands for Supervisory Control and Data Acquisition.

The \$1.3 million project is nearing completion which included needed maintenance to the buildings housing the equipment and replacing the pipe that goes 180 feet down in the well. Productivity because of the Cuyamaca Community Water Upgrade Project in Well #2 will increase from 55 GPM (gallons per minute) to over 200 GPM, providing the much-needed delivery of potable water to a growing Cuyamaca Community.







# Elders Units Renovated

By Alison Kautz

Nisqually Indian Tribal Housing Department has been working on the turnarounds of its HUD 37 act homes. This unit was turned around by its maintenance crew that includes Richard Nieves, Todd Meyer, Wilfredo Rosado, and Jason Kautz. With assistance of the Department's contracted vendors, this Elders unit will provide safe and sanitary housing for the next elder on the waiting list.



# Elders Village Phase 1 Nears Completion

By Jessie Fox, Executive Assistant to the Building Department Director

The new Elders Village Community Housing Phase 1 is nearing completion. Currently the homes are being landscaped and will be ready to be turned over to Housing by the end of October.

These beautifully landscaped ADA accessible homes have many thoughtful features throughout, including front and rear patios, so you can enjoy the beautiful PNW sunsets. Other highlights include solid surface countertops, luxury vinyl plank flooring, and quality fixtures and appliances. Each home has two bedrooms and baths, a laundry room, kitchen, dining area, living room, a fenced backyard, and garage.

These homes are located on a cul-de-sac within walking distance of the newly completed Elders Center and the Health and Wellness Center.

If you are interested in living in one of these new homes, please reach out directly to the Housing office to get on the list or if you have any questions. We anticipate high demand for these lovely and cozy homes, so don't delay, get on the list today.





# Peter Svinth

The Nisqually Tribe was saddened to learn of the recent passing of Nisqually Tribal Elder Peter Svinth.

Pete was an amazing human being, and a dedicated tribal member, who loved the Nisqually Tribe and contributed much to its success.

Pete was descendant of the Nisqually Ross family that owned an allotment near Nisqually Lake on the original reservation east of the Nisqually River.

Pete was born and raised in the Pacific Northwest and went to high school in the Tacoma area.

Pete ventured out into the world at an early age when he enlisted in the Marine Corps in the early 1950s and was shipped overseas to fight for his country in the Korean war.

Pete never talked much about his war experience, but what he saw and learned as a soldier gave him the determination and perseverance that would help guide him through his long and eventful life.

Pete came back from the war and pursued a successful career with the Bell Telephone company. He also attended the University of Puget Sound and earned a master's degree in business administration.

In the late 1970s the Nisqually Tribe was starting to get its feet on the ground, and the Tribe reached out to Pete to ask for assistance. Pete served as Tribal Administrator in the 1976-1977 period, and helped set in place some of the initial organizational improvements that lead to much of the Tribe's future growth.

A major contribution Pete made during this early period was to serve as the project manager overseeing construction of the first tribal admin building (now the Billy Frank Jr bldg.)

When the Tribe was getting ready to build its first tribal center back in 1977, they turned the project over to Pete to make sure it was done right. And it was done right.

A lot of folks recall watching Pete working hard, day after day, with the architect and contractor, getting on their case when he had to, to make sure the Tribe got their money's worth. The Tribe ended up with an incredible building that has withstood heavy continual use for over 45 years, and a lot of it is due to Pete's efforts.

Pete had an amazingly wide range of interests that kept him busy throughout his life.

Pete was an avid mountain climber who tackled most of the major peaks in the Pacific Northwest. He especially loved to climb his beloved Mt Tahoma, where he liked to say he felt most at home.

Pete was also an avid hunter who regularly brought home deer and elk to share with the community.

Pete was also a gifted farmer and master gardener and established a large and successful farming operation on Vashon Island, where he ran a pumpkin patch, operated a community garden stand, and conducted bona-fide agricultural research. (Some folks may not be aware that quite a few of the fruit trees currently growing around the reservation were in fact planted by Pete in his spare time.)

The Nisqually Tribe extends its prayers and condolences to Pete's family and friends, and we are grateful for the many contributions that he so willingly gave to the community.







# Harvest Party

By Debbie Preston

What a feast was had at the annual Harvest Party! A huge thank you to Jason Sharp for taking these lovely pictures of this event tonight, Oct. 12 at the Nisqually Youth Center. Cider, medicine, spices, pumpkins, root vegetables and other produce - oh my! This collaborative event was hosted by Community Services, Community Garden, Daycare, General Assistance, Workforce Development and Voc. Rehab, Council and Youth Services!







# Social (and Anti-social) Media Concerns

*Tips by the IT-WebDev Department*

Social media has grown rapidly worldwide since Facebook launched in 2004 (now part of the META company) reaching over 2.85 billion users. With this growth, concerns also grow over how the platforms are affecting individual and collective community wellbeing. Social media is criticized for being addictive by design and for its role in the spread



of misinformation on critical issues from vaccine safety to election integrity, as well as the rise of extremism.

The Wall Street Journal revealed that Facebook was aware of mental health risks linked to the use of its Instagram app but kept those findings secret. Internal research by the social media giant found that Instagram worsened body image issues for one in three teenage girls, and numerous teenage users of the app linked it to experiences of anxiety and depression. Watchdog groups have identified social media harms such as Facebook and Instagram serving as avenues for cyberbullying. Reports have linked TikTok to dangerous and antisocial behavior, including school shootings, unhealthy or dangerous viral challenges and vandalism.

According to Columbia University Medical Center, social media has proven to be beneficial as well; for

example, during the COVID pandemic, social media made it possible for people to connect in ways when in-person socialization was not possible. Social support and socializing are critical influences on coping and resilience. Friends or family not available to see in person were available online and allowed us important points of connection. On the other hand, fewer opportunities for in-person interactions with friends and family meant less of a real-world check on some of the negative influences of social media.

Disengaging with social media permanently is difficult, especially for young people. These platforms have become established as powerful tools for connecting and staying up-to-date with friends and family. If folks are not on social media, then they're reliant on friends to reach out personally about physical world social events, which doesn't always happen. It's complicated.

Prior Squalli-Absch newsletter articles have covered topics such as Internet and email safety, social media awareness, web-based software and apps dangers, computer viruses, privacy concerns and more. The Nisqually Tribe continues to help prevent misinformation by utilizing legal terms of use on Nisqually-owned social media and/or websites; such as "The Websites listed above are the only official websites authorized by the Nisqually Indian Tribal Government. Content on websites other than those listed above is not approved by the Nisqually Indian Tribe and may include incorrect or out-of-date information."

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## Tribal Employees Attend Naloxone Training

By Debbie Preston

All employees of the Nisqually Tribe took training to administer the overdose drug, Naloxone aka, Narcan. The same training was offered to the community with dinner later that day. Biggest take away - you can not harm someone by administering the drug. It can be administered to babies and young children, as recent news suggests that such measures may be necessary. Also call 911 immediately or have someone else do it because they will need medical help shortly, even with the drug that only works for a short time to interfere with the overdose.

<https://www.npaihb.org/opioid>



*Employees all received Naloxone aka Narcan as part of the training.*





# Best Jail In Indian Country

By Chief Tom Iyall

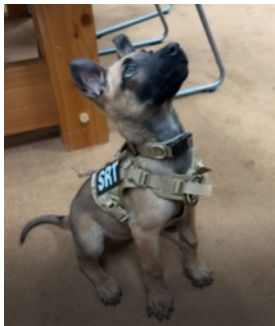
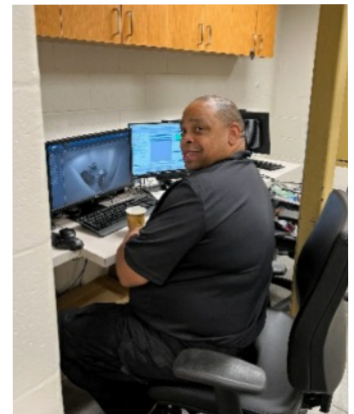
NPD and the Public Safety Facility have been given the compliment of, "Best Jail in Indian Country" from the District VII Corrections Program Specialist. We were also asked to host the Detention Standards training at Nisqually. The Detention Standards include 146 standards that will be the training curriculum for participants. They will study the standards in the classroom first then go to the jail and test the standards to prove or disprove each one.

We appreciate Deputy Associate Director of Corrections Patricia Broken Leg-Bril and her support as we continue to expand our services and hold tight to the standards of Corrections. She is a Rosebud Sioux Tribal member who worked through the ranks of corrections officer to Deputy Associate Director of Corrections at the Federal level. Our partnership with her is of great value.

While recently attending a BIA Corrections Leadership Training in ND we were pleased to get this compliment from Patricia and affirmation of our hard work. Because of our high-performance level, we are now looking at contracts for our services across Indian Country. To streamline and maintain high security and safety standards for transportation of those incarcerated throughout Indian Country to Nisqually we are looking at participating in JPATS (Joint Prisoner Alien

Transportation System), a real-life Con Air type of system. This is an honor as it falls under the Tribal Law and Order Act that has Indian people incarcerated more than 1 year to be held in Indian Country. JPATS provides for secure transportation for incarcerated persons. There is only one other Tribal Corrections facility in Indian Country that is TLOA certified, and they do not hold for other Tribes.

I'm extremely proud of our Corrections Division who work diligently to ensure that the jail is operating efficiently and effectively. Our safety standards are important for the Nisqually community and Indian Country. Our officers are all required to train, receive and retain their necessary certifications to ensure they know their job and how to do it for everyone's safety as well as their own. We currently have 43 Corrections Staff and have 10 openings. If you are up for a challenge and interesting career in corrections, come see us for more information.



## Youth Program Informational Dinner

The Nisqually Tribe Youth Program and CJ Young and Averi Bennett and the rest of the Chef's program combined to put on Potlatch event followed by the Youth Services After School program informational presentation and sign up, along with the Nisqually Youth Council presentation and sign up. Surveys were completed and there was seafood and corn on the cob amongst the many delicious food offerings. Coloring kept many occupied while parents thought about their answers on the survey.







# 2024 NISQUALLY INDIAN TRIBE GENERAL WELFARE PROGRAM

*Your Tax Savings Start Here*

## ANNUAL ENROLLMENT OCTOBER 15- DECEMBER 31, 2023

The Nisqually General Welfare Program is an optional program allowing Nisqually Tribal Members to take advantage of General Welfare tax exemptions up to \$7,500 per quarter. These general welfare funds are not in addition to your per capita distributions. Rather, the amount a member receives in general welfare funds shall reduce the amount of per capita funds received. An application is required to participate in the program for any enrolled Adult Nisqually Tribal Member (Age 18 and above). Please note, for current participants, you must sign and submit the renewal letter that was mailed directly to you in November if you wish to renew participation for the 2024 Plan Year at your current election amounts. Approved General Welfare Program applications will be in effect for February 2024-January 2025 tribal distributions and may not be changed.

Below is a list of common eligible general welfare expenses allowed by the program. A complete list of eligible expenses is available in the Nisqually General Welfare Program Guide.

- Mortgage/Rent Payments
- Utilities
- Childcare Expenses
- Healthcare Expenses
- Transportation Stipend- *\$1,000 per month*
- Nutrition Stipend- *based on household size*

The Tribe's program is administered by FSA TPA, LLC.

## PROGRAM HIGHLIGHTS

**Benefit Card:** A benefit card can be used with the standard GWA Program for most health, utility, education, and childcare providers. The benefit card cannot be used to withdraw cash from your benefit account; it can only be used to pay for eligible program expenses.

**Elder Supplemental Income Benefit:** Elders aged 55 and above can elect to participate in the Elder Supplemental Income Benefit. These funds are not in addition to your per capita distributions. Rather, the amount a member receives in general welfare funds shall reduce the amount of per capita funds received. If elected, eligible Elders will receive a tax-free stipend in the amount of \$2,500 per month or as a lump sum quarterly payment of \$7,500. Payments will be distributed to eligible participants via direct deposit or check.

Members who have outstanding debt owing to the Tribe for eligible GWE expenses (including but not limited to housing, childcare, or utilities) are eligible to participate in the Program, but their benefits will be directed first to repayment of debt owed to the Tribe. The member will receive the remainder of their benefit for the eligible expense of their choosing in accordance with this Guide. Debtors shall be identified in accordance with the Tribe's Debt Collection Policy.

## APPLICATION PROCESS

**Deadline:**  
November 30, 2023

**Fax:** 360-486-9549

**Email:**  
GENERALWELFARE@  
NISQUALLY-NSN.GOV

**Deliver to Tribal Offices:**  
Attention of Linda  
Rodriguez



## QUESTIONS? CALL US.

**General Welfare Coordinator**  
Linda Rodriguez  
4820 She-Nah-Num Dr S.E.  
Olympia, WA 98513

ph: 360-413-3020  
fx: 360-486-9549  
e: GeneralWelfare@nisqually-  
nsn.gov  
Monday-Friday  
8:00 am - 5:00 pm PST





# Thank you, From the Leimomiwainui Canoe

The Leimomiwainui Canoe Family is sending a big thank you to all the supporters of our family canoe. We want to thank all of you that supported the fundraiser lunches, the regalia making, and the canoe practices on the water.

We want to thank all the young crew that paddled to each tribal stop, the Skipper Kyle Sanchez for getting the crew and canoe to each Tribal stop, the Support Boat Skipper, Joe Mc Cloud who got the crew and canoe to each Tribal stop safely and Robert McGee for trailering the family canoe from the beginning to the end of the 2023 paddle to Muckleshoot canoe journey.

We thank those that helped with the gifting items, Amanda Rae Hicks, Auntie Judy, Uncle Merl and Auntie Nettsie. We also want to thank Ho'o Ho'omalalama and family and anyone we missed for all their help on the 2023 canoe journey.

After not having the annual Tribal Canoe Journey since 2019 it was good to be back on the water and getting together at the Tribal stops with old friends and making new friends. We were a bit rusty, but the crew worked hard to make everything work out, especially on the long pulls to some of the Tribal stops. Because of all of you our 2023 paddle to Muckleshoot Canoe Journey was a success and we are looking forward to the 2024 Canoe Journey.



**Don't risk losing your Medicaid/Apple Health Coverage because of State Medicaid Unwinding!**

Medicaid Unwinding may result in some eligible Patients losing coverage due to outdated applications.

Visit or call our Benefits Coordinators at the NTHWC for assistance in updating your Apple Health Coverage.




**CONTACT US :  
(360) 486-9599**



**Traditional Healing Outreach Dinner**

**JOIN US!**

**November 2nd 5:30 PM - 7:30 PM**

**Billy Frank Jr. Gym**  
**DINNER INCLUDED**

Join us for an Outreach Dinner hosted by the Traditional Healing department as we gather together to discuss the power of holistic healing, honor the wisdom of our ancestors, and provide a delicious meal for the community.

This is a unique opportunity to connect with our skilled healers and herbalists, who will be present to discuss the wide range of healing services available.

Whether you have questions, seek guidance, or simply want to learn more about traditional healing practices, this event is for you!







## IMPORTANT NOTICE

### AFTER HOURS PHARMACY

The Rite Aid Pharmacy Hawks Prairie has unfortunately closed its doors as of Wednesday, 9/27/2023.

We are working on finding an alternate solution to cater to your after-hours medication needs. In the meantime, we currently have other pharmacy options available for your convenience.

Purchase Referred Care eligible patients to fill prescriptions during regular Nisqually Tribal Health & Wellness Center working hours. It's important to note that prescriptions not preauthorized by our pharmacist will incur out-of-pocket costs for the patient.

We are actively exploring pharmacy options in the Lacey/Olympia area to better serve you. It may take some time to establish a new pharmacy that meets our needs.

Thank you for your understanding and patience during this transition.



#### PHARMACY OPTIONS:

- Rite Aid in Yelm
- Tims Pharmacy in Yelm
- Rite Aid Sleater-Kinney in Lacey

Should you have any questions, please reach out to us.

(360) 491-9770



[www.COVIDtests.gov](http://www.COVIDtests.gov)

## GET FREE AT HOME COVID-19 TESTS!

Every home in the U.S. is eligible to order 4 free at-home COVID-19 tests. The tests are completely free.

**(NO SHIPPING FEES OR CREDIT CARD NEEDED)**  
Orders usually ship in 7-12 Days. Order your tests now so you have them when you need them.

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/>





## NISQUALLY TRIBAL MEMBER Mindfulness Group Painting Sessions

**Call Traditional Healing  
at (360) 493-6450 to reserve.**

Engaging in mindfulness art practice can be a form of self-care and stress relief.

It allows you to step away from the hustle and bustle of daily life, finding solace in the moment and experiencing a sense of flow.

It can become a meditative practice, providing a space for introspection, reflection, and nurturing your inner well-being.




**We will be holding one class in November & December. Each session can only hold 6 participants. Space is limited. First Come, First Serve.**





## NISQUALLY TRIBAL HEALTH & WELLNESS CENTER WINTER HEALTH FAIR

**NOVEMBER 14TH  
3 PM - 6 PM**

**Discover the Power Within:  
Empowering Health & Wellness**

Explore the sacred traditions and teachings surrounding tobacco, and gain insights into smoking cessation techniques that can help you reclaim your health.

Embrace the strength within as we shed light on Diabetes Awareness, providing valuable knowledge and tools to unlock the power within to achieve optimal health and wellness.

Nisqually Tribal Health & Wellness Center  
4840 Journey St SE Olympia, WA 98513



South Puget Intertribal Planning Agency

## USDA Foods Program November Dates



|                             |          |
|-----------------------------|----------|
| <b>PT. GAMBLE S'KLALLAM</b> | 11/3/23  |
| <b>SQUAXIN ISLAND</b>       | 11/8/23  |
| <b>SKOKOMISH</b>            | 11/14/23 |
| <b>CHEHALIS</b>             | 11/17/23 |
| <b>NISQUALLY</b>            | 11/21/23 |



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.



South Puget Intertribal Planning Agency

## WIC Program November Dates




|                       |          |
|-----------------------|----------|
| <b>SHOALWATER BAY</b> | 11/1/23  |
| <b>NISQUALLY</b>      | 11/8/23  |
| <b>CHEHALIS</b>       | 11/9/23  |
| <b>SQUAXIN ISLAND</b> | 11/14/23 |
| <b>SKOKOMISH</b>      | 11/15/23 |



**This Institution is an equal opportunity provider.**  
Washington State WIC Nutrition Program does not discriminate.

NOTE: These dates are future projections. While we strive to keep these dates and times, they may be subject to change. This program is not always able to accommodate walk-ins due to their other duties.





# Announcements



November 30, Happy Birthday Tatiyana,  
Love the McDonald Family



## 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**

