



Snomegedden 2019





Nisqually Tribal News
4820 She-Nah-Num Dr. SE
Olympia, WA 98513
360-456-5221

Debbie Preston, Information Officer
preston.debbie@nisqually-nsn.gov

Leslee Youckton
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Submission deadlines are the second
Monday of every month.

Nisqually Tribal Council
Chair, Ken Choke
Vice Chair, Chris Olin
Secretary, Jackie Whittington
Treasurer, Julie Palm
5th Council, Brian McCloud
6th Council, Hanford McCloud
7th Council, Willie Frank

Information

Nisqually Tribal Center 360-456-5221
Health Clinic 360-459-5312
Youth Center 360-455-5213
Natural Resources 360-438-8687

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

She is on-site in the Administrative Building legal deposition room on 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 the tribal office (360)456-5221 to set up an appointment.



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 3:30 p.m.

(360)456-5236

transportation@nisqually-nsn.gov

Rural and Tribal Transportation

A fixed route service serving the Nisqually Reservation, Rainier, and Yelm areas

Cost is \$1.00

Vets and active duty military ride free. Customers with transit passes ride free.

Please call
1-800-650-7846
for information

Wellbriety Talking Circle

Where: Nisqually Recover Cafe

When: Friday Nights

Time: 6 p.m. - 7 p.m.

Recovery cafe is located at 4820 Billy Frank Blvd., Olympia

Everyone is welcome and encouraged to share Recovery, the struggles and the strengths. You will find support for each other and spread hope at this open talking circle meeting.

Nisqually Indian Tribe

Victims of Crime Advocacy Services

The Nisqually Indian Tribe Victims of Crime Program offers advocacy services for individuals who are currently experiencing, or are survivors of, domestic violence, sexual assault, stalking, or any form of intimate partner violence/dating violence. Our services are free and confidential, and are available for Nisqually tribal members and Nisqually community members.

- Information and Referral - Emergency Services - Advocacy - Safety Planning -
- Weekly Women's Group -

Contact staff for more information and resources

Women's Healing Circle

Tuesdays from 6 p.m.- 8 p.m. in the
Recovery Café
4816 She-Nah-Num Dr SE, Olympia, WA
98513

Building K, next to the Nisqually Market.

Victims of Crime Program

Nisqually Public Safety Complex
11702 Yelm Highway SE, Olympia, WA 98513
Office (M-F, 8 a.m.-5 p.m.):
360-459-9603

Advocate: 360-878-7199

Call 911 for emergencies.

This project was supported by Grant No. 2015-VA-GX-0031 and Grant No. 2016-VA-GX-0044 awarded by the Office for Victims of Crime, US Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice, Office for Victims of Crime. Grant funds are administered by the Office of Crime Victims Advocacy, Community Services and Housing Division, Washington State Department of Commerce.

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Emergency Management Corner: What to Always Keep in Your Pantry

Natural disasters—a flood, hurricane, blizzard—often come with little or no warning. Stocking up now on the right non-perishable food items will help you weather the storm with less stress.

Fueling your body during an emergency is very different from your daily diet. Because you'll probably expend more energy than you normally would, you should eat high-energy, high-protein foods. And because you'll have a limited supply, the higher-quality foods you eat—and the less of them—the better.

These items have lengthy expiration dates, so you can stash them away for long periods of time. Make a list of everything in your stockpile and check expiration dates every 6 to 12 months to keep things fresh. And don't forget to have a can opener on hand at all times.

- Peanut butter • Whole-wheat crackers • Nuts and trail mixes • Cereal • Granola bars and power bars • Dried fruits, such as apricots and raisins • Canned tuna, salmon, chicken, or turkey • Canned vegetables • Canned soups and chili • Bottled water • Powdered milk • Sports drinks, such as Gatorade or Powerade • Sugar, salt, and pepper • Multivitamins

Food Safety During a Power Outage

- If the electricity goes out, how do you know what is and isn't safe to eat from the refrigerator? If your food has spent more than four hours over 40° Fahrenheit, don't eat it. As long as frozen foods have ice crystals or are cool to the touch, they're still safe. Once it gets to be room temperature, bacteria forms pretty quickly, and you want to be very careful about what you're eating. Keep the doors closed on your refrigerator and freezer to slow down the thawing process.

- If you don't have electricity, you may still be able to cook or heat your food. If you have outdoor access, a charcoal grill or propane stove is a viable option (these can't be used indoors because of improper ventilation). If you're stuck indoors, keep a can of Sterno handy: Essentially heat in a can, it requires no electricity and can warm up small amounts of food in cookware.

- If your family has special needs—for example, you take medication regularly or you have a small child—remember to stock up on those essential items, too. Keep an extra stash of

baby formula and jars of baby food or a backup supply of your medications.

- If you live in an area at high risk for flooding, consider buying all your pantry items in cans, as they are less likely to be contaminated by flood waters than jars. It's recommended that people don't eat home-canned foods or jarred foods that have been exposed to flood waters because those seals are not quite as intact.

What to Buy Right Before an Emergency

If you've been given ample warning that a storm is coming, there's still time to run to the market and pick up fresh produce and other items that have shorter shelf lives. Most of these foods will last at least a week after they've been purchased and will give you a fresh alternative to all that packaged food

- Apples • Citrus fruits, such as oranges and grapefruits • Avocados • Tomatoes • Potatoes, sweet potatoes, and yams • Cucumbers and summer squash • Winter squash • Hard, packaged such as sausages and pepperoni

Ready for an Emergency? You can be.





Snomegeddon



The February snowstorm that started Friday, Feb. 8 brought about 18 inches of snow total over four days, causing the Nisqually Tribe to declare a State of Emergency. Crews from Housing, Emergency Management and Public Works helped plow, salt and shovel. Mechanical problems caused one plow to go down and there are plans to acquire another plow this year. Most students didn't have a full day of school until Friday, Feb. 15 with difficult side roads and no sidewalks clear for walking causing most schools to be cautious. That left plenty of time for playing and creating in the snow as all of these fantastic pictures show. Thank you to all those who contributed their pictures and thank you to all those who worked to clear roads and keep the community safe.





Snomegeddon





TANF Family Nights

Every month, Nisqually TANF hosts a **Family Night** and a **Health and Wellness Night** where we invite our clients and their families to join us for dinner. Each night we have a guest presenter and include both crafts and cultural activities for the children. We will be starting up our **Cash Class** which is a two-day financial literacy course. This is a mandatory training for all of our TANF clients.

Our first quarter **Pulling Together for Success Community Resource Dinner** was held Feb. 27. This is a community dinner open to tribal and community members and employees. We are often asked what programs are available to non-Nisqually tribal members. So we organized a resource fair that is comprised of tribal programs and outside agencies that serve not just Nisqually tribal members, but also tribal members from other tribes. If you want to know when the next dinner is or would like to recommend a program to set up a resource table, contact Jesse Youckton.

The Division of Child Support Tribal Liaison, Lisa Vasquez is available to meet with anyone with Child Support questions. She is in the TANF classroom, the 2nd Wednesday of every month from noon to 4:30 p.m. You can contact TANF to schedule an appointment, or give Lisa a call at (360) 664-6859.

If you have questions about TANF or want to sign up, come by the office and meet with Jesse or pick up an application from Anita and call to schedule your intake appointment with Jesse.

NWIC Nisqually Extended Campus Report

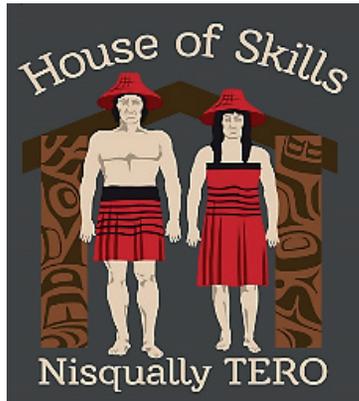
By Library Staff/NWIC Student

Northwest Indian College (NWIC) students started the winter quarter Jan. 7 with the exciting news that Nisqually broke the record for highest enrollment at an extended campus.

Nisqually is one of six extended campuses offered by NWIC in addition to a wide range of online courses. Classes offered in art, math, science, and more are focused on tribal sovereignty, history, language and culture. NWIC is unique in the way it approaches education with emphasis on Native American leadership, knowledge of tribal history, inherent rights of language and culture and building community- minded research and knowledge. Each location focuses on their local tribal community's unique history and experience in a place- based learning model. NWIC-Nisqually works with the Nisqually Tribe, Nisqually Education and various departments to best serve Nisqually tribal members and the local community. While focused on Nisqually, students enrolled in any tribe are welcome to attend. As spring quarter approaches, students are busy preparing for graduation at main campus – Lummi. Stop by and see Jenny Serpa for more information.

Nisqually TERO

Located at: 11500 25th Ave. SE Olympia, WA 98513
360.456.5221



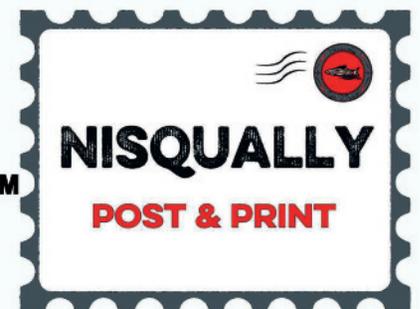
Now is a great time to update your information with us!

- New address?
- New phone number?

If you don't have an application on files but would like to, please remember to bring

- Tribal identification
- Spouses tribal identification

12820 YELM HIGHWAY SOUTHEAST
SUITE #C
(360) 338-6431
ORDERS@NISQUALLYPOSTANDPRINT.COM



**CALL OR EMAIL
FOR QUESTIONS
OR QUOTES.**

- **BANNERS** • **POSTERS** • **FLYERS**
- **STICKERS** • **PAMPHLETS** • **BROCHURES**
- **BUSINESS CARDS** • **WINDOW PERFORATIONS**
- **VEHICAL DECALS & MUCH MUCH MORE**



Washington DC Trip

By Willie Frank III

Recently some of our Nisqually tribal council had the opportunity to travel to Washington D.C. to take part in the 2019 National Congress of American Indians (NCAI) winter conference.



This was the first meeting for Nisqually Youth Council Chairman, Dishane Everybodytalksabout, to sit as the vice chairman of the NCAI Youth Council. Dishane is the first Nisqually tribal member to serve on the NCAI board. If you see Dishane around, please congratulate him on this huge accomplishment.

This was also the first time in U.S. history that two Native American women, U.S. Rep. Deb Haaland, (D-New Mexico), and U.S. Rep. Sharice Davids, (D-Kansas) are in Congress and both of these powerful women came and spoke to all of the tribal leaders who were in attendance. It feels good to know that we have two strong Native women who are willing to battle for our treaty rights in Washington, D.C.

NCAI President, Jefferson Keel, gave the State of Indian Nations to the general assembly. President Keel reminded us to continue to advocate for our treaty rights, protect our cultural resources and never

give an inch to the federal government and that our tribes aren't going anywhere.

Tuesday was spent meeting with some of our Washington delegation as well. The first was U.S. Rep. Denny Heck, (D-Olympia), who has always been a friend of the Nisqually Tribe and Indian Country. We spoke with Heck about helping the tribe move the Bonneville Power Administration power lines that run right through the reservation. Heck is in complete support of helping us with the process which we hope to get moving on in the next few months. It will take some time to make this happen but it must be done.

We also had the chance to meet with Sen. Patty Murray, (D-Wash.) as well. We thanked her for always supporting the Nisqually Tribe and being a champion for Tribal Treaty Rights. Sen. Murray has always supported our fight to protect salmon and natural resources. Murray is also a former teacher who was very pleased to hear the work the tribe is doing working with the North Thurston and Yelm School Districts on getting our Nisqually history, treaty rights, and the Boldt Decision to be a part of the curriculum.



I am truly honored to be on tribal council and have the chance to continue the work of all of our past tribal council members. We must continue to tell our story and work the U.S. House and Senate. Many of our former leaders gave their lives for our tribe. There have been blood sweat and tears shed for our tribe to get us to where we are today. We must never forget that. We must be present and continue to bang on the doors of Congress when needed. The Nisqually Tribe is not going anywhere we will always be here. Presidents, governors, congressman, senators will come and go, but the tribes will always be exercising our culture protecting our natural resources and making sure our treaty rights are upheld. Thank you!

Willie Frank III
7th Council
Nisqually Tribe



Nisqually Tribe Provides Outreach to Local Schools to Help Teach Nisqually History

By Willie Frank III



Over the last few months, the Nisqually Tribe has participated in educational outreach to the local school districts including North Thurston, Yelm and Tumwater where many of our Nisqually youth attend school. I grew up in the North Thurston School District and I always wondered why there was no teaching or discussion about the Nisqually Tribe, the Treaty of Medicine Creek, the Boldt Decision and the Fishing Wars.

I believe it is up to us to work with the local schools to be able to tell our story. I would like to see our Nisqually history put into the curriculum of Washington state schools. In 2015, Sen. John McCoy, who is a Tulalip tribal member, was able to get the Since Time Immemorial: Tribal Sovereignty in Washington State legislation approved by the Washington Legislature. This mandated that tribal sovereignty curriculum be taught in Washington schools.

<http://www.k12.wa.us/IndianEd/TribalSovereignty/> While the general tribal curriculum is available on the state education website and it is the subject of teacher training at least once a year, there continue to be

obstacles in getting it implemented in many schools.

The issue we have been dealing with locally is that teachers don't feel comfortable teaching some of the curriculum. In response, we have made it a priority to get involved and work with the schools to remove reasons for not teaching our history in the schools throughout the state.

In early February, a group of us went to River Ridge High School and met with 68 teachers. This was the first time that this

has been done in the North Thurston School District. We spent three hours educating the teachers and broke it up into three different groups. One group talked about Nisqually history and the Treaty of Medicine Creek. We had a group talking about culture, Canoe Journey, and weaving and carving. The third group talked about treaty rights, the Fishing Wars, and the Boldt Decision and some of the issues that have gone on since the Boldt Decision. It wasn't enough time to tell our story but it was a good start.

We must continue to build these relationships and educate our own kids as well as non-tribal kids. Children teach adults, so this effort multiplies itself, especially with so many new people moving here.

The Nisqually Tribe is not going anywhere. We will be here forever and these local cities must learn who we are whether they accept it or not. I would like to thank Andrey Squally, Daydishka McCloud, Joyce McCloud, Bill Kallappa, Grace Hyasman, Gene Tagaban and Hanford McCloud who participated in this discussion.



YOGA



Tuesdays & Thursdays
12 o'clock Noon
Nisqually Youth Center
Call Kareem for more info 360-455-5213

Nisqually Indian Tribe, Community, & Employees
 PURPOSE: TO OFFER A CLASS TO HELP IMPROVE THE PHYSICAL, MENTAL AND SPIRITUAL HEALTH TO THOSE WHO ARE IN NEED.

Conditioning Fitness Groups

Mondays

12:15 p.m. & 5:15 p.m.

Wednesdays

12:15 p.m. & 5:15 p.m.

Fridays

12:15 p.m.

At NYCC



Nisqually Red Wind STEP Program

The Strengthening Tribal Education Program (STEP) would like to send a big shout out to Willette McCloud and Danielle Sanders.

Willette has just completed her first year as an HR Apprentice. She is currently training with the training department on the third phase of her apprenticeship. She is truly enjoying it, and believes that she may have found her calling. The only dislike that she has is the public speaking portion of the position, but she is working hard on overcoming her fears and stepping outside of her comfort zone.

Over the last year she has learned the positions of the HR Administrative Assistant, HR Coordinator, and currently she is working on learning the duties and procedures of the HR Training and Service Coordinator.

Willette is the first STEP apprentice to earn her high school diploma while in the program. She studied real hard the first few months of her apprenticeship to earn her diploma through the Run 21 program at South Puget

Sound Community College. She should be very proud of all that she has accomplished over this past year, we are! Way to go, Willette. You are a rock star!

way to graduate from the program and become an interim HR Team Member.

Not only has she earned her GED over this time but she also completed the Tribal Enterprise and Gaming Management (TEGM) Certification through Tacoma Community College. Danielle had also become a mother for the third time and really had to learn work/life balance to succeed in her apprenticeship. One of her biggest obstacles to overcome has been her shyness and she has worked hard to break out of her shell and become more assertive with her voice. It has been rewarding to see you putting skills to use in continuing to break down this wall.



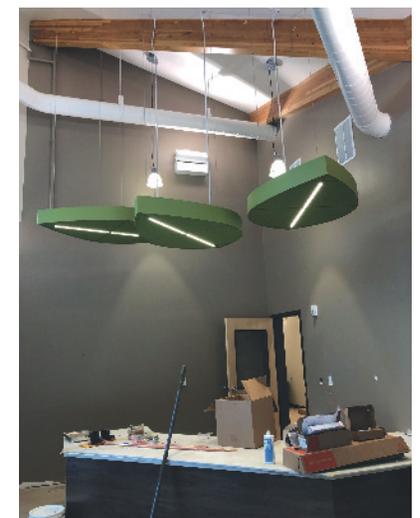
From right to left, Danielle Sanders and Willette McCloud

Congratulations Danielle on three years! Danielle is working on the last phase of her HR apprenticeship as the Employment Specialist. Over the past three years, Danielle has learned the positions of HR Administrative Assistant, HR Coordinator and Employment Specialist. She is on her

Danielle, I know you are proud, as are we, of how far you have come and all that you have accomplished over these past three year. You are doing amazing work! Keep pushing yourself to go further and who knows what you can accomplish. Don't stop reaching for the stars because the future is yours to grab.

A Peek at the Inside of the New Head Start!

The Nisqually Early Head Start and Head Start classes have moved into their both newly remodeled and new additions behind the Nisqually Administration Building. A celebration of the new building will be held March 29. Keep an eye out for details. The existing Head Start was 5,996 square feet and had 5,108 feet of new construction added. The library had some changes as it is in the same building, including a new entrance on the Health Administration side of the building.





Interim Education Director for Nisqually, Bill Kallappa, appointed to State Board of Education

Washington Gov. Jay Inslee recently appointed Bill S. Kallappa II to the State Board of Education for a term that ends in 2023. Bill has a combined 25 years of experience working in public education, parks and recreation youth programs, tribal youth programs and is currently the Director of the Education Department for the Nisqually Tribe. Bill oversees the Early Head Start/Head Start programs, works collaboratively with local school districts at the K-12 level and is responsible for working with higher education institutions for Nisqually Adult Education programs.



Bill recently worked to re-establish the Nisqually Youth Council, a governing youth body that engages tribal youth in addressing issues that concern them.

Bill is also proud to be a co-founder of the Inter-Tribal League (ITL). The ITL is a tribal youth sports league that was established in 2009 that gives tribal youth access to playing youth sports. The ITL has partnered with the Seattle Storm over the past 6 years to provide an annual youth basketball camp for tribal youth.

Bill serves as a parks commissioner for the city of Tumwater. He is also a member of the Washington State Indian Education Association the National Indian Education Association and serves on the Tribal Leaders Congress for Education. He is also the representative from the Governor's Office of Indian Affairs to the Educational

Opportunity Gap Oversight and Accountability Committee.

"I look forward to adding a fresh perspective to the State Board of Education," Kallappa said. "I will work really hard to advocate for native students across our state and do my best to ensure that the Since Time Immemorial curriculum is being taught in all schools. I look forward to working toward closing the achievement gap that currently exists for our students of color, especially native students, students with special needs and our homeless and foster care students as well. I can't wait to get started." Kallappa is a graduate of The Evergreen State College with a bachelor's in interdisciplinary studies. Bill enjoys spending time with his wife Maia Bellon and teenage daughter Talia.

Nisqually Tribe Donates 500,000 Chinook to State Hatchery to Help Cover Loss

The Nisqually Indian Tribe recently gave Washington State Fish and Wildlife 500,000 chinook fry from the tribe's Clear Creek Hatchery to help defray the losses suffered by the state's Minter Creek Hatchery during an extended power outage in December, 2018.

"We help each other out in these situations," said James Slape, Nisqually Natural Resources manager. "They have given us fish when we needed them in the past."

Minter Creek lost 6.2 million chinook salmon fry following a windstorm and the failure of a backup generator. "We're all in the same business and we all benefit from raising these fish to release," said Bill St. Jean,



Hatchery Operations Manager for the Nisqually Tribe. Salmon fry are most vulnerable in the fry stage at just over an inch long, St. Jean said. The state hatchery system helped Nisqually with coho a

number of years ago. With Nisqually's donation and the fish the Minter facility received from other state hatcheries and tribes, more than half of the lost fish will have been replaced and will be released.

Because all the hatchery chinook in Puget Sound originated from the Green River hatchery stock, it is possible to donate and receive fish from hatcheries in the region.

Nisqually's Clear Creek Hatchery rears chinook and coho at Clear Creek, one of two Nisqually fish hatcheries.



★★★★ **HONEST** ★★★★★
BALLOT

Date: February 7, 2019
 To: Nisqually Indian Tribe Members
 From: Honest Ballot
 Subject: **2019 Primary Election**

To be held at – Billy Frank Jr. Gymnasium on
 The Nisqually Indian Reservation
 4820 She Nah Num Drive SE
 Olympia, WA 98513

SATURDAY, March 9, 2019
10:00 A.M. to 6:00 PM

On behalf of the Nisqually Indian Tribal Council, Honest Ballot issues this notice of the Primary Election to be held at Billy Frank Jr. Gymnasium on the Nisqually Indian Reservation, 4820 She Nah Num Drive SE, Olympia, Washington 98513. Honest Ballot is an independent election services provider that has been engaged as third-party election auditor per Title 13 of the Nisqually Tribal Code.

Please see the candidates nominated for the 2019 primary election on the back of this letter. According to Title 13 of the Nisqually Tribal Code, all positions are elected by plurality vote – the candidates with the most votes win. The top two candidates in each race with the most votes will move onto the general election on May 4, 2019.

Note: Enrollment Committee Vice Chairman, Treasurer and Sixth Member advanced to the General Election as there are only two candidates running for those positions.

As required by Title 13 of the Nisqually Tribal Code, you have the following options to cast a vote in these important elections:

1. In-person at the primary election via written ballot; or
2. By Absentee Ballot if you are not available to vote in person on March 9, 2019, you may vote by Absentee Ballot according to Article IV, Section 2 of the Nisqually Constitution.
 To vote by Absentee Ballot please follow the instructions on the [Absentee Ballot Request Form](#):
 - Complete the Absentee Ballot Request Form by **February 17, 2019** – available at the Tribal Center or on the website. Follow the instructions on the form.
 - Submit the Absentee Ballot Request Form to Honest Ballot
 - By mail to: Honest Ballot at 12820 Yelm Highway SE #C-2, Olympia, WA 98513; email to honestballot@aol.com; fax at 718-279-0873 **OR**
 - Place the completed form into the locked mailbox at the Tribal Center.
 - Honest Ballot will send you an Absentee Ballot for the primary election
 - The completed **Absentee Ballot** must be returned by mail no later than March 9, 2019 or deposit the envelope in the locked mailbox at the Tribal Center no later than closing of the polls **6:00 PM on March 9, 2019**.

If it comes to your attention that a fellow tribal member did not receive this mailing package, please advise them to contact Honest Ballot at (800) 541-1851 or send an email to vote@honestballot.com Customer Service is available from 9:30 AM to 5:00 PM Monday through Friday, and via email other days and times.

Thank you.

Candidates For 2019 Primary Election

SHAREHOLDER (2 YEAR TERM)

Vote for no more than One (1) candidate

1. Jeffery (Jeff) Choke
2. Geraldine (Carrol) Clark
3. Harold Ikebe II
4. Kyle Kautz
5. Charles Miller
6. Anita Paz
7. John C. Simmons

TRIBAL COUNCIL VICE-CHAIRMAN

Vote for no more than One (1) candidate

17. Rose Henry
18. Shannon Iyall
19. Chris Olin
20. Antonette (Maui) Squally
21. William R. Wells Jr.

SHAREHOLDER (2 YEAR TERM)

Vote for no more than One (1) candidate

8. Lawrence (Larry) Bennett Sr.
9. Joyce McCloud
10. Marie McDonald
11. Cherie Edwards
12. James (Junior) Slape Jr.
13. Norine Wells

TRIBAL COUNCIL TREASURER

Vote for no more than One (1) candidate

22. David Iyall
23. Betty Pacheco
24. Julie Palm
25. Leighanna Scott
26. Jeffrey Wall

ENROLLMENT COMMITTEE 7TH MEMBER

Vote for no more than One (1) candidate

14. Stephanie Scott
15. Heidi Thomas
16. Candace Wells

TRIBAL COUNCIL 6TH MEMBER

Vote for no more than One (1) candidate

27. Melvin Blacketer
28. Leon Dunstan
29. Farron McCloud
30. Hweqwidi (Hanford) McCloud

TRIBAL COUNCIL 7TH MEMBER

Vote for no more than One (1) candidate

31. William (Willie) Frank III
32. Kareem Gannie
33. Julius (Joe) Kautz III
34. Chelsie Sharp

Honest Ballot . 27246 Grand Central Parkway . Floral Park . NY . 11005

718-279-VOTE (8683). 800-541-1851 . Fax 718-279-0873 . Email vote@honestballot.com www.honestballot.com

Honest Ballot . 27246 Grand Central Parkway . Floral Park . NY . 11005

718-279-VOTE (8683). 800-541-1851 . Fax 718-279-0873 . Email vote@honestballot.com www.honestballot.com



South Puget Intertribal Planning Agency



WIC Program
March Dates



- SQUAXIN ISLAND 3/12/19**
- CHEHALIS 3/14/19**
- NISQUALLY 3/13/19**
- SKOKOMISH 3/20/19**

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

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



South Puget Intertribal Planning Agency



USDA Foods Program
March Dates

- NISQUALLY 3/6/19**
- SQUAXIN ISLAND 3/12/19**
- SKOKOMISH 3/15/19**
- CHEHALIS 3/21/19**
- PT. GAMBLE S'KLALLAM 3/26/19**

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 the Warehouse at Nisqually 360.438.4216





Leschi Heritage, Culture Department News

Hello from the Leschi Heritage, Nisqually Culture Department. Hope everyone had a Happy New Year!

This year is turning out to be a rich, wealthy year in Nisqually culture.

January got us starting off with the planning for Chief Leschi's birthday, January 29 was the night Chief Leschi was born. According to some stories, he was born under a sacred star, which deemed him to be the leader, orator, and Chief of the Nisquallies! He was always thinking of his people and the future generations of the Nisqually. His spirit lives on with the Nisqually people and his descendants.

On January 28, the Leschi Heritage staff organized a "memorial celebration" of his birthday and a coastal jam. We fed attendees a great dinner including chicken from the casino and traditionally cooked king salmon from Don McCloud, Blaze Pluff, and YatsuAts mcCloud. We give special thanks for all the huckleberries donated from David Stepetin, Nisqually Natural Resources, for our dessert. We had lots of desserts and salmon to carry over into the coastal jam, so that was good. Thank you to Chairman Ken Choke, who welcomed everyone in attendance, and gave a good honoring talk in memory of Chief Leschi. Hanford McCloud, 7th council member, also gave a talk on Chief Leschi's work, and how today we carry his legacy in our tribe, and for continued unity in the tribe. He also welcomed the people to the dinner and



coastal jam. Cynthia Iyall, Nisqually deputy CEO, showed a slide show on the treaty, the work of Chief Leschi and his exoneration.

We had a special guest from Tuscora Reserve in New York, Ruchneet Printup, who gave an astounding talk on leadership, about the peacemaker, and the ways of the Six Nation people. We give a special thanks to Leschi Heritage staff, Nisqually tribal council and all those who played a part in making this a special memorial and remembrance of Chief Leschi.

February included presentations at the North Thurston Schools about the Nisqually Indian Tribe. Leschi Heritage staff, along with Bill Kallappa and councilmen Willie Frank and Hanford McCloud participated. This was enlightening, not only for the school staff, but also for our culture program. It just showed why educating educators who work with our tribal youth is very important

We are now planning for the Annual Pow Wow and Stick games and culture classes, but with the recent crazy weather, some culture classes had to be cancelled.

Starting Monday, March 4, we will have culture classes at the Billy Frank Jr. Gym, from 5-8 p.m, every Monday and Tuesday, until the Canoe Journey, Paddle to Lummi, with hosting scheduled from July 24-28. Come up to the Cultural Center

Tuesday, Wednesday, and Thursday afternoons are available for sewing or just working on a cultural project.

Dates to remember:

- March 14 - Cultural Exchange, at Culture Center.
- March 15 - Coastal Jam, Nisqually Youth and Community Center
- March 16-17 - Annual Wellbriety Pow Wow at Nisqually Youth and Community Center
- March 15-17 - Stick game tournament Nisqually Youth and Community Center field
- April 27 - Annual Leschi/Quimuth Honor Walk, Joint Base Lewis McChord

If you have questions about cultural events, please call any Leschi Heritage Staff. Thank you! (360) 456-5221, ext 1267, 2191, 1239, 1235, 1142 or 1280.



NISQUALLY HEALTH DEPARTMENT MONTHLY PODIATRY CLINICS

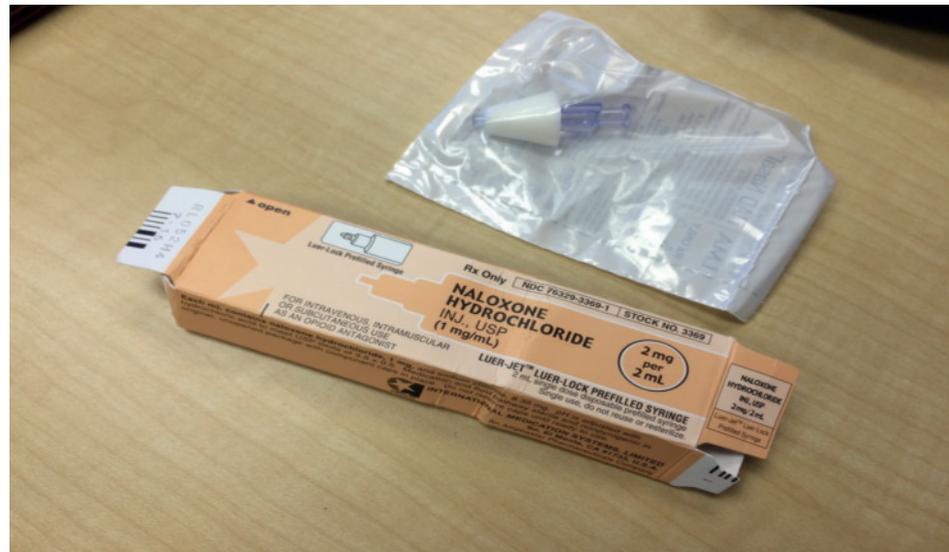
Check that Expiration Date

All medication expires and requires replacing at some point. Remember to look at the expiration date on your Opioid Overdose Kit. The date is located on the end of each box of medication (naloxone).

How to Read the Expiration

Example: the box says 7/16. This means this medication expires on the last day of July in 2016.

If you have any naloxone that has expired already or in expiring this month,



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

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.

Clinic dates for
Dr. Molina Kochhar:

2019

January 11

February 1

March 1

April 12

May 3

June 7

July 12

August 9

September 13

October 4

Call the Clinic @
(360)459-5312

to schedule an
appointment

Nisqually Tribe

Fruit and Vegetable Rx Program



WHO? EBT/SNAP Participants

WHAT? You Can Redeem a \$10 Rx Voucher at any Safeway for Fruits and Vegetables*

WHERE? Get Your \$10 Rx Voucher up to 1x weekly

From Participating Nisqually Programs:

Headstart and Elders- Bernita LaCroix
Healing House- Mary Szafranski
Tribal TANF- Anita Paz
Nisqually Clinic- LaVita Tessay-Plumage

*You can choose fresh, canned, or frozen fruits and vegetables, so long as they have no added fats, sugars, or salt.

Questions? Contact Bernita LaCroix and Amber Arndt in the Nisqually Health Department at (360)459-5312 or email us at: Bernita.Lacroix@nisquallyhealth.org and amber.arndt@nisquallyhealth.org

Nutrition Services With Bernita LaCroix R.D.

One-to-One Consultations for patients of all ages.

Learn healthy choices, set goals,
and get on your way to feeling great!
Diabetes Prevention and Control

Nutrition Appointments will now be at the
Nisqually Adult Healing House:
2320 Lashi St. SE

Thursday January 3rd
Thursday January 10th
Thursday January 17th
Thursday January 24th
Thursday January 31st

Thursday February 7th
Thursday February 14th
Thursday February 21st
Thursday February 28th

10:00—4:00 by appointment

Call to schedule an appt. with Bernita @ 360-459-5312



Nisqually Contract Health Services Tips for Services

The CHS program is still utilizing **Shasta Administrative Services** for payments for copays and bills. Please remember to let all providers know this when seeking outside care.

1. **PO numbers** are still essential and need to be obtained prior to a visit. On days when Nisqually Tribe is closed, if you did receive a referral and it is a commonly covered service, a PO is okay to get the next day we are open. This is not something you need to stress about, as most providers will still see you.

2. **Providence Immediate Care Clinic** has been working out very smoothly for our patients: shorter wait times, friendlier staff, extremely quick visits, and overall easier than Emergency Room visits. On days our providers' schedules are full, or the Nisqually Tribe isn't open, this has been a great alternative to those not wanting to wait hours for an ER visit, especially for colds, upset stomachs, or other primary care functions you'd normally see your regular provider for

3. **Hawks Prairie Vision Clinic** will start charging at \$25 missed appointment

fee beginning in 2019. It is important to note that CHS regulations do **NOT** allow us to cover these charges, making it extremely important to call and cancel ahead of time if you are unable to make it. **Special considerations for assistance with payment of these missed appointment fee charges if applies will be handled based on a case-by-case, upon request.**

Any questions or concerns regarding Contract Health Services: please feel free to call Lisa, Chris, or Jacob at 360-486-9599

American Indian Health Commission for Washington State www.aihc-wa.com

MEASLES

MEASLES OUTBREAK INFORMATION Last Updated 2-12-19

Dear Community Members

Health officials in Washington are responding to an outbreak of measles. By staying informed, we can all do our part to protect our families and communities. Here's what we know:

- **Number of Cases in Washington State:** 53 cases in Clark County, 1 case in King County (4 cases in Multnomah County, Oregon)
- **Number of Cases in Tribal or Urban Indian Communities in Washington:** NONE reported to date
- **Schools:** In schools where there has been exposure to measles, students who are not immunized have been asked to stay home in order to protect the community



What is Measles?

Measles is a **highly contagious** disease. It can cause serious problems, including pneumonia, brain damage, blindness, deafness and death.

How Do You Get Measles?

The measles virus travels through the air. You can get measles if you go near someone who has the virus, even before they start feeling sick. The virus stays in the air for up to two hours, so adults and children can get sick by entering a room where a person with measles has been within the past 2 hours.



**PROTECT YOUR
FAMILY AND
YOUR COMMUNITY**

What You Can Do

What are the Symptoms?

Symptoms include: fever, diarrhea, coughing, runny nose, red and watery eyes and tiredness. After a few days, a rash begins, usually starting on the face and spreading throughout the body.

VACCINATE!

If You or a Family Member Has Symptoms or If You Have Contact With Someone Who is Sick or Gets Sick

- CALL your tribal clinic or primary care provider—don't go to the clinic or provider's office until you talk to them first
- Follow your healthcare provider's instructions
- Stay home and avoid contact with others, until you receive guidance from your healthcare provider
- Rest and drink lots of fluids

HOW TO PREVENT GETTING MEASLES

The Best Way To Prevent Getting Sick With Measles Is To Get Vaccinated

CALL your tribal clinic or primary care provider



For More Information, Go To: <https://www.doh.wa.gov/YouandYourFamily/>



Elders March Lunch Menu

Nisqually Elders Menu (360)486-9546
Va and Jody, Cooks



MARCH 2019

*menu subject to change**
\$4 charge for guests

Sun	Mon	Tue	Wed	Thu	Fri	Sa				
				Crisp Green Salad And Milk Served Every Day. Wheat Bread as Needed	Salsa Chicken Brown Rice Veggie Blend Fresh Fruit	1 2				
3	Beef Goulash Buttered Noodles Broccoli Spears Jello/Fruit	4	5	Ham Hock w/Lima Beans Corn Muffins Roasted Kale Fresh Fruit	6	7	Baked Salmon Red Beans Potato Salad Fresh Fruit Huckleberry Dessert	8	9	CLOSED Billy Frank Jr. Day
10	Paprika Chicken Potato Medley Roasted Veggie Blend Fruit/jello	11	12	Swiss Steak Mashed Potatoes Veggie Blend Fresh Fruit	13	14	Baked Cod Rice w/Beans Roasted Greens Fresh Fruit	15	16	Corned Beef and Cabbage Soda bread Fresh Fruit
17	Spaghetti w/beef Breadsticks Green beans Fruit /jello	18	19	Pulled Pork Wheat Bun Cole Slaw Fresh Fruit	20	21	Beef Fajita Tortilla Rice and Beans Fresh Fruit	22	23	Smoked Salmon Chowder Fry Bread Fresh Fruit
24/31	Coconut Chicken Baked Yams Roasted Veggies Fruit / Jello	25	26	Yankee Pot Roast Red Potatoes Green Beans Fresh Fruit	27	28	Bacon Egg Wrap Sausage Gravy Biscuits Fresh Fruit	29	30	Navy Bean Soup Tuna Melt Fresh Fruit



March 10, Happy Birthday Rene, Love and Miss you
March 17, Happy 3rd Birthday Ryker, Love the McDonald Family
March 22, Happy Birthday Mom, We all Love and Miss you dearly



Happy Birthday Raylene!!

Happy Birthday Dom the Bom!

Happy 13th Birthday Ace!

Happy Birthday to Andrew Squally (March 22nd) and
Onica Squally (March 13th, 2 Years old!!)
Love you! -Robin



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