



## Reservation Nisqually Market to Expand

By Debbie Preston

The Nisqually Tribe's reservation Nisqually Market will expand with a \$3.5 million, 10,000-square-foot building in the new year, according to Bob Iyall, Medicine Creek Enterprise Corporation Chief Executive Officer.

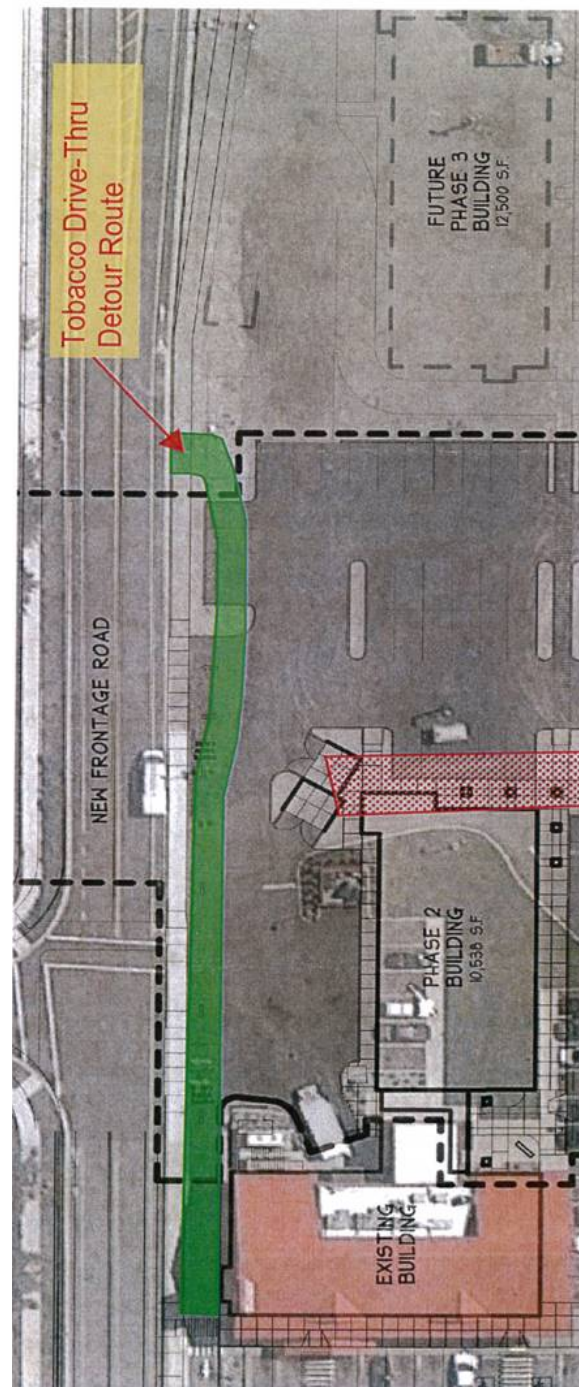
"The phase two was always in the original plans for the market," Iyall said. The new addition will not affect the operations of the current store except for a minor change in the entrance to the drive-in during construction.

The expansion will include offices for the Nisqually Construction Company on the second floor and a mixture of retail on the ground floor. "We are going to have a mail shop, kind of like a UPS store, but we're going to run it," Iyall said. Other tenants are still being decided, but will probably include some sort of fast food business.

The Nisqually Construction Company will build the project and that will include four to five tribal member jobs through TERO.

Meanwhile, the Frederickson store that opened in the fall of 2017 is doing quite well. "In that location, we are serving a number of companies that have 24-hour operations such as Boeing and JBLM. We're already selling twice as much gas there as we do at our reservation store." Additionally, the deli is in high demand due to the shift workers. "We close the deli to clean it for about 4 hours, but otherwise, it's open," Iyall said.

All told, the Nisqually Markets employ more than 100 people in Thurston and Pierce County. The Nisqually Market expansion should be finished in July and will include an elevator that will give access to the second floor offices of both buildings.



## \*COURT NOTICE\*

Starting June 1, 2017 the court docket will be changing.

- 1<sup>st</sup> Monday, criminal court
- 2<sup>nd</sup> Monday, ICW and civil court
- 3<sup>rd</sup> Monday, criminal and traffic court
- Truancy/JuV probation court will be determined
- No court will be set the last week of the month
- Criminal and traffic court will start at 9:00 a.m.
- ICW and civil court will start at 9:30 a.m.

Please, contact the court clerk for any new arrests to find out next court date.

## EFFECTIVE DECEMBER 4, 2017

The Financial Services department will have new hours for the public.

Monday through Friday we will be open from 8:30 a.m. to 12:30 p.m. and 1:30 p.m. to 4:30 p.m. (closed from 12:30 p.m. to 1:30 p.m. for lunch).

This will allow the Financial Services staff to better serve the public.

Sandy Spencer, CPA  
Controller

## 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

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The deadline for the newsletter is the first Monday of every month.

## Nisqually Tribal Council

Chair, Farron McCloud  
Vice Chair, Chris Olin  
Secretary, Sheila McCloud  
Treasurer, Julie Palm  
5th Council, Brian McCloud  
6th Council, Handford McCloud  
7th Council, Willie Frank

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**FREE Rides**

**Monday through Friday**

Upper and Lower Reservation Route  
11 am - 6 pm

Beyond the Route  
Call Requests and Appointments  
7:30 am - 2:30 pm

**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**





## Council Corner

As we begin a new year, it's good to review our progress in the previous year and look at our goals for 2018.

As 2017 ended, we awarded \$2.1 million to 197 different organizations in Thurston and Pierce County along with our own organizations. We are blessed to be able to continue to provide this charitable giving. Our board carefully examines the many applications for this funding and it can be difficult because there is so much need. Those who receive the money are so grateful.

Ben Charles, who heads up the Crazy Faith outreach to homeless people in Olympia, puts on 150 feedings each year for homeless people with volunteers and family members. They hand out gloves, coats, socks, gift cards and many other items homeless people need to survive.



*Tribal Council with federal lobbyist Casey Sixkiller.*

"Not only does Nisqually support us through the charitable giving, we are the first group to get a call if they have extra food," Charles said. "We are continually blessed by the Nisqually community."

"This time of year, the cold makes everything much harder for the homeless. We've had 14 deaths since August, and we're barely into the coldest months," Charles said. "Nisqually's ongoing support makes it possible for us to plan and address needs at a critical time of year," Charles said.

We look forward to 2018 to continue with our progress in providing housing for Nisqually people and new economic opportunities. The construction of the 20-unit housing group is underway and our newest Nisqually Market in Frederickson is doing quite well.

We also mourn the loved ones lost this past year, several during the holiday season. We hold those families in prayer as a new year begins.

Hoyt.

## "When I Dip My Net..."

By TaNiesha Birdtail

When I dip my net, I'm exercising my Treaty Right  
When I dip my net, I'm at church  
When I dip my net, I'm sustaining my culture

When I dip my net, I'm inherently managing the resource  
When I dip my net, I'm feeding my family  
When I dip my net, I'm insuring future generations dip their nets  
When I dip my net, I'm proud to be Nisqually

If I don't dip my net, I'll lose my Treaty Right  
If I don't dip my net, my culture will disappear

If I don't dip my net, I'm not managing my resource  
If I don't dip my net, I'm failing future generations  
If I don't dip my net, I'm failing the Salmon





# Blessing of Senate Chambers and Offices

By Debbie Preston

The smell of sage hung in the hall of the Washington state Senate chambers and offices Saturday morning. During the legislative break while the building was still closed to the public, a small group of Senate staffers and McCoy witnessed the blessing of the offices and Senate chamber, following a blessing and sage smudging by Nisqually and Squaxin Island tribal members.

With the moving of offices for Democrats to the majority side as a result of gaining those numbers in

the most recent election, both Senators John McCoy (D-Tulalip), caucus chairman, and Majority leader Sharon Nelson, (D-Maury Island), wanted the Senate chambers and offices to be blessed and smudged by the tribes whose traditional area encompasses the legislative campus.

A group of Nisqually and Squaxin Island tribal members sang songs as the areas were blessed.

"This song asks, 'How strong is the heart?,' said Squaxin tribal member Joe Seymour of one of the

songs. "Then the answer is, 'The heart is strong.' This means everyone who enters here has a strong heart and is working to do the right thing. We're reawakening this land that this building sits on - with ceremonies that were performed long before these buildings existed," Seymour said.

"This blessing helps us start out in a good way....I myself will continue to educate my colleagues and others that what's good for tribes is good for everyone," McCoy said.







# Growth Impacts on Fish on the Line in Water Legislation

By Debbie Preston

The exponential growth in Washington, especially western Washington, has resulted in tribes working to make a line in the sand when it comes to water withdrawals that reduce instream flows important to fish survival.

The Nisqually Indian Tribe, along with most of the Northwest Treaty Tribes, is in the middle of a battle to save water for fish, therefore, the treaty right of fishing. As more and more people move to the state, more permits have been issued for exempt wells, which means a person or group of persons can take up to 5,000 gallons of water a day without measuring its effect on instream flows. The explosion of these well permits is negatively affecting stream flows in different parts of western Washington.



On October 6, 2016, the Washington State Supreme Court issued a ruling in a court case of Whatcom County v. Hirst, Futurewise, et al. (commonly known as the Hirst Decision), that it must be demonstrated that groundwater withdrawal will not impair a senior water right, including instream flows which are considered a senior water right. Tribes hold the ultimate senior water right as signers of the treaties. The Supreme Court affirmed the Boldt Decision that upheld tribal rights to fish (therefore the water quality and quantity needed to assure their survival). The Hirst Decision essentially halted the issuance of permits for these exempt wells, therefore a number of big developments.



Now, tribes are working to make sure legislation being crafted by a working group of legislators to “fix” Hirst does not undermine the rights of tribes as senior water right holders.

“Gov. Inslee promised he would protect the salmon and the water at my dad’s service,” said Willie Frank III, Nisqually tribal council member. “As treaty tribes, we are the senior of senior water holders. To uphold the treaties, the state must provide enough water for fish,” Frank said. “It’s also a people issue – if there isn’t enough water quality and quantity for fish, it’s bad for people too.”



Complicating matters is the fact that the Hirst “fix” is part of the state budget package, with pressure being brought by many business interests to soften the language protecting senior water rights and instream flows for fish to get the budget passed.

“This legislation does not have to be a part of the budget package,” Frank said. “It’s just a way of bringing pressure to weaken the laws.”

Stay tuned for updates on this important legislation.



# 2017 Community Christmas Dinner

By Stacy Gouley

December was a very busy month and our thoughts and prayers were with those in need during the holiday season. The Winter Wonderland dinner was held Dec. 21 with a menu that included game hens, barbecue pork, mashed potatoes, gravy, baked potatoes and dessert.

Staff from the youth and community center programs, Head Start, vocational rehab, library and AmeriCorps collaborated to host the annual community Christmas dinner.

We were pleased to provide some holiday activity stations to celebrate the season of Christmas such as the photo booth operated by the tribe's Head Start staff. Kacie from the library shared wooden snowflakes to paint, snowman and Santa masks as well as mini Christmas trees to decorate. Special guest program partners *Timberland Regional Library*, *Wolf Haven* and *South Sound Reading Foundation* also offered additional activities.

Kareem from the Health Fitness and Nutrition program was there to distribute fresh, healthy produce to his

fitness challenge participants and elders. Our very own Elizabeth Siegel, ARNP, brought in a partner and played holiday music for an hour to help set the mood. The Nisquall Behavioral Health program chipped in and helped with a few components as well. Those lucky enough to get a picture with Santa were treated to joyful and jolly Kelly K. If you stayed past dinner, you were treated to grandma's storytelling of the *Night before Christmas* with Gene Tagaban.

Again, our hands go up to Amber S. and the Nisqually Tribe Vocational Rehab program for helping coordinate some of the decorations as well as components of the stockings that were handed out at the end of the night to community youth.

There was a good turnout that filled the gym with happy faces and people visiting. A big THANK YOU to the programs and those organizations that came out to support our Nisqually community during the Holidays – a great time to sit back and reflect on the year and celebrate a great day to just be! Have a great new year.







# Nisqually Library *January*

## NEW LIBRARY HOURS:

Monday-Friday 9 a.m. – 5 p.m. (CLOSED 12 p.m. – 1 p.m.)

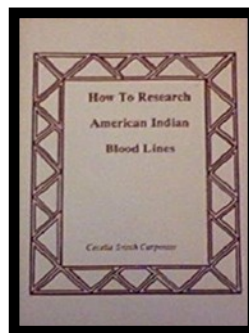
## LIBRARY COMPUTER LAB:

Monday - Friday 9 a.m. – 4 p.m. (CLOSED 12 p.m. – 1 p.m.)

\*\*\*Hours may vary depending on holidays, meetings, and weather.

Nisqually Archives and Library Department no longer provides public printing or faxing.

Ask us about our NEW Community Outreach Reading Stations!  
**360-456-5221 ext. 1125**



Recommended  
Book of the Month:  
**LESCHI  
LAST CHIEF OF THE  
NISQUALLIES**

## **Nisqually Archives and Library**

Below, waffles and new books for the new year at Jan. 3 event.

## **DID YOU KNOW:**

On the back of Chief Leschi's memorial stone, it states, "JUDICIALLY MURDERED, FEBRUARY 19<sup>TH</sup>, 1858, OWING TO MISUNDERSTANDING OF TREATY 1854-55. SERVING HIS PEOPLE BY HIS DEATH. SACRIFICED TO A PRINCIPLE. A MARTYR TO LIBERTY, HONOR AND THE RIGHTS OF HIS PEOPLE OF HIS NATIVE LAND. ERECTED BY THOSE HE DIED TO SERVE."

- CECELIA SVINTH CARPENTER



# After School Homework Help



## Education Building

## 12503 Yelm Hwy. SE

MONDAYS and WEDNESDAYS

Extra Math Help Available

## Monday-Thursday

Questions? Contact Ken Tuckfield

360.456.5221 x.1161

## 3:30-5:00pm

Homework is required to attend.







# A LOOK BACK







# AT 2017







# Happy New Year from the Youth and Community Center!!

By Stacy Gouley

We look forward to 2018 with you and our families. January brings with it a clean slate and new opportunities.

It is that time of year again to register your child for children's activity resources available from the Youth Services department. This benefit goes to Nisqually tribal member children ages 6-17, and 18 if your child is still attending school. Each tribal member child is allotted \$500.00 for extracurricular activities including, but not limited to: sports, equipment, tournaments, conferences, music equipment, etc. The form is a one page application and is available at the youth center. This program is first come, first served until program funding is exhausted. Please take advantage of this program for student and recreational needs.

The facility is used for many different purposes and staff works to support those. Activities hosted include general council meetings, staff training, holiday events with our families, employee and community holiday parties, tournaments and basketball season. The staff understands that the community members love utilizing the beautiful gym and fitness-minded guests

enjoy the resources we have. Guests take advantage of the computer lab regularly, and our community in general has enjoyed the facility.

Our staff works diligently to provide a clean and safe community environment. The facility offers space for tribal programming, community gatherings and public hearings. Amenities include an InBody composition analyzer, cardio/weight room, walking track, locker rooms/showers, saunas, basketball/volleyball courts, computer lab, Wi-Fi, and a game room for the youth program. It is a great achievement that Nisqually is able to offer these programs and resources to the community and we want to do the best we can each day.

If you're interested in volunteering for any of the tribe's community events or programs, help is always welcome and interested applicants should contact us so we can begin the appropriate paperwork required to verify eligibility.

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## Happy Holidays from TANF!

By Jesse Youckton

We hosted our client Christmas dinner Dec. 13 where our clients picked up an incentive and signed their family up for Toys for Tots.

In November, we held our successful client Thanksgiving dinner! We were excited to provide our clients with a roasting pan and various cooking utensils as well as a voucher for \$100 to go toward their holiday meal. We were also happy to provide new TANF jackets to all our clients and children, just in time for those cold windy days. Also in November, we were able to complete our Winning at Parenting course, in collaboration with Nisqually Children and Family Services, provided by Family Education and Support Services. Our next parenting class will start in January with the same partnership. Additionally, we hosted a two-day "CASH Class" both in November and December which provides basic financial literacy education

As always, if you have any questions regarding Child Support, Lisa Vasquez from the Division of Child Support comes out on the second Wednesday of every month and sets up in the TANF Classroom. If you owe child support and need to set up a payment plan, come see Lisa. She is available from noon to 4 p.m.

If you want to sign up for TANF or see if you are eligible, contact Jesse Youckton at 360-456-5237 ext. 2210.





# Zelma McCloud

Born on November 10, 1929 with her twin by her mother, a field laborer. Zelma Kalama McCloud, 88, passed peacefully in her home on Dec. 20, 2017.

She had love for all her family, grandchildren and great-grandchildren. She enjoyed her time as Elders Coordinator where she worked for many years. She traveled with the program even after retiring in 2014, attending Tribal Journeys, supporting the Seahawks and shopping that included garage sales. She loved fishing, smoking fish and time spent with grandchildren. She also participated in community events such as Chief Leschi Honor walk and Cancer support walks.

A proud time for her was when, at age 60, she walked in her cap and gown to receive her G.E.D.

Zelma was a great leader that served the Nisqually Tribe for more than 35 years and was deeply passionate about her tribe and overall community welfare. She was an advocate for building programs for the Nisqually Tribe and was one of the founders for programs such as South Puget Sound Intertribal Planning Agency during her time as chairwoman.

"The Nisqually Tribe simply would not be where it is today without the vision and leadership she brought to the organization in the 1970s," said Joe Cushman, planning director for the Nisqually Tribe, who was working for Nisqually at that time. "In the early 1970s, the tribe had virtually nothing - no land, no buildings, no enterprises, no programs and no money," Cushman said. "But the tribe had one truly indispensable thing going for it, and that was leaders with vision like Zelma McCloud," Cushman said.

Cushman and former chairman Dorian Sanchez said the Boldt decision was important for Nisqually, but that a lot of work happened prior to Boldt as well, including the organization of the tribe to allow the beginning of programs to address community problems.

"There was no running water or electricity when Zelma was growing up here," said Sanchez. "Many folks worked in the fields picking hops. It was a hard time. Nisqually didn't get running water and electricity until the late 1960s or early 1970s." Sanchez said the Nisqually government was in a building in Yelm for a time with no place to meet otherwise. Cushman remembered Zelma choosing to locate her desk in the hallway of the building so staff had space to "get the work done. I'm fine out here," Zelma told Cushman when he offered her his office.



"The early leaders like Zelma weren't getting paid, but they showed up and they did the work," Sanchez said.

Cushman remembers that in those early days while the tribe was getting organized, Fort Lewis was actually working behind the scenes to try to eliminate the tribe from the landscape all together with language in the Department of Defense's budget to condemn the remaining Nisqually land. But Zelma and the rest of leadership, at their own expense, went to Washington, D. C., confronted Congress and stopped the condemnation.

"She and the other leaders did the heavy lifting during great adversity to assure the tribe's future," Cushman said. "The folks of those early times who sacrificed and worked so hard are nearly gone," Sanchez said. "We're seeing the end of an era."

Zelma was also often asked to do opening blessings for events, by both tribal leaders and other dignitaries. During her opening blessings, she spoke to the youth expressing their importance to the tribe's future.

She was preceded in death by her parents; Peter Kalama and Alice Jackson Kalama; Husband; Orvid "Butch" McCloud; Brothers, Lawrence, Elmer, Fred, Roy, and Edward Kalama, Sisters; Sadie Kalama Squally Mounts, Mildred Kalama Ikebe, Violet Kalama, Carmen Lottie Kalama Holmes, Zelda Kalama Thompson and Josephine Wells; Nisqually, WA, Oliver, Naomi, Francis, Ester, Henry, Mary, Gilbert and Irene; Warm Springs, OR, Sons; Aaron T. Kalama and Patrick "Rick" McCloud.

She is survived by Carmen "Boots" Kalama, Lorna, "Beeb" Kalama, Judy Kalama Powell, Annette "Netts" McCloud Bullchild, Brian "Sonnyboy" McCloud, Catherine "Cathy" McCloud. She had 13 grandchildren, 15 great-grandchildren, and two great-great grandchildren.

The Wake was held Dec. 26 at the Nisqually Youth and Community Center. The Funeral services were held Dec. 27 at the Nisqually Youth and Community Center. Burial services were at Nisqually Tribe's Leschi Cemetery.







# How Do We Get Traditional Foods Into Community Dinners?

By Caitlin Krenn

In 2017, there were more than 40 community dinners hosted by the Nisqually Tribe. These events are a place for people to meet, socialize, make their voices heard on important issues and learn about the resources offered by the tribe. Sharing good food is a key component to the gathering. However, many of the staff who plan these meals find it difficult to source traditional and healthy foods.

This is one finding from the 2017 Nisqually Food Sovereignty Assessment (FSA). During this year-long process, tribal members and staff investigated how the tribe's food system works - and how it could work better. Community dinners are an important part of the Nisqually Tribe's administration and culture. Averaging more than three dinners each month - and often hosting more than 200 people - they are a great place to start thinking about how to increase the tribe's food sovereignty.

Community dinners are planned by staff from many different tribal departments. Each has a different theme, but there are many common elements. During the FSA, many staff described the difficulty they had sourcing traditional and healthy foods. Staff members were also confused about how to source foods from Nisqually fishers, shellfish gatherers, hunters and gatherers. Most didn't know how to contact community cooks. Not knowing where to start or who to call was the first barrier. Confusion about accounting processes and food safety regulations was also common.

Although there are many challenges to providing healthy and traditional foods at community dinners, there are also many ways to overcome these challenges. Below are some of the main ideas that were shared during the FSA:

1. Start and maintain a contact list for community cooks, fishers, seafood harvesters, hunters, and plant gatherers. Make this list available to the tribal staff planning events.
2. Provide training and support to event planners on accounting processes, food regulations, sourcing Nisqually foods and working with community cooks.
3. Consider a tribal policy promoting the use of traditional, tribally-sourced and healthy foods in Nisqually event meals.
4. Celebrate healthy food choices at community events.

These are just a few ideas, shared by tribal members and staff, to promote tribal food sovereignty at community dinners. If you have your own ideas, or have other thoughts or questions, feel free to contact Caitlin Krenn, Community Garden Supervisor, at 360-561-9063 / [krenn.caitlin@nisqually-nsn.gov](mailto:krenn.caitlin@nisqually-nsn.gov).

And watch out in the coming months for more findings from the 2017 Nisqually Food Sovereignty Assessment!

## Tribal Employment Rights Office (TERO)

For more information please contact  
Cynthia Iyall, Interim TERO Manager  
[iyall.cynthia@nisqually-nsn.gov](mailto:iyall.cynthia@nisqually-nsn.gov) or  
Shelly Peltier, Administrative Assistant  
[peltier.shelly@nisqually-nsn.gov](mailto:peltier.shelly@nisqually-nsn.gov)  
at 360-456-5221 ext. 1231.



## TERO has MOVED!







# Medicine Springs

By Debbie Preston

*Medicine Springs Sacred Water Ceremony. As part of the celebration of the return of Medicine Springs to Nisqually, the tribe conducted tours of Medicine Springs and on the cold day, brought the healing waters of the spring to the Billy Frank Jr. Community Center for the Sacred Water ceremony and thank you to some of the Nisqually, Olympia and Lacey officials who helped with the return of the property.*







# Before the Boldt Decision – Part 3

## The Early Days - 1910's to 1940's

By George Walter

In previous newsletters, I have written about what was happening on the Nisqually River before the Boldt Decision, including the fish wars and multiple arrests and court cases. Even before these events, however, Nisqually Indians were harassed by state agents and were fighting to protect their treaty fishing rights. Here is an account of these early days.

The first trace of the State of Washington attempting to limit Nisqually Indian fishing is documented in the Bureau of Indian Affairs (BIA) archives. When I started my Nisqually research, I combed through these archives seeking documentation of older fishing activities. In the 1910's, several Nisqually Indians (including John Longfred, allotted on the Pierce County side of the reservation) contacted the BIA about their fishing rights.

The BIA responded with a clear statement stating that Nisqually Indians had the right to fish on the Nisqually Reservation. There is nothing in the early archive record about off-reservation, usual and accustomed, fishing rights. A BIA letter dated May 24, 1916 stated, in part:

"The Indians of the Nisqualli (*sic*) reservation may take fish from waters within that reservation . . . for their personal use or for sale on the reservation, without complying with State law. . . ."

The key points of contention were commercial versus personal use and on-reservation versus off-reservation. The loss of much of the reservation in 1917 made things worse. For example, Frank Klatush, an allotted Nisqually Indian, lost his allotment in the 1917 condemnation and moved to the Cowlitz River area where he was often cited for illegal fishing.

Willie Frank, in his recorded recollections, told about selling steelhead to a fish buyer located in Tacoma. He had to drive the fish up to Tacoma to sell and only steelhead had sufficient value to justify this extra work. This occurred about 1916-17, at the time Willie Frank lost his allotment to condemnation and moved to seven acres located along the lower Nisqually River and along what was then the main road to Tacoma.

Later, in 1927, the BIA Taholah Agency wrote several letters to the Washington Attorney General about fisheries enforcement actions against Indians, including Nisqually. One letter stated, in part:

"Only one case [Indians arrested for fishing] has been transferred to the United States Court at Tacoma before Judge Cushman, and that was during the past year when a number of Nisqually Indians were arrested for fishing in a closed stream – the Nisqually River. Judge Cushman very promptly dismissed the case against them on the grounds that they were entitled to take fish for their own use."

Kalama vs. Brennan – In the mid-1930's, after a period of relative peace on the river, the state enforcement agents started to target Nisqually fishermen, especially those fishing in the Nisqually River

downstream of the reservation boundary. As a result, some Nisqually fishermen consulted an attorney and in March 1937 initiated a lawsuit against specific employees of the two state agencies, starting with the two directors. The case is known in the archive files as *Chief Peter Kalama vs Brennan*.

The Nisqually Indians named as plaintiffs were:

Chief Peter Kalama, Frank Charles, Herman John, Joseph John Jr.,  
George Sam, Willie Frank, Joe Parson, Alex Parson,  
William Wells,  
and Lee Kove (all spellings as found in the initial pleadings).

The lawsuit was filed in the United States District Court in Tacoma. (This was, ironically, the same Court, and the same courtroom, where Judge George Boldt presided over *United States vs. Washington* some 35 years later). The Judge hearing the case was Edward E. Cushman, the same U.S. District Court Judge referenced in the 1927 B.I.A. letter.

Judge Cushman entered an injunction against the defendants, forbidding them from interfering with the treaty-fishing of the plaintiffs, and other Nisqually Indians, on the Nisqually River, including at usual and accustomed places off the reservation. This injunction was in place until after World War II when it was dismissed as being subordinate to a U.S. Supreme Court decision regarding Indian treaty-right fishing. The Nisqually treaty-right fishery continued without state interference for a number of years, but ultimately the harassment started again in the 1950's, leading to the fish wars and ultimately the Boldt decision.

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### It's a Small World

Judge Edward E. Cushman was appointed to the federal court in 1912 by President Taft and served until his death in 1944. Judge Cushman's brother, Francis Cushman, was the U.S. Congressman for Tacoma; the Cushman Indian Hospital and School are named for Representative Cushman. Judge Cushman, who issued decisions protecting Nisqually treaty fishing rights, is the great grandfather of Joe Cushman, the tribe's planning director. Joe has been carrying the family torch, so to speak, devoting himself for 40 years to serving the Nisqually community and assisting in developing Nisqually as we see today.

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# 2017-18 Chum Report

By Craig Smith

Before it started, the odds were stacked against a successful 2017/18 chum season. Why? First, the parent escapements for the chum returning this year were low, prompting a low pre-season forecast. Second, the timing of the Nisqually late chum run has been moving earlier, increasing the possibility of pre-terminal impacts from the fall chum commercial fisheries in Area 10 and 11 (central Puget Sound). Third, the increased predation by marine mammals.

Using this information, the Nisqually Fish Commission made a pre-season decision to make sure escapement was met before opening a commercial fishery this year. Using this leverage at the annual North of Falcon and Pacific Fisheries Management Council negotiations, Nisqually negotiated with WDFW and other Tribes for pre-terminal area timing change, resulting in no commercial fisheries in Area 10 and 11 past week 45 because of possible impacts to Nisqually late chum. This closure is the earliest closure of this lucrative commercial fishery ever and left tens of thousands of harvestable fall chum "on the table" for both non-treaty and treaty.

In addition, the Fish Commission and harvest management staff developed and implemented an in season escapement prediction tool. This model used spawning counts in Yelm Creek to provide an update and predict whether the overall late chum escapement would be met.

And, everything works out well! The area 10 and 11 fall chum managers kept waters closed after week 45 and both Nisqually commercial and sport fishery remained closed until the Yelm Creek update was available. The Yelm Creek tool predicted escapement would be met and, because of this, on Dec. 19 Nisqually was able to open its commercial chum fishery and the sport fishery opened a few days later.

When the Fish Commission opened the fishery, it set the upper boundary of the fishery at Tom Brown's. This action protects the chum holding, waiting to spawn upstream, including in Yelm Creek. As of the date this article is written, the tribe's chum harvest is about 7,000, more fish than the past two years combined and spawning escapement should be met as well.

Strictly adhering to management plans and agreements from pre-season through in-season and from pre-terminal to terminal, including Yelm Creek escapement tool and the boundary adjustment, has proven successful in getting a healthy number of chum to the spawning grounds. This successful year is of great benefit to rebuilding the Nisqually late chum run to again become the mainstay of the Nisqually Tribe's treaty-right fishery.

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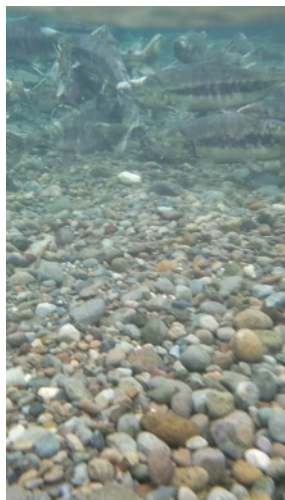
## Muck Creek Chum Spawning

By Rene Bracero, Natural Resources Intern

Once a week during the chum spawning season, natural resources harvest management conducts weekly surveys on some tributaries of the Nisqually River. Jan. 2, Kyle Kautz and I were supposed to survey Muck Creek, an important spawning tributary of the Nisqually River. Other survey team members covered a Muck Creek tributary called Exeter springs. As I started the survey on Muck Creek, I realized that the flows were too high and the creek couldn't be surveyed. Kyle and I decided to help survey Exeter springs. I was bummed that I could not survey Muck but excited that I got the chance to survey Exeter springs for the first time. I've heard stories of how nice the springs are and that the water is amazingly clear.

I was surprised about the clarity of the water and how nice the substrate was in Exeter Springs. I see

why lots of the Nisqually chum choose to spawn in that area. We counted more than 900 live chum that day and more than 100 carcasses. It was so cool! During my survey, I used my water proof phone to make a video of the chum underwater and you can see hundreds of chum salmon swimming and spawning. The water is clear so it's easy to see all the fish. Here is a freeze frame photo from the video I took. These are native Nisqually chum salmon on their spawning grounds.



One other thing that was impressive was the number of bald eagles hanging out at Exeter. I hope that I will get to survey that area again and eventually have other people see this environment for themselves. The area is not easily accessible because it's on JBLM next to the artillery impact area. There are only a few days we have access.

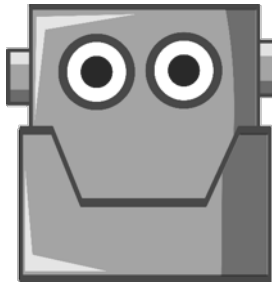




# Is the future already here in 2018?

## Tips from the IT-WebDev Department

A 1960's TV cartoon show titled *The Jetsons* depicted a futuristic family living with a robot, Rosie, who was the family's maid and housekeeper. Today, robots are now an integral and unstoppable part to the success of the world's economy and becoming a part of everyday life just like in the TV show. The robotic boom will bring an estimated 1.3 million robots by 2018. It's been called the "fourth industrial revolution" where robots are effortlessly being incorporated into factories and bringing precision, productivity, and flexibility to manufacturing – working side-by-side with humans to increase flexibility and efficiency.



with the touch of a button. Prices start at \$61 and go up to around \$380.

• **Robot Mops** – iRobot (Braava), iLife, Bob-sweep, and Ecovacs offer several lines of automatic mopping systems. These are primarily limited in function due to the need of a large water tank on-board. Prices range from \$170 to \$350.

• **Robot Dogs** – Although *The Jetsons* had a real dog, Astro, we cannot leave out the beloved robotic family pet. Sony will reportedly re-launch its Aibo robotic pet dog in 2018 in Japan. The new model will incorporate internet connectivity and have the ability to control domestic appliances with voice commands, like the Amazon Echo or Google Home devices, but will also behave and move like a real dog. Cost will be \$198,000 Yen or \$1,700 USD. Wappy, Harry Pet, Zoomer, Fur, WowWee and Hasbro offer robotic pet dogs in the U.S. and prices range from \$22 to \$170.

• **Robot Lawnmowers** – Robomow, Husqvarna, Honda and Worx aren't necessarily cheap lawn mowers but they'll definitely save time and effort by cutting the grass on their own. Features to consider include cutting area (acreage), slope of land, and rain sensors. Prices vary from \$600 to \$3,500.

• **Robot Vacuum Cleaners** – Kobot, iRobot (Roomba), Shark, iLife, Samsung and Ecovacs are several manufacturers that offer cleaning floors and carpets

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

## Health Fitness Nutrition – What inspires you?

By Stacy Gouley

Happy New Year! Health, fitness and nutrition, they're all connected and good things can happen if there is a good balance between all three. For example, lowering certain health risks, improving you energy, increasing bone density and/or improving your sleep are all a balanced approach to your health.

Knowing some of these basics, I was inspired by the tribe's nutrition program when they delivered a produce distribution earlier this year to families. Bernita LaCroix shared her appreciation of fresh fruit and vegetables with us and helped move this project along.

Jay's Farm stand worked with the nutrition program previously and we naturally called on them to help us provide something similar and specific to the tribe's Health Fitness Nutrition (HFN) program here at the Youth and Community Center. *AmeriCorps* members Randy Fosella, Celeste McCloud-Fosella, Feather Villegas, Jack George, and Nolan Halfmoon helped Kareem and I assemble Health Fitness Nutrition Program bags with fresh produce. We distributed them to elders in attendance at the annual community Thanksgiving dinner. The sturdy canvas bags contained potatoes, celery, celery, pears and, apples just in time for holiday dinners.





## Nisqually Tobacco Cessation

By Juanita Banuelos

### Secondhand Smoke Facts and Quitting Tips

- Secondhand smoke is a mixture of smoke by the burning end of a commercial product and/or smoke exhaled by smokers.
- Secondhand smoke has more than 7,000 chemicals and more than 70 are cancer causing.
- When exposed to secondhand smoke in casinos, bars, etc., the amount of smoke levels is said to be two to five times higher than found in homes of smokers.
- Secondhand smoke is also known to cause asthma and ear infections in children.
- Infants and children who breathe secondhand smoke are even more susceptible to bronchitis and pneumonia.
- Secondhand smoke is also known to cause or trigger a heart attack.
- Secondhand smoke kills 41,000 people in the United States each year.
- Within 8 hours of "QUITTING," smoking carbon monoxide levels return to normal.
- Within 24 hours of "QUITTING" chances of Heart Attack decrease.
- After 2-3 weeks after "QUITTING," lung function increases up to 30 percent.

As we end 2017 and begin 2018, take time to think about "Quitting" smoking.

Feel free to call Nisqually Tribe Health Clinic and start your "QUIT" plan for the New Yea. We offer Nicotine Replacement Products at NO cost.

## Integrating Your Healthcare

By Addie Spencer, MD

Is your healthcare clinic addressing all your healthcare needs? On the journey to wellness, we thrive when we use the medicine wheel model of care. Spiritual health, emotional health, cultural health and physical health are all equally important.

The Nisqually Tribal Health Clinic medical team is taking on a new project to transform how we provide healthcare. We are integrating your emotional, spiritual, cultural and physical health needs.

At first you will notice that we are doing more screening questionnaires to ask you about your behavioral health needs. Are you struggling with depression? Is a substance use disorder making it hard for you to take care of yourself? Some of these questions are very personal, but they are important to your health. Honest answers will help your medical provider work with you to address all your healthcare needs.

As we progress in integrating your healthcare, you will see new members of your healthcare team. Traditional healers are already on site and will continue to be part of your healthcare team. In the future, behavioral health specialists and navigators will join the medical clinic. Each person working in the clinic is there to serve you and help you achieve your best spiritual, emotional, cultural and physical health.

Please call to schedule a visit at 360-459-5312.

## SPIPA's Nisqually WIC

The Women, Infants, and Children (WIC) program provides healthy foods and nutrition information for you and your child up to age five. Our office is open the second Wednesday of each month.

For appointments or questions contact: Debbie (360)462-3227 [gardipee@spipa.org](mailto:gardipee@spipa.org) or Patty (360) 462-3224 or the South Puget Intertribal Planning Agency (SPIPA) main number (360) 426-3990. Next WIC at Nisqually:



Wednesday January 10, 2017  
at USDA Food Warehouse  
10:00 a.m. - 2:00 p.m.  
Date and time may change  
Warehouse (360) 438-4216







# Taking Care of Pain

By Addie Spencer, MD

We all have pain. Whether it is from a broken bone or from chronic headaches, pain causes lots of suffering. For most types of pain there really is no perfect treatment, but here are some tips that can help.

1. Acetaminophen is great! Also known as Tylenol, acetaminophen is still the number one recommended treatment for pain in children and for chronic pain from osteoarthritis. People with liver failure may need to avoid taking acetaminophen and an overdose can cause liver failure. In adults it is safe to take up to 6 acetaminophen tablets (or no more than 3000mg) in 24 hours.
2. NSAIDs are a family of medication that most people tolerate well and are very effective for treating headaches, menstrual cramps and muscle soreness. My favorite is naproxen (Aleve) but ibuprofen (Motrin) is very effective as well. One side effect of NSAIDs is stomach irritation and people who have a history of bleeding ulcers should think twice before taking NSAIDs. Others who should consider discussing NSAID use with their medical provider are people with kidney disease, heart disease and those on blood thinners.
3. Narcotic pain medicines are often prescribed to people with severe pain. Hydrocodone (Vicodin) and oxycodone (Percocet) are used when treating broken bones and pain after surgery. Recent studies have shown that using narcotic pain medicine for more than just a few days increases

one's risk for developing a substance use disorder. The current recommendation is that all medical providers limit prescriptions for narcotic pain medicine to short term use and counsel all patients about the risks of addiction and dependence.

4. Ice and heat are great ways to treat pain. Strained muscles, menstrual cramps and even ear aches will often lessen after 20 minutes of ice or heat. There is no proof that ice or heat is superior, so it is really up to you to decide which is best for your body.

*Example: If a headache hits you, there is a good chance you can reduce your suffering in just 20 minutes. If you have no health problems that make taking medication a problem, you can take one dose of 500-650 mg of acetaminophen with one dose of 440-500 mg of naproxen. The medicine is best taken with a small snack and a large glass of water. In addition to taking the medication, you can rest somewhere quiet with a baggy of ice on your eyes and a heating pad on the back of your neck. Using deep breathing or even meditation can reduce your body's perception of pain. Doing these self-care measures will likely get you back to feeling like yourself before you know it.*

If you have more questions about your health and how to take care of your pain, please call the Nisqually Tribal Health Clinic 360-459-5312 and schedule a visit with your primary care provider.

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## Medicare News for December from the Health Business Office

The new Medicare premium reimbursement program through the health department has been going well, but there are still some Nisqually tribal elders who have not taken the opportunity to participate, possibly because they aren't aware of the program.

The reimbursement program managed by the Nisqually Tribal Health Business Office reimburses the Medicare part B deduction that is taken from your Social Security Check each month. This is not the case with all elders. For instance, if you have state assistance, it picks up this premium amount through their program, which prevents the deduction from your Social Security income.

We are asking that those participating, or those wanting to participate in these payments that you bring in your new Social Security notice of the amount to be deducted from Social Security for 2018. We have seen a few come in, and the amounts have gone up. We will need copies of these to adjust your reimbursement to assure you are getting the full amount going forward.

Additionally, open enrollment started Dec. 1, for those who need to apply for Medicare. If you need assistance with this process, we can help you with the forms or transportation to the Social Security office too. Please call or come in to the Health business office for any questions or assistance with your Medicare needs. 360-486-9599.

# Birthdays and Announcements

Sorry for the Happy Belated Birthdays ☺

**Happy Birthday to my sissy Paulina**  
**Live, Laugh, Love – family and great friends**  
**Hope this year's full of what makes you happy**  
**-good times and great memories!!**  
**Me and the boys love ya bunches!**



**Happy Birthday**  
**Marla by Marla!**  
**\*heart the Gouleys**

December 5, Happy Birthday Paulie D, Smooches Marie  
 December 15, Happy Birthday Cebo, Smooches Marie

January 3, Happy Birthday Chance, Love the McDonald

**January 6, Happy Birthday Nano, Love the McDonald Family**

January 6, Happy Birthday Homie, Smooches Marie

January 7, Happy Birthday Stacy, Love the McDonald Family

January 16, Happy Birthday Azeem, Love the McDonald Family

January 19, Happy Birthday Izzy, Love the McDonald Family



## *In Loving Memory of*



*Patricia Ann (McCloud) Kalama*  
*July 9, 1946 ~ November 10, 2017*

Patricia Ann (McCloud) Kalama, 70, passed away on November 10, 2017 in her home in Warm Springs, Oregon. The funeral was held on November 13, 2017 at the HeHe longhouse, Warm Springs Oregon. She was preceded in death by her parents Andrew McCloud Jr and Edith K. McCloud., brother Russell W. McCloud and sister Linda R. McCloud.

She is survived by her husband, Larson E. Kalama Sr., daughter Bridget Rose Kalama, sons Carl Kalama Sr. (Yavonda), and Larson (Parkay) Kalama Jr., grandchildren, great-grandchildren, and great-great grandchildren.

She is also survived by brothers: Andrew McCloud III, (Melinda), Mike J. McCloud, Kenneth J. McCloud (Mary), Raymond D. McCloud; sisters Billie L. McGee (Danny), Norma J. EagleSpeaker (Sonny), Marcella

M. Eaglespeaker (Otto), Gail S. Hernandez (Rudy), Angeline Totus (Frank), Rosaline Johnson and Maiselle McCloud, as well as many nieces, nephews and cousins.

We would like to Thank all of our families who came to be

with us and hold us up as we say farewell.

She was our social butterfly with her SMILE and hugs for everyone.

We are truly grateful and thankful to The Puyallup and The Puyallup Tribal Funeral and Medical office, Warm Springs Tribe and all who donated food, financial help, give away items and support in our time of need.

We hold up our hands up HIGH in a big thank you to all!



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