



Nisqually Health and Wellness Center Update

By Wayne Lloyd

The Nisqually Health and Wellness Center (NHWC) has come a long way and now approximately 35% complete. All concrete foundations and slabs have been poured. The septic tank has been installed, water tie-in complete, and temporary power installed. The CMU wall has been erected and scratch coat applied. All underground plumbing and electrical has been installed. The structural steel erection started on June 11th and over 100 pieces have been installed so far.

Because of COVID-19, the steel fabrication shop shutdown and caused a delay to the project. Korsmo Construction did a good job rearranging their schedule to keep the project moving forward. Even

when the Tribe was closed, they continued to work safely and provided daily COVID-19 impact reports.

Over 8,000 manhours have been worked on the project to date. More than 25% of these hours were by Native Americans. A large portion of work has been subcontracted to Nisqually Construction Services.

Project Details:

Architect: KMB Architects

General Contractor: Korsmo Construction

Earthwork Contractor: Nisqually Construction Services

Building Square Footage: 49,375

Continued on page 3-NHWC



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 Recovery Cafe

When: Friday

Time

Hosted by [Name] at 360-412 [Name] contacted

Recovery 98513. [Name] Jr. Blvd. Olympia, WA

Everyone is welcome. We share Recovery, the struggles and the strength. You 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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Opening Date: Spring 2021
Services Offered: Acupuncture, Massage, Chiropractic, Naturopathy, Traditional Healing, Dentistry, Pediatrics, Hearing/Vision, Emergency Treatment, Mental Health, Hyperbaric Chamber, Pharmacy And more.

Building Department:
Wayne Lloyd – Director
Keith Brent – Project Manager
William Wells – Safety Compliance Manager
Victoria Jackson – Administrative Secretary

This is going to be a beautiful facility that will serve the Nisqually community well. If you would like a tour, please contact the Building Department. If you have construction experience and are interested in working on the project, please contact TERO.

NHWC Renderings:





COVID – Administration Rose To the Occasion

By Cynthia Iyall, Tribal Administrator

My hands go up to all within our Nisqually Administration who worked and gave all they could to keep Nisqually safe from COVID.

The moment COVID became a real threat to Nisqually and our surrounding communities, we all gathered together as a team to assess what this community needed and tried our best to adjust our services to meet the needs.

Administration was here to support EOC, Health, NPD and Tribal Council in carrying out the necessary tasks that came from their diligent decision making. These departments quickly were identified as the front line workers to prevent the spread. We were instantly put to task to ensure that elder care, health care and those in need had what they needed to get food, lunches and services out to our members and community. Many of these workers were here every day and worked many additional hours to help this community.

Administration worked closely with financial services, Human Resources and Information Technology (IT) to process requests that were related to the prevention of COVID on Nisqually reservation. This was a daunting task that we had never encountered before, each decision was thoroughly thought out and acted on carefully knowing that we were stepping into completely new grounds.

We relied heavily on IT to help us develop a new way of meeting and communicating. We were geared up for virtual meetings. This allowed us to continue working on absolute necessary tasks and communicate with each other online. This tool quickly became a daily activity that helped us all complete what was necessary.

Many of our workers from the other departments were directed to head home and stay at home. For many weeks our staff followed this directive and contained our community into its own bubble. This was so hard for many, but the efforts were greatly appreciated, to date we have zero COVID cases at Nisqually. There were some tests completed and fortunately all have been negative.

I truly hope we don't go through this again, should our future bring this type of virus again we will know what to do.

Administration is slowly opening back up. Please feel free to call our main number to reach programs for information that you need. You will be greeted with safety screens, temperature checks and hand sanitizer stations.

We will continue to work to keep all of Nisqually healthy and safe.

TANF News

By Jesse Youckton

The TANF department was deemed essential when COVID-19 caused the tribe to shut down. We reduced our office hours to Monday, Wednesday and, Friday from 9-12:30. With TANF staff rotating schedules to allow proper social distancing.

At the beginning of the pandemic, each TANF family received Purchase Orders to stock up on food and cleaning supplies. Also, for the months of May and June, each family grant was slightly increased to help with additional support in these times of need. We collaborated with SPIPA's Comprehensive Cancer Control Program and Heidi Brown arranged for our

TANF clients to receive produce boxes which also included milk and eggs for 5 weeks. Thank you Heidi!

Due to COVID-19 health restrictions, our client activities and staff trainings have been cancelled or postponed. We will reschedule once things return to "normal."

If you are interested in signing up with TANF or have any questions about TANF, please give Jesse Youckton a call at 360-456-5237 ext. 2210.



Mitigating COVID 19 When Managing Paper-Based, Circulating, and Other Collections:

Informational Webinar 03/30/20

In partnership with the Library of Congress, National Archives and Records Administration, Smithsonian Institution, and US Department of Education, the Institute of Museum and Library Services [IMLS] held an informational webinar with presenters from the CDC in order to clarify points of concern and answer questions regarding current and continued information services in the midst of COVID-19. With fears of community-based transmission through the handling of books, DVDs, and collections in general, the presentation provided much relief to and inspiration for continued services to our constituents.

With that said, the main points of this webinar include both preventative and supportive actions:

- Review and enhance existing emergency policies to accommodate health issues;
- Promote prevention and CONNECT patrons to prevention supplies (hand soap, sanitizer, masks, etc);

- Increasing and continued social distancing within facility upon reopening;
- Continued or heightened cleaning and disinfecting (not the same thing);
- Isolating paper-based materials upon check-in and quarantining for up to 24 hours;
- Implementing EPA-approved disinfectants when cleaning facility and other items.

This information is being shared to the community in order to keep all up to date with current guidelines, as recommended by our top organizations. As a Tribal Library, we will be working hard in the coming months to implement and/or continue our efforts to prevent and support our patrons. We will provide updates as we receive them. If you are interested in reviewing this webinar, you can find it under “News and Updates” at: <https://www.ims.gov/coronavirus-covid-19-updates>

Continued Learning through School Closures

While school is closed for public health and safety, the Nisqually Library would like to offer some ideas for free or low-cost reading apps. The first one is called “**Epic kids’ books and videos!**” There is a free 30-day trial when you sign up then 7.99 a month to continue. This app has a digital library for kids 12 and under and is great way to keep kids engaged in reading and schoolwork.

Another great free app is **Hoopla** – free to use and sign up using your public library card. So if you have a Timberland Regional Library account, both apps are free to use.

I would also have to recommend the **Kindle** app for adults especially those who like to read eBooks. Kindle is used by a wide range of organizations including public libraries, so you can check out a book through the app **Overdrive** (connected to Timberland Regional Library) that will appear in your Kindle app. The app is free – no need to purchase.

Lastly for teens, adults, and kids, the **Audible** app is a great investment. While the app is free, audiobooks can be expensive to purchase so I would recommend using Overdrive for library check-outs, which will then download in Audible.

Happy reading from Catalina Sanchez – Nisqually Tribe Library

LIB LIFE,

Tribal Library Staff

Summer is almost here! While these next few seasons may “feel” different than prior years, staff of the Nisqually Tribe Library are working on service plans to continue programming throughout, synthesizing all information regarding COVID-19 coming in from the CDC, the State of Washington, and the Institute of Museum and Library Services [IMLS].

Although our doors remain closed, staff will be working toward bridging services to the community through alternative means. Namely, we are looking at partnering with organizations to bring library stands to multiple locations, beefing up our online presence (NIT.gov site), and potential drop-off services.

We hope you are all well, staying safe and healthy, and look forward to serving you all again in the near future - stay tuned!



North of Falcon and Pacific Fisheries Management Council 2020

The preseason management period this year was much different than years past due to Virus concerns. We conducted all of the very long meetings by teleconference. It was challenging as usual but this added complication was a serious test to the commitment to co-management. In the end we came to agreement. The following is a summary of the process in terms of its effect on the Nisqually's salmon and steelhead stocks.

Chinook:

This year there were two driver stocks that pre terminal fisheries (Puget Sound and WA. Ocean) focused on to meet management objectives, Mid Hood Canal Chinook and Stilliguamish Chinook. As a result, the pre terminal fisheries were curtailed to meet the management objectives of those two stocks and which allows more Nisqually Chinook to return to the Nisqually River. Stilliguamish Chinook are found in all the same places as the Nisqually stock in the Puget Sound. A few fisheries that have been curtailed for Stilliguamish that help the Nisqually stock are the following:

- All Puget Sound Areas except 5, 10, and 13 have been closed for winter sport fisheries.
- Sport summer quotas in 9 where dropped.
- Makah winter Treaty Toll was modeled at less than half of normal.
- And the sport fishery with direct impact to Nisqually stock in the Nisqually River is closed Sunday and Monday during tribal openers.

The Nisqually Chinook net schedule looks very similar to last year with 6 openers. McAllister Chinook fishery has grown in the last two years and will be added opportunity for Tribal Members to harvest Chinook with a more robust run returning in 2020. McAllister can be fished for Chinook from the end of July to November 3-5 days a week dependent on schedule the Nisqually Fish Commission decides.

Coho:

No Coho concerns in the Nisqually this year because hatchery forecast provides harvestable surplus for our fishery as planned. Chinook impacts limit the beginning of our coho fishery consistent with years past. Chum conservation concerns also curtail the last week of Coho when we usually see winter chum exceed Coho catch.

Chum:

Area 10 and Area 11 (Central Puget Sound) Fall Chum commercial fisheries were severely curtailed out of concerns for a small Fall Chum forecast, many areas of the aggregate not projected to meet local escapement, and Nisqually Late Chum conservation concerns. WDFW is not planning on a Purse Seine or Gill Net fishery and will not fish unless there is co-manager agreement. Because Nisqually Late Chum are forecasted well below the escapement needs there is little reason there will be co-manager agreement for WDFW to open. Treaty fishing in the area will continue on a very small fall chum quota. Tulalip has committed to fishing their quota early and will not fish past week 44 when Nisqually Chum start to "show" in the available genetic data in the area. Suquamish will fish through week 45. Both parties committed to policy phone calls before their last scheduled week of fishing to discuss catches to date and Nisqually Late Chum impacts. Tulalip and Suquamish are working with us to protect Late Chum by reducing their fisheries to weeks 44 and 45. Both treaty and non-treaty commercial fisheries in Area 10 and Area 11 normal duration is wk 42-wk 48. This will be the first time in over 30 years that there will be no WDFW purse seine fleet on the water in Area 10 and Area 11. HUGE win for Nisqually Late Chum management.

In the Nisqually River, neither sport fishery nor treaty commercial net will have an opening until/if Yelm Creek live count reaches 340 on or before January 2, 2021. If escapement is projected to be met, Nisqually net can open 3-4 days a week through January 23rd, 2021. The 2019 chum run was the worst recorded, over 100 years. Forecasts were for 25,000 and the post season run is estimated at 1,400. This was fresh in our minds when forecasting, massively curtailing pre-terminal impacts, and river fisheries planning. It is very important to reach our escapement this year and every year forward.

Steelhead:

We successfully rolled back the WDFW trout fishery opening on the Nisqually River to July 1 that was slated to start May 23rd. This closure of "opportunity" is important to protect outmigrating steelhead smolt, Chinook, and coho. It also protects adult steelhead in the system actively spawning and resident rainbow trout that are known to spawn with Adult Steelhead and/or produce steelhead.



THPO Back to Work

By Jeremy Badoldman

Welcome back to all of our fellow Nisqually employees. It has been a challenging time here at THPO, as I know it has been for so many in all the departments here. While we have not been able to work from our offices, we have been successfully able to work remotely from our homes and have had communication with some of the other tribes, departments and organizations that we work so closely with - this has made it possible to continue our work. Now that we are back in our offices it is giving us hope and the realization that we will eventually get back to "normal."



operation. Then we will be heading out to a job site in or near Orting to help monitor, but first we will be doing a 'tail-gate' training session, practicing social distancing out on the field. This job is of a lot of interest as we will be right next to a couple known pre-contact sites.... We will definitely be keeping our eyes peeled!

I am really excited about working with Aquaterra Cultural Resource Consultants on this particular job, because this job is not only a pre-contact site, but it is also a salmon enhancement project meant to restore riparian habitat on

We are looking forward to seeing familiar faces and working with the other treaty tribes and people at state and federal agencies again. Just getting back out to do field work is going to be such a blessing. With a lot of new rules and social distancing regulations in place, it will be somewhat of a challenge, but we are determined to be able to continue our work with full success and satisfaction. One of our first goals is to get caught up on all of our local work sites that have been in

South Prairie Creek. Off to one side of South Prairie Creek there is a small channel through a flood plain that has been a hindrance for salmon migration, kind of a rough spot for salmon. So the main goal is to make this area easier for salmon to migrate through and eventually create a more natural environment for the salmon – all while protecting the cultural resources that are within the South Prairie Creek drainage.

Nisqually Dental Clinic New Look, Same Great Staff!

Due to Covid-19, our staff and clinic look a little different now. We wanted to let patients know, especially the children what to expect.

The dental staff will be wearing more protective gear such as gowns, goggles, hair coverings and bigger masks. The clinic had been updated to have the rooms isolated for patients safety during treatment. There is a plastic sheeting separating the rooms and the hallways.

We are still the same caring staff and wanted to make sure patients do not feel uncomfortable with the new safety precautions that we have taken.



Please call to make your appointment at 360-413-2716.

Open 5 days a week from 8:00 a.m. - 4:30 p.m. (appointment only)

We are currently only seeing true dental emergencies so if you have a toothache or tooth infection call to speak with a dentist.



Coping with Quarantine

As we gradually increase the amount of time we spend in public life, some of us might get exposed to COVID-19. If someone you know tests positive for COVID-19 and you have had close contact with that person, the health department will ask you to stay in your home for 14 days.

If quarantining in your home is not possible for you, then we will help you find a safe place to stay. Here are some things to remember about quarantine.

Why am I being asked to quarantine?

You are being asked to quarantine because you have been exposed to COVID-19. We don't know if you will get sick or not. Not everyone who gets exposed to a virus catches the virus.

- If you do get COVID-19, you will be contagious during the 2-3 days before you get symptoms – before you even know you have it!
- Almost everyone who gets symptoms of COVID-19 will get them within 14 days. Most people will get symptoms around 5-7 days after being exposed.
- The purpose of the quarantine is to keep you from spreading COVID-19 to others between the time when you learn someone you know has tested positive for COVID-19 and when you develop symptoms.

But I feel fine

Yes! You feel well during quarantine! Since quarantine happens before you get any symptoms of COVID-19, you feel like you normally do during quarantine.

- Since you might develop symptoms of COVID-19 over the next 14 days, you might want to prepare for a time when you don't feel that well. Line up some deliveries of things that comfort you when you are sick. Fever reducer, gripping novels, that chicken soup with the little stars in it.
- You feel well, but keep your expectations low around productivity. If you already work from home, you can continue that. But maybe don't set too many other goals for this time. Quarantine is a stressful time. The uncertainty around whether you have caught COVID-19 and the daily monitoring of your health may make it difficult to focus on too much.

14 days is a long time

Find ways to reduce stress while counting down the days.

- Consider how you will help the children count down the days. Would they like to make a chain out of 14 construction paper rings and tear one off each day? Can they count down the days on a calendar? Is there a special treat they can have each day of quarantine?
- Reach out to your friends and family. Don't let the chaos and noise of social media define your whole social life! Those real connections will help you deal with uncertainty and stress. Asking for help is hard, but people love to help! Maybe they have great ideas for entertaining kids at home or recommendations for your Netflix queue. Remember, your friends and family are worried about you and this quarantine. They need frequent updates anyway.
- This may be a good time to begin some small practices that can help with stress, like using a meditation app or starting a gratitude journal – each day write down three things from the day you are grateful for.

What happens at the end of 14 days?

If you develop symptoms of COVID-19 during your time in quarantine, you will need to continue to isolate yourself until your fever is gone for three days and your other symptoms have cleared up. If you did not develop symptoms, you will likely be able to rejoin public life. If your situation requires something different, the local health department will let you know.

Practice compassion

Finding intentional ways to be kind to others can improve your mood and help manage stress. Every day, go out of your way to be kind to someone else.

Taken from: Public Health Connection, Washington DOH. See the Nisqually Tribe homepage for additional COVID-19 information.

If you feel ill, or believe you have been exposed to COVID-19, contact Nisqually Clinic at 360-459-5312.



Nisqually Pharmacy: *Hello June*

Greetings from the Pharmacy! A lot has taken place since March. One thing that has not changed is our dedication to serving the community. As we move closer to returning to our regular hours, here is an update on what is happening at your clinic pharmacy.

Currently, we are onsite on Mondays, Tuesdays, and Fridays from 8:00 a.m. to 5:00 p.m. with a lunch break at noon until 1:00 p.m. Curbside pickup, mailing, and limited delivery is available as the lobby window is not yet open. Also, Pharmacists Amy and Richelle are available from 8:00 a.m. to 5:00 p.m. on Wednesdays and Thursdays to take your phone calls by calling 360-491-9770 (press option 0).

Many of you already know our current pharmacy team members, but for those who aren't familiar with everyone, let us introduce ourselves:

- ❖ *Amy* - As of March 10th, we have a new pharmacist on our team. Her name is Amy and brings with her 34 years of pharmacy experience including medication management programs and client services. Although most of her encounters with you have been over the phone or at curbside due to COVID19, she has enjoyed getting to know you all and looks forward to serving the community for many years to come.
- ❖ *Richelle* has been a pharmacist here for the past five years. She has expertise in Traditional

Medicine and programs such as smoking cessation, diabetes, and treatments for opioid dependence. If you have received Elderberry syrup from us, it was most likely made by Richelle.

- ❖ *Halene* has been a pharmacy technician here since the pharmacy first opened in 2011. Halene fills all of the medications for clients enrolled in the med-minder program. This program allows us to automatically fill your routine medications so you don't have to remember to call in your refill requests in advance.
- ❖ *Desarae* started working here as a pharmacy technician two years ago. Desarae is an expert in filling bubble packs, which she fills every four weeks for our members eligible for this service. If you would like to enroll in the med-minder program or compliance packaging program call us at 360-491-9770 (option 0) and we will get you signed up.
- ❖ *Shelly* is our pharmacy assistant and helps answer and direct phone calls, assists clients at the pharmacy counter, and handles invoices and requisitions. She has been with the pharmacy for almost two years.

Feel free to reach out to any member of the pharmacy team for your pharmacy related needs. We take pride in taking care of you and can be reached by calling 360-491-9770.

Pharmacy Tip – About Medication Timing

By Amy Pond

Medication timing is very important in order to achieve optimal therapeutic outcomes and decrease the prevalence of side effects. If medication doses are taken too close together, adverse effects such as falls, may occur. If medication doses are taken too far apart, blood levels may be inconsistent and the drug therapy may be ineffective. Some medications are to be taken at meal time or on an empty stomach.

It is important to follow medication labels to avoid unwanted side effects and for medications to work effectively. **Remember to always follow the prescriber's specific instructions when in doubt.** Here are some general guidelines:

- **Once a day** – approximately every 24 hours
- **Twice a day** – approximately every 12 hours unless it specifies with meals, then it should be taken at breakfast and dinner

- **Three times day** – approximately every 8 hours unless it specifies with meals (breakfast, lunch and dinner)
- **Four times a day** – Usually breakfast, lunch, dinner, and bedtime unless specified to be taken every 6 hours

Some medications, such as medications for Parkinson's disease, will have timing tailored to the individual's response. It is critical to treatment success to take these medications as scheduled. **Remember - always follow the prescriber's specific instructions when in doubt.** If there are any questions regarding medication timing, we are here to help. Feel free to ask us anytime, currently we can be reached Monday – Friday, 8:00 a.m. – 5:00 p.m. by calling 360-491-9770 if you have questions.



Emergency Management: Using your masks!

By Sheila McCloud



The Center for Disease Control (CDC) continues to study the spread and effects of the coronavirus across the United States. We now know that a significant portion of individuals with coronavirus lack symptoms (“asymptomatic”) and that even those who eventually develop symptoms (“pre-symptomatic”) can transmit the virus to others before showing symptoms. This means that the virus can spread between people interacting in close proximity—for example, speaking, coughing, or sneezing—even if those people are not exhibiting symptoms. In light of this new evidence, CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) **especially** in areas of significant community-based transmission.

Maintaining 6-foot social distancing remains important to slowing the spread of the virus. CDC is additionally advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

How to Clean Your Mask

Washing Machine

You can include your face covering with your regular laundry. Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the face covering.

Washing by Hand

Prepare a bleach solution by mixing:

- 5 tablespoons (1/3rd cup) household bleach per gallon of room temperature water or
- 4 teaspoons household bleach per quart of room temperature water

Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing, may not be suitable for disinfection. Ensure the bleach product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.

Soak the face covering in the bleach solution for 5 minutes. Rinse thoroughly with cool or room temperature water.

Make sure to completely dry cloth face covering after washing.

How to Dry

Dryer Use the highest heat setting and leave in the dryer until completely dry

Air Dry Lay flat and allow to completely dry. If possible, place the cloth face covering in direct sunlight.

Pediatrician Dr. Karpel Retires

By Addie Spencer, MD

Almost ten years ago, the Nisqually Health Clinic started a collaboration with South Sound Pediatric Associates in 2011. Since then, we have been lucky to have pediatricians on site twice a month to provide expert care for children. And it has been especially wonderful to have the familiar face of Dr. John Karpel as part of our team.

As many members of the Nisqually community know, Dr. Karpel was a pediatrician in the Olympia community for many years. He provided care for children both in his office as well as at the local

hospitals. A few years ago he cut back on his work load, retiring from South Sound Pediatric Associates, but kept coming to Nisqually every month.

Now Dr. Karpel has decided it is time to finally embrace retirement fully. He says, “It has been my great pleasure to provide care to the children of the Nisqually Tribe over the years but the time has come for me to retire, again.”

We all wish him a happy and relaxing retirement!



Note from the Editor

Hello Readers,

I hope everyone is keeping safe and taking the correct precautions to stay healthy. Since we have all been on a “stay at home” order, the newsletter was put on hold. Now we are back in action! Please be patient with the newsletter getting out in a timely manner. All tribal programs are not running at full operation.

With that being said, in this June newsletter I have included the information that should have been in the April newsletter that was in the works and about to be

published. Yes it is somewhat out-dated but informational. Please enjoy.

We should have a slow start at getting newsletters out, but information will start flowing once all programs are operating on their regular schedules, probably with new precautions.

Stay safe, wash your hands, wear your mask when out and about.

Sincerely,
Leslee Youckton

My work history and story with the Nisqually Tribe

By Joe Kalama

My work history started in the late 70's when I moved back home with my new wife, Verna. The first job I had with the tribe was working at the Nisqually Smoke Shop, located along highway 510 across from where the Red Wind Casino is located. It was the only building located at that spot. My job was sea food clerk and night security and it took 4 ½ years to become the manager. The next position was Surplus Property Manager, I went to Federal and State locations to look at and pick up surplus property they had.

Following that I became the Elders Program Coordinator, it was an early program that the tribe started. The Elders traveled to different places with other tribes for lunch, as is still happening.

Then I took a few years off to go fishing, I bought a fishing boat from the tribe called the Nisqually. I had it refurbished and fished the Puget Sound for four years.

I came back to the tribe and was hired to as Assistant Fisheries Manager. I worked with Billy Frank Jr., for the first year. We traveled a lot, many trips to Washington D.C. and meetings with other Tribes, Federal, State and all other interested parties. Billy said he was going to give up the manager position and said he would tell Tribal Council to hire me as Fisheries Manager. I worked that position for four years and during that time I was also a Fish Commissioner. During this time, the tribe and myself worked to get a hunting agreement with our own regulations, tags and law enforcement. This was done in six months. The hunters could hunt in the day

time under tribal laws and regulations. The non-Indian hunters didn't like it but it is a treaty right.

Then I was gone for six months working for American Friends Service and Washington State Department of Corrections as the Native American Chaplain. That is when I became an Ordained Minister.

When I came back to the tribe, I was hired as a Site Monitor for the DuPont project in DuPont, WA. I also did a few contract jobs with the tribe to monitor additional projects.

The newest position was as Archives Manager. The department was new, so it was a big job to get up and running. Worked for the Archives department for 2-3 years and currently with the Library department. I have also worked on committees, which include Fireworks, Vision Planning Committee. The Vision Planning Committee was to develop a 5 to 10 year plan for the tribe, and a few other short term appointments.

I have been happy all these years and hopefully I have helped my Nisqually people build a future. I thank the Nisqually Tribe and all the Tribal Councils for a life time opportunity working for and with many great people. I want to thank all the people that helped me on this journey.

I leave in good heart and good spirit and gifts that came to me through the years.

May the Great Spirit bless you all. I say farewell, but I will be around.
-Joseph S. Kalama



Elders Events (Before COVID-19)

Cedar Hat Making



Wool Dresses



Wing Dresses

Pendleton Bags



Pie Making





Washington D.C.

By Willie Frank , 7th Council Nisqually Tribe

The week of February 9th - 13th Tribal Council traveled to Washington D.C. This was a busy week in Washington D.C. with the winter session of National Congress of American Indians. Tribal Council met with some of our Washington State officials in regards to getting the power lines moved off of our reservation. We met with Congressman Denny Heck and Senator Maria Cantwell who are both strong supporters of the Nisqually Tribe. Tribal Council is scheduled to travel back to Washington D.C. in late March to meet with other Federal Officials and get the commitment for getting the powerlines moved within the next 3 years. Congressman Heck would like to help us any way he can before he retires at the end of the year.

I also had the honor and opportunity to testify in front of the U.S. House of Representatives Committee on Appropriation's. This was the first time I had the chance to follow in the footsteps of so many of our tribal leaders who came before me and testified on treaty rights and natural resources. The topic was funding for the Puget Sound. The so called president of the U.S. cut funding for the Puget Sound in his 2020 budget proposal. This is important for our tribe

because of our salmon, geoduck, crabs and everything else we rely on in the Puget Sound. We need more money to clean up the Puget Sound. If we don't start committing money to clean up the sound it will be beyond repair. This shows we need a change in Washington D.C. Please make sure you are registered to vote. Every vote count. If you are interested in seeing the testimony, it is on the She-nah-num site.

I want to thank Treasurer Iyall, Vice-chairman Squally, Councilman Hanford McCloud, Dishane Everybodytalksabout and Nate Cushman from our legal department for coming with me and supporting my testimony. I would also like to thank David Troutt and Clause Law for putting together our written testimony that was submitted. I am thankful to have this chance to speak on behalf our Nisqually Tribe and continue moving us forward. We are seeing the change in State and Federal officials. It will be important for us to educate these new officials on who the hell we are as Nisqually People. We need to continue to tell our story and make sure our Culture and Natural Resources are always protected.

TANF News

By Jesse Youckton

Every month, TANF hosts "Client Assistance and Responsibilities" event or "CAR" where we invite our clients to come into the office to have a face to face meeting with their case manager. Clients also turn in their Monthly Eligibility Report as well as monthly work participation hours and job searches. For March, each client who came in on CAR day, received a package of personal care items for the household. TANF staff also prepared homemade hand foaming soap and Elderberry Syrup and gave to each client.

The beginning of March, we held client orientation. Staff updated the presentation and include case managers in Orientation. Orientation covers program details and requirements to stay in compliance with the program. Unfortunately, due to health concerns, TANF had to cancel our monthly Family Night events and Native Health and Wellness event. We will reschedule our planned speakers and activities once restrictions are lifted.

However, that did not stop us from planning how we can better serve our clients to help them succeed.. Hilda McIntosh, SPIPA

Workforce Navigator came to meet with staff to review client case load and identify how we can support our clients to reach their educational and career goals. As additional support, TANF staff are coordinating a partnership with a local employment hiring agency to create an easy referral process for our clients.

Staff is in the process of planning a summer Youth Camp for TANF clients. It will be 2 days a week for the month of July. We are working with a local non-profit to add STEM (Science, Technology, Engineering and Mathematics) and/or STEAM (Science, Technology, Engineering, Arts and Mathematics) components to this year's Summer Youth Camp.

If you are raising or caring for a niece, nephew, grandchild or a child that is not yours, we can help! Come into TANF and see Jesse or give him a call at 360-456-5237 ext 2210. Or if you need financial assistance raising your child call and see if you are eligible.



The Nisqually Jail Special Response Team

By Mark Upton, Corrections/S.R.T Corporal

“Peace through Strength”. That is the motto of the Nisqually Jail Special Response team aka SRT. In January of 2019, six Nisqually Correction Officers were carefully selected to form the first specialized team geared to assist in maintaining the safety for our employees, inmates, and community. Escaped inmate recovery, riot control, hostage rescue, high risk transports, and other specialized details are all part of what SRT trains to excel at.

To become part of the SRT, each Officer must complete an extensive and thorough selection process to ensure that only the most dedicated, and physically/mentally fit. Once selected, new recruits will complete a 40 hour training course before becoming a fully functioning member of the team. The training includes less lethal weapons, firearms, building clearing, flashbang distraction devices, less lethal chemical munitions, riot response, hand to hand combat, combat first aid and tracking. Specialized equipment is utilized by the team in order to effect a reasonable outcome while using the least amount of force necessary to control any given situation. Such as Pepper Ball systems (a paintball filled with pepper spray), OC pepper spray, CS gas, .12ga less lethal beanbag rounds, thermal imaging, armored plate carriers, and flash bangs are all at the team’s disposal.

Over the past year, the team has grown to eight members trained for over 700 combined hours. They

have been called in to respond to three emergency situations, two high risk transports, and have a 100% success rate in drug recovery cell searches in the jail. After all the training and active missions SRT is proud to have not used physical force to this date.

Members of SRT are also happy to help serve in the community and signed up for over 90 hours of service



at the fireworks stands in 2019. They’ve also enjoyed playing against tribal council in a community basketball event at the Nisqually Youth and Community Center.

As leader of SRT, I thank the Tribe for their support and would like to reassure every tribal member that we are here for you and will never stop fighting to keep you safe!



Nisqually State Park Update

By Lisa Breckenridge , Parks and Planning Project Specialist

Washington State Parks is continuing to work with the Tribe to plan for the first new State Park in 20 years- Nisqually State Park.

State Parks issued a draft design last fall and has been doing fieldwork to determine if the design is feasible. The design includes a new park entrance, campground loops, managed access to the Nisqually River, and a Mashel River trail and overlook. All of this takes additional roads and utilities as well.

The first step in the fieldwork was a cultural resource survey of the proposed new facilities. The entire park area has been home to Nisqually people for so long that there is always a chance of finding cultural resources. The first phase of fieldwork was completed in February 2020, and a second phase will be completed in March. The two phases will involve over 800 test probes to check for cultural resources. State Parks is required to follow federal and state laws that protect cultural resources. State Parks may have to modify the campground design depending on the results of the surveys.

Laminated root rot is another issue in the campground area. Laminated root rot is a tree fungus that is native to this region. Forests that were clear cut and then heavily re-planted in Douglas fir – like most of Nisqually State Park- are especially susceptible. The trees look healthy but then can fall without warning, which is dangerous in a campground. State Parks is still trying to figure out how to either move the proposed campground location or treat for root rot (which means cutting down the affected trees and replanting with a non-affected species.) Moving the proposed campground location is challenging because there's so many wetlands in the park and the campground can't be located in a wetland either.

State Parks staff have been meeting regularly with the Tribe's Parks Commission, Cultural Resource staff, and Natural Resource staff to coordinate and collaborate on park planning. The natural resource meetings have focused on how to protect highly endangered salmon and steelhead runs that rely on the Ohop Creek, Nisqually River and Mashel River for

habitat. State Park's proposal for managed access to the Nisqually-Ohop confluence is an area the Commission and tribal staff remain deeply concerned about. In response to Tribal input, State Parks modified their initial design to include more protections for the sensitive resources at that area including a boardwalk.

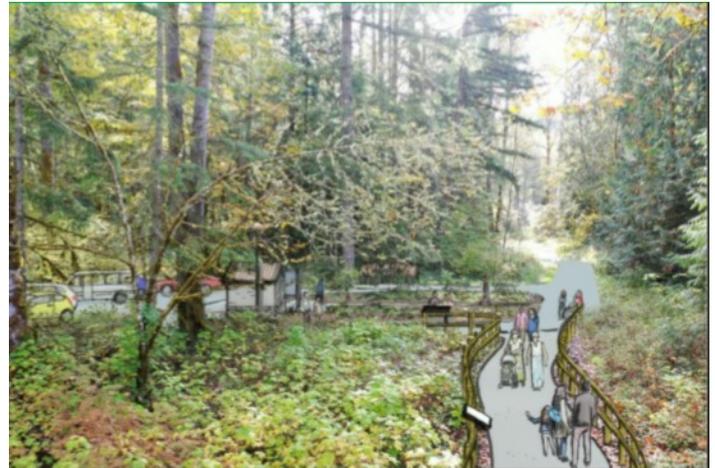


Image: Nisqually River Managed Access (conceptual design)

Meanwhile, the Parks Commission is working on a Tribal Interpretive Plan for the park. State Parks agrees that this park is special and that the entire focus for the park will be interpreting Tribal history and culture. The Parks Commission is also about to start creating a master plan for the Tribal properties at the park. There will be community meetings on this topic, either later on in the spring or else in early fall 2020.

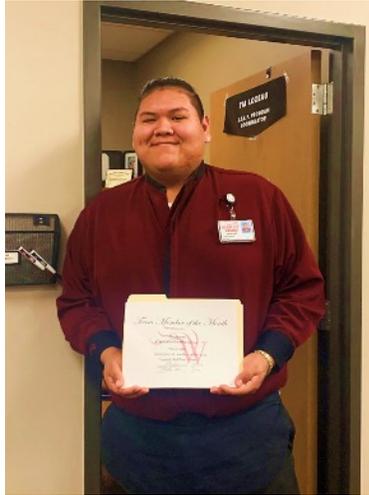
The design and permitting process will run through 2020 into next year, and the first phase of construction would start in mid-2021. Most of the \$28 million project would take place 2022-2024. At this time, State Parks anticipates that the first phase of construction could be an interpretive trail leading from the existing parking lot to an overlook over the Mashel River.



The Strengthen Tribal Education Program (STEP) would like to send a HUGE shout out to Dishane Everybodytalksabout

Dishane started his journey at the Red Wind Casino in September 2019. He entered the program as an Engineer I but knew from the beginning that he wanted to be a Table Games Dealer. He transferred into the Cage to learn cash and chip handling while taking the Craps and Black Jack dealer class. After he completed the classes Dishane transferred to Table Games.

He was awarded perfect attendance for the fourth quarter of 2019 and he was awarded team member of the month for February 2020.



Youth (NCAI). He recently traveled to the White House and met Nancy Pelosi and Denny Heck. He has enrolled in college and has goals of being a Tribal Leader one day. With everything that I have witnessed him accomplish in the short time that I have known him, he is already a leader.

Unfortunately for us, but amazing for him, Dishane has decided to leave the casino to pursue his dreams. He has a very bright future ahead of him and we wish him nothing but the best in his future endeavors.

I have learned a great deal about Dishane while working with him over the past 6-months. He is very involved in the National Congress of American Indian

Way to go Dishane! Keep pursuing your dreams, you are going to do great things.
Tia Lozeau, on behalf of the STEP Board

A TIME IN HISTORY

After the Judge Bolt decision, the work started. The tribes didn't want half of the catch, but wanted half the management of the salmon. To save the salmon it would take a long journey. To start were meetings with the tribes involved from Washington, Oregon, Alaska, and Canada. They all wanted the salmon back to the rivers and streams on reservation and the usual and accustom territories.

To start this great task, agreements needed to be in place with all involved, starting with getting staff onboard. To do this, the Tribal Councils had to go to Washington D.C. to talk to the Senate and the House and give a reason to believe in the tribes. It was a task that would involve long hours of hard work to get everyone on board with the future of the salmon. It was and still is important to the future of our generations to come.

Library staff
Joseph Kalama

Books Coming Soon

The Library placed its first book order of the season from Barnes and Noble. Some notable additions coming soon to our biography collection are Kobe Bryant's "The Mamba Mentality," Julie Andrews "Home Work," and "Janis Her life and Music" by Holly Warren. Many more books to come so make sure and stop by this spring and see the collection. Remember all requests may be sent to library@nisqually-nsn.gov

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	



Remote Computing Safety Tips

Tips from the IT-WebDev Department

The COVID-19 crisis forced schools, governments and businesses towards an ever-increasing demand for Information Technology (I.T.) systems designed around work and learn from home environments. What once was a somewhat limited requirement - illness-based social distancing needs have created remote computing necessities almost overnight and world-wide.

There are security measures in workplaces and policies developed to help with electronic information management and protection. It is crucial to ensure these implemented measures and policies are followed in the home office environment as well, especially when proprietary or confidential information may be at risk.

Home office environments can be further secured using these helpful I.T. Tips;

Wireless Router: Turn on encryption (WPA2 or WPA3). Encryption scrambles information sent over a wireless network so outsiders can't read it. If these are not an option, consider replacing the router.

Laptops - If using a laptop, make sure it is password-protected, locked and secured. Never leave it unattended as in a vehicle in open view or at a public charging station.

Passwords - Use passwords on all devices and apps.

Software updates – Ensure software patches and updates are applied on a scheduled basis. This also applies to devices such as smart phones.

Scammers and Phishing – Be aware of false emails and any requests asking for personal information. This includes social media surveys and group chain posts asking for names of pets, year of birth, places lived, etc. Policies - Follow the employer's security practices. A home basically becomes an extension of an office

environment, follow the protocols that the employer has implemented.

Additional resource link – How to spot, avoid and report scams:

<https://www.consumer.ftc.gov/articles/how-spot-avoid-and-report-tech-support-scams>

Disclaimer: The Nisqually Indian Tribe does not endorse, promote, review, or warrant the accuracy of third-party services and/or products links provided.



Tips for Keeping Computers Clean

Tips from the IT-WebDev Department

Past articles have covered computer viruses and malware but there's also an important aspect of keeping computers physically clean. The below tips primarily apply to desktop computers... ensure any power cords are unplugged before proceeding on cleaning computers.

- Wipe down the keyboard with a cloth and rubbing alcohol
- Disconnect the keyboard if plugged in and shake it gently upside down to remove debris
- Use canned (compressed) air to blow out dust particles in keyboard crevices
- Clean the mouse (optical or track ball) – wipe the top and bottom of the mouse

- Use a soft anti-static microfiber cloth or lightly moistened (water) cloth for wiping monitors
- Keep drinks and food away from the computer keyboard
- Do not place items around a computer to restrict air flow from cooling fans





The Survey Season Begins

By Jeremy Badoldman & Brad Beach

Another archaeological season is upon us! Since our last article, the Tribal Historic Preservation Office (THPO) has either participated in, or been notified about, a half-dozen projects. Both Jeremy and myself spent several days at the Cal-Portland gravel mine watching Caterpillar D-10 bulldozers clear roots and soil in preparation for another year of gravel mining. We also participated in two (2) surveys in support of the Yelm Loop Bypass project that the Washington State Department of Transportation (WSDOT) has been working on for close to a decade.



D10 Clearing Top Soil

The Yelm Loop Bypass project was pretty intense; there were fears that the highway might be built atop a funeral cairn (structure for burial beneath a rock-pile), so an archaeological company with expertise in funerary practices was enlisted by WSDOT to conduct the archaeological investigation. After wrapping every rock with tape and marking its northern orientation and elevation the rocks were removed one by one. Luckily, after working their way through the rock-pile, and then fifty (50) centimeters below the surrounding surface, we were all happy to see nothing but more rocks, roots, and dirt!



Yelm Highway Rock-Pile

Every year the THPO gets the opportunity to monitor the Cal-Portland gravel mine in DuPont. We monitor as they are pulling tree stumps, and then again as they begin scraping the soil down to the gravel, usually a pretty uneventful job. However, this year was a little interesting as there was a small 3' x 6' pile of large mossy cobble. After careful examination and a couple phone calls from the field we determined it to "just" be a pile of rocks. It is always a big relief when there is nothing to be discovered. Nothing means an ancestor still gets to rest in peace.

Time for stump pulling, usually another uneventful chore, except for this year. After monitoring several stumps getting split, pulled and over turned, there it

was: a rusty old piece of metal and some glass. A non-cultural find but still interesting. As the giant backhoes shut down and the contractors came to see what I found, I got my shovel and began a small excavation. I made a call and explained what I found to Brad, our interim THPO, who made his way out to Cal-Portland to see what was uncovered. I kept up my small excavation, pulling out more bottles, an old brush with real horse hair, an old zipper, and a couple strange metal pieces, even some old burnt melted glass. Hmmmm..... could it be an old homestead site, a trading post, an old encampment, or doctors gear? Well, the excitement was short lived. We determined that it was a mix of modern (1950's to 1970's) garbage that was illegally dumped on the property before it became a gravel mine.

The bottles that were found speak to one of the questions that we received during our presentation on January 28th about archaeological digs and artifacts.

Had these bottles been archaeological in nature, we would have had to contact the Department of Archaeology and Historic Preservation (DAHP) and record this site as an archaeological resource. If the DAHP determined that this resource was important enough, Cal-Portland would have had to enlist the help of an archaeological contractor to conduct further testing to determine the extent of the resource – if this became a larger archaeological site we would have had to perform "data recovery" which is what most people think of when they hear the term archaeology; square holes being dug very carefully. At this point, the archaeological contractor would have also had to work with a repository, usually the Burke Museum, so that all of the found artifacts could be cataloged for future research. Fortunately, these bottles were modern and no further archaeological testing was necessary!



Bottles from Cal-Portland

We will continue to include updates to the THPO department field work, as well as any future archaeological news in the development of Nisqually State Park 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.



Announcements

April 7, Happy 26th Birthday Samira, Love Dad, Mom, Keisha, Jasmine, Nevaeh and Rodney

April 7, Happy 4th Birthday Juanito, Love the McDonald Family

April 11, Happy 7th Birthday Kylee, Love the McDonald Family

April 26, Happy Birthday Dalia, Love the McDonald Family

May 10, Happy Birthday Wusa, Smooches Marie

May 16, Happy Birthday Sister (Chenoa), Love the McDonald Family

May 27, Happy 27th (Golden) Birthday Jasmine, Love Dad, Mom, Keisha, Samira, Nevaeh and Rodney

June 13, Happy 8th Birthday Baby (Nevaeh), Love Papa, Grandma, Mom, Dad, Auntie Jasmine, Auntie Samira and Baby Brother

June 19, Happy 13th Birthday Lovella, Love the McDonald Family

June 23, Happy Birthday Juan, Love the McDonald Family

June 15th

Happy birthday, to Pricilla Villalobos!

We love you, Mom and fam ☺

Class of 2020, Way to go J!

Congratulation to Justeen Eyle!

We love you always,

Aunty Mama Madena and family.

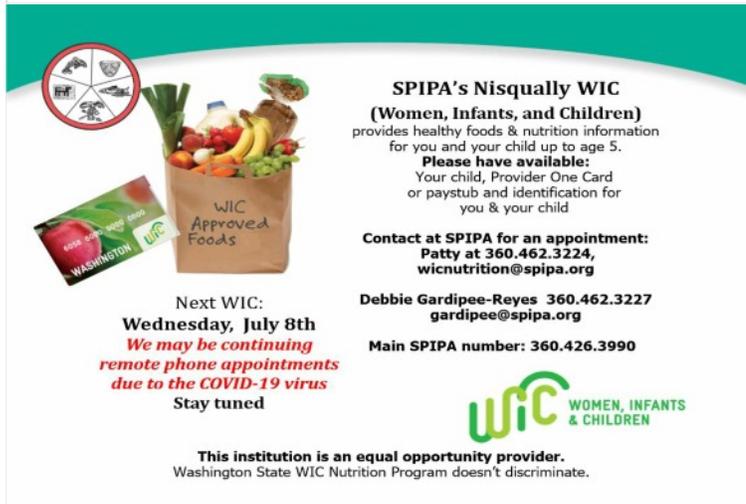


South Puget Intertribal Planning Agency

**USDA Foods Program
July Dates**

PT. GAMBLE S'KLALLAM 7/8/20
SQUAXIN ISLAND 7/10/20
CHEHALIS 7/16/20
SKOKOMISH 7/21/20
NISQUALLY 7/23/20

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.



**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

wic WOMEN, INFANTS & CHILDREN

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

**HAPPY 48TH WEDDING ANNIVERSARY TO
TOM & SHEILA**



Happy Anniversary!

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



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