



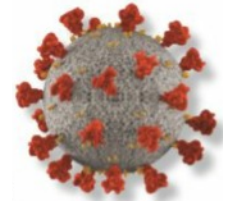
Nisqually Health Department brings you CUTTING EDGE DISINFECTING WITH POWERFUL XENON LIGHT TO ENHANCE PATIENT SAFETY



LightStrike™, an intense Germ-Zapping™ UV Robot that quickly* disinfects and deactivates potentially harmful bacteria and viruses.

LightStrike is a chemical-free, hospital grade, disinfection technology that helps reduce the spread of infections without causing materials damage.

LightStrike is the **FIRST** UV disinfection technology proven to deactivate SARS-Cov-2 (COVID-19) in 2 minutes!**



Your Safety First: The Robot operates without people in the room and the Xenon light cannot penetrate doors, glass or plastic.

* Cycle times vary based on room layout and size.

** 2 minute cycle times were validated for high touch surfaces at 1 meter.

Frequently Asked Safety Questions

What is LIGHTSTRIKE™?

LightStrike is a UV disinfection Robot. The Robot uses a Pulsed Xenon lamp to create intense germicidal ultraviolet light that kills the germs that cause infections such as C. diff, MRSA, VRE and other pathogens.

What is someone walks in while the robot is operating?

The Robot is always operated in an unoccupied space. Although brief exposure to the light is not a threat, there are safety features on the Robot to prevent this:

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.

Wellbriety Talking Circle

Where: Nisqually Community Center Cafe

When: Friday

Time: 7:00 p.m.

Hosts: ... can be contacted at 360-...

Recovery ... Blvd. Olympia, WA 98513.

Everyone ... to share Recovery, the struggles and the strength ... will find support for each other and spread hope at this open talking circle meeting.



FREE Rides

Monday through Friday

Upper and Lower Reservation Route

7:30 a.m. to 4:30 p.m.

Last OFF RESERVATION

Appointments ending at 3:00 p.m.

(360)456-5236

transportation@nisqually-nsn.gov

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, Ken Choke
 Vice Chair, Antonette Squally
 Secretary, Jackie Whittington
 Treasurer, David Iyall
 5th Council, Brian McCloud
 6th Council, Hanford McCloud
 7th Council, Willie Frank

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Tina McCloud Retires

Happy Retirement

On Friday, September 11th, TANF said **Goodbye and Happy Retirement** to Tina McCloud. Tina has worked for the Nisqually Tribe for 45 years starting as a youth worker when she was 14 years old. She held various positions including tree planter, Headstart bus driver, Elders transportation driver, library assistant/technician, assistant coordinator for the Elders and Youth Services programs. In September 2004 when the TANF program was implemented, Tina started as the site manager. She is a cancer survivor from a 2008 diagnosis. Due to necessary health treatments at the time Tina stepped down to a case manager position which she held until retiring. She is looking forward to getting her medical needs met and spending time with her grandchildren and great granddaughter. TANF staff loves you and wishes you the best!



TANF News

Nisqually TANF is a program provided to low-income families with at least one family member enrolled into a federally recognized tribe and resides in either Thurston or Pierce County. The family may be a one parent, two parent or guardianship/temporary placement. TANF services include monthly cash benefits, support services and personable and caring services. As a client you may receive not only financial assistance, but also educational and

employment assistance, goal setting and professional growth direction, guidance and assistance.

If you have questions regarding Child Support, you can contact Lisa Vasquez at 360-664-6859 or through email at vasqula@dshs.wa.gov.

If you have questions about TANF or want to see if you are eligible, contact Jesse at 360-456-5237 ext 2210 or you can email him at Youckton.jesse@nisqually-nsn.gov

Continued from cover-LIGHTSTRIKE



Is UV harmful?

Xenon light is safe to view through doors and windows. There is no risk when it is operated in an unoccupied space.

No. Seizures caused by flashing lights are triggered by lights flashing between 10-60 hertz, or flashes per second. The LightStrike Robot pulses outside of that photosensitive trigger range, so it will not cause seizures.

Can I look at the robot through a window while it is operating?

Yes. The UV light is safe when viewed through a window. It is very bright, so you may prefer not to stare at it for a long period.

If I'm pregnant, is it safe for me?

Yes, it's safe and will not harm you or your child.

Does the flashing light increase the risk for epileptic seizures?

Where can I get more information about UV disinfection and the robot? Call us at 866-867-9799, email customer service at support@xenex.com or visit our website at www.xenex.com.



Committee Reports

Community Development Committee

August 20, 2020

Members:

| | |
|--------------|------------|
| Chay Squally | Chair |
| Julie Palm | Vice Chair |
| Diane Moreno | Secretary |
| Sophie Johns | Member |
| Tony Sanchez | Member |

Budget \$10,256

Meetings 1st and 2nd Thursday of every month 12 – 1:00 upstairs conference

Mission: We strive for a strong resilient community through economic growth, education, health, and natural resources that addresses the needs of the Nisqually People.

Vision: Promote Community and Economic well-being for the Nisqually People.

In 2020, Community Development Committee will continue working on updating the vision plan by creating a focus group. We speak with community and tribal members on what their visions are for Nisqually Community.

Goals

- Generate solutions to common problems by building a strong resilient community.
- Focus on relationships within our community
- Listening to what the concerns are of the community
- Make a positive difference to the community by contributions and reciprocity (requires people to be invested in their relationship).

Elders Panel

August 20, 2020

Members:

| | |
|---------------|------------|
| Jamie Sanchez | Chair |
| Reuben Wells | Vice Chair |
| Diane Moreno | Secretary |
| Anita Paz | Member |
| Cleo Frank | Member |

Budget \$10,256

Meeting every Thursday 11 a.m. – 12:00 p.m. upstairs conference

Elders Panel works with Enrollment Committee working on Title 47 and Title 48. Working on getting enrollment an attorney.

We will be working on our by laws

Cemetery Committee

Members:

| | |
|-----------------|------------|
| Frankie McCloud | Chair |
| Maury Sanchez | Vice-Chair |
| Adam Quintana | Treasurer |
| Sophie Johns | Secretary |
| Andreya Squally | Member |

The cemetery committee meets two times a month. We discuss past, current and future policies, budgets, department expansions, family relief options and so much more. We have worked together to hopefully improve the cemetery grounds, the buildings, working with families to get head stones, caskets and other items to help alleviate some of the hardships during their time of grieving. We constantly discuss bettering the department and developing resources for the families and even at times community members.

We look forward to continuously building this program for Tribal Members and the Community. Sincerely,
Sophie Johns, Cemetery Committee Secretary

Fireworks Committee

SEMI-REPORT 2020

Committee:

| | |
|---------------|------------------|
| Selina Oya | Chair |
| Leon Dunstan | Vice-Chair |
| Candace Wells | Secretary |
| Lori Lund | Treasurer |
| Keoni Kalama | Committee Member |

Committee activities: The Nisqually Fireworks Committee meet on a regular basis, one time a month and these will increase as firework season approaches. The committee is actively involved in several topics included but not limited to:

- Selecting location for fireworks stands
- Discussion of safe light off zone
- Recruitment of vendors
- Recruitment of Porta Potty vendors
- Discussion of Public hearing dates

The Fireworks committee has been allotted a budget of \$ 9,700.00 for the 2020 year.

Continued on page 5-COMMITTEES



Continued from page 4-COMMITTEES

Enrollment Committee Update

September 3, 2020

The enrollment committee would like to give a brief update on what we have been working on. The three items listed below is what the enrollment committee has really been focusing on.

A feasibility study: the enrollment committee has been working with the

- Administration and a feasibility study should be done shortly, which will give more data for the proposed amendments to Title 47
- Enrollment Attorney: the enrollment committee has interviewed three enrollment attorneys and will move forward with one of the three
- Compiling the survey results: in February the enrollment committee held three public hearings and in May sent out the survey for follow up, after everyone was done with quarantine and out of phase one and back to

work. The enrollment committee got a lot of feedback, and is compiling all the data and will report back soon.

Please if you have any questions or would like to meet with us, email Secretary Natosha Rosado at Kautz.natosha@nisqually-nsn.gov, or call at 360-456-5221 ext. 1247. The enrollment committee meets every week at 11 a.m. on Mondays and Thursday with the Elders panel at the Nisqually Admin building.

Newly appointed Committee and MCEC members:

| | |
|---------------------|--------------------------------|
| MCEC reappointed | Sharr Steetlah |
| MCEC | Stephanie Scott, Nicole Bryant |
| Housing Committee | Selina Oya, Jasmine McDonald |
| Fireworks Committee | Nicole Wells |
| ICW Committee | Natosha Rosado |
| Health Committee | Juanita Banuelos |

Congratulations to all of you!

LIB LIFE,

Tribal Library Staff

In alignment with the Nisqually Indian Tribe, your Library program is moving to **Phase II** of our individual reopening plan. In all, there are four phases, and we anticipate moving slowly between them to remain in tandem with the efforts of NIT and the State of Washington.

In completing Phase I, we have installed necessary Plexiglas and acrylic shields, purchased appropriate social distancing signage and sanitizing stations, and modified our hours of operation to emphasize teleworking for tasks that are not site-specific (such as certain elements of cataloging and trainings). We have also worked together and participated in training to assess our program's unique Strengths, Weaknesses, Opportunities, and Threats – or SWOT, which influences our strategic plan through the rest of this year into the next few.

Phase II does not permit reopening, however, we will begin implementing programs that can be maintained safely and in accordance with current health requirements, some of which we have already started including Curbside Printing, and Curbside Check-Outs. This phase will also emphasize the use of and programming around online resources. We anticipate



revamping our website to streamline access to our materials for the community, as well as provide more opportunities for professional development and database research by our patrons.

This public health situation is proving to be more of a marathon, and we continue traversing this unknown terrain alongside the community in the efforts to mitigate COVID19. Please do not hesitate to reach out to the staff of the Library with questions, concerns, or information on our current programming. Stay safe and healthy!

Need Printing? Library Offers Curbside Pick-up!

The Nisqually Tribe Library is opening printing services just in time for back to school! If you or your household require printing, please call or email: Sanchez.catalina@nisqually-nsn.gov (360) 456 – 5221 ext. 1222

- *Monday – Friday, 10:00 – 3:00 PM
- *Limit 25 pages/day per Library Card holder
- *Contact 24 hours in advance



Tribe Acquires Mashel Prairie Property

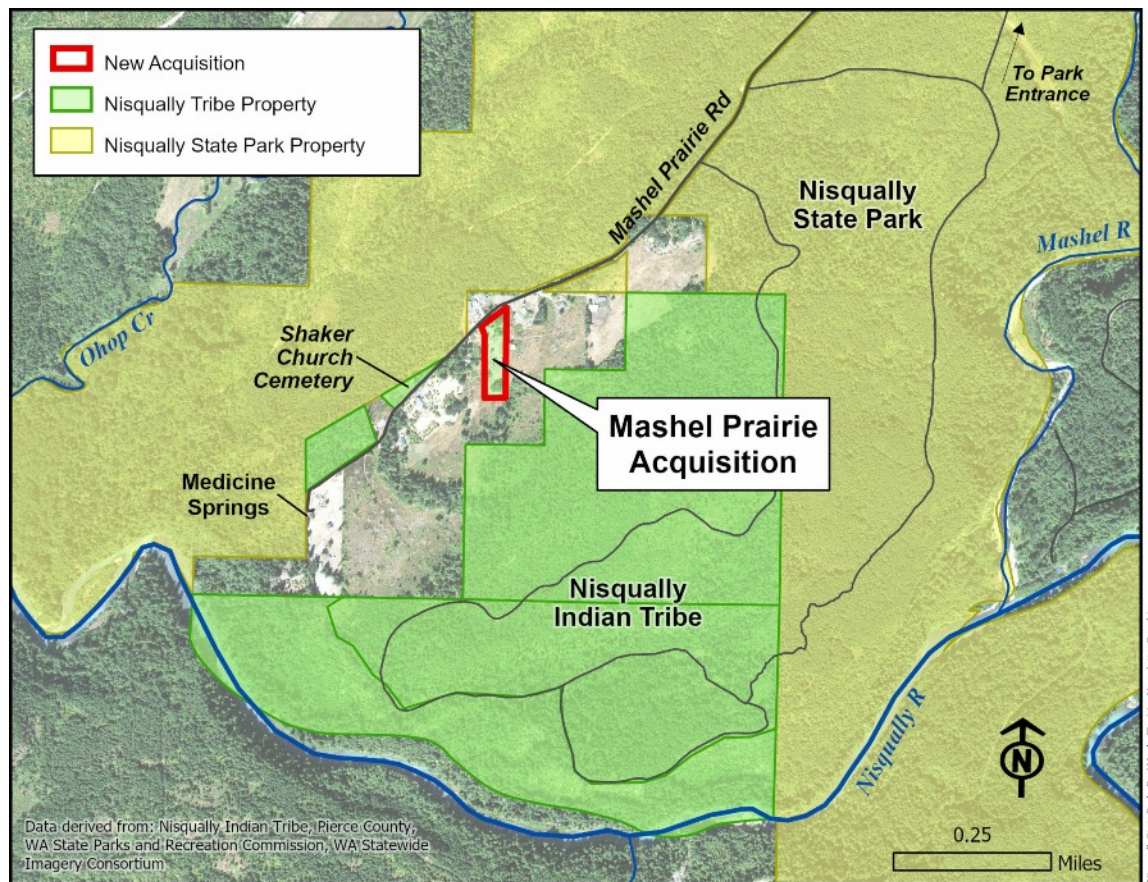
By Lisa Breckenridge

Recently, the Tribe was able to acquire a new property on Mashel Prairie Road within the bounds of Nisqually State Park. The property is a little over three acres and includes a newly renovated house and a sizeable shop. The Tribe's other property in the area includes the historic Shaker Church Cemetery (1 acre), the middle portion of Nisqually State Park (281 acres), a small forested parcel next to the state park (5 acres). The new parcel brings the total up to 297 acres. The purpose is to provide a place for the Parks and Land crew to store equipment and machinery and to provide a caretaker house for all that property. Miles McCloud, Parks Land Steward lead, has relocated up to live at that site and assume caretaker duties in addition to his Parks and Land duties.

The Mashel Prairie is the prairie that is farthest upriver along the Nisqually. Tribal people have likely lived there since time immemorial, since it was on the trail up to the Mountain, and was close to important seasonal resources. It might have been a place to gather camas, acorns, or other prairie foods, or maybe to pasture horses. It was very close and convenient to fishing spots along the Mashel, Ohop and Nisqually. There is community oral history about tribal people who lived there in the early part of the 20th century, and who built the Shaker Church and Cemetery.

The whole area is said to be Chief Leschi's birth village.

Today, the prairie is subdivided into about 13 home sites, forming a distinct tiny community in rural Pierce County. It is meaningful and important that the Tribe have an increased presence there in that community as the Tribe reasserts sovereignty and expands management presence on ancestral tribal lands.



Another reason for the purchase is to have an operational base as Nisqually State Park gets developed. Washington State is planning \$28 million in capital projects at the Nisqually State Park in the coming years, which will mean a major increase in the number of park visitors. This property provides a base of operations and a strong presence up there to take care of the Tribe's land.

Parks was planning a community open house for the Tribal membership when the coronavirus shutdown happened. Now, it's not safe to be having those kinds of events, but we do hope to share the property with the community when it is safe again.



From the Sea to the Mountain

Brad Beach and Jeremy Badoldman

Downtown Olympia has become a flurry of archaeological activity since the original inadvertent discovery that we mentioned last month. Not only are we actively monitoring and assisting with the archaeological investigations needed at the Market Flats development site, we are now entering the beginning stages of an archaeological investigation at the Madrone development site just two blocks away. Couple these two projects with our site work on Mt. Rainier and our non-stop review of development projects throughout the Southern Salish Sea and it appears that the cultural resource management industry has returned to a new normal.

The Madrone development site is two blocks away from the inadvertent discovery of a shell midden on the Market Flats development site. Once the midden was discovered, myself and Squaxin Island Tribe’s archaeologist decided that the Madrone development site needed a closer look. After expressing our concerns to the City of Olympia’s Historic Preservation Officer, she conceded, and required the development company to enlist the services of a professional archaeologist. If this ground holds as many secrets as were found on the Market Flats property, we are in for some exciting new research!

Like previous years, we are once again fortunate to be able to assist on Mt. Rainier on a fairly regular basis. Last year we assisted in the archaeological investigations for a possible trail re-route, and this year we have seen that work come to fruition. Mt.



Rainier’s trail team has been hard at work re-routing the Skyline Trail so the old trail, which has become highly eroded and dangerous, can be replanted with native vegetation and left to heal itself. The photos don’t do their work justice; the trail team has to hand dig around boulders that are nearly the size of small compact cars and then “micro-blast” them into smaller pieces that can be reburied and

used as part of the trail. At the same time some of the trail crew are “micro-blasting” these boulders, others are rescuing native grasses, heathers, and sedges so they can be replanted elsewhere.

We will continue to include updates to the THPO department field work in future Nisqually newsletters, but in the meantime, if you have any questions feel free to contact us at beach.brad@nisqually-nsn.gov or badoldman.jp@nisqually-nsn.gov.

Garden Beauty

Hello Nisqually, I just want to share with you some pictures I took out at the Garden.

All plants and pollinators matter!
-Grace Byrd





Nisqually Tribal Employment Rights Office

By Kayla Sparkuhl

With construction in full swing for the new Health and Wellness Center, the new Elders Center and other projects tailing not too far behind, things have



certainly been busy in the Tribal Employment Rights Office. If you have construction experience and are looking for work, make sure to visit our office to either sign up for TERO, or to update your current file so we can notify you when employment opportunities arise. We would like for clients to update their information with us at least on an annual basis, or any time your contact information needs to be updated. We had our data management software updated so it will now send you an email and a text to inform you that it's time to update your file when it gets close to the one year date on your TERO application.

Nisqually tribal members, spouses and descendants of an enrolled Nisqually tribal member, and members of a federally recognized tribe are eligible to register with Nisqually TERO. A few of the services we offer include: various trainings offered throughout the year; apply for MCEC employment opportunities through TERO; we have a Native American Owned Business (NAOB) Registry that Native business owners can register for; we can assist with boots or clothing for new employment. We can also assist with union dues, and obtaining certifications needed for employment.

There is a common misconception that TERO is a temporary labor pool for departments to contact when they need workers, and that is not necessarily the case. To reiterate the information we mentioned at

the beginning of this article, we assist our tribal members and enterprises with any training needs they have in regards to employment; trainings to help tribal members in becoming contractors for the tribe; to ensure that all contracts and contractors working for the tribe maintain TERO compliance. It is the responsibility of the Compliance Officer, Jennifer Underwood, to establish numerical hiring goals and timetables specifying the minimum number of Nisqually tribal members, tribal member spouses and/or other Native Americans each employer must hire by craft or skill level.

Due to COVID it has been difficult for us to do trainings. One training that we were able to do in collaboration with the Nisqually Police Department was a security training. This allowed us to have tribal members and Nisqually descendants manning the



security checkpoints and help with COVID. We are currently working with Keoni Kalama in getting a Ranch Handler training going and revitalizing horses into the tribe. We will start by doing a clinic day, then taking the top performers and putting them through the full 8 week long training program. We are also getting the Underground Construction 101 RedLine trainings rolling again. This class will prepare the students to learn the skills needed to be an Aerial Laborer and Nisqually Communications has sent over hiring letters to hire graduates from the class.

We have two computers that clients can utilize to complete resumés or apply for jobs, or access Lynda.com which is an online training platform with hundreds of career development trainings. You can

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complete the OSHA 30 training virtually, or access the National Center for Construction Education & Research, NCCERconnect, (<https://www.nccer.org/workforce-development-programs/virtual-training>) to complete Trade trainings virtually, and we can assist with the costs associated. We are actively working with a facilitator that will provide professionalism trainings to help our tribal members with all the aspects of employment, from improving life skills to personal accountability; as well as entrepreneur trainings to assist NAOBs.

We still have the Nisqually Artisan application available for any Nisqually tribal members interested in registering as an artist with TERO. We want to promote our Nisqually artists and fill all of our buildings with the artwork of our very own tribal members. This can include painters, drawers, weavers, carvers, youth and elders.

Jack George and Aztec Sovereign are our TERO Studio Techs and they have been staying busy with screen printing orders. They've recently completed Nisqually Strong shirts for the Public Health Nurse, and they also did the shirts for the Health Department's Suicide Awareness event. They are both very talented individuals. You can come with your own designs as long as there is no copyright issues, or Jack and Aztec can assist you in creating a design for your garments. Once we are able to do in

person trainings again, one of our goals is to get a training curriculum together to train TERO clients how to use the equipment we have in our studio. We have some exciting things in the works for the TERO Studio so stay tuned.

Yolanda Bracero is our temporary secretary while Victoria is out of the office, and she has been busy learning the ins and outs of TERO. She is the first face you see when you enter the building. She can assist you with your application and help you through the intake process. She is very helpful and we appreciate the hard work that she contributes to the department.

If you are interested in any of the services we have to offer, give us a call or visit the office. All guests are required to wear masks and have their temperatures checked when entering the lobby.

Nisqually Tribal Employment Rights Office

360-456-5221 ext. 1273 | 11500 25th Ave. SE
 Olympia, WA 98513
 Wayne Lloyd, Director
 Yolanda Bracero, Temp. Secretary
 Kayla Sparkuhl, Training Coordinator
 Jack George, Studio Tech.
 Jennifer Underwood, Compliance Officer
 Aztec Sovereign, Studio Tech.

NEW DATE!
EMPLOYMENT RESOURCE FAIR
Hosted by the Nisqually Tribal Employment Rights Office
WEDNESDAY, OCTOBER 14, 2020 11AM-2PM
NISQUALLY YOUTH & COMMUNITY CENTER
PARKING LOT
 1937 Lashi St. SE Olympia, WA 98513

- Grab a swag bag • Update your TERO client file • Meet with our Enterprises for employment opportunities • Meet with the contractors and sub-contractors working on the new Health & Wellness Center and new Elders Center for construction employment opportunities • Other resources will also be available •

Social distancing guidelines will be enforced and masks must be worn at all times. Due to COVID restrictions, we cannot gather to eat together so we will have boxed meals for you to enjoy to-go style.

Contact TERO at 360-456-5221 ext. 1273 for more information



Vocational Rehabilitation Program (VR):

By Amber Sutterliect

The Nisqually Tribe Vocational Rehabilitation Program has started the second fiscal year of a newly refunded five year grant. The Nisqually Tribe is partnered with the Squaxin Island Tribe and serves as the lead Tribe on the grant application; which is ran through the South Puget Intertribal Planning Agency (SPIPA). Our Federal funding is received from the Rehabilitation Services Administration - Department of Education - Washington, DC. We work with many agencies and programs at the State, Local and National levels. The Nisqually Vocational Rehabilitation program assists Native American individuals in gaining and/or maintaining employment.

SPIPA



NISQUALLY TRIBE



SQUAXIN ISLAND TRIBE



Program Eligibility Requirements are as follows: Native American individuals who are members of a federally recognized tribe, who experience disabilities or barriers that prevent them from obtaining or maintaining employment may be eligible. Determination of eligibility may take up to 60 days.

The following are required when applying:

- Must have proof of enrollment in a federally recognized tribe.
- Must reside within service delivery area (Thurston County).
- Must have physical, mental or emotional disability/barrier that is documented by a professional.
- Must be able to benefit from vocational rehabilitation services to obtain or maintain employment.
- Must require Tribal Vocational Rehabilitation service(s) to get, keep or return to work.
- The services provided are all based on needs identified while developing an Individualized Employment Plan (IEP).

Success in this program involves a partnership between Nisqually Vocational Rehabilitation staff and program participants. Services are provided with cooperation, commitment and mutual respect.

What to bring to your first appointment:

For your first appointment, please bring the following, which will help speed up the application process:

- Either a State ID or Driver's License
- Utility bill in your name and the envelope it came in
- Copy of your Diploma, GED or college transcripts
- Social Security card, and Tribal ID
- Copy of your work history.

Contact information

Please call Amber Sutterliect at 360-456-5221 ext. 1283 to discuss eligibility and/or schedule a time to obtain an application packet.

All clients must wear masks when in facility for appointments. No drop-in appointments available - by appointment only.

General Assistance Program (GA):

The General Assistance program provides assistance to enrolled members of federally recognized tribes that reside in the Nisqually service area (Thurston County). It is designed to provide cash assistance to eligible participants which is to be used to meet the basic needs of food, clothing, shelter and utilities. The program is a resource to help clients become self-sufficient.

Please contact Amber Sutterliect at 360-456-5221 to inquire about eligibility requirements and to schedule an appointment to pick up application packet.

All clients must wear masks when in facility for appointments. No drop-in appointments available - by appointment only.

Move-In Assistance Program:

This program is available only to Nisqually Tribal Members and provides assistance for costs

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Greenfoot Cannabis

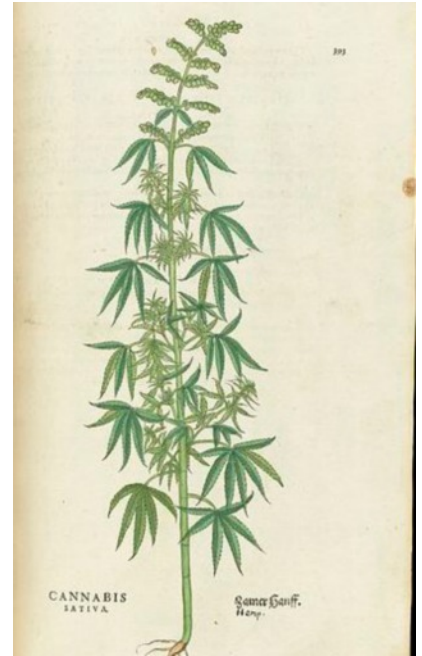
By Willie Frank, 7th Council

I would like to give an update on the tribe opening our first cannabis shop. The tribe's cannabis compact was approved at the end of May by the State of Washington. The tribe is in the process of learning how the cannabis business works. We are starting from the ground up with our business. The Nisqually tribe has created the Nisqually Green Board to oversee the cannabis business.

To get things moving faster the tribal council is serving as the board until we get things rolling. The cannabis board has hired the Calyx Kings consulting firm to help make sure we get the business up and running. There are many rules and regulations we need to follow in order to run a success shop.

We are scheduled to open our first retail shop January 1st 2021. We are in the middle of choosing our designs and artwork for our store. The store will be located next to the Nisqually Post and Print. We hope to start putting the plans together for our second store in the near future.

There are strict rules when it comes to the revenue from cannabis. We are looking into developing our own policy for how we can distribute the revenue. All though we can not give out per capita payments we are looking into the possibilities of ways to help our tribal members in different ways. We will also be putting together education, prevention and awareness. We are looking forward to sharing more information as we continue moving forward.



Continued from page 10-VOC

associated with **new** housing rentals (not for existing rental assistance). The program may provide up to \$3,000 for first month's rent, last month's rent and deposit upon application and eligibility review.

The following are required documents for the application process:

- Rental Agreement/Lease signed by the Tribal Member and Landlord
- W-9 signed by Landlord
- Deposit Agreement signed by Landlord
- Policies and procedures document signed by the Tribal Member stating they understand the policies set forth by the program and Tribe.

If you would like to inquire about your eligibility for this program, please contact Community Services Administration. You can speak to any of the following staff members, who will be able to check your eligibility and schedule an appointment to review the application and required documents. No drop-in appointments available at this time. For

appointments, please be sure to wear a mask once in the facility.

- Marie McDonald – 360-456-5221 extension 1234 or email mcdonald.marie@nisqually-nsn.gov
- Jason Sharp – 360-456-5221 extension 2104 or email sharp.jason@nisqually-nsn.gov
- Jordan Scott – 360-456-5221 extension 1282 or email scott.jordan@nisqually-nsn.gov



Fiber-Optics: Surfing at the Speed of Light

Tips from the IT-WebDev Department

Question: What is fiber optics and how does it work?

What is it?

Fiber-optic lines are strands of optically pure glass as thin as human hair that carry digital information over long distances. Fiber lines are used for telephone systems, cable TV and the Internet.

Optical fibers come in two types; single-mode fibers and multi-mode fibers. Compared to conventional metal wire (copper wire), optical fibers have benefits such as: less expensive, thinner, higher carrying capacity, less signal degradation, low power, non-flammable, lightweight, and flexible.



winding and has multiple bends? You could line the walls with mirrors and angle the light beam so that it bounces from side-to-side all along the hallway. This is exactly what happens inside an optical fiber line.

How does it work?

The light in a fiber-optic cable travels through the core (hallway) by constantly bouncing from the cladding (mirror-lined walls), a principle called total internal reflection. Because the cladding does not absorb any light from the core, the light wave can travel great distances.

Example: When shining a flashlight down a long, straight hallway, just point the beam straight down the hallway - the light travels in a straight line, so it is no problem. But what if the hallway has a bend in it? You could place a mirror at the bend to reflect the light beam around the corner. What if the hallway is

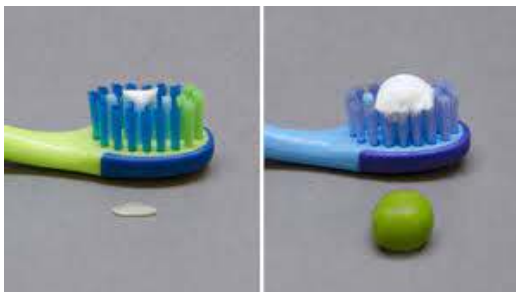
Fiber Optic Definitions:

- **Core** - Thin glass center of the fiber where the light travels.
- **Cladding** - Outer optical material surrounding the core that reflects the light back into the core.
- **Buffer coating** - Plastic coating that protects the fiber from damage and moisture.
- **Jacket** - Hundreds or thousands of these optical fibers arranged in bundles in optical cables; the bundles are protected by this outer covering.
- **Transmitter** - Produces and encodes the light signals.
- **Optical fiber** - Conducts the light signals over a distance.
- **Optical regenerator** - May be necessary to boost the light signal (for long distances).
- **Optical receiver** - Receives and decodes the light signal.

Oral Hygiene Tips for New Parents

By Sue Bohannon, DMD

- Clean baby's gums and teeth everyday
- Do not put baby to bed with a bottle
- Give your child water to drink every day
- Lift the lip to check your baby's teeth every month
- Take your child to the dentist when they get their first tooth



And remember - Always use toothpaste *with fluoride*
❖Rice sized smear for under 3 years old

❖Pea sized amount of fluoride toothpaste 3 years old and older

Nisqually Dental Clinic 360-413-2716



Tips for Parenting during the Pandemic

By Amy Sohler, MA, LMHC, SUDP, CSAT

Would it surprise you to know that most Tribal families are super confident in their parenting abilities...that one of the most important values is supporting kid's success in school...and finally that Native parents are generally less frustrated with their kids than non-Native parents? Repeated studies have found these things to be accurate, yet are these truths playing out in the middle of the pandemic when people are triggered into experiencing more anxiety and depression, kids are bored and acting out, and formal school systems may not be available?

If you are one of those parents that is feeling the squeeze, here are some tips to use for those COVID parenting blues, especially for those whose kids are stuck learning from home!

1.Space: Make an area for learning that is separate from adult space, even if it is a teeny space. Make or buy a room divider. For a kid's learning space, use a basket or plastic silverware organizer for school supplies, make it as far from the TV as possible and try to keep it for learning only. Pinterest has a million ideas.

2.Physical Breaks: Remember that for many kids learning online is a tough call, especially for younger kids. Frequent breaks are important, to move the body around. The Centers for Disease Control and Prevention recommends that children ages 6 to 17 engage in at least an hour of moderate to vigorous exercise a day; preschoolers 5 and younger should aim for at least three hours of active play over the course of the day. Xfinity offers free kids and adult exercise and yoga classes as does Youtube. Here are some ideas:
<https://www.nytimes.com/wirecutter/blog/best-kids-exercise-videos/>

3.Boundaries: Set realistic and doable boundaries with kids, providing them support to meet with expectations rather than punishment if they do not. Consequences should be developmentally appropriate and not severe. The way to change negative behaviors has to do with giving the child information on what you want and rewarding them when they do the positive behavior with praise, hugs, etc. Ignoring the negative behavior if possible is appropriate. Here is how to change behaviors with

proven methods:

<https://icebreakerideas.com/behavior-modification-techniques/>

4.Passion: Doing creative things that kids are passionate about and are fun is important to add into the daily routine. Structured formal activities should not be done for more than 2-4 hours a day according to the experts or kids lose the ability to pay attention so intersperse fun into the **day when possible!** [Here is a list of 97 activities https://www.todayparent.com/family/activities/fun-things-to-do-at-home/](https://www.todayparent.com/family/activities/fun-things-to-do-at-home/)

5.Self-care: Make a list of needs and wants. Needs are what you have to have to survive and can be financial, emotional, physical and spiritual. Wants make your life more enjoyable. This is so important and so hard to do because you may be used to putting yourself last. However, if you are happy, everyone else will be happier around you and you will be role modelling to your kids the importance of **self-care!** [Here is an example of someone's wants list https://www.awai.com/2011/08/57-things-other-people-want-from-life/](https://www.awai.com/2011/08/57-things-other-people-want-from-life/)

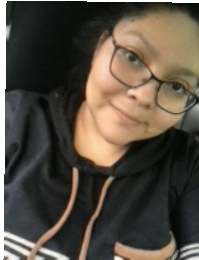
6.Realistic: Be forgiving and less judgmental about your capabilities as a parent right now. You are doing the best you can with what you got thrown, a real curve ball! Unrealistic expectations turn into future resentments. Here are 42 pages of brief self-compassion mindfulness exercises to help let go of stress and self-judgment, practice one a day!
https://www.mindfulnessstudies.com/wp-content/uploads/2015/09/Self-Compassion_and_Mindfulness.pdf

If you are struggling with stress or feelings of being overwhelmed, counseling is available on Mondays with Amy Sohler, a licensed mental health counselor who practices Cognitive Behavioral Therapy to help you work on creating functional and healthy ways of thinking, feeling and behaving. She has over 30 years in the field of behavioral health and addictions and has spent time providing services to celebrities, four Tribal communities, treatment center clients and many others! Call 360-413-2727 for more information.



Healing House Welcomes New CNA- Deanda Lacapa

Hi, my name, is Deanda Lacapa, my mother is Georgina Pailzote and my father, is Nathan Lacapa. I am a White Mountain Apache Tribal member from Arizona, was born and raised there. I am the youngest in my family, recently got married and moved to Washington last year.




I am a mother of two children. My hobbies are crafting, sewing, reading, and drawing, if I ever get the time to do so. My kids are my number #1 priority then it's my husband. And what I'm looking forward to bringing into the Nisqually community is care to the elderly. This is only the beginning for me so I look forward to seeing what else comes my way.

TeleMedicine

Healthcare Virtually Anywhere. A "TeleMedicine" visit just like a regular medical appointment, except that you interact with your healthcare provider using the Internet and your own Smartphone, Tablet, or Computer.

SAFE & EASY For many healthcare needs, patients can avoid the risk of travelling to our physical location for an in-office visit.




Easy-to-Use. A TeleMedicine visit is as easy as 1-2-3

1 Make an Appointment
Call us at **(360) 459-5312** to schedule with us. After verifying that a Telemedicine visit is right for you, our staff will arrange a timeslot with our family medical practitioner.

2 Download GoTo Meeting
Choose your device: tablet, laptop, or smartphone. Download **GoTo Meeting** by following the instructions. Clinic staff are available to help you through this process.

3 Click on the Link
Health Clinic staff will contact you to provide you with your 9-digit ID number, which you will enter into the app to join your meeting at the time of your appointment.


 There should be no cost associated with downloading this app, however smartphone data rates may apply. Connection quality can also vary based on your internet connection. Thank you for working with us.

Frequently Asked Questions

How do I know if a TeleMedicine visit is right for me?
The number of situations appropriate for a TeleMedicine visit is too long to list here. Call our office to determine the right type of appointment for your particular case.

Do I need any special equipment?
No. All you need is an Internet connection, an email account, and any one of the following devices: Smartphone, iPad or Android Tablet, or Personal Computer. If using a computer, be sure it has a webcam, speaker, and microphone (or headset). The first time you use the service, you'll be asked to install a browser plugin. After that, it's just click and connect. If you need assistance through this process, please call at least 24 hrs before your appt so we can help. We'll help you set it up and test it so you are ready to go.

How is my privacy protected?
Our medical practitioner conducts all visits in an enclosed medical suite. In addition, we use specialized security software for the two-way videoconference. This ensures your information and conversation is kept private and confidential.



NISQUALLY TRIBAL HEALTH CLINIC
(360) 459-5312

Nisqually's Newest Mental Health Professional

Please help the Nisqually Tribe Health Department welcome Amy Sohler, licensed mental health counselor, a substance use disorder professional and a certified sex/porn addiction counselor. She has 30 years' experience in the field with two master's degrees and much life experience. Her experience includes providing mental health services at three internationally top ranked treatment centers, including two celebrity/professional athlete centers, clinical directorship at three agencies and as a mental health professional for three Tribes and one Tribal treatment center.

Her goal is to assist you to be heard, be empowered, and transcend suffering. She offers a safe, nonjudgmental space to lay your thoughts, feelings, secrets down and get rid of toxic shame. Her services are evidence-based, and trauma informed. She can help you with liberating yourself from negative thinking, working through past trauma, reducing anxiety, reducing worry, letting go of shame and secrets or simply to be listened to respectfully and be offered another perspective. To schedule, call us at 360-413-2727.





Nisqually Tribal Health Department

Pediatric Clinics

Dr. Sylvia Morales

Our Pediatrician will be available for limited hours each month. Appointment availability will be between 9 AM -12 PM.

General days in the clinic will be on the 4th Tuesday of every month. Schedule your child's Visit today!



2020 Clinic Dates:

- ~~Tuesday, June 30th~~
- ~~Tuesday, July 28th~~
- ~~Tuesday, August 25th~~
- Tuesday, September 22nd
- Tuesday, October 27th
- Tuesday, November 17th
- Tuesday, December 15th

Is my child due for a Well Child Check? What about sport physical?

The American Academy of Pediatrics recommends that parents bring newborns to see their health care provider at 3-5 days old.

AND...

By 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 2.5 years, 3 years, and every year until age 21.

Call the Clinic at **360.459.5312** to schedule appointments such as:

- Well Child Checks
- Head Start Exams
- Childhood Immunizations
- Physicals and/or Screenings.



NISQUALLY HEALTH DEPARTMENT PODIATRY CLINICS

Why is Diabetic Foot Care Important?

Proper care of the feet in people with diabetes can prevent complications. How do complications arise in diabetic feet?

High blood sugar can do damage to blood vessels, decreasing blood flow to the foot. This leads to weakening of the skin and poor wound healing.

Infections that are normally minor can become quite serious, invading the deep tissue and bone. Additionally, nerves supplying the feet can be damaged limiting the person's ability to feel pain in the affected area. Unaware of the damage taking place, the person does not properly attend to their wound.

Podiatry appointments help manage diabetes foot related complications and prevent amputations!

We provide:

- Diabetic foot exams
- Diabetes foot care education
- Information on foot care
- Advice and help with proper footwear

Call us if you have foot pain, develop or have foot wounds or sores, have questions regarding footwear, need a Diabetic foot exam, need foot and toe dressings changed, or for an annual foot exam.

2020

Clinic dates with Dr. Molina Kochhar:

- February 7 & 14
- ~~March 6 & 27~~
- ~~April 3 & 24~~
- ~~May 1~~
- ~~June 5 & 26~~
- ~~July 24~~
- ~~August 7~~
- September 11 & 25
- October 2
- November 6 & 13
- December 4

Call the Clinic @ **360.459.5312** to schedule an appointment

A successful Safe Start means we all have to do our part.

It's safest to stay home.

BUT IF YOU HEAD OUT:

Wear a mask.



Stay six feet apart.



Wash your hands.



Prevent the spread by staying local.



South Puget Intertribal Planning Agency

USDA Foods Program October Dates

- PT. GAMBLE S'KLALLAM 10/6/20
- SQUAXIN ISLAND 10/8/20
- CHEHALIS 10/14/20
- SKOKOMISH 10/20/20
- NISQUALLY 10/22/20

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 October Dates

- CHEHALIS 10/8/20
- SQUAXIN ISLAND 10/13/20
- NISQUALLY 10/14/20
- SKOKOMISH 10/21/20

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.



SMOKING VAPING & COVID-19

During the COVID-19 pandemic, it is vital that people are aware of the serious potential risks associated with smoking or vaping and COVID-19. We must act now to spread the word.



Smoking or vaping may put people into a higher-risk category.

Smoking or vaping may increase the chances that a person will be infected by COVID-19 and need hospitalization and advanced life support to survive.



Smoking or vaping could make COVID-19 infections worse.

If a person who smokes catches COVID-19, they are more likely to develop a severe case of the virus than those with no smoking history. Flavored tobacco products could make lung infections like COVID-19 worse.



Smoking and vaping damage lungs and weaken the body's immune system.

Smoking and vaping damage the lungs, allowing viruses to more easily attach to lung cells and enter the lungs.



Smoking and vaping may increase the spread of COVID-19.

The virus is easily spread from hand-to-mouth contact, common when using smoking and vaping products. Social sharing of smoking and vaping products can also facilitate the spread of the virus.



Encourage those who vape or smoke to make every effort to quit.

- Share these facts with people who smoke or vape;
- Discuss with people who smoke or vape in your life the importance of frequent handwashing, social distancing, and not sharing smoking or vaping products;
- Contact your primary care physician or your child's pediatrician for medical advice.



Quitting Resources

- Discuss with your doctor use of nicotine patch and gum. By using a patch and gum together, you are 4 times more likely to quit successfully.
- Pair smoking cessation medications with expert coaching and support.
- For coaching and support, call 1-800-QUIT-NOW. You can also text the word "QUIT" (7848) to IQUIT (47848) for free help.

Office of Attorney General Massachusetts

THE TREVOR PROJECT

Saving Young LGBTQ Lives

The Trevor Project focuses on ending suicide among LGBTQ youth. If you or someone you know needs help, we are here for you.

| | | |
|--|---|----------|
| | TrevorLifeline If you're thinking about suicide, you deserve immediate help Call us anytime 866.488.7386 | 24/7/365 |
| | TrevorText Talk to a Trevor counselor via text Text "START" to 678678 | 24/7/365 |
| | TrevorChat Online instant messaging with a TrevorChat counselor TheTrevorProject.org/get-help-now/ | 24/7/365 |
| | TrevorSpace A social space for LGBTQ youth under 25, and their friends & allies. TrevorSpace.org | 24/7/365 |
| | Suicide Prevention & General Info Information on suicide prevention and FAQ's on sexual orientation, gender identity and other topics can be found at: TheTrevorProject.org/resources | |

INDIGENOUS STRESS MANAGEMENT SESSIONS

COVID-19 hasn't been easy on us or our families.

Come in for a session and learn how to create solutions to:

- Social isolation
- Lack of social interaction for youth
- Financial stressors
- Fear and worry about going out in public or back to work
- Access to normal social support networks
- Any other life stresses you are facing

BRADLEY CASTILLO FROM SALISH HEALTH WILL BE ON SITE TO HOST ONE-ON-ONE SESSIONS AIMED AT CREATING HEALTHY RESPONSES TO STRESS



SALISH HEALTH
HEALING THROUGH TRADITION

From Salish Health:
We help indigenous people gain, retain and exercise skills to cope with and overcome stress responses to trauma.

WHEN:
Mondays, Tuesdays and Wednesdays
9am - 4pm

WHERE:
The Recovery Cafe

To sign up: call
Josette Ross at
360-413-2707 or the
MAs at
360-459-5312

2020 Flu Clinic

Wednesday October 7, 2020

At the Nisqually Youth Center

Times: 3:30 p.m. -6:15 p.m.

In support of the Nisqually Tribe resolution # 48-# 49 social distancing and wearing a mask is required.

Current registered Nisqually Tribal Members
Current registered CHS patients who live on the Nisqually reservation.

In addition on October 7, 2020 we will be offering a mini flu clinic outside the Nisqually Health Clinic. The hours will be from 9:30 a.m. -12:30 p.m.

The purpose of holding this mini event is to decrease the amount of people at the Youth Center. Only one car will be seen at a time, so please be patience. We look forward to seeing all of you.

Call 360-459-5312 and ask for a nurse if you have any questions regarding the flu clinic and mini flu clinic.



Halloween During COVID

By Mary Szafranski, PHN

Many traditional Halloween activities can be high-risk for spreading viruses. There are several safer, alternative ways to participate in Halloween.

These lower risk activities can be safe alternatives:

- ❖ Carving or decorating pumpkins with members of your household and displaying them
- ❖ Carving or decorating pumpkins outside, at a safe distance, with neighbors or friends
- ❖ Decorating your house, apartment or living space
- ❖ Doing a Halloween scavenger hunt where children are given a list of Halloween-themed things to look for while they walk outdoors from house to house admiring Halloween decorations at a distance
- ❖ Having a virtual Halloween consume contest



- ❖ Having a small group, outdoor, open air costume parade where people are distanced more than 6 feet apart
- ❖ Attending a costume party held outdoors where protective masks are used and people can remain more than 6 feet apart
 - ❖ Going to an open-air, one-way, walk through haunted forest where appropriate mask use is enforced, and people can remain more than 6 feet apart
 - ❖ Visiting a pumpkin patch or an orchard where hand sanitizer is used, masks are required and social distancing is enforced.
 - ❖ Having an outdoor Halloween movie night.

Avoid these higher risk activities:

- ❖ Participating in traditional trick-or-treating where treats are handed to the children who door to door.
- ❖ Having trunk-or-treat where treats are handed out from trunks of cars lined up in garage parking lots
- ❖ Attending crowded costume parties indoors
- ❖ Going to an indoor haunted house where people are crowded together and screaming
- ❖ Going on hayrides or tractor rides with people who are not from your household

CDC Guidelines for Halloween

These are moderate risk activities:

- ❖ Participating in one-way trick-or-treating where individually wrapped goodie bags are lined up for families to grab and go while they continue to social distance (such as at the end of the driveway). If you are preparing goodie bags, wash your hands with soap and water for at least 20 seconds before and after preparing the bags

Prepare Your Car for Winter Weather

- Cell phone charger
- First aid kit
- Jumper cables
- Spare tire
- Flares
- Full gas tank
- Water, snack
- Sand or kitty litter
- Mittens, hat, boots, warm clothes
- Flashlights
- Blankets
- Snow shovel and brush
- Tow rope

BUILDING AN EMERGENCY SUPPLY KIT FOR YOUR CAR

WHY?
Because you never know when you will encounter winter weather or an emergency road closure


AMERICA'S PrepareAthon!



OCTOBER 2020


Guests pay \$4.00

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|---|---|--|---|-----|
| | | | | 1 Pork Schnitzels Mashed Potatoes Veggie Blend | 2 German Sausage w/ Onions & Peppers German Potato Salad | 3 |
| 4 | 5 | 6 Salisbury Steak Mashed Potatoes Veggie Blend | 7 Italian Chicken w/ Noodles Garlic Bread Roasted Veggies | 8 Tamale Pie Spanish Rice/Beans Green Beans | 9 Split Pea Soup Tuna Sandwich Fresh Fruit | 10 |
| 11 | 12 | 13 Beef Stroganoff Buttered Noodles Roasted Veggies | 14 Baked Salmon Potato Medley Garden Veggies Fresh Fruit | 15 Beef Stir Fry Brown Rice Fresh Fruit | 16 Pork Roast Yams Roasted Kale | 17 |
| 18 | 19 | 20 Meatloaf Mashed Potatoes Garden Veggies | 21 Chicken Casserole Wheat Roll Pasta salad | 22 Ham / Bacon Scrambled Eggs Oven potatoes Toast, Fresh Fruit | 23 Fish & Chips Cole Slaw | 24 |
| 25 | 26 | 27 Tuna Casserole Broccoli Spears Wheat Bread Jello/Fruit | 28 Oven Fried Chicken Red Potatoes Green Beans | 29 Chunky Chili Cornbread Green Salad Fresh Fruit | 30 Creamy Pumpkin Soup Turkey Sandwich Fresh Fruit | 31 |



Since They Can't Talk, Babies Cry.

Babies cry for many reasons. Be a detective to figure out what your baby wants to tell you.



A Hungry Baby May:

- Bring their hands near their mouth
- Clench their hands
- Pucker their lips, suck on fist
- Make a sucking motion and noises
- Search for nipple (root)
- Bend arms and legs toward the middle of his body


- Uncomfortable with a wet or dirty diaper, clothes too tight, too much time in the car seat, just needs a break from current activity, or situation, etc.

Crying won't always mean your baby is hungry. Babies are hard to understand at first, but it gets easier! The average six week old baby cries for about two hours each day. Babies cry less and less as they get older.

Babies cry for many reasons other than hunger. They may just want something to be different.

Examples include:

- Too hot or cold
- Lonely or tired
- Upset by too much noise, too many people or too bright of lights



SPIPA's Nisqually WIC
(Women, Infants, and Children)
provides healthy foods & nutrition information for you and your child up to age 5.
Please have available:
Your child, Provider One Card or paystub and identification for you & your child


Contact at SPIPA for an appointment:
Patty at 360.462.3224,
wicnutrition@spipa.org

Debbie Gardipee-Reyes 360.462.3227
gardipee@spipa.org

Main SPIPA number: 360.426.3990

Next WIC:
Wednesday, Oct 14th
Remote phone appointments due the COVID-19 virus
We will call you on your appointment day

This institution is an equal opportunity provider.
Washington State WIC Nutrition Program doesn't discriminate.



For more Baby Behavior information contact WIC with SPIPA at 360-462-3224

This institution is an equal opportunity provider. Washington State WIC Nutrition Program doesn't discriminate.



Announcements

October 15th

Happy birthday, to my little sister Selina Oya!
Love you always, Madd ☺ and family



Happy Birthday Rayne!



Happy Birthday Tayonnah!



Happy Birthday
Sheila!

NON-EMERGENCY #

360-412-3030

Call this number to leave a
NON-EMERGENCY crime tip. You will be
asked to leave a message that will be
forwarded to all
Nisqually Tribal Police Officers.

Please call 911 for Emergencies

IS COMING SOON

FLU SEASON

YOUR MASK

REMEMBER



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



POST & PRINT

NISQUALLY



Hours:

Monday - Friday

8am - 6pm

Location:

12820 Yelm Highway SE

Suite C

Olympia, WA 98513

Phone:

360.338.6431

Email:

orders@nisquallypostandprint.com

www.nisquallypostandprint.com

Website:

orders@nisquallypostandprint.com

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