

N SQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

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www.nisqually-nsn.gov

May 2021

Billy Frank Jr. Statue Soon to be at the U.S. Capital!



House Bill 1372 passed and is signed into law, legislation that will send a statue of Billy Frank Jr. to the National Statuary Hall in the U.S. Capital.

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.

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



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

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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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Tribal Artist Opportunities at Nisqually State Park

The planning for Nisqually State Park construction is moving along, and the Tribal Parks Commission is focusing in on opportunities for tribal artists in the park. "We want the park to tell the story of the Tribe's history in the area," said Commission Chair Chay Squally. "We want visitors in the park to experience tribal art and identity throughout their visit here. This is a great opportunity for the Nisqually Parks Commission and tribal artists to work cooperatively together. We'd like to thank those who have already sent their art in and look forward to meeting you."

The art opportunities at the park will include:

1. **Park Entrance Roundabout.** There is a spot for sculpture or other art that showcases tribal heritage right on Highway 7. Everyone driving to Paradise at Mt. Rainier will go past this roundabout so it will be very high visibility. One idea is a sculpture of Leschi and Quiemuth since this whole area was their home. The Parks Commission is looking for tribal artists to partner with on the design of this feature.
2. **Park Administration Building plaza.** The plaza will include areas for tribal sculpture and art installations as well as interpretive panels. The sculptures could include canoes, welcome figures, or other artistic elements.
3. **Pedestrian Gateway to Nisqually-Ohop.** One of the features of the park will be a new walking trail down to the Nisqually-Ohop river area. The Pedestrian Gateway will feature a carved gate that will remind visitors about the importance of the special place they're about to enter. The Parks Commission will be

looking for tribal artists to carve the gate header and possibly the posts.

4. **Wooden Park Benches.** There will be dozens of benches placed throughout the park, and the Parks Commission would like to work with tribal artists to design a carved artistic element for the benches.

The Nisqually Parks Commission is still working with State Parks on the cost, funding, schedule, and other details of the project. This year is a planning year. Most of the project won't be built until 2023, but it will be designed this year.

State Parks' highest priority right now is to design the entrance roundabout, since that has to be coordinated with WSDOT.



In 2018, Muckleshoot carvers created these carvings using downed trees from Federation Forest State Park. This photo is from the dedication ceremony with Washington State Parks. This is one example of the kind of artwork that could be featured at Nisqually State Park.



Nisqually Tribal
Offices will be closed

Friday May 7
Monday May 31

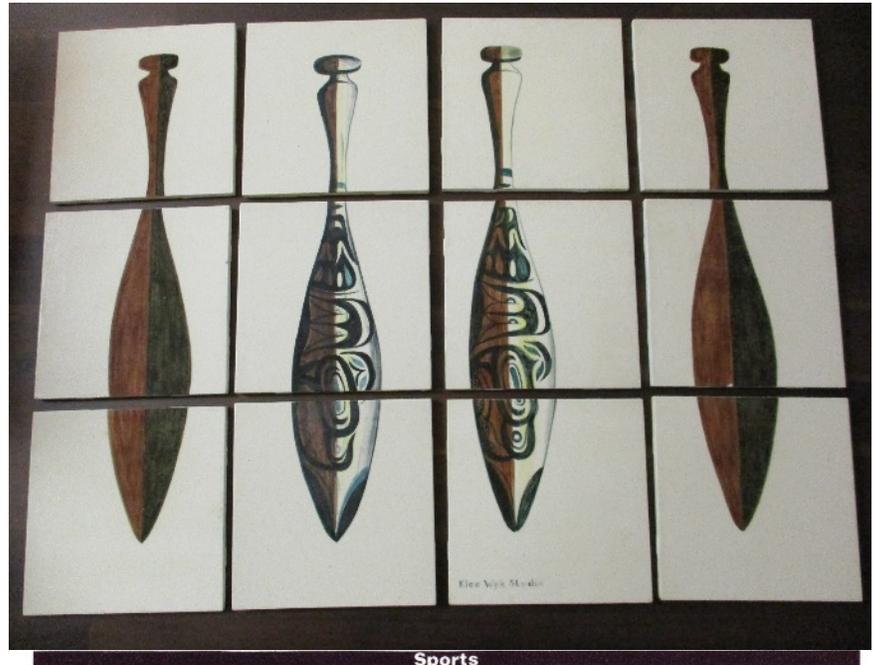


Lost and Found, from the Nisqually Tribe Archives

By Nettie Bullchild/Kurtis

The lost and found, recently the Nisqually Tribe Archives received 12 ceramic wall tiles (6" x 6" ea) with artwork from Klee Wyk Studio, donated from Heidi Smith and Mary Blazek, daughters of Ethel Petro. The history from Heidi is, "these tiles were never installed and when my mom (Ethel Petro) moved into her home in Tacoma, WA in the 1990's we found these wrapped and tucked into a corner of the garage. Since the internet was in its infancy at the time, it was hard for us to find any information about Klee Wyk Studios. All we found was that it was a studio active in the 50's and early 60's located in the Nisqually flats and that it concentrated on Northwest Coast Indian Art. We were not able to find a contact at that time so put them away. Mom (the estate of Ethel Petro) has been gone for a while and she wanted these tiles to go back to the tribe". The tiles are from Del Mc Bride, Klee Wyk Studio collection. Del Mc Bride is the descendant of John (McLeod) McCloud, Catherine Mounts, and McAllister families.

Also, found while going through file folders back in Archives came across this sports article from Nisqually Tribal News, Mar-Apr 1997 by Dan Iyall, Editor/Photographer: Marty Laronal. Archives is working on digitizing old newsletters to put on the Nisqually Website for tribal members to read.



Nisqually Baseball ... way back when

by Dan Iyall



1950's Champion Team. Front L-R: Don McCloud, Roy Kalama, Ernie Gleason, Dick Wells, Bubby McCloud, Reggie Wells. Back L-R: Ray Wells, Ray Hicks, Earl McCloud, Ben Johns, Bill Frank, Bunny McCloud, Butch McCloud, Purney McCloud, Jackie McCloud and Ed Thomson

■ I left the reservation 50 years ago and reflect back to many happy times playing baseball all summer .

The first field I recall was across from Frank's Landing by the river. Jimmy Dillon, Wesley White, Bohle Hicks, Archie Iyall, Russell Bobb and Dave Miles were a few of the players that come to mind. Another diamond was below Highway 99 near the Nisqually Train Depot (Ray Hicks and his new bride would hold hands between innings). Another field was near the old Nisqually Grade School where Ernie Gleason, Johnny Blacketer, Earl, Purney and Bubby McCloud, Vic Wells, Ben and Jack Iyall, Pat, Jack and Roy Kalama showed their stuff.

During World War II all our regular players joined the service. Those of us too young or too old

made up a team. We borrowed Tony and Louie Alongie and Joe Contes--they looked Indian.

I even pitched a few innings at Puyallup because we used up all our regular arms. Jackie, Bunny McCloud, Bill Frank, Al Iyall, Ike Lewis, Don McCloud, Jughead Gleason, Ronnie Wells and others made up the team.

We played Chehalis, Puyallup, Makah, Muckleshoot, Quinault, Skokomish, Swinomish, Lacey, Yelm, Roy and Fort Lewis.

Our uniforms were blue jeans and sweat shirts, but Ernie Gleason wore a white sweatshirt with an Indian head on the back. Cars parked all around the field. There was a lot of honking and yelling when we got a rally going ... we played double headers to make the trip worthwhile.

Some incidents that come

to mind ...

While getting ready to leave for an away, Betty and Margie Gleason put Jughead in charge of watching the beans that were cooking. When they got back, Betty and Margie found a whole pot of burned beans. Jughead said, "You told me to watch the beans, and I did."

Sonny McCloud had an exciting trip around the bases. He slid head first into second in a cloud of dust--the ball got away. He ran to third head first in a cloud of dust--the ball got away. He ran toward home, slid in another cloud of dust, got home safe and stood up covered in dirt--you could only see his eyes and teeth.

After an evening game at Camp Murray, the Army Captain in charge gave us all their catching gear, bats, balls, gloves and even the bases. We were ecstatic.

Roy Kalama got robbed of a home run at Yelm when his pocket of matches caught fire and he had to stop at third to put out the fire.

Vic Wells came home from Chemawa with 5 pitches. My brother, Jack, was the catcher who had to keep checking with Vic in order to call the signs right.

One time the team participated in a tournament in Mount Vernon during their Strawberry Festival. My sister, Lillian, entered the queen contest and won.

At Oakville, they had a field day before the game. My brother, Ben, won a sack of potatoes and 5 gallons of gas for winning the 50 and 100-yard dashes. My brother, Jack, showed off his new bride,

Please turn to PAGE 15



Nisqually Library Collection Updates

Nisqually Library is getting closer towards re-opening, in the meantime please check out some of our new titles we have added to our collection. Thank you for your patience while we try and help all patrons with their requests. Some notable additions include:

Adult nonfiction

Author Byron L. Dorgan

“The Girl in the photograph” This book follows the story of an American Indian child who is let down by the State government system dealing with distress in Indian country. The Author highlights the child’s journey through life while dealing with a broken system. The book offers insight and solutions needs in today’s Indian country navigating through poverty, broken homes, and resilience.

Author Darryl Leroux

“Distorted”

Distorted Descent offers up some new and interesting claims concerning the recognition of Indigenous people in Quebec. Leroux is taking a political stance on how he now sees some indigenous recognition is being distorted by white settler colonialism. Leroux is setting a new tone in a political era as Indigenous claims have risen over the last 40 years. Should be an interesting read as this subject test out the theories of recognized sovereignty and inter-government relations.

Please call the Library for any requests ext. 1222 or 1141 or email us sanchez.catalina@nisqually-nsn.gov , rosenbaum.shannon@nisqually-nsn.gov

Coming soon: EBSCO’s

American Mosaic: The American Indian Experience

The **Nisqually Tribe Library** has recently purchased access to EBSCO’s “The American Mosaic,” which includes reference materials, images, research, and primary source documents for all patrons interested in researching tribal history from precontact to the present. Developed under the guidance of Dr. Lorie Roy, (President of the American Library Association; Professor at University of Texas (Austin) School of Information; and enrolled Anishinabe – White Earth Reservation), the database includes the following topic centers:

- Early Native America – Precontact – 1527
- Early Colonial Era: 1490 – 1664
- Trade & Destruction of Native Economies: 1664 – 1754
- War and Revolution: 1754 – 1810
- Western Expansion and Removal: 1800 – 1851
- Battle for the Great Plains: 1851 – 1877
- Assimilation and Allotment: 1878 – 1928
- Great Depression and World War II: 1929 – 1945
- Termination and Urbanization: 1945 – 1968
- Indian Activism and Self-Determination: 1968 – 1988
- Modern Native Nations: 1988 - Present

Once configured to our website:

<https://weusso.softlinkliberty.net/liberty/libraryHome.do?SAMLResp=nse=&clientAlias=&time=&digest=&corporationAlias=NTL>

Access will be through barcodes, so make sure you have your Nisqually Library card!

LIB LIFE,

Tribal Library Staff

Library Delivery: For those patrons that live within the boundaries of the Nisqually Reservation, we are able to deliver materials to your door weekly. Give us a call to reserve your materials by Wednesday of the week to receive items on your doorstep by Friday! For those patrons that live outside the boundaries of the Reservation, call the Library for curbside pick-up to reserve a time – at least 24 hours in advance.

Telephone Reference Services: Have a question about schoolwork? Wondering what materials your kids might like to read based on their age(s) and interest(s)? Need to request an Interlibrary Loan? Nisqually Tribal Members and members of the Reservation community, feel free to give us a call to discuss your information needs!

Family Engagement Kits: For Tribal and Community members with school-aged children, we still have **15** kits to give out. These awesome grab-bags and boxes contain award-winning literature from the American Indians in Children’s Literature blog (AICL), STEAM activities, Family activities (games, painting, etc.) and a community collaboration surprise. Call the Library now to schedule delivery or drop-off of your family’s 2nd Quarter kit!

Library Staff can be reached at 360-456-5221
Catalina S. ext. 1222 **OR** Shannon R. ext. 1141



Nisqually TANF Updates

By Jesse Youckton

While we are still not having client events or trainings in office, we are being proactive in reaching out to our families. Education is a high priority for our children. For our TANF families, we encourage perfect attendance and good grades by providing incentives to reach those goals. If a student is struggling or needs additional tutoring, we get them signed up with Sylvan Learning Center. TANF recently bought the book "Awesome Science Experiments for Kids 100+ fun STEAM projects and why they work" by Crystal Chatterton for our families. We began picking projects from the book, creating "science kits" for different experiments, and sending the needed supplies. After receiving positive feedback from families, we purchased another book "Awesome Kitchen Science Experiments for Kids 50 STEAM project you can eat" by Dr. Megan Olivia Hall. We will continue to send these kits home for the families to enjoy and have fun with.

April was Child Abuse Awareness month and to celebrate we collaborated with Children and Family Services to host a drive through event in front of the main administration building. We provided each participant with a goodie bag full of information regarding child abuse awareness and lunch was provided by Masonry Café. Thanks to everyone who came through!

Earth Day was April 22, 2021. To honor the day, all of Community Services Division worked together and on April 21st held a drive through event. Information and history of Earth Day, garden supplies, a plant container with soil and plant starts were provided. Thank you to everyone who participated.



If you have any questions about TANF or would like to apply for services, contact Jesse Youckton at 360-456-5237 ext. 2210 or Youckton.jesse@nisqually-nsn.gov. If you have any questions regarding previous child support, current child support or potential future child support, give Lisa Vasquez, Tribal Liaison with the Division of Child Support a call at 360-664-6859.

May is National Foster Care Month

May is National Foster Care Month. Are you raising a child other than your own? Your niece or nephew? Siblings? Cousins? Or a child you care for and not related to? WE THANK YOU!

It is not easy raising a child. Especially if it is for a temporary length of time. However, because of you, that child is given a chance for a better life. Let us honor you for giving your love and home to a child in need. Join us on May 19, 2021 from 11 a.m. - 2 p.m. in the gravel parking lot (in front of tribal administration building) for a "Foster Care and Relative Placement Appreciation" drive through event, in collaboration with Nisqually Children and Family Services and Nisqually TANF. Drive on through to pick up a "swag bag" and to-go lunch. If conditions allow, event could be moved to an indoor event in the Billy Frank Jr Gym. Keep an eye out for the flyer as we get closer to the event.

Foster Care and Relative Placement Appreciation

May is National Foster Care Month

Hosted by

Nisqually Children and Family Services and TANF

Appreciation for Relative Placement
Learn more, we are here to support you
Thank you for loving Native children

May 19, 2021

11 a.m. - 2 p.m.

COVID protocol:

Drive thru event at the
Open Gravel Area in front of the
Nisqually Administration Building

We appreciate your commitment to being there, whether for a day, or a year or a lifetime and for your partnership with our staff who depend so much on your tireless energy.

We must find time to stop and thank the families who make a difference in children's lives. You give hope for the future.....Thank you.



Updates from TERO

By Jennifer Underwood and Kayla Sparkuhl

There has been a lot of growth within the TERO and Building Department; which has resulted in the Building Department temporarily relocating to the old Natural Resources modular 12565 Elders Ln SE Olympia, WA 98513 to create more space for both departments to efficiently operate. TERO staff is still located in the blue house in Cuyamucca Village at 11500 25th Ave. SE Olympia, WA 98513.

If you are a Nisqually tribal member, spouse or descendant of an enrolled Nisqually tribal member, or an enrolled member of a federally recognized tribe please stop by the office to fill out a TERO intake form if you haven't done so already. We have \$25 gas cards for any new clients.

TERO currently has two clients dispatched to Korsmo at the Nisqually Health and Wellness Center construction site. As of March 7, 2021 the total manpower hours are 63,132.82, to which Native American manpower hours worked on the project are 6,482.25 (10.27%). With the new Elders Center construction starting up soon, TERO will be receiving Manpower Requests for tribal members to work on this site so be sure your file is up to date.

TERO staff has been busy with auditing our Native American Owned Business (NAOB) Registry and

making sure the businesses on the list are current. We have also started planning some TERO community outreach events now that COVID restrictions have lifted some. We are aiming towards the summer time to allow us to take advantage of doing outdoor events.

TERO offers LinkedIn Learning, Underground Construction 101 training, Entrepreneur Training, Life & Workability Skills Trainings, NCCERconnect for construction trades, and spots for Lacey Maker Space. MCEC informed us that we will be able to do barista training again in small groups of five. Please visit the TERO office if you are interested.

Be sure to follow us on Facebook for updates – TERO – House of Skills.

TERO Staff can be reached at 360-456-5221 ext. 1273 or TERO@nisqually-nsn.gov

Wayne Lloyd, Director
Victoria Jackson, Administrative Secretary
Yolanda Bracero, Compliance Officer
Jennifer Underwood, Compliance Officer
Kayla Sparkuhl, Training Coordinator
Jack George, Studio Tech.
Aztec Sovereign, Studio Tech.

Congratulations Tiffany Lewis

The STEP Board would like to send a HUGE shout-out to Tiffany Lewis.



Tiffany has completed and graduated from the Cage Apprenticeship in the Strengthening Tribal Education Program (STEP). She has accepted a position with the Cage as the Interim Frontline Supervisor.

She came into the program as the Cage Apprentice, and in three years, she has completed training as the Cage Cashier (FOH), Cage Cashier (BOH), Frontline Supervisor, and the Shift Supervisor. Over the past three years, Tiffany has worked diligently to achieve her goals and graduate from the program. She became a mother for the first time and is expecting her second child. Tiffany has always shown integrity,

dedication, and determination to complete the program. We are so delighted that we were able to share this journey with you.

You have achieved so many goals, and we are proud of your accomplishments. Keep striving to be the best you can be, and we are excited to see what the future is holding for you.

Tia Lozeau
On behalf of the STEP Board

Congrats Tiffany in completing the Cage S.T.E.P apprentice program. I am very proud of you and all the things you accomplished along the way. You have shown growth in your leadership skills and a great understanding of Cage operations. Thank you for three years of hard work and dedication to the Cage and the Casino.
Dawn Frafjord

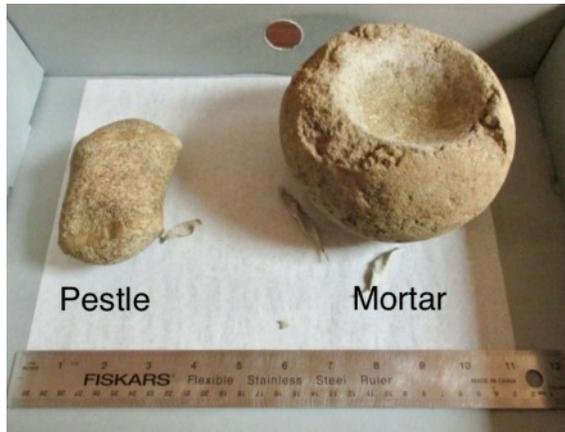


I've Found an Interesting Rock... Now What?

By Brad Beach, Jeremy Perkuhn and Sela Kalama

It has happened to all of us within the Tribal Historic Preservation Office; someone finds an interesting or unusual rock, thinks it is an artifact, and contacts us to learn more about it.

Unfortunately, the majority of the time it is nothing more than an interesting rock...except when it is not. Recently it happened again; a man called and said that he had a mortar and pestle (stone tools commonly used to process solid materials into a granular form i.e. acorn flour or ochre pigments) that were found by his grandparents on their property outside of Tenino. After speaking with him for a few minutes, we learned that he wanted to return the mortar and pestle to the Tribe and arranged for him to drop it off at the Tribe's administrative offices the following day.



property so that he could move, he came to the realization that the mortar and pestle needed to be returned to the Tribe, instead of being kept in his family's possession. This is when he decided to call the Tribal Historic Preservation Office.

When we finally took possession of the mortar and pestle, the most surprising aspect was its size. Many of the mortar and pestles that we have seen have been for processing acorns from the Oregon White Oak (*Quercus garryana*), a process that requires a large amount of acorns and a very large mortar.

The one that was returned to the Tribe was slightly smaller than a volleyball ~ not nearly large enough to process acorns with any efficiency. After researching the various uses of mortar and pestles, we found that smaller mortars were often used to process medicinal plants or even various minerals like ochre (red pigment) or vivianite (green pigment) to produce natural paints once blended with a binder like animal fat.

Not expecting much, we started the day off as usual by answering consultation requests and performing routine filing duties. Later that morning the front desk called to let us know that the man had arrived and was out front. Jeremy and Sela went to greet him, and to learn more about the mortar and pestle and how he obtained it. While he only knew generalities about the stone tools themselves, he told us that his grandparents had found them over forty years ago, if not longer, and that they had always been a part of their house. Now that it was time to clean up the

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

Cemetery Committee

A founding member, Frankie McCloud, of the Cemetery Committee has decided to step down from her position as Chairman. This is a well-deserved retirement after years of dedication to her community by helping and guiding our members in laying our loved ones to rest.

Frankie will take with her a lifetime of knowledge and history. She spoke of the baseball team of 1948 acquired \$30 to clean and clean the cemetery area. She told us the property originally belonged the City of Yelm. She told us the easement road into the cemetery was granted in 1930.

She was blanketed by the committee and Tribal Councilman Willie Frank came in to thank her as well. We thank Frankie for her dedication and commitment to our community.





Webcams Overview

Tips from the IT-WebDev Department

Previous articles have covered reviews of microphones, headphones and general tips for effective online video conferences. This month we focus on webcams and ideas for creating a better online video presentation experience.

Work video conferencing, distance learning and video chatting use has skyrocketed since the COVID-19 outbreak. More communications are being conducted virtually, particularly during decreased travel; therefore, it is important to ensure that video quality is maximized as well as audio for clear, vivid discussions.



Top tips to consider when searching for a webcam;

- Check the camera resolution (1080 dpi is standard and 4K offers higher resolution).
- Frame rate is measured in frames per second (fps), a 60 fps provides a more realistic video feed than 30 fps.
- The field of view varies between webcams (how much area the camera displays) and lenses typically range between 65 to 90

degrees with 78 degrees as a common choice.

- Most inexpensive webcams offer a fixed focus, more expensive webcams offer auto-focus.
- Some webcams have a built-in microphone, in a prior article we reviewed separate microphones for ultimate audio quality.
- Prices for decent webcams range from \$60 to \$200.
- There are numerous webcams on the market, popular brand names include Microsoft, Logitech, Razer and AverMedia.
- Check the customer review ratings or online reviews prior to purchasing a webcam.

Editor's note: Additional considerations need to be taken into account; specifically, the environmental conditions which include top, front and back lighting, the presenter's position in relation to the webcam and the background/backdrop. It may be as simple as closing curtains or blinds to reduce light overexposure. Even with the "best", most expensive webcam, poor setting conditions can still make for a poor presentation.

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

Newly Elected Fish Commissioners



On April 16th Tribal Council swore in the newly elected Fish Commission. Emiliano Perez, Robert McGee, Danny McGee, Reuben Wells Jr. and Tandy Squally.



BRIGHTON CREEK

Good Day Nisqually!

Here are the latest updates of Brighton Creek; we continue our construction upgrades and Covid -19 Quarantine preparation, we are concerned with the rise in Covid Cases in Washington State. We are making efforts to be ready if needed.

Brighton Creek Update

Covid -19 Quarantine:

We continue to prepare for Covid -19- We have a Nurses trailer set up; a portable bathroom/shower trailer also set up to be ready if needed. We are continuing to gather supplies to ensure we are prepared for the onset of a Covid rise in cases.

Construction:

We are busy with construction, licensing and code requirements. We are moving forward with our construction efforts, many repairs and remodeling planned for the spring and summer.

- Installing Septic system for RV Park
- Entrance gates are partially installed, electrical needs to be installed
- Collecting bids on fencing to secure Brighton Creek facility

- Building a garage for maintenance and grounds equipment
- KMB will be designing the remodel for the dining/kitchen and ADA bathroom

We continue to anticipate Brighton Creek will be available by September or October of this year providing construction efforts and code requirements are complete.

Staffing:

We are in process of hiring our maintenance and security positions. We hope to have our Security position hired by next week. Our goal is to have the Maintenance Position advertised by April 15th and hired by April 30th.

We look forward to seeing you here at Brighton Creek in the fall,

Stay Well, Stay Safe and Take Care! “Get Vaccinated & Wear a Mask”

We look forward to seeing you soon!
Pam



April 14th was a beautiful day to witness the center piece going in at the health clinic. Secretary Whittington, Treasurer Iyall, Councilman Frank, Keith Brent, Wayne Lloyd



Earth Day/Bring Your Child To Work Day



Earth Day Fun Facts

Parade.com

- Today's average American generates about 4.5 pounds of trash per day, compared to 2.68 pounds in 1960, according to the EPA.
- Food accounts for 10 to 30 percent of a household's carbon footprint, due to the emissions involved in food production and transportation, according to the Center for Sustainable Systems.
- Using a dishwasher is more eco-friendly than hand-washing dishes, according to a recent study from the University of Michigan.
- Nearly 80 percent of all plastic waste ever created by humans is still in the environment, according to Recycle Now.
- The world's population is expected to increase from 7 billion today to 9 billion in 2020, which will only increase the impact of human activity on the environment, according to the Organisation for Economic Cooperation and Development.



Meet the New Nurse Practitioner, Betsy Johnson

Good day. I'm Betsy Johnson, the new Nurse Practitioner you may have already seen at the Health Clinic or at the Billy Frank Jr. Gym and Youth Center vaccine clinics the past few months. It has been a pleasure to have the opportunity to meet so many people.

Before being hired by the Nisqually Tribe, I worked in several healthcare capacities in Washington State and overseas including on Saipan, one of the Northern Mariana Islands (a U.S. Commonwealth in the West Pacific), at the U.S. Embassy in the Republic of Guinea (West Africa) and with the Peace Corps in Zaire (now the Democratic Republic of Congo). A call from a medical staff recruiter a few years ago also gave me the chance to work at the Quinault, Squaxin, Chehalis and Cowlitz Tribes.

In my free time these days, I try to keep in touch with extended family and friends. I also have outdoor hobbies, like raising native mason bees and revegetating previously cleared land with native shrubs.

New Employee at the Adult Healing House- Joann Tippett

Hi my name is Joann Tippett. I have been an LPN



for 10 years now, prior to that I was a CAN then an MA. I have worked in healthcare for about 22 years. Most recently I worked at the Chehalis Tribal Wellness Center. I have also worked with Veterans and for many years I worked at Group Health, known as Kiaser Permanente now. I feel I have been very blessed to have worked with so many great

people throughout my healthcare career. I live in Yelm, grew up in Roy on a farm and our family farm is still going. I love animals, nature and the outdoors. I would love at some point in my life be involved in running an animal sanctuary. I recently was hired to work with the Nisqually Adult Healing House and am excited to be a part of their team and the new journey I am about to begin.

Dental Check Ups

By Sue Bohannon, DMD

You know your dentist is looking for cavities during regular check-ups, but you may not realize that we are also checking for signs of oral cancer at the same time. Regular dental visits can help us detect such cancers early, and changing a few potentially harmful habits may help reduce your chances of developing them such as quitting recreational tobacco and alcohol use. Please call the Nisqually Tribe Dental Clinic at 360-413-2716 for a dental exam today. Even if you no longer have teeth, we recommend that you are seen once a year so we can evaluate the fit of your dentures as well as perform an oral cancer screen.

Early oral cancer detection can happen at the dentist.

Mouth Healthy | ADA



It's Time To Clean Out Your Medicine Cabinet

Check expiration dates

Many medications become ineffective when they pass their expire date; this can be a risk to your health. It's best to try to check your medicine supplies at least every six months to make sure that you have medicine that is in date and still needed, especially if you take regular prescriptions or multiple medications.

How to safely dispose of you medication

DON'T THROW YOUR MEDS IN THE TRASH BIN, DOWN THE SINK OR IN THE TOILET.

Throwing away medications the wrong way, such as in the trash bin could be unsafe making them easily accessible to small children or someone they are not intended for. Flushing meds or pouring them down the sink pose risks to our environment.

Call your pharmacy to find out how to dispose of old or unwanted medications.

Medication that you no longer need or that may be damaged or out of date should be safely disposed of. To find out where your local drug take back station is call your pharmacy.

How to stop getting unwanted medications filled by your pharmacy.

If you keep getting medications filled by your pharmacy that are not needed, this may mean that your medication is setup to be automatically refilled. If you notice this happening please call your pharmacy and let them know that you no longer need that medication and it will be noted on your profile.

Nisqually Health Clinic

360-459-5312

Nisqually Pharmacy

360-491-9770



South Puget Intertribal Planning Agency

**USDA Foods Program
May Dates**

PT. GAMBLE S'KLALLAM 5/5/21
 SQUAXIN ISLAND 5/11/21
 SKOKOMISH 5/14/21
 CHEHALIS 5/20/21
 NISQUALLY 5/21/21

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities. If you're unable to make the date, please call and schedule an appointment with appropriate staff. For USDA Food, call SPIPA at 360.426.3990
This institution is an equal opportunity provider.

South Puget Intertribal Planning Agency

**WIC Program
May Dates**

SHOALWATER BAY 5/5/21
 SQUAXIN ISLAND 5/11/21
 NISQUALLY 5/12/21
 CHEHALIS 5/13/21
 SKOKOMISH 5/19/21

This Institution is an equal opportunity provider. Washington State WIC Nutrition Program does not discriminate.
NOTE: These dates are future projections. While we strive to keep these dates and times, they may be subject to change. This program is not always able to accommodate walk-ins due to their other duties.



Announcements

May 10, Happy Birthday WuSa, Smooches

May 16, Happy Birthday Chenoa, Love the McDonald Family

May 27, Happy 28 Birthday Jasmine, Love Dad, Mom, Keisha, Samira, Nevaeh and Rodney

May 22nd
Happy Birthday Russell Hicks!
We love you!



Love,
Raymond, Tabitha, Dakota,
Sophia and Araya Hicks

April 3
 Happy Belated 18th Birthday Laila Underwood
 Love Grandma!

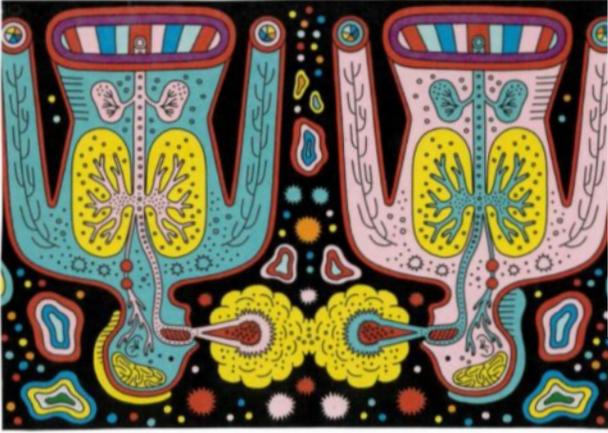
Memorial Day May 31, 2021



Memorial Day we honor and mourn members of the military who have passed while serving in the United States Armed Forces.

REMEMBER YOUR MASK

REMEMBER



POST & PRINT Nisqually **PROMOS**

Hours:

Monday - Friday
9am - 5pm

Location:

12820 Yelm Highway SE #C
Olympia, WA 98513

Phone:

360.338.6431

Email:

orders@nisquallypostandprint.com

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

